



Mount
Sinai

Mount Sinai **FiT**
Simple Recipes - 2018

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A Message from the **CHRO**

The celebratory nature of food is a universal human experience and a vital expression of our cultural identity. When we create or experience foods from other nations, we sometimes glean a new or better understanding of the people that invented and cherish that cuisine. 'Balance', for example, is of paramount importance in Chinese cuisine. You'll often find: sweet and sour, savory and spice, all in one dish as the subtle nuance of tastes parallels the harmony we seek in life. We really are what we eat.

The sharing of cuisine from one generation to the next serves to keep us connected to our ethnic roots and our local communities. Most of us have a favorite holiday or 'special occasion' recipe that gives us comfort, both in the preparation of the dish and the feeling of satiety that follows the last bite. For me, the aroma of baking bread evokes strong memories of times past. Gathering around a table to share food with others is just as important as the nutritional value we derive from eating.

This cookbook was compiled in the spirit of cultural awareness, celebration, and sharing. It is a collection of delicious, nutritious, and easy-to-prepare cross-cultural dishes that were presented this year, during our 'Lunch & Learn' cooking demonstrations. Mount Sinai Health System leadership, senior executives, and clinicians participated in these demonstrations as our 'Executive Chefs'. I am honored and grateful for their contribution, personal recipes, and tips for staying healthy. If you have a recipe that you would like to share with the Mount Sinai family, please email it to: wellness@mountsinai.org. We may feature it – and you as a 'Guest Chef' – at one of our up-coming cooking demonstrations and include it in the next edition of this cookbook.

Across the Health System, our faculty, staff, and students are incorporating wellness and mindfulness into their daily lives, and motivating co-workers, families, and friends along the way. I dedicate this book to our inspiring Mount Sinai family who are taking positive steps to care for themselves and those they love.

Wishing you a very happy holiday season and the best of good health!

*Jane Maksoud, RN, MPA
Senior Vice President and Chief Human Resources Officer
Mount Sinai Health System*



“The social act of eating, is part of how we become human, as much as speaking and taking care of ourselves. Learning to eat is learning to become human.”

— Richard Wilk, PhD, Anthropology, Distinguished Professor Emeritus, Indiana University - Bloomington



Presence While Eating: A Timeless Ingredient

In this very moment, while reading this book of exquisite food recipes, can you also become aware that you are breathing, inhaling and exhaling mindfully? Observe the movement of the breath pulsating, now, your ribcage expanding and contracting, and the rise and fall of the chest and belly. Try it again, notice the rhythm of breathing in and out, consciously. Yes!

Similarly, you can practice mindful presence when you sit for a meal. Adjust your physical posture and take a moment or two to acknowledge what is right in front of you; the aroma, the colors, the shapes and textures. Notice the plates and utensils, the table setting, and the company you keep. Feel the poise inherent in the moment.

The moment just before taking the first bite is the perfect moment to practice mindful presence. Mindfulness can be defined as purposeful awareness, without judgments and with gentleness and kindness. Mindfulness can transform your experience of eating, from just ingesting food to making it exquisitely tasty, breath by breath, bite by bite.

Follow the Mindful Eating Recipe Card as desired. Taste each bite, truly enjoy your meal!

Archimedes Ashutosh Bibiano
Mindfulness Meditation and Adaptive Yoga Teacher
Mount Sinai Health System

Follow the Mindful Eating Recipe Card

Put away all electronic devices. Pause.

Take a conscious breath and give yourself a few minutes to be with yourself and the food you are about to eat.

Look at the food and really see it. Observe the shapes and colors. Acknowledge the food's journey from its origins to your plate. Smell the food. Invite thoughts of gratitude with each bite.

Let the food sit on the tongue for just a moment or two. Notice how salivation starts, and slowly, with undivided attention, begin to chew while identifying the tastes and textures of the food. Set the fork or spoon down between bites. This might feel strange and awkward at first but becomes easier with practice.

Practice mindful eating, at each meal, to truly nurture your being on all levels: physical, mental, emotional, and spiritual.

Slow down, eat mindfully. Enjoy!





Yellow Dahl

1 c split yellow lentils
4 c vegetable broth; use low-sodium option if preferred
1 tbsp vegetable oil
2 tbsp Serrano pepper, seeded and thinly sliced
1 large tomato, seeded and coarsely chopped
2 tbsp minced fresh ginger
10 fresh curry leaves or 2 bay leaves
1/2 tsp turmeric
2 tsp ground cumin
1 1/2 tsp black mustard seeds
1 small onion, halved and thinly sliced
2 cloves garlic, minced
1 large zucchini, cut into one-inch pieces
1 tbsp fresh lemon juice
Fragrant basmati rice

400 calories per serving

Makes 2 servings

Preparation

In a large saucepan, combine yellow lentils with three cups of vegetable broth, ginger, and turmeric. Bring to a boil. Cover partially and cook over moderate heat. Stir occasionally until the lentils are just tender, about 20 minutes.

Transfer one cup of the lentils to a food processor or blender and puree until smooth. Return the puree to the saucepan and add the remaining one cup of broth and the zucchini. Bring to a simmer. Season with salt and then cover and cook over moderately low heat. Stir until the zucchini is tender, about 15 minutes.

Meanwhile, in a medium skillet, heat the oil until shimmering. Add the mustard seeds and cook over moderate heat. Shaking the pan until the seeds begin to pop, about 30 seconds. Add the onion and stir until softened, about seven minutes. Add garlic and Serrano pepper and cook for one minute. Add the cumin and curry leaves and cook until fragrant. Add the tomato and cook, stirring until softened, about seven minutes.

Stir the tomato mixture into the lentil mixture and simmer for five minutes. Stir in lemon juice to taste. Serve with basmati rice.

"Healthy and well-balanced cooking plays an integral role in one's wellness and fitness journey. Food is also a way to look inside one's culture. This is a recipe I make for my family from my hometown of Mangalore, India and I hope you pass it along to yours, while promoting the importance of a heart-healthy diet. I always say being healthy and fit is the key to success!"



Gobi Masala

1 head of cauliflower, cored and cut into two-inch florets
2 tbsp canola oil
1 tsp cumin seeds
2 cloves garlic, minced
2 tsp fresh ginger, peeled and minced
1 small shallot, minced
4 plum tomatoes cut into half-inch dice
1 tsp turmeric
1/2 tsp red pepper flakes
1/2 c water
Salt and pepper to taste

102 calories per 1 cup serving

Makes 4 servings

Preparation

Preheat the oven to 350 degrees. On a baking sheet or pan, toss the cauliflower florets with one tablespoon of canola oil. Bake for about 45 minutes, or until just tender and lightly browned.

Meanwhile, in a large skillet, heat the remaining one tablespoon of oil. Add the cumin seeds and cook over moderate heat until fragrant. Add the garlic, ginger, and shallot. Stir until softened. Add the diced tomatoes, turmeric, and red pepper flakes and stir occasionally until the tomatoes soften, about four minutes.

Stir the water into the skillet and bring the sauce to a boil. Add the baked cauliflower and simmer. Stir until the florets are evenly coated in a slightly thickened sauce, about two minutes. Serve hot, warm, or at room temperature.





Jeremy Boal, MD

Arugula and Spinach Salad

Caper Vinaigrette:

1 tbsp capers, drained and roughly chopped

1 1/2 tsp lemon juice, freshly squeezed

1/3 c extra-virgin olive oil

1/4 tsp kosher salt

1/8 tsp black pepper, freshly ground

Arugula and Spinach Salad:

4 c baby arugula

2 c baby spinach

1/4 c aged Parmesan cheese, shaved

Preparation

Whisk together capers, lemon juice, salt, and pepper to make the vinaigrette. Whisking constantly, gradually add olive oil, then set aside.

Place spinach and arugula in a large bowl. Gently pour the vinaigrette over the greens. Toss until all the leaves are glossy. Garnish with freshly cracked black pepper and Parmesan cheese.

“One thing I learned, much later in life than I should have, is the value of a daily meditation practice. And also getting enough sleep. And gardening. And also having dogs. Meditation, sleep, gardening, and dogs. But not in that order. Dogs first.”

200 calories per serving

Makes 2 servings

David D'Souza, MD

Roasted Chicken with Potatoes, Leeks, and Garlic Yogurt

1 1/2 lb chicken breast

1 1/4 lb small Yukon Gold potatoes, halved and cut into half-inch slices

2 tbsp harissa or another thick hot sauce, such as Sriracha

1/2 tsp ground cumin

4 1/2 tbsp extra-virgin olive oil

2 leeks, white and light green parts only, halved lengthwise and thinly sliced

1/2 tsp lemon zest

1/3 c low-fat plain yogurt (Do not use Greek yogurt.)

1 clove garlic

Chopped fresh dill, as needed

Lemon juice, as needed

Salt and pepper to taste

650 calories per serving

Makes 4 servings



Preparation

Preheat oven to 425 degrees. Combine chicken and potatoes in a large bowl. In a small bowl, whisk together harissa, cumin, and three tablespoons of olive oil. Pour over chicken and potatoes and toss to combine. Let stand at room temperature for 30 minutes.

Meanwhile, in a medium bowl, combine leeks, lemon zest, and the remaining olive oil.

Arrange chicken and potatoes on a large rimmed baking sheet in a single layer. Roast for 15 minutes. Toss potatoes lightly, and then scatter leeks over pan. Roast again until chicken and potatoes are golden and slightly crisped, approximately 25 to 30 minutes.

While chicken cooks, place yogurt in a small bowl. Grate garlic over yogurt, then add salt and pepper to taste.

To serve, spoon yogurt over chicken and vegetables and sprinkle dill over mixture. Then, drizzle mixture with oil and lemon juice.

"In our family, we limit eating at restaurants to no more than once a week. We prefer home-cooked meals that are easy to prepare, and involve the whole family in the process. This way, we have control of the ingredients that go into the food we eat. Each time we cook, we make enough for left overs to which we add a fresh side of vegetables."

Maria Vezina, MD

Healthy Chicken “Fried” Rice

1 medium yellow onion, chopped
1/2 c snow peas
1/2 c chopped carrots
1/4 c chopped scallions
3 egg whites, lightly beaten
3 c cooked brown rice or basmati brown rice
2 c cooked, shredded chicken breast
4 tbsp low-sodium soy sauce
2-3 tsp sesame oil or canola oil
Cooking spray

281 calories per serving

Makes 6 servings (One cup each)

Preparation

Preheat skillet on medium heat, spray a generous amount of cooking spray. Add onions, carrots, and snow peas. Sauté until vegetables are hot and soft, about five to six minutes.

Move the vegetable mixture to one side of the pan. Liberally coat the other side of the pan with cooking spray and scramble the egg whites, chopping them into bite-sized pieces.

Once cooked, mix the eggs and vegetable mixture together and add rice, chicken, and scallions. Add oil and low-sodium soy sauce. Mix thoroughly until the mixture is hot and rice begins to crisp.

Health Tip: Brown rice is a good source of magnesium, which helps to maintain proper blood pressure. It is also a great source of fiber, iron, niacin, thiamine, and vitamin B6.

Egg whites are very low in calories, high in protein, and contain no fat or cholesterol.

“Spending time eating healthy is not wasted time, it is precious time.”



Spicy Shrimp with Bok Choy

1 1/2 lb medium shrimp, peeled and deveined

2 tbsp canola oil, or for lower-calorie version, use cooking spray

1 red bell pepper, seeded and cut in thin strips

2 cloves garlic, minced

1 tbsp minced fresh ginger

4 scallions, white and light green parts separated from the dark green, chopped

1 lb bok choy stems, sliced, leaves or florets left whole

2 tbsp low-sodium soy sauce

1 tsp Asian chili paste

Salt to taste

Preparation

In a large bowl, combine the shrimp, white parts of the scallion, and garlic.

In a wok or large non-stick skillet, heat one tablespoon of canola oil or use cooking spray to coat. Add the shrimp mixture, stirring occasionally until the shrimp are pink and fully cooked, approximately three to four minutes. Transfer to a large bowl.

Return the pan to medium heat. Add the bok choy and cook until crisp/tender, about three to four minutes. Then, add in the bell pepper, minced fresh garlic, soy sauce, and chili paste. Stir until all ingredients are mixed well, then add the shrimp back into the skillet.

Mix until all of the ingredients are well seasoned. Remove from the heat, sprinkle on the green part of the scallions, and serve.

Health Tip: Bok choy is rich in antioxidants, calcium, potassium, beta-carotene and vitamin A.

"Thirty minutes of brisk walking every day has a positive impact on circulation, digestion, sleep quality, stress, and happiness!"

242 calories per serving

Makes 4 servings



Brian Radbill, MD

Chicken Meatballs on Top of Spiralized Zucchini

For the meatballs:

1 lb lean ground chicken
1 medium carrot, grated
1/2 tsp dried basil
1 tsp dried oregano
1/3 c finely chopped red onion
1/4 c freshly chopped parsley
1 egg
Salt and pepper

For zucchini noodles:

4-5 medium zucchini

For the sauce:

1 12-oz jar low-sodium tomato sauce

Garnish with Parmesan cheese

365 calories per serving

Makes 4 servings



Preparation

Preheat oven to 400 degrees and line a baking sheet with parchment paper. Place all ingredients for the meatballs in a large bowl and mix. Dip your hands in water and form a golf-sized ball with the meat mixture. Set meatballs on the baking sheet and repeat. Eight to nine meatballs should be formed. Transfer the meatballs into the oven and bake for 10 minutes, then flip and bake for another 10 minutes.

After the meatballs are flipped, place a large, deep skillet over medium-high heat. Pour tomato sauce into a large skillet and bring to a simmer. Once the meatballs are done, add them to the simmering sauce and toss to coat in the sauce. Reduce heat to medium-low and simmer while preparing the zucchini noodles.

To prepare the noodles, use a spiralizer, mandolin, julienne peeler, or knife to make thin strips or noodles from four to five zucchini. Place a large skillet or wok over medium-high heat. Once heated, add the zucchini noodles. Toss for five minutes or until al dente.

Divide the noodles into bowls and top with meatballs and extra sauce.

Garnish with Parmesan cheese, if desired.

"Putting a healthy spin on an old favorite is a great way to create a nutritious meal without sacrificing taste. Substituting vegetables for starches, like zucchini for pasta or cauliflower for rice, is an excellent way to eat healthier without dramatically changing your eating habits."

Mount Sinai Kids Cook
By Jennifer Kartashevsky
RD, CDE, CDN

Triple Berry Smoothie

1 c ice

1 c low fat vanilla yogurt or vanilla Greek yogurt

1 c frozen strawberries

1 c frozen blueberries

1 c frozen raspberries

1/2 avocado

140 calories per serving

Makes 4 1/2 cups

Preparation

Place all ingredients into a blender in the order listed. Blend for one minute or until desired consistency is reached.

Health Tip: This smoothie packs a lot of vitamins kids need and parents love. In the summer, it can be made into a delicious frozen treat by pouring the mixture into an ice cube tray or popsicle mold.





Mount Sinai Kids Cook
By Jennifer Kartashevsky
RD, CDE, CDN

Chicken Quesadilla

4 ten-inch flour tortillas
1 c cooked chicken, diced
1/3 c shredded Monterey jack cheese
1/3 c shredded cheddar cheese
1/2 medium tomato, chopped
2 tsp diced onions
1/4 tsp finely chopped cilantro
1 avocado sliced
1/2 c low-fat sour cream or Greek yogurt
1 tbsp of olive oil

240 calories per serving
Makes 4 servings

Mount Sinai Kids Cook
By Jennifer Kartashevsky
RD, CDE, CDN

Guacamole Dip

4 large ripe avocados
1 clove garlic, finely minced
2 tsp lime juice
1/4 tsp salt
2 slices whole-wheat pita bread

270 calories per serving
Makes 4 servings

Preparation

Heat a large pan over low to medium heat. Add olive oil, and then place one tortilla into the hot pan. Spread cheese and the diced chicken in the center of the tortilla, leaving about an inch free of mixture all the way around. Sprinkle tomato, onion, and cilantro over the chicken and cheese. Top off the quesadilla with the remaining tortilla.

When the bottom tortilla has browned, after 45-90 seconds, flip the quesadilla over and grill the other side for another 45-90 seconds. Remove the quesadilla from the pan. Using a sharp knife or pizza cutter, cut the quesadilla into six equal slices. Serve hot with slices of avocado on the side and low-fat sour cream or Greek yogurt for dipping.

Recipe Tip: Kids love quesadillas because they can eat with their hands. Each child may have a preference of ingredients. Before making the dish, be sure to have children pick their preferred ingredients.



Preparation

Add lime juice, garlic, and salt to a medium-sized bowl and combine. Cut avocados in half, removing the pits, and scoop the flesh into the bowl with the lime juice mixture. Mash the avocado with a fork until a creamy dip is formed, leaving some large chunks for texture.

Toast pita bread for one to two minutes until slightly crispy. Once toasted, use a sharp knife to cut into six equal triangles for dipping.

Serve the guacamole dip immediately with the toasted pita slices and cut-up vegetables, like carrots, celery sticks, or zucchini spears.

Recipe Tip: This classic guacamole is mild and creamy, making it a hit with kids. If making ahead of time, squeeze extra lime juice over the top and cover very tightly with plastic wrap to keep from browning.



David Reich, MD

White Asparagus Soup

2 bunches of white asparagus (about two pounds)

3 tbsp canola oil

2 medium yellow onions, chopped

3 cloves garlic, peeled and smashed

6 c low-sodium vegetable broth

2 tbsp freshly squeezed lemon juice (from one lemon)

1/4 c grated Parmesan cheese

Salt and pepper to taste

Thyme or dill for garnish

162 calories per serving

Makes 6 servings

Preparation

Place a large pot over medium heat. Add canola oil, onions, and garlic and cook until soft and translucent, about 10 minutes.

In the meantime, cut the asparagus spears into half-inch pieces.

Add the chopped asparagus to the pot along with the vegetable broth. Bring to a boil, then cover and turn the heat down to low. Simmer for about 30 minutes until all the vegetables are very tender.

Purée the soup with an immersion blender until completely smooth or use a standard blender and purée the soup in batches. Return soup to the pot and bring to a simmer. Stir in the lemon juice and grated parmesan cheese. Salt and pepper to taste.

Ladle the soup into bowls and then top with fresh herbs or more grated parmesan cheese if desired.

"In our incredibly fast-paced world, taking the time to prepare a delicious and healthy meal as part of a balanced diet is a proven prescription for better health. I hope that my love of this recipe will help you focus on a relaxing and rewarding task and be further rewarded by the companionship and joy that a good meal brings to those who enjoy the outcome of your efforts."

Red Curry Chicken with Spring Vegetables

- 1 tbsp extra virgin olive oil
- 1 small yellow onion, finely chopped
- 2 cloves garlic, chopped
- 1 tsp grated fresh ginger
- 2-3 tbsp Thai red curry paste
- 1 lb chicken breast, cut into one and one quarter-inch pieces
- 19-oz can low-fat coconut milk
- 1 c green beans, chopped into two-inch pieces
- 2 small carrots, cleaned and shredded
- 1/2 c red bell pepper, cleaned and chopped
- 1-2 tbsp fresh coriander (cilantro) leaves

300 calories per serving

Makes 4 servings

Preparation

Heat the oil in a large saucepan and add the onions, garlic, and ginger. Cook over medium heat, stirring occasionally, for three minutes. Add the curry paste and cook, stirring for one minute. Add the chicken and cook, stirring occasionally for two minutes.

Add the coconut milk and bring to a boil. Reduce the heat and simmer gently, stirring occasionally, for about 20 minutes. The sauce should have reduced and thickened by this stage.

Add the green beans, carrots, and red pepper, stir well, and cook for about five minutes, or until tender.

There should be enough sauce to easily coat the meat. If the mixture is very liquid, increase the heat and simmer until reduced. Use a spoon to remove any oil that rises to the top. Season to taste and serve in bowls topped with a handful of coriander leaves.

Recipe Tip: Vary the amount of curry paste you use depending on how spicy you like your food.

“Some of the most memorable moments of my life have been spent around a table, enjoying a meal with my family and friends.”



Quinoa Tabbouleh

- 1 c uncooked quinoa
- 1/2 medium red onion, chopped (3/4 cup)
- 2 medium tomatoes, chopped (2 cups)
- 1 1/2 to 2 c minced parsley (1 large bunch)
- 1/2 c minced mint (1 small bunch)
- 2 cloves garlic, minced
- 1/4 c extra virgin olive oil
- 2 tbsp lemon juice, plus extra to taste
- Salt and pepper

195 calories per serving

Makes 8 servings



Preparation

Rinse quinoa under cool water, and then combine with two cups of water and one-half teaspoon salt in a medium saucepan. Bring to a rapid simmer, then turn heat to medium-low. Cover and cook until quinoa is fluffy and chewy, about 20 minutes.

While the quinoa is cooking, soak the red onion in a bowl of cold water. This will soften its bite and make it more pleasant to eat raw. Once the quinoa is cooked, empty it into a large bowl and cool to room temperature. Drain the red onions. Then stir the onion into the warm quinoa along with the tomatoes, parsley, mint, and garlic.

Whisk together the olive oil and lemon juice with one-half teaspoon of salt. Pour this mixture over the salad and stir to combine. Add salt and pepper to taste. Serve room temperature or cold.

Health Tip: Tabbouleh is a vegetarian dish that is low in fat yet provides fiber, minerals, and complex carbohydrates.

"Disconnecting from electronic devices and spending time in nature, gives me a sense of balance and peace."

Vegetable Lasagna

1 1/2 lb eggplant, unpeeled, sliced lengthwise a quarter-inch thick

3/4 lb zucchini, unpeeled, sliced lengthwise a quarter-inch thick

2/3 c extra virgin olive oil

1 tbsp dried oregano

2 1/2 tsp kosher salt

2 1/2 tsp black pepper, freshly ground

3 cloves garlic, minced

1 10-oz box lasagna noodles

16 oz fresh whole milk ricotta; use a low-fat or non-fat option to reduce calorie count

8 oz herbed goat cheese, at room temperature

2 extra-large eggs, lightly beaten

1/2 c fresh basil leaves, chopped

1 c fresh Parmesan cheese, grated

4 1/2 c marinara sauce

1 lb fresh mozzarella, lightly salted and very thinly sliced

9 × 13 × 2-inch baking dish

648 calories per serving

(1/10 of 9 x 13 pan)

Preparation

Preheat the oven to 375 degrees. Using three sheet pans lined with parchment paper, arrange the eggplant and zucchini in a single layer. Brush generously with olive oil on both sides. Sprinkle with oregano, one tablespoon of salt, and one and a half teaspoons of pepper. Roast for 25 minutes. Sprinkle the vegetables evenly with the garlic and roast for another five minutes, or until the vegetables are cooked through. Remove vegetables from the oven and lower the temperature to 350 degrees.

Meanwhile, fill a very large bowl with hot tap water and add enough boiling water to bring the temperature to 140 degrees. One at a time, place the noodles in the water and soak for 15 minutes. Swirl occasionally to prevent them from sticking together. Drain, and then swirl the noodles around again.

Combine the ricotta, goat cheese, eggs, basil, half a cup of Parmesan, one and a half teaspoons of salt, and three quarters of a teaspoon of pepper in a bowl. Mix on low in an electric mixer fitted with the paddle attachment or by hand with a large wooden spoon.

Spread one cup of marinara sauce in the baking dish. Arrange a third of the vegetables on top, then a layer of the noodles (cut to fit), a third of the mozzarella, and a third of the ricotta mixture in large dollops between the mozzarella. Repeat twice, starting with the marinara. Spread the last one and a half cups of marinara on top and sprinkle with the remaining half cup of Parmesan cheese.

Place the dish on a sheet pan lined with parchment paper and bake for 70 minutes, or until the lasagna is browned and bubbly. Allow to rest for 15 minutes. Serve hot.



Evan Flatow, MD

Sautéed Chicken Tenders with Peas and Mint

10 oz chicken breast, thinly sliced into tender strips

2 tbsp olive oil

1 1/2 c shelled fresh or frozen English peas

6 oz sugar snap peas, strings removed

1 c gluten-free chicken broth

2 tbsp fresh mint, minced

1 1/2 tbsp fresh lemon juice

Kosher salt and freshly ground pepper to taste

Preparation

In a large nonstick fry pan over medium-high heat, warm the olive oil. Add the chicken and sauté until just cooked through, about five minutes. Transfer to a plate.

Add the English peas and sugar snap peas to the pan and season lightly with salt and pepper. Sauté for about two minutes or until heated through. Add the broth and bring to a boil, stirring to scrape up the browned bits on the pan bottom. Cover the pan and boil until the vegetables are almost tender, about three minutes.

Return the chicken, any juices on the plate, and the mint to the pan. Simmer uncovered, stirring almost constantly, until the sauce coats the chicken. Stir in the lemon juice. Season to taste.

Divide the chicken and vegetables between two warmed plates. Serve immediately.

258 calories per serving

Makes 2 servings





Jane Maksoud, RN, MPA

Shrimp Ceviche

1 lb raw shrimp, peeled and deveined

1 tbsp olive oil

Juice of 3 medium limes

2 medium/large avocados

1/2 of an English cucumber

3 medium (or 4 Roma) tomatoes

1 small onion, finely diced

1/2 bunch cilantro, chopped

Salt and pepper to taste

203 calories per serving

Makes 6 servings

Preparation

Season the shrimp lightly with salt and pepper. Place a large skillet over medium-high heat. Once the pan is hot, add one tablespoon olive oil. Add shrimp in a single layer and sauté for three minutes, turning once halfway. Remove from the pan once cooked through. Transfer to cutting board, coarsely chop, and then place into a large mixing bowl.

Squeeze the juice of three medium limes over the shrimp. Stir, and then set aside to marinate while preparing the salsa.

Dice cucumber, tomato, and avocado. Add to the mixing bowl with the shrimp. Finely dice the onion and chop half a bunch of fresh cilantro. Add to the mixing bowl. Stir together all of the ingredients until well combined.

Serve on top of salad greens or as an appetizer with whole wheat pita chips.

Jane Maksoud, RN, MPA

Sweet Potato Latkes

1 lb sweet potatoes (about two medium sweet potatoes), grated

1/2 c white onion, grated

2 scallions, finely chopped

1/3 c all-purpose flour

1 tsp baking powder

1 egg and 1 egg white, lightly beaten

3/4 tsp salt

1/2 tsp black pepper

2 - 4 tbsp extra-virgin olive oil

105 calories per serving, baked version

124 calories per serving, fried version

Makes 9-10 latkes

Preparation

Place the grated sweet potato and onion in a medium bowl. Add scallions, flour, baking powder, beaten eggs, salt, and black pepper. Mix well to combine.

Lightly Fried Version

Heat a quarter-cup extra-virgin olive oil in a large cast-iron or nonstick skillet over medium heat. Spoon a quarter-cup of the latke batter into the skillet, pressing lightly down to form a pancake shape. Cook for two to three minutes per side or until golden brown.

Remove and place on a paper towel to absorb any excess oil. Serve with your choice of sauces.

Baked Version

Heat the oven to 400 degrees. Lightly brush one tablespoon of the oil to evenly coat a rimmed baking sheet. Spoon roughly a quarter-cup of the latke batter onto the prepared baking sheet, lightly pressing down to form a pancake shape. Brush the remaining one tablespoon of oil over the tops of the latkes.

Bake for 15 to 20 minutes, turning once, until lightly browned and crisp.



Niyum Gandhi

Tofu Kati Rolls

1 block of firm tofu
1 medium red bell pepper, thinly sliced
1 medium yellow bell pepper, thinly sliced
1 medium white onion, thinly sliced
1 handful green beans
16 oz plain yogurt
8 whole-wheat chapattis
1 tsp biryani masala, or use salt and crushed red peppers
1 tbsp olive oil

Makes 4-6 servings

217 calories per serving

Niyum Gandhi

Homemade Chapattis

1 c whole wheat flour
1/2 tsp salt
1/2 tsp oil
3/4 cup water
Butter

100 calories per serving

Preparation

After removing excess storage liquid, cut tofu into half-inch cubes. Whisk biryani masala, or salt and crushed red peppers, in yogurt to make marinade. Gently add tofu, covering all pieces, and marinate for an hour or more.

After marinating, arrange tofu on a baking sheet in a single layer. Bake it at 350 degrees for 20 minutes. For an even bake, turn the pieces after 10 minutes.

Meanwhile, add oil to a large skillet and sauté onions. Add bell peppers and green beans. Cover and cook at medium-low heat. Add spices and leftover marinade. Once cooked, add tofu. Mix well and ensure tofu is evenly coated.

Place mixture on a chapatti. Roll one third from the bottom, and then roll the sides inward. Secure with a toothpick.

Keep warm on a skillet or reheat in a panini press before serving. Serve with chutney or other sauce.

"Our family has always come together around food, especially food that we can all share and enjoy together. Healthy, shareable dishes like this one (a recipe from my mother) help us do that while also keeping an overall healthy diet."



Preparation

Mix flour, salt, and oil. Slowly add water to the mix. Combine by hand or in a food processor with a dough blade. Consistency of the dough should be elastic but not sticky. Knead the dough to make smooth. If needed, lightly coat hands in oil before kneading. Cover the dough and let rest for up to an hour, if time permits. If short on time, rest for at least 10 minutes.

Divide the dough into one-inch diameter balls. On a lightly floured surface, use a floured rolling pin to roll out the balls of dough until very thin, like a tortilla.

Place a skillet over medium heat. When the pan is hot, put a chapatti on it. Cook until the underside has brown spots, about 30 seconds, then flip and cook the other side. Press the chapatti gently with a damp cloth or paper towel so that it puffs up. Remove from skillet and place on a plate. Spread a little butter on each chapatti to keep it soft.

Serve immediately.

Black Bean Vegetable Burrito/Soft Taco

- 4 9-inch corn tortillas
- 3/4 c chopped onion
- 2 tsp extra virgin olive oil
- 1/2 tsp ground cumin
- 1/2 tsp chili powder
- 1 c chopped red bell pepper
- 1 medium carrot, coarsely grated
- 1 2/3 c canned black beans, rinsed, drained
- 1/2 c drained canned stewed tomatoes
- 2 tsp minced seeded jalapeño
- 8 tbsp grated Monterey Jack cheese
- 4 tbsp chopped fresh cilantro
- 1 c chopped romaine or green salad mix
- 1/2 avocado, sliced

350 calories per serving

Makes 4 servings



Preparation

Preheat oven to 350 degrees. Wrap tortillas in foil and keep warm in oven until heated through, about 15 minutes.

Meanwhile, combine onion and oil in large nonstick skillet. Stir over medium-high heat until onion is golden, about six minutes. Add cumin and chili powder, and then stir for 20 seconds. Add bell pepper and carrot, sautéing for five minutes or until almost tender. Add beans, tomatoes, and jalapeño. Bring to simmer, then remove from heat.

Place warm tortillas on work surface. Spoon the filling into the center of each tortilla. Top each with two tablespoons cheese, one tablespoon of cilantro, salad greens, and sliced avocado. Fold sides of tortillas over filling, forming packages. Turn each package, seam side down, onto plate.

“Wellness is about having balance in our lives. I try to set reasonable goals, whether it’s eating healthy, drinking more water, exercising, or getting a good night’s sleep. Of course, I don’t always achieve them, but I try to get right back on track if I make a misstep. Black bean burritos are one of my favorite go-to recipes when I need to refocus on my healthy eating goals. It is an easy, delicious, and satisfying meal.”

James Tsai, MD

Winter Vegetable Lo Mein

1 package baked or precooked firm tofu
1 pepper, chopped
1 c chopped broccoli
1/2 red onion, chopped
1 tsp extra virgin olive oil
1 tbsp low-sodium tamari
1 tsp ginger, chopped finely
1 tsp fish sauce
1 c edamame pasta or whole-wheat pasta

280 calories per serving

Makes 2 servings

Preparation

Cook pasta as instructed on the box. Drain, reserving at least a quarter-cup of water.

Sauté red onion and ginger in olive oil. Add the tofu and cook for two to three minutes. Add red pepper and broccoli, then sauté for another minute. Add reserved water from pasta, approximately a quarter of a cup. Remove from heat, then add tamari and fish sauce.

Add pasta to the mixture, and thoroughly combine ingredients. Serve in small bowls.

Health Tip: Edamame pasta is a nutritious alternative to regular pasta. Edamame pasta, depending on the brand, may have 24 grams of protein, 12 grams of dietary fiber, and only 200 calories per serving. Nourishing and delicious!



Jeff Silberstein , MBA

Green Salad with Mustard Vinaigrette Dressing

4 c salad greens of your choice

For the dressing:

2 tbsp vinegar, three parts white balsamic to one part red balsamic

1/4 tsp salt

1 tsp Dijon mustard

1/4 c extra virgin olive oil

Freshly ground black pepper to taste

230 calories per serving

Makes 2 servings

Preparation

Wash, spin dry, and chill the greens.

In a shallow bowl, whisk together the vinegar, salt, pepper, and mustard until smooth. Slowly whisk in the olive oil, waiting for the oil to fully blend before adding more.

Just before serving, toss together the greens and the dressing in a large bowl.

Recipe Tip: You can make the dressing into mustard-shallot vinaigrette by doubling the mustard, adding one teaspoon of finely minced shallot to the mustard-vinegar mixture, and doubling the oil. This vinaigrette works best if only white wine or white balsamic vinegar is used.

Health tip: The extra-virgin olive oil in this dish is a great source of monounsaturated fat which helps to improve cholesterol levels and reduce inflammation.

"This basic Dijon mustard vinaigrette appears to have magical properties! My kids rarely love vegetables but actually fight over dinner salads now that we perfected this together. Who knew that greens could be the new French Fries?"



Chinese Chicken Salad

For the Salad Dressing:

2 tbsp canola oil

1/3 c rice vinegar

1/4 c hoisin sauce

1 1/2 tbsp soy sauce

1 tbsp fresh ginger, grated

1/2 tsp toasted sesame oil

For the Salad:

4 c cooked chicken, shredded or diced

1 lb Napa cabbage, cored and finely shredded

2 c red cabbage, cored and finely shredded

1 c shredded carrots

1 bunch scallions, thinly sliced

1/4 c fresh cilantro, minced

1/2 shelled peanuts, unsalted

2 tbsp sesame seeds for garnish, optional

1/2 c mandarin orange slices



Preparation

To make the dressing, add oil, vinegar, hoisin sauce, soy sauce, ginger, and sesame oil in a bowl. Whisk until combined. Leave at room temperature while preparing the salad.

Note: If you would like to make extra dressing, it can stay refrigerated for up to four days.

For the salad, combine chicken, cabbage, carrots, scallions, and cilantro in a large bowl. Whisk the dressing again, and then toss in the bowl to evenly coat the salad. Sprinkle with peanuts and sesame seeds. Add slices of mandarin oranges on top.

Serve immediately.

Health Tip: We replaced the fried chow mein noodles in this dish with unsalted peanuts. The nuts add a nice crunch with added healthy fat and protein.

"This easy to prepare salad has always been one of my favorites since I was a child. It's delicious, filling, and substantive. I hope you enjoy it as much as I do."



301 calories per serving

Makes 6 servings





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