

RECIPES
THAT
NOURISH
BODY AND
SOUL



A MESSAGE FROM
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SYSTEM



Welcome to the Mount Sinai Wellness Program's **Calm and Fit 2020** cookbook, *Recipes that Nourish Body & Soul*, a title that underscores the importance of nourishing emotional and physical well-being.

We are dedicating this year's cookbook to the heroes of Mount Sinai—the faculty and staff on the front lines who cared for and comforted our patients with skill and compassion and the Trustees, professional, administrative and support staff whose tireless efforts behind the scenes kept the PPE coming, food on the units, drugs in the Pyxis machines and communications flowing. Along with the innumerable other tasks that kept our business running and often while working in roles outside of their typical day-to-day responsibilities, the members of the Mount Sinai family stepped up, masked up and got the job done.

This year more than any other I can remember, we have been called upon to care for our community while supporting one another and our families and simultaneously juggling at-home schooling, remote working, social distancing and what often seems like endless Zoom meetings. This online cookbook is a small token of appreciation that is intended to offer you the comfort of good food along with personally endorsed wellness practices shared through the generosity of our colleagues across the Health System.

Preparing food can be a wonderful way to celebrate our unique and shared customs, a way to bring us closer even while we are physically apart. A wholesome meal renews our physical energy, while engaging in one (or many!) of the wellness practices you'll find on the pages that follow, offers us the opportunity to replenish the mind, the psyche and the soul. Our ability to care for others is directly related to our ability to rest, relax and renew ourselves.

As we begin the 2020 holiday season, please take a quiet moment for reflection and consider the mountains we have climbed, the challenges we have overcome and all that we have learned as individuals and as a community over the past eleven months. Mount Sinai is stronger and more resilient than we were at this time last year, and we thank you for your determination, your dedication, your commitment and your individual and collective contribution. We really are #BetterTogether.

Best wishes to each of you, your families and all those you hold dear for a happy, healthy Thanksgiving.

Warmly,

Jane

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*Sponsored by the American Heart Association

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VEGETABLES



WELLNESS PRACTICE

Yoga

I [practice yoga](#) every morning for 45 minutes before starting the day. Yoga helps me release stress and focus on the present moment. 2020 has been a challenging year for everyone, but through my faith in God, I stay hopeful. I have learned that by practicing gratitude every day, I focus on the positive aspects of every circumstance. – *Martha*

Cauliflower Steak with Chimichurri Sauce

INGREDIENTS

- 1 large head cauliflower
- 3 tbsp canola oil, divided
- 1 tsp ground cumin
- 3/4 tsp salt, divided
- 1/4 c cilantro, finely chopped
- 1/4 tbsp red wine vinegar
- 1 small clove garlic, crushed
- 1 jalapeño chili, seeded and finely chopped

PREPARATION

Heat oven to 425°F.

Cut two 1-inch slices from cauliflower center and save the rest.

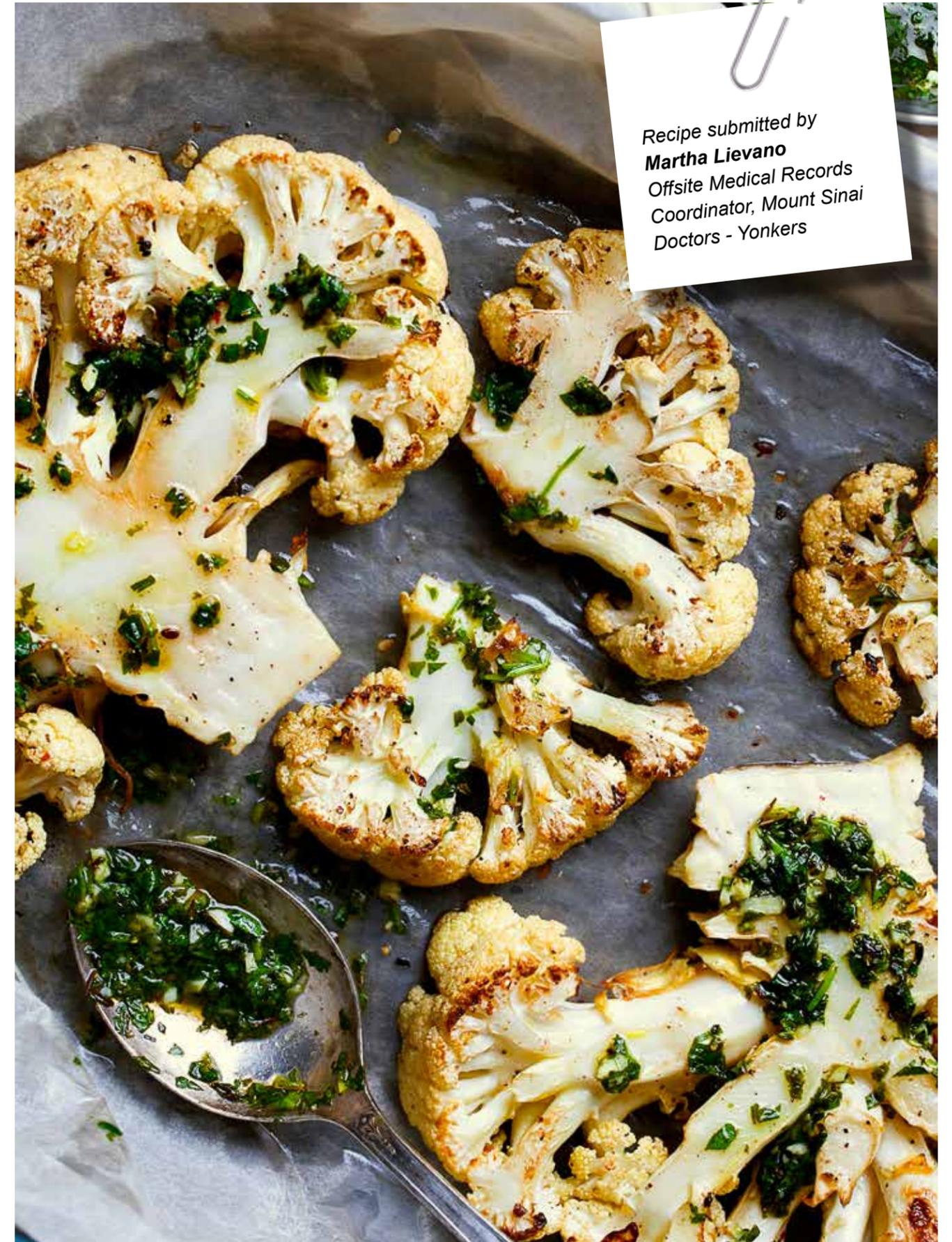
In a small cup bowl, combine cumin and 1 tbsp of the oil and brush all over cauliflower slices. Sprinkle with 1/4 tsp salt.

Heat 1 tbsp oil in an oven-safe skillet on medium-high flame on stove to brown the seasoned cauliflower slices for about 2 minutes on each side.

In a bowl, combine remaining ingredients: 1 tbsp oil, 1/2 tsp salt, vinegar, garlic, and chili. Spoon the mixture over cauliflower steaks.

Roast in oven for about 15 minutes until tender. Garnish with cilantro and serve.

Makes 2 servings
241 Calories per serving



WELLNESS PRACTICE

Yoga and Virtual Travel Tours

I [practice yoga](#) every day, even if I can only fit in a 15-minute session. Yoga greatly helps both my mental and physical well-being. I also enjoy watching travel tours led by tour guides over Zoom. I recently “travelled” to the Amalfi coast of Italy and to South Africa, and both virtual tours were wonderful. For a little while I felt as if I had really visited Italy and South Africa! – *Ekaterine*

Georgian-Style Vegetable Ratatouille

INGREDIENTS

2 large eggplants, stemmed, quartered lengthwise, and cut into half-inch slices
1 large potato, cut into half-inch cubes
3 large tomatoes, canned or fresh, remove skin if using fresh tomatoes
2 bell peppers, coarsely chopped and seeded (green, red, or yellow)
1 large onion, chopped and divided (red, white, or yellow)
1 c fresh cilantro, finely chopped
3/4 c fresh parsley leaves, finely chopped
3 cloves fresh garlic, crushed
2 tbsp extra virgin olive oil
Basil (fresh or dry)
Pinch ground red pepper
Pinch garlic powder
Salt to taste

PREPARATION

Prepare the vegetables, using more eggplant than the rest of the vegetables so the flavor stands out in the prepared dish.

Coat a large skillet with half of the oil and add the onion to caramelize it. Cook the onion and garlic on a low- to medium-flame until soft and only lightly browned, stirring to avoid sticking or burning.

Keep the onions in the skillet, and create the first layer of vegetables by adding half of the chopped eggplant, tomatoes, potato, and pepper. Sprinkle with half of the cilantro, parsley, basil, and half of raw chopped onion and garlic. Add half of the red pepper and salt to taste. Repeat to create a second layer.

To the layered vegetables, add the remaining tablespoon of olive oil and a tablespoon or two of water. Cover and simmer on low heat. After 20 minutes, mix gently and thoroughly. Cook for another 10 minutes. Check the tenderness of the vegetables to make sure they are fully cooked, but not overcooked. Season to taste.

Remove from heat and allow the dish to set for a few minutes. Enjoy with a piece of your favorite toasted bread. Best when eaten warm. Refrigerate leftovers or the entire dish, since it tastes even better when eaten the next day!

When ready to serve, roast in oven for about 15 minutes until tender. Garnish with cilantro and serve.

Makes 10 servings
150 Calories per serving



Recipe submitted by
Ekaterine Piccola
Immigration Specialist
International Personnel



Recipe submitted by
Abby Schwartz
Vice President, Disease Management
Director of Mount Sinai Fit
Mount Sinai Health System

WELLNESS PRACTICE

Moments of Gratitude and Running

When I wake up, I like to take note of three things I am grateful for in my life before I begin the day. After this moment of gratitude, I start my day with strong black coffee and a large glass of ice water with lemon and a tablespoon of chia seeds. I typically listen to a brief podcast as I walk to Madison Square Park. During the week, I run for 25-35 minutes in the Park, and I end my run with five or so sprints. On the weekends, I run for 60 minutes on the bridle path and along the reservoir in Central Park. Combining [exercise](#) with family, I also love to play tennis with my 83-year-old father who is still going strong! – *Abby*

Kale and Romaine Salad with Lemon Dijon Dressing

INGREDIENTS

Salad

- 1 head of romaine lettuce, washed, dried, and chopped
- 2 c kale, washed, dried, and chopped
- 2 tbsp Parmesan cheese, grated
- 1/2 lemon
- Ground pepper to taste

Dressing

- 2 tbsp Dijon mustard
- 3 tbsp olive oil, divided
- 1 clove of garlic, finely minced

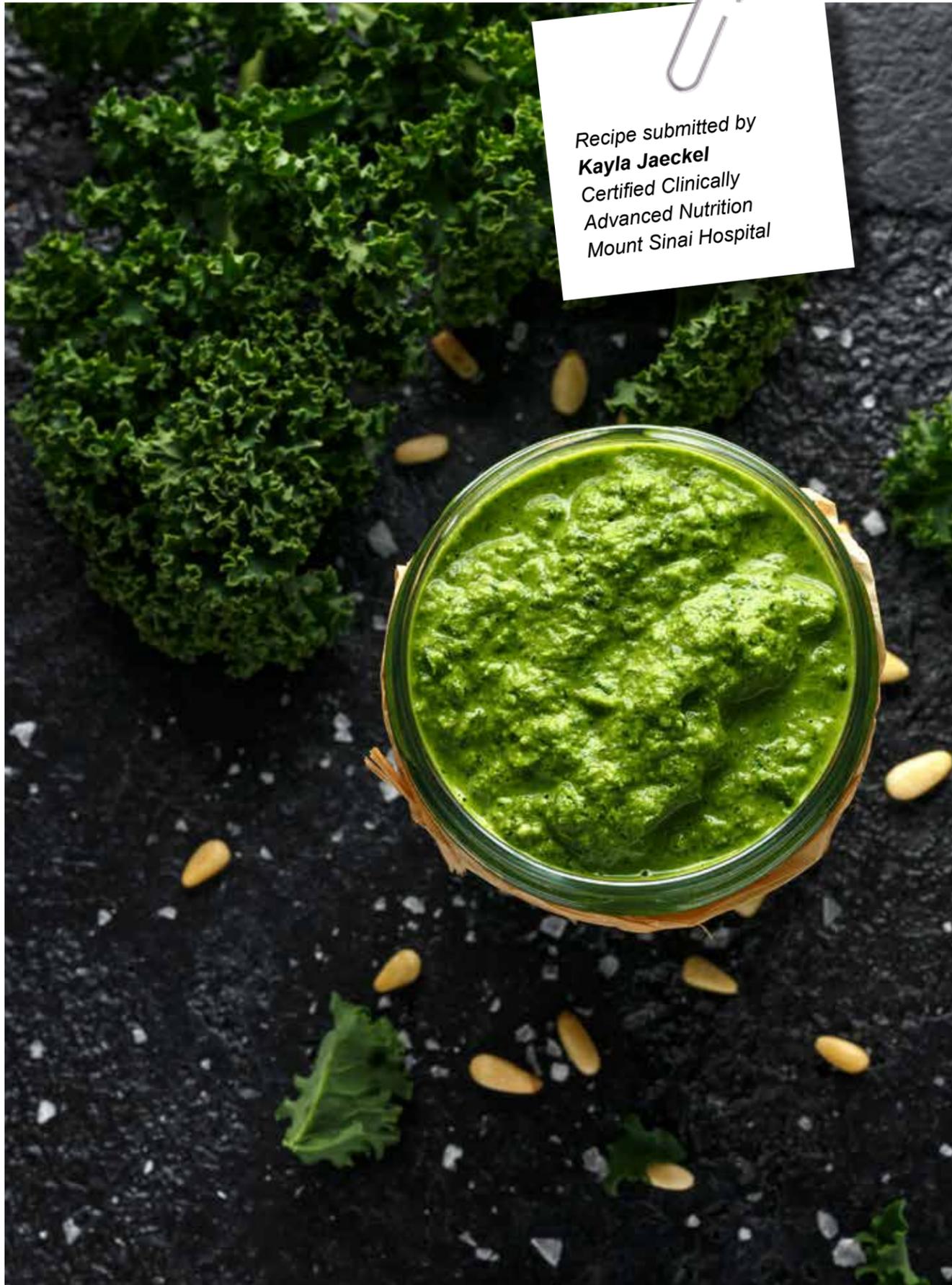
PREPARATION

Add Dijon mustard and 1 tbsp of olive oil to a mixing bowl, whisk together. Whisk in the remaining 2 tbsp of olive oil until the mixture becomes creamy. Add the garlic. Let the dressing sit and marinate for 30 minutes or longer before using.

Place the chopped romaine and kale in a large salad bowl. Pour the salad dressing over the greens and toss. Add the grated parmesan cheese and lemon juice, and toss again. Season with pepper.

Makes 4 serving
130 calories per serving





Recipe submitted by
Kayla Jaeckel
Certified Clinically
Advanced Nutrition
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WELLNESS PRACTICE

Fresh Air and Sunshine

I really enjoy being outside in nature, whether I'm taking my dogs for a walk in the park or going on a hike. Fresh air and sunshine are incredibly uplifting. At work during this difficult year, I have found the [resilience](#) and hard work of my fellow Mount Sinai employees inspiring. – *Kayla*

Kale Pesto for Pasta or Vegetables

INGREDIENTS

- 1 bunch kale leaves, trimmed from center stem, blanched and chopped
- 1/3 c nuts, toasted walnuts, cashews, or almonds
- 3 garlic cloves, peeled
- 1 lemon, finely grated zest and juice
- 1/2 c olive oil
- Parmesan cheese, grated (optional)

PREPARATION

Blanch the kale. In a medium size pot, bring enough water to cover the kale to a boil. Submerge the kale, and after just 45 seconds, remove kale from the hot water and immediately place the kale a bowl of ice for an ice bath. Drain the kale well and chop.

To a food processor or blender, add the blanched and chopped kale, nuts, garlic, and lemon zest and blend. Add the olive oil and blend until mixed well. Add lemon juice to taste and blend one more time.

Toss the kale pesto over your favorite roasted veggies or pasta and enjoy! Add a sprinkle of parmesan if you like.

Makes 6 servings
202 Calories per serving

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WELLNESS PRACTICE

Appreciating Life, Family, and Friends

Having come close to death and being bed-ridden for eight weeks due to [COVID-19](#), I've truly come to realize that every day is a gift and life should be lived to the fullest. This experience has made me appreciate even more the time I spend among family and friends.

I enjoy entertaining my relatives and close friends, and I find that preparing food in advance allows me to spend more time with my guests whose company I value so dearly. – *Stephen*

Mediterranean Quinoa Salad

INGREDIENTS

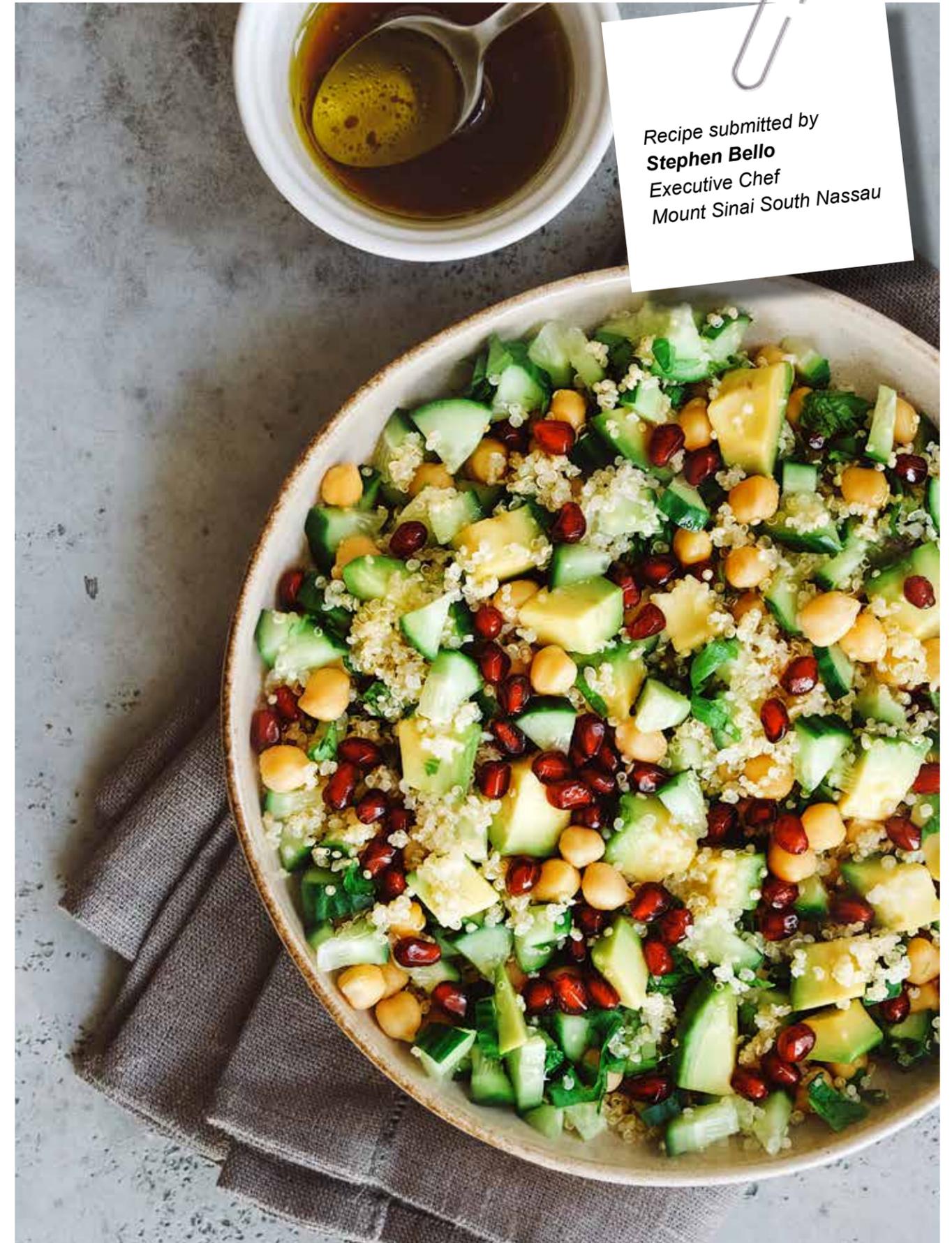
2 c chicken broth
1 c uncooked quinoa
2 chicken breasts, 4 oz each cooked and cubed
1 large red onion, diced
1 large green bell pepper, diced
1/2 c Kalamata olives, pitted and sliced
1/2 c feta cheese, crumbled
4 clove garlic, roasted
1/4 c parsley, chopped
1/4 c chives, chopped
4 oz lemon juice, fresh
1 tbsp balsamic vinegar
2 oz extra virgin olive oil
Pinch black pepper

PREPARATION

Bring chicken broth to a boil in a saucepan. Stir in the quinoa; reduce heat to medium-low and cover. Simmer until the quinoa is tender and the broth has been absorbed, 15 to 20 minutes. Place the cooked quinoa into a large bowl, set aside to cool.

Gently stir the cooked chicken, onion, bell pepper, olives, feta cheese, roasted garlic, parsley, and chives into the quinoa. Drizzle with the lemon juice, balsamic vinegar, olive oil, and black pepper. Stir until evenly mixed. Refrigerate and serve cold.

Makes 8 Servings
203 calories per serving



WELLNESS PRACTICE

Being with My Children

I love cooking butternut squash. This has become my favorite new recipe because it introduces my children to a new vegetable, and they love it! I also enjoy having great family time, engaging in healthy activities with my children, like walking together as a family. – *Calandra*

**Roasted
Butternut Squash**
(from allrecipes.com)

INGREDIENTS

- 2 butternut squash, peeled, seeded, cut into 1-inch cubes
- 1/4 c olive oil
- 4 cloves garlic, minced
- 1 pinch salt
- 1 pinch black pepper, ground

PREPARATION

Preheat oven to 400°F.

Toss butternut squash cubes with olive oil and garlic in a large bowl. Season with salt and pepper to taste. Arrange coated squash on a baking sheet.

Roast in the preheated oven until the squash is tender and lightly browned, 25 to 30 minutes.

Makes 4 servings
177 calories per serving





Recipe submitted by
Jennifer Kartashevsky
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Advanced Nutrition
Mount Sinai Hospital

WELLNESS PRACTICE

Exercise and Cooking with Family

Both running and yoga help to clear my mind and help me to stay connected with my body. I recently even started [practicing yoga](#) with my 10-year-old son, and it is nice have an activity to participate in together.

Both my sons have also become more involved in daily cooking, from meal prep and after dinner cleanup to being willing to try new foods, expanding beyond our typical dishes. 2020 has demonstrated the importance of maintaining meaningful connections as a source of comfort during these difficult times. My family and I have made daily efforts to reach out to extended family and friends via FaceTime, Zoom, letters, and socially distant in-person gatherings. – Jennifer

Roasted Delicata Squash

INGREDIENTS

1 delicata squash
1 tsp olive oil
Salt and pepper to taste

PREPARATION

Preheat the oven to 425°F.

Scrub the outside of the squash, cut the ends off to create two flat edges. Cut in half lengthwise and scoop out seeds. Cut into quarter- to half-inch slices, keeping the size of the slices the same thickness for even cooking. Rub the slices with olive oil. Sprinkle with salt and pepper. Place evenly in a single layer on a parchment paper-lined baking sheet.

Place in preheated oven and roast for 20 minutes. Turn each slice and roast for another 15 minutes or until each slice is golden brown and crispy on the outside and tender on the inside. Enjoy immediately!

Makes 2 servings
84 calories per serving



Recipe submitted by
Jane Maksoud
Senior Vice President
Chief Human Resources Officer
Mount Sinai Health System

WELLNESS PRACTICE

Stretching and Hydration

I am an avid [practitioner of yoga](#) and Pilates, and I love to hike. The [COVID-19](#) pandemic and the number of hours I spend seated at my desk have made clear the importance of a formal stretching practice. Tight muscles and fascia along with inadequate hydration can create considerable discomfort. Stretching, breathing, frequent position changes and adequate hydration are all critical for a healthy, limber, pain-free body! – *Jane*

Savory Cauliflower Gratin

INGREDIENTS

- 3 tbsp extra virgin olive oil
- 1/2 jalapeno pepper, seeded and chopped (or 1 tsp red pepper flakes)
- 1 tsp lemon rind, chopped
- 1 clove garlic, peeled
- 1 head of cauliflower including the green sections, chopped without core
- 2 tbsp parmesan cheese or options below for crunch:
Gluten and dairy free option: 2 tbsp almond flour
Dairy free option: 2 tbsp panko bread crumbs

PREPARATION

Preheat oven to broil.

Place cast iron skillet (or other ovenproof skillet) over medium heat and add the olive oil. When the oil in the skillet is warm, add the jalapeno or red pepper flakes, lemon rind, and garlic to the skillet. Stir and heat for approximately one minute.

Turn up heat to medium high and add the cauliflower. Heat the cauliflower through on one side over the medium-high heat without turning. After about 90 seconds, stir and allow to cook on the other side for another 90 seconds. Reduce heat to medium and allow to sauté for another 5 minutes or until cauliflower is cooked through.

Turn off heat and sprinkle parmesan cheese, almond flour, or panko breadcrumbs on top.

Carefully transfer the pan to the oven so that it is a few inches away from the direct heat of the broiler. Allow the cheese to melt or the other topping to crisp along with the cauliflower, about 5 to 10 minutes.

Remove from oven carefully with heatproof mitts. Allow the cauliflower to cool.

Plate with the [red chicken curry](#), or another source of protein, or another side dish to make a complete meal.

Makes 6 servings
105 calories per serving



WELLNESS PRACTICE

Rest, Breathe, Connect with Nature and Loved Ones

I aim to do at least two of these every day, and I do all of them on as many days as possible. When I do, I am happier and more useful.

First, get eight hours of sleep at night. Second, meditate. Third, do some gardening. Fourth, connect with family and friends. – *Jeremy*

Shakshuka

(adapted from the
New York Times)

INGREDIENTS

3 tbsp extra virgin olive oil
1 large onion, halved and thinly sliced
1 large red bell pepper, seeded and thinly sliced
3 garlic cloves, thinly sliced
1 tsp ground cumin
1 tsp sweet paprika
1/8 tsp ground cayenne, or to taste
1 - 28 oz can whole plum tomatoes with juice, coarsely chopped
3/4 tsp kosher salt
1/4 tsp black pepper
5 oz feta, crumbled, (equal to 1 1/4 c)
6 large eggs
Cilantro, chopped for serving
Hot sauce for serving

PREPARATION

Preheat oven to 375°F.

Heat oil in a large ovenproof skillet over medium-low heat. Add onion and bell pepper. Cook gently until very soft, about 20 minutes. Add garlic and cook until tender, 1 to 2 minutes; stir in cumin, paprika, and cayenne, and cook 1 minute. Pour in tomatoes and season with salt and pepper. Simmer until tomato juices have thickened, about 10 minutes. Season with salt and pepper to taste. Stir in crumbled feta.

Gently crack each egg into skillet over the warm tomato mixture. Season eggs with salt and pepper. Transfer skillet to oven and bake until eggs are just set, 7 to 10 minutes. Sprinkle with cilantro and serve with hot sauce.

Makes 6 servings
261 calories per serving



Recipe submitted by
Jeremy Boal, MD
President of Mount Sinai
Downtown
Executive Vice President
and Chief Clinical Officer
Mount Sinai Health System

WELLNESS PRACTICE

Yoga

I have been [practicing yoga](#) for many decades. Yoga helps me improve my focus by calming my mind and relaxing the body. Yoga has kept me healthy and happy both at work and at home. I believe that yoga is particularly beneficial for health care professionals facing heavy workloads and high stress levels every day, especially during the COVID-19 pandemic. I am happy to share [my wellness practice online](#). – *Annapoorna*

Spinach Dhal (Lentil)

PREPARATION

Add 2 cups water to dhal, and add chopped spinach, cranberries, chopped onion, and green chili in a stainless-steel pressure cooker or instant pot. Once cooked, mix well, add salt and red chili powder, and set aside.

In a separate pan heat oil and add crushed fresh garlic, mustard, jeera, red chili pieces, methi seeds, curry leaves, and Hing and sauté well. Add this mixture to the dhal. Serve and enjoy.

Makes 4 servings
263 calories per serving

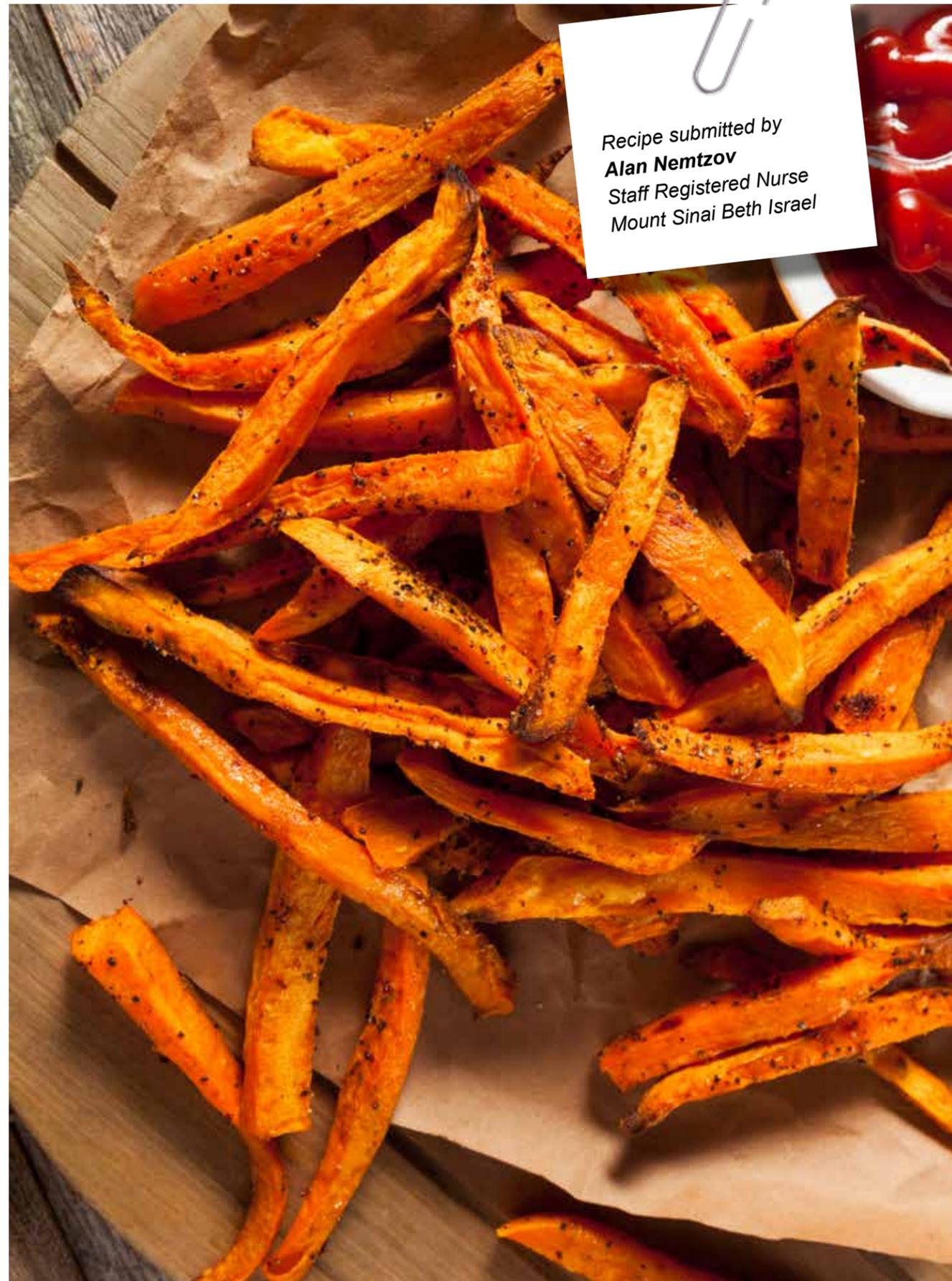
INGREDIENTS

- 1 c Toor dhal (red gram dhal)
- 1 bunch spinach, finely chopped
- 1/2 c fresh cranberries
- 1 onion, finely chopped
- 1 green chili
- 2 c water
- Pinch of salt
- 1 tsp red chili powder
- 1 tbsp oil
- 6 fresh garlic cloves, crushed
- 1 tsp mustard
- 1 tsp jeera (cumin)
- 2 red chillies, cut in pieces
- 1 tsp methi seeds (fenugreek)
- Curry leaves
- 1/2 tsp Hing (asafetida powder)

[BACK TO RECIPES](#)



Recipe submitted by
Annapoorna Kini, MD
Professor, Cardiology
Mount Sinai Hospital



Recipe submitted by
Alan Nemtsov
Staff Registered Nurse
Mount Sinai Beth Israel

WELLNESS PRACTICE

Inspirational Readings

I read for 15 minutes several times a week from various inspirational books, followed by five minutes of quiet time. I call it “ME” time. I find a quiet place in my home or outside, and I don’t look at or answer my phone. This is the most important time of my day. One of the books I read is *The Things You Can See When You Slow Down* by Haemin Sunim, and another is *Manifest Your Destiny* by Wayne Dyer. I give this time to myself because I deserve it. We all do. – Alan

Sweet Potato Fries

INGREDIENTS

Cooking oil spray
2 large sweet potatoes
1 tsp salt
½ tsp black pepper
1 tsp onion powder
1 tsp garlic powder
1 tbsp dried parsley
1 tbsp dried basil
2 tbsp extra virgin olive oil

PREPARATION

Preheat oven to 425°F.

Prepare a baking sheet by lining it with parchment paper. Spray the parchment paper with oil.

Peel the sweet potatoes and cut into fries, dice, or slice.

Mix the spices and oil in a bowl. Coat the potatoes with the oil and seasoning mixture by tossing with your clean hands.

Spread seasoned potatoes on the prepared baking sheet. Bake in the preheated oven until the potatoes are fully cooked, approximately 30 to 40 minutes.

Makes 4 servings
117 calories per serving



Recipe submitted by
Mari Umpierre
Director Mount Sinai [Calm](#)
Social Worker
Mount Sinai Health System

WELLNESS PRACTICE

Purposeful Pauses

I engage in purposeful pauses often by incorporating the “stop practice” into my day-to-day activities to promote mental well-being. I do this by stopping (s) whatever I am doing, taking (t) a few deep breaths observing(o) myself with kindness and compassion, and proceeding (p) with clarity and focus. – *Mari*

Tarragon Vinaigrette Salad Dressing

INGREDIENTS

1 tbsp vinegar*

3 tbsp olive oil*

1 tsp tarragon mustard, or more to taste

Salt and pepper, to taste

Salad green options: spring mix, baby greens, arugula with thinly sliced fennel, spinach, Boston lettuce

PREPARATION

Dressing

Mix vinegar, oil, and seasonings ingredients. For best results, make only what you need.

*Ratio of vinegar to oil is one part vinegar to three parts oil.

Salad

Prepare the salad dressing in the salad bowl and add your preferred greens. Toss the salad in the bowl when you are ready to serve it.

2 servings (2 tbsp)

166 Calories per serving



WELLNESS PRACTICE

Walking Home through Central Park

I often walk home from Mount Sinai Morningside through Central Park going south on the North Drive. I like being surrounded by all the runners and bikers. In every season, I enjoy the beautiful sights, sounds, and smells of nature. This walk immediately calms me down after a busy day, helping me make the transition to being home. – *Maria*

Vegetable and Pasta Delight

INGREDIENTS

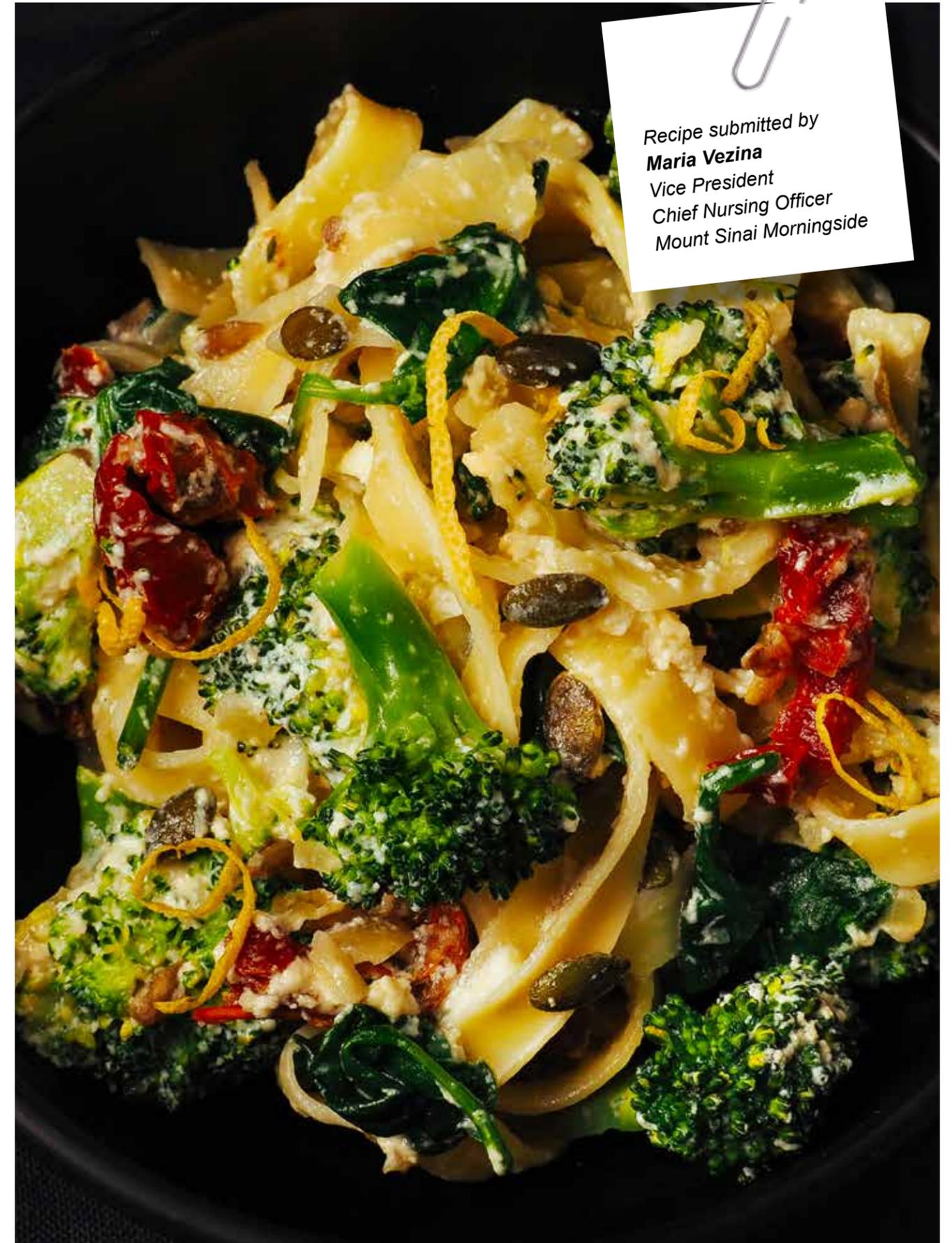
2 c fresh broccoli, cleaned and chopped
2 c tomatoes, diced
1/4 c onion, chopped finely
2 large carrots, cleaned and chopped
1 large green pepper, cleaned and chopped
8 oz part-skim mozzarella cheese, grated
1 lb fettuccini pasta
Olive oil, to toss pasta
Salt, to taste

PREPARATION

Cut up all vegetables. Grate mozzarella cheese. Set aside.
Prepare the fettuccini in boiling water and cook to desired firmness.

Mix the pasta and vegetables in a large bowl. Toss with just enough olive oil to coat lightly. Add salt to taste and sprinkle with the grated cheese on top. Serve warm, at room temperature, or chilled.

Makes 4 servings
440 calories per serving





LEGUMES



WELLNESS PRACTICE

Cycling with Family

One of my favorite exercise activities is cycling with my family. It's a great way for us all to be together out in the fresh air, plus I can teach my children the importance of regular physical activity. – Heather

White Bean Kale Soup

INGREDIENTS

- 1 tbsp olive oil or canola oil
- 8 large garlic cloves, crushed or minced
- 1 medium yellow onion, chopped
- 4 c raw kale, chopped
- 4 c low fat, low-sodium chicken or vegetable broth, divided
- 2-15 oz cans white beans (such as cannellini or navy beans) undrained, divided
- 4 plum tomatoes, chopped
- 2 tsp dry Italian herb seasoning
- Salt and pepper to taste
- 1 c chopped parsley

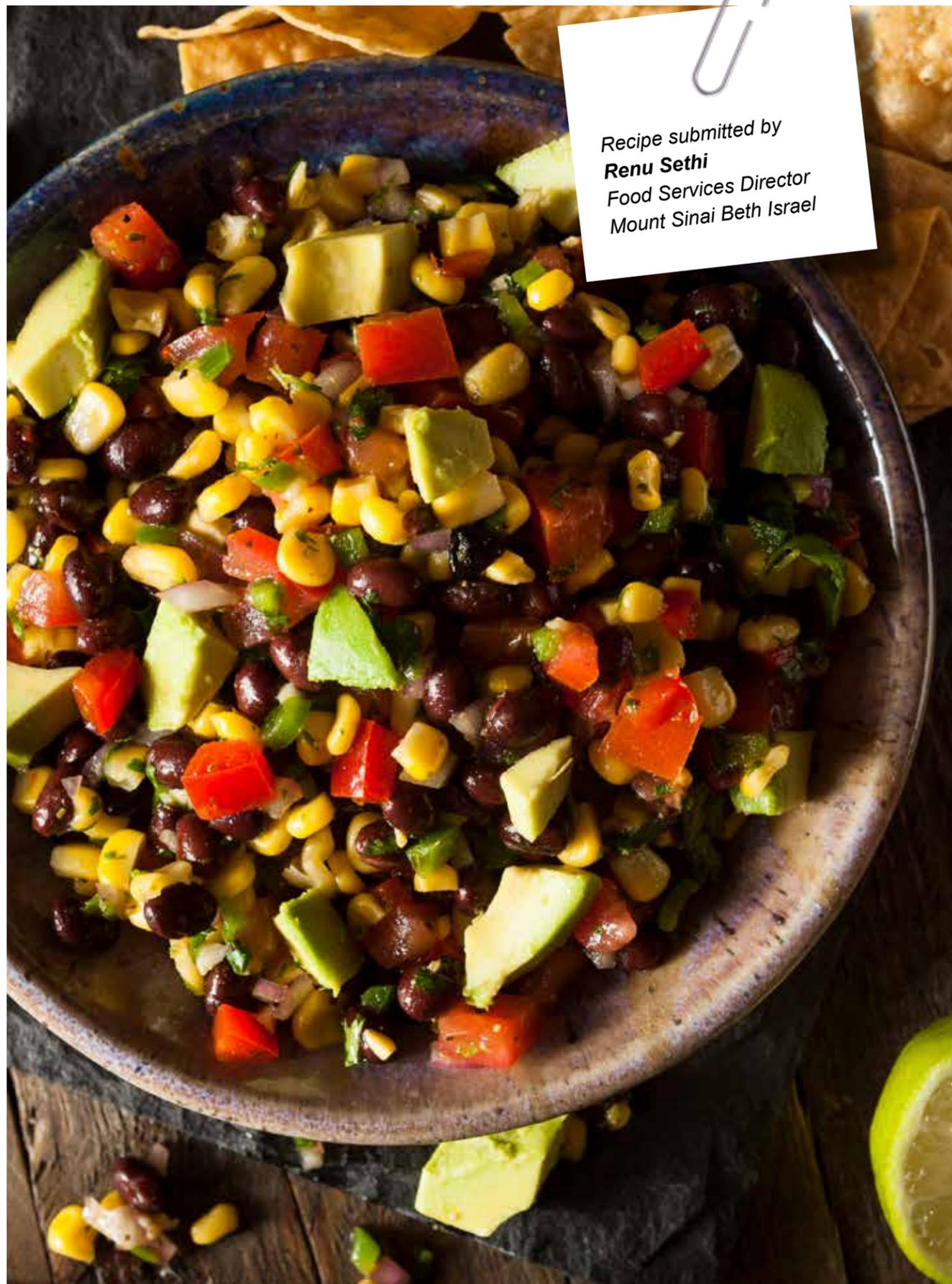
PREPARATION

In a large pot, heat the oil. Add the garlic and onion, and sauté until soft. Add kale and sauté, stirring until wilted. Add 3 cups of the broth, two cups of the white beans, tomatoes, herbs, salt, and pepper. Simmer 5 minutes.

In a blender or food processor, mix the remaining beans and broth until smooth. Stir into the soup in the large pot to thicken. Simmer 15 minutes. Sprinkle with chopped parsley.

Makes 8 servings
182 calories per serving





Recipe submitted by
Renu Sethi
Food Services Director
Mount Sinai Beth Israel

WELLNESS PRACTICE

Walking and Connecting

I love to walk from Penn Station to Mount Sinai Beth Israel in the morning and back again in the evening when returning home. The walk helps me prepare for the workday and de-stress when heading home.

On my walk, I often stop at the Farmers Market at Union Square. I buy local vegetables and freshly baked bread. Shopping like this makes me feel connected to the local community. I also take pleasure in tending to my own garden and planting flowers, tomatoes, and herbs. Nothing, however, can beat spending time running around with my three-year-old twin grandchildren! – *Renu*

Black Bean and Avocado Salad

INGREDIENTS

- 2 c sliced cherry tomatoes
- 1/3 c scallions, washed and chopped
- 1 large cucumber, sliced in small chunks
- 1 c corn (fresh or frozen and thawed)
- 1 can black beans, rinsed and drained
- 1 large avocado, sliced
- Fresh coriander
- Salt to taste
- 1 tbsp lemon juice
- 1 tbsp olive oil

PREPARATION

In a large bowl, add the cherry tomatoes, scallions, cucumbers, and corn to rinsed and drained beans. Add the sliced avocado and season with coriander and salt to taste. Finish with the lemon juice and oil and toss lightly. This salad makes a perfect meal or side dish.

Makes 2 servings
210 calories per serving

[BACK TO RECIPES](#)



Recipe submitted by
Deb Chatterjee
Data Science Analyst
Mount Sinai Health System

WELLNESS PRACTICE

Exploring

My close friends and I enjoy finding places to hike that we've never visited before. We explore the local towns around the hiking area afterward for a quick outdoor meal or snack. It helps to have a plan to look forward to for the weekend, and being outside among the trees is good for the soul! – *Deb*

Black Bean and Corn Salad

(adapted from DinnerAttheZoo.com)

INGREDIENTS

Salad

- 1 c canned black beans, drained and rinsed
- 1 1/2 c corn kernels, canned or fresh
- 1/4 c red onion, minced
- Cherry tomatoes, a handful, quartered
- 1 red bell pepper, diced
- 1 avocado, diced
- 1 jalapeno pepper, ribs and seeds removed, minced (optional)
- 1 c cooked quinoa, or 3 c mixed greens

Dressing

- 1/3 c cilantro leaves, chopped
- 1/3 c olive oil
- 1/4 c lime juice
- 2 tsp honey
- 1 tsp chili powder
- 1 tsp cumin
- Salt and pepper to taste

PREPARATION

Mix the black beans, corn, red onion, tomatoes, red bell pepper, avocado, and jalapeno (if using) in a bowl. Set aside.

Dressing

In a small bowl, whisk together the cilantro, olive oil, lime juice, honey, chili powder, cumin and salt and pepper.

Assemble

Plate the base of your choice (cooked quinoa or fresh salad greens) in a large serving bowl. Place the vegetables on top of your preferred base. Pour the dressing over the beans and vegetables and toss gently to coat.

Makes 2 servings
210 calories per serving

[BACK TO RECIPES](#)

WELLNESS PRACTICE

Walking and Talking

My friends and I call each other on our cell phones while we're walking early in the morning. Talking and catching up is a great way to stay connected and makes the time while I'm walking pass quickly while staying safely socially distant. – Pat

Escarole and Bean Soup

INGREDIENTS

- 2 tbsp olive oil
- 2 garlic cloves, chopped
- 1 head of escarole, chopped
- Pinch of salt
- 4 c low sodium broth, chicken or vegetable
- 1 - 15 oz can of cannellini beans
- 1 oz piece parmesan, plus an extra chunk for serving
- Salt and black pepper, to taste
- Red pepper flakes, optional
- Crusty bread to serve

PREPARATION

Heat the olive oil in a large pot over medium heat. Add the garlic and sauté just until fragrant. Add the escarole, and sauté until wilted. Add a pinch of salt. Stir in the broth, beans, and parmesan cheese.

Cover and simmer until heated through. Season with salt and pepper, and serve with crusty bread, parmesan cheese, and red pepper flakes if you like a bit of heat.

Makes 4 servings
264 calories per serving\



WELLNESS PRACTICE

Counting Steps while Rounding

I'm spending one hour per day rounding on as many hospital locations as possible to gain the benefits of an extra 5,000 or so steps. I try for 8,000 total steps per day, but the 5,000 goal helps get me there! – *David*

The American Heart Association sponsors this contest to encourage healthy eating habits of Americans.

NATIONAL HEALTHY EATING DAY WINNING RECIPE

NATIONAL HEALTHY EATING DAY WINNING RECIPE

Chickpea and Avocado Salad



Recipe submitted by
David Reich, MD
President and Chief
Operating Officer of The
Mount Sinai Hospital and
President of Mount Sinai
Queens

Contributed by
Devora Siegel
Clinical Nurse,
The Mount Sinai Hospital



Recipe submitted by
David Reich, MD
President and Chief
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Mount Sinai Hospital and
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Queens

Contributed by
Janna Guberman
Clinical Nutrition Coordinator,
Kravis Center for
Cardiovascular Health





Recipe submitted by
Maria Maldonado, MD
Associate Professor
Mount Sinai Doctors –
Yonkers

WELLNESS PRACTICE

Journaling and More

I keep a journal, and every morning I write down the events of yesterday and my thoughts and feelings. I then create a daily to do list and sometimes a list of aspirational plans for myself as well. Each day, I also [meditate](#) for about 10 minutes and try to read a chapter of a book. I strive to jog three or four times a week while listening to one of my favorite albums in the world, “[The Buena Vista Social Club at Carnegie Hall.](#)” – *Maria*

Two Bean Chili

PREPARATION

In large saucepan or deep frying pan, heat up just enough olive oil to coat the pan over medium heat. Add the onion, green pepper, and garlic to the pan and sauté until softened and fragrant. Add the two cans of beans. Season the beans with the curry powder, cumin, oregano, and cayenne pepper. Stir in the tomato sauce and mix all ingredients well.

Lower flame, cover the pan, and cook for 20 minutes. Add frozen corn and stir into mixture and cook until fully heated through, approximately an additional 5 minutes.

Serve over cauliflower rice or a baked sweet potato.

INGREDIENTS

- Olive oil
- 1 medium onion, thinly sliced, or chopped
- 1 medium green pepper, chopped
- 1 cayenne pepper chopped (optional)
- 2 cloves of garlic, thinly sliced
- 1 - 15 oz can pinto beans, drained and rinsed
- 1 - 15 oz can kidney beans, drained and rinsed
- 2 tbsp curry powder
- 1/2 tsp cumin
- 1/2 tsp oregano
- 1/2 tsp cayenne pepper, to taste
- 1 - 15 oz can tomato sauce
- Jalapeno pepper (optional)
- 10 oz frozen corn
- Cauliflower rice or baked sweet potato for serving

Makes 6 servings
120 calories per serving





SEAFOOD



WELLNESS PRACTICE

Keep Moving

I have built in movement to my work day in several ways because, it is important to move as much as possible, especially for those of us who are working at a desk for long hours. Each time a meeting is about to begin, I change my position. Now that I have a standing desk, I can stretch and do core exercises from time to time.

To elevate my heart rate to the prescribed level three to four times per week, I take brisk walks. I [combine various workouts](#) for cardio and stretching, and I lift hand weight dumb bells as well as heavier body weights, to build core strength.

Sleep is an important part of any wellness regime, so at the end of the day, to ensure a proper night's sleep, most nights I try not to use any electronic devices one hour before I go to sleep, and to maintain a consistent bedtime for a great productive next day. – *Jeff*

Black Bass

INGREDIENTS

2 fillets of black bass
1/4 c gluten free tamari sauce
2 to 4 tbsp lime juice
Grape seed or other oil of choice
1 tbsp honey
2 to 3 slices fresh ginger
Black ground pepper, to taste
Sea salt, to taste
Toasted sesame seeds (optional topping)
Snap peas, stir fried for serving
Sticky rice, for serving

PREPARATION

Preheat oven to 400°F.

Clean the fillets and then place on baking dish and set aside.

Combine the tamari sauce, lime juice, oil, honey, ginger, black pepper and sea salt. Mix in a bowl then drizzle over the fish fillets. There will be some juice that is sitting in the dish while baking.

Place the baking dish in the pre-heated oven. Roast for about 10 to 15 minutes.

Cover with foil for the first 8 minutes. Uncover and add the ginger. Return to the oven and continue cooking. Garnish with toasted sesame seeds if you like and serve with stir-fried snap peas and sticky rice.

Makes 2 servings
260 calories per serving



Recipe submitted by
Jeffrey Silberstein
Chief Administrative Officer,
Mount Sinai Health System
Chief Operating Officer,
Icahn School of Medicine
at Mount Sinai

WELLNESS PRACTICE

Elliptical Trainer

For personal wellness, I use my elliptical trainer for 30 minutes every morning before work, and on weekends. I usually read the newspaper or watch TV during those 30 minutes. [Exercise](#) is a great way to begin the day, and it prepares me to face the challenges ahead. – *Jim*

Miso Glazed Sea Bass

INGREDIENTS

- 1/2 c white miso
- 1/4 c mirin
- 1/4 c sake
- 3 tbsp sugar
- 1 tsp fresh ginger, peeled and finely grated
- 6 Chilean sea bass fillets, 6 oz each, 3/4- to 1-inch thick
- 1 tsp lemon zest, finely grated

PREPARATION

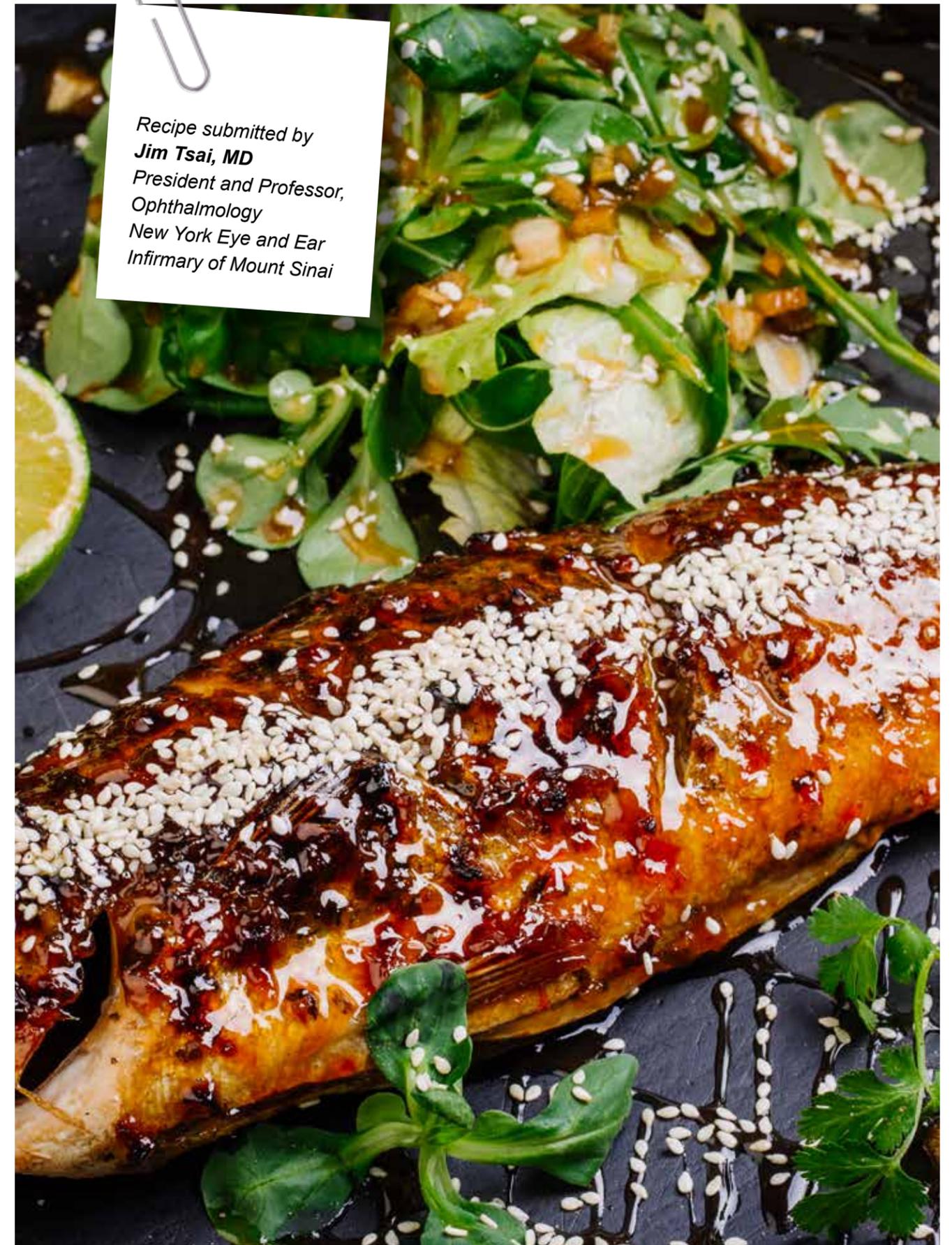
In a shallow glass baking dish, whisk together the miso, mirin, sake, sugar, and ginger. Add the fillets and turn to coat evenly. Cover and refrigerate for at least two hours or overnight to marinate.

When ready to cook, preheat a broiler or grill.

Remove the sea bass from the marinade, reserving the marinade. Place the fillets on a broiler pan and broil or grill 2 to 3 inches from the heat source until browned with crusty edges, about 4 minutes. Turn, brush with the reserved marinade, and grill until browned on the second side, 3 to 4 minutes.

Sprinkle with lemon zest and serve.

Makes 6 servings
292 calories per serving





Recipe submitted by
Georgios Syros, MD
Director of Arrhythmia
Services
Mount Sinai Queens

WELLNESS PRACTICE

Cycling and Jogging

I love jogging or cycling nine miles every day from my home in Manhattan to Mount Sinai Queens and then back again in the evening. This makes me feel energetic and prepared to begin my day at work. Incorporating [exercise](#) into my daily routine has a positive effect on both mental and physical wellness. – *Georgios*

Roasted Sardines with Collard Greens

PREPARATION

Preheat the oven to 350°F.

Rinse the sardines in cool water.

In a large bowl mix pepper and oregano, and add the sardines, turning so that they are coated with the seasonings.

Grease the roasting pan with 4 tablespoons of the oil and arrange the sardines in the pan. Bake in the pre-heated oven, for 20 minutes. Place the cooked sardines on a serving plate and garnish with lemon wedges.

Meanwhile, remove collard green leaves from the stalks, wash leaves thoroughly, and dry.

Bring a pot of water to a boil. Add the greens to the boiling water and cook for about 25 to 30 minutes. Drain the collard greens. Toss with the remaining olive oil and lemon juice.

Serve the collard greens with the sardines.

Makes 4 servings
550 calories per serving

INGREDIENTS

800g (just over 1 1/2lb) fresh or frozen sardines (not canned)

Pepper, to taste

Pinch of oregano

4 tbsp extra virgin olive oil

1/2 lemon, cut into wedges

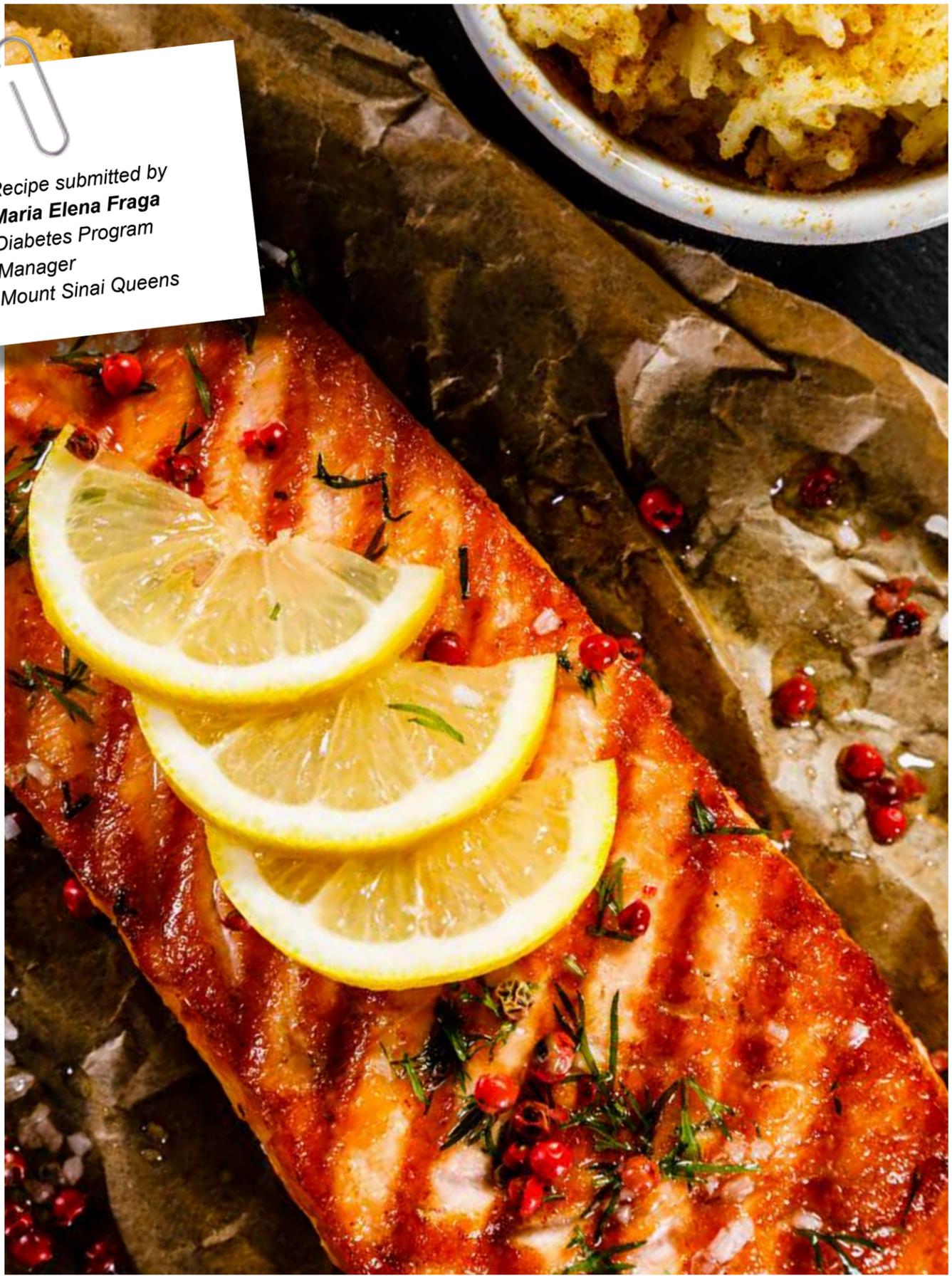
Salt, to taste

4 c collard greens

2 tbsp extra virgin olive oil

1/2 lemon, juice

[BACK TO RECIPES](#)



Recipe submitted by
Maria Elena Fraga
Diabetes Program
Manager
Mount Sinai Queens

WELLNESS PRACTICE

Self Care

Making myself a priority has helped me to maintain wellness amidst these challenging times. I often designate Sunday as a self-care day to [prepare meals](#) for the week and to create a list of goals I would like to accomplish during the week. I also try to create a realistic [exercise](#) schedule since exercising daily is important to me. Packing food for work has also helped me to keep up healthy eating habits. When I pay close attention to my mental and physical wellbeing, I can bring my best self forward to succeed at work and in all other areas of my life. – *Maria*

Sheet-Pan Salmon with Roasted Fall Vegetables

PREPARATION

Preheat oven to 425°F.

In a shallow pan or plate, make the marinade by stirring together the soy sauce, sesame oil, maple syrup, lime juice, red pepper flakes, the minced garlic clove, and ginger. Place salmon in marinade, skin side up. Set aside.

Place squash and Brussels sprouts in a single layer on a baking sheet. Add olive oil and pepper, and toss to coat. Place smashed garlic cloves among the vegetables. Roast vegetables for 15 minutes. Take the vegetables out of the oven and stir, pushing vegetables aside to make four places, one for each salmon filet. Place salmon on baking sheet, skin side down in the open spaces between the vegetables.

Pour any remaining marinade over salmon and return the baking sheet with vegetables and salmon to the oven for 12 minutes or until salmon flakes easily with a fork.

Garnish salmon with sesame seeds and serve immediately.

Makes 4 Servings
410 calories per serving

INGREDIENTS

- 2 tbsp low sodium soy sauce
- 1 tbsp sesame oil
- 1 tbsp maple syrup
- 1 tbsp fresh lime juice
- 1/4 tsp red pepper flakes
- 4 cloves garlic, 1 clove minced and 3 cloves smashed
- 2 tbsp freshly grated ginger
- 4 - 5oz salmon filets with skin
- 1 small (2-lb) butternut squash, peeled and cubed
- 1 lb Brussels sprouts, trimmed and cut in halves or quarters
- 1 tbsp extra virgin olive oil
- 1/4 tsp freshly ground black pepper
- 1 tsp sesame seeds, for garnish

[BACK TO RECIPES](#)



MEAT AND POULTRY



WELLNESS PRACTICE

My Favorite Activities

I find that I keep up my mental and physical wellness by taking part in my favorite activities: swimming, hiking, weight training, knitting, and listening to murder mysteries. I'm very grateful to have been a part of the Mount Sinai community during this year of extraordinary challenges and losses. – *Deborah*

Brisket

(adapted from
The Jewish Holiday Kitchen
by Joan Nathan)

INGREDIENTS

- 4 lb beef brisket
- 6 cloves garlic
- Paprika to taste
- Salt and pepper
- 2 tbsp vegetable oil
- 2 large onions, chopped
- 6 carrots, chopped
- 5 stalks celery with leaves, chopped
- 1 c tomato juice
- 1 envelope dried onion soup

PREPARATION

Preheat oven to 325°F.
Rinse the brisket of beef with water and pat dry.
Rub the brisket with garlic, paprika, salt and pepper.
Heat the oil in a heavy bottomed oven-proof casserole and brown meat on all sides. Add onions, carrots, and celery.
Cover with tomato juice. Sprinkle with dried onion soup.
Cover and cook for three hours in the pre-heated oven.
Before serving, remove cover and brown for 15 to 30 minutes.
The dish is best if prepared one day in advance. Skim off any surface fat before reheating and serving.

Makes 8 servings
414 calories per serving



Recipe submitted by
Deborah Marin, MD
Professor of Psychiatry,
Icahn School of Medicine
at Mount Sinai
[Director of the Center for
Spirituality and Health](#)
Director of the Ombud's Office
The Mount Sinai Hospital

WELLNESS PRACTICE

Jazz and Travel Photos

When I'm home, I often listen to jazz and look through my photo books, reliving the wonderful memories that belong to the places I have visited. I'm very much looking forward to travelling again when it is safe to do so! – *Marisa*

Chicken Over Zucchini Noodles

INGREDIENTS

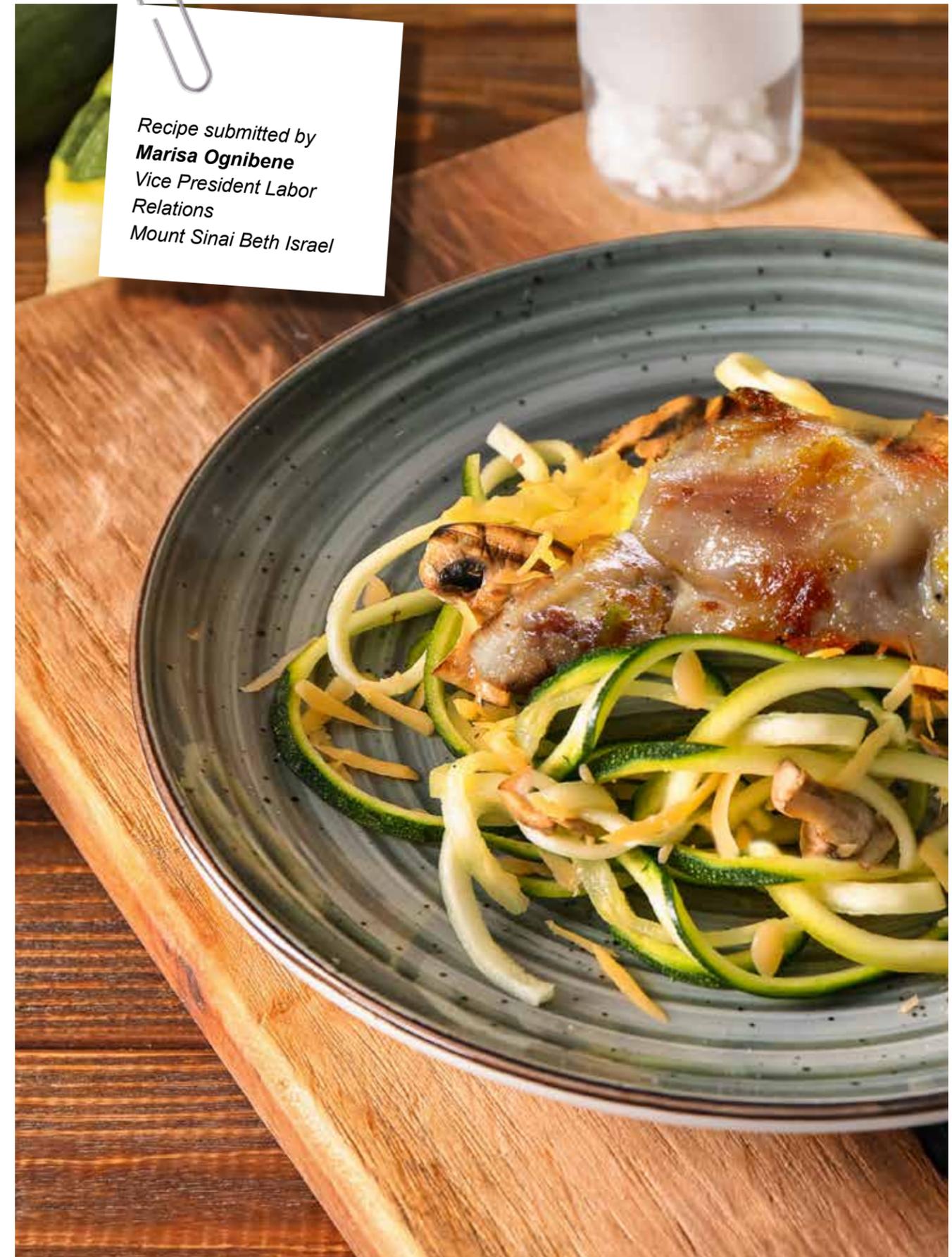
- 2 tbsp olive oil
- 6 chicken legs and thighs (3 each), skinless
- 1 tbsp garlic powder
- 1 c fresh sliced mushrooms
- 1 - 28 oz can crushed tomatoes
- 1/2 tsp onion pepper
- 1/2 tsp pepper
- 1/2 tsp salt
- Fresh basil
- Fresh zucchini noodles

PREPARATION

In a large skillet with high edges, heat four tablespoons of olive oil over medium heat, coating the bottom of the pan. Coat the chicken with garlic powder. Sear chicken in the skillet until golden brown. Add mushrooms, cook for 5 minutes, and add crushed tomatoes. Season with garlic pepper, salt and pepper, and add the fresh basil. Cook for 30 minutes on medium heat.

Boil zucchini noodles for 5 minutes until just tender, and drain. Serve with the chicken on the zucchini noodles.

Makes 3 servings
393 calories per serving





Recipe submitted by
Lisa Mims
Executive Assistant
New York Eye and Ear
Infirmary of Mount Sinai

WELLNESS PRACTICE

Healing through Exercise and Family

On weekends, I take an Afro-fit class with Tamara “Faith” Jones. It mixes African dancing with weight and strength training. During the week, I walk to and from work. 2020 has been a tough year with the loss of my mother due to [COVID-19](#), but slowly, I am healing by getting back to healthier eating habits, by walking, [exercising](#), and interacting with friends and family. – Lisa

Eggplant Lasagna with Turkey

PREPARATION

Preheat the oven to 375°F.

Place olive oil a large Dutch oven or pot over medium high heat. Once oil is hot, add turkey, onion, bell pepper, and garlic. Break up the turkey and cook for 5 to 8 minutes or until turkey is no longer pink. Add the diced tomatoes, tomato paste, water, basil, dried oregano, fennel seeds, salt and pepper. Stir until well combined then reduce heat to low, cover and simmer. Stir every few minutes.

Place sliced eggplant on large baking sheet coated with nonstick cooking spray. Sprinkle with salt and roast in the oven for 10 to 15 minutes to help dry out the eggplant a bit. This is a critical step. After eggplant is finished cooking, remove its skin.

While eggplant is cooking, mix the ricotta, parmesan, and egg in a medium bowl until well combined.

Once eggplant is finished cooking, remove the turkey meat sauce from the heat and allow it to cool a bit, and add 1/2 cup of meat sauce to the ricotta mixture.

Layer the lasagna by first spreading half of the meat sauce on the bottom of a 9 x 9-inch baking pan coated with nonstick cooking spray. Place half of the eggplant slices evenly over meat sauce. Next, spread half of the ricotta mixture, and sprinkle with half of the mozzarella cubes.

Repeat layers: meat sauce, eggplant slices, and ricotta mixture, finishing with mozzarella on top. Cover with foil and bake for 40 minutes.

Remove the foil and broil for 5 to 10 minutes or until cheese is golden brown and bubbly on top. Serve with a side salad.

Makes 5 servings
435 calories per serving

INGREDIENTS

- 1 tsp olive oil
- 1 lb lean ground turkey, 93% fat
- 1/2 yellow onion, minced
- 1 small red bell pepper, diced
- 3 garlic cloves, minced
- 1 - 15 oz can no-salt added diced tomatoes
- 1 - 6 oz can tomato paste
- 1/2 c water
- 2 tbsp fresh basil, minced (about 8 large leaves)
- 1 tbsp dried oregano
- 1/4 tsp fennel seeds
- 1/4 tsp salt, more to taste
- 1/8 tsp black pepper, freshly ground
- 1 large eggplant, cut lengthwise into 1/4-inch slices (about 6-8 large slices)
- Cooking spray
- Salt
- 1 c part-skim ricotta
- 1 egg
- 2 tbsp parmesan cheese, grated
- 8 oz fresh mozzarella, cut into cubes

[BACK TO RECIPES](#)



Recipe submitted by
Amy Bush
Director Volunteers
Mount Sinai West

WELLNESS PRACTICE

Gardening and Art

In a world full of uncertainty, I turn to gardening to help me accept the limits of my control and the unpredictability of life. I planted tomatoes, rainbow chard, green onions, herbs, and a variety of flowers on my patio this year. I also find that creating art is a helpful way of releasing stress. Over the last seven months, I've taken a silk-painting class, learned how to decoupage oyster shells, taken an embroidery class, and made jewelry. I've also created signs for our patients to cheer them on as they leave the hospital. – *Amy*

Italian Wedding Soup, Low Carb

PREPARATION

Use an instant pot or regular pot coated with the oil. Sauté the onion until fragrant. Add carrots, celery, Italian seasoning, and 1 cup of the chicken broth or water with bouillon. For instant pot, set on manual for three minutes, if using a regular pot, cook over medium flame until vegetables are just tender.

Add cooked meatballs, spinach, riced cauliflower, garlic, garlic pepper if using, and salt to taste. Add the remaining cup of chicken broth or water with bouillon. For instant pot, set on manual for three more minutes, if using a regular pot, cook until heated through. Serve as-is in soup bowls and if using, top with optional shredded parmesan cheese or part-skim ricotta.

Makes 5 servings
130 calories per serving

INGREDIENTS

- 1 tbsp olive oil
- 1 large onion, chopped
- 5 carrots, chopped
- 3 stalks celery, chopped
- 2 c chicken broth or 2 c water with a chicken bouillon cube, divided
- 1 tbsp Italian seasoning, to taste
- 1 pkg 9 to 12 cooked meatballs* - cut into bite-size pieces, or turkey sausage
- 2 c spinach or zucchini
- Pkg frozen riced cauliflower
- 4 cloves of garlic, cut finely
- Salt to taste
- Garlic pepper (optional)
- Shredded parmesan or part-skim ricotta (optional)

* Meatballs options: Aidells Chicken Meatballs, meatless meatballs, or make your own



WELLNESS PRACTICE

Growing Closer on FaceTime

I am grateful for the creation of FaceTime which has allowed me to virtually visit my children and grandchildren 3 to 4 times a week during the pandemic. While I would prefer to visit in person, FaceTime allows me to watch them grow, talk about their projects and achievements and congratulate them on their accomplishments. We have grown closer over the last year as a result. – Jane

Red Chicken Curry

INGREDIENTS

- 1 1/2 lb boneless skinless chicken breast
- 1/2 tsp kosher salt
- 2 tbsp ground black pepper
- 2 tbsp coconut oil
- 1 red bell pepper, sliced thinly
- 1 leek, sliced
- 2 cloves garlic, chopped finely
- 1/2 tsp fresh ginger, grated
- 2 tbsp red curry paste
- 1 - 14 oz can coconut milk
- 3 tbsp torn fresh cilantro
- Prepared brown rice

PREPARATION

Place a rack in the center of your oven and preheat the oven to 375°F.

Season the chicken with salt and pepper.

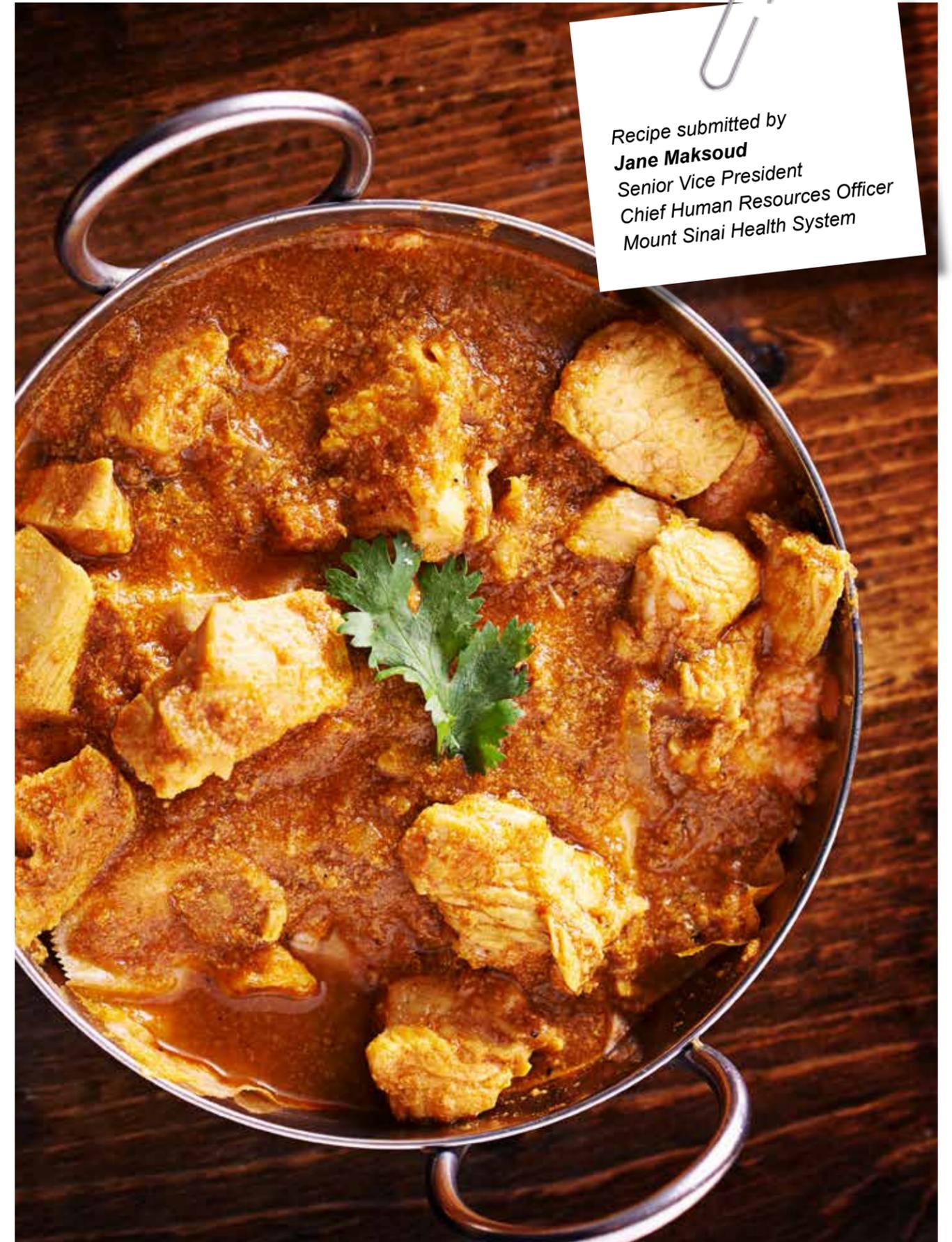
In a large ovenproof skillet, melt the coconut oil over medium-high heat. Add the chicken and sear on both sides until a deep golden brown. Transfer to a plate and set aside.

Reduce the heat to medium low. Add the bell pepper, leek, garlic, and ginger, and stir to combine. Cook for two minutes, until slightly softened. Stir in the curry paste. Cook for 5 additional minutes, stirring often. Slowly pour in the coconut milk while stirring to combine. Return the reserved chicken to the skillet.

Place the skillet in the oven and cook for 25 minutes, or until a meat thermometer inserted in the thickest portion of the chicken registers 165°F and the juices run clear.

Serve topped with cilantro along with rice and fresh sourdough bread for mopping up the sauce.

Makes 6 Servings
310 calories Per Serving



Recipe submitted by
Jane Maksoud
Senior Vice President
Chief Human Resources Officer
Mount Sinai Health System

WELLNESS PRACTICE

Time with My Son, Tennis, and Walking

I enjoy spending time with my son, playing tennis, and walking in the park. These are ways I focus on maintaining my own health and well-being, as I am concerned with the wellbeing of others, be it my son, [whose education has been conducted virtually](#), or the members of the technology department team. It has been a challenging time where everyone experienced unique challenges. Introspection and making our health a priority is important for all of us. – *Kristin*

Turkey Chili

INGREDIENTS

1 tbsp olive oil
2 lb ground turkey, white and dark combined
2 c onion, coarsely chopped
2 tbsp garlic, chopped
1 large sweet red pepper, cored, deveined, and coarsely chopped
1 c celery, chopped
1 jalapeno pepper, cored, deveined, and finely chopped
1 tbsp fresh oregano, chopped, or 1 tsp dry
2 bay leaves
3 tbsp chili powder
2 tsp ground cumin
3 c canned diced tomatoes
2 c chicken broth, fresh or canned
Salt and freshly ground pepper, to taste
2 - 15 oz cans of red kidney beans, drained
2 c cheddar cheese, shredded
1 c sour cream (optional)
Lime for garnish (optional)

PREPARATION

Heat the oil over high heat in a large heavy pot and add the ground turkey. Cook until lightly browned, about 5 minutes, chopping and stirring with the side of a heavy kitchen spoon to break up any lumps.

Add the onions, garlic, sweet pepper, celery, jalapeno pepper, oregano, bay leaves, chili powder, and cumin. Stir to blend well. Cook for 5 minutes.

Add the tomatoes, chicken broth, salt and pepper. Bring to a boil; reduce heat and simmer, stirring occasionally, for 15 minutes.

Add the drained beans and cook, stirring occasionally for 10 minutes longer.

Serve in bowls topped with cheddar cheese, and sour cream, if using, and garnish each bowl with a lime wedge, if desired.

Makes 6 servings
680 Calories per serving



Recipe submitted by
Kristin Myers
Executive Vice President,
Chief Information Officer
Dean for Information
Technology (IT)
Mount Sinai Health System

SWEETS





Recipe submitted by
Jane Maksoud
Senior Vice President
Chief Human Resources Officer
Mount Sinai Health System

WELLNESS PRACTICE

Long Walks

Long weekend walks beneath the trees on the Delaware River tow path restores my equilibrium and makes me feel more grounded. During the week, I aim for walks around the Central Park reservoir as often as possible. Both activities help keep my body relaxed and my mind clear. – *Jane*

Avocado Chocolate Cake

INGREDIENTS

- 1 c whole wheat pastry flour
- 6 tbsp cacao or unsweetened cocoa powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 3/4 c granulated sugar
- 1/2 c mini chocolate chips, optional
- 1/4 c yogurt
- 3/4 cup water
- 1/4 c avocado, mashed
- 2 tsp pure vanilla extract

PREPARATION

Preheat oven to 350°F.

Grease an eight-inch square or round pan. Set aside.

In a large bowl, combine the flour, cocoa powder, baking soda, salt, sugar, and chocolate chips if using, and stir very well.

In a separate bowl, whisk together all remaining wet ingredients.

Pour wet into dry, and stir until just combined, being sure not to over-mix. Pour the batter into the greased pan.

Bake 25 minutes or until batter has risen and a toothpick inserted into the center of the cake comes out clean.

Refrigerate for at least 30 minutes before serving.

Makes 8 Servings
221 calories per serving



Recipe submitted by
Eric Acklowitz
Senior Executive Chef
Mount Sinai West

WELLNESS PRACTICE

Biking

Biking helps clear my head and gives me a great sense of movement. – *Eric*

Black and White Chocolate Cake

INGREDIENTS

Chocolate Cake

- 3 eggs
- 2 c sugar
- 1 c cocoa powder
- 6 oz semisweet chocolate, chopped
- 1 c buttermilk
- 3/4 c coffee, hot
- 2 tsp vanilla
- 2 c cake flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 1 c unsalted butter, softened at room temp

White Chocolate Buttercream Frosting

- 2 1/4 c sugar
- 1 c water
- 8 egg whites
- 2 tsp vanilla
- 2 c unsalted butter, softened at room temperature.
- 3 oz shortening
- 6 oz white chocolate, melted

PREPARATION

Cake Preparation

Preheat oven to 350°F.

Butter and flour a nine-inch cake pan and set aside.

Using an electric mixer, beat the eggs and sugar together until pale and fluffy.

Whip the butter into the egg and sugar mixture until incorporated.

In a separate bowl, mix the hot coffee and chopped chocolate until melted. Add the cocoa powder and buttermilk, and mix again until smooth.

In another bowl, mix the flour, baking soda, and powder and salt together.

Fold the dry ingredients into the chocolate mixture, alternating with sugar-egg-butter mixture..

Pour the batter into the greased-and-floured cake pans and bake in the middle rack of the preheated oven for 20 to 30 minutes until a toothpick comes out of the center of the cake clean. Cool on a rack.

Frosting Preparation

While cake is baking, boil the sugar and water on a stovetop at high heat to a temperature of 230°F on a candy thermometer.

Whip the egg whites using a mixer set to high until soft peaks are formed, and slowly add the hot sugar syrup in a thin stream to the whipped egg whites, continue to whip until shiny and glossy and heavy peaks are formed, for about 5 to 8 minutes.

Set the mixer to low and add the butter one tablespoon at a time until all is added to the egg whites. Add the shortening, vanilla, and melted white chocolate in that order. Once incorporated, turn off the beater and scrape into an airtight container.

Assemble

Once the cake is cool, cut in half to make two layers and set side-by-side. Spread an even 3/4 of an inch of frosting on one of the cake layers. Place the other cake layer on top and frost.

Makes 14 servings
780 calories per serving



WELLNESS PRACTICE

Cooking, TV, Family

I enjoy cooking, watching my favorite TV show, “Criminal Minds, and relaxing on the beach in the summer. I’ve also found that spending time laughing and talking with my family keeps my spirits up. – *Nabila*

Castel Cake

INGREDIENTS

Pastry Dough

- 8 oz ground peanuts
- 5 egg whites, beaten
- 2 oz flour
- 8 oz sugar
- 1 tsp pure vanilla extract

Cream

- 5 oz butter
- 4 tbsp powdered sugar
- 2 tbsp milk
- 1 egg yolk

PREPARATION

Pastry Dough Preparation

Preheat oven to 350°F.

Add sugar to beaten egg whites, and add flour, vanilla, and peanuts. Mix softly with spatula.

Pour the mixture on a baking sheet covered with parchment paper. Bake in preheated oven for about 10 to 15 minutes.

Cut the edges to make a clean square, split the square in 2, and allow to cool.

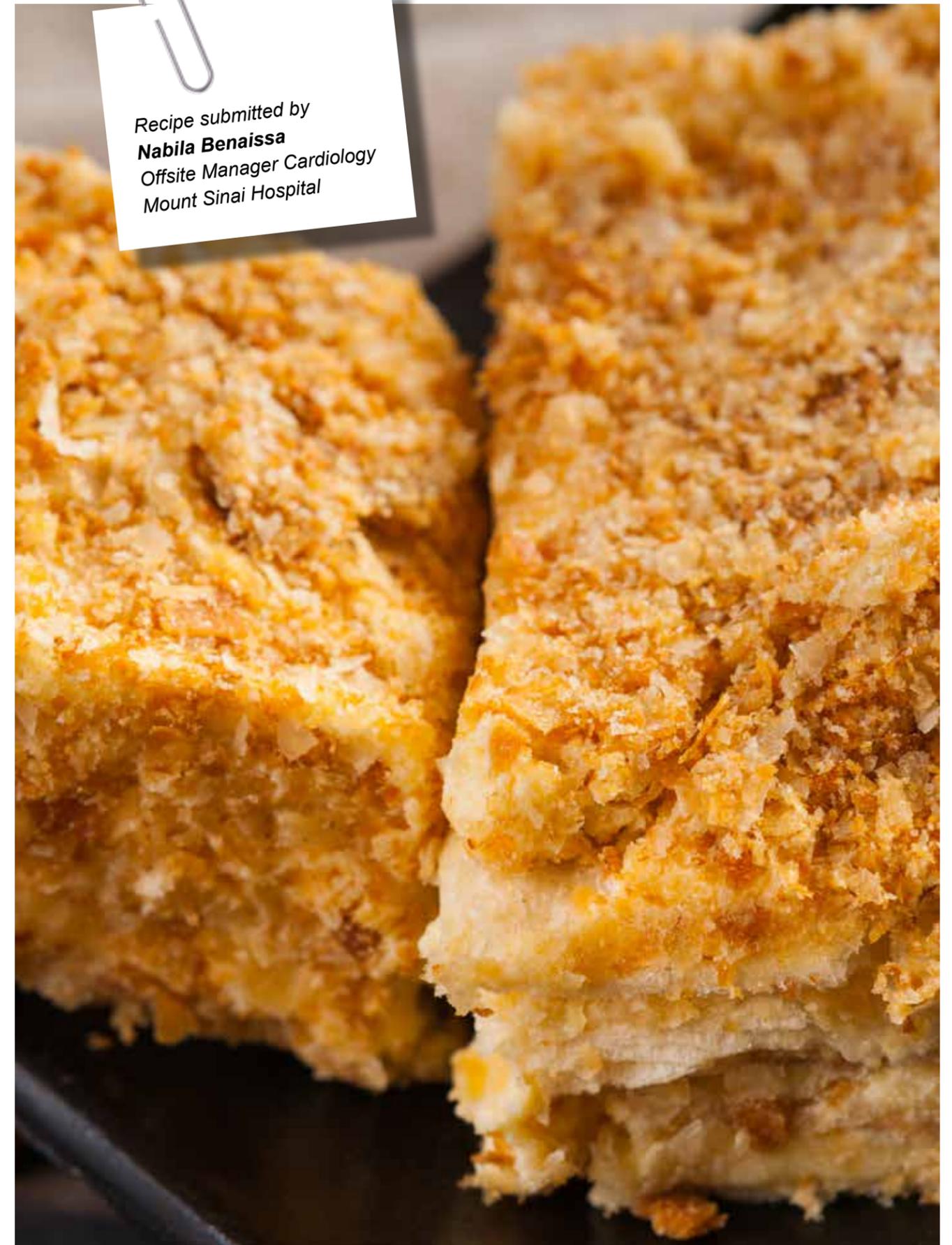
Cream Preparation

Combine the ingredients in a bowl and whisk until mixture has a creamy consistency.

Assemble

Spread half of the cream on top of one half the dough, cover with the other half of dough. Pour the rest of the cream on top of the dough and spread it on the entire surface. Crumble the edges of the dough cut earlier and spread it on the top. Let set, and then cut into eight squares.

Makes 8 servings
390 calories per serving



WELLNESS PRACTICE

Morning Routine

Maintaining a morning routine is a key part of wellness for me. Setting an early alarm in order to fit in a short walk or [yoga routine](#) before work helps to ensure that I will have a positive attitude and make good choices throughout the day! – *Maura*

Easy Homemade Granola

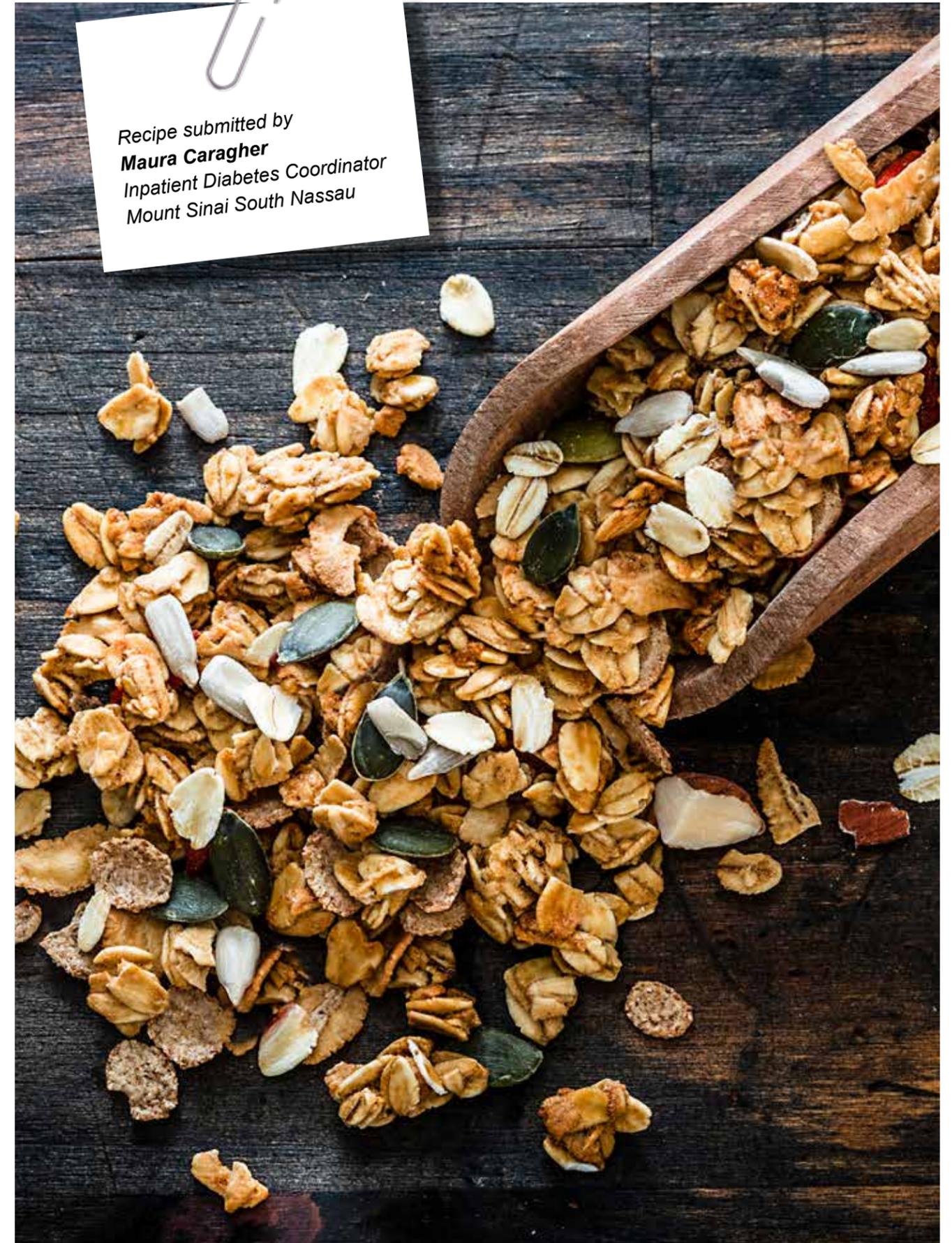
INGREDIENTS

- 3 c old fashioned oats
- 1 c slivered almonds or pumpkin seeds
- 1 c shredded unsweetened coconut
- 1 generous tsp cinnamon
- Pinch of salt
- 2/3 c melted coconut oil
- 2/3 c pure maple syrup
- 1 generous tsp vanilla

PREPARATION

Preheat oven to 325°F.
Line a large baking sheet with foil or parchment paper.
Mix all dry ingredients in a large bowl. Add wet ingredients to dry ingredients and mix well. Then spread the mixture evenly on the lined baking sheet.
Bake for 25 minutes in the preheated oven. Remove from oven to mix on the baking sheet. Return to the oven and bake for another 5 minutes. Take out of the oven and allow the granola to cool. Be sure to store in an airtight container.
Sprinkle on yogurt and fruit and enjoy!

Makes about 5 cups
183 calories per quarter of a cup





Recipe submitted by
Lauren Peccorale, MD
Associate Professor,
Medicine General
Internal Medicine
Icahn School of Medicine
at Mount Sinai

WELLNESS PRACTICE

Sharing

Baking something sweet and healthy and sharing it gives me a sense of well-being.

– Lauren

Five Spice Health Banana Bread

PREPARATION

Preheat oven to 350°F.

Grease a loaf pan with butter and sprinkle with flour.

Whisk together the flours, baking powder, flax, baking soda, and salt in a large bowl; set aside.

In a medium saucepan over medium heat, melt the butter. Once melted, continue to cook, swirling the pan often, until the butter is fragrant and deep brown, two to three minutes. Remove the pan from the heat and immediately whisk in the cardamom, cinnamon, nutmeg, and cloves. Carefully add the mashed bananas since the butter will sizzle and bubble up. Whisk until combined.

Add the brown sugar, eggs, and vanilla, and whisk until smooth. Add the banana mixture to the flour mixture and, using a rubber silicone spatula, fold until just combined and no dry flour remains. Transfer the batter to the prepared pan.

Bake until the loaf is well browned, the top is cracked, and a toothpick inserted in at the center comes out clean, about 50 minutes.

Cool the bread in the pan on a wire rack for 15 minutes, then turn out the loaf and cool completely before serving.

Makes 12 servings
196 calories per serving

INGREDIENTS

- 1 c almond flour
- 1 c whole wheat flour
- 1/4 c ground flax
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp kosher salt
- 6 tbsp (3/4 stick) salted butter
- 1 tsp ground cardamom
- 1 tsp ground cinnamon
- 1/4 tsp ground cloves
- 1/4 tsp ground nutmeg
- 2 to 2 1/2 c mashed bananas
(about 3 or 5 very ripe bananas)
- 1/4 c dark brown sugar, packed
- 2 large eggs
- 2 tsp vanilla extract



Recipe submitted by
Kelly Hogan
Clinical Manager
Mount Sinai Hospital

WELLNESS PRACTICE

Running

My favorite activity is running, and I run every morning before work. I typically run in Central Park, anywhere from 6 to 10 miles depending on the day. While running, I feel that my mind is free to think about everything going on or nothing at all. I also challenge myself physically. Because there are no races to train for right now, running has been a wonderful outlet for stress. Starting the day with a run helps me feel more alert, calm, and energized. I've been running for many years, so it's as much a part of my self-care routine as brushing my teeth. For those interested in getting started running, my advice is to start out slowly and enjoy the process. – *Kelly*

Loaded “Post-run” Oatmeal

INGREDIENTS

- 1/2 c oats
- 1 c almond milk
- 1/2 c berries
- 1 heaping tbsp almond butter
- 1 tbsp hemp or chia seeds

PREPARATION

Cover dry oats with milk and microwave about two to three minutes. Top with berries, almond butter, and seeds. Enjoy!

Makes 1 serving
415 calories per serving



WELLNESS PRACTICE

Baking, Reading, and Travelling

Baking is my way of relaxing and bringing a bit of joy into the world by sharing desserts I've created with the people I love. I am also an avid reader and enjoy curling up on the sofa with an engaging book. I enjoy travelling and in a post-pandemic world, I aspire to visit all of the countries in Europe within the next 10 years. – *Audrey*

Miso and White Chocolate Cookies

INGREDIENTS

- 2 sticks unsalted butter
- 1 1/4 c light brown sugar
- 1/2 c white sugar
- 2 medium eggs
- 1 1/2 c cake flour or plain flour
- 1 1/2 c self-rising flour
- 1 tsp cornstarch
- 1 tsp salt
- 1 tsp baking soda
- 2 tbsp white miso paste
- 2 tsp vanilla bean paste
- 2 c white chocolate, chopped, or white chocolate chips

PREPARATION

Preheat oven to 390°F.

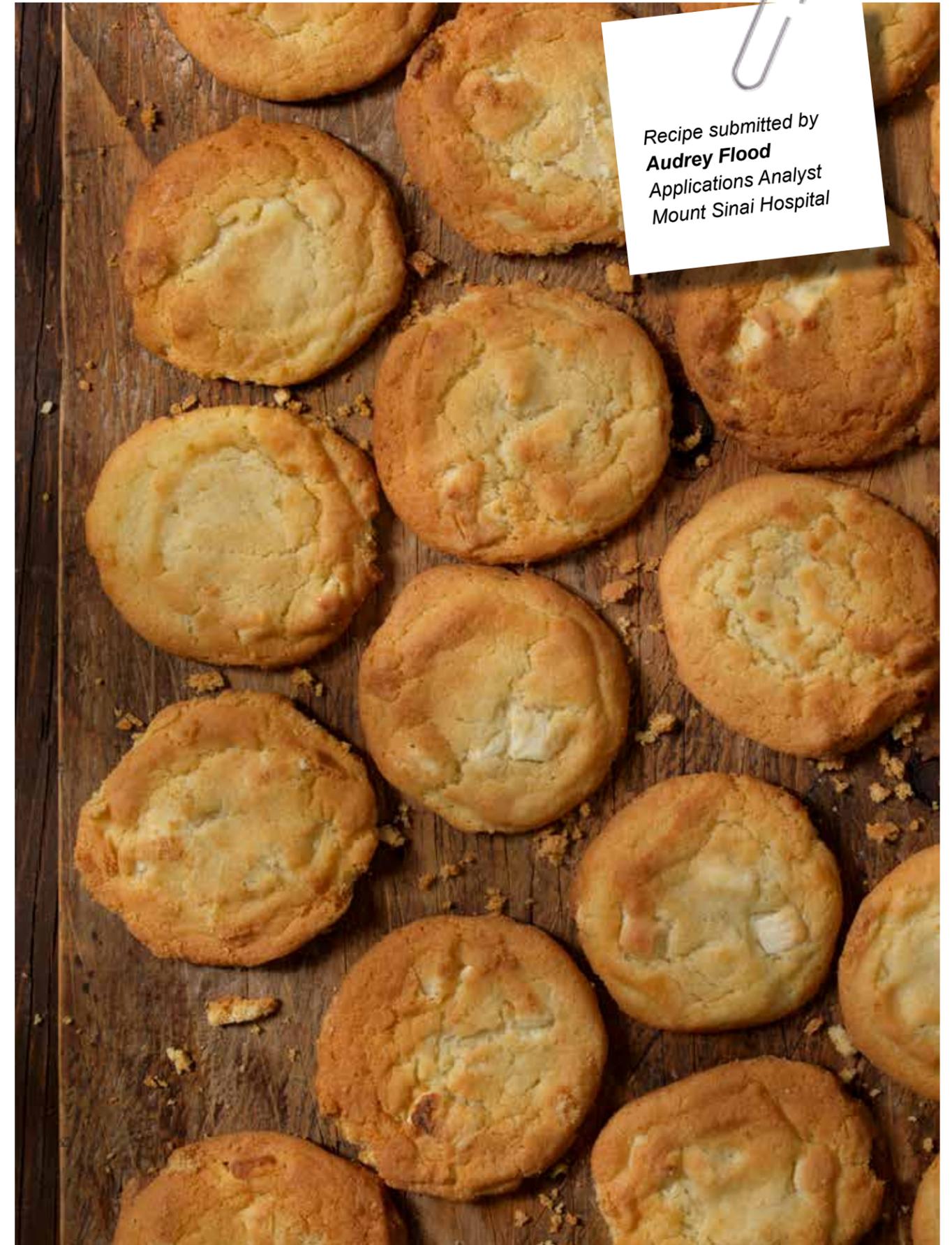
Mix the butter and sugars until fully combined, either in a stand-mixer, or with a hand mixer. Beat in one egg at a time. Add the flours, cornstarch, salt, baking soda, and miso paste. Mix until just combined - try not to over mix. Stir in the white chocolate.

Spoon the mixture out onto a plate into 10 mounds depending on the size of cookie you want and freeze for at least 30 minutes.

Remove from the freezer, place on a baking sheet, and bake for about 10 minutes or until light golden. If you prefer your cookies to be firmer and crispier, lower the oven to 350°F and bake for 14 minutes.

Allow to cool and firm up on the baking tray for at least 20 minutes or longer.

Makes 10 large cookies
600 calories per cookie



WELLNESS PROGRAM RESOURCES

[Mount Sinai Calm](#)

[Calm for Loved Ones](#)

[Mount Sinai Fit](#)

[Nutrition](#)

[Diabetes](#)

[Smoking Cessation](#)

[Reach Your Peak](#)

