

2021 CALM & FIT WELLNESS COOKBOOK

THE MANY FLAVORS OF DIVERSITY



Mount
Sinai



A MESSAGE FROM
JANE MAKSOD, RN, MPA
SENIOR VICE PRESIDENT
AND CHIEF HUMAN
RESOURCES OFFICER,
MOUNT SINAI HEALTH
SYSTEM

Welcome to the Mount Sinai Calm and Fit 2021 cookbook, *The Many Flavors of Diversity*. This is a compilation of personal “comfort food” recipes contributed by faculty, staff, and students from across the Health System, showcasing some of their treasured culinary customs from around the globe.

I am especially happy to share this collection with you as recognition of Mount Sinai’s ongoing commitment to diversity and inclusion and as a gift of appreciation for our compassionate and caring faculty and staff. Our workforce includes folk indigenous to the United States and those that hail from far afield. Together, we create a multicultural community. Making space to learn about one another through the experience of nourishing food while celebrating cherished customs, offers an opportunity to appreciate cultures and norms that may be new for many of us.

Within these pages, you will find recipes from Africa; the Caribbean; North, South, East, and Central Europe; Asia, and North and South America. You will learn about sacred dishes passed down by word of mouth through generations of an individual family along with new cuisines explored for health and pleasure.

Thank you to those who took the time to share a favorite dish—it is almost as if you have invited us to your table to share a meal with you in honor of Shabbat, Rosh Hashanah, Diwali, Holi, Thanksgiving, Christmas and other holidays in addition to the every-day pleasure of classic regional foods. I wish you the blessings of peace, comfort, and joy during all of the holidays you celebrate and best wishes to each of you, your families, and all those you hold dear for a future that is healthy and safe.

Warmly,

Jane

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A Caribbean Island Favorite from My Grandmother

MAIN COURSE • DINNER • LUNCH • POULTRY

Curry Chicken

INGREDIENTS

- 1 whole chicken, cut up
- 2 lemons, use to wash chicken
- 1 T curry powder, Grace brand
- 1/2 T chicken seasoning, Grace brand
- 1/2 T all-purpose seasoning, Grace brand
- 1 T garlic, crushed
- 1 sprig thyme
- 4 whole spice berries, (also known as pimento grain or Jamaican pepper)
- 1/2 scotch bonnet hot pepper, minced (substitution options: Serrano or Habanero chili)
- 1 onion, chopped
- 2 scallions
- 2 T cooking oil (optional)
- 3 medium potatoes, peeled and cubed

PREPARATION

Cut up chicken into small serving-size pieces. Clean the chicken by rinsing with cold water and the juice of the lemons. Drain to remove all water.

Place the chicken pieces in a hot Dutch oven. Season with the curry powder, chicken seasoning, all-purpose seasoning, crushed garlic, thyme, and spice berries. Add the minced pepper, onion, scallions, and oil, if using. Cook over medium heat for 40 minutes. Add the potatoes and cook another 10 minutes, or until potatoes are tender. Remove the thyme and whole spice berries. Serve with rice.

6 servings
423 calories per serving



My grandmother made chicken curry all the time. It is a Caribbean favorite, and I enjoy serving it to large groups of guests. You can add any vegetable to this dish, and it makes an awesome meal.

– Tameka Bastien, Admitting Manager, Mount Sinai Morningside



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Cuban Classic from My Mother-in-Law to Enjoy Anytime

MAIN COURSE • SEAFOOD • MEAT • RICE

We are Cuban American and my mother-in-law who is a wonderful cook, gave this recipe to me so that I can make it for my family to enjoy since we do not live near her. We enjoy this anytime. We love it.

– Ana Alfonso, Application Support & Coordination-Application Analyst III Epic, Data Center



Cuban Chinese Rice - A La Ana

INGREDIENTS

- 2 c Jasmine rice, cooked
- 1/2 package bacon, chopped into cubes
- 1 c onion, chopped
- 1/2 c carrot, chopped
- 2 cloves garlic, minced
- 2 c cooked ham, diced
- 1 c bean sprouts
- 12 to 15 shrimp, peeled and cleaned
- 1 T soy sauce, plus more to taste
- 1 T sesame oil
- 1/2 c scallions, chopped
- 1/2 c chicken broth, as needed
- 3 eggs
- 1/2 c frozen green peas

PREPARATION

Cook the rice according to package directions, and set aside.

Cook the bacon in a large pan until crisp. Remove bacon from pan and set aside. Leave the bacon drippings in the pan. Add the onion, carrot, garlic, ham, bean sprouts, and shrimp. Add soy sauce and sesame oil to the pan and cover. Cook for approximately 10 to 15 minutes. Add the cooked rice, scallions and mix all ingredients together. Add some of the broth if the mixture is too dry and sticky.

In a small pan, scramble each egg separately. Chop the scrambled eggs into small pieces and add to the large pan and mix. Add soy sauce to taste and mix once again. Add the frozen peas and more broth if needed. Cook on low heat for 7 minutes.

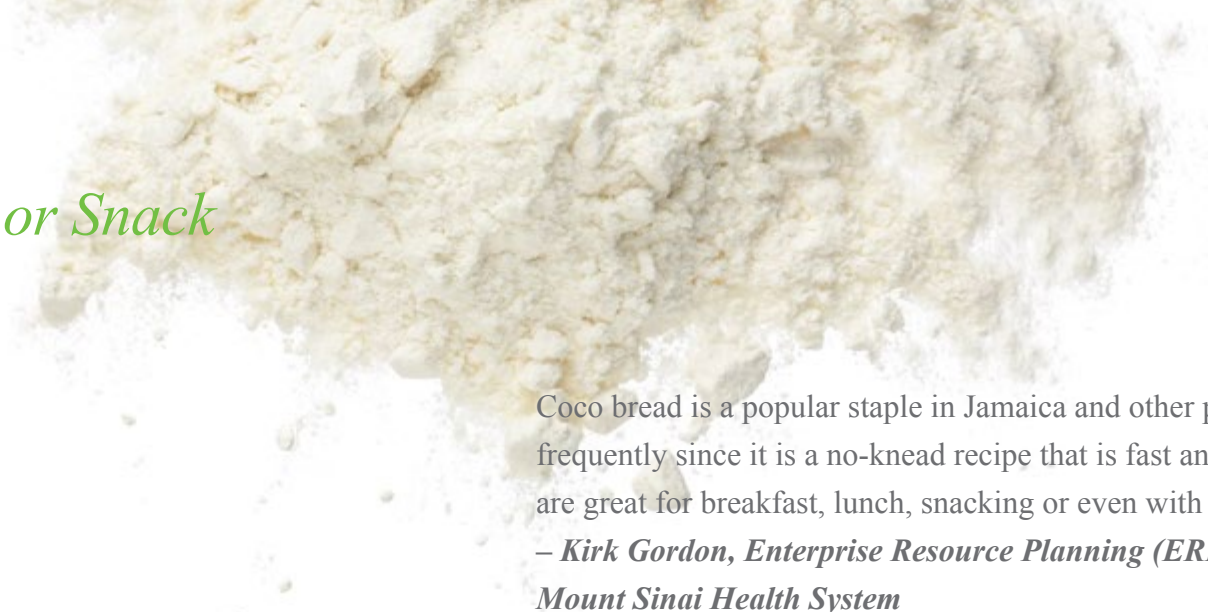
6 servings
259 Calories per serving

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A Caribbean Staple to Enjoy with Any Meal or Snack

BREAKFAST • LUNCH • DINNER • SNACK • BREAD



Coco bread is a popular staple in Jamaica and other parts of the Caribbean. I bake this simple bread frequently since it is a no-knead recipe that is fast and easy to make. These buttery, slightly sweet rolls are great for breakfast, lunch, snacking or even with dinner.

– Kirk Gordon, Enterprise Resource Planning (ERP) Manager, Information Technology, Mount Sinai Health System

Jamaican Coco Bread

INGREDIENTS

- 3 1/2 c all-purpose flour
- 1/4 c sugar
- 2 packs active dry yeast (4 1/2 t)
- 1 1/2 t kosher salt
- 5 to 8 T butter, softened at room temperature, divided
- 2 T coconut oil
- 1 1/2 c coconut milk, warmed (not more than 120 degrees)
- 1/4 c water, warmed (not more than 120 degrees)

PREPARATION

Preheat oven to 350 degrees.

Mix the flour, sugar, yeast, and salt in the bowl of a stand mixer with the hook attachment. Add 2 T of the softened butter, coconut oil, coconut milk, and water. Mix at low speed for 5 minutes. Dough should form ball that can be removed easily from the bowl.

Transfer dough to a lightly floured surface. Cut into 10 equal pieces, and roll each piece into a ball. Allow balls of dough to sit for 10 minutes.

Place the remaining softened butter in a small bowl. With a pastry brush, coat your work surface with some of that butter.

Using a rolling pin, roll each ball flat (about 7 inches in diameter and 1/4- to 1/8-inch thick). Rub a thin layer of remaining softened butter over the surface of each piece of dough, using a pastry brush or fingers. Fold dough in half. Rub a thin layer of butter over the top surface. Fold again, forming a triangle of each ball. Place onto a lightly greased baking sheet. Repeat with remaining pieces. When all the balls are shaped, let them sit for 10 minutes.

After a 10-minute rise, use fingertips to make four light impressions in each triangle of bread to keep the bread from puffing up too much in the oven.

Place the baking sheet in the center of the preheated oven. Bake for 15 to 20 minutes, until the rolls are golden brown.

Remove from the oven and brush each roll with a bit more butter. Serve warm, or allow to cool. They are best served fresh. You can also store in an airtight container for a day or two.

10 servings
472 calories per serving



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While I was taking nutrition class for a certification, I learned how to put fruits and vegetable together. The lime in this dip reminds me of my culture in Puerto Rico, and the bright colors are inviting. I enjoy this while watching my son's baseball games, and I serve it at parties. This is a guilt-free treat, because of the nutritional value of the dip.

– *Taynisha Torres, Jr Secretary/ Scheduler, Mount Sinai Queens*



A Healthy Snack Reminiscent of Puerto Rican Colors and Flavors

APPETIZER • SNACK • FRUIT • VEGETARIAN • VEGAN

Tiny Lime Scoops

INGREDIENTS

1/2 to 1 small red bell pepper, chopped into small cubes
3 peaches (fresh or canned), chopped into small cubes
3 tangerines, peeled (fresh or canned, drained)
1 lime, cut into wedges
Bag of multigrain tortilla chips

PREPARATION

Place the pepper, peaches, and tangerines into a bowl. Squeeze the lime over the fruit and vegetables. Stir. Dip and scoop the mixture with multigrain grain chips and enjoy.

Each serving: 13 chips and 1/4 c dip
200 calories per serving



My Mother's New Year's Treat from Eastern European Georgia

DESSERT • SNACK • VEGAN



Gozinaki is a traditional dessert and snack from the country of Georgia. My mom made this for us on New Year's Eve to symbolize the hopes and wishes for a sweet and healthy new year ahead. She instilled in me the love for cooking and appreciation for good quality ingredients. Now I make and enjoy Gozinaki all year round and I serve it on both the January first New Year's day and the "old" New Year, celebrated on January 14 in Georgia.

– Ekaterine Piccola, Senior Immigration Specialist

Gozinaki, Georgian Honey Walnut Brittle

INGREDIENTS

3 c raw walnuts (or other nuts, such as hazelnuts)
1 c good quality natural honey
1 T sugar

PREPARATION

Toast the walnuts in an ungreased pan on low heat. Stir them occasionally to avoid burning until the edges become a golden color. Set aside. When cool, remove husks by hand and chop the walnuts into very small pieces. Set aside.

Pour the honey into a thick-bottomed pan on low heat, stirring a few times with a wooden spoon. Bring to a boil and stir constantly to avoid burning. The honey should boil for 8 to 10 minutes before adding the sugar for texture. Continue stirring for an additional 2 to 3 minutes to reduce and thicken slightly.

Turn off the heat and add the chopped walnuts. Mix to fully incorporate the walnuts.

Moisten a wooden cutting board and wooden spoon with water. Pour the honey-walnut mixture onto moist board. Using the moist spoon, spread the mixture into a half-inch rectangular. Let it cool for 10 to 15 minutes. Cut the brittle into 2-inch diamond shapes or other shapes. Do not refrigerate the brittle; keep at room. The brittle is best if eaten within a week.

25 servings, approximately 2" each
105 calories per piece



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A Favorite Food from Ghana to Enjoy with Family and Friends

VEGETARIAN • VEGAN

I am of Ghanaian and Nigerian descent, and kelewele is a popular street food snack, enjoyed by locals and visitors to Ghana. Kelewele kebabs are a twist on this traditional dish. Families also enjoy kelewele as part of a meal when accompanied with our famous jollof rice. Kelewele is a year-round treat enjoyed best when shared with friends and family.

– *Samantha Udondem, Research Program Manager, New York Eye and Ear Infirmary of Mount Sinai*



Kelewele (Spicy Fried Plantain) Kebabs

INGREDIENTS

- 1 ripe yellow plantain
- Spice blend:
 - 3 to 4 inch piece of ginger root
 - 1 T smoked paprika
 - 1/2 t chili powder
 - salt
- 3 to 4 bell peppers, mix colors
- 1 medium red onion
- 1 medium courgette (zucchini)
- Salt and black pepper, to taste
- Coconut oil

PREPARATION

Cook in either an air fryer or a shallow frying pan and use four skewers.

Peel and slice the plantain. Place in a bowl and coat with the smooth spice blend. Set aside to marinate for at least 30 minutes.

Cut the bell peppers and onions into chunks. Slice the zucchini to similar thickness as the plantain, and season with salt and black pepper to taste.

Cooking in an air fryer:

Assemble skewers, alternating plantain, pepper, onion, zucchini pieces. Brush with coconut oil and cook at 360 degrees for approximately 13 to 15 minutes. Serve one skewer per person on its own as snack; great with peanuts.

Cooking in a shallow frying pan:

Heat the oil and fry the plantain until golden; set aside. Sauté the peppers, onion, and zucchini. Divide into four serving with fried plantain.

Make a meal of kelewele by serving with jollof rice and roasted peanuts.

4 servings
72 calories per serving (without rice or peanuts)



How a Farming Family Brings Greek Flavors to Everyday Meals

SEASONING • MEAT • POULTRY • MAIN COURSE



I'm the fifth generation of a farming family (rice, corn, soybeans) and believe this seasoning used on pork or chicken pairs well with a helping of rice, corn, or soybeans on the side. Growing up, my family always cooked with Cavender's Greek seasoning. This recipe is my effort at a healthier, homemade version. Use this seasoning every day for easy, weeknight dinners!

– Halle Erwin, Health Education Specialist, The Mount Sinai Hospital

Homemade Greek Seasoning

INGREDIENTS

- 2 t salt
 - 1 t black pepper
 - 2 t basil
 - 2 t oregano
 - 1/2 t thyme
 - 2 t garlic granules
 - 1 t dill
 - 1 t marjoram
 - 1 t parsley flakes
 - 1 t rosemary
 - 1/2 t ground cinnamon
 - 1/2 t nutmeg
- Protein Options:
- 2 whole chickens, cut up, bone-in
 - or
 - 1 pork tenderloin, cut in 4 pieces

PREPARATION

Seasoning: Combine all ingredients and use as a rub or as seasoning. This should be enough to use as a rub for a pork tenderloin or 2 whole chickens cut up.

For the chicken option: Drench the chicken pieces in Worcestershire sauce and Greek seasoning. Bake at 300 degrees for 3 hours covered with aluminum foil.

For the pork option: Cover the pork in mayonnaise and the Greek Seasoning. Bake at 350 degrees for 1 hour. Turn off oven and leave in the oven for another hour.

8 servings for chicken
250 calories per serving

4 servings for pork
175 calories per serving



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From My Grandmother, Mother and My Family Home in India

VEGETARIAN • MAIN COURSE • SIDE DISH • DINNER • LUNCH



Ash Gourd / White Pumpkin Yogurt Stew

INGREDIENTS

Splash of water
1 1/2 T cooking oil
1 t mustard seeds
1 t cumin seeds
Pinch turmeric
Pinch asafetida (substitution: pinch onion powder)
A few curry leaves (substitution: cilantro sprigs)
1 medium size onion, diced
Pinch of salt
1 1/2 c water
Ash gourd (or white pumpkin), peeled, seeds removed, chopped in 1/2" pieces
1/2 t paprika
2 T cilantro, finely chopped
Salt to taste

PREPARATION

Place yogurt into a bowl; add a little water, and whisk thoroughly. Set aside.

Pour oil into a heavy bottomed pot and heat. Add mustard and cumin seeds to hot oil. When mustard splutters, add turmeric, pinch of asafetida and curry leaves. Add the diced onions and pinch of salt.

Once the onion is translucent, add the pumpkin pieces. (There should be more pumpkin than onion for the right flavor balance.) Mix well and cover. Simmer on medium heat, mixing thoroughly few times, until the pumpkin is just tender. (Do not overcook and let the pumpkin become too soft.) Add paprika and chopped cilantro and stir it well. Cover and cook for 1 minute.

Lower the flame and whisk in the yogurt. Stir continuously for 30 seconds. Remove from heat, and cover to allow the sauce to become creamy without curdling. Mix thoroughly and serve with hot steamed rice.

2 servings
285 calories per serving



This simple vegetarian recipe is one of my family's recipes. It reminds me of my mother and grandmother's kitchen and my family home back in India. Yogis of India have long regarded the ash gourd, also known as the white pumpkin or winter melon, as one of the most naturally energizing foods due to its high content of "prana" or vital life energy. The seasonings used are also considered to have health benefits.

– Annapoorna Kini, Director, Cardiac Catheterization Lab GP



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Creating a New “Memory” From India with This Ayurvedic Dish

MAIN COURSE • VEGETARIAN



Ayurvedic cuisine originated in India, and after eating at Divya’s Kitchen, an Ayurvedic restaurant in New York City, I made my own version of Khichari, and it turned out great! I am creating new memories, by preparing this delicious stew that makes me feel balanced and healthy which are principles of Aryrvedic dining.
– *Vaidehi Sheth, IT Project Manager, Corporate Office*

Cooling Khichari

INGREDIENTS

- 1 c yellow split mung dal
- 1 c white quinoa (instead of rice)
- 6 c water
- 1 T ghee

- 1 t ground fennel seeds
- 1 t grated ginger
- 1/2 t ground turmeric
- 1 to 2 minced Thai chili
- 6 to 7 curry leaves
- 1 c vegetables, diced (radish, carrot, taro root, sweet potato, or other vegetables)
- Fresh coriander (cilantro leaves), for garnish

PREPARATION

Soak mung dal and quinoa for 30 minutes in water. Drain, wash well, and drain again. Place in a 2-quart saucepan with the water, combining mung dal and quinoa mixture, and bring to a full boil over high heat. Stir occasionally, and remove froth from surface. Set aside.

Heat the ghee to a separate saucepan and add the fennel seeds, ginger, turmeric, chili, curry leaves, and the diced vegetables. Mix well and sauté the vegetables and spices.

Add cooked mung dal and quinoa to the sautéed vegetables. Reduce the heat to medium-low, cover with tight-fitting lid, and simmer gently for 20 minutes until the mung dal and quinoa are soft and fully cooked.

Remove from heat, and add salt. Serve garnished with fresh coriander.

2 servings
494 per serving



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My Mother's Breakfast Treat on Holi as Celebrated in India

SNACK • BREAKFAST • SIDE DISH • VEGETARIAN

My mom always makes this recipe on Holi, the Indian Festival of Colors. She makes it the day before and assembles easily on the day of the festival. Dahi bhalla is also a popular Indian street food.

– Swati Bhardwaj, PGY2 Resident, Department of Pathology, Molecular and Cell Based Medicine, The Mount Sinai Hospital



Dahi Bhalla

INGREDIENTS

- 1/2 c moong dal (split green gram lentils)
- 1/2 c urad dal (dehusked split black gram lentils)
- 2 t cornstarch (or 1/2 t all-purpose flour)
- 1/8 t baking soda
- Salt, to taste
- 13 1/2 oz (400 ml) vegetable oil
- 1/2 c (100 g) fresh coriander leaves (or cilantro)
- 1/3 c yogurt
- 1 to 2 green chillies (for preferred heat)
- Salt according to taste
- 1/2 c (100 g) tamarind (ripe, red-brown)
- 2/3 c (150 ml) water
- 1 T sugar
- 1 t red chili powder
- Salt, to taste
- 2 c (500 gm) yogurt
- 2 t sugar
- Salt, to taste
- Chaat masala spice blend, for garnish
- A few coriander leaves (or cilantro), for garnish

PREPARATION

For bhalla: Soak moong dal and urad dal separately or together for two hours covered in water. Drain. Grind to a thick paste. Add cornstarch, baking soda, and salt. Mix well. Form into small balls (approximately 2 inches in diameter). Deep fry in heated oil on low heat until light golden brown. Remove from pan and place on paper towels to drain of excess oil. Set aside for 10 minutes. Next, soak the fried bhalla in hot water for 30 to 60 minutes, keeping it immersed with a heavy utensil.

For green chutney: Remove leaves from the coriander (or cilantro), and discard stems. Add the leaves, yogurt, green chillies, and salt to a blender. Pulse until smooth. Place in a bowl and refrigerate.

For tamarind chutney: Soak tamarind for 2 hours until softened. Remove from water, and crush with fingers to remove seeds. Then pass through a strainer or sieve. Add water to a pot and boil the tamarind for 5 to 7 minutes. Add sugar, salt, and red chili powder. Refrigerate.

For curd: Mix yogurt with 3 to 4 T water, the sugar, and salt. Refrigerate.

To assemble: When the soaking bhalla are cooled to room temperature, gently squeeze them to remove soaking water.

For a single serving: Place two bhallas in a dish. Add 2 T of the curd, 1 t of the green chutney, and 1 t of the tamarind chutney. Sprinkle the chaat masala and few coriander leaves on top.

4 servings
845 calories per serving



Ayurvedic Dessert from India

DESSERT • VEGETARIAN • VEGAN



Everything is roses for when you need to calm down, and chill out by enjoying a unique and beautiful sweet from India.

– *Vaidehi Sheth, IT Project Manager, Corporate Office*

Almond Rose Delight

INGREDIENTS

- 3 T agar powder (a vegetarian alternative to gelatin)
- 3/4 c raw almonds, soaked overnight, rinsed and drained
- 1/2 c raw cane sugar
- 1/4 t ground cardamom seeds
- 2 T edible rose water
- 1 t dried rose bud (or rose petals)

PREPARATION

Soak agar in a cu of filtered water for 20 minutes in a 2-quart pan. Set aside.

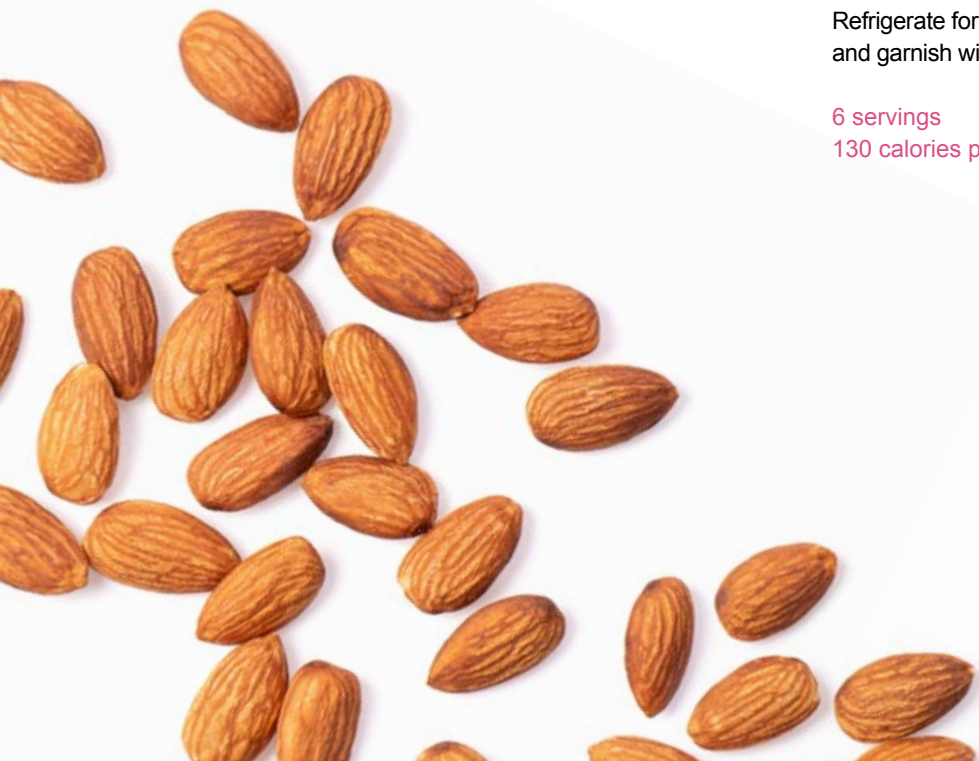
After soaking, bring the agar to a boil, and stir constantly for 10 minutes, until the powder turns into gelatinous liquid. Set aside.

Place the almonds in a heat-proof bowl, blanch them by covering them with one and a half cups of boiling water for 10 seconds. Drain them immediately. Peel the skin from the almonds and place the peeled almonds in a blender. Blend until very smooth. Set aside.

To assemble, add sugar and blended almonds to the agar mixture. Add Cardamom and rose water and mix well. Pour into small square glass or ceramic dish. Mixture will be approximately 1-inch deep.

Refrigerate for 1 hour until thick and cool. Cut into square pieces and garnish with dried rose buds or petals to serve.

6 servings
130 calories per serving



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Sweet Treat for Happy Times from India and My Mother in Canada

DESSERT • SNACK

This is the single most “happy food” from my childhood and for most children from India. The fragrance and flavor bring back the best memories for me. My mother recently made a batch of the sweet treat and had my brother bring it to me all the way from Canada where we grew up. But since seero is his favorite, too, barely any remained for me by the time he arrived. When I make seero, I measure by look, smell, and taste, so feel free to adjust this recipe to your liking, and enjoy.

– *Hamel Vyas, Esquire, Associate Dean, International Personnel, HR Regulatory & Compliance, Human Resources, Mount Sinai Health System*



Seero

INGREDIENTS

- 1/2 c ghee
- 1 c semolina (rawa/suji)
- 2 1/2 c milk
- 5 to 6 strands saffron (kesar)
- 1/2 t green cardamom powder
- 1 1/2 c sugar
- 2 T almonds, chopped, plus more for garnish
- 2 T cashews, chopped, plus more for garnish

PREPARATION

Heat ghee in a non-stick pan. Add semolina and roast on low heat until fragrant. Set aside.

Heat milk in another non-stick pan.

Add the heated milk, saffron, and cardamom powder to the semolina. Mix, cover, and cook on low heat for 5 minutes.

Add sugar. Mix, cover, and cook until the sugar melts. Remove from heat. Add almonds and cashews, and mix well.

Serve hot. Garnish with additional chopped cashews and almonds.

4 servings
494 calories per serving



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A Holiday-Ready Vegetarian Option to Classic Irish Shepard's Pie

MAIN COURSE • DINNER • LUNCH • VEGETARIAN • VEGAN



A friend shared this recipe with me, and I think it is delicious. While classic Irish Shepard's pie uses lamb and white potatoes, this meat-free version topped with nutritious sweet potatoes does not disappoint. It is so elegant and satisfying, that it makes a great vegetarian option to serve to guests, even for Thanksgiving. – *Susan Juray, Clinical Dietitian, Mount Sinai Morningside*

Lentil and Sweet Potato Shepherd's Pie

INGREDIENTS

- 3 large sweet potatoes, chopped
- 2 T olive oil
- 1/4 t sea salt
- Pepper, to taste

- 1 T olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 1/2 c green lentils, uncooked and rinsed
- 4 c low sodium vegetable stock
- 2 t fresh thyme
- 1 10-oz. bag of frozen mixed vegetables: peas, carrots, green beans, lima beans, and corn

- 2 whole Portobello mushrooms, stems removed and sliced
- 4 T balsamic vinegar
- 1 T olive oil
- Pinch of sea salt and black pepper
- 1 clove garlic, minced

PREPARATION

Preheat oven to 425 degrees.

Bring sweet potatoes to a boil over high heat; reduce to medium-high heat and cook for 15 to 20 minutes or until the potatoes can be pierced easily with a knife. Drain potatoes; transfer to a bowl and mash with fork. Add 3 T of oil and season with salt and pepper to taste. Set aside.

Add Portobello mushrooms to the greased shallow dish. Add balsamic vinegar, 1 T oil, salt, pepper, and garlic. Toss to combine. Set aside to marinate for 5 minutes.

Heat a large pot over medium heat. Add oil, onions, and garlic. Sauté until lightly browned and caramelized, about 4 to 5 minutes. Add a pinch of salt and pepper. Add the rinsed lentils, vegetable broth, and thyme to the large pot, and stir. Bring to a low boil; reduce heat to simmer for 20 to 30 minutes until lentils are tender. In the last 10 minutes of cooking the lentils, add the frozen vegetables, stir, and cover. Drain off any extra liquid from vegetables. Add salt and pepper to taste.

While lentils cook, heat a large skillet over medium heat. Add a teaspoon of oil and the mushrooms with their marinade. Spread into an even layer and cook on one side for 2 to 3 minutes. Carefully flip and cook on other side for another 2 to 3 minutes. Remove from heat and set aside.

To assemble: Transfer the lentil mixture to a 9-inch square baking dish and top with the mushrooms. Add the mashed sweet potatoes. Smooth with a spoon or fork and season with another pinch of pepper and sea salt. Set the baking dish on a cookie sheet to catch any overflow. Bake in preheated oven for 20 minutes or until the potatoes are lightly browned on top and the edges are bubbling.

9 servings
287 Calories per serving



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A Classic Treat from Ireland for Saint Patrick's Day or Any Time

SNACK • SIDE DISH • BREAD



My Aunt Kathleen baked this bread every year for the March 17 celebration of Saint Patrick's Day. The fragrance wafts through the house while it bakes. It is a special treat shared with friends and family, cooled, sliced, and served with a hot cup of tea. While the traditional Irish version does not use raisins, they add so much depth and a touch of sweetness that I always include them!

– Jane Maksoud, RN, MPA, Senior Vice President, Human Resource, Mount Sinai Health System

Aunt Kathleen's Irish Soda Bread

INGREDIENTS

3 1/4 c flour
1 1/2 t salt
1/3 c sugar
1 t baking soda
1/2 t baking powder
3 T butter
2 eggs
1 c buttermilk
1 c raisins

PREPARATION

Sift together the flour, salt, sugar, baking soda, and baking powder into a mixing bowl. Add butter and mix to look like coarse cornmeal. Add eggs and milk. Stir in raisins.

Mix into a thick batter. Pour and scrape into a greased 9-inch loaf pan.

Bake at 350 degrees for 40 to 50 minutes.

8 servings
351 calories per serving



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As Prepared by My Italian Father to Show His Love

MEAT • POULTRY • MAIN COURSE • DINNER • LUNCH



Italian Meatballs

INGREDIENTS

- 1 lb ground beef (or ground turkey)
- 1/2 c milk
- 1 egg, slightly beaten
- 1/3 c onion, finely chopped
- 3/4 c breadcrumbs
- 1/2 c parmesan cheese, grated
- 2 T fresh parsley, chopped
- 1 clove garlic, finely minced
- 1 t salt
- 1/8 t pepper
- 1 t dried basil
- Cooking oil spray, for baking option
- Olive oil, for frying option

PREPARATION

Place the ground meat in a medium to large size bowl. Mix in the milk and egg. Incorporate the onions, breadcrumbs, grated cheese, parsley, garlic, salt, pepper, and basil. Form the combined mixture into balls of preferred size.

Either bake or fry the meatballs as follows.

To bake: Place the meatballs on cookie sheet covered with cooking oil spray. Bake in the oven preheated to 350 degrees for 10-15 minutes. Turn and bake another 10-15 minutes.

To fry: Heat olive oil in a frying pan. Add meatballs to pan without crowding, and turn as needed until brown and cooked through.

Serves 4

339 Calories per serving

I have known this recipe since I was a kid. My father was Italian, and it was customary for him to show his love for family, friends, and neighbors by cooking for them, and cooking more than needed! It would be a “sin” to him to run out of food. Making these meatballs always reminds me of my Dad, as I picture him in the kitchen and recall the aroma of garlic throughout the house. Meatballs are always present on our table at Christmas, and even at Thanksgiving as a second or first course in addition to the turkey and all the fixings.

– Deborah Pecchie, Human Resources, Labor Relations



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Generations of My Italian Family Have Made This Recipe

MAIN COURSE • APPETIZER • LUNCH • DINNER • VEGETARIAN



This recipe comes from the “Old Country,” Italy. It has been passed down in my family for generations. My mother would make this recipe whenever she had lots of vegetables. It’s a great way to use up the vegetables you have in the refrigerator. Whatever vegetables or grain you use, you can’t mess it up! I enjoy a hot bowl of this soup the most on cold, rainy days to warm me up with memories and its great flavors.

– Annamaria Cazzorla, Certified Diabetes Care and Education Specialist,
Mount Sinai Physician Practice



Italian Vegetarian Minestrone Soup

INGREDIENTS

- 2 T olive oil
- 1 c yellow onion, chopped
- 1/2 c carrot, chopped
- 1/4 c celery, chopped
- 3 garlic cloves, chopped
- 2 t Kosher salt
- 1 t fresh rosemary, chopped
- 1/2 t black pepper
- 1/4 t crushed red pepper
- 3 c vegetable broth
- 2 c water
- 1 can (14.5 oz) diced tomatoes, drained
- 1 can (15.5 oz) cannellini beans, drained and rinsed
- 1 1/2 c zucchini, chopped
- 1 T red wine vinegar
- 3 c collard greens, chopped, stems removed
- 3 c orzo, cooked
- 1/2 c parmesan cheese, shredded

PREPARATION

Heat oil in a large Dutch oven over medium-high heat. Add the onion, carrot, celery, garlic, salt, rosemary, black pepper, and crushed red pepper. Cook, stirring occasionally until the vegetables are just tender, 8 to 10 minutes. Stir in the broth, water, and tomatoes. Bring to a boil over medium-high heat; reduce heat to a medium-low, and simmer for 20 minutes.

Stir in the cannellini beans, zucchini, and vinegar; simmer until the zucchini is just tender, about 10 minutes. Stir in the collard greens, and simmer until the greens are tender, about 2 minutes. Stir in the cooked orzo. Season with salt. Top with parmesan cheese.

4 servings
504 Calories per serving



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A Family Tradition from Italy that Feels Like Home

APPETIZER • LUNCH • BREAKFAST • VEGETARIAN • BREAD



Broccoli Bread

INGREDIENTS

Pizza dough (buy raw dough at grocery store or pizza shop)
2 T olive oil
16 to 20 oz broccoli (fresh or frozen), chopped
1 can pitted black olives, chopped
Garlic powder (or fresh garlic cloves, chopped), to taste
Parmesan cheese, grated, to taste
Crushed red pepper, to taste
Black pepper, to taste
Sea salt, to taste

PREPARATION

Preheat oven to 350 degrees.
Coat the pizza dough with olive oil and allow the dough to rise at room temperature.
While the dough rises, cook the broccoli. Be careful not overcook, since it will bake in the oven later. Drain the broccoli completely in a colander or by squeezing between your hands. Place the broccoli, chopped olives, cheese, and spices (to taste) in a bowl. Stir until ingredients are evenly distributed. Set aside.
Gently stretch the dough so it covers a large cookie sheet.
To assemble: Place the broccoli mixture down the center of the stretched out dough. Roll the dough around the filling, to form a long loaf.
Bake for approximately 45 minutes. When the bread is golden brown, it is ready. Allow to cool before slicing. Serve warm or at room temperature, my family's preference.

10 servings
125 calories per serving

This bread is a family tradition from my Italian grandmother Anna Maria Tufano (born 1899). Anna sailed on the S.S. Guglielmo Peiro from Naples, arriving in New York in 1921. As far back as I can remember, this bread could be found on our table at every family gathering for holidays, and special occasions. Making this reminds me of my Italian mother, grandmother, aunts, and uncles; the smell of it baking in the oven is like having them all in the kitchen with me! I make it when I need to feel “at home.” Sometimes I bring in half a loaf for my lunch since it travels well. It’s so delicious you might not want to share, but in the spirit of family, you probably will.

– Melissa Stryker, QA, Training Manager in the FPA Access Center



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My grandmother, Carmela, baked dozens of these pies in my parents' kitchen for Christmas gifts for her children and their families. She would let me help her, which I enjoyed. It is a memory I cherish to this day when I bake this pie for my family. I recently learned that apples and apple pie are transplants from other parts of the world, as was my grandmother who was a transplant from Sorrento, Italy. The saying, "As American as apple pie," reminds me that Americans come from all over the world, so I guess apple pie is as diverse as we are.

– *Mary Vanderwoude, Administrative Manager, Corporate Human Resources, Mount Sinai Health System*



“As American as Apple Pie” from My Italian Grandmother

DESSERT • FRUIT



Carmela's Apple Pie

INGREDIENTS

- 2 1/2 c flour
- 2 t baking powder
- 1/3 c sugar
- 5 T butter
- 3 T vegetable shortening
- 1 egg
- 1/2 c milk
- 8 apples, peeled and thinly sliced
- 1/3 c sugar
- 1 T cinnamon
- 1/2 c butter
- Egg, beaten with a splash of water, optional

PREPARATION

For the crust: Mix the flour, baking powder, and sugar in a bowl. Cut in butter and Crisco to form a pebbly mixture. Add the egg and milk to the flour mixture. Combine until the dough that can form a ball. Cover with plastic wrap. Refrigerate for several hours or overnight.

Generously sprinkle surface and a rolling pin with flour, and roll out half the dough to form the bottom crust. Place in a deep 8- to 9" pie pan, overlapping the sides a bit.

Fill with apples that are mixed with sugar and cinnamon. Top with small pieces of butter. Set aside.

Roll out the top crust, and place on top of the apple mixture. Crimp the sides to join the bottom and top crusts. For a shiny crust, brush the top of the pie with an egg wash. Pierce the top crust with a fork in several places to allow steam to release during baking.

Place the assembled pie onto a cookie sheet to catch any overflow juices. Bake in a pre-heated 350-degree oven for 45 minutes or longer if needed. The crust should be golden and the apples tender. Remove from oven. Cool before slicing.

8 to 16 (depending on size of slices)
256 calories per serving for 16 slices





A Jewish Tradition for Shabbat Dinner Made by My Russian Grandmother

MAIN COURSE • POULTRY

Stuffed Cabbage

INGREDIENTS

- 1 head green cabbage, separated leaves
- 2 T olive oil
- 1 medium red onion, thinly sliced
- 1 t red pepper flakes
- 2 cans crushed tomatoes
- 1 1/2 T honey
- 1 lb ground turkey breast
- 2 eggs
- 1/4 c almond flour
- Salt and pepper to taste
- 1/4 c raisins



PREPARATION

Preheat oven to 325 degrees.

Bring a quart of water to boil, blanch individual cabbage leaves for 1 minute and remove the cabbage by draining it in a strainer. Dry the cabbage leaves gently.

Add olive oil to a Dutch oven. When heated, add the onion, and cook on medium for five minutes. Add the red pepper flakes and stir for another minute. Add the crushed tomatoes and honey. Bring to a boil then lower heat and simmer.

In a bowl, mix the ground turkey with the eggs, flour, salt, pepper, and raisins. Form small amount of the mixture into oval shapes and wrap with the cabbage leaves. Gradually drop each filled cabbage leaf into the simmering tomato mixture in the Dutch oven. Cook for 20 minutes on medium heat on the stovetop. Move to preheated oven, and bake for 1 hour.

4 servings
175 calories per serving

This is a recipe that my grandmother, Mary Schwartz, whose family descends from Russia, would make on a Friday night for Shabbat dinner. We would light the candles, say the prayer for our food, wine, and challah, and then begin the meal with chicken soup and this stuffed cabbage.

My grandmother served the stuffed cabbage as an appetizer with challah bread, but I loved it so much that I make it my entire meal. It blends the sweetness from the raisins and honey with the other savory flavors. For a more hardy meal, you can add cooked rice to the turkey mixture. During cold evenings in the fall and winter, stuffed cabbage creates warmth and a great fragrance throughout the entire house.

– Abby Schwartz, Vice President, Disease Management & Director, Mount Sinai Fit, Mount Sinai Health System



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A Rosh Hashanah Dessert from My Jewish Family in Midwest Canada

DESSERT • VEGETARIAN

I grew up eating this during the Jewish High Holidays every year, especially for Rosh Hashanah. I love everything about this cake. My family is from mid-western Canada, and there is something very mid-western and Canadian about this recipe.

– *Jeremy Boal, Chief Clinical Officer, Mount Sinai Health System and President Mount Sinai Beth Israel*



Chocolate Date Cake, circa 1950

INGREDIENTS

- 1 c pitted diced dates
- 1 c boiling water
- 1 t baking soda
- 2 c flour
- 2 heaping T cocoa (Droste or other Dutch processed / European style unsweetened)
- 1/2 t salt
- 1/2 c butter, room temp
- 1 c sugar
- 2 large eggs, room temp
- 1 t vanilla
- 6 oz semisweet chocolate chips
- Handful almonds, blanched and sliced with skin

PREPARATION

Preheat oven to 350 degrees. Prepare a 14"x 4 1/2"x 4 1/2" loaf baking pan (slightly larger than a typical loaf pan) by oiling well. Cut parchment paper to fit the bottom, and oil the parchment paper, too.

Combine dates, hot water, and baking soda in a small bowl. Mash dates, set aside to cool.

Sift together the flour, cocoa, and salt. Set aside.

In a separate bowl, beat butter with electric mixer and add sugar gradually while beating. Add eggs one at a time to the butter and sugar mixture, beating well until light and fluffy. Add the vanilla to butter mixture.

Combine the sifted dry ingredients with butter mixture, but do not overbeat. Pour the batter into the prepared pan. Smooth the top, and sprinkle the chocolate chips and the sliced almonds to cover the batter completely.

Place on the middle oven rack, and bake for 55 minutes. If the almonds seem to brown too quickly, place a piece of parchment loosely over top of pan for the last 10 minutes of baking. Test doneness of cake by inserting a toothpick, skewer, or thin knife deep into the center of the cake. The tester should come out clean.

Remove pan to cooling rack. When cake is cool, run a knife around sides of the pan to loosen it from the pan. Turn cake out onto parchment then turn it over right side up. Slice and serve, or freeze for the future by wrapping the cake well with plastic wrap and foil and placing in a freezer bag. To serve, thaw without unwrapping.

12 servings
364 calories per serving



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For Jewish Holiday Dinners, a Yiddish Tradition from a Colleague

SIDE DISH • VEGETARIAN • VEGAN • VEGETABLE • FRUIT



Tsimmes

INGREDIENTS

- 1 lb prunes
- 4 c boiling water
- 2 1/2 lbs carrots, peeled and sliced
- 2 lbs sweet potatoes, peeled and sliced
- 2 t ginger (dry)
- 1/2 t cinnamon
- 1/2 t nutmeg
- 1/2 t ground clove (optional)
- 2 to 3 T lemon juice (1 lemon)

PREPARATION

- Preheat oven to 325 degrees
- Soak prunes hot water 30 minutes.
- Peel and slice carrots and sweet potatoes into 1 to 2-inch size pieces and stir into the water and prunes. Add spices and lemon juice. Cover and cook for 2 1/2 to 3 hours.
- Uncover and cook another 20 minutes.

6 servings
132 calories per serving



A colleague shared this recipe with me about 30 years ago, and it has become a staple at our Jewish holiday meals, including Rosh Hashanah and Passover.

In Yiddish, “tzimmes” means a big fuss or commotion. An article in “Jewish Food Experience” details the origins of tzimmes as, “A traditional side dish for Rosh Hashanah, the sweet compote of carrot circles, like golden coins, represents a wish for a sweet and prosperous year. The first-known use of the Yiddish name tzimmes is from 1892, and it is said to have originated from the German ‘zuomuose,’ or ‘side dish.’”

– Deborah Rosenberg, Certified Diabetes Care and Education Specialist, IMA, Westchester



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A Traditional Jewish Comfort Food from My Czech Republic Family

SOUP • APPETIZER • POULTRY

This recipe was given to me by family in the Czech Republic.

I most enjoy this soup for dinner on cold nights, for Shabbat meals, and as a comfort food anytime.

– *Nina Landa, Registered Nurse, Mount Sinai Morningside*



Old Style Chicken Soup

INGREDIENTS

- 3 to 4 pieces of chicken, with bones
- 1 large onion, chopped
- 2 carrots, chopped
- 1 turnip, chopped
- 1 parsnip, chopped
- 2 stalks celery, chopped
- 2 dill sprigs
- 3 to 4 garlic cloves
- 1 t paprika
- Salt and pepper, to taste

PREPARATION

Combine all ingredients in a large soup pot. Fill with water until everything begins to float. Bring to boil. Reduce to simmer. Simmer until the chicken is fully cooked and vegetables are soft. The longer you simmer, the better the flavor.

To remove fat, allow the fully cooked soup to cool, skim the fat off the top.

Remove the chicken from the pot, shred it and discard the bones. Return shredded chicken to pot. Reheat and serve.

4 servings
220 calories per serving



Healthy Korean Alternative to a Popular Take-Out Dish

MAIN COURSE • LUNCH • DINNER • VEGETARIAN



I found this Korean dish online as a delicious and healthy alternative take-out. I enjoy it on Sundays with a bowl of rice, and recommend that you try it. Replacing the restaurant version with battered and fried beef or chicken with chickpeas, makes this a new go-to favorite.

– *Yeine Burak, Director, Mount Sinai Jackson Heights*

Korean General Tso Chickpeas

INGREDIENTS

1 can chickpeas, drained
1 T soy sauce
2 T rice wine vinegar
1 T sriracha sauce
2 T corn starch
2 T fresh ginger, peeled and finely minced
2 T brown sugar
1 T hoisin sauce
1 T sesame oil
1 c chicken broth
2 T vegetable oil
2 T garlic, minced
2 c broccoli
Salt and pepper to taste

PREPARATION

In a medium bowl, toss together drained chickpeas with soy sauce, vinegar, and sriracha until well combined. Let sit for 10 minutes, then drain. Save and set aside the liquid for the sauce. Add cornstarch to chickpeas and toss to coat evenly. Set chickpeas aside.

In a small bowl, whisk together ginger, brown sugar, Hoisin sauce, sesame oil, and chicken broth with the reserved soy mixture until well combined. Set aside until ready to use.

In a large skillet over medium heat, heat vegetable oil. Add floured chickpeas and fry until golden and crispy, stirring occasionally to ensure even cooking, 8 to 10 minutes. Remove from heat. Transfer chickpeas to a plate and set aside. Reserve all the oil in the skillet.

Return skillet to medium heat. Add sliced garlic and broccoli. Cook, stirring occasionally, until broccoli is tender, about 7 minutes.

Slowly add sauce to skillet and stir until slightly thickened, 1 to 2 minutes. Return chickpeas to skillet and stir all ingredients together until evenly coated in sauce. Remove from heat.

You may garnish with sesame seeds and green onions and serve alongside rice, if desired.

2 Servings
373 calories per serving



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A Refreshing Soup from My Lithuanian Grandmother and Mother

LUNCH • MAIN COURSE • VEGETARIAN

My grandmother was a local chef in Lithuania who used to turn this dish into a bowl of magic. While this is not a typical American dish, I recommend it as a healthy meal. My mom continued this tradition and always made this soup for me during beautiful summer days for two generations of memories.

– Reda Gudaityte, Project Manager, Human Resources, Mount Sinai Health System



Šaltibarščiai, Lithuanian Cold Beet Soup

INGREDIENTS

- 1 medium size English cucumber, chopped into small cubes
- 2 small beets or 1 medium size beet (boiled, marinated, or pickled)
- Green onions, chopped
- Fresh dill, chopped (save some for potatoes)
- 32 oz kefir, plain low sugar
- Salt to taste
- 1 boiled egg, chopped
- Boiled potatoes

PREPARATION

Place cucumber in a large bowl. Grate the beets into the bowl. This can be a messy process but the result is delicious. Add the green onions and dill. Do not skip the dill. Mix everything, and pour in the kefir. Add salt to taste, and mix again. Taste and add more salt if needed. Top the soup with the chopped egg. Let the soup stand for a few minutes. The longer it stands, the better the taste.

Serve the cold soup in bowls. Serve with hot boiled potatoes seasoned with dill on the side.

2 servings
685 calories per serving with potato



Discovering a Classic from Mexico to Enjoy Any Time

MAIN COURSE • SIDE DISH • APPETIZER • DINNER • LUNCH • MEAT



I was recently introduced to this and was told that it is a famous Mexican dish. I hope to perfect it one day! I think this makes for an interesting and delicious meal for any day of the week.

– Gerard Pappalardo, RN, Corporate Office

Molé Sauce over Stuffed Peppers

INGREDIENTS

- 2 1/2 c water or vegetable stock
- 1 t cinnamon
- 1 t cumin
- 1 T cacao powder
- 1 small can tomatoes paste
- 2 T (generous) almond butter
- Salt and pepper to taste
- 1 lb ground turkey or other ground meat
- 4 medium size red and/or green bell peppers

PREPARATION

Preheat oven to 325 degrees.

Pour water (or broth) into a deep saucepan, add spices, cacao powder, and bring to boil. Add tomato paste and almond butter, stirring slowly until smooth. Increase liquid as needed for a smooth sauce. Add salt and pepper to taste. Taste again, and adjust by adding preferred spices as needed. Cook for about 20 minutes while stirring occasionally. Set aside.

Cut open peppers to create a “container” for stuffing. Remove and discard seeds.

Sauté and brown the ground meat. Salt and pepper to taste. Fill the peppers with meat. Place the stuffed peppers in baking dish open side facing up. Bake in the preheated oven for 25 minutes, or until the peppers are soft. When they seem about to collapse, they are ready.

Pour some of the sauce over the baked peppers. Serve with extra sauce on the side to add as desired. Serve with rice or with rice and beans.

You can also serve the molé sauce over vegetarian dishes.

4 servings

269 calories per serving



Classic Filipino Dish, a Favorite of My Family from the Philippines

MAIN COURSE • POULTRY

This is a favorite of my Filipino family. There are many varieties of Filipino adobo, depending on which region you came from. You can also make this dish with pork, or a combination of chicken and pork.

I cook this classic Filipino dish with my family any day of the week. It is great for repeat meals since it lasts well in the refrigerator because of the vinegar. The flavor seems to improve over time.

– Joepe Guy, *Outpatient Clinic Suite*



Chicken Adobo

INGREDIENTS

- 2 lb chicken parts
- 1/2 c dark soy sauce
- 3/4 c vinegar (any kind)
- 4 dried bay leaves
- 1 t whole peppercorns
- 6 garlic cloves, crushed
- 4 T sugar (or 1/4 c agave syrup)
- 1/4 t chicken powder (blend of salt, basil, rosemary, garlic powder, mustard, paprika, black pepper, thyme, celery seed, parsley, cumin, cayenne pepper, and chicken bouillon)
- 1 onion, chopped

PREPARATION

Combine all the seasonings to coat the chicken. Place seasoned chicken in a large pot and cook on medium heat for 35 to 45 minutes. If using a pressure cooker, cooking time is only 8 to 10 minutes.

4 servings
607 calories per serving



This Comfort Food from Spain Is a Relaxing Go-to Meal

MAIN COURSE • LUNCH • DINNER • SNACK • PICNIC • VEGETARIAN

Tortilla de Patata

INGREDIENTS

4 potatoes, peeled and sliced (approximately 3/4-inch or less thick)
1 small onion, sliced (approximately 1/3-inch or less thick)
1 garlic clove
Olive oil (1-inch deep in pan)
4 t salt, divided
8 eggs

PREPARATION

Sprinkle potatoes and onions with 2 t salt, or less, to taste. Heat the oil in a large frying pan or omelet pan. Add the sliced potatoes, onion, and garlic to the heated oil. Cook until tender and golden with some crispy areas. Remove from pan, reserving some of the oil in the pan. Place the potato mixture on a plate lined with paper towels to remove excess oil. Set aside for 30 minutes to drain.

Break the eggs into a medium-large bowl, and beat with 2 t salt (or less to taste).

Stir in the cool, drained potatoes mixture to the eggs. Reheat the same frying pan, with a little bit of the olive oil left from cooking the potatoes. Pour the egg and potato mixture into the heated pan and cook over low heat until the egg mixture is set as the sides become firm. Flip to cook the other side. Techniques to flip the omelet vary. Cook to desired doneness.

3 servings
451 calories per serving



Tortilla de patata is a traditional dish in Spain. I grew up eating tortilla almost every week. For me, tortilla de patata means family or friends gathering; it means Fridays; it means relaxation and comfort. Any day is the perfect day to eat tortilla de patata!

– Ruth IbanArias, Postdoctoral fellow, The Mount Sinai Hospital, Annenberg





A Go-to Breakfast from Switzerland Can Be Enjoyed Almost Any Time

BREAKFAST • LUNCH • DINNER • SNACK • PICNIC • VEGETARIAN • VEGAN • GRAIN

This is a Swiss staple eaten for breakfast or any meal. It is a very common food in Switzerland, and is a super healthy and nutritious dish. It is my favorite breakfast food. Adapt the recipe to make it vegan by replacing the milk and yogurt with non-dairy substitutes.

– Ursula Weber, Research Program Coordinator CDRB, Annenberg



Bircher Muesli

INGREDIENTS

Juice of 1 lemon or orange (substitute 1 c orange juice)
1 large apple, coarsely grated
2 c grain, rolled oats or unsweetened muesli mix
1 to 2 t seeds, your favorite
1 T nuts, your favorite
2 c coarsely chopped fruit
1 c milk or milk substitute
1 to 2 c yogurt or yogurt substitute

PREPARATION

Pour which ever juice you are using into a bowl. Grate apple into the juice and mix. Add preferred grain (oats or muesli mix), seeds, nuts, fruit, milk, and yogurt. Mix well, and dig in. If you prefer a softer texture refrigerate it for a couple of hours or even overnight.

4 servings
344 Calories per serving



A Warming Dish from My Ukrainian Mother-in-Law

APPETIZER • SOUP • VEGETARIAN



Vegetarian Red Borscht

INGREDIENTS

- 2 T extra virgin olive oil
- 1 large onion, diced
- 1 c diced celery
- Salt and pepper, to taste
- 4 garlic cloves, minced
- 1 T tomato paste
- 1 bay leaf
- 1 thyme sprig
- 1 lb (about 6) Yukon gold potatoes, peeled and cut into 1-inch pieces
- 1 lb (about 6) medium-size beets, peeled and cut into 1-inch pieces
- 1/2 lb (about 4) medium-size carrots, peeled and cut into 1-inch pieces
- 6 c water
- 2 c cabbage, shredded
- 1 T apple cider vinegar
- Dill, chopped for garnish
- Parsley, chopped for garnish
- Sour cream, optional

PREPARATION

Place olive oil in a soup pot or Dutch oven and heat on medium-high heat. When oil is hot, add the onion, and celery; stir to coat. Season with salt and pepper. Cook for about 5 to 7 minutes, or until onion has softened. Add garlic, tomato paste, bay leaf, and thyme. Stir and cook for 1 minute.

Add potatoes, beets, carrots, and water. Bring to a boil, and reduce to a simmer. Simmer with lid ajar for 20 to 30 minutes or until the potatoes, beets, and carrots are tender. Add cabbage and vinegar, and simmer for about 8 minutes.

Serve hot by ladling into soup bowls. Garnish with chopped dill and parsley. Top with sour cream if you choose.

6 to 8 servings
250 calories per serving



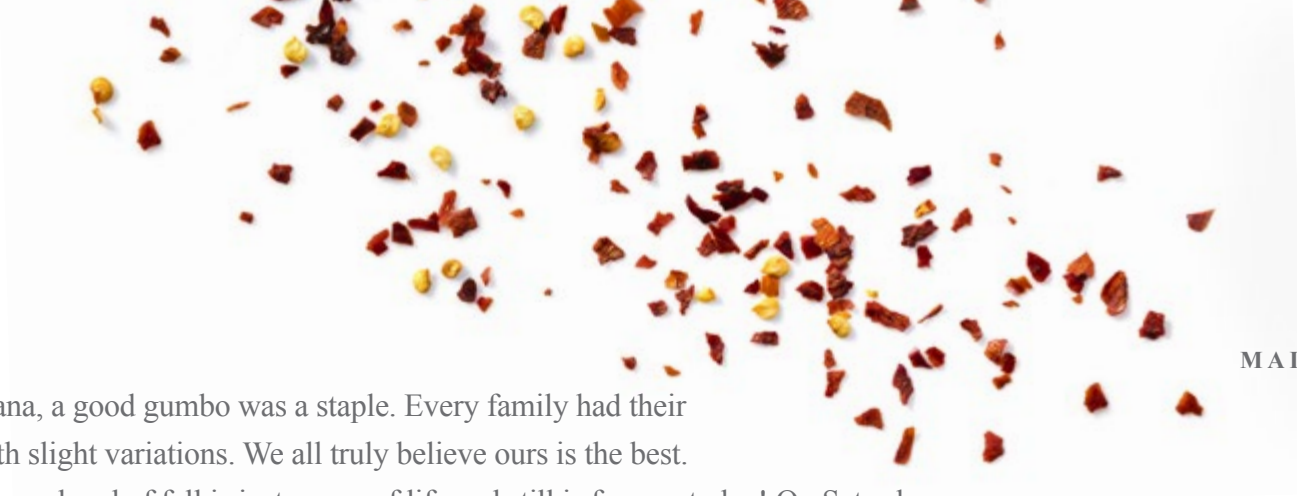
This red borscht recipe served hot is one that my mother-in-law from Kiev, Ukraine makes for me and my kids. We all just love it. It is true comfort food. I am so lucky to have a mother-in-law who loves to cook and who will make this recipe for us in the winter as often as requested. She also makes a cold green borscht in the warmer months. Thank you Baba Raya!

I hope you and your family enjoy this recipe as much as we do.

– Jennifer Kartashevsky, Certified Diabetes Care and Education Specialist, Mount Sinai Doctors



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This Hardy South Louisiana Dish Means Fall and Football for My Family

MAIN COURSE • SIDE DISH • APPETIZER • LUNCH • DINNER • MEAT • POULTRY • SOUP

Growing up in southern Louisiana, a good gumbo was a staple. Every family had their own recipe for gumbo, each with slight variations. We all truly believe ours is the best.

Football and gumbo on the first weekend of fall is just a way of life and still is for me, today! On Saturdays in the fall my family enjoys our gumbo while watching an LSU football game on TV. “Geaux” Tigers!

– *Elizabeth Hackney, Administrative Director, Mount Sinai Doctors*



Chicken and Sausage Gumbo

INGREDIENTS

2 lbs boneless chicken thighs, cut into pieces
5 T oil
1 1/2 lb andouille or smoked sausage
6 T flour
2 large onions, minced
1 bell pepper, chopped
1 c celery, chopped

2 1/2 quarts chicken stock
3 cloves garlic, minced
1/2 t thyme
3 bay leaves
1/8 t powdered cloves
1/8 t powdered allspice
1/4 t cayenne pepper
1/2 t basil
Salt and pepper to taste
1/2 c green onions, chopped

PREPARATION

Brown the chicken in the heated oil. Remove and place aside. Next, fry the andouille for 4 to 5 minute in the same oil. Place sausage aside with the chicken. Add the flour while stirring and slowly cook until the flour and oil form a roux (thickening paste) and it becomes a nice brown color.

Place the onions, bell pepper, and celery into the cooked flour in the pan, stir and sauté until vegetables are soft. Slowly, pour in the chicken stock, stirring to combine and thicken. Stir in the garlic, thyme, bay leaves, cloves, allspice, cayenne, and basil. Carefully add the salt and the black pepper to taste. Simmer the stock, vegetables, and spices for at least 40 minutes. Add the chicken and sausage. Cook until the chicken is tender, approximately 30 minutes. Serve over rice and enjoy.

8 servings
435 Calories per serving



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A Special Salad from My Mother-in-Law, a Health Coach in New York

SIDE DISH • LUNCH • DINNER • SALAD • VEGETARIAN

Kale and Brussels Sprout Salad

INGREDIENTS

- 1/4 c fresh lemon juice
- 2 T Dijon mustard
- 1 T shallot, minced
- 1 small garlic clove, finely grated
- 1/4 t salt, plus more to taste
- Black pepper, freshly ground
- 1/2 c extra virgin olive oil, divided
- 2 large bunches (1 1/2 lbs) Tuscan kale, center stem removed and leaves thinly sliced
- 12 oz Brussels sprouts, trimmed and finely grated or shredded
- 1/3 c almonds with skins, coarsely chopped
- 1 T of the olive oil
- 1 c Pecorino cheese, finely grated

PREPARATION

The dressing, greens, and toasted almonds can be prepared 8 hours ahead. Cover dressing and greens separately and chill. Cover almonds and let stand at room temperature.

For the dressing: Combine lemon juice, Dijon mustard, shallot, garlic, salt, and a pinch of pepper in a small bowl. Stir to blend; set aside to let flavors meld. After letting the ingredients rest, slowly whisk the remaining olive oil into the lemon-juice mixture. Season dressing to taste with salt and pepper.

Spoon 1 T of the oil into a small skillet and heat on medium-high. Add almonds to skillet and stir frequently until golden brown in spots, about 2 minutes. Transfer nuts to a paper towel lined plate, and sprinkle almonds lightly with salt. Set aside.

Mix thinly sliced kale and shredded Brussels sprouts in a large bowl. Set aside.

To assemble: Add dressing and cheese to the kale mixture; toss to coat. Season lightly with salt and pepper. Garnish with almonds. Toss and serve.

10 servings
154 calories per serving



This recipe was shared with me by my mother-in-law Idy Sherer. She is a health coach and eats extremely “clean” and healthy foods. This delicious salad can make a meal special as a side dish, and can be enjoyed on its own, too.

– Maria E. Fraga, Registered Dietitian, Certified Diabetes Educator with The Diabetes Alliance, Mount Sinai Health System



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An American Classic from Grandmother to Mother to Daughter

BREAKFAST • DESSERT • SNACK • PICNIC • SIDE DISH • VEGETARIAN

My mom got this receipt from her mother-in-law, my grandmother. I miss you grandma!
My mom passed the recipe down to me, and while it isn't particularly fancy, it feels like home to me.
It's a great way to use bananas as they start to get too soft to eat, and makes a delicious treat.
– *Julia Hoagland, Technology Specialist, Corporate Office*



Banana Bread



INGREDIENTS

1/4 c butter, softened
1 egg
1 c sugar
3 ripe bananas
1 1/2 c flour
1 t salt
1 t baking soda
Cooking spray

PREPARATION

Preheat oven to 350 degrees.
In a bowl, mix butter, egg, and sugar well until combined.
Separately, slice bananas and mash. Add to the bowl.
Add in the flour, salt, and baking soda and mix well.
Generously grease a loaf pan with cooking spray.
Bake for about 55 minutes.

[8 servings](#)
[275 calories per serving](#)



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