

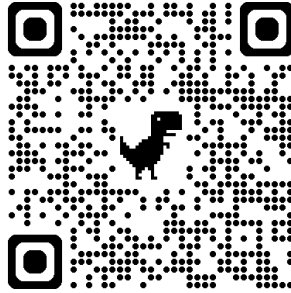


Culinary Institute of America

FOOD AS MEDICINE CAPSTONE KITCHEN WORKSHOP



Scan the QR code for the class survey and PDF files of the Course Curriculum:



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CIA Consulting
The Culinary Institute of America

Welcome to the CIA!

Education is a gift. Those of us in the food service industry have a chance to “pay it forward” by sharing our gifts with others. For over 75 years, the Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Providing our children with nourishing and healthy school meals is critical to their ability to learn, develop, and grow. We are excited to offer you this training and the tools to make better-tasting and healthier meals. The techniques and recipes you will learn this week have been field tested and kid approved.

We want you to have the best experience possible during your training. If you have any questions, please ask your instructors or contact me directly at the number below. Once your training is complete, please feel free to stay in touch—we always enjoy hearing your success stories.

Wishing you all the best,

David Kamen '88 MBA PC^{III}
Director CIA Consulting
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P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world's best professional culinary education. If you'd like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

- ☑ No cell phone use or text messaging during class
- ☑ Actively participate
- ☑ Return promptly from breaks
- ☑ Remain in attendance for the class duration
- ☑ Complete CIA course evaluation
- ☑ Complete TDA surveys
- ☑ Follow all established health and safety regulations
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be taken.
 - Wash hands before beginning work in the kitchen
 - Keep all perishable items refrigerated until needed
 - When handling “ready-to-eat” food items, if you don’t cook them, glove them!
 - Wash hands, cutting boards, knives, etc., when switching between meats and vegetables
- ☑ Maintain proper uniform standards
- ☑ Act within the guidelines of the CIA’s policy on harassment
 - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

Food as Medicine Kitchen Capstone Experience

There is a critical relationship between the quality of the food we eat and the quality of the life we lead. Across many cultures, dietary patterns rich in vegetables, whole grains, legumes, seafood, herbs, spices, and diverse plant foods are associated with improved metabolic health, reduced risk of chronic disease, and increased longevity.

For health professionals working in nutrition and lifestyle medicine, translating nutrition science into practical food guidance can be challenging. Culinary literacy—the ability to understand ingredients, cooking techniques, flavor systems, and meal composition—can help bridge this gap.

This five-day immersive program introduces students in the Master of Science in Nutrition and Lifestyle Medicine (MSc NLM) program at the National University of Singapore to the culinary foundations of Food as Medicine. Working alongside CIA chefs in the Hestan Teaching Kitchen, participants will prepare globally inspired dishes while developing practical skills for vegetables, whole grains, legumes, seafood, and diverse healthy protein sources.

Through hands-on cooking, demonstrations, and discussion, students will explore how culinary techniques and ingredient choices support the prevention and management of non-communicable diseases (NCDs) such as diabetes, cardiovascular disease, obesity, and certain cancers.

The course emphasizes plant-forward dietary patterns complemented by healthy protein sources, including legumes, seafood, eggs, nuts, seeds, and fermented soy products. Participants will also explore global food traditions—including Mediterranean, Asian, African, and Latin American cuisines—that naturally combine diverse plant foods with balanced protein sources.

Participants will learn culinary strategies that enhance nutrient density, flavor, and ingredient diversity while also discussing the broader context of food systems, cultural foodways, and accessibility.

While CIA instructors are chefs rather than medical practitioners, the goal of the program is to equip future health professionals with the culinary knowledge and practical tools needed to help individuals and communities prepare meals that are both delicious and supportive of long-term health.

Culinary Literacy in Practice

Nutrition professionals often know *what* people should eat. This course teaches *how* to transform those recommendations into flavorful, flexible, culturally relevant meals using the same systems and decision-making processes employed by professional chefs.

Culinary literacy extends beyond the ability to follow a recipe. It includes understanding how ingredients behave, how cooking techniques influence flavor and texture, how meals are composed, and how culinary decisions can support health while respecting culture, seasonality, affordability, and enjoyment. Throughout this course, you will develop culinary literacy by learning to think like a chef—building transferable skills and flexible frameworks that allow you to adapt recipes, create balanced meals, and translate nutrition science into practical guidance for individuals and communities.

LEARNING OBJECTIVES

Throughout this course, you will...

- Integrate the principles of Food as Medicine into the culinary application of nutrition and lifestyle medicine to support health promotion, disease prevention, and overall wellbeing.
- Apply evidence-based dietary patterns—including Mediterranean, Asian, and other traditional plant-forward cuisines—to the planning and preparation of balanced, flavorful meals.
- Evaluate and select ingredients based on nutrient density, culinary function, seasonality, sustainability, accessibility, and cultural relevance.
- Incorporate a variety of healthy protein sources—including legumes, seafood, eggs, nuts, seeds, and fermented soy foods—into plant-forward dietary patterns.
- Demonstrate foundational culinary competencies, including mise en place, knife skills, ingredient preparation, cooking methods, and flavor development, that support confident and efficient cooking.
- Apply culinary techniques that enhance flavor, nutrient quality, ingredient diversity, and overall eating satisfaction while reducing reliance on excess sodium, added sugars, and ultra-processed ingredients.
- Evaluate how culinary techniques influence flavor, texture, nutrient retention, bioavailability, and the overall quality of prepared foods.
- Integrate principles of food systems, sustainability, culture, accessibility, and social determinants of health into ingredient selection, menu planning, and meal design.
- Apply global flavor systems and traditional culinary practices to increase dietary variety, cultural relevance, and long-term adherence to healthy eating patterns.
- Design balanced, flavorful meals that translate evidence-based nutrition recommendations into practical, culturally meaningful, and enjoyable food experiences.

Demonstrate confidence in translating evidence-based nutrition into practical culinary guidance that empowers individuals and communities to prepare meals that are nutritious, flavorful, culturally relevant, and sustainable.

COURSE SYLLABUS

DAY ONE: BUILDING THE BRIDGE BETWEEN FOOD AS MEDICINE AND CULINARY PRACTICE

☒ Lecture

- Course Overview
- Food As Medicine: Bridging Nutrition Science and Culinary Practice
- The Spectrum of Healthy & Lifestyle medicine
- Dietary Patterns for Lifelong Health and Prevention
- Food Systems, Sustainability, and Ingredient Quality
- Menu Planning for Health, Flavor, and Satisfaction
- Culinary Foundations: Mise en place, knife skills, and professional kitchen practices

☒ Kitchen Laboratory

- Group / Station Demonstrations
 - Kitchen Orientation and Safety
 - Station Setup and Workflow
 - Knife Skills
 - Vegetable Preparation
 - Ingredient Selection and Storage
- Hands-On Production
 - Classical Knife Cuts
 - Vegetable Preparation Techniques
 - Seasonal Vegetable Cookery
 - Foundational Vegetable Stock
 - Professional Mise en Place and Workflow
- Review and Critique

DAY TWO: DEVELOPING CULINARY SKILLS FOR FLAVORFUL AND PURPOSEFUL COOKING

☒ Lecture

- The Science of Taste, Flavor, and Seasoning
- Building Flavor with Herbs, Spices, Aromatics, Acids, and Fermented Ingredients
- Culinary Techniques for Whole Grains, Legumes, and Vegetables
- Cooking Healthy Protein Sources: Seafood, Plant-Based, and Lean Animal Proteins
- Maximizing Flavor, Texture, and Nutrient Quality Through Culinary Techniques

- Applying Culinary Strategies to Support Healthy Dietary Patterns and Dietary Recommendations for Obesity, Type 2 Diabetes, Cardiovascular Disease, and Cancer Prevention
- ☑ Kitchen Laboratory
 - Group / Station Demonstrations
 - Taste and Flavor Evaluation
 - Whole Grain, Legume, and Vegetable Applications
 - Dry-Heat and Moist-Heat Vegetable Cookery
 - Plant-Based and Lean Protein Techniques
 - Flavor Development Through Seasoning and Cooking Techniques
 - Hands-On Production
 - Whole Grain and Legume Preparations
 - Vegetable Cookery Using Multiple Techniques
 - Lean and Plant-Forward Protein Preparations
 - Soups and Grain-Based Composed Dishes
 - Sauces, Vinaigrettes, and Flavor-Building Condiments
 - Review and Critique

DAY THREE: GLOBAL KITCHENS AND CULTURAL DIETARY PATTERNS

- ☑ Lecture
 - Culinary Traditions and Plant-Forward Dietary Patterns
 - Traditional Dietary Patterns Associated with Reduced Chronic Disease Risk
 - Food Culture and Eating Behaviors
 - Traditional Protein Sources Around the World
 - Regional Flavor Systems and Ingredient Pairing
 - Adapting Global Cuisines for Modern Health Needs
- ☑ Kitchen Laboratory
 - Group / Station Demonstrations
 - Regional Spice Blends and Seasonings
 - Herb Sauces and Traditional Condiments
 - Vegetable Techniques from Global Cuisines
 - Traditional Preparation of Plant-Forward Proteins
 - Hands-On Production
 - Mediterranean Flavor Systems
 - Asian Flavor Systems
 - Latin American Flavor Systems
 - African and North African Flavor Systems
 - Comparative Regional Flavor and Cooking Techniques
 - Review and Critique

DAY FOUR: FUNCTIONAL INGREDIENTS AND RECIPE ENHANCEMENT

- ☑ Lecture

- Dietary Diversity and the Gut Microbiome
- Functional and Nutrient Dense Ingredients that Support Metabolic and Digestive Health
- Fermented Foods Across Global Cuisines
- Culinary Strategies for Nutrient Density and Recipe Enhancement
- ☑ Kitchen Laboratory
 - Group / Station Demonstrations
 - Working with Fermented Ingredients
 - Miso and Other Traditional Fermented Seasonings
 - Building Umami Through Natural Ingredients
 - Hands-On Production
 - Fermented Sauces and Condiments
 - Mushroom-Based Preparations
 - Gut-Supportive Grain, Vegetable, and Legume Dishes
 - Nutrient-Dense Plant-Forward Recipes
 - Review and Critique

DAY FIVE: TRANSLATING FOOD AS MEDICINE INTO EVERYDAY PRACTICE

- ☑ Lecture
 - Translating Evidence-Based Dietary Recommendations into Practical Cooking
 - Culinary Literacy for Health Professionals
 - Menu Planning for Diverse Populations
 - Food Environments, Accessibility, and Behavior Change
 - Plating, Presentation, and Eating Experience
 - Mindful Cooking and Eating
- ☑ Kitchen Laboratory
 - Group / Station Demonstrations
 - Building Balanced Plant-Forward Meals
 - Recipe Adaptation Strategies
 - Professional Plating and Presentation
 - Hands-On Production
 - Reimagining Traditional Recipes Using Food as Medicine Principles
 - Building Balanced Plant-Forward Meals
 - Applying Global Flavor Systems
 - Professional Plating and Presentation
 - Final Meal Presentation and Peer Evaluation
 - Review and Critique

DAY ONE:

Culinary Foundations and Food As Medicine: Building the Bridge Between Nutrition Science and Culinary Practice

Day One introduces the foundational concepts that bridge nutrition science and culinary practice. Students will explore how dietary patterns, ingredient quality, food systems, and culinary techniques work together to support long-term health while developing the essential kitchen skills needed to translate evidence-based nutrition into practical, flavorful, and culturally relevant meals.

Learning Objectives

By the end of Day One, you should be able to:

- Explain how culinary literacy complements nutrition science in supporting Food as Medicine, lifestyle medicine, and long-term health.
- Describe how dietary patterns, rather than individual nutrients, influence health, longevity, and the prevention of chronic disease.
- Evaluate ingredients based on nutrient density, culinary function, seasonality, sustainability, and overall food quality.
- Assess foods along the processing continuum and discuss how food processing influences dietary patterns, meal quality, and health outcomes.
- Discuss how food systems, ingredient sourcing, culture, and social determinants of health influence food choices and eating behaviors.
- Apply principles of menu planning to create meals that balance nutrition, flavor, cultural relevance, and practicality.
- Demonstrate professional kitchen organization through effective mise en place and workflow.
- Safely execute foundational knife techniques that improve efficiency, consistency, and ingredient quality.
- Apply appropriate vegetable preparation and cooking techniques to optimize flavor, texture, and visual appeal.
- Reflect on how culinary literacy can strengthen nutrition counseling and improve confidence in helping individuals prepare healthy meals.

Lecture

- Food As Medicine: Bridging Nutrition Science and Culinary Practice
- The Spectrum of Healthy & Lifestyle medicine
- Dietary Patterns for Lifelong Health and Prevention
- Food Systems, Sustainability, and Ingredient Quality
- Menu Planning for Health, Flavor, and Satisfaction

- Culinary Foundations: Mise en place, knife skills, and professional kitchen practices

Culinary Workshop

Chef Instructor Demonstrations

- Professional kitchen orientation and safety
- Mise en place and workstation organization
- Knife skills and vegetable fabrication
- Rich vegetable stock and chicken stock
- Building a balanced vinaigrette

Student Production

- Professional kitchen setup and mise en place
- Classical knife cuts
- Vegetable preparation techniques
- Seasonal vegetable cookery
- Foundational stocks
- Kitchen workflow and organization

Key Terms

Food as Medicine Culinary/Recipe Literacy Lifestyle Medicine Prevention Dietary Patterns Healthspan Wellness Continuum Behavior Change	Food Systems Seasonality Local Sourcing Regenerative Agriculture Sustainability Ingredient Quality Food Environment Food Accessibility Social Determinates of Health	Mise en Place Kitchen Workflow Knife Safety Classical Knife Cuts Stock Mirepoix Menu Planning
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DAY ONE: TEAM PRODUCTION ASSIGNMENTS

ALL PARTICIPANTS

Slice: Celery, Cucumber

Small Dice: Onions, Carrots

Medium Dice: Bell Peppers, Mango

Large Dice: Melon, Pineapple

Julienne: Carrot, Bell Pepper

Segment: Orange

Mince: Garlic and ginger

TEAM ONE – ROASTING

Soak 2 lb. Navy Beans
Start Fermented Tomatillo Salsa
Warm Roasted Vegetable Salad
Fresh Herb Vinaigrette

TEAM TWO – GRILLING

Soak 3 lb. Garbanzo Beans
Start Beet Kvass Fermentation
Grilled Panzanella Salad
Citrus Vinaigrette

TEAM THREE – BLANCHING & STEAMING

Soak 2 lb. Black Beans
Start Fermented Curtido
Spring Garden Salad with Blanched Asparagus, Peas, and Radish
Creamy Avocado Green Goddess Dressing

TEAM FOUR – STIR-FRYING

Start Fermented Fruit Chutney

Mu Shu Vegetables

Mu Shu Pancakes

ENRICHED VEGETABLE STOCK

Yield: 2 gallons

Ingredients	Amounts
Oil, vegetable	½ cup
Onion, yellow, sliced	8 cups
Carrot, sliced	4 cups
Celery, sliced, including tops	4 cups
Scallion (Green onion), sliced	2 cups
Cabbage, napa, sliced	2 cups
Garlic, minced	¼ cup
Wine, white, dry	½ cup
Water	2 gal.
Mushroom, white, sliced	2 cups
Tomato, plum (Roma), chopped	4 cups
Peppercorns, black, whole	2 tsp.
Bay leaf, dried	2 ea.
Parsley, flat-leaf, stems, fresh, chopped	2 cups
Salt, kosher	to taste
Pepper, black, freshly ground	to taste

Method

1. In a large stockpot, heat the vegetable oil.
2. Add the onions, carrots, celery, scallions, cabbage, and garlic. Toss well with the oil.
3. Lightly brown the vegetables, stirring occasionally to allow the vegetables to brown rather than steam.
4. Add the wine and reduce until dry.
5. Add the water, mushrooms, tomatoes, peppercorns, bay leaf, and parsley to the pot and bring it to a boil. Lower the heat and simmer while partially covered for 1 hour.
6. Adjust seasoning with salt and pepper.
7. Carefully strain the stock through cheesecloth and chill. The stock should be used within 7 days or frozen for later use up to 3 months.

Source: adapted from John Ash (1991)

FERMENTED TOMATILLO SALSA

Yield: 1½ quarts

Ingredients	Amounts
Tomatillos, small diced	2 lb.
Garlic, clove, minced	2 ea.
Jalapeno, stemmed, seeded, minced	1 ea.
Scallion (Green onion), sliced thin	¾ cup
Onion, red, finely chopped	½ cup
Cilantro, leaves, chopped	¾ cup
Lime, juice, fresh	½ cup
Salt, kosher	2 ½ tsp.

Method

1. Finely dice the tomatillos, garlic, jalapeño, scallions, red onion, and cilantro.
2. Combine the tomatillos, garlic, jalapeño, scallions, red onion, cilantro, ¼ cup lime juice, and kosher salt in a large bowl. Mix thoroughly until the vegetables are evenly coated.
3. Allow the mixture to stand for 15–20 minutes, stirring occasionally, to allow the salt to draw moisture from the vegetables and begin forming a natural brine.
4. Transfer the mixture to a clean glass fermentation jar. Press firmly to remove air pockets and ensure the vegetables remain submerged beneath the liquid. If necessary, add a small amount of filtered water to keep the vegetables fully submerged.
5. Cover with an airlock lid or a loosely fitted lid and ferment at room temperature (68–72°F / 20–22°C) for 24–48 hours, or until lightly bubbly and pleasantly tangy.
6. Transfer the salsa to the refrigerator and stir in the remaining ¼ cup fresh lime juice. Taste and adjust seasoning with additional salt if needed.

Note: To encourage a more active fermentation, add ¼ cup whey or 1-2 tablespoons of active brine from a previous vegetable ferment before fermenting.

Alternatively, for Step 1, combine all ingredients except the red onion in a food processor and pulse until the desired consistency is reached, then fold in the diced red onion by hand for added texture.

Source: Sky Hanka, 12', MS Nutrition, NBC-HWC

WARM ROASTED VEGETABLE SALD WITH FRESH HERB VINAIGRETTE

Yield: 8 portions

Ingredients	Amounts
Pumpkin, seeds	1 cup
Potato, sweet, medium diced	3 cups
Brussel sprouts, halved	3 cups
Squash, Delicata or butternut, medium diced	3 cups
Onion, red, wedges	2 ea.
Garlic, cloves, smashed	6 ea.
Oil, olive oil	½ cup
Coriander, ground	1 tsp.
Paprika, smoked	1 tsp.
Thyme, fresh, chopped	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	1 tsp.
Herb Vinaigrette (Recipe follows)	1 ½ cups
Kale, Lacinato, stemmed, chopped	7 cups
Oil, olive, extra virgin	2 Tbsp.
Salt, kosher	⅛ tsp.
Cranberries, dried	1 cup
Cheese, Parmesan, shaved	1 cup

Method

1. Preheat the oven to 425°F (220°C).
2. Heat a small, dry skillet over medium heat. Add the pumpkin seeds in a single layer. Toast, stirring often, until they turn golden brown and aromatic and start to pop open, about 10 minutes. Transfer to a plate. Cool and reserve.
3. In a large bowl, combine the sweet potatoes, Brussel sprouts, squash, onion, and garlic with the olive oil, coriander, smoked paprika, thyme, salt, and pepper. Toss until evenly coated.
4. Spread the vegetables in a single layer on parchment-lined sheet pans. Roast for 25–30 minutes, turning once halfway through cooking, until tender and caramelized.
5. While the vegetables roast, prepare the herb vinaigrette.
6. Place the chopped kale in a large mixing bowl. Drizzle with the olive oil and kosher salt. Massage the kale with your hands for 1–2 minutes until the leaves become darker in color, tender, and slightly reduced in volume.

7. Add the warm roasted vegetables, dried cranberries, reserved pumpkin seeds, and Parmesan cheese to the kale.
8. Toss with the herb vinaigrette until evenly coated.
9. Taste and adjust seasoning with additional salt, pepper, or lemon juice if needed.
10. Serve warm or at room temperature.

FRESH HERB VINAIGRETTE

Yield: 1 ½ cups

Ingredients	Amounts
Oil, olive, extra virgin	¾ cup
Vinegar, apple cider	¼ cup
Mustard, Dijon	2 Tbsp.
Honey or maple syrup	1 Tbsp.
Garlic, clove, minced	2 ea.
Parsley, flat-leaf, leaves, chopped	½ cup
Thyme, fresh, minced	1 Tbsp.
Dill, fresh, minced	1 Tbsp.
Chives, fresh, minced	1 Tbsp.
Lemon, zest, grated	2 tsp.
Salt, kosher	½ tsp.

Method

1. To prepare the herb vinaigrette, whisk together the olive oil, vinegar, Dijon, honey, garlic, parsley, thyme, dill, chives, lemon zest, and salt until emulsified. Adjust seasoning as needed.

BEET KVASS

Yield: 2 quarts

Ingredients	Amounts
Beet, medium, sliced	1 ea.
Garlic, clove, chopped	2 ea.
Salt, kosher	1 Tbsp.
Ginger, fresh, grated	1 Tbsp.
Whey (Optional)	1 cup
Turmeric, grated	1 tsp.
Water	as needed.

Method

1. Place the beets, garlic, salt, ginger, whey (if using), and turmeric into a clean 2-quart glass fermentation jar.
2. Fill the jar with filtered water, leaving approximately 1 inch of headspace at the top.
3. Stir gently to dissolve the salt. If necessary, use a fermentation weight to keep the beets fully submerged beneath the brine.
4. Cover with an airlock lid or a loosely fitted lid and ferment at room temperature (68–72°F / 20–22°C) for 2–5 days, or until lightly effervescent and pleasantly tangy.
5. Transfer to the refrigerator to slow fermentation. The kvass will continue to develop flavor over time and will keep refrigerated for several weeks.
6. Serve chilled. Enjoy on its own or dilute with sparkling or still water to taste.

Note: Whey helps inoculate the fermentation and can shorten fermentation time, but it is optional. For a dairy-free version, omit the whey and extend fermentation by 1–2 days if needed. Keep the beets fully submerged throughout fermentation to promote a successful lactic acid fermentation. The fermented beets may be reserved and incorporated into salads, grain bowls, or relishes after the liquid has been consumed. Beet kvass may be enjoyed as a beverage or used to add acidity and earthy sweetness to vinaigrettes and marinades.

Source: Sky Hanka, 12', MS Nutrition, NBC-HWC

GRILLED VEGETABLE PANZANELLA WITH CITRUS DRESSING

Yield: 4-6 portions

Ingredients

Amounts

Oil, olive	½ cup
Lemon, juice, fresh	3 Tbsp.
Orange, juice, fresh	2 Tbsp.
Mustard, Dijon	2 tsp.
Honey	2 tsp.
Garlic, minced	1 tsp.
Lemon, zest, grated	1 tsp.
Orange, zest, grated	1 tsp.
Thyme, fresh, chopped	1 tsp.
Tomato, heirloom, cut into wedges	2-3 ea.
Basil, sweet, leaves, fresh, torn	½ cup
Squash, zucchini, sliced lengthwise	2 ea.
Squash, yellow, sliced lengthwise	2 ea.
Pepper, bell red, quartered	1 ea.
Onion, red, quartered	1 ea.
Oil, olive	¼ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Bread, rustic country, torn into pieces	4 cups
Arugula	2 cups
Cheese, jack, dry, shaved	½ cup

Method

1. Preheat the grill to medium-high heat (400–450°F).
2. For the citrus vinaigrette, whisk together the olive oil, lemon juice, orange juice, Dijon mustard, honey, garlic, lemon zest, orange zest, thyme, salt, and pepper until emulsified. Set aside.
3. Toss the heirloom tomatoes with 2 tablespoons of the citrus vinaigrette and the torn basil. Allow to marinate while preparing the remaining ingredients.
4. Brush the zucchini, squash, bell pepper, onion, and bread lightly with olive oil and season with kosher salt and black pepper.
5. Grill the vegetables until tender and lightly charred, about 3-4 minutes per side. Grill the bread until toasted and lightly charred.
6. Cut the grilled vegetables into bite-sized pieces.

7. In a large bowl, combine the grilled vegetables, grilled bread, marinated tomatoes, and arugula. Drizzle with the remaining citrus vinaigrette and toss gently to combine.
8. Transfer to a serving platter and garnish with the shaved Dry Jack cheese.
9. Taste and adjust seasoning before serving. Taste and adjust seasoning before serving.

FERMENTED CURTIDO

Yield: 2 quarts

Ingredients	Amounts
Cabbage, green, shredded	2 lb.
Carrots, julienne	2 cups
Onion, red, thinly sliced	1 cup
Jalapeño, thinly sliced (optional)	1 ea.
Garlic, clove, minced	2 ea.
Oregano, dried	2 tsp.
Cumin, ground	1 tsp.
Salt, kosher	1 ½ Tbsp.
Water	as needed

Method

1. Combine the cabbage, carrots, onion, jalapeño (if using), garlic, oregano, cumin, and kosher salt in a large mixing bowl.
2. Massage the vegetables with clean hands for 3–5 minutes, until they begin to soften and release their natural juices.
3. Allow the mixture to stand for 20 minutes, then massage once more to encourage additional brine formation.
4. Transfer the vegetables to a clean 2-quart fermentation jar, pressing firmly to eliminate air pockets and ensure the vegetables remain submerged beneath their natural brine.
5. If needed, add a small amount of filtered water to keep the vegetables completely submerged. Place a fermentation weight on top.
6. Cover with an airlock lid or a loosely fitted lid and ferment at room temperature (68–72°F / 20–22°C) for 2–5 days, or until lightly tangy and pleasantly sour.
7. Transfer to the refrigerator to slow fermentation. Curtido will continue to develop flavor and will keep refrigerated for up to 2 months.

Source: Sky Hanka, 12', MS Nutrition, NBC-HWC

SPRING GARDEN SALAD WITH BLANCHED ASPARAGUS, PEAS, RADISHES, AND GREEN GODDESS DRESSING

Yield: 8 portions

Ingredients	Amounts
Yogurt, Greek	1 cup
Mayonnaise	½ cup
Mustard, Dijon	1 Tbsp.
Parsley, flat-leaf, leaves, chopped	1 cup
Dill, fresh, chopped	½ cup
Tarragon, fresh, chopped	¼ cup
Chives, fresh, chopped	¼ cup
Garlic, clove	1 ea.
Oil, olive	¼ cup
Lemon, juice, fresh	2 Tbsp.
Lemon, zest, grated	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Asparagus, trimmed, cut into 2-inch pieces	3 cups
Peas, English, fresh or frozen	2 cups
Peas, sugar snap, trimmed	2 cups
Radish, thinly sliced	2 cups
Cucumber, English, thinly sliced	2 cups
Lettuce, butter	5 cups
Pea shoots	1 cup
Chives, fresh, finely sliced	2 Tbsp.
Dill, fresh, chopped	2 Tbsp.
Mint, leaves, fresh, chopped	¼ cup
Feta, crumbled (optional)	1 cup

Method

1. To prepare the green goddess dressing, combine the Greek yogurt, mayonnaise, Dijon mustard, parsley, dill, tarragon, chives, garlic, olive oil, lemon juice, and lemon zest in a blender. Blend until smooth and bright green. Season with kosher salt and freshly ground black pepper. Refrigerate until ready to use.
1. Bring a large pot of heavily salted water to a boil and prepare an ice bath.
2. Blanch the asparagus for 1–2 minutes, until bright green and crisp-tender. Immediately transfer to the ice bath.

3. Blanch the peas and sugar snap peas for 30–60 seconds. Transfer to the ice bath, then drain thoroughly.
4. Combine the asparagus, peas, sugar snap peas, radishes, cucumber, lettuce, pea shoots, chives, dill, and mint in a large mixing bowl. Season lightly with kosher salt and freshly ground black pepper. Toss gently with enough Green Goddess Dressing to lightly coat the vegetables. Fold in the crumbled feta cheese, if using.
5. Serve immediately.

FERMENTED FRUIT CHUTNEY

Yield: 1 quart

Ingredients	Amounts
Pecans	½ cup
Fresh Fruit (peaches, pears, apples, mangos, or papaya), diced	3 cups
Lemon, zest, grated	2 ea.
Lemon, juice, fresh	2 ea.
Sucanat (Natural cane sugar)	2 Tbsp.
Salt, kosher	1 tsp.
Whey	¼ cup
Raisins, dark	½ cup
Ginger, fresh, grated	1 Tbsp.
Cumin, ground	1 tsp.
Coriander, seeds	1 tsp.
Fennel, seeds	1 tsp.
Red pepper flakes	½ tsp.
Peppercorn, pink	½ tsp.
Thyme, dried	½ tsp.

Method

1. Heat a medium, dry skillet over medium heat. Add the pecans in a single layer. Toast, stirring often, until golden brown and aromatic, 2 to 3 minutes. Transfer to a plate. Cool and reserve.
2. In a large bowl, combine the diced fruit, lemon zest, lemon juice, sugar, kosher salt, and whey. Toss gently to evenly coat the fruit.
3. Fold in the toasted pecans, raisins, ginger, cumin, coriander seeds, fennel seeds, red pepper flakes, pink peppercorns, and dried thyme.
4. Transfer the mixture to a clean 1-quart wide-mouth mason jar. Press the fruit down firmly with a spoon or fermentation tamper to remove air pockets and encourage the fruit to release its natural juices.
5. Ensure the fruit is submerged beneath the liquid. If necessary, add a small amount of filtered water to cover the fruit. Place a fermentation weight on top if available.
6. Cover with an airlock lid or a loosely fitted lid and ferment at room temperature (68–72°F / 20–22°C) for 2–3 days, or until lightly bubbly and pleasantly tangy.
7. Transfer to the refrigerator to slow fermentation. The chutney will continue to develop flavor and will keep refrigerated for up to 2 months. to the refrigerator. Enjoy within two months.

Source: Sky Hanka, 12', MS Nutrition, NBC-HWC

MU SHU VEGETABLES

Yield: 8 portions

Ingredients	Amounts
Sesame seeds, toasted	2 Tbsp.
Oil, sesame	3 Tbsp.
Oil, neutral	1 Tbsp.
Garlic, clove, minced	3 ea.
Ginger, minced	3 tsp.
Mushroom, shiitake, sliced	2 cups
Carrot, julienne	1 ½ cups
Celery, julienne	1 cup
Pepper, bell, red, julienne	1 ¼ cup
Cabbage, Napa, chiffonade	3 cups
Scallion (Green onion), grilled	6 ea.
Soy sauce, low sodium	3 Tbsp.
Hoisin sauce	4 Tbsp.
Vinegar, rice	1 Tbsp.
Pepper, white, ground	¼ tsp.
Mu Shu Pancakes (Recipe follows)	16 ea.

Method

1. Heat a small, dry skillet over medium heat. Add the sesame seeds in an even layer. Toast, stirring often, until golden and fragrant, 3 to 6 minutes. Transfer to a plate. Cool and reserve.
2. Heat the neutral oil and sesame oil in a wok or large sauté pan over high heat. Add the garlic and ginger and stir-fry for 30 seconds, until fragrant.
3. Add the mushrooms and cook for 2–3 minutes, allowing them to brown lightly.
4. Add the carrots, celery, and bell pepper. Stir-fry for 2–3 minutes until crisp-tender.
5. Add the Napa cabbage and scallions and continue cooking for 1–2 minutes, just until the cabbage begins to wilt.
6. Stir together the soy sauce, hoisin sauce, rice vinegar, and white pepper. Pour over the vegetables and toss until evenly coated and heated through.
7. Remove from the heat and sprinkle with toasted sesame seeds.
8. Cover the Mu Shu pancakes with a clean, damp towel and warm in a 250°F oven for 4–5 minutes, or steam briefly until soft and pliable.
9. To serve, spoon the vegetable mixture into the center of each pancake. Fold in the sides and roll tightly.

MU SHU PANCAKES

Yield: 20 pancakes

Ingredients

Amounts

Flour, all-purpose	9 wt. oz.
Water, boiling	8 fl. oz.
Oil, sesame	3 Tbsp.

Method

1. Place the flour in a large mixing bowl. Gradually pour in the boiling water while stirring with chopsticks or a wooden spoon until a shaggy dough forms.
2. When cool enough to handle, knead the dough for 8–10 minutes until smooth and elastic.
3. Cover with plastic wrap or a damp towel and allow to rest for 30 minutes.
4. Divide the dough into 20 equal portions and roll each into a ball.
5. Flatten each ball into a 3-inch circle. Brush one circle lightly with sesame oil and place a second circle on top, oiled sides together.
6. Roll each pair into a thin 6- to 7-inch round.
7. Heat a dry nonstick skillet or cast-iron pan over medium heat.
8. Cook each pair for 45–60 seconds per side, until lightly blistered but not browned.
9. Remove from the skillet and immediately peel the two pancakes apart.
10. Stack the pancakes and keep covered with a clean towel until ready to serve. Reheat by steaming briefly or warming in a microwave wrapped in a damp towel.

DAY TWO:

Flavor, Technique, and Purposeful Cooking.

Building on the culinary foundations established on Day One, students will explore how chefs transform wholesome ingredients into flavorful, satisfying meals through the thoughtful application of culinary techniques. This session examines the science of flavor, the role of cooking methods in enhancing both taste and nutritional quality, and how culinary strategies can support long-term adherence to healthy dietary patterns.

Learning Objectives

By the end of Day Two, you should be able to:

- Explain how flavor, aroma, texture, temperature, and visual appeal influence food preferences and eating behaviors.
- Apply culinary techniques that enhance flavor while reducing reliance on excess sodium, added sugars, and highly processed ingredients.
- Demonstrate cooking methods appropriate for whole grains, legumes, vegetables, seafood, and other healthy protein sources.
- Build flavor using herbs, spices, aromatics, acids, and naturally umami-rich ingredients.
- Evaluate how different cooking methods influence flavor, texture, nutrient retention, and overall food quality.
- Select cooking techniques that maximize both culinary quality and nutritional value.
- Prepare balanced, plant-forward meals that incorporate diverse healthy protein sources.
- Apply principles of flavor development to increase dietary variety, enjoyment, and long-term adherence to healthy eating patterns.
- Reflect on how culinary techniques can help translate evidence-based nutrition recommendations into practical, satisfying meals.

Lecture

- The Science of Taste, Flavor, and Seasoning
- Building Flavor with Herbs, Spices, Aromatics, Acids, and Fermented Ingredients
- Culinary Techniques for Whole Grains, Legumes, and Vegetables
- Cooking Healthy Protein Sources: Seafood, Plant-Based, and Lean Animal Proteins
- Maximizing Flavor, Texture, and Nutrient Quality Through Culinary Techniques
- Applying Culinary Strategies to Support Healthy Dietary Patterns and Dietary Recommendations for Obesity, Type 2 Diabetes, Cardiovascular Disease, and Cancer Prevention

Culinary Workshop

Instructor Demonstrations

- Taste and flavor evaluation
- Cooking whole grains
- Cooking Legumes from Dry
- Seafood Cookery
- Protein Cookery
- Plant-Based Protein Cookery
- Introduction to sauces

Student Production

- Whole grain and legume preparations
- Vegetable cookery using multiple techniques
- Seafood and plant-forward protein preparations
- Soups, grain bowls, and composed vegetable dishes
- Sauces, vinaigrettes, and flavor-building condiments

Key Terms

Taste	Dry-Heat cooking	Whole grains
Flavor	Moist-heat cooking	Legumes
Aroma	Combination cooking	Plant Proteins
Mouthfeel	Sauteing	Amino Acids
Texture	Steaming	Herbs
Umami	Blanching	Spices
Flavor Layering	Roasting	Aromatics
Seasoning	Deglazing	Acidity
	Carry-over cooking	Fermentation
	En Papillote	
	Poaching	
	Braising	
	Stewing	
	Pan-Steaming	

GRAIN COOKING CHART

*All grains should be covered while cooking unless otherwise noted

Grain	Description	Grain to Water Ratio	Cooking Time	Yield
Oat Groats	Sweet, chewy whole grain from which rolled oats are made	1 cup of grain to 2.5 cups of water	Simmer 40 to 45 minutes	3 ½ cups
Brown Rice including Basmati	Slightly sweet and nutty tasting	1 cup of grain to 2.5 cups of water	Simmer 35-45 minutes	3 ½ cups
Wild Rice	Pleasantly bitter	1 cup of grain to 2.5 cups of water	Simmer 50-60 minutes or until tender	4 cups
Pearl Barley	Very chewy and slightly sweet	1 cup of grain to 2 cups of water	Simmer 50 minutes or until tender	4 cups
Quinoa	A tiny high protein, high calcium grain. Taste is quite bitter and distinctive. Combines well with other grains after cooking	1 cup of grain to 1 cup of water	Simmer 15 - 20 minutes	2 cups
Millet	Slightly bitter, very high in protein	1 cup of grain to 1 cup of water	Simmer 15-20 minutes	2 cups
Fluffy Quinoa and Millet	A wonderful, high- protein combination. A rare partnership, in that you can successfully cook these two together.	1 cup each of millet and quinoa to 2 cups of water	Simmer 15-20 minutes, transfer to a pan, spread out, and fluff with a fork.	4 cups
Buckwheat Groats/Kasha	Pungent and nutty	1 cup of grain to 1.5 cups of water	Simmer 10 minutes	3 ½ cups

Bulgur, Cracked Wheat(Coarse)	Sweet and earthy. Not really a whole grain, as it is literally cracked grains of wheat	1 cup of grain to 2 cups of water	Simmer 15 minutes	2 ½ cups
Bulgur, Cracked Wheat (fine)	Sweet and earthy. Not really a whole grain, as it is literally cracked grains of wheat that are fine	1 cup grain to 3 ½ cups water	Soak grains in very hot water for 1 hour	3 cups
Amaranth	Glutinous and sweet, very nutritious	1 cup of grain to 1 1/2 cups of water	Simmer 2-minutes	2 cups
Wheat Berries	Slightly sweet and earthy	1 cup of grain to 2.5 cups of water	Simmer 30 to 45 minutes for hard (red) wheat, shorter for soft (white) wheat	3 cups
Spelt	Slightly sweet and earthy. An ancient form of wheat.	1 cup of grain to 1.5 cups of water	Simmer 50-60 minutes	2 cups
Kamut	Slightly sweet and earthy. Another ancient form of wheat.	1 cup of grain to 2 cups of water	Simmer 25-35 minutes	3 cups
Rye Berries	Very bitter and intense and terminally chewy. Best used in baking or combined with other grains.	1 cup of grain to cups of water	Simmer 25-35 minutes	3 cups
Farro	Earthy, nutty, slightly chewy	1 cup grain rinsed in 3 cups boiling water	Simmer Pearled: 18 min Semi-pearled: 25 min Whole: 35 min	3 cups
Fonio	Earthy, bitter	1 cup grain in 2 cups boiling water	Simmer 1 minute	3 cups

Couscous, North African	Sweet and nutty, Light fluffy texture	1 cup of grain soaked in 1 ½ cups of boiling water	5 minutes	2 ½
Israeli couscous	Sweet and nutty, al dente texture like pasta	1 cup of grain boiled in water like pasta	8-10 minutes (uncovered)	3
Hominy	Somewhat sweet, slightly chewy but soft	1 cup of grain to 4 cups of water	3 hours	3
Cornmeal, Grits, Polenta	Earthy like porridge with slight granularity	1 cup of grain, simmered and stirred to 3-4 cups of water	20-25 minutes (uncovered)	3
Rice, White, Long grain	Sweet and floral with a slightly chewy texture	1 cup of grain to 2 cups of water	18 minutes	3
Rice, Brown, Long Grain	Earthy and sweet with a slightly chewy texture	1 cup of grain to 3 cups of water	40 minutes	3
Rice, Brown, Short Grain	Earthy and sweet with a slightly chewy texture	1 cup of grain simmered in 2.5 cups of boiling water for 35 to 40 minutes	35-40 minutes	3
Rice Basmati	Floral and aromatic, light and fluffy	1 to 1 ½ cups water	15 minutes	3
Rice, Jasmin	Floral and aromatic, slightly chewy	1 cup grain simmered in 1 ¾ cups water	15 minutes	3
Rice, Arborio	Earthy and sweet, creamy exterior, slightly al dente interior	1 cup grain simmered in 4- 5 cups boiling water, stirring, uncovered	25-30 minutes	3

Teff	Gritty and grainy, porridge-like consistency	1 cup of grain simmered in 3 cups of boiling water for 15 minutes	15 minutes	3 cups
Rice, converted	Earthy, chewy	1 cup grain rinsed in 2 cups boiling water	20 minutes	4
Rice, Sushi, rinsed until water runs clear	Slightly Sweet, Sticky, chewy	1 cup grain simmered in 1 ¼ cup water	18 minutes	3 ½

SUGGESTED SOAKING AND COOKING TIMES FOR LEGUMES

Long Method: soak beans in cold water overnight, covered and refrigerated.

Quick Method: bring legumes to a boil from cold water. Remove from heat, cover and let stand required amount of time before cooking.

Dried Legumes will yield between 2 to 2 ½ times its original measure

Legume	Long Method (Hours)	Quick Method (Hours)	Cooking Time (Hours)
Adzuki Beans	2 to 3	1	1 ½
Black Beans	12	3	1 ½ to 2
Black-eyed Peas	12	2	1 to 1 ½
Fava Beans	12	4	1 ½ to 2
Butter Beans	12	4	1 ½ to 2
Chickpeas (Garbanzo Beans)	12	3	1 ½ to 2
Kidney Beans Red	12	2 to 3	1 to 1 ½
Borlotti Beans	12	2 to 3	1 to 1 ½
Cannellini Beans	12	2 to 3	1 to 1 ½
Dutch Brown Beans	12	2 to 3	1 ½ to 2
Egyptian Brown Beans	12	2 to 3	1 ½ to 2
Fagioli Beans	12	2 to 3	1 to 1 ½
Flageolets	12	2 to 3	1 to 1 ½
Great Northern Beans	12	2 to 3	1 ½ to 2
Lentils	No soaking needed	N/A	20 to 30 minutes
Mung Beans	12	45-60 minutes	45 minutes

Navy Beans	12	2 to 3	1 to 1 ½
Pigeon Peas	12	2	1
Pink Beans	12	2 to 3	1 to 1 ½
Pinto Beans	12	2 to 3	1 to 1 ½
Split Peas	No soaking needed	N/A	20 to 30 minutes
Soya Beans	24	3 to 4	1 to 1 ½
White Beans	12	2 to 3	1 to 1 ½

BASIC COOKING METHOD FOR DRIED BEANS AND LEGUMES

Yield: 6 cups or twelve ½ cup portions

Ingredients

Amounts

Beans or legumes, dry	1 lb.
Bay leaf, dried	1 ea.
Salt, kosher	1 Tbsp.

Method

1. Pick through the beans or legumes and discard any stones or debris that may be mixed in.
2. For the beans, in a large container, place the beans or legumes. Add enough water to cover by 4-inches. Soak in the refrigerator overnight. It is not necessary to soak lentils and split peas.
3. Drain the beans or legumes and add them to a stock pot with enough fresh water to cover by 4 inches. Add the bay leaves.
4. Bring the beans or legumes to a boil. Turn down the heat to low and simmer until tender with a bit of texture, 20 minutes to 2 hours, depending on type and size.
5. Add the salt and stir to combine.
6. Allow to cool in the cooking liquid.
7. Drain the legumes from excess liquid. Cool and store covered in the refrigerator for up to 7 days.
8. Beans should be kept in their cooking liquid if possible but may be drained once they have cooled. Store covered and chilled, for up to 7 days. All beans and legumes should be drained before being frozen.

Note: Alternatively, use the Quick Method for beans:

Place the beans in a large stockpot and cover with 4" of water. Bring to a boil, then turn off the heat and let them sit for about 1-2 hours before cooking.

BASIC COOKING METHOD FOR GRAINS

Yield: 6 cups or twelve, ½ cup portions

Ingredients

Amounts

Grains, dry (see note)	1 lb.
Water (as directed by grain type)	as needed
Salt, kosher	1 Tbsp.

Method

1. If directed, rinse the grains under cold running water and drain well.
2. Measure the prescribed amount of water or stock for the grain you are to cook. Place the liquid into a medium sauce pot and bring to a boil. Season with salt.
3. Add the grains, stir, bring the mixture back to a simmer and stir once more.
4. Turn the temperature down low, cover tightly with a lid, and simmer for the directed amount of time according to the grain. Do not lift the lid until the time is finished.
5. When the cooking time is finished, remove the pot from the heat, allow it to rest, covered, for 5 minutes and then remove the lid. If any excess liquid remains, drain the grains in a sieve.
6. Fluff the grains with a fork.

Note: This method works for grains which are to be served fluffy and that can be simmered to absorb all of their liquid. Such grains can include long grain rice, quinoa, barley, coarse bulgur, buckwheat, farro and wheat berries among others.

BASIC COOKING METHOD FOR PASTA

Yield: 6 to 8 portions

Ingredients

Amounts

Water	1 gal.
Salt, kosher	1 wt. oz.
Pasta, dry	1 lb.
Oil, olive, pure (Optional)	as needed

Method

1. Measure the water in a large pot. Increase the amount of water and salt as well as the size of the pot based on the number of pounds of pasta to be cooked.
2. Bring water to a rolling boil and add pasta gradually. Stir to separate the pieces. When cooking filled pasta like ravioli, add to boiling water and then gently simmer so filled pasta pieces are not broken.
3. Return water to a boil and begin timing. Cook uncovered until the pasta is *al dente* (the time will vary depending on size and shape of the pasta). Do not stir the pasta while it is cooking. Be careful not to overcook. If pasta is to be used in a recipe that will be cooked again, cooking can be reduced by about 2 minutes.
4. When pasta is done, drain immediately in a colander. Do not rinse pasta that is to be served hot. A small amount of oil can be tossed with the pasta to prevent sticking.
5. Serve hot pasta immediately. To cool pasta, rinse with cold water until chilled. Drain, toss with a small amount of oil to coat, and refrigerate until needed.
6. Pre-cooked pasta can be reheated by quickly immersing in boiling water. Do not allow to cook. Drain. Add sauce or seasonings and serve immediately.

POPPED GRAINS

Yield: 1 cup

Ingredients

Amounts

Wild rice, amaranth, rice, quinoa, or other grains	2 Tbsp.
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Method

1. Heat a sauté pan over medium high heat.
2. Sprinkle the grain evenly in the pan. You should start hearing them pop soon — if not, the pan isn't hot enough yet.
3. Once they start popping, give the pan a little shake to keep things moving. When the popping slows down or stops, take the grains off the heat.

Variations: Use same cooking technique with amaranth, rice, sorghum, quinoa and other grains

DAY 2: TEAM PRODUCTION ASSIGNMENTS

CHEF DEMO

Cooking Lentils

TEAM ONE

Cook Soaked White Beans and Farro

Pan-Seared Salmon with Pesto

Carrot and Caraway Soup with White Beans, Tarragon, and Feta

White Bean Hummus with Potato Vegetable Chips

TEAM TWO

Cook ½ of Soaked Garbanzo Beans and Fonio

Falafel with Tzatziki

African Groundnut Stew with Fonio

Classic Hummus with Seasonal Crudité

TEAM THREE

Cook Soaked Black Beans and Brown Rice

Black Bean and Sweet Potato Chili Bowl

Grilled Shrimp and Peppers with Creamy Polenta

Baked Tortilla Chips with Fresh Mango Avocado Salsa

TEAM FOUR

Cook Lentils and Quinoa

Bulgogi Lettuce Cups with Mushrooms and Quinoa

Quick Pickled Daikon, Napa Cabbage, and Carrot

Cucumber Sesame Salad

Lentil and Walnut Spread

PAN-SEARED SALMON WITH CLASSIC PESTO

Yield: 6 portions

Ingredients	Amounts
Pine nuts (<i>Pignoli</i>)	1/3 cup
Basil, sweet, leaves, fresh	2 cups
Parsley, flat-leaf, leaves, fresh	1/2 cup
Garlic, clove	2 ea.
Cheese, Parmesan, grated	1/2 cup
Lemon, juice, fresh	2 Tbsp.
Lemon, zest, grated	1 Tbsp.
Oil, olive, extra virgin	3/4 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Fish, salmon, fillet, 5 oz., skin removed	2 1/2 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lemon, juice, fresh	2 Tbsp.
Oil, vegetable	as needed

Method

1. Heat a dry skillet over medium heat. Add the pine nuts in a single layer. Toast, stirring often, until golden brown and aromatic, 2 to 3 minutes. Transfer to a plate. Cool and reserve.
2. For the Basil Pesto, combine the basil, parsley, garlic, Parmesan, toasted pine nuts, lemon juice, and lemon zest in the bowl of a food processor. Pulse until finely chopped.
3. With the processor running, slowly stream in the olive oil until a smooth pesto forms.
4. Season with kosher salt and freshly ground black pepper. Adjust consistency with a small amount of olive oil if needed. Reserve.
5. Pat the salmon fillets dry with paper towels. Season both sides with kosher salt, freshly ground black pepper, and lemon juice.
6. Heat a large sauté pan over medium-high heat. Add the vegetable oil.
7. Place the salmon presentation-side down and sear without moving for 3–4 minutes, until a golden crust develops.
8. Carefully turn the fillets and continue cooking for 2–4 minutes, depending on thickness, until the salmon is just cooked through and reaches an internal temperature of 125–130°F (52–54°C) for medium.
9. Remove from the pan and allow to rest for 2 minutes.
10. Spoon the basil pesto over or alongside the salmon and serve immediately.

CARROT AND CARAWAY SOUP WITH WHITE BEANS, TARRAGON, AND FETA

Yield: 8 portions

Ingredients	Amounts
Beans, navy, cooked, with liquid	2 cups
Butter, unsalted	½ cup
Onion, yellow, thinly sliced	2 cups
Carrot, peeled, thinly sliced	3 lb..
Tarragon, sprig, fresh	2 ea.
Stock, vegetable	7 cups
Orange, juice, fresh	½ cup
Lemon, juice, fresh	4 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	¼ cup
Oil, olive, extra virgin	½ cup
Bread, rye, crust removed, small diced	1 cup
Caraway, seeds, whole	2 Tbsp.
Cheese, feta, crumbled	½ cup
Tarragon, leaves, fresh, minced	¼ cup

Method

1. Drain the beans and reserve the cooking liquid. Rinse the beans well in a sieve under cold running water.
2. In a large saucepan over medium heat, melt the butter. Sauté the onions until translucent.
3. Add the carrots and tarragon. Lower the heat, cover, and simmer for 10 minutes.
4. Add the stock and juices. Bring it to a boil. Lower the heat to a simmer and cover. Simmer, stirring occasionally, until the carrots are tender, about 30 minutes
5. Discard the tarragon sprigs. With an immersion blender, purée the mixture until very smooth. Add the reserved bean cooking liquid as necessary to achieve proper consistency.
6. Season the soup with salt and pepper to taste. Keep warm.
7. In a separate saucepan, heat the remaining butter and oil over medium heat.
8. Add the rye bread to the butter and oil and fry until crisped, stirring, about 1-2 minutes.
9. Place the bread on a paper towel lined platter. Add the caraway seeds to the pan, stirring until lightly browned, about 1 minute. Add the rinsed beans and toss to coat. Season with salt and pepper to taste.
10. Serve the soup garnished with the bean mixture, feta, rye bread, and tarragon.

WHITE BEAN HUMMUS

Yield: 8 portions

Ingredients	Amounts
Bean, white, cooked	2 cups
Tahini	3 Tbsp.
Oil, olive, extra virgin (Divided)	¼ cup
Lemon, juice, fresh	2 fl. oz.
Garlic, clove, smashed	2 ea.
Aquafaba (reserved bean cooking liquid)	as needed
Lemon, juice, fresh	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste
Paprika, smoked	¼ tsp.

Method

1. Purée the beans, tahini, 2 Tbsp. olive oil, lemon juice, and garlic in a food processor, adding the aquafaba (reserved bean cooking liquid) to thin the mixture as necessary.
2. Adjust the seasoning with lemon juice, salt, and pepper to taste.
3. Place the hummus into a medium serving bowl, cover, and refrigerate until ready to serve.
4. Serve garnished with the remaining olive oil and dust with smoked paprika.

Note: Alternatively, canned beans can be used.

POTATO AND VEGETABLE CHIPS

Yield: 8 portions

Ingredients

Amounts

Potato, sweet	1 ea.
Beet, red, large	1 ea.
Beet, yellow, large	1 ea.
Parsnip, large	2 ea.
Kale, green, bunch	1 ea.
Oil, olive, spray	as needed
Salt, sea, fine	to taste

Method

1. Preheat the oven to 325°F.
2. Wash and peel the potatoes, beets, and parsnips. Use a mandolin to slice the vegetables very thinly, about 1/16-inch thick, keeping them separate from one another.
3. Tear the kale into 3-in. pieces. Remove the stems.
4. Dry the vegetables well with paper towels. Lightly coat the vegetables with the olive oil spray.
5. Prepare separate sheet pans for each vegetable with silicon baking mats or parchment paper sprayed well with the olive oil.
6. Lay the vegetables in a single layer on the trays. Sprinkle sea salt, as needed, over the vegetables and place the trays into the oven.
7. Bake for 15 minutes. Flip the vegetables and season with additional salt. Bake for another 15 minutes.
8. Remove the pans from the oven and place the chips on paper towels or a wire rack to fully cool. Store in an airtight container.

ZA'ATAR LENTIL AND CHICKPEA FALAFEL WITH YOGURT TZATZIKI

Yield: 20 small falafels

Ingredients	Amounts
Chickpeas, dried	3 cups
Lentils, red, dried	2 cups
Garlic, minced	5 Tbsp.
Parsley, flat-leaf, bunch, leaves, fresh	2 ea.
Za'atar spice blend	2 tsp.
Chile, cayenne, ground	¼ tsp.
Cumin, ground	3 tsp.
Coriander, ground	3 tsp.
Salt, kosher	2 Tbsp.
Baking soda	¼ tsp.
Cooking spray	as needed
Yogurt Tzatziki (Recipe follows)	3 ½ cups

Method

1. In separate large bowls, place the chickpeas and lentils in enough cold water to cover by 2 inches. Soak overnight. Drain well.
2. Preheat oven to 375°F. Lightly oil parchment-lined sheet trays.
3. In a food processor, place the soaked chickpeas and lentils, garlic, parsley, za'atar, cayenne, cumin, coriander, salt, and baking soda. Pulse until finely chopped and but with some texture remaining. Do not purée completely. Let it rest for 15 minutes.
4. With a scoop, form the mixture into small balls and transfer to the prepared sheet trays. Lightly spray with oil.
5. Bake, turning halfway through cooking, until lightly browned and heated through, 18 to 22 minutes.
6. Serve the falafel with Yogurt Tzatziki spooned over top or on the side.

Note: The dried chickpeas can be substituted with 4 2/3 cups of canned chickpeas.

The falafel can also be fried instead of baked: Fill a large straight-sided pan with about ¼ inch of oil and place over medium heat. Carefully place the patties in the hot oil, a few at a time, and fry until they are golden brown, about 3 minutes per side. Do not overcrowd the pan. Remove the falafels with a slotted spatula and blot with paper towels. Drain on a rack.

YOGURT TZATZIKI

Yield: 3 ½ cups

Ingredients	Amounts
Cucumber, grated	1 cup
Yogurt, Greek, plain	2 cups
Garlic, minced	1 tsp.
Lemon, juice, fresh	2 Tbsp.
Dill, weed, fresh, chopped	2 Tbsp.
Mint, leaves, fresh, chopped	2 Tbsp.
Oil, olive, extra virgin	1 Tbsp.
Salt, kosher (Divided)	1 tsp.
Pepper, black, ground	¼ tsp.

Method

1. Place the grated cucumber in a fine-mesh sieve set over a bowl. Sprinkle with ½ teaspoon kosher salt and toss to combine. Allow to drain for 15–20 minutes.
2. Transfer the cucumber to a clean kitchen towel or several layers of cheesecloth and squeeze firmly to remove as much excess moisture as possible.
3. In a medium bowl, combine the Greek yogurt, drained cucumber, garlic, lemon juice, dill, mint, olive oil, remaining ½ teaspoon kosher salt, and black pepper. Mix until well combined.
4. Taste and adjust seasoning with additional lemon juice, salt, or pepper as needed.
5. Cover and refrigerate for at least 30 minutes before serving to allow the flavors to meld.

AFRICAN GROUNDNUT STEW WITH FONIO

Yield: 6 portions

Ingredients	Amounts
Chicken, thigh, skinless, 2-in. diced	1 lb.
Oil, vegetable	¼ cup
Salt, kosher	as needed
Onion, yellow, sliced	2 cups
Ginger, minced	2 Tbsp.
Garlic, minced	1 Tbsp.
Tomato, paste	1 Tbsp.
Stock, chicken	1 qt.
Tomato, canned, crushed	1 qt.
Coriander, ground	1 Tbsp.
Curry powder	1 Tbsp.
Cinnamon, ground	¼ tsp.
Chile, cayenne, ground	¼ tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Potato, sweet, with skin, large diced	1 lb.
Beans, garbanzo, cooked with liquid	8 wt. oz.
Kale, stem removed, chopped, 1-in. pieces	6 wt. oz.
Peanut butter	1 ¼ cups
Fonio, cooked (Recipe follows)	4 cups
Peanuts, roasted, chopped	1 cup
Cilantro, leaves, fresh, chopped	1 cup

Method

1. Pat the chicken dry with paper towels, season with salt.
2. Heat oil in a large soup pot over medium-high heat. Brown the chicken in the oil in batches. Do not crowd the pot. Set the chicken pieces aside as they brown.
3. Add the onion, ginger, and garlic to the same pot. Sauté until aromatic, about 1 minute.
4. Add the tomato paste, cook for one minute while stirring. Add the stock and tomatoes, scraping off the brown bits from bottom of pot.
5. Add the coriander, curry powder, cinnamon, and cayenne and simmer for 15 minutes. Season with salt and pepper to taste.
6. Add sweet potatoes and garbanzo beans and cook for 5 minutes. Add kale and continue to cook for 5 minutes.
7. Into a medium bowl, ladle some of the cooking liquid. Add the peanut butter and whisk together until smooth. Return the peanut butter mixture into the stew and season to taste.

8. Serve over cooked Fonio and garnish with cilantro and chopped peanuts.

Note: Alternatively, canned beans can be used canned beans. To roast the peanuts, place them on a sheet pan into a 350 °F oven for 6-7 minutes until lightly browned.

Source: adapted from Andante Hart, RDN as presented at Healthy Kitchen Healthy Lives Conference

FONIO

Yield: 6 portions

Ingredients

Amounts

Water	2 cups
Salt, sea, fine	1 tsp.
Fonio	1 cup
Oil, olive, extra virgin (Optional)	1 Tbsp.

Method

1. In a medium pot over high heat, bring water and salt to a boil. Add the Fonio and stir once. Turn down the heat to low and cover tightly.
2. Cook until the water is absorbed, about 3 to 4 minutes. Turn off the heat and keep the pot covered for another minute. Fluff with a fork and add the oil, if using.
3. Serve warm.

Source: Pierre Thiam, as presented at the 2022 Worlds of Flavor Conference

HUMMUS

Yield: 2 ½ cups

Ingredients

Amounts

Canned chickpeas, drained (liquid reserved)	2 cups
Tahini	¼ cup
Oil, olive, extra virgin (Divided)	¼ cup
Lemon, juice, fresh	3-4 Tbsp.
Garlic, clove, minced	1-2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Ice, cubed	as needed

Method

1. Place the chickpeas, tahini, 2 Tbsp. olive oil, lemon juice, and garlic in a food processor.
2. Process until mostly smooth. With the machine running, add 1–2 ice cubes *or* 1–2 Tbsp. reserved chickpea liquid at a time, blending until the mixture becomes creamy, smooth, and light in texture. Scrape down the bowl as needed.
3. Season with salt and black pepper. Adjust lemon juice and garlic to taste.
4. Transfer to a serving bowl. Using the back of a spoon, create a shallow well in the center.
5. Drizzle with the remaining olive oil just before serving.

Note: For exceptionally smooth hummus, add 1-2 ice cubes while blending. The ice helps aerate the mixture and slightly emulsifies the tahini, resulting in a lighter texture. Hummus variations:

- Smoked Paprika & Cumin Oil – Bloom 2 tsp cumin and 2 tsp smoked paprika in warm olive oil and spoon over finished hummus.
- Roasted Garlic Hummus – Replace raw garlic with 1 head roasted garlic for a sweeter, milder flavor.
- Harissa Hummus – Blend in 1–2 Tbsp harissa paste for heat and North African character.
- Fresh Herb Hummus – Fold in ½ cup finely chopped parsley, cilantro, or dill.
- Beet Hummus – Blend in ½ cup roasted beets for vibrant color and subtle sweetness.
- Preserved Lemon Hummus – Add 1 Tbsp finely minced preserved lemon for acidity and depth.
- Spiced Lamb Topping – Spoon warm, spiced ground lamb over hummus and finish with pine nuts and parsley for a more substantial mezze variation.

SOUTHWEST BLACK BEAN CHILI WITH BROWN RICE

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Onion, yellow, small diced	2 cup
Carrot, small dice	1 cup
Pepper, bell, red, small diced	1 cup
Potato, sweet, medium diced	2 cup
Garlic, minced	2 Tbsp.
Chile, chipotle, minced	2 ea.
Adobo sauce	1 Tbsp.
Tomato, paste	2 Tbsp.
Cumin, ground	2 tsp.
Paprika, smoked	2 Tbsp.
Chili powder	2 tsp.
Coriander, ground	1 tsp.
Oregano, Mexican, ground	1 tsp.
Cinnamon, ground	1 tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Tomato, crushed	28 oz.
Stock, vegetable	3 cups
Orange, juice, fresh	¼ cup
Orange, zest, grated	1 Tbsp.
Beans, black, cooked	3 cups
Beans, white, cooked	2 cups
Lime, juice, fresh	2 Tbsp.
Cilantro, leaves, fresh, chopped	1 cup
Rice, brown, cooked	4 cups
Yogurt, Greek	as needed
Cheese, Cheddar, shredded	1 cup
Scallion (Green onion), thinly sliced	½ cup
Cilantro, leaves, fresh, chopped	1 cup
Avocado, Hass, diced	1 ea.
Lime, wedges	2 ea.

Method

1. Heat the vegetable oil in a large Dutch oven or heavy-bottomed pot over medium heat.
2. Add the onion, carrots, bell pepper, and sweet potato. Cook for 6–8 minutes, stirring occasionally, until the vegetables begin to soften.

3. Add the garlic, minced chipotle peppers, and adobo sauce. Cook for 1 minute, stirring until fragrant.
4. Stir in the tomato paste and cook for 2 minutes, allowing it to caramelize slightly.
5. Add the cumin, smoked paprika, chili powder, coriander, oregano, cinnamon, kosher salt, and black pepper. Cook for 30–60 seconds, stirring constantly, until the spices are fragrant.
6. Add the crushed tomatoes, vegetable stock, orange juice, and orange zest. Stir well and bring to a simmer.
7. Add the black beans and white beans. Reduce the heat to low and simmer uncovered for 35–45 minutes, stirring occasionally, until the sweet potatoes are tender and the chili has thickened.
8. Stir in the lime juice and chopped cilantro. Taste and adjust seasoning with additional salt, lime juice, or smoked paprika as needed.
9. Spoon the cooked brown rice into serving bowls and ladle the chili over the top.
10. Garnish with Greek yogurt or sour cream, shredded cheddar cheese (if using), sliced scallions, fresh cilantro, diced avocado, and lime wedges. Garnish with cheese, sour cream and scallions.

Note: Alternatively, use rinsed canned beans.

GRILLED SHRIMP AND PEPPERS WITH POLENTA

Yield: 6 portions

Ingredients	Amounts
Stock, vegetable	4 cups
Milk, low-fat	2 cups
Polenta (coarse cornmeal)	1 $\frac{3}{4}$ cup
Butter, unsalted	2 Tbsp.
Cheese, Parmesan, grated	$\frac{1}{2}$ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive	$\frac{1}{4}$ cup
Garlic, minced	2 Tbsp.
Paprika, smoked	1 Tbsp.
Cumin, ground	1 tsp.
Oregano, dried	1 tsp.
Lemon, zest, grated	1 tsp.
Lemon, juice, fresh	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Shrimp, peeled and deveined	2 lb.
Pepper, bell, red, cut into 1-inch strip	2 ea.
Pepper, bell, yellow, cut into 1-inch strip	2 ea.
Onion, red, cut into wedges	1 ea.
Parsley, flat-leaf, leaves, chopped	$\frac{1}{2}$ cup

Method

1. In a medium saucepan, bring the vegetable stock and milk to a gentle simmer.
2. Slowly whisk in the polenta in a steady stream.
3. Reduce the heat to low and cook, stirring frequently, for 25–30 minutes, until thick and creamy. Stir in the butter and Parmesan cheese. Season with salt and pepper. Cover and keep warm.
4. Preheat a grill or grill pan to medium-high heat. In a large bowl, combine the olive oil, garlic, smoked paprika, cumin, oregano, lemon zest, lemon juice, salt, and black pepper.
5. Add the shrimp, bell peppers, and red onion. Toss until evenly coated. Allow to marinate for 15–20 minutes.
6. Grill the peppers and onions until lightly charred and tender, about 4–6 minutes, turning occasionally.
7. Grill the shrimp for 2–3 minutes per side, or until opaque and just cooked through.
8. Transfer the vegetables and shrimp to a serving bowl and toss with the chopped parsley.

MANGO AVOCADO SALSA

Yield: 3½ cups

Ingredients	Amounts
Mango, ripe, medium diced	3 ea.
Avocado, ripe, medium diced	2 ea.
Tomato, plum (Roma), seeded, medium diced	3 ea.
Onion, red, finely diced	½ cup
Scallion (Green onion), thinly sliced	¼ cup
Jalapeño, seeded and minced	1 ea.
Cilantro, leaves, fresh, chopped	½ cup
Lime, zest, grated	1 tsp.
Lime, juice, fresh	3 Tbsp.
Honey	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a large mixing bowl, combine the mango, avocado, tomato, red onion, scallions, jalapeño, cilantro, and lime zest. Set aside.
2. In a small bowl, whisk together the lime juice, honey, kosher salt, and black pepper until the honey is dissolved.
3. Pour the dressing over the salsa and gently fold the ingredients together, being careful not to break up the avocado.
4. Taste and adjust seasoning with additional lime juice, salt, or honey as needed.
5. Cover and refrigerate for 15–30 minutes before serving to allow the flavors to meld.

BAKED TORTILLA CHIPS

Yield: 60 chips

Ingredients

Amounts

Tortillas, corn, 6-in.	10 ea.
Oil, olive, extra virgin	2 tsp.
Salt, kosher	¼ tsp.

Method

1. Preheat the oven to 325°F.
2. Cut each of the tortillas into 6 wedges.
3. In a medium bowl, place the wedges and drizzle with olive oil. Gently toss until the tortillas are lightly coated with oil on both sides.
4. Add the salt and toss to coat.
5. On a parchment paper lined baking sheet, spread the tortillas in an even layer.
6. Bake until the chips are brown along the edges, about 8 to 15 minutes. Allow to cool before serving.

Note: The chips will continue to crisp up as they cool. Go by color rather than crispiness when choosing to remove them from the oven.

Source: adapted from: Sabrina Faulkier MD, CCMS, DipABLM

MUSHROOM & QUINOA BULGOGI LETTUCE CUPS

Yield: 10 portions

Ingredients	Amounts
Quinoa	3 cups
Stock, chicken	5 ¼ cups
Salt, kosher	¾ tsp.
Sesame seeds, toasted	3 Tbsp.
Garlic, clove, minced	5 ea.
Ginger, minced	2 ½ Tbsp.
Tamari	¾ cup
Wine, rice, Japanese (<i>Mirin</i>)	¾ cup
Sugar, brown	3 Tbsp.
Vinegar, rice	3 Tbsp.
Pear, Asian, grated	1 cup
Korean chili paste (<i>Gochujang</i>)	3 Tbsp.
Oil, neutral	5 Tbsp.
Mushrooms, mixed (trumpet, maitake, oyster) cut into ½-in wide strips, stems discarded	3 lb.
Oil, sesame	3 Tbsp.
Scallion, (Green onion), sliced thick	10 ea.
Korean chili paste (<i>Gochugaru</i>)	to taste
Lettuce, butter, leaves	20 ea.
Cucumber, julienne	1 cup
Carrot, julienne	1 cup
Mint, leaves, fresh	as needed
Cilantro, leaves, fresh	as needed
Basil, Thai, leaves, fresh	as needed

Method

1. In a medium saucepan, add the quinoa, chicken stock, and salt. Bring to a boil.
2. Reduce the heat to low, cover, and cook until the stock is absorbed and the quinoa is tender, approx. 15 minutes.
3. Let the quinoa stand, covered, for 10 minutes. Fluff with a fork and reserve.

4. Heat a small, dry skillet over medium heat. Add the sesame seeds in an even layer. Toast, stirring occasionally, until golden brown and aromatic, 5 to 8 minutes. Transfer to a plate. Cool and reserve
5. In a mixing bowl, combine the garlic, ginger, tamari, rice wine, brown sugar, rice vinegar, grated pear, and Korean chili paste. Whisk until the sugar dissolves completely. Set aside.
6. In a large heavy-bottom sauté pan, cast-iron skillet, over high heat. Add the neutral oil and allow the pan to become very hot.
7. Working in batches to avoid overcrowding, add the mushrooms in a single layer. Allow the mushrooms to cook undisturbed for 4–5 minutes until deeply browned on one side. Stir and continue cooking for an additional 3–5 minutes until caramelized and slightly crisp on the edges. Transfer cooked mushrooms to a bowl and repeat with remaining mushrooms.
8. Return all mushrooms to the pan and reduce heat to medium. Add the sesame oil and pour in the prepared marinade. Toss well to coat and cook for 3–5 minutes until the sauce reduces and lightly glazes the mushrooms.
9. Fold in the quinoa and scallions. Continue cooking for 1–2 minutes until heated through and evenly coated with the bulgogi glaze.
10. Transfer the mushroom and quinoa bulgogi mixture to a serving platter and garnish with toasted sesame seeds and Korean chili paste.
11. Serve warm with lettuce cups, julienned cucumber, carrots, herbs, and additional garnishes as desired.
12. To assemble, place approximately $\frac{1}{4}$ cup of the mushroom and quinoa bulgogi mixture into each lettuce cup. Top with cucumber, carrots, herbs, and desired garnishes.

QUICK PICKLED NAPA CABBAGE, DAIKON, AND CARROT

Yield: 2 quarts

Ingredients	Amounts
Water	2 cups
Vinegar, white	$\frac{3}{4}$ cup
Sugar, granulated	$\frac{1}{3}$ cup
Salt, kosher	1 Tbsp.
Cabbage, Napa, shredded	4 cups
Daikon, julienne	2 cups
Carrot, julienne	1 cup
Cucumber, julienne	1 cup
Jalapeño, thinly sliced	1 ea.
Ginger, julienne	2 Tbsp.
Garlic, minced	1 Tbsp.

Method

1. Combine the water, vinegar, sugar, and salt in a saucepan.
2. Bring to a simmer, stirring until the sugar and salt dissolve completely.
3. Remove from heat and cool to room temperature.
4. Combine the napa cabbage, daikon, carrots, cucumber, jalapeño, ginger, and garlic in a nonreactive bowl or container.
5. Pour the cooled pickling liquid over the vegetables and toss to combine.
6. Cover and refrigerate for at least 4 hours, preferably overnight.
7. Drain lightly before serving.

CUCUMBER SALAD

Yield: 8 servings

Ingredients	Amounts
Cucumbers, mini	12 ea.
Salt, kosher	2 Tbsp.
Tamari Soy	2 Tbsp.
Vinegar, rice, seasoned	2 Tbsp.
Chili, Sambal, sauce	2 Tbsp.
Sugar, granulated	2 Tbsp.
Oil, sesame	1 Tbsp.
Sesame seeds	1 Tbsp.
Scallion (Green onion), sliced thin	4 ea.

Method

1. Wash cucumbers and cut off the ends.
2. Place one cucumber between two disposable chopsticks. Make thin diagonal slices across the entire cucumber. Flip the cucumber over and do the same on the other side. Then cut the cucumber in half perpendicularly. Repeat the remaining cucumbers.
3. Transfer to a large bowl. Sprinkle salt over cucumbers and gently massage the salt in between each slice of them. Let the cucumbers soak in salt for 10 minutes, then rinse with cold water at least 2- 3 times to completely remove the salt.
4. Combine the remaining ingredients in a separate bowl and pour dressing over cucumbers and gently mix. Let them marinate for 15 minutes before serving.

LENTIL WALNUT DIP

Yield: 3 ½ cups

Ingredients	Amounts
Lentils, dried	1 ¼ cups
Water	3 ¾ cups
Walnuts, toasted	1 ½ cups
Water, warm	as needed
Tahini	¼ cup
Oil, olive	¼ cup
Lemon, juice, fresh	2 Tbsp.
Molasses, pomegranate	1 Tbsp.
Lemon, zest, grated	1 Tbsp.
Garlic, clove, whole	2 ea.
Cumin, ground	1 tsp.
Coriander, ground	1 tsp.
Paprika, smoked	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, leaves, chopped	½ cup.
Pepper, Aleppo	1 tsp.

Method

1. In a colander, rinse the lentils under running water. In a large pot, place the lentils and water. Bring it to a boil. Decrease the heat and simmer covered until tender, 15 to 30 minutes.
2. Heat a dry, medium skillet over medium heat. Place the walnuts in a single layer. Toast, stirring often, until golden brown and aromatic, 3 to 8 minutes. Transfer to a plate. Cool and reserve.
3. Transfer the toasted walnuts to a bowl and cover with warm water. Soak for 20–30 minutes, then drain well.
4. Preheat the oven to 350°F (175°C).
5. In the bowl of a food processor, combine the soaked walnuts, cooked lentils, tahini, olive oil, lemon juice, pomegranate molasses, lemon zest, garlic, cumin, smoked paprika, coriander, parsley, kosher salt, and black pepper.
6. Process until smooth, scraping down the sides of the bowl as needed.
7. With the processor running, add cold water, one tablespoon at a time, until the spread reaches a smooth, light, and creamy consistency.

8. Taste and adjust seasoning with additional lemon juice, pomegranate molasses, salt, or pepper as needed.
9. Transfer to a serving bowl. Drizzle with extra virgin olive oil and garnish with chopped parsley, Aleppo, chopped toasted walnuts, a light sprinkle of smoked paprika, and an optional drizzle of pomegranate molasses.

DAY THREE:

Global Kitchens and Cultural Foodways

Healthy eating patterns can be deeply rooted in culture, tradition, and culinary heritage. Rather than focusing on individual nutrients, this session explores how traditional foodways from around the world naturally incorporate diverse plant foods, healthy protein sources, whole grains, herbs, spices, and time-honored cooking techniques that support long-term health. Students will examine how global culinary traditions can inform modern Food as Medicine approaches while honoring cultural authenticity and promoting dietary diversity.

Learning Objectives

By the end of Day Three, you should be able to:

- Describe how traditional food cultures influence dietary behaviors, meal patterns, and long-term health.
- Compare global dietary patterns and identify common characteristics associated with health and longevity.
- Recognize how traditional cuisines naturally incorporate plant-forward eating patterns and diverse healthy protein sources.
- Apply regional flavor systems, ingredients, and culinary techniques to create culturally relevant, health-supportive meals.
- Evaluate traditional recipes for their nutritional quality while preserving their cultural integrity.
- Adapt global recipes using Food as Medicine principles without compromising authenticity, flavor, or enjoyment.
- Demonstrate the use of herbs, spices, condiments, and regional cooking techniques from diverse culinary traditions.
- Appreciate the importance of cultural competence when providing nutrition guidance and culinary recommendations.

Lecture

- Culinary Traditions and Plant-Forward Dietary Patterns
- Traditional Dietary Patterns Associated with Reduced Chronic Disease Risk
- Food Culture and Eating Behaviors
- Traditional Protein Sources Around the World
- Regional Flavor Systems and Ingredient Pairing
- Adapting Global Cuisines for Modern Health Needs

Culinary Workshop

Instructor Demonstrations

- Regional spice blends and seasoning techniques
- Herb sauces and traditional condiments

- Vegetable cookery across global cuisines
- Traditional preparation of seafood, legumes, soy foods, and other healthy protein sources

Student Production

- Mediterranean flavor systems
- East & Southeast Asian flavor systems
- Latin American flavor systems
- African and North African flavor systems
- Comparative regional cooking techniques and ingredient applications

Key Terms

Foodways Cultural Competence Dietary Patterns Traditional Diets Diet Trends Culinary Heritage Meal Patterns Dietary Diversity Blue Zones Longevity Commensality	Flavor Profiles Spice Blend Condiments Heat (pungency) Flavor Layering Herbs Spices Umami Lactic Acid	Fermented Foods Traditional Protein Sources Seafood Soy Foods Healthy Fats Plant-Forward Cooking Regional Cooking Techniques
Cultural Adaptation Recipe Modification Dietary Adherence Menu Planning	Ingredient Substitution Culinary Translation	

DAY 3: TEAM PRODUCTION ASSIGNMENTS

TEAM 1

Fattoush with Baharat Spiced Beans

Grilled Vegetables with Romesco

Mediterranean Sea Bass in Papillote with Lemon, Fennel, Tomatoes, & Gremolata

TEAM 2

Eggplant in Tomato and Coriander Sauce

Vegetable Tagine with Red Chermoula

Dukkah Crusted Salmon with Green Chermoula and Parsley-Tomato Salad with
Bulgur

TEAM 3

Leche de Tigre Ceviche with Oven-Baked Plantain Chips

Grilled Nopales Salad with Black Beans

Pipian Verde with Crispy Chicken Thighs

TEAM 4

Miso-Sweet Potato Bowl

Vegetable Pakoras with Cilantro Mint Chutney

Vegetable Banh Xeo with Nuoc Cham

FATTOUSH WITH BAHARAT SPICED BEANS

Yield: 8 portions

Ingredients	Amounts
Bread, pita, whole wheat	2 ea.
Beans, white, cooked, drained, rinsed	2 cups
Baharat (Recipe follows)	4 Tbsp.
Oil, olive, extra virgin	½ cup
Sumac	3 Tbsp.
Oil, olive, extra virgin	5 Tbsp.
Parsley, flat-leaf, leaves, fresh, packed	1 cup
Mint, leaves, fresh, packed	½ cup
Scallion (Green onion), thinly sliced	3 ea.
Cucumber, Persian, thinly sliced,	3 ea.
Radish, red, thinly sliced,	8 ea.
Tomato, cherry, halved	20 ea.
Lemon, juice, fresh	2 Tbsp.
Salt, kosher	to taste

Method

1. Preheat oven to 350°F.
2. Tear the pita bread open and toast in the oven until golden brown. Place on a rack to cool. Break the toasted pita into bite-size pieces.
3. In a small bowl, place the beans, Baharat, and oil. Toss to mix. Season with salt. Reserve.
4. In a large bowl, place the pita and sprinkle it with sumac. Add the oil and toss until the bread is thoroughly coated.
5. Add the reserved beans, parsley, mint, scallion, cucumbers, radish, and tomatoes. Add the lemon juice and season with salt to taste. Serve immediately.

Note: Alternatively, canned beans can be used.

BAHARAT

Yield: 2 tablespoons

Ingredients	Amounts
Cinnamon, ground	¼ tsp
Nutmeg, ground	½ tsp.
Cumin, seed, whole	½ tsp.
Coriander, seed, whole	½ tsp.
Mint, leaves, dried	1 tsp.
Peppercorns, black, whole	½ tsp.
Bay leaf, dried	1 ea.
Fennel, seed	¼ tsp.
Allspice, seed	2 ea.
Cloves, whole	2 ea.
Mustard, seed, whole	½ tsp.

Method

1. In a dry frying pan over medium-high heat, place all the ingredients and toast until fragrant.
2. Cool and grind in a spice or coffee grinder.

GRILLED VEGETABLES WITH ROMESCO SAUCE

Yield: 8 portions

Ingredients	Amounts
Potato, red, small	8 ea.
Mushroom, Portabella	2 ea.
Eggplant, globe	1 ea.
Oil, olive, extra-virgin	6 Tbsp.
Garlic, minced	2 Tbsp.
Salt, kosher	to taste
Peppercorns, black, ground	to taste
Asparagus, spears, trimmed	16 ea.
Zucchini, trimmed, halved lengthwise	1 ea.
Onion, red, skin removed, quartered	1 ea.
Pepper, bell, red, quartered, seeded	2 ea.
Pepper, bell, yellow, quartered, seeded	2 ea.
Lemon, juice, fresh	2 ea.
Romesco Sauce (Recipe follows)	as needed
Oil, olive, extra virgin	¼ cup

Method

1. Bring a pot of salted water to a boil. Add the potatoes and blanch (par-cook) until almost cooked through. Drain and set aside. Once cool, cut each potato in half.
2. Remove the stem from the mushrooms and using a spoon, scrape the dark gills and discard them.
3. Using a peeler, peel stripes of the skin off the eggplant lengthwise. Slice the eggplant into rounds that are ½ inch thick. Discard the stem.
4. Combine the olive oil, garlic, salt and pepper in a large bowl. Working in batches, add the vegetables and toss to coat.
5. Preheat a gas grill to high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
6. Grill the vegetables, turning as necessary, until they are charred cooked through, about 3 to 5 minutes per side, depending on the vegetables. They should all be tender when done, but not mushy. Cut larger vegetables as desired.
7. Arrange the grilled vegetables on a platter and drizzle with lemon juice. Serve with dollops of the Romesco Sauce and drizzle with extra virgin olive oil.

ROMESCO SAUCE

Yield: 1 ½ cups

Ingredients	Amounts
Water, boiling	2 cups
Almonds	¼ cup
Hazelnut	¼ cup
Oil, olive, extra virgin	¼ cup
Bread, baguette, 1-in. sliced	2 ea.
Pepper, bell, red	3 ea.
Tomato, plum (Roma)	1 ea.
Chile, Nora, seeded, destemmed	4 ea.
Garlic, clove, smashed	3 ea.
Paprika, smoked, Spanish sweet	1 tsp.
Parsley, fresh, chopped	2 Tbsp
Vinegar, sherry	1 Tbsp.
Oil, olive, extra virgin	¼-½ cup
Salt, kosher	to taste
Lemon, juice, fresh	to taste

Method

1. Pour boiling water over the chiles in a heat-proof bowl and soak for 15 minutes. Drain and reserve.
2. Place the nuts into a small sauté pan and heat over medium high heat. Swirl the pan often to prevent the nuts from burning. Cook, swirling until the nuts are lightly browned, about 8 minutes. Let cool before using.
3. Add the olive oil to the same frying pan over medium low heat and add the baguette. Fry the baguette slices until golden brown on both sides. Once cooled, cut the bread into cubes and reserve the oil and the bread for later use.
4. Place a grate over a burner and directly over a high flame, place the bell peppers turning with metal tongs as the skin blackens. Rotate the peppers to create an even charred exterior. Remove to a bowl and cover for 5 minutes. Char the exterior of the tomato the same way and remove.
5. Using a paring knife, peel the skin from the bell peppers and remove the seeds. Cut into a few large pieces. Reserve.
6. Large dice the roasted tomato. Reserve.
7. In a food processor, combine the chiles, toasted nuts, bread, garlic, and paprika. Process to a coarse paste.

8. Add the bell peppers, tomato, parsley and sherry vinegar and pulse until almost smooth.
9. With the food processor running, drizzle in enough of the olive oil until you have a spreadable consistency. It should not be too smooth.
10. Taste the sauce and add salt and lemon juice to taste.

Note: Nora chiles can be substituted for one Ancho chili. Sherry vinegar can be substituted for red-wine vinegar.

MEDITERRANEAN SEA BASS EN PAPILLOTE WITH LEMON, FENNEL, TOMATO'S, AND GREMOLATA

Yield: 8 portions

Ingredients	Amounts
Parsley, flat-leaf, leaves, fresh, packed	1 cup
Lemon, zest, grated	2 Tbsp.
Garlic, grated	1 Tbsp.
Salt, kosher	2 tsp.
Pepper, black, ground	2 tsp.
Oil, olive, extra virgin	½ cup
Fennel bulb, thinly sliced	2 cups
Shallot, thinly sliced	1 cup
Garlic, cloves thinly sliced	4 ea.
Tomato, cherry, halved	2 cups
Oregano leaves	2 Tbsp.
Wine, white, dry	½ cup
Lemon, juice, fresh	3 tbsps.
Salt, kosher	to taste
Pepper, black, ground	to taste
Sea bass fillets, skinless, 5-6 oz.	8 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive (divided)	½ cup
Lemon, thinly sliced	1 ea.
Thyme, spring, fresh	8-10 ea.
Kalamata olives, halved (optional)	½ cup

Method

1. In a small bowl, combine the parsley, lemon zest, garlic, olive oil, kosher salt, and black pepper in a small bowl. Mix well and reserve.
2. Preheat the oven to 400°F (205°C). Heat 2 tablespoons olive oil in a large sauté pan over medium heat.
3. Add the fennel and shallots and cook for 4–5 minutes, stirring occasionally, until they begin to soften.
4. Add the garlic and cook for 30 seconds.
5. Stir in the cherry tomatoes and oregano and cook an additional 2–3 minutes, just until the tomatoes begin to soften but still hold their shape.

6. Deglaze with the white wine and cook until almost completely reduced.
7. Remove from the heat and stir in the lemon juice. Taste and adjust seasoning with salt and pepper.
8. Pat the sea bass dry and season both sides with kosher salt and black pepper.
9. Cut eight sheets of parchment paper approximately 15 × 18 inches.
10. Lightly brush the center of each sheet of parchment with olive oil.
11. Spoon approximately ½ cup of the warm vegetable mixture into the center of each parchment sheet.
12. Place one sea bass fillet on top of the vegetables. Top with one slice of lemon, a thyme sprig, and a few Kalamata olives, if using. Drizzle lightly with the remaining olive oil. Fold the parchment over the fish and crimp the edges tightly to completely seal each packet.
13. Arrange the packets on sheet pans and bake for 10–12 minutes, or until the fish is just opaque and flakes easily. Carefully open each packet, allowing the aromatic steam to escape.
14. Transfer the fish and vegetables to warm plates, spooning any accumulated juices over the fish. Finish with a generous spoonful of gremolata and serve immediately.

EGGPLANT IN TOMATO AND CORIANDER SAUCE

Yield: 6 portions

Ingredients	Amounts
Tomatoes, plum (Roma), canned	12 wt. oz.
Eggplant, globe	1 lb.
Garlic, clove, whole	3 ea.
Oil, olive, extra virgin	6 Tbsp.
Cilantro, fresh, finely chopped	¼ cup
Cumin, ground	½ tsp.
Lemon, juice, fresh	1-2 fl. oz.
Paprika	¼ tsp.
Chili powder	⅛ tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Cilantro, leaves, fresh, finely chopped	¼ cup

Method

1. Drain, peel, seed, and coarsely chop the canned tomatoes. Reserve.
2. Peel the eggplant lengthwise, leaving thin strips of skin. Quarter the eggplant lengthwise and then slice across into pieces about ½-inch thick.
3. Bring a pot of water to a boil and place the eggplant pieces and garlic cloves in a colander that fits in the pot. Cover and steam until soft, about 20 minutes.
4. Remove the eggplant and garlic and mash them with a fork. Reserve.
5. Heat the oil in a large sauté pan over medium-high heat. Add the chopped tomatoes, cilantro, and cumin and mix well. Cook until excess juices have evaporated and the sauce looks chunky, about 12-15 minutes, stirring occasionally.
6. Add the mashed eggplants, lemon juice, paprika, and chili powder. Season with salt and pepper to taste. Stir and bring to a simmer. Lower the heat and cook for 15 minutes, stirring regularly.
7. Taste and adjust the seasoning, if necessary. Allow to cool and serve at room temperature.
8. Serve garnished with cilantro.

Adapted from: Morocco 1998 Anissa Helou

VEGETABLE TAGINE WITH RED CHERMOULA

Yield: 6 portions

Ingredients	Amounts
Onion, cipollini, 1-in in diameter	½ lb.
Potato, Yukon Gold, peeled, cut into 1 ½-in. pieces	¾ lb.
Carrot, peeled, cut into 1 ½-in. pieces	¾ lb.
Cauliflower, cut into 1-in. florets	¾ lb.
Turnip, baby, cut in half	¾ lb.
Chickpeas, cooked	½ cup
Currants (Optional)	¼ cup
 Chermoula (Recipe follows)	 1x recipe
Parsley, leaves	as needed
Lemon, rind, preserved, rinsed, pulp removed, skins julienned	4 slices

Method

1. Preheat oven to 325°F. Set the rack on the bottom. If using a tagine, remove the other racks.
2. Layer the vegetables in the tagine or Dutch oven, placing the larger ones toward the bottom, where there is more heat. Start with the larger cipollini onions and continue to layer the vegetables, adding the chickpeas and currants toward the middle. As you layer, shape the vegetables into a mound, checking to be sure the lid fits securely without touching the vegetables. End with the smallest pieces of vegetables.
3. Pour the warm chermoula over the vegetables. Bring the vegetables to a simmer over medium heat on the stovetop.
4. Remove from the heat and place the vegetables, covered, in the oven for 1 hour, or until the vegetables are tender.
5. Garnish with the parsley leaves and preserved lemon and serve.

Source: adapted from Mourad: New Moroccan, by Mourad Lahlou

RED CHERMOULA

Yield: 3 cups

Ingredients	Amounts
Salt, kosher	2 Tbsp.
Paprika, sweet	2 Tbsp.
Paprika, smoked	2 tsp.
Cumin, ground	2 tsp.
Pepper, black, ground	¼ tsp.
Saffron threads	¼ tsp.
Pepper, cayenne	⅛ tsp.
Garlic, finely chopped	2 Tbsp.
Parsley, flat-leaf, fresh, coarsely chopped	¼ cup
Cilantro, leaves, fresh, coarsely chopped	¼ cup
Lemon, rind, preserved, chopped	2 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Oil, olive, extra-virgin	½ cup
Water	1 cup
Tomato, plum (Roma), crushed	1 cup

Method

1. Put the salt, sweet and smoked paprika, cumin, pepper, saffron, and cayenne in a medium bowl. Whisk together to combine.
2. Add the garlic, parsley, cilantro, lemon rind, and lemon juice, then whisk in the oil, water, and crushed tomatoes.
3. Place the chermoula in a saucepan, bring to a simmer, and cook for 25 to 30 minutes, until it has reduced by one-quarter. Stir and scrape the bottom often to prevent scorching. Remove from the heat.
4. Taste and adjust the seasoning.

DUKKHA CRUSTED SALMON

Yield: 6 portions

Ingredients	Amounts
Salmon, steaks, boneless, 6 oz. wt.	6 ea.
Lemon, juice, fresh	1 ea.
Salt, kosher	1 Tbsp.
Pepper, black, ground, fresh	½ tsp.
 Dukkha (Recipe follows)	 2 cups
 Wine, white, dry	 ½ cup
Parsley-Tomato Salad with Bulgur (Recipe follows)	1x recipe
Green Chermoula (Recipe follows)	as needed

Method

1. Preheat the oven to 425°F.
2. Sprinkle the salmon with lemon juice. Season with salt and pepper.
3. Press one side of each salmon steak with the dukkha.
4. In a large sauté pan, place the fish dukkha side up. Pour the white wine into the bottom of the pan. Roast the fish in the oven until the dukkha is golden and the fish is cooked through, about 10-12 minutes.
5. Serve the fish with the Parsley and Tomato Salad with Bulgur. Drizzle the fish and the plate with the Chermoula Vinaigrette.

DUKKHA

Yield: 1 cup

Ingredients

Amounts

Sesame, seeds, white, toasted	¼ cup
Nuts, pistachio, lightly toasted	¼ cup
Nuts, cashew, lightly toasted	¼ cup
Coriander, ground	3 Tbsp.
Cumin, ground	1 Tbsp.
Salt, kosher	¼ tsp.
Mint, leaves, dried	½ tsp.

Method

1. In a food processor, blend the sesame seeds and nuts until chopped but not dust.
2. Add the coriander, cumin, salt, and mint. Stir to combine.

Note: to toast the nuts, place the nuts on a sheet pan into a 350° F oven until lightly browned, about 4-5 minutes.

GREEN CHERMOULA

Yield: 6 portions

Ingredients	Amounts
Cumin, ground	1 tsp.
Parsley, flat-leaf, fresh, minced	1 cup
Cilantro, leaves, fresh, minced	1 cup
Lemon, juice, fresh	1 ea.
Lemon, preserved, peel only, minced	2 tsp.
Paprika, sweet	1 tsp.
Garlic, grated on a microplane	½ tsp.
Oil, olive, extra virgin	¾ cup
Pepper, black, ground	¼ tsp.
Salt, kosher	to taste

Method

1. In a medium bowl, combine the cumin, parsley, cilantro, lemon juice, preserved lemon, paprika, garlic, olive oil, black pepper, and kosher salt. Mix well to combine. Reserve.

PARSLEY-TOMATO SALAD WITH BULGUR

Yield: 6 portions

Ingredients	Amounts
Bulgur, fine, cooked	½ lb.
Tomato, plum (Roma) seeded, small diced	1 lb.
Cucumber, peeled, seeded small diced	1 lb.
Scallion (Green onion), sliced	6 ea.
Parsley, fresh, coarsely chopped	5 cups
Mint, leaves, fresh, coarsely chopped	½ cup
Olives, kalamata, pitted, sliced	6 wt. oz.
Oil, olive, extra virgin	½ cup
Lemon, juice, fresh	⅓ cup
Salt, kosher	to taste
Cheese, feta, crumbled	½ cup

Method

1. In a large bowl, place the bulgur, tomatoes, cucumbers, scallion, parsley, mint, and olives, olive oil, lemon juice, and salt to taste. Cover and refrigerate for 1 hour.
2. Serve garnished with feta cheese.

TIGRE DE LECHE CEVICHE

Yield: 8 portions

Ingredients	Amounts
Lime, juice, fresh	1 cup
Lemon, juice, fresh	¼ cup
Fish or seafood stock, chilled	½ cup
Garlic, clove	2 ea.
Ginger, fresh	2 Tbsp.
Jalapeño, seeded	½ ea.
Celery, chopped	½ cup
Shallot, chopped	2 Tbsp.
Cilantro, leaves, fresh, chopped	2 Tbsp.
Aji Amarillo paste	1-2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Sea Bass, Snapper, or firm white fish ½-inch diced	2 lb.
Salt, kosher	as needed
Onion, red, julienne	1 cup
Cilantro, leaves, chopped	½ cup
Sweet potato, med., peeled, boiled, sliced	2 ea.
Cilantro, leaves, fresh, chopped	½ cup
Chocolo, cooked	3 cups
Lime, wedges	8 ea.

Method

1. Combine the lime juice, lemon juice, chilled fish stock, garlic, ginger, jalapeño, celery, shallot, cilantro, Aji Amarillo paste, kosher salt, and black pepper in a blender. Blend until smooth.
2. Strain through a fine-mesh sieve into a bowl and refrigerate until well chilled.
3. Cut the fish into uniform ½-inch cubes and place in a chilled mixing bowl.
4. Season lightly with the kosher salt and refrigerate for 5–10 minutes.
5. Add the red onion and chopped cilantro.
6. Pour the chilled Leche de Tigre over the fish and gently fold to coat.
7. Refrigerate for 8–10 minutes, or until the exterior of the fish becomes opaque while remaining tender in the center.
8. Taste and adjust seasoning with additional lime juice, salt, or Aji Amarillo paste as needed.

9. Divide the ceviche among chilled bowls, spooning additional Leche de Tigre around each portion.
10. Garnish with cilantro leaves and serve immediately alongside the boiled sweet potatoes, cooked choclo, and lime wedges.

GRILLED NOPALES WITH BLACK BEANS

Yield: 8 portions

Ingredients	Amounts
Pepitas, toasted	½ cup
Vinegar, cider, apple	3 Tbsp.
Lime, juice, fresh	2 Tbsp.
Honey	2 Tbsp.
Cumin, ground	1 ½ tsp.
Coriander, ground	1 tsp.
Garlic, minced	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, neutral	¾ cup
Oil, olive	¼ cup
Cilantro, leaves, fresh, chopped	1 cup
Pepitas, chopped	¼ cup
Nopales, cleaned	2 lbs.
Oil, olive	as needed
Salt, kosher	as needed
Beans, black, cooked	2 cups
Tomato, plum (Roma), small diced	3 ea.
Onion, white, thinly sliced	1 ea.
Cilantro, bunch, chopped	1 ea.
Cheese, Cotija, finely crumbled	1 cup
Lettuce, Romaine, leaves, shredded	2 ea.
Avocado, sliced	2 ea.
Lime, cut into wedges	2 ea.

Method

1. Heat a small, dry skillet over medium heat. Add the pepitas in a single layer. Toast, stirring often, until they turn golden brown and aromatic and start to pop open, about 10 minutes. Transfer to a plate. Cool and reserve.
2. For the vinaigrette, in a medium bowl, whisk together the apple cider vinegar, lime juice, honey, cumin, coriander, garlic, kosher salt, and black pepper. Slowly whisk in the neutral oil and olive oil until emulsified. Stir in the chopped cilantro and finely chopped pepitas. Set aside.
3. Preheat a grill or comal to medium-high heat.

4. Cut the nopales into ½-inch-wide strips ("fingers"), leaving the stem end intact if desired to make them easier to handle. Toss the nopales with the olive oil and kosher salt.
5. Grill the nopales until lightly charred and tender, 3–5 minutes, turning once. Remove from the grill and allow to cool slightly. Dice the grilled nopales into ½-inch pieces.
6. In a large mixing bowl, combine the grilled nopales, black beans, tomatoes, onion, and chopped cilantro. Add enough Cilantro-Cumin Vinaigrette to lightly coat the salad and toss gently to combine.
7. Fold in half of the Cotija cheese and half of the toasted pepitas.
8. Arrange the shredded romaine on a large serving platter. Spoon the salad over the lettuce.
9. Garnish with the remaining Cotija cheese, toasted pepitas, sliced avocado, additional chopped cilantro, and lime wedges. Serve immediately

PIPIÁN VERDE

GREEN PUMPKIN SEED MOLE

Yield: 12 portions

Ingredients	Amounts
Sesame seeds	2 wt. oz.
Pumpkin seeds	8 wt. oz.
Tomatillos	12 wt. oz.
Onion, medium, white, sliced	½ ea.
Garlic, clove	3 ea.
Chile, Serrano	2-3 ea.
Lettuce, Romaine, leaves, slightly torn	6-8 ea.
Cilantro, bunch, stems and leaves, fresh	1 ea.
Radish, leaves, torn	10 ea.
Hoja Santa, leaves, stems removed, torn into pieces	2-3 ea.
Oil, canola	¼ cup
Broth, any kind	3 cups
Salt, kosher	to taste
Sugar, granulated	to taste
Lime, juice, fresh	to taste

Method

1. Heat a small, dry skillet over medium heat. Add the sesame seeds in an even layer. Toast, stirring often, until golden and fragrant, 3 to 6 minutes. Transfer to a plate. Cool and reserve.
2. Heat a small, dry skillet over medium heat. Add the pumpkin seeds in a single layer. Toast, stirring often, until they turn golden brown and aromatic and start to pop open, about 10 minutes. Transfer to a plate. Cool and reserve.
3. Cover the tomatillos with water and bring to a boil in a small saucepan. Simmer until the tomatillos change color and soften slightly, about 10 minutes. Drain and reserve.
4. Dry roast the onion, garlic, and the serrano chiles. Once the garlic skin begins to brown, remove from the heat, peel, and discard the skin.
5. Purée the dry roasted vegetables, 2 dry roasted serrano chiles, and tomatillos. Add enough water to form a smooth puree. Set aside.
6. Purée the toasted sesame seeds, pumpkin seeds, romaine, cilantro, radish, and hoja santa leaves. Add water, as needed to purée the nuts. This mixture should be creamy from the ground seeds.

7. Heat 2 tablespoons oil in a Dutch oven and fry the pureed mixture until it changes color, about 15-20 minutes.
8. Add the seed and nut puree to the Dutch oven and check the pipián for spiciness – there should be a mellow heat. If the pipián is not spicy enough puree the remaining roasted serrano chiles, fry the puree in two tablespoons oil and add to the pipián. Add 3 cups of broth.
9. Simmer for 30 minutes or until the pipián coats the back of a spoon. Season with salt, sugar, and lime juice an to taste. Add more broth if needed.
10. Serve the pipián with the poached meat, arroz blanco, and warm corn tortillas.

CRISPY CHICKEN THIGHS

Yield: 8 portions

Ingredients

Amounts

Chicken, thighs, boneless, skin-on	8 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Garlic, powder (Divided)	5 Tbsp.
Onion, powder (Divided)	5 Tbsp.
Oregano, Mexican	4 Tbsp.
Cumin, ground	1 Tbsp.
Flour, all-purpose	4 cups
Paprika, ground	2 Tbsp.
Oil, for frying	as needed

Method

1. Cut the chicken into 2-inch pieces, leaving the skin on.
2. Season the chicken with salt, pepper, 2 tbsp garlic powder, 2 tbsp onion powder, oregano and cumin. Mix well and set aside.
3. In a shallow bowl, combine the remaining garlic powder and onion powder with the flour and paprika. Add the seasoned chicken and toss gently to coat.
4. Place a wire cooling rack in a baking sheet and set near the fryer. Fill a 12-inch cast-iron skillet with 3-inches of oil and place over medium-high heat. You want enough oil to cover the chicken halfway. Heat until oil reaches 350°F.
5. Remove chicken pieces from the seasoned flour, shaking off excess flour. Add chicken in batches, making sure not to overcrowd the pan, and fry for 5 to 7 minute, or until golden brown. Using tongs, flip the pieces and fry for 5 to 7 minutes more. Transfer the chicken to the prepared rack. Repeat with the remaining chicken pieces
6. Serve immediately.

MISO SWEET POTATO BOWL WITH QUICK PICKLED VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Vinegar, rice	1 cup
Water	1 cup
Salt, kosher	¼ cup
Sugar, granulated	¾ cup
Red pepper flakes	½ tsp.
Cauliflower, cut into florets	4 wt. oz.
Carrot, peeled, ¼ -in. sliced	2 wt. oz.
Onion, red, 1" dice,	4 wt. oz.
Potato, sweet, scrubbed 1" diced	2 lb.
Broccolini, trimmed and halved	1 lb.
Oil, olive	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Miso paste, white	1 Tbsp.
Ginger, minced	2 Tbsp.
Garlic, minced	1 Tbsp.
Tahini	2 Tbsp.
Vinegar, rice	½ cup
Oil, sesame	¼ cup
Oil, olive, extra virgin	¼ cup
Rice, brown, cooked	1 cup
Barley, cooked	1 cup
Sesame, seeds, black and white mix	2 Tbsp.
Scallion (Green onion), thinly sliced	¼ cup
Cilantro, fresh, chopped	¼ cup

Method

1. For the pickled vegetables, in a small saucepot, boil the rice vinegar, water, salt, sugar, and red pepper flakes.
2. In a large jar with a lid, place the cauliflower, carrots, and red onion. Pour the boiled liquid over the vegetables to cover.
3. Close the jar and refrigerate for at least 1 hour. When ready to use, drain the pickles.
4. Preheat the oven to 400°F.

5. In two separate bowls, divide the sweet potatoes and the broccolini. Divide the olive oil between the bowls and toss the vegetables well
6. Place each of the vegetables on separate baking sheets.
7. First roast the potatoes on the bottom shelf for 10 minutes. Flip the potatoes around on the pan and then place the broccolini into the same oven on the top shelf.
8. Roast until the broccolini is lightly charred at the edges and the sweet potato is browned and fully tender, about 10 to 15 minutes. Remove and let cool. Reserve.
9. In a small skillet, toast the sesame seeds until fragrant. Reserve.
10. For the sesame-miso dressing, in a blender, place the miso, ginger, garlic, tahini, and rice vinegar. Process until semi-smooth. While the blender is running, drizzle in the sesame and olive oil. Turn off the blender, scrape down the sides, and process once more until the sauce is completely smooth. Reserve.
11. On a platter, make a bed of rice and barley. Place the sweet potatoes, broccolini, and drained pickles over the grains. Drizzle with the dressing and garnish with the sesame seeds, scallions and cilantro.

VEGETABLE PAKORAS

Yield: 8 portions

Ingredients	Amounts
Onion, 1/8-in. sliced	1 cup
Bell pepper, red, seeded, thinly sliced	1/2 cup
Cauliflower, 1-in. pieces	1 cup
Potato, sweet, grated	1 cup
Garlic, minced	1 tsp.
Ginger, fresh, peeled, minced	1 Tbsp
Flour, chickpea	7 wt. oz.
Flour, rice	3 wt. oz.
Baking powder	1 1/2 tsp.
Garam masala spice	1 1/2 tsp.
Turmeric	1 tsp.
Salt, kosher	2 tsp.
Water, sparkling	2 cups
Flour, chickpea	as needed
Flour, rice	as needed
Oil, canola	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a small mixing bowl, place the seasonal vegetables, garlic and ginger. Toss to combine. Reserve.
2. For the batter, in a separate mixing bowl, combine the chickpea flour, rice flour, baking powder, garam masala, turmeric, and salt. Add the sparkling water and whisk together until smooth. Reserve. It should be the consistency of heavy cream. Add more water or flours as necessary.
3. In a small bowl, place equal amounts chickpea and rice flours, enough to coat all the reserved vegetables. Whisk gently to combine.
4. Dredge the reserved vegetables in the chickpea and rice flour mixture, place into a sieve and shake off excess.
5. Add all vegetables to the batter and mix to coat them completely..
6. Heat a large sauté pan with high sides (*sautoir*) with 2 inches of oil to 350°F. Scoop 1/4 cup portions of the vegetable mixture into the pan and flatten slightly into a 3-inch round.
7. Fry until golden brown and crispy, on both sides, about 3 to 5 minutes. Drain on a wire rack. Season with salt and pepper to taste.

Note: Vegetables that work well incorporated into a pakora include bell peppers, onions, potatoes, squashes, beets, carrots, parsnips, or other roots or tubers. You can also try cauliflower or Romanesco florets, broken into small pieces.

CILANTRO-MINT CHUTNEY

Yield: 3 cups

Ingredients

Amounts

Cilantro, bunch, fresh, chopped	4 wt. oz.
Mint, leaves, fresh	1 wt. oz.
Ginger, chopped	1 Tbsp.
Garlic, chopped	1 Tbsp.
Chile, jalapeño, chopped	2 Tbsp.
Coconut, dried	2 Tbsp.
Lime, juice, fresh	½ cup
Water	½-1 cup
Salt, kosher	1 tsp.
Sugar	2 tsp.

Method

1. In a blender, combine the cilantro, mint, ginger, garlic, jalapeño, coconut and lime juice. Using the tamper stick to press down on the vegetables, blend on medium speed adding as little water as needed until liquefied, but not too thin.
2. Season with salt and sugar.

TAMARIND CHUTNEY

Yield: 1 ½ cups

Ingredients	Amounts
Oil, vegetable	1 Tbsp.
Cumin, seed	1 tsp.
Ginger, ground	1 tsp.
Chile, cayenne, ground	½ tsp.
Fennel, seed	½ tsp.
Asafetida	½ tsp.
Garam masala	½ tsp.
Water	2 cups
Sugar, brown	1 ¼ cups
Tamarind, concentrate	¼ cup

Method

1. Heat the oil in a medium saucepan over medium-high heat. Add the cumin, ginger, cayenne, fennel, asafetida, and garam masala. Toss until the cumin is fragrant and lightly toasted, shaking the pan often, about 1 minute.
2. Add the water, sugar, and tamarind concentrate and whisk until it is completely dissolved.
3. Bring the sauce to a boil, lower the heat to medium, and simmer. Cook until the sauce turns dark brown and is thick enough to coat the back of a wooden spoon, about 20 to 30 minutes, stirring occasionally.
4. Turn off the heat and set aside to cool and thicken.

Note: The chutney may be refrigerated for up to two weeks.

SIZZLING RICE CRÊPES

BANH XEO

Yield: 8 portions

Ingredients	Amounts
Flour, rice	2 cups
Cornstarch	½ cup
Sugar, granulated	2 Tbsp.
Salt, kosher	1 Tbsp.
Turmeric powder	2 tsp.
Coconut, milk	1 cup
Water	2 cups
Scallion (Green onion), thinly sliced	3 ea.
Onion, yellow, very thinly sliced	1 ea.
Mushroom, white, sliced thin	2 cups
Bean sprouts	4 cups
Shrimp, Peeled, deveined, chopped	1 lb.
Salt, kosher	as needed
Oil, canola	4 Tbsp.
Lettuce, red leaf, head, leaves separated	1 ea.
Mint, leaves only, fresh	1 cup
Basil, Thai, leaves only, fresh	1 cup
Cilantro, leaves only, fresh	1 cup
Vietnamese Dipping Sauce	1 cup
(Recipe follows)	

Method

1. For the batter, in a large bowl, whisk together the rice flour, cornstarch, sugar, salt, and turmeric until well combined.
2. Whisk in the coconut milk and water. Mix until you have a smooth batter that is the consistency of crêpe batter. If the batter is too thick, add more water. If too thin, add more flour.
3. Stir in the scallions. Reserve.
4. Thinly slice onions and mushrooms, and clean bean sprouts.
5. Pat shrimp dry and season lightly with salt.
6. Heat a 10-inch nonstick or well-seasoned cast iron skillet over medium-high heat. Add 1 Tbsp oil and swirl to coat.

7. Add a few slices of onion and 3–4 shrimp to the pan. Sauté just until shrimp begin to turn pink (they'll finish cooking inside the crêpe). Push slightly to one side.
8. Whisk the batter again, then ladle in $\frac{1}{2}$ to $\frac{2}{3}$ cup of batter, swirling immediately to coat the entire pan in a thin, even layer.
9. Scatter mushrooms and bean sprouts (about $\frac{1}{2}$ –1 cup total) on one half of the crêpe.
10. Lower heat to medium, cover the pan, and let cook 2–3 minutes, until the batter is cooked through and the underside is golden and crisp.
11. Remove the lid. Increase heat slightly and cook 1–2 more minutes, uncovered, to crisp and dry the crêpe.
12. Fold the crêpe in half over the filling (like an omelet) and slide onto a plate. Wipe out the pan and repeat with remaining batter and fillings.
13. Serve hot with Vietnamese Table Salad (lettuce, herbs, cucumber) and Nước Chấm dipping sauce.

Note: This dish is traditionally eaten by taking a small piece of red leaf lettuce, placing some mint, Thai basil, cilantro and a bite size piece of the crepe inside, and dipping it in the sauce and eating it. This way you get a variety of textures and temperatures.

NUOC CHAM

Yield: 2 cups

Ingredients

Amounts

Thai bird's eye chiles (red and/or green)	3 ea.
Garlic, clove, minced	2 ea.
Sugar, granulated	4 ½ Tbsp.
Water, warm	1 cup
Lime, juice, fresh	4 Tbsp.
Fish sauce	½ cup
Carrots, finely shredded	2 Tbsp.

Method

1. Cut 2 of the chiles into thin rings and finely mince the remaining. Set aside.
2. Transfer to a bowl and add the garlic, sugar, water, lime juice, and fish sauce. Whisk to dissolve. Add the reserved chiles and carrots. Rest for 10 minutes before tasting and adjusting seasoning.

Chef's Note: If expanding this recipe do not automatically increase the chiles in proportion to everything else. Add extra chiles "to taste."

DAY FOUR:

Functional Ingredients and Nutrient Dense Cooking

Building on the global culinary traditions explored on Day Three, students will examine how ingredient diversity contributes to both flavor and health. This session explores functional ingredients commonly found in traditional food cultures—including fermented foods, mushrooms, sea vegetables, herbs, spices, legumes, and whole grains—and how chefs incorporate them into balanced, nutrient-dense meals. Emphasis is placed on practical culinary strategies that enhance flavor, increase dietary diversity, and support long-term health.

Learning Objectives

By the end of Day Four, you should be able to:

- Explain how dietary diversity supports overall health and contributes to a resilient gut microbiome.
- Apply culinary techniques that incorporate functional ingredients into everyday cooking.
- Differentiate between prebiotic and probiotic foods and describe their culinary applications.
- Demonstrate the use of fermented foods, mushrooms, sea vegetables, herbs, and spices to naturally enhance flavor and nutrient density.
- Evaluate ingredients based on their culinary function, nutritional contribution, and role in supporting healthy dietary patterns.
- Adapt recipes to increase ingredient diversity while preserving flavor, cultural relevance, and culinary appeal.
- Develop nutrient-dense, plant-forward meals that emphasize variety, balance, and whole-food ingredients.
- Translate evidence-based nutrition recommendations into practical culinary strategies that support metabolic and digestive health.

Lecture

- Dietary Diversity and the Gut Microbiome
- Functional and Nutrient Dense Ingredients that Support Metabolic and Digestive Health
- Fermented Foods Across Global Cuisines
- Culinary Strategies for Nutrient Density and Recipe Enhancement

Culinary Workshop

Instructor Demonstrations

- Working with fermented ingredients
- Miso and traditional fermented seasonings
- Building umami through natural ingredients
- Incorporating functional ingredients into everyday recipes

Student Production

- Fermented sauces and condiments
- Grain, vegetable, and legume dishes emphasizing dietary diversity
- Nutrient-dense plant-forward recipes

Key Terms

Functional Foods Dietary Diversity Nutrient Density Prebiotics Probiotics Metabolites Polyphenols Phytochemicals Bioactive Compounds Gut Health Gut Microbiome Bi-directional Axis	Umami Flavonoids Carotenoids Anthocyanins Dietary Fiber Resistant Starch Synbiotics Postbiotics Glutamate Guanylate Kokumi Acidity	Ingredient Diversity Flavor Enhancement Whole-Food Cooking Bitterness Essential Oils Volatile Compounds Flavor Synergy Nutrient Preservation
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DAY 4: TEAM PRODUCTION ASSIGNMENTS

TEAM 1

Fermented Tomatillo Salsa, Kimchi Guacamole, and Tres Chile Salsa

Crispy Cauliflower Tacos with Pickled Red Onions

Farro Salad with Creamy Probiotic Dressing

Hibiscus Raspberry Mint Cooler

TEAM 2

Joyces White Bean Caesar

Spring Tabbouleh with Shwarma-Spiced Mushrooms

Beet Kvass Citrus Spritzer

Roasted Brussel Sprout with Saurkraut Vinagrette

TEAM 3

Kimchi Pancakes

Spicy Kung Pao Tofu with Peanuts and Zucchini Noodles

Salmon Yakitori with Carrot Miso Dressing and Soba Noodles

Mango Smoothie with Ginger, Turmeric, and Green Tea

TEAM 4

Lentil Meatballs with Salsa Verde or Fermented Fruit Chutney

Wild Greens and Herbs Pie

Hungarian Stuffed Cabbage with Sauerkraut

Red and Blue Smoothie

Extra Recipes

Miso Soup

Korean Soft Tofu and Kimchi Stew

Purple Sweet Potato Pie with Sterusal

Mushroom Tom Yum

KIMCHI GUACAMOLE

Yield: 8 portions

Ingredients	Amounts
Hass avocados, large, halved and pit removed	4 ea.
Kimchi, finely chopped	1 cup
Kimchi juice	1 Tbsp.
Onion, white, small diced	3 Tbsp.
Jalapeño, seeded, minced	1 ea.
Tomato, plum (Roma), seeded, small diced	1 ea.
Cilantro, leaves, fresh, chopped	3 Tbsp.
Lime, juice, fresh	1 Tbsp.
Kimchi, chopped	¼ cup
Cilantro, leaves, fresh	2 Tbsp.
Queso fresco	2 Tbsp.

Method

1. Scoop the avocado flesh into a medium mixing bowl and mash with a fork until the desired consistency is reached, leaving it slightly chunky.
2. Add the chopped kimchi, kimchi juice, onion, jalapeño, tomatoes, cilantro, and lime juice.
3. Gently fold the ingredients together until evenly combined.
4. Taste and adjust with additional lime juice or kimchi juice as desired. Do not add salt, as the kimchi provides ample seasoning.
5. Transfer to a serving bowl and garnish with additional chopped kimchi, fresh cilantro, and queso fresco, if desired.
6. Serve immediately with oven-baked tortilla chips.

Source: Sky Hanka, 12', MS Nutrition, NBC-HWC

TRES CHILE SALSA

Yield: 1 ¼ cups

Ingredients	Amounts
Chile, Cascabel, dried	1 wt. oz.
Chile, Chipotle, dried (or canned chipotle chiles en adobo)	¼ wt. oz.
Chile, Guajillo, dried	1 ea.
Garlic, clove, unpeeled	5 ea.
Tomatillos, in-husk	8 wt. oz. (3 to 4 medium)
Salt, kosher	¾ tsp.

Method

1. *Roasting the salsa ingredients.* Remove the stems and seeds from the dried chiles. Toast the chiles on an ungreased griddle or heavy skillet over medium heat; lay the dried cascabel and chipotle chiles on the griddle, turning regularly and pressing with a spatula (they will start to crackle, even send up a faint wisp of smoke), then flip and press down to toast on the other side. Transfer the toasted chilies to a bowl and cover with hot water and let rehydrate for 20 minutes (no more), stirring regularly to insure even soaking. Pour off the water and discard. (If using canned chipotle chilies, add to the bowl at this time).
2. While the chilies are soaking, lay the unpeeled garlic on the skillet or griddle and roast, turning occasionally, until blackened in spots and soft, about 15 minutes. Cool, then slip off the papery skins. Repeat with the Tomatillos.
3. *Finishing the salsa.* Combine the cooled tomatillos (and their juices), garlic and chilies in a food processor or blender and process to a coarse purée. Add water to bring the sauce to a medium consistency, usually 4 to 5 tablespoons. Taste and season with salt. Transfer to a bowl or jar and refrigerate if not using within a couple of hours.

Note: This salsa keeps nicely, covered in the refrigerator, for several days.

CRISPY CAULIFLOWER TACOS

Yield: 8 portions

Ingredients	Amounts
Flour, rice	1 cup
Cornstarch	½ cup
Cauliflower, cut into 2" florets	2 lb.
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.
Paprika, ground	1 Tbsp.
Cumin, ground	1 tsp.
Garlic, powder	2 tsp.
Onion, powder	1 tsp.
Water	1 cup
Oil, vegetable	5 Tbsp.
Honey	¼ cup
Chipotle peppers in adobo, minced	1 Tbsp.
Lime, juice, fresh	2 Tbsp.
Tomato, paste	1 Tbsp.
Vinegar, apple cider	1 Tbsp.
Paprika, smoked	1 Tbsp.
Garlic, minced	2 tsp.
Cumin, ground	½ tsp.
Water	2 ½ Tbsp.
Tortilla, corn, warm	16 ea.
Cabbage, shredded	2 cups
Pickled Red Onions (Recipe follows)	2 cups
Cilantro, leaves, fresh, chopped	½ cup

Method

1. Preheat the oven to 425°F. Line a sheet pan with parchment paper and lightly coat with cooking spray or brush with oil.
2. In a large bowl, whisk together the rice flour, cornstarch, salt, pepper, smoked paprika, cumin, garlic powder, onion powder, and oregano.
3. Whisk in the water and vegetable oil until a smooth batter forms. The batter should be thick enough to coat the cauliflower while allowing excess to drip off.
4. Toss the cauliflower florets in the batter until evenly coated.
5. Arrange the florets in a single layer on the prepared sheet pan.

6. Bake for 30 minutes, then carefully turn each piece and continue baking for 12–15 minutes, until crisp and golden brown. Drain and place them on the prepared baking sheet. Florets will remain crisp for two hours and can be reheated at 350 for 5-6 minutes if needed.
7. While the cauliflower bakes, combine the honey, chipotle peppers, adobo sauce, lime juice, tomato paste, apple cider vinegar, smoked paprika, cumin, garlic, and water in a small saucepan.
8. Bring to a gentle simmer over medium heat and cook for 4–5 minutes, stirring occasionally, until slightly thickened.
9. Toss the hot roasted cauliflower with enough glaze to lightly coat each piece.
10. To assemble tacos, fill each warm tortilla with cabbage, top with the crispy glazed cauliflower. Garnish with Pickled Red Onions and fresh cilantro.

PICKLED RED ONIONS

Yield: 1 cup

Ingredients	Amounts
Onion, red, small, peeled, sliced, 1/8-inch thick	1 ea.
Peppercorn, black, whole	1/4 tsp.
Cumin, seeds	1/4 tsp.
Oregano, Mexican, dried	1/2 tsp.
Garlic, clove, peeled and halved	2 ea.
Salt, kosher	1/4 tsp.
Vinegar, cider	1/3 cup

Method

1. Bring a small pot of salted water to a boil. Add the sliced onions and blanch for about 30–45 seconds.
2. Drain immediately and transfer to a bowl.
3. Lightly crush the peppercorns and cumin seeds using a mortar and pestle or spice grinder.
4. Add the crushed spices, oregano, garlic, salt, and vinegar to the onions.
5. Add enough water to just cover the onions. Stir well to combine.
6. Let sit at room temperature for at least 1–2 hours, or until the onions turn bright pink and develop flavor.
7. Refrigerate until ready to use.

Note: Covered and refrigerated, the onions last several weeks. Add in 1 slice of red beet or 1 Tbsp. of dried hibiscus for a brighter color if desired.

FARRO SALAD WITH PROBIOTIC GREEN GODDESS DRESSING

Yield: 8 Portions

Ingredients	Amounts
Yogurt, Greek, plain	1 cup
Sauerkraut, drained	¼ cup
Mustard, Dijon	1 Tbsp.
Parsley, flat-leaf, leaves, fresh	1 cup
Dill, pluches, fresh	½ cup
Tarragon, leaves, fresh	¼ cup
Chive, chopped	¼ cup
Extra-virgin olive oil	½ cup
Sauerkraut liquid	1-2 Tbsp.
Lemon, juice, fresh	1-2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Farro, cooked	2 cups
Broccoli, florets, ½-inch size	2 cups
Peas, frozen	2 cups
Cucumbers, seeded, diced	3 cups
Tomato, cherry, cut in ½	2 cups
Lettuce, Romaine, chopped	3 cups

Method

1. For the Sauerkraut Green Goddess, combine all ingredients in a blender. Blend until smooth.
2. For the salad, place the cucumbers in a bowl. Sprinkle with salt and let drain in a sieve for 10 minutes.
3. Bring large pot of salted water to boil. Blanch the broccoli until tender crisp. Drain and place in an ice bath to chill. Repeat with the peas. Once cold, drain and set aside.
4. Combine the broccoli, peas, farro, cucumbers, cherry tomatoes, and lettuce in a bowl. Season with salt and pepper. Add dressing to taste.

Variations: Use other vegetables and ingredients in the chopped salad. Add diced cheese, boiled eggs, seasonal vegetables. Use dressing on a salad or to dress other roasted or grilled vegetables such as eggplant, zucchini, squashes, turnips, cabbage. Use as a sauce for tofu or other proteins. Use other fermented vegetables but be wary of the saltiness and adjust accordingly

HIBISCUS RASPBERRY MINT COOLER

Yield: 2 quarts

Ingredients	Amounts
Water, filtered	2 qt.
Flowers, Jamaica, dried	$\frac{3}{4}$ cup
Honey or light agave	$\frac{1}{3}$ cup
Raspberries	2 cups
Mint, leaves, fresh	1 cup
Lime, juice, fresh	$\frac{1}{4}$ cup
Orange, zest, grated	1 tsp.
Ginger, grated	1 tsp.
Ice	as needed

Method

1. Bring the water to a boil in a medium saucepan.
2. Remove from the heat and add the dried hibiscus flowers. Steep for 30 minutes.
3. Strain the tea into a pitcher, discarding the hibiscus flowers.
4. While the tea is still warm, stir in the honey or agave until dissolved.
5. Add the raspberries and gently muddle them into the tea using a wooden spoon or muddler.
6. Add the mint leaves and lightly bruise them to release their aroma.
7. Stir in the lime juice, orange zest, and ginger, if using.
8. Refrigerate until thoroughly chilled, about 2 hours.
9. Strain again if a smoother beverage is desired, or leave the raspberries and mint in the pitcher for a more rustic presentation.
10. Serve over ice and garnish with fresh mint sprigs, raspberries, and lime wheels.

JOYCE'S WHITE BEAN CAESAR DRESSING WITH GRILLED RADDICO, BUTTER LETTUCE AND ARUGULA

Yield: 6 portions

Ingredients	Amounts
Beans, white, canned, drained, rinsed	7 wt. oz.
Water	¼ cup
White Bean Purée (see above)	½ cup
Lemon, juice, fresh	2 Tbsp. + 2 tsp.
Lemon, zest, grated	½ tsp.
Anchovies	2 ½ Tbsp.
Garlic, chopped	½ tsp.
Cheese, Parmesan, grated	3 Tbsp.
Oil, olive, extra virgin	¼ cup
Water, cold	2 Tbsp.
Mustard, Dijon	½ Tbsp.
Salt, kosher	¼ tsp.
Pepper, black, ground	½ tsp.
Amaranth	2-3 Tbsp.
Salt, kosher	as needed
Scallion (Green onion), bunch, trimmed	1 ea.
Oil, olive, extra virgin	as needed
Salt, kosher	¼ tsp.
Pepper, black, ground	¼ tsp.
Radicchio, cut in quarter lengthwise	2 ea.
Vinegar, wine, red	2 Tbsp.
Lemon, juice and zest	1 ea.
Lettuce, butter, leaves, torn	3 ea.
Arugula	3 cups
Carrots, shaved with a peeler	½ cup
Radishes, sliced thin	½ cup
Cheese, parmesan, shaved	¼ cup

Method

1. For the White Bean Purée, place beans in a blender, add water, and purée until well blended. Measure out appropriate amount.

2. For the dressing, combine the White Bean Purée, lemon juice, lemon zest, anchovy, garlic, Parmesan, extra-virgin olive oil, cold water, mustard, and ground black pepper in a blender. Blend until smooth. Adjust seasoning as needed.
3. For the popped amaranth, heat a tall, heavy pot over medium-high heat. When it's hot, add 1 tablespoon of amaranth and shake the pot so it spreads in a thin layer. It should start popping right away — if not, the pot's not hot enough, so toss it out and try again. Once it starts popping, keep shaking until the popping slows. Pour it through a fine sieve to remove any unpopped seeds, then sprinkle with salt.
4. *For the Grilled Vegetables:* Preheat a grill over medium high heat.
5. Drizzle the green onions with oil, salt, and pepper. Do the same for the radicchio, but add a splash of vinegar too.
6. Place the radicchio cut side down on the hot grill and lay the green onions alongside. Grill for 20–30 seconds per side until charred but still crisp. Let them cool a little, then chop into bite-size pieces.
7. In a large bowl, toss the butter lettuce, arugula, grilled radicchio and green onions in a bowl. Season with salt and pepper, then drizzle with lemon juice and microplane zest on top. Add dressing to taste.
8. Arrange the salad on a platter and scatter shaved carrots, radishes, popped amaranth and shaved parmesan cheese over top.

Variations: Use any hearty green in place of the romaine lettuce: escarole, kale, chard, radicchio, endive

Add in other vegetables such as zucchini, peas, artichoke hearts, squashes, etc.

Use pecorino, Manchego, aged goat cheese in place of parmesan cheese.

Add in toasted nuts or dried fruit for added dimension.

Notes: If using dried beans, soak ½ cup dried white beans in cold water over night. Drain and place in a saucepan and cover with fresh water. Bring to a boil and reduce heat to a simmer. Cook until tender, about 30 minutes. Store the beans in their cooking liquid. Cool completely then purée beans in a food processor or blender.

Nutrition Information (per portion/serving)

Calories: 420 / Protein: 10 g / Carbohydrate: 31 g / Fiber: 5.5 g / Carbohydrate to fiber ratio: 5.5

Saturated fat: 4.5 g / Polyunsaturated fat: 3 g / Monounsaturated fat: 20 g

Trans fat: 0 g / Cholesterol: 5 mg / Sodium: 565 mg / Potassium: 325 mg

SPRING TABBOULEH WITH GRILLED SHAWARMA SPICED MUSHROOM

Yield: 6 portions

Ingredients	Amounts
Bulgur, fine	6 wt. oz.
Cabbage, outer leaves discarded, very finely shredded	1 ea.
Fennel, shaved	1 ea.
Scallion (Green onion), trimmed, thinly sliced	3 wt. oz.
Mint, leaves, fresh, chopped	3 wt. oz.
Chickpeas, cooked, drained	14 wt. oz.
Lemon, juice, fresh	1/4 cup.
Olive, oil, extra virgin	3/4 cup
Pepper, Aleppo	1 tsp.
Salt, kosher	as needed
Black pepper, ground	as needed

Method

1. Rinse the bulgur under cold water, drain, and let sit for 5 minutes. Fluff the bulgur with a fork to separate the grains.
2. Combine the cabbage, fennel, scallion, mint, and chickpeas in a large bowl. Add the bulgur, lemon juice, and oil. Gently mix.
3. Add the Aleppo pepper and season with salt and pepper to taste; mix well.
4. Taste and adjust the seasoning if necessary; serve immediately.

Variations: Replace some of the green cabbage with red cabbage. Add other shaved vegetables such as carrots, cucumbers, radishes, zucchini, celery. Use other cooked beans or lentils in place of chickpeas. Use vinegar in place of lemon juice.

Source: Adapted from Anissa Helou

BEET KVASS SPRITZER

Yield: 2 quarts

Ingredients	Amounts
Beet Kvass, chilled	4 cups
Sparkling water, chilled	4 cups
Orange, juice, fresh	1 cup
Lemon, juice, fresh	¼ cup
Honey or light agave syrup	2 Tbsp
Ginger, fresh, thinly sliced	2 Tbsp.
Orange, thinly sliced	1 ea.
Lemon, thinly sliced	1 ea.
Mint, leaves, fresh	½ cup
Ice	as needed

Method

1. In a large pitcher, combine the chilled Beet Kvass, sparkling water, orange juice, and lemon juice.
2. Stir in the honey or agave syrup, if using, until dissolved.
3. Add the sliced ginger, orange slices, lemon slices, and mint leaves. Gently stir to combine.
4. Refrigerate for 15–20 minutes to allow the citrus and ginger to infuse.
5. Fill serving glasses with ice and pour the spritzer over the ice.

ROASTED BRUSSEL SPROUTS WITH SAUERKRAUT VINAIGRETTE

Yield: 8 portions

Ingredients	Amounts
Brussel sprouts, trimmed, cut in half	2 lbs.
Butternut squash, peeled, ½" cubes	2 lbs.
Oil, canola	2 wt. oz.
Garlic, mashed to a paste	1 Tbsp.
Togarashi	1 ½ tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Sauerkraut, drained	¼ cup
Mustard, Dijon	2 Tbsp.
Sauerkraut liquid	½ cup
Oil, olive, extra virgin	1 cup
Lemon, juice, fresh	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Parsley, flat-leaf, leaves, chopped	1 Tbsp.
Dill, fresh, chopped	1 Tbsp.
Fennel, shaved thin	1 ea.
Scallion (Green onion), sliced	¼ cup
Parsley, flat-leaf, leaves, cut in ½	1 cup

Method

1. Preheat a 400 ° F oven.
2. Place the Brussels sprouts and squash in separate bowls. Toss each with oil, garlic, togarashi, salt, and pepper.
3. Place in a single layer on a baking sheet. Place it in the oven and roast for 20 to 25 minutes or until golden brown and cooked through. Let cool.
4. *For the Vinaigrette:* Combine the sauerkraut, mustard and liquid in a blender. Blend until smooth. Slowly add in the oil to emulsify. Adjust seasoning with lemon, salt, and pepper. Place it in a bowl and stir in the herbs.
5. Place the roasted vegetables in a large bowl. Add the fennel, green onions, and parsley. Add vinaigrette to taste.

Variations: Use dressing on a salad greens or to dress other roasted or grilled vegetables such as eggplant, zucchini, squashes, turnips, cabbage.

Use on cooked grains or as the sauce on a grilled protein.

Use other fermented vegetables but be wary of the saltiness and adjust accordingly

Source: Skyler Hanka, as presented at the 2026 Healthy Kitchens, Healthy Lives® conference.
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KIMCHI PANCAKES WITH GOCHUJANG AIOLI

Yield: 8 portions

Ingredients	Amounts
Flour, all-purpose	2 cups
Cornstarch	¼ cup
Water, ice cold	2 cups
Egg, whole	2 ea.
Salt, kosher	½ Tbsp.
Potato, russet, shredded squeezed of water	1 cup
Kimchi, cabbage (Baekchu-kimchi) drained, chopped	1 ¾ cups
Carrot, peeled, shredded	1 cup
Pepper, bell, red, julienne	1 cup
Zucchini, shredded squeezed of water	1 cup
Scallion (Green onion), 1-in. slice	6 ea.
Oil, sesame	½ Tbsp.
Ketchup	½ cup
Mayonnaise	½ cup
Korean chile paste (Gochujang)	1 Tbsp.
Garlic, finely grated	½ tsp.
Yuzu, juice	2 Tbsp.
Oil, vegetable	as needed

Method

1. For the batter, in a large bowl, place the flour, cornstarch, water, eggs, and salt. Whisk to combine. Add the potatoes, stir, and allow to sit for 10 minutes.
2. Add the kimchi, carrots, peppers, zucchini, scallion, and sesame oil. Mix until just combined. Reserve.
3. For the aioli, in a small bowl, place the ketchup, mayonnaise, gochujang, garlic, and yuzu juice. Whisk thoroughly to combine. Reserve.
4. Heat the oil in a skillet over medium-high heat. Swirl the oil around the skillet to coat the bottom. Ladle enough batter into each skillet to completely cover the bottom.
5. Fry for 4 to 5 minutes per side. Drain on a wire rack-lined sheet pan.
6. Cut the pancakes into wedges and serve with the spicy aioli.

Note: Lime juice can be substituted for *yuzu* juice.

SPICY KUNG PAO TOFU WITH PEANUTS AND ZUCCHINI NOODLES

Yield: 6 portions

Ingredients	Amounts
Shaoxing	2 Tbsp.+ 2 tsp.
Cornstarch	2 Tbsp.+ 2 tsp.
Oil, sesame	1 Tbsp.+ 1 tsp.
Salt, kosher	as needed
Tofu, firm, drained, cut in ½" pieces	2 lb.
Bean sauce	4 Tbsp.
Hoisin sauce	4 Tbsp.
Chili paste with garlic	4 Tbsp.
Vinegar, wine, red	4 Tbsp.
Sugar, granulated	4 Tbsp.
Oil, peanut, divided	3 Tbsp.
Peanuts, roasted	1 cup
Cornstarch	as needed
Hot red chiles, dried	1-4 ea. plus more as needed
Garlic, chopped	10 ea.
Scallion (Green onion, white part only, cut into ½-inch lengths	2 cups
Bok choy or spinach	2 lb.
Cilantro, leaves, fresh	2 cups
Oil, sesame, dash	4 ea.
Zucchini, noodles	2 lb.
Pepper, black, ground	as needed

Method

1. Combine the Shaoxing, cornstarch, sesame oil, and salt. Add the tofu and stir to coat. Let sit for 10 minutes.
2. *For the Sauce:* Mix the bean sauce, hoisin, chili paste, vinegar and the sugar. Divide in half and set aside.
3. Cook the stir fry in 2 batches. Divide all the ingredients in half.
4. *For Each Batch: To Serve:* Heat a clean skillet or wok over high heat. When hot, add 1 ½ tablespoons of oil, add the tofu and sauté until slightly browned. Remove from pan.

5. Add the remaining oil and dried chilies. Cook until they blacken and smoke. Add the garlic and green onions whites then briefly stir. Reduce the heat to medium. Add the sauce mixture and cook, stirring until it boils.
6. Add the tofu and greens, toss until well coated and cooked through. Turn off the heat, stir in the peanuts and cilantro.
7. Serve sprinkled with the sesame oil.
8. Blanch the zucchini noodles for 1 minute in boiling salted water. Drain well. Season with salt and pepper. Place a portion of noodles in the bottom of a container, top with the tofu and peanuts.

Variations: Replace tofu with chicken breast, pork loin, cauliflower, broccoli, or more mushrooms

Use other leafy greens such as spinach, chard, Chinese broccoli

Replace the peanuts with cashew or almonds.

Source: adapted from ©Bruce Cost

SALMON YAKITORI

Yield: 12 skewers

Ingredients	Amounts
Wine, rice, Japanese (<i>Mirin</i>)	1 cup
Vinegar, rice	1 cup
Soy sauce	1 cup
Wine, rice (Sake)	½ cup
Water	1 cup
Sugar, brown	1 wt. oz.
Garlic, clove, crushed	10 ea.
Scallion (Green onion), bruised	10 ea.
Ginger, fresh, crushed	2 wt. oz.
Peppercorns, black, ground	1 Tbsp.
Salmon, boneless, skinless	3 lb.
Scallion (Green onion) cut into 1-in. lengths	10 ea.
Japanese 7-Spice (Shichimi-togarashi)	as needed

Method

1. To make the *yakitori* sauce, in a small saucepot over high heat, place the mirin, vinegar, sake, soy sauce, water and sugar and bring to a boil. Lower heat to a simmer and cook until the liquid has reduced by half the volume. Strain and return it to the pot over medium heat.
2. Add the garlic, scallions, ginger, and peppercorns. Stir to combine and bring the mixture to a simmer. Remove it from the heat and allow it to infuse for 15 minutes.
3. Strain the solids from the sauce and cool liquid to room temperature. Divide the sauce into two batches; one for basting the salmon while cooking, a second for brushing onto finished skewers before serving. Reserve.
4. Preheat and season a grill on medium high heat.
5. Cut the salmon into 2-inch cubes.
6. Assemble the skewers by spearing the salmon cubes and scallion pieces in alternating order. Place 3 salmon cubes and 3-5 pieces of scallion on each skewer.
7. Place the skewers on the hot grill to mark them. Flip the skewers and move them to cooler zone to finish. As the salmon begins to brown, brush them with the reserved *yakitori* sauce on both sides. Flip occasionally to ensure even cooking. When the salmon is cooked through, move the skewers to a platter to serve and brush lightly with sauce on both sides.
8. Garnish with a dusting of Japanese 7 Spice.

Note: If available, flat bamboo *yakitori* skewers should be used. Do not over-reduce the yakitori sauce to a syrup.

CARROT MISO DRESSING WITH SOBA NOODLES

Yield: 10 portions

Ingredients	Amounts
Sunflower seeds, toasted	½ cup
Carrot, chopped	½ cup
Onion, yellow, chopped	¼ cup
Celery, chopped	¼ cup
Orange, juice and pulp, peeled, seeded	¼ ea.
Ginger, minced	2 tsp.
Soy sauce, light	1 tsp.
Ketchup	2 tsp.
Miso, white	4 tsp.
Vinegar, rice, unseasoned	¼ cup
Sugar, granulated (optional)	½ tsp.
Oil, vegetable	¼ cup
Oil, sesame	1 Tbsp.
Salt, kosher	to taste
Noodles, soba	1 lb.
Oil, sesame	1 Tbsp.
Vinegar, rice, unseasoned	2 Tbsp.
Edamame, blanched	2 cups
Spinach, baby	2 cups
Carrots, julienne	2 cups
Pepper, bell, red, julienne	1 cup
Radish, sliced thin	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Ginger, pickled, julienne	½ cup
Green onions, sliced thin	2 Tbsp.

Method

1. Heat a small, dry skillet over medium heat. Add the sesame seeds in an even layer. Toast, stirring occasionally, until golden brown and aromatic, 5 to 8 minutes. Transfer to a plate. Cool and reserve.
2. For the dressing, place the carrot, onion, celery, orange juice, ginger, soy sauce, ketchup, miso, vinegar, sugar if using, vegetable oil, sesame oil, and salt into a blender and purée until very smooth.

3. Bring a large pot of water to a boil. Rain in the soba noodles and stir. Cook stirring periodically until the noodles are al dente. Drain in a colander, then spread on a baking sheet. Toss with sesame oil and rice vinegar. Place in the refrigerator to cool.
4. Place the cooled noodles in a bowl, add dressing to taste.
5. Bring a medium pot of salted water to a boil. Add the edamame. Blanch until bright green and slightly softened but still crisp, 3 to 5 minutes. Transfer to an ice water bath. Cool for 3 minutes. Drain and pat dry.
6. Combine the edamame, baby spinach, carrots, peppers, and radishes in a large bowl. Season with salt and pepper. Add to the noodles and adjust seasoning with dressing. Garnish with sunflower seeds and green onions.

Variations: Use roasted carrots or squash in place of fresh carrots. Add in other vegetables such as zucchini, snow peas, snap peas, green beans, cherry tomatoes, daikon. Replace the soba noodles with other pastas or spiralized vegetables such as zucchini and squashes.

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LENTIL “MEATBALLS”

Yield: 18 portions

Ingredients	Amounts
Lentils, brown	4 ½ cups
Oil, oil	6 Tbsp.
Shallot, minced	3 ea.
Garlic, clove, minced	9 ea.
Egg, whole	3 ea.
Tomato, paste	3 Tbsp.
Parsley, flat-leaf, leaves, roughly chopped	¾ cup
Cheese, Parmesan, grated	1 ½ cups
Breadcrumbs, dry	6 Tbsp.
Basil, sweet, dried	3 Tbsp.
Oregano, dried	3 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Salsa Verde (Recipe follows)	1 cup

Method

1. For the Lentil “Meatballs”, cook the lentils in a large pot of boiling water for 20 minutes until done, drain and set aside.
2. In a sauté pan, heat oil, add shallot and garlic and cook until slightly browned.
3. Add the lentils, shallots and garlic along with the remaining ingredients to a food processor and pulse until just combined.
4. Scoop into balls. Place on a parchment lined baking sheet.
5. Preheat a 400° F oven.
6. Bake in the oven until golden brown, about 15 minutes.
7. Serve Lentil “Meatballs” with a small spoon of Salsa Verde on top.

Notes: A key technique used in this recipe is the use of lentils in place of meat. Other beans or legumes such as green lentils, chickpeas, and white beans can also be used.

Nutrition Information (per serving)

Calories: 227 /Protein: 9 g/Carbohydrate: 14 g/Fiber: 4 g/Carbohydrate to fiber ratio: 3.5:1
Saturated fat: 3 g/Trans fat: 0.1g/ Sodium: 435 mg/Potassium: 310mg/Added sugar: 0 g

*This recipe meets 6 out of 7 HKHL Recipe Nutrition Goals for an entrée.

SALSA VERDE

Yield: 1 cup

Ingredients

Amounts

Shallot, minced	4 ea.
Vinegar, Champagne or white wine	6 Tbsp.
Salt, kosher	2 Tbsp.
Garlic, clove, roasted, chopped	2 ea.
Dill, chopped	¼ cup
Parsley, flat-leaf, leaves, chopped	2 cups
Capers, rinsed, chopped	½ cup.
Lemon, juice, fresh	as needed
Lemon, zest, grated	1 tsp.
Oil, olive, extra virgin	1 cup

Method

1. Combine the shallots, vinegar, and salt in a bowl. Let sit for 10 minutes.
2. Add the garlic, dill, parsley, capers, lemon juice, and lemon zest. Stir in the olive oil.
3. Let sit for 20 - 30 minutes.

HUNGARIAN STUFFED CABBAGE WITH SAUERKRAUT

Yield: 6 portions

Ingredients	Amounts
Cabbage, green, head	2 ea.
Oil, canola	2 Tbsp.
Onion, red, finely chopped	2 cups
Pork, ground	½ lb.
Beef, ground	½ lb.
Rice, brown, cooked	1 cup
Paprika, sweet, ground	1 Tbsp.
Egg, whole	1 ea.
Pepper, bell, green, seeded, finely chopped	1 ea.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Garlic, minced	1 tsp.
Parsley, flat-leaf, leaves, minced	1 Tbsp.
Tomato, purée	½ cup
Sugar, granulated	1 tsp.
Sauerkraut, drained	16 wt. oz.
Tomato, canned, diced, peeled	1 lb.
Parsley, flat leaf, leaves, fresh	12 ea.

Method

1. Fill a pot large enough to accommodate a cabbage with water about halfway. Bring to a boil.
2. Discard the outer dark green leaves from the cabbage and remove the core with a paring knife. Place the cabbage in the boiling water and parboil until the leaves begin to soften, about 5 minutes.
3. Remove the cabbage and use tongs to remove the cabbage leaves one-by-one as they become soft, placing the cabbage back into the water to continue cooking the inner leaves. Place the leaves on paper towels to cool and drain. Reserve. Repeat with the second head of cabbage. You should have 16 large sized leaves. Chop the inner core of the cabbage.
4. Heat the oil in a sauté pan over medium heat. Add the onions and ½ the chopped cabbage and cook until translucent. Let cool.
5. In a large bowl, place the pork, beef, rice, paprika, egg, green pepper, salt, pepper, cooked onions and cabbage, the garlic and parsley. With a gloved hand, mix thoroughly. Reserve.
6. In a sauce pot, heat the tomato purée and sugar. Season to taste with salt and pepper. Reserve.

7. Trim the thick stems of the cabbage leaves to 1/8-inch thick. Lay the leaves on a flat surface and place 3 tablespoons of the meat mixture onto them. Roll the cabbage leaves, folding the sides of the leaves inward. You should have 12 rolls.
8. Line the bottom of a baking pan with half of the sauerkraut and ½ the canned tomatoes.
9. Arrange the finished rolls in the baking pan in one layer. Pour in enough of the reserved tomato mixture to cover the rolls halfway. Sprinkle with paprika.
10. Add the remaining canned tomatoes and sauerkraut over the top.
11. Sprinkle with paprika.
12. Cover the rolls with the leftover 4 cabbage leaves and cover with foil.
13. Bake the cabbage in the oven at for 1 ½ hours, until the meat mixture is done and the flavor of the sauce is developed. Add additional tomato-water mixture as needed to maintain the liquid level.
14. Serve the rolls on a bed of sauerkraut and tomato sauce and garnish each roll with a parsley leaf.

WILD GREENS AND HERB PIE

HORTIKOPITA

Yield: 6 large portions or 12 small portions

Ingredients	Amounts
Nettles, fresh	½ lb.
Fenugreek, leaves, fresh	¼ lb.
Dandelion, greens, bunch, fresh, roughly chopped	1 lb.
Spinach, leaves, roughly chopped	1 lb.
Dill, bunch, fresh, finely chopped	½ ea.
Parsley, flat-leaf, fresh, finely chopped	½ ea.
Mint, leaves, finely chopped	½ cup
Fennel, bulb, grated	1 ea.
Fennel, frond, finely chopped	½ cup
Scallion (Green onion), finely chopped	6 ea.
Salt, kosher	1 Tbsp.
Raisins, golden	½ cup
Cheese, mozzarella, shredded	½ lb.
Cheese, feta, crumbled	½ lb.
Pepper, black, ground	1 tsp.
Egg, whole, lightly beaten	1 ea.
Oil, olive, extra virgin	½ cup
Phyllo dough, thawed	1 lb.

Method

1. Preheat the oven to 325°F with convection.
2. Wear gloves to protect your hands when working with the nettles. Discard some of the woody stems from the nettles and reserve the leaves.
3. In a medium sauce pot, blanch the nettles and fenugreek leaves until wilted, about 30 seconds to 1 minute. Chill in an ice bath and squeeze out excess water. Reserve.
4. In a colander, place the dandelion and spinach greens, dill, parsley, mint, fennel bulb and fronds, green onions, and salt. Toss to combine.
5. Using a gloved hand, massage and knead the mixture to wilt, extracting as much water as possible. Squeeze the mixture very well through cheesecloth, removing as much water as possible.
6. For the filling, in a medium bowl, place the greens mixture, reserved nettles, fenugreek, raisins, mozzarella, feta, black pepper, and eggs. Mix to combine thoroughly. Reserve.
7. Lightly grease a hotel pan with some of the olive oil.

8. Layer 4 sheets of phyllo dough on the bottom of the pan. Brush the sheets with olive oil. Keep the working phyllo dough covered with a damp cloth.
9. Layer 4 more sheets of dough over the oiled phyllo, brushing each sheet with oil as you go.
10. Add the reserved filling, press down, and smooth the top.
11. Layer 4 more sheets of phyllo over the filling. Continue to brush with oil.
12. Tuck the top edges inward and brush the top generously with olive oil.
13. Chill the pie in the freezer until smooth cuts can be achieved, about 15 minutes. Deeply score the pie into 6 or 12 squares.
14. Bake until golden brown, about 45 minutes to 1 hour. If the top browns too quickly, cover loosely with aluminum foil.
15. Let the pie cool for 15 minutes before cutting again all the way to the bottom. Serve warm.

Note: If fresh nettles are not available, you can substitute green kale. To make individual Hortikopita triangles, you may cut 4 layers of dough into 6 strips horizontally. Place ½ cup of filling on the end of each strip and fold them up like you would a flag. Brush the tops with olive oil and bake for 20-25 minutes.

MANGO SMOOTHIE WITH TURMERIC, GREEN TEA, AND GINGER

Yield: 6 portions

Ingredients	Amounts
Chia, seeds	¼ cup
Water	1 cup
Mango, ripe, peeled, diced	2 ea.
Turmeric, ground	1 tsp.
Ginger, minced	1 Tbsp.
Tea, green, brewed	1 cup
Ice	1 cup
Matcha, powder	1 Tbsp.
Charcoal, activated	1 tsp.

Method

1. Soak chia seeds in the water in the refrigerator overnight. You can also heat the water to a simmer and cover the chia seeds for 1 hour.
2. In a blender, place the mango, turmeric, ginger, tea, and ice. Blend until smooth.
3. Mix in the soaked chia seeds until incorporated.
4. Garnish with matcha powder and activated charcoal.

Note: 2 mangoes should be about 3 cups.

Source: adapted from CIA *The Professional Chef*

RED AND BLUE SMOOTHIE

Yield: 6 portions

Ingredients	Amounts
Strawberry, hulled	10 wt. oz.
Blueberries	8 wt. oz.
Beet, red, peeled, roughly chopped	1 ea.
Banana, cut into chunks	1 ea.
Ginger, 2-in. piece, peeled, grated	1 ea.
Milk, almond	2 cups
Ice	2 cups

Method

1. In a blender, place the strawberries, blueberries, beet, banana, ginger, almond milk, and ice.
2. Blend at low speed and increase gradually. Blend until the mixture is completely smooth, about 30 to 60 seconds.
3. Serve immediately.

Note: For a high-powered blender, roughly chop the raw beet. For standard blenders, grate the beet to ensure a smooth texture.

Source: *Spicebox Kitchen* by Linda Shiue

Source: Linda Shiue, as presented at the 2025 Healthy Kitchens, Healthy Lives® conference.

DAY FIVE:

Translating Food as Medicine Into Practice

The final day brings together the culinary techniques, nutrition principles, and global food traditions explored throughout the week. Students will apply Food as Medicine concepts by designing, preparing, and evaluating meals that are nutritious, flavorful, culturally relevant, and practical for everyday life. Emphasis is placed on translating evidence-based nutrition into culinary strategies that empower individuals, families, and communities to adopt healthier eating patterns.

Learning Objectives

By the end of Day Four, you should be able to:

- Integrate culinary techniques, nutrition science, and cultural food traditions into practical meal planning.
- Translate evidence-based dietary recommendations into balanced, flavorful, and culturally relevant meals.
- Adapt recipes to improve nutritional quality while preserving flavor, enjoyment, and cultural authenticity.
- Apply menu planning principles that support healthy dietary patterns across diverse populations and life stages.
- Evaluate recipes and meals for nutritional quality, ingredient diversity, culinary appeal, and practicality.
- Demonstrate professional food presentation and plating techniques that enhance the overall dining experience.
- Communicate Food as Medicine concepts through practical culinary guidance appropriate for patients, clients, and communities.
- Develop greater confidence in using culinary skills to support nutrition education, behavior change, and long-term healthy eating.

Lecture

- Dietary Diversity and the Gut Microbiome
- Functional and Nutrient Dense Ingredients that Support Metabolic and Digestive Health
- Fermented Foods Across Global Cuisines
- Culinary Strategies for Nutrient Density and Recipe Enhancement

Culinary Workshop

Instructor Demonstrations

- Building balanced plant-forward meals
- Recipe adaptation strategies
- Menu planning and meal composition
- Professional plating and presentation

- Constructive evaluation and culinary critique

Student Production

- Reimagining traditional recipes using Food as Medicine principles
- Designing balanced meals from whole-food ingredients
- Applying global flavor systems
- Professional plating and presentation
- Final meal presentation and peer evaluation

Key Terms

- Culinary Translation - Culinary Literacy - Behavior Change - Trans-Theoretical Change Model - Health Coaching - Nutrition Communication - Patient Education	- Meal Composition - Portion Balance - Dietary Patterns - Ingredient Substitution - Batch Cooking - Meal Preparation	- Plating - Visual Appeal - Color - Texture - Contrast - Garnish - Eating Experience - Mindful Eating
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DAY FIVE: TEAM PRODUCTION ASSIGNMENTS

ALL TEAMS

Meal Prep Challenge: Build a Better Bowl

CHEF DEMO

Basic Mushroom Meat Blend

Mexican Walnut Chorizo

TEAM ONE

Turkey Mushroom Meatloaf with Mashed Celery Root and Honey Roasted Carrots

Upside Down Olive Oil Polenta Cake

TEAM TWO

Lentil, Beet, and Barley Burger with Walnut Crusted Onion Rings

Chocolate Avocado Mousse

TEAM THREE

Spaghetti Squash with Lentil Bolognese

Lentil Avocado Brownie

TEAM FOUR

Celery Root Schnitzel with Quick Kraut and Glazed and Braised Beets

Whole Wheat Carrot Cake with Cream "Cheeze" Frosting

BUILD A BETTER BOWL EXERCISE

The purpose of the exercise is to use the information you learned this week and think about ways to create a delicious, nutritious, and satisfying meal using meal prepped items from the week.

GUIDELINES

- For this exercise, you will work in teams to develop one bowl recipe
- Use the lessons and techniques learned over the day to inspire you.
- You will use the prepared grains, legumes, pulses and pastas from previous lessons.
- Your dish should include globally inspired flavors and cooking techniques.
- Your team will be assigned a variety of ingredients to use and you will be permitted to use any available pantry ingredients from the community storeroom available.
- No additional food ordering will be permitted.

PRODUCTION, PRESENTATION AND DISCUSSION

- Each team will be required to provide one show plate for discussion. The remaining food will be displayed on appropriate platters and dishes for the class to view.
- Each Team must select a team spokesperson to present and discuss the creative process used for their creation.

Each Bowl Must Consist of the Following:

- | | | |
|-------------|---------------|---|
| • 2 wt. oz. | Grain Base | 2 different grains must be used |
| • 2 wt. oz. | Protein Base | Meat, Seafood, Beans, Eggs, or Tofu |
| • 2 wt. oz. | Vegetables | Properly cut and cooked |
| • 2 wt. oz. | Greens | Dark leafy, cruciferous or nutrient dense |
| • ½ wt. oz. | Nuts or seeds | Properly toasted or used in a creative way |
| • 2 fl. oz. | Dressing | Flavorful and balanced, must use herbs and spices |
| • 2 wt. oz. | Toppings | Team Choice |

How to build a **Better Bowl**

Grain Base

2 oz

- Rice
- Pasta
- Quinoa
- Wheat berry
- Oatmeal

Toppings

1/2 cup

- Berries
- Orange sections
- Cranberries
- Pineapple

Meat/Meat Alternative

2 oz

- Chicken
- Beef
- Hard-boiled eggs
- Tofu
- Beans

Toppings

as desired

- Seeds
- Herbs
- Soy sauce
- Mayo

Vegetables

1/2 cup

- Broccoli
- Carrots
- Cabbage
- Zucchini
- Asparagus
- Bell pepper
- Radish

COMMUNITY STOREROOM

The community storeroom, from which all participants may draw, includes all the following items. Please draw only the amounts of each item that you will be using for your menu.

<u>Produce</u> • Apples • Carrots • Celery • Garlic • Leeks • Onions, Red • Onions, Yellow • Peppers, Sweet • Peppers, Hot • Potatoes, Idaho • Potatoes, Red • Potatoes, Sweet • Shallots • Spinach • Tomatoes	<u>Staples</u> • Almonds • Breadcrumbs • Bread, French • Cornmeal, Yellow • Cornstarch • Flour, All Purpose • Flour, Bread • Flour, Cake • Flour, Durum • Hazelnuts • Peanuts • Spices, Assorted • Walnuts • Ketchup • Pasta • Honey • Mayonnaise	<u>Specialty Groceries</u> • Asian Chili Paste • Sundried Tomatoes • Capers • Mustard, Dijon • Soy Sauce • Tabasco • Tomatoes, Crushed • Miso Paste • Gochujang • Nori • Rice Paper Wrapper • Rice Noodles • Masa Harina Flour	<u>Stocks</u> • Brown Veal • Chicken <u>Wine/Spirits</u> • Brandy • Burgundy • Chablis
<u>Fruits</u> • Lemons • Limes • Oranges • Apples • Apricots, Dry • Currants, Dry • Raisins, Brown • Raisins, Golden	<u>Dairy</u> • Butter, Unsalted • Eggs • Heavy Cream • Milk, Whole • Sour Cream • Yogurt • Assorted Cheeses	<u>Fresh Herbs</u> • Basil • Chervil • Chives • Cilantro • Dill • Marjoram • Mint • Parsley • Rosemary • Tarragon • Thyme	<u>Oils</u> • Avocado Oil • Coconut Oil • Canola Oil • Olive Oil • Olive Oil, Extra Virgin • Peanut Oil • Sesame Seed Oil • Vegetable Spray <u>Vinegars</u> • Balsamic Vinegar • Cider Vinegar • Red Wine Vinegar • Rice Wine Vinegar • Sherry Vinegar • White Wine Vinegar

SIGNATURE FLAVORS OF THE WORLD TO INSPIRE YOUR CREATIONS

CHINESE FLAVOR PROFILE

Yield: ¾ cup

Ingredients	Amounts
Oil, sesame	½ Tbsp.
Ginger, fresh, minced	2 Tbsp.
Garlic, minced	2 Tbsp.
Scallion (Green onion), minced	2 Tbsp.
Cornstarch slurry	as needed
Soy sauce	¾ cup
Hoisin sauce	¼ cup
Red chili paste	2 Tbsp.

Method

1. Heat oil in a sauté pan. Add ginger, garlic, and scallions and sauté over moderate heat until very aromatic.
2. To make the slurry, in a small bowl, whisk together 1 tablespoon of cornstarch and 1 tablespoon of water.
3. Add the slurry, soy sauce, hoisin sauce, red chili paste and simmer for 3 to 5 minutes.

THAI FLAVOR PROFILE

Yield: ½ cup

Ingredients

Amounts

Fish sauce	¼ cup
Galangal, minced	1 Tbsp.
Lime, leaf, makrut, minced	1 ea.
Cilantro, leaves, fresh	1 Tbsp.
Red chili paste	1 tsp.
Lime, juice, fresh	1 Tbsp.
Milk, coconut	1 Tbsp.

Method

1. Combine all ingredients. Allow flavors to develop for 30 minutes.

JAPANESE FLAVOR PROFILE

Yield: ½ cup

Ingredients

Amounts

Ginger, fresh, grated	2 Tbsp.
Wine, rice, Japanese (<i>Mirin</i>)	2 Tbsp.
Soy sauce	1 Tbsp.
Miso, paste, white	1 Tbsp.
Vinegar, rice	2 Tbsp.
Oil, sesame	2 Tbsp.
Sugar, granulated	2 Tbsp.

Method

1. Combine all ingredients. Mix thoroughly.

INDIAN FLAVOR PROFILE

Yield: ¼ cup

Ingredients	Amounts
Coriander, ground	2 tsp.
Cumin, ground	2 tsp.
Red chili powder, pure	2 tsp.
Turmeric, ground	2 tsp.
Ginger, ground	2 tsp.
Cardamom, ground	¼ tsp.
Cinnamon, ground	¼ tsp.
Fennel, seeds, ground	½ tsp.
Mustard, ground	½ tsp.

Method

1. If using all ground spices, combine all ground spices together.
2. If using some whole spices, to maximize flavor, dry-roast the whole spices in a hot pan over low heat before grinding them. Then combine with the remaining ground spices.

Note: 1 ½ teaspoons of coriander seeds can be substituted for the ground coriander. 1 ½ teaspoons of cumin seeds can be substituted for the ground cumin. 2 whole pods of cardamom can be substituted for the ground cardamom. 1 teaspoon of whole fennel seeds can be substituted for the ground fennel seeds.

MEDITERRANEAN SPICE PASTE

Yield: 1 ¾ cups

Ingredients	Amounts
Parsley, roughly chopped	¾ cup
Sage, roughly chopped	¼ cup
Thyme roughly chopped	2 Tbsp.
Garlic, minced	3 Tbsp.
Oil, olive	¼ cup
Lemon, juice, fresh	2 Tbsp.
Red pepper flakes	1 Tbsp.
Salt, kosher	1 Tbsp.
Pepper, black, freshly cracked	1 tsp.

Method

1. Combine all ingredients and allow flavors to develop for 30 minutes.

Note: The mixed herbs can be one or any combination of parsley, rosemary, sage, and/or thyme.

GREEK FLAVOR PROFILE

Yield: 1 cup

Ingredients

Amounts

Garlic, clove, minced	1 ea.
Lemon, juice, fresh	2 Tbsp.
Oil, olive, extra virgin	1/3 cup
Tomato, plum, seeded, diced	1/3 cup
Olives, ripe, chopped	1/3 cup
Oregano, fresh, chopped	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	1/4 tsp.

Method

1. Combine all ingredients.
2. Allow flavors to develop for 30 minutes.

MOROCCAN FLAVOR PROFILE

Yield: ½ cup

Ingredients	Amounts
Peppercorns, black, whole	1 ½ tsp.
Cumin, seeds	1 tsp.
Cinnamon, stick, 1-in. piece	1 ea.
Coriander, seeds	1 tsp.
Red pepper, Kashmiri	¼ tsp.
Cardamom, seeds	4 ea.
Clove, whole	4 ea.
Rose bud	2 ea.
Ginger, powder	1 tsp.
Nutmeg, powder	¼ tsp.
Turmeric, powder	½ tsp.

Method

1. Heat a dry pan with all the whole spices until fragrant being careful not to burn.
2. Pound all ingredients in a mortar to a powder or grind in a spice grinder
3. Add rest of powdered spices.

WEST AFRICAN FLAVOR PROFILE

Yield: 1 cup

Ingredients	Amounts
Peanuts, roasted, ground	½ cup
Garlic, powder	1 tsp.
Ginger, ground	1 tsp.
Pepper, cayenne, ground	1 Tbsp.
Onion, powder	1 tsp.
Boullion cube, chicken, ground	1 ea.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Paprika, spoke	1 Tbsp.
Pepper, white, ground	1 tsp.

Method

1. Combine all ingredients.

CREOLE FLAVOR PROFILE

Yield: ⅔ cup

Ingredients

Amounts

Salt, kosher	2 Tbsp.
Garlic powder	2 Tbsp.
Pepper, black, ground	1 Tbsp.
Pepper, cayenne, ground	1 Tbsp.
Thyme, dried	1 Tbsp.
Oregano, dried	1 Tbsp.
Paprika, ground	2 ½ Tbsp.
Onion, powder	1 Tbsp.

Method

1. Combine all the ingredients.

CUBAN FLAVOR PROFILE

Yield: 3 cups

Ingredients

Amounts

Orange, juice, fresh	1 ¼ cup
Lemon, juice, fresh	1 cup
Lime, juice, fresh	⅓ cup
Annatto, ground	3 Tbsp.
Garlic, chopped	2 tsp.
Salt, kosher	1 Tbsp.
Oregano, dried	2 tsp.
Cumin, ground	2 tsp.
Clove, ground	½ tsp.
Cinnamon, ground	½ tsp.
Pepper, black, ground	½ tsp.

Method

1. Combine all the ingredients in a bowl and mix well.

AMERICAN SOUTH FLAVOR PROFILE

Yield: 1 cup

Ingredients

Amounts

Salt, kosher	2 Tbsp.
Sugar, granulated	2 Tbsp.
Sugar, brown	2 Tbsp.
Cumin, ground	2 Tbsp.
Chili powder	2 Tbsp.
Pepper, black, freshly cracked	2 Tbsp.
Pepper, cayenne, ground	1 Tbsp.
Paprika, ground	4 Tbsp.

Method

1. Combine ingredients.

MEXICAN FLAVOR PROFILE

Yield: 1 cup

Ingredients

Amounts

Tomato, plum (Roma), charred	4 ea.
Onion, white, charred	½ ea.
Pepper, ancho, charred, seeded	1 ea.
Chile, jalapeño, charred	1 ½ ea.
Lime, juice, fresh	1 ea.
Cilantro, fresh, roughly chopped	1 ½ Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.

Method

1. Combine all the ingredients and purée in a blender.

SCANDINAVIAN FLAVOR PROFILE

Yield: ½ cup

Ingredients

Amounts

Dill weed, dried	1 Tbsp.
Coriander, ground	1 tsp.
Salt, kosher	1 Tbsp.
Caraway, seed	1 tsp.
Garlic, powder	1 tsp.
Pepper, lemon	1 Tbsp.
Cardamom, ground	¼ tsp.

Method

1. Combine all the ingredients.

VIETNAMESE PHO FLAVOR PROFILE

Yield: 2 tablespoons

Ingredients

Amounts

Dill weed, dried	1 Tbsp.
Star anise, pods	2 ea.
Clove, whole	2 ea.
Fennel, seeds	½ tsp.
Coriander, seed	1 tsp.
Peppercorns, black	10 ea.
Cinnamon, ground	¼ tsp.

Method

1. Combine all the ingredients except cinnamon in a small pan and toast until fragrant. Cool.
2. Grind and mix in cinnamon.

BASIC MUSHROOM MEAT BLEND

Yield: about 2 ½ pounds

Ingredients

Amounts

Oil, vegetable	3 ¾ Tbsp.
Mushroom, cremini, chopped	1 ¼ lb.
Beef, pork, turkey, or chicken, ground	1 ¼ lb.
Salt, kosher	1 ¼ Tbsp.

Method

1. Place a 12" frying pan over medium heat, add oil, once the oil is warm add the mushrooms and stir to coat then add half of the salt to the mushrooms and cook stirring occasionally until most of the moisture has evaporated for 8 to 10 minutes. Cool.
2. Add the ground meat, and remaining salt. Stir well to break up the meat Add water as needed if mixture is dry.

MEXICAN WALNUT CHORIZO

Yield: 2 pounds

Ingredients	Amounts
Walnuts, ground	1 ½ lb.
Lentils, green, cooked	½ lb.
Tomato, sundried, minced	¼ lb.
Chile, powder	2 Tbsp.
Salt, kosher	1 Tbsp.
Garlic, minced, sautéed, cooled	1 Tbsp.
Paprika, Spanish, ground	4 ½ tsp.
Cinnamon, ground	1 tsp.
Oregano, ground	1 tsp.
Thyme, ground	1 tsp.
Cumin, ground	1 tsp.
Pepper, black, ground	1 tsp.
Clove, ground	½ tsp.
Ginger, ground	½ tsp.
Nutmeg, ground	½ tsp.
Coriander, ground	½ tsp.
Bay leaf, ground	½ tsp.
Vinegar, wine, red	2 Tbsp.

Method

1. Mix everything but the vinegar together in a mixer with a paddle until evenly blended, about 1 minute.
2. With the mixer running, gradually add the red wine vinegar.
3. Make a patty with about 2 tablespoons of the mixture and sauté in a small skillet over low to medium heat until cooked through and browned. Taste and then adjust seasoning and consistency.

WHOLE GRAIN GRANOLA PARFAIT

Yield: 8 portions

Ingredients	Amounts
Oats, rolled	1 ½ cups
Flour, multi-grain	¼ cup
Oil, olive, pure	¼ cup
Sugar, brown	2 tsp.
Maple syrup	¼ cup
Cinnamon, ground	2 tsp.
Sunflower, seeds	¼ cup
Pepitas	¼ cup
Coconut, unsweetened, shredded	½ cup
Wheat germ	¼ cup
Flax, seeds	2 Tbsp.
Sesame, seeds	¼ cup
Almonds, slivered	¼ cup
Walnuts, chopped	¼ cup
Cranberries, dried	½ cup
Blueberries	1 ¼ cups
Raspberries	1 ¼ cups
Strawberries, quartered or sliced	1 ¼ cups
Yogurt, plain	4 cups

Method

1. For the granola, preheat the oven to 300°F.
2. Combine the oats, flour, oil, sugar, maple syrup, and cinnamon. Spread the mixture into an even layer on a cookie sheet and bake until fragrant and lightly toasted, stirring occasionally, about 20 minutes.
3. Add the sunflower seeds, pepitas, coconut, wheat germ, flax seeds, sesame seeds, almonds, and walnuts to the mixture in the pan. Stir together and spread into an even layer on the pan and bake until golden brown, about 15 minutes. Add the cranberries and cool completely.
4. To assemble the parfaits, combine the berries in a bowl and toss together. Have ready eight bowls or 10 fluid ounce glasses
5. Add a layer of the berries to each glass, then some yogurt, followed by a layer of granola. Add another layer of berries followed by a layer of granola and then yogurt. Top the parfait with berries.

TURKEY MUSHROOM MEATLOAF

Yield: 10 portions

Ingredients	Amounts
Basic Mushroom Meat Blend (from Chef demo)	1x recipe
Egg, whole	4 ea.
Pepper, bell, red, small diced	1 ea.
Parsley, flat-leaf, leaves, fresh minced	¼ cup
Onion, yellow, minced	1 cup
Oregano, dried	2 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Garlic, minced	1 Tbsp.
Mustard, Dijon	¼ cup
Worcestershire sauce (Divided)	2 tsp.
Basil, dried	2 tsp.
Tomato, sauce, smooth	2 cup
Oats, rolled	1 ½ cup

Method

1. Spray 2 loaf pans with oil.
2. Combine all ingredients except tomato sauce and 1 tablespoon Worcestershire in large bowl and mix well.
3. Press turkey mixture into pan.
4. Bake at 375°F (no fan) for 45 minutes.
5. Mix tomato sauce and remaining 1 tablespoon Worcestershire together in small bowl.
6. Remove meatloaf from oven and pour tomato sauce mixture over meatloaf.
7. Return to oven (WITH fan) for an additional 15- 20 minutes.
8. Cool slightly before slicing
9. Serve with mashed potatoes, gravy, or with a side salad

Note: Sliced leftovers can also be reheated on a griddle and turned into sandwiches.

MASHED CELERY ROOT

Yield: 6 portions

Ingredients	Amounts
Onion, yellow medium diced	½ lb.
Pork, bacon, slab, piece	2 wt. oz.
Garlic, minced	2 Tbsp.
Beans, cannellini, cooked	½ lb.
Celery, root, peeled, medium diced	2 lb.
Water	1-2 qt.
Salt, kosher	as needed
Tomato, sundried, chopped	1 wt. oz.
Rosemary, sprig, fresh, chopped	½ Tbsp.

Method

1. In a large pot, sweat the onions and bacon until they begin to soften. Add the garlic and continue to cook to release the aroma.
2. Add the cooked beans and celery root, just cover with water by 1 inch and salt. Continue to cook until all of the ingredients are completely tender. Remove the bacon.
3. Drain, reserving the liquid to the side.
4. Transfer to a food processor and puree in batches until smooth. Use the reserved liquid to adjust consistency if necessary. Reheat, and garnish with sundried tomatoes and chopped rosemary.

HONEY ROASTED CARROTS

Yield: 8 portions

Ingredients

Amounts

Coriander, seeds, toasted, lightly crushed	2 Tbsp.
Cumin, seeds, toasted, lightly crushed	3 tsp.
Carrot, large, peeled	5 ea.
Honey	½ cup
Oil, olive, pure	5 Tbsp
Thyme, sprigs, fresh	4 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Cilantro, leaves, fresh, coarsely chopped	½ cup

Method

1. Preheat the oven to 425° F
2. Heat a small, dry skillet over medium-low heat. Add the coriander seeds in an even layer. Toast, stirring often, until golden brown and aromatic, 3 to 5 minutes. Transfer to a plate. Cool and reserve.
3. Heat a small, dry skillet over medium heat. Add the cumin seeds in an even layer. Toast, stirring often, until lightly browned and aromatic, 1 to 3 minutes. Transfer to a plate. Cool and reserve.
4. Cut the carrots into batons measuring ¾" by 2 ½" by 6 cm.
5. Place the honey, oil, coriander and cumin seeds, and thyme in a large bowl with 2 ½ tsp of salt and a good grind of black pepper.
6. Add the carrots and mix well until coated, then spread them out onto large sheet trays.
7. Roast the carrots in the oven for 15 minutes, stirring gently once or twice, until cooked through and glazed.
8. Transfer the carrots to a large serving platter or individual plates.

UPSIDE DOWN OLIVE OIL POLENTA CAKE

Yield: 9-inch cake

Ingredients	Amounts
Butter, unsalted, soft	50 g
Sugar, brown, light	130 g
Lemon, juice, fresh	2 tsp.
Orange, blood	2 ea.
Polenta, fine	122 g
Flour, all-purpose	65 g
Baking powder	2 tsp.
Salt, kosher	½ tsp.
Butter, unsalted	125 g
Sugar, granulated	200 g
Egg, whole, large	4 ea.
Sour cream	⅓ cup
Vanilla, extract	2 tsp.
Oil, olive, pure	100 g

Method

1. Heat oven to 350°F. Grease a 9" round cake pan.
2. In a small saucepan, over medium heat, melt 3 Tbsp (45g) butter. Add the brown sugar and lemon juice; stir until sugar melts, about 3 minutes. Scrape mixture into prepared pan.
3. Grate ½ teaspoon of zest from one orange, then slice off the tops and bottoms of both oranges. Place oranges on a clean, flat surface, and slice away the rind and pith, top to bottom, following the curve of the fruit. Slice each orange crosswise into ¼-inch-thick wheels; discard any seeds. Arrange orange wheels on top of brown sugar mixture in a single, tight layer.
4. In a large bowl, whisk together orange zest, polenta, flour, baking powder and salt. In a separate bowl, cream together the remaining butter with granulated sugar. Beat in eggs, one at a time, then beat in sour cream and vanilla. Beat in the olive oil.
5. Fold in the dry mixture by hand.
6. Scrape batter into pan over oranges. Transfer to oven and bake cake until it is golden brown and toothpick inserted into the center emerges clean, 40 to 50 minutes. Cool cake in pan 10 minutes, then run a knife along pan's edges to loosen it; invert onto platter and cool completely before serving.

Note: Any seasonal citrus can be substituted for the blood orange.

BREAKFAST TAMALES WITH PINEAPPLE, RAISINS AND WALNUT CHORIZO

Yield: 12 tamales

Ingredients	Amounts
Banana, leaves, package	1 ea.
Masa Harina	4 cups
Water, hot	2 ½ cups
Butter, unsalted, softened	4 wt. oz.
Yogurt, plain	5 wt. oz.
Sugar, granulated	1/4 cup
Baking powder	1 ½ tsp.
Salt, kosher	to taste
Chorizo, walnut	2 cups
Pineapple, crushed, canned	12 wt. oz.
Raisins	¾ cup

Method

1. Cut the banana leaves into approximately 8-inch squares.
2. Pass each banana leaf briefly over an open flame or hot burner until glossy and pliable, about 20–30 seconds per side. Set aside.
3. In a large bowl, combine the masa harina and warm water (or vegetable stock). Mix until evenly hydrated and let rest for 15 minutes.
4. In the bowl of a stand mixer fitted with the paddle attachment, cream together the softened butter, yogurt, sugar, baking powder, and salt until light.
5. Add the hydrated masa and mix on medium speed for 3–4 minutes, adding a few tablespoons of warm water if needed, until the dough is light, fluffy, and spreadable but not runny.
6. Fold together the walnut chorizo, drained pineapple, and raisins to create the filling.
7. Place a banana leaf on the work surface. Spread approximately ½ cup of masa into a 4 × 4-inch square in the center.
8. Spoon about ¼ cup of the filling into the center of the masa.
9. Fold the banana leaf over the filling, enclosing the masa completely, then fold in the sides to create a neat packet. Repeat with the remaining tamales.
10. Arrange the tamales upright in a steamer lined with additional banana leaves.
11. Cover with more banana leaves and a tight-fitting lid or foil.
12. Steam over gently simmering water for 45–60 minutes, adding additional water as needed.
13. The tamales are done when the banana leaf peels away cleanly and the masa is firm and fully cooked.
14. Allow the tamales to rest for 10 minutes before serving.

Note: If banana leaves are not available, the tamales can be made in soaked corn husks or wrapped in parchment paper and plastic wrap.

LENTIL, BEET, AND BARLEY BURGER

Yield: 8 portions

Ingredients	Amounts
Cashews, toasted	1 cup
Oil, canola (Divided)	¼ cup
Onion, yellow, small diced	1 cup
Lentils, green, whole, cooked	16 wt. oz.
Beet, red, finely grated	1 cup
Barley, pearl, cooked	1 cup
Breadcrumbs, dry	1 cup
Egg, whole, large	1 ea.
Tamari	1 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Cheese, mozzarella, smoked, slices	8 ea.
Bread, roll, Kaiser, warmed	8 ea.
Mayonnaise	as needed
Lettuce, butter, leaves	8 ea.
Avocado, sliced	1 ea.
Onion, red, shaved	1 cup
Pickles, kosher, sliced thinly	1 ea.
Ketchup	as needed

Method

1. Preheat oven to 400°F.
2. Heat a medium, dry skillet over medium-low heat. Add the cashews in a single layer. Toast, stirring often, until golden brown and aromatic, 3 to 5 minutes. Transfer to a plate. Cool and reserve.
3. Heat a skillet with 2 tablespoons of oil and add the onions. Sauté until golden brown. Remove from pan. Cool.
4. Add the onions, lentils, beet, barley, cashews, breadcrumbs, egg, and tamari to the bowl of a food processor. Pulse until mixture is crumbly and texture resembles ground meat. Do not purée smooth. Season to taste with salt and pepper.
5. Portion into 8 patties.
6. Heat an oven proof skillet with the remaining olive oil until just beginning to smoke. Add patties and brown on one side.
7. Flip the patties over and place pan in oven. Bake for 10 minutes until heated through and brown. Add one slice of cheese to the top of each patty and heat until melted, about 1 min.
8. Place one patty on each roll topped with mayonnaise, lettuce, avocado, onion, pickles, and ketchup.

WALNUT CRUSTED ONION RINGS

Yield: 8 portions

Ingredients	Amounts
Oil, vegetable	2 qt.
Onion, yellow, whole, large, peeled	2 ea.
Salt, sea	2 Tbsp.
Flour, all-purpose	1 cup
Water, sparkling	2 cups
Flour, all-purpose	2 cups
Walnuts, raw, chopped finely	2 cups

Method

1. Heat the oil in a pot at 300°F.
2. Cut onion into 1/8-inch rings using a mandolin. Remove the very inner center of the smallest rings less than an inch wide and reserve them for another use.
3. Separate the larger rings and season with salt and let it stand for 5 minutes.
4. Mix in the flour with sparkling water. The consistency should be that of heavy cream.
5. Drain the onion rings if any liquid has purged.
6. Working in batches, lightly coat the rings with remaining flour and shape off the excess in a strainer or colander.
7. Dip rings into the flour and sparkling water batter.
8. Lightly coat rings with finely chopped walnuts.
9. Fry until crispy, flipping as necessary. Drain on a wire rack.

AVOCADO CHOCOLATE MOUSSE PARFAIT

Yield: 10 portions

Ingredients	Amounts
Avocado, pitted	4 ea.
Cocoa, powder	1 cup
Milk, oat	½ cup
Vanilla extract	1 tsp.
Salt	¼ tsp.
Cinnamon, ground	⅛ tsp.
Nutmeg, ground	⅛ tsp.
Chile, cayenne, ground	⅛ tsp.
Maple syrup	½ cup
Berries, assorted	4 cups
Cocoa powder	as needed

Method

1. Combine everything except the berries in a blender and blend until smooth, using the plunger to evenly move the ingredients around until a very smooth thick paste is achieved.
2. Layer the mouse in a cup alternating with berries and finishing with berries on top.
3. Dust with cocoa powder

Source: adapted from *Robert Graham MD*

GINGER CHICKEN BROWN RICE CONGEE

Yield: 6 portions

Ingredients	Amounts
Stock, chicken or vegetable	2 qt.
Chicken, thigh, skinless, boneless	3 ea.
Rice, brown, cooked	4 ½ cups
Ginger, fresh, peeled, 1-in. long, Smashed (Divided)	2 ea.
Scallion (Green onion), green and white parts separated	4 ea.
Salt, kosher	2 tsp.
Water	1 qt.
Soy sauce	2 Tbsp.
Wine, Shaoxing	1 tsp.
Sugar, granulated	½ tsp.
Mushroom, shiitake, dried, soaked, stems removed, thinly sliced	6 ea.
Egg, whole, hard boiled, diced	3 ea.
Ginger, pickled	2 Tbsp.
Scallion (Green onion), thinly sliced	1 ea.
Garlic, slivered	2 Tbsp.
Oil, sesame	3 tsp.
Chili crisp	2 Tbsp
Oil, vegetable	¼ cup

Method

1. In a pot, bring chicken stock, chicken thigh, rice, 1 piece of ginger, the scallion, salt and water to a boil stirring along the way.
2. Reduce heat to medium-low. Partially cover. Simmer until chicken is cooked through and the rice falls apart, about 30 minutes. Stir often scraping the bottom to prevent sticking.
3. Remove chicken, rinse slightly in water if desired and shred the meat into large pieces. Mix the chicken with the soy, Shaoxing, salt and sugar. Reserve.
4. Remove ginger and scallions from congee and discard.
5. Continue cooking the congee until a thick oatmeal porridge consistency is achieved.
6. If needed, using an immersion blender, blend the rice until a course porridge consistency is reached.

7. Heat the oil in a small sauté pan over medium-low heat. Add the slivered garlic. Sauté, stirring constantly, until light golden, about 5 minutes.
8. Serve congee topped with fried garlic, chicken, mushrooms, eggs, ginger, scallion tops, sesame oil and chili crisp.

SPAGHETTI SQUASH WITH LENTIL BOLOGNAISE

Yield: 6 portions

Ingredients	Amounts
Squash, spaghetti, large, 2 lb.	1 ea.
Oil, vegetable, spray	as needed
Pork, pancetta, minced	¼ cup
Oil, canola	1 ½ fl. oz.
Onion, yellow, medium, minced	1 ea.
Celery, rib, with leaves, minced	½ cup
Carrot, small, minced	½ cup
Beef, ground	4 wt. oz.
Pork, sausage, Italian, sweet	4 wt. oz.
Lentils, green, whole, cooked	6 wt. oz.
Wine, red, dry	4 fl. oz.
Stock, chicken or vegetable	12 fl. oz.
Milk, whole	1 ½ cups
Tomato, canned, drained, chopped	3 ea.
Basil, sweet, leaves, fresh, thinly sliced	¼ cup
Oregano, leaves, fresh, minced	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cheese, Parmesan, grated	as needed

Method

1. Heat the oven to 400°F. Cut the squash in half and scoop out the seeds.
2. Spray the squash with vegetable oil and place it, cut side down, on the parchment lined baking sheet.
3. Add 2 tablespoons of water to the pan and bake until the squash is tender but not mushy, 30 to 40 minutes.
4. While the squash is cooking, heat a saucepot, with the oil and sauté the onion, celery, and carrots in the oil until the onions just begin to caramelize.
5. Add the ground beef and pork, and the lentils to the pan and gently cook over medium heat until the meat turns deep brown; drain any excess fat.
6. Add the wine to the skillet and deglaze until wine has reduced by half, about 3 minutes.
7. Stir in the stock and let it simmer slowly until only ¼ cup liquid remains.
8. Stir in the milk. Simmer, partially covered, for 30 minutes. Stir frequently to prevent the mixture from sticking.
9. Add the tomatoes. Cook, partially covered, at a very slow simmer for another 25 minutes.

10. Add the basil and the oregano and continue to cook until the sauce resembles a thick, meaty stew. Season with salt and pepper.
11. Scoop out the flesh of the squash using a fork to resemble spaghetti.
12. Toss with olive oil and season with salt to taste.
13. Serve with the Lentil Bolognaise and garnish with Parmesan cheese.

LENTIL AVOCADO BROWNIE

Yield: 12 large or 24 small brownies

Ingredients

Amounts

Lentils, green, cooked	3 cups
Applesauce	$\frac{2}{3}$ cup
Vanilla, bean	1 ea.
Sugar, brown	$\frac{1}{2}$ cup
Avocado, ripe	1 ea.
Baking soda	$\frac{1}{2}$ tsp.
Baking powder	1 tsp.
Salt, kosher	1 tsp.
Cocoa, powder, unsweetened	1 cup
Chocolate, chips, semi-sweet	1 cup
Walnuts, chopped	$\frac{3}{4}$ cup
Peanut butter	$\frac{3}{4}$ cup
Avocado Frosting (Recipe follows)	1x recipe
Sugar, powdered	as needed

Method

1. Preheat oven to 350°F.
2. Grease a 9- by 11-inch baking pan.
3. Purée the lentils in a blender or food processor with the applesauce until smooth. This should yield about 4 cups.
4. Split the vanilla bean and scrape the seeds with the tip of a knife.
5. Rub the beans into the sugar using your fingers until dispersed.
6. Place the lentil mixture into a food processor with the sugar, avocado, baking soda, baking powder, salt, and cocoa powder into the food processor. Process until ingredients form a smooth batter.
7. Add in the chocolate chips and the walnuts. Fold into batter.
8. Pour batter into greased pan.
9. Swirl in peanut butter.
10. Bake for 35 to 45 minutes until top of the brownies begin to crack. Cool. Completely. Cut into 12 or 24 squares.
11. Frost each with avocado frosting and serve dusted with powdered sugar.

AVOCADO FROSTING

Yield: 2 cups

Ingredients

Amounts

Avocado, Hass, large, peeled, seeded	2 ea.
Cocoa, powder, dark	½ cup
Vanilla, extract	½ tsp.
Salt, kosher	¼ tsp.
Oil, coconut oil	¼ cup

Method

1. Place all ingredients into a blender and blend until smooth. Keep chilled.

BREAKFAST SALAD

Yield: 6 portions

Ingredients	Amounts
Pepitas, lightly toasted	1 cup
Squash, butternut, peeled, large diced	1 lb.
Oil, olive, pure	2 Tbsp.
Salt, kosher	as needed
Orange, juice	½ cup
Kale, Lacinato, bunch, stem removed, torn in pieces	1 ea.
Barley, cooked	1 cup
Quinoa, cooked	1 cup
Salt, kosher	½ tsp.
Pork, bacon, slices, cooked, crumbled	5 ea.
Cilantro, fresh	¼ cup
Mustard, Dijon	1 Tbsp.
Garlic, minced	½ tsp.
Lemon, juice, fresh	2 Tbsp.
Curry, powder	1 tsp.
Tahini, paste	1 Tbsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Lemon, zest	1 tsp.
Oil, olive, extra virgin	¼ cup
Egg, whole, fried, sunny side up	6 ea.
Bread, whole grain, seeded, sliced	6 ea.

Method

1. Heat a small, dry skillet over medium heat. Add the pepitas in a single layer. Toast, stirring often, until they turn golden brown and aromatic, about 5 minutes. Transfer to a plate. Cool and reserve.
2. Preheat oven to 400°F. Toss the squash with olive oil and salt, then spread onto a large baking sheet and place into the oven.
3. Bake the squash for about 15 to 20 minutes, until it can easily be pierced with a fork, but not mushy.
4. To make dressing: In a small saucepan, simmer the orange juice until slightly reduced, let cool, then add all ingredients to a blender and blend until smooth.

5. Place kale in a bowl and season with salt. Massage lightly with hands until wilted and then toss with ½ the dressing.
6. Plate the kale with the remaining ingredients in 6 bowls in a decorative manner and top each with an egg and a slice of toast.

CELERY ROOT SCHNITZEL WITH QUICK KRAUT, GLAZED AND BRAISED BEETS

Yield: 6 portions

Ingredients	Amounts
Broth, vegetable (Divided)	1 qt.
Celery, root, peeled ½-in. slices	2 lb.
Egg, whole	2 ea.
Yogurt, plain	¼ cup
Cornstarch	½ cup
Breadcrumbs, dry	2 cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	1 tsp.
Shallot, minced	¼ cup
Ginger, fresh, minced	1 tsp.
Apricot, preserves	½ cup
Mustard, whole grain	1 Tbsp.
Vinegar, cider, apple	1 Tbsp.
Oil, olive, pure	as needed
Quick Kraut (Recipe follows)	1x recipe
Glazed and Braised Beets (Recipe follows)	1x recipe

Method

1. Heat the vegetable broth until simmering. Add the celery root and simmer for 3 minutes until slightly softened.
2. Remove and cool to room temperature. Reserve 1-2 cups of the vegetable stock for later.
3. To prepare for breading, whisk together the eggs and yogurt in a wide, shallow bowl. Place the cornstarch and the breadcrumbs in two separate, shallow bowls.
4. Pat the celery root dry, and season with salt and pepper. Dredge both sides of the celery root in cornstarch, then dip in the egg yogurt mixture, and finally dredge in the breadcrumbs. Set aside.
5. For the whole grain mustard sauce, in the same pan, add the vegetable oil and sauté the shallot and ginger until fragrant. Add ½ cup of the reserved vegetable broth, apricot preserves, mustard and apple cider vinegar. Whisk to combine and reduce slightly.

6. To serve: Heat a large skillet with the olive oil and pan fry the slices of breaded celeriac until golden and crispy on both sides. Drain on paper towel or rack lined sheet pan.
7. Serve with the Quick Kraut and Glazed and Braised Beets.

QUICK KRAUT

Yield: 6 portions

Ingredients

Amounts

Butter, unsalted	1 Tbsp.
Caraway, seeds	1 tsp.
Mustard, seeds	2 tsp.
Onion, yellow, thinly sliced	1 cup
Garlic, clove, thinly sliced	1 Tbsp.
Cabbage, green, ¼-in. sliced	2 cups
Vinegar, cider, apple	1 cup
Sugar, granulated	2 Tbsp.
Dill, fresh, chopped	¼ cup

Method

1. Heat a skillet on medium high heat. Add the butter.
2. Add the caraway and mustard seeds until the mustard seeds begin to pop. Add the onions and garlic to the pan and cook until tender.
3. Add the cabbage and sauté for 3-5 minutes until wilted, about 3-4 minutes.
4. Add the vinegar and sugar, bring to a boil, simmer gently for 8-10 minutes on low until the cabbage is softened but still has a slightly crisp texture. Drain and fold in the dill.

GLAZED AND BRAISED BEETS

Yield: 6 portions

Ingredients	Amounts
Beets, red, medium, with tops	1 ½ lb.
Vinegar, wine, red (Divided)	3 Tbsp.
Honey	3 Tbsp
Orange, juice	¼ cup
Stock, vegetable	¼ cup
Butter, unsalted	2 Tbsp.
Butter, unsalted	2 Tbsp.
Garlic, minced	1 tsp.
Stock, vegetable	¼ cup
Salt, kosher	1 tsp.
Pepper, white, ground	¼ tsp.
Lemon, juice, fresh	1-2 Tbsp.

Method

1. Remove the stems and greens from the beets leaving 1 inch of stem attached to the top of the beets. Cut the stems into 2-inch pieces and thinly slice the greens, keeping them separated. Wash them well in cold water to remove any dirt.
2. Wash the beets and place into a pot with 2 tablespoons of the vinegar. Cover with water by 2 inches. Bring the water to a boil, reduce to a simmer, and cook the beets until they are soft when pierced with a fork or skewer, about 40 minutes, depending on size.
3. Drain and cool slightly. Peel and slice the beets into 1/4-inch-thick rounds or uniform wedges. This can be done up to a day ahead.
4. In a small sauté pan, combine the honey, the remaining 1 tablespoon of vinegar, orange juice, stock, and butter and bring to a simmer. Cook gently until the glaze has the consistency of a light syrup, about 15 minutes.
5. Return the beets to the glaze and heat through, coating the beets well with the glaze.
6. For the stems and greens, heat a sauté pan with the remaining butter on medium heat and when melted, add the garlic. When aromatic, add the stems and cook for 2-3 minutes until slightly softened. Add the greens, toss together and add the remaining stock. Season with salt and pepper.
7. Cover the pan and reduce the heat to low, cooking for 5 minutes until the stems and greens are softened. Remove the lid, add the lemon juice and reduce until the liquid is almost gone.
8. Serve the glazed beets topped with the braised beet stems and greens.

WHOLE WHEAT CARROT CAKE WITH CREAM CHEEZE FROSTING

Yield: 8-12 portions

Ingredients

Amounts

Flour, whole wheat	1 ⅓ cups
Baking soda	1 tsp.
Baking powder	1 tsp.
Cinnamon, ground	1 tsp.
Oil, vegetable	½ cup
Sugar, granulated	1 cup
Egg, whole	2 ea.
Pineapple, crushed	¾ cup
Carrot, grated	4 cups
Raisins	⅔ cup
Egg, whites	2 ea.
Cream Cheeze Frosting (Recipe follows)	1x recipe

Method

1. Preheat oven to 350°F. Line 12x18 inch pan with parchment or brush it lightly with oil.
2. Combine the flour, baking soda, baking powder, and cinnamon in a large bowl.
3. Beat the oil, sugar, and whole eggs with a mixer until smooth. Add the dry ingredients to the egg mixture and beat to blend well. Stir in the pineapple, carrot, and raisins.
4. Beat the egg whites in the mixer to medium peaks and fold into the batter.
5. Pour the batter into the pan and bake until a skewer poked into the center of the cake comes out with just a few moist crumbs, about 30 minutes. Cool in the pan on a rack.
6. Cut the cooled cake in half horizontally. Spread the frosting on the cut side of one half of the cake and top with the second half.
7. Ice the cake decoratively with the rest of the frosting.
8. Cut into pieces and serve or wrap the cake and store it in the refrigerator for up to 6 days.

CREAM CHEEZE FROSTING

Yield: 3 ½ cups

Ingredients

Amounts

Cream Cheese, plant based, softened	3 ½ cups
Sugar, powdered, sifted	2 cups
Vanilla, extract	3 tsp.

Method

1. Mix all the ingredients in a food processor, blender, or mixer until smooth. The frosting is ready to use, or store in a covered container in the refrigerator for up to 2 weeks.

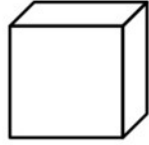
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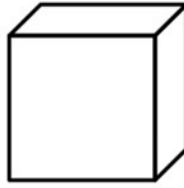
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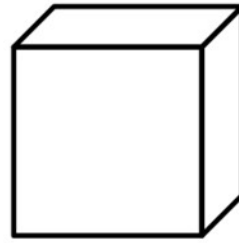
BASIC KNIFE CUTS



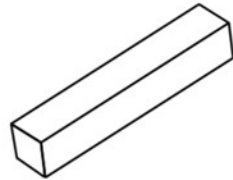
Small Dice
1/4" cube



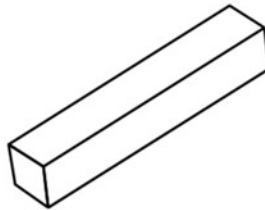
Medium Dice
1/2" cube



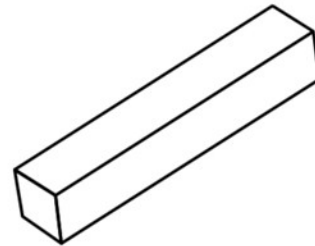
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



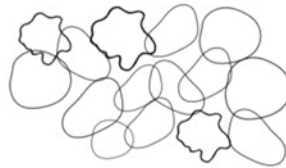
Julienne
1/8" sq x 2 inch



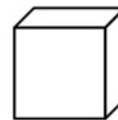
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



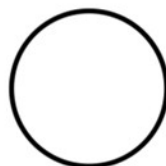
Chop
1/8"-1/4" cube



Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1/2" round



Chiffonade
rolled, sliced thin

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

1 gram (g)	=	1/28 oz. (or 0.035 oz.)
½ ounce (oz.)	=	14 g
1 ounce	=	28.35 g. (approx. 30 g)
2 ounces	=	56 g. (approx. 60 g)
4 ounces	=	110 g
6 ounces	=	170 g
8 ounces	=	225 g
12 ounces	=	340 g
1 pound (16 oz.)	=	453.6 g (454 g)
1 kilogram (kg)	=	2.21 lb.
1 liter	=	35 fl. oz. (1 ¾ pt.)

METRIC CONVERSION TABLE

To Change...	To...	Multiply by
Pounds (lb.)	Grams (g)	453.6
Ounces (oz.)	Grams (g)	28.35
Pounds (lb.)	Kilograms (kg)	.45
Teaspoons (tsp.)	Milliliters (ml)	5
Tablespoons (Tbsp.)	Milliliters (ml)	15
Fluid Ounces (fl. oz.)	Milliliters (ml)	30
Cups	Liters (l)	.24
Pints (pt.)	Liters (l)	.47
Quarts (qt.)	Liters (l)	.95
Gallons (gal.)	Liters (l)	3.8
Temperature (°F)	Temperature (°C)	5/9 after subtracting 32*

*Example: 9°F above boiling equals 5°C above boiling.

TEMPERATURE EQUIVALENCIES

Fahrenheit (°F)	Celsius (°C)	Classification
250	130	very cool
300	150	low
325	165	moderate-low
350	180	moderate
400	200	moderate-hot
425	220	hot
450	230	very hot

US CUSTOMARY LIQUID VOLUME CONVERSIONS

1 tablespoon (Tbsp.)	=	3 teaspoons (tsp.)
1 fluid ounce (fl. oz.)	=	2 tablespoons (Tbsp.)
1 cup	=	8 fluid ounces (fl. oz.)
1 pint (pt.)	=	2 cups
1 pint (pt.)	=	16 fluid ounces
1 quart (qt.)	=	2 pints (pt.)
1 gallon (gal.)	=	4 quarts (qt.)
1 gallon (gal.)	=	128 fluid ounces (fl. oz.)

US TO METRIC DRY MEASURES CONVERSIONS

tsp.	Tbsp.	oz.	cup	lb.	grams
3	1	½	1/16	---	14
6	2	1	⅛	1/16	28
12	4	2	¼	⅛	57
24	8	4	½	¼	113
36	12	6	¾	⅜	170
48	16	8	1	½	227
96	32	16	2	1	454

VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ ¼ cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

These materials were developed at the Culinary Institute of America.

Food as Medicine Capstone Course Guide v.250.docx

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