



# Cooking Food As Medicine For Disease Prevention

October 7, 2010

Welcome to an evening of cooking with foods naturally designed to prevent chronic illness.

Here are some of our chefs' delicious recipes to try at home!

## Kale chips

If you want kale chips that are super-crisp, dry them in a salad spinner. If there is moisture on the leaves, the kale will steam, not crisp.

1 bunch kale, torn into bite-sized pieces and tough stems removed (about 1/3 pound)  
1 tablespoons olive oil per pound of kale  
Penzey's mural of flavor or Tuscan Sunset seasoning or whatever seasonings you enjoy

1. Preheat oven to 355F.
2. Place the kale leaves into a salad spinner and spin all of the water out of the kale. Place the kale on the baking sheet.
3. Spritz olive oil over the kale leaves with a **Misto** or place oil and leaves in a bowl with cover and shake to coat well. Bake in the oven for 5-15 minutes until leaves are crisp. Take a peek at the 5-minute mark. The timing all depends on how you like them and how hot your oven is. Use tongs to touch the leaves, if the leaves are still a bit soft, leave them in for another 2 minutes. **Do not** let the leaves turn brown (they'll be burnt and bitter) Remove from oven, and serve.

2 oz of kale chips 44 calories, 2 g fat, 6 g carbs, 1 g fiber.

# Colorful Corn Salsa

1 cup fresh or frozen, thawed corn kernels  
2 medium tomatoes, diced  
1/2 cup diced green bell pepper  
1/2 cup diced red or purple bell pepper  
1/4 cup chopped red onion  
3 to 4 tablespoons rice vinegar or apple cider vinegar  
10 fresh basil leaves, thinly sliced

If using fresh corn, blanch it in boiling water for 3 minutes and immediately rinse it under cold water to prevent further cooking.

Combine all of the ingredients in a large bowl and set aside for 15 to 20 minutes to allow the flavors to develop. Serve at room temperature.

Stored in a covered container in the refrigerator, leftover Colorful Corn Salsa will keep for up to 3 days.

Note: For the best flavor, remove the desired portion of leftovers and allow it to come to room temperature before serving. If you are preparing this salsa in advance, wait to add the basil until 15 to 20 minutes before serving, as basil quickly oxidizes.

## Nutrition Information

Per serving (1/4 cup):

13 calories  
0.1 g fat  
0 g saturated fat  
0 mg cholesterol  
  
3 g carbohydrate  
0.5 g fiber  
1.1 g sugar  
0.4 g protein

## Pumpkin Dip

- 1/3 cup Greek-style yogurt (plain)
- 2 ounces light cream cheese (about 1/4 cup)
- 1/2 cup mashed butternut squash or canned pumpkin
- 1/2 teaspoon pumpkin pie spice
- 1 package stevia herbal sweetener or few drops liquid stevia or teaspoon of honey

1. Combine all mixing until smooth.
2. Serve with apple or pear slices.

Servings: 8

### HELPFUL HINT

- Add maple flavoring.
- Serve with sliced Gala apples.

### NUTRITION PER SERVING

Serving Size 2 tablespoons

Calories 28

Protein 1.5 g

Carbohydrate\* 2.8 g

(\*no added sugars)

Fiber 0.4 g

Soluble fiber 0.04 g

Fat 1.3 g

Saturated fat 0.8 g

Cholesterol 4 mg

Sodium 29 mg

Potassium 57 mg

Calcium 31 mg

Omega-3 ALA 2 mg

With permission from Smart 4 Your Heart by Margaret Pfeiffer  
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## Brussels Sprout Salad

- 2 tbs. pine nuts
- 1 tbs canola oil
- 1 pound Brussels sprouts
- 1 gala apple peeled cleaned and cut into ¼ inch dice
- 2 tsp Italian parsley
- 4 ounces Rushing Waters Smoked Trout
- 2 tsp chopped chives

Wash and clean Brussels sprouts. Cover with lightly salted water and bring to a light simmer. Simmer for 1 minute and remove from heat. Drain and cool sprouts in an ice bath. Remove leaves and core sprouts and shake leaves dry and set aside.

Toast pine nuts in sauté pan over moderate heat shaking pan until nuts are golden. Remove from pan and set aside to cool.

In same pan heat canola oil add diced apple and sprout leaves cook until lightly browned 2-3 minutes add smoked trout and ½ cup of vinaigrette to pan with remaining ingredients and cook 1 more minute. Serve warm.

Presented by Chef Phil Haseker, Waukesha Memorial Hospital

## Sage Green Beans With Walnuts

- ¾ pound fresh or frozen green beans
- 2 tablespoons toasted walnuts
- 1 teaspoon walnut oil (or canola oil)
- 1 clove garlic
- 2 teaspoons chopped, fresh sage leaves (or ½ tsp dry)

Serves 3

1. Thaw or steam green beans.
2. Toast walnuts in dry pan (Page 285) over medium heat until slightly golden.
3. Chop garlic and sage.
4. Over medium-low heat, sauté garlic in walnut oil for a minute, but do not brown.
5. Add green beans, walnuts and sage. Toss and cook several minutes until beans are warmed.

### NUTRITION PER SERVING

Serving size ¾ cup

Calories 82

Protein 2 g

Carbohydrate\* 8 g

(\*no added sugars)

Fiber 3 g

Soluble fiber 1.7 g  
Fat 4.8 g  
Saturated fat 0.4 g  
Cholesterol 0 mg  
Sodium 130 mg  
Potassium 26 mg  
Calcium 61 mg  
Omega-3 ALA 610 mg  
Bonus:  
Beta-carotene (11% DV)  
Vitamin C (14% DV)

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## Ginger-Roasted Carrots

1 pound carrots Serves 4  
1 teaspoon ground cumin seed  
1 teaspoon fresh-grated ginger  
1 teaspoon brown sugar  
2 teaspoons olive oil  
1. Preheat oven to 375° F.  
2. Peel carrots and slice into circles or slice on the diagonal. Place on a dark cookie sheet.  
3. Add the cumin, ginger, brown sugar and oil. Toss to coat carrots and spread carrots in single layer.  
4. Roast on a rack in lower portion of the oven until browned (about 15 minutes). Time may vary depending upon your oven.

### NUTRITION PER SERVING

Serving size 1/2 cup  
Calories 79  
Protein 1.5 g  
Carbohydrate\* 13 g  
(\*1 gram added sugars)  
Fiber 4 g  
Soluble fiber 1.3 g  
Fat 3 g  
Saturated fat 0.5 g  
Cholesterol 0 mg  
Sodium 82 mg  
Potassium 369 mg

Calcium 51 mg  
Omega-3 ALA 20 mg  
Bonus:  
Beta-carotene (381% DV)  
Vitamin C (11% DV)

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## Zucchini Julienne With Lemon and Chive

*Adapted from the Cancer's Survivors Guide*

1 medium zucchini (green or yellow) Serves 3  
1 tablespoon plain *Silk Soy Creamer or half and half*  
1 tablespoon half-and-half  
2 teaspoons freshly squeezed lemon juice (or more to taste)  
1/2 tablespoon minced fresh chives  
1/8 teaspoon sea salt

1. Cut ends off zucchini. Using a mandolin vegetable slicer, cut zucchini into julienne strips.
2. Add remaining ingredients and refrigerate 30 minutes before serving.
3. Serve on a lettuce leaf garnished with chives.

### **NUTRITION PER SERVING**

Serving size 1/4 cup

Calories 32

Protein 2 g

Carbohydrate\* 5 g

(\*no added sugars)

Fiber 1.2 g

Soluble fiber 0.2 g

Fat 1 g

Saturated fat 0.5 g

Cholesterol 3 mg

Sodium 161 mg

Potassium 287 mg

Calcium 27 mg

Omega-3 ALA 70 mg

Bonus:

Vitamin C (23% DV)

Copper (7% DV)

Vitamin K (6 mcg)

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## Warm Brussels Sprout Salad w/ Rushing Waters Smoked Trout and Apple Vinaigrette

4 servings

### Vinaigrette:

1 Granny Smith Apple (peeled, quartered and cored)

1 tbs. extra virgin olive oil

1 tbs. water

1 tbs. cider vinegar

½ tsp. Dijon mustard

½ tsp finely chopped shallot

½ cup canola oil

### Directions:

Preheat oven to 400 degrees. Toss apples in olive oil, set in baking dish and roast for 15-20 minutes or until very tender and lightly browned in spots. Remove from oven and let cool for 5 minutes. Once cooled scrape apples into blender. Add water, vinegar, Dijon mustard and shallots. Turn blender on medium speed and puree mixture for 1 minute with machine running drizzle the canola oil in continuously until all oil is incorporated and dressing is smooth. Season lightly with salt and pepper.

## Patatas Aioli (Potatoes in Garlic Mayonnaise Sauce)

4 Medium Baking Potatoes Cut  
into 8 or 10 lengthwise wedges

2oz Olive Oil

Salt and pepper to taste

Serves 4

### Aioli

2 Egg Yolks

1cp Olive Oil

1tbsp Minced Garlic

1oz Fresh Lemon Juice

Salt and White Pepper to taste

Process: Aioli-Place yolks in a food processor, medium speed and gradually add olive oil to form a creamy consistency. Add the garlic and lemon juice. Blend well. Serve at room temperature. Can be refrigerated, but not heated. Shelf life=24 hrs.

Process: Potatoes- Heat oil in a medium sauté pan, add potato wedges and sauté to golden brown and of a crisp texture. Drain and place on a plate, drizzle with Aioli sauce. Serve Hot

Presented by Chef Wayne Roe, Children's Hospital of Wisconsin

## **Patatas Bravas (Potatoes in a mildly spicy tomato sauce)**

4 Medium Baking Potatoes Cut  
into 8 or 10 lengthwise wedges

Serves 4

2oz Olive Oil

1-8oz can of Tomato Sauce

1&1/2tsp Dijon Mustard

1/2tsp Tabasco Sauce

1/2tsp Spanish Paprika

Salt and Cracked Black Pepper to taste

Process: Heat oil in a medium sauté pan . Add potatoes, sauté to golden brown and of a crisp texture. Drain the oil and add the tomato sauce/mustard/paprika and Tabasco. Adjust flavor with salt and pepper. Mix well, simmer 1 minute and serve hot.

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## **Pumpkin Empanadas**

4- 5x5 sheets of Puff Pastry Dough cut  
into 4- 2&1/2inch squares (16 squares)

Serves 4

1-15oz can of Pumpkin Puree (or 15oz of fresh pureed pumpkin)

4oz Ricotta Cheese

1/4cp Brown sugar

1tsp Cinnamon

1/4tsp Allspice

1 Egg

2tbsp Whole Milk

1tbsp Coarse Raw Sugar

Preheat oven to 425 degrees

Process: Combine Pumpkin/Cheese/Brown Sugar/Allspice and 1/2 the Cinnamon. Mix well. Place dough on a floured surface. Place an even amount of pumpkin mixture to the center of each square. Fold each square into a triangle, then seal the edges and place them on a greased baking sheet. Now mix the remaining cinnamon and the raw

sugar. Then mix the egg and milk. Lightly brush each Empanada with the egg mixture, and then sprinkle with the cinnamon sugar. Place them in the preheated oven for about 8 minutes, or until golden brown.

## Apple Tart

### Frangipane (Almond Cream):

Serves 12

1/4 cup granulated white sugar

3 tablespoons unsalted butter

1 large egg

1/2 teaspoon pure vanilla extract

1/2 cup almond meal (flour)

1 tablespoon all purpose flour

### Crust:

1 pound frozen puff pastry, defrosted

### Filling:

2 pounds Granny Smith Apples peeled, cored and sliced thin

2 tablespoons granulated white sugar

1/8 teaspoon ground cinnamon (optional)

**Frangipane:** In the bowl of your electric mixer, or with a hand mixer, cream the sugar and butter. Beat in the egg and vanilla extract until smooth. Add the almond meal and flour and beat until it forms a smooth paste. Transfer to a small bowl, cover and refrigerate.

**Puff Pastry:** Once the puff pastry has been defrosted, as per manufacturer's instructions: Unfold one sheet of puff pastry onto a lightly floured surface and cut the sheet into thirds with a sharp knife. Then cut each third in half. Repeat with the second layer of puff pastry. Place the pastries (you will have 12 altogether) on a parchment lined baking sheet. Then, with an offset spatula or large knife, spread a thin

layer of frangipane (about 1 heaping tablespoon) on each pastry, leaving about a 1/4 inch (1 cm) border. Cover and refrigerate the pastries for about 15 minutes.

Preheat oven to 400 degrees and place the oven rack in the middle of the oven

Peel and slice the apples into 1/4 inch slices. Place in a large bowl and toss with the sugar and ground cinnamon. Remove the puff pastry from the refrigerator and lay the sugar coated apple slices on top of the frangipane, overlapping the slices.

Bake for about 15 - 20 minutes or until the apples are slightly browned and tender and the puff pastry is golden brown. Remove from oven and place on a wire rack.

Preheat the oven broiler and move the rack to the top shelf of the oven. Lightly dust the tops of the apples with confectioners sugar (powdered or icing) and place under the broiler until the tips of the apples start to caramelize. Watch closely and move the pan as needed. Serve warm or cold with softly whipped cream or vanilla ice cream.

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