

Introduction to Culinary Medicine



Culinary Skills & Techniques:

- Mise en place: everything in its place
- Knife skills: small and medium dice, mince, and matchstick cuts
- Sauté: to quickly cook at relatively high heat using a small amount of cooking fat
- Aromatics that change ingredients and define a dish
- Cooking with legumes and using lentils for plant-based meals

Nutrition Concepts:

- Mediterranean diet principles
- African Heritage diet distinctions and common features
- Enhancing flavors with pantry staples, herbs, and spices instead of salt and fat
- Using accessible ingredients to make nutritious recipes that respect and honor cultural foods
- Plant-forward meals to contribute to daily totals of fruit and vegetables

Introduction to Culinary Medicine

Misir Wot & Fossolia



If prepping ahead of the cook along will help you go at your own pace and engage in the discussion, here are some suggestions:

Equipment List:

- Measuring spoons
- Dry and liquid measuring cups
- Can opener
- Cutting board
- Chef's knife
- Wooden spoon
- Tongs
- Wide, high-sided sauté pan or skillet with lid
- Vegetable peeler

Prep Ahead:

- Dice onions
- Peel and mince garlic and ginger
- Dice tomato
- Peel and cut carrots
- Trim and cut green beans

Misir Wot

Serves 8



Ingredients:

- 2 tablespoons olive oil
- 2 onions, diced small
- 6 garlic cloves, minced
- 2 large tomatoes, diced small (about 1 cup)
- 1/3 cup tomato paste
- 1 tablespoon berbere seasoning
- 4 cups vegetable broth
- 1 cup water
- 1/2 teaspoon salt
- 2 cups split red lentils

Instructions:

1. Heat olive oil in a skillet or wide, high-sided sauté pan set to medium heat. Add the onions and cook for 8 minutes or until golden brown.
2. Add garlic, tomatoes, tomato paste, and berbere seasoning and cook for 5 to 7 minutes, stirring frequently and reducing heat, if needed, to prevent burning.
3. Add broth, water, salt, and lentils and bring to a boil. Reduce the heat to low and simmer with the lid on, stirring occasionally, for 20 minutes or until lentils are soft.
4. Enjoy with injera flatbread if you like. Store leftovers in an airtight container for up to 5 days. Reheat on the stovetop or in the microwave.

Misir Wot

Serves 8



Misir Wot		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	198.8	
		% Daily Value*
Total Fat	3.7 g	5 %
Saturated Fat	0.4 g	2 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	249.9 mg	11 %
Total Carbohydrate	32.4 g	12 %
Dietary Fiber	5.8 g	21 %
Total Sugars	5.6 g	
Added Sugars	0 g	0 %
Protein	10.3 g	
Vitamin D	0 mcg	0 %
Calcium	39.1 mg	3 %
Iron	3.6 mg	20 %
Potassium	558 mg	12 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>

Fossolia

Serves 8



Ingredients:

- 2 tablespoons olive oil
- 1 medium yellow onion, medium diced
- 4 garlic cloves, minced
- 2 tablespoons ginger, peeled (optional) and minced
- 1 tablespoon tomato paste
- 1 medium tomato, diced small
- 1 teaspoon turmeric
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon dried basil
- ½ teaspoon ground cumin
- 1 large carrot, cut into matchsticks (about 1 cup)
- 1 pound green beans, trimmed and cut into ½-inch pieces (about 6 cups)
- ½ cup water

Instructions:

1. Heat olive oil in skillet over medium heat. Add onion and cook, stirring occasionally, for 5 minutes.
2. Stir in garlic and ginger and cook for 1 minute.
3. Add in tomato paste and tomatoes and cook for 5 minutes, stirring often.
4. Stir in turmeric, salt, black pepper, basil, and cumin.
5. Add carrots and green beans and sauté for 2 minutes.
6. Stir in ½ cup water and cover. Reduce heat to low and cook for 10 minutes, stirring halfway through.
7. Use a fork to test green beans and carrots for tenderness. They'll be cooked through with a bit of a bite. Continue cooking longer if you prefer softer vegetables.
8. Enjoy warm as a side dish. Store leftovers in an airtight container for up to one week. Reheat on the stovetop or in the microwave.

Fossolia

Serves 8



Fossolia		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	72.3	
	% Daily Value*	
Total Fat	3.7 g	5 %
Saturated Fat	0.5 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	165 mg	7 %
Total Carbohydrate	9.6 g	3 %
Dietary Fiber	2.7 g	10 %
Total Sugars	4 g	
Added Sugars	0 g	0 %
Protein	1.8 g	
Vitamin D	0 mcg	0 %
Calcium	39.5 mg	3 %
Iron	1.2 mg	7 %
Potassium	288.1 mg	6 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>