

Class 4 –Cardiovascular Health

Spaghetti with Lentil Mushroom Bolognese

Serves 4

Ingredients:

2 tablespoons olive oil
1 large carrot, finely diced
1 large celery stalk, finely diced
1 medium onion, finely diced
2 bay leaves
¼ teaspoon salt
8 ounces mushrooms (white button, baby bella), finely chopped
3 garlic cloves, minced
3 tablespoons tomato paste
½ teaspoon black pepper
1 teaspoon dried oregano
1 teaspoon dried thyme
1 teaspoon dried basil
¼ teaspoon red pepper flakes
1 – 28-ounce can crushed tomatoes
32 ounces low-sodium vegetable broth
1 cup lentils (brown, black, or green)
8 ounces cooked spaghetti

Instructions:

1. Heat the olive oil in a skillet or saucepan over medium heat. Add carrot, celery, onion, bay leaves and salt to the skillet and sauté for 5 to 7 minutes or until onion is translucent.
2. Add the mushrooms and garlic and cook for 2-3 minutes as the mushrooms soften.
3. Stir in the tomato paste, black pepper, oregano, thyme, basil, and red pepper flakes and cook about 2 minutes, until the tomato paste melts into the vegetables.
4. Add crushed tomatoes, vegetable broth, and lentils. Stir to combine. Bring the sauce to a boil and reduce heat to low. Simmer, covered, for at least 30 minutes or until lentils are soft.
5. Cook the pasta according to package directions. When the sauce is ready, toss about 1 cup with each serving of spaghetti. Top with additional sauce if you like.
6. Store leftover Bolognese in an airtight container in the refrigerator for up to 5 days, or in the freezer for 6 months.

Roasted Cauliflower & Broccoli with Garlic Breadcrumbs

Serves 4

Ingredients:

2 tablespoons olive oil, divided
4 cups cauliflower florets and chopped stems (about half of one medium head)
4 cups broccoli florets and chopped stems (about one small head)
4 garlic cloves, minced (reserve half for the breadcrumbs)
¼ teaspoon black pepper
¼ teaspoon salt
½ cup panko breadcrumbs
½ cup parsley leaves, finely chopped

Instructions:

1. Put a baking sheet pan on the middle rack and preheat the oven to 425°F.
2. Combine the cauliflower, broccoli, and half of the garlic in a large mixing bowl, drizzle with 1 Tablespoon of the olive oil and season with salt and pepper. Toss to coat the vegetables with the oil and seasonings.
3. When the oven is preheated, pull out the sheet pan and spill the vegetables across it. Shake to distribute evenly and return the pan to the oven. Roast for about 20 minutes, until the vegetables start to brown and char a little around the edges. Use a spatula to gently toss the vegetables about halfway through.
4. While the vegetables roast, toast the breadcrumbs in a dry sauté pan over medium-high heat for about 5 minutes, stirring or tossing often. Transfer them into a small bowl.
5. Return the sauté pan to medium heat, add the reserved tablespoon of olive oil and the garlic. Sauté for about 30 seconds and then add the toasted breadcrumbs back in, stirring to combine. Remove from heat and stir in the parsley.
6. Sprinkle the breadcrumbs over the roasted vegetables and serve.

Nutrition Information:

Spaghetti with Lentil Mushroom Bolognese		
Nutrition Facts		
Serving Size	1 x 4 Serving	
Amount Per Serving		
Calories	371.8	
	% Daily Value*	
Total Fat	5.1 g	7 %
Saturated Fat	0.5 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	107 mg	5 %
Total Carbohydrate	67.6 g	25 %
Dietary Fiber	9.9 g	35 %
Total Sugars	8.2 g	
Added Sugars	0 g	0 %
Protein	15.7 g	
Vitamin D	0 mcg	0 %
Calcium	76.4 mg	6 %
Iron	5.3 mg	29 %
Potassium	627.6 mg	13 %
* 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 </>		

Lentil Mushroom Bolognese with Whole Wheat Spaghetti		
Nutrition Facts		
Serving Size	1 x 4 Serving	
Amount Per Serving		
Calories	369.1	
	% Daily Value*	
Total Fat	4.9 g	6 %
Saturated Fat	0.7 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	111.5 mg	5 %
Total Carbohydrate	68.1 g	25 %
Dietary Fiber	11.4 g	41 %
Total Sugars	7.2 g	
Added Sugars	0 g	0 %
Protein	17 g	
Vitamin D	0 mcg	0 %
Calcium	87.1 mg	7 %
Iron	5.3 mg	30 %
Potassium	631.5 mg	13 %
* 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 </>		

Mushroom Lentil Bolognese		
Nutrition Facts		
Serving Size	1 x 8 Serving	
Amount Per Serving		
Calories	171.8	
	% Daily Value*	
Total Fat	4.1 g	5 %
Saturated Fat	0.5 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	107 mg	5 %
Total Carbohydrate	25.6 g	9 %
Dietary Fiber	6.9 g	25 %
Total Sugars	7.2 g	
Added Sugars	0 g	0 %
Protein	8.7 g	
Vitamin D	0 mcg	0 %
Calcium	64.4 mg	5 %
Iron	3.3 mg	18 %
Potassium	509.6 mg	11 %
* 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 </>		

Roasted Broccoli and Cauliflower with Garlic Breadcrumbs		
Nutrition Facts		
Serving Size	1 x 4 Serving	
Amount Per Serving		
Calories	145.6	
	% Daily Value*	
Total Fat	7.4 g	9 %
Saturated Fat	1.2 g	6 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	216.5 mg	9 %
Total Carbohydrate	17.6 g	6 %
Dietary Fiber	4.6 g	16 %
Total Sugars	3.8 g	
Added Sugars	0 g	0 %
Protein	5.5 g	
Vitamin D	0 mcg	0 %
Calcium	73.5 mg	6 %
Iron	1.6 mg	9 %
Potassium	599.9 mg	13 %
* 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 </>		

Foundations of Culinary Medicine for Healthcare Professionals

Diabetes 04/21/22

Spaghetti with Lentil Mushroom Bolognese & Roasted Broccoli and Cauliflower with Garlic Breadcrumbs

Equipment List:

Baking sheet
Can opener
Chef's knife
Colander
Cutting board
Fine mesh strainer
Large pasta pot
Large saucepan or skillet
Liquid measuring cup
Measuring cups
Measuring spoons
Medium skillet or sauté pan
Prep bowls
Scrap bowl
Wooden spoon or spatula
Vegetable peeler

Prep Ahead Suggestions:

- Dice onion, carrot, and celery
- Chop broccoli and cauliflower
- Chop mushrooms
- Mince garlic for both recipes
- Pre-measure spices
- Rinse lentils
- Toast breadcrumbs