

Class 1 – Intro to Culinary Medicine

Vegetable Masala

8 servings

Ingredients:

2 Tablespoons vegetable oil
1 onion, diced
4 garlic cloves, minced
2 Tablespoons fresh ginger, minced or grated
1 small jalapeño, seeded and minced
1 small eggplant, cut into ½ inch cubes
1 small cauliflower, cut into small florets
1 – 28-ounce can low-sodium whole peeled tomatoes
1 – 15.5-ounce can coconut milk
1 – 15.5-ounce can low-sodium chickpeas, drained and rinsed
1 cup water or broth
6-ounce bag of fresh spinach
Optional garnish: limes wedges, chopped cilantro leaves

For the spice mix:

2 teaspoons garam masala
1 ½ teaspoons salt
1 teaspoon paprika
1 teaspoon curry powder
1 teaspoon turmeric
½ teaspoon cayenne

Instructions:

1. In a small bowl, mix together garam masala, salt, paprika, curry powder, turmeric, and cayenne.
2. Heat the vegetable oil in a high-sided skillet over medium heat and add diced onions. Sauté, stirring occasionally to prevent sticking, until onions are translucent, 3 minutes.
3. Add half of the spice mixture, ginger, garlic, and jalapeño to the pan. Sauté for 3 minutes, stirring occasionally.
4. Add the eggplant, cauliflower, remaining spice mixture, and canned tomatoes with their juices. Using a wooden spoon, break up the tomatoes. Stir well and let simmer for 10 minutes.
5. Add coconut milk, chickpeas, and water or broth and continue to simmer for 20 minutes or until vegetables are tender.
6. Turn off the skillet and stir in the spinach to combine, allowing the leaves to wilt.
7. Serve warm topped with raita, cilantro, and lime wedges. Enjoy!

Raita


8 servings (serving size about 1/3 cup)

Ingredients:

- 2 ½ cups plain yogurt
- ½ English or hothouse cucumber, grated
- Juice of half a lemon
- 1 teaspoon cumin
- Salt and pepper, to taste








































































Instructions:

1. Lightly salt the grated cucumber to draw out excess water. After about 5 minutes, squeeze out the cucumber and discard excess liquid by blotting with a paper towel.
2. In a medium bowl, mix together the yogurt, grated and drained cucumber, lemon juice, cumin, salt, and pepper. Feel free to add in any additional spices or herbs you may have – dill, cilantro, coriander, cayenne, etc.
3. Refrigerate until ready to serve and enjoy!



SPICES BY CUISINE

These spice combinations will have you whipping up dishes from all over the world! Use this chart as a guide to give your meals those traditional ethnic flavors you love.

MEXICAN	CARIBBEAN	FRENCH	NORTH AFRICAN	CAJUN	THAI
 CORIANDER  CUMIN  OREGANO  GARLIC POWDER  CINNAMON  CHILI POWDER	 ALLSPICE  NUTMEG  GARLIC POWDER  CLOVES  CINNAMON  GINGER	 NUTMEG  THYME  GARLIC POWDER  ROSEMARY  OREGANO  HERBES DE PROVENCE	 CARDAMOM  CINNAMON  CUMIN  PAPRIKA  TURMERIC  GINGER  RAS EL HANOUT	 CAYENNE PEPPER  OREGANO  PAPRIKA  THYME  ROSEMARY  BAY LEAVES  CAJUN SEASONING	 BASIL  CUMIN  GARLIC  GINGER  TURMERIC  CARDAMOM  CURRY POWDER
<h3 style="margin: 0;">MEDITERRANEAN</h3>  OREGANO  ROSEMARY  THYME  BAY LEAVES  CARDAMOM  CINNAMON  CLOVES  CORIANDER  BASIL  GINGER		<h3 style="margin: 0;">INDIAN</h3>  BAY LEAVES  CARDAMOM  CAYENNE PEPPER  CINNAMON  CORIANDER  CUMIN  GINGER  NUTMEG  PAPRIKA  TURMERIC  GARAM MASALA  CURRY POWDER		<h3 style="margin: 0;">MIDDLE EASTERN</h3>  BAY LEAVES  CARDAMOM  CINNAMON  CLOVES  CUMIN  GINGER  CORIANDER  OREGANO  ZA'ATAR  GARLIC POWDER	

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To learn more about adding flavor to your meals visit cooksmarts.com/Flavor

Foundations of Culinary Medicine for Healthcare Professionals

Intro to Culinary Medicine 03/24/22

Vegetable Masala with Raita

Equipment List:

Box grater
Can opener
Chef's knife
Cutting board
Fine mesh strainer
Large saucepan or skillet
Liquid measuring cup
Measuring cups
Measuring spoons
Prep bowls
Scrap bowl
Wooden spoon or spatula
Vegetable peeler
Optional: citrus press

Prep Ahead Suggestions:

- Dice onion
- Chop cauliflower
- Drain and rinse chickpeas
- Grate cucumber
- Mince garlic, ginger, and jalapeño
- Pre-measure spices

Nutrition Information

Vegetable Masala		
Nutrition Facts		
Serving Size	1 × 8 Serving	
Amount Per Serving		
Calories	241.4	
	% Daily Value*	
Total Fat	7.1 g	9 %
Saturated Fat	1.8 g	9 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	765.6 mg	33 %
Total Carbohydrate	35.2 g	13 %
Dietary Fiber	10 g	36 %
Total Sugars	10.6 g	
Added Sugars	0 g	0 %
Protein	9.7 g	
Vitamin D	0.7 mcg	3 %
Calcium	136.1 mg	10 %
Iron	3.3 mg	18 %
Potassium	730.1 mg	16 %
* 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		</>

Raita		
Nutrition Facts		
Serving Size	1 × 8 Serving	
Amount Per Serving		
Calories	53.2	
	% Daily Value*	
Total Fat	1.3 g	2 %
Saturated Fat	0.8 g	4 %
Trans Fat	0 g	
Cholesterol	4.6 mg	2 %
Sodium	128.2 mg	6 %
Total Carbohydrate	6.5 g	2 %
Dietary Fiber	0.3 g	1 %
Total Sugars	5.8 g	
Added Sugars	0 g	0 %
Protein	4.2 g	
Vitamin D	0 mcg	0 %
Calcium	146.4 mg	11 %
Iron	0.3 mg	2 %
Potassium	218.9 mg	5 %
* 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		</>