Recipe Rx

As we started planning this issue on food and nutrition, we kept hearing about the importance of cooking. If physicians are going to be credible when talking to patients about healthy eating, they ought to know something about making a healthy meal, right? They might even want to share a recipe. We know many physicians and medical students like to cook, and we thought it would be fun to find out what they are making. So we asked you to share your favorite healthy recipes with us.

The following are a few that we received. We’ll post these and others on our website (mnmed.org). Try them out and share them with your patients and colleagues. Also feel free to send us your favorite. We’ll add it to the collection.

**Recipe: Green Smoothie**

Anne Horst, MD, St. John’s Family Medicine Residency

This recipe is perfect for those who want to sneak more greens into their diet or indulge their sweet tooth in a healthy way. It’s full of antioxidants, fiber, iron and vitamins A, C, E, and K as well as many B vitamins, and it has no added sugar. (Anyone taking warfarin should take the vitamin K into account because it will likely affect their warfarin dosing.)

- 1 ripe banana, frozen (it helps to peel and break into pieces before freezing)
- Approximately 1 cup of spinach (kale and other greens also work)
- Approximately 1/2 cup unsweetened almond milk (unsweetened dairy milk, rice milk or coconut milk also work)
- 4 to 6 ice cubes

Blend all ingredients and enjoy! If it doesn’t blend easily, add more liquid.

Makes one serving

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**Recipe: Warm Brussels Sprouts Salad**

(Adapted from www.happyhealthymama.com)

Andrea Westby, MD, family physician, Sanford Health’s Perham Health Clinic

I actually had given up on Brussels sprouts until I found this recipe. Now I am hooked.

- 1 pound brussels sprouts, tough end removed, quartered, outer leaves separated from the core (about 2 ¼ to 2 ½ cups)
- 2 garlic cloves, chopped
- 1 tablespoon cooking oil of choice
- 2 ½ tablespoons fresh orange juice
- ½ tablespoon extra virgin olive oil
- ¾ teaspoon Dijon mustard
- ½ cup pomegranate seeds (I substitute craisins soaked overnight in a 50/50 mixture of orange juice and water if pomegranate seeds are not available)
- ½ cup goat cheese, crumbled

**Instructions:**

1. In a large skillet, heat oil. Add brussels sprouts and garlic. Cook until leaves are wilted, cores are crisp and tender, and everything is nicely browned (about 8 to 10 minutes).
2. Meanwhile, in a small bowl, whisk together the orange juice, olive oil and mustard.
3. Transfer the cooked brussels sprouts to a serving bowl. Drizzle with orange dressing and top with pomegranate seeds and goat cheese. Serve immediately.

Makes 4 servings

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Curried Chick Peas with Autumn Vegetables

Kate (Venable) Shafto, MD, University of Minnesota

This recipe comes from chef Jenny Breen, co-instructor of the “Food Matters for Doctors” class we created and author of Cooking Up the Good Life. It combines a lot of vegetables (you can use any kind) in a delicious sauce, and it’s really hard to mess up. You also can add meat (chicken cooked separately, diced and then added at the end, for example). I like this so much, it was one of the dishes served at my recent wedding reception dinner.

- 2 tablespoons olive oil
- 2 tablespoons toasted sesame oil
- 2 leeks, cleaned, halved and sliced (may substitute onion)
- 4 cloves garlic, minced
- 2 inches fresh ginger, peeled and minced
- 2 medium carrots, sliced
- ½ head cauliflower, chopped
- ½ head broccoli, peeled and chopped (including top half of stem)
- 1 small eggplant, diced (optional)
- 1 red pepper, seeds removed, diced or cut into strips
- 1 14-ounce can full-fat, organic coconut milk (shake well before adding)
- 1 cup apple juice (optional)
- ½ cup stock or water, if needed
- 2 cups chickpeas cooked in 6 cups water (or one 25-ounce can, drained)
- 1 tablespoon turmeric
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 2 teaspoons fresh thyme
- 1 teaspoon cayenne or red chilis
- 2 teaspoons salt
- Black pepper to taste

1. Heat oils together in pan, add leeks/onion and carrots. Sauté on medium heat about 3 minutes until leeks are soft. Sauté with garlic, ginger, being careful to not burn the garlic.
2. Add eggplant (if using), peppers, broccoli and cauliflower and sauté another 5 minutes. Add spices and apple juice (if using) and continue to cook, making sure the spices are well-blended.
3. Add coconut milk and chickpeas and combine thoroughly. Turn heat to low and simmer about 15 minutes, until veggies are soft.
4. Serve over cooked grain or noodles.

Makes 6 to 8 servings

Sundried Tomato Squashta (Squash-Pasta)

(Adapted from http://paleomg.com)
Andrea Weiers, MS4, University of Minnesota Medical School

This dish tastes just like it was made with traditional pasta. We’ve served it to guests who didn’t know it wasn’t.

- 1 medium spaghetti squash
- 4 cloves garlic, minced
- 2 large shallots, finely chopped
- 8 ounces sundried tomatoes in oil cut in half (or preferred size)
- 1 teaspoon sea salt
- 1 teaspoon red pepper flakes
- ½ teaspoon basil (dried)
- Black pepper to taste
- ¾ cup canned coconut milk
- 1 cup low-sodium vegetable or chicken broth

1. Preheat oven to 400° F.
2. Cut spaghetti squash in half and bake on cookie sheet 40 minutes or until the “spaghetti” can be easily scooped out. (Err on the side of over-baking, as the final product will taste better if the “noodles” are fully cooked.)
3. Heat 3 tablespoons of oil from the sundried tomatoes in a large skillet over medium heat. Add garlic and shallots. Once fragrant, add sundried tomatoes and continue heating 4 to 5 minutes.
4. Mix in salt, red pepper flakes, basil, black pepper.
5. Add coconut milk and broth. Stir well.
6. As this heats, scoop out the spaghetti squash with a spoon and add it to the broth mixture.
7. Simmer until thickened, approximately 10 minutes.
8. Add salt and pepper to taste.

Makes 4 servings
**Asparagus Pesto**

Saumya Shah, MS2, Mayo Medical School

*This is the most amazing experimental creation. My roommate and I use it as a sandwich spread, dipping sauce with baby carrots or pita chips, and pasta sauce. It's a healthy way to consume vegetables.*

- 1 pound asparagus
- 1 stalk broccoli, chopped
- 1 cup walnuts
- 4 cloves garlic, chopped
- ½ cup olive oil
- ⅓ cup Parmesan cheese
- 1 tablespoon black pepper
- 1 tablespoon oregano
- 1 tablespoon dried basil
- 1½ jalapeño peppers
- 2 tablespoons cooking oil
- Salt to taste

1. Bring a large pot of water to boil, add salt. Add asparagus and chopped broccoli. Cook until tender but not mushy. Drain well and save the cooking water. Let vegetables cool.
2. Add 2 tablespoons of cooking oil to a pan. Add walnuts. Roast at medium-high heat until they start browning (approximately 5 to 7 minutes). Stir occasionally.
3. Transfer the roasted walnuts, cooked asparagus and broccoli to a food processor. Add the garlic, olive oil, jalapeño peppers, black pepper, oregano, dried basil and salt. Process the mixture. If necessary, add olive oil to moisten.

Makes 3 to 4 cups

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**Bibimbap (Korean-inspired mixed rice and vegetables)**

(Adapted from bonappetit.com)

Charlene Gaw, MS2, Mayo Medical School

*Bibimbap is a well-known and beloved Korean dish. The name means “mixed rice.” It includes warm rice, sautéed vegetables and chili pepper paste. Substitute brown rice (a whole grain) for the white rice to make the dish healthier. This dish is a good option for someone on a low-cholesterol diet.*

- 4 cups cooked white rice (or brown rice)
- 1 cup bean sprouts
- 1 cup spinach, cut into thin strips
- 1 clove garlic, minced
- 1 carrot, cut into matchsticks
- 1 cucumber, cut into matchsticks
- 1/4 cup gochujang (Korean hot pepper paste; available in most Asian food stores)
- 4 large eggs
- 2 tablespoons olive oil
- 2 tablespoons reduced-sodium soy sauce
- 4 teaspoons sesame oil
- Pinch of red pepper flakes

1. Heat 1 tablespoon olive oil in a nonstick skillet over medium heat.
2. Add carrots, cook until softened (approximately 3 minutes). Add garlic and bean sprouts and cook until tender (approximately 2 minutes).
3. Stir in spinach and cucumber. Add soy sauce, gochujang and red pepper flakes to taste. Set mixture aside in a bowl.
4. Add 1 tablespoon olive oil to the skillet. Over medium-low heat, fry eggs on one side until yolks are runny but whites are firm (approximately 2 to 4 minutes).
5. Divide cooked rice among 4 serving bowls. Add vegetable mixture, 1 teaspoon of sesame oil and a small amount of gochujang paste to each bowl. Finish each dish by placing a fried egg on top.

Makes 4 servings
Mulligatawny Soup
(Adapted from a Cooks of Crocus Hill recipe)
Steven Radosevich, MD

This is one recipe I give out to patients. I’ve added more vegetables and brown rice to the original.

- 1 cup onions, diced
- ½ cup celery, diced
- 2 ounces butter
- 1 cup eggplant, diced
- ½ to 1 cup bell pepper, diced (can be green, red or yellow peppers or a combination)
- 1 apple peeled, diced
- 3 tablespoons curry powder
- 4 cups chicken stock, heated
- ¾ cup milk, hot
- ¾ cup light cream, hot
- 1 cup brown rice, cooked
- 8 ounces chicken, diced (optional)
- Salt and white pepper to taste

1. In a heavy soup pot, sauté onions, celery in butter.
2. Blanch eggplant, bell peppers and apples together in boiling, salted water for 5 minutes. Drain.
3. Add flour and curry powder to soup pot, mix well. Cook over low heat 5 to 6 minutes (do not brown).
4. Add hot chicken stock gradually, stirring until thickened and smooth. Return to boil and add blanched eggplant, peppers and apple. Simmer until vegetables are tender.
5. Blend in scalded milk and cream.
6. Add rice and chicken.
7. Adjust for seasoning.

Makes 8 8-ounce servings

RECIPE
Homemade Granola
(Adapted from cookieandkate.com)
Dominic Decker, MD, University of Minnesota Medical School, class of 2016

This granola is full of fiber, protein and omega-3 fatty acids and is a quick, satisfying snack. It’s sweetened with maple syrup, which is mostly made of sucrose and thus has a lower glycemic index than store-bought granola, which contains fructose.

- 4 cups rolled oats
- 1 cup raw sunflower seeds
- 1 cup raw pecans
- ½ cup unsweetened coconut flakes
- ½ cup maple syrup
- ½ cup olive oil
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- ½ cup unsweetened dried cherries

1. Preheat oven to 350° F.
2. Mix oats, sunflower seeds, pecans, salt, ground cinnamon and coconut flakes in a large bowl. Add maple syrup and olive oil to coat well.
3. Spread mixture evenly on a large baking sheet lined with parchment paper.
4. Bake for 25 minutes or until golden brown. Allow to cool completely.
5. Once cool, break apart and mix in dried cherries. Store in airtight container.

Makes approximately 10 cups