

COOKING YOUR WAY TO A HEALTHIER HEART

Healthy Cooking Demo



Menu:

- *Mediterranean Lemon-Herb Chicken Kebabs*
- *Tzatziki (Greek-style yogurt sauce)*
- *Provençal Lentil and Brown Rice Pilaf*
- *Baba Ganoush (Middle Eastern Eggplant-Tomato Relish) with Avocado*

Goals:

- Learn how to feel satisfied on smaller (3-ounce) portions of animal proteins such as chicken.
- Learn how to incorporate whole grains and legumes into meals.
- Learn to use healthy monounsaturated fats in the place of unhealthy saturated fats as part of a Mediterranean diet.
- Start cooking! People who frequently cook at home eat healthier and consume fewer calories than those who cook less.¹

Instructors: **Fernando and Marlene Divina**

Fernando Divina is the executive chef for OHSU Food & Nutrition Services. He has served as executive chef at several acclaimed restaurants, including Fiddleheads, awarded Restaurant of the Year by *The Oregonian*. Fernando and partner, Marlene, own Divina Restaurant Concepts, which provides restaurant industry planning services for a wide array of clients—most notably the Smithsonian National Museum of the American Indian's Mitsitam Café. The Divinas' articles and photography have appeared in such publications as *The Washington Post*, *The Oregonian* and *Arizona Food and Lifestyles Magazine*. Their book, *Foods of the Americas: Native Recipes and Traditions*, received the James Beard Award for Excellence.



KNIGHT
CARDIOVASCULAR
INSTITUTE

Oregon Health & Science University

Menu for a Summer Celebration

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Chicken Kebabs*
- *Tzatziki (Greek-style yogurt sauce)*
- *Provençal Lentil and Brown Rice
Pilaf*
- *Baba Ganoush (Middle Eastern
Eggplant-Tomato Relish) with
Avocado*

| Nutrition Facts | |
|--------------------------------|-----|
| Servings: 1 meal | |
| Amount Per Serving | |
| Calories 530 | |
| % Daily Value * | |
| Total Fat 25 g | 33% |
| Saturated Fat 4 g | 15% |
| Monounsaturated Fat 15 g | |
| Polyunsaturated Fat 3 g | |
| Trans Fat 0 g | |
| Cholesterol 2 mg | 1% |
| Sodium 308 mg | 14% |
| Potassium 752 mg | 23% |
| Total Carbohydrate 61 g | 21% |
| Dietary Fiber 9 g | 35% |
| Sugars 8 g | |
| Protein 23 g | 50% |
| Vitamin A | 7% |
| Vitamin C | 30% |
| Calcium | 11% |
| Iron | 22% |

Mediterranean Lemon-Herb Chicken Kebabs

Serves 4

1 pound boneless, skinless chicken breast, cut into 16 pieces, about the same size
2 tablespoons extra-virgin olive oil
Grated zest from 1 lemon
2 tablespoons fresh lemon juice (from about 1 lemon)
2 tablespoons chopped fresh oregano
1 garlic clove, minced or pressed
1/4 teaspoon freshly ground black pepper
Lemon wedges, for serving
4 8-inch wooden skewers, soaked in a tall glass of water

In a medium bowl, toss the chicken with the olive oil, lemon zest, lemon juice, oregano, garlic, and pepper.

Skewer the chicken, 4 pieces to each skewer, cover, and place in the refrigerator overnight (alternatively, marinate at room temperature for about 20-30 minutes, covered.).

Pre-heat a broiler, grill, or large pan until very hot. Baste the skewers with the marinade and cook until browned, turning and basting until cooked through.

Nutrition information (per serving): 121 calories, 8 grams total fat, 1 gram saturated fat, 5 grams monounsaturated fat, 0 grams trans fat, 0 mg cholesterol, 73 mg sodium, 41 mg potassium, 2 grams total carbohydrate, 1 gram fiber, 0 grams sugar, 10 grams protein

Tzatziki

Serves 6

1 cup low-fat plain Greek yogurt
1 cucumber, seeded and shredded, about 1 ½ cups
¼ cup white onion, shredded
1 ½ tablespoons chopped fresh mint
1 garlic clove, minced or pressed

In a bowl, combine the yogurt, cucumber, onion, mint, and garlic paste. Stir to combine thoroughly. Refrigerate until ready to serve.

Nutrition information (per serving): 32 calories, 1 gram total fat, 1 gram saturated fat, 0 grams monounsaturated fat, 0 grams trans fat, 2 mg cholesterol, 12 mg sodium, 48 mg potassium, 3 grams total carbohydrates, 0 grams fiber, 2 grams sugar, 4 grams protein

Provençal Lentil and Brown Rice Pilaf

Serves 4-6

½ cup dry green lentils
3 cups water, divided
2 garlic cloves, minced or pressed
1 bay leaf
½ teaspoon ground cumin seed
1 pinch ground cinnamon
1 cup brown rice
½ cup water
1 tablespoon extra-virgin olive oil
¼ teaspoon sea salt

Place the lentils in a pot large enough to accommodate the pilaf with 2 cups of the water, garlic, and bay leaf. Bring to a boil. Reduce the heat to a simmer and cook the lentils for 10 minutes. Add the cumin, cinnamon, rice, and remaining 1 cup of water. Return to a boil, reduce the heat to lowest setting, cover and cook for 12-15 minutes or until all the liquid is absorbed and the lentils and rice are cooked through. Drizzle the olive oil and distribute the salt over the pilaf at service.

Nutrition information (per serving): 245 calories, 5 grams total fat, 1 gram saturated fat, 3 grams monounsaturated fat, 0 grams trans fat, 0 mg cholesterol, 149 mg sodium, 340 mg potassium, 46 grams total carbohydrates, 4 grams fiber, 1 gram sugar, 8 grams protein

Baba Ganoush (Middle Eastern Eggplant-Tomato Relish) with Avocado

Makes about 3 ½ cups, ¼ cup per serving

2 tablespoons capers, drained

¼ cup extra-virgin olive oil, divided

1 pound eggplant, peeled and cut into 1/4-inch dice, about 3 cups

1 cup onion, finely chopped

1 celery rib, finely chopped, about ½ cup

1 medium tomato, finely chopped, about 1 cup

2 tablespoons red wine vinegar

2 teaspoons honey or sugar

1 tablespoon pine nuts, toasted in a dry pan

Freshly ground black pepper

1 Hass avocado, diced, about 1 scant cup

Minced fresh herbs, optional (e.g., chives with their blossoms, oregano, flat-leaf parsley, chervil, or mint)

In a small bowl, cover the capers with water and let soak for 15 minutes; drain and set aside.

Meanwhile, in a large skillet, heat all but 1 tablespoon of the olive oil. Add the eggplant and cook over moderately-high heat until the bottom browns, about 10 minutes. Transfer the eggplant to a bowl.

Add the remaining 1 tablespoon of olive oil to the skillet along with the onion and celery. Cover and cook over low heat, stirring occasionally, for 3-5 minutes. Add the tomato, cover, and cook until soft, about 5 minutes. Remove from the heat.

In a separate saucepan, simmer the vinegar and sugar, stirring, until sugar is dissolved. Add the pine nuts and capers and heat for 1 minute.

Combine all of the cooked relish components except the avocado and simmer for 2-3 minutes or until most of the liquid is evaporated. Transfer the relish to a bowl. Let the relish cool to room temperature, then fold in the avocado and fresh herbs, if using. This relish is best served at room temperature. If making the relish in advance, allow the relish to return to room temperature before serving.

Nutrition information (per serving): 132 calories, 11 grams total fat, 1 gram saturated fat, 7 grams monounsaturated fat, 0 grams trans fat, 0 mg cholesterol, 74 mg sodium, 323 mg potassium, 10 grams total carbohydrate, 4 grams fiber, 5 grams sugar, 1 gram protein