

COOKING YOUR WAY TO A HEALTHIER HEART

Healthy Cooking Demo



Menu:

- *Autumn Melon Cooler*
- *Jicama and Chayote Salad with Lime and Spice-Toasted Pumpkin Seeds*
- *Southwestern-Style Chicken Pozole (a green chile and chicken stew)*

Goals:

- Learn how to make full-flavored yet low-sodium soups and stews.
- Learn how to incorporate legumes and vegetables into meals to increase the fiber and nutrient content.
- Learn how to make a low-calorie, high-fiber beverage with no added sugar.
- 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.



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Oregon Health & Science University

A Late-Summer Harvest Menu

- *Autumn Melon Cooler*
- *Fall Salad of Jicama and Chayote with Lime and Spice-Toasted Pumpkin Seeds*
- *Southwestern-Style Chicken Pozole (A Green Chile and Chicken Stew)*

Nutrition Facts	
Servings: 1 meal	
Amount Per Serving	
Calories 623	
	% Daily Value *
Total Fat 30 g	46%
Saturated Fat 5 g	23%
Monounsaturated Fat 19 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 66 mg	22%
Sodium 418 mg	17%
Potassium 1079 mg	31%
Total Carbohydrate 71 g	24%
Dietary Fiber 18 g	70%
Sugars 20 g (0 g added sugars)	
Protein 28 g	56%
Vitamin A	166%
Vitamin C	466%
Calcium	17%
Iron	33%

Jicama and Chayote Salad with Lime and Spice-Toasted Pumpkin Seeds

Serves 4

For the pumpkin seeds

¼ cup raw pumpkin seeds
1 teaspoon olive oil
¼ teaspoon ground cumin
⅛ teaspoon cayenne pepper
⅛ teaspoon sea salt
Freshly ground black pepper, to taste

For the dressing

3 tablespoons fresh lime juice
1 tablespoon light vinegar such as sherry, champagne, or cider
1 tablespoon honey
⅛ teaspoon dry mustard powder
⅛ teaspoon cayenne pepper
⅛ teaspoon ground chile – pasilla, New Mexico or other robust dried and ground pepper
¼ teaspoon kosher salt
⅛ teaspoon freshly ground black pepper
⅓ cup extra-virgin olive oil

For the salad

1 cup jicama, peeled and cut into thin strips or cut on a mandolin vegetable slicer
1 chayote squash, thinly sliced and cut into strips, about 1 cup
½ cup carrot, thinly sliced and cut into strips
½ red bell pepper, seeded and thinly sliced, about 1/3 cup

Preheat the oven to 400° F. Combine the pumpkin seeds, olive oil, cumin, cayenne pepper, sea salt, and black pepper. Spread the seeds onto a small baking sheet and roast until lightly toasted, about 10 minutes. Remove the seeds from the oven and let cool.

To prepare the dressing, whisk together the lime juice, vinegar, honey, dry mustard powder, cayenne pepper, ground chile, salt, and black pepper. Slowly pour in the olive oil in a thin stream, whisking until emulsified.

To assemble the salad, combine the jicama, chayote squash, carrot, and bell pepper in a bowl. Pour the dressing over the salad and mix well. Top with the roasted pumpkin seeds.

Nutrition information (per serving): 255 calories, 21 grams total fat, 3 grams saturated fat, 14 grams monounsaturated fat, 0 grams trans-fat, 0 mg cholesterol, 241 mg sodium, 282 mg potassium, 17 grams total carbohydrate, 5 gram fiber, 7 grams sugar (0 grams added sugar), 2 grams protein

Southwestern-Style Chicken Pozole - A Green Chile and Chicken Stew

Serves 8

If you prefer to limit the amount of sodium in your dishes, prepare this brightly-flavored stew with dried beans and corn. Simply place them in a pan and cover with water; let stand overnight. Short on time? Substitute canned beans and white hominy. To lower the sodium content, drain the beans and hominy in a strainer, then rinse well with water before adding to the stew (this removes approximately $\frac{1}{3}$ of the sodium listed on the nutrition label). For a hearty winter variation of this robust stew, replace the fresh green chiles with red chile sauce or low-sodium enchilada sauce.

For the beans and corn

$\frac{1}{2}$ pound (about $1\frac{1}{2}$ cups) dried Anasazi beans, soaked overnight (or substitute 1 pound cooked and drained beans)

$\frac{1}{2}$ pound (about $1\frac{1}{4}$ cups) dried corn kernels (posole), soaked overnight (or substitute cooked white hominy)

For the green chile flavoring

2 teaspoons canola oil

1 white onion, diced (about 1 cup)

1 jalapeno pepper, stem and seeds removed, minced

1 $\frac{1}{2}$ pounds whole fresh mild green chiles – Anaheim, California, or Hatch (can substitute canned green chiles for convenience)

2 cloves garlic, peeled and minced

$\frac{1}{2}$ cup flat-leaf parsley tops

$\frac{1}{2}$ cup epazoté leaves (optional)

$\frac{3}{4}$ cup fresh cilantro tops and tender stems, discard woody stems

4 cups low-sodium chicken broth

Freshly ground black pepper, to taste

For the stew

1 pound skinless, boneless chicken breast, diced

$\frac{1}{2}$ teaspoon dried thyme

$\frac{1}{2}$ teaspoon dried oregano or marjoram

To serve

2 corn tortillas, halved and sliced into thin strips

$\frac{1}{2}$ teaspoon canola oil

Lime wedges

1 cup green cabbage, thinly sliced or shredded

1 small avocado, sliced into 8 pieces

2 radishes, sliced

$\frac{1}{4}$ cup cilantro tops

To prepare the beans and corn for the stew:

Discard the soaking water from the beans and corn. Put the beans and corn in a heavy-bottomed pot. Add water to about an inch above the beans and corn. Cover with a lid, and bring the mix to a boil over medium-high heat. Reduce the heat to achieve a gentle simmer, and cook the beans and corn until tender, about an hour, adding water as necessary to maintain the water level. Drain and set aside.

To prepare the flavorings for the stew:

In a separate pan over medium heat, add the oil, onions, jalapeno, green chiles, and garlic. Cook until the vegetables soften, about 5-7 minutes. Transfer the cooked vegetables to a blender jar. Add the parsley, epazoté, and cilantro, and pulse the mixture, adding as much of the chicken broth as needed to liquefy the sauce. Season to taste with black pepper. Set aside and keep warm.

To prepare the stew:

Place the chicken, thyme, oregano, and any remaining broth into a pot with the cooked beans and corn. Bring the stew to a simmer. Add the chile puree and cook until the chicken is cooked through and tender, about 6-7 minutes. Keep warm.

To prepare the garnish for service:

Preheat the oven to 400° F. Toss the tortilla strips in the oil and generously drizzle the strips with the juice of two lime wedges. Spread the tortilla strips on a sheet pan, and toast until lightly browned. The strips will crisp as they cool.

To serve:

Ladle stew into heated soup bowls. Top each bowl with cabbage, avocado slice, radish slices, cilantro tops, and the toasted tortilla strips. Serve lime wedges for guests to squeeze into the soup at the table.

Nutrition information (per serving): 294 calories, 8 grams total fat, 1 gram saturated fat, 4 grams monounsaturated fat, 0 grams trans-fat, 41 mg cholesterol, 159 mg sodium, 485 mg potassium, 34 grams total carbohydrate, 10 gram fiber, 2 grams sugar (0 grams added sugar), 24 grams protein

Autumn Melon Cooler

Serves 4

4 cups seedless watermelon, meat only, cubed into 1-inch pieces, divided
½ cup water
24 mint leaves
6 tbsp stevia or other sugar substitute
4 limes, halved, one thick slice taken from each lime (to produce 4 lime wheels)
4 thick sliced limes taken from the limes before squeezing

Add 3 cups of watermelon and to a blender jar. Blend to liquefy.

Divide the remaining watermelon, mint leaves, and stevia among four glasses. With a wooden pestle or spoon, mash the watermelon and bruise the mint leaves while mixing into a pulpy mass. Squeeze half a lime into each glass. Distribute the melon liquid among the glasses and garnish with lime wheels.

Nutrition information (per serving): 74 calories, 0 grams total fat, 0 grams saturated fat, 0 grams monounsaturated fat, 0 grams trans-fat, 0 mg cholesterol, 7 mg sodium, 294 mg potassium, 21 grams total carbohydrate, 4 gram fiber, 11 grams sugar (0 grams added sugar), 2 grams protein