



Week One Participant Manual:
Setting Up the Kitchen for Success



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JOURNALING

- What are your thoughts on how we have been stocking our pantries, these days, with boxed and convenience foods?
- What are some items that have been staples for you that you know you should get rid of?
 - How do you feel about this?
 - What are you going to do to make these changes?

Stocking Your Kitchen For Health

Cooking Fats

- ☐ Butter
- ☐ Extra Virgin Olive Oil

Pastas, Breads, Grains, Flours

- ☐ Stuffed pasta
- ☐ Soup pasta
- ☐ Strand or shaped pasta
- ☐ Grains of choice (ex. bulgur, quinoa, couscous)
- ☐ Oats
- ☐ Flour of choice
- ☐ Fresh bread of choice (or tortillas)
- ☐ Rice

Canned Goods

- ☐ Broth (canned or boxed)
- ☐ Beans of choice (canned or dried)
- ☐ Tuna/salmon
- ☐ Tomato sauce/paste/diced

Fruits and Vegetables

- ☐ Local and in-season fruits and vegetables
- ☐ Frozen vegetables of choice
- ☐ Onions
- ☐ Garlic
- ☐ Potatoes

Dairy and Eggs

- ☐ Milk
- ☐ Cheese
- ☐ Yogurt

Additional Ingredients

- ☐ Balsamic vinegar (or other kind)
- ☐ Brown mustard
- ☐ Nuts of choice
- ☐ Spices of choice
- ☐ Condiments and sauces that contain primarily real ingredients

Other Items You Want to Add:

Create some menus for the week. Take a look at recipes you would like to prepare. Make a list of the ingredients you will need to purchase. In addition, keep a running list of staple ingredients you are running low on. This will be helpful for you when you visit the grocery store.

The Secrets of a Healthy Kitchen

Stocking the Kitchen for Health

The Differences between Olive oil and Extra Virgin Olive Oil

- All olive oils are high in monounsaturated fat-the heart healthy fat.
- All contain the same amount of calories per serving.
- The terms "virgin" and "extra virgin" olive oil refer to the acid content.
- Extra virgin olive oil (EVOO) has less acid and more aroma and flavor than "pure" or "virgin" olive oil.
- EVOO is derived from the first press.
- EVOO is known to contain stronger concentrations of phytonutrients, which are components of plants that are shown to provide health benefits.
- Recent studies have compared the anti-inflammatory benefits of EVOO to the anti-inflammatory benefits of non-EVOO. Researchers found EVOO to lower inflammatory markers in the blood when non-EVOOs were unable to do so; hence aiding in the prevention of many chronic diseases.

Quinoa the Queen of Grains

- Quinoa is gluten-free
- Quinoa is easily digested and has a very low allergy risk
- Quinoa serves as a complete protein source
- And contains monounsaturated fats

Activate the Health Benefits of Garlic

- Chop or crush garlic and let it sit exposed to oxygen for approximately 10 minutes.
 - This will allow allicin that is found in garlic to become activated. And this is the component of garlic that benefits your cardiovascular health.

Nuts are Nutritious

- Great source of monounsaturated fats
- Many nuts also contain omega-3 fatty acids
- Contain the valuable antioxidant Vitamin E

Where is Monosodium Glutamate (or free glutamic acid) Hidden?

Naturally glutamic acid is usually found in proteins. And when it is not altered, it does not cause adverse reactions in the body. To cause adverse reactions, the glutamic acid must have been processed in some fashion.

To avoid processed glutamic acid, also known as free glutamic acid, as much as possible read your ingredient list and try to avoid foods that contain:

- Glutamic acid
- Glutamate
- Monosodium glutamate
- Monopotassium glutamate
- Calcium glutamate
- Monoammonium glutamate
- Magnesium glutamate
- Natrium glutamate
- Yeast extract
- Anything "hydrolyzed"
- Any "hydrolyzed protein"
- Calcium caseinate
- Sodium caseinate
- Yeast food
- Yeast nutrient
- Autolyzed yeast
- Gelatin
- Textured protein
- Soy protein
- Soy protein concentrate
- Soy protein isolate
- Whey protein
- Whey protein concentrate
- Whey protein isolate
- Vetsin
- Ajinomoto



Recipes from the Pantry

Basic Salad Dressing

You'll Need

- 3 Tablespoons Olive Oil
- 1 Tablespoon Balsamic Vinegar
- Brown mustard to reach a consistency you like

Directions:

- Mix all the ingredients together.

Play with Your Food

- Add herbs or spices (oregano, garlic, cayenne, etc.)
- You may want to add a tad bit of honey.
- Try a flavored balsamic vinegar.
- Make your own dressing sticking with standard Components of a Dressing
 - Oil
 - Acid – wine, any type of vinegar, lemon juice, etc.
 - Binder or thickening Agent – mustard, egg yolk, sour cream, yogurt, miso etc.
 - Seasonings

Tortellini Soup

You'll Need

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 garlic cloves, crushed
- 1, 10 ounce package frozen chopped spinach
- 2, 14.5 ounces of chicken broth
- 1, 14.5 ounce can of diced tomato or 1 fresh tomato, diced
- 1, 9 ounce package of cheese tortellini
- Pinch of crushed red pepper
- ½ tablespoon dried basil
- Salt and Pepper to taste
- Freshly grated Parmesan cheese(optional)

Directions

- In a large pot heat olive oil over medium heat.
- Add crushed red pepper to your liking and saute with the onion and garlic until fragrant.
- Next add the spinach, tomato and broth.
- Heat to boiling and then reduce heat to low. Stir in tortellini, and simmer for 10 to 15 minutes, or until the tortellini is cooked to desired tenderness.
- Season with the basil, salt and pepper.
- If you would like you can serve topped with some freshly grated Parmesan cheese.

Play with Your Food

- Use vegetable instead of chicken broth
- Try a mushroom or pesto filled tortellini
- Top with Romano or Asiago instead of Parmesan



Macaroni and Cheese

You'll Need

- 1 pinch of salt
- 1 splash extra-virgin olive oil
- 2 cups pasta
- 2 tablespoons unsalted butter
- 2 tablespoons flour
- ½ cup half-and-half
- 1 bay leaf
- Salt and pepper to taste
- 1(+) cups grated sharp cheddar cheese

Directions

To a medium sauce pan

Add the salt and olive oil to 4 cups of water. Bring it to a boil, and then add the pasta for about 6 – 7 minutes. The pasta should be almost, but not quite, tender when you strain it off.

While the pasta's Boiling

Melt the butter over medium heat in a second saucepan. Add the flour, mix them thoroughly together, and allow the roux to brown only slightly. Add the half-and-half, bring to a simmer with the bay leaf, salt, and pepper. Let these flavors bubble into each other for a few minutes. Remove the bay leaf and whisk until smooth. Then add the grated cheese to complete the sauce, and let it simmer until the pasta is done. Correct the seasoning.

To finish it off, just drain the pasta and then throw it back into the sauce. Turn them into each other over medium heat for ~2 minutes. That's it!

Tricks of the Trade

The only real trick to this is to remove the pasta from the water a bit underdone. It finishes cooking when you add it back to the sauce.

Play With Your Food

Try ½ cup of Parmesan instead of the cheddar.

Tip

If your kids are like most, they turn up their noses for the weirdest reasons-- like the color of the cheese sauce. If this is the case, try white cheddars, or yellow, or a combination. You could even let your child decide which is their "favorite".



Egg Salad

You'll Need

- As many hard boiled eggs as you would like
- Lemon juice
- Olive oil
- Salt
- Pepper

Directions

- Mash eggs & mix in lemon juice, olive oil, salt, & pepper to the ratio of your liking.

Play with Your Food

- Add some diced up green olives
- Add in some capers.

Shrimp in Coconut-Curry Sauce

You'll Need

- 2 teaspoons curry powder
- ½ teaspoon black pepper
- ½ teaspoon salt
- ¼ teaspoon chili powder
- 1 tablespoon olive oil or coconut nut oil
- 2 jalapenos, seeds removed and chopped
- 5 garlic cloves, minced
- 1, 14 ounce can coconut milk
- 1 tablespoon of corn or potato starch
- 3 tablespoons chopped Italian or Thai basil (optional)
- 2 teaspoons grated or finely chopped fresh ginger
- 1 pound uncooked shrimp (peeled and deveined)
- Cooked rice

Directions

- In a medium bowl combine curry powder, pepper, ¼ teaspoon of salt, and chili powder. Add shrimp and toss to coat. Cover and chill for 1 hour.
- While shrimp is marinating, in a bowl stir together coconut milk, starch and ¼ teaspoon of salt. Set aside.
- Once shrimp had time to marinate, in a large skillet heat oil over medium-high heat.
- Add onion, garlic and jalapeno. Cook and stir until fragrant and slightly soft. Then remove mixture from skillet and set aside.
- Next add shrimp to skillet and cook until shrimp turns pink (do not overcook) and then remove from skillet.
- Now add coconut milk mixture to skillet. Cook on medium heat until slightly thickened.
- Then add in both onion and shrimp mixture. Finally add basil and ginger. Heat through. Taste and adjust seasonings as needed.
- Serve over rice.

Play with Your Food

- Use chicken instead of shrimp
- Use vegetables of choice instead of shrimp
- Use a different pepper than a jalapeno
- Add some veggies to the dish
- Add more chili powder