



2022 CALM & FIT WELLNESS COOKBOOK
BREAK BREAD WITH US



Mount
Sinai



A message from
Jane Maksoud,
 RN, MPA
 Senior Vice President
 Chief Human
 Resources Officer,
 Mount Sinai
 Health System

Welcome to the Mount Sinai Calm and Fit 2022 cookbook, Break Bread with Us. This collection of recipes from faculty, staff, and students from across the Health System celebrates the value of healthy eating and how cooking offers an opportunity to create community by bringing people together. There is a certain intimacy that is forged as we as we set aside time to dine with one another, whatever the occasion. Sharing a meal provides a space for gratitude for the growers who cultivated the ingredients, the cooks who prepared the food, and for all who savor the meal.

Many of the recipes are “plant forward”, dishes that feature ingredients from plants: vegetables, fruits, legumes, seeds, and nuts and may include a protein like meat, poultry, or fish. These recipes are considered healthful not only for us but for our planet, maximizing nutritional content and limiting ingredients that may increase our carbon footprint. Please take the time to experience the joy of preparing and “gifting” a favorite dish during the upcoming holiday season and thanks to all of you for sharing your favorite recipes with us.

I wish you peace, contentment and joy during the holiday season and best wishes to you and your families for a future that is healthy and happy and full of special moments where you break bread together.

Warmly,

Jane

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Ribollita

This recipe for Ribollita soup is a family favorite. I studied abroad in Florence, Italy when I was in college and had my first bowl of Ribollita soup then. Since then, we have traveled back to Italy and always make it a point to grab a bowl of this delicious and hearty soup. We love it so much that we worked on perfecting this recipe at home. This dish brings me so much joy and fond memories of Italy every time we make it. It is even better the next day as leftovers. I hope you and your family enjoy it as much as we do!

Jennifer Kartashevsky,
Clinical Nutritionist,
Diabetes Alliance
Mount Sinai Brooklyn
and Staten Island

INGREDIENTS

1 large onion	1 28-oz can whole peeled tomatoes
3 medium carrots	1/2 loaf unsliced crusty country bread
2 celery stalks	1/2 c extra-virgin olive oil
8 garlic cloves	Kosher salt (to taste)
2 bunches Tuscan kale	1 14-oz can cannellini beans
1 small wedge of Parmesan with rind	3/4 t crushed red pepper flake

PREPARATION

Place a rack in middle of oven; preheat to 450 degrees.

Cut the onion in half. Peel and discard the onion skin. Finely chop and transfer onion to a medium bowl. Wash, peel, and trim the carrots. Cut carrot sections into half-inch pieces. Add to bowl with onion. Chop the celery into half-inch pieces. Add to bowl with the onion and carrots. Smash and peel the garlic cloves with the back of a knife. Add to the bowl with the onion, celery, and carrot pieces to form the mirepoix mixture. Set aside.

Strip and discard the stems from the kale. Wash the kale leaves, and tear leaves into two-inch pieces; set aside. Cut rind off the Parmesan wedge; set aside.

Pour the tomatoes and the juice into a strainer that is set over a medium bowl. Squeeze tomatoes and crush them with your hands. Save the tomatoes in the strainer over the bowl with the tomato juices. Set aside.

Tear the half loaf of crusty country bread into one-and-half inch pieces. Set aside.

Heat the olive oil in a medium Dutch oven or heavy pot over medium heat. Add the mirepoix mixture to the heated oil and stir in salt to taste. Cook and stir until vegetables are softened but not browned, approximately 8 to 10 minutes.

Add tomatoes without juices and cook in the pan with the mirepoix, stirring occasionally for about 10 minutes until the tomatoes are caramelized.

While the mirepoix and tomatoes are cooking, drain and rinse the canned cannellini beans in the strainer over the sink (discard the liquid from the beans).

Add the strained beans, the Parmesan rind, the bowl of tomato juices, the red pepper flakes, and 4 cups of water to the pot and bring to a simmer. Add kale in two batches. Stir allowing to wilt. Add a third of the torn bread to the pot and cook, stirring occasionally, to warm through, about 5 minutes. Remove the pot from the heat. Place remaining torn bread chunks on top and drizzle with olive oil.

Transfer pot to oven and bake until it is thick, bubbling, and the bread is golden brown, 10 to 15 minutes. Ladle into bowls, drizzle each generously with olive oil, and top with lots of grated Parmesan cheese.

Serves 4-6

Nutritional Information per Serving

Approximately 369 calories

Carbohydrates: 45 g

Protein: 12 g

Fiber: 6 g



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Red Lentil Vegetable Soup

INGREDIENTS

2 T of olive oil	1 t of turmeric
1 c chopped carrots	1 t of pepper
1 c chopped red onion	1 small can tomato paste or 1 c tomato sauce
1 c chopped celery	1 c dry red lentils
1 T of lemon zest	2 vegetable bouillons
Fresh dill, chopped	8 c water
1 pinch red pepper flakes	1 can coconut milk
1 T of curry powder	1 lemon, juiced
1 T of paprika	Freshly ground pepper, to taste

PREPARATION

Heat olive oil in a Dutch oven or a generous size soup pan over medium heat. Add the chopped carrots, onion, celery, lemon zest, dill, pepper flakes, curry powder, paprika, turmeric, and pepper and stir for five minutes.

Stir in the tomato paste or sauce and stir and cook on medium heat for five minutes. Add the lentils, vegetable bouillons, and the water; stir to combine and bring to a boil. Reduce heat, cover and simmer for 30 minutes until the lentils are soft.

Add the coconut milk and stir. Cook on low heat to blend flavors until fully heated through.

Puree half of the soup in a blender; return blended portion back into the pot. Add the lemon juice and serve in bowls. Season with pepper to taste.

Serves 4-6

Nutritional Information per Serving

Approximately 140 calories

Carbohydrates: 17 g

Protein: 8 g

Fat: 2.4 g

My mother always serves one of her famous vegetable soups when my sisters, I, and our brother visit in Philadelphia. Her soup is extra hardy, and she always sends me home with a container as well (lucky me - as this is a perfect lunch or dinner!). This is a riff on her infamous soup.

It is a complete meal or feel free to serve with a side dish.

Abby Schwartz,
Mount Sinai Health
Network and Vice-President,
Disease Management

Grandma's Mushroom Barley Soup Vegan Style

Whenever my sister and I visited my grandmother, she cooked for us. One of my favorite meals, once the weather turned chilly, was her mushroom barley soup. I loved it because mushroom barley was not something I could normally buy in a store or eat at a restaurant. I have always associated this dish with visiting my grandparents' home in the fall. This vegan version of her recipe still brings me and my family great memories even with ingredient substitutions. It is lovely to share this comforting dish with friends and family.

Wendy Leon, Mount Sinai Health System, Volunteer

INGREDIENTS

1/4 c of extra virgin olive oil	1 c dry white wine
1 lb assorted fresh mushrooms (button, cremini and shiitake), cleaned and chopped	1 t dried thyme
1 medium onion, diced	6 c low sodium vegetable broth, divided
1 c carrots, peeled and chopped (about 2 medium)	1/2 c pearl barley
1 c celery, chopped, including the leaves	1/2 c raw cashews, soaked in water 4 to 8 hours, or boiled in water for 15 minutes, and drained
3 garlic cloves, minced	1 1/2 T soy sauce
	Salt and pepper to taste

PREPARATION

Coat the bottom of a large pot with oil and place over medium heat. When the oil is hot, add the mushrooms in a single, even layer. Allow to cook for about 5 minutes. Turn and cook other side for 5 minutes until most of the mushrooms are nicely browned. Add onion, carrot, celery, and garlic to the pot and sauté until the vegetables are softened, about 5 minutes.

Add wine and the thyme to the pot. Raise heat and bring to a simmer. Lower heat and continue to simmer until the liquid is reduced by half, about 5 minutes.

Add 5 cups of the broth (reserving 1 cup), and add the barley to the pot. Bring to a boil. Lower the heat and allow to simmer, uncovered, until the barley is tender, about 45 minutes.

Transfer 1 cup of the soup to a blender. Add the reserved cup of broth and cashews to the blender. Blend until the mixture is smooth and creamy. Return it to the pot. Add the soy sauce and stir the soup, which will be thick. If you prefer a thinner soup, add some water. Reheat, and season with salt and pepper to taste.

Serves 4

Nutritional Information per Serving

Approximately 344.5 calories

Carbohydrates: 20 g

Fat: 19 g

Protein: 5.5 g





Butternut Squash Soup

INGREDIENTS

2 medium butternut squash	1/2 t white pepper
Squash seeds	1 t smoked or regular paprika
6 medium carrots	1 t garlic powder
1 medium onion	1/2 t cumin
4 c water, divided	

PREPARATION

Preheat the oven to 425 degrees.

Cut the butternut squash in half. Scoop out the seeds, but save them. Place the squash halves face-down on a baking sheet covered in foil and oiled. Sprinkle the squash seeds on the baking sheet to roast as a garnish for the soup. Set aside.

Peel and chop the carrots into thirds. Chop the onions into a few pieces. Place the carrot and onion pieces alongside the squash on the baking sheet. Bake in oven for 30 minutes. Remove the squash seeds, carrots and onion after about 30 minutes. Set the seeds aside separately, and set aside the carrots and onions. Continue baking the squash for another 30 minutes until the squash is soft enough to scoop from the skin.

Place the squash into a bowl and mash. Discard the shell.

Add half the butternut mash and half of the carrots and onions into a blender and blend on high. Add two cups of water and the pepper, paprika, garlic powder and cumin. Blend until smooth. Pour into a soup pot. Repeat the blending process with the remaining squash, carrots, onion and 2 cups of water. Add to the soup pot, combine blended portions. Stir and heat up before serving. Top with roasted squash seeds for crunch and flavor.

Nutritional Information per Entire Recipe

Approximately 330 calories
 Carbohydrates: 40 g
 Fat: 8.6 g
 Protein: 4.6 g

Butternut squash to me just screams fall, so I am always trying to find the best version of this beloved soup so I can serve it during Thanksgiving. The flavors are a real crowd pleaser, and the roasted seeds make it a party.

Wendy Leon, Mount Sinai Health System, Volunteer

Chicken Tortilla Soup

I love soup, and I love to cook and create. When the weather gets colder more people tend to enjoy soup, too, though I personally love soup any time of year. This dish is a meal in a bowl, simple and delicious. Although, this soup is not a soup that my grandmother would have made, she continues to inspire me as I follow in her footsteps. She always made homemade soups and this type of food always brings back fond memories of her. What a great way to share warmth and memories with others!

*TinaMarie Castellano,
Senior Practice Manager,
Mount Sinai Doctors,
Long Island*

INGREDIENTS

2 chicken breasts
1 15-oz can black bean soup
1 15-oz jar salsa
1 15-oz can black beans
2 c chicken broth, divided
Tortilla chips

PREPARATION

Cook the chicken breasts in a crock pot with 1 cup of the chicken broth until fully cooked. Remove the chicken, shred with a fork, and return to the crockpot. Add black bean soup, the salsa, the black beans, and the remaining chicken broth. Simmer until hot, and serve in bowls. Serve with tortilla chips.

Serves 4

Nutritional Information per Serving (without tortilla chips)

Approximately 257 calories

Protein: 56 g

Carbohydrates: 27.5 g

Fat: 4.25 g



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Detox Salad

INGREDIENTS

Salad

2 3/4 c broccoli
1/2 c red cabbage
2 oz red onions
2 oz red peppers
1 avocado

Dressing

1 3/4 oz fat-free plain yogurt
1 1/4 T extra virgin olive oil
1 1/2 T fresh lemon juice
Fine sea salt, to taste
Ground black pepper, to taste

Garnish

2 T flaked almonds
1/2 T chia seeds

PREPARATION

Wash the broccoli and break it into bite-size florets; place in a large salad bowl. Wash, core, and slice the cabbage into 2-inch pieces. Add to the salad bowl. Peel and chop a medium size red onion; wash, core and remove seeds from the peppers and slice into three-quarter-inch strips; peel and dice avocado into half-inch cubes; add all to the other vegetables in the salad bowl. Set aside

In a jar with a lid or a medium size bowl, add the yogurt, olive oil, lemon juice and shake or mix thoroughly. Taste and add salt and pepper to your liking. Mix again and toss with the vegetables in the salad bowl. Top with almonds and chia seeds and serve.

Serves 2

Nutritional Information per Serving

Calories: 371
Fat: 15 g
Carbohydrates: 12.8 g
Fiber: 12.5g
Protein: 11.2 g

Adapted from Cookidoo®

I prepare this salad once or twice a week as a side dish or even as a main during the week. It is very satisfying. I also like to serve it as a side during a holiday dinner or family gathering to balance out the meal. It is full of color and actually a crowd pleaser especially for my guests who are vegetarian. For those who are vegan, I will make it without the yogurt, and they always take the time to say thank-you for making a special dish for them.

*Maria Elena Fraga,
Director of the Diabetes
Alliance, RD, CDCES, CDN,
Mount Sinai Astoria*

Black Bean & Corn Salad

I love serving this black bean and corn salad as a salsa/dip with whole grain chips for large gatherings. It is just as easy to double the recipe for a crowd! It also works well on tacos or salads. It stores well in the refrigerator for up to a week, so it is perfect to add to lunches or as a quick and easy side for dinner.

Jaimie Ravit, Registered Dietitian, Certified Diabetes Care and Education Specialist, Mount Sinai Doctors Long Island

INGREDIENTS

2 - 14 1/2 oz cans black beans, rinsed and drained	3 T olive oil
2 c frozen corn, thawed	1/2 t cumin
1 red bell pepper, finely diced	1/4 t garlic powder
1/2 c red onion, finely diced	1/4 t black pepper
1/2 c fresh cilantro, chopped	1/4 t cayenne pepper or hot sauce (optional)
2 limes, juiced	1 jalapeno pepper, finely diced (optional)

PREPARATION

In a medium bowl, combine beans, corn, red pepper, red onion and cilantro.

In a separate small bowl, whisk together lime juice, olive oil, cumin, garlic powder, pepper, and optional cayenne pepper or hot sauce and jalapeno pepper if using. Pour over the vegetables and toss to coat.

Before serving, refrigerate for at least 30 minutes or until ready to serve.

Serves 12 (1/2 cup per serving)

Nutritional Information per Serving

110 calories
 Carbohydrates: 16 g
 Protein: 4 g
 Fiber: 4 g
 Fat: 4 g



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Roasted Asparagus Salad with Chickpeas and Potatoes

INGREDIENTS

2 medium potatoes (10 oz), cooked	2 or 3 garlic cloves, unpeeled
1 c chickpeas, cooked	1/4 c fat-free balsamic vinaigrette
1 bunch asparagus (12 oz)	Salt, to taste
1 small onion	Freshly ground black pepper, to taste

PREPARATION

Preheat oven to 425 degrees.

The cooked potatoes (boiled, microwaved, or baked) should be tender but firm and cooled slightly and diced into 1-inch pieces. Place in a large serving bowl along with the cooked chickpeas. Set aside.

Place the asparagus in a single layer on a baking sheet and sprinkle with the onion slices. In a corner of the baking sheet, place the unpeeled garlic cloves. Roast until asparagus are tender but still crisp, about 15 minutes, stirring once after 7 minutes.

Remove from the oven. Add the asparagus to the bowl with the potatoes and chickpeas.

Set aside the garlic cloves to cool. When the garlic is cool, peel and place in a small bowl. Mash well with a fork; then stir in the salad dressing. Pour over the asparagus and stir gently to combine. Season to taste with salt and pepper.

Serves 2

Nutritional Information per Serving

Calories 303
 Carbohydrates: 61.1 g
 Protein: 14.5 g
 Fiber: 10.7 g
 Fat: 2.6g

Two years ago, I decided to improve my health by making smart choices about what I eat. This recipe reminds me of that! Busy with everyday life this recipe is easy to make and can be shared with others who also enjoy it.

*Staci Muslu,
 Dietary Clerk, Food Services,
 Mount Sinai Beth Israel*

Kale Caesar Salad

I love to make this elegant salad for family and friends during any gathering. My family is Mexican, and this salad has been a great way to add fresh greens to our other traditional foods. My recipe is a simple salad. The ingredients can be found in almost any market.

*David Genis,
Food Services,
Mount Sinai Brooklyn*

INGREDIENTS

- | | |
|--------------------------|--|
| 1 bunch kale | 1/4 c Dijon mustard |
| 1 bunch romaine lettuce | 3/4 c mayonnaise |
| 1 lemon, juiced | 1 1/3 c oil (olive oil, other vegetable oil) |
| 4 t red wine vinegar | 2 t salt |
| 4 t Worcestershire sauce | 2 t black pepper |

PREPARATION

Rinse and dry the kale and lettuce. Place in a large salad bowl and set aside.

To make the dressing, in a separate bowl or jar whisk together the lemon juice, vinegar, Worcestershire sauce, mustard, mayonnaise, and oil. Add the salt and pepper to taste. Mix again.

Pour dressing over the greens. Toss gently to mix well without bruising the lettuce.

Serves 6

Nutritional Information per Serving

Approximately 648 calories

Fat: 71.5 g

Carbohydrates: 3.8 g

Protein: 2.3 g



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Four Ingredient Banana Pancakes

INGREDIENTS

1 banana
2 eggs
1/4 t cinnamon
2 T almond flour
Maple syrup, honey, berries to serve

PREPARATION

In a bowl, mash the banana with a fork. Add eggs, almond flour and cinnamon. Mix until combined with the banana.

Heat a nonstick skillet over medium heat. Add a spoonful of batter to form a small pancake; repeat leaving space between each pancake. Cook for 3 to 4 minutes, and flip and cook for an additional 3-4 minutes. Remove from the pan with a spatula and serve with your syrup, honey or berry topping of choice.

Serves 4

Nutritional Information per Serving

Approximately 78 calories
Carbohydrates: 7.4 g
Protein: 3.85 g
Fat: 3.72 g

This is a quick and easy breakfast that is well loved by my toddler that he is willing to share with others. It can also be a great snack to share with playmates and a dessert for the parents, too.

*Dora Huang,
Diabetes Alliance,
Mount Sinai Manhattan*

Coconut Milk Curry with Chickpeas

I have always watched my grandma prepare the yummiest food for me and my siblings. Coconut milk is a great and commonly used substitute for cream in our household. I was always fond of chickpeas and their nutritional value, and thus, created this simple recipe. Keeping in mind that this recipe takes only 20 minutes to prepare, it's a great quick, healthy meal to share when friends and family stop by.

Sharon Elza Raju,
Research Program
Coordinator, Medicine
Clinical Trials Office and
Pediatric Clinical Trials
Office, MHA

INGREDIENTS

1 t olive oil	1 c water
1 onion, diced	1 can chick-peas, rinsed and drained
1 t ginger-garlic paste	1 c coconut milk
2 tomatoes, diced	Coriander leaves
1/2 t turmeric	1 pinch salt (optional)
1/2 t vegetable curry powder	Pepper to taste (optional)

PREPARATION

Add the oil to a pan and heat. Add the diced onions and the ginger-garlic paste. Stir continuously until the onions turn golden-brown. Add the tomatoes and cook for 2 to 3 minutes while mixing. Stir in the turmeric powder and vegetable curry powder, and cook for 3 minutes. Add the water. Cover the pan and cook on low heat for 5 minutes. Add the chickpeas and mix well. Cover the pan again and continue cooking on low heat for 5 minutes. Add the coconut milk, and stir gently. Add the rest of the water to your preferred consistency.

Add coriander leaves as garnish, and a pinch of salt and pepper to taste and serve with rice, if you like.

Serves 2

Nutritional Information per Serving (without rice)

Approximately 216 calories
Carbohydrates: 27 g
Protein: 6.9 g
Fat: 6.8 g



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Cauliflower Buffalo Tacos

INGREDIENTS

3 T vegan butter	1 c cherry tomatoes, halved
3 T hot sauce	1 avocado, pitted and sliced
1 large cauliflower, cut into florets	1/4 c cilantro, chopped
1 T olive oil	1 T hemp seeds
6 corn tortilla shells	1/4 c cashew cream (or vegan ranch dressing)
1 c red cabbage, shredded	1 lime, cut into wedges

PREPARATION

Preheat the oven to 400 degrees. Line a baking pan with parchment paper.

Buffalo Sauce

In a small saucepan, melt the vegan butter and transfer to a bowl. Add the hot sauce to the bowl and stir until combined.

Buffalo Cauliflower

In a large bowl, toss the cauliflower florets with the olive oil and half of the buffalo sauce. Toss to coat.

Spread the coated cauliflower florets evenly on the baking pan. Roast in the oven for 20 minutes, or until fork tender and browned on the edges. Remove from the oven and toss again in the bowl with the remaining buffalo sauce.

Taco Assembly

Heat or toast the corn tortilla shells. Layer on a serving platter or individual dishes. Cover each shell with shredded cabbage, buffalo cauliflower, cherry tomatoes, avocado, and cilantro. Sprinkle with hemp seeds, a squeeze of lime, and a drizzle of the cashew cream or vegan ranch dressing.

Serves 6

Nutritional Information per Serving

252.5 calories

Carbohydrates: 19.4 g

Fat: 14.6 g

Protein: 6 g

I first tried this recipe in search of a new style of plant-based tacos to make for my family. We loved it, so I decided to share the recipe with participants of the Plant Powered 30 Challenge. I received several comments from participants who enjoyed trying this recipe and shared it with their friends and family. I love that this recipe resonated with so many people across the Health System. It's wonderful to see so many of my colleagues and friends trying and enjoying more plant-forward meals that focus on vegetables and incorporate delicious flavors. Plant-forward is an ideal way to combine environmental and health benefits.

Christina McNeilis,
Associate Director, MSHS
Corporate, Sustainability

Brazilian Hearts of Palm* Savory Pie

This recipe comes from my Brazilian mom who came to the United States by herself when she was in her early 30s, the age I am now. She would make Brazilian food to feel connected to her home country and her family. I absolutely love hearts of palm, so this is one of my favorites that I enjoy serving to others.

*Mariana Pugliese,
Program Manager,
Office of the CMO*

INGREDIENTS

Pie Crust

5 eggs
4 c 1 percent milk
3/4 c olive oil
4 T grated parmesan cheese, and for topping
1 t salt
12 T flour
1 T baking powder

Pie Filling

1 onion, finely chopped
4 cloves garlic, finely chopped
2 to 3 T olive oil
2 scallions, finely chopped
1 green (or red) sweet pepper, chopped
1 - 14 1/2 oz can diced tomatoes, drained
1 - 14 1/2 oz can corn, rinsed and drained
1 - 14 1/2 oz can hearts of palm, chopped
1/2 - 14 1/2 oz black olives, drained and chopped
Salt and pepper to taste
Parmesan cheese, grated for topping

PREPARATION

Preheat oven at 350 degrees. Spray 13 x 9 inch ovenproof glass or ceramic baking dish with non-sticking spray and set aside.

Pie Crust

Mix eggs, milk, oil, cheese, and salt together in a blender and blend for about 2 minutes then place in a deep bowl. Add flour 3 tablespoons at a time and mix. Add baking powder. Mix all ingredients well with a whisk. Set aside to rest. The dough will have a liquid consistency like pancake batter.

Pie Filling

Sauté onion and garlic in olive oil in a skillet. Add scallion and chopped pepper. Sauté for 5 minutes until tender. Add tomatoes, corn, and the hearts of palm, olives, salt and pepper. Mix well. Cook for 2 minutes.

Pie Assembly

Pour the dough mixture into the prepared baking dish. Carefully spoon the pie filling over of the pie dough. Sprinkle the top with grated parmesan cheese.

Bake for 30 to 35 minutes, or until golden brown.

*Make a spinach, escarole, shrimp, or chicken pie by substituting those ingredients for the hearts of palm.

Serves 8

Nutritional Information per Serving

Approximately 427 calories
Carbohydrates: 24 g
Fat: 31 g
Protein: 13 g



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Vegetable Cutlets

INGREDIENTS

1 to 2 c potatoes*	Salt, to taste
1 c carrot	1 t ginger garlic paste
1/2 c green beans, chopped	1 t garam masala powder
1/2 c green peas	2 green chilies, finely chopped (optional)
6 T bread crumbs, or puffed rice flour (yeast-free), divided	1 t flax seed powder
2 to 3 T fresh coriander/cilantro leaves, finely chopped	4 to 5 T olive oil, divided
	4 T gram, or chickpea, or corn flour
	1/2 c bread crumbs, or puffed rice flour

PREPARATION

Steam or boil the potatoes, carrot, beans, and peas until cooked but not too soft. Add some of the bread crumbs (or puffed rice flour) to the vegetables and mash well. Add finely chopped coriander leaves and the rest of the bread crumbs (or puffed rice flour), salt, the ginger garlic paste, garam masala, green chilies, and flaxseed powder. Mix well to form a dough and use some of the oil to prevent the dough from becoming sticky. Separate the cutlet dough into lemon-size balls and flatten them gently to form thick patties. Grease your palms with oil while making cutlet balls and cutlets. Set the cutlets aside on a plate.

In a small mixing bowl add gram flour (or other flour) and a little salt. Pour in just enough water to make a thin batter. Dip each cutlet into the batter on both sides. Place the half-cup of bread crumbs (or puffed rice flour) on a separate plate then dip each batter-dipped cutlet into the bread crumbs (or puffed rice flour) to coat. Place the coated cutlets aside for 5 to 10 minutes to rest before cooking.

To cook, you have several options. Heat the remaining olive oil in a nonstick flat pan (Tawa) or griddle over medium heat. When the oil is heated, place 3 or 4 patties in the pan without crowding and cook to golden brown on both sides. As an option, bake the cutlets in the oven preheated to 360 degrees for 15 minutes, or bake in an air fryer for 20 minutes.

*You can replace potato with cauliflower.

Serves 8

Nutritional Information per Serving

Approximately 188 calories

Carbohydrates: 18 g

Fat: 11 g

Protein: 4.8

Vegetable cutlets make a quick and easy tea time Indian snack or appetizer. It goes well with green mint chutney dip or any other dip. This is a delicious and unique dish to share with friends and family.

Annapoorna Kini, MD,
Cardiology, Mount Sinai
Hospital

Spicy Lemon Garlic Couscous and Bean Stuffed Peppers

Both my family and my in-laws have backyard gardens. This year my mother-in-law had so many peppers that we did not know what to do with them. Since I have made a commitment to make smarter choices about the food I eat, this yummy recipe was one way to enjoy the fruits of our gardening labor. These stuffed peppers are a hit as we sit around the family table together.

*Staci Muslu, Dietary Clerk,
Food Services, Mount Sinai
Beth Israel*

INGREDIENTS

5 T olive oil, divided	Red chili, a few slices
6 cloves garlic, peeled and finely chopped	12 T mixed beans (3/4 of a can), rinsed
3/4 onion, chopped finely	Fresh parsley leaves (a handful), chopped
24 small tomatoes, chopped	1 lemon, juiced
1 c couscous	6 bell peppers, cut in half, the long way
2 c hot water	Ground black pepper, to taste

PREPARATION

Preheat oven to 425 degrees. Line a baking sheet with foil.

Pour 4 tablespoons of the olive oil into a frying pan and place the pan over medium heat. Add the garlic and onion and heat for 5 minutes. Add the tomatoes and cook until softened. Pour in the couscous, hot water and chili, and cover the pan. Turn off the heat and leave covered for 5 minutes for the couscous to fluff up and cook. Add the mixed beans and chopped parsley to the couscous and squeeze the juice of 1 lemon over the mixture.

Stuff each pepper half with the couscous mixture, and drizzle with the remaining olive oil. Place them, stuffing side up onto a baking sheet, and bake for 15 minutes.

Serves 6

Nutritional Information per Serving

Approximately 330 calories

Carbohydrates: 18 g

Fat: 14 g

Protein: 12 g



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Chickpeas with Spinach

INGREDIENTS

3/8 c dry chickpeas	1 t fresh dill
2 t extra virgin olive oil, divided	1/2 c fresh spinach leaves, rinsed in cold water
1/8 c onion, chopped	Salt and black pepper to taste
1/4 c leeks, chopped	

PREPARATION

Prepare the chickpeas by soaking in cold water for 10 hours. Rinse and boil for 20 minutes. When the chickpeas are ready, heat 1 tablespoon of the olive oil a saucepan, add the chopped onion and cook for 1 to 2 minutes until softened. Add the leek and sauté for 2 minutes stirring occasionally. Add the prepared chickpeas along with the soaking water. Add the dill and stir.

Place the spinach along with the prepared chickpea mixture with the remaining olive oil into a covered ovenproof baking dish. Season with salt and pepper to taste. Bake with cover on for 25 minutes.

Serves 1 or 2

Nutritional Information per Serving

Approximately 368 calories
 Carbohydrates: 55 g
 Protein: 17 g
 Fat: 8 g

This recipe is amazingly healthy and a pleasure to share with others to help enhance their well-being. Chickpeas can help prevent high blood pressure, reduce LDL cholesterol and triglycerides, and they have low glycemic index. Spinach can help promote heart health and reduces blood pressure, too. I wish to acknowledge Konstantinos Leontiou, MSc, Dietician-Nutritionist for this recipe. I am happy to share it with you.

Georgios Syros, MD,
*Icahn School of Medicine
 at Mount Sinai*

Spinach, Artichoke, Broccoli & Tomato Quiche*

I like to cook and bake when I have time, usually for my husband, friends, and co-workers — especially if the meal or dessert turns out amazing. When they are happy, it makes me happy! I find recipes from cookbooks and blogs. This new dish turned out delicious and was quite simple to make. My husband enjoyed it and asked that I make again.

**Kara Kennedy, MS, RD,
CDN, CNSC, Clinical
Dietitian, Mount Sinai
Morningside**

INGREDIENTS

Crust

2 c almond meal
1 t thyme
1 t salt
1 t pepper
1/3 c olive oil
1 T plus 1 t water

Filling

2 T olive oil
1/3 onion, chopped
1 c broccoli, chopped
1 c cherry tomatoes, halved
1 c spinach
1 c marinated artichokes
2 eggs
1 c milk or unsweetened almond milk
1/4 c grated Parmesan cheese

PREPARATION

Preheat the oven to 400 degrees.

For the crust

Coat with olive oil a 9-inch skillet or cast iron pan that is at least 3 inches deep, and set aside while you prepare the crust.

Mix together the flour, thyme, and salt. Add the third of a cup of olive oil and the water and mix together so that all ingredients are well combined. Press the dough into the prepared pan so there is at least an inch of space to add the filling later. Bake for 20 minutes or until crust is golden

For the filling

Heat the 2 tablespoons of olive oil in a separate pan over medium heat. Add the onions and saute for 2 minutes or until translucent. Add the broccoli and stir for one minute. Add the tomatoes and stir for another minute, then add the spinach and artichokes and stir for one final minute. Set aside to cool.

In a separate bowl, mix together the eggs, milk, cheese. Add the cooled vegetable mixture. Pour the filling on top of the baked crust in the skillet. Sprinkle with the Parmesan cheese and bake for 35 minutes. Allow to cool for 10 minutes before slicing.

8 servings

Nutritional Information per Serving

Approximately 385 calories

Fat: 35 g

Protein: 10.7 g

Carbohydrates: 6 g

**Adapted From Love Real Food by Kathryn Taylor of Cookie and Kate*



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One Pan Roasted Lemon Chicken with Vegetables

INGREDIENTS

4 chicken breasts on the bone with skin	4 T olive oil
2 whole lemons, peeled and juiced	5 whole carrots
1 t red pepper flakes	5 celery stalks
1 t salt	1 medium red onion
1 t pepper	2 sweet potatoes
1 T dry oregano	

PREPARATION

The day before serving, prepare the chicken to marinate overnight. Dry off the chicken breasts with a paper towel. Place in a large glass bowl. Set aside. Peel a lemon and slice the yellow rind into small strips to make one tablespoon. Juice the two lemons. Season the chicken breasts with the lemon rind and lemon juice, pepper flakes, salt and pepper, oregano. Spread the seasonings all over the chicken. Add the olive oil. Cover and place the chicken in the refrigerator overnight.

On the day of serving, prepare the vegetables. Slice the carrots, celery, potatoes, and onions length wise.

Preheat the oven to 425 degrees.

Remove the chicken from the refrigerator and add to a glass baking dish or other oven safe pan such as a cast iron pan. Place vegetable slices around the chicken. Pour the juices from the bowl over the chicken.

Roast in oven, basting the chicken and vegetables every 15 minutes with the juices from the pan. Cook for 50 minutes or until the chicken is fully cooked (no pink). When done, remove the pan from the oven and allow to cool slightly. Serve directly in the pan or on a serving platter. Sprinkle with fresh cracked pepper to taste.

4 servings

Nutritional Information per Serving

Approximately 250 calories

Protein: 23 g

Fat: 10 g

Carbohydrates: 3.5 g

As a young girl, I remember watching my grandmother prepare Friday night Shabbat dinner for our family. She had a large black speckled pot with a lid. She would use a whole chicken and lots of cut up vegetables and put them all in that big pot. I believe she used chicken fat (schmaltz), but I substituted the schmaltz with olive oil for this recipe. I always enjoyed this dinner and sitting around the large dinner table with the candles burning throughout the entire dinner. I love to create this dish – and create a Shabbat or weeknight or weekend dinner for my family and friends.

*Abby Schwartz,
Mount Sinai Health
Network and Vice-President,
Disease Management*

Zucchini Roll Ups

I was on a special carb-free diet when I made this recipe because I was craving lasagna! It satisfies with lots of Italian flavor without the pasta. When I shared it on my Instagram story, others liked it too. This dish feeds a group, and my family loves its taste and because it is light, but still allows you to feel as if you've had a great restaurant meal.

Felisha Armogan, EP BSN, RN, Mount Sinai Hospital

INGREDIENTS

2 large zucchinis	Dry thyme or lemon juice, to taste
1 lb ground chicken	1/2 lb New Zealand vegetarian cheddar cheese, grated
1 T olive oil	3 oz cream cheese
1 onion, chopped	1 egg
4 garlic cloves, finely minced	2 T Italian seasoning
4 Wiri Wiri (or cherry) peppers	1/2 c four cheese marinara sauce
1 bell pepper, chopped finely	Salt and black pepper to taste

PREPARATION

Preheat the oven to 400 degrees.

Trim the zucchini ends and cut lengthwise into 1/8-inch-thick strips and set aside.

Add the ground chicken to a large skillet, placed over medium heat. Cook the chicken just until the pink disappears, stirring occasionally. Set aside.

Add olive oil to a saucepan with the onion, garlic, and the peppers. Sauté until the vegetables are fragrant. Stir in the partially cooked ground chicken and heat until the chicken is fully cooked. Add the dry thyme or lemon juice, depending on your taste preference.

In a separate bowl, combine most of the grated cheese (leaving some grated cheese to use as a garnish), the cream cheese, the egg, the Italian seasoning, and salt and pepper. Mix until it is all combined. Then add to the chicken and stir.

Prepare a baking dish by coating the pan with half of the Marinara sauce.

Assembly

Place some of the mixture on top of each flat zucchini slice, and roll. Place filled zucchini rolls on top of the sauce in the baking dish. Pour the remaining sauce over the zucchini rolls and garnish with the remaining grated cheese.

Bake for 25 to 30 minutes.

Servings: Based on size of zucchini

Nutritional Information for Entire Recipe

Approximately 1,023 calories

Fat: 70 g

Carbohydrates: 55 g

Protein: 53 g



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Double Stack Mushroom and Chicken Cheeseburgers

INGREDIENTS

1 lb cremini mushrooms	4 slices cheese, of your choice
1 lb ground chicken (or ground turkey)	4 buns or rolls
Salt, to taste	1 red or yellow onion, sliced and grilled (optional)
Pepper, to taste	Pickles (optional)
Oil, to coat pan	Toppings, of your choice

PREPARATION

Lightly salt the mushrooms. Add them to a food processor and pulse until finely chopped, or chop fine by hand. Mix chopped mushrooms and ground poultry in a large bowl until well combined. Divide mixture into 8 equal parts and form into 8 thin patties; season the patties lightly with salt and pepper. Transfer to a plate and set aside.

Lightly coat a large skillet or grill pan with the oil. Add the patties and cook 5 to 6 minutes per side. Top each patty with a slice of with the cheese of your choice, and heat briefly, and possibly cover the pan, to melt the cheese.

Stack 2 patties on each bun and top with grilled onion slices, pickles or other toppings of your choice.

4 servings

Nutritional Information per Serving (without bun or cheese)

Approximately 247 calories

Carbohydrates: 35.5 g

Protein: 18.4 g

Fat: 4.6 g

I love to cook and I am always searching for new recipes. My family enjoys a good burger, but we don't eat a lot of meat and prefer poultry. I found this recipe online, and have made it multiple times for my immediate family and guests. It's always a hit. The mushrooms really create a "meaty" flavor.

*Sandy Sterthous,
Recruiter, Human Resources*

Chicken Karahi

Chicken karahi is a classic, popular Pakistani dish, prepared all in one pot, the beautiful karahi, which is best enjoyed with loved ones sitting around the table together sharing stories and laughs. The dish creates a feeling of warmth and comfort for all, and is usually followed by tea time.

Nimra Rahman, Clinical Research Coordinator, Office of Well-Being and Resilience, ISMMS

INGREDIENTS

1/2 c cooking oil	1/2 t crushed red pepper, or to taste
2 1/2 lb chicken, bone in, cut into small pieces	1/2 t turmeric powder
3 T onion, finely chopped	2 lb tomatoes, finely chopped
1 t ginger paste	1/2 t allspice powder (garam masala)
1 t garlic paste	1/2 t white ground pepper
1 t salt	1 T fresh coriander leaves, chopped
1 t green chili, chopped	1 T fresh mint leaves, chopped
	2 T dried fenugreek leaves (methi leaf)

PREPARATION

This recipe uses a deep double-handled karahi pot or a wok. Warm the pot on medium heat. Add the oil, chicken, onion, ginger paste, garlic paste, and salt. Fry for 5 to 10 minutes until chicken is golden. Add the green chili, red pepper, and turmeric powder. Fry on a low flame for another 10 minutes. Add the tomatoes, allspice, and white pepper. Simmer for 15 minutes. Add the coriander, mint, and fenugreek leaves. Simmer for another 5 minutes. Serve with naan bread.

Serves 6

Nutritional Information per Serving (without the naan)

Approximately 471 calories

Protein: 44 g of protein

Fat: 36 g

Carbohydrates: 6 g



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The Burger and Fry Make Over!

INGREDIENTS

Burgers

1 lb ground turkey breast
 1 c carrots, chopped
 1 c poblano peppers, or other mild peppers, chopped
 1/2 red onion, chopped
 1 T tomato paste, or ketchup
 Olive oil, just enough to coat the pan
 Mustard, condiment option
 Ketchup (without corn syrup), condiment option

Fries

1 T avocado oil, divided
 6 small potatoes
 1 t freshly ground black pepper
 Pinch of salt or salt substitute

PREPARATION

To make the burgers, mix together the ground turkey, carrots, peppers, onion, and the tomato paste or ketchup. Form into 6 burger patties. Heat over medium heat a cast iron frying pan or sauté pan coated lightly with olive oil. Add the burgers to the simmering pan and cook for 3 to 4 minutes on each side. Remove from heat and serve with a small side of mustard or ketchup, preferably made without corn syrup.

Warm a separate pan over medium heat and add the avocado oil. Place the potatoes sliced in fourths in the heated pan. Cover and cook for 2 to 3 minutes, flip and cook uncovered for another few minutes until the potatoes are crisp. Sprinkle with pepper and salt or salt substitute.

Serves 3 or 4

Nutritional Information per Serving

Approximately 185 calories
 Fat: 13 g
 Protein: 6 g
 Carbohydrates: 6 g

I love the flavors of a good burger and fries, but I don't love feeling tired and drained afterward. This recipe is life and energy giving, and that's a gift that I enjoy sharing with my friends, family, and colleagues. The potatoes are very flavorful as prepared. Great served with a side salad for a complete meal. I am committed to spreading the word of this burger and fries reboot. Enjoy!

*Maria Peña, MD,
 Director Diabetes and
 Endocrinology, Mount Sinai
 Doctors Forest Hills*

Pão-de-Queijo (Brazilian Cheese Bread)

Whenever I travel to visit family and friends in Brazil, just after landing and going to customs and luggage claim, nothing beats taking a moment while I'm still at the airport to enjoy a cafezinho (Brazilian espresso coffee) with a pão-de-queijo as the cheese melts in each bite. When served warm, this treat will be a sure hit at any gathering, and people will be asking you for the recipe, guaranteed.

*Archimedes Bibiano,
Mindfulness Meditation
and Adaptive Yoga Teacher,
Child Life and Creative Arts
Therapy Department,
Mount Sinai Kravis
Children's Hospital. Icahn
School of Medicine at
Mount Sinai, GME Wellness
Faculty, Wellness and Stress
Reduction Instructor, Mount
Sinai Health System*

INGREDIENTS

1 1/4 c milk	1 1/2 c grated Parmesan cheese
1/2 c water	1 c shredded mozzarella cheese
6 T oil	2 large eggs
4 c tapioca flour	2 t salt

PREPARATION

Preheat oven to 400 degrees with a rack in the middle.

Combine the milk, water, oil and salt in a saucepan and bring to a boil over medium high heat.

Add the tapioca flour to the bowl of a stand mixer and, once the milk mixture boils, pour it over the flour. Mix well with an electric mixer. The texture will be white and sticky.

With the mixer still on, add the eggs, one at a time. It may take a long time to blend the eggs in completely with the sticky tapioca flour mixture. Once the eggs are incorporated, add the cheese, a little at a time, until fully incorporated.

The dough is supposed to be soft and sticky. However, add some more tapioca flour if too fluid.

To shape the balls, wet your hands with cold water and, using a spoon, scoop some of the dough to shape balls that are a little smaller than golf-sized.

Place the balls on a baking sheet covered with parchment paper and bake for 15 to 20 minutes or until they are golden and puffed. Serve them warm!

Note, you can also save all or some of the bread for future use. Before baking, freeze the balls of raw dough on the baking sheet. Once frozen, transfer to a zip lock bag. The raw bread remains fresh in the freezer for up to three months.

To bake, preheat the oven to 400 degrees and bake the frozen balls for 25 to 30 minutes or until golden and puffy.

Serves 12

Nutritional Information per Serving

Approximately 214 calories

Fat: 14 g

Carbohydrates: 12 g

Protein: 8.6 g



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High Fiber Crackers

INGREDIENTS

1/4 c sesame seeds	1/2 c ground flax seeds
1/4 c shredded coconut	1/4 c puree peaches (or any fruit you prefer)
1/4 c chia seeds	1 to 3 t water as needed
1/2 c almond flour	

PREPARATION

Preheat oven at 275 degrees.

Mix the sesame seeds, coconut, chia seeds, almond flour, and flax seeds and stir to combine. Add the fruit puree and mix. Add a few teaspoons of water as needed. The mixture should be moist but not too wet.

Spread the mixture over parchment paper. Place a piece of parchment paper on top of the mixture. Press to form a thin flat layer.

Peel the top layer of the parchment paper off, and turn over onto a flat oven-proof pan. Remove the second layer of parchment paper and bake the dough for 30 to 45 minutes or until completely dry.

Remove from the oven and allow to cool completely in the pan. Remove from pan, breaking into any size crackers you like. Store in a tightly sealed plastic bag or container. Serve with dips, as a side dish, on their own.

Nutritional Information for Entire Recipe

1299 calories
 Fat: 104 g
 Fiber: 47 g
 Protein: 41 g
 Carbohydrates: 17 g

I make this cracker every time I travel. It adds extra fiber to my diet, and I enjoy it on a daily basis in place of chips. I serve it as a snack with any beverage (unsweetened is a healthy beverage choice), and others enjoy it too. The best part? The crumbs add a special touch to yogurt. I hope you and your guests enjoy these crackers as much as my friends and I do.

Celia Chu-Diep,
*Business Development,
 Registered Dietitian and
 Diabetes Educator, Upper
 Manhattan, JAC*

Rustic Crackers

I love crackers, but find the ones available in most stores either high in calories and full of preservatives, or expensive. I came up with a recipe that has no preservatives and easy to make. Everyone enjoys creating their own version and sharing these crackers by adjusting with various flavors and making ingredient substitutions. Great for sharing and snacking.

Ekaterine Piccola, Senior Immigration Specialist, Mount Sinai Hospital

INGREDIENTS

1 c all-purpose flour, plus more for the pan	3/4 t sesame seeds
1 c whole wheat flour	3/4 t sea salt
1 c wheat bran	3/4 t brown sugar
1 t chia seeds	2 T extra virgin olive oil
	1/2 c water

PREPARATION

Preheat oven to 450 degrees. Sprinkle baking sheet with a bit of all-purpose flour to prevent sticking. Set aside.

Mix the flours, bran, seeds, salt, sugar, and oil together in a large bowl. Mix in room temperature water — just enough to form a dough similar to pizza dough. Flatten and spread the dough by hand in the prepared pan to desired thinness of crackers.

Bake for 15-20 minutes. Break off pieces to form crackers and enjoy with your favorite cheese, hummus, soup, sliced cucumbers and tomatoes, or fruit jam.

Nutritional Information for Entire Recipe

Approximately 1,202 calories
 Carbohydrates: 166.9 g
 Fat: 34.9 g
 Protein: 32 g





Super Slaw

INGREDIENTS

1/4 c raisins	Salt and pepper to taste
1/2 c raisins	1/3 c blue cheese crumbles
1/4 c Greek yogurt	3 c Brussels sprouts, shredded
1 T fresh parsley, chopped	1/2 c red onion, shredded
1 T fresh cilantro, chopped	1/2 c carrot, shredded
1/2 t celery seeds	1/2 c pecans, roasted and chopped
2 T white vinegar	

PREPARATION

Place the raisins and raisins in a mixing bowl and cover with hot water. Soak for 10 minutes to soften. Drain the water and add the yogurt, parsley, cilantro, celery seeds, white vinegar and a pinch of salt and pepper. Mix until combined.

Fold in the blue cheese, Brussels sprouts, onion and carrot. Cover and refrigerate for one hour to incorporate all the flavors. Stir, place in serving bowl, topped with the pecans.

Serves 10

Nutritional Information per Serving

Approximately 102 calories
 Carbohydrates: 10 g
 Fat: 5 g
 Protein: 1 g
 Fiber: 3 g

Brussels sprouts are a quintessential fall vegetable enhanced by the other popular autumn flavors in this recipe. This super slaw evokes memories from my childhood when 50 or more members of my family gathered at Thanksgiving. My Uncle Frank would serve each and every family member one boiled Brussels sprout and told us we had to eat it to make Thanksgiving official. We did, and some of us enjoyed it more than others. As the years passed, updated recipes with these cruciferous vegetable made it more palatable, but even when Brussels sprouts are as delicious as they are in this dish, just eating them evokes the memories from my youth, and I'm happy to share this family tradition and hope you enjoy it.

*David Hutchison,
 Director Food and Nutrition,
 Mount Sinai Beth Israel*

Mango Salsa

Growing up I always loved mango which is a tropical fruit from my native Dominican Republic. It is a simple recipe that can be prepared in minutes. This tropical and colorful mango salsa is simple to make. Serve it as a healthy appetizer or side, with tortilla chips, tacos, meal bowls, seafood, and more!

*Ana M Rodriguez, Director
Community Affairs, Mount
Sinai Queens*

INGREDIENTS

3 ripe mangos, diced	1 large lime, juiced (about 1/4 cup)
1 medium red bell pepper, chopped	1/8 to 1/4 t salt, to taste
1/2 c chopped red onion	
1/4 c packed fresh cilantro leaves, chopped	

PREPARATION

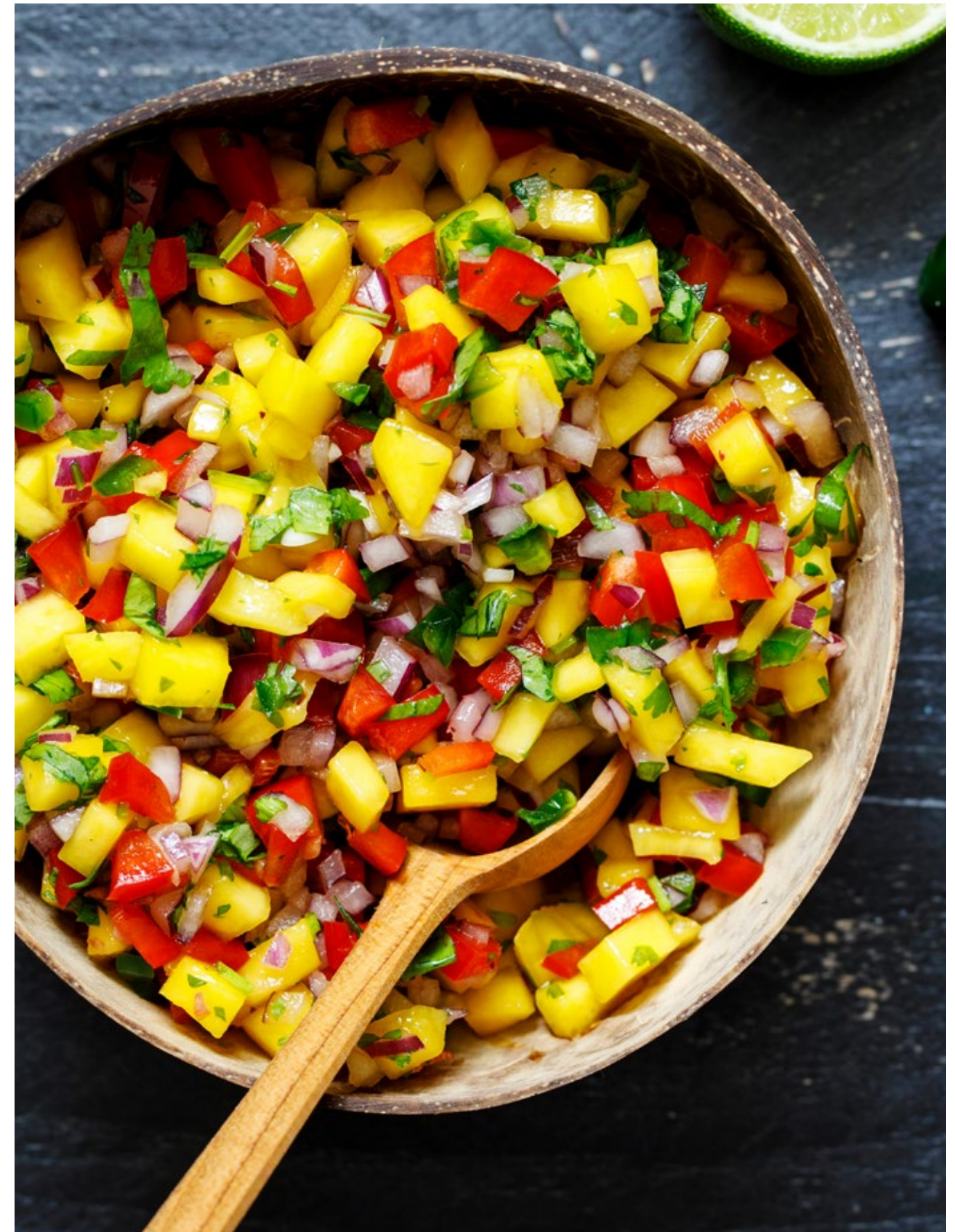
In a serving bowl, combine the prepared mango, bell pepper, onion, and cilantro. Drizzle with the juice of one lime.

Using a large spoon, stir the ingredients together. Season to taste with salt, and stir again. For best flavor, let the salsa rest for 10 minutes or longer.

Serves 6

Nutritional Information per Serving

Calories 48
Total Carbohydrates 11.8g
Protein 0.9g
Fat 0.3g



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Unique Carrot Cake

INGREDIENTS

1 1/2 c carrots, chopped and boiled	1 packet or 4 t Italian vanilla-flavored yeast
8 T vegetable oil or other oil	1 t pure vanilla extract (optional)
3 eggs	1 t rose extract (optional)
Peels of 2 oranges, finely grated	Butter, enough to grease the baking pan
7/8 c granulated sugar	Powdered (confectioners) sugar, for dusting
7/8 c flour	
3/8 c potato or corn starch	

PREPARATION

Preheat oven to 360 degrees. Butter and flour an 8- or 9-inch spring form pan or other baking pan.

Mix the minced boiled carrots with oil, eggs, and orange peel until well blended to a creamy consistency.

In a separate small bowl, combine granulated sugar, flour, starch, yeast. Add the vanilla and rose extract if using.

Add the sugar mixture to the carrot mixture and mix until well blended.

Pour the batter into the prepared baking pan. Place in oven and bake for 35 to 40 minutes. Test for doneness.

After cooling, sprinkle with powdered sugar, and serve.

8 servings

Nutritional Information per Serving

Approximately 397 calories

Carbohydrates: 46.5 g

Fat: 17 g

Protein: 5 g

This recipe is a story of how sharing with others can open us up to new experiences. In the fall of 2021, I went on an apple picking adventure. As an avid baker, that gave me a great excuse to bake apple pies. I brought several to work to share with my colleagues. The very next day, my coworkers, a wonderful couple who had come to the United States from Italy, brought in this carrot cake. And, though I hadn't been a fan of carrot cake before, I fell in love with their carrot cake, so unique with tender carrot chunks and the hint of orange and vanilla. This recipe has become a favorite of mine, and I bake it often to share with my college friends and mentors at Mount Sinai. I have received many compliments for this cake, and I hope this recipe continues to bring happiness and enjoyment to others.

*Keva Li,
Icahn School of Medicine
at Mount Sinai, Student*

Date and Nut Rolls – No Sugar Added

When we celebrate Diwali, I make these rolls as it is a sweet with simple and natural ingredients that gets its sweetness from the dates and no sugar. Our guests as well as my family members love them.

*Punita Darji,
Finance Manager, Network
Operations, Corporate Office*

INGREDIENTS

1 t butter, plus more for hands	1/4 c pistachios, shelled and chopped
1 c dates, pitted and chopped	Pinch of cardamom powder (optional)
1/2 c almonds, chopped	Pinch of saffron (optional)
1/2 c cashews, chopped	2 T coconut, coarsely chopped

PREPARATION

Place the butter and chopped dates into a frying pan over medium heat. Mix continuously until soft. Remove from the heat. Add the almonds, cashews, pistachios to the dates along with the cardamom and saffron to enhance the flavor if you are using. Mix well while dates are still warm. You may use your hands for the best results. Once mixed, divide the mixture in half with your hands coated with a bit of butter. Place the two halves on a cutting board and roll into two long logs.

Spread the coconut on the cutting board and roll each long in the coconut to cover. Wrap each in plastic and refrigerate for 2 hours. Once chilled, unwrap, place on the cutting board and slice each log into half-inch slices.

Nutritional Information for Entire Recipe

Approximately 1,431 calories
Carbohydrates: 144.8 g
Fat: 78.6g
Protein: 33 g



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Sweet 'n' Tangy Apples

INGREDIENTS

- 1 crisp red apple, such as Fuji
- 1/2 t cinnamon
- 1/2 lemon, juice

PREPARATION

Wash and peel the apple. Cut into slices or cubes based on your preference. Squeeze lemon and sprinkle the cinnamon to flavor the apple. Mix and enjoy.

Serves 1

Nutritional Information per Serving

Approximately 113 calories
Carbohydrates: 25 g
Protein: .6 g
Fat: .4 g

I'm always looking for creative healthy snacks. I like adding the lemon because it gives the apples a slight tang, and the cinnamon makes this healthy snack even more delicious. It's my go-to snack on family movie nights with my partner and stepdaughter.

*Carla Moscoso,
Mount Sinai Doctors-
Astoria, Director of Practice
Operations, Mount Sinai
Queens*

Pumpkin Bread

I have made two loaves of this pumpkin bread (and two loaves of zucchini bread) every Thanksgiving for as long as I can remember, and there are never any leftovers. It's a crowd pleaser, and I'm happy to share it with you. It's also a great "gift" to bring if you are a dinner guest, and is terrific for Sunday brunch. Enjoy!

*Jane Maksoud, MPA, RN,
Senior Vice President,
Chief Human Resources
Officer, Mount Sinai Health
System*

INGREDIENTS

1 3/4 c flour	1/3 c butter
1/4 t baking powder	2 eggs
1 t salt	1 c canned or fresh pumpkin
1/2 t cinnamon	1/3 c milk
1/4 t ground cloves	1/2 t vanilla
1 1/3 c sugar	1/2 c walnuts, chopped

PREPARATION

Preheat oven to 350 degrees.

Mix together the flour, baking powder, salt, cinnamon, and cloves in a bowl.

In a separate bowl, cream together the softened butter and the sugar. Add the eggs, pumpkin, milk, and vanilla.

Combine the dry ingredients and the moist ingredients and pour into a greased loaf pan. Bake for 60 to 75 minutes, until a toothpick inserted into the middle comes out clean.

Serves 8

Nutritional Information per Serving

Approximately 364 calories

Carbohydrates: 53 g

Fat: 15 g

Protein: 5 g



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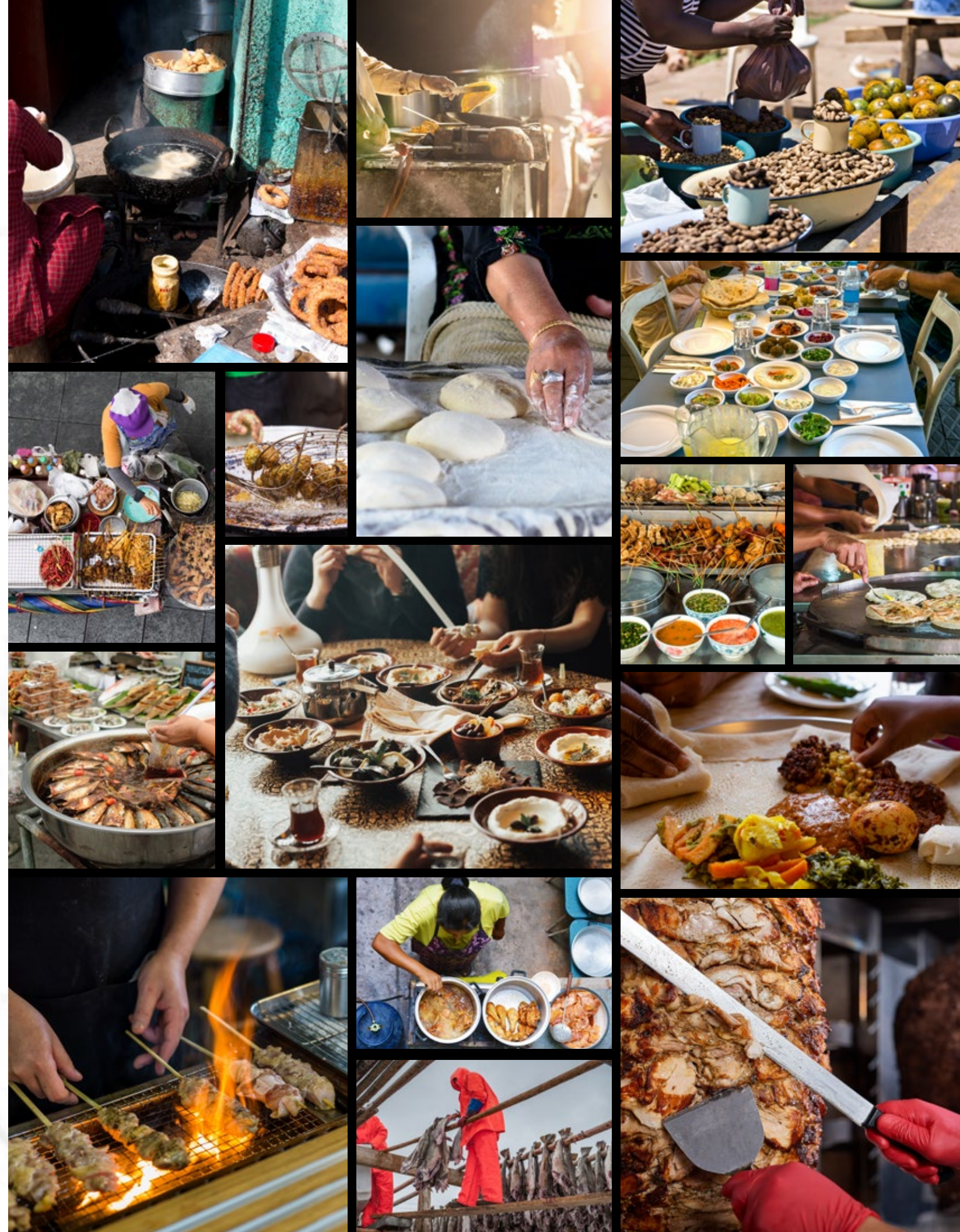
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