

# Key Takeaways

## Our Guiding Nutrition Principles for Optimal Health and Disease Risk Reduction

*The recipes and techniques included in the **Sutter Healthy Cooking Video Series** adhere to the following guiding nutrition principles:*

### 1. Put Your Best Plants Forward & Eat the Rainbow

In a day, be sure to include the rainbow of fruits and vegetables and cover at least 75% of your plate with an assortment of vegetables, fruit, nuts, seeds, legumes and whole grains.

### 2. Use Loads of Herbs and Spices for a Big Flavor Hit

Limit your salt to a tiny sprinkle.

### 3. Choose Slow & Steady Carbs that are Full of Fiber

We all need carbs, but the best carbs will be whole, intact, unprocessed plants. These contain dietary fiber making it take longer to digest, minimizing our glucose spike, and feeding our gut microbiome.

### 4. Suppress the Sugar

Reduce not only refined grains (that turn to sugar quickly), but refined sugar that spikes our blood sugar quickly and easily triggers an inflammatory response.

### 5. Pack Away Powerful Protein

As we age, we seem to eat less protein but need more. Choose excellent sources of plant and animal proteins to heal, maintain our muscles, and manage our metabolism.

### 6. Focus on Heart-Friendly Fats

Ditch the solid fats that may contribute to inflammation and clog our arteries, focus on fresh pressed liquid oils that taste great and are good for our heart.



# Bean Salad

*Developed by Reetu Nigam, RDN, MPH, CLE, CSR  
and Valerie Spier, MPH, RDN, CDCES*

# Mediterranean Bean Salad

Makes 4-5 main course or 10 side dish servings

Developed by Reetu Nigam, RDN, MPH, CLE, CSR  
and Valerie Spier, MPH, RDN, CDCES

## Ingredients

<b>Nuts/Seeds</b>	¼ cup lightly toasted pine nuts
<b>Dressing</b>	1 lemon, juiced 1 Tbsp red wine vinegar or Champagne vinegar 1 tsp smoked paprika ½ tsp dried oregano ½ tsp dried basil ½ tsp garlic powder ⅛ tsp ground black pepper or red pepper flakes to taste ¼ cup extra virgin olive oil or grapeseed oil
<b>Beans</b>	2 (15 oz) cans of cannellini beans, drained
<b>Veggies</b>	1 large or 2 medium bell peppers, diced 1 medium red onion, chopped finely 2 stalks celery, diced 1 (2.25 oz) can sliced black olives or ½ cup Kalamata olives, drained
<b>Fresh Herb</b>	½ bunch of flat leaf parsley or 2 Tbsp fresh dill, chopped finely

## Instructions

1. Toast nuts in heavy frying pan over very low heat, stirring every few minutes to prevent burning. When lightly browned and fragrant, remove from pan.
2. Prepare the dressing. In a large bowl, add lemon juice, vinegar, dried and fresh herbs, salt and pepper. Slowly drizzle in the oil while whisking continuously until the mixture is combined and blended well.
3. Add the beans, vegetables, and fresh herbs to the dressing.
4. Gently fold all ingredients to mix the salad and coat with dressing.
5. Marinate for several hours or overnight allowing the beans to infuse with flavors.
6. Before serving, gently mix the bean salad and garnish with the toasted nuts/seeds.
7. The salad stores well for 3-5 days in the refrigerator and can be left at room temperature for potlucks or picnics.

For more information about Nutrition services, visit: [www.sutterhealth.org/pamf/services/nutrition](http://www.sutterhealth.org/pamf/services/nutrition)



## Nutrition Facts

Servings per recipe: 10

Serving size: approx. 2/3 cup (153g)

Amount per serving

<b>Calories</b>	<b>180</b>	
		% Daily Value*
<b>Total Fat</b> 11g		14%
Saturated Fat 1g		5%
Trans Fat 0g		
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 230mg		10%
<b>Total Carbohydrate</b> 15g		5%
Dietary Fiber 4g		14%
Total Sugars 1g		
Includes 0g Added Sugars		0%
<b>Protein</b> 5g		
Vitamin D 0mcg		0%
Calcium 39mg		4%
Iron 2mg		10%
Potassium 281mg		6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Bean Salad 3 Ways

Makes 4-5 main course or 10 side dish servings

Developed by Reetu Nigam, RDN, MPH, CLE, CSR and Valerie Spier, MPH, RDN, CDCES

## Ingredients

	Mediterranean	Southwest	Asian Indian
Nuts/Seeds	¼ cup lightly toasted pine nuts	¼ cup lightly toasted hulled pepitas (green pumpkin seeds)	¼ cup lightly toasted slivered or chopped almonds or pistachios
Dressing	1 lemon, juiced 1 Tbsp red wine vinegar or Champagne vinegar 1 tsp smoked paprika ½ tsp dried oregano ½ tsp dried basil ½ tsp garlic powder ⅛ tsp ground black pepper or red pepper flakes to taste ¼ cup extra virgin olive oil or grapeseed oil	2 limes, juiced or 2 Tbsp apple cider vinegar ½ tsp garlic salt ⅛ tsp ground black pepper 1 Tbsp Mexican spice blend ¼ cup peanut oil	3 Tbsp balsamic vinegar ½ tsp garlic powder ⅛ tsp ground black pepper 1 Tbsp garam masala ¼ cup extra virgin olive oil
Beans	2 (15 oz) cans of cannellini beans, drained	2 (15 oz) cans of black beans, drained	2 (15 oz) cans of garbanzo beans, drained
Veggies	1 large or 2 medium bell peppers, diced 1 medium red onion, chopped finely 2 stalks celery, diced 1 (2.25 oz) can sliced black olives or ½ cup Kalamata olives, drained	1 package frozen and thawed corn 1 cup chopped jicama 1 pint cherry tomatoes, halved ½ bunch fresh cilantro, chopped finely	1 large English cucumber (peeled) or 2-3 small Persian cucumbers (unpeeled), diced 1 bunch radish, sliced 1 orange bell pepper, chopped
Fresh Herb	½ bunch of flat leaf parsley or 2 Tbsp fresh dill, chopped finely	½ bunch of cilantro, chopped, finely	½ bunch of scallions, sliced

# Bean Salad 3 Ways

*Makes 4-5 main course or 10 side dish servings*

*Developed by Reetu Nigam, RDN, MPH, CLE, CSR and Valerie Spier, MPH, RDN, CDCES*

## Instructions

1. Toast nuts or seeds in heavy frying pan over very low heat, stirring every few minutes to prevent burning. When lightly browned and fragrant, remove from pan.
2. Prepare the dressing. In a large bowl, combine the citrus, vinegar, and seasonings. Slowly drizzle in the oil while whisking continuously until the mixture is combined and blended well.
3. Add the beans, vegetables and fresh herbs to the dressing.
4. Gently fold all ingredients to mix the salad and coat with dressing.
5. Marinate for several hours or overnight allowing the beans to infuse with flavors.
6. Before serving, gently mix the bean salad and garnish with the toasted nuts/seeds.
7. The salad stores well for 3-5 days in the refrigerator and can be left at room temperature for potlucks or picnics.

## MEET OUR RECIPE AUTHORS

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### **Nicole Azurin, RDN, CDCES**

is a Registered Dietitian Nutritionist and Certified Diabetes Care and Education Specialist. As a lover of “all things food,” it is Nicole’s mission to collaborate with patients who have chronic diseases and help them find ways to marry their cultural food preferences with improving their overall health. Her specialties include working with those who have diabetes and prediabetes, as well as those who may struggle with disordered eating.



### **Darcie Ellyne, MS, RDN, CDCES, IFNCP**

is a “seasoned” expert in nutrition and diabetes care with over 30 years of experience. As a Registered Dietitian Nutritionist and Certified Diabetes Care and Education Specialist, Darcie excels in managing various conditions, from diabetes and cardiovascular disease to gastrointestinal issues and more. Her approach is rooted in integrative and functional medicine, aiming to address one’s root cause of health and disease and transform lives through the powerful impact of food as medicine.



### **Reetu Nigam, MPH, RDN, CSR, CDCES**

is a Registered Dietitian Nutritionist, Certified Specialist in Renal Nutrition, and Certified Diabetes Care and Education Specialist. Reetu specializes in diabetes, chronic kidney disease, cardiovascular health, weight management, and bariatric surgery. She has a passion for educating and empowering individuals to take a proactive and holistic approach to preventing and treating chronic disease and illness.



### **Smitha Poulo, RDN, CDCES**

is a Registered Dietitian Nutritionist and Certified Diabetes Care and Education Specialist with over 8 years of experience in helping patients achieve their optimum health goals through her compassionate and patient-centered approach. Her expertise include teaching classes for the management of type 2 diabetes as well as gestational diabetes. Smitha’s interest in cooking in her personal life, has helped her modify recipes for her patients to address various chronic disease management.



### **Valerie Spier, MPH, RDN, CDCES**

is a Registered Dietitian Nutritionist and Certified Diabetes Care and Education Specialist with 2 decades of service at the Palo Alto Medical Foundation Fremont location. She enjoys facilitating the art and science of optimizing nutrition in patient care.