

# 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.

# Egg Bites



*Developed by Smitha Poulo, RDN, CDCES*

# Veggie Lovers Egg Bites

Makes 12 servings

Developed by Smitha Poulo, RDN, CDCES

## Ingredients

<b>Oil</b>	1 Tbsp olive oil
<b>Vegetables</b>	½ cup finely chopped mushroom 2 cups chopped spinach ½ cup chopped red bell pepper ¼ cup chopped fresh basil
<b>Protein</b>	8 eggs ½ cup low fat cottage cheese
<b>Seasoning</b>	salt to taste ½ tsp ground black or white pepper 1 tsp onion powder 1 tsp garlic powder 1 tsp herb blend

## Instructions

1. Place a baking dish on the bottom rack in the oven and fill the dish with water until  $\frac{3}{4}$  full. This is to add moisture to the oven while the egg bites cook. Preheat oven to 325°F.
2. In a large nonstick skillet, over medium heat, heat olive oil. Add the vegetables and sauté for 2-3 minutes or until slightly soft. Set aside in a bowl.
3. Place the protein (eggs and cottage cheese) and seasonings in a blender. Puree until smooth.
4. In a 12-cup muffin tin brush the wells with olive oil or spray with nonstick cooking spray.
5. Put a heaping tablespoon of vegetable mixture into each cup; the mixture should be distributed evenly among the wells.
6. Pour the egg mixture into each of the wells, filling about  $\frac{3}{4}$  full.
7. Stir each well with a spoon for even distribution of ingredients.
8. Bake for 20-25 minutes or until egg bites puff up and tops no longer looks wet.
9. Remove from oven and slightly cool. Run a butter knife around the edge of each egg bite to carefully remove from the muffin tin.
10. Serve immediately or allow to fully cool then store in airtight containers in the refrigerator for up to 5 days or the freezer up to 2 months.
11. Discard the water from the water bath.

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: 12

Serving size: 1 each (59g)

Amount per serving

<b>Calories</b>	<b>60</b>	<b>% Daily Value*</b>
<b>Total Fat</b> 3.5g		4%
Saturated Fat 1g		5%
Trans Fat 0g		
<b>Cholesterol</b> 125mg		42%
<b>Sodium</b> 270mg		12%
<b>Total Carbohydrate</b> 2g		1%
Dietary Fiber 0g		0%
Total Sugars 1g		
Includes 0g Added Sugars		0%
<b>Protein</b> 6g		
Vitamin D 1mcg		6%
Calcium 41mg		4%
Iron 1mg		6%
Potassium 123mg		2%

\*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.

# Egg Bites 3 Ways

Makes 12 servings

Developed by Smitha Poulo, RDN, CDCES

## Ingredients

	Veggie Lovers Egg Bites	Tomato and Feta Egg Bites	Pepper Jack and Salsa Egg Bites
Oil	1 Tbsp olive oil	1 Tbsp olive oil	1 Tbsp olive oil
Vegetables	½ cup finely chopped mushroom 2 cup chopped spinach ½ cup chopped red bell pepper ¼ cup chopped fresh basil		
Protein	8 eggs ½ cup low fat cottage cheese	8 eggs ½ cup low fat cottage cheese	8 eggs ½ cup low fat cottage cheese
Cheese		1 cup crumbled Feta cheese	1 cup shredded Pepper Jack cheese
Seasoning	salt to taste ½ tsp ground black or white pepper 1 tsp onion powder 1 tsp garlic powder 1 tsp herb blend	salt to taste ½ tsp ground black or white pepper 2 Tbsp fresh oregano	salt to taste ½ tsp ground black or white pepper 2 Tbsp chopped cilantro

## Instructions

1. Place a baking dish on the bottom rack in the oven and fill the dish with water until  $\frac{3}{4}$  full. This is to add moisture to the oven while the egg bites cook. Preheat oven to 325°F.
2. In a large nonstick skillet, over medium heat, heat olive oil. Add the vegetables and sauté for 2-3 minutes or until slightly soft. Set aside in a bowl.
3. Place the protein (eggs and cottage cheese) and seasonings in a blender. Puree until smooth.
4. In a 12-cup muffin tin brush the wells with olive oil or spray with nonstick cooking spray.
5. Put a heaping tablespoon of vegetable mixture into each cup; the mixture should be distributed evenly among the wells.
6. Pour the egg mixture into each of the muffin cups, filling about  $\frac{3}{4}$  full.
7. Stir each well with a spoon for even distribution of ingredients. Top with cheese.
8. Bake for 20-25 minutes or until egg bites puff up and tops no longer looks wet.
9. Remove from oven and slightly cool. Run a butter knife around the edge of each egg bite to carefully remove from the muffin tin.
10. Serve immediately or allow to fully cool then store in airtight containers in the refrigerator for up to 5 days or the freezer up to 2 months.
11. Discard the water from the water bath.

## 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.