

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.



Sheet Pan Dinner

Developed by Darcie Ellyne, MS, RDN, CDCES, IFNCP

Sheet Pan Baked Fajita Bowl

Makes 4 servings

Developed by Darcie Ellyne, MS, RDN, CDCES, IFNCP

Ingredients

Seasoning Blend	2 Tbsp extra-virgin olive oil, divided 2 tsp chili powder 2 tsp ground cumin 1 tsp dried oregano ½ tsp garlic powder ½ tsp smoked paprika ¼ tsp ground pepper
Protein	1 lb boneless skinless chicken breasts, thighs or flank steak
Starch	1 (15 ounce) can black beans, rinsed
Vegetables	1 medium yellow onion, sliced 1 medium red bell pepper, sliced 1 medium green bell pepper, sliced 3 cups thinly sliced red cabbage (about 1 lb)
Garnish	¼ - ½ cup salsa ¼ - ½ cup guacamole or ½ avocado, sliced 2 green onions, sliced ¼ cup plain Greek yogurt mixed with 1 Tbsp lime juice and ½ tsp cumin

Instructions

1. Preheat the oven to 400°F. Line a sheet pan with parchment paper or tin foil for easy clean up.
2. Combine seasonings in a small bowl and add 1 Tbsp. oil to form a paste.
3. Season protein with salt and pepper. Rub both sides with half the seasoning blend.
4. Toss starch and vegetables with remaining olive oil. Season with salt, pepper and remaining seasoning blend.
5. Distribute the ingredients on 2 sheet pans. Roast about 30 minutes or until done.
6. Divide evenly onto 4 plates and garnish.

For more information about Nutrition services, visit: www.sutterhealth.org/pamf/services/nutrition



Nutrition Facts	
Servings per recipe:	4
Serving size:	(447g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 430mg	19%
Total Carbohydrate 39g	14%
Dietary Fiber 14g	50%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 138mg	10%
Iron 5mg	30%
Potassium 1098mg	25%
<small>*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.</small>	

Sheet Pan Dinner 3 Ways

Makes 4 servings

Developed by Darcie Ellyne, MS, RDN, CDCES, IFNCP

Ingredients

	Baked Fajita Bowl	Moroccan Chicken	Chili Lime Salmon, potatoes, peppers & zucchini
Seasoning Blend	2 Tbsp extra-virgin olive oil, divided 2 tsp chili powder 2 tsp ground cumin 1 tsp dried oregano ½ tsp garlic powder ½ tsp smoked paprika ¼ tsp ground pepper	2 Tbsp extra-virgin olive oil, divided 1 tsp cumin 1 tsp coriander ½ tsp paprika ½ tsp cardamom ½ tsp fennel ¼ tsp cinnamon ¼ tsp turmeric ¼ tsp red pepper flakes	2 Tbsp extra-virgin olive oil, divided 2 tsp chili powder 1 tsp ground cumin ½ tsp garlic powder 1 lime, zested and quartered
Protein	1 lb boneless skinless chicken breasts, thighs or flank steak	1 lb boneless skinless chicken breasts, thighs, or tenders	1 lb center-cut salmon fillet cut into 4 portions
Starch	1 (15 ounce) can black beans, rinsed	1 (15 ounce) can garbanzo beans, rinsed	1 lb Yukon Gold potatoes, washed and cut into thin wedges
Vegetables	1 medium yellow onion, sliced 1 medium red bell pepper, sliced 1 medium green bell pepper, sliced 3 cups thinly sliced red cabbage (about 1 lb)	1 medium onion, sliced 2 large carrots, large chunk 3 cups green beans, trimmed and cut if desired	2 medium bell peppers, any color, sliced 2 small zucchinis, sliced
Garnish	¼-½ cup salsa ¼-½ cup guacamole or ½ avocado, sliced 2 green onions, sliced ¼ cup plain Greek yogurt mixed with 1 Tbsp lime juice and ½ tsp cumin	¼ cup of chopped cilantro ½ cup chermoula (green sauce) 2 Tbsp Kalamata olives or prepared tapenade	¼ cup cilantro

Sheet Pan Dinner 3 Ways

Makes 4 servings

Developed by Darcie Ellyne, MS, RDN, CDCES, IFNCP

Instructions

1. Preheat the oven to 400°F. Line a sheet pan with parchment paper or tin foil for easy clean up.
2. Combine seasonings in a small bowl and add 1 Tbsp oil to form a paste.
3. Season protein with salt and pepper. Rub both sides with half the seasoning blend.
4. Toss starch and vegetables with remaining olive oil. Season with salt, pepper and remaining seasoning blend.
5. Distribute the ingredients on 1-2 sheet pans. Roast about 30 minutes or until done.
6. Divide evenly onto 4 plates and garnish.

MEET OUR RECIPE AUTHORS



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.