

# 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.



# Stir Fry

*Developed by Nicole Azurin, RDN, CDCES*

# Shrimp Stir Fry

Makes 4 servings

Developed by Nicole Azurin, RDN, CDCES

## Ingredients

<b>Seasoning (for protein)</b>	½ tsp freshly ground black pepper 1 Tbsp low sodium soy sauce (or, coconut aminos)
<b>Protein</b>	1 lb shrimp, peeled and de-veined (thaw if frozen)
<b>Oil</b>	2 Tbsp extra virgin olive oil, divided
<b>Vegetables</b>	1 Tbsp minced ginger 3 cloves garlic 1 small onion, thinly sliced 1 cup snow peas 1 red bell pepper ½ cup water chestnuts 2 small carrots or 1 large carrot, sliced * For convenience use 4-6 cups of either frozen stir fry vegetable mix or fresh pre-cut vegetable mix
<b>Sauce</b>	2 Tbsp low-sodium soy sauce (or coconut aminos) 1 tsp toasted sesame oil ¼ cup water 2 Tbsp corn starch
<b>Garnish</b>	½ Tbsp sesame seeds ¼ cup cilantro

## Instructions

1. If using frozen shrimp, thaw out by placing in the fridge the night before. Be sure to place shrimp on paper towels to absorb leftover liquid. Remove paper towel and add seasoning to shrimp (soy sauce, black pepper) and coat well.
2. In a large wok or multi-purpose stainless steel or cast-iron pan, heat 1 Tbsp of oil over medium heat. Once hot, add shrimp in a single even layer and let it sit in the pan for about 1 minute without moving it. Then sauté for about 3 minutes or until just cooked. Remove from the pan, place in a bowl and set aside.
3. In the same pan, add remaining 1 Tbsp of oil and sauté onions until translucent. Then add garlic and sauté for 1-2 minutes (be careful not to burn). Add the rest of the vegetables. Cook until tender (about 8-10 minutes) or to desired tenderness.
4. In a small bowl, whisk together sauce ingredients (soy sauce, sesame oil, water and corn starch). Return shrimp to skillet with vegetable mixture and add sauce mixture to the pan. Stir until slightly thickened and clear, about 2-3 minutes.
5. Divide evenly onto 4 plates and garnish with sesame seeds and sliced green onions. Can be plated over brown rice or quinoa for a complete and balanced meal. Keeps well in the refrigerator in an airtight container for 3-4 days.

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: 4

Serving size: (262g)

Amount per serving

**Calories** **270**

% Daily Value\*

<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 170mg	<b>57%</b>
<b>Sodium</b> 680mg	<b>30%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 26g	
Vitamin D 0mcg	<b>0%</b>
Calcium 100mg	<b>8%</b>
Iron 3mg	<b>15%</b>
Potassium 281mg	<b>4%</b>

\*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.

# Stir Fry 3 Ways

Makes 4 servings

Developed by Nicole Azurin, RDN, CDCES

## Ingredients

	Shrimp Stir Fry	Tofu Stir Fry	Chicken Stir Fry
Seasoning (for protein)	<p>½ tsp ground black pepper 1 Tbsp low sodium soy sauce (or, coconut aminos)</p>	<p>½ tsp ground black pepper 1 Tbsp low sodium soy sauce (or, coconut aminos) 1 Tbsp corn starch</p>	<p>½ tsp ground black pepper 1 Tbsp low sodium soy sauce (or, coconut aminos)</p>
Protein	<p>1 lb shrimp, peeled and de-veined (thaw if frozen)</p>	<p>1 (14 oz) block of extra-firm tofu, pressed and drained of liquid</p>	<p>1 lb of chicken, cut into 1 inch pieces</p>
Oil	<p>2 Tbsp extra virgin olive oil, divided</p>	<p>2 Tbsp extra virgin olive oil, divided</p>	<p>2 Tbsp extra virgin olive oil, divided</p>
Vegetables	<p>1 Tbsp minced ginger 3 cloves garlic 1 small onion, thinly sliced</p> <p>1 cup snow peas 1 red bell pepper ½ cup water chestnuts 2 small carrots or 1 large carrot, sliced</p> <p>* For convenience use 4-6 cups of either frozen stir fry vegetable mix or fresh pre-cut vegetable mix</p>	<p>1 Tbsp minced ginger 3 cloves garlic 1 small onion, thinly sliced</p> <p>2 small carrots or 1 large carrot, sliced 1 small head of broccoli, cut into florets 2 stalks of celery, sliced into ½ inch pieces 1 yellow bell pepper</p> <p>* For convenience use 4-6 cups of either frozen stir fry vegetable mix or fresh pre-cut vegetable mix</p>	<p>1 Tbsp minced ginger 3 cloves garlic 1 small onion, thinly sliced</p> <p>2 small carrots or 1 large carrot, sliced 1 small head of broccoli, cut into florets 2 stalks of celery, sliced into ½ inch pieces 1 yellow bell pepper</p> <p>* For convenience use 4-6 cups of either frozen stir fry vegetable mix or fresh pre-cut vegetable mix</p>
Sauce	<p>2 Tbsp low sodium soy sauce (or, coconut aminos) 1 tsp toasted sesame oil ¼ cup water 2 Tbsp corn starch</p>	<p>2 Tbsp low sodium soy sauce (or, coconut aminos) 1 tsp toasted sesame oil ¼ cup water 2 Tbsp corn starch</p>	<p>2 Tbsp low sodium soy sauce (or, coconut aminos) 1 tsp toasted sesame oil ¼ cup water 2 Tbsp corn starch</p>
Garnish	<p>½ Tbsp sesame seeds ¼ cup cilantro</p>	<p>½ Tbsp sesame seeds ¼ cup thinly sliced green onions</p>	<p>¼ cup thinly sliced green onions ¼ cup cashew for garnish</p>

# Stir Fry 3 Ways

Makes 4 servings

*Developed by Nicole Azurin, RDN, CDCES*

## Instructions

1. Add seasoning to protein of choice and coat well.
2. In a large wok or multi-purpose stainless steel or cast-iron pan heat 1 Tbsp of oil over medium heat. Once hot, add protein in a single even layer and sauté until just cooked. Remove from the pan, place in a bowl and set aside.
3. In the same pan, add remaining 1 Tbsp of oil and sauté onions until translucent. Then add garlic and sauté for 1-2 minutes (be careful not to burn). Add the rest of the vegetables. Cook until tender (about 8-10 minutes), or to desired tenderness.
4. In a small bowl, whisk together the sauce ingredients (soy sauce, sesame oil, water, and corn starch). Return protein to skillet with vegetable mixture and add sauce mixture to the pan. Stir until slightly thickened and clear, about 2-3 minutes.
5. Divide evenly onto 4 plates and garnish.

## 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.