

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.



Tofu Scramble

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

California Tofu Scramble

Makes 4 servings

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

Ingredients

Protein	1 lb tofu, firm or extra firm, drained and crumbled
Seasoning	1 tsp turmeric 1 Tbsp nutritional yeast salt & pepper
Oil	1-2 Tbsp extra virgin olive oil
Vegetables	½ yellow bell pepper, diced ½ cup sliced mushrooms ½ cup cherry tomatoes, halved
Liquids	2 Tbsp unsweetened nondairy milk or vegetable broth
Greens	2 cups kale, chopped
Garnish	¼ cup broccoli or alfalfa sprouts or ¼ cup chopped scallions 1 small avocado, sliced



Nutrition Facts

Servings per recipe: 4

Serving size: approx. 1½ cup (233g)

Amount per serving

Calories	240
	% Daily Value*
Total Fat 18g	23%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 9g	3%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 245mg	20%
Iron 3mg	15%
Potassium 411mg	8%

*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.

Instructions

1. Drain tofu and crumble into a kitchen towel. Twist to remove moisture. Empty into a bowl. Add seasonings, mix well and let rest to absorb flavors.
2. In a large nonstick skillet, over medium heat, heat a drizzle of olive oil and sauté onions until translucent. Add the rest of the vegetables. Cook until warm or slightly golden, whichever way you enjoy your vegetables. Set aside in a bowl.
3. Return pan to heat and add remaining drizzle of olive oil. Add seasoned tofu to pan and cook for about 5 minutes until warm and fluid has evaporated. Add in the vegetable mix. Heat well for about 2-3 minutes. Add liquid and greens then cook covered for another 2-5 minutes until warmed and wilted.
4. Divide evenly onto 4 plates and garnish.

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

Tofu Scramble 3 Ways

Makes 4 servings

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

Ingredients

	California Tofu Scramble	Greek Tofu Scramble	Basic Tofu Scramble
Protein	1 lb tofu, firm or extra firm, drained and crumbled	1 lb tofu, firm or extra firm, drained and crumbled	1 lb tofu, firm or extra firm, drained and crumbled
Seasoning	1 tsp turmeric 1 Tbsp nutritional yeast salt & pepper	1 tsp turmeric 1 Tbsp nutritional yeast 2 tsp dried oregano salt & pepper	1 tsp turmeric 2 Tbsp nutritional yeast ¼ tsp garlic powder salt & pepper
Oil	1-2 Tbsp extra virgin olive oil	1-2 Tbsp extra virgin olive oil	1-2 Tbsp extra virgin olive oil
Vegetables	½ yellow bell pepper, diced ½ cup sliced mushrooms ½ cup cherry tomatoes, halved	½ red bell pepper, diced ¼ red onion, chopped ½ cup marinated artichoke hearts, drained and quartered ¼ cup Kalamata olives	
Liquid	2 Tbsp unsweetened nondairy milk or vegetable broth	2 Tbsp unsweetened nondairy milk or vegetable broth	2 Tbsp unsweetened nondairy milk or vegetable broth
Greens	2 cups kale, chopped	4 cups spinach, chopped	
Garnish	¼ cup broccoli or alfalfa sprouts or ¼ cup chopped scallions 1 small avocado, sliced	¼ cup fresh basil leaves, chopped	2 Tbsp chives 1 tomato, sliced

Instructions

1. Drain tofu and crumble into a kitchen towel. Twist to remove moisture. Empty into a bowl. Add seasonings, mix well and let rest to absorb flavors.
2. In a large nonstick skillet, over medium heat, heat a drizzle of olive oil and sauté the vegetables. Cook until warm or slightly golden, whichever way you enjoy your vegetables. Set aside in a bowl.
3. Return pan to heat and add remaining drizzle of olive oil. Add seasoned tofu to pan and cook for about 5 minutes until warm and fluid has evaporated. Add in the vegetable mix. Heat well for about 2-3 minutes. Add liquid and greens then cook covered for another 2-5 minutes until warmed and wilted.
4. 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.