Your Plan for Health
Summer Salads and Vegetables

June 16th, 2014

Presented By:
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Wexner Medical Center

THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER
Great Grilled Vegetables

4 Servings

Ingredients:
Red peppers, 1 each, sliced, deseeded, and cut into 8 sections
Asparagus, 1 bunch, trimmed
Zucchini, 1 each sliced diagonally into ¼ to ½ inch thick slices
Yellow squash, 1 each, sliced diagonally into ¼ to ½ inch thick slices

Olive oil, extra virgin, 2 ounces
¾ cup Lawry’s Seasoning Salt, 25% less sodium
1 cup brown sugar

Directions:
Wash all vegetables, dry, cut as directed. Rub vegetables with olive oil.

Start to grill vegetables on indoor or outdoor grill, or use grill pan. Use small amount of olive oil if needed

Arrange in alternating colors on plate. Sprinkle Lawry’s and Splenda mix over vegetables on serving plate after they are cooked. Otherwise they will burn and stick to your grill.

Serve with whole grain rice or quinoa.
Mixed Greens with Blueberries, Candied Walnuts, Gorgonzola, and Flax Oil Vinaigrette

4 Servings

Ingredients:
Flax and Blueberry Dressing:
½ cup fresh blueberries
1 small clove garlic, chopped
1 tsp white or red onion, chopped
2 tbsp raspberry vinegar
½ tsp granulated sugar
4 tbsp Flax oil

Salad:
4 cups spring mix salad greens
1 cup grape tomatoes
1 small granny-smith apple, sliced into thin wedges
½ cup fresh blueberries
1 cup candied walnuts
½ cup gorgonzola cheese
Flax and blueberry dressing

Directions:
Dressing:
In a blender, combine blueberries, garlic, onion, vinegar and sugar until berries are liquefied.
Drizzle flax oil through the top of blender while running until the desired consistency and mouth feel are achieved. Makes ½ cup, set aside

Salad:
Slice apples into thin wedges and set aside. Set out four plates to assemble greens. Start with a base of greens, and add sliced granny-smith apples, whole grape tomatoes, and fresh blueberries.
Sprinkle gorgonzola cheese and candied walnuts evenly over all four plates.
Right before serving, finish salad by drizzling about 2 tbsp of the flax and blueberry dressing.
Quinoa and White Bean Salad

6-8 Main Dish servings
16 Side Dish Servings

Ingredients:
1 ½ cups quinoa
1 ½ cups canned white beans, rinsed and drained
1 ½ tbsp red wine vinegar
1 ½ cups cooked corn (fresh, canned or frozen)
1 red bell pepper, seeded and chopped
4 scallions, chopped
1 tsp garlic, minced fine
¾ tsp cayenne pepper
¾ cup fresh coriander leaves, chopped fine
⅓ cup fresh lime juice
½ tsp salt
1 ¼ tsp ground cumin
⅓ cup olive oil

Directions:
Rinse quinoa in a fine sieve under cold running water until water runs clear. Put quinoa in a pot with 2 ¼ cups water. Bring to a boil, then cover and simmer 20 minutes or until water is absorbed and quinoa is tender. Fluff quinoa with a fork and transfer to a large bowl and allow to cool.

While quinoa is cooking, in a small bowl toss beans with vinegar and salt and pepper taste.

Add beans, corn, bell pepper, scallions, garlic, cayenne and coriander to the quinoa well

In a small bowl whisk together lime juice, salt, cumin and add in a stream while whisking. Drizzle over salad and toss well with salt and pepper. Salad may be made ahead and refrigerated, covered. Bring to room temperature before serving.
Spelt Wheat, Pear, and Watercress Salad

4 Servings

Ingredients:
Kosher salt
1 cup spelt (whole-wheat berries)
1 lemon, juiced, about ¼ cup
2 firm, but ripe eating pears such as Anjou, Bartlett or Cornice, cored
¼ bulb fennel
2 bunches watercress, stems trimmed, (about 6 cups)
3 tablespoons extra-olive oil
Freshly grated black pepper
2 – 3 ounce piece Gruyere or aged Gouda

Directions:
Bring a generously salted medium saucepan of water to a boil. Add the spelt and return to a boil, adjust the heat to maintain a simmer, cover, and cook until the berries are tender but not mushy 15 to 20 minutes. Drain and set aside.

Put the lemon juice in medium bowl. Thinly slice the pears, and fennel lengthwise, place into the bowl. Toss with the lemon juice. Add the spelt berries, watercress, and olive oil and toss to dress evenly. Season with salt and pepper.

Divide salad among 4 plates and, using a vegetable peeler, shave the Gruyere or Gouda cheese over each plate. Serve.
Your Plan for Health

Healthy Summer Grilling

June 23rd, 2014

Jim Warner
Program Director, Food & Nutrition Services
Grilled Salmon with Edamame, Sweet Potatoes, and Thai Curry

4 servings

- 4 ea. 3-4 oz portion salmon
- 3 cups shelled edamame
- 1 12-oz bag cubed sweet potatoes
- 1 T red Thai curry paste
- 1 lime, juice of
- Soy sauce (optional)
- Orange juice (optional)
- Salt and pepper to taste
- 2 tsp Olive Oil

Grill salmon on a medium hot grill. Mix curry paste and lime juice together to thoroughly mix. Heat olive oil in approximately-sized sauté pan. When hot, add edamame and sweet potatoes – sauté until potatoes are nearly al dente. Add lime juice and curry paste mix. Season with salt and pepper. Add orange juice/soy sauce if desired. Add chopped cilantro.
Grilled Pizzeta
4 servings

2 flat breads
2 cloves garlic, chopped
Container of roasted tomato pesto
Salt and pepper
½ bunch asparagus, sliced on an angle, about ½ inches long
½ red pepper diced
½ red onion diced
2 oz baby bell mushrooms, sliced
1 bunch fresh basil, cut into thin slices
1 oz shredded parmesan reggiano
2 oz montrachet cheese crumbles

- Sauté asparagus, peppers, mushrooms, onions and garlic until tender, cool
- Heat grill. Lightly oil one side of dough
- Grill one side of dough on grill for 1-2 minutes until it puffs
- Brush raw side with oil and flip to cooler side of grill
- Remove dough from grill.
- Spread small amount of tomato pesto on one side of grilled dough.
- Attractively arrange grilled vegetables on pizza, sprinkle with both cheese, and julienne basil. Season with salt and pepper.
- Cover grill to heat through, or place on oven pan and reheat for 4-5 minutes.
- Slice and serve.
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- Serve with whole grain rice or quinoa.