Quick, Easy Meals for Busy Professionals Cooking Demo

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Program Director, Food and Nutrition Services

June 4, 2013
Grilled Salmon
Edamame with Sweet Potatoes, Thai Curry, served over Basmati Rice

3-4 servings

1 cup basmati rice
2 cups chicken or vegetable broth
2 tsp olive oil

Bring all ingredients to a boil, cover and simmer for 20 minutes, or until liquid has evaporated. Hold for service.

4 ea 3-4 portion salmon
3 cups shelled edamame
1 12oz bag cubed sweet potatoes
1 tbsp red Thai curry paste
1 lime, juice of
Soy sauce, optional
Orange juice, optional
Salt and pepper to taste
2 tsp olive oil

Sear salmon in a touch of oil in a very hot pan.
Mix curry paste and lime juice together to thoroughly mix.
Heat olive oil in appropriately 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 and/or soy sauce if desired. Add chopped cilantro.
Serve immediately around mold of basmati rice.

Spray inside of coffee cup with spray olive oil. Fill cup with cooked rice. Place dinner plate on top of coffee cup, centered. Using both hands, hold the coffee cup on the plate, then flip them over so the cup is on the top of the plate. Remove the cup and you should have a nice mound of rice. Pour the edamame and sweet potato mixture around the rice. Top with salmon fillet.
Sprinkle with freshly chopped cilantro.

Nutrition information per serving:
Calories: 579
Fat (g): 23.7
Cholesterol (mg): 71
Carbohydrates (g): 48
Protein (g): 41.5
Sodium (mg): 563
One Pot Chicken Minestrone

Serves 4

1 qt Chicken Stock
4 frozen chicken tenderloin pieces
1 cup Penne pasta
1 ¼ cup frozen mixed vegetables
1 cup fresh spinach
2 tbsp grated parmesan cheese
Salt and pepper to taste

Bring chicken stock to a boil. Add frozen or thawed chicken tenderloins. Cook until no longer pink in the center. Remove from soup. Add frozen vegetables and penne pasta. Cook for 12 minutes. When cooked, chop chicken into small chunks. Add back to soup. Add spinach and cook for 1 minute. Serve immediately. Sprinkle with parmesan cheese and season with salt and pepper. Serve 1 ½ cups per person.

Nutrition information per serving:
Calories: 327.5
Fat (g): 1
Cholesterol (mg): 72
Carbohydrates (g): 41
Protein (g): 34
Sodium (mg): 323
Red Beet, Strawberry, and Apple Juice

Serves 4

1 cup chopped, peeled red beets
2 cups strawberries, hulled
1 small apple, skin on, cored and cut into eights
1 tbsp freshly squeezed lime juice

Nutrition information per serving:
Calories: 60
Fat (g): 0
Cholesterol (mg): 0
Carbohydrates (g): 14
Protein (g): 1
Sodium (mg): 95
How did you learn about this program? (please check all that apply)

Additional Comments:

What are some other food and nutrition topics you would be interested in learning more about?

Overall, I was satisfied with this program:

I plan to incorporate food and nutrition information into my daily habits:

I learned helpful information on making good nutrition choices:

As a result of this program:

The education materials provided were effective:

Presenter B: met the program objectives:

Presenter A: met the program objectives:

Presenter C: met the program objectives:

Presenter D: met the program objectives:

was knowledgeable about the topic:

was knowledgeable about the topic:

displayed good presentation skills:
displayed good presentation skills:

Evaluation Statement:

Please indicate your response to the questions below by using the following scale: strongly agree, agree, neutral, disagree, strongly disagree

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Jim

__________________________
Presenter B:

__________________________
Presenter A:

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Presenter C:

__________________________
Presenter D:

__________________________
Location:

__________________________
Time: 12:00

__________________________
Date: June 4, 2013

__________________________
Program Title:

The Ohio State University Wexner Medical Center
NATIONAL EMPLOYEE WELLNESS MONTH EVENTS

Throughout June, The Ohio State University will celebrate National Employee Wellness Month. Your Plan for Health (YP4H) will offer free on-campus fitness classes, webinars on healthy cooking and mindfulness, wellness walks, biometric health screenings, and much more! All Ohio State faculty and staff are encouraged to participate.

Here are some fun events you can participate in this June:

FITNESS BREAKS
Feeling stressed? Lacking energy? Step away from your desk and reinvigorate your workday while trying a variety of free on-campus fitness classes.

THE HEALTHY BUCKEYE VIDEO CONTEST
Are you a Healthy Buckeye? Share your story in video format for a chance to win prizes and be recognized during the Rally for Wellness on August 15, 2013. For details, visit go.osu.edu/HealthyBuckeyeContest

SUPER SCREENING & COMPLETE YOUR PHA WEEK
During the last week of June, remember to schedule your screening and complete your Personal Health & Wellness Assessment (PHA) Sept. 30.

To schedule a screening, visit yp4h.osu.edu and click “Schedule a Biometric Screening” in the Quick Links tab at the top of the page. Schedule your appointment now and beat the rush!

JUNE 24-28

COOKING TIPS & HEALTHY FOOD
Don’t think you have time to pack a healthy lunch or cook a gourmet dinner after work? Let us help you!

WEBCAST
Quick, Easy Meals for Busy Professionals

WEBINAR
Healthy Eating in the Workplace

No lunch? No problem! There will be healthy options on campus throughout the summer.

FOOD TRUCKS
Gourmet Food Trucks with Healthy Options

WELLNESS WALKS
Take a breath this June during a 20- to 30-minute wellness walk. These walks will take place at Ohio State campuses throughout Employee Wellness Month, and a number will be led by health coaches from the OSU Health Plan.

CELEBRATE IN YOUR OWN DEPARTMENT
• Create a fun challenge in the YP4H portal and invite everyone in your department to participate;
• Coordinate a healthy potluck;
• Schedule a Biometric Health Screening event for your unit;
• Turn an ordinary meeting into a walking or standing meeting;
• Watch an archived YP4H webinar with your co-workers.

National Employee Wellness Month activities are coordinated by YP4H in partnership with Buckeye Wellness; the Office of Human Resources, the OSU Health Plan, and the Wexner Medical Center.

Scan the code or visit go.osu.edu/YP4HEvents for a full list of events taking place in June.