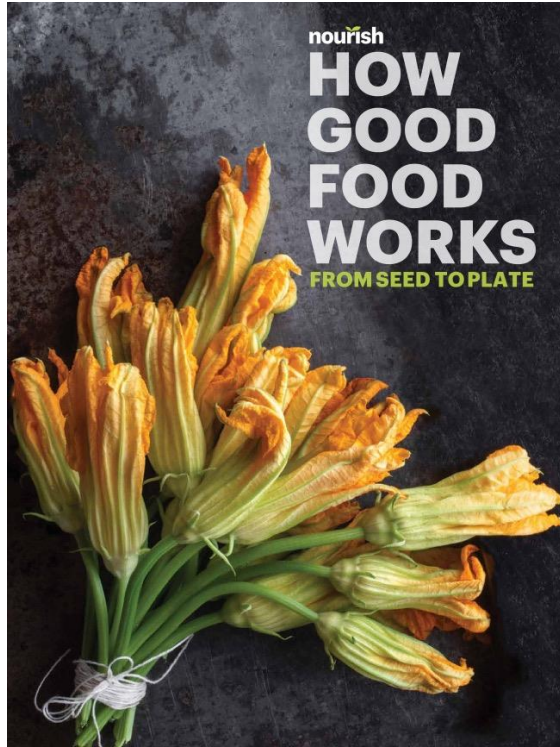


# HOW GOOD FOOD WORKS



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Cookbook: [www.HowGoodFoodWorksCookBook.org](http://www.HowGoodFoodWorksCookBook.org)

Nourish Website: [www.NourishProgram.org](http://www.NourishProgram.org)

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**UTHealth**  
The University of Texas  
Health Science Center at Houston  
School of Public Health

  
MICHAEL & SUSAN DELL  
CENTER for HEALTHY LIVING

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WE TEACH **HOW** good food works

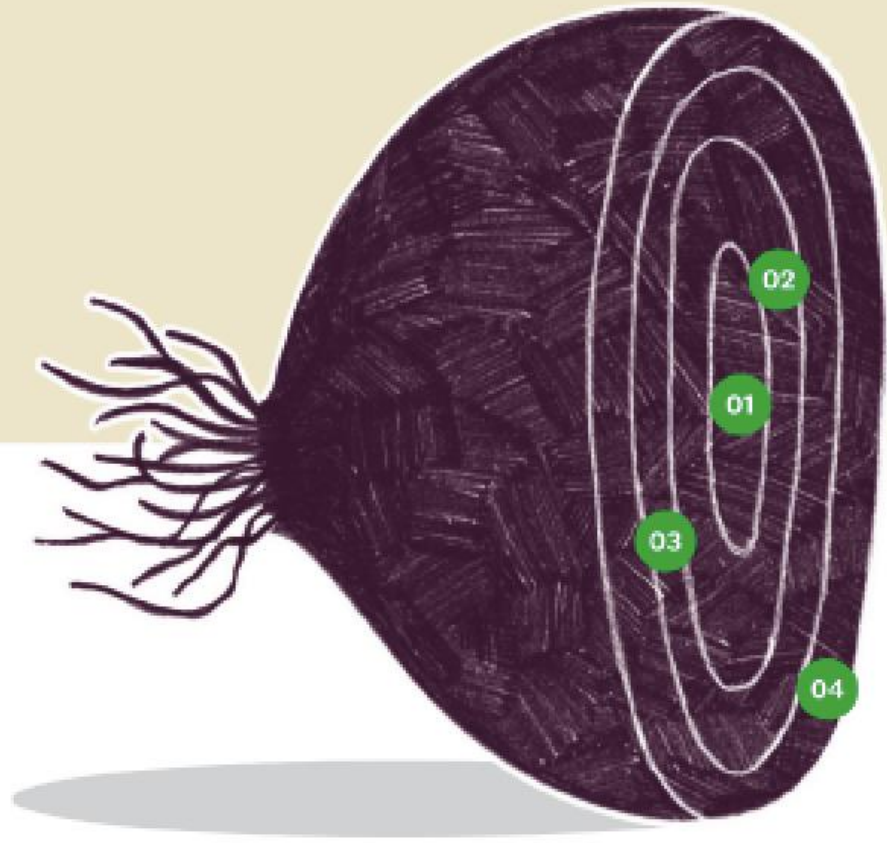


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# Who We Teach



**01 = Dietetic Interns/MPH**

**02 = Healthcare Students**  
(Medical, Nursing, & SPH)

**03 = Professionals**  
(RDN, MD, PA, DDS, RN, etc.)

**04 = Community**  
(Clinics, Gardens, Hospitals, Schools, etc.)

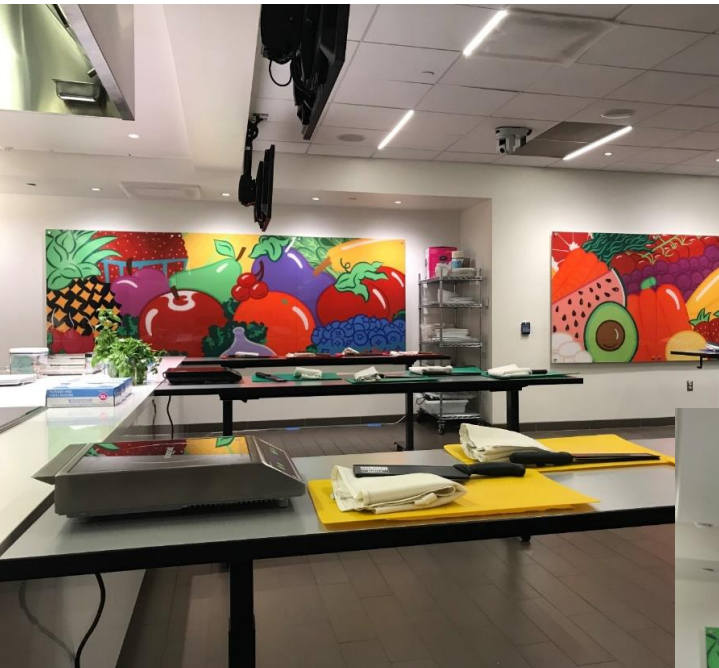
# Holistic Garden



# Simulation Lab



# Teaching Kitchen



# Community Programming: Harris Health Food Farmacy





# Community Programming: Harris Health Food Prescription



RESEARCH  
Research Paper

## Barriers and Facilitators of Implementing a Clinic-Integrated Food Prescription Plus Culinary Medicine Program in a Low-Income Food Insecure Population: A Qualitative Study

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### ABSTRACT

**Background** Food prescription and culinary medicine programs are gaining popularity as tools for decreasing food insecurity, increasing personal agency, promoting healthy eating, and reducing the risk of chronic diseases. However, there is a gap in understanding of how health care professionals can deliver evidence-based how-to nutrition information that is tailored for culturally diverse, low-income populations.

**Objective** To understand the barriers and facilitators for healthy eating among a low-income, diverse population with diabetes, and the gaps in knowledge and training needed for registered dietitian nutritionists (RDN) to address patient barriers when implementing a food prescription and CM program in a healthcare setting.

**Design** A series of nine focus groups were conducted: six focus groups with patients with diabetes (n = 40) (three in English and three in Spanish) and three focus groups with RDN employees (n = 17).

**Participants/setting** A convenience sample of 40 low-income food insecure patients with diabetes receiving care at a diverse, integrated, safety net health care system in an urban setting in Texas and convenience sample of 17 RDN employees.

**Statistical analysis** All focus group transcripts were examined by independent reviewers and blind catalogued and organized into common themes and subthemes based on constant comparative methodology. Investigator group consensus was reached on emergent themes and subthemes for the respective focus groups.

**Results** Patients reported frustration with mixed dietary messages from different health care providers, lack of culturally inclusive recommendations, and a desire for skills to prepare tasty and healthy food. RDNs desired more training and education in cultural humility, culinary nutrition skills, and behavioral change theory.

**Conclusions** Our study describes how cultural humility, practical culinary nutrition skills, and consistent and coordinated messaging can help to improve patient nutrition care. Before implementation of a food prescription and culinary medicine program, efforts should promote training of RDN staff in culinary nutrition and related areas to increase acceptability and adherence of the program for patients.

J Acad Nutr Diet. 2021; ■(■): ■-■.

CONSUMING A HEALTHY DIET IS A WELL-SUPPORTED, low-cost preventive and treatment approach for reducing the risk of chronic diseases, including type 2 diabetes.<sup>1,2</sup> Despite a continued focus on interventions and public health campaigns presenting the benefits of consuming a healthy diet, most dietary patterns still do not align with the current national dietary guidelines,<sup>3</sup> especially in low-income families.<sup>4</sup> The overly simplified advice to eat more fruits and vegetables ignores complex social inequalities that limit a person's choice to consume healthy foods.<sup>5-7</sup> Strategies for the promotion of healthy eating should

focus on increasing food literacy through a combination of solutions to address challenges to healthy eating.<sup>8-11</sup>

During 2019, more than 10.5% (of households in the United States) experienced food insecurity.<sup>12</sup> Further, food insecurity and chronic diseases often coexist within the same individual because of disordered eating—consuming what is available regardless of whether or not the foods are healthy.<sup>13</sup> Food insecurity is a particularly serious problem in Houston, TX, where 16.6% of the households reportedly experience food insecurity, which is about two and five percentage points above the state and national average.<sup>14</sup>



### Article

## Impact of a Virtual Culinary Medicine Curriculum on Biometric Outcomes, Dietary Habits, and Related Psychosocial Factors among Patients with Diabetes Participating in a Food Prescription Program

Shreela V. Sharma<sup>1,\*</sup>, John W. McWhorter<sup>2</sup>, Joanne Chow<sup>1,3</sup>, Melissa P. Danho<sup>1</sup>, Shannon R. Weston<sup>2</sup>, Fatima Chavez<sup>1</sup>, Laura S. Moore<sup>2</sup>, Maha Almoḥamad<sup>1</sup>, Jennifer Gonzalez<sup>4</sup>, Esther Liew<sup>4</sup>, Denise M. LaRue<sup>3</sup>, Esperanza Galvan<sup>5</sup>, Deanna M. Hoelscher<sup>6</sup> and Karen C. Tseng<sup>3</sup>



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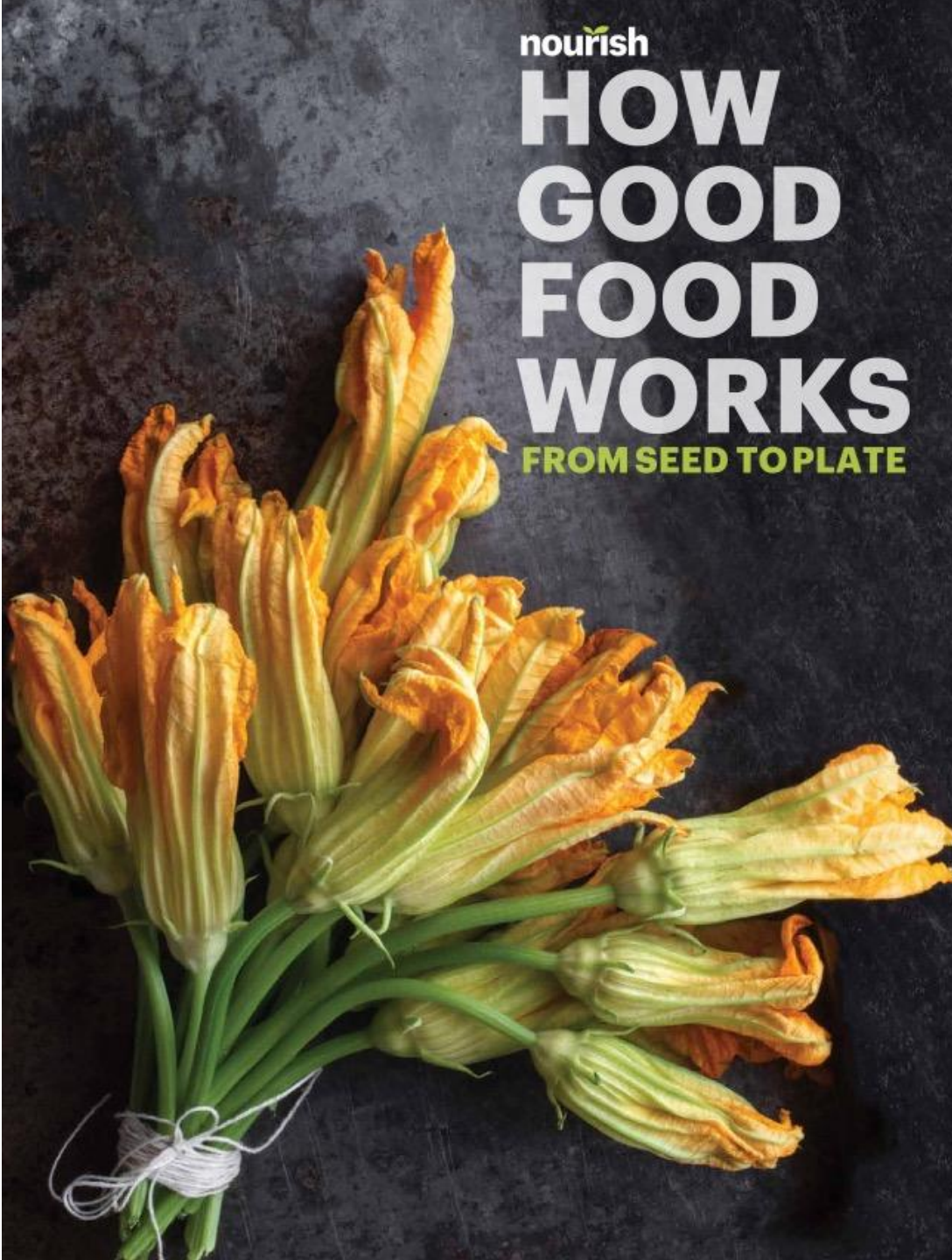
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**Abstract:** Culinary medicine is an evidence-based approach that blends the art of cooking with the science of medicine to inculcate a healthy dietary pattern. Food prescription programs are gaining popularity in the United States, as a means to improve access to healthy foods among patient populations. The purpose of this paper is to describe the implementation and preliminary impact of a Prescription for Healthy Living (PHL) culinary medicine curriculum on biometric and diet-related behavioral and psychosocial outcomes among patients with diabetes participating in a clinic-led food prescription (food Rx) program. We used a quasi-experimental design to assess PHL program impact on patient biometric outcome data obtained from electronic health records, including glycosylated hemoglobin (HbA1c), body mass index (BMI), and blood pressure (n = 33 patients in the PHL group, n = 75 patients in the food Rx-only group). Pre-post surveys were administered among those in the PHL group to monitor program impact on psychosocial and behavioral outcomes. Results of the outcome analysis showed significant pre-to-post reduction in HbA1c levels among participants within the PHL group (estimated mean difference = -0.96% (-1.82, -0.10), p = 0.028). Between-group changes showed a greater decrease in HbA1c among those participating in PHL as compared to food Rx-only, albeit these differences were not statistically significant. Participation in PHL demonstrated significant increases in the consumption of fruits and vegetables, fewer participants reported that cooking healthy food is difficult, increased frequency of cooking from scratch, and increased self-efficacy in meal planning and cooking (p < 0.01). In conclusion, the results of our pilot study suggest the potential positive impact of a virtually-implemented culinary medicine approach in improving health outcomes among low-income patients with type 2 diabetes, albeit studies with a larger sample size and a rigorous study design are needed.

**Keywords:** self-efficacy; food prescription programs; diabetes; healthy eating; culinary medicine

- Importance of cultural humility and consistent messaging
- Desire and need for culinary skills training among practitioners
- Need and desire for more practical food-based education



# nourish

# HOW GOOD FOOD WORKS

## FROM SEED TO PLATE

BY JESSIE BROWN AND LUCY WOOD

### CORN AND EDAMAME SUCCOTASH WITH FLANK STEAK

Edamame is a delicious, high-protein, nutrient-rich soybean that's packed with fiber and antioxidants. It's a great addition to any meal, and it's especially good when paired with corn. This succotash is a healthy, hearty dish that's perfect for a weeknight dinner. The corn and edamame are cooked together in a skillet, and the mixture is served over a bed of sautéed onions and garlic. The flank steak is cooked to perfection and sliced into thin strips, which are then served on top of the succotash. The result is a delicious, nutritious meal that's easy to make and perfect for a busy weeknight.

#### Ingredients:

- 1/2 cup corn kernels, frozen or fresh
- 1/2 cup edamame, frozen or fresh
- 1/2 cup onion, diced
- 1/2 cup garlic, minced
- 1/2 cup olive oil
- 1/2 cup salt
- 1/2 cup pepper
- 1/2 cup red wine vinegar
- 1/2 cup balsamic vinegar
- 1/2 cup soy sauce
- 1/2 cup sesame oil
- 1/2 cup soybean oil
- 1/2 cup canola oil
- 1/2 cup sunflower oil
- 1/2 cup avocado oil
- 1/2 cup coconut oil
- 1/2 cup ghee
- 1/2 cup butter
- 1/2 cup lard
- 1/2 cup tallow
- 1/2 cup suet
- 1/2 cup schmaltz
- 1/2 cup duck fat
- 1/2 cup goose fat
- 1/2 cup beef tallow
- 1/2 cup pork tallow
- 1/2 cup chicken tallow
- 1/2 cup turkey tallow
- 1/2 cup venison tallow
- 1/2 cup bison tallow
- 1/2 cup reindeer tallow
- 1/2 cup caribou tallow
- 1/2 cup moose tallow
- 1/2 cup elk tallow
- 1/2 cup wild boar tallow
- 1/2 cup wild turkey tallow
- 1/2 cup wild chicken tallow
- 1/2 cup wild duck tallow
- 1/2 cup wild goose tallow
- 1/2 cup wild swan tallow
- 1/2 cup wild crane tallow
- 1/2 cup wild stork tallow
- 1/2 cup wild pelican tallow
- 1/2 cup wild raven tallow
- 1/2 cup wild crow tallow
- 1/2 cup wild magpie tallow
- 1/2 cup wild jackdaw tallow
- 1/2 cup wild jay tallow
- 1/2 cup wild magpie tallow
- 1/2 cup wild raven tallow
- 1/2 cup wild crow tallow
- 1/2 cup wild jackdaw tallow
- 1/2 cup wild jay tallow

#### Method:

1. Heat oil in a skillet over medium heat. Add onion and garlic and sauté until softened. Add corn and edamame and cook until tender. Season with salt and pepper.
2. Cook flank steak in a skillet over medium heat until browned on both sides. Slice into thin strips.
3. Add succotash to a bowl and top with steak strips. Drizzle with red wine vinegar and balsamic vinegar. Season with salt and pepper.

#### Helpful Tip:

Edamame is a great source of protein and fiber. It's also a good source of iron and calcium.

### ROASTED PEPPERS AND SUGAR SNAP PEAS

Roasted peppers and sugar snap peas are a delicious and healthy snack. The peppers are roasted until they are soft and smoky, and the sugar snap peas are cooked until they are tender. The result is a delicious, nutritious meal that's easy to make and perfect for a busy weeknight.

#### Ingredients:

- 1/2 cup red bell peppers, sliced
- 1/2 cup green bell peppers, sliced
- 1/2 cup yellow bell peppers, sliced
- 1/2 cup orange bell peppers, sliced
- 1/2 cup purple bell peppers, sliced
- 1/2 cup sugar snap peas
- 1/2 cup olive oil
- 1/2 cup salt
- 1/2 cup pepper

#### Method:

1. Heat oil in a skillet over medium heat. Add peppers and sugar snap peas and cook until tender. Season with salt and pepper.

#### Helpful Tip:

Roasted peppers are a great source of vitamin C and antioxidants. They are also a good source of fiber and potassium.



### SALTED CHOCOLATE DATES

Salted chocolate dates are a delicious and healthy snack. The dates are coated in a thick, dark chocolate sauce and are then sprinkled with sea salt. The result is a delicious, nutritious meal that's easy to make and perfect for a busy weeknight.

#### Ingredients:

- 1/2 cup dates
- 1/2 cup dark chocolate, melted
- 1/2 cup sea salt

#### Method:

1. Line a baking pan with wax or parchment paper. Melt the chocolate in a double boiler or in a microwave. Dip the dates in the chocolate and then roll them in the sea salt. Place the dates on the baking pan and let them dry.

#### Helpful Tip:

Salting dates is a great way to enhance their natural sweetness. It's also a good way to add a little crunch to the dates.



### SQUASH BLOSSOM PIZZA CAULIFLOWER CRUST

Squash blossom pizza is a delicious and healthy meal. The cauliflower crust is made from cauliflower, onion, and olive oil. The pizza is topped with a mixture of squash blossoms, tomatoes, and other vegetables. The result is a delicious, nutritious meal that's easy to make and perfect for a busy weeknight.

#### Ingredients:

- 1/2 cup cauliflower, shredded
- 1/2 cup onion, diced
- 1/2 cup olive oil
- 1/2 cup salt
- 1/2 cup pepper
- 1/2 cup squash blossoms
- 1/2 cup tomatoes, sliced
- 1/2 cup mushrooms, sliced
- 1/2 cup zucchini, sliced
- 1/2 cup eggplant, sliced
- 1/2 cup bell peppers, sliced
- 1/2 cup carrots, sliced
- 1/2 cup celery, sliced
- 1/2 cup green beans, sliced
- 1/2 cup peas, sliced
- 1/2 cup corn, sliced
- 1/2 cup kidney beans, sliced
- 1/2 cup chickpeas, sliced
- 1/2 cup lentils, sliced
- 1/2 cup quinoa, sliced
- 1/2 cup rice, sliced
- 1/2 cup pasta, sliced
- 1/2 cup bread, sliced
- 1/2 cup crackers, sliced
- 1/2 cup cookies, sliced
- 1/2 cup candy, sliced
- 1/2 cup nuts, sliced
- 1/2 cup seeds, sliced
- 1/2 cup dried fruit, sliced
- 1/2 cup fresh fruit, sliced
- 1/2 cup vegetables, sliced
- 1/2 cup herbs, sliced
- 1/2 cup spices, sliced
- 1/2 cup oils, sliced
- 1/2 cup vinegars, sliced
- 1/2 cup dressings, sliced
- 1/2 cup sauces, sliced
- 1/2 cup condiments, sliced
- 1/2 cup beverages, sliced
- 1/2 cup snacks, sliced
- 1/2 cup desserts, sliced
- 1/2 cup drinks, sliced
- 1/2 cup meals, sliced
- 1/2 cup entrees, sliced
- 1/2 cup soups, sliced
- 1/2 cup stews, sliced
- 1/2 cup curries, sliced
- 1/2 cup chutneys, sliced
- 1/2 cup salsas, sliced
- 1/2 cup dips, sliced
- 1/2 cup spreads, sliced
- 1/2 cup toppings, sliced
- 1/2 cup garnishes, sliced
- 1/2 cup accompaniments, sliced
- 1/2 cup sides, sliced
- 1/2 cup salads, sliced
- 1/2 cup soups, sliced
- 1/2 cup stews, sliced
- 1/2 cup curries, sliced
- 1/2 cup chutneys, sliced
- 1/2 cup salsas, sliced
- 1/2 cup dips, sliced
- 1/2 cup spreads, sliced
- 1/2 cup toppings, sliced
- 1/2 cup garnishes, sliced
- 1/2 cup accompaniments, sliced
- 1/2 cup sides, sliced
- 1/2 cup salads, sliced

#### Method:

1. Preheat the oven to 400°F. Shred the cauliflower and onion. Pulse in a food processor until finely chopped. Pulse the olive oil, salt, and pepper until well combined. Press the mixture into a round shape on a parchment-lined baking sheet. Bake for 15 minutes. Top with the squash blossoms and other vegetables. Bake for another 15 minutes.

#### Helpful Tip:

Squash blossoms are a great source of vitamin C and antioxidants. They are also a good source of fiber and potassium.



### SHAVED RADISH SALAD AND TURMERIC VINAIGRETTE

Shaved radish salad and turmeric vinaigrette are a delicious and healthy meal. The radish salad is made from shaved radishes, cucumber, and other vegetables. The turmeric vinaigrette is made from olive oil, turmeric, and other ingredients. The result is a delicious, nutritious meal that's easy to make and perfect for a busy weeknight.

#### Ingredients:

- 1/2 cup shaved radishes
- 1/2 cup cucumber, sliced
- 1/2 cup carrot, sliced
- 1/2 cup bell peppers, sliced
- 1/2 cup tomatoes, sliced
- 1/2 cup onions, sliced
- 1/2 cup garlic, minced
- 1/2 cup olive oil
- 1/2 cup turmeric
- 1/2 cup salt
- 1/2 cup pepper

#### Method:

1. Shred the radishes and slice the cucumber and carrot. Add the bell peppers, tomatoes, and onions to a bowl. Drizzle with the turmeric vinaigrette and season with salt and pepper.

#### Helpful Tip:

Shaved radish salad is a great source of vitamin C and antioxidants. It's also a good source of fiber and potassium.



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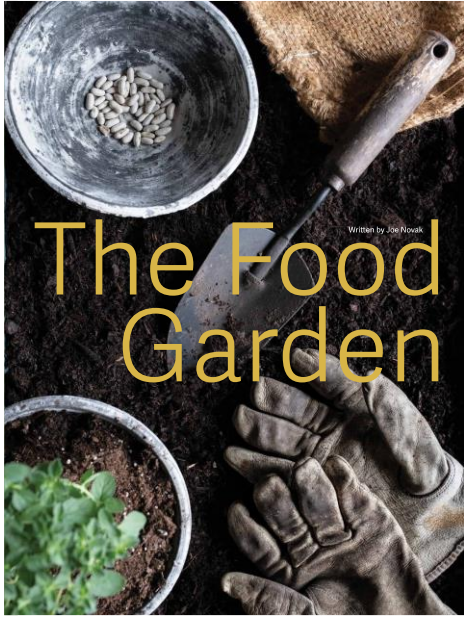
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# HOW GOOD FOOD WORKS: seed to plate



## The Food Garden

Written by Joe Novak



p.92 FLOWER BUDS AND FLOWERS

## SQUASH BLOSSOM PIZZA

WITH  
CAULIFLOWER CRUST

Serves 4

### Ingredients:

#### Crust:

- 1 cauliflower head, cut into florets (medium to large head)
- ½ cup grated Parmesan cheese
- 1 cup shredded mozzarella cheese
- 1 teaspoon Italian Seasoning Blend (see recipe page 253)
- ¼ teaspoon kosher salt
- 2 large eggs

#### Pizza:

- ½ cup Carrot Top Pesto (see recipe page 256)
- 1 small zucchini, sliced into strips with a vegetable peeler
- 1 small yellow squash, thinly sliced with a vegetable peeler
- 12–15 squash blossoms, stems trimmed
- ¼ cup ricotta cheese
- 2 tablespoons grated Parmesan cheese
- ¼ cup shredded mozzarella cheese
- freshly ground black pepper to taste

Squash blossoms are deliciously edible. When clipping the blossoms from the plant, make sure to leave the ones closest to the stalk and look for a small bulb under the flower since these are where the female blossoms will turn into beautiful yellow squash. Make sure you pick them first thing in the morning when the flowers are in bloom, and then store them in the refrigerator until they are ready to use. They can be eaten raw, sautéed or stuffed and baked. If purchased from the store, make sure to use the blossoms as quickly as possible.

The crust is made with cooked cauliflower. Because cauliflower is 92% water, it's necessary to drain and squeeze it before using it in dishes like this. But once dried out, it resembles the texture of a flour crust.

### Method:

- 1. Crust:** Preheat the oven to 425° and line a rimmed baking pan with parchment paper. Place cauliflower in a food processor and pulse until it resembles rice. Place riced cauliflower in a microwave-safe bowl. Cover loosely with a lid or a damp towel. Cook on high in the microwave for 4–6 minutes or until the cauliflower is tender. Allow to cool. Transfer to a clean towel and squeeze to drain out as much water as possible. Then, add to a food processor squeezed cauliflower, Parmesan cheese, mozzarella cheese, Italian Seasoning Blend, salt and eggs. Pulse until the ingredients are well blended and a dough forms. Transfer cauliflower dough to the baking pan and form into a round pizza shape. Bake in the oven until golden brown, about 15–20 minutes. Remove from the oven.
- 2. Pizza:** While the crust is baking, prepare the Carrot Top Pesto. Spread the pesto across the crust and top with zucchini slices, squash slices and squash blossoms. Dollop small portions of ricotta cheese and lightly sprinkle Parmesan and mozzarella cheese on top. Season with pepper. Transfer the pizza to the oven and bake until squash blossoms are golden and cheese is melted and bubbly.

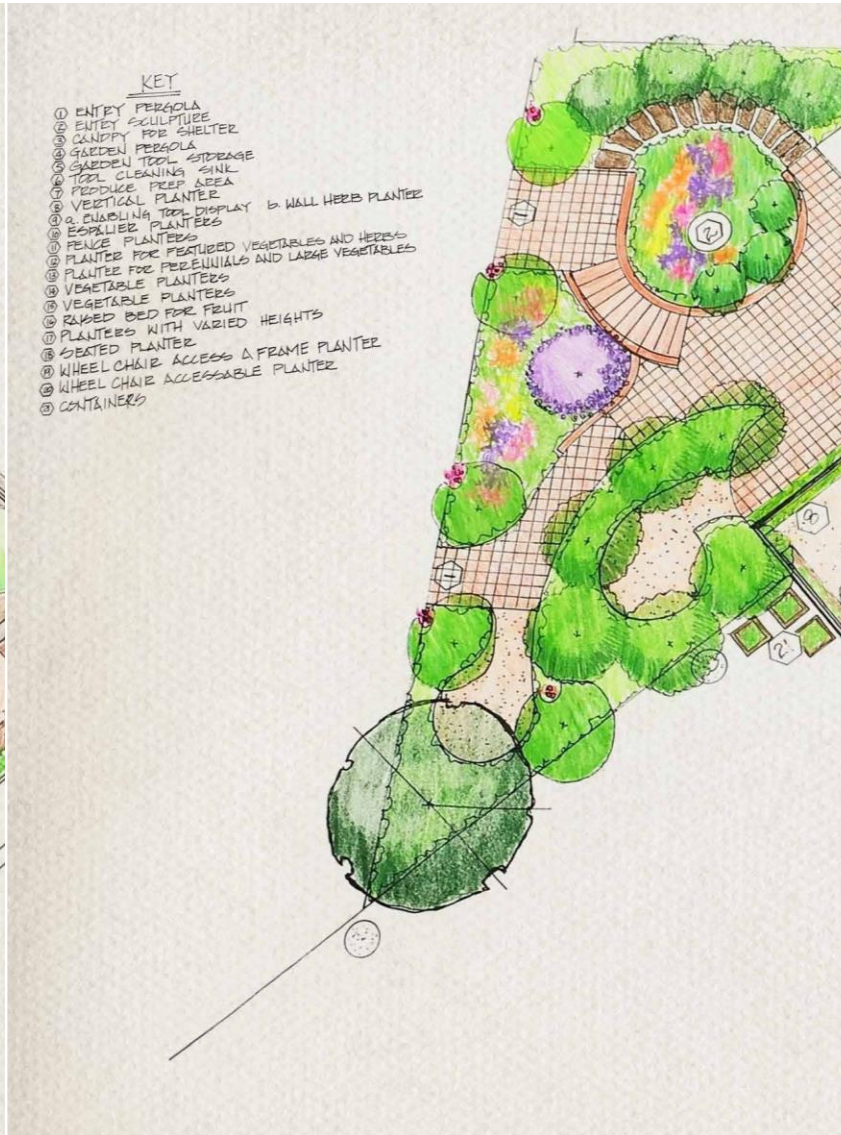
### Helpful Tips:

If cauliflower mixture produces too much liquid, add a tablespoon or two of dried potato flakes to help bind it together.

Frozen cauliflower rice is also available in the frozen section and works well in pizza crusts. Make sure you press out as much water as possible.



# HOW GOOD FOOD WORKS: in the Garden



# HOW GOOD FOOD WORKS: in the Garden

p.34 ABOUT NOURISH

## Harvesting and Handling the Produce

One of the biggest mistakes gardeners make is not harvesting a crop when it is ready for harvest. Harvesting at the right stage not only gives better quality produce but also helps avoid various other problems, such as attacks by pests and pathogens. For example, a bird pecking into a ripe tomato is doing what is natural. The gardener can avoid this problem by picking tomatoes when they are still turning and finishing the ripening process indoors.

Newly harvested produce must be handled carefully. It is tender, often brittle and easily damaged. When the plant is finished producing, the last step in managing the garden is getting rid of any plant debris. Leaving plant debris in the garden allows pests and pathogens to survive until your next garden season.

Harvesting at the right stage not only gives better quality produce but also helps avoid various other problems, such as attacks by pests and pathogens.



## Soil Preparation

Vegetables and herbs grow best in soils that have almost equal amounts of sand, silt and clay particles, called loamy soils. Soil preparation should begin by turning under existing organic matter, loosening the soil and shaping the planting beds. In areas of higher rainfall, the plant beds are raised 12 inches above the level of the furrows (tranches) that provide drainage, but in areas that are not so wet, the crops can be grown on the flat soil surface. If seeds are to be sown (planted) to start the crop in the garden, the seed bed needs more thorough preparation than the rest of the soil would need. Also, if transplants, bulbs or tubers are to be planted, less soil preparation is needed than when sowing seeds. Remember, overworking the soil can be as bad as not working it enough.

## Fertilization

Fertilizers are often applied when the soil is being prepared. If you use organic fertilizer, pellets can be spread over the soil surface and lightly worked into the soil. Organic fertilizers are safe, for example, ammonium sulfate and nitrate and you are not careful, they can damage the crops. They are usually applied during planting and a few inches away from the seeds that are to be sown or plants that are to be set in the garden.

Nitrogen, phosphorus and potassium are the three major nutrients that are applied. Nitrogen promotes growth of the leaves and stems, but too much nitrogen can delay the development of flowers, fruits and seeds and confer to poor-quality roots and tubers. All crops usually need nitrogen, but leafy crops, such as lettuce, spinach, kale and basil, suffer more when they are nitrogen deficient. Phosphorus promotes the development of roots, flowers, fruits and seeds. Phosphorus-deficient plants that are grown for flowers, fruits and seeds don't produce well. All plants need potassium, which lines all membranes of the cells. Crops that suffer from a deficiency of potassium are those that produce large organs, such as thick stems, heavy roots, tubers and bulbs.

Compost can be used as fertilizer. It is rich in nutrients and has a carbon-to-nitrogen ratio of 26:1 or narrower. The most effective way to use compost as a fertilizer is to apply it as a blanket about 2 inches deep over the effective root zone of the plant. The effective root zone usually extends 1/2 feet from the base of the plant.



Soil preparation should begin by turning under existing organic matter, loosening the soil and shaping the planting beds.



# HOW GOOD FOOD WORKS: in the Garden



# HOW GOOD FOOD WORKS: in the Kitchen

## Spices

Spices have added flavor, depth and potential health benefits to foods for most of recorded human history. A spice is any dried part of a plant (other than leaves, which are considered herbs) used to season a dish. Cinnamon is the bark of a tree, paprika comes from ground peppers, cumin is a seed and peppercorn and allspice are dried berries. As the world became more connected, spices were transported from the Middle East to China to Europe to the Americas and back around. Popular spices have their origins in many different climates and cultures, and the magic of cooking with spices allows you to bring diversity into your own kitchen, one quarter of a teaspoon at a time. Creating your own spice blends at home not only saves you money but also gives you more freedom and creativity with the ingredients you use.



SPICES AND SEASONINGS p.253

### Umami Spice Blend

Yields ½ cup

**Ingredients:**  
 1 ounce dried mushrooms (porcini)  
 ½ teaspoon black peppercorns  
 ½ teaspoon dried thyme  
 1 teaspoon onion powder  
 1 teaspoon garlic powder  
 1 teaspoon nutritional yeast  
 ½ teaspoon ground mustard

**Method:**

- Working in batches, add mushrooms, peppercorns and thyme to a spice grinder and pulse until completely mixed.
- Transfer the mixture to an airtight container and add remaining ingredients. Mix well.
- Store at room temperature, out of direct sunlight.

**Helpful Tips:**

Use nutritional yeast the same way you would cheese: sprinkle it on salads and vegetables. It's often found in the bulk section or in the baking aisle near the flour of the grocery store.

### Zesty Ranch Seasoning Blend

Yields ¼ teaspoon

**Ingredients:**  
 2 tablespoons dry buttermilk powder  
 (if using regular dry milk, add ½ teaspoon citric acid)  
 2 teaspoons dried parsley  
 1 teaspoon onion powder  
 1 teaspoon garlic powder  
 1 teaspoon dried chives  
 ½ teaspoon dried oregano  
 ½ teaspoon fresh ground black pepper

**Method:**

- Combine all ingredients in an airtight container. Shake well.
- Store at room temperature, out of direct sunlight.

**Helpful Tips:**

Add this spice blend to a cup of sour cream or Greek yogurt to make your own homemade ranch dressing. Dry buttermilk powder can usually be found in the baking aisle.

### Italian Seasoning Blend

Yields ½ cup

**Ingredients:**  
 2 tablespoons dried oregano  
 1½ tablespoons dried basil  
 1½ tablespoons dried marjoram  
 1½ tablespoons dried thyme  
 2 teaspoons dried rosemary  
 2 teaspoons dried sage  
 1 teaspoon garlic powder  
 1 teaspoon onion powder

**Method:**

- Combine all ingredients in an airtight container. Shake well.
- Store at room temperature, out of direct sunlight.

**Helpful Tips:**

To make into a paste, add 1 part spice mixture to 2 parts olive oil. Mix well. Serve as a dipping oil for bread.

### Garam Masala Blend

Yields ½ cup

**Ingredients:**  
 1 dried chili pepper, stems removed  
 (chile de arbol, cayenne, Thai)  
 1½ tablespoons cumin seeds  
 1½ tablespoons coriander seeds  
 4 whole cardamom pods  
 1 teaspoon black peppercorns  
 2 whole cloves  
 cinnamon stick, broken into ¼-inch pieces  
 ½ teaspoon ground nutmeg

**Method:**

- Heat a large cast-iron pan over medium heat.
- Add dried pepper, cumin, coriander, cardamom pods, peppercorns, cloves, cinnamon, and nutmeg and dry roast (stirring frequently) until fragrant (about 2-3 minutes).
- Remove from heat and let cool completely.
- Transfer pepper mixture to a spice grinder and pulse until completely mixed.
- Transfer mixture to an airtight container and store at room temperature, out of direct sunlight.



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## Vegetable Roasting Guidelines and Tips

### Basic Instructions:

**Roasting/baking pan**  
 The pan should have low sides (2½ inches or lower) but long enough to hold your vegetables in a single layer with space around each veggie.

**Parchment paper**  
 Cover the bottom of the pan with one sheet of parchment paper. Use it only at a roasting temperature below 450° or the paper may catch fire. Use tin foil at higher temperatures.

**Vegetable size**  
 Vegetables should be cut in similar sizes to cook them at the same rate. Cook similar vegetables together or cook in batches.

**Formula for oil and seasonings**  
 The ratio is 1 pound vegetables to 2 tablespoons oil to 1 tablespoon seasonings. Oil should give the vegetables a shiny appearance. Toss to cover all vegetables with oil evenly. Oil should have a high smoke point (olive, canola, avocado).

**Oven temperature**  
 Preheat the oven to the desired temperature. We recommend 400° conventional for most vegetables, but roasting at higher or lower temperatures is fine. However, cooking time will need to be adjusted.

**Ready?**  
 When are vegetables ready? Roast vegetables until fork-tender. They should have a golden-brown appearance.

HOW GOOD FOOD WORKS IN THE KITCHEN p.38

### Seeds and Legumes

400° for 15-20 minutes

Corn  
 Peas  
 Chinese snow peas  
 Green beans  
 Sugar snap peas

### Roots

425° for 20-45 minutes

Beets  
 Carrots  
 Celery root  
 Parsnips  
 Turnip  
 Rutabagas  
 Butabagas

### Tubers

450° for 30-45 minutes

Sweet potatoes  
 White potatoes  
 Sunchoke  
 Jicama

### Bulbs

450° for 20-45 minutes

Garlic  
 Onions  
 Fennel  
 Shallots

### Stems

400° for 10-15 minutes

Asparagus  
 Celery  
 Leek  
 Kohlrabi  
 Rhubarb

### Mushrooms/Fungi

425° for 15-20 minutes



### Veggie Fruits and Fruits

400° for 15-20 minutes

Season with salt after cooking.  
 Eggplants  
 Peppers  
 Tomatoes  
 Zucchini  
 Dillseed  
 Kabocha  
 Pumpkin  
 Oats  
 Squash  
 Acorn  
 Spaghetti  
 Butternut



### Flowers

400° for 15-20 minutes

Broccoli  
 Broccolini  
 Cauliflower  
 Artichokes



### Leaves

400° for 15-20 minutes

Cabbages  
 Bok choy  
 Brussels sprouts  
 Kale  
 Mustard greens  
 Radicchio  
 Endive  
 Romaine





## GRILLED SUMMER SQUASH AND BELL PEPPERS

Serves 4-6

Squash are divided into two categories, summer and winter squash, depending on the season in which they are harvested. One of the main distinguishing characteristics between summer and winter squash is the edible aspect of the skin. Summer squash is harvested in summer before reaching full maturity, which contributes to a shorter shelf life and the skin being edible. Summer squash includes green zucchini, yellow squash and crookneck squash. Summer squash should be harvested when they reach roughly 6-8 inches in size, as the smaller the squash the sweeter the flavor and more tender compared to overgrown zucchini, which tend to be bitter. Once harvested, summer squash can be stored in the refrigerator for up to 10 days. The yellow squash flowers harvested at the end of the zucchini base can also be used in recipes, such as Squash Blossom Pizza with Cauliflower Crust (see recipe page 92) for a beautiful and tasty way to use most of the plant.

### Ingredients:

#### Herb dressing:

- ½ cup olive oil
- ¼ cup red wine vinegar
- ¼ bunch fresh parsley
- ¼ cup fresh basil leaves
- 1 tablespoon chopped fresh dill, stems removed
- 1 tablespoon chopped fresh oregano, stems removed
- 2 garlic cloves, peeled
- ½ teaspoon Dijon mustard
- 1 teaspoon honey
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

#### Grilled vegetables:

- 2 zucchini, sliced, ½-inch thick
- 2 yellow squash, sliced, ½-inch thick
- 1 red bell pepper, sliced, ½-inch thick
- 1 orange bell pepper, sliced, ½-inch thick
- 2 tablespoons olive oil

### Method:

- 1. Herb dressing:** In a blender, add the ingredients and blend until smooth. Set aside.
- 2. Grilled vegetables:** Heat the grill to medium-high heat. In a large bowl, place the vegetables and evenly coat with olive oil. Skewer the vegetables and place on the grill for 2-3 minutes on each side until charred and slightly tender. Remove from the heat and drizzle the herb dressing over vegetables. Serve immediately.

### Helpful Tips:

- If using wooden skewers, make sure to soak them in water before putting them on the grill.
- Cut all vegetables to a similar size.



# "TAKE-OUT" SWEET CHILI CAULIFLOWER

Serves 4-6

Growing cauliflower can be tricky with such problems as poorly developed heads or hollowed stems. But it's worth trying since cauliflower can be used in so many recipes. The cauliflower plant grows best in moderate temperatures of 70-85° with plenty of sun and moist soil. Long periods of sun in hot summer weather can cause the cauliflower heads to develop a red-purple hue. It can take as long as three months from seed to harvest.

## Ingredients:

2 tablespoons canola oil  
1 tablespoon sesame oil  
2 garlic cloves, minced  
2 tablespoons honey  
2 tablespoons plus 2 teaspoons ground chili paste (recommended sambal oelek chili paste)  
¼ teaspoon kosher salt  
1 cauliflower head (about 1 pound), cut into equal-sized florets

## Garnish:

1 Thai chili pepper, thinly sliced  
¼ bunch green onions, thinly sliced or cut into 3-inch pieces  
sesame seeds  
red chili flakes to taste

## Method:

1. Preheat oven to 400°.
2. In a small bowl, combine canola oil, sesame oil, garlic, honey, chili paste and salt. Mix well. Pour over the cauliflower florets.
3. Spread cauliflower evenly on a baking pan lined with parchment paper, making sure not to overcrowd.
4. Roast in the oven for 20-25 minutes until crisp on the outside and tender on the inside. Remove and place in a large bowl, add the oil mixture and gently fold until evenly coated.
5. Garnish with Thai chili slices, green onions, sesame seeds and red chili flakes to taste before serving.

## Helpful Tips:

Remember to toss or turn the cauliflower midway through roasting.

Thai chili peppers are considered some of the hottest, so a small slice can give off a lot of heat.



# CRISPY ZUCCHINI WEDGES

## WITH ROMESCO SAUCE

Yields 2 cups

During the summer months, zucchini and squash are plentiful, but how can you tell the difference between zucchini and yellow squash? Because zucchini can be either yellow or green, it may be difficult to differentiate the two based on color alone. Instead, look at the squash's shape. A zucchini is uniformly cylindrical, while a yellow squash is larger towards the bottom and thinner at the neck. When you cut into the two, the yellow squash also contains more seeds. After identifying the difference between the two squash, select the most flavorful zucchini by choosing one that is less than 8 inches in length — these are less watery and bitter than the larger zucchini.

### Ingredients:

#### Romesco sauce:

1 small eggplant, unpeeled and chopped  
 2 red bell peppers, seeded and chopped  
 1 red onion, peeled and quartered  
 4 garlic cloves, peeled  
 3 tablespoons olive oil, divided use  
 ¼ bunch parsley, stems removed  
 ½ cup unsalted sliced almonds, toasted  
 2 tablespoons sherry vinegar  
 ½ teaspoon hot paprika  
 ½ teaspoon kosher salt

#### Crispy zucchini:

oil spray  
 ½ cup finely grated Parmesan cheese  
 ½ cup panko bread crumbs  
 1 teaspoon dried oregano  
 1 teaspoon dried thyme  
 1 teaspoon dried parsley  
 2 eggs, beaten  
 2 zucchini, cut into small wedges (about 16 pieces each)  
 kosher salt

### Method:

- Romesco sauce:** Preheat the oven to 450° and line a baking pan with tin foil. Spread eggplant, bell peppers, onion and garlic evenly on the pan and drizzle with 1 tablespoon olive oil. Roast in the oven for 7–8 minutes until the eggplant and peppers are charred and tender. Set aside and let cool for about 10 minutes. Transfer roasted vegetables to a blender and add parsley, almonds, 2 tablespoons olive oil, vinegar, paprika and salt. Blend until smooth. Set aside.
- Crispy zucchini:** Preheat the oven to 450° and line a baking pan with a broiler rack or a cookie cooling rack to provide air circulation so all parts of the zucchini get toasted. Spray the rack with oil. In a medium bowl, combine Parmesan cheese, bread crumbs, oregano, thyme and parsley. Set aside. In a small shallow bowl, whisk the eggs. Working in batches, dip zucchini wedges into the egg then in the breadcrumb mixture and place on the rack. Repeat until all the zucchini wedges are coated with egg and breadcrumbs. Spray oil over zucchini to ensure even browning. Spread evenly, making sure not to overcrowd. Roast on top rack in the oven for 15–20 minutes until crisp on the outside and tender on the inside. Season with salt and serve with Romesco sauce.

### Helpful Tips:

A sprinkle of hot paprika on top of the Romesco sauce will give it an additional spicy flavor.





# WEEKNIGHT GARLIC AND HERB BUTTER BROCCOLI

Serves 4

If you are growing broccoli, it's best to harvest during the cool morning hours and refrigerate as soon as possible. Unwashed broccoli heads can be stored in the refrigerator for three to five days. Blanched broccoli freezes well and maintains its quality for up to three months. The leaves and stems of broccoli plants are edible too. Use them as you would kale or collards.

## Ingredients:

- 1 broccoli head (about 1 pound), florets only, cut into equal-sized pieces
- 2 tablespoons unsalted butter
- 1 tablespoon water
- 2 teaspoons salt-free Italian seasoning
- 1 teaspoon garlic powder
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- ⅓ cup shredded Parmesan cheese

## Method:

1. Place broccoli, butter and water and in a microwave-safe bowl and sprinkle with seasonings.
2. Cover loosely with a lid or a damp paper towel.
3. Cook on high in the microwave for 3 minutes and check broccoli for desired doneness. Continue cooking in 1 minute intervals until broccoli reaches desired texture.
4. Stir well before serving to evenly coat broccoli. Toss with Parmesan cheese.

## Helpful Tips:

Substitute a bag of cut broccoli to skip a few steps.

# ARUGULA AND TOMATO SALAD

Serves 4

Arugula was first cultivated in the Mediterranean region and is part of the mustard family. It can easily be grown from a seed in early spring or early fall, and it only takes six to eight weeks to harvest. The young leaves, 2 to 3 inches long, taste best. The white flowers on the plant are also edible, but do not appear until it has bolted, which means the plant is beginning to produce seeds. At that point, the plant should be pulled up or turned under the soil.

## Ingredients:

### Hot paprika vinaigrette:

¼ cup extra virgin olive oil  
2 tablespoons sherry vinegar  
1 tablespoon honey  
1 shallot, peeled  
2 garlic cloves, peeled  
½ teaspoon Spanish hot paprika  
pinch of kosher salt

### Tomatoes and chickpeas:

2 cups cherry tomatoes, assorted colors, sliced in half  
1 can chickpeas (15 ounces), drained, rinsed and patted dry  
2 tablespoons olive oil  
1 teaspoon dried oregano  
2 tablespoons chopped fresh parsley  
kosher salt and freshly ground black pepper to taste

### Manchego cheese crisps and salad:

½ cup grated Manchego cheese  
3 cups arugula  
2 carrots, purple and orange, shredded  
½ cup fresh cherries, pitted and quartered  
¼ cup green olives, pitted, thinly sliced  
¼ cup Marcona almonds, toasted, crushed  
1 red apple, thinly sliced and sprinkled with lemon juice  
Hot paprika vinaigrette

## Method:

1. Hot paprika vinaigrette: In a blender or a food processor, add ingredients and blend until smooth. Set aside.
2. Tomatoes and chickpeas: Preheat oven to 400° and line a baking pan with parchment paper. In a large bowl, add tomatoes and chickpeas and mix with olive oil. Add oregano, parsley, salt and pepper and mix well. Spread seasoned tomatoes and chickpeas evenly on the baking pan, making sure not to overcrowd. Roast in the oven for 15–20 minutes until tomatoes are blistered and lightly browned. Set aside and let cool.
3. Manchego cheese crisps: On a baking pan lined with parchment paper, use a 3 inch metal cookie cutter and place 2 tablespoons of Manchego cheese inside to form a small circle. Repeat the process, leaving plenty of space between each circle. Cook in the oven at 400° until the cheese is toasted and golden brown, about 5–8 minutes. Set aside and let cool before removing.
4. Salad: In a large bowl, combine arugula, carrots, cherries, green olives, almonds, tomatoes, chickpeas and apple slices. Toss salad with hot paprika vinaigrette and garnish with cheese crisps. Store extra dressing in an airtight container in the refrigerator for up to 1 week.

## Helpful Tips:

Marcona almonds are sweeter, moister and softer than the classic almond. They're often found in the grocery store with the gourmet cheeses and other elements of a charcuterie board.





## POTATO CRUSTED SHEPHERD'S PIE

Serves 6

The hearty potato is almost as easy to grow as it is to cook. Instead of growing from seeds like other vegetables, pieces of mature potatoes known as "seed potatoes" are used to produce a crop of the starchy tubers. The eyes, or small dimples, of a potato are what sprout into new plants—you may have seen this happen if you've ever left a potato in the pantry for too long. After obtaining seed potatoes from a reputable source, store them in a warm, damp spot for two weeks before planting to allow sprouts to begin developing. For a fall crop, plant potatoes in August. Choose a site in full sun, and plant the seed potatoes 3 inches deep. As the plant grows, continue pulling dirt in toward the plant to create a small mound. This ensures the potatoes have ample space to grow and protects them from sunlight, which causes green patches on the skin. Your potatoes will be ready to harvest when the above-ground plant begins to die. Take care not to puncture the tubers as you dig them up from the ground and make sure to scrub them clean before cooking.

### Ingredients:

#### Potatoes:

- 3 Yukon Gold potatoes (about 1 pound), diced
- ½ cauliflower head (about ½ pound), florets only, chopped
- 2 tablespoons unsalted butter
- 2 tablespoons Greek yogurt
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 1 egg yolk
- ¼ cup whole milk, if needed

#### Filling:

- 1 tablespoon canola oil
- ½ onion, diced
- 2 carrots, diced
- ½ cup finely chopped button mushrooms
- 3 garlic cloves, minced
- 1 pound ground lamb, lean (80/20)
- 2 teaspoons Worcestershire sauce
- 2 tablespoons all-purpose flour
- ½ cup cooked lentils
- ¾ cup frozen peas
- ¾ cup frozen corn
- 1 cup vegetable broth
- 1 teaspoon dried parsley
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ¼ cup thinly sliced green onions

### Method:

1. **Potatoes:** Place potatoes and cauliflower in a large pot and cover with water. Bring the pot to a boil over medium-high heat and then reduce the heat to a simmer. Simmer until potatoes and cauliflower are tender but not mushy, about 10 minutes. Remove from the heat and strain, taking extra care to remove all the excess water. Transfer cooked cauliflower and potatoes to a bowl and use a potato masher or a hand electric mixer to blend well. Add butter, Greek yogurt, salt, pepper and egg yolk and mix until smooth, only adding milk if needed to thin out the mash consistency. Set aside.
2. **Filling:** While the potatoes are cooking, preheat the oven to 375°. In a large cast iron pan or oven-ready pan over medium heat, warm oil until hot and shimmering. Add onion and carrots and sauté until lightly browned, about 5 minutes. Add mushrooms and garlic and cook until mushrooms release their water and are browned, about 3–5 minutes. Add ground lamb and cook until browned, about 7–10 minutes. Stir in Worcestershire sauce. Sprinkle flour over mixture and stir to combine. Add lentils, peas, corn, vegetable broth, herbs, salt and pepper and stir to combine. Bring mixture to a boil, reduce heat and simmer. Cook, stirring occasionally, until mixture is slightly thickened, about 5–8 minutes. Remove from the heat.
3. **Assemble:** Add the mashed potato mixture to the top of the lamb and lentils in the pan, making sure to spread it evenly across the top to create a seal. Bake uncovered for 25 minutes or until the top is golden brown. Garnish with green onions.

## BLUEBERRY OVERNIGHT OATS

Serves 4

Blueberries are a sweet summer treat. With proper maintenance and care, blueberry bushes can be a beautiful and edible addition to your home garden. Blueberries grow on bushes in a range of sizes, with most plants producing a harvest of berries in their third year. To properly prune a blueberry bush, begin by removing all flowers as they bloom in the first two years — this promotes greater growth of the plant and encourages a larger harvest in the years to come. Starting in the plant's fourth year, prune dead, weak or old branches in the beginning of spring while the bush is still dormant. The goal of pruning is to open up the bush so light can reach all branches. Branches become less productive as they age, so make sure to cut back any that are roughly 6 years or older, or about 1 inch in diameter. When harvesting blueberries, leave them on the bush for a few days after they turn blue. This ensures that the berries you collect are deliciously ripe and sweet.

### Ingredients:

#### Oat base:

- 2 cups whole rolled oats
- 1½ cups milk (dairy or dairy alternative)
- 1 cup plain Greek yogurt (or silken tofu)
- 2 tablespoons chia seeds
- 1 tablespoon honey or another liquid sweetener
- 1 teaspoon vanilla extract
- ½ tablespoon ground flax seeds

#### Blueberry maple (1 serving):

- ½ cup blueberries
- 2 tablespoons chopped pecans
- 1 tablespoon maple syrup

### Method:

- 1. Overnight oat base:** In a large bowl, combine oats, milk, yogurt or tofu, chia seeds, honey or liquid sweetener, vanilla extract and flax seeds. Portion equal amounts into four containers.
- 2. Topping:** Add choice of topping to each mixture. Cover and refrigerate overnight.

### Helpful Tips:

Portion the oats into mason jars for an on-the-go morning breakfast.

### Additional Topping Variations:

#### Apple, pear and walnut (1 serving):

- ¼ cup diced pear
- ¼ cup diced apple
- 2 tablespoons chopped walnuts
- ⅓ teaspoon ground cinnamon

#### Banana, almond and chocolate (1 serving):

- 1 banana, cut into slices
- 2 tablespoons chopped almonds
- 2 teaspoons semi-sweet chocolate chips
- 2 teaspoons unsweetened coconut chips

#### Nut butter and preserves (1 serving):

- ½ cup diced strawberries
- 2 tablespoons chopped peanuts
- 1 tablespoon peanut butter
- 2 teaspoons strawberry preserves



## CAULIFLOWER, PARMESAN LENTILS, TOMATO COMPOTE AND CRISPY SNAPPER

Serves 4

### Ingredients:

#### Tomato compote:

- 2 tablespoons olive oil
- 2 shallots, thinly sliced
- 1 tablespoon chopped fresh thyme, stems removed
- 4 medium-size heirloom tomatoes, chopped (about 4 cups)
- ¼ teaspoon kosher salt
- ½ teaspoon granulated sugar

#### Parmesan lentils:

- ½ cup lentils
- 1 cup vegetable broth
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- 2 tablespoons finely shredded Parmesan cheese
- ½ teaspoon kosher salt

#### Herb cauliflower:

- 2 tablespoons olive oil
- ½ pound cauliflower head (about ½ a large head), cut into bite-sized florets
- 2 garlic cloves, minced
- ½ teaspoon dried oregano
- ½ teaspoon dried rosemary
- ½ teaspoon dried thyme
- ½ teaspoon kosher salt
- ½ lemon, juiced

#### Crispy snapper:

- 4 red snapper filets, skin-on (about 1 pound)
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 3 tablespoons canola oil
- 1 lemon, halved, roasted

### Helpful Tips:

It's best to make the tomato compote ahead of time. When you are ready to start preparing this dish, organize all the ingredients so each part is ready at the same time.

Cauliflower, Parmesan Lentils, Tomato Compote and Crispy Snapper







Fava Bean Puree with Lamb Chops

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## FAVA BEAN PUREE WITH LAMB CHOPS

Serves 4

Fresh fava beans are usually bountiful in the spring, but are found dried year round. To buy them fresh, look for large, long beans (larger than a regular green bean) that have flat, oval, sweet pods inside. The outside bean is not edible, so you need to “unzip” it with a knife and gently push out the pods. When cooked, these delicious legumes are sweet, flavorful and a perfect match for lamb. Our tabbouleh has a secret ingredient — Aleppo pepper, a spice that originated in the Middle East and adds an earthy, fruity flavor. If it is unavailable at your grocery store, try substituting with sweet paprika and a pinch of cayenne pepper.

### Ingredients:

#### Tabbouleh Salad:

- ½ cup fine bulgur wheat
- 1 cup water
- 3 tablespoons extra virgin olive oil
- 1½ lemons, juice and zest
- 2 garlic cloves, minced
- ¼ teaspoon kosher salt
- ¼ teaspoon ground Aleppo pepper
- 2–3 bunches fresh parsley, stems removed and chopped (about 2 cups)
- 1 bunch fresh mint, stems removed and chopped
- 3 heirloom tomatoes (about ½ pound), seeds removed and diced
- 2 medium cucumbers, diced
- ¼ bunch green onions, thinly sliced
- ½ cup pine nuts, toasted

#### Fava Bean Puree:

- 2 cups fava beans, shelled and cooked (substitute canned if unavailable fresh)
- 2 garlic cloves, minced
- 2 tablespoons fresh dill, stems removed
- 1 tablespoon lemon juice
- ½ teaspoon ground turmeric
- ¼ teaspoon kosher salt
- ⅓ cup olive oil
- ¼ cup vegetable broth

#### Lamb Chops:

- 1 rack of lamb (about 2 pounds), French trimmed, 8 rib chops
  - ¼ teaspoon kosher salt
  - 2 tablespoons olive oil, divided
  - ¼ cup panko bread crumbs
  - 1 tablespoon Dijon mustard
  - 2 garlic cloves, minced
  - 2 tablespoons finely chopped fresh parsley, stems removed
  - 1 tablespoon finely chopped fresh dill, stems removed
  - 1 tablespoon finely chopped fresh rosemary, stems removed
  - 1 teaspoon Harissa Spice Blend (see recipe page 254)
  - ½ teaspoon ground turmeric
- 1 tablespoon Turmeric Oil (see Turmeric and Ginger Oil recipe page 262)

#### Garnish:

- 1 tablespoon Turmeric Oil (see Turmeric and Ginger Oil recipe page 262)

### Helpful Tips:

If using a coarse bulgur, combine water and bulgur over high heat and bring to a boil. Reduce heat to a simmer, cover and cook until bulgur is tender but not mushy, about 8–10 minutes. Drain off excess water and fluff with a fork. Set aside to cool.



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# CORN AND EDAMAME SUCCOTASH WITH FLANK STEAK

Serves 4

Succotash is an American dish that traditionally consists of corn and lima beans. In our succotash, we utilize edamame in place of lima beans. Edamame is very easy to grow, especially in warm climates, and takes between 90 and 150 days from seed to harvest. It's ready when the pods are bright green, filled with plump seeds and at least 2–3 inches long. Edamame should be cooked before you eat it since it's a soy product and cannot be digested raw. Soy contains a trypsin inhibitor which is an enzyme needed to properly digest protein. Cooking destroys the trypsin inhibitor.

## Ingredients:

### Marinade:

- 2 tablespoons unsalted raw peanuts
- 1 tablespoon fish sauce
- 2 limes, zest and juice
- 4 garlic cloves, peeled
- ½ bunch fresh cilantro, stems removed
- ½ bunch fresh mint, stems removed
- 1 tablespoon honey
- 1 teaspoon chili paste
- ½ teaspoon instant coffee

### Steak:

- 1 pound flank steak, scored
- 1 tablespoon avocado oil

### Succotash:

- 1 onion, diced
- 3 garlic cloves, minced
- 1 carrot, diced
- kernels from 1 ear fresh corn
- 1 summer squash, diced
- 1 zucchini, diced
- 1 bell pepper, diced
- 1 cup frozen edamame, shelled and thawed
- 1 tablespoon fish sauce
- 1 tablespoon chili paste
- 1 tablespoon honey
- 2 teaspoons sesame oil
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon chopped fresh mint
- ¼ cup unsalted peanuts, toasted and chopped

## Method:

- 1. Marinade:** In a blender, add all ingredients and blend until smooth. Place steak in a plastic bag (or small bowl), cover with marinade and mix well. Place in the refrigerator and let marinate for at least 2 hours or overnight. Remove and let the marinated meat sit at room temperature about 30 minutes before cooking.
- 2. Steak:** In a large sauté pan over medium heat, warm the oil until hot and shimmering. Add the steak and sear until golden brown, about 3–4 minutes. Using tongs, gently turn the steak to the other side and continue cooking for another 3–4 minutes until it reaches the desired temperature. Remove from the pan and let rest for 5–10 minutes.
- 3. Succotash:** In the same sauté pan, add onions and garlic and sauté until garlic is fragrant, about 1–2 minutes. Add carrots, corn, squash, zucchini, bell pepper and edamame and continue cooking, stirring frequently until vegetables are lightly browned, about 5–6 minutes. Stir in fish sauce, chili paste, honey and sesame oil and continue cooking until vegetables are tender and the sauce forms a glaze, about 2–3 minutes. Remove from the heat and stir in cilantro, mint and peanuts.
- 4. Serving:** Thinly slice steak on the diagonal and serve with a portion of succotash.

## Helpful Tips:

Frozen edamame can be quickly defrosted in the microwave or run under cold water before adding to the recipe.



# LEAFY VEGGIE AND COUSCOUS SALAD

Serves 4

Red and green leaf lettuces are similar in flavor. Red lettuce is earthy and mildly sweet, while green lettuce is crisp with a slight bite. Leaf lettuces don't grow into round heads like many other greens but rather into long, loose leaves that are curly and wrinkled.

## Ingredients:

### Berbere and tahini dressing:

- 1 cup green seedless grapes
- ½ cup fat-free Greek yogurt
- 2 tablespoons tahini
- 1 tablespoon olive oil
- 1 lemon, juice and zest
- 2 garlic cloves, grated
- 1 teaspoon berbere spice or garam masala

### Pearl couscous and vegetables:

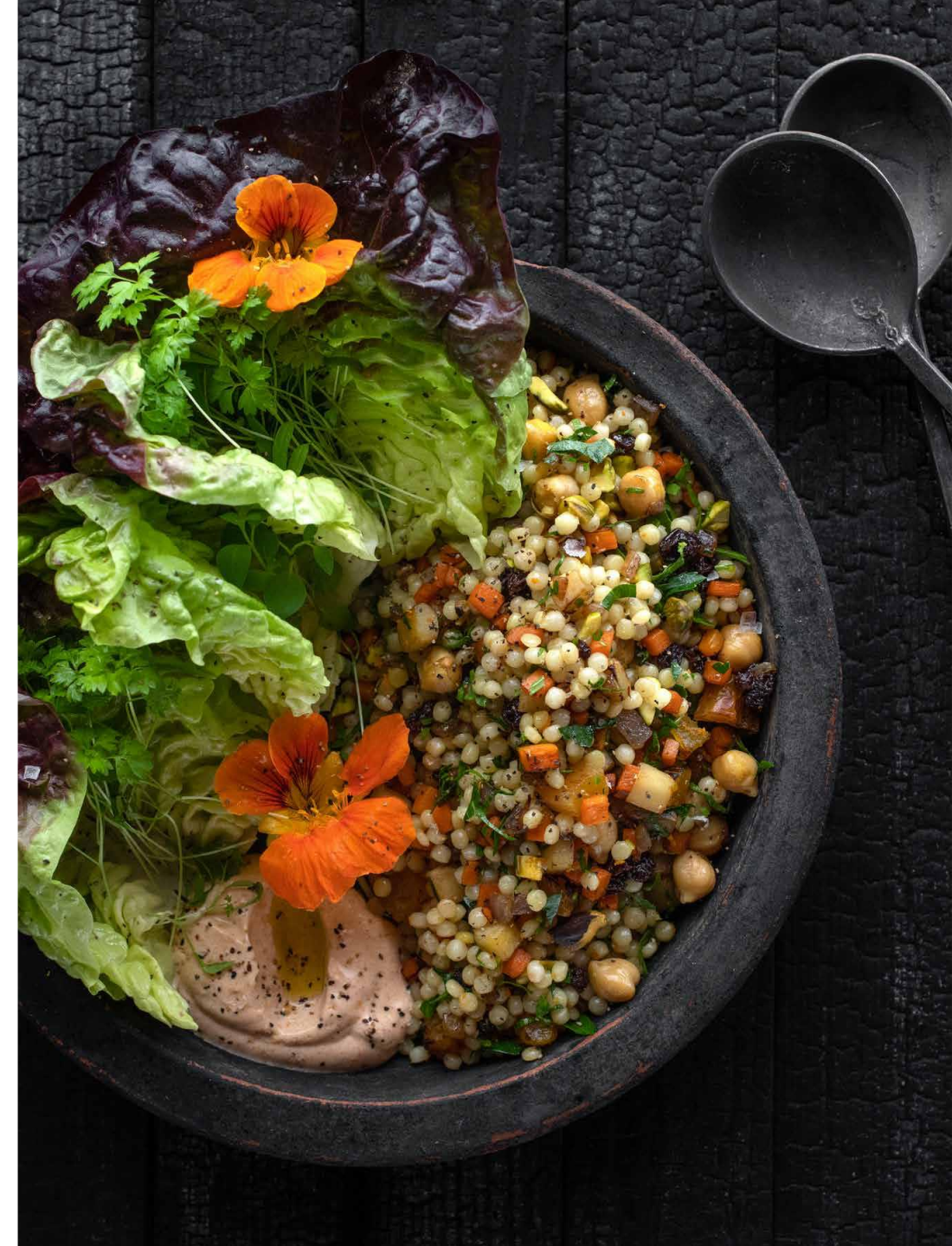
- 1 tablespoon olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 garlic cloves, diced
- 1 teaspoon lemon zest
- 1 cup pearl couscous
- ¼ cup finely chopped fresh parsley, stems removed
- ¼ cup dried currants
- ¼ cup dried apricots, chopped
- 1 can low-sodium chickpeas (15 ounces), drained and rinsed
- 1¾ cups vegetable broth
- ½ cup pistachios, toasted and chopped
- 1 head green leaf lettuce, leaves separated
- 1 head red leaf lettuce, leaves separated
- kosher salt and freshly ground black pepper to taste

## Method:

1. **Berbere dressing:** In a blender, add all ingredients and blend until smooth. Set aside.
2. **Couscous:** In a medium pot over medium heat, warm oil until hot and shimmering. Add onions and carrots and sauté until golden brown, about 3–4 minutes. Add garlic, lemon zest and couscous and sauté until fragrant and the couscous is toasted, about 1–2 minutes. Add parsley, currants, apricots, chickpeas and broth and bring to a boil. Reduce heat to a simmer, cover the pot with a lid and continue cooking for 10 minutes. Remove from the heat and let stand for an additional 5 minutes. Remove the lid and stir in pistachios.
3. **Salad:** To serve, plate couscous mixture, lettuces and a spoonful of berbere dressing. Salt and pepper to taste.

## Helpful Tips:

Berbere spice is a distinctive blend of seasoning, such as chilis, garlic, ginger, cloves, coriander, allspice and ground cinnamon. If berbere is unavailable at the grocery store, substitute with garam masala.





# BLISTERED SHISHITO PEPPERS

## WITH BONITO AND EDAMAME

Serves 4

Shishito peppers are generally mild and slightly sweet, but watch out: One out of every 10 Shishito peppers can make your eyes water. These blistered peppers are irresistible, making it hard to eat just one. The typical heat range runs from 100 to 1,000 heat units on the Scoville scale, which isn't very hot. A typical jalapeno pepper is a lot hotter and can range from 2,500 to 8,000 on the scale.

### Ingredients:

#### Crispy edamame:

- 1 tablespoon sesame oil
- ½ cup unsalted edamame, shelled
- ½ teaspoon garlic powder

#### Sauce:

- ¼-inch piece fresh ginger root, peeled and grated
- 1 garlic clove, minced
- 2 teaspoons soy sauce
- 2 tablespoons light mayonnaise

#### Shishito peppers:

- 1 tablespoon canola oil
- ½ pound shishito peppers (about 20 peppers)
- ¼-inch piece fresh ginger root, peeled and grated
- 1 garlic clove, minced
- 2 tablespoons soy sauce
- 2 broccoli stems, shaved
- 1 teaspoon toasted sesame seeds
- 1 teaspoon Bonito flakes (found in the international section of the grocery store)

### Method:

- 1. Crispy edamame:** Preheat the oven to 400° and line a baking pan with parchment paper. In a small bowl, mix sesame oil and edamame. Spread edamame evenly on the pan, making sure not to overcrowd. Roast in the oven for 15–20 minutes until the edamame is crispy but not burnt. Sprinkle garlic powder evenly over edamame, and return to the oven for an additional 2–3 minutes. Remove and stir well. Set aside.
- 2. Sauce:** In a small bowl, combine ginger, garlic, soy sauce and mayonnaise. Set aside.
- 3. Shishito peppers:** Heat canola oil in a large cast iron pan over medium-high heat until hot and shimmering. Add shishito peppers and stir occasionally, allowing the peppers to blister on all sides, about 3–4 minutes. Add ginger, garlic and soy sauce, and sauté for 1 minute to release the flavors. Remove from the heat.
- 4. Assemble** a large platter with blistered peppers over a bed of shaved broccoli stem and crispy edamame and sprinkle with sesame seeds and Bonito flakes. Serve with the sauce on the side.

### Helpful Tips:

Bonito flakes come from fish that has been boiled, smoked, dried completely and shaved on a mandoline. If you can't find them in your grocery store, they are available online.

# CABBAGE, SWEET ONION AND PORK STEW

Serves 4–6

Cabbage is one of the oldest cultivated vegetables and has been a part of the human diet for more than 1,000 years. Cabbage heads develop 70–120 days after planting, and their shape can be elongated, pointed or rounded, depending on the variety. Cabbage is a biennial plant, which means that it finishes its life cycle in two years. It is also grown as an ornamental plant, but that variety isn't considered edible.

## Ingredients:

2 tablespoons olive oil  
1 pound boneless pork tenderloin,  
cut into 1-inch cubes  
1 onion, thinly sliced  
2 carrots, diced  
3 garlic cloves, thinly sliced  
1 tablespoon sweet paprika  
2 tablespoons finely chopped fresh oregano  
1 tablespoon finely chopped fresh mint  
1 pound green cabbage,  
cored and chopped (1 small cabbage)  
1 can chickpeas (15 ounces), drained and rinsed  
½ teaspoon kosher salt  
2 cups crushed tomatoes  
2 cups water

## Method:

1. In a Dutch oven over medium heat, warm oil until hot and shimmering. Add pork and stir frequently, allowing it to brown on all sides, about 3–4 minutes. Remove pork from the Dutch oven and set aside. Add onions and carrots and sauté until onions are lightly browned, about 3–4 minutes. Add garlic, paprika, oregano and mint and sauté until fragrant, about 1–2 minutes.
2. Return pork to the Dutch oven, and stir in cabbage, chickpeas, salt, crushed tomatoes and water. Bring the mixture to a boil and then reduce heat to a simmer. Stir occasionally until the carrots are tender, about 25–30 minutes. Serve hot.

## Helpful Tips:

Substitute red cabbage for green cabbage or Cannellini beans for chickpeas for a different look.



## HONEY PECAN SWEET POTATO HASH

Serves 4

In many supermarkets, sweet potatoes are mistakenly labeled as yams. Yams have a black or brown bark-like skin, are starchier and drier than the average sweet potato and are often hard to find in typical American grocery stores. The skin of sweet potatoes contains fiber and nutrients and is completely edible, so there's no need to peel them before cooking — just wash them well.

### Ingredients:

2 tablespoons canola oil  
1 pound sweet potatoes  
(about 2 medium purple and gold), washed,  
unpeeled and cut into small cubes  
½ white onion, diced  
1 cup chopped bell peppers (mixed colors)  
2 garlic cloves, minced  
1 tablespoon tomato paste  
1 tablespoon finely chopped fresh thyme,  
stems removed  
1 tablespoon finely chopped fresh sage,  
stems removed  
1 teaspoon chili powder  
½ teaspoon smoked paprika  
¼ teaspoon ground cinnamon  
½ teaspoon kosher salt  
¼ teaspoon freshly ground black pepper  
½ cup low-sodium vegetable broth  
2 tablespoons honey  
1 cup kale, torn  
½ cup unsalted pecans, toasted and chopped  
4 large eggs

### Method:

1. In a large cast iron pan over medium heat, warm oil until hot and shimmery. Add sweet potatoes and sauté, about 2–3 minutes, stirring occasionally to prevent burning. Add onions, bell peppers, garlic and tomato paste and sauté until lightly browned, about 1–2 minutes. Add thyme, sage, chili powder, smoked paprika, cinnamon, salt, pepper, broth and honey and cook until the sweet potatoes are tender and the liquid has thickened into a glaze, about 15–20 minutes. Remove the pan from the heat. Gently mix in kale and toasted pecans.
2. Preheat the oven to broil.
3. Using a spoon, create four well indentations in the sweet potato mixture and carefully crack an egg into each one. Place under the broiler and cook the eggs until they are set but the yellow is still runny, about 3 minutes. Serve immediately.

### Helpful Tips:

The honey in our hash helps to round out the flavors, balancing the bitterness from the kale and the heat from the spices, while the eggs add a creaminess tying the whole dish together.



Honey Pecan Sweet Potato Hash

# HOW GOOD FOOD WORKS: in the Kitchen



Celery Spring Rolls with Peanut Sauce



Black Bean Blended Burger





Asparagus and Garlic Soup



Southwest Salad with Seared Scallops

# HOW GOOD FOOD WORKS: in the Kitchen



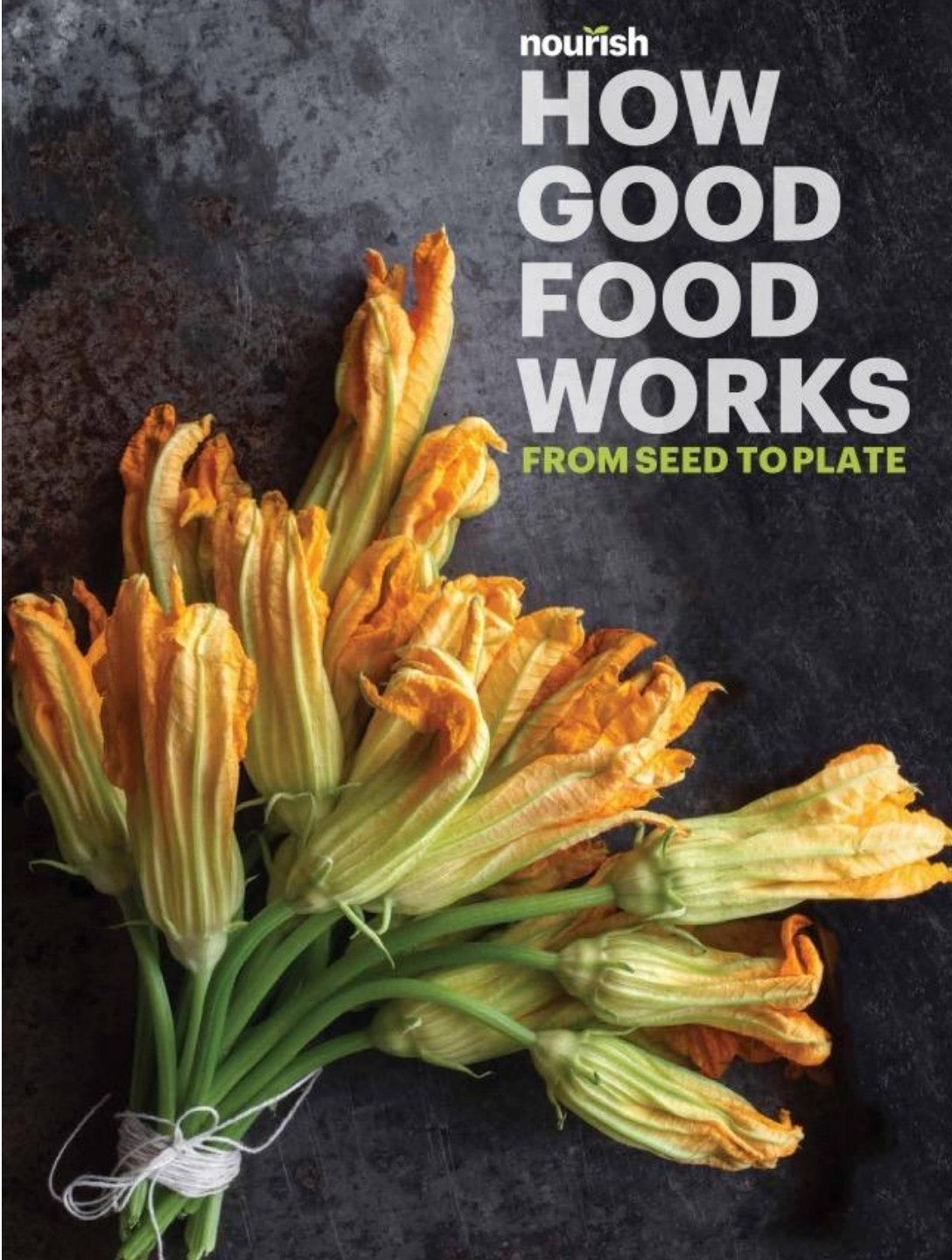
Shrimp and Grits



Pumpkin & Brown Butter Pasta



"Smores" Hummus



nourish

# HOW GOOD FOOD WORKS

FROM SEED TO PLATE



### SHAVED RADISH SALAD AND TURMERIC VINAIGRETTE

Radishes are one of the most versatile and nutritious vegetables you can grow at home. They're both quick to harvest in as little as three weeks. The best radishes to grow for this recipe are the ones that are most tender and have the most delicate texture. They're also the most colorful, with the most vibrant pink and white colors. They're also the most tender and have the most delicate texture. They're also the most colorful, with the most vibrant pink and white colors.

**Ingredients:**

**Turmeric vinaigrette**

- 1/2 cup olive oil
- 1/4 cup lemon juice
- 1/2 tsp turmeric
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp Dijon mustard
- 1/2 tsp honey

**Shaved radish**

- 1/2 bunch radishes, washed and trimmed
- 1/2 bunch carrots, washed and trimmed
- 1/2 bunch green onions, washed and trimmed
- 1/2 bunch cucumber, washed and trimmed
- 1/2 bunch cherry tomatoes, washed and trimmed
- 1/2 bunch fresh basil, washed and trimmed

**Method:**

1. Whisk together the ingredients for the vinaigrette in a small bowl.
2. Wash and trim the vegetables. Slice the radishes, carrots, and green onions into thin slices.
3. In a large bowl, combine the vegetables, dressing, and fresh basil.
4. Toss well. The vinaigrette dressing can be stored in the refrigerator for up to 2 weeks.

**Helpful Tips:**

To keep the radishes from getting too soft, don't over-dress. You can also use a mandoline to slice the radishes and carrots. The dressing can be stored in the refrigerator for up to 2 weeks.



Radishes and Endive Salad

### ROASTED PEPPERS AND SUGAR SNAP PEAS

Roasting vegetables is a simple way to bring out their natural flavors. They're also a great way to add some extra flavor to your meals. They're also a great way to add some extra flavor to your meals. They're also a great way to add some extra flavor to your meals.

**Ingredients:**

- 1/2 bunch sugar snap peas
- 1/2 bunch red and yellow bell peppers
- 1/2 bunch green beans
- 1/2 bunch cherry tomatoes
- 1/2 bunch fresh basil

**Method:**

1. Wash and trim the vegetables.
2. Preheat the oven to 400°F.
3. Toss the vegetables with olive oil and salt.
4. Roast for 15-20 minutes.

**Helpful Tips:**

To keep the vegetables from getting too soft, don't over-roast. You can also use a mandoline to slice the vegetables. The dressing can be stored in the refrigerator for up to 2 weeks.



### SALTED CHOCOLATE DATES

These dates are a simple and delicious way to enjoy the natural sweetness of dates. They're also a great way to add some extra flavor to your meals. They're also a great way to add some extra flavor to your meals.

**Ingredients:**

- 1/2 cup dates
- 1/2 cup chocolate sauce
- 1/2 cup almonds
- 1/2 cup sea salt

**Method:**

1. Wash and trim the dates.
2. Preheat the oven to 350°F.
3. Toss the dates with olive oil and salt.
4. Roast for 10-15 minutes.

**Helpful Tips:**

To keep the dates from getting too soft, don't over-roast. You can also use a mandoline to slice the dates. The dressing can be stored in the refrigerator for up to 2 weeks.



# Thank you!

Cookbook: [www.HowGoodFoodWorksCookBook.org](http://www.HowGoodFoodWorksCookBook.org)

Nourish Website: [www.NourishProgram.org](http://www.NourishProgram.org)

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