



Mount Sinai Fit **Cooks!**

A collection of nutritious and simple recipes from our wellness events.



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A message from the **Chef's Corner**

At the start of a new year, it is important to take time for reflection. We express our gratitude to the dedicated faculty and staff of the Mount Sinai Health System. You provide compassionate care to our patients, create a comprehensive academic experience for our students, make cutting-edge scientific discoveries at the bench and through big data models, and carry our mission into the communities we serve. You make Mount Sinai great.

The Health System community shares the larger focus of maintaining and improving the health of populations, and that goal requires each of us to care for ourselves. We can do this by fueling our bodies with nutritious food, incorporating exercise into our daily schedules, and taking time to practice gratitude to maintain our resilience and strength.

This cookbook is a compilation of delicious, nutritious, and easy-to-prepare dishes that have been prepared during our Lunch & Learn cooking demonstrations. Hospital leadership, senior executives, and clinicians have participated in these events as our “Executive Chefs.” We are honored and grateful for their contributions and for providing their personal recipes and tips on staying healthy.

Across the Health System, our faculty, staff, and students are incorporating wellness and mindfulness into their lives and are motivating their coworkers, families, and friends along the way. I dedicate this book to our inspiring Mount Sinai family who are taking positive steps to care for themselves and those they love.

Wishing you a happy holiday season and the best of health!

Jane Maksoud, RN, MPA
Senior Vice President and Chief Human Resources Officer
Mount Sinai Health System

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Employees can access Mount Sinai Fit Cooks! in electronic form at <http://www.mountsinai.org/files/MSHealth/Assets/MountSinaiFitCookbook.pdf>.

For more information about Mount Sinai Wellness programs, email wellness@mountsinai.org.



Breakfast



Jennifer Kartashevsky

Farm Fresh Egg White and Spinach Omelet

3 egg whites
1 c spinach, finely chopped
1 spray non-stick cooking spray

70 calories per serving
Makes 1 serving

Preparation

Spray pan with non-stick cooking spray.
Add one cup of finely chopped spinach into the pan and sauté for two minutes. While the spinach is heating up, whisk three egg whites in a bowl. Add egg whites to the spinach in the pan. Wait until omelet is cooked through and remove from heat.
Serve immediately.

Jennifer's Tip

“Fit more activity into your workday by standing for phone calls. Using a printer that is further from your desk and getting up each hour to stretch.”

*Jennifer Kartashevsky, RD, CDE, Diabetes Alliance,
Mount Sinai Health System*

Niyum Gandhi

Almond Butter and Fruit Breakfast Sandwich

1 whole wheat English muffin
2 tbsp almond butter
1/2 banana, sliced
1 tbsp cacao nibs
Pinch of cinnamon

350 calories per serving
Makes 1 serving

Preparation

Toast English muffin and spread almond butter on top. Place banana slices on top of almond butter spread. Top with a sprinkle of cinnamon and nibs.

*Niyum Gandhi, Executive Vice President, Chief Population Health Officer,
Mount Sinai Health System*

Debbie Rosenberg

Greek Yogurt and Blueberries Breakfast Bowl

6 oz nonfat Greek yogurt
1 c blueberries, rinsed
1 tsp cinnamon

200 calories
Makes 1 serving

Niyum Gandhi

Egg White and Veggie Frittata

3 egg whites
1/2 c tomatoes, finely chopped
1/2 c mushrooms, cleaned
and sliced
1 spray non-stick cooking spray

80 calories
Makes 1 serving

Preparation

Mix Greek yogurt and blueberries in a shallow bowl.
Top with cinnamon.

Debbie's Tip

"Filling up your plate with vegetables will help fill you up, providing you with a wide variety of nutrients including fiber, but with fewer calories."

Debbie Rosenberg, RD, CDE, Diabetes Alliance, Mount Sinai Health System

Preparation

Coat pan with nonstick cooking spray. Add tomatoes and mushrooms and sauté for two minutes. Whisk three egg whites in a bowl. Add to the tomatoes and mushrooms in the pan. Cover and wait until frittata is cooked through. Remove from heat. Slice and serve immediately.

Niyum's Tip:

"Starting the day with a healthy breakfast gets me in a wellness mindset and helps keep my energy up all day."

Starters & Sides



Celia Chu Diep

Homemade Hummus

1 clove garlic, chopped
19-oz can of garbanzo beans
4 tbsp lemon juice
2 tbsp tahini paste
2 tbsp extra-virgin olive oil.
Pepper to taste

200 calories per serving
Makes 4 servings

Barbie Cervoni

Cauliflower “Mashed Potatoes”

1 medium cauliflower
1/2 c Parmesan cheese, grated
1 garlic clove
1 tbsp extra-virgin olive oil
1 tsp rosemary, chopped

110 calories per serving
Makes 4 servings

Preparation

Rinse garbanzo beans and add to blender, reserving about a tablespoon for garnish. Add lemon juice, tahini, chopped garlic and salt to blender. Blend until creamy. Consider adding water by tablespoons until desired texture is achieved.

Transfer the mixture to a medium serving bowl. Sprinkle with pepper and pour olive oil over the top. Garnish with reserved garbanzo beans.

Celia’s Tip

“Take 10 minutes in the morning to brainstorm what you will eat for breakfast, lunch and dinner. When hunger strikes, you already have a plan!”

Celia Chu Diep, RD, CDE, Diabetes Alliance, Mount Sinai Health System

Preparation

Set a stockpot of water to boil over high heat. Clean and cut the cauliflower into small florets. Boil cauliflower for about six minutes or until well done. Drain well. In a food processor, purée cooked cauliflower with Parmesan cheese, garlic and olive oil.

For extra flavor roast the garlic before puréeing. Transfer to a bowl for serving and garnish with chopped rosemary.

Barbie Cervoni, RD, CDE, Mount Sinai Health System



Heather Angelillo

Quinoa with Tomato and Kale

1 c cooked quinoa
1 c kale, chopped
1 lb Roma tomatoes, chopped
2 tbsp extra-virgin olive oil
Juice of 1/2 lemon

100 calories per serving
Makes 2 servings

Dr. Maria Vezina

Sautéed Broccolini

2 bunches of broccolini
6 cloves garlic, peeled and thinly sliced
2 tbsp extra-virgin olive oil
Pinch of red pepper flakes (optional)

50 calories per serving
Makes 4 servings

Preparation

Add olive oil to a pan over medium heat. Add kale and sauté for five minutes, or until tender. Toss kale with cooked quinoa in a bowl. Add fresh tomatoes and dress with lemon juice.

Heather's Tip

“Do not attend a social gathering on an empty stomach; have a nutritious snack ahead of time. You will be more likely to make healthier choices and eat less food.”

*Heather Angelillo, RD, CDE, Diabetes Alliance,
Mount Sinai Health System*



Preparation

Trim about one and a half inches off broccolini stems and discard. Slice the broccolini in half lengthwise. Boil broccolini in a pot of water for two minutes. Quickly drain and run under cold water or place in an ice bath to stop broccolini from cooking. Heat a large sauté pan over medium-high heat. Add the oil and garlic and cook about one minute, or until golden. Add the drained broccolini and red pepper flakes (optional), or until heated through. Serve immediately.

*Maria Vezina EdD, RN, NEA-BC, Chief Nursing Officer
and Vice President, Mount Sinai St. Luke's*

Dr. Maria Vezina

Roasted Spaghetti Squash

- 1 small spaghetti squash
- 2 tbsp extra-virgin olive oil
- 1 tbsp Parmesan cheese, grated
- Sea salt and pepper to taste

80 calories per serving
Makes 4 servings

Dr. David Reich

Sautéed Vegetables

- 1 medium Vidalia onion, finely chopped
- 2 medium zucchinis, sliced
- 1 c cherry tomatoes, sliced in half
- 1 clove garlic, finely chopped
- 1/2 c fresh basil, finely chopped
- 1 tbsp extra-virgin olive oil

110 calories per serving
Makes 4 servings

Preparation

Preheat oven to 375°F. Remove stem of spaghetti squash and carefully slice in half length-wise scoop out the seeds. Set the squash, facing down, in a roasting pan and bake for an hour, or until tender. Cook time may vary due to size of squash. Squash is done when flesh can be easily pierced with a fork. Using a fork, scrape out the cooked spaghetti squash. Flesh should separate into strands. Top with olive oil, salt, pepper and grated cheese. Serve immediately.



Preparation

Heat olive oil in large pan and add chopped onion. Stir frequently until onion is translucent. Add in garlic, tomatoes, and zucchini. Cook for three to five minutes or until the tomatoes become soft and begin to create a sauce. Remove pan from heat and transfer to a large serving bowl. Top with chopped basil. Serve immediately.

David's Tip

“Taking care of ourselves is one of the keys to optimizing the health of our patients. Our own health affects our ability to care for patients and the entire community. Healthy eating is for everyone. It starts with us.”

David Reich, MD, President and Chief Operating Officer of The Mount Sinai Hospital, President of Mount Sinai Queens, Horace W. Goldsmith Professor of Anesthesiology

Dr. Jeremy Boal

Roasted String Beans

2 lbs fresh green beans,
trimmed
1 tbsp extra-virgin olive oil
Sea salt and pepper to taste

100 calories per serving
Makes 4 servings

Morrison Healthcare

Creamy Tomato Soup

1 tsp olive/canola oil blend
2 cloves garlic, minced
1 c onion, diced
1/2 c celery, diced
1/2 c carrots, diced
2 c low-sodium vegetable stock
48 oz can diced tomatoes, use
fresh if available
1 1/2 c cooked Great Northern
beans
1/4 c fresh basil, finely chopped

47 Calories per serving
Makes 10 servings

Preparation

Preheat oven to 400°F. Rinse string beans and pat dry with paper towels. Spread string beans onto a baking sheet lined with parchment or aluminum foil. Drizzle with olive oil and sprinkle with salt and pepper. Use your fingers to coat beans evenly with olive oil and spread them out so they don't overlap. Roast until lightly caramelized, 15 to 20 minutes.

Jeremy Boal, MD, President, Mount Sinai Downtown

Preparation

Heat olive oil over medium-high heat in a large pot. Add garlic and sauté for one minute. Add onions, celery and carrots. Cook for two - three minutes or until onions are translucent. Add vegetable stock and tomatoes, bring to a low boil. Simmer for 15 minutes. Transfer soup into a blender. Add beans, blend until smooth. Return soup to pot, simmer for five minutes. Stir in basil. Ladle eight ounces of soup into each bowl and serve.

About Morrison

Morrison Healthcare, a national food and nutrition services company, has partnered with the Mount Sinai Health System to offer fresh, healthy and innovative recipes throughout the Health System.

Salads



Dr. Jeremy Boal

Fresh Tomato Salad

5 large ripe tomatoes, cut in 1/3-inch thick slices
1 small red onion, thinly sliced
4 oz feta cheese, crumbled or sliced
1 tbsp parsley, finely chopped
1/4 c Kalamata olives, pitted
1/4 c extra-virgin olive oil
1 tbsp balsamic vinegar

170 calories per serving
Makes 6 servings

Caryn A. Schwab

Pear and Arugula Salad

2 tbsp shallots, minced
2 tbsp white wine vinegar
2 tbsp extra-virgin olive oil
1 tbsp Dijon mustard
5 c arugula
2 Bosc pears, thinly sliced
1/4 c walnuts, chopped
Salt and pepper to taste
1/4 c fresh basil, finely chopped

168 calories per serving
Makes 4 servings

Preparation

Place sliced tomatoes in a large bowl. Top with onion slices.

Whisk the olive oil and vinegar, add dressing to the bowl.

Add the feta cheese, Kalamata olives and parsley. Toss gently and serve.



Preparation

Whisk shallots, vinegar, olive oil and Dijon mustard in a small bowl for dressing. Set aside. Place arugula, basil and pears in a large bowl, add dressing and toss to coat. Salt and pepper to taste. To serve, place one and a half cups salad on a plate and sprinkle a tablespoon of walnuts.

Caryn's Tip

"Incorporate mindfulness and meditation into your day.

You can start with as little as three minutes of meditation for increased focus and reduced stress."

Caryn A. Schwab, Executive Director, Mount Sinai Queens

Niyum Gandhi

Baby Kale, Avocado, and Cucumber Salad

1 cucumber, cubed
1 avocado, cubed
2 tbsp extra-virgin olive oil
2 tbsp lemon juice
2 c baby kale, rinsed

150 calories per serving
Makes 2 serving

Dora Huang

Tomato, Avocado, and Cucumber Salad

1 large cucumber, cubed
2 avocados, diced
1 lb Roma tomatoes, chopped
1/2 red onion, sliced thinly
2 tbsp extra-virgin olive oil
2 tbsp lemon juice
1/4 c cilantro, chopped finely

280 calories per serving
Makes 4 servings

Preparation

Place baby kale and cucumbers into a large bowl. Drizzle with olive oil and lemon juice and toss gently. Place pieces of avocado on top and serve.



Preparation

In a large bowl, combine tomatoes, cucumbers, red onion, avocado and chopped cilantro. Drizzle salad with olive oil and lemon juice. Toss gently and serve.

Dora's Tip

"Make some time in your schedule to eat and savor a meal without any distractions."

Dora Huang, RD, CDE, Diabetes Alliance, Mount Sinai Health System

Jane Maksoud

Asian Cabbage Salad

4 c cabbage (red or green),
thinly sliced
2 c carrots, shredded
2 tbsp sesame oil
2 tbsp apple cider vinegar
2 tbsp low-sodium
soy sauce

60 calories per serving
Makes 4 serving

Jane Maksoud

Roasted Chicken Salad

8 oz roasted chicken breast,
diced or shredded
1/2 c red seedless grapes, halved
1/2 c green apple, diced
1/2 c celery chopped
2 tbsp nonfat Greek yogurt
2 tbsp canola mayonnaise
1 tbsp Dijon mustard
1/4 c walnuts, chopped
Salt and pepper to taste

1 1/4 c serving has 132 calories
Makes 2 servings

Preparation

Place shredded cabbage and carrots in a large bowl. In a separate bowl, whisk together sesame oil, vinegar, and soy sauce for dressing. Pour dressing over the cabbage, mix well. Refrigerate for 30 minutes so the flavors meld together. Mix again before serving.

**Time saver tip: you can buy pre-cut coleslaw mix*

*Jane Maksoud, RN, MPA, Senior Vice President of Human Resources,
Chief Human Resources Officer, Mount Sinai Health System*

Preparation

Mix mayonnaise, yogurt, Dijon mustard, salt and pepper in a small bowl for dressing. Set aside. In a large bowl, combine roasted chicken, grapes, apple, and celery. Add dressing and mix together. To serve, top with walnuts.



Jane Maksoud

Mediterranean Salad

2- 5 oz cans Albacore tuna
in water, drained and flaked
into large chunks
4 c baby greens, rinsed and
cut as needed
1/2 c chickpeas, drained
1 small bell pepper, sliced
10 cherry tomatoes
8 Kalamata olives, chopped
4 tbsp extra-virgin olive oil
2 tbsp lemon juice or
balsamic vinegar
1 tbsp Dijon mustard

200 calories per serving
Makes 2 serving

Preparation

To create dressing, whisk together olive oil, lemon juice or balsamic vinegar, and Dijon mustard in a small bowl.

Combine tuna, baby greens, chickpeas, bell peppers, tomatoes, and olives in a large bowl.

Top tuna mixture with dressing and toss.



Wild Rice with Cranberries and Pecans

4 c low-sodium chicken or vegetable stock
2 tbsp extra-virgin olive oil
3 large shallots, minced
2 c wild rice or brown rice
1/4 c whole cranberries
2 fresh sprigs thyme or 1/4 tsp dried thyme
1/2 c pecans, toasted and chopped
1/4 c parsley, minced
1 bay leaf
Salt and pepper to taste

200 calories per serving
Makes 8 servings

Preparation

Preheat oven to 375°F. Bring stock to a simmer over medium-low heat in a saucepan. Heat oil in heavy two quart casserole pan. Add shallots and sauté until translucent, two -three minutes. Add rice; stir until well coated. Stir in the simmering stock, whole cranberries, bay leaf, and thyme. Salt and pepper to taste. Bring to a simmer, and cover. Transfer the casserole to the oven. Bake until all liquid has been absorbed and rice is tender, 40 to 45 minutes. Remove from the oven and discard bay leaf and thyme sprigs. Stir in pecans and parsley. Serve hot or warm.

Kayla's Tip

“Carry around a reusable water bottle. Having it with you will be a reminder to sip and refill throughout the day.”

Kayla Jaeckel, RD, CDE, Diabetes Alliance, Mount Sinai Health System



Greek Tuna with Roasted Fingerling Potatoes and Braised Chard

Tuna

6 yellowfin tuna steaks
(4 oz each)
4 tbsp canola olive
oil blend
1 1/8 tps garlic, minced
3/4 tsp fresh oregano,
chopped
2 tbsp lemon juice
1/8 tsp sea salt
1/8 tsp ground black pepper

Potatoes

1 1/2 tsp paprika
1 1/2 lbs fingerling potatoes
1 1/2 tsp garlic, minced
1 1/2 tbsp fresh
rosemary, minced
1/8 tsp ground
black pepper
1 1/2 tbsp canola
olive oil blend

Braised Chard

1 1/8 lbs Swiss chard
3/4 tsp canola olive oil blend
1/4 c celery, diced
1/4 c carrots, diced
1/4 c onions, diced
1/2 c vegetable stock
6 lemon wedges, for garnish

Preparation:

Tuna

Heat two tablespoons of oil in sauté pan over medium heat. Sauté the garlic and oregano for about one minute to release the flavor. Add lemon juice, salt and pepper and the rest of the oil. Place this mixture and tuna in a covered bowl. Marinate for at least one hour.

Lightly coat a large sauté pan with oil over medium high heat and. Sear marinated tuna for two minutes on each side. Cook until desired doneness.

Potatoes

Preheat oven to 350°F. Mix paprika, garlic, rosemary, black pepper, oil and potatoes in large bowl. Transfer mixture to large rimmed baking sheet, spreading potatoes evenly. Bake potatoes until brown and tender, stirring occasionally, about 45 minutes, internal temperature should reach 145°F.

Braised Chard

Rinse Swiss chard in a sink full of cold water. Repeat until the Swiss chard is free of dirt. Swiss chard should be washed well. Remove the tough stems from the chard and chop into one-inch pieces.

Heat oil in large sauté pan over medium high heat. Add onion, celery, and carrot. Sauté for five minutes to soften. Add chard to onion mixture and stir to combine. Add the stock and stir to blend. Simmer until tender and internal temperature reaches 145°F, about 20 minutes.

Entrees



Dr. David Reich

Baked Salmon

2-4 oz salmon steaks
Salt and pepper to taste

233 calories (4oz)
Makes 2 servings

Beth Oliver

Salmon with Broccoli and Roasted Cherry Tomatoes over Quinoa

2 c cherry tomatoes
1 c broccoli, cut into small florets
1 1/2 tsp chopped fresh thyme
1 tsp extra-virgin olive oil
1/4 tsp salt
1/4 tsp teaspoon pepper
2 cloves garlic, minced
2-6 oz salmon fillets, about 1 in thick
2 tbsp fresh lemon juice
1 c uncooked quinoa
2 c water or low-sodium broth
Cooking spray

265 calories per serving
111 calories per 1/2 c quinoa
Makes 2 servings

Preparation

Season the salmon with salt and pepper. Place salmon, skin side down, on a non-stick baking sheet with an oven-proof handle. Bake until salmon is cooked through, about 12-15 minutes. If using aluminum foil – you can use a non-stick cooking spray if needed. We recommend pairing the cooked salmon with the cauliflower mashed potatoes (page 10) or our quinoa with kale and tomatoes (page 11).

Preparation

Combine quinoa with water, or low-sodium broth, in a medium saucepan. Bring to a boil, reduce heat to low, and cover. Simmer until tender, or most of the liquid has been absorbed, about 15 to 20 minutes. Fluff with a fork.

Preheat oven to 400°F. Combine the broccoli, tomatoes, thyme, olive oil, salt, pepper, and garlic in a baking pan coated with cooking spray. Toss to coat, then bake for 15 minutes. Add fish to pan and bake for an additional 10 minutes, or until fish flakes with a fork. Spoon the tomato mixture over fish and drizzle plate with lemon juice. Serve on top of cooked quinoa or whole grain of your choice.



Caryn A. Schwab

Spicy Shrimp Pasta

1 lb shrimp, peeled and deveined
1/2 shallot, chopped
2 cloves garlic, finely chopped
14.5 ounce can low-sodium diced tomatoes
1 jalapeño, chopped finely
1/4 c fresh parsley, finely chopped
1 box whole wheat pasta
Non-stick cooking spray

400 calories per serving
Makes 4 servings

Preparation

Cook pasta according to directions on the packaging.

Meanwhile, spray non-stick cooking spray on a skillet, sauté garlic and shallots for five minutes. Place shrimp in the skillet and cook for two minutes on each side. Add tomatoes and jalapeño and bring to a simmer. Cook for five minutes. To serve, add the shrimp mixture to the cooked pasta.



Dr. James Tsai

Chicken with Shiitake Mushrooms and Bok Choy

2 tbsp fresh ginger, minced
2 cloves garlic, minced
2 tbsp low-sodium
soy sauce
1 tbsp extra-virgin virgin
olive oil
1/2 tsp crushed red pepper
1 lb chicken breast, sliced
into thin strips
2 tbsp cornstarch
2 c shiitake mushrooms, cleaned
and sliced
1 c onion, thinly sliced vertically
4 c bok choy, cleaned with
ends cut off
1 c red bell pepper, sliced thinly
Non-stick cooking spray

270 calories per serving
Makes 4 serving

Preparation

Combine ginger, garlic, soy sauce, olive oil, cornstarch and crushed red pepper in a large ziplock bag. Add chicken strips and seal. Marinate for 20 minutes in the refrigerator. Heat a large non-stick pan or wok over medium heat. Coat the pan with cooking spray and add mushrooms, onion and bell pepper slices. Cook for five minutes or until crisp-tender. Add bok choy, sauté for two minutes until slightly wilted. Transfer cooked vegetables to a large bowl. Keep warm. Recoat the pan with cooking spray. Add the chicken mixture and sauté until the chicken is cooked through. Slowly add back in the cooked vegetables. Toss gently to coat.

*Recommend to serve over 3/4 cup cooked brown rice per serving

Jim's Tip

"Hope this healthy and delicious Asian cuisine dish is perfect for you and your loved ones during the holiday season!"

James C. Tsai, MD, MBA, President, New York Eye and Ear Infirmary of Mount Sinai



Maria Elena Rodriguez

Turkey Meatballs

- 1 lb ground turkey breast, 99 percent lean
- 1/4 c whole wheat seasoned breadcrumbs
- 1/4 c Parmesan cheese, grated
- 1/4 c parsley, finely chopped
- 1 egg
- 1 clove garlic, crushed
- Sea salt and fresh pepper to taste
- Cooking spray

200 calories for 4 meatballs
Makes 4 servings

Preparation

In a large bowl, combine ground turkey, breadcrumbs, egg, parsley, garlic and cheese. Using wet hands mix all the ingredients until combined. Form small meatballs, about the size of a ping pong ball. Lightly coat a large saucepan with cooking spray. Add the meatballs and cover. Cook for 15 to 20 minutes, or until cooked through.

Maria's Tip

“When cooking a meal consider making extra servings for lunch or another meal during the week.”

Maria Elena Rodriguez, RD, CDE, Diabetes Alliance, Mount Sinai Health System



Abby Schwartz

Chicken Piccata

2 tbsp all-purpose flour
for dredging
2 boneless and skinless chicken
breasts, butterflied
2 tbsp canola oil
2 tbsp capers
2 cloves garlic, minced
1 c low sodium chicken broth
or water
1 tbsp lemon zest
4 tbsp lemon juice

286 calories per serving
Makes 2 servings

Preparation

Spread flour in a shallow dish. Rinse chicken cutlets and dry with paper towels. Dredge one side of chicken in the flour, shaking off the excess. Heat one tablespoon of the canola oil in a large skillet over medium-high heat. Place the chicken, flour side down, in the skillet and cook for about three minutes, or until golden brown. Flip cutlets over and continue to cook until meat is no longer pink, about one minute. Transfer cutlets to a plate and tent loosely with foil.

Add capers and garlic to the oil left in the skillet. Cook for about 30 seconds until fragrant. Stir in one teaspoon of flour until incorporated. Whisk in broth and lemon zest. Bring to a simmer and cook until thickened slightly and reduced by a half cup, about 10 minutes. Return cutlets to the mixture and continue to cook until heated through. Transfer chicken to a serving plate. Whisk the lemon juice into the remaining pan sauce and spoon over the chicken. Serve immediately.

Abby's Tip

“Jogging or walking for 25 minutes plus one minute of holding a plank gets me off to a healthy start to each day.”

*Abby Schwartz, Director, Diabetes Alliance and Mount Sinai Wellness,
Mount Sinai Health System*

*Seared Atlantic Salmon
with Endive Apple Frisee
Salad*

2 fresh Atlantic salmon filets
(6 oz each)
1 pt fresh apple cider
1 Belgian endive, cut in half and
sliced thin
1 head of frisee, chopped
4 oz feta cheese, crumbled
1/2 Gala apple, cut into thin wedges
4 tbsp extra-virgin olive oil
2 tbsp freshly squeezed
lemon juice
Salt and pepper to taste

650 calories per serving
Makes 2 servings

Preparation

Season salmon with salt and pepper and sear on both sides in a sauté pan with one tablespoon of extra-virgin olive oil. Finish in a 350°F oven for 10 minutes or to desired doneness. In a separate bowl, whisk together two tablespoons of fresh lemon juice and extra-virgin olive oil. Add chopped frisee, Belgian endive, sliced apple and crumbled feta cheese. Mix together thoroughly. Reduce apple cider to a quarter of the original volume in a saucepan and then brush on top of cooked salmon. Plate the salad mixture. Place the cooked salmon filet on top.



Dr. Evan Flatow

Ground Turkey Ragu and Pasta

2 cloves garlic, minced
16 oz can of low-sodium
tomatoes, diced or crushed
10 oz ground turkey,
99% lean
1/4 c fresh basil, chopped
3 tbsp Parmesan cheese,
freshly grated
1 lb whole wheat pasta,
cooked according to box
directions
2 tbsp extra-virgin
olive oil
1 c of water

400 calories per serving
Makes 4 servings

Preparation

Heat olive oil in a large skillet. Add garlic and turkey to skillet and cook, stirring for about five minutes. Add the tomatoes and one cup of water. Increase the heat and bring the sauce to a boil for five minutes. Reduce the heat to medium. Add pasta to a pot of boiling water, cook as the label directs. Cook according to the packaging. Reserve a half cup of the pasta water when draining. Add the pasta and a half cup of pasta water to turkey mixture. Toss to coat. Top with Parmesan cheese and basil. Serve immediately.

Evan Flatow, MD, President, Mount Sinai West



Jane Maksoud

Chicken and Veggie Meatballs

1 tbsp extra-virgin olive oil
1/2 c kale, chopped finely
1 carrot, chopped finely
4 broccoli florets, chopped
1 lb ground chicken
(white meat)
Non-stick cooking spray
Salt and pepper to taste

70 calories each
Makes 4 servings

Jane Maksoud

Turkey Sliders

1 1/2 lb ground turkey
1/3 c fresh parsley, minced
1/2 tsp cumin
2 garlic cloves minced
2 shallots, minced
1 egg
2 tbsp extra-virgin olive oil

150 calories per slider
Makes 12 servings

Preparation

In a small pan, over medium heat, add olive oil, kale, carrots, and broccoli. Sauté for five minutes until cooked. Place ground meat in a bowl and add cooked veggies. Using hands, combine into small meatballs. Heat a pan over medium heat coat with non-stick cooking spray. Place the meatballs in the pan and cook until the meat is white and cooked all the way through, about 12-15 min.



Preparation

Mix together the turkey, parsley, cumin, garlic, shallots, and egg. Divide into 12 equal portions, three and a half inches wide. Heat oil in pan—cook burgers until the internal temperature is 165°F; at least three minutes on each side. Serve with a whole wheat bun and topped with your fresh vegetable of choice or serve wrapped in bibb lettuce leaves along with your favorite grilled vegetables.

Valerie Ruffin

Baked Chicken with Sweet Potato and Salad

1 chicken breast, butterflied
1 small sweet potato
Garlic powder to taste
Black pepper to taste

Salad

1 c lettuce
3/4 c shredded carrots
10 croutons
Salad dressing of your choice

350 calories each
Makes 1 serving

Preparation

Rub chicken breast with garlic and black pepper. Bake on a non-stick baking sheet at 350°F for 45 minutes.

Simultaneously, bake sweet potato in separate pan. To make salad, combine all ingredients in a bowl. Plate chicken with the salad and sweet potato. Serve

Valerie's Tip

“When you cheat, enjoy it, then get back to your healthy routine the next day!”

Valerie Ruffin, Executive Assistant to Randy Numbers, Vice President, Information Technology, Mount Sinai Health System



Stephen Furia

Turkey Cutlets with Orange Sauce

4 turkey cutlets
1 tbsp extra-virgin olive oil
2 tbsp all-purpose flour
1/2 c green onion, chopped
1 tbsp sesame oil
1 tbsp low sodium
soy sauce
1 clove garlic, minced
1 tsp each of sea salt
and fresh pepper
3/4 c orange juice

107 calories per serving
Makes 4 servings

Preparation

Coat cutlets with flour and shake off any excess. Heat olive oil in a pan; add cutlets. Brown for two minutes on each side and then remove and set aside. Reduce heat and add onions and garlic. Sauté for two minutes. Add orange juice, and soy sauce, boil until sauce is thickened. Stir in sesame oil. Return cutlets to the accumulated juices. Simmer for 10-12 minutes.

*Stephen Furia, Senior Vice President of Population Health Solutions,
Mount Sinai Health System*



Don Scanlon

Homemade Tomato Sauce

1 tbsp extra-virgin olive oil
2 cloves garlic, smashed
28 oz can crushed tomatoes
1 bay leaf
1 tsp oregano
2 tbsp fresh basil, chopped
Salt and fresh pepper to taste
1 lb whole wheat pasta,
cooked according to box
directions

1 c is 150 calories
Makes 6 servings

Preparation

Sauce

In a medium pot, heat olive oil over medium heat. Add garlic and sauté until golden, being careful not to burn. Add crushed tomatoes, salt, pepper, oregano, and bay leaf. Stir and reduce heat to low. Cover and let simmer for 20 minutes. Remove from heat and add fresh basil. Serve over whole wheat pasta.

Donald Scanlon, Chief Financial Officer and Chief of Corporate Services, Mount Sinai Health System





