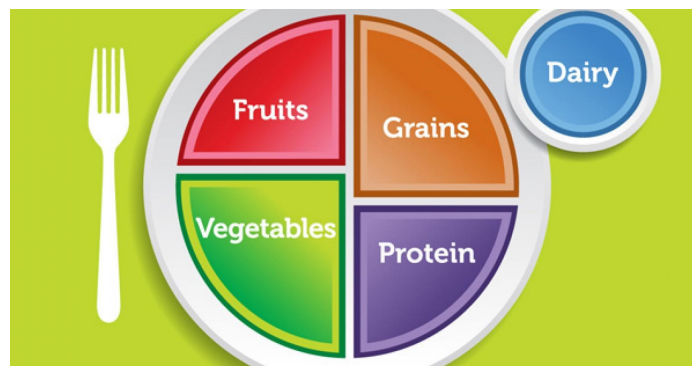


New York-Presbyterian Hudson Valley Hospital

Chef Peter X. Kelly Teaching Kitchen

Chef Emilie Berner, MA

Culinary Wellness Handbook



Delicious Plant-Based Dishes August 17, 2022



Chef Emilie Berner, MA, Coordinator
914-734-3780
www.nyp.org/hudsonvalley
hvh-teachingkitchen@nyp.org

THE *Buddha Bowl* Blueprint

Sautéed
kale
chard
mushrooms

Cooked Grain
rice
quinoa
millet
buckwheat

Steamed or Blanched
beans
asparagus
snow peas
broccoli

Healthy Fats
olives
avocado
nuts
seeds

*Bowls made from
comforting and
sustaining complex
carbs, whole plant-based
protein sources,
veggies with sweetness
and crunch, good fats,
zest and freshness.*

Grated or Shredded
carrot
cabbage
bitter salad leaves
fennel
beetroot
zucchini

Roasted
sweet potato
carrot
cauliflower
parsnip
pumpkin

Protein
hummus
beans
falafel
bean patties
dahl

TAKE YOUR PICK
1/4 grain
1/2 green veggies
1/8 good fats
1/8 other veg

Crunch
salad greens
cucumber
sprouts
radish

Dressing
lemon juice
lime juice
orange juice
salad dressing

Fresh Herbs
basil
coriander
parsley
mint

Build a Bowl: Quinoa Tahini Veggie Bowl

Serves 4

Ingredients

- 1 pound green beans, trimmed and halved
- 1 1/2 pounds eggplant, cut into 1 inch chunks
- Pinch of salt and splashes of olive oil for roasting (about 1/4 cup)
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- 2 Tbsp lemon juice
- 1 Tbsp honey
- 1/4 tsp red pepper flakes
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- 2 cups cooked quinoa (cooked according to package directions)
- 1 cup cherry tomatoes, halved
- 1/4 cup mint, minced

Dressing:

- 2 Tbsp lemon juice
- 1 garlic clove
- 1/3 cup tahini
- 1/4 cup ice cold water
- 1 Tbsp olive oil
- Salt to taste

Directions

1. Preheat the oven to 400 F.
2. Toss the green beans and eggplant in oil and roast for 30-40 minutes until browned and tender.
3. In a bowl, whisk together the lemon juice, honey, red pepper flakes and salt. When the eggplant and green beans are done, add it to this bowl while still hot and toss immediately.
4. In a separate bowl, combine the quinoa, cherry tomatoes, and mint.
5. Top with the eggplant green bean mixture.
6. Make the tahini dressing by combining all ingredients in a blender and blend to well.
7. Serve bowls topped with tahini dressing.



Thai Green Curry with Butter Beans

Serves 4

Ingredients

- 3 Tbsp olive oil or water or vegetable broth
- 1 medium onion, diced
- 4 garlic cloves, minced
- 1 Tbsp grated ginger
- 2 tsp thai green curry paste (or make your own by mixing: 1 cup cilantro, 1 shallot, 1 jalapeno pepper—seeds removed, 1/4 cup lime juice, 4 garlic cloves, 1 Tbsp fresh ginger, 2 tsp sugar, 1/2 tsp salt—blend and freeze).
- 1 can butter beans, rinsed and drained.
- 1 red or yellow bell pepper, diced
- 1 carrot, sliced into 1/4 inch thick half moons
- 1 cup coconut milk
- 1 Tbsp fresh lime juice
- 1/4 cup cilantro, chopped
- Salt and pepper to taste
- Serve over quinoa or brown rice or rice noodles



Directions

1. Heat the olive oil in a medium pot over medium heat.
2. Add the onion and sauté 3 minutes until softened.
3. Add the garlic, ginger, curry paste, sauté an additional minute.
4. Add the beans, bell pepper, carrot, 1 cup of water. Bring to a boil, reduce the heat and simmer 10 minutes, until the carrot is tender, but not mushy.
5. Add the coconut milk, lime juice, and cilantro. Bring to a boil and then remove from heat.
6. Serve over brown rice or quinoa.

Note: if you wanted to substitute firm tofu for the butter beans for protein you may. Just drain the tofu, cut into 1 inch cubes, and add where you would have added the butter beans.