

Frijoles Colombianos

Serves 4-6**Time** 50 minutes**Vegan****Common Allergens** NoneRecipe from "["Provecho"](#)" by Edgar Castrejón

Ingredients

- 2 tablespoons avocado, sunflower or another vegetable oil
- 1 large white onion (12 ounces), cut into $\frac{1}{2}$ -inch cubes
- 2 small russet potatoes (5 ounces total), scrubbed and cut into $\frac{1}{2}$ -inch cubes
- 2 (15-ounce) cans black beans, one drained and one undrained (or 3 cups home-cooked beans plus $\frac{1}{2}$ cup cooking liquid)
- 2 Roma tomatoes (7 ounces total), cut into $\frac{1}{2}$ -inch cubes
- 1 large green or pale yellow plantain, peeled and cut into $\frac{1}{2}$ -inch cubes
- 1 cup low-sodium vegetable broth
- 2 teaspoons ground cumin
- 2 teaspoons garlic powder
- 1 teaspoon smoked paprika
- 1 teaspoon salt, plus more to taste

Notes

- The beans can be refrigerated for up to 1 week or frozen for up to 3 months.



Instructions

1. In a large saucepan or Dutch oven over medium heat, heat the oil until it shimmers. Add the onion and cook, stirring, until translucent, 5 to 6 minutes. Add the potatoes and cook, stirring occasionally, until they pick up a little color, about 4 minutes. Add the beans and their liquid, tomatoes, plantain, broth, cumin, garlic powder, paprika and salt.
2. Increase the heat to bring the mixture to a boil, then reduce it to medium-low, cover and cook until the potatoes and plantains are tender, 20 to 25 minutes. Taste, and season with more salt, as needed. Serve hot.

Carrot Cake Oatmeal

Serves 1-2

Time 15 minutes

Vegan

Common Allergens Tree nuts

Ingredients

- 1 cup water or oat milk (or more as needed)
- ½ cup rolled oats
- ½ cup grated carrots (about 1 to 1 ½ carrots)
- 2 tablespoons raisins
- ¼ cup walnuts, chopped
- 1-2 teaspoons maple syrup
- ½ teaspoon cinnamon
- pinch of salt

Notes

- Optional ingredients include flax or chia seeds for extra protein and fiber (add towards the end if you don't want them to become gelatinous), toasted coconut, vanilla extract, or cream cheese or yogurt as a topping at the end. You could also add small amounts of other ground spices such as ginger, nutmeg, cloves, or allspice.



Instructions

1. In a saucepan, bring water or oat milk to a boil.
2. Add oats, grated carrots, and raisins. Simmer for about 5 minutes, uncovered, stirring occasionally, until oats are cooked. Add more liquid if necessary to reach desired consistency.
3. Add remaining ingredients and stir. Serve warm.

Creamy Mushroom Pasta

Serves 4

Allergens: Contains wheat, tree nuts, soy



VEGAN



VEGETARIAN



DAIRY FREE



Ingredients

- 3 tablespoons olive oil, divided
- 2 pounds mushrooms, mix of white and brown, sliced
- 2 shallots, finely diced
- 4 cloves garlic, minced
- 1 tablespoon fresh rosemary, minced
- 4 cups plain, unsweetened milk alternative cashew recommended
- 1 can white beans, rinsed and drained
- 2 cubes vegetable bouillon or 2 teaspoons bouillon base
- 2 tablespoons nutritional yeast
- 2 teaspoons white miso
- 8 ounces whole wheat spaghetti or linguine
- 1 teaspoon salt or to taste

Directions

1. Heat a stock pot over medium high heat and add 2 tablespoons olive oil. Add half the mushrooms and cook for about 2 minutes, until they start to cook down. Add remaining olive oil and mushrooms and cook until they start to brown, about 3 minutes. Pour off any excess water that has accumulated.
2. Add shallots. Cook until shallots start to brown, stirring frequently to prevent burning, about 2 minutes. Add garlic and rosemary and cook for 30 seconds.
3. Add milk alternative, beans, bouillon, nutritional yeast, miso, and salt. Stir to combine.
4. Once it reaches a simmer, add the pasta and stir. Reduce heat to a low boil and cook according to pasta instructions, plus about 20% more time. This should be about 14 minutes for whole wheat spaghetti. If necessary, continue cooking until pasta is cooked, adding a little more water (no more than 1 cup) if necessary to prevent it from sticking to the bottom of the pan. By the time the pasta is done cooking, you want to have a thickened creamy sauce, not as thick as a gravy or alfredo sauce, but not so thin that it doesn't stick to the noodles. Serve warm.

Zero Waste Tips

- Buy in bulk when possible:
 - Mushrooms -Buy from a bin, ideally using a reusable produce bag, rather than a prepackaged container. It will likely be cheaper as well
 - Beans - Buy dried beans in bulk, ideally in a reusable container. Cook a large batch and freeze leftovers
- Non-dairy milk – if highly motivated, try making your own!
- Rosemary – Try growing your own! It is fairly drought tolerant

Recipe from "[One Pot Meals](#)" cooking class, Fall 2018

Adapted from [Delicious Everyday](#)



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Creamy Pesto Spaghetti Squash

Serves 6-8

Allergens: Contains nuts



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 medium spaghetti squash
- 1 cup basil
- 1 cup avocado
- ½ cup pine nuts
- Juice of 1 lemon (2 tablespoons)
- 2 cloves garlic
- ½ teaspoon salt or to taste
- ½ cup + 2 Tablespoons extra virgin olive oil

Directions

1. Preheat oven to 350°F.
2. Cut spaghetti squash in half lengthwise. Use a spoon to scoop out the pulp and seeds. Brush the cut side of the squash with 2 tablespoons olive oil and place face down on a baking sheet.
3. Bake for 30-45 minutes until squash is fork tender. The squash should flake off in strands easily when scraped with a fork. Let cool for several minutes.
4. Meanwhile, combine basil, avocado, pine nuts, lemon juice, garlic, and salt in a food processor. Puree until well combined. Slowly drizzle in olive oil while the food processor is running until desired consistency is reached.
5. Use a fork to scrape the squash into strands in a large bowl, then combine with sauce.

Notes

Make it a Meal: Toss chicken breasts with olive oil, salt and pepper and place on the baking sheet next to the squash for the last 20-25 minutes of baking, until internal temperature reaches 165°F.

Tip: Try using spaghetti squash in other noodle dishes: marinara with meatballs, Asian noodle dishes, etc.

Recipe from Cooking Well Berkeley class: Winter Vegetables Made Easy, Fall 2015



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Dalgona Coffee

Serves 2

Allergens: Milk but can be made dairy-free/vegan. Contains caffeine.



VEGAN
IF using plant milk



VEGETARIAN



GLUTEN FREE



DAIRY FREE
IF using plant milk



Ingredients

- 2 tablespoons instant coffee
- 2 tablespoons warm water
- 1 tablespoon granulated sugar
- about 1 cup milk or plant milk

Directions

1. Combine instant coffee, water and sugar in a bowl or cup with enough room for the mixture to expand about 4 times.
2. Using a hand mixer or milk frother, blend until stiff peaks form. This can take anywhere from 2-6 minutes.
3. Put ice in 2 glasses, fill each with about $\frac{1}{2}$ cup milk (or more to taste), then top with whipped coffee. Stir and enjoy.

Notes

- This coffee is very strong. You may wish to use decaffeinated coffee.
- Use a milk alternative such as oat or almond milk to make it dairy-free and vegan.
- The general formula for this recipe is 2 parts instant coffee, 2 parts water, and 1 part sugar. Most dalgona coffee recipes call for equal parts of all 3 ingredients, but it also works to use less sugar.
- This recipe does not work with brewed coffee or without sugar. The ingredients listed are necessary to make it whip properly.

Recipe from [Brunch at Home, Spring 2021](#)



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Deconstructed Spring Roll Salad

Serves 4



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 large head lettuce, chopped
- 1 carrot, julienned
- 1 red bell pepper, julienned
- 1 cucumber, julienned or shredded
- 4 green onions, sliced
- 1 stalk lemongrass, sliced
- $\frac{1}{4}$ cup roasted cashews
- $\frac{1}{4}$ cup each fresh mint and basil
- 1 cup cooked buckwheat soba noodles, optional
- About 12 ounces cooked shrimp, baked chicken, or baked tofu, optional

Dressing:

- $\frac{1}{4}$ cup creamy peanut butter
- 2 tablespoons low sodium tamari or soy sauce (If you need this meal to be gluten-free, always double check labels. Tamari is usually gluten-free, but soy sauce is not.)
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 1 teaspoon ginger, grated
- 2 teaspoons garlic, minced or grated
- 1 teaspoon fish sauce, optional

Directions

1. In a medium bowl, combine dressing ingredients and whisk well to combine. Add water 1 tablespoon at a time to thin if necessary. Alternatively, blend dressing ingredients in a blender or food processor.
2. Just before serving, chiffonade the mint and basil: Pick off the leaves and stack them into a neat file. Roll lengthwise tightly into a cigar shape and thinly slice crosswise to create thin ribbons. Fluff with fingertips to separate the ribbons.
3. To serve all at once, put lettuce into a large bowl. Place remaining salad ingredients separately on top and drizzle with dressing for a nice presentation. Toss just before serving.
4. To portion for lunches, divide lettuce into 4 containers, then top with remaining ingredients except nuts and dressing. Keep nuts and dressing in separate containers and add just before serving.



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Recipe from Cook Well Berkeley: Spring Salads and Vegetables, Spring 2016



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Healthy Snacks

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A well-balanced snack can help curb hunger between meals, prevent overeating at meals, and keep energy more stable throughout the day. These snack ideas include both protein and fiber so that you don't end up hungrier after eating.

No Refrigeration Required

- Apple, banana or grapes + nuts
- Trail mix made mostly of nuts and a little dried fruit
- Air-popped popcorn + peanuts
- Tuna snack pack with whole wheat crackers
- Apple, carrots, or celery + nut butter
- Oatmeal + fruit + nuts
- Roasted chickpeas (recipe on back)



Refrigeration Required

- Cup of lentil or bean soup
- Edamame
- Frittata muffins (recipe on back)
- Hard boiled egg + whole grain toast
- Plain yogurt + fresh or frozen fruit
- Whole grain crackers + cheese
- Tomato slices + feta cheese
- Cottage cheese + fruit, or cucumber and salsa
- Chia pudding (recipe on back)



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Healthy Snacks

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Recipes



Roasted Chickpeas

Rinse, drain, and dry 1 can of chickpeas (AKA garbanzo beans). Drizzle with olive oil and sprinkle with seasonings of choice. Bake at 425°F for 40-50 minutes, stirring every 10 minutes, until crunchy and golden brown.



Frittata Muffins

Whisk 10 eggs, add 2 cups cooked vegetables of choice, and pour into a greased or lined muffin pan. Bake at 350°F for 20-25 minutes. Serve warm. Refrigerate up to 4 days.



Chia Pudding

In a jar, shake together 1 ½ tablespoon chia seeds + ½ cup milk or milk alternative. Add other flavors as desired such as vanilla extract, fruit, or a little sweetener. Refrigerate for at least 2 hours or overnight.

“Handy” Portion Sizes



Small handful

- Nuts
- Trail mix



Thumb

- Nut butter
- Cheese



Half fist

- Cooked grains
- Beans

Fist

- Yogurt
- Cottage cheese



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No Bake Chocolate Pumpkin Pie

Recipe from Chocolatecoveredkatie.com

Serves 6-8



VEGAN



VEGETARIAN

Ingredients

- 15 oz pureed pumpkin (or 1 can)
- 1 tsp pure vanilla extract
- 1-2 tsp cocoa powder
- level 1/4 tsp salt
- 1 cup dark chocolate chips (If you need this recipe to be vegan, look specifically for vegan chocolate)
- Sweetener of choice, to taste (optional)
- Store-bought whole wheat pie crust

Directions

1. Melt the chocolate (either on the stove or in the microwave), then throw everything into a food processor and blend until it is super-smooth.
2. Pour into a pie crust and refrigerate until chilled. This pie gets firmer the longer it sits.

Notes

Tip: To make a chocolate pumpkin mousse, simply pour the filling into a bowl rather than a crust.

Recipe from Cooking Well Berkeley class: Extra Recipes, Fall 2014



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Spring Vegetables

Spring 2023

For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley



Pasta Primavera

Serves 4-6

Time 60 minutes

Vegan

Common Allergens Wheat, tree nuts

Recipe from [Ambitious Kitchen](#)

Ingredients

For the sauce:

- $\frac{3}{4}$ cup raw cashews
- 2 tablespoons lemon juice
- 2 cloves garlic
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon onion powder
- black pepper to taste

For the pasta:

- 12 ounces pasta such as farfalle or penne

For the vegetables:

- 2 tablespoons extra virgin olive oil
- $\frac{1}{2}$ medium red onion, sliced
- 2 cups broccoli florets
- 1 carrot, peeled and cut into matchsticks
- 1 cup asparagus, chopped
- 1 cup snap peas, chopped
- 1 zucchini, chopped
- 1 yellow bell pepper, cut into thin strips
- 1 pint cherry tomatoes, halved
- $\frac{1}{2}$ teaspoon Italian seasoning

Optional:

- Red pepper flakes

Notes

- You can add a protein such as a can of chickpeas (rinsed and drained)



Instructions

1. In a saucepan, bring cashews and plenty of water to cover them to a boil. Remove from heat and let sit for 30 minutes, then drain.
2. Cook the pasta according to package instructions. Optional: reserve up to $\frac{1}{2}$ cup pasta water to thin the sauce.
3. In a large skillet or dutch oven, heat olive oil over medium heat. Add onion, then add remaining vegetables in the order listed, 1 type at a time, in about 1 minute intervals. Cook until vegetables are tender but a little crisp. Add Italian seasoning.
4. To make the sauce, combine soaked and drained cashews in a blender, along with $\frac{1}{2}$ cup water and remaining sauce ingredients. Add a little more water (pasta water if you'd like) if necessary so that the sauce is smooth and light, but thick enough to coat the back of a spoon.
5. Add cooked pasta and sauce to the pan/pot and stir to combine. Garnish with red pepper flakes if desired. Serve warm.

Za'atar Hummus & Pita Chips

Source [Oaktown Spice Shop](#)

Serves 6-8

Time: 35 minutes

Vegan

Allergens: Wheat, sesame

Ingredients



Pita chips:

- 1 package whole wheat pita bread
- 2 tablespoons olive oil
- 1 tablespoon za'atar
- Pinch sea salt



Hummus:

- One 14 ounce can chickpeas, rinsed and drained
- 3 cloves garlic, whole
- Juice of 1 lemon
- $\frac{1}{3}$ cup tahini
- 1 tablespoon za'atar
- $\frac{1}{2}$ teaspoon sea salt
- 3-4 tablespoons olive oil

Instructions

1. Make the chips: Preheat the oven to 350°F. Line a tray with parchment paper.
2. Cut the pita in half, then separate the two halves into single layered half circles. Cut into triangles. Arrange them in a single layer on the tray. Drizzle with olive oil, za'atar and sea salt. Bake for 25 minutes, flipping halfway through.
3. Make the hummus: in a food processor or blender, combine chickpeas, garlic, lemon juice, tahini, za'atar, and sea salt. While blending, stream in olive oil until smooth. Top with additional olive oil and za'atar before serving.
4. Add fresh veggies to serve alongside the pita chips and hummus.

Foul Mudammas

Source [The Mediterranean Dish](#)

Serves 4

Time: 15 minutes

Vegan

Allergens: Wheat (pita)

Ingredients

- 2 cans plain fava beans (13 to 15 ounce cans)
- $\frac{1}{2}$ - $\frac{3}{4}$ cup water
- Kosher salt
- $\frac{1}{2}$ to 1 teaspoon ground cumin
- 1 to 2 jalapeños, chopped
- 2 garlic cloves, chopped
- Juice of 1 large lemon
- Extra virgin olive oil
- 1 cup chopped parsley
- 1 tomato, diced

To Serve:

- Warm pita bread
- Sliced cucumbers
- Green onions
- Olives



Instructions

1. In a skillet or saucepan, add the fava beans and $\frac{1}{2}$ cup water. Warm over medium-high heat. Season with salt and cumin. Use a potato masher, fork, or back of a large spoon to mash the fava beans. Add the extra $\frac{1}{4}$ cup of water if needed - the mixture should not look dry or too stiff.
2. In a mortar and pestle, add the hot peppers and garlic. Smash. If you don't have a mortar and pestle, mince the peppers and garlic. Add in lemon juice and stir to combine.
3. Pour the garlic and hot pepper sauce over the fava beans. Add a generous drizzle of extra virgin olive oil. Top with chopped parsley, diced tomatoes, and a few slices of hot peppers, if you like.
4. Serve with pita bread and toppings of choice.

Notes

- The raw garlic is quite pungent. If you prefer a more mellow garlic flavor, add the garlic to the pan along with the fava beans to cook it.

Salsa Macha

Source [Isabel Eats](#)

Serves 16

Time: 10 minutes

Vegan

Allergens: Peanuts

Ingredients

- 6 tablespoons vegetable oil
- 6 dried ancho chiles, stems removed, split open, and torn into large pieces
- 5 dried guajillo chiles, stems removed
- 6 dried arbol chiles, stems removed*
- $\frac{1}{4}$ medium onion, roughly chopped
- 3 cloves garlic
- $1\frac{1}{2}$ cups water
- $\frac{1}{2}$ cup apple cider vinegar
- $\frac{1}{2}$ cup peanuts, roasted and unsalted*
- $\frac{1}{2}$ tablespoon salt
- $\frac{1}{4}$ teaspoon black pepper



Instructions

1. Heat oil in a large skillet or saucepan over medium-high heat. The oil should be hot enough so that when a pepper is dropped into the skillet, it will immediately start to sizzle.
2. Add the ancho chiles and pan-fry for 45 to 60 seconds, stirring constantly, until nice and toasty. Be careful not to over-toast and burn them! Using a slotted spoon, quickly transfer the peppers to a large plate and set aside.
3. Add the guajillo and arbol peppers to the skillet. Pan-fry for 45-60 seconds, stirring constantly, until toasted. Be careful not to burn them! Transfer the peppers to the same plate using a slotted spoon.
4. Add the onions to the skillet and pan-fry for 1 minute. Transfer the onions to the same plate using a slotted spoon.
5. Last but not least, add the garlic cloves to the skillet and pan-fry for 30 seconds. Transfer the garlic to the same plate and remove the skillet from the heat.
6. Transfer the pan-fried chiles, onions, and garlic to a large blender. Add water, apple cider vinegar, peanuts, salt, and black pepper. Carefully pour in any remaining oil from the skillet that was used to pan-fry the chiles.
7. Blend until smooth. Serve immediately or store in an airtight container in the fridge for up to a month.

Notes

- To make this less spicy, use 2-4 arbol chiles. To make it spicier, use 8-10.
- If peppers appear dusty or dirty, rinse and dry before using.

Shakshuka

Serves 3



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 2 tablespoons olive oil
- ½ medium yellow onion, diced
- 2 cloves garlic, minced
- 3 cups ripe tomato, diced
- ¼ cup tomato paste
- 1 teaspoon cumin
- 1 teaspoon paprika
- ½ teaspoon salt or to taste
- 6 large eggs
- 2 cups fresh baby spinach, optional

Directions

1. Heat oil in a large skillet over medium-high heat. Add onion and cook until they begin to brown, about 5-7 minutes, stirring occasionally.
2. Add garlic and cook for 30-60 seconds, until fragrant. Add tomatoes, tomato paste, cumin, paprika, and salt and cook for 2 minutes, stirring occasionally, until tomatoes start to break down.
3. Add spinach if using and cook until it begins to wilt, 1-2 minutes.
4. Use a large spoon to make 6 indentations for the eggs. Crack eggs into those spots, cover and simmer until eggs are set, about 7-10 minutes.

Notes

- Serve with a slice of crusty bread.
- Eggs can be substituted with white beans
- Fresh tomatoes can be substituted with a large (28 oz) can of diced tomatoes

Common Allergens: eggs

Recipe from Spices around the World cooking class, Fall 2019



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Simple Lemon Garlic Zucchini Pasta

Serves 2



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 2 tablespoons olive oil
- 2 cloves garlic
- 5 cups zucchini, thick spiral sliced (2- 3 zucchini)
- 1 ¾ cup white beans, or a 15-oz can, rinsed
- 2 tablespoons lemon juice (about 1 lemon)
- ½ teaspoon lemon zest
- ½ teaspoon salt
- ¼ teaspoon black pepper

Directions

1. Heat oil in a large skillet over medium heat. Add garlic and cook until fragrant, about 30 seconds.
2. Add zucchini and beans and cook for one minute or until just tender, stirring often. Remove from heat. Add lemon juice, lemon zest, salt and pepper. Serve immediately.

Recipe from Spiralize This cooking class, Spring 2017



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Building a Healthy Plate

Whether preparing a meal at home, packing lunch to go, or ordering at a restaurant, use this guide to make your meal nutritious, balanced, & satisfying.

HEALTHY MEAL MODEL



Water

Unsweetened options include tap water, sparkling water, water infused with fruit and/or herbs, and unsweetened coffee or tea. Sweetened beverages such as soda, smoothies, sports drinks, energy drinks, fruit drinks, sweetened coffee drinks and teas may contribute to chronic disease risk.

Grains and Starches

Whole grains and starchy vegetables are filling and nutritious. Whole grains include oats, barley, quinoa, corn tortillas, and whole grain bread or pasta. Starchy vegetables include sweet potato, peas, corn, and winter squash. These foods provide fiber, which can also be added with vegetables, beans, lentils, and fruit.

Vegetables and Fruit

Selecting a variety of colors provides a variety of nutrients and makes a meal more appealing. Whole fruit is more filling than juice because of the fiber. Vegetables or fruit can be raw or cooked and fresh, frozen, canned, or dried.

Proteins

Choose plant-based protein options more often, such as tofu, beans, lentils, nuts, nut butters, and seeds. Other healthy protein options include skinless poultry, seafood, lean cuts of meat, eggs, and plain yogurt.

Proportions

The proportions shown above can be adjusted to your energy needs and hunger level. Use the hunger scale to gauge how much food to eat to feel satisfied, checking in with yourself before, during, and after eating as a way to eat mindfully.

Healthy Fats

Nuts and seeds, nut butters, hummus, avocado, tuna, salmon, and liquid plant oils such as olive oil are sources of heart-healthy, unsaturated fats. Choosing unsaturated fats over saturated fats may lower your risk of heart disease. Saturated fats are found in higher fat meats like ribs and some processed meat, butter, cheese and other high-fat dairy products and snack/dessert foods.



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Healthy Celebrations and Potlucks

There are many reasons to celebrate at work -- accomplishments, milestones, holidays, birthdays, or just Wellness Wednesdays! With good planning, these celebrations can be fun, provide much needed relaxation breaks from work, and serve as an opportunity to practice healthy eating. Use these tips to make your celebrations and potlucks healthy!



- » Host a Build Your Own Salad (B.Y.O.S.) potluck. Everyone brings a salad ingredient to create a bountiful meal to share together. Or, set out all the ingredients as a salad bar.
- » Assign several participants to bring colorful vegetables and fruit so there is a variety of fresh produce.
- » Serve veggie platters with hummus or guacamole, both sources of healthy fats.
- » Buy organic ingredients, especially for those on the Dirty Dozen list: apples, strawberries, grapes, celery, peaches, spinach, cucumbers, cherry tomatoes, and potatoes and sweet bell peppers.
- » Make a better pasta or potato salad – load up the vegetables and use a vinegar-based dressing rather than a creamy one.
- » Have a yogurt parfait social with plain Greek yogurt, fresh fruit toppings and granola or nuts.
- » Offer a spa water bar with cucumber and citrus slices, or whole strawberries.
- » Offer seltzer water with a splash of 100% fruit juice.
- » Eliminate or minimize treats with added sugars. Plan desserts of whole fruits or make fruit kebobs.
- » Swap out the cookies and cakes for these ideas:
 - » Drizzle sliced apples with melted peanut butter and dark chocolate
 - » Make a no-bake watermelon cake
 - » Purchase a fruit bouquet
- » Make fresh popcorn on the stove or air pop in a paper bag in the microwave. Sprinkle with paprika and salt for a healthy, delicious, non-processed, and inexpensive snack. Provide reusable cups for serving.
- » Make food look festive! Sprinkle sliced almonds, green onions, coconut, or herbs to garnish.
- » Bring copies of recipes to share.
- » Reduce the waste -- ask everyone to bring their own reusable drink container and silverware, whenever possible.
- » Make our simple, no cost Healthy Meeting Centerpieces that promote healthy vegetables and grains. They can stand alone, or place a vase with herbs, wheat, or flowers in the center (see Resources page.)
- » Include a game, activity such as dancing or Instant Recess, or an ice breaker.



Healthy Cooking Cheat Sheet

If you want to cook healthy meals, here are a few important general techniques to get you started.

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Cooking Dried Beans

1. Soak: Quick soak (reduces gas-causing sugars most) by covering beans with 2 inches of water and bring to a boil. Turn off heat and let soak for 1 hour. Drain and rinse.
2. Cook: Cover with at least 2 inches of water, cook over low heat, stir gently and occasionally. Takes 30-120 minutes, depending on type.
3. Leftovers can be frozen.

Cleaning Cast Iron

1. After cooking: Wipe still-warm skillet with towel to remove excess food and oil. Rinse under hot water and scrub with a non-metal brush to remove food. Avoid soap. Sprinkle with kosher salt and scrub if necessary.
2. Dry thoroughly: Heat over medium-low until all moisture is gone.
3. Season: Coat with about $\frac{1}{2}$ teaspoon of oil and rub over surface. Recommended oils: flaxseed, sunflower, soybean, canola.



Food Safety

- Wash hands often, especially after handling raw meat/poultry/seafood/eggs
- Store raw meat/poultry/seafood in the bottom shelf of the fridge
- Invest in a thermometer to make sure safe temperatures are reached
- Refrigerate leftovers within two hours
- Wash produce before use



Roasting Vegetables

1. Preheat oven to 425°F.
2. Peel/chop vegetables if necessary, toss with olive oil, salt and pepper, and cook according to chart

Vegetable	Minutes
Soft or thin (zucchini, bell peppers, asparagus, green beans)	10-20
Tomatoes	15-20
Crucifers (broccoli, cauliflower, Brussels sprouts)	15-25
Onions	30-45
Root (carrots, beets, potatoes)	30-45
Winter squash (butternut, acorn, spaghetti)	20-60





Healthy Cooking Cheat Sheet

If you want to cook healthy meals, here are a few important general techniques to get you started.

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Making Soup

1. Base: onion, celery and carrot (mirepoix – aromatic vegetables that give subtle background flavor to soups, stews, braises; usually 2 parts onion to 1 part carrot and 1 part celery). Other aromatics: mushrooms, parsnips, leeks, peppers, tomatoes, garlic. Holy trinity (Louisiana dishes): bell pepper instead of carrot. Sweat with a little fat.
2. Spice: Pinch to teaspoon; cumin (earthy, most soups), Thai (fresh garlic and ginger, ground coriander), Indian (cumin, turmeric, fenugreek, garam masala), Mexican/Spanish (paprika)
3. Stock: homemade or store bought
4. Thicken (Optional): peeled medium potato, spoonful of flour before adding stock, handful of split red lentils
5. Main ingredient: Veggies
6. Blend (or not)
7. Garnish: green onion, chopped herbs, croutons, black pepper, drizzle of cream

Sauté – Cooking food quickly in minimal fat over relatively high heat.

1. Heat pan over medium heat until hot
2. Add fat, swirl to coat bottom of pan, 10-30 seconds
3. Add whatever you'd like to sauté, but don't crowd pan (single layer)
4. Toss and turn. For tender veggies or bite-sized meat – stir frequently but not constantly. For dense veggies – stir every few minutes so they don't fall apart. For portion-size meat, turn once per side to reduce sticking.



Sharpening Knives

- Saves time and keeps you safe – dull knives slip.
- Test: try cutting a piece of paper
- Hack for small knives – use bottom of unglazed ceramic mug for small knives
- Honing – Do weekly. Doesn't sharpen, just keeps the knife straight.
- Wood cutting boards are best for not dulling knives, followed by plastic. Glass is too hard.
- Storage – keeps knives away from each other. Store in a block or magnetic strip.



Vinaigrette

- 1 part vinegar (acid) + 3-4 parts oil
- Other seasonings – salt and pepper. Mustard- tangy. Miso- mellow, sweet-salty. Fresh herbs- brightness. Garlic/shallots-pungent
- Storage: Basic vinaigrette- countertop. Fresh ingredients- refrigerate up to 5 days.



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Faculty/Staff Wellness

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Growing Herbs

Growing herbs is a nice introduction into edible gardening. The benefits of growing your own food can include saving money, reducing your environmental impact, enjoying better tasting food, reducing food waste, and gaining a deeper understanding of nature and agriculture. Herbs can help season your food without a lot of salt, plus most contain polyphenols that may reduce the risk of chronic disease.

Parsley



Culinary Uses

Recipes

- Garnish
- Soups
- Salads
- Sauces
- Dips
- [Tabouli](#)
- [Chimichurri](#)
- [Parsnip Fries & Garlic Dip](#)
- [Mediterranean Salmon Salad](#)
- [Gremolata](#)

Basil



Culinary Uses

Recipes

- Mediterranean cuisine
- Indonesian, Thai & Vietnamese cuisine
- [Mixed Herb Pesto](#)
- [Pesto Spaghetti Squash](#)
- [Eggplant Lasagna Rolls](#)
- [Spring Roll Salad](#)

Mint



Culinary Uses

Recipes

- Sauces
- Garnish for drinks
- Spa water
- Marinade
- Tea
- Desserts
- [Balsamic Berries with Yogurt & Mint](#)
- [Spring Roll Salad](#)
- [Tabouli](#)

Rosemary



Culinary Uses

Recipes

- Marinade
- Stuffing
- Soups
- Baked goods
- Roasting vegetables
- [Creamy Mushroom Pasta](#)
- [Rosemary Sesame Pecans](#)
- [Roasted Autumn Harvest Vegetables](#)



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Be Well at Work
Faculty/Staff Health Programs

Growing Herbs

	Basil	Parsley	Peppermint	Rosemary
Watering	Moist Water deeply and thoroughly whenever top inch of soil is dry	Moist but not saturated. Somewhat drought tolerant	Moist Drought tolerant Note: Only grow in containers – mint can spread like a weed.	Drought and heat tolerant Water regularly but allow to dry out the first year but don't overwater after that
Drainage	Well drained		Well drained	Well drained, on the dry side
Weeks Until Seedlings Emerge	• •• 1-2 weeks	•• ••• 2-3 weeks	• •• 1-2 weeks	•• ••• 2-3 weeks
Months to Maturity	•• ••• 2-3 months	•• ••• 2-3 months	• 1 month	••••+ 4+ months
Sun Hours	☀ Full sun	◑ Plenty of light as soon as seedlings emerge	◑ Shade tolerant but prefers full sun	☀ Full sun
Harvest	Pinch off topmost leaves and discard flowers. Never cut the woody base.	Cut leaves from the outer portions of the plant.	Pick leaves as needed. Benefits from frequent harvesting.	Harvest young stems for freshest taste. Harvest up to 1/3 of the plant at once.



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Be Well at Work
Faculty/Staff Health Programs

Starting Herbs from Seed

For this Gardening for Your Health and Wellness event, we will be sowing seeds into a biodegradable peat pot, which can later be planted directly into soil, either in your yard or in a larger pot. For sowing seeds in other conditions (directly into the ground, in a greenhouse, etc.), instructions will vary.



Instructions



1. Fill a peat pot about halfway with potting mix.
2. Add 2-4 seeds.
3. Sprinkle lightly with potting mix and press down.
4. Spritz the surface with water.
5. Place in a sunny and warm location.
6. Keep the soil moist. Optionally, cover with a (reused) plastic bag, watering if necessary. Remove the covering when seedlings emerge.
7. When seedlings reach 2 inches tall, transplant them to individual pots or thin to one seedling (the strongest looking one) and plant the peat pot into a larger pot or the ground.



Be Well at Work
Faculty/Staff Health Programs



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7-Minute Veggies

Spring 2017

For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley

Cauliflower “Fried Rice”

Ingredients

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 small head cauliflower or 3 cups grated or riced cauliflower
- 1 cup frozen mixed vegetables
- 2 large eggs, beaten
- 2 tablespoons reduced sodium tamari or soy sauce
- Salt to taste
- Sliced green onion and/or sesame seeds for garnish

Serves 4



Directions

1. To “rice” cauliflower, remove the green leaves/stems and wash it. Grate on a box grater, pulse small florets in a food processor, or process florets through the grater attachment in a food processor.
2. Heat oil in a wok or large skillet over medium high heat. Add garlic and cook for 30 seconds, until fragrant. Add cauliflower and mixed vegetables and cook until just tender, stirring occasionally, about 3-5 minutes.
3. Push cauliflower to one side of the pan to create a space and pour in the eggs into the open part of the pan. Stir just the eggs to scramble until fully cooked, then mix into the cauliflower mixture. Gently stir in tamari and salt to taste. Garnish with green onions and sesame seeds and serve warm.

Soy Garlic Mushrooms

Serves 4

Ingredients

- 1 pound mushrooms, sliced
- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 1 tablespoon reduced sodium tamari or soy sauce

Directions

1. Heat oil in a skillet over medium heat. Add garlic and sauté until fragrant, about 30 seconds.
2. Turn heat to high and add mushrooms and cook 3-4 minutes, stirring occasionally, until mushrooms start to brown. Remove pan from heat and stir in tamari.



Tips

You can substitute a little salt for the tamari.

Serve as a side dish or add to an entrée, such as pasta.



7-Minute Veggies

Spring 2017

For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley

German Cucumber Salad



Serves 4

Ingredients

- 1 English cucumber, about 1 pound, about 3 cups thinly sliced
- $\frac{1}{4}$ cup yellow onion, thinly sliced
- $\frac{1}{3}$ cup fresh dill, chopped
- 2 tablespoons white vinegar
- 2 tablespoons extra virgin olive oil
- $\frac{1}{2}$ teaspoon sugar
- $\frac{1}{4}$ teaspoon salt

Directions

1. In a medium bowl, combine vinegar, olive oil, sugar and salt. Add cucumber, onion, and dill. Stir well to combine.
2. For best results, cover and refrigerate for at least one hour before serving to allow flavors to develop.

Ranch Roasted Baby Carrots

Ingredients

Serves 4

- 1 pound baby carrots
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{2}$ teaspoon dried dill or 2 tablespoons fresh dill
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper

Directions

1. Preheat oven to 400°F.
2. In a small bowl, combine garlic powder, onion powder, dried dill (or 1 tablespoon fresh dill), salt and pepper.
3. Pat carrots dry with a towel. Toss carrots with olive oil and seasoning mixture. Spread in a single layer on a baking sheet.
4. Bake for 20-30 minutes, stirring halfway. Remove from oven when tender and caramelized.
5. Garnish with remaining fresh dill if using.

Tip

This recipe can also be made with whole carrots, but they will take about 40-60 minutes to roast.

Cover with foil for the first half to reduce cooking time.



Time-Saving Tips

To save time, make a bigger batch of Ranch seasoning and store in an airtight container, using about 2 teaspoons of the mixture each time you make this recipe. Use the seasoning on other roasted vegetables or even roasted chickpeas.

For an even quicker roasted carrot recipe, simply season with olive oil, salt and pepper.

Healthy Breakfast Recipes

Spring 2015



Frittata Muffins

Ingredients

- 10 large eggs
- 2 cups cooked vegetables
- 1 teaspoon salt
- Oil to grease pan, such as olive oil

Substitution: To cut back on egg yolks, replace 5 whole eggs with 10 egg whites or 1 cup 100% liquid egg whites.



Directions

1. Preheat oven to 350°F. Grease a muffin pan with oil and a paper towel.
2. In a medium bowl, whisk the eggs with the salt. Stir in vegetables. Pour egg mixture into muffin pan.
3. Bake for 20-25 minutes, or until tops are light golden brown.
4. Serve warm, or refrigerate for up to 4-5 days.

Veggie Combination Ideas:

Mushrooms & spinach. Bell pepper & onion. Broccoli & tomato. Roasted/grilled veggies.

Serves 6

Pizza Omelet

Ingredients

- 2 whole eggs
- 4 egg whites
- 1 teaspoon oil
- $\frac{1}{2}$ cup pizza sauce
- Vegetable toppings of choice, sautéed
- Optional: mozzarella cheese



Directions

1. Whisk eggs and egg whites in a medium bowl.
2. Heat a medium nonstick skillet on medium-high heat. Add the oil, then eggs. Push eggs towards the center of the pan until they are fully cooked and form a solid round base for your pizza. Flip the eggs over and remove from heat.
3. Spread pizza sauce over the eggs, then vegetable toppings and cheese (if using).
4. If the pan is oven safe, place it under the broiler. If not, place the pizza omelet on a baking sheet and place under a broiler until eggs/cheese start to brown, about 3-5 minutes. Watch carefully to prevent burning. Cut into 4 slices and serve.

Topping ideas: mushrooms, spinach, broccoli, tomato, bell pepper, onion, artichoke hearts, olives, pesto, basil

Serves 2



Health* Matters is UC Berkeley's Wellness Program with campus partners including Office of Environment, Health & Safety, Human Resources, Physical Education Program, Recreational Sports, and University Health Services: CARE Services, Disability Management Services, Ergonomics@Work, Occupational Health Clinic, and Work/Life.



UNIVERSITY HEALTH SERVICES Tang Center

Savory Oatmeal

Serves 4-6

Ingredients

- 1 cup steel cut oats
- 3-4 cups vegetable broth or water
- Extra virgin olive oil
- 1 yellow onion, diced
- 10 oz. mushrooms, sliced
- 1 bunch greens, such as chard or spinach, chopped

Optional additions:

- Egg, poached or pan-fried
- Low-sodium tamari
- Sesame seeds
- Sliced green onion
- Hot sauce or crushed red pepper

Tip: Substitute the veggies for any other topping of choice

Directions

1. In a saucepan, heat oats and broth. Bring to a boil, then reduce heat and simmer for about 20-30 minutes, or until oats reached desired texture, stirring occasionally.
2. Meanwhile, heat a skillet over medium heat and add oil. Add onions and cook for 1-2 minutes. Add mushrooms and cook until onions become translucent. Add greens and turn the heat to low, mixing the vegetables until the greens are wilted.
3. Combine cooked oats with vegetables and serve with optional ingredients of your choice.

Tip: To reheat, add 1-2 tablespoons broth or water and microwave for 1-2 minutes.



Breakfast Bites

Makes ~18 bites

Ingredients

- 2 very ripe bananas
- 1 cup unsweetened applesauce
- 1 ½ cups rolled oats
- 1/3 cup raisins or other dried fruit
- 1 teaspoon cinnamon
- Oil for greasing pan such as coconut oil or canola oil

Mix-in Ideas: Nuts, nut butter, dried blueberries, diced apple, cocoa powder, dark chocolate chips, ground flax seed

Directions

1. Preheat oven to 350°F. Grease a cookie sheet.
2. Mash the bananas in a medium bowl, then add remaining ingredients and mix well.
3. Drop 1-2 tablespoons of batter onto the cookie sheet. These “cookies” will not rise or spread, so shape them how you want.
4. Bake for 25-30 minutes, or until golden brown on top.



Tip: Pair with a lean protein for a filling breakfast (e.g. Greek yogurt, eggs, tofu scramble, nuts)

For more information and healthy cooking resources, visit Cook Well Berkeley at <http://tinyurl.com/cookwellberkeley>



Cooking on a Budget

Spring 2021

For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley



Mushroom Barley Risotto

Vegan. Contains gluten, alcohol

Serves 6

Ingredients

- 1 cup pearl barley
- 5 cups vegetable broth
- 3 tablespoons olive oil (could use butter, regular or vegan)
- 1 medium yellow onion, chopped
- 1 pound (about 5 cups) white and/or brown mushrooms, sliced
- 2 garlic cloves, minced
- $\frac{1}{2}$ cup white wine
- $\frac{3}{4}$ teaspoon thyme dried
- 1 bay leaf
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon salt or to taste
- zest of 1 lemon

Optional:

- drizzle truffle oil
- $\frac{1}{4}$ - $\frac{1}{2}$ cup parmesan cheese
- garnish with fresh parsley (2 tablespoons)

Instructions

1. In a large high-walled skillet or Dutch oven, heat oil over medium high heat. Add onions and sauté until they begin to brown, about 3 minutes. Add garlic and cook until fragrant, 30-60 seconds.
2. Add mushrooms and cook until they begin to brown, about 3 minutes. Add white wine and stir.
3. Add barley, thyme, bay leaf, and broth. Bring to a simmer and lower heat to maintain a simmer, stirring occasionally. Cook until the broth is absorbed and the barley is cooked. It will become more tender but will be chewy and hearty when cooked. It should take about 50 minutes. Add a little more water while cooking if it gets absorbed too quickly.
4. Once cooked, add lemon zest and salt to taste. If using, drizzle with truffle oil and stir in parmesan cheese. Garnish with parsley.

Notes

- Can replace wine with water, broth, $\frac{1}{4}$ cup apple cider vinegar or white wine vinegar + $\frac{1}{4}$ cup water.
- Can replace onion with 1 leek, sliced

Cooking on a Budget

Spring 2021



For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley



Lentil Meatballs

Vegan, can be gluten-free. Contains wheat (if using panko)

Makes 12 meatballs

Recipe and photo from [Minimalist Baker](#)

Ingredients

- 1 tablespoon + 1 teaspoon olive oil
- 1 medium shallot, minced
- 3 cloves garlic, minced
- 1 batch flax egg (1 tablespoon flaxseed meal + 2 ½ tablespoons water)
- 1 ½ cups cooked + cooled green lentils
- 1 ½ tablespoons dried Italian seasonings (dried basil + oregano)
- ¼ cup fresh Italian parsley
- 1 tablespoons tomato paste
- 5-6 tablespoons nutritional yeast
- ~¼ teaspoon salt and black pepper to taste
- 1-3 tablespoons panko bread crumbs, coconut flour, or oat flour

Instructions

1. Preheat oven to 375°F, and line a baking sheet with parchment paper.
2. Heat 1 tablespoon olive oil in a small skillet over medium heat, then sauté shallot and garlic for 2-3 minutes, or until slightly golden brown.
3. To a food processor, add flaxseed and water and let set for 2-3 minutes.
4. Add cooked lentils, 1 teaspoon olive oil, sautéed garlic and shallot, Italian seasonings, parsley, tomato paste, nutritional yeast, 1 tablespoon panko, and a pinch each salt and pepper. Pulse, mixing until combined, but not puréed, leaving a little texture.
5. Taste and adjust seasonings as needed, adding more salt and pepper or herbs for flavor, nutritional yeast for cheesiness and to dry out, or more olive oil to moisten. The texture should be dough-like. If the mixture is still too wet, add more panko or coconut or oat flour.
6. Use a tablespoon or cookie dough scoop, to scoop out rounded tablespoon amounts of dough and carefully form into balls. The mixture is moldable, but fragile, so the best way to do this is to rest the dough in the palm of one hand, while using two fingers from the other hand to gently mold/form into a meatball. If it cracks, moisten your fingers with a little water to help reform/bind them. Repeat until all meatballs are formed.
7. Arrange on baking sheet. Bake for 30 minutes, flipping once, or until crisp and lightly browned on the outside.
8. Remove meatballs from oven and let cool slightly – they will firm up the longer they are cooled. Serve over pasta with marinara sauce.

Notes

- Best when fresh, though leftovers keep in the freezer up to 1 month. Reheat in a 350°F oven until warmed through.
- You can also pan fry the meatballs instead of baking them. Heat the skillet from earlier over medium heat. Once hot, add 1 Tbsp olive oil and half of the meatballs. Brown for 4-5 minutes, or until golden brown, shaking the pan or using a wooden spoon to roll the balls around to cook evenly on all sides. Repeat process, adding 1 Tbsp olive oil to the skillet and sautéing remaining meatballs.



Eat Well to Energize Recipes

Spring 2018

Energize
to Be Well

For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley

Chia Pudding

Vegan (unless using dairy milk)

Serves 2

Ingredients

- 1 cup milk or milk alternative
- ¼ cup chia seeds
- 1 teaspoon sugar
- 2 teaspoons vanilla extract (optional)

Topping Ideas

fresh fruit, nuts, nut butter, or fruit compote

Instructions

1. Combine milk, chia seeds, and sugar in a jar. Seal the jar and shake it well. Refrigerate overnight.
2. Add desired toppings and serve.

Berry Chia Jam

Topping idea for Chia Pudding

Mash about 2 cups berries (fresh or frozen then thawed) with 2 tablespoons chia seeds and add optional sweetener to taste. Chill for at least 1 hour, adding more chia seeds to thicken if necessary.



Spaghetti Squash Pad Thai

Dairy-free, can be vegan and gluten-free. Allergens: Contains nuts, soy, fish, may contain shellfish and gluten.

Ingredients

- 1 spaghetti squash
- 1 package extra firm tofu
- 2 tablespoons canola oil
- 2 tablespoons shallot, minced
- 1 tablespoon garlic, minced
- 2 eggs
- 1 cup carrots, shredded
- 1 cup bean sprouts
- ¼ cup reduced sodium tamari or soy sauce
- 2 tablespoons fish sauce (or sub tamari/soy)
- 1 tablespoon lime juice
- 1 tablespoon brown sugar
- ¼ cup green onion, sliced
- Optional garnish: lime wedges, ground peanuts, chili flakes



Instructions

- Serves 4
1. Preheat oven to 400°F. Cut spaghetti squash in half and scoop out the seeds with a spoon. Brush with olive oil and roast on a baking sheet, cut side down, for 35-45 minutes, or until tender. Set aside to cool.
 2. Meanwhile, drain tofu, cut in half lengthwise, and place between towels with a heavy object on top to press out excess moisture. Let sit for 10-15 minutes. Cut tofu into cubes.
 3. Once spaghetti squash is cool enough to touch, use a fork or metal spoon to scrape the flesh into strands. Set aside.
 4. Heat a wok or large skillet over medium high heat. Add oil, then shallots and garlic and cook until fragrant, 30-60 seconds. Add tofu.
 5. Stir occasionally until tofu is browned on most sides. Push tofu to the side of the pan and crack the eggs into the open space. Stir until cooked.
 6. Add spaghetti squash, carrots, and bean sprouts. Cook for 2 minutes.
 7. Combine remaining ingredients in a small bowl, then add to pan. Stir to combine. Remove from heat and add optional garnishes.

Substitutions

Vegetarian: Sub tamari/soy sauce for fish sauce.

Vegan: above and omit egg.

Gluten-free: Use GF tamari, not soy sauce; check fish and oyster sauce.

More authentic: Sub oyster sauce for tamari and sub 2 Tbsp tamarind paste for lime juice and sugar.

Flavors Around the World

Fall 2020



For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley

Ethiopian Lentil Stew (Misr Wot)

Vegetarian, can be vegan. Common allergens: milk (can be omitted)

Recipe from [Oaktown Spice Shop](#)

Serves 4-6



Ingredients

- 1 cup red lentils, rinsed and drained
- $\frac{1}{4}$ cup niter kibbeh, ghee, unsalted butter, or oil
- 1 yellow onion, finely chopped
- 4 cloves garlic, finely chopped
- 2 tablespoons berbere, divided
- 1 small tomato, chopped
- 2 cups water
- Salt to taste

You may find berbere at Ethiopian markets, spice shops, some grocery stores, or online.

You could also try making your own:

[Recipe 1](#)

[Recipe 2](#)

Instructions

1. Heat the butter or oil in a saucepan over medium heat. Add onions and cook until golden brown, about 10 minutes. Add garlic and cook for about 30 seconds, stirring constantly. Add the lentils, 1 tablespoon of the berbere, tomato, and 2 cups water to the pan. Bring to a simmer.
2. Reduce heat to medium-low and simmer, stirring occasionally, until the lentils are tender, about 45 minutes. Stir in the remaining tablespoon of the berbere and season generously with salt.



Chimichurri



Vegan. Common allergens: none

Recipe from: [Cafe Delites](#)

Serves 8

Ingredients

- $\frac{1}{2}$ cup finely chopped parsley
- $\frac{1}{2}$ cup olive oil
- 2 tablespoons red wine vinegar
- 3-4 cloves garlic, minced
- 2 small red chilies, deseeded and finely chopped (about 1 tablespoon)
- 1 teaspoon coarse salt
- $\frac{3}{4}$ teaspoon dried oregano
- black pepper, to taste (about $\frac{1}{2}$ teaspoon)

Instructions

1. Mix all ingredients together in a bowl. Allow to sit for 5-10 minutes to release all of the flavors into the oil before using. Ideally, let it sit for more than 2 hours, if time allows.

Notes

- Chimichurri can be prepared earlier than needed, and refrigerated for 24 hours, if needed.
- Customize the spice level to your preference, omitting the hot peppers if desired. You can also use crushed red pepper instead of fresh chilies.
- Other herbs are sometimes added, such as cilantro. Try other combinations if you'd like.
- Try this sauce with our [portabella steak recipe](#)!

Flavors Around the World

Fall 2020

For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley



Korean-Inspired Marinated Tofu (or Eggs)

Vegetarian, can be vegan. Common allergens: soy, sesame; may contain wheat

Adapted from: [Seonkyoung Longest](#)

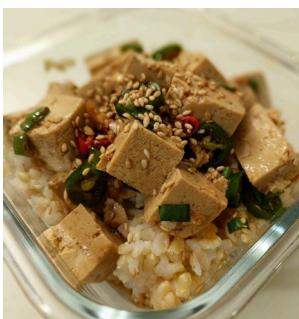
Serves 3

Ingredients

- 1 package extra firm tofu
- $\frac{1}{2}$ cup reduced sodium tamari or soy sauce (reduce if not using reduced sodium)
- 3 cloves garlic, minced
- 3 to 4 green onions, chopped
- 1 green chili, chopped (optional)
- 1 red chili, chopped (optional)
- 1 tablespoon sesame seeds
- Sesame oil for drizzling

Instructions

1. Drain the tofu and press to remove excess liquid.
2. Cut tofu into $\frac{1}{2}$ inch cubes.
3. Combine remaining ingredients except sesame oil and add $\frac{1}{2}$ cup water. Pour over tofu.
4. Let marinate for at least 6 hours or overnight. It will last in the refrigerator for 3-4 days. Drizzle with sesame oil upon serving.



Serving Suggestions

Serve with rice and veggies such as sauteed spinach. Drizzle with sesame oil if you'd like.

Baked Version

Follow steps above. Preheat oven to 400°F.

Grease a baking sheet or line with parchment paper or a silicone baking mat. Place tofu on the pan with plenty of space between each piece.

Bake for 30-40 minutes or until crisp on the outside.

Egg Version

Bring plenty of water to a boil in a saucepan. Carefully lower eggs into water and reduce to a simmer. Cook about 8 minutes for medium boiled eggs. Drain and place eggs in ice bath.

Once cool, peel the eggs and start at step 2 above.



Must-Know Cooking Techniques Recipes

Spring 2018

For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley

Basic Stir Fry

Can be vegan, gluten-free. Allergens: soy

Serves 4

Ingredients

- 2 tablespoons canola oil
- 2 cloves garlic, minced
- 1 tablespoon ginger, grated
- 1 14-ounce package firm tofu, drained and cubed
- 1 cup broccoli, cut into small florets
- 2 cups mushrooms, sliced
- 1 cup red bell pepper, sliced
- 1 lemon, halved (optional)
- 1 tablespoon sesame seeds

Sauce

- $\frac{1}{4}$ cup reduced-sodium tamari or soy sauce
- 1 tablespoon corn starch
- 1 teaspoon rice vinegar
- $\frac{1}{2}$ teaspoon sesame oil
- Optional: 1 tablespoon sugar (brown sugar, agave, etc.)

Instructions

1. Heat wok or large skillet over medium heat. Swirl in 1 tablespoon oil.
2. Add garlic and ginger and cook for about 10 seconds
3. Add tofu and arrange in a single layer. Cook for about 2 minutes, undisturbed, on one side until browned, adding more oil if it is sticking. Turn tofu over and cook for 1-2 more minutes. Remove from pan.
4. Add remaining oil to pan. Add broccoli and cook for 2 minutes, then mushrooms for 1-2 minutes, then bell pepper for 1-2 minutes, stirring occasionally, until just tender. Add tofu back to pan.
5. Add sauce and toss to coat. Remove from heat.
6. Garnish with sesame seeds and a squeeze of lemon (optional).

Stir Fry Template

1 part protein
+
1 part grains
+
2-3 parts vegetables



Tip: Proteins

Tofu:

- Choose firm or extra firm
- Cook alone in the pan, otherwise it will crumble too much
- Can dust with corn starch before cooking to make the outside crispier
- Can freeze tofu to make it chewier and more porous to absorb more sauce. Thaw before cooking

Chicken/Pork/Beef – bite-sized pieces

- Velveting: Coat meat in egg white, rice wine vinegar, corn starch, and salt and marinate for 30 minutes. Briefly cook in water with 1-3 teaspoons oil. Remove, then cook as usual.
- Tenderize with baking soda: Toss meat with baking soda (1-2 teaspoons) and cover with water. Let sit for 15 minutes, then rinse very thoroughly and cook as usual.

General Stir Fry Instructions

1. Heat pan and swirl in oil
2. Aromatics: cook for 10 seconds
3. Protein: cook until browned on outside, remove
4. Veggies: cook until just tender, add back protein
5. Add sauce

Optional:

- Add squeeze of lemon or lime
- Garnish: green onion, toasted peanuts or cashews, hot sauce



One Pot Meals Recipes

Fall 2018



Be Well at Work
Faculty/Staff Wellness

For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley

Creamy Mushroom Pasta

Vegan. Allergens: wheat, tree nuts, soy

Serves 4

Ingredients

- 3 tablespoons olive oil, divided
- 2 pounds mushrooms, mix of white and brown, sliced
- 2 shallots, finely diced
- 4 cloves garlic, minced
- 1 tablespoon fresh rosemary, minced
- 4 cups plain, unsweetened milk alternative cashew recommended
- 1 can white beans, rinsed and drained
- 2 cubes vegetable bouillon or 2 teaspoons bouillon base
- 2 tablespoons nutritional yeast
- 2 teaspoons white miso
- 8 ounces whole wheat spaghetti or linguine
- 1 teaspoon salt or to taste

Instructions

1. Heat a stock pot over medium high heat and add 2 tablespoons olive oil. Add half the mushrooms and cook for about 2 minutes, until they start to cook down. Add remaining olive oil and mushrooms and cook until they start to brown, about 3 minutes. Pour off any excess water that has accumulated.
2. Add shallots. Cook until shallots start to brown, stirring frequently to prevent burning, about 2 minutes. Add garlic and rosemary and cook for 30 seconds.
3. Add milk alternative, beans, bouillon, nutritional yeast, miso, and salt. Stir to combine.
4. Once it reaches a simmer, add the pasta and stir. Reduce heat to a low boil and cook according to pasta instructions, plus about 20% more time. This should be about 14 minutes for whole wheat spaghetti. If necessary, continue cooking until pasta is cooked, adding a little more water (no more than 1 cup) if necessary to prevent it from sticking to the bottom of the pan. By the time the pasta is done cooking, you want to have a thickened creamy sauce, not as thick as a gravy or alfredo sauce, but not so thin that it doesn't stick to the noodles. Serve warm.

Adapted from [Delicious Everyday](#)



Zero Waste Tips

Buy in bulk when possible:

- **Mushrooms** -Buy from a bin, ideally using a reusable produce bag, rather than a prepackaged container. It will likely be cheaper as well
- **Beans** - Buy dried beans in bulk, ideally in a reusable container. Cook a large batch and freeze leftovers

Non-dairy milk – if highly motivated, try making your own!

Rosemary – Try growing your own! It is fairly drought tolerant (once established) and pest resistant.



One Pot Meals Recipes

Fall 2018



Be Well at Work
Faculty/Staff Wellness

For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley

Oven “Fried” Tofu and Roasted Broccoli

Vegan, gluten-free. Allergens: soy, sesame

Serves 3

Ingredients

- 12-16 ounce container extra firm tofu (or firm)
- 1 ½ pounds broccoli
- 1 tablespoons extra virgin olive oil
- 1 tablespoon corn starch
- 2 tablespoons reduced sodium tamari
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 1 tablespoon maple syrup
- 2 cloves garlic, minced

Other One Pan Ideas

Vegetables – try others such as sweet potatoes, carrots, cauliflower, or asparagus

Proteins – try tempeh instead of tofu. If you use meat, buy the highest quality you can afford.

Flavoring – experiment with other spices or sauce ingredients such as balsamic vinegar, Dijon mustard, or lemon juice.

Instructions

1. Drain tofu and cut into three slabs. Press tofu between towels topped with a heavy object such as a cast iron skillet for at least 15 minutes (up to overnight).
2. Preheat oven to 400°F. Cut broccoli into large florets. Cut tofu into domino-sized rectangles or triangles.
3. Toss broccoli with 1 tablespoon extra virgin olive oil and spread on half of a sheet pan. Put down parchment paper on the other side.
4. Place tofu onto a plate and sprinkle with corn starch. Gently toss, then place it in single layer on the lined baking sheet.
5. Bake for 15 minutes. Meanwhile, make the sauce by combining the remaining ingredients. Remove pan from oven, toss broccoli, and flip each piece of tofu. Spoon sauce over the tofu to coat and drizzle any remaining sauce over the broccoli, being careful to not let it pool near the edges of the pan where it may drip in the oven. Carefully place the pan back in the oven and bake for another 10-15 minutes, or until broccoli is browned and fork tender and tofu is crisp.
6. Remove broccoli and tofu from pan and drizzle remaining sauce over broccoli. Serve warm by itself or with a side of brown rice.



Zero Waste Tips

- **Parchment paper** – Tear up used parchment paper and compost it. Alternatively, use a reusable silicone baking mat. Avoid waxed paper and foil which are not compostable.
- **Marinate** – many recipes call for marinating protein foods in a plastic bag (especially for meat). Use a reusable container instead.
- **Press tofu** - You don't need paper towels contrary to what most instructions say. Try using kitchen towels or invest in a tofu press.
- To press tofu without using any towels, wash outside of tofu container and place upside-down on a large plate. Stack tofu, another plate, then a heavy object and let drain. Afterward, rinse and recycle the container.



Potlucks, Parties, & Picnics

Spring 2015



Mediterranean Potato Salad

Serves 5-6

Ingredients

- 2 lb red or new potatoes, scrubbed, cut into 1-inch cubes
- ½ lb green beans, trimmed and cut into 1-inch pieces
- 2 red bell peppers, thinly sliced
- ½ cup green and/or kalamata olives, minced (optional)
- ¼ cup red onion, minced
- Handful baby arugula

Directions

1. Place potatoes in a saucepan and cover with cold water by 2 inches. Stir in 1 teaspoon of salt. Bring to a boil over medium-high heat. Once boiling, reduce heat to a simmer. Do not cover. Begin checking potatoes after 5 minutes of boiling. Potatoes should be done after 5-15 minutes of boiling. Potatoes are tender and done when a fork or knife slides all the way through without resistance. Drain.
2. While potatoes are boiling, bring another pot of water to a rolling boil. Add green beans and blanch 2-3 minutes for thin beans or 4-5 minutes for regular green beans. Once tender and bright green, drain and place in a bowl of ice water to stop the cooking.
3. While potatoes and green beans are boiling, combine the olive oil, red wine vinegar, mustard, oregano, and ¼ teaspoon salt in a small bowl to make the dressing.
4. Pour the dressing over potatoes once drained, then add bell pepper, red onion, green beans, and olives and toss. Let marinate until ready to serve. Add arugula and toss when ready to serve. This recipe will last several days in the refrigerator.

Tip This salad can be made ahead. The flavor will be more developed after 1-2 days



For Dressing:

- 3 Tbsp extra virgin olive oil
- 3 Tbsp red wine vinegar
- 1 Tbsp whole grain mustard
- ½ tsp dried oregano
- ¼ tsp salt



Tip

Reduce oven temperature by 25°F when using glass bakeware.



Spinach Artichoke Dip

Ingredients

- ¾ cup raw cashews
- ¾ cup milk or plain unsweetened non-dairy milk
- 2 ½ Tbsp freshly squeezed lemon juice
- 1-2 medium-large cloves garlic, or to taste
- 1 tsp sea salt
- ½ tsp dry mustard
- Black pepper to taste
- 2 cups artichoke hearts, partially thawed if frozen
- 2 cups spinach, loosely packed



Directions

1. Preheat oven to 425°F.
2. In a food processor or blender, first add cashews, milk, lemon juice, garlic, salt, dry mustard, and pepper. Blend until very smooth, 1-3 minutes.
3. Add artichokes and spinach and pulse, leaving some chunks.
4. Transfer to a shallow baking dish, and bake for 20-30 minutes until light golden brown on top.

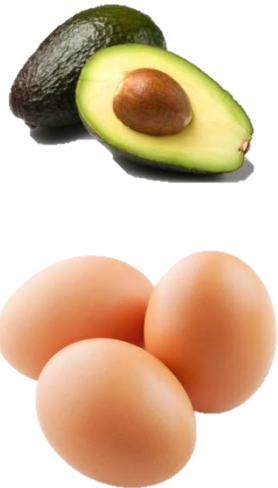
Potlucks, Parties, & Picnics

Spring 2015



Guacamole Deviled Eggs

Serves 3-6



Ingredients

- 6 large eggs
- 1 large avocados
- 1 Tbsp red onion, minced
- 2-3 tsp fresh lime juice
- ¼ tsp salt
- ¼ tsp black pepper
- 1/8 tsp garlic powder (*optional*)
- Paprika for garnish

Tip

Serve same day to minimize browning of guacamole.

Directions

1. Hard boil the eggs. One method is to put the eggs in pot, cover with water, and bring to a boil. Remove from heat and cover for 12 minutes. Drain and let sit in ice water to cool.
2. Peel the eggs, cut in half lengthwise, and remove the yolks. Save 2 yolks and discard the rest.
3. Mash the avocado and add the 2 yolks, red onion, lime juice, salt, pepper, and garlic powder. Mix well but leave the avocado slightly chunky.
4. Fill the egg whites with the avocado mixture. Sprinkle with paprika and serve.

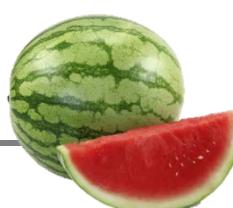
Watermelon “Cake”

Ingredients

- 1 large watermelon, refrigerated
- 2 cans coconut milk or cream, refrigerated for 24 hours
- 1-3 Tbsp powdered sugar (*optional*)
- 1 tsp vanilla extract, or contents of 1 vanilla pod
- Toasted almonds and fruit for decoration, such as strawberries and blueberries

Directions

1. Place a glass or metal mixing bowl in freezer for 5-10 minutes to chill. Carefully open the can and spoon out the thick layer of cream that will have separated from the liquid at the top of the can. Place into the chilled mixing bowl. Discard the liquid at the bottom of can, or save for another recipe.
2. Beat the cream on medium with a hand or stand mixer on medium speed for 2-4 minutes, or until it becomes light and fluffy and small peaks form. Add sugar and vanilla and beat until just mixed. For best results, refrigerate for about an hour to cool off frosting.
3. Cut the round ends off the watermelon, then place the watermelon on one of the flat ends. Use a large knife to cut vertically around the rind on the sides so that it forms a cylindrical form.
4. Keep the watermelon in the refrigerator until ready to frost. Pat dry the sides of the watermelon to dry. Frost with the frosting, then decorate with desired toppings.



Tip

Avoid coconut milk with guar gum as an ingredient – it will not whip up as nicely.



Spices Around the World

Fall 2019



For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley

Curried Chickpea Salad

Vegetarian. Can be vegan, gluten-free. Common allergens: tree nuts, may contain egg (mayo)

Ingredients	Instructions	Serves 4
<ul style="list-style-type: none">• 15 ounce can chickpeas, rinsed and drained or 1 3/4 cup cooked chickpeas• 1/2 cup toasted cashews• 1/4 cup mayonnaise (can use vegan mayo)• 1-2 carrots, peeled and finely diced• 1/4 cup raisins• 2 tablespoons mango chutney• 1 stalk green onion, sliced, about 2 tablespoons• 2 teaspoons curry powder• 1/2 teaspoon salt or to taste• 1/2 teaspoon black pepper	<ol style="list-style-type: none">1. Combine all ingredients in a bowl and stir until well combined.2. Serve on top of a salad, in a romaine lettuce boat, or in a sandwich or pita.	



Shakshuka

Vegetarian, gluten-free. Common allergens: eggs

Serves 3

Ingredients	Instructions
<ul style="list-style-type: none">• 2 tablespoons olive oil• 1/2 medium yellow onion, diced• 2 cloves garlic, minced• 3 cups ripe tomato, diced• 1/4 cup tomato paste• 1 teaspoon cumin• 1 teaspoon paprika• 1/2 teaspoon salt or to taste• 6 large eggs• 2 cups fresh baby spinach, optional	<ol style="list-style-type: none">1. Heat oil in a large skillet over medium-high heat. Add onion and cook until they begin to brown, about 5-7 minutes, stirring occasionally.2. Add garlic and cook for 30-60 seconds, until fragrant. Add tomatoes, tomato paste, cumin, paprika, and salt and cook for 2 minutes, stirring occasionally, until tomatoes start to break down.3. Add spinach if using and cook until it begins to wilt, 1-2 minutes.4. Use a large spoon to make 6 indentations for the eggs. Crack eggs into those spots, cover and simmer until eggs are set, about 7-10 minutes.

Notes

- Serve with a slice of crusty bread.
- Eggs can be substituted with white beans
- Fresh tomatoes can be substituted with a large (28 oz) can of diced tomatoes.

Spring Recipes

Sautéed Radishes

Serves 4

Ingredients

2 bunches radishes, halved
1 tablespoon extra virgin olive oil
Salt and pepper to taste
Balsamic vinegar (optional)

Directions

Heat olive oil in a fry pan, then add radishes, cut side down. Sauté until golden brown on both sides, about 6-8 minutes. Season with salt and pepper to taste and drizzle balsamic vinegar on top if desired.



Did You Know?

Sautéing radishes brings out the sweetness. You can also sauté the radish greens!

Spinach Artichoke Hummus

Yields 3-5 cups hummus

Ingredients

1 (15 oz.) can chickpeas, drained (juice reserved)
4 cups fresh spinach, loosely packed
1 cup artichoke hearts
2 Tbsp tahini
2 Tbsp lemon juice
2 Tbsp extra virgin olive oil
2 cloves garlic
Salt and pepper to taste

Directions

Combine all ingredients in a food processor or high power blender and blend until smooth. For a thinner consistency, add a few extra tablespoons of reserved chickpea juice until desired consistency is reached.

Serve with raw veggies such as carrots, sugar snap peas, radishes, bell peppers, cucumbers, or celery.



Other Spinach Ideas

[Baby spinach salad](#)

[Add to omelets or egg dishes](#)

[Blend into a smoothie \(you can't taste it!\)](#)

[Add to a stir fry](#)

[Add to Italian dishes](#)

[Sauté and add to lasagna](#)

Spring Recipes



Roasted Carrots & Parsnips

Variations with fresh herbs:

- Prior to roasting, add chopped fresh rosemary
- After roasting, add fresh dill or parsley

Serves 4

Ingredients

- 1 pounds parsnips, peeled
- 1 pound carrots, peeled
- 2 tablespoons extra virgin olive oil
- Salt and pepper to taste

Directions

1. Preheat oven to 400 degrees. Cut parsnips and carrots into 2 ½ inch batons, and cut out any woody core of the parsnips.
2. Toss carrots and parsnips with olive oil, salt, and pepper.
3. Place onto a baking sheet and roast for about 25-35 minutes, or until tender and golden, stirring halfway.

Idea: Healthy St. Patrick's Day Platter

Lay out vegetables according to the Irish flag – green, white, and orange.

Use the Grilled Asparagus and Roasted Carrots and Parsnips recipes, or serve the Spinach Dip with raw veggies such as snap peas, celery, or broccoli, cauliflower or jicama, and carrots or orange bell peppers.



Grilled Asparagus

Tip

Thread asparagus through bamboo skewers to make them easier to flip and to make sure they don't fall through the grates.

Serves 4

Ingredients

- 1 pound asparagus
- 1 tablespoon virgin coconut oil, melted
- 1 tablespoon balsamic vinegar (optional)
- Salt and pepper to taste

Directions

1. Preheat grill. Rinse asparagus and snap off woody ends (you can save them for stock if you want).
2. Lightly coat asparagus with oil and balsamic vinegar, and season with salt and pepper to taste.
3. Grill over high heat for 5-10 minutes, or to desired tenderness.



Veggies in Disguise Recipes

Spring 2018

For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley

2-Ingredient Sweet Potato Pancakes

Vegetarian, dairy-free, gluten-free. Allergens: Eggs.

Ingredients	Instructions	Serves 2
<ul style="list-style-type: none">• 1 cup cooked sweet potato• 4 eggs• Oil for cooking	<ol style="list-style-type: none">1. Mash sweet potato with a fork and whisk together with eggs and optional seasonings.2. Heat oil on medium-low in a naturally nonstick pan, such as a cast iron skillet.3. Drop sweet potato mixture by the tablespoon into the pan and cook each side for 3-5 minutes, then flip and cook an additional 3-5 minutes, until both sides are browned.	
Topping Ideas		
<ul style="list-style-type: none">• Fresh fruit• Nuts• Nut butter• Fruit compote• Berry chia jam• Greek yogurt with cinnamon• Salsa		



Berry Chia Jam

Topping idea for Sweet Potato Pancakes

Mash about 2 cups berries (fresh or frozen then thawed) with 2 tablespoons chia seeds and add optional sweetener to taste. Chill for at least 1 hour, adding more chia seeds to thicken if necessary.

Chocolate Pumpkin Pie

Vegetarian, can be dairy-free and vegan. Allergens: Wheat (crust)

Ingredients	Instructions	Serves 8-12
<ul style="list-style-type: none">• 1 cup dark chocolate chips• 15 ounce can pumpkin puree (1 ¾ cup)• ¼ to ½ cup sugar• 2 teaspoons cocoa powder• 1 teaspoon vanilla extract• ¼ teaspoon salt• 1 store-bought pie crust	<ol style="list-style-type: none">1. Melt chocolate in a bowl in the microwave, heating for 30 seconds at a time and stirring, repeating until just melted.2. Place pumpkin, sugar, cocoa powder, vanilla, and salt in food processor and puree. Add melted chocolate and puree until very smooth. You can taste the mixture at this point and add a little more sugar if necessary.3. Pour pumpkin mixture into pie crust and use a spatula to smooth it out. Refrigerate until firm, at least 4-6 hours. This pie seems to taste more like a chocolate cream pie and has less pumpkin flavor after being refrigerated for one day, which you may consider a good thing! Serve chilled.	

Veggies in Disguise

Spring 2018

Other Ideas

Purees

- Soups
 - Asparagus
 - Broccoli Cheeze*
 - Carrot Apple*
 - Curried Cauliflower*
 - Mushroom
 - Red Pepper
 - Roasted Tomato
 - Squash
- Sauces, hummus
- Baking – replace some sugar/oil
- Salad Dressings – roast vegetables, puree with a little water, mix with oil and vinegar.



Mash

- Butternut Squash
- Cauliflower*
- Celery Root
- Parsnip
- Sweet Potato*



Rice

- Broccoli
- Cauliflower*
- Mushrooms
- (ground meat substitute)



Fries

- Carrot
- Eggplant
- Green Beans*
- Parsnip*
- Sweet Potato*



Noodles

- Broccoli Slaw
- Carrot*
- Cucumber*
- Spaghetti Squash*
- Sweet Potato*
- Zucchini*



Chips

- Beets
- Brussels Sprouts*
- Carrots
- Kale*
- Seaweed*



10 Ways to Cook Eggs

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1. Scrambled

Crack eggs in a mixing bowl and scramble together with a whisk or fork. Optional: Add milk and continue whisking. Pour into a greased pan and cook for 1-2 minutes. Use a spatula to push the eggs into the center of the pan until fully cooked.

2. Hard-Boiled

Place eggs in water, bring to a boil, then remove heat, place a lid on the pot, and let stand for 12 minutes. Drain and run under cool water. Peel.

3. Microwaved

Beat an egg with a little milk, pour into a microwave-safe mug, and heat for 1 minute.

4. Omelet

Follow instructions for scrambled eggs, but push egg into the center of the pan until there's no liquid left. Flip egg and cook for a few seconds. Add fillings, then fold and cook for another minute or so.

5. Poached

Add water and 2 tsp white vinegar to a pot, bring to a simmer. Crack each egg into a cup and slide into the water. Cook 2-3 minutes for slightly runny yolks.

6. Roasted

Preheat oven to 325. Place eggs (in shell) into a muffin pan and bake 25-30 minutes. Peel.

7. Frittata

Saute vegetables and fillings with a little oil in a large oven-safe pan. Whisk eggs and pour over vegetables, making sure the fillings are covered. Cook for 1-2 minutes, until you see the edges start to set. Put the pan in the oven and bake 8-10 minutes until eggs are set. Test for doneness by cutting a slit in the middle.

8. Egg Muffins

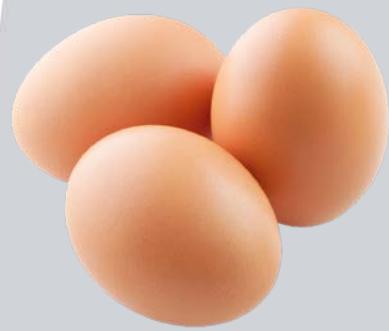
Whisk 10 large eggs and stir in 2 cups of desired fillings. Pour into a greased muffin pan and bake at 350 for 20-25 minutes, or until muffins are light brown on top.

9. Stuffed in Bell Peppers

Preheat oven to 350. Saute vegetables of choice. Whisk together eggs, seasonings, and veggies. Cut off tops and remove seeds from bell peppers and place into a baking dish. Pour in egg mixture and bake 35-40 minutes, or until eggs are fully cooked.

10. Tamagoyaki (Japanese rolled omelet)

Whisk 1 egg with 1 tsp soy sauce and optional ½ tsp sugar, then pour into a preheated greased pan. Quickly swirl until the bottom of the pan is evenly covered. When egg is set but not fully cooked, fold into thirds, then roll it up.



Eggs are an excellent and fairly inexpensive source of protein, and provide healthful vitamins, minerals, and other nutrients.

For most healthy people, one egg a day, on average, seems to have no harmful effects, and may even be helpful.

Health*Matters is the wellness program for faculty and staff with campus partners including: Office of Environment, Health & Safety, Office of Human Resources: Benefits, Physical Education Program, Recreational Sports, and University Health Services: Care Services, Disability Management Services, Ergonomics@Work, Occupational Health Clinic, and Work/Life.