

## **From Our Kitchen**

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**Hello Home Cookers!**

**Summer is the perfect time to Think Vegetables - one of the key principles of the CHEF Coaching program. We teach evidence based tools that help in adding vegetables whenever cooking at home to make more nutritious, delicious, and healthy meals. Here are some tips on how to increase your intake of vegetables when cooking.**

- **When reheating food, challenge yourself to add vegetables to the dish. Leafy greens like spinach, kale, and swiss chard or grated root veggies are easy to add to soups and sauces right before serving as they cook quickly and add a great boost of vitamins and minerals.**
- **When baking, try adding pureed vegetables to your dough. For example, combining pureed beets to dough before making rolls, adds a lovely color as well as nutrients.**
- **When planning dinner, summer salads are a great way to load up on fresh veggies; check out the recipe for crunchy salad with avocado dressing in this edition.**

**Look through your fridge or freezer and see what vegetables**

you have on hand that you can add to your meals while you are prepping, heating or baking.

You can learn all about this healthy concept and more by joining the CHEF Coaching program. (see training options below)

Stay safe and cook healthy,

Laura Klein, MBA, Culinary Coach, Chef

Newsletter Editor

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## **CHEF Coaching Programs**

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### **CHEF Coaching the Basics**

#### **Skill-based training**

**LIVE STREAMING** – June 10, 2021, as part of the Institute of Lifestyle Medicine conferences.

**ENDURING MATERIAL**– Self-paced recorded modules, study on your own time and schedule.

### **CHEF Coaching Beyond the Basics**

#### **Small group practice sessions**

**LIVE ONLINE** starting July 2021 and January and April 2022.

*Prerequisite for enrollment – must have completed or be*

*currently enrolled in CHEF Coaching the Basics.*

## CHEF Coaching the Basics AND Beyond the Basics

*Both modules are presented together for a rich educational experience.*

**LIVE ONLINE** beginning September 13, 2021 through Spaulding Rehabilitation Hospital. Early Bird Pricing ends July 19<sup>th</sup>.

Our programs Sell Out, early registration is recommended.

FOR DETAILS AND REGISTRATION ON  
ALL PROGRAMS [Click here](#)

Complete  
Basics  
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Harvard Medical School.

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## **CHEF Coaching News**

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### **Research Update - Preliminary Outcomes**

We invite you to learn about the preliminary outcomes of our research to evaluate how home cooking can help improve nutrition, weight and other health outcomes of adults who are overweight or obese. [Click here](#) for a recording of Dr Polak's presentation.

### **Newest Team Member**

Welcome Lizzie Luchsinger, chef, certified health and wellness coach and graduate of the CHEF Coaching program. Lizzie will provide administrative support, coordinate our social media and join our faculty. Her culinary, coaching and administrative experience will be an asset to the program.

We are delighted to have Lizzie join the CHEF Coaching team and know that she will be a great addition.

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## **FREE CHEF Coaching Events**

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### **Information Session on the CHEF Coaching Program**

Get an in depth review of the training program, delivery options and all your questions answered - July 7<sup>th</sup> at 8pm. [Click here](#) for registration.

## **Research Insights from CHEF Coaching**

Join Dr. Rani Polak for a live presentation on patient outcomes and applications for clinical practice on October 27<sup>th</sup> at 12pm ET.

[Click here](#) for registration.

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## **CHEF Coaching Graduate Spotlight**

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**Daniel Arce, holds a BA in Education and is currently working on two Masters Degrees, one in translation from the Chartered Institute of Linguists and another in Educational Coaching from the *Instituto Técnico de Studios Aplicados*.**

**Daniel is a teacher at the Da Vinci International School. The school, founded in 2008, follows a holistic educational approach that provides integrated learning for students with learning disabilities, and**

psychological support for teachers, students, and parents.

**What skills or training that you gained from the program have been the most impactful for you?**

Learning how to coach someone to change their culinary behaviors and how to host live culinary sessions through video conferencing were the most impactful skills I learned from the program.

**How have you implemented the training into your practice?**

We have added several new aspects to our teaching, such as teaching our students to cook *healthy* meals rather than just meals, as well as helping students to talk about their eating behaviors and helping them make healthier choices.

Another program we are developed is “Batch Day”. We teach students to batch cook healthy and delicious school lunches on Monday for the week, while also teaching them about nutrition and how to save money and time.

**What results have you seen with your students since incorporating culinary coaching, can you share a success story?**

Students really thrive when they notice you care about their health. I was thrilled to find that one of my students, who had been an avid gamer most of his life, asked for (and received) a cast iron skillet as a Christmas present, something that is almost unheard of with young teenagers.

We also formed a group of interested students who get together every Friday night just to cook and have a good time and we teach them about all the things we learned with the CHEF Coaching program.

**What personal changes have you made as a result of the program?**

**A huge upside of the training was learning from my classmates, by sharing experiences and practicing these skills together I gained the confidence and inspiration to try implementing them on my own.**

**The CHEF Coaching Program was gifted to me for Christmas, by my mother. This was and still is, one of my favorite Christmas presents of all time.**

**I encouraged my entire family to take the course with me. From then on, the entire family has been on a journey that has improved our health, as well as the health of the students at the international school we lead together.**

**If you are a graduate of our program we invite you to share your stories and help inspire others! Email us at [chefcoaching@instituteoflifestylemedicine.org](mailto:chefcoaching@instituteoflifestylemedicine.org) with your story.**

**To Contact Daniel:**

**Email:** [arce\\_daniel@icloud.com](mailto:arce_daniel@icloud.com)

**Website:** [www.davinci.okinawa](http://www.davinci.okinawa)

**Da Vinci students in culinary classes with Daniel**



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## **CHEF Coaching Recipe**

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### **Crunchy Salad with Avocado Dressing**

**By Shirley Garrett, NBC-HWC, Program Faculty, Clinicians CHEF Coaching Program**

**Serves 6 / Serving size: 1 cup + 2 tablespoons dressing**



## **Ingredients:**

### **Salad:**

- ½ small green cabbage, grated – about 3 cups**
- 1 large red bell pepper, seeded, and julienned**
- 1 English cucumber, julienned**
- 1 purple onion sliced into thin strips**

### **Dressing:**

- 1 ripe avocado – pit and skin removed and cut into large chunks**
- 2 cloves garlic, minced**
- Pinch of kosher salt**
- 1 Tbsp. extra virgin olive oil**
- 5 Tbsp. water**
- 1 lime – zested and juiced (approx. 2 Tbsp. juice)**

## **Directions:**

- 1. Combine the salad ingredients in a large serving bowl**
  
- 2. Place dressing ingredients together in a blender, food processor or use an immersion blender and blend until smooth. Taste and adjust salt if needed. If the sauce is too thick, blend with another teaspoon or two of water.**
  
- 3. Stir the dressing into the salad, a little at a time until the vegetables are lightly coated. Reserve the remaining dressing in the fridge – it can be stored for 2-3 days.**

## **Adaptations:**

### ***Go Basic:***

- Substitute green cabbage with purple cabbage
- Substitute red pepper with yellow, orange or green bell pepper
- Substitute the cucumber with a zucchini

***Challenge your skills:***

- Use the salad as a filling for spring rolls - Soften rice paper wraps in water and fill each wrap with 3 tablespoons of the salad ingredients. Two rolls make a great lunch, or make a plateful and serve as appetizers.
- If you have cooked grains like rice or quinoa, serve the salad on top of the grains or combine and toss them with the salad and dressing.

***Cultural Adaptation:***

- Southwest-style dressing: Instead of using a blender for the dressing ingredients, mash the avocado by hand and stir in the other ingredients; consider adding cilantro and minced jalapeno for a Guacamole-style condiment. Serve with corn chips or tortillas.



**Do you have any questions or thoughts you would like to share?** Please contact us at: [chefcoaching@instituteoflifestylemedicine.org](mailto:chefcoaching@instituteoflifestylemedicine.org)



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