

Food is Medicine



*Recipes to improve your health,
that are also tasty and low-cost*

Mary M. Flynn, PhD, RD, LDN
The Miriam Hospital, Providence, RI

Introduction

Food is Medicine is a cooking program which began in September 2015 and is based on the program *Raising the Bar on Nutrition*. RTB was developed by Mary M. Flynn, PhD, RD, LDN, a research dietitian at The Miriam Hospital in Providence, RI and an associate professor of medicine at Brown University. RTB was a research study involving clients from food pantries in Rhode Island. The participants enrolled in a 6-week cooking program that used recipes from a plant-based, olive oil diet that was developed by Dr. Flynn in 1999. The program's goal was to teach the participants how to make recipes that are healthy, tasty, and inexpensive. The participants had a goal of making 2 to 3 dinners each week from the recipes. After they completed the cooking program, they were followed for 6 months. Having made the recipes for 2 to 3 main meals per week, the study showed that the participants spent significantly less on groceries, reported their diet to be healthier, and they lost weight (*JHEN 2013; 8:73-84*).

The goal of the *Food is Medicine* program is to provide this 6-week cooking program to people who have risk factors for chronic diseases that can be controlled through diet. High blood glucose, blood pressure, and blood fats (triglycerides), and low HDL, and an unhealthy body weight all come under the heading of risk factors. Participants in the program are asked to make 3 main meals each week using the recipes in this book. In meeting this goal, participants should see their risk factors improve.

The main foods that are used in the recipes are:

- Extra virgin olive oil
- Whole wheat macaroni and spaghetti
- Brown rice
- Canned vegetables: carrots, corn, green beans, peas, tomatoes
- Frozen vegetable: broccoli, corn, peas, spinach
- Canned beans: black, garbanzo, kidney, white (cannellini)

All of the recipes use extra virgin olive oil. Extra virgin olive oil is different from other oils, namely for the fact that it is the juice of the olive and is extremely healthy. Studies show that people who use extra virgin olive oil daily are less likely to have heart disease and certain cancers. Compared to other oils, extra virgin olive oil can both lower your blood pressure and help your insulin to function more effectively. Additionally, it helps to lower blood glucose levels, increases HDL and results in blood fats that are less likely to lead to heart disease.

Besides its health value, extra virgin olive oil makes vegetables taste delicious. All of the recipes included in this booklet come with instructions to cook the vegetables in extra virgin olive oil. One can either cook the vegetables in the oil for a few minutes on medium heat or cook them at a lower heat for a longer time. The longer you cook the vegetables in olive oil, the better the vegetables will taste.

As of September 2015, some olive oil products sold in the US are not actually extra virgin, despite being advertised as so. Many of these “fake” olive oils are imported olive oil or olive oils that are made outside of the US because, unfortunately, the US government does not well control imported olive oil. Olive oil from California, on the other hand, is extra virgin because of the strict laws that the state of California imposes. Thus, by buying Californian olive oil, one is guaranteed that it is extra virgin.

The recipes in this booklet include about 1 ½ tablespoons extra virgin olive oil per serving. You can increase the amount of olive oil that you use for any of the recipes.

Whole wheat pasta and brown rice are both whole grain foods. In contrast to white pasta, rice, and bread, whole grain products typically result in people weighing less and maintaining a steady amount of weight over time. Eating whole grains on a regular basis has also been related to a decreased risk of heart disease.

Whole grain products taste different from their white or refined counterparts, being namely distinguished by their particularly nutty taste and flavor. Although some may find the taste unusual at first, it has been reported by many that after getting adjusted to whole grain products, the majority actually prefers them to their white or refined counterpart. Whenever a recipe calls for a white or refined type of pasta, one is able to substitute a whole grain product for it and vice versa. One should keep in mind, however, that the more whole grain is included in the recipe the healthier it will be.

Most of the vegetables used in these recipes are canned or frozen. The value of canned or frozen vegetables comes from the fact that they are picked when ripe. What the supermarket customer usually sees and buys as “fresh” vegetables, especially when they are out of season, are generally picked before they have ripened. These “fresh” vegetables are then sprayed with chemicals, causing them to ripen slowly, usually just in time to hit the market stall. On the other hand, vegetables that actually ripen on the plant have higher concentrations of “phytonutrients” or “phytochemicals,” compounds related to decreasing chronic diseases. Thus, because of their high phytonutrient content, canned and frozen vegetables tend to be healthier than most retail vegetables. Canned and frozen vegetables also have the added benefit of always being available for use. Thus, one tends to avoid the waste associated with storing retail vegetables. They are cleaner than “fresh” vegetables, can be bought when they are on sale, and kept until needed.

A serving of most vegetables is ½ cup, but a serving of salad greens is 1 cup. A healthy diet has at least 4 servings of vegetables a day. All of the recipes in this book contain vegetables and some have 2 or more servings per person. A standard can of vegetables contains a little more than 3 servings (there are 1 ¾ cups in a small can of vegetables). The recipes instruct you to cook the vegetables in extra virgin olive oil instead of boiling or steaming them because we require fat in order to absorb some of the phytonutrients that help to improve risk factors for chronic diseases. Cooking the vegetables in extra virgin olive oil will

also make them taste great--particularly those tending to a bitter taste, such as broccoli and spinach. You can cook the vegetables in the olive oil for as long as you like. The longer you cook them in the olive oil, the sweeter they taste. You can also use more servings of olive oil and vegetables than the required amounts listed in the recipes. Nonetheless, Dr. Flynn recommends that you use 1 tablespoon of olive oil per cup of vegetables.

Beans are a vegetable source of protein. Beans have been included because most Americans eat too much protein, especially animal protein. Eating too much protein causes the extra protein calories to be turned into fat and store in fat cells. The recipes in this book use neither meat/poultry/ nor seafood. You do not need to eat meat / poultry / seafood every day. Any day that you include meat/poultry/ or seafood you are likely getting more protein than required for that day. This extra protein is therefore being stored as fat. On the other hand, one can get all the protein one needs from plant products. Starch foods-- including pasta, rice, bread, potatoes, and beans-- are good sources of protein. Vegetables contain protein too. Dairy products like milk, eggs, and cheese, are also a healthier way to get protein than meat.

Eggs are a very healthy source of protein. Eating them also does not increase your risk of heart disease. The idea that eggs increase heart disease is a "nutrition rumor" that has been repeated for many years. Eating red meat has been related to increasing your risk of heart disease yet eggs have not.

The price of ingredients has been based upon the standard of Stop and Shop's home delivery service "Peapod." Whenever it was an option, the Stop and Shop store brand was used. Because all items from the "Peapod" service are non-sale, the ingredients would be less expensive if gotten on sale or from a food pantry. Although it would be less expensive to use refined grain products for all the recipes, it would be less healthy than whole grains. The ingredients were priced in December 2018 (this is the third pricing to keep the cost current). The average cost for the recipes is \$1.41/ serving (range: \$1.04 to \$1.94). The extra virgin olive oil used was California Olive Ranch olive oil, which at the time cost \$10.29 for 16.9 fluid ounces or 500 ml. This size bottle of olive oil contains 32 tablespoons of oil, making it 0.33 per tablespoon.

In order to improve your health, your goal is to use these recipes for 2 to 3 main meals per week. Happy, healthy eating!!

Mary M. Flynn
September 2015

Grocery list for most of the ingredients for the *Food is Medicine* recipes

Dry foods

Beans: ½ cup = 1 serving

black – canned or dried

cannellini- canned or dried

Also, kidney, black eyed peas

lentils

barley

Rice –preferably brown

Canned vegetables: ½ cup = 1 serving

** a can contains about 3 servings

tomatoes (crushed or whole)

corn

peas

green beans

Extra virgin olive oil

Soup bouillon (cubes or powder) or broth

pasta –preferably whole wheat

bread – preferably whole grain or whole wheat
(including pita, rolls, etc)

tortilla, preferably whole wheat

vegetables: ½ cup = 1 serving

Fresh:

carrots

mushrooms

onions (red or white/yellow)

pepper : green, red

potatoes: red, white,

Yukon gold, baking

spinach (baby or regular)

squash, summer, zucchini

Frozen vegetables: ½ cup = 1 serving

broccoli

corn

greens, such as kale, collard

spinach

Dairy

cheese – American, others
(check what is on sale)

milk, nonfat, 1%

egg s

Optional:

dried basil, oregano

chili powder

cumin

garlic cloves

Pasta Recipes

Pasta recipes are nutritious, easy to make and many people like them. Pasta can be easy to overeat, especially if it is white or refined flour pasta, so try not to cook more pasta than you need for the meal. We recommend that you use whole wheat pasta as often as possible.

Why use whole wheat pasta? Whole wheat pasta is healthier than white pasta. People who use whole wheat pasta tend to have less diabetes, less heart disease and are less likely to be overweight. Whole wheat does not taste like white pasta – it has a nutty taste to it. Whole wheat pasta is a bit more expensive than most white pasta so try to buy it when it is on sale or if you see a coupon for whole wheat pasta.

1 ounce dry weight of pasta has 21 grams of carbohydrate

A healthy serving of pasta for a woman/ smaller person is 3 ounces dry weight, which has 63 grams of carbohydrate and 315 calories.

A healthy serving of pasta for a man/ larger person is 4 ounces dry weight, which has 84 grams of carbohydrate and 420 calories.

Spinach, beans and pasta

2 servings

3 tablespoons extra virgin olive oil

1/3 cup frozen, defrosted, chopped spinach or 2 cups fresh spinach leaves

1/2 cup canned cannellini beans, drained, and rinsed well

2 cups canned, diced tomatoes (plain or seasoned)

6 ounces (dry weight) pasta, preferably whole wheat

Optional: garlic, herbs (rosemary, basil, thyme, oregano). Salt and pepper for the vegetables.

Heat a large pot of salted water to cook the pasta. When the water boils, cook the pasta as directed on the box.

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add any optional ingredients (garlic, herbs) and stir to combine.

Stir in the defrosted spinach; season with salt and pepper. Cook for about 5 minutes.

Add the drained, rinsed cannellini beans; heat on medium 5 to 6 minutes, stirring often.

Add the canned tomatoes; turn the heat to low and heat until the pasta is cooked.

Toss with cooked pasta and serve.

Per serving:

Calories 570

Grams of carbohydrate 82

Servings of starch 3.5

Servings of vegetables 3

Cost for total recipe: \$2.62

Cost per serving: \$1.31

Peas, mushrooms, and pasta

2 servings

3 tablespoons extra virgin olive oil
1 cup mushrooms, sliced
½ cup peas, canned, drained or frozen, defrosted
2 cups canned, diced tomatoes

6 ounces (dry weight) pasta, preferably whole wheat

Optional: garlic, herbs (rosemary, basil, thyme, oregano). Salt and pepper for the vegetables.

Heat a large pot of salted water to cook the pasta. When the water boils, cook the pasta.

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add any optional ingredients (garlic, herbs) and stir to combine.

Add the mushrooms, stir into the oil and heat for 3 to 5 minutes. Add the peas; heat for 2 to 3 minutes. Add the canned tomatoes; turn the heat to low and heat until the pasta is cooked.

Toss with cooked pasta and serve.

Per serving:

Calories	550
Grams of carbohydrate	80
Servings of starch	3
Servings of vegetables	3.5

Cost for total recipe: \$3.84

Cost per serving: \$1.92

Vegetable lo Mein

2 servings

3 tablespoons extra virgin olive oil

1 cup frozen, defrosted chopped broccoli

2 cups carrots, raw, canned or frozen, defrosted (if raw, you can cut into matchstick pieces)

2 tablespoons cup soy sauce

2 teaspoons corn starch or flour

6 ounces (dry weight) spaghetti noodles, preferably whole wheat

Optional: sliced/ crushed garlic, salt and pepper

Heat a large pot of water for the spaghetti and cook as directed.

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add any optional ingredients (garlic, herbs) and stir to combine.

Add the broccoli; season with salt and pepper. Cook 5 to 8 minutes.

Add the carrots to the broccoli and cook 3 to 5 minutes

Combine the soy sauce and 1 tablespoon cold water in a small bowl. Add the corn starch and stir with a fork until there are no lumps. Pour into the pan with the hot vegetables and completely stir in. Heat until the sauce is thickened (about 3 minutes).

Serve over cooked spaghetti.

Per serving:

Calories 570

Grams of carbohydrate 84

Servings of starch 3

Servings of vegetables 3

Cost for total recipe: \$3.14

Cost per serving: \$1.57

Variations: instead of carrots and broccoli, use one of the following:

1. a cup of corn and ½ cup of peas, both drained. Add the corn first and cook for 3 to 5 minutes. Then the peas; just heat through as the peas will get mushy.
2. 1/3 cup frozen, defrosted spinach and ½ cup chopped red onion. Add the onion first and cook for about 10 minutes then add the spinach and cook 3 to 5 minutes.

Macaroni and cheese with vegetables

2 servings

3 tablespoons extra virgin olive oil

½ cup chopped onion (red or white) or about ½ of a small onion

1 cup frozen, defrosted, chopped broccoli

2 tablespoons white flour

1 cup milk (do not use non-fat)

2 slices American cheese or 2 ½ ounces of any cheese

6 ounces (dry weight) pasta, preferably whole wheat

Salt and pepper

Cook the macaroni as directed and drain. While the macaroni is cooking prepare the sauce.

Preheat the oven to 350°F. Lightly coat a 13x9x2 inch glass Pyrex pan with olive oil.

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add any optional ingredients (garlic, herbs) and stir to combine.

Add the onion and broccoli, stir to combine; season with salt and pepper. Cook on medium 10 to 15 minutes, or until the vegetables are soft stirring the mixture occasionally while it is cooking.

Sprinkle the flour on the vegetables and stir to mix the flour completely into the vegetables and oil. There should be no dry flour visible. Pour in the milk, stir to mix in. Stir gently and continue to cook until the mixture thickens.

Cut the cheese into smaller pieces (about 4 to 6 pieces per slice). Add the cheese to the thickened sauce. Stir to combine and continue stirring until the cheese melts.

Add the cooked macaroni and stir to combine. Pour into the prepared pan. Bake until bubbling, about 20 to 30 minutes.

Per serving:

Calories 660

Grams of carbohydrate 84

Servings of starch 3

Servings of vegetables 1.5

Cost for total recipe: \$2.86

Cost per serving: \$1.43

Variations: instead of the onion and broccoli, use one of the following:

1. 1 cup of frozen, defrosted peppers and 1 cup of canned tomatoes. Add the peppers to the olive oil and cook 8 to 10 minutes. Then add the tomatoes and cook until most of the liquid is evaporated.
2. 1 cup sliced mushrooms and 1/3 cup frozen defrosted spinach. Add the mushroom to the olive oil and cook 8 to 10 minutes. Then add the spinach and cook 3 to 5 minutes.

Continue with the recipe as written above.

Baked pasta with chick peas

2 servings

3 tablespoons extra virgin olive oil

½ cup peppers, frozen, defrosted or fresh

1/3 cup frozen, defrosted spinach, or 2 cups fresh spinach leaves

½ cup canned chick peas (ceci beans, garbanzo beans), drained and rinsed

1 cup canned, diced tomatoes

6 ounces (dry weight) pasta, preferably whole wheat

Optional: salt and pepper; herbs, grated cheese

Cook the macaroni as directed and drain. While the macaroni is cooking prepare the sauce.

Preheat the oven to 350°F. Lightly coat a 13x9x2 inch glass Pyrex pan with olive oil.

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add any optional ingredients (garlic, herbs) and stir to combine. Add the peppers to the oil; season with salt and pepper. Cook for 5 to 8 minutes.

Add the spinach and cook 3 to 5 minutes. Add the chickpeas and stir to combine. Cook 3 to 5 minutes.

Add the tomatoes and heat 2 to 3 minutes.

Combine the vegetables and cooked pasta and put in a baking dish. Top with grated cheese, if desired. Bake at 350°F 20 to 30 minutes or until bubbly.

Per serving:

Calories 605

Grams of carbohydrate 90

Servings of starch 3.5

Servings of vegetables 3.5

Cost for total recipe: \$3.12

Cost per serving: \$1.56

Rice Recipes

Brown rice contains the outside of the grain so it is healthier than white rice. Brown rice is more expensive than white rice, so try to buy it when it is on sale or if you see a coupon for brown rice. White rice is easier to overeat than brown rice so when you use brown rice, you will likely be eating less rice. Brown rice sold in bulk, or when you measure it out yourself in the store and it is not sold in a bag, tends to be less expensive.

Why Brown rice?

Brown rice is much more nutritious than white rice. It is “brown” because it has the whole grain kernel on it. There are many important nutrients in the whole grain kernel. White rice is refined as it has the outside grain kernel removed. White rice has some vitamins added back to it, but it is not close to brown rice for nutrient content.

Brown rice takes longer to cook than white rice so try to prepare brown rice before you need it for a meal. You can store the cooked rice in a covered clean container for several days in the refrigerator. The cooled rice will also mix into a recipe better as it will not absorb the fat when cooking.

Fool proof way to make brown rice:

Put about 3 quarts of water in a large pan that has a cover (what you would use if you were cooking pasta). You can add 1 to 2 teaspoons of salt, if you like. Cover the pan and heat the water on high until it boils. Add the dry rice (1 to 2 cups), cover the pan and return to a boil. As soon as it boils again, reduce the heat to low and slow boil for about 35 minutes. Immediately drain the rice into a colander. One cup of dry rice makes at least 3 cups cooked rice.

Vegetable fried rice is a very quick and tasty dinner, if the rice is made in advance. The basic recipe is the same. The following pages are several recipes with different vegetable combination. Choose one of these combinations or you can use whatever you like or have on hand. Try to include 1 cup of vegetables per person or 4 cups for 4 people.

A healthy serving of rice is about 1 cup of cooked rice.

1/3 cup cooked white rice has 18 grams of carbohydrate and 80 calories.

1/3 cup brown rice has 15 grams of carbohydrate and 70 calories.

Corn, black beans, and tomato fried rice

2 servings

3 tablespoons extra virgin olive oil
1 cup canned corn, drained or frozen, defrosted
½ cup canned black beans, drained and rinsed
1 cup canned, diced tomatoes

2 cups cooked brown rice (easy directions on page 13)

Optional: dried oregano and / or basil; salt and pepper

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add any herbs and stir to coat with the oil. Stir in the corn; season with salt and pepper. Cook 3 to 5 minutes.

Add the black beans and cook 4 to 5 minutes longer. Stir in the tomatoes and heat 3 to 5 minutes.

Stir in the cooked rice, stir to combine and heat through.

Per serving:

Calories	530
Grams of carbohydrate	74
Servings of starch	2.5
Servings of vegetables	2

Cost for total recipe: \$2.66

Cost per serving: \$1.33

Onions, carrots, and green beans fried rice

2 servings

3 tablespoons extra virgin olive oil

1 cup chopped onion (red or white)

1 cup sliced carrots; fresh, canned, drained or frozen, defrosted

1 cup green beans; fresh, canned, drained or frozen, defrosted

2 cups cooked brown rice (easy directions on page 13)

Optional: dried oregano and / or basil; salt and pepper

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add any herbs. Stir in the onion; season with salt and pepper. Cook 5 to 10 minutes.

While the onion is cooking, slice the carrots in half. Stir the carrots pieces into the cooked onions.

Add the green beans, stir to combine and heat 3 to 5 minutes. Stir in the cooked rice, stir to combine and heat through.

Per serving:

Calories 520

Grams of carbohydrate 72

Servings of starch 2

Servings of vegetables 3

Cost for total recipe: \$2.94

Cost per serving: \$1.47

Corn and peas fried rice

2 servings

3 tablespoons extra virgin olive oil

$\frac{3}{4}$ cup corn; canned, drained or frozen, defrosted

$\frac{3}{4}$ cup peas; canned, drained or frozen, defrosted

2 cups cooked brown rice (easy directions on page 13)

Optional: dried oregano and / or basil; salt and pepper

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add any herbs and stir to coat with the oil.

Stir in the corn; season with salt and pepper. Cook 3 to 5 minutes.

Add the peas and heat 2 to 3 minutes. Stir in the cooked rice, stir to combine and heat through.

Per serving:

Calories 580

Grams of carbohydrate 82

Servings of starch 2

Servings of vegetables 1.5

Cost for total recipe: \$2.18

Cost per serving: \$1.09

Broccoli and peppers fried rice

2 servings

3 tablespoons extra virgin olive oil

1 cup frozen, defrosted broccoli, chopped

1 cup peppers, fresh or frozen, defrosted

2 cups cooked brown rice (easy directions on page 13)

Optional: dried oregano and / or basil; salt and pepper

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add any herbs and stir to coat with the oil.

Stir in the broccoli; season with salt and pepper. Cook 5 to 10 minutes.

Stir in the peppers and cook 5 to 10 minutes longer. Stir in the cooked rice, stir to combine and heat through.

Per serving:

Calories 475

Grams of carbohydrate 62

Servings of starch 2

Servings of vegetables 2

Cost for total recipe: \$2.88

Cost per serving: \$1.44

Frittata with onions, spinach, and rice

2 servings

3 tablespoons extra virgin olive oil

½ cup chopped onion (red or white)

1/3 cup frozen, defrosted, chopped spinach or 2 cups fresh spinach leaves

3 large eggs

¼ cup milk (any % fat, including non-fat)

Salt and pepper

2 cups cooked brown rice (easy directions on page 13)

Turn on a broiler.

Heat oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide that can be put under a broiler. Stir in the onions; season with salt and pepper. Cook 8 to 10 minutes or until desired softness, stirring occasionally. Stir in the spinach and cook 3 to 5 minutes.

While the vegetables are cooking, beat the eggs and milk together in a small bowl. Add the rice to the milk. Add the egg/rice mixture to the skillet and spread out evenly over the pan (this is easily done with a rubber spatula). Cook on top of the stove until the mixture is set. If you run a rubber spatula around the mixture, you can tell when it is crusty on the bottom. It will take about 5 minutes. When the mixture is set, put the pan under the broiler and broil for about 3 minutes or until the top starts to brown.

Use a metal spatula to loosen the mixture from the pan. The frittata should easily slide out of the pan onto a plate when done.

Per serving:

Calories	575
Grams of carbohydrate	58
Servings of starch	2
Servings of vegetables	1.5

Cost for total recipe: \$2.20

Cost per serving: \$1.10

Zucchini or summer squash with tomato and rice

Makes 2 servings

3 tablespoons extra virgin olive oil

2 cup zucchini or summer squash cut into small pieces, like match sticks (about 2 pounds of zucchini or summer squash) or shredded

Salt

2 cups canned, chopped tomato

Optional: $\frac{1}{4}$ cup fresh basil leaves or flat parsley

2 cups cooked brown rice (easy directions on page 12)

Heat the olive oil on medium (4 to 5 on the dial) in a medium pan. Stir in the zucchini or summer squash; season with salt. Cook 3 to 5 minutes or until the vegetable is soft.

Add the tomatoes; season with salt. Cover the pan and cook 3 to 5 minutes.

If using basil or parsley, tear the leaves into small pieces and add to the rice. Stir the cooked vegetables into the rice and serve.

Per serving:

Calories	475
Grams of carbohydrate	62
Servings of starch	2
Servings of vegetables	2

Cost for total recipe: \$2.98

Cost per serving: \$1.49

Potato Recipes

Potatoes are a very healthy food and tend to be inexpensive. Bags of potatoes tend to be less expensive than buying them separately. Potatoes should be washed clean before they are cooked so the skin can be eaten, if you like. The skin contains vitamins and other healthy nutrients, including fiber. A baked potato is a very healthy addition to a meal or could be a meal with some added vegetables.

To prepare potatoes for cooking:

Brush off any dirt and use a knife to remove any spots on the potatoes that are green or where the skin has been cut/ broken. Scrub the potatoes clean with a vegetable brush or a sponge. Wash right before you plan to cook them. Do not wash in advance or they will start to rot. White baking potatoes can be cooked and eaten with the skin off or on. Sweet potatoes can be baked with the skin on but most people don't eat the skin of the sweet potato once it is cooked. The skin on sweet potatoes can be removed with a vegetable peeler or a sharp knife before boiling.

Use 1 potato per person if the potato is about 6 inches long (9 to 10 ounces)

Simple recipes for potatoes:

Boiling potatoes (white or sweet):

Scrub clean the skin of the potatoes. For white potatoes, you can remove the skin or keep it on. For sweet potatoes, remove the skin. Cut the potatoes into pieces about 1 inch in size. It is best to try and cut all the pieces about the same size so they are cooked at the same time. Place in a sauce pan with enough water to just about cover the potatoes. Add about ½ to 1 teaspoon of salt (the more potatoes, the more salt), if you like. Cover the pan and bring to a boil. Reduce the heat to low (2 to 3 if there are numbers on the dial) and cook about 5 to 7 minutes for 1 to 2 potatoes, longer for more potatoes. The potatoes are cooked when you can pierce them with a fork.

Baking potatoes (white or sweet):

Preheat the oven to 400°F. Scrub clean the skin of the potato. Using a fork, pierce the potato in several places. This will allow the heat to escape while it cooks. Cook the potato about 1 hour. You can test the potato for doneness by gently squeezing it. A cooked potato does not feel solid. It will "give" when squeezed. You can gently hit the potato on a counter when it is cooked. This helps to break up the cooked potato.

Roasted potatoes (white or sweet):

Per serving:

1 tablespoon extra virgin olive oil

1 baking potato (about 9 to 10 ounces)

Preheat the oven to 400°F. Wash the potatoes thoroughly to remove any dirt. The clean potatoes can be sliced or diced. Put the cut potatoes in a bowl. Add the olive oil and flavor with salt and pepper. Use a fork or spoon to coat with the olive oil.

Put the potatoes in a baking pan large enough that they are not crowded. Cook for 15 minutes. Use a fork or a metal spatula to turn the potatoes. Cook for another 15 minutes and turn again. The potatoes can be cooked just until a fork can easily pierce them or until they are browned. How long you need to cook them depends upon how small they are sliced and how you would like them. Potatoes sliced thinner or cut smaller will cook faster. Roasted potatoes can be used as a side for dinner or with cooked eggs instead of toast.

1 ounce raw potato has 5 grams of carbohydrate and 20 calories.

½ cup potato cubes has 13 grams of carbohydrate and 60 calories.

A typical baking potato is about 9 ounces which would have 45 grams of carbohydrate and 180 calories.

Vegetable stuffed baked potato

2 servings

This recipe can be made with any vegetables you like, including ones that are leftover from another meal.

2 medium baking potatoes (about 9 or 10 ounces each)

3 tablespoons extra virgin olive oil

1 cup chopped onion (red or white), (1 small)

2/3 cup frozen, defrosted, chopped spinach

Salt and pepper

Preheat oven to 400°F

Clean the potatoes and prick with a fork in several places. Bake at 400°F for about 1 hour. When the potatoes have been in the oven for about 40 minutes, start the following:

Start to prepare the vegetables when the potatoes have about 20 minutes left to cook. Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Stir in the onions; season with salt and pepper. Cook about 8 to 10 minutes or until the onions are the desired softness, stirring occasionally.

Add the spinach and heat on low until the potatoes are cooked.

Slice baked potato and fill with the vegetables.

Per serving:

Calories 415

Grams of carbohydrate 60

Servings of starch 3

Servings of vegetables 3

Cost for total recipe: \$2.26

Cost per serving: \$1.13

Variations: instead of the spinach, use one of the following with the onion:

1. 2 cups chopped broccoli.
2. 2 cups sliced mushrooms.
3. 2 cups frozen, defrosted pepper slices.

Add to the olive oil with the onion and continue with the recipe as written above.

Mashed potato dinner

2 servings

1 pound potatoes (red or white)
3 tablespoons extra virgin olive oil
1 cup peas; canned, drained or frozen, defrosted
1 cup canned cannellini beans, drained and rinsed
½ cup milk (any % fat, including non-fat)

Scrub the potatoes clean using cold water. You do not need to take the skin off. Leaving the skin on gives you more nutrients, including fiber. Put the chopped potatoes in about 2 inches of water in a sauce pan. Add salt (about ½ teaspoon) to the water, if desired. Bring the water to a boil; reduce the heat and gently boil the potatoes until soft when pierced with a fork (about 10 to 12 minutes).

Heat the olive oil in a small skillet on medium (4 to 5 on the dial). Add the peas and stir to coat with the oil. Cook for 2 to 3 minutes.

Add the beans to the peas just as the potatoes are finishing cooking.

Drain the cooked potatoes. Put potatoes back in the sauce pan and start to mash. Add the milk to the potatoes and completely mash. Mix in the vegetables into the potatoes. The vegetables will be soft so they will easily fall apart.

Per serving:

Calories	530
Grams of carbohydrate	70
Servings of starch	4
Servings of vegetables	1

Cost for total recipe: \$2.96

Cost per serving: \$1.48

Frittata with broccoli and potatoes

2 servings

3 tablespoons extra virgin olive oil
1 cup frozen, defrosted, chopped broccoli
3 large eggs
½ cup milk (any % fat, including non-fat)
1 pound potato, diced, and cooked
Salt and pepper

Turn on a broiler.

Heat the olive oil on medium (4 to 5 on the dial) in a in a frying pan about 12 inches wide that can be put under a broiler. Stir in the broccoli; season with salt and pepper. Cook 8 to 10 minutes.

While the broccoli is cooking, mix the eggs and milk in a small bowl. Add the potatoes. You can either leave the potatoes as cubes or use a potato masher to combine the egg and potato; season with salt and pepper, if desired.

Add the egg/ potato mixture to the skillet and spread out evenly over the pan (this is easily done with a rubber spatula). Cook on top of the stove until the mixture is set. If you run a rubber spatula around the mixture, you can tell when it is crusting on the bottom. It will take about 5 minutes. When the mixture is set, put the pan under the broiler and broil for about 3 minutes or until the top starts to brown.

Use a metal spatula to loosen the mixture from the pan. The frittata should easily slide out of the pan onto a plate when done.

Per serving:

Calories	520
Grams of carbohydrate	47
Servings of starch	2.5
Servings of vegetables	1

Cost for total recipe: \$2.54

Cost per serving: \$1.27

Soup and sandwich recipes

Soup is an easy and healthy way to eat vegetables. You can use the vegetables listed or use any vegetables, including leftover vegetables you might have from other meals. These soup recipes all use extra virgin olive oil and the vegetables being cooked in the oil. This makes the vegetables taste better and the soup is more filling. Soup can be made in advance and stored in the refrigerator for about 3 days. You can also freeze soup in one container or in individual servings and it will keep for a couple of months.

Easy vegetable sandwich:

You can use any vegetables you have. For each cup of vegetables, use 1 tablespoon of extra virgin olive oil. Heat the olive oil in a pan. Add the vegetables and stir to combine with the oil. You can cook the vegetables on a medium heat and sear them or turn the heat low and cook longer. The longer you cook vegetables, the sweeter they become. The vegetables can be seasoned with salt, pepper and any herbs you like.

The cooked vegetables can be put on bread, toast, a roll or a wrap. You might need a knife and fork to eat it.

Vegetable and bean soup

4 servings

6 tablespoons extra virgin olive oil

2 cups corn; canned, drained or frozen, defrosted

2 cups green beans; canned, drained or frozen, defrosted

1 cup peas; canned, drained or frozen, defrosted

1 can white beans, rinsed and drained

28 ounce can diced tomatoes

6 cups of broth (vegetable, chicken, beef); you can use any broth, including one made with bouillon

Heat 2 tablespoons of the olive oil on medium (4 to 5 on the dial) in a large soup pan. Add the corn and cook for about 5 minutes.

Add the rest of the olive oil and the green beans and peas; season with salt and pepper. Cook for 3 to 5 minutes, stirring occasionally.

Stir in the can of drained, rinsed white beans and heat 3 to 5 minutes. Add the crushed tomatoes and heat through. The vegetable mixture can be left to simmer. When the vegetables are cooked as much as you want, add the vegetable broth. Heat through.

The soup can be frozen in individual servings. You can add cooked pasta, rice or potatoes, if you like at the time of eating.

Per serving:

Calories 460

Grams of carbohydrate 56

Servings of starch 1

Servings of vegetables 3.5

Cost for total recipe: \$7.76

Cost per serving: \$1.94

Vegetable soup

4 servings

6 tablespoons extra virgin olive oil
1 cup chopped onion (red or white), (1 small)
1 cup frozen, defrosted broccoli, chopped
2/3 cup frozen, defrosted spinach
2 cups sliced carrots; raw, canned/draind or frozen, defrosted

6 cups vegetable broth you can use any broth, including one made with bouillon

Heat about 2 tablespoons of the olive oil on medium (4 to 5 on the dial) in a large soup pan. Add the onions, stir to coat with oil and cook for about 5 minutes.

Add the rest of the olive oil and stir in the broccoli and spinach; season with salt and pepper. Cook 3 to 5 minutes.

Stir in the carrots and cook 3 to 5 minutes. Stir to combine everything. Reduce the heat to simmer and cook the vegetables for 10 to 15 minutes. Add the vegetable broth. Heat through.

The soup can be frozen in individual servings. You can add cooked pasta, rice or potatoes, if you like at the time of eating.

Per serving:

Calories	270
Grams of carbohydrate	17
Servings of starch	0
Servings of vegetables	3

Cost for total recipe: \$4.52

Cost per serving: \$1.13

Lentil soup

6 servings

1 pound potatoes (about 2 medium baking potatoes)
6 tablespoons extra virgin olive oil
1 cup chopped onion (red or white), (1 small)
2 cups carrots canned, drained or frozen, defrosted
1 ½ cup dry lentils (red lentils make a thicker soup)

8 cups vegetable broth; you can use any broth, including one made with bouillon

Herbs that will add a great flavor, but are not essential: Sprig of fresh thyme, 2 to 3 bay leaves

Scrub the potatoes clean and cut into pieces about 1 to 1 ½ inches in size. Put the potato pieces in a small pan; cover the potatoes with cold water. Add about ½ teaspoon of salt. Cover and bring to a boil. Lower the heat to low-medium and cook just until you can piece with a fork (5 to 7 minutes).

Heat about 4 tablespoons of the olive oil on medium (4 to 5 on the dial) in a large soup pan. Add the onions, stir to coat with oil; season with salt and pepper. Cook for about 8 to 10 minutes.

Add the rest of the olive oil and the carrots, stir to mix in, reduce the heat to low and cook for about 10 minutes.

Add the lentils, vegetable broth, and the herbs. Raise heat to medium high and bring to a boil. Reduce heat to low, cover and cook for 45 minutes.

Add cooked potatoes and heat through.

Per serving:

Calories	400
Grams of carbohydrate	50
Servings of starch	4.5
Servings of vegetables	1

Cost for total recipe: \$5.80

Cost per serving (cup): \$1.45

Black beans, kale, and barley soup

Makes 4 servings

1 cup cooked pearled barley
6 cups broth (vegetable, chicken or beef) or water
4 cups chopped kale
1 to 2 teaspoons salt
6 tablespoons extra virgin olive oil
1 small onion (red or white), chopped (about 1 cup)
1 cup black beans, drained and rinsed

Cooking the barley: put 3 cups of water in a large pan; cover the pan and bring the water to a boil. Add the barley, cover and bring back to a boil. Lower the heat to low and cook about 45 minutes or until the water is all absorbed and the barley is tender.

While the barley is cooking, heat the olive oil on medium-low (3 to 4 on the dial) in a large soup pan. Add the kale and onions, stir to coat with oil; season with salt and pepper. Cook for about 20 minutes. You can cook these vegetables longer if the barley is not cooked; just lower the heat to simmer.

Put the vegetable broth or water in a large soup pan. When the barley is cooked, add the cooked onion and the drained beans and heat through.

Per serving:

Calories	485
Grams of carbohydrate	64
Servings of starch	1.5
Servings of vegetables	1.5

Cost for total recipe: \$4.92

Cost per serving: \$1.23

Vegetarian chili

Makes about 9 cups

½ cup extra virgin olive oil

1 medium onion (red or white), chopped (about 2 cups)

2 cans corn, drained or 3 ½ cups of frozen, defrosted

You can use all or some of these spices:

2 teaspoons ground cumin

1 tablespoon chili powder

2 teaspoons dry oregano

28 ounce can crushed tomatoes

3 cans of beans: black, kidney, pinto, and/or cannellini, drained and rinsed. You use any combination that you like.

Heat the olive oil on medium (4 to 5 on the dial) heat in a large pan on top of the stove or in a slow cooker. Add the onions, stir to combine with the oil; season with salt and pepper. Cook the vegetables for about 10 minutes, or until the onions are translucent.

Stir in the drained corn and cook for another 5 minutes. You should occasionally stir the vegetables.

Sprinkle the cooked vegetables with the spices. Stir to mix in evenly. Add the tomatoes and all the beans. Stir to combine. Reduce heat to medium low and simmer for about 45 minutes or longer, stirring occasionally.

Serve over cooked rice (preferably brown rice) or in a baked potato.

Per serving:

Calories 320

Grams of carbohydrate 45

Servings of starch 1

Servings of vegetables 2

Cost for total recipe: \$9.36

Cost per cup \$1.04

Breakfast burrito/ Huevos Rancheros

2 servings

2 tablespoons extra virgin olive oil
1 cup chopped onion (red or white), (1 small)
1 small can black beans, drained and rinsed
2 large eggs
1 cup canned, diced tomatoes or salsa

2 slices (3/4 ounce each) of cheese
4 - 6 inch flour tortilla (preferably whole wheat) or 8 slices whole wheat toast

If you are using tortillas: To heat the tortillas, lightly oil the skillet and heat on medium. Add the tortillas, 1 at a time and heat on 2 sides. You may need to add a little more oil as you heat all the tortillas. Keep the heated tortillas warm in the oven (about 250°F) while the mixture cooks. When the tortillas are heated, the pan is used to cook the eggs.

In another skillet:

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add the onion, stir to combine. Heat 8 to 10 minutes or until the onion is translucent.

Add the drained black beans, stir to combine and heat 1 to 2 minutes. Add the canned tomatoes or salsa and heat.

Start to cook the eggs in the pan used to heat the tortillas. Break the eggs into a bowl, taking care not to crack the yolks. Add a little more oil to the pan used to heat the tortillas. Gently slide the eggs into the pan and cook until the white is opaque. Carefully turn the eggs when the white is opaque. Sprinkle the eggs with the cheese; cover and heat until the cheese melts.

Place 1 heated tortilla on a plate. Top with the bean mixture and then the egg with the cheese side up. If you are using toast, you can put the cooked egg and vegetable or the toast on the side.

Per serving:

Calories	550
Grams of carbohydrate	45
Servings of starch	1.5
Servings of vegetables	2

Cost for total recipe: \$3.68

Cost per serving: \$1.84

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For more information on the program *Food is Medicine*, please visit our website:

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