



**EARN 1 CEU**

**LearningLibrary**  
TODAY'S DIETITIAN

**EXCLUSIVE WEBINAR PRESENTATION**

**CULINARY STRATEGIES TO SPICE UP YOUR CLIENTS' KITCHENS**

Presented by **Shayna Komar, RD, LD,** and **Chef Nancy Waldeck**

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### Presenter Bios & Disclosures



**Shayna Komar RD, LD,** currently contracts with Cancer Wellness of Piedmont Hospital providing individual nutrition counseling, cooking classes and group lectures for cancer patients and caregivers. Shayna was the recipient of the 2006 Distinguished Dietitian of the Year award from the Academy of Nutrition and Dietetics.

**Chef Nancy Waldeck** delivers over 100 classes a year in interesting locations - including United States embassies; corporate offices like Google, Southern Company and Norfolk Southern; Hospital Wellness Centers; regular segments on NBC Atlanta and Company; farmers markets; and conferences from 10 to 1000.

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### Learning Objectives

After completing this continuing education course, nutrition professionals should be able to:

1. Identify barriers that keep clients from purchasing and cooking healthful foods.
2. Supply a list of kitchen and pantry staples that will allow a client to more easily prepare healthful meals.
3. Explain and instruct cooking techniques that are critical in the healthy kitchen, including the use of herbs and spices.
4. Provide clients with 10 usable kitchen techniques that they can implement in preparing healthful foods.

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### Value of Knowledge

- Explaining nutrition knowledge and translating it into kitchen “know-how” is very important.
- Barriers that keep clients from purchasing and cooking healthful foods:
  - not knowing how to use kitchen tools
  - being intimidated by cooking
  - not knowing which flavors go together
  - time restraints
- What is your response when a client asks you about cooking healthy at home?

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### Value of Knowledge

- A Chef and Dietitian can collaborate their talents.
  - Help clients with behavior change.
  - “I have the diet for you. It’s short and it’s simple. Here’s my diet plan: Cook it yourself. That’s it. Eat anything you want— just as long as you’re willing to cook it yourself.”  
— Michael Pollan, *The New York Times*, August 2, 2009  
(*Today’s Dietitian* magazine Aug 2013 issue)
  - 2010 Harris Interactive poll: 14% said they don’t enjoy cooking, 7% said they don’t cook at all, 41% said they prepare meals at home five or more times per week.

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### Value of Knowledge

- Introduce clients to spices/herbs to add flavor as well as health benefits.




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## Why Herbs & Spices?

- Herbs and Spices are a fresh and healthy way to spice up your food.
- Compliment and enrich taste without adding calories or fat.
- Better health can be a dash or sprinkle away.




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## Explaining to Clients

- Taking unnecessary fats, salt, sugar and other undesirable ingredients out of recipes – they often taste bland or “healthy”
- “Healthy” foods can be delicious, flavorful and appealing:
  1. Using herbs and spices.
  2. Having a supply of kitchen/pantry staples to equip the client.
  3. Giving clients the go-to kitchen techniques.
- Reference the **Kitchen & Pantry Staples for Clients** handout.

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## They are Everywhere!

- Herbs and Spices are found in every grocery store, and they are a great way to add flavor to a recipe!
  - No Salt
  - No Fat
  - No Preservatives
  - Few Calories




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### Dynamite Herb Combinations from my Healthy Kitchen

• Parsley

- Basil
- Oregano
- Dill
- Lemongrass




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### When to Use Dried Herbs vs Fresh Herbs

- Dried herbs should be used when cooking a dish for longer than thirty minutes.
  - Example: Soups, Stews, and Casseroles
- Fresh herbs can be added near the end of cooking time or just before serving as flavor and aroma can be lost during long periods of cooking.
- Add less delicate herbs during the last 20 minutes of cooking.
  - Example: Oregano, rosemary, tarragon, thyme
- Stir in delicate herbs near the very end of cooking or just before serving.
  - Example: Basil, chives, cilantro, parsley, marjoram, mint, dill leaves

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### How to Substitute Dried Herbs vs Fresh Herbs

- Dried herbs are about 3 times more potent than fresh herbs.
- The substitution ratio of fresh to dried herbs is 3:1.
  - 1 tablespoon of fresh herb = 1 teaspoon of dried herb.




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## Video 1: Thyme Stuffed Mushrooms



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## How Long Do Dried Herbs Last?

- Whole spices and dried herbs, leaves and flowers:
  - 1 - 2 years
- Seeds:
  - 2 – 3 years
- How do you tell whether they have lost their potency?
  - Open and smell it.
  - If it still has vibrant color and aroma – it's still good.
  - Brown, without any smell – it's brown dust.
- Whole peppercorns, nutmegs, cloves, cinnamon sticks and whole seeds, such as coriander, cumin, and cardamom all last longer than their ground counterparts.

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## How to Store Herbs

- Always remove the herbs from plastic bags or boxes.
- Roll in dry paper towels and store in open Ziploc bag in fridge for all herbs.
  - except for parsley and cilantro (see below)
- For many herbs like basil, and to a lesser degree woody stems like rosemary and thyme, water is the enemy. Wash and dry these herbs immediately before using.
- Parsley and cilantro – wash and salad spin when home, roll in dry paper towel, store in open Ziploc bag in fridge.

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### Video 2: How to Store Fresh Herbs



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### Never Fail Herb and Food Combinations

- **Basil – Mediterranean Cuisines**
  - Tomatoes
  - Goat and Cow Cheeses
  - Poultry
  - Eggs
  - Veggies



- **Chives – Pescatarian Dishes**
  - Herb Butters
  - Potatoes
  - Vegetables
  - Eggs
  - Fish
  - Soups
  - Salads
  - Sauces



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### Never Fail Herb and Food Combinations

- **Cilantro – Asian, South Asian and Mexican Cuisines**
  - Avocados
  - Chilies
  - Tomatoes



- **Dill – Scandinavian and Greek Cuisines**
  - Sheep and Goat Cheeses
  - Seafood
  - Potatoes
  - Cucumbers
  - Chicken
  - Salads
  - Yogurt
  - Tomatoes



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### Never Fail Herb and Food Combinations

• **Thyme – Island Cuisines, White Meats, Mushrooms**

- Chicken
- Veal
- Pork
- Green Vegetables
- Marinades
- Soups
- Stews




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### Health Benefits of Herbs and Spices

- Spices and herbs provide flavor and a plethora of antioxidants.
- When added to salad dressing, the antioxidant values of some salad vegetables can increase.
- Antioxidant-rich spices:
  - oregano, rosemary, turmeric, thyme, cinnamon, sage and vanilla.




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### Video 3: Turmeric Pickles




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## Health Benefits of Herbs and Spices

- Cloves have the highest antioxidant activity:
  - A 1/2 teaspoon of cloves has a higher level of antioxidants than a 1/2-cup serving of blueberries or cranberries.
- 1/2 teaspoon dried oregano = antioxidant activity as 1/2 cup of sweet potatoes.
- Adding spices or herbs to cooked meat (grilled meat) may also help prevent harmful by-products in cooked meat. (American Journal of Clinical Nutrition report)

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## Health Benefits of Herbs and Spices

- Journal of Food Science said that all five of the Asian spices significantly decreased HCA formation (Szechuan pepper, fennel seed, cinnamon, star anise and clove).
- Jan. 2002: "Researchers call herbs rich source of health antioxidants; Oregano ranks highest" Source: American Chemical Society.
- December 2015. "Plant compound found in spices, herbs increase brain connection" Dec 2015. Source: D'Or Institute for Research and Education.

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## What Kitchen Essentials are Needed to Use Herbs in the Kitchen

- A coffee grinder dedicated strictly to herbs is a healthy kitchen essential.
- Relatively inexpensive (under \$25)
- To clean the grinder in between sweet and savory spices: grind some white rice to a powder.
- A super time saver: process a couple of tablespoons of black pepper at the start of each week and place it in a small bowl.




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### Video 4: The Best Knives for Your Kitchen



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### Empowering the RD with Kitchen Techniques

- Why does the RD need to know these kitchen techniques?
- We can help be a bridge between the office and the kitchen.
- RDs should continue to encourage patients to consume antioxidant-rich herbs and spices as a part of a healthy food plan.
- Reference the **Video Links** handout.



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### Usable Kitchen Techniques for Your Clients

Roast Nuts



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## Usable Kitchen Techniques for Your Clients

Freezing Several Dishes



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## Usable Kitchen Techniques for Your Clients

Video 5: Favorite Kitchen Tools for the Healthy Kitchen



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## Contact Us!

- Our blog:  
[www.livingandeatingwell.com](http://www.livingandeatingwell.com)
- More videos on herbs/spices and kitchen techniques that Shayna and Nancy have done:  
[www.piedmont.org/living-better](http://www.piedmont.org/living-better)
- Chef Nancy's blog with free recipes and wine tips:  
[www.tasteandsavor.com](http://www.tasteandsavor.com)



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