

Webinar: Changing the Conversation: Culinary Techniques to Meet the Needs of a Client's

Diagnosis Without Sacrificing Flavor for Digestive Disorders

by Chef/RDs Abbie Gellman and Julie Harrington, June 18, 2019

Miso Vinaigrette with Tomato Corn Salad

Prep Time 15 minutes

Total Time 10 minutes

Servings: 4

Ingredients:

Miso Vinaigrette:

- 1/3 cup extra virgin olive oil
- 3 tablespoons white wine vinegar
- 1 tablespoon grainy mustard
- 1 tablespoon soy sauce
- 1 tablespoon white miso
- 1 shallot minced

Salad:

- 2 pints cherry tomatoes halved
- 2 cups corn (frozen and thawed, or freshly cut off cob)
- 5 ounces baby spinach
- ¼ cup parsley, chopped
- ¼ cup basil, chiffonade
- Optional: ¼ cup grated parmesan

Directions:

1. Mix vinaigrette ingredients together in a jam jar and refrigerate until time to use.
2. Mix all salad ingredients together in a large bowl. Serve with dressing on the side or dress salad and toss before serving.

Equipment:

- Cutting board
- bowl
- Knife
- Measuring cups, spoons
- Jam jar



Overnight Oats

Yield: 2 servings

Ingredients:

- 3/4 cup rolled oats
- 1 banana, mashed
- 1 tablespoon chia seeds
- 1/2 teaspoon cinnamon
- 2 tablespoon unsweetened coconut flakes
- 2 tablespoon mini chocolate chips
- 1 1/2 cups milk (or non-dairy milk of choice)
- 2 teaspoons maple syrup

Directions:

1. Place all ingredients together in a container and mix well. Cover and place in refrigerator overnight.
2. Stir and eat.

Equipment:

- Bowls
- Wooden spoon
- Serving bowl
- Mason jar (if available)



Southwest Black Beans with Quinoa

Yield: 4 servings

Ingredients:

Salad:

- 1 cup cooked quinoa
- 1 can (15 ounces) black beans, low or no sodium, rinsed and drained
- 2 medium tomatoes chopped
- 1 bell pepper chopped
- ¼ cup cilantro, chopped
- ¼ cup scallions, sliced



Smoky Cumin Lime Vinaigrette

Makes ~1 ¼ cups

- ½ cup red wine vinegar
- 1/3 cup olive oil
- ¼ cup lime juice
- 1 tablespoon toasted cumin seeds
- 1 teaspoon maple sugar
- 1 teaspoon kosher salt
- ½ teaspoon red pepper flakes

Directions:

1. In a large bowl, combine the rice, beans, tomatoes, and pepper.
2. In a small bowl or jam jar, mix together the vinegar, oil, lime juice, cumin, maple sugar, salt, and red pepper flakes. Allow to sit for 15 minutes so flavors can meld.
3. Pour half the vinaigrette (~8-9 tablespoons) over the beans. Toss well. Garnish with cilantro and scallions.

To roast cumin seeds: Add cumin seeds to a small skillet over medium heat. Cumin seeds should start to smoke and become fragrant after 1 to 2 minutes. Remove from heat as soon as this happens.

Equipment:

- Bowls
- Jam jar
- Knife, cutting board
- Small skillet
- Presentation plate/bowl
- Measuring cups, spoons

Roasted Asparagus with Lemon

Yield: 4 servings

Ingredients:

- 2 pounds asparagus, bottoms trimmed
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- Zest of 1 lemon
- 2 tablespoons lemon juice



Directions:

1. Preheat oven to 425 degrees F. Line baking sheet with foil or parchment paper.
2. Place asparagus on baking sheet. Drizzle oil, salt, and pepper over top. Roast 15 minutes, move around, then roast another 15 minutes (until the level of golden brown and caramelization you like).
3. Toss with lemon zest and juice.

Equipment:

- Baking sheet
- foil
- knife
- Presentation plate
- Measuring cups, spoons