



## **CHEF Coaching Quarterly Newsletter** Spring 2019

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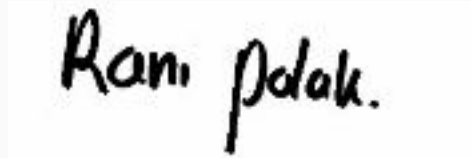


## A Note From Rani's Kitchen

Culinary Medicine continues to grow. Recent publications highlight interesting new tools for clinicians. Kennedy et al, from Ontario Canada, have just published a new validated [food skills questionnaire](#), which includes three domains: Food Selection and Planning, Food Preparation, and Food Safety and Storage. This new instrument evaluates basic to intermediate food skills. It is designed for research purposes, but also can be used in practice-based settings. Please send us feedback on this new tool, and we will share it with the CHEF Coaching community. Another publication with practical applications was recently published by the [Academy of Nutrition and dietetics](#). It provides complete guidance on how to set up a cooking workshop including staff requirements and costs. Although this manuscript primarily addresses RD needs, it is a helpful resource with practical tips that might be used by all clinicians.

Last, I am thrilled to share great news from the CHEF Coaching program. Next month we will host our first SOLD OUT CHEF Coaching training in Boston. In the past we had a few remote events which were sold out; however, this is our first ONSITE cohort that has sold all 150 seats!

I hope you will welcome the spring with a few new and healthy dishes. Enjoy our quarterly newsletter!



Dr. Rani Polak

[CHEF Coaching](#) Program Director

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## The Latest CHEF Coaching Information

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### CHEF Coaching Programs

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**Earn a "Certificate of Completion in Culinary Coaching"  
from the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital,  
Harvard Medical School**

- **Overcome Barriers to Home Cooking**

- **Empower Patients with Culinary Goals**
- **Improve your Culinary Skills and Personal Health**

## **Small group practice sessions -Register NOW!**

If you attended one of the CHEF Coaching - the Basics onsite training workshops or plan to attend the upcoming workshop on May 2, 2019 continue the training and earn a Certificate of Completion of Culinary Coaching from the ILM!

### **SUMMER SMALL GROUPS begin JUNE 10**

For more information and registration visit our website at: <http://bit.ly/CHEFCoachInfo>

## **Clinicians CHEF Coaching: the REMOTE - Fall 2019 Cohort Registration NOW OPEN**

This 10 WEEK program includes five, ninety minute live weekly teleclasses and five, seventy five minute small group practice sessions.

### **FALL REMOTE 2019 COHORT begins SEPTEMBER 9**

For more information and registration visit our website at: <http://bit.ly/CHEFCoachInfo>

### **Join us for our next LIVE CHEF Coaching INTRODUCTION SESSION**

**Wednesday, June 19, 2019 @ 12:00 PM (ET)**

**Tuesday, August 6, 2019 @ 8:00 AM (ET)**

**To Register:** <http://bit.ly/ChefCoachQA>

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## **CHEF Coaching Research**

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## **Are you interested in cooking more at home and improving your nutrition?**

You may be eligible to participate in a research study conducted by the CHEF Coaching Program at Spaulding Rehabilitation Hospital to evaluate how a remote home cooking program can help improve nutrition, weight and other health

outcomes of adults who are overweight or obese.

For more details and to see if you are eligible [Click Here](#).

## QUICK SOUP FROM STAPLE INGREDIENTS

**Lentil Soup w/ Salsa Verde**

*Makes Eight 1 cup servings*

Recipe created by: Jane Barg, NBC-HWC, CHEF, Coaching Program Faculty

Staple ingredients are ingredients that have a long shelf life and make it possible to cook quick and delicious meals. They can be ingredients you store in your pantry, and also foods that you prepare and keep in your freezer or refrigerator. Lentils are quick cooking, making them an ideal staple ingredient. When you have lentils on hand, any vegetable can be added to make an easy and tasty soup. Another example is salsa verde, which can be made, stored in your freezer, and used to add flavor to grilled fish, roasted vegetables and soups, or as the base for a vinaigrette.

Next time you make a shopping list, think about what items you can keep on hand, such as dried lentils or other legumes that will make cooking a quick meal possible.

**Ingredients**

1 medium onion, quartered, then cut cross wise in  $\frac{1}{4}$ " slices

3 carrots, peeled, then cut into  $\frac{1}{2}$ " rounds

1 cup red lentils, rinsed in cold water and drained  
1 Tablespoon canola oil  
½ large lemon, sliced very thin  
2 Tablespoons **Salsa Verde** (see recipe below)  
½ teaspoon Atlantic sea salt, plus more to taste  
¼ teaspoon fresh ground black pepper, plus more to taste  
Juice of ½ lemon, (approx. 2 Tablespoons)

### **Instructions**

Preheat oven to 400°F

Combine onion and carrots in a medium mixing bowl, sprinkle with salt and pepper, then add canola oil. Toss to evenly coat the vegetables with the oil. Place vegetables on a parchment lined baking sheet. Roast in oven until softened and browned, about 20 minutes.

While the vegetables roast, fill a stock pot with 6 cups of water, add the lentils and bring to a boil using high heat. Reduce heat to low and cook lentils uncovered until soft, about 30 minutes. Foam naturally forms as the lentils cook. It can be easily removed by skimming the surface with a large flat spoon.

Add the roasted vegetables, sliced lemon and salsa verde to the lentils. Stir and continue simmering until the flavors come together and the lemon softens, about 15 minutes.

Before serving, add salt and pepper to taste. Serve with extra Salsa Verde and fresh lemon juice.

### **Salsa Verde**

*Makes ½ cup*

### **Ingredients**

2 garlic cloves, halved  
1 Tablespoon capers, rinsed and drained  
2 Tablespoons extra-virgin olive oil  
¾ cup (tightly packed) flat leaf parsley, stems removed

### **Instructions**

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