

CHEF Coaching Newsletter

September 2020

From Our Kitchen

Hello Home Cookers!

This past June we delivered the first ever telemedicine conference and had our largest ever *CHEF Coaching the Basics* training program with over 200 clinicians in attendance. Attendees had the opportunity to experience culinary telemedicine training delivered via livestreaming. What an extraordinary educational opportunity.

Participants enjoyed the sense of community created at the conference.

Livestreaming enabled attendees to come together in one space to network with colleagues in neighboring towns and across the world. The chat room was filled with recipes and success stories emphasizing the benefits of healthy home cooking.

The CHEF Coaching program has been at the forefront of the culinary telemedicine movement since our inception in 2015. It's encouraging to see telemedicine gain wide acceptance, especially as the pandemic necessitates its use.

Keep the momentum going! For those of you just starting out we challenge you to introduce culinary telemedicine into your practice and your life. Start small by asking your patients what they cooked this week in your next virtual visit or challenge yourself to cook a plant-based meal this week. Try the recipe in this newsletter or visit

our [resource center](#) for recipe ideas. Just by cooking at home you might see positive health results.

Stay safe and cook healthy,
Laura Klein, Newsletter Editor

CHEF Coaching Programs

CHEF Coaching the Basics

LIVE STREAMING – December 2020 through Harvard Medical School as part of the Institute of Lifestyle Medicine conferences. CME credit available.

ENDURING MATERIAL– Self-paced recorded modules, choose to study on your own time and schedule. CME credit available.

[Click here](#) for details on all programs.

CHEF Coaching Beyond the Basics

Completed only CHEF Coaching the Basics? Take the next step toward your certificate in Culinary Coaching with small group practice sessions in culinary telemedicine.

LIVE ONLINE through Harvard Medical School – several options starting January 2021. CME credit available.

[Click here](#) for details on all programs.

Our programs usually sell out so register early!!



Complete both CHEF Coaching the Basics and CHEF Coaching Beyond the Basics and receive a **“Certificate of Completion in Culinary Coaching”** from the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, Harvard Medical School.

FREE CHEF Coaching Events

Culinary Medicine Webinar

Join, Rani Polak, MD, MBA, Chef and CHEF Coaching Director - learn the science behind the culinary medicine movement, get to know culinary coaching and all the latest on the Clinicians CHEF Coaching Program. **September 8th at 8AM ET.** [Click here](#) for registration and additional dates.

Culinary Medicine Podcast

Learn the art and science of using food as medicine, and how doctors can prescribe home-cooking and lifestyle changes to prevent, treat and manage disease. Listen [here](#).



CHEF Coaching Graduate Spotlight



Adriana Katekawa, a recent CHEF Coaching graduate, is an experienced chef instructor teaching healthy cooking classes in the Netherlands, United States and Brazil. Adriana is the Culinary Director of EatWell Meal Kits in Boston, Chef and Culinary Coach for Medicos na Cozinha (Doctors in the Kitchen), food stylist and recipe developer for books, magazines and social media.

website: <https://www.culinarycoaching.com.br/>

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

I learned how to align my health coaching knowledge with my culinary background to help healthcare professionals incorporate the home cooking habit. How and when to wear those different hats (coach and chef) were critical for my practice.

- How have you integrated these skills into your practice, both pre and post Covid-19?

The program gave me the knowledge and confidence to run my culinary

coaching program 100% online. Living in Brazil, the US and now the Netherlands it was easy to continue to provide my coaching online, many people are now looking to improve their culinary knowledge and are open to using online platforms such as Zoom.

The pandemic also brought a demand for online education. We are working in culinary telemedicine for doctors and patients with the project Médicos na Cozinha (Doctors in the Kitchen) in Brazil. We did a free live course on Instagram for almost 2000 people using concepts we learned in the CHEF Coaching program, such as batch cooking, repurposing, planning and organization. We are now developing a 2-month online course with 8 classes of Culinary Medicine.

- What results have you seen with your patients/clients since incorporating culinary coaching, can you share a success story?

My client, an endocrinologist, reported improvement in her diet and weight loss simply by skipping food delivery; she has less food waste, more confidence to cook without a recipe and is using new ingredients. She now discusses the cooking habit with patients, advising them in strategies such as batch cooking, freezing meals and exploring new spices and herbs.

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

After the program I decided to systematically plan my meals for the week. I realized that with more planning before grocery shopping I was able to eliminate my food waste to practically zero and by repurposing meals, I have saved time and money.

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 with your story.

CHEF Coaching Recipe

Minty Citrus Quinoa Salad

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

Serves 6 / Serving size: ½ cup

Ingredients:

½ cup white quinoa

1 cup water

Pinch of sea salt

1 medium carrot, peeled, small dice

2 stalks celery, small dice

2 green onions, white and green parts thinly sliced

2 oranges

- Peel, segment and cut 1 orange into bite sized pieces

- Juice 1 orange and reserve ¼ cup for the salad

¼ cup fresh mint leaves, finely chopped

1 tsp maple syrup

1 ½ Tablespoons extra virgin olive oil

Salt and Pepper to taste

Directions:

1. Place quinoa in a small pot with 1 cup water, pinch of sea salt and cover. Bring to a boil then reduce to a gentle simmer, covered, for approximately 10-15 minutes. When quinoa is tender, remove from heat and keep covered for 5 minutes to steam and soften. The quinoa should absorb all the water during the simmering.

2. Transfer the cooked quinoa to a salad bowl. Stir in the diced carrot and

celery. Add the sliced green onions, orange segments and mint leaves.

3. In a small bowl, whisk together $\frac{1}{4}$ cup freshly squeezed orange juice, maple syrup and extra virgin olive oil. Combine thoroughly.

4. Stir the orange juice vinaigrette into the quinoa salad, adjust with salt and pepper if necessary.

5. Let the salad sit for 20-30 minutes for the flavors to combine and serve at room temperature.

Adaptations:

Go Basic:

- Substitute the quinoa with brown rice or any other grain you enjoy.
- Substitute the mint with parsley or cilantro.
- Substitute the maple syrup with honey or date honey.

Challenge your skills:

- Toast and chop pecans or walnuts and add them to the salad for contrasting texture.
- Think Greens - chop the leaves of spinach, baby kale, chard or beet greens to add color and fiber to the salad.

Cultural adaptation:

- Go Tropical - substitute the orange segments for bite sizes pieces of tropical fruit, such as mango or pineapple. Reserve their juice to use in place of the orange juice. Substitute the olive oil for coconut oil. For texture, add some toasted unsweetened shredded coconut and/or toasted chopped macadamia nuts. Add a finely chopped half of a jalapeno pepper for added spice.

Home cooking talking points:

- Quinoa is usually available to purchase in bulk and has a shelf life of several months.
- Batch cook quinoa. Cooked quinoa can be stored in the fridge or frozen in portion sizes. It will thaw quickly and save you cooking time in future meals.
- Almost any vegetable or fruit can be used in this salad. Check your fridge to see if there's a leafy green vegetable to slice, or maybe a fruit or vegetable to chop and include in this salad.



Do you have any questions or thoughts you would like to share? Please contact us at: chefcoaching@instituteoflifestylemedicine.org



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