

# CHEF Coaching Newsletter

December 2020

## From Our Kitchen

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### **Hello Home Cookers!**

**What is the number one barrier we hear when it comes to home cooking? Unanimously it's lack of time. The CHEF Coaching solution is to have staple ingredients on hand that serve as building blocks for making meals quickly. Stocking some "go to" ingredients and dishes in your pantry or fridge allows you to be more spontaneous and build a meal without a lot of preparation or a recipe.**

**These building blocks have a long shelf life, are concentrated in flavor, are easy to find and easy to store. Some staples include homemade sauces, spices and rubs, spiced legumes, and frozen vegetables. In a recent New York Times article, chef and food columnist J. Kenji Lopez-Alt, describes how even famous chefs keep staple items on hand to build quick meals, whether at home or at their restaurant.**

**My go to item is spicy chickpeas, check out the recipe in this issue. I batch cook and freeze them for easy future meals. When I'm short on time or inspiration I look in my fridge and see what I can pair them with. They are a great base for a Mexican Bowl with chopped lettuce, tomato and shredded cabbage or over a baked sweet potato topped with some tahini. Knowing I have staple ingredients stored in my**

kitchen gives me peace of mind that I will always have some fall back dinners. What can you stock as building blocks to make your home cooking easier?

Stay safe and cook healthy,  
Laura Klein, Newsletter Editor

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## CHEF Coaching Programs

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### CHEF Coaching the Basics

**LIVE STREAMING** – December 10, 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 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.

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**FREE CHEF Coaching Events**

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**CHEF Coaching Information Sessions**

Learn all about the Clinicians CHEF Coaching Program, the leader in culinary telemedicine. Get all the details on course descriptions, training options and your questions answered live!

**JOIN** Laura Klein Chef, Culinary Coach and CHEF Coaching Program Faculty, for this live presentation followed by Q & A. [Click here](#) for dates and free registration!

### **The Future of Culinary Medicine Webinar with CHEF Coaching Founding Director, Dr Rani Polak**

Culinary Telemedicine is the wave of the future. Learn the science behind the movement of this emerging field and its impact on restoring and maintaining health.

**JOIN** Rani Polak, MD, MBA, Chef and CHEF Coaching Program Director, for this live presentation. [Click here](#) for dates and free registration.

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### **CHEF Coaching Graduate Spotlight**

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**Gretchen Robbins**, Health and Wellness Coach, is a recent graduate of Clinicians CHEF Coaching and holds a Masters Degree in Health and Wellness Coaching from the Maryland University of Integrative Health. Gretchen is committed to helping her clients find balance that works for their own lives and their families.

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- **What skills or training that you gained from the program have been the most impactful for you?** The format of the class showed me how easy it is to conduct culinary coaching using technology. Face to face sessions are nice, but definitely not a requirement

- **How have you integrated these skills into your practice, both pre and post Covid-19?** All I need is a simple camera stand and iphone, and I have a cooking class ready to go! I've taught group classes both in person (pre-pandemic) and online since March. I've found that the best way for people to learn is to DO. So watching me cook is not as helpful to them as actually doing it right along side me, whether in person live or virtually.

**- What results have you seen with your patients/clients since incorporating culinary coaching, can you share a success story?** It's amazing how stressful cooking can be for many people. Just using the words "culinary coach" as part of my business model has attracted many clients to work with me. They love that in addition to my traditional health and wellness coaching, I'm trained to assist them with batch cooking, healthy recipes, pantry strategy--I also incorporate grocery strategies and meal planning into my offerings.

**- Can you share a success story?**

One of my clients came to me because she recently learned she has high cholesterol. She is young and seemingly healthy, but she never learned healthy cooking and eating habits growing up. Working together both with wellness and culinary coaching, she has learned new healthier recipes and habits. She has lost weight, her skin looks better and she feels so much more energetic and fit!

**- What personal changes have you made as a result of completing the program?** I always believed we ate healthy at home, but the reality is that I cooked a lot of meat and simple carbs. Learning how to incorporate a more diverse group of healthy grains into a meal and cook with less meat has stuck with me. Last night I made a mac and cheese casserole--that sounds unhealthy but I packed it with whole-wheat pasta, tofu, eggs, and a minimal amount of milk and cheese. I took a classic family meal and made it much healthier but just as tasty. The culinary coaching classes definitely helped me with my confidence to create dishes like this one.

**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](mailto:chefcoaching@instituteoflifestylemedicine.org) with your story.



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## CHEF Coaching Recipe

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### Mexican Spiced Chickpeas

By Laura Klein, Chef, Culinary Coach, Program Faculty, Clinicians CHEF Coaching Program

Serves 8 / Serving size: ½ cup

#### Ingredients:

1 pound dried chickpeas, soaked overnight and drained (or 4 cups cooked)

2 tablespoons olive oil

½ tsp Kosher salt

½ tsp fresh ground black pepper

2 cloves of garlic, minced

1 tablespoon chili powder

2 teaspoons cumin

¼ teaspoon cayenne

2 tablespoons tomato paste

1 cup water

**Directions:**

- 1. Prepare cooked chickpeas:** In a large pot, cover pre-soaked chickpeas with 5 quarts of water, and bring to a boil over high. Reduce heat to medium and cook, uncovered, for about 2 hours, until chickpeas are soft. Drain chickpeas, season with salt and pepper and set aside to cool. Reserve 4 cups chickpeas for this recipe, and transfer the rest to freezer-safe storage bags or containers. Freeze for up to four months.
- 2. Set a wide skillet over high heat.** Add the oil and garlic, stir until soft, 1 minute. Add the chili powder, cumin, cayenne, salt and pepper and stir until fragrant.
- 3. Add tomato paste,** stir until the paste darkens in color, about 1 min. Add water and chickpeas. Bring to a simmer, cook for 10 minutes, stirring occasionally, until all the liquid is absorbed.
- 4. Season with salt and pepper and serve.**

**Adaptations:*****Go Basic:***

- Use canned chickpeas instead of dried, make sure to read the label and watch for added sodium and preservatives.
- Omit the cayenne if you like less it less spicy.
- Replace the chickpeas with other cooked legumes like black beans or pinto beans.

***Challenge Your Skills:***

- Combine warm chickpeas with  $\frac{1}{2}$  pound of roasted squash, eggplant and/or chopped spinach and toss. These vegetables will absorb the spices and flavors of the dish nicely and make a meal.
- Use chickpeas as taco filling in place of ground beef; place chickpeas in a corn tortilla, add shredded lettuce, chopped tomato and the topping of your choice or use the chickpeas as a base for a bowl, add a cooked whole grain, chopped leafy greens, raw or roasted vegetables and the



dressing of your choice.

***Cultural Adaptation:***

- **Replace spices with 1 tsp. of turmeric, 1 tsp. ground coriander and ¼ tsp. of ground cloves to give this an Indian flair.**

**Home Cooking Talking Points:**

- **Batch cook these chickpeas, they freeze well and can be used for multiple meals.**
- **Save the cooking liquid from the chickpeas and use it in place of broth.**



**Do you have any questions or thoughts you would like to share?** Please contact us at: [chefcoaching@instituteoflifestylemedicine.org](mailto:chefcoaching@instituteoflifestylemedicine.org)



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