

Culinary Medicine

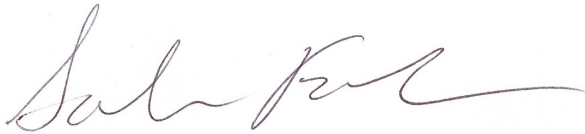
Recipes to Eat Well & Be Well

BY SABRINA FALQUIER, MD AND ANGIE NEISON, MD



At Sharp Rees-Stealy, we are all about prevention. This led us to create **Be Well**, a comprehensive program that addresses the five essential elements of wellness – move, eat, sleep, breathe and connect. We practice **Be Well** in our doctors’ offices and through seminars and demonstrations in the community.

This cookbook highlights the way we think our patients and everyone should eat – real food, a mostly plant-based diet. We encourage everyone to fill half their plate with vegetables and fruits, 1/4 plate whole grains and 1/4 plate well-thought-out proteins such as lentils, beans, nuts and fish. We developed these recipes with those principles in mind. You’ll find two full days of recipes plus snacks – they are family-tested and loved. By adopting a healthy, plant-forward diet and limiting red meat and alcohol consumption, we know you’ll **Be Well** on your way to a healthy and productive lifestyle.



Sabrina Falquier, MD
Internal Medicine
Sharp Rees-Stealy Downtown



Angie Neison, MD
Family Medicine
Sharp Rees-Stealy Mira Mesa



Be Well

Medical Disclaimer

All recipes and information contained in this booklet are for informational purposes only. The contents are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Do not disregard professional medical advice or delay seeking advice or treatment because of something you have read in this booklet.

Photos supplied by Dr. Sabrina Falquier and Dr. Angie Neison

On the Table

Breakfast

4

Entrées

8

Snacks

16

Desserts

20

Culinary Medicine Specialists

26

Breakfast

Two-Way Sweet Potatoes

BY ANGIE NEISON, MD

This is a popular item in my house. Everyone can make their own kind of breakfast or have one of each! Sweet potatoes are high in Vitamin A, which plays an important role in vision, bone growth and the immune system. They are also an excellent source of potassium, which helps control blood pressure. Another plus is that sweet potatoes are available year 'round. They have protein and fiber, which help keep the blood sugars stable, making it diabetic-friendly as well. Savory recipe should be eaten within a day. Sweet recipe should be eaten within 1-2 days.

Ingredients

- 1-2 medium sweet potatoes

Sweet Version

- Nut butter (peanut, almond or any nut butter)*
- Fruit

Savory Version

- Avocado
- Pinch of everything bagel seasoning on top

Directions

Slice 1-2 sweet potatoes about 1/4 of an inch thick. Place in toaster oven or vertical toaster until sweet potato is soft. Top with ingredients of either sweet or savory version. Enjoy one, two or both!

**If you have a nut allergy, please substitute a non-nut product.*



Overnight Oats

BY SABRINA FALQUIER, MD

This recipe is always a winner. It was one of the most viewed recipes on Sharp Health News in 2018!

It is super easy. You can choose a bigger bowl or giant Mason jar and make enough for several days all at once. It keeps for 4-5 days in the fridge.

This recipe packs in whole grains from the oats, protein and probiotics in the plain yogurt, and antioxidants and vitamins and minerals in the berries. If you choose to leave out the yogurt, I highly encourage adding the nuts for protein and healthy oils.

Ingredients (per person)

- 1 Mason jar
- 1/2 cup dry oats
- 1/2 cup milk: unsweetened coconut, unsweetened almond* or cow's milk
- 1/2 cup plain yogurt (can omit and double non-dairy milk for fully plant-based option) (1:2 ratio oats: milk/yogurt)
- 1 cup fruit of choice: options include berries, apples, kiwi, mango, orange slivers. Cut into bite-sized pieces
- 1/4 cup crushed nuts (especially recommended if using the plant-based milk and no yogurt)*
- Drizzle (1 teaspoon) honey or maple syrup (optional)
- Dash cinnamon (optional)
- 1/8 teaspoon vanilla (optional)

Directions

Place oats, milk of choice, yogurt (if using) and chosen add-ons (honey, maple syrup, cinnamon, vanilla) in Mason jar and mix. Store in refrigerator overnight. Top with fruit and nuts (if using) right before eating.

**If you have a nut allergy, please substitute a non-nut product.*



Entrées

Rainbow Salad

BY ANGIE NEISON, MD

I love making rainbow salads with kids because we talk about how to eat the rainbow and maximize the nutrients from fruits and vegetables. This not only gets them to try a new vegetable, but also realize that vegetables are naturally vibrant in color. I skip leafy greens in this salad as many kids dislike them. However, I show other ways to incorporate green vegetables. This salad is rich in phytochemicals such as carotenoids and flavonoids, which are strong antioxidants that help reduce the risk of cardiovascular disease. Eat this salad within 3 days for optimal freshness.

Ingredients

- 1 cup diced watermelon
- 1/2 cup orange tomatoes
- 1/2 cup diced yellow bell pepper
- 1 scallion chopped
- 1/4 cup shelled edamame
- 1/4 cup chopped mint
- 1/2 cup blueberries
- 1/2 cup spiraled or grated purple carrot
- 1/2 cup diced jicama

Dressing (drizzled over the rainbow like “rain”)

- 4 ounces goat cheese
- 2 teaspoons apple cider vinegar
- 2 tablespoons olive oil
- 1 1/2 tablespoons honey
- 1/2 of a squeezed lemon
- Salt and pepper to taste

Directions

Mix salad ingredients one by one noting each color of the rainbow. Blend the dressing well until no clumps. Drizzle over all of salad. Watch your kids enjoy!



Vinaigrette & Kitchen Sink Salad

BY SABRINA FALQUIER, MD

This is the perfect salad to make when there is “nothing in the fridge.” Don’t feel stuck with the ingredients, especially in the salad. Use what you have, any whole grain will do. Small leftovers are perfect here, too, even diced chicken, 1/4 avocado, small piece of cucumber, you get the idea! This is your chance to use the bits and pieces left over to create a delectable dish to impress your taste buds and those around you.

Ingredients

Vinaigrette: (yield = 1 1/2 cups), Serving size: 1 tablespoon (24 servings)

Any vinegar works, the taste will change and you can find which you like best.

Ultimately, the ratios are what is important and of course, taste as you go. You may need to add more acid from vinegar or lemon, or a dash more of salt and pepper or Dijon – it’s your creation!

- 1 Mason jar
- 1/3 to 1/2 cup red wine vinegar
- 1 cup olive oil
- Squeeze of 1 lemon or lime
- 1 tsp Dijon mustard
- Pepper, fresh cracked is best for fresh flavor: 2-4 turns
- 1/2 teaspoon kosher salt

Salad

- Greens of your choice: butter lettuce, red leaf lettuce, dandelion greens . . .
- 1 avocado carefully cut and cubed
- 1 (15-ounce) can garbanzo beans, well-rinsed and drained
- 1 red pepper cut into bite-sized pieces
- 1 cucumber diced into bite-sized pieces
- 2 scallions, green and white portion, thinly sliced
- 2 ounces hard cheese, such as gruyere, cut into bite-sized pieces
- 1 medium tomato, or several cherry tomatoes, cut into bite-sized pieces
- 1/2 cup cooked whole grain, such as farro, freekeh, millet

Directions

Vinaigrette

Place all ingredients in the Mason jar and shake vigorously until emulsified. Adjust flavor with a bit more vinegar or 1/4 teaspoon more salt, to taste, and feel free to add fresh herbs or switch out to a different vinegar. Store in refrigerator for up to one month (If it solidifies in fridge, bring to room temperature and re-shake Mason jar).

Salad

Choose a gorgeous platter. Place greens at the bottom of platter. Place each ingredient separately around the platter to create a striking combination of colors and textures.

Drizzle with your amazing homemade dressing. Once all seated and ready to eat, after appropriate ooh's and aah's have been vocalized, toss together all ingredients and enjoy.



Italian Hash

BY SABRINA FALQUIER, MD

This recipe hits all the nutritional components desired — an amazing variety of vegetables, textures, whole grain and plant-based protein. I also love how by adding red pepper flakes, garlic and grated cheese, you can create an Italian dish that is scrumptious and incredibly good for you, with no compromise to comfort and deliciousness. Dish can be refrigerated for up to 7 days.

Serving size: 1 1/2 cups, makes roughly 6 servings.

Ingredients

- 1/2 cauliflower roughly diced, bite-sized pieces
- 2 red peppers, small, diced or 8 ounces thinly sliced sun-dried tomato
- 1 bunch or bag (4-6 ounces) of washed spinach, if large leaves, de-stem
- 1-2 cups mushrooms, any kind, small, diced
- 3-4 cloves garlic, minced or thinly sliced
- 1/4 teaspoon red pepper flakes, to taste
- 1/2 teaspoon salt
- Pepper, to taste
- 2 tablespoons olive oil
- 1 cup cooked whole grain of your choice: bulgur, freekeh, quinoa, whole wheat pasta, millet, farro. (Follow package instructions for cooking, and save extra for another use)
- 1 (15-ounce) can garbanzo beans or lentils, rinsed and drained
- 1/2 cup toasted pine nuts (dry roast in a hot pan, keep moving hot pan until desired toast)*
- Flat Italian parsley, a few sprigs, leaves only, finely chopped
- Freshly grated Pecorino Romano or Parmigiano Reggiano cheese (optional)
- Nutritional yeast (plant-based option)
- 2 lemons, cut into wedges, for serving
- Hot sauce, for serving

Directions

If using dry sun-dried tomatoes, soak in warm water, let sit. Heat sauté pan on medium heat, once warm, add 1 tablespoon of olive oil. Once oil is warm, add cauliflower, sprinkle with 1/4 teaspoon salt, sauté for 3-5 minutes until slightly browned bits at bottom of sauté pan. Don't stir too much or you won't get brown bits. Add a bit more oil (up to 1 tablespoon) and garlic, sauté until garlic is just aromatic (2-3 minutes). Add mushrooms and red peppers (if using) to pan for 3-5 additional minutes. Once cauliflower begins to be fork tender, add spinach and sun-dried tomatoes (if using). Heat until spinach is wilted (1-3 minutes). Season with 1/4

teaspoon salt and 4 cranks pepper. Add red pepper flakes, start with 1/4 teaspoon, as a little goes a long way. Remove from heat. Mix in cooked whole grain and garbanzo beans or lentils. Layer Italian hash top with pine nuts, parsley, grated cheese, drizzle with lemon and or hot sauce to taste.

**If you have a nut allergy, please substitute a non-nut product.*



Greens & Beans Soup

BY ANGIE NEISON, MD

If there is one nutrition tip I give my patients, it is to include more greens and beans in their diet. This is a family friendly soup, kids can help make and they can learn that green-colored foods are delicious. This flavorful, nutrient-dense recipe is filled with fiber, iron and phytochemicals! You can make this 1 to 2 days ahead of time.

Ingredients

- 1 bunch of organic spinach
- 1 bunch of organic kale
- 1/2 cup firmly packed, chopped cilantro
- 2 tablespoons olive oil
- 2 larger shallots
- 4 cloves of garlic
- 1 (15-ounce) can of cannellini beans
- 1 teaspoon ground turmeric
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon freshly grated nutmeg
- 1/4 teaspoon ground allspice
- 4 cups low sodium chicken stock OR vegetable broth to make it plant-based
- 2% Greek yogurt (optional)
- Salt and pepper to taste

Directions

Heat olive oil in a large saucepan over medium heat. Add shallots and garlic, and cook, stirring often, just until tender, about 5 minutes. Stir in turmeric, salt, pepper, nutmeg, and allspice; cook, stirring often for 2 minutes. Add drained can of white beans and stock, and bring to a simmer. Cook about 10 minutes.

Add kale/spinach, cilantro to pan. Bring to a simmer over medium heat, and cook 10 minutes. Working in batches, transfer soup to a blender or use an immersion blender. Secure lid on blender, and remove centerpiece of lid to allow steam to escape. Place a clean kitchen towel over opening. Blend until smooth. Taste and adjust seasonings if needed.

Optional garnish: Add a dollop of 2% Greek yogurt and a cilantro leaf.



Snacks

Fruit Leather

BY SABRINA FALQUIER, MD

My kids devour this treat. It usually doesn't last a day on the counter because it's a perfect grab-and-go snack.

I love using peak-season fruit for this, so feel free to vary the fruit you choose. This recipe is also a great way to use fruit that is past its peak, as a few bruises won't affect the flavor.

Makes 1/2 sheet fruit leather (10 fruit leather strips). Once the leather is dry and no longer tacky, it can stay on the counter for 2-3 weeks.

Ingredients

- 4 cups whole strawberries, hulls removed and roughly chopped
- 2 pitted dates or 1/2 banana, chopped
- Water

Directions

Choose saucepan with lid that is big enough to hold the fruit. Add just enough water to coat bottom of pan. Place strawberries and dates (or banana) into saucepan. Cover and bring to a boil. Turn down heat to simmer contents (barely boiling). Simmer covered until strawberries become soft and start to break down (about 10 minutes).

Mix contents. Continue to simmer, uncovered, until thick/jammy consistency and amount reduces by half (about 30-45 minutes longer). Remove from heat, let cool slightly and blend on high speed until fully blended. Place parchment paper or silicone baking pad over 18" x 15" baking or cookie sheet. Two smaller cookie sheets work well, too.

Pour blended fruit over parchment paper and create thin, even layer, about 1/4 inch thick. Cover with a tent of parchment or wax paper and place in sun for full day until fully dried out. Can take most of a day. If too cloudy or cool, place in oven at lowest temperature (110 degrees or lower) or on dehydrate mode for 4-5 hours. When dry and no longer tacky, tear into 10 strips.



Easy Hummus Snack

BY ANGIE NEISON, MD

This was one of the first snacks I made for my boys. The American Academy of Pediatrics recommends introducing infants 4-7 months old to peanut butter as this can help decrease allergies to peanuts later in life. So when I made this recipe, I easily substituted tahini for peanut butter and it was perfect! Now that my kids are toddlers, I find they LOVE to dip their foods when they eat. Having these ingredients handy when kids need a snack or when you make their lunches will make this an easy household staple! Enjoy with crunchy vegetables such as celery, colorful peppers and carrots. Hummus is good for 7-10 days.

Ingredients

- 1 (15-ounce) can garbanzo beans or any beans (white beans or black beans work well)
- 2 tablespoons peanut butter*
- 2 1/2 tablespoons citrus juice (squeezed lemon, lime or orange)
- 1/4 cup olive oil
- 1/4 teaspoon kosher salt
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- 1 garlic clove

Directions

Drain beans. Mix all ingredients in the food processor until smooth and serve with colorful vegetables to dip. You can also serve this as a kid's lunch on whole-wheat toast or a whole-wheat wrap filled with vegetables.

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Desserts

The Neison Household Dessert

BY ANGIE NEISON, MD

I usually have these ingredients on hand so I can easily make dessert happen! This dessert is filled with antioxidants, probiotics from the yogurt, fiber and protein to keep you satisfied! It will be sure to put a smile on anyone's face. You can easily stock these items and always be able to pull together this delicious dessert. This dessert is good for 1 week and up to 2 weeks if the berries are omitted.

Makes 4 servings.

Ingredients

- 1 cup Greek yogurt
- 1 cup frozen berries
- 2 heaping tablespoons of almond butter*
- 2 tablespoons of dark chocolate chips (60% cacao or higher) or grated dark chocolate shavings

Directions

Melt the frozen berries in the microwave for 1 minute. Layer with Greek yogurt, then almond butter and then top with berries and dark chocolate. You can make ahead of time. Enjoy this nutritious dessert!

**If you have a nut allergy, please substitute a non-nut product.*



Chocolate Bark

BY SABRINA FALQUIER, MD

This recipe combines the deliciousness of dark chocolate with the texture and flavors of nuts, dried fruit and coconut. I love making this dessert, as it is so decadent yet amazingly full of antioxidants in the dark chocolate, healthy oils from the nuts, and fiber, vitamins and minerals in the dried fruit. Choose the fruit and nuts that you like. You can always omit one of the add-on ingredients. Keep refrigerated, best eaten within 1-2 weeks.

Ingredients

- 1 (10-ounce) bag chocolate chips or 2 (4-ounce) dark chocolate bars (total about 2 cups chopped, before melting). Cut into rough 1/4 to 1/2 inch pieces. (The darker the better on the chocolate — at least 65% cacao to get the health benefits. My favorite is 80%.)
- 1/2 cup dried fruit of your choice (dark cherries, apricots), roughly chopped
- 1/2 cup nuts of your choice (pecans, walnuts), roughly chopped*
- 1/4 cup dried, unsweetened, shredded coconut
- Fresh berries, your choice, for serving

Directions

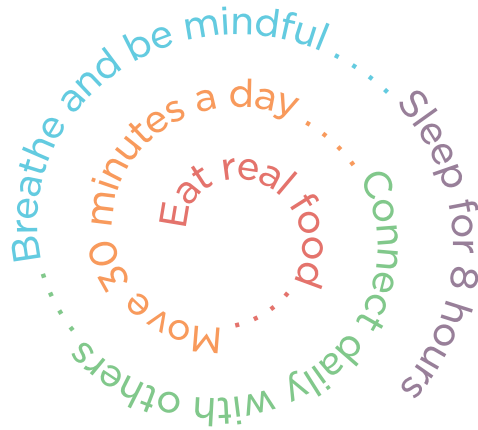
Place chocolate in a glass or metal bowl big enough to sit over your saucepan. Boil water in small pot. About 2 inches of water is enough. (This is called the “bain-marie” or hot water bath method.) Place bowl with chocolate over pot. Make sure water does not touch the bottom of bowl.

Mix chocolate with rubber spatula until melted. Place parchment paper or silicone baking pad over 18” x 15” sheet pan. Two smaller pans work, too. Pour chocolate over the parchment paper and create thin, even layer, about 1/4 inch thick. Sprinkle dried fruit, nuts and coconut over top, while chocolate is still warm.

Place sheet pan in fridge until chocolate solidifies (about 15 minutes), or, if time allows, place in fridge for 5 minutes and then place on counter in cool part of your kitchen to finish hardening. Crack into uneven pieces and serve on your favorite platter. It can be stored in fridge for up to a week in airtight container. Leave in fridge until time to serve, as it can melt quickly. Serve with berries, or alone.

**If you have a nut allergy, please substitute a non-nut product.*





Be Well

We believe prevention is everything, so we created **Be Well** to help you remember these five essentials of wellness.

Today I will:

Eat real food

Move 30 minutes

Connect with others

Breathe and be mindful

Sleep for 8 hours

Sharp Rees-Stealy Locations by Region

Call us Monday through Friday, 7 a.m. to 7 p.m. at **1-800-82-SHARP** (1-800-827-4277) to select your doctor and schedule your first appointment.

If you are unsure which doctor to choose, our physician referral nurses can provide personalized guidance to find the Sharp Rees-Stealy doctor who's right for you. You may also view each doctor's complete profile anytime at sharp.com/srs.

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Downtown * + 🧪 🧴
300 Fir Street
San Diego, CA 92101

Frost Street
8008 Frost St., Suite 106
San Diego, CA 92123

Frost Street North
8010 Frost St.
San Diego, CA 92123

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2020 Genesee Ave.
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Chula Vista, CA 91910

Chula Vista Rehabilitation Services
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Chula Vista, CA 91910

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1400 East Palomar St.
Chula Vista, CA 91913

* Primary Care + Urgent Care 🧪 Pharmacy 🧴 Lab

Culinary Medicine Specialists

Sabrina Falquier, MD

BOARD CERTIFIED INTERNAL MEDICINE
SHARP REES-STEALY DOWNTOWN



Dr. Sabrina Falquier (pronounced: Fall-Key-A) was born and raised in Mexico City. She moved to the United States at the age of 11. She completed her medical training at New York Medical College followed by an Internal Medicine Residency at University of California, San Diego and has been board certified since 2014. She then did a one-year Women's Health Fellowship. Since 2005, she has been working in primary care at Sharp Rees-Stealy's Downtown location.

Dr. Falquier has a strong affinity for cooking. In 2016, she began attending an annual conference run by the Harvard School of Public Health and the Culinary Institute of America. This fueled her desire to merge her passion for medicine and the culinary arts. She now devotes time each week to researching, recipe-building, speaking, conducting cooking demonstrations and hands-on classes to empower individuals to optimize their health through food. In 2018, she was invited to become a member of Les Dames d'Escoffier, a leadership culinary organization for women who have achieved success in their profession and contribute significantly to their communities. For 11 consecutive years, she has been honored as one of San Diego Magazine's Top Doctors.

Angie Neison, MD

BOARD CERTIFIED FAMILY MEDICINE
SHARP REES-STEALY MIRA MESA



Dr. Angelica Neison is a board-certified Family Medicine Physician and is currently enrolled at Tulane's Goldring Center for Culinary Medicine. She has extensive knowledge in nutrition and preventive medicine.

After seeing a broad scope of diseases during her training at the University of Texas, Houston, Dr. Neison realized her desire to help patients went beyond just treating an illness. Her philosophy is to treat the whole person, with mind, body and spirit in consideration. In her practice, she uses nutritional education with a thoughtful approach to small changes for optimal health. She is on the Be Well committee at Sharp Rees-Stealy and gives presentations to the community where she shares the organization's pillars of wellness.

Dr. Neison's latest passion has been to implement a flavorful, sustainable food menu for the doctors at Sharp Rees-Stealy. She conducts regular cooking demonstrations with her sons and their peers, even as young as two years old! She hopes to inspire patients and families to choose flavorful ingredients to make delicious, easy meals the whole family will enjoy.



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