Introduction to Culinary Medicine

October 5, 2018
Diet and Disease:
Correlation between Unhealthy Diets and Disease States

What Is Culinary Medicine and Why Is It Important:
Gaps in Medical Education and How to Discuss Diet with your provider

How Does Diet Impact Disease States:

Standard American Diet (SAD)
Impacts on Glucose Regulation

Inflammation
ProInflammation

Glucose Dysregulation

Fatty Acids- Omega 6 vs Omega 3

Reading Food Labels

Whole Grains

Additives

Microbiome
Curried Lentils with Sweet Potato and Kale

Ingredients:
- Olive oil 2 TBSP
- Yellow onion, diced small
- Garlic, peeled, minced 4-5 cloves
- Ginger, fresh, minced 1 inch knob
- Garam masala seasoning 2 tsp
- Curry powder 2 tsp
- Cayenne pepper to taste - optional
- Green lentils (using trader joe’s frozen lentils)
- 1 Sweet potatoes, cut into 1/4 inch cubes
- Bay leaf 2
- Vegetable stock 4 cups
- Kale, washed, sliced thin 1 lb
- Salt 1 tsp
- Black pepper to taste
- Cilantro, washed, chopped 2 Tablespoons
- Lime juice 2 Tablespoons
- Almonds, toasted - optional
- Scallions, sliced thin on the bias

1. Gather all ingredients and equipment
2. Place a large pot on the stove over medium-high heat. Add the olive oil and the yellow onion and sauté until translucent, approximately 4-5 minutes.
3. Add the garlic, ginger, garam masala, curry powder and cayenne pepper. Stir the mixture and sauté for an additional 1-2 minutes.
4. Stir in the lentils, sweet potato, bay leaf and vegetable stock. Increase the heat to high and bring to a boil; once the water starts boiling immediately reduce the heat to medium-low to simmer.
5. Cover the pot and cook for 25 minutes. Remove the lid and add the kale, salt and pepper. Stir and place the lid back on the pot, cook for an additional 15-20 minutes or until the lentils are tender.
6. Transfer the lentil mixture to a large bowl. Toss the lentils with the remaining ingredients and serve.