

Phipps Online Class Materials List

Class Title: Cooking for Health – Doctors in the Kitchen

Class Time: November 19th, 2020 – 6 - 7:30 p.m.

Please try to have all essential ingredients or a substitute. If you are having any trouble sourcing any ingredient or have any questions please contact Jason at jleeper@poma.org.

<i>Sesame Tofu with Broccoli and Brown Rice</i>		
<i>Food Items</i>	<i>Quantity</i>	<i>Substitutions/ Notes</i>
Tofu	4 oz.	Extra firm
Broccoli	10 oz.	Fresh
Brown rice	¼ cup	
Sesame oil	1 tbsp.	
Extra virgin olive oil	1 tbsp.	
Garlic	1 tbsp.	Minced or fresh
Soy sauce	½ tbsp.	Gluten free or liquid aminos
Rice wine vinegar	½ tbsp.	
Sesame seeds	1 tsp.	
Honey	1 tbsp.	Sub brown sugar
Black pepper	To taste	
Red pepper flakes	To taste	Optional
Garlic powder	To taste	
Salt	To taste	
Green onions	For garnish	Optional
<i>Recipe Instructions</i>		
1. PREP WORK - Take out all ingredients and materials needed for easy access! Preheat oven to 400-425. Use your convection oven setting if available. Line 2 baking sheets with aluminum foil and spray with nonstick spray.		
2. Cut tofu into cubes. Be sure to dab tofu with a paper towel before cutting. Place tofu on baking sheet. Season with sesame oil, minced garlic, soy sauce, rice wine vinegar, honey, black pepper, sesame seeds and red		

pepper flakes if using. Gently mix with your hands. Place in oven between 25 and 35 minutes until golden brown on the outside.
3. Cut broccoli into florets and leave as much stem as you prefer. Place broccoli florets on cookie sheet. Season with salt, pepper, garlic powder and olive oil. Place in oven between 20-30 minutes. Check for texture 15 minutes in.
4. Follow directions on the box to cook the brown rice.
5. Plate and garnish with green onions.

Winter Salad		
Food Items	Quantity	Substitutions/ Notes
Fennel	1 bulb	
Oranges	2 large, 1 medium	
Orange juice	Half orange	Can use fresh or store bought
Mint	Handful	Fresh
Extra virgin olive oil	2 tbsp.	
White wine	1 tbsp.	Sub apply cider vinegar
Honey	1 tsp.	
Salt and pepper	To taste	
Recipe Instructions		
1. PREP WORK - Take out all ingredients and materials needed for easy access!		
2. Trim off the stalks, fronds and base of the fennel bulb. Thinly slice the bulb horizontally. It will break into pieces as you slice, which is what you want. You can also use a mandolin if you prefer.		
3. Using a sharp knife, cut and peel oranges and cut into segments.		
4. Mix the dressing ingredients in a bowl – Orange juice, extra virgin olive oil, apple cider vinegar, honey, salt and pepper.		
5. On a large plate assemble salad by arranging oranges, fennel and garnishing with mint.		
6. Drizzle on dressing and enjoy!		

<i>Cranberry Orange Oatmeal Cups</i>		
FOOD ITEM	QUANTITY	SUBSTITUTIONS/ NOTES
Old fashioned oats	4 cups	Gluten free if necessary
Ground cinnamon	1 ½ tsp.	
Baking powder	1 tsp.	
Salt	½ tsp.	
Unsweetened almond milk	2 1/3 cup	Sub any dairy free milk
Coconut sugar	¼ cup	Sub brown sugar
Vanilla extract	2 tsp.	
Maple syrup	1/3 cup	Pure
Dried cranberries	1 cup	
Orange zest	2 tsp.	
Orange juice	2 tsp.	
Chopped walnuts	½ cup	optional
<i>Recipe Instructions</i>		
1. PREP WORK - Take out all ingredients and materials needed for easy access!		
2. Preheat oven to 375 degrees F. Add all ingredients to a large bowl and mix well until everything is combined.		
3. Spray a muffin tin with cooking spray and scoop oatmeal mixture into cups using a large ice cream scoop or a ¼ measuring cup. The mixture will be a little watery, so it's important to mix well before each scoop to make sure you can an even combination of milk and oats.		
4. Bake oatmeal cups for 20 minutes, or until cooked through.		

MATERIALS LIST	
Knife and cutting board (or mandolin)	Aluminum foil
Nonstick spray	Baking sheet
Paper towel	Mixing bowls
Pot for rice	Measuring spoons and cups
Muffin tin	Ice cream scoop (or measuring cup)
Plates and dishes for serving	