

# Let's Cook Healthy Together

## Class 1

\* **ICE BREAKER:** Separate into 3 groups, introduce yourselves and take 3-5 minutes to discuss your “why” for taking this class. (Enjoy snack provided, provide handouts)

### \* **Benefits of Fiber:**

1. Healthy Weight Loss: Fiber rich foods fill you up faster and keep you satisfied longer. The Journal of Nutrition

2. People who eat a diet high in fiber are more likely to keep weight off, according to a 2023 study in Frontiers in Nutrition.

3. Lower risk of developing Type II Diabetes. According to a 2020 article in the Journal of Diabetes Prevention, fiber is believed to have positive effects on blood sugar levels, promote healthy gut microbiome and decrease inflammation in the body.

4. Lowers odds of Heart Disease. According to a 2022 article in JAMA, fiber decreases inflammation and helps decrease lipid (fat) absorption.

5. Increases “good bacteria” in the gut. Good bacteria feed on fiber.

6. Decreased risk of some cancers. The American Journal of Clinical Nutrition found that fiber from whole grain was correlated with a decrease in colorectal cancer. A 2020 review in the medical journal Cancer found that soluble fiber and fruit fiber, reduced the risk of some forms of breast cancer.

7. Regular bowel movements: Increased fiber and fluid intake can help with many forms of constipation.

## Ways to easily increase Fiber:

- \*Add quinoa or beans to salads
- \* Switch to whole grain, rye and pumpernickel breads
- \* Change to Lentils, black beans, whole wheat pasta, chickpeas or oatmeal
- \* Snack on Raspberries, Blackberries, Pears or Apples
- \* Eat plenty of avocados, artichokes, sweet potatoes, green peas

## Should I Buy Organic?

Organic products can be expensive and your best bet for organic is growing your own food at home. But many of us do not have the time, space or skills to accomplish this. The primary goal for most people who buy organic, is to avoid pesticides. This is most important for those suffering with fatty liver.

The liver is the filter of our body and can be strained when we take in chemicals from our environment.

As with all fruits and veggies, it is important to wash them before eating. The following is a list of the “Dirty Dozen” for 2024. These were the items found to have the most pesticides in 2024 and I recommend buying organic when you can.

- \*Strawberries
- \*Spinach
- \*Greens (kale, collard, mustard)
- \*Grapes
- \*Peaches
- \*Pears
- \*Nectarines
- \*Apples
- \*Bell & Hot Peppers
- \*Cherries
- \*Blueberries
- \*Green Beans

## The “Clean Fifteen”

- \*Avocados
- \*Sweet Corn
- \*Pineapple
- \*Onions
- \*Papaya
- \*Sweet Peas
- \*Asparagus
- \*Honeydew
- \*Kiwi
- \*Cabbage
- \*Mushrooms
- \*Mangoes
- \*Sweet Potatoes
- \*Watermelon
- \*Carrots

**\*\*Wash hands and review Food Handling Safety\*\***

## Stuffed Bell Peppers w/ Persian Salad

Stuffed Bell Pepper Nutritional Value: Serving Size: ½ stuffed bell pepper  
Calories: 346 Fat:14g Sodium:451mg Carbs: 25g Sugar: 7.5g (0 added sugar)  
Protein: 29g Fiber: 3g (\*\*values for listed ingredients, not alternatives)

Persian Salad: Serving Size: 1 cup  
Calories: 88 Fat: .19g Sodium: 2.4mg Carbs: 11g Sugar: .17g (0 added sugar)  
Protein: 1.25g Fiber: 1g

### Stuffed Bell Peppers:

- 4 bell peppers (any color)
- 1 pound ground turkey (or black beans, egg plant and zucchini)
- 1 cup cooked brown rice (or quinoa, couscous, black beans)
- 1 medium onion (diced)
- 1 clove garlic (minced)
- 2 Tbsp tomato paste
- 2 cups sugar free pasta sauce
- 1 Tsp monk fruit
- 2 cups low-fat mozzarella cheese (or vegan cheese)
- 1 Tbsp avocado oil
- 1 Tsp salt
- 1 Tsp black pepper
- 1 Tsp garlic powder
- 1 Tsp paprika (optional)
- 2 Tbsp Italian Seasoning

Preheat oven to 350 degrees.

Cut peppers in half and remove seeds and veins

Cook brown rice according to packaging

In avocado oil, cook onions over medium heat until they begin to turn soft.  
Add ground turkey, salt, pepper, garlic powder and Italian Seasoning. Cook until cooked all the way through.

Stir in tomato paste, tomato sauce, monk fruit and simmer 1-2 minutes to combine flavors.

Add cooked brown rice and remove from heat.

Divide the mixture into the 8 pepper halves.

Cook in oven for 20 minutes.

Remove from oven, add cheese to top of each pepper and return to oven for 5 minutes to melt the cheese.

### Persian Salad:

2 English cucumbers

3 roma tomatoes

½ red onion

¼ cup fresh parsley

¼ fresh mint

1/8 cup fresh dill (cut amounts in half if using dried herbs)

2 limes, juiced

3 Tbsp olive oil

½ tsp salt

½ tsp fresh ground black pepper

In a bowl, combine diced cucumber, tomato and onion into ¼ inch, evenly sized pieces (remove seeds if you suffer from Diverticulitis)

Add Chopped herbs

In a small bowl or glass, combine lime juice, olive oil, salt and pepper. Mix together, drizzle over salad and gently toss. Put in fridge to chill for 15-20 minutes.

\*\* Change this recipe up by using different herbs, like cilantro or add red pepper flakes for a little spice.

Serve with cucumber basil water

### Portion Sizes:

Discuss MyPlate from the USDA (United States Dept of Agriculture) and Your Hand Is Your Portioning Tool. See handouts

**ENJOY!**

As we enjoy our meal together, I will answer questions and give a small sample desert with recipe.

**Snack:** Hummus with zucchini rounds or pita chips.

NOT EVERYTHING NEEDS TO BE MADE FROM SCRATCH.

Hummus is generally low in sugar, especially when compared to other snacks. It is filled with fiber, healthy fats (monounsaturated & polyunsaturated), mainly from tahini or sesame paste, which can be good for your heart. It also contains calcium, iron, folate, zinc, B vitamins and vitamin E.

Chickpeas are the main ingredient, which are filled with antioxidants, which can help reduce inflammation.

Serving Size: 2 Tbsp hummus and 8 rounds of zucchini

Hummus: 50calories

Fat: 3.5g (0 Sat Fat, 0Trans Fat) Sodium 160mg Carbs: 4g Fiber: 1g Sugar: 1g (0 added sugar) Protein: 1g

One cup of raw, chopped zucchini contains the following nutrients:

- Calories: 21
- Fat: 0.4g
- Sodium: 9.9mg
- Carbohydrates: 3.9g
- Fiber: 1.2g
- Sugars: 3.1g
- Protein: 1.5g

Stacy's Baked Pita Chips:

\*Calories: 130

\*Fat: 5g

\*Sodium: 260mg

\*Carbs: 18g

\*Fiber: less than 1 g

\*Sugar: less than 1g

\*Protein: 4g

### Desert: Sauteed Apples

Apples are also an excellent source of fiber and natural sugars. Vitamin C, Iron and Vitamin B6 can also be found in apples.

Serving size: 1 cup

Calories: 121 Fat: 3 g (saturated fat 3g) Sodium 35mg Carbs: 26g Fiber: 5g Sugar: 19g (no added sugar) Protein: 1g

#### Ingredients:

4 apples, peeled, cored and chopped

2 tbsp coconut oil (you can use olive oil to decrease saturated fat)

1-2 Tbsp water

2 Tsp cinnamon

1 Tsp vanilla

Pinch of nutmeg (optional)

Pinch of salt

1 Tsp Pure maple syrup (optional)

Toss all ingredients (except oil) in a bowl to coat apples.

Add oil to a nonstick pan, then add contents of bowl. Cover and cook at medium-high heat for one minute.

Take lid off, reduce heat and keep stirring occasionally for another 3-4 minutes until some of the apples turn golden brown.

Take out and serve.

\*\*Options: serve topped with 2 Tbsp of granola

## EXIT SURVEY

Please rate your understanding of the following subjects before taking this class today and after.

1. Rate your understanding of the benefits of dietary fiber before taking this class. Poor 1...2...3...4...5...6...7...8...9...10 Excellent

2. Rate your understanding of the benefits of dietary fiber after taking this class. Poor 1...2...3...4...5...6...7...8...9...10 Excellent

3. Rate your understanding of how to add fiber to your diet before taking this class. Poor 1...2...3...4...5...6...7...8...9...10 Excellent

4. Rate your understanding of how to add fiber to your diet after taking this class. Poor 1...2...3...4...5...6...7...8...9...10 Excellent

5. Rate your understanding of healthy portion sizes before taking this class. Poor 1...2...3...4...5...6...7...8...9...10 Excellent

6. Rate your understanding of healthy portion sizes after taking this class. Poor 1...2...3...4...5...6...7...8...9...10 Excellent

7. What did you enjoy the most from today's class?

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8. What other topics would you like to learn about?

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Name: \_\_\_\_\_

Date:

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