

THE TEACHING KITCHEN

JUNE • JULY • AUGUST
COOKING CLASSES SCHEDULE

2020

FREE COOKING CLASSES!

While the Teaching Kitchen is closed due to the COVID-19 pandemic, we will be coming to you live, every week on Zoom.

The recipes and ingredient lists can be found on our website so that you can get what you need ahead of time and cook along.

SIGN UP FOR A CLASS TODAY!

For a full list of our classes visit our website www.bmc.org/cookingclasses

Or scan the QR Code below



How to Scan a QR Code

1. Open the QR Code reader / camera on your phone
2. Hold your device over a QR Code so that it's clearly visible within your smartphone's screen.
3. Your phone automatically scans the code



The Teaching Kitchen

OUR MISSION

At Boston Medical Center, we understand that food is medicine. We also know that eating healthy can be hard to do with a busy schedule and on a tight budget. This is why we make it our mission to provide patients with:



Medically and culturally appropriate food from our Preventive Food Pantry



Fresh produce from our Roof Top Farm



Culinary skills and nutrition education from our Teaching Kitchen



CLASS DESCRIPTIONS

PATIENTS

BARIATRIC SURGERY PREP

Learn about the four diet stages after bariatric weight loss surgery. View our prerecorded videos [here](#).

FOOD FOR LIFE

Maintain your weight loss after bariatric surgery by creating delicious, healthy recipes you and your family will enjoy! Offered through Zoom Tuesdays from 12:00-12:30 pm..

DIABETES ESSENTIALS

Prepare a delicious meal while learning how to manage diabetes. Offered through Zoom Thursdays, August 6th, 13th, 20th, and 27th from 5:00-6:30 pm.

*You must have a diagnosis of diabetes and a referral from the BMC endocrinology clinic or your primary care provider to attend.

For more information call **617-638-7470**.

KIDS

KIDS KITCHEN

Bring the kids & learn how to prepare healthy meals and snacks the whole family will love with dietitian, Chef Kate! Offered through Zoom Thursdays from 12:00-12:30 pm.

KIDS EAT TO FEEL GREAT

Prepare healthy recipes and learn basic cooking skills to help reduce chronic pain. Offered through Zoom Wednesday, June 24th 12:00-12:30 pm.

EVERYONE

FARM TO TABLE

Cook a farm fresh dinner with dietitian, Chef Olivia, and ask our farmer, Lindsay, your gardening questions. Offered through Zoom Wednesdays from 5:00-6:00 pm.

THURSDAYS IN THE TEACHING KITCHEN

Tune in [here](#) every Thursday to watch our Instagram story for easy, delicious recipes.

STAFF

EMPLOYEE WELLNESS

Boston Medical Center (BMC) and Boston University (BU) staff are invited to learn quick and healthy recipes from our home grown nutrition experts! Offered through Zoom from 12:00-1:00 pm.

*June 17th with **Scarlet Soriano**, MD

*July 15th with **Lindsay Allen**, Farmer

*August 19th with **Barbara Corkey**, PhD

HOW TO TAKE A CLASS

- 1. SIGN UP:** On the calendar, click sign up here, listed under the class name OR visit our website (at the bottom of the page).
- 2. GET INGREDIENTS:** After clicking sign up here, you will be taken to a page with the recipe links. Be sure to get the list of ingredients needed to cook along with us.
- 3. JOIN:** After signing up for a class, you will be e-mailed the Zoom link. Click the link 5 minutes before the class is scheduled to start. Have your ingredients ready!

To **SIGN UP**, check out our website: www.bmc.org/cookingclasses

JUNE 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04 Kids Kitchen 12:00-12:30 pm Granola Parfaits and Popsicles Sign up here Farm to Table 5:00-6:00 pm Vegetarian Stuffed Peppers Sign up here	05
08	09	10 Farm to Table 5:00-6:00 pm Brown Rice Salad Sign up here	11 Kids Kitchen 12:00-12:30 pm Yogurt Dips Sign up here	12
15	16 Food For Life 12:00-12:30 pm Cinnamon Swirled Banana Yogurt Sign up here	17 Employee Wellness 12:00-1:00 pm With Scarlet Soriano, MD Sign up here Farm to Table 5:00-6:00 pm Turkey Burger & Strawberry Salad Sign up here	18 Kids Kitchen 12:00-12:30 pm PB&J Smoothie Sign up here	19
22	23 Food For Life 12:00-12:30 pm Peanut Butter and Jelly Smoothie Sign up here	24 Kids Eat to Feel Great 12:00-12:30 pm Vegetarian Stuffed Peppers Sign up here Farm to Table 5:00-6:00 pm Zucchini Pad Thai Sign up here	25 Kids Kitchen 12:00-12:30 pm Cookie Cutter Pita and Hummus Sign up here	26
29	30			
PATIENTS KIDS STAFF EVERYONE				

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JULY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01	02	03
06	07 Food For Life 12:00-12:30 pm Chocolate Coconut Shake Sign up here	08 Farm to Table 5:00-6:00 pm Bean Burgers & Collard Greens Sign up here	09 Kids Kitchen 12:00-12:30 pm Green Monster Sandwich Sign up here	10
13	14 Food For Life 12:00-12:30 pm Chocolate Peanut Butter Bites Sign up here	15 Employee Wellness 12:00-1:00 pm With Lindsay Allen, Farmer Sign up here Farm to Table 5:00-6:00 pm Vegan Pesto With Lentil Pasta Sign up here	16 Kids Kitchen 12:00-12:30 pm Chicken Fingers with Fruit Fizz Sign up here	17
20	21 Food For Life 12:00-12:30 pm Cream of Mushroom Soup Sign up here	22 Farm to Table 5:00-6:00 pm Quinoa & Roasted Veggie Bowl Sign up here	23 Kids Kitchen 12:00-12:30 pm Banana Oat Pancakes Sign up here	24
27	28 Food For Life 12:00-12:30 pm Zesty Buffalo Chicken Salad Sign up here	29 Farm to Table 5:00-6:00 pm Arugula & Peach Flat Bread Sign up here	30 Kids Kitchen 12:00-12:30 pm Pita Pocket With Ranch and Chicken Sign up here	31
PATIENTS		KIDS		STAFF
				EVERYONE

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AUGUST 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03	04 Food For Life 12:00-12:30 pm Breakfast Skillet Sign up here	05 Farm to Table 5:00-06:00 pm Fish Tacos With Fresh Salsa Sign up here	06 Kids Kitchen 12:00-12:30 pm Quesadilla with Salsa and Guacamole Sign up here Diabetes Essentials 5:00-6:30 pm Sign up here	07
10	11 Food For Life 12:00-12:30 pm Crispy Baked Chicken Sign up here	12 Farm to Table 5:00-6:00 pm Tostones & Avocado Chicken Salad Sign up here	13 Kids Kitchen 12:00-12:30 pm Fruit and Nut Bars Sign up here Diabetes Essentials 5:00-6:30 pm Sign up here	14
17	18 Food For Life 12:00-12:30 pm Pureed Egg Salad Sign up here	19 Employee Wellness 12:00-1:00 pm With Barbara Corkey, PhD Sign up here Farm to Table 5:00-6:00 pm Grilled Chicken With Succotash Sign up here	20 Kids Kitchen 12:00-12:30 pm Personal Pizza Sign up here Diabetes Essentials 5:00-6:30 pm Sign up here	21
24	25 Food For Life 12:00-12:30 pm Lemon Salmon Quinoa Salad Sign up here	26 Farm to Table 5:00-6:00 pm Ratatouille with Poached Eggs Sign up here	27 Kids Kitchen 12:00-12:30 pm Greek Salad Skewers Sign up here Diabetes Essentials 5:00-6:30 pm Sign up here	28
31				
<p style="text-align: center;"> PATIENTS KIDS STAFF EVERYONE </p>				

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INGREDIENT OF THE QUARTER

The warm weather has finally arrived, which means fresh produce from our Rooftop Farm! This quarter, we're exploring delicious ways to use herbs with our farm-fresh recipes. Herbs are the leaves of the plant (whereas spices come from the roots, bark, and seeds). Herbs such as basil, parsley, mint, and cilantro add flavor to food without adding extra calories or salt. Since many of us will be continuing social distancing guidelines, we will also be sharing farming tips to help you grow your own fresh herbs at home.

FEATURING **HERBS**

Store herbs up to 2 weeks in the fridge by washing them and then wrapping them in a wet paper towel and storing in an airtight container.

Did you know that 80% of the food harvested from our Rooftop Farm is used to feed patients and staff through our Preventive Food Pantry? Staff and patients are able to access this resource by visiting the Food Pantry website.



PASTA WITH KALE AND PEA PESTO



INGREDIENTS

- Chickpea pasta - 1 box (8 oz) (substitute: lentil, quinoa, or whole grain pasta)
- Basil - 1 bunch (substitute: parsley)
- Kale - 2 cups
- Garlic - 2 cloves
- Lemon - 1 whole
- Frozen peas - ½ cup
- Walnuts - ¼ cup
- Olive oil - 3 tablespoons
- Water - ¼ cup
- Salt - ½ teaspoon
- Pepper - ½ teaspoon
- Cherry tomatoes - 1 pint

DIRECTIONS

1. Cook the pasta: Fill a stockpot $\frac{3}{4}$ of the way with water, place on the stove, cover with a lid, and turn the heat to high. Once boiling, remove the lid and add the pasta. Cook for 10-12 minutes with the lid off (or per instructions on the package).
2. Drain the pasta using a colander and rinse with cold water to prevent the pasta from sticking. Return the pasta to the stockpot.
3. While the pasta is boiling, chop the parsley and kale, mince the garlic and juice the lemon. Add the parsley, garlic, kale, and lemon juice into a blender or food processor.
4. Defrost the peas and add to the blender or food processor. Add the walnuts, water, olive oil, salt and pepper. Blend all of the ingredients until smooth. Pour the pea pesto into the stockpot with the pasta and stir until combined. Chop the cherry tomatoes and add them to the pasta and pea pesto. Stir to combine. Enjoy!

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