

# THE TEACHING KITCHEN

SEPTEMBER • OCTOBER • NOVEMBER  
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](http://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

## 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. Come to a live Zoom class the 2nd Wednesday and the 4th Tuesday of every month. View our prerecorded videos [here](#). For more information please call **617-414-8052**.

### CANCER SURVIVORS

Cook to feel better, maintain energy, and recover more quickly during and after cancer treatment. Class held the first Wednesday of every quarter.

### DIABETES ESSENTIALS

Prepare a delicious meal while learning how to manage diabetes in this 4 class series. Offered through Zoom Thursdays, October 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, and 22<sup>nd</sup> 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**.

### PANTRY STAPLES

Over four weeks, join dietitian, Chef Olivia and Iniya Rajendran, MD to learn how to use home pantry staples and food found in our food pantry to make delicious and nutritious, heart-healthy meals. For more information please call **617-407-8850**.

## HOW TO TAKE A CLASS

1. **SIGN UP:** On the calendar, click sign up here, listed under the class name OR visit our website (see 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!

## KIDS

### KIDS KITCHEN

Bring the kids and learn how to prepare healthy meals and snacks that the whole family will love with dietitian, Chef Kate! Offered through Zoom Thursdays from 3:30-4:00 pm.

### FOOD EXPLORERS

This 2 class series will help your child explore new foods. The October series is open to kids 6-12 years old and the November series is open to kids 13+. For more information email Dr. Kuhn at [jocelyn.kuhn@bmc.org](mailto:jocelyn.kuhn@bmc.org).

## STAFF & STUDENTS

### BMC HEALTHNET PLAN

Learn to cook delicious and nutritious week-night dinners that the entire family will enjoy!

### EMPLOYEE WELLNESS

Boston Medical Center (BMC) and Boston University (BU) staff are invited to experience recipes from Blue Zones, the parts of the world with the largest number of centenarians. Offered through Zoom from 12:00-1:00 pm the THIRD Thursday of every month.

### EAT TO TREAT

A cooking & nutrition class for future physicians. This class is limited to first year BUSM students. To learn more and sign up, contact Wayne Zhong at [waynezhong34@bu.edu](mailto:waynezhong34@bu.edu).

## EVERYONE

### FARM TO TABLE

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

To **SIGN UP**, check out our website: [www.bmc.org/cookingclasses](http://www.bmc.org/cookingclasses)

# SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01	02 Cancer Survivors 2:00-3:00 pm Barley Risotto with Salad Sign up here  Farm to Table 5:00-6:00 pm One-Pot Chicken and Rice Sign up here	03 Kids Kitchen 3:30-4:00 pm Rainbow Brown Rice Salad Sign up here	04
07	08	09 Bariatric Weight Loss (Spanish & English) 10:30-11:30 am  Pantry Staples (1) 12:00-1:00 pm Egg Muffins & Overnight oats Sign up here  Farm to Table 5:00-6:00 pm Egg Fried Rice Sign up here	11 Kids Kitchen 3:30-4:00 pm Cheesy Rice Patties Sign up here	12
14 Eat To Treat (1) 6:00-8:00 pm Individual Pizzas Sign up here	15	16 Pantry Staples (2) 12:00-1:00 pm Soup & Salad Sign up here  Farm to Table 5:00-6:00 pm Moqueca with Brown Rice Sign up here	17 Employee Wellness 12:00-1:00 pm Minestrone & Energy Bites Sign up here  Kids Kitchen 3:30-4:00 pm Thai Rice Bowl Sign up here	18
21 Eat To Treat (2) 6:00-8:00 pm Grain Bowls Sign up here	22 Bariatric Weight Loss (Portuguese & English) 5:00-6:00 pm	23 Pantry Staples (3) 12:00-1:00 pm Sheet Pan Dinner Sign up here  Farm to Table 5:00-6:00 pm Sneaky Rice and Beans Bowl Sign up here	24 Kids Kitchen 3:30-4:00 pm Strawberry Rice Pudding Sign up here  BMC HealthNet Plan 5:00-6:00 pm Pasta Primavera & Mousse Sign up here	25
28	29	30 Pantry Staples (4) 12:00-1:00 pm Sign up here  Farm to Table 5:00-6:00 pm Baked Shrimp and Jollof Rice Sign up here		
<div>PATIENTS</div> <div>KIDS</div> <div>STAFF</div> <div>EVERYONE</div>				

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# OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>01</b> Kids Kitchen 3:30-4:00 pm Apple Overnight Oats Sign up here  Diabetes Essentials (1) 5:00-6:30 pm	<b>02</b>
<b>05</b> FOOD EXPLORERS (1) 3:00-4:00 No Bake Oat Bites Sign up here  Eat To Treat (3) 6:00-8:00 pm Roasted Chicken Sign up here	<b>06</b>	<b>07</b> Farm to Table 5:00-6:00 pm Black Bean Burger and Fries Sign up here	<b>08</b> Kids Kitchen 3:30-4:00 pm Meatballs Sign up here  Diabetes Essentials (2) 5:00-6:30 pm	<b>09</b>
<b>12</b>	<b>13</b>	<b>14</b> Bariatric Weight Loss (Portuguese & English) 10:30-11:30 am  Farm to Table 5:00-6:00 pm Pumpkin Pancakes for Dinner Sign up here	<b>15</b> Employee Wellness 12:00-1:00 pm Golden Milk & Coconut Curry Sign up here  Kids Kitchen 3:30-4:00 pm Fish Sticks Sign up here  Diabetes Essentials (3) 5:00-6:30 pm	<b>16</b>
<b>19</b> FOOD EXPLORERS (2) 3:00-4:00 Pita Bread Dippers Sign up here  Eat To Treat (3) 6:00-8:00 pm Pancakes OR Overnight Oats Sign up here	<b>20</b>	<b>21</b> Farm to Table 5:00-6:00 pm African Meatballs & Couscous Sign up here	<b>22</b> Kids Kitchen 3:30-4:00 pm Apple Crisp for 2 Sign up here  Diabetes Essentials (4) 5:00-6:30 pm	<b>23</b>
<b>26</b> Eat To Treat (3) 6:00-8:00 pm Shakshuka OR Egg Muffins Sign up here	<b>27</b> Bariatric Weight Loss (Spanish & English) 5:00-6:00 pm	<b>28</b> Farm to Table 5:00-6:00 pm Oat Crust Quiche Sign up here	<b>29</b> Kids Kitchen 3:30-4:00 pm Pumpkin Pancakes Sign up here	<b>30</b>
<div> <div>PATIENTS</div> <div>KIDS</div> <div>STAFF</div> <div>EVERYONE</div> </div>				

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# NOVEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>02</b> <b>FOOD EXPLORERS (1)</b> 3:00-4:00 pm No Bake Oat Balls Sign up here  <b>Eat To Treat (6)</b> 6:00-8:00 pm Sign up here	<b>03</b>	<b>04</b> Farm to Table 5:00-6:00 pm Mushroom Risotto Sign up here	<b>05</b> Kids Kitchen 3:30-4:00 pm Sweet Potato Toast Sign up here	<b>06</b>
<b>09</b>	<b>10</b>	<b>11</b> Bariatric Weight Loss (Spanish & English) 10:30-11:30 am  Farm to Table 5:00-6:00 pm Curried Lentils with Barley Sign up here	<b>12</b> Kids Kitchen 3:30-4:00 pm Sweet Potato Brownies Sign up here	<b>13</b>
<b>16</b> <b>FOOD EXPLORERS (2)</b> 3:00-4:00 pm Pita Bread Dippers Sign up here	<b>17</b>	<b>18</b> Farm to Table 5:00-6:00 pm Everything Barley Soup Sign up here	<b>19</b> Employee Wellness 12:00-1:00 pm Stuffed Squash and Pumpkin Pie Sign up here  Kids Kitchen 3:30-4:00 pm Sweet Potato Fries Sign up here	<b>20</b>
<b>23</b>	<b>24</b> Bariatric Weight Loss (Portuguese & English) 5:00-6:00 pm	<b>25</b>	<b>26</b>	<b>27</b>
<b>30</b>				
<b>PATIENTS</b> <b>KIDS</b> <b>STAFF</b> <b>EVERYONE</b>				

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## INGREDIENT OF THE QUARTER

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Whole grains include whole wheat, corn, brown rice, oats, barley, quinoa, sorghum, spelt, rye, and more! Whole grains contain all three parts of the kernel (bran, germ, and endosperm). Processing removes the bran and the germ, leaving only the endosperm. Without the bran and germ, about 25% of a grain's protein is lost and key vitamins and minerals are lost. Whole grains are packed with fiber to help keep you full, improve digestion, and can help reduce cholesterol. Fiber can also feed the good bacteria in your gut. This can help reduce inflammation (a condition that causes all sorts of problems in the body).

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### FEATURING GRAINS

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Make sure to check the ingredient label to buy bread that says **whole grain** or **whole wheat**. Multigrain, wheat, and brown bread are NOT necessarily made with whole grains.

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Did you know that whole grains such as brown rice, oats, and barley are offered in our Preventive Food Pantry? Staff and patients are able to access this resource by visiting the Food Pantry website.



# ONE-POT CHICKEN, CARROTS, AND RICE



## INGREDIENTS

- Onion - 1 medium
- Carrots - 4 large
- Garlic - 3 cloves
- Olive oil - 2 tablespoons
- Boneless, skinless chicken thighs - 1 pound
- Salt - 1 pinch
- Pepper - 1 pinch
- Brown rice - 1 cup (or your favorite grain)
- Low sodium chicken broth - 4 cups
- Parsley - 10-12 sprigs

## DIRECTIONS

1. Finely chop the onion and slice the carrots into rounds and add to a bowl. Mince the garlic and set aside.
2. Put 2 tablespoons of olive oil into a frying pan. Turn the heat to medium-high. Add the onion and carrots and cook for 5 minutes (or until soft), stirring frequently.
3. Once the vegetables are soft, add the chicken and garlic to the frying pan and cook until browned. Sprinkle with salt and pepper. Flip the chicken over.
4. Add the brown rice and broth to the frying pan and stir. Bring to a boil. Once boiling, turn the heat to medium-low, cover, and cook for 30 minutes.
5. While the chicken and rice are cooking, chop the parsley and set aside.
6. Once the chicken is cooked through, the rice is tender, and the water is absorbed, sprinkle with parsley.

**Servings: 5**     **Per serving: 473 calories | 22 g fat | 3 g sat fat | 41 g carbs | 4 g fiber | 23 g protein | 330 mg sodium**



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**The Teaching Kitchen**