Page 1: Cooking Demo (Intro)

Pat Weber: What's important to me, is to take food that's fresh and simple, and make preparations that actually works for me. I know that I'm eating healthy, I know that I'm eating local food, and I know what's in my food.

Jessi Soles: I love cooking because it's just a way to nourish other people that I love, and I love to have friends over, cook for my husband. It's just a fun way to get together and express yourself through food.

Pat Weber: The heart and soul of cooking is the fact that you enjoy it, because it comes from the heart. You're taking food that's fresh and whole, that you pick out, in whether it be the grocery store, or the farmers' market, even better.

Jessi Soles: It is so great to prepare meals on the weekend, and then have something to pack throughout the week. You can make two or three meals on a Sunday or a Saturday, have it ready to go, in the fridge, grab it in the morning, when you're flying out the door.

Pat Weber: When you're making a quart of chili, it's just as easy to make four quarts of chili, and then you get to reap the benefits three more times eating that chili or soup, or anything almost. A lot of things freeze really well, or pack really well. That's the key.

Jessi Soles: There's a little bit of planning that may go into it, but, in the end, you've got to reap these great benefits from a little bit of planning.

Page 2: Breakfast Burrito (video)

Pat Weber: Breakfast is one of those things I think a lot of people really kind of--they forget. We go off to class or work, and suddenly we're just like, ten o'clock, what do you feel like?

Jessi Soles: You have no energy.

Pat Weber: You have no energy. Get some energy, get some calories, and get some good fat in you, get some protein. That will carry you through physically and mentally, and it's so important. So this is a cool way to make a breakfast burrito. First we make scrambled eggs, and then we kind of put it together into a burrito.

Jessi Soles: Okay, so how do we avoid the terrible rubbery scrambled egg? You know, I like them light and fluffy, but mine just don't turn out like that.

Pat Weber: I'm actually going to show you how to cook it without any butter or oil, which is pretty cool.
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Jessi Soles: That's great.
Pat Weber: And if you have a non-stick pan, you can do that. So one thing you want to do is, you really want to mix it up. A lot of people add milk or cream, or all this stuff. I don't add anything. This is the way I learned how to make scrambled eggs or omelets or whatever. Put a little salt and pepper right into the egg. And the cool thing is the rubber spatula.
Jessi Soles: Temperature safe.
Pat Weber: Yeah, temperature safe rubber spatula. Now the one thing about scrambled eggs is, they take little to no time, and that's the key.
Jessi Soles: You need that for breakfast.
Pat Weber: Right.
Jessi Soles: Who has time to spend hours on breakfast?
Pat Weber: You let them cook, and you just kind of brush them to the center.
Jessi Soles: Okay.
Pat Weber: That's it. See how that is there? That's done, because I still have residual heat from my pan, so it's a nice and fluffy egg. So a lot of times, I think where we go wrong, is that we just overcook the egg. So you see how that's nice and fluffy? It's still creamy on the inside.
Jessi Soles: So you took it off the heat when it was still a little bit—
Pat Weber: Yeah, still a little bit runny, because the residual heat from the pan is still cooking the egg. Multigrain tortilla, I cook it right onto the star burner. You can use a pair of tongs. I just want to toast it really lightly on both sides. So here's our warm tortilla, rice and beans, we put a little tomato, we'll put a little bit of our egg. And that's two eggs, so easily these two eggs could make two burritos.
Jessi Soles: So if you were having scrambled eggs, one egg might not fill you up, but because we're pairing it with a whole grain tortilla and the rice and beans and the tomatoes and all of these other things
Pat Weber: Right, right.
Jessi Soles: It's going to make a nice meal.
Pat Weber: So we have a little bit of lettuce. If you don't want onions, that's fine, it's a breakfast burrito, so some people might not want. But I always recommend the guacamole.
Jessi Soles: It's a nice way to add vegetables to a meal that typically doesn't have a lot of vegetables in it.
Pat Weber: -- yeah, absolutely. I do a lot of eggs in the morning, and I'll add things like-- I'll have, like, frozen spinach, and actually just throw in a little bit of spinach, which gives me a lot of good vitamins that I need for the day.
Jessi Soles: So you would throw that in before the egg, or during—
Pat Weber: Before the egg. Cook your vegetable first, because your egg does not take that long. So cook everything in there first, and then—
Jessi Soles: And fresh spinach would work just fine, too, just wilt it a little bit in the pan.
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Pat Weber: Yeah, absolutely. I'm going to actually fold this over, and there is my burrito. That's a good breakfast burrito.
Jessi Soles: Check it out.
Pat Weber: Good stuff. You could actually make that and wrap it up in maybe some—
Jessi Soles: Saran Wrap.
Pat Weber: Saran Wrap, have it slightly warm, and bring it in to work or class, eat it a little bit later.
Jessi Soles: Breakfast on the go.
Pat Weber: Breakfast on the go.

Page 3: Smoothie (video)

Jessi Soles: I love smoothies, but you have a little bit of a twist on smoothies.
Pat Weber: You know, you can make a smoothie out of anything. You take a banana, you take some yogurt, maybe some strawberries.
Jessi Soles: Frozen, fresh berries, both of them are great.
Pat Weber: Fresh, frozen, both of them are fine, avocado is a really good source of really good oil, a lot of vitamins, a lot of minerals, so banana, a half a banana in ours.
Jessi Soles: Bananas are really inexpensive. This is a great thing to have on hand, nutritious, start the day off.
Pat Weber: Yeah, blueberries, and, like you mentioned, the frozen is totally fine. The other thing is, which, to me is like a super-food, is kale. And kale is, you know, just even one serving is -- you're not going to taste it, and it's not going to be up front, but--
Jessi Soles: This isn't going to taste like a veggie soup.
Pat Weber: No, it's not, I promise. Put a couple of teaspoons of yogurt in there, cashews-- cashews are good in there. Actually they come out a lot smoother if you soak the cashews overnight. A little bit of parsley, just not much, to, again, it's the nutritional aspect of it. And then I like to add flaxseed, because flaxseed, as we know, is a really good source of omega-3s, so I'll just sprinkle that in. You're usually going to have to add some sort of a water or fruit juice. A lot of people will add, like orange juice.
Jessi Soles: I've added milk to mine.
Pat Weber: Milk is good.
Pat Weber: You'd be surprised how not green tasting this smoothie will actually be. The blueberry actually is kind of the predominant--
Jessi Soles: They're pretty sweet.
Pat Weber: Yeah, the predominant flavor in these. With blueberry and banana, you really can't go wrong. So..
Jessi Soles: Cheers.
Pat Weber: Cheers. To your health.
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Jessi Soles: That's great, it's really, really smooth from the banana and the avocado.
Pat Weber: Yeah, and it's got the nut in there. I mean it really is a healthy way to start your day.

Page 4: Roast Chicken & Veggies (video)

(Recipe is below.)

Pat Weber: A lot of people have no idea how to just take a whole bird and just actually roast it off.
Jessi Soles: Right.
Pat Weber: You know, how long do I cook it, how do I dress it, do I season it, do I not, what kind of pan do I need? It really is not that difficult. And what's fun about buying a whole chicken, besides the fact that it's much, much cheaper, and much, much better, is the fact that it's just one of those dishes that you can do all in one pot. And so what we have, is, we bought a sweet potato, which is very healthy, and very yummy and sweet, and we just basically cut the sweet potato up, toss it in olive oil, which we show, put it in the bottom of the pan, put the chicken right on top, and pop it in the oven. Roast it off like that, and there's some simple guidelines that I'll show you about how long to cook it, what-- when is it done, a couple of little really easy tricks to learn how to do that. A potato is a tuber, so it's going to take some time to cook, and what's fun about the chicken is that you actually have the chicken in the pot, in the same pan, and actually some of the juices from the chicken actually are flavoring the potatoes or whatever vegetables are in the bottom. You want to have them like one-inch dice.
Most cooks at home, some of the biggest challenge is, what kind of knife do you use? Any knife that feels comfortable in your hand, to me is like the number one. If it feels comfortable in your hand, and it's sharp. We actually just put these right in here, and then I'll put some, just regular olive oil. And I like to cook with just regular olive oil.
Jessi Soles: And just a little bit?
Pat Weber: Yeah, just a little bit and then you're going to have to use your hands.
Jessi Soles: Toss it? Excellent.
Pat Weber: I add a little salt to that.
Jessi Soles: Season it.
Pat Weber: Yep, and a little black pepper. And salt and pepper, obviously are the-- always should always be within reach when you're cooking. That's like the basic stuff. Salt and pepper makes everything taste better.
Jessi Soles: The whole chickens are a little bit intimidating when you go in the store. You’re like, what the heck am I going to do with that?
Pat Weber: Yeah, I try to buy the one that looks the fattest and plumpest, because obviously that means that there's going to be more meat on it, it's going to be juicier. I also try to buy fresh versus frozen, and I also try to buy, if possible, something that's hormone or antibiotic-free. Just a little bit more natural. It takes just as much time and effort to do two chickens as it does one chicken. So what's cool about that is, when I make a chicken, I'll actually do two. And then one is, I'll just, will eat one, and then I might just pull the rest of the meat off the bone, and freeze it, and then you have chicken noodle soup, or chicken salad, or chicken sandwiches, or chicken, chicken, chicken. This was actually a fresh chicken.

Jessi Soles: Okay, now, if they're frozen, how do we prepare that?
Pat Weber: The frozen chicken is, you want to let it thaw. Preferably, the best way to do it is thaw it overnight in the refrigerator, because you want to slowly let it come to temperature. We wash it, and just kind of let it-- kind of pat it dry, you can pat it dry with a towel, and then I'll just add a little bit of olive oil around the chicken.

Jessi Soles: Okay, so just kind of a tablespoon, teaspoon?
Pat Weber: Yeah, just a teaspoon of oil, just kind of rub your chicken. You can do this with butter, which is good. A lot of people use butter, like, melted butter on their chicken, and then, if you want to help me season it up with salt and pepper.

Jessi Soles: Sure.
Pat Weber: Again, just salt and pepper.
Jessi Soles: Just a couple of shakes on there.
Pat Weber: Yeah, and I like the crisp-- the skin on the outside to be nice and salty, because that's what's good about a crispy roast skin.

Jessi Soles: You want to...
Pat Weber: So lot of salt on the outside, and this is good, this is good.
Jessi Soles: A little bit more?
Pat Weber: Yep, a little bit more.
Jessi Soles: Excellent.
Pat Weber: Obviously, and we'll do the back as well.
Jessi Soles: So season the whole thing.
Pat Weber: Yeah, just season the whole thing.
Jessi Soles: Great.
Pat Weber: Salt and pepper. So..
Jessi Soles: Very simple.
Pat Weber: Yeah, and we kind of rub it all over the place. A lot of people will say, well what about herbs or spices and stuff, absolutely, I mean, if I wanted to hit it with a little cayenne pepper, or garlic or rosemary, or anything, if you have it, great.

Jessi Soles: Great. So do you tuck that in the cavity of the chicken, or to like, or do you put it under the skin or just on top, or--
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Pat Weber: You can do a lot of things. A lot of people will actually put some herbs, even, like, garlic or even onion, some other aromatics inside, or actually you can go under the skin, just like, this, and just kind of run your finger inside, under the skin, but above the breast, and you can put little flavor packets, like, you can-- I actually put a whole sprig of rosemary, or maybe some sliced garlic under there. Really good. But again, if this is your first chicken, salt and pepper. There's nothing wrong with that.

Jessi Soles: Basic flavors are great.

Pat Weber: Basic flavors, just put your chicken right into the pan.

Jessi Soles: And you don't have a rack or anything, you're just sticking it right on the vegetables.

Pat Weber: The one-- a chicken like this, the fact that it has a back, it has -- a whole chicken, it's not going to burn. It's going to get crispy on the back, but that's not where your meat is. Your meat is all here, so, what's great about it is, yeah, you can just set it right in there. It's all ready to go. Now I'll actually pop it right into the oven just like this.

Jessi Soles: Excellent.

Pat Weber: The best temperature to cook a chicken, is around anywhere from 350 to 375.

Jessi Soles: Okay.

Pat Weber: That, with a chicken this size, will slowly cook it. You don't want to cook it to too high a heat, because it will have a tendency to dry out. And it will give it a nice crispy golden brown. The important thing is how to tell if the chicken is done.

Jessi Soles: Right.

Pat Weber: And I just want to illustrate really carefully. You want to temp the chicken with the thermometer, at the densest part of the actual animal, which is the thigh. So right below the leg, and you can tell when you stick it in, it's just, it obviously has resistance, so you put it in there, and then immediately it should register, and you want to have it be about 165 -- 165 to 170. If it's below that, then you want to pop it back in the oven for another 10 or 15 minutes just to make sure it does get there. Before you dive into it, you really want to let your chicken rest. And the reason why is that it just-- it's going to retain a lot more moisture if you let any roast, whether it be meat, or beef, chicken, pork, let it rest a little bit before you slice into it. You think of a chicken as in four parts. You have your two breasts, and you have your two leg-slash-thigh parts. So really, that's where you want to start.

Pat Weber: You take a knife, and you just kind of pull back. So if you just pull your meat back..

Jessi Soles: That was easy enough. And that just, like, opened right up.

Pat Weber: Yep. With the thigh and the leg, you can just separate it by just cutting right through, so there's a little bit of an area there, where the two bones meet. So you put those in the roasting pan.

Jessi Soles: So right down this center here?
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Pat Weber: Yeah. You can always feel where it's separated, so right between those two bones. So again, those are your four pieces.
Jessi Soles: I'm going to put them in a pan here. This is the pan you cooked it in, right?
Pat Weber: Right. And what I really like about this, especially if you're having friends over, you want to get the chicken in the oven, roast it off and ready, you can actually-- see all those wonderful juices in the bottom?
Jessi Soles: Yeah.
Pat Weber: That actually keeps your meat moist until your friends arrive.
Jessi Soles: Fantastic.
Pat Weber: Yeah, and so here, of course, the same thing. We have our breast.
What I'll do is I'll just take this just right down here, and I'll take the back out. And you see how--
Jessi Soles: That's the spine, right?
Pat Weber: Yeah, so we take the back right down and that's what-- it's nice having a good knife that has a little bit of weight to it, because I can actually kind of cut through those back ribs, right?
Jessi Soles: Yes.
Pat Weber: So this, there's really not a lot of meat on it. This is the one part of the chicken that probably you're not going to-- no one is going to get the back.
Jessi Soles: Right.
Pat Weber: Right. So, and then you have your-- what this is is the double breast. So there's cartilage down the center so basically you could take your knife and just...
Jessi Soles: So you're cutting right through a bone there, right?
Pat Weber: Right into the bone. And you can do that or you can actually just pull the breast, and I'll actually illustrate. You can actually pull the meat right off of the bone as well. And if it's rested properly...
Jessi Soles: So you're putting your thumb between the meat and the bone there.
Pat Weber: Yes. And so it just kind of comes apart just like that. So you have a boneless breast right here. And, of course, if you're having several people you might want to just cut that so you have two breast parts.

Perfect Roast Chicken with Roasted Potatoes and Veggies

Ingredients:
1 med (3 1/2 to 4 lbs) whole chicken 1 tbls Kosher salt 1 tsp black pepper 3-6 cloves of garlic (optional)
2 tbls dried thyme 1/4 cup olive oil 2-3 potatoes - sliced in half or quaters (2-3 inch pieces) Carrots, parsnips, turnips: cut in chunks (1-2 inche pieces) Onions, sliced thin
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**Directions:**
1. Preheat oven to 350°
2. Wash and rinse chicken, inside and outside. Pat dry.
3. Combine remaining ingredients in a bowl.
4. Rub the chicken inside and out with all of the marinade - best to set for several hours or overnight.
5. Place chicken breast side down in a 9 x 13-inch sheet pan, cake pan or skillet, preferably on a rack.
6. Arrange potatoes and veggies in the pan.
7. Place pan in the oven. Roast for 40 to 50 minutes or until the juices run clear. To test this, insert a thermometer in the thickest part of a leg. It should register at 160°.
8. Remove the chicken from the oven and allow to cool for 10 to 15 minutes before carving.
9. Optional for gravy: a. Pour off excess fat (SAVE!) from pan and return to heat. b. Add about 1/2 tsp of flour. c. Add 2 cups chicken stock, scraping up the bits on the bottom of the pan. d. Bring to a boil, then reduce to simmer, mashing veggies with a wooden spoon. e. Reduce gravy by half until thickened. f. Strain.

**Page 5: Steamed Broccoli (video)**

Pat Weber: So we have our roast chicken. We have our wonderful sweet potatoes that we pulled out and now we have one of my favorite vegetables. The broccoli is very healthy. It’s very good. And I want to show steaming.

Jessi Soles: I love steaming because when I boil vegetables I feel like when you drain it you’re draining off all of the nutrients. I mean look at the color in the water. If we boiled broccoli the water would turn green and then you’re just pouring it all off. So steaming kind of helps us retain some of the nutrients in the vegetable. We’re going to cut the hard stem off the bottom, right.

Pat Weber: Yes. And you can cut them in large what I call...

Jessi Soles: Florets.

Pat Weber: Florets, right. And this is a really handy little thing to have. This is called a steamer basket. I don’t know if you have one of these but I love this. It’s like six, eight bucks. Really cheap. I use it all of the time for a lot of things.

Jessi Soles: And you can just put that in any pan you have. You don’t have to have a separate steaming pan.

Pat Weber: Yes. I actually have a pan. I actually have just a medium sized pan and actually it just fits right inside.

Jessi Soles: Excellent and I can just put the broccoli right in?

Pat Weber: And then we put the broccoli right in. You could have the water boiling all ready or ...
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Jessi Soles: Put it in cold.
Pat Weber: Yes. And you don’t need that much water. It’s going to take three or four, five maybe minutes to cook. So you just want to make sure you have enough water so it doesn’t boil to nothing.
Jessi Soles: So steaming, you’ve got a steamer basket with about an inch of water in the bottom of the pan, put the vegetables on top of the basket and put on a tight fitting lid and you’re ready to go.
Pat Weber: Yes. What I like to do with the broccoli is really simple is just a little butter, a little butter and salt and pepper.
Jessi Soles: So how much butter should I put on this?
Pat Weber: Just a little sliver because we don’t have a lot of broccoli but just a little sliver. And I’ll actually just put it into a bowl.
Jessi Soles: All right. It’s for seasoning.
Pat Weber: Yes. Just put our broccoli right into the bowl and this is so simple. Just like that. And we like to season it up with salt, if you want to give it a little pepper.
Jessi Soles: Sure. Just toss it?
Pat Weber: Yes, just toss it up. The butter will kind of melt to the broccoli.
Jessi Soles: We’re going to do half of our plate vegetables and a quarter starch and a quarter protein once we get our chicken on there. So I’m going to choose this one here. about the size of your hand is what you should go for as far as a serving size.
Pat Weber: One great thing about this little juice is you can use it to give yourself a little bit of sauce.
Jessi Soles: A nice little flavoring great.
Pat Weber: Yes. And, of course, you can put some herbs in there or whatever.
Jessi Soles: So this is our rounded meal, our plate, and were ready to go. Let’s eat.
Pat Weber: Yum.

Page 6: Lentil Soup (video)

(Recipe is below.)

Pat Weber: This is an Indian soup that I really like. Indian flavors are so awesome. I started out with ginger and garlic. Sauté the ginger and garlic with the little olive oil. Add onions and celery. And then I spice it up with a little bit of garam masala which is basically a spice mix. I actually made this myself, but you can buy it as well. Mainly it has cinnamon, clove, cardamom and cumin. So I have all of the vegetables in there. Sauté them. And then I add tomato. These are called red lentils.
Jessi Soles: And lentils are really low in fat but really high in protein. They’re a great substitution for meat or beans. I mean they’re great. They’re a very high source protein.
Pat Weber: Almost a complete protein. And you can add water or you can add chicken stock or vegetable stock. I’m actually going to add a little bit of both.

Jessi Soles: So that’s a cup of water.

Pat Weber: Yes, and actually I’m going to add quite a bit more. And this is basically a chicken stock.

Jessi Soles: So that was two cups of water.

Pat Weber: About two cups of chicken stock so I got basically about a quart of liquid in there. The lentils are going to absorb a lot of that moisture. They’re going to expand. So sometimes you can adjust how much— it depends on how soupy do you want it. If you want a stew...

Jessi Soles: Less liquid.

Pat Weber: Less liquid. And it also can be served with rice.

Jessi Soles: That makes for your complete protein source.

Pat Weber: That makes for your complete protein source, yes. Rice and beans. Rice and lentils. One of the reasons I love soup so much is you can almost make two soups as quick as you can make one soup. And you can make two gallons of soup almost as quickly or with about as much effort as making a quart of soup. You put it in these things and you can actually freeze it. And most soups— I can’t think of many soups that don’t freeze well. I’m going to add a little bit more water to my lentil soup.

Jessi Soles: I can’t believe this only takes 20 minutes to cook.

Pat Weber: Yes, that’s the beauty of that. See the lentils, they’re starting to fall apart. Once the lentils are done, really, it doesn’t need to go any longer. And you can see how it’s got a nice thick consistency.

Jessi Soles: Yes. So I’m getting some fresh parsley here. We’ve got some nice veggies in there.


Jessi Soles: Ginger, right?

Pat Weber: Ginger. Cayenne, turmeric and garam masala.

Jessi Soles: It’s really good.

(Moroccan) Lentil Soup

Similar to the Indian Lentil Soup that was in the course lessons.

Ingredients

1 c red or yellow lentils 2 garlic cloves, chopped 1/2 onion, chopped 1/2 tsp cayenne pepper 1 tsp turmeric 1 tsp garam masala (Indian 5 spice) 2 bay leaves 1 qt chicken stock or vegetable stock (preferably home-made) salt & pepper

Directions

1. Rinse the beans or lentils.
2. In a 4 qt stockpot, heat oil over med heat
3. Add onions and garlic, cook 2-3 minutes until soft
4. Add lentils, spices and stock.
5. Let simmer covered until the beans or lentils are very soft.
6. Adjust seasoning if necessary
7. Serve hot with lemon slices and pita

Page 7: Chicken Soup (video)

(Recipe is below.)

Pat Weber: The other soup that we’re actually working on is the chicken noodle.
Jessi Soles: And we’re going to use the chicken that we’ve roasted.
Pat Weber: I love garlic and you see me use it in everything.
Jessi Soles: Yes, Pat, what do you think about the jarred garlic compared to using the fresh cloves?
Pat Weber: The actual jarred garlic is good if you’re going to use it. Sometimes the garlic has a tendency to get really bitter if it sits.
Jessi Soles: And we’re starting the chicken noodle soup, how many cloves would you start with?
Pat Weber: I would say two or three. Onions. We have the garlic. We have the onions. Celery.
Jessi Soles: You may want to add your garlic with your other vegetables because then you don’t burn it. Garlic tastes very bitter when it’s brown. So this is our chicken breast from our whole chicken that we had roasted earlier. We just saved it. We could have frozen it if we needed to if we weren’t using it right away. But we are just going to chop this up and throw it in our soup and it really just depends what size you like.
Pat Weber: So you just want a little bit of a sweat on your vegetables. They’re not necessarily browned, they’re just starting to tenderize.
Jessi Soles: The juices are just starting to come off.
Pat Weber: Yes, exactly. I don’t necessarily need to get them to start to brown on the bottom because this all gets simmered together. So at that point I want to add my chicken stock.
Jessi Soles: And your chicken stock, now you can buy this in a box. You can buy it in a can. You can buy powdered chicken stock. What did you choose to use here today?
Pat Weber: This is kind of a natural chicken base and this actually is more of a paste.
Jessi Soles: Okay.
Pat Weber: If I have to use a short cut, I’d rather go with this than like a bouillon cube to me. A bouillon cube, to me, it’s got so much sodium. The canned
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chicken bases, again, if you’re buying the canned chicken stock it’s going to have a lot of sodium in.
Jessi Soles: So maybe, look, if you do go that route go with low sodium chicken stock.
Pat Weber: Absolutely. Almost any time that I buy any of that I always buy the low sodium stuff. They’re making really good chicken stocks now, like roasted chicken stock, roasted vegetable stock and they even have organic chicken and vegetable stocks now. And they usually come in those little like the cartons.
Jessi Soles: You can pop them back in the fridge if you don’t use all of it.
Pat Weber: Right. We can just add our chicken. And you can pull all of the meat off the chicken, both the breast meat and the thigh meat and the leg meat. We’re going to make this with noodles.
Jessi Soles: Okay.
Pat Weber: Chicken noodle, soup, obviously, this is the most classic. But you can also add our brown rice, so we can make a chicken and rice soup. We could also add potatoes and make more of just a vegetable chicken soup with potatoes.
Jessi Soles: Chicken vegetable.
Pat Weber: So that’s kind of our starch. There’s just a lot of options in it.
Jessi Soles: And we used basic vegetables with carrots, celery, onions. What do you think about adding like zucchini?
Pat Weber: I would add the zucchini a little bit later.
Jessi Soles: Because it’s a softer vegetable.
Pat Weber: It is a softer vegetable. It’s not going to contribute as much to the flavor although it’s going to have flavor on it’s own. Mushrooms are always good in the chicken noodle soup. And you could also add chicken to the lentil soup, a lot of options. And again, once you start with a basic brothy soup like this there’s so many different directions you go to. The only thing I’m going to add to the chicken noodle soup to finish it is chopped parsley at the end. Those noodles, obviously, they’re cooked so we want to have all of our vegetables soft before we add our noodles.
Jessi Soles: So this was just preparation ahead of time. You can cook your noodles, put them in the fridge if you don’t have time. And then when you get home sauté your vegetables, throw in your chicken stock and throw in your cooked chicken that was all ready cooked and your noodles that we were all ready cooked and you’ve got a meal in 15 minutes that tastes like it took hours.
Pat Weber: I like to use the flat egg noodles for chicken noodle soup. You can add those dry noodles right into the soup. You don’t even have to pre blanche them. So we’ll let those simmer and it will take a few minutes and we’ll be eating soup, big bowls of hot soup. Just when the vegetables get tender, then we add our noodles because obviously the noodles were all ready pre cooked, so all they need to do is heat through. You can almost
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take the soup off or just simmer it for another minute or so then it’s done. So you can see all of that nice chunks of chicken, very basic, carrots, celery. You know, there wasn’t a lot of work that went into this. How long did it take you to chop the vegetables?
Jessi Soles: A minute.
Pat Weber: A minute.
Jessi Soles: Look at these big chunks of vegetables. That looks so much better than what you’re going to get in a can.
Pat Weber: Yes, and it’s fresh. Everything is fresh. If you made it with fresh chicken stock it’s amazing. I put a little shake of Italian seasoning in there. And this is a really hardy, really good soup and like I mentioned earlier it freezes really well. Those noodles are really cool. They’re corkscrew noodles or spiralini.
Jessi Soles: What a way to help out a friend if they’re feeling under the weather.
Pat Weber: I wish someone would make me chicken soup when I’m sick.

Mom's Quick Chicken Noodle Soup

**Ingredients:**
- 3 tablespoons olive or vegetable oil
- 3 medium carrots, peeled and chopped
- 1 medium onion, chopped
- 3 ribs celery, chopped
- 2 bay leaves, fresh or dried
- Salt and pepper
- 2 qt cups good quality chicken stock
- 1 -2 c diced or shredded chicken
- 1/2 pound wide egg noodles
- A handful fresh parsley or dill, chopped

**Directions:**
1. In a large pot over moderate heat and add oil.
2. Add the chopped vegetables
3. Add bay leaves and season vegetables with salt and pepper, to taste.
4. Add stock to the pot and raise flame to bring liquid to a boil.
5. Add diced chicken, and the dried noodles.
6. Cook over med heat until noodles are tender
7. Stir in parsley, remove bay leaves and serve.
8. This is a thick soup. Add up to 2 cups of water if you like chicken soup with lots of broth.

Page 8: Sloppy Joes (video)
Cooking Demonstration (Optional)
Sleep, Eat & Exercise

Jessi Soles: So you’re cutting at an angle.
Pat Weber: Right. So you just kind of cut the core out like that, and then basically I have my cabbage like this so then I can almost just slice right across it. And if you have just a serrated knife that works really well. This is a pretty cheap serrated knife.
Jessi Soles: You’re just slicing it and look at how thin it’s getting because it just falls apart.
Pat Weber: Right. And this basically is your slaw. And so you can kind of toss that all into the pot there.
Jessi Soles: Yeah, kind of break it apart with your fingers a little bit to get the sections apart, can I add the carrot?
Pat Weber: Yeah. And if you have red cabbage, if you like red cabbage it’s actually really nutritious, a red vegetable as most red vegetables. So red cabbage I love to add as well.
Jessi Soles: It adds a nice color.
Pat Weber: And adds wonderful color to it. The thing about cole slaw is it actually gets better if you make it at least a day ahead. And you almost want to kind of work it in kind of like I’m doing there if you want to keep doing it and working it spreading that flavor or that seasoning all throughout. And the salt is actually starting to break down the...
Jessi Soles: break down the vegetables.
Pat Weber: ...the crispness of the vegetables.
Jessi Soles: You’ve got to kind of work it into the nooks and crannies of the cabbage.
Jessi Soles: So now you’re starting to make the barbecue portion of the Sloppy Joe, right?
Pat Weber: Exactly. And you can make this separately or you can actually just—because it’s all getting mixed in the end. But I want to add about a quarter cup to this and then I have some kind of mustard. Now, you can use wholegrain mustard. I really like using Dijon mustard. To me it’s got a really good flavor, about a tablespoon of mustard. And then I have cayenne pepper, depending on how spicy you like it, I would say about a quarter to a half teaspoon.
Jessi Soles: Okay.
Pat Weber: And to this a little brown sugar. And that’s where you get that sweet barbecuey flavor because brown sugar is really to me it’s a pretty serious component of a lot of barbecue sauce. And then tomato paste and this is actually tomato paste that I bought in a tube which is kind of cool.
Jessi Soles: You know I’ve only seen it in those little cans, but you never really need that much.
Pat Weber: Yeah. It’s starting to look and smell all barbecuey. A little bit of red-wine vinegar.
Sleep, Eat & Exercise

Jessi Soles: So again, we’ve got the sweet component from the brown sugar, the tangy component from the red wine vinegar. We’ve got the saucy, the salt.
Pat Weber: Salt and pepper.
Jessi Soles: We’re getting ready to assemble our sandwich here.
Pat Weber: Yes. You could actually take these and pop them in the microwave real quick or even put them on your griddle if you wanted to toast them up a little bit. For this dish, we have our roasted potato fries which are awesome. And what I do is put a nice bit of turkey on there.
Jessi Soles: This is great. This is not barbecue sauce out of a can poured into your meat. This is homemade. You know exactly what is in this dish and that it’s good for you. There’s nothing scary like preservatives or anything in it that we’re not sure about.
Pat Weber: Yes. And then what I like to do and this is a little thing that I learned in the South is that they put cole slaw right on their sandwich.
Jessi Soles: Nice and crunchy.
Pat Weber: Yes, it’s so good.
Jessi Soles: That’s a nice thing. We’re mixing up the flavors as far as the tangy and the salty and the sweet and the hot, but we’re also mixing up the textures with the soft bun and then the meat and then the crunchy cole slaw.
It’s great. Food can be so exciting. I really want to eat that right now.
Pat Weber: This is good. This is the turkey Sloppy Joes with cole slaw and oven roasted potatoes.

Turkey Sloppy Joes

Ingredients

- 2 Tbls olive or vegetable oil
- 1 large onion, diced
- 1 lb lean ground turkey
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 cups ketchup
- 1/4 cup yellow mustard
- 1/4 teaspoon cayenne pepper
- 1 tablespoon brown sugar
- 2 tablespoons tomato paste
- 1 tablespoon red wine vinegar
- 4-6 hamburger buns or rolls

Bread and Butter Pickles

Directions
1. Set a heavy-based pot over medium-high heat and add oil.
2. Add onions and sauté for 2 to 3 minutes until soft.
3. Add ground turkey and cook brown, breaking it up with a wooden spoon - about 7 to 10 minutes.
4. Add salt, pepper, ketchup, mustard, cayenne, brown sugar and tomato paste.
5. Reduce heat and simmer for 10 to 12 minutes. Finish with a splash of red wine vinegar and season it once more before serving on hamburger rolls with Homemade Bread and Butter Pickles.

Page 9: Tofu & Veggie Stir Fry (video)

(Recipe is below.)

Pat Weber: Really, what stir fry is is it’s a lot of prep and cutting and chopping that you can do ahead of time. And then when you actually put the dish together it’s like flash in the pan.
Jessi Soles: So here’s ginger, garlic, and scallions.
Pat Weber: Yes. Some white onions, broccoli, some mushrooms, red peppers and cabbage, which is Napa cabbage.
Jessi Soles: And this is?
Pat Weber: This is one of my favorites. I don’t know if you’ve had it before but it’s bokchoy and you see it in the grocery store all of the time and a lot of people don’t know what to do with it. It’s really good just wilted in a stir-fry.
Jessi Soles: And then you said we’re pairing the vegetables with tofu today. So what we did is we opened the tofu and we drained it and we’re letting it strain in this pan to get all of the waters off. It’s a firm tofu.
Pat Weber: I like to put it on a piece of towel because the reason you drain it is because when you cook it if it’s wet and you put it in a hot pan it’s going to spatter, obviously. So you want to kind of stay away from...
Jessi Soles: Kind of a safety tip.
Pat Weber: Yeah, and it’s just, you get, you have better luck with the browning if you, if you kind of get it as dry as you possibly can. So I’ll just kind of dice this. A lot of people don’t cook with tofu because it’s hard to cook, and...
Jessi Soles: It is.
Pat Weber: I think the easiest part is to cook it separately. So what I do is, I get a really hot pan, put oil in it, and then sauté my tofu all at once. Get it nice and brown, stir-fry it. And then what I do is I take it out, and then I’ll do the rest of my dish, and then throw the tofu in.
Jessi Soles: So you’re not putting everything in all together...
Pat Weber: Yeah.
Jessi Soles: ...you’re kind of doing it in separate segments?
Pat Weber: You want to have a really hot pan. I'll use just a regular vegetable oil, and you don't want to get too much, but you want to make sure that you have enough oil in the pan. Really hot, and you can almost tell that it's really hot. So I'll add my tofu. And it will splatter a little bit. And just let it cook. It's going to take a couple of minutes. It'll start browning on one side. You can kind of flip it around. Once I get it nice and brown, which it looks good, then I actually have just a paper towel, and I'll just put it on a paper towel, and leave it, sit there for a little bit. Now, I have my vegetables. Now this is what's fun about stir-frying, because it's kind of like you have this artist pallet of beautiful vegetables. What I want to do is add, first, add my garlic and ginger, stir that around. And that's important, because you want to have nice flavor developing from that. I'll add a few onions, and now I can start adding the rest of my things. And of course I'm not going to add all of this. Jessi Soles: So by adding the ginger and garlic first, you kind of flavor the oil?
Pat Weber: Yeah.
Jessi Soles: So then the oil, when it cooks the rest of the vegetables, it flavors the rest of the vegetables.
Pat Weber: Exactly, exactly. Now I'm going to just add the tofu that's left over, and you can see how it's nice and crunchy, which is awesome. So that tofu goes right back into the finished dish, and the vegetables are not overcooked. They're still nice and crunchy. The last thing that you want to do with the stir-fry is, actually, just add a little sauce. Any soy sauce would work. Sometimes I like to use the reduced-sodium soy sauce, but just, you're just adding a little bit of soy sauce really quickly. And, of course, you can smell that kind of caramelized soy sauce. If you like a little bit of heat, just a little bit of sriracha.
Jessi Soles: Just a couple drops.
Pat Weber: And just kind of stir that together. My favorite rice is, actually, brown rice, because it's so much more healthy for you. It has a nutty flavor, and I really, really like it. For a cup of brown rice, which is a cup of the dried, raw rice, add about a cup and a half of water or broth. So that's generally the ratio, the cooking ratio for rice. And just to give you an idea how much to serve, most people will eat between three quarters and a cup of rice., so a half a cup of raw rice will make about a cup of cooked rice.
Jessi Soles: Okay, so we're starting off with a cup of rice per person. And this is what about a cup of rice is going to look like on your plate, when you're serving. This is about 216 calories. This is what it looks like on a plate, but if we were to be served in a bowl, we would want to know what a cup of rice looked like on a bowl as well. So let's switch here so we know, and as far as portion control, we can know what we should be eating for a cup of rice, so there, 216 calories in a bowl.
Pat Weber: This is a beautiful bowl of rice, brown rice, and basically, you just want to top off, and I like to put it right on top. Obviously you're eating it all together.
Sleep, Eat & Exercise

Jessi Soles: Something fun to garnish is some cashews. Whatever you like as far as a nut that’s just kind of fun to add a little crunch, and toss them on. There you go, excellent.

**Stir-Fried Tofu w/Veggies**

**For the tofu**

2 Tbs. vegetable oil
8 oz. firm tofu, drained and cut into rectangular strips about 1-inch wide

**For the vegetables**

2 Tbs. vegetable oil
2 cloves garlic, chopped
1" piece ginger, chopped
2-3 green onions thinly sliced
1/2 red bell pepper, thinly sliced 6 mushrooms sliced
1/2 c broccoli florets
1/2 c shredded cabbage
2 Tbs. tamari or soy sauce; more or less to taste
1 tsp chili garlic sauce (or sriracha sauce) optional

**Directions**

1. Heat the oil in a nonstick pan or skillet over medium heat.
2. Add the tofu pieces and stir-fry until nicely browned.
3. Remove and drain on paper towels.
4. When cool, cut them into bite-size strips.
5. Set aside.

**To cook the vegetables:**

1. Heat the oil in a large skillet or sauté pan over high heat. If the pan is smaller than 12 inches, cook the vegetables in two batches.
2. Wait until the oil gets very hot, almost smoking (the vegetables should sizzle during the entire cooking time), and add the garlic and ginger, constantly stirring until they become fragrant, about 20 seconds. Add the remaining vegetables and stir-fry for another 2 minutes. (If the pan gets too dry, sprinkle in 1 to 2 Tbs. water.)
3. Add the soy sauce. Add the chili sauce, and toss a few times.
4. Serve over rice.

*Page 10: Vietnamese Noodle Salad (video)*

*(Recipe is below.)*
Pat Weber: Well, this is my favorite summer salad and it’s called the Vietnamese noodle salad. I started off by making a really quick dressing. I have garlic, which I always like to just smash the garlic.

Jessi Soles: Give it a whack.

Pat Weber: Give it a whack, although my dog scurries away when I do that because he gets scared. And just really chop or fine mince the garlic. The fingers just kind of hold the product as you’re chopping, which is a technique that makes it so that you never cut your fingers.

Jessi Soles: And you’re ending up with probably half a teaspoon.

Pat Weber: Yes, I would say, probably for this amount we’re probably looking at about a quarter teaspoon.

Jessi Soles: Ok.

Pat Weber: So you put that in there. So that’s in your bowl. And then I will go with and if you want to help me.

Jessi Soles: Yes.

Pat Weber: Do about a half a lime ...

Jessi Soles: So I’m juicing it here.

Pat Weber: Just juice it right into there.

Jessi Soles: Excellent.

Pat Weber: Yep, and then you can put that right in there.

Jessi Soles: Okay.

Pat Weber: Perfect.

Jessi Soles: Probably a tablespoon.

Pat Weber: Yeah. And then what I like and you can get the Thai chilies, but it works just as easy to get just a jalapeño or a Serrano which is pretty much available anywhere and you want to cut this really thin.

Jessi Soles: That’s like paper thin.

Pat Weber: And then there’s a few other ingredients. Sweet water, basically it’s just sugar water, a quarter cup of water and about a teaspoon of sugar, and a dash of fish sauce. It really is a secondary flavor. It’s a nuance, very popular in Vietnamese food.

Jessi Soles: So it really adds flavor to this dressing.

Pat Weber: It really does. It really does. I put a little bit of my favorite Sriracha sauce, which is the red sauce.

Jessi Soles: So it’s a little of sweet, a little bit of hot. This is fun. You’ve got a lot of flavors going on there.

Pat Weber: Yeah. And then finally, I create a little-- fine grate a little carrot.

Jessi Soles: Okay.

Pat Weber: So you can do that right into the bowl.

Jessi Soles: The fine grates with the small holes here.

Pat Weber: Yeah. And the carrot actually adds a little bit of sweetness as well.

Jessi Soles: And how much do you put in there?

Pat Weber: I would put about a tablespoon.
Sleep, Eat & Exercise

Jessi Soles: And this grater was only $2 at Goodwill.
Pat Weber: Perfect.
Jessi Soles: Kitchen utensils do not have to be expensive. Look around, shop around, go to estate sales, garage sales, Goodwill, you can find great stuff there.
Pat Weber: So there’s our dressing. And if you smell it it’s really yummy.
Jessi Soles: There’s a lot of flavors in there.
Pat Weber: And then we have our rice noodles. It’s just basically a rice vermicelli, just any thin rice noodle.
Jessi Soles: They’re really thin. Yes.
Pat Weber: And they’re really hard. They’re so easy to cook. Basically you’re almost not even having to cook them. What I usually do is bring a pot of water to almost a simmer and then just pour it over the noodles and it takes about 10 to 15 minutes. They just sit there and basically they come out to be just soft like that and you can kind of taste them to see if they’re still hard in the middle, but it’s a really easy way to cook them. It’s not like pasta where you have to have a boiling pot of water and add them and then keep stirring it and you don’t have to worry about them clumping or whatever. Traditionally, the Vietnamese noodle salad is just this. It’s the noodles on the bottom. And then you basically have this salad on top. So what I like to sprinkle is cabbage, some bean sprouts, green onion, cucumber, as well which lends itself to the freshness and gardeny aspect. And I kind of like to cut my cucumbers just kind of like what we call julienne. In most of the Vietnamese restaurants, you’ll actually have a stir fry put right on top. So that’s the warm part. And you have the cold noodles on the bottom. You add your noodle dressing all the way around.
Jessi Soles: One thing I like about this dressing is that it was so flavorful all of those salt, sweet, and tangy and spicy hot flavors but there was no oil in it. So this dressing is really healthy.
Pat Weber: It’s almost fat-free.
Jessi Soles: That’s great.
Pat Weber: So then I like to use cilantro. If you don’t have cilantro that’s great. But it just kind of adds another element. Mint is really popular so a little bit of mint too. And then lastly a little kind of chopped nuts. So I take a little peanuts and chop them and chopped the peanuts on top.
Jessi Soles: That sounds great.

Vietnamese Rice Noodle Salad with Tofu Stir fry

Ingredients for the salad:
1 c washed and shredded romaine, red, or green leaf lettuce
2 cups fresh, crisp bean sprouts
1-1/2 cups peeled, seeded, and sliced cucumber

Cooking Demonstration (Optional)
1/3 to 1/2 cup roughly chopped or small whole mint leaves
1/3 to 1/2 cup roughly chopped or small basil or Thai basil leaves
2 Tbs. chopped roasted peanuts
12 sprigs fresh cilantro
Tofu stir fry (see previous recipe)
Nuoc cham (Vietnamese Dipping Sauce- recipe below)

Ingredients for the Noodle:
8 oz. dried rice vermicelli (noodles) (find at most grocery stores)

Ingredients for Nouc cham:
1 clove garlic
2 to 3 Thai bird chiles (or 1 small jalapeño or serrano chile), cored, seeded, and minced; more or less to taste
1/2 tsp. ground chile paste; more or less to taste
2/3 cup hot water
1/4 cup granulated sugar
1/4 cup fish sauce
2 Tbs. fresh lime juice
2 Tbs. shredded carrots (optional)

Noodle Directions:
1. Bring a medium potful of water to a rolling boil.
2. Add the rice vermicelli and, stirring often, turn off heat and cover.
3. Let set, stirring occasionally, about 5 minutes, until noodles are soft.
4. Rinse them in a colander under cold water just until they're cool and the water runs clear.
5. Let the noodles drain in the colander for 30 minutes, and then set them aside for up to 2 hours, unrefrigerated.

Nouc cham Directions:
1. Toss all ingredients together.

Salad Directions:
2. Fluff the noodles with your fingers and place into a large bowl
3. Top with lettuce, bean sprouts, and cucumber
4. Put the cooked stir fry topping on the noodles and garnish each bowl with the peanuts and cilantro.
5. Drizzle about 3 Tbs. nouc cham over the salad and then toss the salad in the bowl a few times with two forks or chopsticks before eating.
Pat Weber: One of my favorite things is fried rice. It’s really easy to make. You can put almost anything under the sun in the fried rice. We’re going to make shrimp fried rice. So it takes like two or three shrimp. I like to get the raw but you can get cooked shrimp which is fine. If you’re doing the raw, then you want to dice it up and you want to cook it first. So this is kind of a dance because this time we’re going to use a wok. This is basically a steel wok. It’s really light. It heats up really fast, which is nice. It’s what you want in a wok. And then have just like stir fry have all of your vegetables cut ahead of time.

Jessi Soles: Everything’s prepped.

Pat Weber: Everything’s prepped. Hot wok. You probably want about two tablespoons of oil. To start off, I like to put my aromatics in. So I’ll start it off with the ginger and garlic. And then in goes my shrimp. The shrimp which is nice is you’re cooking the shrimp with that ginger and garlic.

Jessi Soles: How do you know when the shrimp is done?

Pat Weber: Good question. Raw shrimp is going to be kind of that bluish color. So once it starts to turn white. So you really want your shrimp to be pretty much white. And you can see it’s starting to get a little bit of a white hue to it.

Jessi Soles: Yeah.

Pat Weber: Then, I will add the rest of vegetables. And, of course, the shrimp is going to continue to cook. And the secret to fried rice is you cook all of your vegetables in the wok. So you have it and then you add your egg. And the egg is obviously really important in fried rice. And I’ll just kind of make a little hole in the middle and I add the egg. And the egg you want it to cook and then you just kind of fry that around and the egg basically breaks up and it’s just kind of like scrambles. Once you get that going, then you can add your rice.

Jessi Soles: So it’s all in one pan.

Pat Weber: All in one pan. Fried rice is almost a dish in itself because you could put so many things in it. You can put pork. You can put chicken. You can put shrimp. It has egg in it. It has vegetables. The last thing you do is just add a squirt of soy sauce. And toss that in.

Jessi Soles: So that’s really all of the seasoning you needed for this.

Pat Weber: Our shrimp fried rice is done. A cup per person would be fine.

Jessi Soles: That looks excellent. One thing about fried rice is I thought it was so unhealthy because it was fried rice, but actually it had some great vegetables in there. Not a lot of oil.

Pat Weber: No.

Jessi Soles: Protein with the shrimp and the egg and we’re ready to go.
(Recipe is below.)

Jessi Soles: We are going to make fish tacos and we’re also going to make a chicken version using some of the roasted chicken that we made earlier.

Pat Weber: I have chopped onions, garlic, and some diced jalapeños in here. And, again, I’m just kind of cooking them somewhat on a low heat. Because we’re having fish tacos, I want to show you this. I actually bought this catfish. And I think this thing was $2.52.

Jessi Soles: Nice.

Pat Weber: It’s a whole fillet of catfish. Season it with salt and pepper. Juice a little bit of lime on top of it.

Jessi Soles: So you’re going to put the whole fillet right in the pan.

Pat Weber: Yes, what I like to do is cook the fish first. What’s really cool is actually you can just kind of wrap that up like this and let it marinate. You can do that ahead of time which is really cool and I didn’t have to dirty a cutting board or worry about the food safety. The important thing about cooking a piece of fish is when you put it in the pan, roll it against you so that way you know you’re not going to get splattered. So we have that. So it’s cooking nicely. And we’ll use red onion so we want to get this really fine as fine as you can actually chop it. You see how it’s lightly brown on the bottom. So you want to just keep it going. Not too high of a heat, just kind of a medium, and just let it sit there and get a nice color on it. Maybe like a quarter cup total.

Jessi Soles: Okay. Red onion is nice because it’s a little bit sweeter.

Pat Weber: Yeah, it is.

Jessi Soles: It kind of adds some nice color to your dish, too.

Pat Weber: We’ll cut open the avocado. There’s a big pit inside, so I’ll just kind of cut it open and twist and I know it’s open. Actually, what I’ll usually do is just take that and you have your pit out. Actually, I’ll take a spoon and just take it right out. And if you want to grab a fork we’ll start to mash the guac. And in the meantime let’s get the ...

Jessi Soles: So it mashes really easily when they’re ripe. If they’re not quite ripe it’s going to be a little bit tougher but it will still taste good.

Pat Weber: So our fish is nicely brown. We actually did a really quick flip on that. And I’ll let it finish cooking like that.

Jessi Soles: Okay. The guac is mashed.

Pat Weber: Yeah. And you can do it really mashed or just kind of chunk mashed. It’s really up to you. Do you like jalapeños in yours?

Jessi Soles: I do. The hotter the better.

Pat Weber: Yeah. And you want to make sure that you cut your jalapeños really fine as you can because you don’t want to bite into a big chunk of jalapeño.

Jessi Soles: So if you don’t like things hot could you just omit the jalapeño?

Pat Weber: Yes.
Sleep, Eat & Exercise

Jessi Soles: Or maybe just add less.
Pat Weber: Add less. Or it doesn’t necessarily need all of the jalapeño or even any jalapeño for that matter. This is cilantro. And with cilantro you don’t have to go through and take out every last piece of stem. What I’ll take is I’ll take the whole thing of the herbs and I’ll just kind of scrunch it together and just kind of do that and that’s good. And then I would say add about half of those onions.
Jessi Soles: Okay. About a palm full?
Pat Weber: Yeah.
Jessi Soles: Now, I have a trick with the garlic. After you get a rough chap on with it, add a little bit of salt to it.
Pat Weber: That’s a little trick from chef school.
Jessi Soles: Yes. And rub your knife over it so it really...
Pat Weber: You get a little mash.
Jessi Soles: Yeah, the grains in the salt help mash it so that you get like...
Pat Weber: It draws out the water from the actual vegetable.
Jessi Soles: I never knew that’s why. I just know from preference you don’t bite into a huge chunk of garlic when you’re having guacamole and it doesn’t overwhelm the rest of the flavors in the guacamole.
Pat Weber: Yeah, so we have our guac. And a lot of people add a little tomato to it but we’re going to do a fresh tomato salsa on the side. The one thing you have to know about guacamole is that it does oxidize. Oxidize meaning it’s going to turn brown.
Jessi Soles: Okay.
Pat Weber: So the lime will help prevent that. The best thing to do if you want to do make this ahead of time is just put a piece of plastic wrap down against the surface.
Jessi Soles: Right on the top of it.
Pat Weber: Right on the top.
Jessi Soles: Not just over the bowl. Like press it against the guac.
Pat Weber: Right.
Jessi Soles: Cool. And you added the beans to the skillet.
Pat Weber: I added the beans to the skillet, and now I’m going to add a little bit of oregano. And add a little cumin.
Jessi Soles: It’s really smoky.
Pat Weber: Yes. It’s smoky.
Jessi Soles: It’s a really smoky flavor. And the oregano is kind of a sweet herb.
Pat Weber: Yes. This is actually chipotle and I’ll just add a couple of shakes of the chipotle to my beans. Basically what I’m making here is beans and rice. And then I’ll add a little bit-- and of course, this is brown rice which makes it even healthier. The rice will heat up really quickly. So look how good that is.
Jessi Soles: It’s great.
Pat Weber: Yeah. And it's nice and wet, moist, seasoned up really nicely. You can add-- typically you can add a lot more onions. You can add peppers, like bell peppers, that's always very popular.

Jessi Soles: That's a great way to add some vegetables to the dish.

Pat Weber: Yeah.

Jessi Soles: You are getting vegetables with your guacamole and the fresh red salsa too.

Pat Weber: Yeah. So then we're going to make our salsa. We'll get a bowl and I'll grab the tomatoes.

Jessi Soles: Okay. Great. So about one clove of garlic.

Pat Weber: Yep. And the tomatoes, you want to get them dry as possible.

Jessi Soles: Squeezing out the juice a little bit.

Pat Weber: Yeah. And you can almost put your fingers in them like that.

Jessi Soles: We want chunky salsa; we don't want runny salsa.

Pat Weber: Yeah. With these I'll just kind of take out the core like that. And there's a term called pico de gallo which actually translates to bird's beak which is the size of the tomatoes in typical pico de gallo salsa.

Jessi Soles: I never knew that.

Pat Weber: There's actually a Mexican salsa called pico de gallo. A tomato actually always challenges the sharpness of your knife. I always feel like if you have a knife that's sharp enough to go through a tomato skin it's a sharp knife. The final things I add to salsa are lime juice and then chopped cilantro. Everyone has their own way to put together their burrito or taco. And you have all of these condiments sitting out.

Jessi Soles: It's a really nice thing to do if you have picky eaters coming over too because they can choose how much or if anything that they want to put on. Maybe they just want meat and cheese.

Pat Weber: Salt and pepper. Yes, you'd like to put a little bit of cumin to touch. And then the last thing we add is cilantro.

Jessi Soles: The great thing about making salsa, homemade salsas and homemade guacamole is, again, you don't have the preservatives in there. It's really to your own taste. If you want more lime juice or less lime juice. If you don't have a lime, use a lemon. You just need a little bit of acid to bring out the flavors in the other vegetables. If you don't like cilantro but you like parsley or if you like a lot of cilantro, go for it. It's really fun to play with these flavors and add what you like.

Pat Weber: So our piece of fish is so simple. It doesn't have any bones. And what I'll do is for the tacos, I'll just kind of flake it out.

Jessi Soles: It just falls apart once it's done cooking. You know that the fish is done cooking when it flakes like this.

Pat Weber: Now, I usually give it one last squeeze of lime juice. Look at our spread.

Jessi Soles: We've got the beans and rice, the pico de gallo, our cooked fish that's pieced apart, our toppings, some shredded lettuce, cilantro, lime, red
onion and our guacamole and some sour cream. You could also have cheese, play with it a little bit.
Pat Weber: Yeah.

Fish Tacos

Ingredients:

- 1 pound white flaky fish
- 1 Tbls cup canola oil
- 1 lime, juiced
- 1 tablespoons chili powder

Directions:

Place fish on a foil lined baking dish, drizzle with the oil, lime juice, chili powder. Let marinate for 15 to 20 minutes. Bake in a 375 oven until fish is flakey- (insert a skewer of fork easily) Cut up into chunks and serve in tortillas, with the following:
  - guacamole (recipe follows)
  - tomato salsa (recipe follows)
  - cilantro sprigs
  - fresh chopped onion
  - lime wedges

Guacamole:

Ingredients:

- 3-4 avocados- must be soft and ripe- plan ahead and allow to ripen in a brown paper bag several days if needed
- ½ white onion, chopped
- 2 cloves garlic, chopped fine
- 1 jalapeno pepper, chopped
- ½ lime juiced
- ½ tsp salt

Directions:

1. In a bowl, mash avocados with a fork, add onions, garlic, pepper, lime juice, salt and pepper- serve immediately
2. if reserving for later use, guacamole will oxidize, so keep it in an airtight container.
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**Fresh Tomato Salsa**

**Ingredients:**
1 small red onion, coarsely chopped  
4 cloves garlic, coarsely chopped  
4 large ripe tomatoes, chopped  
1 jalapeno pepper, seeded and chopped fine  
1 tablespoon hot sauce (Tabasco)  
½ lime, juiced  
1/4 cup chopped fresh cilantro leaves  
½ tsp salt  
½ tsp pepper

**Directions:**
1. Toss everything together.

**Page 13: Chicken Burritos (video)**

Pat Weber: These are actually whole wheat tortillas. They need to be warmed to make them a little bit more palatable. And the one easy way to do it is to put it right into a sauté pan. No oil, just straight up. You can do it in a cast iron pan. The other way is just put it right on top of the flame. And this actually gives it kind of a grilled flavor, which I think is pretty cool.

Jessi Soles: So just a couple of seconds on each side.

Pat Weber: A couple of flips and you’re good to go. So I’m going to make, to start off with, a chicken burrito. And see how it gets really …

Jessi Soles: Pliable.

Pat Weber: Pliable. Exactly. We’ll start off with beans and rice. The one thing that you have to be careful is the over filling. We have our chicken, pico.

Jessi Soles: One thing I love that I’ve got to point out to is you’re using a multigrain tortilla here.

Pat Weber: I put the cilantro in there. I put a little bit of our guacamole in. Fresh onion. A little bit of lettuce and a little bit of sour cream. I’ll put that towards the back. The art of rolling the burrito. You want to start there, pull it back, fold it in and then basically you roll over and hopefully, it’s somewhat in good shape.

Jessi Soles: Excellent. This is more of a portioned size burrito probably.

Pat Weber: Yeah, absolutely. Obviously, the burritos that you buy in some of the fast food places are like the size of a football.

Jessi Soles: Probably two or three meals worth, but this is portion size. You know we’ve got a quarter cup of rice and beans would you say?

Pat Weber: Yeah. Maybe even a third of a cup of rice and beans.
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Jessi Soles: Yeah. And a little bit of chicken. You’ve got your vegetables in there all ready.
Pat Weber: For these, a lot simpler, just a little fish on the bottom. A little lettuce. Onions. Cilantro, to me, is really important for one of these and just a touch of guac. And what I really like is the lime, just a squirt of lime. And this is like a salad in a tortilla really good and basically just fold it up. And I would say two of those.
Jessi Soles: So one fish filet might serve two people. And that fish filet $2.50 so you’re going to have a dinner for two, one fish filet.
Pat Weber: If it’s a center of the plate sort of thing then it’s going to be expensive, but if you mix it with all of these ingredients then it becomes less expensive and also you’re getting the benefit of eating fish and all of the proteins and omega-3s that fish has. As well you’re getting the benefit of all of this salad and all of these fresh vegetables you’re eating. And I always serve it with a lime on the side.
Jessi Soles: That’s beautiful.
Pat Weber: Yes. Taco night.

Page 14: Pasta with Meat Sauce (video)

(Recipe is below.)

Pat Weber: I want to show a really simple sauce that’s really good, and it’s Bolognese. You know, you get a hot pan. I have my garlic, and I’m just going to chop it. What’s fun about this is, actually, as you’re chopping, you can just have your skillet hot and ready to go. The same thing with my onions, I’m just going to chop my onions. I kind of chop through almost all the way, and then I just kind of take my knife and go that way, and then like that, so I have perfectly diced onions. Olive oil in my skillet, so we put it right in there. Cooking the onions to the point where they’re really soft, and like you said, caramelized, obviously that’s bringing the sugars out. So it starts to get sweet.
Jessi Soles: Kind of a brown color.
Pat Weber: Yes. Light brown, and that really brings out the sweetness. It brings sweetness into the sauce.
Jessi Soles: So, now, why did you choose to use ground beef?
Pat Weber: Ground beef is probably the most typical meat sauce. This is probably 12 ounces of meat, and this is easily something that could feed three or four people.
Jessi Soles: So you’re grating carrot.
Pat Weber: This little grater that we bought at the garage sale for $2.99 works really well on these carrots. And this, of course, is going to go into our meat sauce.
Jessi Soles: Really?
Pat Weber: Yeah.
Jessi Soles: So you're kind of hiding some vegetables in there?
Pat Weber: Yeah.
Jessi Soles: It's a great way to add some nutrition. That way, it won't really change the nice texture of your sauce.
Pat Weber: Yep. And I'll add that right into there. And these are looking good.
Jessi Soles: You added that in about five minutes?
Pat Weber: Yeah.
Jessi Soles: The onions and garlic were going about five minutes.
Pat Weber: Yep. And then I'll add the meat, and the meat will, I obviously, just kind of mash it up.
Jessi Soles: What kind of seasoning do you put in that?
Pat Weber: I have this Italian seasoning. Sometimes it's good just to buy a mixed of seasoning, that way you're seasonings don't go stale. So this actually has marjoram, thyme, rosemary, savory, sage, oregano, and basil all in one. So, if you do a lot of cooking, like Italian cooking, you might use one of these up in three or four months. So, obviously, right away, the meat's going to start to brown. So it looks like our pasta water is ready. Yeah, you really want to have a rolling boil. The important thing about boiling pasta is that you don't want to lose your boil, so a lot of water. My meat is pretty much cooked through. There's still a little bit of pink in there. That's when I'll season it. I don't know if you have a crushed red pepper this size in your house...
Jessi Soles: Not quite that big.
Pat Weber: ...but I like spicy food.
Jessi Soles: Enough to taste.
Pat Weber: Yeah.
Jessi Soles: So if you don't like your food hot...
Pat Weber: Absolutely.
Jessi Soles: ...you could leave the crushed red pepper out.
Pat Weber: Yeah. From start to finish, this can actually be made in about 15 minutes.
Jessi Soles: That's a pretty fast meal when you're talking about being on a student schedule. They might not have time.
Pat Weber: Right. I'll drain my tomatoes a little bit.
Jessi Soles: What if I wanted that a little bit more saucy? Could I add, like, an extra can of tomato sauce, or?
Pat Weber: Absolutely. If you wanted it a little bit more saucy, you certainly could.
Jessi Soles: Some like it meaty, some like it saucy.
Pat Weber: Yeah.
Jessi Soles: You can really personalize this.
Pat Weber: Yes. What I usually do is, put it on the board, see, you can tell that's still dried pasta inside. So you want to cook that a little bit longer. That's how you tell with pasta's done.
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Jessi Soles: Okay.
Pat Weber: Parmesan.
Jessi Soles: Fresh grated.
Pat Weber: Yeah. Well, the one thing about Parmesan is that if you buy a block like this, it really lasts a long time in your fridge.
Jessi Soles: That's good to know. I think that a lot of people probably just think the can is going to last longer...
Pat Weber: Yeah, and...
Jessi Soles: ...than the fresh cheese...
Pat Weber: ...I think the...
Jessi Soles: ...but you're saying the fresh lasts longer than the canned here.
Pat Weber: Yeah, it does.
Jessi Soles: That is a great tip.
Pat Weber: Right. And it's so much better. It's so much fresher. The actual flavor of the grated...
Jessi Soles: It's a little nuttier.
Pat Weber: So you want to be very careful with this hot water, obviously.
Jessi Soles: You don't want to get a facial.
Pat Weber: Well, the facial's all right. You just don't want the splattering on the arms or legs.
Jessi Soles: So we're using the strainer from our salad spinner as a colander, kind of a two-in-one tool.
Pat Weber: So you have a nice, meaty sauce.
Jessi Soles: That was like 15 minutes start to finish.
Pat Weber: Yeah.
Jessi Soles: That's less time than you can order take out.
Pat Weber: The last thing you do, if you want to do the honors of shaving some Parmesan.
Jessi Soles: Excellent. Great, thanks. So you could just pair this with a green salad, and you would have all of your different components. We've got your starch, your protein, we've already got some vegetables going on in here.
Pat Weber: Yep.
Jessi Soles: Wow, this is great.

Spaghetti in a Spicy meat Sauce

Ingredients:
3 Tbs. vegetable or olive oil
2 cloves garlic
1 large white onion, chopped fine
1lb ground beef
1/4 tsp. crushed red chile flakes
Kosher salt and freshly ground black pepper
28-oz. can chopped tomatoes
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1 tsp. dried Italian seasoning or oregano
Salt and pepper
1 lb. spaghetti
3/4 cup grated parm

Directions:
1. Put a large pot of salted water on to boil. When boiling, add 2T salt and pasta, cover and let boil 8-10 minutes, or until pasta is cooked with just a bit of a bit (al dente)- drain and toss with olive oil.
2. In a large skillet over medium heat, add the garlic and onion and chile flakes, cook until the onion is soft and translucent, 6 to 7 minutes.
3. Add the ground beef and cook, mashing the beef into bits, until browned. Drain off some of the liquid.
4. Add the tomatoes to the skillet and cook to thicken the sauce slightly, about 15 minutes. Stir in the oregano and/or Italian Seasoning and season generously with salt and pepper to taste
5. Serve with grated parmesan.

Page 15: Packing Lunch (video)

Jessi Soles: So we just finished our meat sauce, and this is a great thing to pack for lunch the next day, because those flavors just combine even more as they sit overnight. So what you can do is you can get out your container right after you make it. You're going to eat this much. So you set aside your container for what you want to take for lunch the next day. And no need to worry about getting expensive to-go containers. Just use your containers from take out, or those Ziploc containers, whatever you have on hand. These are really inexpensive in your store, and they're light to pack in your lunch pack. So we put a little bit of pasta in there, and some meat sauce.

Pat Weber: And this works really well in the microwave.

Jessi Soles: We've got to put that cheese on there. That was great, great way to finish it off. Season it the way you want it. Pop the top on. Before you're running out the door the next morning to hurry off to class, stick it in your lunch bag. This is an insulated lunch bag, so it's going to keep it fresh and cool. You're not going to have to worry about food safety. Put an ice pack in with it. Zip it up. You're ready to go to class.

Page 16: The Case for Cooking (video)

Jessi Soles: Pat, I'm so excited about all that we learned here today. It was so easy to make all these dishes. I mean, we made a meat sauce. We made a Mexican burrito. We made an Indian soup. We made chicken noodle soup, and a great breakfast of a smoothie and the breakfast burrito. I mean, all
these things, and they were all very easy to complete. So we’ve proven today that any prior knowledge, no matter where you are starting with cooking, you can always build on those skills and add to them. So don’t be afraid to just dive in and start wherever you are.

Pat Weber: Yeah. We just kind of went through a couple of basic techniques, and that’s really all you need to know. Sautéing things, making a little stew, it’s really the same technique between the two soups, the burritos, obviously, a lot of components, but a lot of really fun eating once you got it all together. The Bolognese sauce, as well as the other sauce.

Jessi Soles: It was so fast.

Pat Weber: So easy, and so fast.

Jessi Soles: Like 15 minutes.

Pat Weber: And it’s great, because we made it ourselves. We didn’t have to rely on anything else or eat packaged food.

Jessi Soles: Exactly. I think it did take like 15 minutes for us to put all these different components together. Once you’re chopping, you just keep going, and, like you said, with those easy techniques that, simple techniques...

Pat Weber: Yeah. And the time part of it is, I think that a lot of people avoid cooking for that reason, which they think that they need all these techniques, and these years of cooking experience. And the second thing, I think is bigger for most people, is they don’t have time. We have class, back-to-back. We have 15 minutes for breakfast. We have 30 minutes at the end of the day, and who wants to cook, and then, of course, clean up. But, we know that if you make a soup on a Saturday afternoon, you can eat two or three times during the week. If you make a bunch of burrito filling, you can make burritos for breakfast the next day, and two or three dinners after that, the same with the Bolognese. You can freeze things. We can preserve things. It really doesn’t have to be every night we’re cooking.

Jessi Soles: That is such a great point, because I also want to talk about how we show that you can pack things up. Right after you get done cooking them, we can just throw them in a container, put them in our lunch pack, and take them for lunch.

Pat Weber: Yeah.

Jessi Soles: It’s so easy to take healthy food that you’ve prepared yourself for lunch, and not feel like you have to stop on campus, or stop at work to...

Pat Weber: Yeah.

Jessi Soles: ...pay for food that really, who can afford those prices?

Pat Weber: And, yeah. The prices are the big point, because we know that buying these raw ingredients, and taking them, and making them ourselves, is so much cheaper and better than what you can get in most restaurants, for sure. So it’s cheaper, too, which even better, so we know that.

Jessi Soles: And we used just a couple pots. I mean, really, we didn’t use a ton of different equipment, right?
Pat Weber: Two or three good pieces, good— a sauté pan, two sizes of pots. One thing we didn't mention is a lot of people think they need to go out and buy this huge, expensive pot and pan set. I seriously think if you get one sauté pan, one small/medium pot, and one large stockpot to boil your pasta, that's all you need. That's all you need to cook. And then, as far as the rest of it, a few utensils here and there, if you want a blender, great, but most of this stuff you really can buy used, or at garage sales, or thrift stores. It's really the way to go. There's so much good stuff out there. You don't have to buy new, expensive equipment to cook good food.

Jessi Soles: And gifting is always nice, too. You know, Pat, one of my favorite things about cooking is just having friends over and enjoying all this great food together. You can really show your friends you care about them by nurturing them with great food, or inviting them over, because it's great to get together and have a meal, but you can't always go out some place, so you can get together at your own home, in the comfort of your own home, and fix a meal together, and just hang out. It's great.

Pat Weber: Yeah. And that's, to me, that's where it's most important to me as far as cooking, because we are missing that, I think, in our society. I think that more and more people are just relying on either fast food or convenience foods, whether it be package mixes that they boil in a bag, or whatever, or stuff that's not so healthy for you. We're missing the connectedness to our food and the earth. One of the golden rules I always use is I generally don't eat anything that my grandmother wouldn't recognize as food. So when I go into the store and see the little yogurt tubes, I think, "Is my grandma going to think that this is really good?" So, and I say, "Probably not." And, it's just sometimes the package and processed, and fast food, and the convenience food. It's really not good for you. And it's expensive, and it just, to me, it doesn't give you that whole satisfaction of putting your hands together with a friend and coming up, going to the grocery store, buying some cool food, coming home, and cooking dinner. And there's really no comparison.

Jessi Soles: Yeah. Fast food isn't always fast if, in the long run, you're not really giving your body what it needs. This food was fast, but in the end, we're giving our bodies what it needs to be able to think during the day and function at its top notch. That's what we need.