



*Wholesome Foods
to Support
Your Healthier Lifestyle*

Select Favorites for Cooking & Teaching

516.818.0643

kathryn@thehealthchef.com

www.thehealthchef.com

About Chef Kathryn

Kathryn Bari-Petritis is a Holistic Chef and graduate of The Natural Gourmet Institute for Health & Culinary Arts in New York City, specializing in "Food for Healing." She is teacher, lecturer & consultant on Whole foods cooking. Kathryn is presently teaching simple approaches to mindful cooking and how to shop for whole-someness. She encourages parents to provide fresh, healthy organic foods to their children through her private-in-home cooking classes, mothers groups, and cooking demonstrations. Her kitchen reflects her philosophy on eating consciously and cultivating an appreciation for nourishing the body, mind, and spirit.



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E-mail: kathryn@thehealthchef.com

Visit us at:

www.thehealthchef.com

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For information on creative designs: Namaste19Hrmny@aol.com

Chef Kathryn's Soups (Continued)

Seasonal: Fall to Winter

Butternut, Coconut & Yellow Split Pea
Butternut, Pinto Bean, Kale & a Touch of Bacon
Cream of Parsnip, Butternut & Sweet Potato
Harvest Red Lentil Zucchini
Leek, Potato & Cheddar
Mung Bean & Tomato Vegetable
Mushroom Barley
Root Vegetable Pureed
Spinach w/ Wild Rice & Toasted Pumpkin Pesto
Tomato Root, Wild Rice & Shiitake Mushroom
Winter Red Miso, Turnips & Shiitake Mushrooms



Seasonal: Spring to Summer

Asparagus Leek, Lentil-Lemon Cilantro Roasted Vegetable
Corn Soup w/ Red Pepper Puree
Spring Lima Bean w/ Dandelions
Gazpacho w/ Avocado Aioli String Bean Almond

Desserts Naturally

Muffins

Blueberry spelt; Apple oat bran; Carrot raisin bran; Peanut butter jelly w/ zucchini & carrots; Banana bran nut; Carrot cake muffin; Chocolate chip kids muffin; Pumpkin spice

Cookies

Raspberry oatmeal torte; Peanut butter & grain; Lemon sesame cookie; Whole wheat chocolate chip; Oatmeal date bars; Low fat chocolate mint; Raw chocolate macaroons

Cakes/Pies

Carrot cake; Vegan chocolate raspberry; Chocolate prune cake; Lemon blueberry; Orange prune date Bundt cake; Apple & blueberry pie (in oatmeal almond crust); Low fat raspberry (in meringue crust); Peanut butter banana pie



Final Chef Notes:

- *All these happy, Heart Healthy soups are wonderful all year long. Spices & garnishes can be rotated seasonally, & give added nutritional value as well as culinary interest.*
- *"Sweetness is an experience, it is sensed not only on the tongue but also in the heart and soul." ~Marc David, Nourishing Wisdom (1991).*

Enjoy baking with me!

Select Favorites

Vegetarian & Incredible Grains

Quinoa (super grain)

Cranberry quinoa; Southwestern black bean; Quinoa sea medley; Mediterranean quinoa; Curried quinoa & pistachio

Millet (ancient grain)

Pie w/ spinach & feta; 4 grain croquettes w/ beet sauce; Millet-cauliflower mashed potatoes; Millet cheese balls; Creamy millet, apricots & almonds

Other Important Grains

Barley risotto w/ butternut squash & kale; Kasha fruit & nut pilaf; Kasha, leeks w/ shiitake mushrooms & pecans; Wheatberry apple salad; Wild rice Waldorf salad

Super Healthy Veggies

Green Leafy

Tuscan-style collards & kale w/ roasted garlic & herbs; Kale Greek salad; Kale mushroom stir fry w/ sesame seeds; Stuffed Collard greens w/ yellow split peas, tomatoes & curry; Swiss chard w/ red potatoes & herbs;

Cruciferous & Root Vegetables

Roasted beets w/ mint; Bok Choy Asian style; Raw cabbage salad w/ almonds & sesame; Sautéed Brussels sprouts w/ currants & maple; Broccoli, barley & olive salad

Savory & Stuffed

Roasted Asparagus w/ herbs; Roasted Sweet Potato fries; Stuffed Acorn Squash w/ wild rice; Stuffed Portabello mushroom w/ brown rice; Polenta w/ tomato & lentil sauce; Zucchini stuffed w/ olives, feta & lentils

Rolls, Wraps, Dumplings, Crêpes

Chinese spring rolls w/ dips; Nori packages rolled w/ cold soba noodles, watercress & wasabi; Chickpea crêpes w/ tomatoes, mushrooms, zucchini & eggplant; Dumplings w/ beets, goat cheese & walnuts

Burgers, Burritos & Frittatas

Spinach cakes w/ shiitake mushrooms & goat cheese; Kale potato burger; Chili bean burger; Millet veggie; Lentil, & walnut burger; Salmon burger; Black bean burger w/ spicy cucumber & red pepper relish; Tofu tuna burger w/ tartar sauce; Southwest pinto burgers; Sweet potato 3 bean burrito; Red potato, leeks, red pepper frittata; Asparagus, & goat cheese frittata



Salads

Beets slaw; Pineapple citrus jicama; Broccoli & red potato; Middle Eastern pita salad; Cobb Salad w/ chicken or turkey; Jicama coleslaw; Arugula w/ walnut dressing; Dandelion w/ garlic & lemon; Green goddess over greens

Soba Noodles & Pasta

Japanese soba stir-fry; Cold roasted eggplant soba noodles; Sesame, snow pea & noodle salad; Miso-tahini sauce w/ soba noodles; Bok Choy & red pepper stir-fry; Penne w/ chicken, spinach, sun-dried tomatoes & goat cheese; Vegetarian lasagna; Pasta w/ tempeh Bolognese sauce;



Beans Are Good For Your Heart, Legumes Too

White bean & eggplant gratin; 3 bean chili w/ tempeh; Corn & black bean casserole; Garbanzos (chickpeas), zucchini & string beans w/ citrus dressing; Lentil w/ sun-dried tomatoes & chives; Black-eyed peas & sweet corn salsa; Tuscan bean salad w/ beets & arugula; Bountiful bean & nut salad w/ orange dressing; Red lentil paté;

Chicken & Turkey

Curried chicken walnut salad; Herbed apricot glazed chicken over brown rice; Almond crusted chicken tenders; Chicken curry w/ cashews; Chicken, parsnip & butternut squash stew; Turkey veggie meatloaf w/ 6 veggies

Heart Food: Seafood

Shrimp

Shrimp w/ white beans & arugula; Shrimp dumplings w/ sweet & sour dipping sauce; Chipotle shrimp cups (in wonton wrappers);

Other Fish (Tuna, Salmon, Halibut)

Stuffed tuna rolls (breadcrumbs, pine nuts, cheese, currants); Grilled or baked halibut w/ ginger-mango chutney; Halibut w/ green olives, tomatoes & dill; Wild salmon w/ horseradish almond crust; Salmon wrapped in Swiss chard & other veggies; Dilled cold salmon salad w/ avocado; Pecan-crust rainbow trout w/ sage lemon sauce

Ask for tempeh & tofu entrees

Teaching all of the above is available for private lessons or groups. You'll be pleasantly surprised at the wonderful goodies you can create for your family & friends, & it is all so much fun with me.

Chef Kathryn's

Healthy, Robust, Scrumptious Soups

I provide 100 different soups, here are 50 of my clients' favorites

Raw Soups

Asparagus Avocado Coconut Broccoli Almond
Carrot Ginger & Lime Summer Tomato Gazpacho

Asian Soups

Miso Wakame Vegetable w/ or w/out Tofu
Thai Vegetable w/ Lemongrass

Light & Smooth Vegetarian

Curried Broccoli, Watercress & Spinach Heavenly Carrot
Borscht (Beets, Cabbage & Potato) Carrot, Apple & Beet
Cream of Cauliflower (Non-Dairy)

High Protein & Healthy Heart

Classic Black Bean Egyptian Chickpea & Brown Rice
Red Lentil Spinach Hearty Cabbage Mediterranean
Tomato Quinoa Pesto Creamy Lima Bean Chowder
Moroccan Spiced Chickpea & Lentil w/ Sun-Dried Tomato Sausage

Italian & Mediterranean

Escarole & Bean Classic Minestrone
Pasta Fagiolo (Tuscan Bean & Tomato)
Lentil Barley (Tomato Based, Creamy)

Green Soups

Classic Split Pea Curried Yellow Split Pea
Creamy Green Veggie Soup Swiss Chard
Portuguese Kale & Red Potato

Chicken, Turkey, Fish

Chicken Adobo w/ Bok Choy Seafood w/ Kale & Potatoes
Fragrant Fish w/ Mint & Jasmine Rice
Southwestern Chicken, Black Bean, & Wild Rice
Seafood w/ Vegetables in Aromatic Coconut Broth

Healthy Heart & Lung

Adzuki Bean Squash
Fish Congee (Sweet & Salty w/ Brown Rice, Nori)

