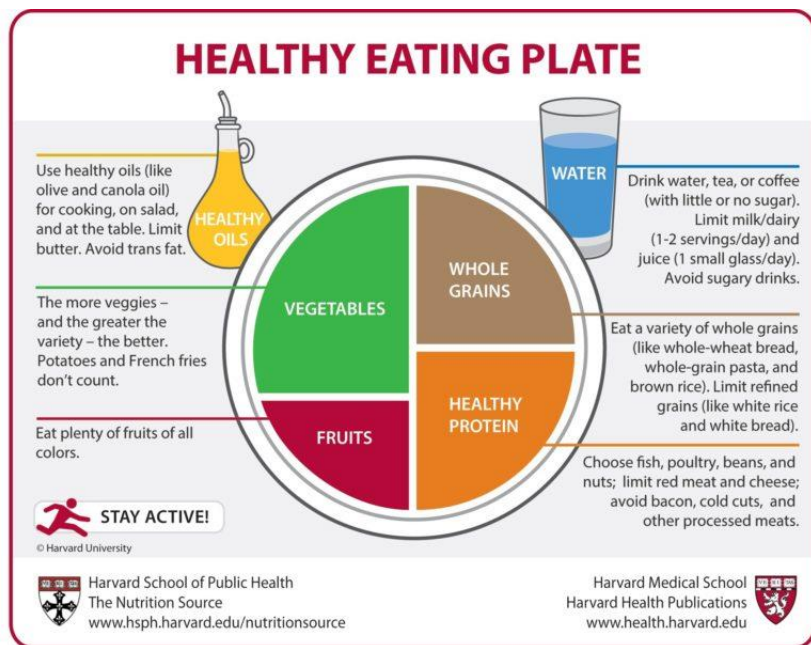


## Start Eating Healthy Today!

Plan Ahead, Be Knowledgeable, Track Success!

The Healthy Eating Plate was developed by nutrition experts at the Harvard School of Public Health to provide guidance to help people make the best eating choices. Use The Healthy Eating Plate as a guide for creating healthy, balanced meals—whether served on a plate or packed in a lunch box. Put a copy on the refrigerator as a daily reminder to create healthy, balanced meals!



### Tips for Healthy Eating

1. Share a meal with family and friends and enjoy shopping, planning, and eating together.
2. Wash, trim, slice, and cut your vegetables early in the week so your prep time is cut in half.
3. Put your fruits and vegetables at eye level so you see these and remember to prepare and eat them.
4. Place healthy snack in an obvious place so you are tempted to eat healthy food first. When we are hungry we tend to grab the first thing we see!
5. Use the leftover prepared vegetables for the next meal.

# LIVE WELL WATERTOWN

## Eat Well in Watertown Dress Your Salad for Success: Healthy, Homemade Dressings and Vinaigrettes

May 1, 2019

6:30 – 8:00pm

Watertown Free Public Library

Co-sponsored by the Watertown Health Department & Watertown Free Public Library

For more information about our programs, contact:

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  @Live Well Watertown

[www.livewellwatertown.org](http://www.livewellwatertown.org)



Working to create a network of diverse individuals and organizations who promote wellness for everyone that lives, works, and plays in Watertown.



### Farmers' Market

Fresh Produce • Local Food • Artisans • Music  
Wednesday Afternoons • June - Oct. • Saltonstall Park



### Eat Well

Nutritional & Health Information • Gardening  
Healthy Recipes • Food Demos • Free Cooking Classes



### Watertown Moves

Active Living Programs • Watertown Walks  
Walking Programs • Bike Events • Snowshoeing • Kayaking



### Stress Well

Building Resilience • Volunteering  
Mindfulness Classes • Speaker Series

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## Eat Well Watertown

Eat Well Watertown is Live Well's longest running program that teaches people how to select fresh, local ingredients and prepare a wide variety of healthy, multicultural dishes. Our programs provide nutritional and health information on the dishes featured as well as resources on gardening and growing indoor herbs.

### Dress Your Salad for Success: Healthy, Homemade Dressings and Vinaigrettes

The dressing you put on top of your salad is just as important as what you put in it. Homemade dressings can be healthier, less expensive, and pack in more flavor than store bought options. The Eat Well Community Chef's will teach you how to whip up a variety of fresh homemade dressings that are easy to make and full of flavor.

### Serving Suggestions

Toss ½ dressing on a washed and chopped bunch of Tuscan kale, baby spinach, or any other green or mix of greens. Top with optional grated or shaved Parmesan cheese, optional croutons.  
Can also be used for a marinade for fish or chicken, in grain bowls, tossed with roasted vegetables (broccoli, cauliflower, sweet potato, etc.), a dip for crudites, as a sandwich dressing, etc.

## SOUTHWESTERN DRESSING

Prepared By: Chef Ilana Hardesty, Adapted From: Health Magazine

### Ingredients

- 3/4 cup jarred picante sauce or salsa
- 1/4 cup minced cilantro
- 3 T honey
- 3 T lime juice
- 2 T canola (or olive) oil
- 1 clove garlic (minced or put through a press)
- 1/2 t ground cumin

### Directions

Combine all ingredients and shake/whisk together. Let sit for an hour in the fridge. Keep leftover dressing in a sealed jar in the refrigerator.

### Serving Suggestions

This recipe pairs well with tropical fruit, greens, or use as a marinade

## MANGO VINAIGRETTE (not demoed)

Submitted By: Natalie Tarbet, LWW Committee Member  
Adapted From: Mollie Katzen, The Heart of the Plate

### Ingredients

- 1/2 tsp minced garlic, or to taste
- 1 tbsp cider vinegar
- 1 tbsp lemon juice
- 3 tbsp really crushed really rip mango, by hand, not by machine
- Salt to taste
- 5 tsp best quality olive oil (or walnut oil)

### Directions

Combine all ingredients and shake/whisk together. Keep leftover dressing in a sealed jar in the refrigerator.

## CRANBERRY VINAIGRETTE

Prepared By: Chef Gaia Sciaranghella, Adapted From: Ocean Spray

### Ingredients

2 teaspoons of grated shallot  
6 tablespoons of cranberry juice drink  
2 tablespoon of apple cider vinegar  
4 tablespoons of extra virgin olive oil  
Salt and fresh ground black pepper to taste

### Directions

Grate or finely chop the shallot. Blend all the ingredients with a blender or by hands with a whisker. Keep leftover dressing in a sealed jar in the refrigerator.

### Substitution Ideas

Use pomegranate juice instead of cranberry juice  
For a stronger acidic flavor use balsamic vinegar in place of apple cider  
Use onion instead of a shallot  
Add fresh or frozen cranberries in the blender for a thicker dressing (you can balance the acidity by adding a drop of honey)

### Serving Suggestions

This dressing pairs well with chicken salad or as a spread on a turkey sandwich if made thicker with fresh or frozen cranberries.

## TAHINI CAESAR DRESSING

Prepared By: Chef Carabeth Connolly, Adapted From: Naturally Ella

### Ingredients

¼ cup tahini  
3 tablespoons lemon juice (from 1- 1 ½ lemons)  
Zest of ½ to 1 lemon  
3 tablespoons olive oil  
1 teaspoon Dijon  
2 cloves garlic pressed or minced  
¼ teaspoon kosher or sea salt

### Directions

Whisk or blend all ingredients in a blender. If dressing seems too stiff then add up to 2 tablespoons water, adding 1 tablespoon at a time. Test for flavor: add salt and pepper to taste and additional tablespoon of water if too tangy and tart. Keep leftover dressing in a sealed jar in the refrigerator.

## Community Chef Bio's

**Carabeth Connolly** is a personal chef, health coach, and yoga teacher. An experienced educator, she loves to find ways to share her love of wellness and mindfulness with the community.

**Gaia Sciaranghella** is an Italian native passionate about cooking. In her culture food is art, nurture for the body and soul, and a creative form you can share with your loved ones. Gaia studied food chemistry and is a scientist by training. She loves to look for new recipes, blend them together, and experiment new, healthy dishes in the kitchen.

**Ilana Hardesty** has lived in Watertown for 22 years. She is a self-taught home cook, and has taught cooking classes in adult education programs and other venues in the Boston area. Currently, she is pursuing a Master's degree in Gastronomy at Boston University. Her day job is as a program manager at Boston University School of Medicine.

## Pro's & Con's of Homemade vs. Store Bought Salad Dressings

	Homemade Dressing	Store Bought Dressing
<b>Pros</b>	Less preservatives, chemicals and artificial flavoring	Convenient
	Typically tastes better	Lasts longer on shelf
	Cheaper	More variety available
	Less Sugar	Less work
	Better absorption of real vitamins and minerals	Dependable flavor
<b>Cons</b>	Takes time	More expensive
	Need to have ingredients on hand	Fewer, if any, health benefits
	Need a recipe or be able to "wing it"	Yucky ingredients like High Fructose Corn Syrup, dyes, etc
	Shorter time to spoil	You can't choose what goes into it

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## Tips for Homemade Dressings

1. Learn the magical vinaigrette formula & you've got the basics for a 2 minute vinaigrette!

### The Magical Vinaigrette Formula

1 part vinegar + 3 parts oil

+ salt, pepper, and flavorings to taste

(For a more tangy salad dressing, go heavier on the vinegar)

2. Have a few "go-to" dressings and keep those ingredients on hand

3. Use leftovers for marinades, on sandwiches, drizzling on fruit, in grain bowls – The possibilities are endless!

4. When you come to the end of a jar of mustard or jam, make your vinaigrette in that, to get all the goodness out of the dregs in the jar. Simply add your oil, vinegar, spices, and herbs to the jar or bottle, and shake.

5. Substitute chicken (or vegetable) stock for us to about one third of the oil, to cut down on the fat/calories, but keep the flavor.

## 2 Minute Simple Vinaigrette Salad Dressing (not demoed)

Adapted From: Kitchen Treaty

Got two minutes? Along with oil, vinegar, salt, and pepper, that's all you need to make a simple vinaigrette at home. That's less time than it takes to shop for a bottle at the store. Be sure to experiment with different oils and vinegars.

### Ingredients (Serves 4 salads lightly dressed)

3 tablespoons extra virgin olive oil (or a more neutral-flavored oil like canola or vegetable). For some extra flavor, swap in a touch of nut oil like walnut or hazelnut.

1 tablespoon white wine vinegar (or balsamic, apple cider, rice, sherry, or other wine vinegar)

Pinch of kosher salt

A turn of freshly ground black pepper

### Optional add-ins:

- 1-2 tablespoons fresh chopped herbs like dill, basil, parsley, cilantro, mint, or thyme (dried herbs work, too, just use 1-2 teaspoons instead)
- A finely minced garlic clove
- 2 teaspoons finely minced or grated ginger
- 2 teaspoons finely chopped shallots, scallions, or onion

- 2 tablespoons finely grated or crumbled Parmesan, Pecorino Romano, Gorgonzola, or feta
- Pinch of crushed red pepper flakes, 1 tablespoon horseradish, or 1/4 teaspoon Sriracha
- 1 teaspoon Dijon mustard
- 1/2 – 1 teaspoon honey

### Directions

1. Add all of the ingredients to a small mason jar, screw on the lid, and shake until blended. You can also whisk the ingredients together in a bowl or whirl them together in a blender.

2. Taste and adjust seasonings if desired. Add to salad, toss, and serve.

3. Keep leftover dressing in a sealed jar in the refrigerator.

## Examples of Healthy Fats Used in Dressings

### Tahini

Tahini is an edible paste that is made of sesame seeds that has been used in the Mediterranean cuisine for a very long time. Tahini is often compared to peanut butter as it has the same texture and consistency, has a lot of great nutrients, and is high in calories. Unlike peanut butter, tahini does not GROW mold, has less sugar, and does not cause the same severe allergy reactions.

One teaspoon of tahini has around 90 calories, mostly from mono and polyunsaturated fat (8 gm fat), almost 3 gm carbohydrates and 2.5 gm protein.

The major health benefits of tahini include lowering cholesterol and providing a rich source of protein; it is rich in amino acids (the building blocks of protein) and vitamins and minerals. The amino acids and minerals also help in lowering blood pressure, improving muscle tone and strength. Tahini is said to be helpful in decreasing some of the menopausal symptoms, improving skin, and decreasing inflammation in arthritic joints.

Similar to peanut butter, Tahini can be used as a spread, but is most likely to be found in prepared foods such as hummus, mutabel (baba ghanoush) and some mid-eastern desserts. Taken in moderation it adds to the diet.

### Olive oil

Olive oil is a rich source of mono unsaturated fat, rich in antioxidants, and has anti-inflammatory properties. Using olive oil in the diet helps lower cholesterol and thus the risk of heart problems and strokes. It has also been associated with decreasing risk of Alzheimer's and cancer.