

# A SPECIAL COLLECTION OF RECIPES FROM OUR EXECUTIVE TEAM



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# INTRODUCTION



Enjoying great food with family and friends is one of life's true pleasures. And when a beautiful meal is prepared from scratch and served at the dinner table, it invites a sense of connection that just isn't possible in a restaurant. Families that prepare and eat their meals together are more likely to have open communication and be involved in each other's lives a little more fully. Research shows that children who eat dinner with their families five or more times a week are less likely to smoke, engage in underage drinking, or experiment with drugs.



Of course, cooking for yourself and your family makes it easier to select healthy and nutritious recipes. But sometimes it's important to indulge and enjoy family recipes that have been passed down for generations, or celebrate with special meals and treats that are an important part of your tradition. A healthy approach to eating is all about balance, and making sure there's room in your meal planning for the delicious, comforting dishes that remind you of family and home.

We're pleased to present this collection of recipes, some of which have earned our Registered Dietitians' approvals for being healthy and nutritious, from Marin General Hospital's Executive Team.



Try preparing some of these meals to share with your family and friends, and then start experimenting with finding other recipes you can make your own. And remember that most recipes can be modified with a few healthy swaps that will still produce delicious results. See the chart on the next page for some suggestions.

**Bon appétit!**

# TIPS FOR HEALTHIER COOKING



Make your favorite recipes a little healthier by trying some of these ingredient substitutes:

If a recipe calls for:	Try substituting:
Bacon	Turkey or Canadian bacon
Oil or sugar-based marinades	Wine, balsamic vinegar, or fat-free broth
Syrup	Puréed fruit or applesauce
Buttermilk	Low-fat plain yogurt
Pasta noodles	Zucchini noodles
Whole milk	Almond milk or low-fat milk
Heavy cream	Coconut milk
Parmesan cheese	Nutritional yeast
White potatoes	Sweet potatoes
Bread crumbs	Rolled oats
One egg	Two egg whites

For healthier baked goods that are still delicious, experiment with some of these ideas:

- Replace half of the oil or butter in a recipe with an equal amount of unsweetened applesauce, or try puréed prunes in recipes that include cocoa.
- Replace half of the flour in chocolate treats with an equal amount of puréed black beans.
- Use unsweetened applesauce in place of sugar, but reduce any water or milk in the recipe by half, or omit completely if the liquid amount is less than  $\frac{1}{4}$  cup.
- Replace one egg with half of a small, ripe, mashed banana.
- Soak one tablespoon of chia seeds in one cup of water for 20 minutes, and use instead of one egg.
- Replace the butter in brownie recipes with an equal amount of avocado purée.

RECIPES FROM  
Lee Domanico, Chief Executive Officer

## Trenette Col Pesto

*(Trenette with Potatoes and Pesto)*

2 servings (4 oz. portions)

### Ingredients

2 cups	Fresh basil leaves
2 tbsp.	Pine nuts
2 cloves	Garlic, lightly crushed with a heavy knife handle and peeled
½ cup	Freshly grated Parmesan cheese
1 oz.	Freshly shaved Parmesan cheese
2 tbsp.	Freshly grated Pecorino Romano cheese
½ cup	Olive oil
3 tbsp.	Butter, softened to room temperature
3	Medium potatoes, peeled and thinly sliced
12 oz.	Fresh green beans, cooked
As Required	Fettuccine
To Taste	Salt

### Directions

Using a rotary movement, grind basil, pine nuts, garlic, and coarse salt along sides of a large mortar with a hardwood pestle until mixture becomes a paste. Add both grated cheeses, continuing to grind with pestle until evenly blended. Add olive oil, a few drops at a time at first, beating into the mixture with a wooden spoon. Next, beat in the butter with the spoon. Lastly, add 1½ tbsp. salt to 4–5 quarts water. Boil the sliced potatoes until nearly tender. Add fettuccine and cook al dente. Add 1–2 tbsp. hot water from pasta pot to pesto. Drain fettuccine and potatoes, transfer to warm platter, and toss with the pesto and cooked green beans. Finish with shaved Parmesan cheese (1 oz. per person)

RECIPES FROM  
Lee Domanico, Chief Executive Officer

## Pesce Spada alla Griglia

*(Grilled Swordfish)*

6 servings (6 oz. portions)

### Ingredients

2 lbs.	Swordfish steaks, sliced either 1 in. thick or $\frac{3}{8}$ in. thick
$\frac{1}{4}$ cup	Olive oil
1	Lemon
1 tbsp.	Finely chopped fresh mint
1 tsp.	Dried oregano
To Taste	Salt and freshly ground black pepper

### Directions

Place the swordfish in a 9x12 in. ceramic or glass baking pan. Combine the remaining ingredients and pour over the swordfish. Marinate in the refrigerator, covered, for 4 hours, turning once or twice. Remove fish 15 minutes before grilling. Next, prepare a hot charcoal fire or preheat a gas grill for 15 minutes on high. Lastly, remove the swordfish from the marinade, reserving the marinade. Place the swordfish on the grill and cook, basting with the marinade, until deep black grid marks appear. Grill the  $\frac{3}{8}$  in. steaks 4 minutes on each side and the thicker steaks 6 minutes on each side.



Good Source  
of Protein

RECIPES FROM  
Lee Domanico, Chief Executive Officer

## Insalata di Zucchini Nastro con le Olive Verdi, Menta e Pecorino Romano

*(Zucchini Ribbon Salad with Green Olives, Mint, and Pecorino)*

6 servings (4 oz. portions)

### Ingredients

1 ½ lbs.	Zucchini (3 large or 6 medium)
¼ cup	Extra virgin olive oil
2 tbsp.	Freshly squeezed lemon juice
1 cup	Green olives, pitted and sliced
⅔ cup	Loosely packed, fresh, flat-leaf parsley leaves, chopped
½ cup	Loosely packed, fresh mint leaves, chopped
Garnish	Block of aged Pecorino Romano for shaving
To Taste	Kosher salt and freshly ground black pepper

### Directions

Trim ends of zucchini. Slice the zucchini lengthwise into ⅛ in. thick ribbons. Toss ribbons with about 1 tsp. salt, place in a colander set over a bowl, and set aside for 10 minutes. The zucchini will wilt and soften as the salt leaches out moisture. Next, rinse zucchini under cold running water, pat dry, and place in large bowl. Add olive oil, lemon juice, olives, parsley, and mint to coat the zucchini evenly. Taste for seasoning and add more salt if needed. Be careful not to over season, as the olives are salty. Lastly, arrange salad on a platter, distributing olives evenly. Using a vegetable peeler, shave curls of Pecorino Romano over the salad. Finish with a grind of pepper and serve immediately—the salad becomes soggy if it sits too long.



Low Cholesterol

RECIPE FROM  
Jon Friedenber, Chief Operating Officer

## Cabin Salad

6 servings (6 oz. portions)

### Ingredients

1	Finely shredded Napa cabbage
4 oz.	Veggie chicken strips or fajita-style white meat chicken
2 oz.	Chopped green onions or scallions
1 cup	Dressing ( <i>Mr. Toshiba's Sweet Teriyaki</i> – Safeway)
½ cup	White vinegar
¼ cup	Toasted sesame oil
Garnish	Toasted sliced almonds, mandarin oranges

### Directions

Mix all ingredients together. Garnish with mandarin oranges.



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High Fiber



RECIPES FROM

Liz Kolcun, Marin General Hospital's Foundation President  
& Chief Development Officer

## Miso Glazed Sablefish

6 servings (5 oz. portions)

### Ingredients

1/2 cup	Mirin
1/2 cup	Sake
1/4 cup	Sugar
1 cup	White miso paste
6 (5 oz.)	Sablefish fillets (a.k.a. black cod)



Heart-Healthy Fat

### Directions

**Marinade:** In a medium saucepan, combine the mirin, sake and sugar. Heat to dissolve the sugar. Once the sugar has dissolved, remove from the heat and whisk in the miso. Set aside to cool. Once cool, immerse the fish filets in the marinade and set aside for up to 3 days.

Preheat the broiler. Remove any excess marinade from the fish and set the fish on the broiler pan. Broil for 8–10 minutes or until the fish is opaque throughout. If the fish browns too quickly under the broiler, turn the broiler off and finish cooking the fish in a 425 °F oven.

RECIPES FROM

Liz Kolcun, Marin General Hospital's Foundation President  
& Chief Development Officer

## Edamame and Asparagus Salad

2 servings (8 oz. portions)

### Ingredients

1 cup	Asparagus
1 cup	Shelled Edamame (buy frozen and cook according to package directions)
1 handful	Freshly chopped fresh mint
3 tbsp.	Olive oil
1/2 cup	Shaved Pecorino Romano cheese
To Taste	Salt and pepper



High Fiber

### Directions

Put 1 cup of asparagus tips in a pan of boiling salted water and boil for 2–3 minutes. Drain and rinse under cold water. Place asparagus and 1 cup of prepared shelled edamame in a small salad bowl and add a small handful of finely chopped fresh mint. Pour on 3 tbsp. of olive oil and add some salt and pepper. Add half cup of shaved Pecorino Romano cheese.

RECIPE FROM  
Linda Lang, Chief Human Resources Officer

## Winter Beef Stew and Extra Crusty Country Bread

8 servings (8 oz. portions)

### Ingredients

2 lbs.	Cubed beef
2 ½ cups	Red wine (Cotes du Rhone or Burgundy)
2 tbsp.	Garlic, minced
1 tsp.	Salt
½ tsp.	Pepper
½ cup	Worcestershire sauce
2 oz. (each)	Diced 1-inch white potatoes (semi-peeled), carrots, onions, celery, turnips, rutabagas
1 tbsp.	Chopped parsley
2 oz.	Green peas
2 cups	Canned, diced tomatoes (including puree)
2 tbsp.	Olive oil
½ in	Thick sliced country bread
1 tbsp.	Butter

### Directions

#### The day before

Marinate beef in red wine overnight.

#### The next day

Drain beef until dry. Heat olive oil in a braising pan. Add cubed beef and brown on all sides. Add garlic and cook for 2 minutes. Next, add onions and cook for another 2 minutes or until translucent. Then, add canned, diced tomatoes (including puree), enough water to cover the beef, and Worcestershire sauce. Simmer for 1 hour and 20 minutes. Add the rest of the vegetables and only half of the potatoes. Cook for about 20 minutes until the vegetables and meat are tender. While the vegetables and beef are cooking, steam or boil the potatoes and puree for 15 minutes until tender. Then, add the puréed potatoes to the stew to thicken to desired consistency. Season with salt and pepper.

#### Extra Crusty Country Bread

Melt butter in microwave or on stove top in a sauce pan. Pour butter on both sides of the bread. Place bread on a baking sheet and toast in the oven until crusty.

Pour stew into a bowl and serve with extra crusty country bread. Garnish with chopped parsley.



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of Protein

RECIPES FROM  
Jim McManus, Chief Financial Officer

## Chicken Adobo

6 servings (6 oz. portions)

### Ingredients

4–6	Chicken thighs
2 tbsp.	White vinegar
1/3 cup	Soy sauce
1/3 cup	Cloves of garlic-minced/crushed
2 tbsp.	Olive oil
2 Whole	Bay leaves
5–6	Black peppercorns
2–3	Green onions, chopped
1/2 cup	Water



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### Directions

Combine all ingredients and marinate in refrigerator for at least 30 minutes. Transfer chicken and marinade to a saucepan and cook on high. Bring to a boil, then lower heat and simmer. Stir occasionally to make sure chicken doesn't dry up. If it does, add more water/seasoning. Once chicken is tender, remove lid and turn heat up. Cook until liquid is reduced, stirring occasionally. Adjust seasoning if needed. Serve hot, with rice.

RECIPES FROM  
Jim McManus, Chief Financial Officer

## Filipino Lumpia

10 servings (2 oz. portions)

### Ingredients

1 lb.	Ground beef or pork, lean if possible
1 medium	Onion, minced
3-4	Cloves of garlic , minced
1 medium	Carrot
1	Egg, beaten and stirred (for mixture)
1	Egg, beaten and stirred (for wrappers)
	Parsley, minced
	Lumpia/wonton wrappers

### Directions

In a bowl, mix all ingredients until well blended. The mixture should feel lumpy. Cover with plastic wrap and refrigerate. Next, beat the 1 egg and use it to moisten the lumpia or wonton wrappers. Place some of the meat mixture on each wrapper and roll up. Deep fry in vegetable oil until golden brown. Transfer to a plate lined with paper towels to drain excess oil. Serve with either sweet and sour sauce or sweet chili sauce.

RECIPES FROM  
Jim McManus, Chief Financial Officer

## Pancit Bihon and Canton Noodles

2 servings (10 oz. portions)

### Ingredients

1–2	Carrots, sliced
1–3	Celery stalks
3	Cloves of garlic, crushed/minced
1	Onion, sliced
5 tbsp.	Soy sauce (or 2 tbsp. olive oil)
2 cups	Chicken broth OR vegetable broth
8 oz.	Pancit Canton noodles
8 oz.	Pancit Bihon noodles
	Smalled Cabbage, shredded
	Snow peas



Low Cholesterol

### Directions

Place the Pancit Bihon noodles in a bowl. Fill with water and wait until the noodles become soft. In a large frying pan or wok, sauté the garlic and onion in soy sauce (or oil). Add chicken, salt and pepper to taste, then stir fry for a few minutes. Next, add the vegetables (carrots, celery, snow peas, cabbage) and cook for another few minutes. Add chicken or vegetable broth and bring to a boil for a couple of minutes. Remove the mixture from the pan, leaving the liquid. Add the Pancit Bihon noodles and Pancit Canton noodles to the liquid. Mix well and cover the pan. Let sit for approximately 5 minutes. Return half the mixture to the pan and mix with the noodles. Use the remainder of the mixture for side garnish.

RECIPES FROM  
Joel Sklar, MD, Chief Medical Officer

## Shrimp or Chicken Fajitas

16 servings (2 oz. portions)

### Ingredients

1 tsp.	Chili powder (optional)
2/3 cup	Soy sauce
1/4 cup	Lime juice
2 tbsp.	Olive oil
2 lbs.	Peeled, deveined shrimp OR 1 1/2 chicken breasts, sliced
6 oz.	Sliced yellow onion
5 oz.	Sliced green peppers
5 oz.	Sliced red peppers

### Directions

**Marinade:** In a medium bowl, combine chili powder, soy sauce, and lime juice. Mix well. Pour over shrimp and marinate for 2 hours.

In two medium sauté pans, heat 1 tbsp. oil in each pan until very hot. Put shrimp or chicken in one pan and sauté until protein is fully cooked. In the other pan, add the onion and peppers. Season with salt, if needed. Scoop into warm tortillas and enjoy!

*\*Low carb option without tortillas.*



Good Source  
of Protein



Low Carb\*

RECIPES FROM  
Joel Sklar, MD, Chief Medical Officer

## Vegetable Fajitas

16 servings (2 oz. portions)

### Ingredients

1 tsp.	Chili powder
1 tsp.	Ground cumin
½ tsp.	Granulated garlic
½ tsp.	Paprika
1 tsp.	Salt
1 tsp.	Mexican oregano
½ tsp.	Black pepper
1 tbsp.	Olive oil
5 oz. (each)	Sliced zucchini, yellow squash, red peppers, green peppers, mushrooms
10 oz.	Sliced Swiss chard

### Directions

**Fajita Seasoning:** Combine chili powder, cumin, garlic, paprika, salt, oregano, and black pepper.

In a high heat sauté pan, heat oil until very hot. Put in all vegetables and cook for 2 minutes. Next, add 1 tbsp. of the fajita seasoning and cook for another 2 minutes. Season to taste. Scoop into warm tortillas and enjoy!



Low Cholesterol



High Fiber



RECIPES FROM  
Mark "Z" Zielazinski, Chief Information  
& Technology Integration Officer

## Golumkies

9 servings (5 oz. portions)

### Ingredients

12	Large cabbage leaves
1 ½ lbs.	Ground beef
½ lb.	Ground pork
1 cup	Cooked rice, with butter
1	Egg, whipped
⅓ cup	Milk
1 tsp.	Salt
¼ tsp.	Pepper
½ tsp.	Sweet basil
1 tsp.	Garlic powder
1 tbsp.	Paprika (hot)
1 ½ tbsp.	Onions, grated
1 ½ tbsp.	Celery, diced
¼ cup	Shredded carrot
½ cup	Cabbage, shredded
2 cans	Chopped tomato
1 tbsp.	Brown sugar

### Directions

Boil the head of 1 cabbage after coring it, just to loosen the leaves, for 3–5 minutes. Mix ground beef, ground pork, rice, egg, milk, salt, and pepper in a bowl, by hand. Next, lightly sauté the basil, garlic powder, paprika, onions, celery, carrot, and shredded cabbage in a bit of oil and add to the first mixture. Take 1 leaf of cabbage off at a time and fill evenly with the meat mixture. Fold it over horizontally and then bring sides in to make a pocket. In a separate pot, mix the chopped tomato and brown sugar and cook for 30 minutes. Finally, cover the cabbage rolls and cook at 350–375 °F for at least 1 hour. All ingredients should be cooked to a minimum internal temperature of 165 °F for 15 seconds.

RECIPES FROM  
Mark "Z" Zielazinski, Chief Information  
& Technology Integration Officer

## Pork and Sauerkraut

10 servings (5 oz. portions)

### Ingredients

2	Large onions, chopped
6 tbsp.	Butter
3	Cloves garlic, minced
2 lbs.	Bag of sauerkraut (if you like lots of kraut you may want to use an additional 1-2 lbs)
3-4 lbs.	Pork shoulder/butt roast
	Salt, pepper and paprika



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### Directions

Preheat oven to 250 °F. Melt butter over medium-high heat in a sauté pan. Add onions and sauté until golden brown, about 10–15 minutes. Empty sauerkraut into a colander. Rinse it and squeeze out all the liquid a few times. Set aside. Add garlic to onions, sauté for a minute or two. Add sauerkraut to sauté pan. Reduce heat to medium. Cook for about 15 minutes, mixing often, until everything is well blended. Add a bit more butter if mixture seems too dry. Generously sprinkle salt, pepper, and paprika on all sides of a pork roast. Place into a roasting pan. Spoon sauerkraut over roast. Cover with lid and cook for 5-6 hours or until pork is fork tender. If using a lean roast, check pan after an hour. If everything seems to be drying out, add a cup of water. When pork is tender, shred/chunk pork, remove any bones, salt and pepper to taste, and mix pork and sauerkraut together. Serve over mashed potatoes, spaetzle, noodles, or potato chunks. Prep time 40 minutes. Cook time 6 hours.

RECIPES FROM  
Karin Reese, RN, MS, Chief Nursing Officer

## Quinoa Veggieballs with Butternut-Truffled Fondue

8 servings (4 oz. portions)

### Ingredients

#### Quinoa Veggieballs

3 cups	Cooked quinoa
5	Eggs
1 tsp.	Salt
1/2 tsp.	Black pepper
1/2 cup (each)	Finely shredded carrots, grated zucchini, finely shredded spinach
1 tsp	Minced garlic
2 tbsp.	Minced onions, parsley, and mint (fresh)
1/2 cup	Grated Parmesan cheese
1 1/2 cup	Panko breadcrumbs
1 tbsp.	Olive oil

#### Butternut-Truffled Fondue

1 lbs.	Diced butternut squash
1 tbsp. (each)	Minced shallots and garlic
1 tbsp. (each)	Butter and white truffle oil
4 cups	Vegetable broth
1/2 cup	Chardonnay
1/4 tsp. (each)	Kosher salt and freshly ground white pepper

### Directions (Quinoa Veggieballs)

Combined all ingredients (except for the oil) in a medium bowl until well mixed. Add breadcrumbs until mixture holds its shape when formed into balls. Let the mixture rest for 10 minutes. Form quinoa balls using 3 oz. scoop. Heat oil in a large skillet over medium-high heat. Working in batches, cook the quinoa balls until nicely browned on all sides. Transfer to a paper towel-lined platter to drain.

### Directions (Butternut-Truffled Fondue)

Heat 1 tbsp. of butter in a sauce pan. Add the butternut squash. Sauté for 5 minutes until squash begins to brown. Add shallots and garlic and sauté for 2 more minutes. Add wine and simmer until reduced to half. Add vegetable broth and reduce until squash are soft (about 20 minutes). Puree to a sauce consistency and season with salt and pepper. Add quinoa balls and cook until heated through. Finish with remaining butter and truffle oil. Garnish with chopped parsley.



Low Cholesterol

RECIPES FROM  
Karin Reese, RN, MS, Chief Nursing Officer

## Swedish Meatballs

8 servings (4 oz. portions)

### Ingredients

¼ tsp.	Freshly ground nutmeg
1 cup	Bread crumbs, dried out
¾ cup	Milk
6 tbsp.	Unsalted butter
4	Shallots, minced
3	Cloves of garlic, minced
1 tsp.	Caraway seeds, toasted and ground
1 lb.	Ground beef
1 lb.	Ground pork
2	Large eggs
½ cup	Minced parsley, Italian
½ cup	Minced fresh dill
2 tbsp.	Flour, all purpose
1 ½ cups	Beef broth
1 cup	Sour cream
¼ cup	Lingonberry jam
½ tsp.	Salt
½ tsp.	Pepper

*continued on next page*



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RECIPES FROM  
Karin Reese, RN, MS, Chief Nursing Officer

## *Continued—Swedish Meatballs*

### Directions

In a medium bowl, combine bread crumbs and milk. Stir with a fork and let stand for 5 minutes. Meanwhile, put 3 tbsp. of butter in a small skillet and let melt over medium heat. Add shallots, garlic, and caraway. Season with salt and pepper. Sauté until softened but not browned (about 2 minutes).

Put ground beef and pork in a large bowl, and add the shallot mixture. Next add eggs, parsley, and dill. Season with salt, pepper, and nutmeg. Squeeze milk out of soaked bread crumbs, and add bread to the meat mixture. Mix well using your hands. Form meatballs using 3 oz. scoop. Roll around in moistened hands to shape into cue-ball sized balls. Melt 2 tbsp. of butter in a large skillet over medium heat. When foam starts to subside, add meatballs in batches—don't overcrowd pan. Sauté until well browned on all sides (about 7 minutes). Remove meatballs to a paper towel-lined platter to drain.

Discard most of fat from skillet and return to the heat. Add remaining tbsp. of butter to coat the pan. Stir in flour with a wooden spoon to dissolve into the fat. Pour in beef broth with a whisk to loosen the bits from the bottom of the pan. Simmer and stir until the liquid is reduced and sauce starts to thicken. Season with salt and pepper. Lower heat and stir in the sour cream. Return meatballs to the sauce and stir in  $\frac{1}{4}$  cup of the Lingonberry Jam until meatballs are heated through (about 20 minutes). Garnish with chopped parsley and transfer to a serving platter. Serve meatballs with additional Lingonberry Jam on the side, boiled potatoes, and salad.



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