



Wisconsin
Chapter

Wellness Cookbook

*ACP-WI's Well-being and Professional Development
Committee and Narrative Medicine Committee present your
favorite recipes and the stories behind them!*

MED STUDENT'S GUIDE TO A HOLISTIC MEAL

by: Rashi Purohit

INGREDIENTS

- Kale
- Almonds (*Mine were roasted/salted*)
- Apple (*I like Honeycrisp*)
- Store-bought Balsamic Vinaigrette (*I bought mine from Trader Joe's*)
- Lemon
- Olive oil
- Pasta (*I used penne; any other pasta or an alternative such as Quinoa can also be used!*)
- Baby carrots
- Firm Tofu
- Broccoli
- Cauliflower (*I bought the mixed pre-cut bag of broccoli + cauliflower; from Trader Joe's*)
- Red onion
- Jalapeño
- Salt
- Pepper
- Cumin powder
- Turmeric powder (*optional; adds color to the tofu, and is good for health!*)
- Italian Seasoning (*optional*)
- Red pepper powder (or Kashmiri Chilli Powder)
- Maple syrup (or Honey)

DIRECTIONS

APPLE/KALE SALAD:

1. Wash the kale in a large colander and massage it for 4-5 minutes to rid it of its bitter taste. I used tuscan kale for my recipe but any kale works. Once washed, remove the stems and cut it into small pieces (about an inch). Add to a large bowl
2. Dice your apple(s) into tiny cubes (about a cm). I kept the skin on for a pop of color. Add to the bowl.
3. Add your proportion of almonds (whole or diced) to the bowl for added crunch. I used salted almonds.
4. Add a tablespoon of olive oil, and your proportion of balsamic vinaigrette. Add a squeeze of half a lemon to the bowl, and mix it all up!

VEGGIES + PASTA:

1. Drain your tofu of water. I usually wrap it in cloth or Bounty paper towel and place it under a baking tray with weight on it for about 10-15 min.
2. Preheat your oven to 425 degrees F.
3. Follow the box instructions to make your pasta to the texture of your choice. I used about a cup. Once made, season with olive oil, salt, pepper, and Italian seasoning.
4. Chop your veggies (broccoli, cauliflower, onion, jalapeños) into small pieces no larger than an inch. Add it to a large bowl. Season it with olive oil, salt, pepper, cumin, red pepper.
5. By this point, the tofu should be drained of water. Dice it into thin squares (not cubes). (1 inch x 1 inch x 0.5-1 cm). Season it with olive oil, salt, pepper, turmeric, cumin.
6. Wash the baby carrots and season with salt, pepper, red pepper powder, maple syrup (or honey), olive oil.
7. Bake all at 425 degrees F.
8. Bake for 10 min on one side, flip, and bake 5-10 more min based on your textural preference.
9. Mix with the pasta.
10. Plate pasta with the kale salad, and enjoy!!!

STORY

Coming home after a long day of classes, clerkships, or research as an MD/PhD student makes dinner look like ramen or frozen meals most of the time. While I enjoy (and sometimes crave) these pre-prepared meals, there are days when I can feel my body requiring clean energy: leaves and veggies. While I don't necessarily enjoy being in the kitchen, I do enjoy food. As someone who predominantly cooks vegetarian meals, it is important for me to find meals that include all food groups, especially protein. So here is my mix that creates a meal that can last around a week, including ingredients that cover most food groups. There's a lot of flexibility to this meal, and lots of variations such as the type of veggies or the ratio of items being used, that makes it easy to make while watching your favorite show on Netflix (or a pre-recorded lecture for school). You can substitute different ingredients and make this recipe your monthly blueprint for a holistic meal like I do to keep my body and mind nourished and energized to be a 100% me at school!



MILK SOUP

by: Amalia Lyons, MD, FACP

INGREDIENTS

- Milk: whole or 2% is better
- Elbow macaroni
- Butter;
- Salt
- Toast (*optional*)

DIRECTIONS

1. Place desired amount of macaroni in microwave safe bowl.
2. Add milk to cover the noodles with about 1-1.5 inches above the level of the noodles.
3. Cover and heat in microwave, 5 minutes segments, stirring in between, until noodles are done.
4. Expect 15-20 minutes total to complete.
5. Add desired amount of butter and salt to taste.
6. Dip toast into milk and eat as well.

STORY

“My father grew up on a rural family farm in Central Wisconsin with 7 siblings. During winter months, after doing the chores, a bowl of milk soup would provide both warmth and sustenance. It was also a great way to feed a large family for relatively cheap. When I was growing up on our small family farm with my 3 sisters, we had a similar tradition. I can remember making the largest bowl we could safely microwave. We would all sit squished together at one end of the table so we could share out of the same bowl. Looking back, it may seem silly that we did not get separate bowls. Sharing out of the one bowl felt “just right” and it was a time when we all got along and giggled. It also felt like a way to cuddle and warm against the cold outside (though our house was perfectly warm). We would compete to see who could leave the piece of toast in longest without getting too soggy as to cause it to fall off. It is often the simplest acts that hold the more cherished memories.”



ACHARI CHICKEN

(HINDI FOR PICKLED CHICKEN)

Contact ACP-WI if
you are the author
of this recipe!

INGREDIENTS

- 1 packet Chicken
- 5 red chili
- 1 big tablespoon pomegranate powder
- Fenugreek
- 6 spoons of Onion seed
- Salt
- Red chili powder
- Oil
- Paprika powder
- Ginger garlic paste

DIRECTIONS

1. First take 3 spoons of fenugreek, 5 red chilies, put oil on high power, then let it cook till light Coke and light brown.
2. Add 6 spoons of onion seeds and 5 spoons of ginger garlic paste and then put it on low heat
3. Add chicken
4. Let it cook on low covering the lid till all the water from the chicken comes up.
5. Now add salt and then red chili powder, letting it cook without covering, putting in medium temperature.
6. Make sure that all the water blows over and the oil should come up.
7. Add paprika and put it on low temperature.
8. Add pomegranate powder- 1 big tablespoon and then letting it cook on low heat for 5 minutes or till the oil comes up.
9. Now enjoy!!

STORY

My grandmother used to make this on wood, being a vegetarian, she never touched or tasted how the dish came out! It was just always perfect!!

She passed this recipe to my mother, who is a non-vegetarian but didn't make any improvisation to the original recipe and the perfection never wavered. In-fact, when my mom was in Japan, the cooking channel offered my mom to have her own show with her amazing recipes. She refused as cooking for her is spiritual! She passed it on to me and I am a vegetarian and cook it without touching or tasting chicken trying to stay true to my mother's and grandmother's legacy!



EASY RATATOUILLE

by: Mubashira Sarnaik, MD

INGREDIENTS

- 4 garlic cloves
- 1 diced onion
- 2 bell peppers
- 1 zucchini
- 1 eggplant
- 2 tomatoes
- 1/2 cup Italian dressing
- 1/2 cup tomato sauce
- mozzarella cheese
- Italian seasoning
- salt and pepper to taste

DIRECTIONS

1. Chop all the vegetables into cubes.
2. Finely chop the garlic cloves.
3. Take a medium sized pot and pour 1 tablespoon of olive oil in.
4. Once it's warm add chopped garlic and then add the onions and saute till slightly translucent.
5. Add the rest of the chopped vegetables except the tomatoes. Saute for 5 min. Add the tomatoes. Saute for 2 min.
6. Add the Italian dressing, Italian seasoning, salt and pepper.
7. Let the vegetables soften.
8. You can add red pepper flakes if you prefer it slightly spicy.
9. Usually I let it cook until the veggies are soft and not all the water they've released is evaporated just for a slightly soupy version.
10. Add mozzarella cheese on top-as much as you want and let it melt.
11. Serve while hot! Goes great with garlic bread.

STORY

This was one of my favorite recipes to make since I was a child. During residency when I would come back from a tough call day and needed something comforting, I would make this dish. It was great knowing I had something yum and covered in cheese to look forward to! It's quick and easy!



PIEROGIS

by: Jen Mackinnon, MD, FACP

INGREDIENTS

FOR DOUGH:

- 2 eggs
- 2 tbsp sour cream
- 1 cup milk
- 3 1/2 cup flour (may need more of less)
- 2 tsp salt

FOR FILLING:

- Sauerkraut (*buy jar which is easiest*)
- Potato Cheese filling
- 3 lb large potatoes
- 4 tbsp Unsalted Butter
- 1/4 cup warm milk
- 1/2 cup cheddar cheese

DIRECTIONS

FOR POTATO CHEESE FILLING:

1. Cook potatoes in salty water until you can easily pierce them with a fork.
2. Drain water from cooked potatoes.
3. Mash them with some warm milk and butter.
4. Mix in cheese.

FOR DOUGH-

1. Whisk eggs with sour cream and milk until you get an even texture.
2. To the liquid ingredients, add in flour and salt.
3. Knead the dough by hand or by using a standing mixer. Allow dough to rest for 10 minutes once fully kneaded and elastic.
4. Roll out the dough on a well floured surface. Cut circles out of the dough using a cookie cutter or a floured glass cup.
5. One by one, spoon filling into dough dough. Fold the dough over to create a quesadilla or empanada shape.
6. Pinch edges together with your fingers to seal the filling inside.
7. Flour the surface where you plan to place pierogi.
Note: You can freeze the pierogi at this point and save them for later.

COOKING THE PIEROGIS-

8. Bring 3 quarts of water to a boil.
9. One by one, add pierogi into the boiling water.
10. Once they float to the top (10-15 minutes into the cooking), they are fully cooked.
11. In a buttered pan, saute onion to a golden brown.
12. Add pierogi to pan. Fry sides of pierogi to a golden brown.
13. Can serve w sauteed onions and sour cream on the side!

STORY

My Polish American grandmother would make these every Christmas with everything from sauerkraut to prunes. Everyone only got one to two as they take so much work to make and for 30-40 people. Now my kids love making them together. Interestingly, my other half, the Italian side, makes homemade raviolis which are like pierogis in many ways but different fillings for sure! Maybe next year we will have a competition!



CHOCOLATE ZUCCHINI CAKE *by: Sophie Kramer, MD, FACP*

INGREDIENTS

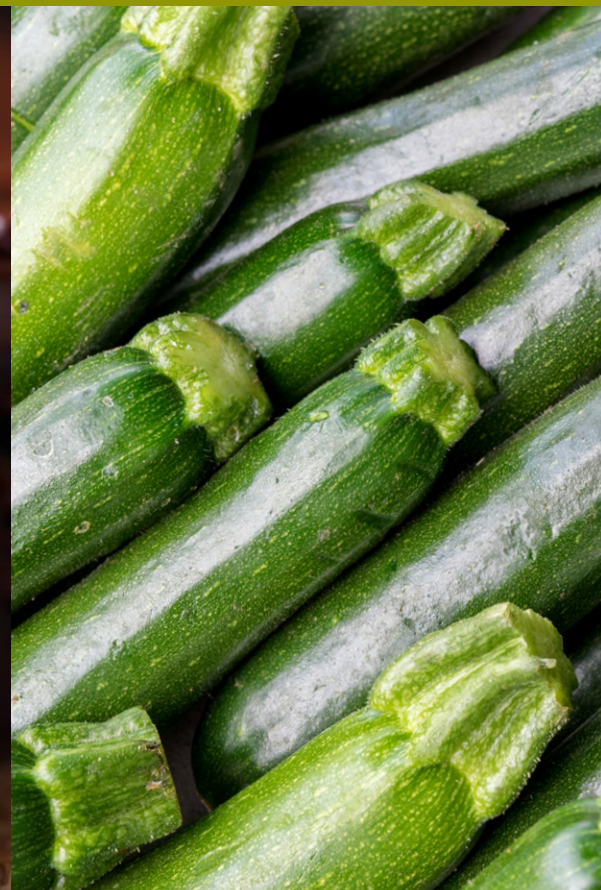
- 1 teaspoon vanilla
- 1/2 cup oil
- 1 and 1/2 cup sugar
- 4 eggs white (or 3 whole eggs)
- 1/2 cup skim milk (or milk alternative)
- 1 teaspoon baking soda
- 1 and 1/4 cups white flour
- 1 and 1/4 cups whole wheat flour
- 1/4 cup cocoa powder
- 1/2 teaspoon cinammon (or to taste)
- 1/2 teaspoon nutmeg
- (other spices to taste)
- 1/4 teaspoon salt or less
- 2 cups grated zucchini
- *Optional: chocolate chips*

DIRECTIONS

1. Preheat oven to 350 degrees
2. Combine vanilla, oil, sugar, eggs and milk
3. Combine baking soda, flours, cocoa, and spices/salt
4. Add dry ingredients alternately with zucchini to the first mixture (*stir in chocolate chips if using*)
5. Bake for 60-65 minutes in a lightly greased bundt pan, or 45 minutes in a 9 x 13 inch pan"

STORY

In 1986 I took a bold leap and went from the South where I had lived since age 9 to start my internal medicine residency at Oregon Health Sciences University. Among the many brilliant, kind, welcoming faculty was Dr. Bill Connor, and esteemed endocrinologist and lipid researcher who couldn't have been more down to earth. He gifted me the cookbook he cowrote with his wife Sonja Connor, a registered dietician, "The New American Diet," which has been a source of great recipes for my family. Here is a favorite (and a good way to use the summer bounty of zucchini!) I have adapted a little over the years - egg yolks are no longer as demonized as they were in the 80's, and I usually spice it up with a little more cinnammon and sometimes cloves. When baked in a 9x13 pan and cut into squares it is a nice contribution to a summer potluck!



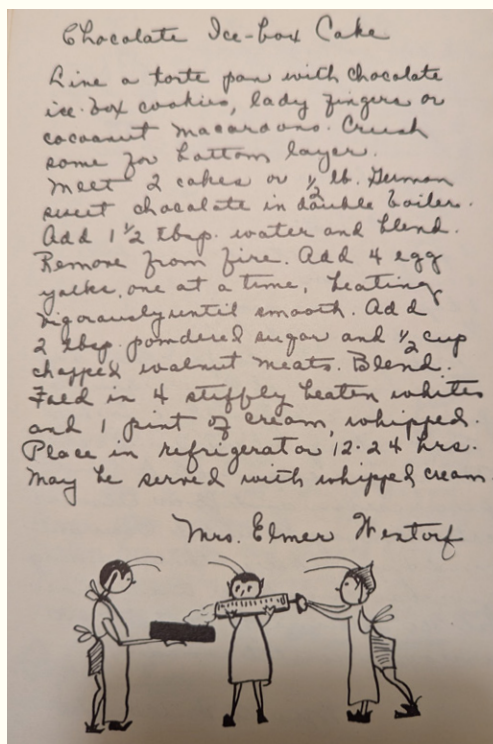
CHOCOLATE ICEBOX TORTE *by: Abby Bales, MD, FACP*

INGREDIENTS

- Chocolate Icebox cookies
- 1/2 pound German sweet chocolate
- 1-1/2 Tablespoons water
- 4 eggs, separated
- 2 Tablespoons powdered sugar
- 1/2 cup chopped walnut meats
- 1 pint of cream

DIRECTIONS

1. Line a torte pan with cookies. (May substitute ladyfingers or coconut macaroons.)
2. Crush some cookies for the bottom later. Reserve 1/2 cup crushed cookies.
3. Melt chocolate in a double boiler. Add water and blend. Remove from heat.
4. Add 4 egg yolks, one at a time, beating vigorously until smooth.
5. Add powdered sugar and walnut meats. Blend.
6. Beat 4 egg whites until forming stiff peaks. Fold into egg yolk mixture.
7. Whip cream. Fold into egg mixture.
8. Carefully pour mixture over cookies in pan.
9. Top with remaining 1/2 cup of crushed cookies.
10. Place in refrigerator for 12-24 hours. May be served with whipped cream.



STORY

My Grandma Margie often made Chocolate Icebox Torte for family gatherings, especially Easter. I'm not sure when it became a treat I regarded as "special" or even when I first tried it. Luscious, airy, chocolate mousse was the main component, with a crust and topping of chocolate-y cookie that was reminiscent of Oreos in their most gourmet form. The original recipe had nuts in it, but most of my cousins and I preferred it without, wanting only the creamy texture, so later versions usually left that out.

One year, I watched my aunt making it, and I was fascinated by the process. Whip the egg whites until stiff. Whip some cream, too. Melt the chocolate over a double boiler and add the egg yolks there. Mix it all together until blended...but don't mix too much, or you might knock out all the air bubbles. Then pour it into the pan over the chocolate cookies and put in the "Icebox" (fridge) to set.



A recipe made repeatedly like this develops its own lore. Was it actually safe to eat with raw eggs in it? Did the heat of the double boiler render them safe? Was it too delicious to even worry about food safety? (Yes)

Did everyone have the recipe? It was in the "Saint John's Cookbook" from 1949. It was a common practice at the time in my hometown in Southeastern Wisconsin for local churches to put out cookbooks that collected recipes from housewives in the parish. The book charms me now because each page was handwritten by the woman who contributed it, sometimes with small drawings next to the recipe. If you had a copy of the cookbook with the "right" recipe for Chocolate Icebox Torte, you held onto it. A later book had a recipe with a similar name, but it turned out it was an inferior dessert. Rumor was that they couldn't continue to publish the original because of the issue of the raw eggs. So having the old copy, and still cooking from it, felt like an act of rebellion.

