



Plus It Up: Nutrient Dense Food and Menu Solutions to Meet Health and Nutrition Needs



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"Plus it Up"

Building nutrient dense menu solutions to meet health & nutrition needs

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ABOUT CHEF ABBIE GELLMAN, MS, RD, CDN

Abbie Gellman, MS RD CDN has been a Registered Dietitian for more than a decade, and a chef for twice as long as that. Abbie works with a wide variety of clients as a spokesperson, recipe and product developer, teacher/educator, and private chef.



**CULINARY
NUTRITION**
STUDIO

@ChefAbbieGellman & @CulinaryNutritionStudio

ChefAbbieGellman.com & CulinaryNutritionStudio.com



Objectives

- Identify foods and ingredients that deliver key nutrients for overall health and those that can help in managing certain health conditions
- Learn ways to plus up traditional menu items with nutrient dense foods and ingredients
- Gain inspiration for nutrient dense on trend menu solutions
- Apply the concept of plus it up to build menus and recipes in your foodservice operations to meet the health and nutrition needs of those you serve

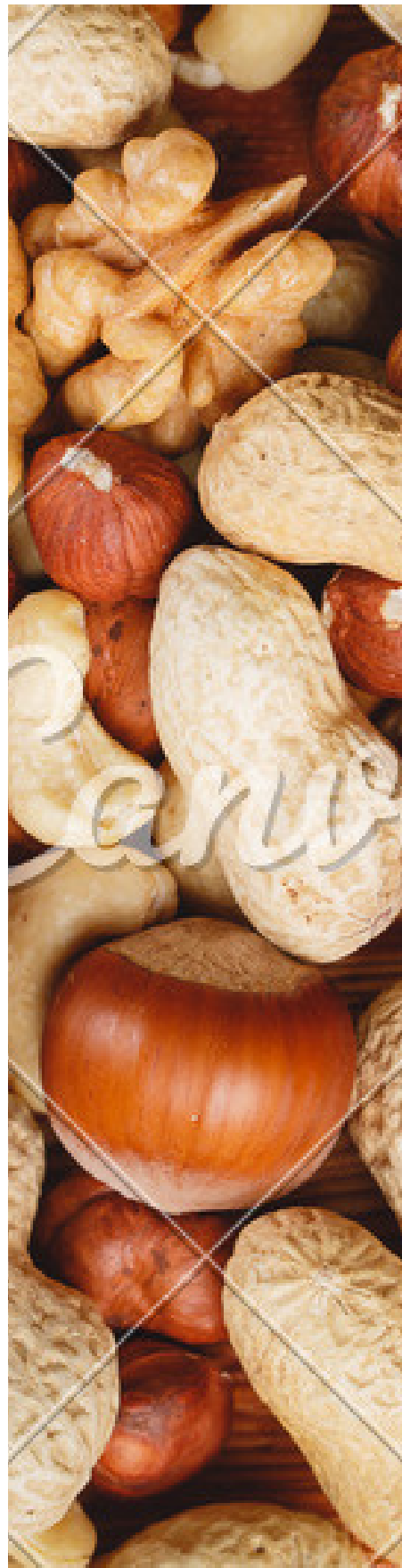


Dietary Protocols with a "Food First" Approach

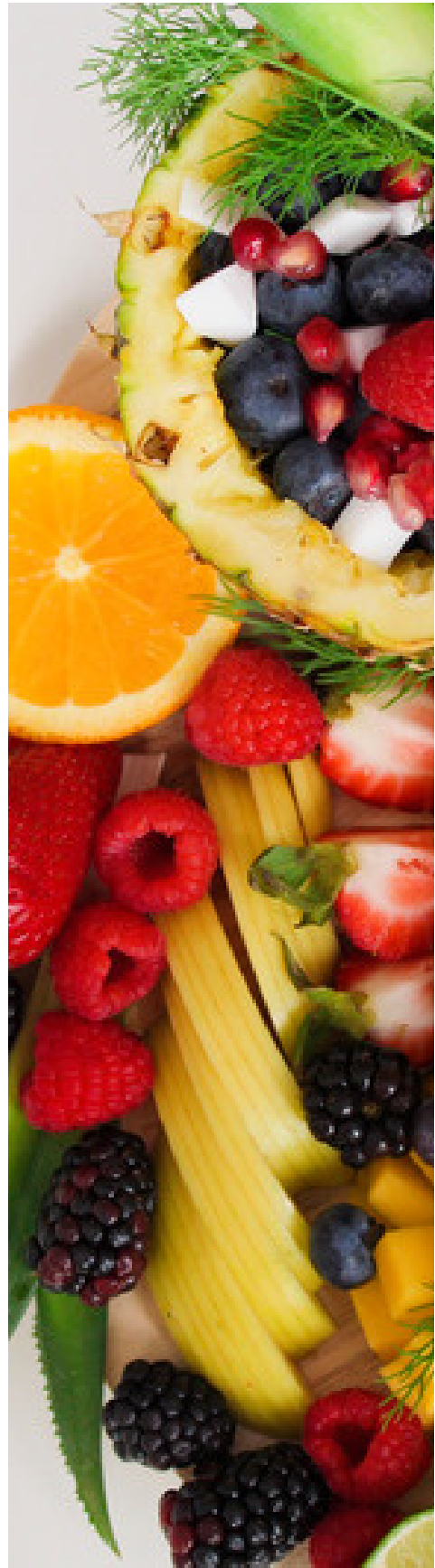
Lead with the positive ➤ Empower ➤ Food focused goals



Back to the Basics



Fruit



fresh fruit



frozen fruit



dried fruit

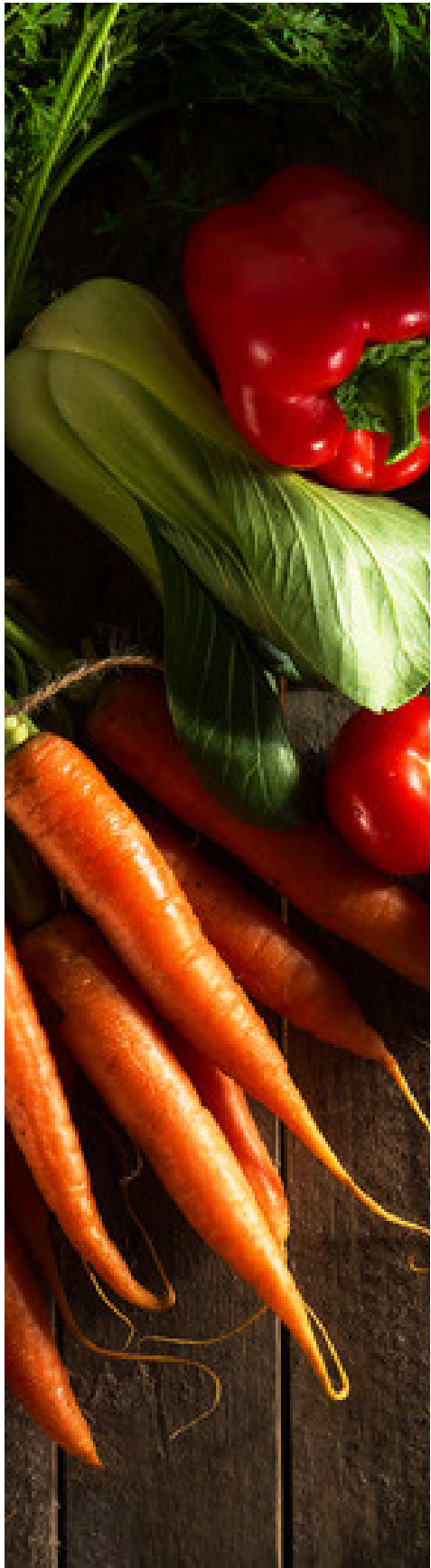


canned fruit

Plus it up:

Add fruit to protein-based salads (i.e. chicken salad)
Offer fruit with pancakes, oatmeal, and yogurt
Top a dessert like ice cream with grilled fruit

Vegetables



Fill half of your plate
with non-starchy
vegetables



Plus it Up:

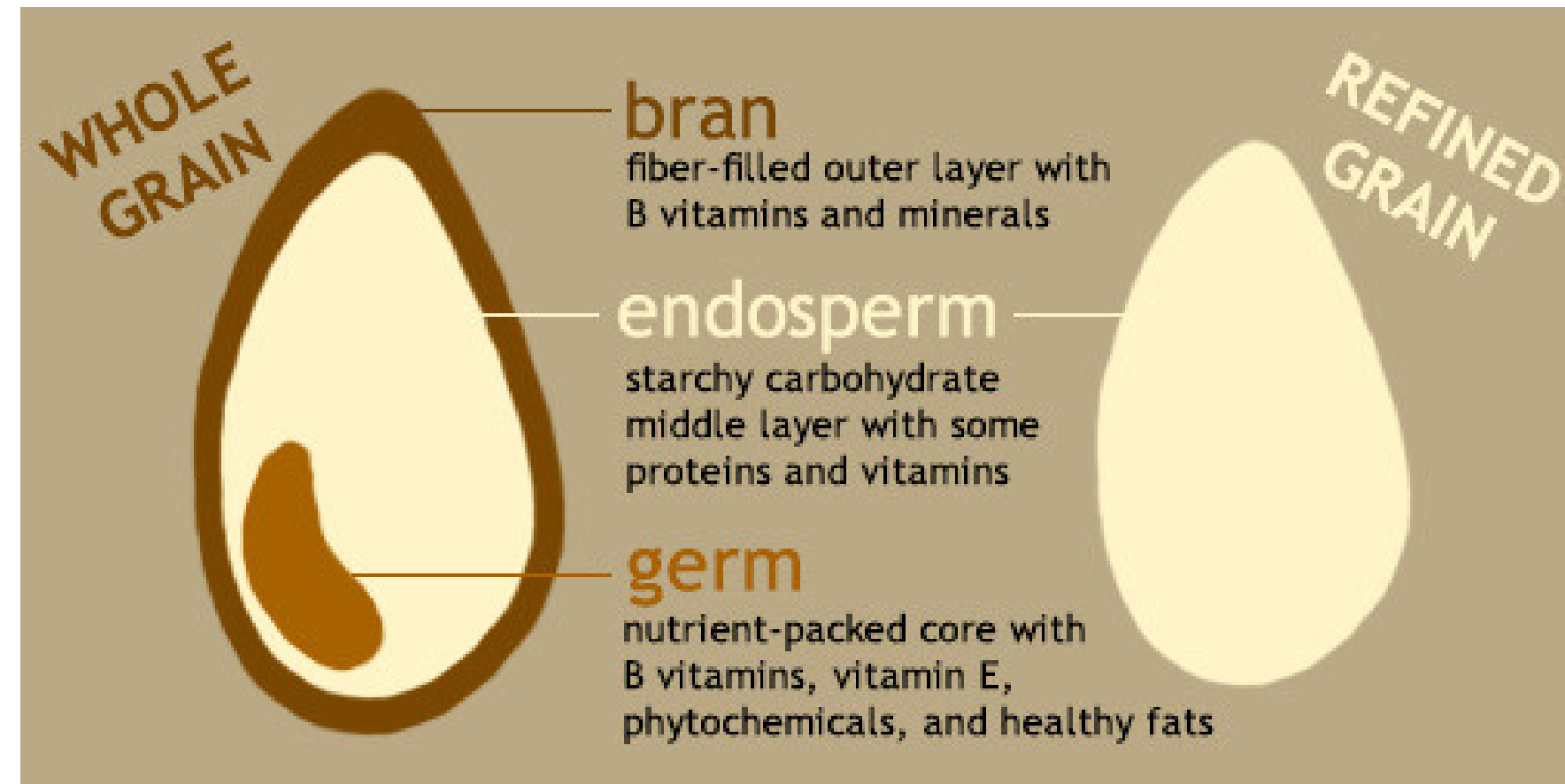
Add veggies to eggs (frittata, omelet, breakfast sandwich/burrito)

Incorporate vegetables into soups, stews, and chilis

Incorporate veggies in ground meat/poultry recipes

Add spinach to smoothies

Grains



Plus it Up:

Offer new types of whole grains, such as millet, farro, quinoa, in familiar foods - i.e. in a salad, grain bowl, soup, or stew

Use whole grain bread and offer protein and veggie-based toppings - i.e. avocado, smoked fish, eggs, sliced tomatoes, ricotta with figs or sliced fruit

Protein



Focus on a variety of animal (meat, poultry, seafood) and plant-based sources of protein



Plus it Up:

Add protein to foods that may not traditionally be high in protein - i.e. soup, salad, grain bowls

Add silken tofu or beans to a pureed soup

Dairy



There is suggestion that fermented dairy foods consumption (yogurt or cheese) may be associated with reduced inflammatory biomarkers associated with the development of CVD.



Plus it Up:

Offer a yogurt parfait layered with fruit and nuts

Use plain Greek yogurt in protein-based salads (i.e. egg, tuna, chicken salad) with only a small amount of mayo

Use in baking - yogurt, buttermilk, cheese

Beans & Legumes



- Affordable
- Protein, fiber, complex carbohydrates
- Helps reduce LDL cholesterol
- Helps lower blood pressure
- Helps maintain healthy blood glucose levels



Plus it Up:

Use puréed white cannellini beans to replace one-half of the cream cheese in a spinach-artichoke dip

Puree beans or lentils into a soup to add creaminess, plant-based protein, and keep it vegan

Healthy Fats



- Heart healthy vegetable oils
- Nuts and seeds
- Avocado
- Olives
- "Good" fats - monounsaturated & polyunsaturated fats
- Fiber



Plus it Up:

Spread nut butter on whole grain toast or a granola bar

Use avocados for smoothies and in vegan desserts

Offer nuts and seeds as snacks or as toppings for oatmeal, yogurt, salads

Make pesto using a variety of nuts and herbs (ex: pistachios, mint)

Recipe Formulas

Pick your...

Protein

Vegetables

Aromatics

Base

Add-Ins



Ingredient Extenders

Extend higher priced ingredients OR to utilize similar, more affordable options to provide a comparable or improved nutritional value



Ingredient Extenders



More Ideas....

Lentil Bolognese:

- use 1/2 lentils, 1/2 ground beef
- bump up the amount of veggies/mirepoix

Burger, Meatloaf, Meatballs:

- Add veggies (grated onion, zucchini, chopped spinach) and herbs to burger mix
 - adds nutrients, moisture, flavor
- Can swap beef for poultry (recommend adding veggies to mix if this is done)
 - decreases saturated fat

Plant-based protein ideas:

- Bean or Lentil burgers
- Bean or Lentil meatballs
- Bulk up chili, soups, and stews with beans, lentils, veggies, whole grains



Cooking Demonstration



Thank you & Questions

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[Product Nutrition Finder](#)



[Recipes that nourish. Ideas that inspire.](#)



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Savory Corn Muffin Recipe



Ingredients	Weight	Measure
Eggs, large, beaten	100 g / 3.5oz	2 each
Buttermilk, low-fat	240 g / 8.5oz	1 cup
Gold Medal Corn Muffin Mix 11442	1 lb 4 oz	1/4 box
Zucchini, shredded	3 oz	1/2 cup
Bell Pepper, minced	3 oz	1/2 cup
Chives, fresh, minced		1/4 cup

Preparation:

- 1) Preheat convection oven to 325 or standard oven to 375. *Note temperature is lower than plain muffin package instructions*
- 2) In a medium mixing bowl, whisk together eggs and buttermilk. Add Gold Medal Corn Muffin Mix and stir just until moistened.
- 3) Fold in zucchini, pepper and chives and stir until incorporated but DO NOT OVERMIX.
- 4) Deposit #16 scoop of batter into greased or paper-lined muffin pans.
Bake as directed below until cooked through and slightly golden brown on top.

BAKE:	TEMP	TIME
Convection Oven*	325°F	16-19 minutes
Standard Oven	375°F	26-29 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 7 minutes of baking.

Biscuit Chicken Pot Pie



Preparation:

PREP: Preheat oven

FILLING:

- 1) In a medium sauce pot, add stock, potato, sweet potato, celery, salt and pepper. Bring to boil the reduce heat and simmer, covered, to cook for 10 minutes.
- 2) Add chicken, return to a boil; reduce heat and simmer additional 5 minutes.
- 3) In a second medium sauce pot, add oil over medium heat. Add onion and cook until soft, 6-8 minutes.
- 4) Sprinkle in flour, stir and cook 1-2 minutes. Add milk and mix well.
- 5) Add chicken stock and potato mixture to onion mixture and mix well. Bring to a boil the reduce to a simmer and cook until thickened, 15-20 minutes.
- 6) Remove from heat and mix in the drained beans, peas and carrots, yogurt and fresh herbs. Mix well.

ASSEMBLY:

- 1) Deposit hot filling into 4" half hotel pan prepared with pan spray.
- 2) Top with 12 frozen biscuits, evenly spaced. Spray a piece of foil with pan spray and cover pan tightly.
- 3) In Convection Oven, bake 20 minutes covered, then uncover, turn pan and bake additional 18-22 minutes or until biscuits are 185°F internal temp and are golden brown. In Standard Oven, bake 30 minutes covered, then uncover and bake additional 30-40 minutes or until biscuits are 185°F internal temp and are golden brown. Filling should be internal temperature of 165°F or higher. Serve immediately or hot hold at 140°F or higher through service

BAKE:	TEMP	TIME
Convection Oven*	300°F	38-44 minutes
Standard Oven	350°F	60-70 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 20 minutes of baking. Alternate Oven: Bake covered filling in combi oven set at 350°F for 30 minutes until filling is thoroughly heated then top with thawed biscuits, recover with foil and bake at 350 for an additional 30 minutes. Biscuits should be steamed through and not gummy or stringy on the bottom. For additional color, bake uncovered an additional 5-8 at 350°F combi."

Ingredients	Weight	Measure
Chicken Stock	2 lbs	4 cups
Potato, small dice	7.5 oz	1.5 cups
Sweet Potato, small dice	6.7 oz	1.5 cups
Celery, sliced, 1/4"	4 oz	1 cup
Salt		1 tsp
Black Pepper, ground		1/4 tsp
Chicken Breast, raw, boneless skinless, 1" cubes	2 lbs	(cooked wt 20 oz)
Or Chicken Breast, diced precooked, frozen	1 lb 4 oz	xx
Oil, Vegetable	1 oz	2 TB
Onion, small dice	9.5 oz	2 cups
Flour, all-purpose	1.5 oz	1/4 cup
Milk, Skim	4 oz	1/2 cup
Cannellini Beans, drained, rinsed (2 - 15.5 oz cans)	1 lb 1.5 oz	3 cups
Vegetable Blend, Frozen Peas & Carrots	10 oz	2.125 cups
Yogurt, Non-fat Greek, Plain	4 oz	1/2 cup
Thyme, fresh, minced		2 TB
Sage, fresh, chopped		2 TB
Parsley, chopped		1/4 cup
Pillsbury Southern-style 2.2oz Biscuit Dough 06252	1 lb 10.4 oz	12 each

Savory Veggie Biscuit Pot Pie



Preparation:

PREP: Preheat oven

FILLING:

- 1) In 7-qt or larger sauce pot over medium heat, add oil, cabbage, mushrooms and onions. Cook 10-12 minutes until the vegetables are wilted and beginning to brown.
- 2) Sprinkle in the flour, stir and cook 3-5 minutes until the flour starts to toast.
- 3) Add the stock, carrots, celery, parsnips, turnips, rutabagas and both potatoes. Bring to a boil, then reduce heat and simmer 20-30 minutes until vegetable are tender.
- 4) Add salt and pepper and drained beans. Bring to boil, then reduce heat and simmer for additional 5-10 minutes.
- 5) Remove from heat and mix in the milk, yogurt and herbs. Mix well. Taste and adjust seasoning if needed.

ASSEMBLY:

- 1) Deposit hot filling into 2" half hotel pan prepared with pan spray.
- 2) Top with 12 frozen biscuits, evenly spaced.
- 3) Bake as directed until biscuits are golden brown and filling is internal temperature of 165°F or higher. Serve immediately or hot hold at 140°F or higher through service.

BAKE:	TEMP	TIME
Convection Oven*	300°F	25-28 minutes
Standard Oven	350°F	35-40 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 15 minutes of baking.

Ingredients	Weight	Measure
Oil, Vegetable	2 oz	1/4 cup
Cabbage, 1" dice	12 oz	4 cups
Mushrooms, Bella or White, quartered	8.25 oz	3 cups
Onions, med dice	9.75 oz	2 cups
Vegetable Stock or Low-sodium Chicken stock	2 lbs	4 cups
Flour, all-purpose	1.5 oz	1/4 cup
Carrots, med dice	4 oz	1 cup
Celery, med dice	4 oz	1 cup
Parsnips, med dice	1.75 oz	1/2 cup
Turnips, med dice	2 oz	1/2 cup
Rutabaga, med dice	2 oz	1/2 cup
Potato, small dice	7.5 oz	1.5 cups
Sweet Potato, small dice	7 oz	1.5 cups
Salt		1 tsp
Black Pepper, ground		1/4 tsp
Cannellini Beans, drained, rinsed (2 - 15.5 oz cans)	1 lb 1.5 oz	3 cups
Milk, Skim Evaporated	4 oz	1/2 cup
Yogurt, Non-fat Greek, Plain	4.5 oz	1/2 cup
Thyme, dry		1 tsp
Sage, dry		1 tsp
Parsley, chopped		1/4 cup
Pillsbury Southern-style 2.2oz Biscuit Dough 06252	1 lb 10.4 oz	12 each