WEBVTT

00:00:03.570 --> 00:00:04.620 Hello everyone, happy

00:00:04.620 --> 00:00:05.670 National Nutrition Month.

00:00:05.670 --> 00:00:08.550 My name is Rebecca and my name is Hannah

00:00:08.550 --> 00:00:11.265 and we are Dietetic interns at Yale.

00:00:11.270 --> 00:00:13.376 New Haven Hospital, aspiring to become

00:00:13.376 --> 00:00:15.470 registered dietitians in the near future.

00:00:15.470 --> 00:00:17.726 So today we're going to be going over

00:00:17.726 --> 00:00:19.666 to quiche recipes that Encompass

00:00:19.666 --> 00:00:21.414 is this year's personalized.

00:00:21.420 --> 00:00:24.478 Your plate recipes. That's right,

00:00:24.478 --> 00:00:26.950 and we all know quiches are hearty and

00:00:27.015 --> 00:00:29.656 delicious, but they can also be healthy.

00:00:29.660 --> 00:00:32.043 So Are you ready to get started?

00:00:32.043 --> 00:00:34.090 Let's go. So today we're going

NOTE Confidence: 0.85382104

00:00:34.090 --> 00:00:36.136 to be making a spinach and

NOTE Confidence: 0.85382104

00:00:36.136 --> 00:00:37.159 mushroom crustless quiche,

NOTE Confidence: 0.85382104

00:00:37.160 --> 00:00:39.164 and also a summer squash quiche

NOTE Confidence: 0.85382104

00:00:39.164 --> 00:00:40.910 with mozzarella and Turkey bacon.

NOTE Confidence: 0.85382104

00:00:40.910 --> 00:00:43.790 To get started, we need to wash all of

NOTE Confidence: 0.85382104

00:00:43.790 --> 00:00:47.224 our vegetables and crack our eggs and make

NOTE Confidence: 0.85382104

00:00:47.224 --> 00:00:50.509 sure everything is at the right temperature.

NOTE Confidence: 0.85382104

00:00:50.510 --> 00:00:52.226 First, we're going to get started

NOTE Confidence: 0.85382104

00:00:52.226 --> 00:00:54.190 with popping up our summer squash.

NOTE Confidence: 0.85382104

00:00:54.190 --> 00:00:55.570 This cards pretty straightforward.

NOTE Confidence: 0.85382104

00:00:55.570 --> 00:00:57.951 Discard my ends right here and then

NOTE Confidence: 0.85382104

00:00:57.951 --> 00:00:59.715 I just cut into slices like this.

NOTE Confidence: 0.85382104

00:00:59.720 --> 00:01:01.568 Now it depends on how you need

NOTE Confidence: 0.85382104

00:01:01.568 --> 00:01:03.100 to prep your vegetables.

NOTE Confidence: 0.85382104

00:01:03.100 --> 00:01:04.720 Summer squash any cut into

NOTE Confidence: 0.85382104

00:01:04.720 --> 00:01:06.780 circles like this or they can be

NOTE Confidence: 0.7981124

00:01:06.780 --> 00:01:09.790 cut in half like so.

NOTE Confidence: 0.7981124

00:01:09.790 --> 00:01:11.841 OK, so let's move on to the

NOTE Confidence: 0.7981124

00:01:11.841 --> 00:01:13.474 mushrooms and the shallots that

NOTE Confidence: 0.7981124

00:01:13.474 --> 00:01:15.526 looks kind of like an onion,

NOTE Confidence: 0.7981124

00:01:15.530 --> 00:01:16.802 so I love mushrooms.

NOTE Confidence: 0.7981124

00:01:16.802 --> 00:01:18.074 They're not everyone's favorite,

NOTE Confidence: 0.7981124

00:01:18.080 --> 00:01:20.320 but they do have some great perks.

NOTE Confidence: 0.7981124

00:01:20.320 --> 00:01:23.510 Like a lot of them are high in vitamin D,

NOTE Confidence: 0.7981124

00:01:23.510 --> 00:01:26.054 and we all know that some people are

NOTE Confidence: 0.8600278

00:01:26.060 --> 00:01:27.650 low in vitamin D. Actually,

NOTE Confidence: 0.8600278

00:01:27.650 --> 00:01:29.250 most Americans are low in

NOTE Confidence: 0.8600278

00:01:29.250 --> 00:01:30.838 vitamin D, and they're just

NOTE Confidence: 0.8600278

00:01:30.840 --> 00:01:32.760 pretty cool. Overall, they are high

NOTE Confidence: 0.8600278

00:01:32.760 --> 00:01:34.348 in fiber. They're actually high

NOTE Confidence: 0.8600278

00:01:34.350 --> 00:01:36.910 in protein as well, so it's a great

NOTE Confidence: 0.8600278

00:01:36.910 --> 00:01:39.206 addition to your diet if you're looking.

NOTE Confidence: 0.8600278

00:01:39.206 --> 00:01:41.600 For a way to include vegetables so

NOTE Confidence: 0.8600278

00:01:41.671 --> 00:01:44.049 to cut an onion or shallot, we dig

NOTE Confidence: 0.8027637

00:01:44.050 --> 00:01:48.240 into it this way. Proper knife

NOTE Confidence: 0.8094511

00:01:59.680 --> 00:02:02.576 So in the spirit of personalize your plate,

NOTE Confidence: 0.8094511

00:02:02.580 --> 00:02:05.107 we decided to go with Turkey bacon.

NOTE Confidence: 0.8094511

00:02:05.110 --> 00:02:07.637 The original recipe called for regular bacon.

NOTE Confidence: 0.8094511

00:02:07.640 --> 00:02:09.999 But in order to cut back on

NOTE Confidence: 0.8094511

00:02:09.999 --> 00:02:11.990 saturated fat and even sodium,

NOTE Confidence: 0.8094511

00:02:11.990 --> 00:02:14.156 Turkey bacon is a great choice.

NOTE Confidence: 0.82319707

00:02:18.180 --> 00:02:20.812 OK, so now that we have chopped over

NOTE Confidence: 0.82319707

00:02:20.812 --> 00:02:23.420 vegetables and measured out everything else,

NOTE Confidence: 0.82319707

00:02:23.420 --> 00:02:26.794 we are ready to assemble our quiche.

NOTE Confidence: 0.82319707

00:02:26.800 --> 00:02:29.488 Of course we start with the egg.

NOTE Confidence: 0.82319707

00:02:29.490 --> 00:02:31.788 This lovely little thing it is

NOTE Confidence: 0.82319707

00:02:31.788 --> 00:02:33.710 packed with protein, fats and

NOTE Confidence: 0.838650392

00:02:33.710 --> 00:02:36.276 vitamins and minerals. In fact, there's

NOTE Confidence: 0.838650392

00:02:36.276 --> 00:02:38.084 not much you can't get from an egg.

NOTE Confidence: 0.8070624

00:02:45.040 --> 00:02:47.325 Alright, let's whisper these bad

NOTE Confidence: 0.8070624

00:02:47.325 --> 00:02:50.479 boys up so I'm gonna throw in.

NOTE Confidence: 0.8070624

00:02:50.480 --> 00:02:52.447 My salt and pepper as a whisper.

NOTE Confidence: 0.87544966

00:02:57.100 --> 00:02:59.764 And you can always decrease the salt if

NOTE Confidence: 0.87544966

00:02:59.764 --> 00:03:02.570 you are worried about sodium content.

NOTE Confidence: 0.87544966

00:03:02.570 --> 00:03:04.719 Today we're just going with the full

NOTE Confidence: 0.87544966

00:03:04.719 --> 00:03:06.937 salt from the recipe that we used.

NOTE Confidence: 0.86308753

00:03:12.270 --> 00:03:14.167 Alright, so let's mix in the milk.

NOTE Confidence: 0.8321518

00:03:15.980 --> 00:03:19.512 Alright, so we are using 2% milk today.

NOTE Confidence: 0.8321518

00:03:19.512 --> 00:03:22.308 Alot of quiche recipes call for

NOTE Confidence: 0.8321518

00:03:22.308 --> 00:03:25.489 cream and the reason that they do

NOTE Confidence: 0.8321518

00:03:25.489 --> 00:03:28.117 that is that becomes very tasty

NOTE Confidence: 0.8321518

00:03:28.117 --> 00:03:31.165 and kind of creamy as an egg pie.

NOTE Confidence: 0.8321518

00:03:31.170 --> 00:03:34.286 But if you want to increase your

NOTE Confidence: 0.8321518

00:03:34.286 --> 00:03:37.010 protein content you can add in

NOTE Confidence: 0.8321518

00:03:37.104 --> 00:03:39.974 milk instead and it will be lower

NOTE Confidence: 0.8321518

00:03:39.974 --> 00:03:42.551 in fat higher in that protein

NOTE Confidence: 0.8321518

00:03:42.551 --> 00:03:45.053 to get you through the day.

NOTE Confidence: 0.8321518

00:03:45.060 --> 00:03:46.560 Alright so. No,

NOTE Confidence: 0.761278

00:03:46.560 --> 00:03:47.844 that's all blended up.

NOTE Confidence: 0.761278

00:03:47.844 --> 00:03:49.770 Let's start adding in those veggies.

NOTE Confidence: 0.761278

00:03:49.770 --> 00:03:51.720 Alright, so we got our mushrooms

NOTE Confidence: 0.761278

00:03:51.720 --> 00:03:53.939 and our shallots and you know what?

NOTE Confidence: 0.761278

00:03:53.940 --> 00:03:55.545 It's personalize our plate so

NOTE Confidence: 0.761278

00:03:55.545 --> 00:03:57.150 we're not gonna totally measure.

NOTE Confidence: 0.761278

00:03:57.150 --> 00:03:59.718 We're just going to see what looks right.

NOTE Confidence: 0.761278

00:03:59.720 --> 00:04:01.325 Alright so we're just going

NOTE Confidence: 0.761278

00:04:01.325 --> 00:04:02.930 to take a few handfuls.

NOTE Confidence: 0.761278

00:04:02.930 --> 00:04:07.114 Make sure we get that shout in there.

NOTE Confidence: 0.761278

00:04:07.120 --> 00:04:10.480 Alright, let's see how that goes.

NOTE Confidence: 0.761278

00:04:10.480 --> 00:04:13.280 Oh yeah, that's looking good.

NOTE Confidence: 0.761278

00:04:13.280 --> 00:04:15.476 And then we got our spinach,

NOTE Confidence: 0.761278

00:04:15.480 --> 00:04:18.959 which is high in calcium and iron.

NOTE Confidence: 0.761278

00:04:18.960 --> 00:04:21.348 And all kinds of this stuff.

NOTE Confidence: 0.761278

00:04:21.350 --> 00:04:23.750 We got vitamin K in there.

NOTE Confidence: 0.761278

00:04:23.750 --> 00:04:27.332 All good things to keep us healthy and happy.

NOTE Confidence: 0.7822547

00:04:31.370 --> 00:04:35.460 And next. We got our sun dried

NOTE Confidence: 0.8544596

00:04:35.460 --> 00:04:37.560 tomatoes and I gotta tell you,

NOTE Confidence: 0.8544596

00:04:37.560 --> 00:04:38.661 these are delicious.

NOTE Confidence: 0.8544596

00:04:38.661 --> 00:04:40.496 They are packed with flavor

NOTE Confidence: 0.8544596

00:04:40.496 --> 00:04:42.460 and they're also packed in oil.

NOTE Confidence: 0.8544596

00:04:42.460 --> 00:04:44.910 A lot of them use olive oil,

NOTE Confidence: 0.8544596

00:04:44.910 --> 00:04:45.960 which is great.

NOTE Confidence: 0.8544596

00:04:45.960 --> 00:04:47.710 It's full of monounsaturated fats,

NOTE Confidence: 0.8544596

00:04:47.710 --> 00:04:49.810 which is great for your heart.

NOTE Confidence: 0.8544596

00:04:49.810 --> 00:04:52.730 Throw that in there.

NOTE Confidence: 0.8544596

00:04:52.730 --> 00:04:56.990 Alright, give it a stir.

NOTE Confidence: 0.8544596

00:04:56.990 --> 00:05:00.049 Alright, and last but certainly not least,

NOTE Confidence: 0.8544596

00:05:00.050 --> 00:05:02.574 we have the cheese.

NOTE Confidence: 0.8544596

00:05:02.574 --> 00:05:04.467 The mozzarella cheese.

NOTE Confidence: 0.8544596

00:05:04.470 --> 00:05:06.198 All right, sprinkle

NOTE Confidence: 0.73323107

00:05:06.200 --> 00:05:09.110 that in there.

NOTE Confidence: 0.73323107

00:05:09.110 --> 00:05:10.678 And we're going to save half of

NOTE Confidence: 0.73323107

00:05:10.678 --> 00:05:12.428 it 'cause we can put this on top.

NOTE Confidence: 0.73323107

00:05:12.430 --> 00:05:15.454 It'll be nice and crispy. Alright,

NOTE Confidence: 0.73323107

00:05:15.454 --> 00:05:18.286 so let's transfer this to our pie plan.

NOTE Confidence: 0.73323107

00:05:18.290 --> 00:05:19.770 This is a crustless quiche,

NOTE Confidence: 0.73323107

00:05:19.770 --> 00:05:21.562 so we did have to spray this

NOTE Confidence: 0.73323107

00:05:21.562 --> 00:05:24.050 with a bit of all or bit of

NOTE Confidence: 0.73323107

00:05:24.050 --> 00:05:25.366 canola oil actually alright,

NOTE Confidence: 0.73323107

00:05:25.370 --> 00:05:27.435 and then I'll keep it from sticking.

NOTE Confidence: 0.802127

00:05:33.100 --> 00:05:34.648 Let's get back to that cheese.

NOTE Confidence: 0.802127

00:05:34.650 --> 00:05:36.810 We're going to add it on top and it's

NOTE Confidence: 0.802127

00:05:36.810 --> 00:05:38.780 going to create a nice crispy layer.

NOTE Confidence: 0.802127

00:05:38.780 --> 00:05:41.650 It's going to be delicious.

NOTE Confidence: 0.802127

00:05:41.650 --> 00:05:42.918 Alright, and that's it,

NOTE Confidence: 0.7940224

00:05:42.920 --> 00:05:44.188 this is ready to

NOTE Confidence: 0.7940224

00:05:44.190 --> 00:05:46.962 go in the oven. So with from my we're

NOTE Confidence: 0.7940224

00:05:46.962 --> 00:05:49.276 going to be doing a cross quiche,

NOTE Confidence: 0.7940224

00:05:49.280 --> 00:05:51.632 so this option is great for folks who

NOTE Confidence: 0.7940224

00:05:51.632 --> 00:05:53.727 are looking to boost their calories.

NOTE Confidence: 0.7940224

00:05:53.730 --> 00:05:56.274 I'm going to whip up some eggs here.

NOTE Confidence: 0.7940224

00:05:56.280 --> 00:05:57.870 This recipe calls for five,

NOTE Confidence: 0.7940224

00:05:57.870 --> 00:06:01.188 so this quickly whisked him up here.

NOTE Confidence: 0.7940224

00:06:01.190 --> 00:06:02.714 So the nice thing about personalizing

NOTE Confidence: 0.7940224

00:06:02.714 --> 00:06:04.596 your case that you can use multiple

NOTE Confidence: 0.7940224

00:06:04.596 --> 00:06:05.956 different types of protein sources

NOTE Confidence: 0.7940224

00:06:05.956 --> 00:06:07.932 will say you're vegetarian. Or, say,

NOTE Confidence: 0.7940224

00:06:07.932 --> 00:06:09.899 for whatever reason you don't like it,

NOTE Confidence: 0.7940224

00:06:09.900 --> 00:06:11.846 you have a lot of different type

NOTE Confidence: 0.7940224

00:06:11.846 --> 00:06:13.269 of egg alternatives out there.

NOTE Confidence: 0.7940224

00:06:13.270 --> 00:06:14.956 Also saying what's the cheese is,

NOTE Confidence: 0.7940224

00:06:14.960 --> 00:06:16.080 cheese is another great

NOTE Confidence: 0.8293183

00:06:16.080 --> 00:06:16.923 source of protein,

NOTE Confidence: 0.8293183

00:06:16.923 --> 00:06:18.609 but you can use Daya cheese,

NOTE Confidence: 0.8293183

00:06:18.610 --> 00:06:20.374 which is a vegan or vegetarian

NOTE Confidence: 0.8293183

00:06:20.374 --> 00:06:21.848 options doesn't actually have any

NOTE Confidence: 0.8293183

00:06:21.848 --> 00:06:24.690 animal product in it, which is nice.

NOTE Confidence: 0.8293183

00:06:24.690 --> 00:06:26.907 Alright, so we have that mixed in there

NOTE Confidence: 0.8293183

00:06:26.907 --> 00:06:29.120 so next I'm going to add some spinach.

NOTE Confidence: 0.8293183

00:06:29.120 --> 00:06:31.216 So here I have fresh spinach but it's

00:06:31.216 --> 00:06:32.998 totally OK to use frozen produce.

00:06:33.000 --> 00:06:34.939 I wouldn't recommend it for the Flash,

00:06:34.940 --> 00:06:37.156 so for something like spinach is totally OK.

00:06:37.160 --> 00:06:38.792 Alright so I'm just going to

00:06:38.792 --> 00:06:40.200 take a couple handfuls here,

00:06:40.200 --> 00:06:41.856 put it in there like that.

00:06:41.860 --> 00:06:44.083 OK, so for their fresh you can prove it

00:06:44.083 --> 00:06:46.569 in a way that's most convenient for you.

00:06:46.570 --> 00:06:47.960 You can portion it out,

00:06:47.960 --> 00:06:49.068 whereas the frozen is

00:06:49.070 --> 00:06:51.062 a little hard to separate it out with

00:06:51.062 --> 00:06:52.939 the fresh versus frozen and frozen.

00:06:52.940 --> 00:06:54.605 They preserve it at the

00:06:54.605 --> 00:06:55.937 peak of the vegetable.

00:06:55.940 --> 00:06:57.940 Where it's like when you get it fresh,

NOTE Confidence: 0.8183346

00:06:57.940 --> 00:06:59.876 you don't know when you're going to be

NOTE Confidence: 0.8183346

00:06:59.876 --> 00:07:01.690 getting inside the eyeball when it's fresh.

NOTE Confidence: 0.8183346

00:07:01.690 --> 00:07:03.052 Alright, so in here in the

NOTE Confidence: 0.8183346

00:07:03.052 --> 00:07:04.940 school I have a mixture of bacon.

NOTE Confidence: 0.8183346

00:07:04.940 --> 00:07:06.940 He's at the Turkey bacon for this one,

NOTE Confidence: 0.8183346

00:07:06.940 --> 00:07:08.190 felt little spicy and wanted

NOTE Confidence: 0.8183346

00:07:08.190 --> 00:07:09.440 to put in some mushrooms.

NOTE Confidence: 0.8183346

00:07:09.440 --> 00:07:10.725 Mushrooms are awesome and then

NOTE Confidence: 0.8183346

00:07:10.725 --> 00:07:12.190 we have some summer squash and

NOTE Confidence: 0.87679833

00:07:52.680 --> 00:07:54.960 OK Rebecca, I think these look delicious.

NOTE Confidence: 0.87679833

00:07:54.960 --> 00:07:56.268 I completely agree with

NOTE Confidence: 0.87679833

00:07:56.270 --> 00:07:58.220 you Hannah. This looks awesome right?

NOTE Confidence: 0.87679833

00:07:58.220 --> 00:08:00.495 Thank you so much for joining us.

NOTE Confidence: 0.87679833

00:08:00.500 --> 00:08:02.126 If you have any other questions

NOTE Confidence: 0.87679833

00:08:02.126 --> 00:08:04.519 reach out to a registered dietitian.

NOTE Confidence: 0.87679833

00:08:04.520 --> 00:08:06.300 Or go to eatright.org For