



QUESTIONS AND ANSWERS FROM FEBRUARY 2022 OSHR WELLNESS LUNCH AND LEARN

* In this document we reference contacting in-network dietitians. If you are a participant with the State Health Plan and are looking for a dietitian in-network, visit [BCBS of NC](#) and search by your zip code.

Related Topic	Questions	Responses
Walnut-Rosemary Crusted Salmon		
Oven Temp	What temperature is the oven set (425) and did you leave it set at this for the salmon?	See the recipe linked above – it calls for the oven to stay at 425. An audience member suggests: Try cooking salmon at 275 for 30-40 min instead. It stays moist and won't burn as fast as roasting at a high temperature.
Vegan substitute	What could be a good meat replacement for this recipe? I am a Vegan.	You could try tempeh, as it is firmer than tofu, you could also do a cauliflower steak.
Walnut substitution	Is there a recommended substitute for the walnuts?	For nut-free: You could try sesame seeds and tahini. Many other options can be found by googling nut-free replacement for walnuts.
Oil	What about avocado oil?	Different oils have different benefits and heating points. Learn more in this article: https://www.healthline.com/health/health-benefits-cooking-oil-guide
Oil	How many calories does a tablespoon of olive oil add?	It depends on if it's extra virgin or other types of olive oil, but approximately 120 calories.
Oil	Extra Virgin Olive Oil vs Olive Oil...is one better for you than the other?	Extra virgin olive oil is the least processed form of olive oil. Due to this, it retains its natural antioxidants and vitamins, which are often lost during processing. This makes it a more healthful oil than regular olive oil but also makes it a little more expensive.
Oil	What about grapeseed oil?	There are benefits of both. This article compares grapeseed oil to olive oil: https://www.healthline.com/nutrition/grapeseed-oil-vs-olive-oil
Oil	What is the difference between EVOO and Extra Light Olive Oil?	EVOO has a distinct olive flavor and is the least processed form of olive oil. Extra light refers to a lighter color and more neutral flavor. You can find more info in this article:

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		https://www.healthline.com/health/health-benefits-cooking-oil-guide
Oil	Do some types of olive oil have a lower smoke temperature (burns easier) than other oils?	Yes, you can find more information in this article: https://www.healthline.com/health/health-benefits-cooking-oil-guide
Oil	What other cooking oils do you recommend other than EVOO?	This article gives some good info on other oils and benefits of each: https://www.healthline.com/health/health-benefits-cooking-oil-guide
Cooking spray	Can you use cooking spray?	Yes, you could substitute cooking spray for olive oil. There are benefits to both. You can do an internet search to learn the difference and best scenarios in which to use each.
Colorful Roasted Sheet-Pan Veggies		
Butternut Squash	If you use sweet potatoes instead of butternut squash, will you still need to pre-cook them?	Yes, same as butternut squash because they require more time to cook than the vegetables.
Parchment paper vs. foil	Does parchment paper also work instead of foil for roasting?	Yes, you can definitely use parchment paper for roasting.
Roasted veggie storage	How can you keep the roasted veggies from getting mushy in the fridge for use the next day?	There are some good tips here: https://www.wikihow.com/Store-Roasted-Vegetables
Omitting oil	Olive oil has about 120 calories per tablespoon. Yet would that be counted in its total amount when used for cooking where it may not actually soak into the food? Are there ways to roast veggies without using oil?	There are many ways to roast veggies without oil, such as using balsamic vinegar, soy sauce, tamari and lemon or lime juice. You could also simply add a small amount of boiling water to the pan and check occasionally to see if more is needed. You can find more options more by doing an internet search.
Brussel Sprouts	What are some options cooking Brussel sprouts to remove the bitterness?	Suggestions from attendees: <ul style="list-style-type: none"> • I roast brussels sprouts with red onion and EVOO. After 15 min, add 1 TBS real maple syrup. After 15 more min, add 1 TBS balsamic vinegar. Outstanding! • I find that roasting vegetables with a little EVOO on them helps bring out their natural sweetness...including brussell sprouts. Balsamic drizzled on top is good with them too, like she (Katie) just did.

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Air Frying Vegetables	How you feel about air frying vegetables?	<p>This is another option that works also.</p> <p>Other attendees commented:</p> <ul style="list-style-type: none"> • Air fryer works best on water-based veggies like squash, zucchini and onions. Not so good with broccoli or Brussel sprouts, they dry out pretty bad. • Air Fryer veggies are delicious as well. Toss in oil, light seasoning (salt/pepper). • I use my air fryer a lot. You can also use oil, just less, in the air fryer.
Vegetable storage	If you prep your veggies, do you store them in water or just in a container in the refrigerator?	It would depend on the vegetable. Hardy vegetables such as potatoes, carrots and celery would benefit from being stored in cold water, making sure to change it out often.
Potatoes	Would 20 mins be the right time for roasting the little red potatoes	It would depend on the temp and your desired texture of the potato and how small you cut your potato pieces. Look online for tips on temp and length of time to achieve desired outcome.
Broccoli	When roasting denser veggies with less dense do you do something different? Like cauliflower and broccoli. The broccoli cooks fast and the florets tend to burn.	You could add those in later in the roasting process.
Onions	Is there a benefit to using red onions to white onions?	Red onions contain a higher number of antioxidants and cancer prevention properties. Learn more about the benefit of all types of onions HERE :
Potatoes	Is it beneficial to soak potatoes in water prior to cooking to reduce the starch?	Research does show that soaking does help remove excess starch. Excess starch can inhibit the potatoes from cooking evenly as well as creating a gummy or sticky texture on the outside of your potatoes. Cold water is used because hot water would react with the starch activating it, making it harder to separate from the potatoes. Just a time thing.
Veggies General	When you are roasting veggies, is there any "rule" about overcrowding? In other words, do you need to leave space between the vegetables?	You don't have to, but of course, the more they are crowded, the longer it may take to roast.
Broccoli	Can I use frozen broccoli to roast?	Yes, just thaw first to drain the water.

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		<p>An audience member suggests:</p> <p>Frozen broccoli roasts well w/o defrosting and they come out really good. Just remember not to overcrowd the roasting pan.</p>
Broccoli Stems	I noticed you threw away the broccoli stalk. Why? And can you use them for something else?	See next row.
<p>Ideas on how to use broccoli stems from the audience:</p> <ul style="list-style-type: none"> • You can pickle the broccoli stems. • You can keep the stalks and other vegetable parts, boil in water, drain for vegetable broths. • Broccoli slaw! • Shred the stalk and add to salad or make a slaw with shred carrots, red onion, etc. • I collect the "throwaways" from my veggies to make soup stock. I collect them in a gallon bag in the freezer, then boil them when the bag gets full. • Peel the broccoli stalk and then dice and cook the remainder. • You can julienne/shred the broccoli stalk to make broccoli slaw or stir-fry. • You could add those in later in the roasting process. • Composting. • I use the stalk for broccoli soup. • My Mom peels the broccoli stalk and adds it to the salad or adds to a veggie soup! • Use the broccoli stalk in the veggie stock. • The stalk makes a crispy chip with hummus. • Purees. • We like to grate the broccoli stalks and add to coleslaw. Chopping and adding to soup is good too. • If you peel the tough outer skin of a broccoli stalk, it can be sliced thin and stir fried or shredded for slaw. (They're just as good if not better than the florets!) 		
General Questions		
Future Events	What about signing up for future events?	<p>We will post upcoming Wellness webinars as well as webinar resources here: https://oshr.nc.gov/wellness-webinars. We will also continue to send emails to those on our email list about future events.</p>
Nutrition General	Do you have any additional meal prep tips for college students?	<p>As this question is a bit general and not related to the cooking demonstration, I recommend trying out one of our Registered Dietitians at LifeStyle or another in-network dietitian* to discuss specific topics such as this.</p>
Nutrition General	Thank you for sharing about veggies today! Any extra ideas on how to do veggies in a different way to have some more options? I eat plant based and looking for new ideas.	<p>As this question is a bit general and not related to the cooking demonstration, I recommend trying out one of our Registered Dietitians at LifeStyle or another in-network dietitian* to discuss specific topics such as this.</p>

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Nutrition General	I recently trying the keto diet but not sure how healthy it is for heart because it promotes more fat including bacon. What are your thoughts on keto diet for heart health?	As this question is a bit general and not related to the cooking demonstration, I recommend trying out one of our Registered Dietitians at LifeStyle or another in-network dietitian* to discuss specific topics such as this.
Nutrition General	What ideas on meal prep for people who work 12 hours and have school and stuff?	As this question is a bit general and not related to the cooking demonstration, I recommend trying out one of our Registered Dietitians at LifeStyle or another in-network dietitian* to discuss specific topics such as this.
Nutrition General	Suggestions for meals that one person can eat vegetarian while rest of family would like meat without making different meals	As this question is a bit general and not related to the cooking demonstration, I recommend trying out one of our Registered Dietitians at LifeStyle or another in-network dietitian* to discuss specific topics such as this.
Rice	What is the healthiest rice?	Brown rice, but you could also try other grains like Katie mentioned such as quinoa.
Ginger	How do you store fresh ginger? I have been cutting as needed and storing in a plastic bag and notice mold grows on it.	<p>Suggestions from other attendees:</p> <ul style="list-style-type: none"> • To store fresh ginger I peel it, chop it into smaller pieces, put it in a mason jar, and cover with some sort of neutral alcohol (vodka, sherry, etc.). Then I put the jar in the fridge. It lasts indefinitely--mine has never gone bad. • I freeze my ginger and then microplate it as needed • I grate ginger and bag it in the freezer.
Meal Planning app	Can you say that Meal Planning app again?	<p>https://www.mealime.com/</p> <p>Other attendees recommend:</p> <ul style="list-style-type: none"> • Plan to Eat is my favorite meal planning app • Daily Dozen app has helped me... :) • If you are diabetic, the website diabetesfoodhub.org is good because it has recipes, tools to meal plan and will create a grocery list for you.
Scale	Do recommend a particular digital scale?	No, I don't have a specific kind I recommend. If this is something you are interested, just research different kinds online to find the one best for you.

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Ripening	How can you keep a banana from ripening?	Refrigerating bananas and avocados slows down the ripening process. You could also peel the banana and freeze it.
Frittata	What is the difference between a frittata and quiche?	A quiche is baked slowly in a savory pie crust, where as a frittata is crustless and cooks more quickly.
Smoothies	What do you suggest for pre-planning smoothies? I have used the freezer method with limited success in the past.	<p>Don't miss August Lunch and Learn scheduled for August 25, 2022: Protein Shakes and Smoothies.</p> <p>Once registration is open, it will be posted here: https://oshr.nc.gov/wellness-webinars and an email will be sent out.</p>
Keeping fruits and veggies fresh	What is the best way to "keep" your fruit and veggies longer?	<p>Suggestions from other attendees:</p> <ul style="list-style-type: none"> • I dehydrate my fresh fruits/vegetables I don't use right away so nothing goes to waste! • Tupperware has containers that vent and has a chart for how to vent certain items to keep the fresher. • I have heard that storing them in the refrigerator in a mason jar will help fruits and vegetables stay fresher longer. • I always put a wet napkin/paper towel in with my fresh lettuces and cukes which keeps them crispy and fresh. • I've restored limp carrots and radishes by placing them in ice water until they firm up! • I wrap lettuce and cabbage in paper towels then put back in bag (not sealed) and they last a long time in the crisper.
Keeping fruits and veggies fresh	Can a glass container versus a plastic container keep fruits and vegetables fresh longer?	<p>For food storage glass is better than plastic. Glass is proven to be safe for food storage and packaging applications. Glass will not leach harmful chemicals into your food, nor will it retain odors or flavors. This makes glass better at preserving your food fresh for longer compared to plastic. However, some plastic containers may be made specifically for fruit and veggie storage.</p>
Ove Glove	Is that an Ove Glove? If so, does it really work?	<p>Per Amazon reviews, it received 5 stars for comfort, heat resistance and durability. Of course, oven mitts are a personal preference.</p> <p>The features of the OVE Glove is the five-fingered flexi-grip, comfortable to wear, works left or right</p>

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		<p>hand and withstands extreme heat up to 549 degrees F. There are many varieties in different price ranges.</p> <p>We cannot endorse and suggest for you to do research on what works best for you.</p>

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