

## **Virtuoso**

### **Sheri Oppenheimer**

Katie Cavuto Boyle, M.S., R.D., is the founder and owner of the Best of Philly 2009 Meal Delivery Service Healthy Bites, LLC. A passionate advocate of eating sustainably - and sustainably well - Katie provides home nutrition and culinary services, organic meal delivery and healthy cooking lessons, and has become a pioneer in making "green cuisine" more accessible for those in the Philadelphia region.

Katie graduated from Johnson and Wales University with a Bachelor of Science in culinary nutrition and an Associates of Science in culinary arts. She then received her master's degree in clinical nutrition at Tufts University, where she also became a registered dietician. Most recently, Katie was one of 10 finalists on season five of the Food Network's "The Next Food Network Star," and has been featured in several other print publications, including Newsweek. She is a regular contributor on Fox, NBC and CBS in Philadelphia.

Rittenhouse Sq. Revue sat down with Katie to hear more about how to eat well during the winter, what she makes for dinner when she's pressed for time, and what we can expect to find in her new Healthy Bites retail space that will open within the next few months in Philadelphia.

#### **Q. When did you decide that you wanted to start your own business?**

A. If you would have asked me pre-college if I thought I would pursue a career in cooking, I would have said absolutely not. I do have wonderful, vivid memories of tasting freshly-picked tomatoes from my grandfather's garden, and I remember being amazed at how great they tasted. But for most of my childhood I was a competitive gymnast - I would leave school at noon and practice, sometimes six or eight hours a day. I like to say that I started off by majoring in gymnastics at Penn State and minoring in Pre-med! But not long after starting at Penn State I was injured, and then injured again during rehab. I was completely lost. I took some time to travel to Europe, and that is when I really fell in love with food, and its power to connect people both socially and culturally. When I came home, I decided to participate in Johnson & Wales's culinary program, and obtained my associates degree in culinary arts and my bachelor's degree in culinary nutrition. Later I went back to Tufts to pursue my masters degree in nutrition.

#### **Q. What is the mission of Healthy Bites?**

A. As a dietician, I have seen a lot of people walk away from registered dieticians' offices with a list of what is good for them and what's not. They're given foods to choose and foods to avoid, and I don't think that is helpful for people. The mission behind Healthy Bites is to give people the tools they need to make positive, lasting lifestyle changes that can help them improve their health. With a diet, you can fail. With a lifestyle, there is no failure - no good and bad. It's about learning what you can do in

your every day life to live healthfully. Through Healthy Bites, I help people through the process of implementing those changes into their lives.

**Q. How do you help your clients through the process of making positive changes?**

A. I try my absolute best to go above and beyond for my clients. I don't think it's unrealistic for them to call me while they're out to dinner and ask for help deciding what to order. In fact, some of my clients call me before they go out to dinner, and I will research the restaurant online and help them navigate the menu for healthy options. I start by asking my clients to keep a food journal, and every day I review their entries to help them see where they can make positive changes. I go grocery shopping with them, and create personalized grocery lists. It's all about customizing for the customer - I try to make my services extremely personal, and base my recommendations on their lifestyle and preferences.

Many of my clients are extremely busy, and just don't have time to cook. That is where meal delivery comes in. Clients can supplement my services with home delivery meals from Healthy Bites, to make eating healthy simpler and more realistic for them.

**Q. What do you have in your kitchen now that are often staples for you?**

A. Since they're in season, right now I have lots of kale, butternut squash, and sweet potatoes. I also tend to keep cannellini beans, lots of herbs (oregano, thyme and rosemary), almond butter, Greek yogurt, and quinoa on hand.

**Q. What are some tips you have for eating healthy during the holidays?**

A. I believe 100 percent in moderation. The holidays are about celebrating, and food is central to our culture and often a large part of family traditions. It's okay to indulge every once in a while, and it's important to enjoy what you love, whether it's your grandmother's mashed potatoes, or another holiday dish. Taste a little bit of everything, but try not to overindulge.

When I'm going to a holiday dinner, I often like to bring a dish that is healthy, but in line with the traditions of my family. That way I know there will be something healthy that I can eat a lot of, and then take small portions of anything else I'd like to taste. For the past few years, I've brought a roasted shrimp dish with white beans, asparagus and tomatoes. It fits in nicely with my Italian culture, and everybody absolutely loves it. You can make beautiful, flavorful dishes that help get rid of the construct that healthy dishes don't taste good. We went to Mi Lah Vegetarian at 16<sup>th</sup> and Locust for lunch today, and I found that my pallet was fully satisfied with the fresh, healthy vegetarian flavors we experienced there.

**Q. What are your favorite restaurants in Philadelphia?**

A.

**Q. You are known for your passion not just for making delicious, healthy meals, but also for making sure they are sustainable. Can you tell me more about how Philadelphians can eat sustainably, and what the benefits are?**

A. The term "green cuisine" refers to the idea that you can eat well for your body as well as for the planet. If you look around Philadelphia, there has been an influx of farmer's markets, and it's very exciting. I want people to be aware of how much the city is growing from a sustainability perspective, and am thrilled to offer new and exciting ways for people in the Philadelphia region to eat sustainably.

On average, a piece of produce in the supermarket has travelled 1,500 to 2,500 miles from what we call "farm to plate" - from the minute it was picked at a farm to the time you use it in a dish at home. The longer food travels, the more nutrients it loses, and the more its freshness and flavors dwindle. By purchasing locally, you're also cutting down on the fuel used to transport the item.

**Q. Where do you like to buy produce in Philadelphia?**

A. There is so much available now in Philadelphia. I participate in a local CSA (Community Supported Agriculture program), and would encourage others to find one near them - they are great ways to support local farms, increase your accessibility to produce, and find great-tasting, new ingredients to cook with. You can visit Farm to City's Web site for information on CSAs - it's a great organization. There's Reading Terminal, Iovine's local produce during growing seasons, and farmer's markets in Headhouse and Rittenhouse Square. There's an organic garden near 19<sup>th</sup> and Christian, and urban gardens sprouting up everywhere. We do have a shorter growing season in the northeast than in other regions of the county, but we are very lucky to have amazing farms in Lancaster and other areas very close by.

**Q. From Fox Philadelphia to the Food Network, you have had some exciting opportunities recently. What has been most exciting?**

A. Honestly, the most exciting part of all of this has been having the opportunity to share my passion of healthy cooking and eating with a broad audience. I mentioned once in passing on "The Next Food Network Star" that I try to eat the colors of the rainbow, and I can't tell you how many people have come up to me and told me that one recommendation struck them and changed their habits for the better. Having an influence on people and changing their habits for the better has been the most rewarding part of these experiences.

**Q. You've been busy! What do you make when you are looking for a really simple, quick, healthy dinner?**

A. One of my go-to fast meals is chicken sausage with white beans and kale.

**Q. What are five tips you have for someone trying to change their eating habits for the better?**

A. 1) Do a taste test. Buy your favorite piece of produce from someplace far away, and buy another piece from a local farm. See if you can taste a difference.

2) Ask your grocer what is most fresh, or when he typically receives their produce deliveries, and then try to do your shopping based upon the timing of their shipments.

3) Plant something. Even if you live in the city, you can plant a window box, or some basil in your kitchen. Create your own green space.

4) Create one decadent, healthy dish. You can visit <http://blog.healthyeats.com/> for some of my recipes.

5) Try something seasonal. If you eat seasonally, you can maximize the nutrients and flavor in your dishes.

*The Healthy Bites retail space and market will be opening at 2521 Christian Street around the new year, with a grand opening in the Spring, and will offer organic local and high-quality products. For more information on Healthy Bites and Katie's services, visit [www.healthybitesdelivery.com](http://www.healthybitesdelivery.com), or call (877) 667-6495*

***Butternut Squash and Apple Soup with Roasted Poblano and Ginger***

*Makes 6 servings*

***Ingredients***

- *1 tablespoons olive oil*
- *4 cloves garlic, whole with peel on*
- *1 medium poblano chile*
- *4 pounds butternut squash, peeled and cut into 2-in. cubes*
- *2 small apples (1 cup), peeled, cored and cubed*
- *2 shallots, sliced*
- *2 tablespoons grated ginger*
- *3 cups vegetable broth*
- *3 cups water*
- *Salt and pepper*

***Preparation***

*Preheat oven to 450. Wrap whole cloves of garlic in a foil pouch and drizzle with 1 tsp olive oil. Roast for 30 minutes or until tender.*

*Over an open flame, char peppers on all sides then place in a bowl. Cover to steam for 10 minutes, Remove skin, stem and seeds and set aside.*

*Heat olive oil in a stock pot over high heat. Add squash, apples, shallots, roasted garlic, pepper, and ginger. Cook 2 to 3 minutes. Add broth, and 3 cups water. Bring to a boil, lower heat to a simmer, and cook, stirring occasionally, until squash is tender, about 20 minutes.*

*With an immersion blender, puree soup. Season with salt and pepper. Garnish with pumpkin seeds.*

**98 kcals, 2.4 g protein, 18.5 g carb, 2.5 g fat, .37 g sat fat, 0 mg chol, 282.6 mg sodium, 2.6 g fiber**