



# Q: How are you slipping in healthier ingredients?



**WHAT IS CHEFS' COUNCIL?**  
The FSD Chefs' Council is a cross section of chefs from the K-12, college and university, senior living, healthcare and business and industry sectors. On a rotating basis, our industry experts answer questions about food trends and ideas.



**Nicola Torres**



Executive Chef  
*The Garlands of Barrington*  
Barrington, Ill.

The fundamental rule of cooking Italian cuisine is less is more; the fewer ingredients you use, the more flavor. I encourage my [residents] to request **fish with just lemon juice** and extra-virgin olive oil instead of cream sauce. I use a lot of herbs, such as basil, to balance out the lack of salt. With something more robust, like a steak, we use rosemary or sage.

**Carrie Anderson**



Executive Chef for Residential Dining  
*University of Illinois at Urbana-Champaign*  
Champaign, Ill.

I'm in the middle of a huge recipe-testing project for the 2015-2016 academic year where we will be replacing a percentage of ground beef with ground turkey, mushrooms, beans or tofu. We are also replacing heavy cream with either half-and-half or 2 percent milk. In certain shrimp, chicken and beef dishes—stir-fry for example—we are increasing the vegetable content by at least 25 percent.

**Jose M. Martinez**



Senior Executive Chef  
*Cal Dining at University of California, Berkeley*  
Berkeley, Calif.

We are programming to have burgers that feature a 50-percent combination of local grass-fed ground beef and a fresh mushroom-duxelle mix. We are also working on sourcing another ground-beef burger with 20 percent plant-based protein. The great thing about plant-based ground protein is it absorbs the juices and natural flavors of the beef, and it's hard to tell the difference.

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