

# How to Cook

## *Cooking Tips from Dr. G*

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In addition to being a Medical Doctor, I am also very passionate about cooking. I grew up working in restaurants and worked my way through college waiting tables. I should also mention I love to eat good food. So, let's revisit the lost art of cooking.

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### What is a Healthy Meal?

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Consuming nutrient-dense meals is the foundation we need to live our healthiest life. So what does that mean?

If I were to write a book on nutrition, it would be one paragraph: *Eat nutrient-dense whole foods with an emphasis on vegetables and some fruit. Buy organic. Eat quality protein, [quality fats](#), nuts and seeds with the exception of peanuts. Grains (to the extent that you have grains in your diet) should be limited. A lot of people react to gluten-containing grains such as: [wheat, rye, and barley](#). Caution should be exercised if you are a gluten-sensitive person. If you do grains or beans, preferably they should be sprouted.*



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## Dr. G's Go-to Meal

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Almost every week, I roast a chicken. If you can master roasting a chicken then that's a huge culinary accomplishment. While it's not hard to do, there are a few techniques that help get it right every time.

What you need from the store to roast a chicken:

- ✓ Whole chicken
- ✓ Lemon
- ✓ Seasoning (salt, pepper, and garlic are my staples)
- ✓ Vegetables (onions, celery, carrots) \*You can get creative with adding other veggies like cauliflower, potatoes, egg plant, etc.

Here is my process for roasting a chicken:

1. Preheat oven to 375
2. Coat roasting pan with light layer of olive oil
3. Remove chicken from package (current CDC recommendations are to not rinse chicken)
4. Cut lemon in half
5. Put lemon inside the chicken
6. Season the chicken
7. Place veggies in roasting pan with the seasoned chicken on top. Add a little seasoning to the veggies.
8. Cover roasting pan and bake chicken for about 1.5–2 hours (cooking time varies depending on the size of the chicken. One way to determine if the chicken is fully cooked is to see how easily you can remove the wing or drum stick. It should tear off fairly easily when it is done. Additionally, if you cut into the chicken and the juices run red or pink then it is not cooked fully. Some recommend using a meat thermometer to ensure chicken is cooked to 165 degrees F.)
9. Make sure you strain the juice from the roasting pan and save for soup or stock. You can make a delicious soup with any leftover chicken, veggies, and the stock. I am all about repurposing leftovers. Soup freezes well and can be eaten later when you don't have time to cook.

*The chicken adds wonderful flavor to the vegetables. Now you have a delicious home-cooked meal with protein and veggies to spare for the week!*

For more tips from on cooking, [visit our blog](#). Also be sure to [sign up for our eNewsletters](#) written by Dr. G.