

Reader Recipes



Fifteen years ago, members, leaders and staff of the American Medical Student Association compiled nutritional information, food tips and 30 recipes into a cookbook for future physicians. This was before “Top Chef” or *Kitchen Confidential*. Nutrition, convenience and the catharsis of cooking has long been important to medical students.

Here we present culinary creations that you may serve to impress dinner guests—even with only a few minutes of prep—or pack into a container for a quick bite between patients.



Edited by Pete Thomson
Special thanks to Ruth Lipson,
Mary Jo Lawrence and
Dr. Lauren Hughes



Pinto Bean and Roasted Corn Salad with Chipotle Vinaigrette

William D. Ryan, M.D.

Like most recipes, this one was created out of necessity. I had just purchased a case of fresh yellow corn from a farm stand in Iowa. After two days of eating grilled corn on the cob, I figured it was time to find a new way to incorporate it into my diet. I've always loved Mexican and Southwestern cuisine, and so this salad almost created itself. The sweetness of the corn and coolness of the jicama are great matches for the smoky heat of the chipotle peppers. And the addition of the beans makes this hearty enough to serve as a healthy vegetarian entree. Although I prefer the taste of fresh corn, frozen corn produces a delicious salad as well.

Ingredients

SALAD

- 1 15-oz. can pinto beans, drained and rinsed
- 1 cup grated jicama
- 1 cup fresh or frozen corn kernels
- 1/4 cup scallions, white and green parts, sliced thin
- 1 red bell pepper, roasted and sliced into thin strips
- 1/3 cup cilantro, chopped
- 1/2 tsp. kosher salt
- 1/4 tsp. black pepper

CHIPOTLE DRESSING

- 1 tsp. ground cumin
- 1 Tbs. olive oil
- 3 Tbs. water
- 2 Tbs. fresh lime juice
- 1 Tbs. cider vinegar
- 1 tsp. canned chipotle pepper, minced (about 1/2 – 3/4 of a pepper, to taste...don't overdo!)

Instructions

1. In a dry skillet, roast the corn kernels on medium-high heat until they brown and start to pop, about 5 minutes. Remove the corn and toss with the remaining salad ingredients.
2. Place skillet on low heat. Add the cumin to the skillet and cook, stirring constantly, until fragrant, about 1 minute.
3. Add the cumin to the rest of the dressing ingredients and whisk until combined.
4. Add the dressing to the salad and toss to combine. Season with additional salt and pepper to taste.

Yields four side-dish servings.



Cream Cheese Dip

Joslyn Davidson

Marshall University School of Medicine

Ingredients

- 8 oz. cream cheese
- 1 cup sour cream
- 1 cup strawberries

Instructions

Spice up an 8-ounce package of cream cheese with 1 cup each of sour cream and quartered strawberries. Let chill. "It makes a divine spread that is a great source of calcium that you can have all week," Davidson writes. "I do not like plain cream cheese. It is bland and hard to spread on my graham crackers. This spread tastes great, is easy to mix, and it is ready to spread anytime."

