

# Wellness Story of the Month

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## Reflections from Arturo, M4

“Throw a fried egg on it and it becomes gourmet” – some guy.

Good cooking is just doing a couple of little things right. **A bowl of rice, some veggies, protein, the right sauce, and it becomes a perfect meal.** I applied this idea when I would meal prep throughout third year, instead of making a recipe from scratch 3x/week. **It was the only way to balance cooking while being in med school.**

Some of my staples included:

- Effortless snacks like carrots, hummus, celery, apples
- Rice bowls with veggies, sauce, and lean meat (Bibimbap is a superior food)
- Vegetable rich stews heavy in spices, love and attention, and a lot of beans.



[Check out Arturo's Cuban Black Beans Recipe here!](#)

**Why is this important to me?** Every Cuban recipe I know reminds me of my mom making it for the family with us talking and enjoying it together. **Making the recipes brings the memories alive. It's a therapeutic time where I can focus on only one thing and try to make it as well as I can.** It costs way less than ordering out. Not having to worry about what I'm going to eat frees up a lot of mental space. Plus, there's the anxiolytic effect of tasty foods and the satisfaction of knowing you made it yourself.