

## Sargent Choice Cooking

BU's executive chef prepares a winter feast of pan-seared chicken with sage and apples



PHOTOGRAPHS BY KALMAN ZABARSKY

and heart-healthy oils, Sargent's nutritionists create healthy *and* delicious (that's insisted upon) recipes for baked goods, sandwiches, pizzas, soups, and even desserts. Then Dining Services prepares them for sale in retail outlets and at dining halls across campus, where they've become a familiar and healthy alternative to cheese fries or mystery Chinese.

"The great thing about this meal is that it's relatively easy to put together, but it seems complex when you deliver it to your family," Dunphy says. "They'll think you're kind of a pro. And it's also very healthy."

Dunphy, a chef for more than twenty years, oversees several hundred culinary employees, supervises a catering staff that runs more than 4,000 events annually, and heads all campus-wide culinary initiatives. He has prepared meals for many dignitaries and celebrities, including President George W. Bush, poet and author Maya Angelou, former First Lady Barbara Bush (HON.'89), Prince El Hassan Bin Talal of Jordan, and Oprah Winfrey. **BW**



**WEB EXTRA**  
Watch a video of BU's executive chef Walter Dunphy preparing pan-seared chicken with sage and apples, and download the recipe at [www.bu.edu/bostonia](http://www.bu.edu/bostonia).

MOVE OVER, IRON CHEFS. BU has its own culinary king: executive chef Walter Dunphy, who is appearing before the cameras to prepare a healthful and scrumptious midwinter meal for *Bostonia's* online audience. Dunphy makes a meal whose recipe he created especially for alumni, one that features the traditional flavors of a New England winter: pan-seared chicken with sage and apples over a warm wild rice, butternut squash, and sun-dried fruit salad, accompanied by sautéed haricots verts.

The recipe follows guidelines established by BU's Sargent Choice program, a three-year-old nutritional and culinary collaboration between the dietitians at Sargent College and the chefs at BU's Dining Services. Using whole grains, fruits and vegetables, low-fat dairy products, lean proteins,



Sun-dried fruit salad makes a tangy, healthful side dish.