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DIANE M.  
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DIETITIAN IN THE KITCHEN

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# Home for the Holidays...

*with Diane Henderiks, Dietitian in the Kitchen™*



by Vanessa M. Arico

Diane M. Henderiks loves her home, and it is no wonder why. After putting on an addition, and self-designing a custom kitchen, she has created nutrition and lifestyle company, Dietitian in the Kitchen™, DITK™ for short, that has grown beyond her handsome Monmouth County, New Jersey digs to include clients and customers coast to coast.

With a lot of energy, ideas, motivation, and a desire to transform the way our nation eats, Diane began her career setting up a nutrition practice of four staffed offices in Monmouth County. Branching out beyond that of a Registered Dietitian, Diane's resume has grown to include – culinary educator, fitness educator, dietary/culinary/nutritional consultant to Fortune 500 companies, college lecturer, cookbooks author, and product manufacturer. Diane's star continues to rise as she is presently being courted by national television networks for her own TV show!

Born in Western New Jersey, the youngest of three daughters, her old-fashioned values and a love of family propelled Diane to carry these important virtues into her adult life. Happily married to noted Shrewsbury chiropractor, Dr. Erick W. Henderiks, she is the mother of two school age boys, Lukas, 8, and Derek, 5. Specializing in diabetes management, weight management, heart healthy nutrition, gastrointestinal disorders, and post-natal nutrition, Diane naturally made all of her baby food for her boys right in her own kitchen. There her reputation started to grow.

In 2004, national television network, Alpha Mom TV sought out Diane to teach mothers at large how to first feed their babies, what to feed their babies, and how to introduce new foods to their babies. By popular demand, the segment entitled, "Introducing Solid Foods: How to tell if your baby's ready," is still running, and was filmed at home, right in her own kitchen.

Concurrently, Diane grew in state-wide popularity with her self-produced "Healthy Cooking Live", a 5 course gourmet meal demonstration that she prepares, teaches, and performs live at favorite state eateries - Mumford's, Branches, William Sonoma, Whole Foods Market, and Neiman Marcus. From "Healthy Cooking Live", a visual combination of both food education and food entertainment, Diane has emerged as a pioneer in USA "Food Edutainment."

Never one to rest for too long, Diane then started penning her first cookbook - "Dietitian in the Kitchen™, The Essential Recipes, Volume I", 2005, along with finding a USA manufacturer that would package her famous food rubs and spices. Producing the book and a series of 3 food rubs and spices - Fiery Spice, All Purpose Rub, and Seafood Dust, Diane sells her products from her interactive website, [www.ditkonline.com](http://www.ditkonline.com) and takes them on the road to regional and national trade shows, where they not only fly off her shelves, but where she's consistently named "Crowd Favorite" by event producers and attendees.

Diane also conducts various medical lectures in local hospitals, and is a leading dietary consultant for gastric-bypass surgery patients. In keeping with her commitment to change the way the USA eats, this summer Diane was the nutritional consultant for a multi-part documentary that The Learning Channel (TLC) produced for Camp Shane, a NY state children's obesity camp. Consulting and counseling an international group of overweight youths, Diane's astute knowledge and tender touch positively affected each and every one of the children. The TV special will



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air on TLC in early 2007.

Diane works regularly with girls and young women counseling them against dieting that leads to unhealthy food relationships. "There is no food to be afraid of," states Henderiks. "With the right portion control, you don't have to fear anything," she adds. "You can eat everything on the Dietitian in the Kitchen™ guidelines." Diane can also evaluate your dietary and food intake and start you on a healthy new lifestyle plan for 2007!

Today, a group of us joined Diane in her home and famous Dietitian in the Kitchen™ kitchen for a holiday gathering. She was busy preparing her delicious and highly nutritious Vegetable Bisque, a recipe from her first cookbook. "This is so easy and fun to make, and is a versatile recipe that's perfect for lunch, dinner, after school and weekend snacks. It's also perfect for any of the holidays. Family, friends and guests will love it," cheers Diane. Needless to say, after she put it through the blender and pureed



## VEGETABLE BISQUE

1T olive oil  
 1C chopped onion  
 1C chopped celery  
 1C chopped carrot  
 2C low sodium vegetable or chicken stock  
 4 medium tomatoes; peeled & coarsely chopped or one 16oz. can low sodium diced tomatoes  
 1C fresh basil leaves  
 8 oz. can low sodium tomato sauce  
 1t DITK™ Fiery Spice  
 1t garlic powder  
 1C 1% milk  
 1C fresh basil leaves, finely chopped  
 Salt & freshly ground black pepper to taste

1. Heat oil in large stockpot over medium heat.  
 2. Add onion, celery & carrot; sauté until slightly brown.

3. Add stock and next 5 ingredients (stock through garlic powder), bring to a boil.  
 4. Reduce heat, cover and simmer about 30 minutes.  
 5. Cool the mixture slightly.  
 6. Place one-third of mixture into blender or food processor and process until smooth  
 7. Pour pureed mixture into large bowl. Repeat step 6 with remaining mixture.  
 8. Return pureed mixture to pot and stir in milk. Add additional milk as desired.  
 9. Cook over low heat until thoroughly heated, stirring occasionally.  
 10. Garnish with chopped basil  
 11. Enjoy!

Serves: 6

the potent mix of vegetables to creamy perfection, we all tried it and agreed it was beyond delicious. And to think it's improving our health at the same time. Amazing!

When asking Diane's husband how he feels about her career and success, Dr. Henderiks replied, "Because of Diane, I'm confident that what I'm eating is delicious and nutritious – that it

tastes good and is good for me. She makes great healthy food." Erick also shared that he is happy that his wife is fulfilling her dream, which he fully supports. "On days off, I clean the house, do laundry, and pick up the kids, whatever's needed to help her."

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