



COOKBOOK



WellMedCARES



BECOMING A HEALTHIER YOU



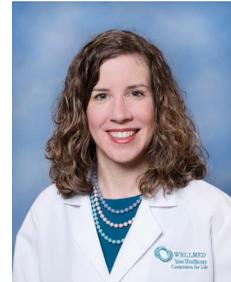
Making healthy choices is an essential part of becoming a healthier you. One of the easiest and most effective healthy choices you can make is to know what you are eating. Cooking at home is one sure-fire way to plan and keep track of ingredients, portion sizes, nutrients and all of that other good stuff. Unfortunately many people avoid cooking at home, perhaps because they feel that their cooking skills aren't up to par, don't have the time or prefer the taste and quality of meals eaten out. This doesn't have to be the case, this book will give you some meal options to help you stay on track.

Your WellMed Family

INTRODUCTION



A MESSAGE FROM OUR EXPERTS



Laura Huete, MD
Medical Director

Thank you for picking up a copy of this book. We are so excited that you've made the choice to expand your food horizons.

Making healthier food choices is a big commitment, and like most changes, takes a lot of adjustment. As a physician, I've seen firsthand the difference good nutrition can have on a patient's health. I also realize that the amount of information about healthy food choices can be overwhelming. A good place to start is by cooking healthier recipes, and WellMed can

help with that. Even small changes can have a big impact on your health.

We've asked our health care providers, employees, patients and friends for recipes that are not only good for you, but taste great as well. We hope this book will help you as you continue on your journey to good health.



Andrew Morgan, DPT
Physical Therapist

Cooking has always been a part of my life. From cooking my great-grandmother's peach preserves recipe with my mother to winning \$15,000 on Food Network's *Cooks vs. Cons*, many of my life's pivotal memories revolve around food. My philosophy about food is to keep it as simple as possible. Start with good quality ingredients. Do as little to them as possible and let the food speak for itself. Sauces should complement flavors, not mask them. Every ingredient should have a purpose.

As an athlete and physical therapist, healthy eating and cooking have been essential. I am regularly asked by patients, family and friends about nutrition and proper diet. I am always happy to educate and advise with one caveat: The food has to taste good.

I am very excited to be a part of WellMed's first cookbook, one focused on healthy eating. The recipes are tested and simple, and designed for every level of home cook. From our kitchens to yours, we hope you enjoy.

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ENTREE

Black-Eyed Pea and Collard Green Soup

INGREDIENTS

- 2 tbsp extra virgin olive oil
- 1 onion, chopped
- 4 carrots, chopped
- 2 stalks celery, chopped
- 2 garlic cloves, minced
- 2 15 oz cans black-eyed peas, drained
- 6 cups low-sodium chicken broth
- 1 15 oz can diced tomatoes
- 1 bunch collard greens, tough stems and ribs removed, leaves thinly sliced (can substitute kale or Swiss chard)
- 1/2 tsp smoked paprika
- 8 oz cooked Black Forest ham or smoked turkey breast, cut into small cubes
- Hot sauce to taste
- Salt and pepper to taste

DIRECTIONS

In a sauté pan over medium heat, add olive oil and cook onion, carrots and celery for 5-8 minutes or until onion is translucent. Add garlic and sauté for 1-2 minutes longer. Add black-eyed peas, broth, tomatoes and greens. Add paprika, ham or turkey and hot sauce. Salt and pepper to taste. Bring to a boil, reduce heat and simmer partially covered about 30-45 minutes.

Jennifer Doherty, RN
Case Manager

ENTREE

Broiled or Grilled Salmon



INGREDIENTS

- 2 lbs of salmon
- 1/4 cup soy sauce
- 1 tsp sesame oil
- 1/2 tsp hot pepper flakes
- 1 tbsp ground ginger or ginger paste
- 1 tbsp of brown sugar

DIRECTIONS

Cut the salmon into desired-sized portions and place skin side up into a greased pan. Mix the soy sauce, sesame oil, pepper flakes, ginger and brown sugar in a bowl. Brush the salmon with the mixture and broil in the oven or on the grill about 7-8 minutes on each side, or until done. Brush with sauce every 3-4 minutes on both sides. Serve with asparagus and baked potatoes or eat on top of a salad.

Arnela Tatic, ARNP - BC
Board Certified Nurse Practitioner, WNI Florida





ENTREE

Chef Anthony's Gluten-free Crab Cakes

INGREDIENTS

- 2 tbsp grapeseed or canola oil, for cooking
- 1/2 cup red and yellow peppers, diced small
- 1/2 cup red onion, diced
- 1 tbsp garlic, diced
- 2 large eggs
- 1 tbsp Sriracha sauce
- 1 lb lump crab meat
- 1/4 cup mayonnaise
- 1/2 cup cooked red quinoa
- 1 1/2 cup gluten-free panko
- 1 tbsp parsley, chopped fine
- Salt and pepper to taste

DIRECTIONS

Preheat a large nonstick pan to medium heat and coat with cooking oil. Lightly sauté peppers, onions and garlic until onion is translucent. Remove from heat and set aside to cool.

In a medium bowl, mix egg and Sriracha. Fold in crab and mayonnaise. Try to keep crab intact. Fold in remaining ingredients including sautéed ingredients. Form mixture into cakes. Recipe should yield about 10 cakes.

Heat pan to medium heat and coat with cooking oil. When the oil is hot, place the crab cakes in the pan and cook until golden brown, about 7 minutes per side. Caution, oil may splatter. Then serve.

(Credit: Anthony J. Ippolito of American Brand Enterprises, LLC)

Heather Sambrook
Director, PSU Clinical Operations

ENTREE

Chicken Divan



INGREDIENTS

- 2 10 oz packages frozen chopped broccoli
- 6 cup cooked chicken breast, shredded or cut in small pieces
- 2 tsp extra virgin olive oil
- 1 8 oz carton sliced mushrooms
- 2 garlic cloves, minced
- 1/2 tsp dried thyme
- 1 cup low-sodium chicken broth
- 1/2 cup plain nonfat Greek yogurt
- 1 10 3/4 oz can condensed cream of mushroom soup, fat free, low sodium
- 1/2 cup light mayonnaise
- 2/3 cup + 2 tbsp freshly grated Parmesan cheese
- 1 slice whole wheat bread
- 1 tbsp butter, melted
- 1 tsp curry powder
- Freshly ground black pepper to taste

DIRECTIONS

Preheat oven to 350° and spray a 9x13 inch baking dish with non-stick cooking spray. Put broccoli in microwave at full power for 2 minutes or until thawed. Place broccoli in baking dish and top with the chicken.

Heat oil in a large, nonstick skillet over medium-high heat and add mushrooms. Stir and cook until brown, about 10 minutes. Add garlic and thyme during the last minute of cooking time and add to the baking dish with the chicken and broccoli. In a medium bowl, whisk together the soup, broth, mayo, yogurt, 2/3 cup of Parmesan cheese, curry powder and pepper. Pour over the broccoli-chicken mixture and mix with a spatula.

Grate the bread or crumble into small pieces and combine with butter and remaining 2 tablespoons of Parmesan cheese. Mix until well blended and sprinkle evenly over the top of casserole. Bake uncovered about 30-40 minutes and until the topping is lightly browned.

Mirtha Alvarez-Acevedo, ARNP - BC
Board Certified Nurse Practitioner, WNI Florida





ENTREE

Cilantro Lime Turkey

INGREDIENTS

- 1 tbsp olive oil
- 1 medium-sized green bell pepper, chopped
- 1/2 white onion, diced
- 1 13 1/2 oz can coconut milk
- 1 lb lean ground turkey
- 3 limes, juiced
- 1 cup cilantro, chopped
- Salt and pepper to taste

DIRECTIONS

Sauté onion and green bell pepper in olive oil until onion is slightly translucent; set aside. Brown turkey meat and season with salt and pepper. Drain if necessary. Add sautéed vegetables, coconut milk, lime juice and cilantro. Mix together. Cover and let simmer on low heat 15-20 minutes. Serve over white rice, riced cauliflower, on a bed of greens or by itself. Pairs well with asparagus.

Kelly Alvarado, MBA, BCN, RN
Sr. Healthcare Operations Administrator

ENTREE

Greek Chicken



INGREDIENTS

- 1 cup cherry tomatoes
- 1/2 cup diced red onion
- 1/2 cup Kalamata olives (or you can substitute green olives)
- 1/2 cup pickled pepperoncini, sliced (substitute banana peppers)
- 1 14 oz can quartered artichoke hearts
- 5 garlic cloves, peeled and chopped
- 1/8 tsp dried thyme
- 4 tbsp lemon juice
- 2 tbsp olive oil
- 5 skinless chicken breasts
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 4 slices of bacon or pancetta, chopped
- 1/4 cup crumbled feta cheese (optional)

DIRECTIONS

Preheat oven to 425°. In a large mixing bowl combine tomatoes, red onion, olives, pepperoncini, artichoke hearts, garlic, thyme, lemon juice and olive oil. Toss until all veggies are coated and set aside.

Season both sides of the chicken with salt and pepper. In a hot skillet cook the pancetta until crisp and drain on paper towels. Add chicken to the skillet and sear on both sides until golden brown (do not cook the chicken all the way through). Place chicken in a 13x9x2 inch baking pan and cover with vegetable mixture. Place on the middle oven rack and bake for 30-40 minutes, or until chicken is cooked through. Remove from the oven and sprinkle with pancetta and feta cheese. Serve with couscous or quinoa.

NOTE: I made several modifications but original recipe can be found at: <https://beautyandthefoodie.com/?s=easy+greek+chicken+bake>

Kimberly Dean
Healthcare Operations Administrator





ENTREE

Greek Chicken Kebabs

INGREDIENTS

Marinade:

- 1 white onion, rough chop
- 1 green pepper, seeded, rough chop
- 2 serrano peppers, seeded, rough chop
- 1/2 cup olive oil
- 1/2 cup fresh squeezed lemon juice
- 1/2 cup vinegar
- 6 garlic cloves

- 1 tbsp oregano
- 1 tsp cumin
- 3 fresh bay leaves, rough chop
- 1 tsp salt
- 1 tsp pepper
- 4 lbs skinless boneless chicken breast, cut into 1 1/2-inch cubes
- Wooden skewers
- Resealable plastic bags

DIRECTIONS

In a blender add all marinade ingredients except the bay leaves. Blend to an even consistency. Combine chicken, chopped bay leaves and marinade mixture in a gallon-sized resealable bag. Press the air from the bag and seal, squeezing the bag to coat the chicken well. Marinate for at least 4 hours or, for best results, overnight. Preheat gas or charcoal grill to medium high. Thread chicken chunks on skewers, about 5 to 6 chunks per skewer. Season the grill with oil and add the kebabs in batches, cooking for about 5-6 minutes per side, until caramelized. Serve with rice or pita and your favorite toppings.

Mark Giannou
Lead Applications Developer

ENTREE

Grilled Cauliflower Steak with Warm Rustic Tapenade



INGREDIENTS

- 2 heads of cauliflower
- 1/4 cup extra-virgin olive oil
- 1/4 cup garlic, sliced
- 1/2 cup sun-dried tomato pesto
- 1/2 cup toasted pumpkin seeds
- 1/2 cup parsley, chopped
- 1/4 cup shaved Parmesan cheese
- Salt and pepper to taste

DIRECTIONS

Cut cauliflower lengthwise into steaks. Place in glass dish and microwave for 3 minutes to steam. Spray grill or grill pan with oil, cook cauliflower until warm all the way through. In a sauté pan on low heat, slowly brown garlic. Add sun-dried tomato pesto to garlic. Once everything gels together (*about 10 minutes*) serve on top of steak. Add seeds right before plating. Top with parsley and Parmesan cheese. Season to taste.

Credit: Anthony J. Ippolito of American Brand Enterprises, LLC.

Heather Sambrook
Director, PSU Clinical Operations





ENTREE

Healthy Chicken Vegetable Casserole

INGREDIENTS

- 2 tbsp olive oil
- 18 oz boneless, skinless chicken breasts
- 2 tbsp unsalted butter
- 2 tbsp all-purpose flour
- 1½ cups nonfat milk
- 1 cup of Parmesan cheese
- 7 oz dry penne pasta
- 1½ cup broccoli, chopped
- 4 oz Monterey Jack or Pepper Jack cheese, shredded
- 1 medium zucchini summer squash, chopped
- 2 large sweet yellow onion, chopped
- ¼ tsp white ground pepper
- 1 tsp Italian seasoning
- 1 Cooking spray

DIRECTIONS

Preheat oven to 350°. Heat oil in a pan over medium-high heat, add chicken and cook for 12-15 minutes, or until no longer pink; set aside.

In a small sauce pan that has been preheated over medium high heat, add butter and cook until it foams. Add flour and stir for 1 minute, making sure it does not turn brown. Add milk to mixture and continue to stir until it begins to bubble. Simmer for 10 minutes. Stir pepper, Italian seasoning and Parmesan cheese into sauce.

Cook pasta according to package directions, adding broccoli during the last minute of cooking time. Drain pasta and broccoli. Spritz bottom and sides of a 9x13 inch casserole dish with cooking spray. In a large bowl, combine pasta, broccoli, chicken and chopped vegetables. Add sauce and pour into the baking dish. Sprinkle with Monterey Jack cheese and cover with foil. Bake for 20 minutes before removing foil. Continue baking until cheese is melted.

Carol Alford, LPN
Provider Support Unit

ENTREE

Instant Pot Asian Osso Buco



A simple version of a classic recipe that can be done in 45 minutes.

INGREDIENTS

- 4 veal, lamb, or venison shanks
- Salt and pepper to taste
- 1 tbsp oil such as grapeseed
- ½ cup of low-sodium soy sauce
- ¼ cup rice wine vinegar
- 1½ cup low-sodium chicken or beef broth
- ¼ cup brown sugar
- ¼ garlic cloves, peeled but left whole
- 1 white onion, sliced
- 2 inch piece of ginger root, sliced in 8 pieces (peel on is fine)
- 1 bunch scallions sliced with white and green separated

DIRECTIONS

Heat a large frying pan, sauté pan, or Dutch oven over medium high heat. Add oil to hot pan.

Season all sides of each shank with salt and pepper and place the shanks into the pan. Sear on all sides. Remove from heat. Transfer shanks to the Instant Pot. In a bowl combine soy sauce, vinegar, broth and sugar. The mixture should taste like sweetened soy sauce. Pour the mixture over the shanks. Add garlic, onion, ginger, and whites of scallion, close the Instant Pot and follow the manufacturer's recommendation, usually around 30 minutes.

Follow the manufacturer's instructions about opening the pot. The meat should be fork tender. Garnish with the green parts of the scallion. Serve with roasted vegetables or a baked sweet potato. Top with some of the braising liquid, and remember to add some of the garlic cloves and onions.

Andrew Morgan, PT, DPT
Director, Physical Therapy Services, Homecare Dimensions





ENTREE

Instant Pot Golden Chicken and Rice

INGREDIENTS

- 2 tsp coconut oil
- 1 small yellow onion, diced
- 1 1/2 cup uncooked long grain brown rice, rinsed
- 3 large carrots, peeled and cut into diagonal pieces
- 2 large red bell peppers, sliced into strips
- 3 garlic cloves, minced (about 1 tbsp)
- 1 tbsp minced fresh ginger or substitute 1 tsp ground ginger
- 1 tsp ground cumin
- 1 tsp kosher salt
- 1/2 tsp ground turmeric
- 1 cup unsweetened coconut milk
- 1 1/2 lbs boneless, skinless chicken breasts
- 1 cup frozen peas
- Chopped cilantro, for serving
- Toasted coconut or coconut flakes (optional)

DIRECTIONS

Set a 6-quart or larger Instant Pot to sauté mode. Add coconut oil. Once hot and shimmering, add onion and cook, stirring occasionally until it starts to soften, about 4 minutes. Add rice, carrots, red pepper, garlic, ginger, cumin, salt and turmeric and stir. Cook until very fragrant, about 1 minute. Stir in a splash of coconut milk and scrape bottom of pot to make sure there are no stuck-on bits of food. Stir in the remaining coconut milk.

Arrange chicken breasts in a single layer on top of vegetables and cover and seal the Instant Pot. Cook on high pressure (manual) for 20 minutes. Allow pressure to release naturally for 15 minutes, then vent to release remaining pressure. Uncover and remove chicken breasts to a cutting board. Dice or shred and return to pot. Stir in peas, taste and adjust seasonings as desired. Serve hot, topped with cilantro and toasted coconut.

Savannah Duncan, RN
Healthcare Manager

ENTREE

Just What The Doctor Ordered Chicken Stew



INGREDIENTS

- 1/2 whole chicken
- 1 medium onion, quartered
- 4 potatoes, skin on, cut into large cubes
- 1/2 fresh celery stalk with leaves, chopped into 1 inch pieces
- 1/2 cabbage head, cut into large chunks
- 1 16 oz bag baby carrots
- 2 large garlic cloves, peeled and chopped
- 1 tsp peppercorns
- 1 medium can sliced mushrooms
- 1 1/2 tbsp **Better Than Bouillon** roasted chicken base
- Seasoned black pepper, salt and garlic salt to taste

DIRECTIONS

In a large pot add chicken and enough water to cover. Bring to a medium boil and simmer for 10-15 minutes. Remove chicken bones and skin with tongs, leaving meat in the pot.

Add chicken base, vegetables, garlic and peppercorns. Add water to cover and simmer for 30 minutes. Add seasoned black pepper, salt and garlic salt to taste, cover and simmer until the potatoes are soft, about 30 minutes.

Joe Aigner-Varoz
Sr. Director, Clinic Operations Support





ENTREE

Lemon Chicken Spaghetti Squash with Spinach & Tomatoes

INGREDIENTS

- 4 cup spaghetti squash, cooked
- 1 tbsp olive oil, plus additional splash for squash preparation
- 2 lb boneless, skinless chicken breast, cut into 1-2 inch pieces
- 1/4 cup diced yellow onion
- 2 tsp minced garlic
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 cup cherry tomatoes, halved
- 1/2 lemon, juiced
- 1 cup low-sodium vegetable broth
- 2 cup fresh baby spinach

DIRECTIONS

Squash preparation:

Preheat oven to 375°.

Poke several holes in the spaghetti squash around the lengthwise center of the squash. Microwave on high for 5 minutes.

Cut the squash in half along the holes. Remove the seeds and pulp with a spoon. Drizzle the squash with olive oil, and season with salt and pepper.

Place the squash cut-side down on baking sheet and bake for 40 minutes, until tender. Let cool.

Lemon Chicken Spaghetti Squash with Spinach & Tomatoes

Sauce preparation:

Heat half the olive oil in a medium skillet over medium high heat. Add the chicken breast and cook for 6-8 minutes, until chicken is golden brown and cooked through. Remove chicken from pan and set aside.

Add remaining oil and the onion and sauté for a few minutes, until it starts to brown. Add garlic and cook for 1 minute, until fragrant.

Add salt, pepper, and tomatoes and cook for a couple minutes, until the tomatoes start to release their juices.

Add lemon juice and vegetable broth and cook until liquid reduces by half, about 20 minutes.

Add chicken and cook for 2 minutes, then add spinach and cook for 2 minutes, until wilted. Remove pan from heat.

Using 2 forks, shred the spaghetti squash and scoop out onto serving plates. Spoon sauce on top of cooked spaghetti squash and serve immediately. Enjoy!



ENTREE

Low Carb Pizza

INGREDIENTS

Pizza Dough:

- 1½** cup part skim shredded mozzarella cheese
- 2** oz full fat cream cheese, cut into chunks
- 1** large egg
- 1¼** cup almond flour
- 1** tbsp oat fiber (or 2 tbsp whey protein powder or ¼ cup more almond flour)

Toppings:

- 1½** cup mozzarella cheese
- ½** cup marinara sauce, preferred brand
- 20** pepperoni slices or desired toppings

DIRECTIONS

Preheat oven to 425° and position one rack at the bottom position and the other at the upper third.

For pizza crust:

Microwave cheeses in a microwave-safe bowl for 1½-2 minutes, stirring half-way through. Scrape melted cheese into bowl or a food processor with egg and process. Add dry ingredients and process again until thoroughly mixed. If dough is very warm and sticky, scrape it onto a piece of plastic wrap and place into freezer until oven is ready. Poke some holes in the wrap with a fork. If dough is cool to the touch, skip the freezer.

To spread by hand:

Rub hands with oil. Place a piece of parchment paper on a sheet pan and pat dough evenly into place until it covers the sheet pan. Poke holes all over dough with a fork.

Low Carb Pizza

Bake on bottom rack for 10-13 minutes until golden brown. Remove from oven and rub crust with a piece of garlic. Spread tomato sauce onto pizza and top evenly with cheese. Add pepperoni or other desired toppings. Bake on upper rack until cheese has melted, about 5 minutes.

Makes:

- 2 thin 10-inch pizzas, or
- 1 thicker 12-inch pizza, or
- 1 thin sheet pan pizza (13x16½)

Serves 6

Continued →



ENTREE

Mixed Berry Mason Jar Salad

INGREDIENTS

- 1 tbsp raspberry vinaigrette dressing
- 1 cup sliced strawberries
- 1 cup blueberries
- 1 tbsp chopped almonds, if desired
- 1/2 chicken breast, cooked and chopped
- 1 tbsp crumbled feta cheese
- Mixed greens such as spinach or spring mix
- 1 1qt Mason jar

DIRECTIONS

Fill Mason jar with ingredients in the order listed above. Cap and refrigerate. Shake before serving.

Barbie Lopez, MD
Medical Director

ENTREE

Orange Rosemary Salmon



INGREDIENTS

- 1 1/2 lb of salmon, scaled, with skin on
- 3 oranges, thinly sliced
- 1 orange, zested and juiced
- 1 bunch fresh rosemary
- 1 cup dry red wine
- Salt and pepper to taste

DIRECTIONS

Preheat oven to 350°.

Line a baking dish with half of the orange slices and place the salmon skin-side down over the slices.

Top the salmon with orange zest and season with salt and pepper.

Arrange rosemary on top of salmon and cover with remaining orange slices. Pour wine and orange juice into the dish. Cover with foil and bake for 20-25 minutes until salmon flakes easily with a fork. Serve with roasted vegetables.

Andrew Morgan, PT, DPT
Director, Physical Therapy Services, Homecare Dimensions





ENTREE

Seared Salmon Taco Salad

INGREDIENTS

Seared salmon:

- 1 tbsp oil
- 4 oz salmon fillets
- 2 tsp chili powder
- 1/2 tsp kosher or sea salt
- 1/4 tsp ground black pepper

Taco salad:

- 6 cups chopped romaine lettuce
- 1 15 oz can no added salt black beans, rinsed and drained
- 1 pint cherry tomatoes, halved
- 1 cup Mexican-style canned or frozen corn
- 1 avocado, peeled and diced

Cilantro lime dressing:

- 1 medium lime, zested and juiced
- 1 tbsp white wine vinegar
- 1/2 tbsp honey
- 2 tbsp chopped cilantro
- 1/4 tsp kosher or sea salt
- 1/4 tsp ground black pepper
- 1/4 cup olive oil

DIRECTIONS

In a small bowl or jar, whisk or shake together the dressing ingredients. Set aside. Heat the oil in a large non-stick skillet to medium heat. Dust the salmon fillets with chili powder, salt and black pepper. Place fillets in the hot skillet and sear 3-4 minutes per side or until fish flakes easily with a fork. In four bowls arrange the lettuce, black beans, tomatoes, corn and avocado. Top with the salmon fillets. Drizzle with cilantro lime dressing.

strideinthekitchen.uhg.com/recipes

ENTREE

Shrimp and Corn Chowder



INGREDIENTS

- 1 onion chopped
- 1 lb uncooked medium shrimp, peeled and deveined
- 2 cans of cream of potato soup
- 2 cups of milk
- 1 can of fiesta corn or Mexicorn
- 1 1/2 tsp of herb chicken seasoning

DIRECTIONS

Spray pan with non-stick cooking spray and add onion. Cook until tender, stirring often, about 2-3 minutes.

Add shrimp to pan and cook until opaque, about 3-4 minutes.

Add potato soup, milk, corn and seasoning. Stir. Cook until heated through, about 2 minutes. Add salt and pepper to taste.

Sprinkle with fresh chopped parsley and serve.

Holly Campeau
 Manager, Regional Network Integration





ENTREE

Summertime Spaghetti

Light and delicious spaghetti made in the microwave!

INGREDIENTS

- 12** oz uncooked thin spaghetti noodles, broken in half
- 2** 14½ oz cans reduced-sodium chicken broth, about 3½ cups
- 2** lemons, juiced for ¼ cup and zested for 1 tbsp
- 3** garlic cloves, peeled
- 1** oz fresh Parmesan cheese, grated
- ½** cup fresh parsley
- 3** tbsp olive oil
- ½** tsp ground black pepper
- 1** cup grape tomatoes, halved
- 2** cups cooked chicken breasts, diced
- 1** cup small broccoli florets

DIRECTIONS

Combine noodles, broth and lemon juice in large microwavable bowl. Cover and microwave on high, stirring once halfway through, about 11-13 minutes, or until most of the liquid is absorbed.

Blend garlic, Parmesan cheese, parsley, zest, oil and pepper in food processor until parsley is finely chopped. Add Parmesan mixture to noodles and mix well. Stir in tomatoes, chicken and broccoli and microwave, covered, on high 2-3 minutes or until broccoli is crisp-tender.

Cook's Tips:

Buy pre-packaged, fully cooked chicken breast strips, or microwave chicken breasts, covered with parchment paper and on a plate, for 5-6 minutes or until 165 degrees. Cool before dicing.

Amanda Campos

Clinical Administrator, Specialists for Health - Cardiology

ENTREE

Taco Bowl Mason Jar Salad



INGREDIENTS

- 1** tbsp lime vinegarette
- 1** handful cherry tomatoes
- ¼** cup diced onions and/or sliced carrots
- ½** cooked chicken breast, chopped
- ½** cup diced cucumbers
- ¼** cup corn
- ½** cup black beans
- ¼** cup shredded cheese
- Mixed greens of choice
- 1** 1qt Mason jar

DIRECTIONS

Fill Mason jar with ingredients in the order listed above. Cap and refrigerate. Shake before serving.

Barbie Lopez, MD

Medical Director





ENTREE

Tilapia and Mango Fish Fillet with Asparagus

INGREDIENTS

- 3 tbsp light olive oil
- 1/2 red onion, diced
- 1 mango, diced
- 1/4 cup cilantro, chopped
- 2 tomatoes, diced
- 1 lb tilapia fillets
- 1 lb asparagus
- 2 tbsp of light or unsalted butter
- Weber Roasted Garlic and Herb Seasoning
- Lemon pepper
- Blackened pepper

DIRECTIONS

In a skillet sauté onions in 1 tbsp of olive oil for 2-3 minutes. Add mango and cook for 2 more minutes. Add cilantro and tomatoes and cook for another 2 minutes.

Season both sides of tilapia fillets with lemon pepper and blackened pepper and sauté in a separate skillet with 1-2 tbsp of olive oil over medium heat until done, about 3-4 minutes per side.

Sauté asparagus in butter with garlic and herb seasoning to preferred doneness. Serve fillets topped with vegetable mixture and asparagus on the side.

Primitiva Seguin
Patient Services Representative

ENTREE

Tomatillo Chicken Avocado Enchilada Casserole



INGREDIENTS

- 15 tomatillos, quartered
- 2 lemons, juice only
- 1 small yellow onion, diced
- 1 whole garlic bulb, separated into cloves
- 1/2 bunch of cilantro, rinsed and dried, with stems removed
- 1 rotisserie chicken, deboned and shredded
- 4 avocados, sliced
- 10 corn tortillas
- 2 12 oz packages of Oaxaca cheese, grated

DIRECTIONS

Preheat oven to 375°.

In a food processor combine tomatillos, lemon juice, onion, garlic and cilantro and blend until liquified. Dip tortillas in tomatillo sauce and layer in a 9x13 pan. Layer shredded chicken and sliced avocados and lightly cover with tomatillo sauce and add cheese. Repeat layering until the pan is full.

Cover with foil. To prevent sticking, either spray foil with cooking spray, or make sure the foil does not touch the cheese.

Bake for 30 minutes or until the cheese is melted and bubbly.

Melodie Allen, RN
Manager, Prior Authorization





ENTREE

Tony's Turkey Chili

INGREDIENTS

- 1 lb ground turkey
- 2 cup water
- 1 16 oz can crushed tomatoes
- 1 16 oz can of kidney beans, drained and rinsed
- 1 16 oz can of black beans, drained and rinsed
- 1 16 oz can of red beans, drained and rinsed
- 1 16 oz can of fiesta corn
- 1 tbsp garlic, minced
- 1 onion, finely chopped
- 1 package of chili seasoning

DIRECTIONS

In a nonstick pot cook turkey over medium heat until evenly brown. Stir in onion and garlic and cook until tender. Add water and mix in crushed tomatoes, kidney beans, black beans, red beans, fiesta corn, and chili seasoning. Bring to a boil. Reduce heat to low, cover, and simmer for 30 minutes. Let it stand for 10 minutes to cool and serve with cornbread.

"I love homemade chili and wanted to create a healthy alternative packed with protein and nutrients. Over time, I have made this recipe my own, and I want to share this wonderfully easy dish with everyone." - Tony

Anthony Villarreal
Supervisor, UM Operations

ENTREE

Vegetable Lasagna



INGREDIENTS

- 1 cup chopped zucchini
- 1 cup chopped squash
- 1 cup chopped carrots
- 1 cup chopped onions
- 1 cup chopped mushrooms
- 1 cup chopped broccoli
- 1 15 oz can diced tomatoes, no salt
- 1 28 oz jar of marinara sauce of your choice
- 1 cup mozzarella or cheddar cheese, shredded
- 1 package oven ready lasagna noodles

DIRECTIONS

Preheat oven to 350°.

Spray a 9x11 baking dish with nonstick spray. Set aside. Coat the bottom of a 6-quart pot with vegetable oil and heat on medium-high. Add vegetables and simmer for 12-15 minutes. Add canned tomatoes and marinara sauce and heat for 2 minutes. Remove from heat.

Spread a small amount of the vegetable mixture into the bottom of the baking dish, cover with lasagna noodles and add about 1/3 of vegetable mix on top, sprinkling a light layer of cheese over the mixture. Repeat the layers with remaining ingredients and cover with aluminum foil. Bake 30-40 minutes. Remove foil and bake uncovered for 15 minutes. Remove from oven and let stand for 2 minutes before serving.

Barbie Lopez, MD
Medical Director





ENTREE

Vegetable Pad Thai

INGREDIENTS

- Sauce:**
- 3 tbsp creamy peanut butter
 - 3 tbsp unsalted vegetable stock or water
 - 3 tbsp honey or brown sugar
 - 2 tbsp rice wine vinegar
 - 1 tbsp low sodium soy sauce or tamari
 - 1 tbsp fish sauce (optional)
 - 1 tsp sesame oil
 - 1 tsp chili paste or Sriracha
- Pad Thai:**
- 6 ounces brown rice noodles
 - 1 tbsp oil
 - 2 medium bell peppers, julienned
 - 2 medium zucchini, julienned
 - 1 cup matchstick carrots
 - 4 large eggs, beaten
 - Chopped cilantro and/or basil, green onion and crushed roasted peanuts, for topping

DIRECTIONS

Bring a large pot of water to a boil. In a medium mixing bowl, whisk together the sauce ingredients until smooth. Set aside. Add the noodles to the boiling water and cook according to package directions (about 6-8 minutes). Drain. Heat oil in a large nonstick skillet to medium. Add the bell peppers, zucchini and carrots and sauté 4-5 minutes, stirring occasionally, until slightly soft. Remove vegetables from the pan. Reduce the heat to low and coat the skillet with cooking spray. Add the beaten eggs and use a spatula to push the eggs around as they cook, scrambling them until set. Add the vegetables, cooked noodles and sauce and stir with tongs to combine and until heated through. Season with salt and black pepper, if desired. Transfer Pad Thai to bowls and top with cilantro and/or basil, green onion and peanuts.

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ENTREE

Ybor City Pork



INGREDIENTS

- 1 lean pork loin, size depends on how many are eating
- 1/2-2 16 oz cans summer crisp corn
- 1-2 16 oz cans black beans
- 1 10 oz bag of Saffron yellow rice, cooked according to package directions
- 1 1/2 cup white rice, cooked to package directions
- 2 tbsp of minced garlic, or more to taste
- 3/4 cup grape tomatoes, cut in half
- 1/2 cup whole scallions, sliced thin
- 2 large fresh jalapenos, with or without seeds, sliced thin
- 2 peppers, 1 yellow and 1 red, sliced thin (optional)
- 1/2 cup of cilantro, chopped
- 1 jar au jus
- 1 bottle of rice vinegar, to serve as a condiment

DIRECTIONS

In a crock pot place pork loin, garlic and just enough water to cover. Cook until meat is falling apart, about 6-8 hours.

On a large platter arrange cooked yellow rice in one quarter, cooked white rice in one quarter and pork on the half platter opposite the white and yellow rice.

Just prior to serving arrange the heated, drained black beans on half of the yellow rice and the heated summer crisp corn on half of the white rice. Fill in spaces with chopped cilantro, peppers, scallions and tomatoes. Serve platter with rice vinegar and heated gravy on the side, so that guests can add to taste.

This dish makes a beautiful presentation without a lot of work.

Jill Nicklas
Manager, Outpatient Case





ENTREE

Zucchini Lasagna Roll-Ups

INGREDIENTS

- 2 15 oz containers ricotta cheese
- 3/4 cup freshly grated Parmesan cheese, divided
- 2 large eggs
- 1 tsp garlic powder
- Kosher salt to taste
- Freshly ground black pepper to taste
- 1 cup marinara sauce
- 5 large zucchini, sliced lengthwise into 1/8 inch thick strips
- 1 cup grated mozzarella cheese

DIRECTIONS

Preheat oven to 400°.

In a small bowl, combine ricotta, 1/2 cup Parmesan cheese, egg and garlic powder and season with salt and pepper. Place zucchini slices on paper towels to drain. Spread a thin layer of marinara on to bottom of a 9x13 baking dish. On each slice of zucchini, spoon a thin layer of sauce, then top with a thicker layer of ricotta mixture and sprinkle with mozzarella. Roll up and place in baking dish. Sprinkle with remaining 1/4 cup Parmesan. Bake until zucchini is tender and cheese is melted, about 30 minutes.

*Your low-carb lasagna dreams have come true.
- From delish.com*

Ashley Aviolla

Sr. Physician Business Manager, Market Operations

SIDES

Broiled Asparagus



INGREDIENTS

- 1 lb fresh asparagus
- Olive oil
- Salt and pepper to taste
- Garlic powder to taste

DIRECTIONS

Preheat oven to broil.

Trim off the fibrous ends and place asparagus in a baking dish. Top with a little olive oil, salt, pepper and garlic powder. Mix to coat asparagus evenly. Spread in a single layer. Broil, turning occasionally, until tender, 8-12 minutes or until done. Take care to not overcook.

Arnela Tatic ARNP - BC

Board Certified Nurse Practitioner, WNI Florida



SIDES



Cheesy Lemon Asparagus

INGREDIENTS

- 1/2** lb fresh asparagus
- 3** garlic cloves, minced
- 4** tbsp Parmesan cheese
- 1** lemon, halved
- Salt and pepper to taste
- Olive oil

DIRECTIONS

Preheat the oven to 425°.

Rinse asparagus and trim the woody ends. Spread asparagus in a thin layer on a non-stick baking sheet. Drizzle asparagus with enough olive oil to coat. Sprinkle minced garlic, salt and pepper on top of asparagus and use your hand to rub these ingredients onto asparagus. Arrange asparagus into an even layer and sprinkle Parmesan cheese on top. For an extra cheesy dish, sprinkle more Parmesan cheese.

Bake in oven for 8-10 minutes. Squeeze half a lemon over dish. Serve immediately.

"This is a recipe dear to my heart. It was introduced to me by a longtime friend and the warm, cheesy goodness always makes me feel like home. It is so simple and yummy, I consider it a comfort food." - Veronica

Veronica Rivera
Patient Care Coordinator

SIDES



Cole Slaw with Apples and Lemon Dressing

INGREDIENTS

- 1/2** cup fat-free mayonnaise
- 1/4** cup fat-free plain Greek yogurt
- 1** tbsp lemon zest
- 3** tbsp fresh lemon juice
- 1** tsp Splenda
- 1/2** tsp salt
- 1/2** tsp black pepper, freshly ground
- 1** 10 oz package of Fiesta Slaw, Power Slaw or Broccoli Slaw
- 2** medium Gala apples, cut into matchsticks
- 2** medium uncooked scallions, thinly sliced

DIRECTIONS

In a medium bowl, combine mayonnaise, yogurt, lemon zest, lemon juice, Splenda, salt and pepper. Add slaw mix, apples and scallions. Toss to mix and coat. Cover and chill 30 minutes for flavors to blend.

Donna Richmond
Administrator, Hospitalist/SNF Program



SIDES



Cucumber Chopped Salad

INGREDIENTS

- 1 package dry ranch salad dressing & seasoning mix
- 1 8 oz package of cream cheese, room temperature
- 1 8 oz carton of buttermilk or 8 oz container of sour cream
- 1 container grape tomatoes
- 3 cucumbers cut into bite-sized chunks
- 5 green onions, sliced

DIRECTIONS

In a paper towel-lined bowl combine cucumbers, onions and tomatoes. Set aside.

In another bowl mash the cream cheese and ranch dressing mix together with a fork. Add buttermilk or sour cream a tablespoon at a time until mixed. Fold in cucumbers, onions and tomatoes and refrigerate. Lightly fold again before serving.

To make into a dip, cut the vegetables into smaller pieces and add frozen corn kernels, shrimp or crab.

Barbara O'Connell
Patient Services Representative

SIDES



Mango Guacamole

INGREDIENTS

- 3 large Hass avocados, peeled and pits removed
- 2 mangos, ripe, peeled and diced
- 2 tsp salt
- 1/2 red onion, minced
- 2 garlic cloves, minced
- 2 limes, juiced
- 1 tbsp cilantro, minced
- 1/2 tsp salt

DIRECTIONS

Cut the avocados in half lengthwise. Remove pit. Score the inside of the avocado with a blunt knife and scoop out flesh with a spoon. Place in a bowl. With a fork or wire potato masher, roughly mash the avocado (don't overdo it, the guacamole should be a little chunky).

Stir in remaining ingredients except mangos and mash together. Stir in diced mango and serve immediately or place plastic wrap on the surface of the guacamole to cover it and to prevent browning before refrigerating.

Mark Giannou
Lead Applications Developer



SIDES



Spicy Sautéed Kale

INGREDIENTS

- 1 lb baby kale or green blend
- 1 tbsp olive oil
- 1 pinch red pepper flakes
- 1/4 cup chicken or vegetable broth
- Salt and pepper to taste

DIRECTIONS

In a large sauté pan add oil and red pepper flakes and cook over medium heat for about 1 minute. Add greens. Add broth to loosen and dissolve browned food particles (fond) from pan bottom. Fond is a source of immense flavor. As the liquid sizzles, use a wooden spoon to scrape along the entire bottom of the pan to loosen the fond. Cover and cook for 3 minutes. Drain excess liquid and season with salt and pepper.

Barbie Lopez, MD
Medical Director

SIDES



Three Bean Salad

INGREDIENTS

- 1 15 oz can of garbanzo beans/chickpeas, rinsed and drained
- 1 15 oz can of cut green beans, rinsed and drained
- 1 15 oz can of kidney beans, rinsed and drained
- 2-3 celery stalks, chopped
- 1 cup of parsley, chopped fine
- 1/2 red onion, chopped fine
- 1/3 cup apple cider vinegar
- 1 tbsp olive oil
- Pinch of sugar (to taste)
- 1 1/2 tsp salt
- 1/4 tsp of pepper

DIRECTIONS

In a large mixing bowl, add the cans of beans, celery, parsley and onion. In a separate bowl, mix vinegar, olive oil, sugar, salt and pepper. Add to bean mixture and refrigerate for at least 6 hours, preferably 24 hours.

Tracey L. Campos, PMP
Sr. Project Manager



SIDES



Turkish Shepherd Salad

INGREDIENTS

- 3** Roma tomatoes, seeded and chopped into bite-sized pieces
- 2** cucumbers, seeded and chopped into bite-sized pieces
- 1** green bell pepper, trimmed and chopped into bite-sized pieces
- 1** tbsp parsley, chopped
- 1/3** small red onion, diced
- 2** tbsp of lime juice (roughly two Key limes)
- 4** tbsp of olive oil
- Salt to taste
- Feta cheese (optional)

Can also use avocado slices and substitute cilantro in place of parsley.

DIRECTIONS

In a large bowl mix parsley, olive oil, lime juice and salt. Add remaining ingredients and mix. Cover salad and let it sit for a few minutes. Stir before serving.

Monique Silva
Sr. Operations Analyst

SIDES



Waldorf Salad

INGREDIENTS

- 4** cup cubed Granny Smith apples
- 2** cup canned pineapple tidbits, drained
- 1** cup chopped celery
- 1/2** cup mayonnaise
- 1/4** cup whipping cream
- 1** tbsp powdered sugar
- 1** drop vanilla extract
- 1** tbsp chopped walnuts or pecans

DIRECTIONS

In large bowl, combine apples, pineapple, celery and mayonnaise. Toss lightly to coat evenly. Set aside.

In small chilled bowl using chilled beaters, beat whipping cream at high speed with electric mixer just until stiff peaks form. Do not over beat. Blend in sugar and vanilla. Fold into apple mixture.

Cover and refrigerate at least 2 hours. Garnish with walnuts.

Julie LaLiberty
Manager, IT Portfolio



SIDES



Zucchini Soup

INGREDIENTS

- 2 tbsp butter
- 2 tbsp olive oil
- 1 small onion, chopped
- 1 garlic clove, minced
- 1½ lb zucchini, sliced in quarters
- ½ cup water
- 1 cup vegetable stock
- Salt and pepper to taste

DIRECTIONS

In a large saucepan, melt butter and add olive oil. Add onion, garlic and salt and pepper to taste. Sauté until onion is translucent. Add zucchini and cook over moderate heat for 10 minutes. Add water and stock and simmer for 10 minutes. Transfer soup to a blender and puree. Return to saucepan and heat.

Michael Antonelli

Sr. Transportation Manager, Comfort Care Transportation

BREAKFAST



Banana Protein Pancakes

INGREDIENTS

- Pancake Batter:*
- 1 banana
 - 2 eggs
 - ½ cup almond milk, unsweetened
 - ½ cup rolled oats
 - 1 scoop vanilla whey protein powder
 - 1 tsp baking powder
- Pancake Topping:*
- 1 tsp raw honey
 - 1 tsp vanilla extract
 - 1 tsp cinnamon
 - Dash of salt
 - 1 tbsp coconut oil for cooking
- Greek honey-flavored yogurt
Sliced strawberries

DIRECTIONS

Place all batter ingredients except oil into a blender. Blend until well mixed. Set aside.

Heat a griddle or frying pan over medium heat until drop of water sizzles; brush lightly with coconut oil. Scoop about ⅛-cupful of batter into skillet, spreading to 2 inches each. Cook for 2-3 minutes on one side. Flip and cook for 1-2 mins. Pancakes may look a bit dark. Serve with ¼ cup Greek honey yogurt and sliced strawberries.

Credit: Online HIITBURN, but changed few ingredients for healthier content.

Sandra Lara

Healthcare Coordinator



BREAKFAST



Instant Pot Carrot Cake Oatmeal

INGREDIENTS

- 4 cup water
- 1 20 oz can crushed pineapple, including juice
- 2 cup shredded carrots
- 1 cup steel-cut oats
- 1 cup raisins
- 1 tsp pumpkin pie spice
- Cooking spray

DIRECTIONS

Spray inner cooking pot of Instant Pot with cooking spray. Combine all ingredients in the pot and close. Select manual setting, adjusting pressure to high and set timer for 10 minutes. When it finishes cooking allow to naturally release pressure for 10 minutes, then quick release the remaining pressure. Sprinkle with Splenda Brown Sugar Blend or garnish with chopped pecans or walnuts if desired.

Donna Richmond
Administrator Hospitalist, SNF Program

BREAKFAST



Cherry Vanilla Yogurt

INGREDIENTS

- 1 cup fat-free Greek yogurt
- 1/2 cup frozen unsweetened cherries (or blueberries or other fruit)
- 1/2 tsp almond extract
- 1/4 cup old-fashioned oats

DIRECTIONS

Mix all items together in a container. Put in refrigerator overnight. You may need to add some sweetener depending upon your taste preferences.

Robin Eickhoff, MD
Medical Director



BREAKFAST



Crepes

INGREDIENTS

- 3 eggs, beaten until smooth
- 2 cup of milk
- 1/3 cup oil (olive or grapeseed preferred)
- 1 cup flour
- 1 tbsp vanilla (optional)
- 2 tsp cinnamon (optional)
- Cooking spray

DIRECTIONS

Combine ingredients until mixture is smooth, but not frothy.

Heat skillet over medium-high heat. Spray surface with cooking spray. Place a small amount of the crepe batter into pan, tilting to completely coat the surface of the pan. Flip when small bubbles appear, about 2-5 minutes. When both sides are cooked, place in a serving tray or plate. Repeat with remaining batter.

Crepes can be eaten so many ways depending on which ingredients are placed inside. Traditionally, crepes are filled with fruit especially at breakfast time but can be sweet or savory as well. Dessert crepes can be filled with chocolate and other creams. It makes for a great supper when filled with chicken, ham and cheese or other savory ingredients.

Crepes freeze well. Roll them up and place in freezer bag. Warm in 30-60 seconds.

Cindy Johnston, MD, MS, CPC, CMQ
Sr. Medical Director

BREAKFAST



Egg and Cheese Souffle

INGREDIENTS

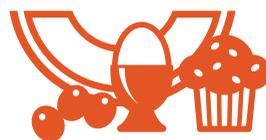
- 6-8 eggs
- 8 oz colby or cheddar cheese, grated
- 1/4 cup unbleached flour
- 1/2 tsp salt
- Pepper to taste

DIRECTIONS

In a mixing bowl, beat eggs and mix with grated cheese, flour and salt. Pour mixture into an oven safe pan and bake for 20 minutes or until done. Remove from the oven and serve immediately.

Cindy Johnston, MD, MS, CPC, CMQ
Sr. Medical Director

BREAKFAST



Egg Stuffed Avocado

INGREDIENTS

- 1 avocado
- 1 egg

DIRECTIONS

Preheat oven to 400°.

Peel and slice avocado in half and remove pit. Crack 1 egg and pour into the hollow part of the avocado. Bake for 15 minutes.

This recipe can also be made using the microwave instead by cracking 1 egg into a bowl without breaking the yolk and microwaving it for 30 seconds. Pour the egg onto the avocado and microwave for an additional 30 seconds.

Andrea Everett, RT, R, ARRT, CMO
Radiology Technician

BREAKFAST



Instant Pot Egg Bites (Sous Vide Eggs)

INGREDIENTS

- 1 cup water
- 1 large egg or equivalent Egg Beaters
- 1 turkey bacon strip
- 1 1/2 cup fat-free cheese of choice
- 1/2 cup fat-free cottage cheese
- 1/4 cup fat-free half and half or fat-free milk
- 1/2 tsp salt

DIRECTIONS

Put water in bottom of Instant Pot followed by the trivet that came with the pot. Cook bacon using your favorite method. Crumble and evenly distribute into silicone egg bite mold for Instant Pot. (*Ramekins that have been sprayed with PAM can also be used*)

Add the eggs, cheese, cottage cheese, half and half, and salt to a blender and blend until smooth, just a few seconds. Pour evenly into 7 pods of the mold and gently place into Instant Pot. Place the cover on the Instant Pot and select “steam” and set to 8 minutes. Natural pressure release for 10 minutes and then quick release the rest. Carefully remove the egg bites from the instant pot. Allow the egg bites to cool for a few minutes and then enjoy. Will keep in the refrigerator for up to one week.

Substitute ingredients:

Spinach and roasted red pepper strips, turkey sausage, and pico de gallo. You may also try different types of cheeses as well.

Donna Richmond
Administrator Hospitalist, SNF Program



BREAKFAST



Overnight Oats

INGREDIENTS

- 1/3 - 1/2** cup liquid such as dairy milk, almond, cashew or coconut milk
- 1/3 - 1/2** cup old-fashioned rolled oats
- 1/3 - 1/2** cup yogurt (optional)
 - 1** tsp chia seeds (optional but highly recommended)
 - 1/2** banana, mashed (optional)

DIRECTIONS

Add the desired amounts of milk, oats, yogurt, chia seeds and banana to a jar or container and give them a good stir. Refrigerate overnight or for at least 5 hours. In the morning, add additional liquid if you'd like. Once you achieve the desired consistency, top with fruit, nuts, nut butter, seeds, protein powder, granola, coconut, spices, zest or vanilla extract.

Serving suggestions:

Fruit (fresh or dried), nuts, nut butter, seeds, protein powder, granola, coconut, spices, citrus zest and vanilla extract.

Credit: foodnetwork.com

Ashley Aviolla

Sr. Physician Business Manager, Market Operations

BREAKFAST



Two Ingredient Bagels

INGREDIENTS

- 1** cup nonfat Greek yogurt
- 1** cup self-rising flour

DIRECTIONS

Preheat oven to 400°.

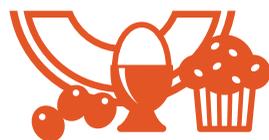
Blend yogurt and flour until dough forms. Knead for 2 minutes. Cut dough into 4 equal parts and roll each into a log and form a circle. Brush with egg wash and top with kosher salt or cinnamon sugar, if desired. Bake for 22 minutes. Enjoy with light cream cheese.

Laura Ammons

Clinic Administrator



BREAKFAST



Whole 30 Veggie-Packed Breakfast Frittata

INGREDIENTS

- 2 tbsp extra-virgin olive oil
- 1 small green bell pepper, diced
- 1 small red pepper, diced
- 2 cup packed baby spinach
- 1/4 cup sun-dried tomatoes, chopped
- 1 garlic clove, sliced
- 10 large eggs, beaten
- Kosher salt and freshly ground black pepper
- Hot sauce for serving

DIRECTIONS

Preheat oven to 375°.

In a medium sized, oven-safe nonstick skillet, heat the oil over medium-high heat. Add bell peppers and onion and cook, stirring occasionally until softened, 6-7 minutes.

Add spinach, sun-dried tomatoes and garlic and cook, stirring frequently, until spinach is just wilted and still vibrant green, about 1 minute. Reduce heat to low and add eggs, 1 tsp salt and a few grinds of black pepper. Stir gently to distribute vegetables. Bake in oven until eggs are set, approximately 13 to 15 minutes.

Let stand for 5 minutes, then slice into 6 pieces. Serve with hot sauce. Refrigerate in an airtight container for up to 1 week.

- Copyright 2017 Television Food Network, G.P.

Wendy Smith

Legal Services Specialist, NAMM California (OptumCare Partner)

SNACKS



Coctel de Camaron

INGREDIENTS

- 5-6 12 oz bags of frozen, cooked, extra small shrimp, thawed
- 2-3 small bags of crab or imitation crab
- 1 avocado, peeled, pitted and chopped
- 1 jalapeño pepper, minced
- 1 yellow onion, chopped
- 1 tomato, diced
- 1 bunch of cilantro, diced
- 2 cups ketchup or to taste
- San Luis hot sauce to taste
- 2 bottles Clamato juice, 1 regular and 1 spicy
- 1 lime, juiced

DIRECTIONS

Combine all ingredients in a glass bowl and mix gently. Serve with crackers of your choice.

Joanna Andrews

Administrative Assistant



SNACKS



Dirty Tuna Tacos

INGREDIENTS

- 1 2 oz can of tuna fish in oil or water (Chicken of the Sea)
- 1 celery stalk, finely chopped
- 1 tomato, chopped
- 1/2 onion, red or white, chopped
- 3 tbsp Hellman's Vegan Mayonnaise
- 1 head of romaine lettuce
- 1/2 serrano pepper, finely chopped (optional)
- Salt and pepper to taste

DIRECTIONS

Separate and wash the lettuce leaves. Cut ends to form a taco shell shape. Chill in the fridge.

Chop up celery stalk, tomato and onion. In a bowl, mix tuna, drained or undrained, and mayonnaise. Add celery, tomato and onion, mixing well. Add the chopped serrano pepper if you want extra heat. Salt and pepper to taste. Serve on the chilled lettuce leaves.

"This is a recipe I came up with trying to get myself to eat a little healthier. The vegan mayo and tuna brands I recommend have zero sugar, a plus for anyone who is trying to control their blood sugar.

I add serrano peppers to spice it up." - Veronica

Veronica Rivera
Patient Care Coordinator

SNACKS



Farmer's Market Tomato Salsa

INGREDIENTS

- 4 medium tomatoes, cut into chunks
- 1 medium jalapeno, halved and seeded
- 1/2 medium red onion, cut into wedges
- 2 medium limes, zested and juiced
- 1/2 cup fresh cilantro leaves
- 2-3 cloves garlic, minced
- 1 tsp kosher salt
- 1/4 tsp ground black pepper

DIRECTIONS

Place all ingredients in the bowl of a food processor and pulse until desired consistency is reached. Use a fine mesh strainer to strain out the excess liquid, if desired. Taste and adjust seasoning, if necessary.

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SNACKS



Healthy Hummus

INGREDIENTS

- 1 16 oz can low-salt garbanzo beans/chickpeas
- 1 medium avocado
- 1 garlic clove, medium size or 2 small, peeled
- 1/4 cup almonds
- 1 handful of clean, fresh basil leaves
- 2 tbsp extra virgin olive oil
- 1 small bag of snack-size sweet peppers for dipping

DIRECTIONS

Place drained garbanzo beans, avocado, garlic, almonds and 1 tbsp of olive oil in a food processor or blender. Blend until smooth.

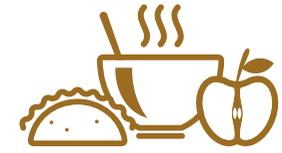
Add basil leaves and blend again. Pour mixture into a shallow dip bowl and pour remaining olive oil over the top.

Cut the washed peppers in half and place around the dipping bowl. This recipe can be adjusted to taste by adding a serrano pepper for heat, omitting the nuts or using pine nuts or walnuts instead of almonds.

"I often make this recipe and share with my coworkers. It is fresh, healthy and delicious. Everyone loves it." - Maria

Maria Sanchez, RN
Case Manager, WNI Texas

SNACKS



Healthy Queso - Gluten-, Soy- and Dairy-Free

INGREDIENTS

- 1 cup raw cashews, soaked in purified water for 6-8 hours in the refrigerator
- 1/4 cup water
- 1 tsp pink salt
- 1 1/2 tbsp lemon juice
- 3 tbsp nutritional yeast
- 1/8 tsp ground turmeric
- 1 14 oz can organic diced tomatoes with green chilies, undrained

DIRECTIONS

In a blender, add drained and rinsed cashews, salt, lemon juice, yeast, turmeric, and the liquid from the can of tomatoes and chilies and blend until creamy. Stir in tomatoes and green chilies.

Transfer dip to a small crock pot to warm and serve with fresh veggies and gluten-free crackers.

Roxanne Massey, RN, BSN
Clinical Nurse Educator



SNACKS



Peanut Butter Protein Balls

INGREDIENTS

- 1 cup natural peanut butter
- 1/4 cup honey or 1/4 cup brown rice syrup for a vegan version
- 2 tsp vanilla extract
- 1 1/2 cup rolled oats (use gluten-free oats, if needed)
- 1/2 cup unsweetened shredded coconut
- Pinch of salt
- 1/3 cup mini chocolate chips (use vegan chocolate chips, if needed)
- 2-4 tsp water or additional vanilla extract

DIRECTIONS

In a medium mixing bowl, stir together peanut butter, brown rice syrup or honey and vanilla extract. Stir in oats, coconut and salt, until well combined. Add chocolate chips. If mixture doesn't hold together when pinched together, add additional water or vanilla extract one teaspoon at a time, until mixture holds together well. Form 1 inch balls by pressing about 1 tbsp of the mixture together. Can be stored at room temperature for up to 3 days or refrigerated for 1 week.

Ashley Aviolla

Sr. Physician Business Manager, Market Operations

SNACKS



Almond Butter Walnut Energy Bites

INGREDIENTS

- 1 cup almond butter
- 2 tbsp honey
- 1 1/2 cups rolled old-fashioned oats
- 1/4 cup ground flax seed
- 1/4 cup dried cranberries or dark chocolate chips
- 1/4 cup chopped walnuts

DIRECTIONS

In a large bowl, combine almond butter and honey. Microwave 30 seconds or until slightly soft (optional). Fold in oats, flax seed, dried cranberries/dark chocolate chips and walnuts until combined. Roll mixture into 2-inch bites. Store in an airtight container in the refrigerator up to 1 week or the freezer up to 1 month.

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SNACKS



Pico de Gallo

INGREDIENTS

- 1 cup red tomatoes, diced
- 1 cup yellow tomatoes, diced
- 1/4 cup cilantro, cleaned and chopped
- 1/2 cup red onion, finely diced
- 2 limes, juice only
- Salt and pepper to taste

DIRECTIONS

Mix all ingredients. Season with salt and pepper to taste.

Credit: Anthony J. Ippolito of American Brand Enterprises, LLC

Heather Sambrook

Director, PSU Clinical Operations

SNACKS



Quick 'n Easy No-Bake Protein Bars

INGREDIENTS

- 1 1/2 cup gluten-free rolled oats, blended into a flour
- 1/2 cup unsweetened/unflavored vegan protein powder*
- 1/2 cup rice crisp cereal
- 1/4-1/2 tsp fine grain sea salt, to taste
- 1/2 cup natural peanut, almond or sunflower seed butter
- 1/2 cup pure maple syrup or liquid sweetener of choice
- 1 tsp pure vanilla extract
- 3 tbsp mini dark chocolate chips
- 1/2 tbsp coconut oil

DIRECTIONS

Line an 8-inch square pan with a piece of parchment paper. Mix oat flour, protein powder, rice crisp and salt together in a large bowl.

Add in the nut/seed butter, maple syrup and vanilla. Stir well to combine. If mixture is a bit dry, add a splash of non-dairy milk and mix again. Press into pan and roll out with a pastry roller until smooth. Pop into the freezer.

Melt chocolate chips and coconut oil together in a small pot over low heat. When half of the chips have melted, remove from heat and stir until smooth. After freezing for about 5-10 minutes, remove from freezer and slice into bars. Drizzle with melted chocolate and freeze again until set. Freeze in an airtight bag or container.

"These no-bake bars are thrown together in minutes and make the perfect snack to store in the freezer for a quick burst of energy. Using sunflower seed butter instead of peanut makes the bars nut-free." - Ashley

** I use Sunwarrior Warrior Blend Natural. If using a sweetened protein powder, reduce the liquid sweetener and add some non-dairy milk to get a cookie dough texture.*

Ashley Aviolla

Sr. Physician Business Manager, Market Operations



SNACKS



Trail Mix Bars

INGREDIENTS

- 1 cup almond butter
- 3 tbsp honey
- 4 tbsp coconut oil
- 2 cups old-fashioned steel-cut rolled oats
- 1 cup chopped almonds
- 1/2 cup roasted sunflower seeds
- 1/2 cup chopped shelled pistachios
- 1/2 cup pitted dates, chopped
- 1/4 cup unsweetened dried cranberries or dark chocolate chips
- 1/4 tsp kosher salt

DIRECTIONS

Line an 8-inch baking dish with extra-large piece of parchment paper. Set aside. Place the almond butter, honey and coconut oil in a microwaveable glass bowl. Microwave on high for 30 seconds. Stir to combine. Add the oats, almonds, sunflower seeds, pistachios, dates, dried cranberries or chocolate chips and salt and stir until thoroughly mixed. Transfer the mixture to the prepared baking dish and press into a firm, even layer. Refrigerate at least 1 hour or until formed. Lift the bars out of the baking dish using the sides of the parchment paper and place on a cutting board. Cut into 16 bars. Store in an airtight container or a sealed plastic bag in the refrigerator.

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SNACKS



Vegetarian/Vegan* Southwest Egg Rolls

INGREDIENTS

- 2 tbsp vegetable oil
- 2 tbsp diced red bell pepper
- 2 tbsp diced green bell pepper
- 2 tbsp minced green onion
- 2 tbsp diced jalapeño
- 1/3 cup canned black beans, drained & rinsed
- 1/3 cup frozen corn
- 4-5 oz fresh spinach (1/2 bag)
- 1/2 tbsp minced parsley
- 1/2 tsp chili powder
- 1/3 tsp salt
- 1/2 tsp ground cumin
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 dash cayenne pepper
- 3/4 cup shredded Monterrey Jack cheese*
- 6 warm tortillas (burrito-size)
- 1 qt oil for frying
- Toothpicks

DIRECTIONS

In a medium sauce pan over medium heat, stir in red and green bell peppers and green onions and cook until soft, about 5 minutes.

Add all ingredients except for cheese, mix well and cook until tender, about 5-7 minutes. Remove from heat. Stir in cheese until evenly melted. Spoon mixture in to the 6 warmed tortillas and wrap filling like an egg roll, securing the last fold with a toothpick. *(remove toothpick before serving)*

Freeze at least 4 hours in an airtight container. Deep fry eggrolls one by one in 1 quart of oil heated to 375° until golden brown. Cut in half diagonally and serve warm with fresh sliced avocado, or top with your favorite cilantro cream sauce.

* *Substitute dairy-free cheese for vegan recipe.*

Devin Kyles
Sr. Technical Business Analyst



SNACKS



Vegetable Ceviche

INGREDIENTS

Dressing:

- 1/3** cup fresh lime juice
- 1/4** cup extra virgin olive oil
- 1** scallion or green onion, thinly sliced
- 1** jalapeño, thinly sliced - for a milder ceviche, remove ribs and seeds
- 1** small shallot, thinly sliced - may substitute 1/4 of small yellow onion
- Sea salt to taste

Ceviche:

- 1** cup baby lima beans, fresh or thawed from frozen
- 1 1/2** cup corn kernels, fresh or thawed from frozen
- 2** nectarines, cut into thin wedges
- 1** avocado, cut into 1/2 inch cubes
- 1** orange bell pepper, finely julienned
- 1** pt cherry or grape tomatoes, halved
- 1** cup cilantro, coarsely chopped

DIRECTIONS

In a small saucepan of salted boiling water, cook lima beans until tender, about 10 minutes. Drain and rinse with cold water. Set aside.

In a large bowl, whisk lime juice with olive oil, scallion, jalapeño and shallot. Season with sea salt to taste.

Gently fold lima beans, corn, nectarines, avocado, orange bell pepper and tomatoes into lime juice mixture and refrigerate for at least 2 hours. Fold in cilantro just before serving.

- Adapted from Food & Wine Magazine

Tomika Sanchez, BSN, RN
Clinical Programs Special Projects

BEVERAGES

Mango Green Smoothie



INGREDIENTS

- 2** cups frozen diced mango
- 1** medium frozen banana
- 2** cups fresh spinach or chopped kale
- 1 1/2-2** cups milk
- 1/2** cup vanilla or plain Greek yogurt
- 1** tbsp ground flax seed
- 1** tsp stevia or 1 tbsp honey

DIRECTIONS

Place all smoothie ingredients in a blender and puree until smooth. Serve immediately.

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BEVERAGES



Peanut Butter and Banana Shake

INGREDIENTS

- 1½ bananas
- ½ cup peanut butter
- 1 cup light vanilla soy milk
- 1 cup ice cubes
- 1 tbsp honey

DIRECTIONS

Place all ingredients in a blender. Start on crush to make sure banana pieces and peanut butter blend together. Put blender on smoothie until milkshake is nice and smooth.

Ida Cantu
Project Coordinator

DESSERTS



Banana Berry 'Nice' Cream

INGREDIENTS

- 2 cups frozen mixed berries
- 1 medium frozen banana, peeled
- ¼ cup canned coconut milk solids
- 1 tbsp honey (optional)
Pinch kosher salt (optional)
Splash fresh lemon or lime juice (optional)

DIRECTIONS

Place all ingredients in the bowl of a food processor and puree until smooth, scraping the sides of the bowl as needed. Transfer to a glass bowl fitted with a lid and place in the freezer for 30 minutes. Scoop and serve.

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DESSERTS



Faux Ice Cream

INGREDIENTS

- 1½** cup plain yogurt
- ½** tsp cocoa powder
- ½** tsp agave syrup
- 1-2** drops of vanilla extract

DIRECTIONS

Mix all ingredients in a bowl and freeze for 2-3 hours. Stir before serving.

Lia Medrano

Marketing eCommerce Consultant

DESSERTS



Healthy Cookie Dough Dip

INGREDIENTS

- 1½** cup chickpeas or white beans (about 1 16 oz can), drained and very well rinsed
- ⅛** tsp salt
- ⅛** tsp baking soda
- 2** tsp pure vanilla extract
- 1** tbsp oats
- 6** tbsp brown sugar
- ⅓** cup chocolate chips
- 2-3** tbsp oats or flax meal
- ¼** cup nut butter of choice

DIRECTIONS

In a food processor combine all ingredients except chocolate chips and process until very smooth. Add chocolate chips. If made correctly and blended long enough, the mixture should have the exact texture of real cookie dough. Serve with green apple slices for a healthy, gluten-free dessert.

Melissa Flower

Manager, Patient Communications



DESSERTS



Millionaire Pie

INGREDIENTS

- 2 reduced-calorie graham cracker crusts, in pie pans
- 1 11 oz can mandarin oranges
- 1 20 oz can crushed pineapple
- 1 cup of pecans
- 1/3 cup of lemon juice (bottled is fine)
- 1 8 oz tub of reduced calorie whipped cream (can also use sugar free or fat free)
- 1 14 oz can sweet condensed milk – reduced calorie or skim

DIRECTIONS

Drain crushed pineapple and mandarin oranges and mix with other ingredients. Divide mixture between pie shells and chill for one hour before serving.

Andrea Vaziri, PMP
Program Manager, Social Responsibility

MEASUREMENT ABBREVIATION(S)

pt	=	pint
lb	=	pound
oz	=	ounce
tsp	=	teaspoon
tbsp	=	tablespoon

abbr.

MEASUREMENT CONVERSIONS

Pinch or dash	=	Less than 1/8 tsp
3 tsp	=	1 tbsp
2 tbsp	=	1 fluid oz
1 jigger	=	1 1/2 fluid oz
4 tbsp	=	1/4 cup
5 tbsp + 1 tsp	=	1/3 cup
12 tbsp	=	3/4 cup
16 tbsp	=	1 cup
1 cup	=	8 fluid oz
2 cup	=	1 pt or 16 fluid oz
2 pt	=	1 qt or 32 fluid oz
4 qt	=	1 gallon



 **WELLMED**



A SPECIAL THANK YOU TO

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