



CONE HEALTH

— EMPLOYEE —

COOKBOOK

Edited By: Kelley Kimrey

Live *life* **Well**
Employee Well-being

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We hope you enjoy this cookbook and the recipes included! Our mission in LiveLifeWell is to provide each of our employees with the resources to help lead a healthy lifestyle for both you and your family.

For other resources from our team, we invite you to check out our website at www.conehealth.com/livelifewell

Happy Cooking!
Your LiveLifeWell Employee Well-being Team



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SALAD
& VEGGIE
Recipes



SAUTEED BRUSSEL SPROUTS

Kate Watts-Registered Dietician

INGREDIENTS

- 2 oz. pancetta or bacon chopped
- 2 lbs brussel sprouts
- 1/5 tbsp extra virgin olive oil
- 4 cloves garlic minced
- Salt and pepper to taste

DIRECTIONS

1. Finely shred Brussel sprouts after thoroughly washing.
2. In a deep sauté pan, cook pancetta or bacon on medium-low heat until golden, about 5 minutes.
3. Add olive oil and garlic and sauté until fragrant. Add shredded Brussel sprouts and sauté for about 4-5 minutes until tender crisp.



Air Fryer Fried Okra

Linny Curtis- Audit & Compliance
American Heart Association

INGREDIENTS

- 1/4 c. all-purpose flour
- 1 tsp. salt-free Cajun or Creole seasoning blend
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 large egg, lightly beaten
- 1/2 c. yellow cornmeal
- 8 oz. fresh okra (stems discarded) cut into 1/2-inch slices or 2 c. frozen cut okra, thawed
- and patted dry
- Cooking spray

DIRECTIONS

1. Preheat air fryer to 400°F.
2. In a shallow dish, stir together the flour, seasoning blend, salt and pepper.
3. Put the egg and cornmeal in separate shallow dishes. Using a slotted spoon, transfer about one-fourth of the okra to the flour dish, stirring to coat. Transfer to the egg dish, letting any excess drip off. Then transfer to the cornmeal dish, stirring to coat and gently shaking off any excess. Arrange the okra in a single layer in the air fryer basket. Do not overcrowd – work in batches as needed.) Lightly spray with cooking spray.
4. Air fry 10-14 minutes or until golden brown, turning once halfway through and lightly spraying with cooking spray.





Avocado Chicken Salad

Suzanne Stone- Occupational Health
Contract Services

Recipe from her best friend: Tina Minton Broom,
Lake Mary, Florida

INGREDIENTS

- 2 Ripe (not mushy) avocados - halved, pit removed
- Costco Rotisserie chicken - shredded
- 8oz container of low fat sour cream
- 8 oz. bag sharp cheddar cheese - finely shredded - divided $\frac{3}{4}$ cup & $\frac{1}{4}$ cup
- 8oz jar of salsa - medium

DIRECTIONS

1. Making the hole in the avocado bigger, scoop out $\frac{1}{3}$ to $\frac{1}{2}$ of the avocado and cut removed portion of avocado into chunks. Mix avocado chunks, shredded chicken, sour cream, salsa, $\frac{3}{4}$ of bag of finely shredded cheddar cheese together.
2. Use more or less sour cream and salsa to taste. Add salt & pepper to taste.
3. Then take chicken mixture and fill the hole in the avocado and heap on top. Top with remaining shredded cheese to garnish. Serve cold.

Serves 4.

1. You can add taco seasoning, chili powder, cayenne pepper, lime or fresh cilantro, fresh or frozen corn kernels, chopped onion, chopped bell or poblano peppers to give it more flavor. Lots of options.



BLACK BEAN & SWEET POTATO BOWL

Michelle Simonetti-Cardiovascular Imaging at Henry Street

INGREDIENTS

- Sweet potatoes
- No-salt-added black beans (canned)
- Quinoa
- Avocado
- Fresh cilantro
- Shredded cabbage
- Shredded carrots
- Apple cider vinegar
- Dijon mustard
- Cumin
- Chili powder
- Extra virgin olive oil

DIRECTIONS

1. Prepare quinoa according to the instructions
2. Rinse and drain black beans
3. Dice sweet potatoes, toss in olive oil, cumin, and chili powder, and roast at 425 degrees until they start to brown
4. Combine shredded cabbage and carrots in a bowl, add apple cider vinegar and dijon mustard to taste. Set aside.
5. Dice avocado, set aside.
6. Assemble bowl! Layer quinoa, sweet potatoes, black beans, slaw, avocado, and top with fresh cilantro.
- 7.



Pesto(no cheese) Egg Salad

Marjorie Jenkins-Nursing Research

INGREDIENTS

For the Pesto:

- 1 cup Basil, packed
- ¼ cup Olive Oil
- ¼ cup Pine Nuts (you can also use any nut you have/like most)
- 2 Garlic Cloves, minced
- 1/4 teaspoon Salt

Note: you can add 1/4 cup Parmesan Cheese if you want cheese in the recipe or use a plant based or even lower-fat cheese

For the Egg Salad:

- 12 Eggs
- ¼ cup 2% Greek Yogurt (I use a plant-based yogurt instead-Kite Hill has a new plant-based almond-soy mixed yogurt that gets a little closer to the Greek yogurt texture. Use the yogurt you prefer)
- 2 Celery Sticks, diced

DIRECTIONS

1. Combine all pesto ingredients in a blender or food processor until smooth. Set aside.
2. To hard boil eggs, place them in a large pot and cover with 1 inch of water. Bring water to a boil. Once water starts to boil remove pot from heat, cover and let sit for 12 minutes. Remove eggs from pot with a slotted spoon and place in a colander. Run cold water over eggs until eggs are no longer warm.
3. Once eggs have cooled to room temperature peel them and chop them into small chunks. In a large bowl combine eggs, celery, greek yogurt, and all of the pesto. Mix well. Add salt and pepper to taste.



Roasted Broccoli

Marjorie Jenkins-Nursing Research

INGREDIENTS

- 2 pounds broccoli
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/3 teaspoon pepper
- 2 tablespoons balsamic vinegar

DIRECTIONS

1. Preheat oven to 450°. In a large bowl, toss florets in the mixture. Arrange on a baking sheet; bake at 450° for 15 minutes or until tender, turning halfway through.

Green Beans and Sweet Peppers Salad

INGREDIENTS

- 1 lb organic green beans
- 1 lb. mini sweet peppers sliced
- ¼ cup apple cider vinegar (I use Bragg's)
- 1 tbsp. olive oil
- 1 tbsp. garlic minced
- Salt and pepper to taste



DIRECTIONS

1. Plunge green beans into boiling water for a few minutes – chill immediately
2. Place green beans in a bowl and add remaining ingredients
3. Mix Well



Easy Chicken Salad

Clara Iacoucci-Systemwide Regulatory
Compliance Patient Safety and Accreditation
ww.com

INGREDIENTS

1 can of chicken breast
1 small 5.3-ounce Greek plain yogurt
6 grapes diced.
tablespoon dried cranberries
tablespoon chopped walnuts (or
preferred nut)

DIRECTIONS

1. Cook the chicken over medium heat season to taste garlic powder, onion powder, salt and pepper.
2. Combine all ingredients in a small container and mix together. Eat immediately or refrigerate until ready to consume.
3. Enjoy with pretzel chips or on a lettuce leaf for a light lunch or snack.



Avocado Tuna Spinach Salad

Eliza Chisholm-Wesley Long
Cancer Center-Breast Clinic
Eating Well

INGREDIENTS

- 5 oz can water packed tuna
- 1/4 cup diced avocado
- 1/4 cup halved cherry tomatoes
- 1.5 tbsp poppy seed dressing
- 1 tbsp diced red onion
- 1 tbsp extra virgin olive oil
- 2 cups baby spinach
- 1 tbsp sunflower seeds

DIRECTIONS

1. Combine tuna, avocado, tomatoes, dressing, onion and oil in a medium bowl.
2. Serve over spinach and sprinkle with sunflower seeds.

Kale, Apple, & Beet Salad

Sue Powers-ITS

INGREDIENTS

- 2 cups chopped Kale
- 1 Medium Granny Smith Apple
- 1 Large Raw Beet
- 1 cup Celeriac (can substitute raw carrots)
- 1 Medium Avocado
- 2 teaspoons Dijon Mustard
- 1 1/2 Tablespoon Walnut Oil
- 1 1/2 tablespoon Olive Oil
- 12 walnut halves - dry & toasted
- 3 tbsp, White Wine Vinegar

DIRECTIONS

1. Massage the kale to release the oils before chopping.
2. Julienne the apple, beet and celeriac into matchsticks.
3. Mash the avocado and mix with remaining ingredients
4. for dressing. Mix kale, apple, beets and celeriac in large bowl.
5. Pour dressing over salad.



Chickpea Salad

Shelly Arsenault-People and Culture

INGREDIENTS

- 1 (15 oz) can of chickpeas, drained and rinsed
- 2 stalks of celery, finely chopped
- 3 green onions, thinly sliced
- 1/4 cup (60 mL) finely chopped dill pickle
- 1/4 cup (60 mL) finely chopped red bell pepper
- 2 to 3 tablespoons of Greek yogurt or vegan mayo
- 1 clove of garlic, minced
- One and 1/2 teaspoons of yellow mustard
- 2 teaspoons of minced, fresh or dried dill
- One and 1/2 to 3 teaspoons (2 lemons) fresh lemon juice
- 1/4 teaspoon sea salt (fine or standard)
- Black pepper to taste

DIRECTIONS

1. In a large bowl, mash the chickpeas with a potato masher until flaky in texture.
2. Stir in the celery, green onions, pickles, bell peppers, Greek yogurt/vegan mayo, and garlic until combined.
3. *Note - Some ingredients can be omitted or interchanged. I omit the green onions and add cucumbers in place of the bell peppers and it's just as yummy!
4. Stir in the mustard and dill (if using) and season with lemon juice, salt, black pepper, adjusting to taste.
5. Serve with toasted bread, on crackers, in a pita pocket, tortilla, or lettuce wrap or on top of a basic leafy green salad!

Gluten-free, nut-free, sugar-free, grain free



Thai Cucumber Salad

Lisa Pennington

INGREDIENTS

- 1lb cucumbers, peeled and thinly sliced
- 2 teaspoons salt
- 1/4 cup thinly sliced red onion
- 1/2 cup rice vinegar
- 1/4 cup sugar
- 1/4 cup chopped fresh cilantro
- 1/3 cup chopped peanuts

DIRECTIONS

1. Place the cucumbers in a colander and sprinkle the salt over them.
2. Toss to coat the cucumber slices in salt. Let sit 10 minutes. Use a paper towel to blot the cucumber slices dry.
3. Place the rice vinegar and sugar in a small bowl. Microwave for 30 seconds and stir until sugar is dissolved.
4. Place the cucumbers and red onion in a large bowl, then pour the rice vinegar mixture over the top.
5. Add the cilantro to the cucumber mixture and stir until combined.
6. Cover and refrigerate for at least 20 minutes, or up to 24 hours.
7. Serve with chopped peanuts.



Zesty Quinoa Salad

Lindsay Weekley - Occupational Healthy

INGREDIENTS

- 1 cup quinoa
- 2 cups water
- 1/4 cup extra-virgin olive oil
- 4 Tbsp lime juice
- 2 tsp. ground cumin
- 1 tsp. salt
- 1/2 tsp. red pepper flakes or to taste
- 1.5 cups halved cherry tomatoes
- 1 (15 ounce) can black beans rinsed and drained
- 5 medium green onions finely chopped
- 1/4 cup chopped fresh cilantro
- salt and pepper to taste

DIRECTIONS

1. Bring quinoa and water to a boil in a saucepan.
2. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10-15 minutes.
3. Set aside to cool.
4. Meanwhile, whisk olive oil, lime juice, cumin, 1 tsp. salt, and red pepper flakes together in a bowl.
5. Combine quinoa, tomatoes, black beans, and green onions together in a large bowl.
6. Pour dressing over quinoa mixture, toss to coat. Stir in cilantro. Season with salt and pepper to taste.
7. Serve immediately or chill in refrigerator.





MEATLESS TACO

Lisa Pennington

INGREDIENTS

- Lettuce, green onion (chopped)
- One can Bold & Spicy Baked Beans (rinsed & drained)
- One can yellow corn (drained)
- Chopped tomatoes
- Chopped black olives (optional)
- Grated cheddar cheese
- Tortilla chips
- Lite Italian Dressing

DIRECTIONS

1. Layer ingredients in order listed. (I like to use a pretty glass bowl so that the layers are visible.)
2. Five minutes before serving, pour $\frac{1}{2}$ bottle of lite Italian (I use Kraft Lite Done Right) dressing over salad and cover with crushed tortilla chips.



MEDITERRANEAN CUCUMBER SALAD

Sarah Reece - Volunteer Services

INGREDIENTS

- 8 oz grape tomatoes, halved
- 8 oz English cucumber, peeled & diced
- 1 oz red onion, sliced thinly
- 1 oz feta cheese, crumbled
- 15 pitted Kalamata olives, halved
- 3 tbsp extra virgin olive oil
- salt & pepper to taste

DIRECTIONS

1. Peel & cut the cucumber.
2. Halve the tomatoes & olives.
3. Slice the red onion and crumble the feta cheese.
4. Add all ingredients to a bowl except for the olive oil.
5. Refrigerate until ready to serve.
6. Toss with olive oil and season with salt & pepper. Lasts 2-3 days covered in the refrigerator.

California Quinoa Salad

Brandy Newcomer - Cardiology

Ingredients

1 c quinoa
1/4 c balsamic vinegar
zest of 2 limes
1 mango, diced & peeled
1 red bell pepper, diced
1/2 c shelled edamame
1/3 c chopped red onion
1/4 c unsweetened coconut flakes
1/4 c sliced almonds
1/4 c raisins (I prefer golden)
2 tbs chopped fresh cilantro leaves



In large saucepan of 2 c water, cook quinoa according to package instructions-set aside.
In a small bowl whisk together balsamic vinegar and lime zest-set aside.
In a large bowl combine quinoa, mango, bell pepper, edamame, red onion, coconut flakes, almonds, raisins, and cilantro.
Pour balsamic vinegar mixture on top of salad and gently toss to combine.
Serve immediately.

Corn Tomato Avocado Salad

Brandy McClain - Cardiology

Ingredients

Steam 1 large corn on the cob and cut off kernels (1 cup)
5 oz diced avocado (medium)
1 1/2 c diced Persian cucumbers (about 3 small)
1 c halved cherry tomatoes
2 tbs diced red onion
2 tbs extra virgin olive oil
2 tbs fresh lemon juice (1 medium lemon)
1/4 c kosher salt; fresh black pepper to taste

Toss all ingredients together and serve immediately.



————— *Enjoy*

Cabbage Salad

Dana Milikan

Ingredients

1 head of cabbage, thinly sliced
1 cup of cheese cut into small squares (*My favorites are Gouda, Gruyere or White Cheddar*)

Dressing:

¼ c Olive Oil or Avocado Oil
1/8 c Red Wine Vinegar
1/8 c Balsamic Vinegar
¼ c Bragg's Amino Acids
Juice of half a lemon
1 tsp each of onion powder, garlic powder, ground cumin, mustard seed
2 tsp each of fresh rosemary and oregano (*can use 1 tsp dried if fresh isn't available*)
Fresh ground pepper to taste



Omit the "heart" of the cabbage as it tends to be bitter.
Slice cabbage thinly and place into a large salad bowl.
Add cheese and toss gently.
Mix all dressing ingredients in a small bowl and whisk to combine.
Taste for adjustments.
Pour dressing mix over cabbage and cheese and toss for 1-2 minutes to ensure cabbage is covered.
Serve immediately.

Tuna Salad

Dana Milikan



Ingredients

1 can or pouch of tuna in water
1 hard-boiled egg, peeled and diced
½ to 1 ½ Tbsp mayo or plain Greek yogurt- depends on preference
½ Tbsp Dill pickle relish
Dijon mustard to taste
Dried dill to taste
Salt and pepper to taste

Combine all ingredients and mix well.
This can be used on sandwiches or crackers.
For a healthier alternative, try using a sliced orange or yellow bell pepper in place of the bread/cracker.



Broccoli & Sundried Tomato Chicken Caesar Salad

Tammy Eckard

INGREDIENTS

- 1-1/4 cups of broccoli florets
- 1/4 cup of sun-dried tomatoes
- 6 oz. shredded chicken
- 2 tbsp Newman's Own Lite Caesar Dressing
- 2 tbsp reduced fat parmesan cheese
- 1/2 tsp pepper
- 1 tbsp capers (optional)

DIRECTIONS

1. Cut broccoli florets into bite sized pieces. You can steam the broccoli florets to be "al dente"
2. (about 1 minute steamed in microwave) or can leave raw
3. Shred cooked chicken (for busy weekday nights I use grocery store roasted chicken or Tyson frozen shredded chicken, warmed on stovetop).
4. Chop sun-dried tomatoes
5. Combine broccoli, sun-dried tomatoes, cheese, pepper and capers (if using)
6. Measure out Caesar dressing, add 1/2 tbsp to thin out. This will allow to spread easily on salad.
7. Add dressing and toss.
8. Chill in refrigerator for at least 30 minutes, then enjoy!
- 9.



Broccoli Apple Salad

Laura Jobe - Registered Dietitian,
Nutrition & Diabetes Education Services

INGREDIENTS

- 4 cups fresh broccoli florets, (about 2 medium heads)
- ½ cup shredded carrots
- ¼ cup diced red onions (or as desired)
- 2 large apples, finely chopped
- ½ cup pecans, coarsely chopped (optional)
- ½ cup raisins (optional)

Creamy dressing ingredients:

- ½ cup lite mayonnaise
- ½ cup plain, low fat greek yogurt
- 2 Tablespoons lemon juice
- 1 Tablespoon sugar
- ¼ tsp salt
- 1/8 tsp pepper (opt)

DIRECTIONS

1. In a large bowl combine broccoli, carrots, red onion, apples, pecans, and dried cranberries.
2. To make the dressing: whisk together mayo, greek yogurt, lemon juice, sugar, salt, and pepper.
3. Add the dressing to the salad and toss to coat.
4. Chill until ready to serve.





Quinoa with Garlic, Pine Nuts, and Raisins

Laura Jobe - Registered Dietitian, Nutrition & Diabetes Education Services

INGREDIENTS

- 1 cup quinoa, rinsed well
- ¼ cup pine nuts (or slivered almonds)
- 2 Tablespoons olive oil
- 2 cloves garlic, thinly sliced
- 1/3 cup chopped fresh parsley
- ¼ cup raisins
- 1 Tablespoon fresh lemon juice
- Salt and pepper to taste

DIRECTIONS

1. Place quinoa in a saucepan and cook over medium heat until toasted, about 2 minutes.
2. Add 1 ¾ cups water (or low sodium chicken broth) and bring to a boil. Reduce the heat to medium-low and simmer, covered, until the liquid is absorbed, 10 to 15 minutes.
3. Remove from the heat and let sit, covered, about 2 minutes.
4. Toast the pine nuts in a skillet over medium-high heat, stirring until golden, about 3 minutes; transfer to a plate.
5. Add the olive oil and garlic to the skillet and cook over medium heat, stirring, until golden and fragrant. Do not overcook or it becomes bitter. This takes about 30 seconds-1 minute to turn golden.
6. Transfer the garlic to the plate, reserving oil.
7. Fluff the quinoa with a fork. Add the pine nuts, garlic, reserved oil, parsley, raisins and lemon juice. Season with salt and pepper and toss.



Tabouli Salad

Laura Jobe - Registered Dietitian, Nutrition
& Diabetes Education Services

INGREDIENTS

- $\frac{3}{4}$ cups water
- $1\frac{1}{2}$ cups fresh tomatoes, diced
- 1 cup bulgur wheat or 1 cup quinoa
- $\frac{3}{4}$ cup fresh parsley, minced
- $\frac{1}{4}$ cup olive oil
- cucumbers or green onions optional
- 2 Tbs fresh lemon juice
- 2 large cloves garlic minced
- 1 tsp salt

DIRECTIONS

1. In a saucepan, combine water and Bulgur wheat.
2. Bring to boil cover remove from heat and let sit overnight or 6-8 hours.
3. (**To cook quinoa, place 1 cup rinsed quinoa in a saucepan with 2 cups water. Bring to a boil.
4. Lower heat and cook covered for 15 minutes. Let stand for 5 minutes.)
5. Combine the olive oil, lemon juice, garlic and salt.
6. Stir into the prepared bulgur or quinoa.
7. Add the tomatoes and parsley.
8. Chill 1-2 hours before serving.
9. This keeps well for up to 3 days.



Sweet Potato Kale Frittata

Womens Day

Caryn Hudson-PEC

INGREDIENTS

- 2 tablespoons of olive oil
- 1 cup of half-and-half
- 1 teaspoon of kosher salt
- 1/2 teaspoon of ground pepper
- 2 cups of sweet potatoes, diced into small cubes
- 2 cups of chopped kale
- 1/2 small Red Onion
- 2 garlic cloves
- 6 large eggs
- 3 ounces of goat cheese

DIRECTIONS

1. Preheat oven to 350 degrees. Whisk together eggs, half and half, kosher salt and pepper and set aside.
2. Sauté sweet potatoes in 1 tablespoon hot oil over medium heat 8 to 10 minutes or until potatoes are tender. Remove them and keep them warm.
3. Sauté kale, red onion and garlic in remaining oil until kale is tender.
4. Pour egg mixture over vegetables and evenly coat. Cook for 3 minutes.
5. Sprinkle goat cheese and bake in oven for 10 to 15 minutes until it is set.



FRUIT SALAD

Lisa Brewer - HIM Imaging Specialist

Ingredients:

- Fruit Cocktail-2 or 3 cans
- Pineapple Tidbits-1 can
- Mandarin oranges-1 small can
- Chopped Apples- 2 medium
- Kiwi-sliced- 2 or 3
- Bananas-sliced- 2
- Strawberries- sliced (Add as much as you would like)
- Grapes- halved or quartered (Add as much as you would like)
- Blueberries (Add as much as you would like)
- Any other preferred fruit
- Box of jello instant vanilla or cheesecake pudding
- Chopped pecans

Directions

Drain all the cans of fruit and reserve juice into a separate bowl from the fruit.

Do not reserve the mandarin orange juice.

Add jello instant pudding mix to the reserved juice and mix well.

Toss the pudding mixture together with the fruit and sprinkle with the nuts.

Chill for several hours and enjoy! This will be good for several days in the fridge.





Purple Cabbage, Pears and Blue Cheese

Lynn Duffy-CHCC

INGREDIENTS

- Purple Cabbage
- Pear
- Crumbled Blue Cheese
- Avocado Oil Spray
- Salt and Pepper

DIRECTIONS

1. Preheat oven to 400 degrees.
 2. Line a cookie sheet with parchment paper and lightly spray with avocado oil.
 3. Cut the purple cabbage in half and remove core.
 4. Cut the cabbage into one-inch strips.
 5. Separate and scatter on the prepared cookie sheet.
 6. Lightly spray with oil.
 7. Salt and pepper.
 8. Bake for 20-30 minutes.
 9. Remove from oven and place in a bowl.
 10. Dice the pear and add to the cabbage.
 11. Add a tablespoon of crumbled blue cheese.
- Stir and enjoy.



Oriental Cabbage Salad

Sue Palmer- Respiratory Therapy at
Moses Cone

INGREDIENTS

- 1 head cabbage
- 2 bundles green onions
- 2 pkgs Oriental flavored ramen noodles
- 1 small pkg sliced almonds
- 3/4 7.25 oz jar sunflower seeds
- vegetable oil for browning almonds, noodles, and sunflower seeds
- Dressing:
 - 1 cup vegetable oil
 - 1/2 cup sugar
 - 1/3 cup red wine vinegar
 - both seasoning packages from the ramen noodles
 - splash of soy sauce

DIRECTIONS

1. Chop or shred the cabbage into a large bowl
2. Chop green onion and add to salad
3. In a large fry pan add small amount of oil to brown the following:
4. Crush the dry ramen noodles into small pieces and brown in the pan with the almonds and sunflower seeds. Once browned, let cool then add to the salad.
5. Mix well the dressing ingredients and add to the salad when ready to serve.



Creamy Broccoli

Julie Pruitt-Pharmacy-Population
Health/AMB Care

INGREDIENTS

- Frozen or fresh bag of broccoli
- Parmesan Cheese
- Heart Healthy Cream of Mushroom Soup

DIRECTIONS

1. ROAST frozen bag (or fresh) of broccoli in the air fryer on 375 for 6 min.
2. Toss with olive oil, parmesan cheese and a couple of spoonfulls of heart healthy cream of mushroom soup.
3. Bake in the oven for 20min on 350.
Yum!

S O U P

Recipes

Mexican Chicken Soup

PAM HICKS - SHORT STAY PROCEDURAL MC

Ingredients

- 1 15oz can Mexican corn
- 2 15oz can chicken broth
- 1 10oz can chunk chicken
- 1 15oz black beans
- 1 10 oz can diced tomatoes with green chili's

Directions

1. Combines all ingredients in crock pot. Stir well. Cover and cook for 5-6 hours.
2. Eat as soup or over tortilla chips.



African Chicken Stew

SUE POWERS-ITS

Ingredients

- 1 -pound boneless chicken, cut into 2" cubes
- 1 tablespoon minced garlic
- 1 tablespoon grated ginger
- 1 teaspoon dried oregano
- 1 tablespoon chicken broth or water
- 1 small Spanish onion
- 1 28 ounce can of tomato sauce
- 1 habanero pepper, chopped fine
- 1/3 cup reduced fat peanut butter
- dash of salt & pepper
- 2 cups cooked brown rice

Directions

- 1.Combine the first 5 ingredients in a 1-quart resealable plastic bag.
- 2.Refrigerate for 6 hours or overnight.
- 3.Coat a dutch oven with cooking spray. Cook chicken over medium high heat until
- 4.white on all sides, about 5 minutes. Transfer to a plate and set aside.
- 5.Cook onion in dutch oven until translucent, about 5 minutes.
- 6.Reserve about 1/4 cup of the tomato sauce and add the remaining sauce to the pan, along with the habanero. Reduce heat & simmer 10 minutes.
- 7.Meanwhile, blend peanut butter with the reserved sauce until smooth. Add to the pot.
- 8.Return chicken to the pot and simmer until chicken is done, about 10 minutes. Serve over brown rice.



Slow Cooker Corn Chowder

LINDSEY WEEKLEY - OCCUPATIONAL HEALTH

Ingredients

- 3 cups milk
- 2 (14.75 ounce) cans cream-style corn
- 2 (10.75 ounce) cans condensed cream of mushroom soup
- 2 (4 ounce) cans chopped green chiles
- 2 cups frozen corn, 2 cups frozen shredded hash brown potatoes
- 2 cups cubed cooked ham
- 1 large onion chopped
- 2 Tbsp butter
- 2 Tbsp hot sauce
- 2 tsp. dried parsley
- 1 tsp. chili powder
- salt and pepper to taste

Directions

1. Combine all ingredients in slow cooker.
2. Cover and cook on high for 4 hours or low for 6-8 hours.



Taco Soup

AMBER CARTER - STROKE CENTER

Ingredients

- 1 pound lean ground beef, chicken or turkey
- 1 onion
- 2 garlic cloves
- 2 small cans of beans - your choice (pinto, navy, kidney, black)
- 1 15 oz can diced tomatoes
- 8 ounces tomato sauce
- 1 15 oz can corn
- 2 cups beef broth
- ½ small green pepper
- 1 package taco seasoning mix

Directions

1. In a large pot, brown meat with onion and garlic. Drain off any excess fat.
2. Add remaining ingredients to pot. Bring to a boil, turn down to simmer for 15-20 minutes.
3. Top as desired. Freeze leftovers in individual portions!

OPTIONAL TOPPINGS: Avocado, Green Onion, Sliced Jalapeno, Fresh Tomatoes, Cilantro, Salsa, Sour Cream and Guacamole



Spicy Vegetable Soup

LEE MCRARY MEADOWS - PEDIATRIC TEACHING PROGRAM

Ingredients

- 1 lb ground beef
- 1 cup chopped onions
- 2 cloves garlic, pressed
- 1 (30 oz) jar of spaghetti sauce (I use Prego chunky garden)
- 1 (10 1/2 oz) beef broth, undiluted
- 2 cups water
- 1 cup sliced celery
- 1 tsp sugar
- 1 tsp salt
- 1/2 tsp ground pepper
- 1 (10 oz) can rotel (diced tomatoes and green chilies)
- 1 (16 oz) pkg frozen mixed vegetables (without green beans)

Directions

1. Cook first 3 ingredients until meat is browned and crumbled. Drain and return to pot.
2. Add spaghetti sauce and the rest of the ingredients to the pot.
3. Simmer 30+ minutes, stirring occasionally until steaming hot.

Note: Can add cooked lima beans, diced potatoes, etc for a hearty meal



Hamburger Soup

ALISSA JOHNSON - SW PHARMACY

Ingredients

- 1 1/2 lbs Lean Ground Beef
- 2 large Potatoes sliced
- 2 stalks celery sliced
- 2 medium onions thinly sliced
- 1 (15 oz) can peas
- 3 small carrots
- 1 (10.75 oz) can condensed tomato soup
- 1 1/4 cups water
- salt and pepper to taste

Directions

1. Place ground beef in large skillet. Cook over medium heat until brown. Drain, crumble and set aside.
2. Place potatoes in layer to cover bottom of slow cooker.
3. Sprinkle celery over potatoes and then cover with ground beef. Season with salt and pepper.
4. Throw in carrots, peas and onions.
5. Mix tomato soup, and water pour over top.
6. Cover and set to low for 6-8 hours.



Easy Lentil Soup

KATE WATTS - RD LIVELIFEWELL

Ingredients

- 1 bag (1 lb) dried brown lentils, sorted, rinsed
- 2 medium carrots, chopped (about 1 cup)
- 1 large onion, chopped (about 1 cup)
- 3 cloves garlic, finely chopped
- 2 cartons chicken or vegetable broth (8 cups)
- 1 ½ teaspoons ground cumin
- 1 teaspoon dried thyme

Directions

1. Spray 5- to 6-quart slow cooker or pot with cooking spray. Add and mix all ingredients.
2. Cover and cook on Low heat setting 8 to 10 hours. Stir well before serving.



Easy Crock-Pot Vegetable Soup

ELIZABETH GARRIQUES - AUDIT AND COMPLIANCE SERVICES

Ingredients

- 2 15 oz. cans no-salt added cannellini beans, drained and rinsed
- 2 lb. bag frozen mixed vegetables
- 28 oz. can tomato sauce
- 2 cans condensed vegetarian vegetable soup
- 2 vegetable bouillon cubes

Directions

1. Dump all ingredients in a large crock-pot,
2. Cover with water, approximately 4 cups. (If you can't find vegetable bouillon, replace 2 cups of the water with vegetable broth.)
3. Cook on low 6-8 hours.



Vegetarian Sweet Potato Chili

LAURA JOBE - REGISTERED DIETITIAN, NUTRITION & DIABETES EDUCATION SERVICES
FROM NORTH CAROLINA SWEET POTATO RECIPES

Ingredients

- 1 cup chopped onion
- 1 ½ cups coarsely chopped mix of green, red, yellow, or orange bell pepper
- 1 cup zucchini, quartered and sliced
- 1 cup chopped, peeled carrot
- 2 cloves garlic minced
- 2 tablespoons olive oil
- 1 teaspoon cumin
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 cup water
- 1 - 28 ounce can diced tomatoes
- 1 cup mild or medium salsa
- 3 cups peeled cubed North Carolina sweet potato
- 1 - 28 ounce can red kidney beans
- 1 - 15 ounce can garbanzo beans (chick peas) or black-eyed peas
- 1 cup corn kernels

Directions

1. In a large soup pot sauté onion peppers zucchini, carrot and garlic in olive oil about 5 minutes or until tender.
2. Stir in cumin, salt, pepper water tomatoes, salsa and sweet potatoes. Simmer 20 minutes stirring often.
3. Add beans, kidney beans, garbanzo beans, and corn.
4. Cook another 20 minutes over low heat.
5. Season to taste.

Serves 6.





Broccoli, Bean and Leek Soup

Marjorie Jenkins-Nursing Research

INGREDIENTS

- 2 teaspoons extra virgin olive oil
- 2 cups sweet onion, diced small
- 2 teaspoons fresh garlic, minced
- 1 cup leeks, white part only, medium dice
(about 1 leek)
- 5 cups vegetable stock
- 1½ cups cannellini beans, or one 16-ounce
can of cannellini beans, rinsed
- 1 lb broccoli florets or two 10-ounce
packages of frozen broccoli
- 1 teaspoon salt
- ¼ teaspoon pepper

DIRECTIONS

1. In a four-quart pot sauté the onions on medium heat in olive oil until transparent.
2. Add garlic and cook without browning while stirring frequently, about 2 minutes.
3. Add the diced leeks and sauté 2 minutes.
4. Add the vegetable stock, increase heat and bring to a simmer.
5. Add the cannellini beans and broccoli florets or two 10-ounce packages of frozen broccoli florets and simmer on medium heat until broccoli is lightly cooked but still crunchy.
6. Add salt and pepper, turn off the heat and blend with an immersion blender until completely pureed.

Note: I prefer mine without pureeing, so it's a preference for texture you enjoy.



Potato Soup with Apples and Brie

Skylar Hill-
MedCenter HighPoint Community Pharmacy

INGREDIENTS

- 1 cup chopped yellow onion
- 1/4 cup sliced leek (white part only)
- 4 large Granny Smith apples, cored, peeled and quartered
- 2 cups low-sodium chicken broth
- 1 bay leaf
- 1/4 teaspoon dried thyme
- 3 cups fat-free evaporated milk
- 6 small potatoes, peeled and sliced (about 1/2 pound)
- 4 ounces Brie, cut into small cubes
- 1 large Granny Smith apple, cored and sliced thinly, for garnish

DIRECTIONS

1. Spray a soup pot with cooking spray. Add the onion, leeks and quartered apples. Saute over medium heat until softened, 5 to 7 minutes. Add the chicken broth, bay leaf and thyme. Bring to a boil, reduce heat to low and simmer for about 15 minutes. Remove the bay leaf. Turn off heat and set the mixture aside.
2. While the broth mixture is cooking, combine the evaporated milk and potatoes in a separate saucepan. Cook over medium heat until the potatoes are tender, 15 to 20 minutes. Stir frequently. Pour the potato mixture into the soup pot. Stir to mix evenly.
3. In a blender or food processor, puree the soup in small batches until smooth, adding the pieces of Brie while pureeing. Note: The soup will be hot. Fill blender or processor no more than one-third full to avoid burns.
4. Return pureed soup to pot and heat until warmed through. Ladle into individual bowls and garnish with thin slices of apple. Serve immediately.

M A I N
D I S H E S
Recipes

Sweet & Spicy Chicken Stir-fry with Zoodles

Rachel Lagares-WCC OBSC



INGREDIENTS

- 3 handfuls of shredded zucchini noodles
- 6 oz diced chicken breast (bite size pieces)
- 1/2 cup shredded carrots (can add more if you like)
- 1/2 cup diced broccoli florets
- 1/4 cup diced tomatoes
- 1/2 cup chopped snap peas
- 1 tbsp olive oil
- 2 pinches of salt and pepper
- 1 tsp minced garlic
- 1/4 tsp onion powder
- Sriracha sauce (1 tbsp or more depending on how spicy you want it)
- 1 tbsp local organic honey

DIRECTIONS

1. Put a medium saute pan to heat on medium and add the oil.
 2. Once the oil is hot, carefully add the minced garlic.
 3. Saute for 30 sec and keep stirring to ensure the garlic doesn't turn brown.
 4. Add the chicken and cook until the chicken is just about done (little pink). *may add a small amount of olive oil/cooking spray to make sure the chicken and vegetables don't stick to the pan*
 5. Add the veggies (minus the zucchini noodles) and spices and cook down until they are more tender (usually 4-5 minutes depending on how many vegetables you add).
 6. Once all of the chicken and vegetables are cooked all the way through, add the zucchini noodles.
 7. Add the sriracha sauce and honey and cook for a minute or two until the sauces are incorporated and the zucchini noodles are softened.
- Put on a plate and enjoy!

INGREDIENTS

Steamed Vegetables:

2 cup yellow squash (about 2 squash),
thinly sliced

1 cup fresh green beans OR 8 oz.
canned, no-salt-added green beans
(drained, rinsed)

1 clove garlic (minced) OR 1 tsp.
jarred, minced garlic

1 tsp. fresh OR jarred lemon juice

1/2 tsp. black pepper

Tandoori Spiced Halibut:

2 cup fat-free, plain Greek yogurt
1/4 cup fresh or jarred lemon juice
(about 2 lemons)

2 Tbsp. cumin or garam masala
(Indian spice)

1/4 cup cold water

2 Tbsp. paprika

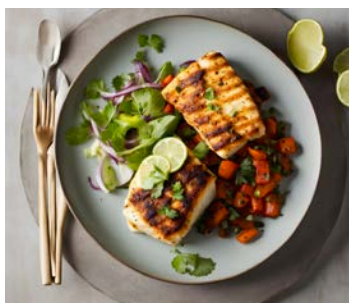
2 Tbsp. fresh ginger (peeled, minced)
OR 1 Tbsp. dried ginger

5 clove fresh garlic (minced) OR 2
Tbsp. jarred, minced garlic

2 tsp. yellow curry

1 tsp. black pepper

2 lb. filet Halibut, cut into 4oz.each
(can substitute cod, tilapia, grouper,
or snapper)



Tandoori Spiced Halibut with Steamed Vegetables

Skylar Hil-lMedCenter HighPoint Community Pharmacy
American Heart Association

DIRECTIONS

Steamed Vegetables:

1. In a mixing bowl, combine squash, beans, garlic, lemon juice and black pepper. Make a pouch for steaming the vegetables by placing two pieces of aluminum foil (big enough to hold vegetables) side by side. Spray one sheet with cooking spray and place vegetables on top. Place the second piece of foil over the vegetables and fold edges of top and bottom foil pieces to create a sealed pocket around vegetables. Place on baking sheet and bake for 20 minutes.
2. Very carefully open pouch of steamed vegetables. Steam will release when pouch is opened and will be very hot. Serve alongside fish.

Tandoori Spiced Halibut:

1. Preheat oven to 375°F.
2. In a mixing bowl, combine yogurt, lemon juice, water, cumin (or garam masala), paprika, ginger, garlic, yellow curry and black pepper. Place fish filets in yogurt mixture so they are completely covered. Cover and set in refrigerator for 30-45 minutes.
3. Remove fish from marinade, gently wiping off excess yogurt, leaving only a thin coating on fish. Discard remaining marinade. Place fish filets in a baking dish coated with cooking spray. Bake for about 12 minutes, just until fish begins to flake apart slightly.

Greens and Beans of Provence

Karen Simmers-Sagewell Health and Fitness

Ingredients

- 1/4 cup olive oil
- 1 medium to large sweet onion, diced
- 2-5 minced garlic cloves
- 6-8 cups chicken bone broth, vegetable stock, or combo
- 2 cans petite diced tomatoes (I use 1 can fire roasted petite cut and 1 can regular petite cut diced tomatoes)
- 1 teaspoon granulated sugar
- 1/4 - 1/2 teaspoon red pepper flakes or to taste
- 1/2 teaspoons of salt or to taste
- 1/2 teaspoons of pepper
- 1/4 teaspoon of mild paprika
- 1 teaspoon to 1 tablespoon Herbs de Provence
- 1 can small white beans (garbanzo, small navy, etc.), drained
- 1 can light red beans (kidney), drained
- 1 can black beans, drained
- 1/2 to full bag of fresh chopped collards or kale (or both) OR 1- 1 1/2 bag(s) Pictsweet brand frozen mixed greens
- Rice (any kind will work, I prefer basmati)
- Grated or shredded cheese of choice (Parmesan, asiago, mozzarella, gouda)

Heat oil in large Dutch oven over medium heat.

Add onions and cook until soft.

Add garlic and cook, stirring constantly, until onions begin to appear transparent.

Add the stock, tomatoes, sugar, remaining spices, and beans. Bring to a boil.

Cook rice according to directions.

Add fresh greens, if using them, reduce heat to low and simmer until greens are done (15 min or so).

If using frozen greens instead of fresh, add to bean and tomato mixture, bring back to boil stirring frequently, reduce to simmer for additional 5 min.

Serve greens/ bean mixture over rice with optional grated cheese of choice.

Freezes well!



————— *Enjoy*



OVEN-BAKED LEMON SALMON

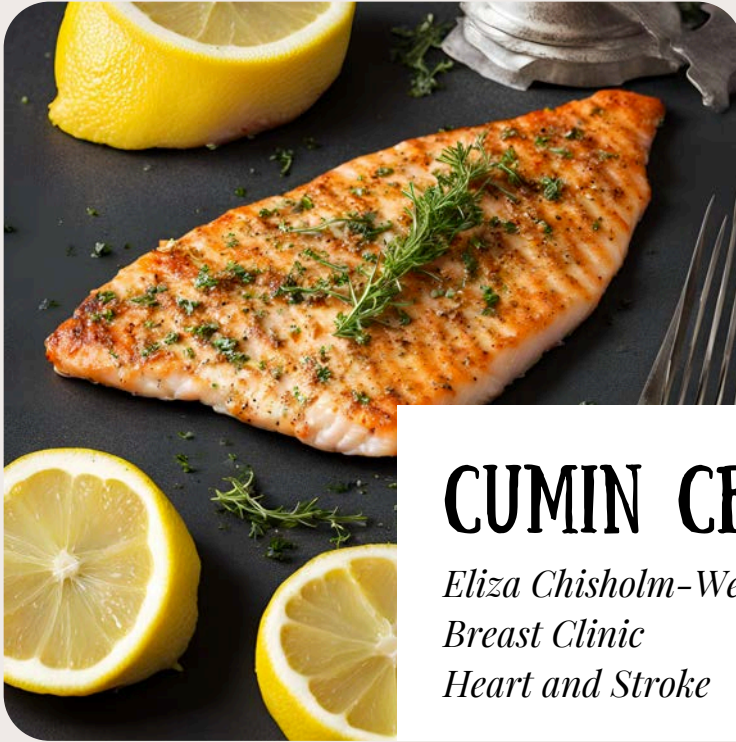
Kelley Kidd-Advanced Heart Failure Clinic

INGREDIENTS

12-ounce salmon fillet,
cut into 4 pieces
Coarse-grained salt
Freshly ground black
pepper
1 shallot
1-2 garlic cloves
Extra-virgin olive oil
Lemon zest and juice

DIRECTIONS

1. Preheat the oven to 450 degrees F.
2. Mix lemon zest from 1 lemon and 1/4 cup of lemon juice.
3. Mince shallot and garlic cloves and add to lemon juice mixture.
4. Season salmon with salt and pepper, and lemon zest/juice mixture. Place salmon, skin side down, on a non-stick baking sheet or in a non-stick pan with an oven-proof handle. Bake until salmon is cooked through, about 12 to 15 minutes.
5. Can add some chopped fresh parsley if desired.



CUMIN CRUSTED FISH

*Eliza Chisholm-Wesley Long Cancer Center-
Breast Clinic
Heart and Stroke*

INGREDIENTS

- 1/2 - 1 tbsp (7 - 15 mL) ground cumin
- 1/4 tsp (1 mL) thyme
- 1 tsp (5 mL) paprika
- 1/2 tsp (2 mL) lemon pepper
- 1 lb (500g) white fish fillets (walleye, halibut, cod...)
- 1/2 tbsp (7 mL) canola oil
- 2 tbsp (30 mL) chopped parsley
- lemon or lime wedges

DIRECTIONS

Step 1

In a small bowl, mix together cumin, thyme, paprika and lemon pepper. Rub spice mixture on both sides of fillets.

Step 2

In a large skillet over medium heat, heat canola oil. Add fish fillets and cook until browned on both sides and fish is opaque in the centre, about 4 minutes per side.

Step 3

Sprinkle with parsley and serve immediately with lemon or lime wedges.



BROCCOLI STIR FRY

Marjorie Jenkins-Nursing Research

INGREDIENTS

2 tablespoons sesame seeds
2 tablespoons vegetable oil
1 tablespoon sesame oil
2 cloves garlic, minced
1/2 red bell pepper, cored,
seeded and thinly sliced
2 pounds broccoli florets, cut
into bite-size pieces (about 12
cups)
1 cup low-sodium chicken
broth (or your favorite)
Salt and pepper

DIRECTIONS

1. Spread sesame seeds in a small skillet over medium-high heat and cook, stirring constantly, until lightly toasted and beginning to release oil, about 1 minute. Remove to a plate to cool.
2. Warm vegetable oil with sesame oil in a large skillet over medium-high heat. Add garlic and sauté until fragrant, about 1 minute. Stir in bell pepper. Add broccoli and stir well until coated in oil. Cook, stirring, until broccoli is slightly softened, 2 to 3 minutes.
3. Pour in broth; bring to a simmer. Reduce heat to low, cover and cook, stirring once or twice, until broccoli is tender, about 5 minutes. Sprinkle with sesame seeds. Season with salt and pepper; serve warm



HARISSA SALMON AND VEGGIES

Caryn Hudson-PEC

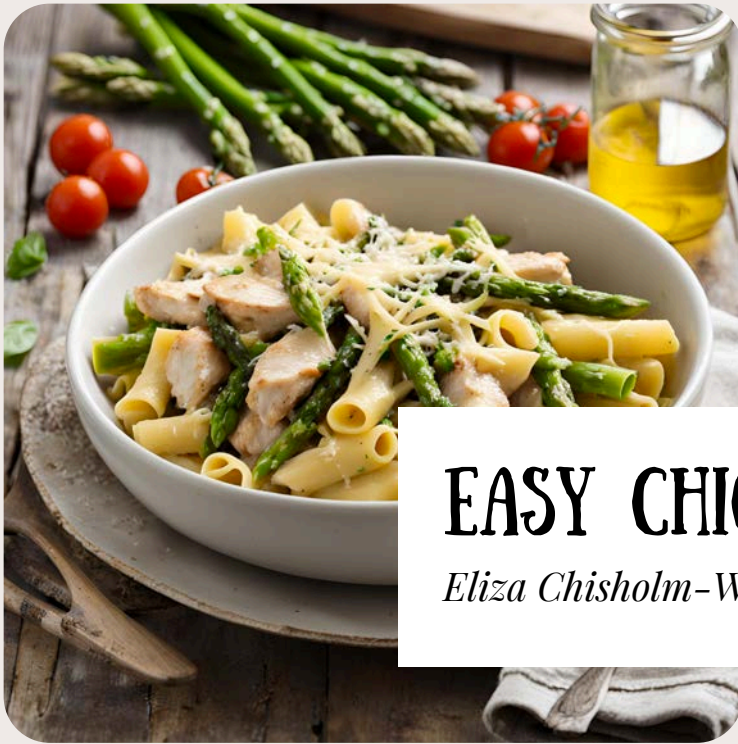
Food Network

INGREDIENTS

- Nonstick cooking spray or olive oil, for the pan
- 1/4 cup of olive oil
- 3 tablespoons of harissa paste
- Juice of 2 lemons
- 2 sliced lemons
- 8 cloves of minced garlic
- 1 tablespoon of honey
- 1 1/2 teaspoons of dried oregano
- Kosher salt to taste
- 4 pieces of salmon, roughly 6 ounces with the skin on
- 1 pound baby potatoes cut in half
- 1 sliced red onion
- 6 to 8 miniature sweet bell peppers
- 1 cup of cherry tomatoes
- 1/2 cup of green pitted olives

DIRECTIONS

1. Preheat the oven to 400 degrees F. Spray a large sheet pan with cooking spray or olive oil.
2. Mix the oil, harissa, lemon juice, garlic, honey, oregano and 2 teaspoons salt together in a medium bowl. Pat the salmon dry and brush the pieces with the harissa marinade. Do not use all of it. Set aside.
3. Place the potatoes in another medium bowl. Add half of the remaining marinade to the potatoes and give them a good toss to make sure they're coated. Arrange the potatoes on the baking sheet. Roast until crisp-tender and just starting to brown, about 20 minutes.
4. Add the red onion, sweet peppers, cherry tomatoes and olives to the bowl with the remaining marinade. Take the sheet pan out of the oven. Place the salmon on the pan skin-side down and top with the sliced lemons, moving potatoes out of the way. Place the vegetables on the pan. Roast for 20-25 minutes or until the vegetables are tender and the salmon is flaky.



EASY CHICKEN PASTA

Eliza Chisholm-Wesley Long Cancer Center

INGREDIENTS

- 1.5 cups whole grain penne pasta,
- 1 cup asparagus cut into 1 inch pieces
- 6 oz boneless chicken breasts cubed,
- 2 garlic cloves,
- 1 can diced tomatoes (no salt added) including the juice
- 2 tsp dried basil
- 1 oz crumbled goat cheese
- 1 tbsp parmesan cheese

DIRECTIONS

1. Fill a large pot $\frac{3}{4}$ full with water and bring to a boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly. Set aside.
2. In a pot fitted with a steamer basket, bring 1 inch of water to a boil. Add the asparagus. Cover and steam until tender-crisp, about 2 to 3 minutes.
3. Spray a large nonstick frying pan with cooking spray. Add the chicken and minced garlic and saute over medium-high heat. Cook until the chicken is golden brown, about 5 to 7 minutes. Add the tomatoes, including their juice, basil or oregano and simmer 1 minute more.
4. In a large bowl, add the cooked pasta, steamed asparagus, chicken mixture and goat cheese. Toss gently to mix evenly.
5. To serve, divide the pasta mixture between 2 plates. Sprinkle each serving with $\frac{1}{2}$ tablespoon Parmesan cheese. Serve immediately.



SHEET PAN CHICKEN AND VEGETABLES

*Eliza Chisholm-Wesley Long Cancer Center-Breast Clinic
Taste of Home*

INGREDIENTS

- 2 pounds red potatoes (about 6 medium), cut into 3/4-inch pieces
- 1 large onion, coarsely chopped
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 1-1/4 teaspoons salt, divided
- 1 tablespoon minced fresh rosemary or 1 teaspoon dried rosemary, crushed, divided
- 3/4 teaspoon pepper, divided
- 1/2 teaspoon paprika
- 6 bone-in chicken thighs (about 2-1/4 pounds), skin removed
- 6 cups fresh baby spinach (about 6 ounces)

DIRECTIONS

1. Preheat oven to 425°. In a large bowl, combine potatoes, onion, oil, garlic, 3/4 teaspoon salt, 2 teaspoons fresh rosemary or 1/2 teaspoon dried rosemary, and 1/2 teaspoon pepper; toss to coat. Transfer to a 15x10x1-in. baking pan coated with cooking spray.
2. In a small bowl, mix paprika and the remaining salt, rosemary and pepper. Sprinkle chicken with paprika mixture; arrange over vegetables. Roast until a thermometer inserted in chicken reads 170°-175° and vegetables are just tender, 35-40 minutes.
3. Remove chicken to a serving platter; keep warm. Top vegetables with spinach. Roast until vegetables are tender and spinach is wilted, 8-10 minutes longer. Stir vegetables to combine; serve with chicken. If desired, serve with additional fresh rosemary and lemon wedges.



SHRIMP SCAMPI WITH ZOODLES

*Eliza Chisholm-Wesley Long Cancer Center-Breast Clinic
Womens Day*

INGREDIENTS

- 6 oz. linguine
- 1 1/2 lb. peeled, deveined large shrimp
- 4 cloves garlic, grated
- 2 tbsp. olive oil
- Kosher salt and pepper
- 1 tbsp. lemon zest
- 2 tbsp. lemon juice (from 1 to 2 large lemons)
- 1/4 tsp. red pepper flakes
- 1/2 c. dry white wine
- 1 tbsp. unsalted butter
- 12 oz. zucchini (about 3), spiralized on the thickest setting
- 1/4 c. flat-leaf parsley, chopped

DIRECTIONS

STEP 1

Cook pasta per pkg. directions. Reserve 1/4 cup cooking water, drain pasta, and return it to the pot.

STEP 2

Meanwhile, in a large bowl, toss shrimp, garlic, olive oil, 1/4 tsp salt, and 1/2 tsp pepper. Let sit at least 5 minutes.

STEP 3

Heat a large skillet on medium. Add shrimp mixture and cook until just barely opaque throughout, 3 to 4 minutes per side. Transfer to a plate, leaving any oil in the skillet.

STEP 4

Add lemon zest and pepper flakes and cook, stirring, 30 seconds. Add wine, scraping up any browned bits, then reduce by half. Stir in lemon juice and butter, then add zucchini noodles and simmer 2 minutes.

STEP 5

Return shrimp to the skillet along with pasta and toss to combine, adding some reserved pasta water if mixture seems dry. Sprinkle with parsley



MEXICAN TINGA

Edith Gallegos-CCMD
Family Recipe

INGREDIENTS

- Chicken breast
- 1 red or white onion
- 1 tomato
- 1 can chipotle adobo sauce
- 1 bay leaf
- salt/pepper.

DIRECTIONS

1. Boil chicken breast with 1 bay leaf, 1 clove of garlic and salt.
2. Cut onions in thin half-moon and sauté in olive oil.
3. Blend half can of adobo chipotle sauce, one tomato, 2 cups of chicken broth left from the boiled chicken breast, the boiled garlic, salt to taste.
4. Shred chicken breast
5. Bring together shredded chicken breast, sauté onions, and sauce together until boil.
6. Add salt and pepper to taste. For less spice, use less chipotle adobe sauce.
7. Serve along with white rice, beans, or whatever you please.
8. Can top with mozzarella cheese, sour cream, and/or avocado.

Chili Lime Chicken

Ann Wheaton - Women's and Children's Maternity Assessment Unit
Registration

INGREDIENTS

- 2 T fresh squeezed lime juice
- 2 T Extra Virgin Olive Oil
- 1 large garlic clove, minced
- 1 1/2 t ground cumin
- 1/2-1 t ground chili (adjust to your desired spice preference)
- 1 T fresh chopped cilantro (optional)
- 1 1/2 pounds (6 thighs) chicken thighs, skinless and boneless

DIRECTIONS

1. In a large baggie, combine lime juice, EVOO, garlic, cumin, chili and cilantro; mix together.
2. Add the chicken thighs and if time allows, let marinate overnight or at least 1 hour.
Chicken is best when grilled. If you do not have a grill... Heat a large skillet or pan on medium-high heat until smoking.
3. Add a drizzle of olive oil to lightly coat the bottom of the pan. Sear the chicken on both sides until golden, charred and cooked right through (about 8 minutes per side, depending on the thickness of your fillets). Flip them a couple of times while cooking so they get a nice even char.
4. Transfer chicken to a warm plate, loosely tent with foil and let rest.

This is where the chicken is versatile. You can have it in a wrap, salad, Benito bowl, or as a main dish.

For Benito Bowl: Suggested

- 5 cups Romaine lettuce leaves washed and strained dry OR use the above rice recipe
- 7 ounces can black beans, washed and drained
- 7 ounces corn
- 1/2 a red onion, chopped
- 1 avocado peeled, seeded and sliced
- 1 Jalapeño, sliced

For the Rice:

- 1/2 cup long grain white rice, (or Jasmine)
- 1 cup chicken stock (or broth)
- 1 clove garlic, minced
- 1-2 tablespoons lime juice, (juice of 1 lime)
- 2-3 tablespoons finely chopped cilantro, (optional-- adjust to your taste)



BBQ Turkey Meatloaf Sliders

Lauren Honeycutt - ITS Training



Ingredients

1-pound lean ground turkey
1/2 cup panko breadcrumbs
1/2 cup diced onions
1 tablespoon barbecue sauce
1 tablespoon Dijon mustard
1 egg
1/2 tablespoon garlic powder
1/2 tablespoon chili powder
1 teaspoon salt
1 teaspoon pepper
Additional barbecue sauce to brush on top

Preheat oven to 350 degrees. Grease muffin tin.
Use your hands to gently mix all ingredients in a large bowl. *(Don't over-mix or work too much... it makes it tough)*
Divide mixture into muffin tin evenly.
Bake for 15 minutes.
Remove from oven and dab the tops to remove excess grease.
Brush each with barbecue sauce and bake an additional 10-15 minutes or until cooked thoroughly.

Zesty Slow Cooker Pulled Chicken

Becka Dodson - ITS Training

Ingredients

6 frozen boneless, skinless chicken breast halves
12 oz barbecue sauce (I use Sweet Baby Ray's)
1/2 Zesty Italian Dressing (I use Kraft)
1/4 cup brown sugar

2 Tablespoons Worcestershire

Place frozen chicken in the bottom of a crockpot. Mix all ingredients in a bowl and pour over chicken.

Cover and cook on high x 3-4 hours or cook on low x 6-8 hours.

Remove chicken from crockpot and shred with two forks (or use your favorite method).

Place chicken back in sauce in crockpot and stir.

Serve on a bun or on a nice green, crisp salad (my favorite!).

Enjoy

Spicy Shrimp Tacos

BLAIR DIXON - CONE HEALTH URGENT CARE

INGREDIENTS

- 1-pound peeled shrimp (can be frozen)
- 8 corn tortillas
- 1 tbsp. olive oil
- 1 tsp. minced garlic
- salt
- pepper
- 1 lime
- 1 cup chopped cabbage
- 1/2 chopped radishes
- 1/2 cup mayonnaise
- 1 tbsp. honey
- 2 tsp Texas Pete (or more if wanted)

DIRECTIONS

Shrimp Taco Sauce

1. Whisk together mayonnaise, honey, and Texas Pete, and half a lime in small bowl.
2. Add more honey or Texas Pete to desired taste.
3. Add more mayonnaise to make sauce have a thicker consistency or water to have a thinner consistency. Set aside.

Shrimp Tacos

1. Heat a dry, heavy skillet over medium-high heat until hot.
2. Add one tortilla; cook 30 seconds on each side until softened and lightly charred.
3. Wrap heated tortillas in aluminum foil to keep warm. Repeat with remaining tortillas.
4. Using the same skillet, pour olive oil into heated skillet to medium. Place shrimp in skillet and cook until shrimp are pink on each side, about 2 to 3 minutes.
5. Add salt, pepper, minced garlic, and half a lime to the shrimp. Toss shrimp to get seasoned.
6. Remove from heat and transfer shrimp to a plate or platter once cooked.
7. Assemble tacos - top one warm tortilla with 3 or 4 shrimp and sprinkle with chopped cabbage and radishes. Drizzle desired amount of taco sauce. Repeat with remaining tortillas.
8. Add a side of black beans or Mexican rice to complete meal.



Shrimp Tacos

JENNIFER GUZMAN

INGREDIENTS

- 2 tortillas
- 4-6 oz of medium size shrimp
- ¼ tsp of old bay seasoning
- 1 garlic clove crushed
- Iceberg lettuce shredded
- Light Mexican blend cheese shredded
- Light sour cream
- Salsa

DIRECTIONS

1. Season your shrimp and spray some olive oil or butter on a pan, cook your shrimp until they are browned on both sides.
2. Heat your flour tortillas on both sides add your shrimp to both of your tortillas dividing them equally on both tortillas.
3. Add the lettuce, cheese, sour cream and salsa and enjoy. Optionally add some avocado wedges, cilantro, and squeeze some lime juice. Yum, enjoy!



Cauliflower Mac & Cheese w/Bacon

Chris Watkins - ITS

Ingredients

2½ lbs. cauliflower (we use 2 fresh frozen bags from Food Lion) trimmed and cut into small florets
3 tbsp olive oil
sea salt
ground black pepper
2 tsp fresh chives chopped
1½ tsp Italian seasoning
1 tbsp butter
2 garlic cloves minced
1 cup heavy whipping cream
4 oz. shredded mozzarella cheese divided



Preheat the oven to 400°F (200°C).
Line the cauliflower in a single layer across a rimmed baking sheet.
Drizzle the olive oil over top and season generously with salt and pepper.
Sprinkle with chives and Italian seasoning.
Roast for 20 minutes or until tender and golden brown. While the cauliflower is roasting, in a large saucepan, heat the butter and garlic over medium heat.
Cook until the butter starts to brown slightly, and the garlic is fragrant.
Add the heavy cream, half of the mozzarella cheese, half of the Parmesan cheese, the cheddar cheese and the cream cheese. Stir to melt and mix in the cheeses and then reduce the heat to low.
Transfer the cauliflower to a large casserole dish. Layer half of the crumbled bacon over top and then pour the cheese sauce over top.
Use a rubber spatula to mix the layers together just slightly.
Sprinkle the remaining mozzarella, parmesan, and bacon over top.
Transfer the casserole dish to the oven and bake for 15 minutes.

Chicken Pie

Roslyn Lentz - Occupational Health

Ingredients

Olive oil spray
1/2 cooked whole chicken (boiled or baked)
1 can cream of chicken soup
10 oz frozen mixed veggies
3/4 cup chicken broth
1 stick of butter
1 cup of flour
1 cup of milk



Preheat oven to 375.
Pull chicken from the bone, discard the skin. Layer the chicken in the bottom of a 9x13 oiled Pyrex dish, layer the frozen veggies over the chicken mixture, Spread the cream of chicken soup over the veggies.
Pour the chicken broth along the sides of the dish. In a separate bowl mix the flour and butter together until crumbly, then blend in the milk, pour this over the top of the casserole and spread evenly.
Bake uncovered until the crust is golden brown, 45-60min. Brush crust with melted butter if desired.



Creamy Lemon Salmon over Tomato Scallion Couscous

Lee McRary Meadows-Pediatric Teaching

Hello Fresh

Ingredients

- Serves 2
- (double for 4)
- 1 Roma Tomato
- 1 Lemon
- 2 scallions
- 2 cloves Garlic
- 4 TBSP sour cream
- 1/2 cup Israeli couscous
- 10 oz Salmon
- Seasoning (mixture of salt, paprika, onion powder, garlic powder, black pepper, dry mustard, cayenne pepper)

Directions

Core/seed tomato; dice

Zest lemon (1 tsp); cut into wedges

Thinly slice scallions (green/white separate)

Mince garlic.

Make creama:

- Sour cream, half of lemon zest, a squeeze of lemon, Salt/Pepper.
Taste and add more lemon prn

Cook couscous:

- In medium pot, melt 1 TBSP butter over medium-high heat, add couscous and stir until lightly toasted (2-3 minutes). Add 1 cup water, bring to boil. Lower heat and let simmer until al dente (7-9 minutes). Remove couscous from pot and set aside

Using same pot; heat 1 TBSP butter and a large dizzle of olive oil over medium-high heat. Once butter melts, add scallion whites and tomato. Cook, stirring frequently until softened (2-3 minutes). Lower heat to medium and add garlic. Cook until fragrant, about 1 minute. Stir in the couscous. Season with salt/pepper - remove pot from heat.

In medium pan over medium-high heat, drizzle olive oil. Pat salmon dry and season all over with seasoning and pepper. Add to pan skin-side down. Cook until skin is crispy (4-6 minutes). Flip and cook to desired doneness, 2-3 minutes more.

Fluff couscous with fork, stir in some of the scallion greens.

Layer on 2 plates: Couscous, salmon, drizzle creama, topped with scallions; serve with side of lemon wedge.



Honey Mustard Pecan Crusted Salmon

Cathryn McNamara-The Teaching Kitchen

INGREDIENTS

- 2 tablespoons Dijon Mustard
- 2 tablespoons Olive Oil
- 1 tablespoon honey
- Salt and Pepper to taste
- ½ cup pecans
- ½ cup Panko breadcrumbs
- ¼ cup parsley
- salmon fillets-1 pound

DIRECTIONS

1. Preheat oven to 425 degrees.
2. Mix the 2 tablespoons of Dijon Mustard with the 1 tablespoon of honey. Stir well. Using a pastry brush spread this mixture on the top of each salmon filet.
3. Chop the ½ cup pecans into small pieces, chop the ¼ cup of parsley into small pieces. Mix well with the ½ cup of Panko breadcrumbs. Add cracked pepper and a touch of salt to taste.
4. Add the 2 tablespoons of olive oil to the pecan-panko mixture and stir until moistened.
5. Pat the pecan-panko mixture on top of the salmon fillets and pat to help the breadcrumb mixture adhere to the salmon.
6. Bake in preheated oven for 10-12 minutes, until top is golden brown and fish is flaky

Sloppy Joe Crunchy Wrap

WEIGHTWATCHERS

INGREDIENTS

- Low Carb High Fiber Tortillas (pack of 5 or similar)
- cooking spray (5 sprays)
- 99% fat free ground turkey (1lb)
- Finely Chopped onion (1/2 C.)
- Chili Powder (2 Tsp.)
- Black Pepper (1/4 Tsp)
- Canned Tomato Sauce (1 Cup)
- Honey (1 TBSP)
- Kosher Dill Pickle Sandwich Slice (16 slices)
- 50% reduced fat sharp cheddar cheese (4 slices)

DIRECTIONS

- 1.Heat a large cast-iron skillet over medium-high heat. Place 1 tortilla wrap on a cutting board and spray on both sides with cooking spray.
- 2.Cut tortilla wrap into quarters. Arrange quarters in pan and cook until toasted and crisp, about 1 minute per side. Cool to room temperature.
- 3.Heat a large nonstick skillet over medium-high heat. Spray pan with cooking spray and add turkey, onion, chili powder, salt, and pepper.
- 4.Cook, stirring to crumble turkey, until turkey is cooked through and onion is tender, about 4 minutes.
- 5.Add tomato sauce and honey and cook until slightly thickened, about 3 minutes.
- 6.Cool slightly. Heat cast-iron skillet over medium heat. Place 1 tortilla wrap on a cutting board and spray top with cooking spray. Flip tortilla over so sprayed side is down.
- 7.Spoon about $\frac{3}{4}$ cup turkey mixture in center of wrap, leaving a $1\frac{1}{2}$ -inch border.
- 8.Top with 5 pickle chips and 1 ounce of cheese. Place 1 toasted tortilla quarter on top. Carefully fold sides of tortilla over filling toward the center, creating pleats to cover the toasted tortilla quarter. Press gently to fold pleats.
- 9.Carefully flip wrap over and place in heated skillet. Cook until toasted and crisp, pressing occasionally with a spatula, about 2 minutes per side.
- 10.Repeat with remaining tortilla wraps, turkey mixture, pickles, and cheese to form 4 crunch wraps total.

Serving Size: 1 Crunch Wrap, 4 Weight Watchers (WW) Points.



Easy Cheesy Beef Enchiladas

Rachel Peeler THN - Quality Informatics

Ingredients

1-1.5 pounds lean ground beef

2 cans (10 oz each)

red enchilada sauce (I use a mild and a medium)

2 cups shredded cheddar cheese or Mexican blend cheese

package (8-10) of flour tortillas (6 inch-soft taco size)

there are optional ingredients if you want toppings EX: shredded lettuce, jalapenos, hot sauce, sour cream, guacamole, olives

Directions

Preheat oven to 375 degrees, spray 9X13 baking dish with nonstick cooking spray.

Pour 1/2 can of enchilada sauce in baking dish, coating the bottom evenly.

In a large non-stick skillet, cook ground beef, stirring and breaking up the meat until fully cooked.

When ready drain fat, then add the remaining 1/2 can of enchilada sauce to the beef and 1 cup of shredded or Mexican cheese and stir well.

Spoon 1/4 cup of meat mixture down the middle of a tortilla, wrap tightly and place seam down in baking dish.

Repeat until baking dish is full. *I stuff two extra ones on the side of the baking dish.*

Last pour the remaining can of enchilada sauce evenly over enchiladas, sprinkle with remaining cheese and bake on middle rack of oven uncovered for 20 min until cheese is bubbly and melted and enchiladas are heated through.

Remove and allow to cool for 5 minutes before serving.

Enjoy!



Ratatouille Casserole

Claudia Fox - Strategic Sourcing

Ingredients

- 2 tbsp olive oil (plus cooking spray)
- 1 small eggplant, unpeeled, cut into 1/4" slices
- 1 med. onion, chopped
- 3 large cloves garlic, minced
- 1 tsp salt
- 1/2 tsp black pepper
- 1/4 cup fresh chopped parsley
- 1/4 cup fresh chopped basil
- 2 tbsp fresh chopped oregano
- 3/4 lb. small tomatoes cut into 1/4 in slices
- 1 large zucchini, cut into 1/4-inch slices
- 1/4 cup grated parmesan or asiago cheese

Directions

Preheat oven to 400 degrees.

In a large heavy skillet over medium-high heat, warm oil. Add onion, garlic, 1/2 tsp salt and 1/4 tsp black pepper; cook, stirring, until onion softens, about 5- 10 minutes.

Turn off heat and remove 1/2 of the mixture to a small bowl leaving the other half in the pan.

In another small bowl mix together parsley, basil, oregano, and remaining salt and pepper.

In the pan arrange tomato, eggplant and zucchini slices in rows, alternating the vegetables, and overlapping the slices.

Top with reserved onion mixture and fresh herb mixture. Roast in oven until vegetables are tender and browned on the edges, about 25 - 30 minutes. Sprinkle evenly with cheese and bake until softened, about 2 minutes. Serve hot, warm or at room temperature.



Southwest Eggrolls

Ann Wheaton - MAU Registration Women's and Children's

Ingredients

- 1 chicken breast fillet-Diced small (about 2 cups)
- 1 tablespoon vegetable oil
- 2 tablespoons minced red bell peppers
- 2 tablespoons minced green onions
- 1/4 cup frozen corn
- 1/4 cup canned black beans, rinsed and drained
- 2 tablespoons frozen spinach, thawed and drained
- 2 tablespoons diced canned jalapeno peppers
- 1/2 tablespoon minced fresh parsley
- 1/2 - 3/4 teaspoon cumin 1/2- 3/4 teaspoon chili powder
- 1/4 teaspoon salt
- 1 dash cayenne pepper
- 3/4 cup shredded Monterey jack cheese
- 5 seven-inch flour tortillas

Directions

Preheat barbecue grill to high heat.

Rub the chicken breast with some vegetable oil then grill it on the barbecue for 4 to 5 minutes per side or until done. Lightly salt and pepper each side of the chicken while it cooks.

Set chicken aside until it cools down enough to handle.

Preheat 1 tablespoon of vegetable oil in a medium-size skillet over medium-high heat.

Add the red pepper and onion to the pan and sauté for a couple minutes until tender.

Dice the cooked chicken into small cubes and add it to the pan.

Add the corn, black beans, spinach, jalapeno peppers, parsley, cumin, chili powder, salt, and cayenne pepper to the pan. Cook for another 4 minutes.

Stir well so that the spinach separates and is incorporated into the mixture.

Remove the pan from the heat and add the cheese. Stir until cheese is melted

Wrap tortilla in a moist cloth and heat in microwave on high for 30 seconds.

Spoon approximately one-fifth of the mixture into the center of a tortilla.

Fold in the ends and then roll the tortilla over the mixture.

Roll the tortilla very tight, and then pierce with a toothpick to hold together.

Repeat with the remaining ingredients until you have five eggrolls.

Arrange the eggrolls on a plate cover the plate with plastic wrap and freeze for at least 4 hours. Overnight is best.

While the eggrolls freeze, prepare the avocado-ranch dipping sauce by combining all of the ingredients in a small bowl. Preheat 4-6 cups of oil to 375 degrees. Deep fry the eggrolls in the hot oil for 5-6 minutes and remove to paper towels or a rack to drain for about 2 minutes.

Slice each eggroll diagonally lengthwise and arrange on a plate around a small bowl of the dipping sauce.

Garnish the dipping sauce with the chopped tomato and onion.



One Pan Dinner

Denise Clapp - Employee Health and Wellness

Ingredients

- 4 Boneless chicken breasts
- 3 cups red potatoes quartered
- 2 cans French style green beans drained
- 1 Stick of Butter
- 1 Italian dressing packet

Directions

- Cut the chicken breast in half and place in the center of the baking pan.
- Add the drained green beans on one side.
- Place the quartered red potatoes on the other side.
- Sprinkle the pack of Italian dressing over the whole dish.
- Melt the stick of butter all drizzle all over it.
- Cover with aluminum foil and bake 350 degrees for 45-60 minutes



Slow Cooker Pizza

Vanessa Kingston

Ingredients

- 1 lb uncooked 95-97% lean ground beef
- 1 tsp garlic powder
- $\frac{3}{4}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- 1 tsp dried oregano leaves
- 1 tsp dried basil leaves
- 1 cup roughly chopped fresh cauliflower
- $\frac{1}{4}$ cup fresh grated parmesan cheese
- 2 cups marinara sauce
- 1 and $\frac{1}{2}$ cups reduced fat shredded mozzarella cheese with 1 oz turkey pepperoni slices, divided

Directions

- Over medium high heat, cook ground beef in a large skillet. Add garlic powder, salt, and pepper. Drain grease. Remove from heat.
- Add dried oregano, dried basil, cauliflower, parmesan cheese, marinara sauce and 1 oz turkey pepperoni that has been cut into fourths to the ground beef until combined.
- Pour into a slow cooker that has been sprayed lightly with cooking spray.
- Cook on LOW for 4-6 hours. Top with mozzarella cheese and additional 1 ounce of turkey pepperoni.
- Cook for an additional 30 min on HIGH or until cheese has melted



Honey Garlic Chicken

Diane Tomerlin - LeBauer HealthCare

Ingredients

1/4 C low-sodium soy sauce
3 T honey
2 Cloves minced garlic
Juice of 1 lime
2 T sesame oil
1 t. Siracha
1 T cornstarch
1-pound boneless chicken breasts
salt & pepper



Directions

Preheat oven to 350.

In a medium bowl, whisk together soy sauce, honey, garlic, lime juice, 1 T sesame oil, siracha, and cornstarch.

Season chicken with sale & pepper.

Heat skillet over medium-high heat, heat remaining tablespoon sesame oil.

Add chicken and sear until golden, 4 minutes per side. Pour over glaze and transfer to oven.

Bake until chicken is no longer pink, 25 minutes.

Heat broiler.

Spoon glaze over chicken and broil until caramelized, 2 minutes.

Oktoberfest Chicken and Cabbage

Kate Watts - RD, LiveLifeWell

Ingredients

- 4 slices bacon
- ¼ cup all-purpose flour
- ½ teaspoon kosher salt
- ½ teaspoon smoked paprika
- 2 pounds skinless chicken thighs
- 1 red onion, sliced
- 1 large apple, cored and sliced
- 1 head red cabbage, cored and sliced
- ½ cup red wine vinegar
- ¼ cup dry red wine
- ¼ cup brown sugar
- ½ teaspoon ground cinnamon (Optional)



Directions

Preheat oven to 350 degrees F.

Place bacon in a large oven-safe or cast-iron skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.

Drain the bacon slices on paper towels. When cool, crumble bacon; leave bacon drippings in the skillet.

Whisk flour, kosher salt, and smoked paprika together in a bowl. Coat chicken thighs in the seasoned flour and brown on both sides in the hot bacon fat over medium heat, about 5 minutes per side; transfer chicken to a plate.

Drain bacon grease except for 1 tablespoon; cook and stir onion and apple until onion is translucent and apple is softened, about 5 minutes.

Stir red cabbage and bacon into onion-apple mixture, sprinkle with a pinch of kosher salt, and cook, stirring often, until cabbage is softened, 5 to 8 minutes.

Pour red wine vinegar and red wine into skillet. Stir in brown sugar and cinnamon and bring cabbage mixture to a boil; cook until sauce is reduced by half, stirring often, about 10 minutes.

Arrange chicken thighs on top of cabbage in the skillet.

Bake in the preheated oven until cabbage is tender and chicken is cooked through, about 40 min.

Jumbalaya

Kate Watts - RD, LiveLifeWell

Ingredients

- 1 tbsp vegetable oil
 - 6 oz bacon, preferably SMOKED, chopped
 - 7 oz andouille or smoked sausage , sliced
 - 12 shrimp, raw, large, (peeled)
 - 4 garlic cloves, minced
 - 1 tbsp butter
 - 1 onion, large, diced
 - 2 celery ribs, diced
 - 2 green bell peppers, medium, diced
 - 1 1/4 cups long grain rice, uncooked
 - 2 1/2 cups chicken broth/stock
 - 6.5 oz crushed canned tomato
 - 2 tbsp tomato paste
 - 1 cup green onions, sliced, plus more for serving
- CAJUN SPICE MIX:
- 2 tsp chopped fresh thyme (or 1 tsp dried thyme)
 - 4 tsp sweet paprika • 1 tsp garlic powder • 1 tsp onion powder • 1/2 tsp cayenne powder (adjust spice to taste) • 1/2 tsp black pepper • 1/2 tsp salt



Directions

1. Preheat oven to 350 degrees F.
2. Heat oil in a very large oven-safe or cast-iron skillet over medium high heat.
3. Add bacon, cook for 30 seconds then add sausages. Cook until sausages are golden - about 3 minutes - then remove into bowl.
4. Sear prawns in the pan for 1.5 minutes on each side, then transfer to a separate bowl (reserve until later).
5. Add butter, then garlic, onion, celery and green pepper. Cook for 5 minutes or until soft.
6. Add rice, stir to coat grains in oil.
7. Add chicken broth, tomato paste, canned tomato, thyme and spices.
8. Stir well, then add sausages and bacon (including all liquid).
9. When you see bubbles across most of the surface, stir well once more. Ensure all rice is submerged, cover with lid, then transfer to oven.
10. Bake 30 minutes, then remove - rice should be practically cooked.
11. Add prawns/shrimp and green onions, QUICKLY (but gently!) stir through, cover with lid, and return to oven for just 3 minutes (just to heat prawns).
12. Remove from oven, stir gently then serve, garnished with more green onions if desired.

Black Bean Burger

Kate Watts - RD, LiveLifeWell

Ingredients

- 15 oz can of black beans, drained and rinsed
- 2 cups cooked quinoa
- ¼ cup finely chopped fresh cilantro
- 2 tbsp finely chopped chives
- ¼ tsp garlic powder
- ¼ tsp ground cumin
- ¼ tsp chili powder
- ¼ cup breadcrumbs
- 1 egg
- ½ tsp salt
- ¼ tsp black pepper



Directions

1. Preheat oven to 350 degrees F.
2. Heat oil in a very large oven-safe or cast-iron skillet over medium high heat.
3. Add bacon, cook for 30 seconds then add sausages. Cook until sausages are golden - about 3 minutes - then remove into bowl.
4. Sear prawns in the pan for 1.5 minutes on each side, then transfer to a separate bowl (reserve until later).
5. Add butter, then garlic, onion, celery and green pepper. Cook for 5 minutes or until soft.
6. Add rice, stir to coat grains in oil.
7. Add chicken broth, tomato paste, canned tomato, thyme and spices.
8. Stir well, then add sausages and bacon (including all liquid).
9. When you see bubbles across most of the surface, stir well once more. Ensure all rice is submerged, cover with lid, then transfer to oven.
10. Bake 30 minutes, then remove - rice should be practically cooked.
11. Add prawns/shrimp and green onions, QUICKLY (but gently!) stir through, cover with lid, and return to oven for just 3 minutes (just to heat prawns).
12. Remove from oven, stir gently then serve, garnished with more green onions if desired.

Crock Pot Buffalo Chicken

Veronica Smith

Ingredients

- Chicken breasts (about 3lbs)
- 1 cup Frank's Red Hot Wing Sauce
- garlic cloves chopped
- Salt and pepper to taste
- TBSP dried parsley
- Tsp chili powder
- Shake of garlic powder and onion powder.



Directions

COOK for 6 hours in crock pot.

Shred chicken in crockpot with fork.

You can put on slider buns (use sauce to dress sandwich) with slaw and ranch or blue cheese and melt cheese if you like. I put the chicken in lettuce and put some sauce and blue cheese and make lettuce wraps!

Greek Feta Chicken Burgers

Michele Santamassino

Ingredients

- 1 Lb 98% fat free ground chicken breast
- 1 Tbsp fresh/dry oregano
- 1/4 tsp garlic powder
- 7 Tbsp feta cheese crumbled
- 4 Low Cal hamburger rolls/I use Potato rolls
- lettuce
- Roasted red peppers packed in water sliced(jar)
- Balsamic vinegar or tzaziki sauce

Directions

1. Preheat grill.
2. In a medium bowl combine chicken, oregano, garlic powder and feta. Divide into 4 burgers.
3. Grill patties about 7 or 8 minutes.
4. Serve each burger on a roll with a piece of lettuce, slice of roasted red pepper and a splash of balsamic.



Chicken Broccoli Casserole

Kerstin Welch

Ingredients

- 1 lb boneless skinless chicken tenderloins
- 16oz frozen broccoli florets
- 1 medium size yellow onion
- 1 8oz block cream cheese
- 1 cup shredded cheese of your choice (I like Colby Jack)
- ½ cup Ranch dressing
- ½ tsp salt • ½ tsp pepper • 1 tsp garlic powder • 1 tsp onion powder



Directions

1. Preheat oven to 425°
2. Place cream cheese in mixing bowl and allow to soften
3. Clean chicken and cut in to cubes, add to mixing bowl
4. Add 16oz frozen broccoli to mixing bowl
5. Dice 1 onion and add to bowl
6. Add Ranch, salt, pepper, garlic powder, onion powder and ½ of the shredded cheese to bowl
7. Mix all ingredients until well incorporated
8. Spray 9x11 casserole dish with cooking spray
9. Pour contents of mixing bowl into casserole dish, add the rest of the shredded cheese on top
10. Bake at 425° for 30 minutes

Squash Bake

Latoya Silva

Ingredients

4 medium sized yellow or green summer squash.
1 T olive oil
1 T minced garlic
2 T fresh thyme leaves or 1 T dried thyme
2 large eggs
1/3 cup sour cream
1 cup crumbled feta, plus few tablespoons more for the top if desired
2T grated parmesan cheese
1 T lemon juice
Salt and pepper to taste.



Directions

Preheat oven to 375F/190C.

Spray a 2-quart glass rectangular casserole dish or any 2 quart casserole dish with non-stick spray or olive oil. Wash and dry squash, then cut off stem and blossom end and discard.

Cut squash lengthwise in half, then slice into half-moon slices about ¼ inch thick.

Heat olive oil in large non-stick frying pan, add garlic and thyme leaves and cook about 45 seconds over medium-high heat (just long enough to season the oil, don't let the garlic brown)

Add squash slices and cook about 4 minutes, turning a few times. Squash should be barely starting to soften. While squash cooks, break eggs into a small bowl or glass measuring cup and beat until egg yolks and whites are combined. Stir in sour cream, feta, parmesan, and lemon juice.

Layer half the squash in the dish, then season with salt and pepper.

Pour over half the egg-feta mixture and use the back of a spoon or a rubber scraper to spread it over the squash. Repeat with another layer of squash, seasoning again and covering with the rest of the egg-feta mixture. Sprinkle a few tablespoons of crumbled feta over the top if desired.

Bake at 375F/190C for 40-45 minutes, or until the mixture is bubbling, slightly set, and top is lightly browned.

Serve hot.

You need about 8 cups of sliced summer squash or zucchini. This will keep in the fridge for a day or two.

Turkey and Sweet Potato Skillet

Jill Parker

Ingredients

1 lb ground turkey
1/4 cup cilantro
1 tbsp garlic
1 onion
1 tsp chili powder
salt and pepper to taste
tbsp olive oil
1/2 cup mozzarella
1/2 cup water
sweet potatoes (peeled and diced)



Directions

In a cast iron skillet, heat olive oil over medium heat.
Add garlic and ground turkey.
Cook approx 8 min until browned.
Use wooden spoon to break apart meat.
Add seasonings.
Add onion and cook 3-4 min.
Add diced sweet potatoes and water.
Cook 8 min until sweet potatoes soften.
Add additional water if needed.
Top with shredded mozzarella and allow to melt

Stuffed Potatoes with Salsa and Beans

Shelly Arsenault-Talent Acquisitions - People & Culture (EatingWell.com)

Ingredients

- 4 medium russet potatoes
- ½ cup fresh salsa (produce section/choose your spicy level)
- 1 ripe avocado, sliced
- 1 (15-ounce) can of black beans or pinto beans, rinsed, warmed and lightly mashed
- 4 teaspoons chopped pickled jalapeños (optional)



Directions

Pierce potatoes all over with a fork. Microwave on Medium, turning once or twice, until soft, about 20 minutes. (Alternatively, bake potatoes at 425 degrees F until tender, 45 minutes to 1 hour.) Transfer to a clean cutting board and let cool slightly.

Holding them with a kitchen towel to protect your hands, make a lengthwise cut to open the potato, but don't cut all the way through. Pinch the ends to expose the flesh.

Top each potato with some salsa, avocado, beans and jalapeños. Serve warm.

Garlic Butter Chicken Bites w/ Lemon

Asparagus

Linda Martin

Ingredients

3 boneless, skinless chicken breasts, cut into bite-sized chunks

2 bunch of asparagus, rinsed and trimmed

1/2 cup butter, softened

1 teaspoon olive oil

2 teaspoons minced garlic

1 teaspoon Italian seasoning

1 tablespoon hot sauce, optional (we used Sriracha)

1/2 cup (125ml) low-sodium chicken broth

Juice of 1/2 lemon

1 tablespoon minced parsley

Crushed red chili pepper flakes, optional

Sliced lemon for garnish

For the Chicken:

• 1 tsp salt • 1 tsp black pepper • 2 tsp onion powder



Directions

To prepare the chicken bites recipe and asparagus in garlic butter sauce: Start to slice chicken breasts into bite-sized chunks and season with salt, pepper, and onion powder. Let sit in a shallow plate while you prepare the asparagus.

Wash and trim the ends of the asparagus, then blanch them in boiling water for 2 minutes, then soak in ice water to stop the cooking asparagus. This way, asparagus will cook faster and evenly in the skillet. You can skip this step if you have skinny asparagus. Drain and set aside.

Heat half butter and olive oil in a large cast-iron skillet over medium-low heat.

Gently stir-fry the chicken bites on all sides until golden brown. Lower the temperature, add one teaspoon minced garlic and Italian seasoning, and stir and cook with chicken bites until fragrant.

Remove the chicken bites from the skillet and set aside to a plate. You might have to work in batches to avoid crowding the pan and have steamed chicken bites instead of brown.

In the same skillet over medium-high, add minced garlic then deglaze with chicken broth (or wine).

Bring to a simmer and allow to reduce to half the volume. Add remaining butter, lemon juice, hot sauce, parsley. Give a quick stir to combine.

Add the blanched asparagus and toss for 2 minutes to cook it up. Add the sauteed chicken bites back to the pan and stir for another minute to reheat.

Garnish the chicken and asparagus with more parsley, crushed chili pepper, and lemon slices and serve your garlic butter chicken bites and asparagus immediately.

S N A C K S
S I D E S &
D E S S E R T S

Recipes



Easiest Ever Homemade Jam

Marjorie Jenkins

INGREDIENTS/DIRECTIONS

- Purée (mini food processor) whatever fruit you have left over.
- Add some chia seeds (or any other favorite).
- Chill in the refrigerator for a bit and you'll have instant jam.
- It's fresh and preservative-free.



Julie McBride-Quality Informatics

Dr. Hyman's book *The Daniel Plan: 40 Days to a Healthier Life*

INGREDIENTS

- 1 cup frozen blueberries
- 2 tbsp. almond butter
- 2 tbsp. pumpkin seeds
- 2 tbsp. chia seeds
- 2 tbsp. hemp seeds
- 4 whole walnuts
- 3 whole brazil nuts
- 1 large banana
- 1 tbsp. extra-virgin coconut oil
- 1/2 cup unsweetened almond milk
- 1 cup water

DIRECTIONS

1. Combine all of the ingredients in a blender. Blend on high speed until smooth, about 2 minutes.
2. If the shake is too thick, add more water until you reach a thick but drinkable consistency.

Serve chilled.



Marjorie Jenkins

INGREDIENTS

- 1/8th cup enova oil in 2 cup measuring cup
- 2 cups of unsweetened apple sauce
- 4 teaspoons vanilla (or other flavoring you like)
- 1/2 cup egg beaters plus 1/8 cup more
- 1 cup honey
- 4 cups oatmeal
- 1 cup wheat flour
- 1 cup dried fruit, chocolate chips, peanut butter chips or whatever you like
- 1 cup of wheat germ
- 1 1/2 teaspoons salt
- 1 cup of almonds

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Line metal baking pan with nonstick foil.
3. Add liquid ingredients, in order and mix.
4. Mix dry ingredients into a separate bowl.
5. Use rubber spatula, stir liquid mixture into dry mixture until blended. If too dry, add more of the liquid ingredients.
6. Bake 30–35 minutes or until pale golden brown around edges.
7. Cool 1 hour before cutting.

Apple Dumplings

Skylar Hill-MedCenter High Point Community Pharmacy

Mayo Clinic (<https://www.mayoclinic.org/healthy-lifestyle/recipes/apple-dumplings/rcp-20135320>)



INGREDIENTS

Dough:

1 tablespoon butter

1 teaspoon honey

1 cup whole-wheat flour

2 tablespoons buckwheat flour

2 tablespoons rolled oats

2 tablespoons brandy or apple liquor

Apple filling:

6 large tart apples, thinly sliced

1 teaspoon nutmeg

2 tablespoons honey

Zest of one lemon

DIRECTIONS

- Heat the oven to 350 F.
- Combine butter, honey, flours and oats in food processor. Pulse a few times until mixture looks like a fine meal. Add brandy or apple liquor and pulse a few more times until mixture starts to form a ball. Remove mixture from food processor, wrap tightly in plastic and refrigerate for two hours.
- Mix apples, nutmeg and honey. Add lemon zest. Set aside.
- Roll out refrigerated dough with extra flour to 1/4-inch thickness. Cut into 8-inch circles. Use an 8-cup muffin tin and lightly coat the muffin tin with cooking spray. Lay a circle of dough over each lightly sprayed cup. Push dough in gently. Fill with apple mixture. Fold over sides and pinch at top to seal. Bake for 30 minutes at 350 F, until golden brown

Granola

Marjorie Jenkins



INGREDIENTS

- 1 cup uncooked oats
- 3/4 cup almond butter (or your favorite)
- 1/4 cup honey (or your favorite sweetener)
- 1/2 cup unsweetened shredded coconut
- 1/4 cup flaxseed
- 1/4 cup chia seeds
- 1/4 cup dark chocolate chips (optional; you can also use dark chocolate cocoa)

DIRECTIONS

- Combine all ingredients in a large bowl so you can mix easily store in airtight container and in the refrigerator (if won't be eaten within the week)

This recipe can be a Topping (oatmeal, yogurt), Dip, Fruit Roll Over (bananas, apples), Stand Alone Snack, or other ideas you have for the treat.

Apple Power Snacks

Marjorie Jenkins



INGREDIENTS

- 2 tablespoons almond butter
- 2 tablespoons protein powder
- 1 tablespoon honey (or other sweetener of choice or none)
- Apples

DIRECTIONS

- Mix ingredients together
- Spread mixture onto half of the apple slices
- Top each mixture with the other half of the apple slices

Chocolate Cherry Smoothie

Marjorie Jenkins



INGREDIENTS

- 1 cup Cherries (fresh or frozen)
- 1 cup milk
- 1 Tablespoon PB Fit
- 1 Tablespoons cocoa powder
- Dates

DIRECTIONS

- Preferences: Cherries - I use montmorency
- Milk - I use almond/coconut milk or ½ cup milk and ½ cup yogurt (plain or greek unsweet pending protein need)
- PB Fit - I leave out the PB Fit if I don't need the protein
Cocoa Powder - I use dark chocolate and more than the Tablespoon because I love the rich, dark chocolate taste
Dates - Add more or less pending the size and desired sweetness
- Ice/Water - I add crushed ice and/or additional water, sometimes, pending the consistency I want and if I'm using frozen vs. fresh cherries

Peaches N Cream Shake

Evonne Vanderhorst



INGREDIENTS

- 1 cup frozen peaches (found in frozen foods aisle at store)
- 1 peach flavored dannon light n fit greek yogurt (lower in sugar, higher in protein)
- 1 cup fairlife milk (lower in sugar, higher in protein)
- 1 scoop vanilla protein powder

DIRECTIONS

- Mix ingredients together

Chocolate PB Shake

Evonne Vanderhorst



INGREDIENTS

- 1 frozen banana
- 1 vanilla flavored dannon light n fit greek yogurt
- 1 cup fairlife milk
- 1 scoop chocolate protein powder
- 1 tablespoon hershey's unsweetened cocoa powder
- tablespoons PB fit peanut butter powder

DIRECTIONS

- Mix ingredients together

Berry Shake

Evonne Vanderhorst



INGREDIENTS

- 1 cup frozen berries
- 1 vanilla or strawberry flavored dannon light n fit greek yogurt
- 1 cup fairlife milk
- 1 scoop vanilla protein powder

DIRECTIONS

- Mix ingredients together

Peaches and Cream Chia Seed Pudding

Marjorie Jenkins-Nursing Research

INGREDIENTS

- 1 ½ cups Milk (I use unsweetened almond milk-plain or vanilla)
- 2 Peaches
- 2 tablespoons Organic Chia Seeds
- 1 tablespoon Blue Agave Nectar
- Pinch of Salt (approximately 1/16 teaspoon)

DIRECTIONS

1. Puree two peaches in a food processor, then pour into a bowl. Add milk, agave nectar, salt and mix to combine.
2. Add chia seeds, stirring them in thoroughly.
3. Cover, place in the refrigerator, and allow to chill for 5 to 6 hours, or overnight.





Black Bean Banana Bread

Taryn Rigney

Ingredients

2 large ripe bananas, peeled
2 large eggs
1 (15-ounce) can black beans 1 3/4 cups
1/3 cup cocoa powder
1/3 cup coconut sugar
1tsp vinegar or lemon juice
1/2 Tsp baking powder
1/2 tsp baking soda
1/4 tsp sea salt

Directions

Preheat the oven to 350 degrees F and line a 9" x 5" loaf pan with parchment paper.

Drain and rinse the black beans of any liquid and pat them dry with a paper towel (they don't need to be perfectly dry, just not overly saturated).

Transfer the black beans to a blender along with the rest of the ingredients (except chocolate chips) and blend until smooth. If adding chocolate chips, stir them into the batter.

Transfer the batter to the parchment-lined loaf pan and bake for 40 to 50 minutes, until the bread feels firm when gently poked in the center.

Allow bread to cool at least 30 minutes before slicing and serving.

Lemon Pie Jars

Heather McGhee- adapted form WW

Ingredients

- 2 cups nonfat Greek yogurt
- 1 package sugar free lemon pudding
- 1 tablespoon lemon juice
- 8 reduced fat vanilla wafers
- 6 tablespoons whipped cream
- 6 small sauce jars



Directions

- In a medium bowl, beat the nonfat Greek yogurt with a hand mixer until stiff peaks form.
- Add the lemon pudding mix and lemon juice and beat to combine
- Prepare the jars by placing one vanilla wafer in bottom of each jar.
- Top with 1/3 cup yogurt mixture and one tablespoon of whipped cream
- Crush remaining 2 vanilla wafers and top each lemon pie with cookie crumbles

Key Lime Bars

Latoya Silva

Ingredients

Crust:

- 1 ½ cups graham cracker crumbs
- 1/3 cup granulated sugar
- 6 tablespoons butter, melted

Key Lime Filling:

- 2 14-ounce cans sweetened condensed milk
- 4 ounces cream cheese, softened
- ¾ cup key lime juice
- Zest of 2 regular limes, or 4 key limes
- Fresh whipped cream, for topping, optional

Directions

- For the crust combine the graham cracker crumbs, sugar, and butter and press into an 8" square baking pan.
- Bake at 350 degrees F for 10 minutes. Allow to cool before adding the filling.
- Add cream cheese to a mixing bowl and beat well with electric beater until smooth. Add both cans of sweetened condensed milk, lime juice, and lime zest and mix again until smooth.
- Pour over prepared graham cracker crust and bake in the preheated oven for 10 minutes. Allow to cool for about 30 minutes, then refrigerate for at least 3 hours, before serving.
- Top with fresh whipped cream, if desired.

Bars for Anytime

Marjorie Jenkins-Nursing Research

Ingredients

- 1 cup extra virgin olive oil or oil of your choice (solid coconut oil sets up well in these bars)
- 1 cup Peanut Butter powder or favorite Protein Powder
- ½ cup plant based sweetener, honey or a favorite dried fruit instead
- 2 tsp cinnamon
- ½ tsp pink salt
- 2 cups unsalted almonds, chopped
- 1 cup raw pumpkin seeds (pepitas)
- ½ cup old fashioned oats

Directions

1. Mix all ingredients into a large bowl. Stir until well incorporated
2. Spoon into mini muffin tins. Freeze to harden. Keep refrigerated to store



Peanut Butter Protein Balls

Lexi Houston Adapted from Weight Watchers

Ingredients

- 2 cups oats quick oats
- 1/2 cup mini chocolate chips
- 2/3 cup coconut flakes unsweetened
- 1/2 cup peanut butter
- 1/3 cup honey
- 1 tsp vanilla extract

Directions

1. In a large bowl, mix together the oats, chocolate chips, and coconut.
2. Add the peanut butter, honey, and vanilla. Mix well until evenly combined.
3. Chill mixture in the refrigerator for an hour, then roll out balls about an inch in diameter.
4. Keeping the mixture in the fridge before rolling helps them to roll easier.



No Bake Cinnamon Raisin Protein Balls

Miranda Mullins-Talent Aquisition/People and Culture

EatingBirdFood.com

INGREDIENTS

- old fashioned rolled oats – rolled oats are the best type of oat to use for protein balls!
- cashew butter – the perfect nut butter pairing for the rest of the ingredients in this recipe! Look for a brand with just one or two ingredients (cashews and salt). Also, try to use cashew butter that's creamy and drippy. Some of my favorite brands are Once Again creamy cashew butter and Artisana Organics cashew butter.
- honey
- vanilla protein powder – any brand of vanilla protein powder works, but Sun Warrior and Nuzest are two of my favorite brands.
- cinnamon!
- raisins

DIRECTIONS

1. Place oats, cashew butter, honey, protein powder, raisins and cinnamon in a large bowl and stir to combine.
2. Getting the mixture to combine takes a little arm muscle and it may seem a little crumbly at first, but it will come together as you keep mixing. I used my hands to knead the dough near the end and that seems to help.
3. Once combined, use a small cookie scoop to scoop and form the dough into balls. Store in a covered container in the fridge or freezer.

D I P S A N D
A P P E T I Z E R S

Recipes

Cowboy Caviar

Kate Watts



Dressing

- ⅓ cup olive oil
- 3 tablespoons red or white wine vinegar
- 1 ½ tablespoons granulated sugar
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon garlic powder

Ingredients

- 15-ounce can black-eyed peas, rinsed and drained
- 15-ounce can black beans, rinsed and drained
- 1 ½ cups cooked sweet corn (from fresh, frozen or canned)
- 1 medium bell pepper, seeded and diced
- 1 medium jalapeno, seeded and minced
- ½ small red onion, peeled and minced
- 2 small Roma or cherry tomatoes, diced
- ½ cup fresh cilantro, chopped
- 1 bag tortilla chips, for serving

Instructions

1. In a large bowl, whisk together the olive oil, vinegar, sugar, salt, black pepper, and garlic powder.
2. To the bowl, add the black-eyed peas, black beans, tomatoes, corn, bell pepper, jalapeno, onion and cilantro and stir to combine.
Refrigerate at least 30 minutes. Taste and adjust seasoning, if necessary.
3. Serve with tortilla chips.

BLT Dip

Kim Smith

Ingredients

1 lb. bacon (cooked until crisp & chopped)
8 oz cream cheese
1/4 cup Mayo
1/4 cup sour cream
1/4 cup shredded cheddar cheese
1 tsp. onion powder
1 tsp dried minced garlic
pinch of salt
1 cup chopped or shredded lettuce
1 cup chopped tomato
veggies to dip (cucumbers are great)



Directions

Combine 1/3 of the bacon with the cream cheese, sour cream, mayo, cheddar, and seasonings.
Mix and spread in a deep-dish pie plate.
Sprinkle on the lettuce, tomato, and the rest of the bacon.
Serve with fresh veggies to dip.

Summer Fruit Trifle

Lee Meadows

Ingredients

1 Sugar-free Angel food cake
2 boxes of fat free, sugar free White Chocolate pudding
3 3/4 cup of skim milk
1 small container fat free cool whip
2 cups each of 3 favorite fruits

Directions

Divide sugar free cake into 3 sections.
Whip the pudding with the skim milk until combined (I use a mixer).
Tear 1st quarter of cake into small chunks and spread on bottom of a bowl.
Spread 1/3 of the pudding over cake.
Layer 1/3 of the fruit.
REPEAT: cake pieces, pudding, fruit.
You should have 3 rows of each, ending with fruit on top. The cover with cool whip.

Suggestion: I fold in the cool whip into the pudding to make it lighter and not top it with cool whip.



Ingredients

- 1 lb. sharp shredded cheddar cheese
- ½ pkg. Philadelphia cream cheese, softened
- 1 tsp. minced garlic (more or less for your taste)
- 1 7 oz. jar diced pimento-drained
- 1 tsp. paprika
- 3 tbsp. lite mayonnaise (more or less for your taste; add more for creamier pimento cheese)

Pimento Cheese

Lisa Brewer

Directions

- Place shredded cheese in bowl.
- Sprinkle with paprika.
- Add garlic and pimentos.
- Stir all together.
- Place ½ pkg cream cheese in plate and cut into 4 sections. Spread over the mixture to cover.
- Spread mayonnaise over top of mixture and stir all ingredients together.
- Refrigerate for mixture to thicken.
- Enjoy!

Carolina Caviar

Kerstin Welch

Ingredients

- 2 15.5oz cans Black Eyed Peas
- 1 10oz can Rotel – Diced Tomatoes & Green Chilies
- 1 15.25oz canned corn
- 1 green bell pepper
- 1 red bell pepper
- 1 small purple onion
- 16oz bottle of Fat Free Italian Dressing
- Chopped Cilantro (optional*)

Directions

1. Dice bell peppers and purple onion, add to a mixing bowl
2. Drain and rinse black eyed peas and corn, add to mixing bowl
3. Add Rotel, Italian dressing and cilantro to mixing bowl
4. Stir well
5. Cover and refrigerate overnight
6. Enjoy with tortilla chips or your favorite chip alternative!



Salsa Cruda

Lee McRary Meadows-Pediatric Teaching

Ingredients

- 1 cup Kalamata olives (chopped)
- 2 pkts of grape tomatoes (or 2 regular tomatoes chopped)
Not Roma tomatoes.
- 1 TBSP capers
- 1 cloved garlic (minced)
- 1 TBSP orange zest
- Salt/Pepper

Directions

1. Mix well; pressing ingredients to look like salsa.
2. Let sit 1 hours or overnight to marry.
3. Serve on toasted baguettes.





Healthy 7-Layer Mexican Dip

Miranda Mullins-Talent Aquisition
People & Culture
Family Food on the Table

INGREDIENTS

- 2 (8 oz.) blocks of $\frac{1}{3}$ less fat plain cream cheese, at room temperature
- $\frac{3}{4}$ cup plain nonfat Greek yogurt
- 1 tablespoon taco seasoning (homemade or store-bought)
- 1 (15 oz.) can of black beans, rinsed and drained
- 2 cups of shredded iceberg lettuce
- 1 cup shredded cheddar cheese (or Monterey Jack)
- $\frac{1}{4}$ cup pickled jalapeños
- 1 cup prepared salsa or pico de gallo

DIRECTIONS

1. In a small bowl, mix together the cream cheese, Greek yogurt and taco seasoning until smooth.
2. Place cream cheese mixture in an even layer in your serving bowl or plate.
3. Top cream cheese with black beans, shredded lettuce, shredded cheese, jalapeños and salsa. Use your 7th layer topping of choice and serve immediately or refrigerate until ready to serve.

B R E A K F A S T

Recipes



HUMMAS BREAKFAST TACO

Caitlin Antwine-Moses Cone ED

INGREDIENTS

ZERO CARB TORILLA
SHELL
ROASTED RED PEPPER
HUMMAS
TEXAS PEETE OR
PREFERRED SAUCE
FRIED EGG
FETA CHEESE
SALT AND PEPPER

DIRECTIONS

1. ONE SCOOP OF ROASTED RED PEPPER HUMMAS ON A ZERO CARB TORILLA SHELL.
2. PLACE 1 FRIED EGG (SALT AND PEPPER TO TASTE WHILE COOKING) PER TORTILLA
3. DRIZZLE A FEW DROPS OF YOUR PREFERRED HOT SAUCE
4. TOP WITH CRUMBLED FETA CHEESE



Egg Puff

Linda Bass

Ingredients

2 T butter
1 c flour
1 c milk
5 eggs
.5 t salt
1 t vanilla
2 T sugar

Directions

Pre heat oven to 400 degrees
melt butter in 9x13 glass pan
mix all ingredients together with a whisk, pour
into hot buttered dish
bake about 30 min until lightly brown and
puffed up
top with fruit and powdered sugar
may serve with bacon, sausage, smoothies

Egg White Bites

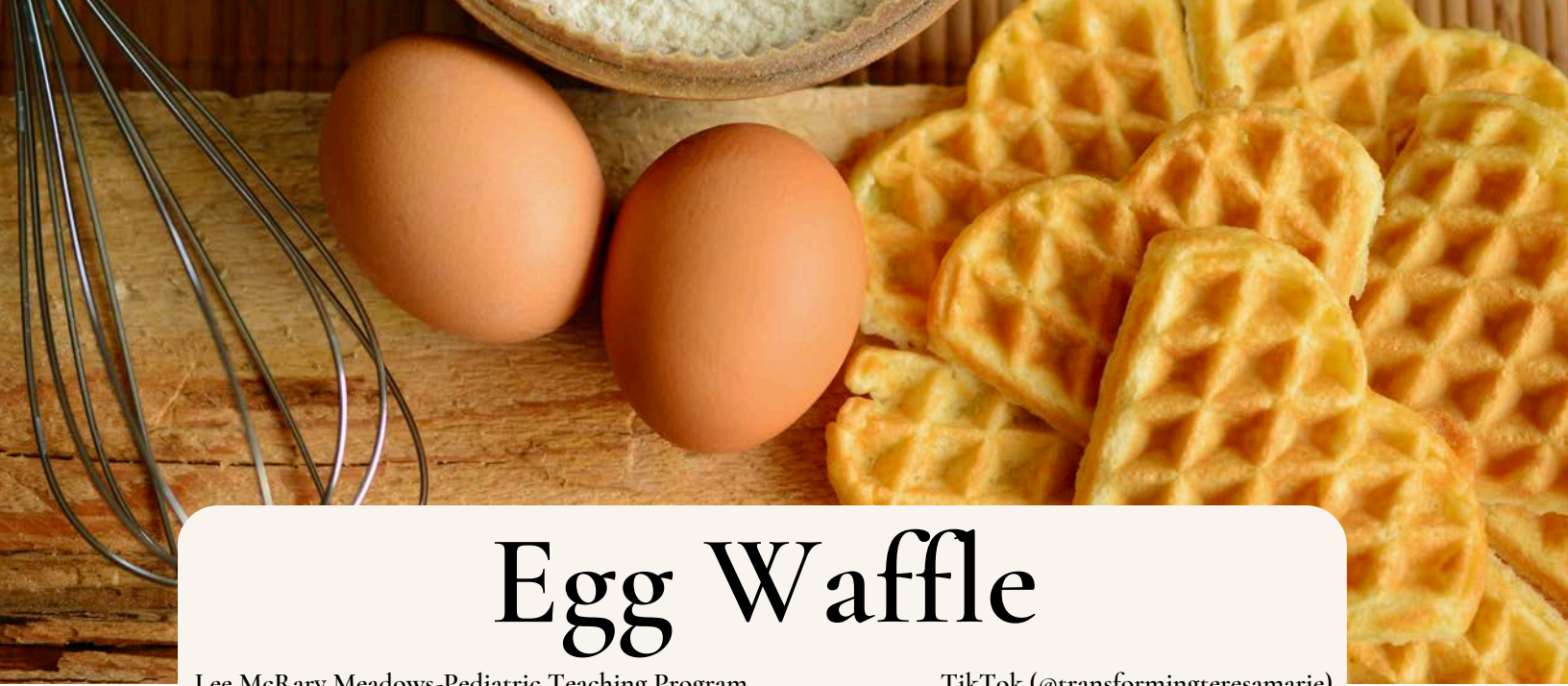
Deborah Busam

Ingredients

2 cups egg white (carton)
1 cup milk salt and pepper to taste
1/4 c chopped onions
1/4 chopped green peppers
1/4 c tomatoes
1 cheese of choice even use 1 c cottage cheese
top with bacon bits: you can use any meat

Directions

Pre heat oven 350 degrees spray muffin tin
generously with nonstick spray.
In a large bowl mix egg whites and milk
Whisk in eggs of your choice cheese salt and
pepper.
Pour equal amounts of mixture into the
muffin tins.
Top with bacon bits.
Bake for 30minutes or until eggs are
completely cooked.
Remove from oven, take out of tins and server
warm.



Egg Waffle

Lee McRary Meadows-Pediatric Teaching Program

TikTok (@transformingteresamarie)

Ingredients

Make ingredients/mixture ahead of time to make prep work easy when you want an egg waffle.

- In small jar: dice green onions (add paper towel to bottom to keep moisture to last longer)
- In small jar: dice red onion
- Egg whites (you can buy it in a container), or you can use a regular egg.
- Jalapeno & Feta Dip - keep in jar.
- In processor 1-2 jalapenos (to your likeness of heat)
- 5 oz feta cheese
- 2 TBSP minced garlic
- 1/2 cup nonfat plain Greek yogurt
- 1 TBSP olive oil
- Shredded lite cheese

Directions

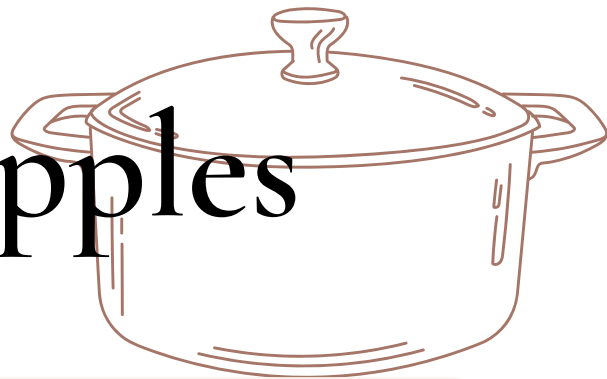
This will make 2+ waffles.

You will have to play with it to get your desired doneness.

- Set mini waffle maker on a plate, heat.
- Mix 1 1/2 TBSP mixture with egg white (see container for 1-2 egg measurement)
- Spray waffle maker
- Start with 1 TBSP cheese
- Add little of the mixture next (do not over fill)
- Little salt/pepper (not much salt due to feta)
- Sprinkle both purple/green onions
- Top with 1 TBSP cheese
- Close lid and let it cook about 3 minutes or until your desired crispiness.

Stovetop Apples

Marjorie Jenkins



Ingredients

3 medium apples
2 Tablespoons sweetener (I use Splenda; you can use whatever you prefer; add more if you like very sweet)
1 Tablespoon fresh lemon juice
1 teaspoon ground cinnamon
1 pinch ground nutmeg
1 whole clove.
You can add more or less spice or adjust the spice used based on your taste preference.

Directions

Cut apples into 1/4-inch cubes (or whatever size you prefer); mix all other ingredients in pot; add cut up apples to mixture & stir until apples are coated.

Cook on stovetop until apples soften. Cut burner off and let apples sit.

Refrigerate apples for several days before eating (allows apples to sweeten even more).

I've even mixed these up and not cooked them. I eat them raw, coated in the mixture, just to change up the taste. I also add them into high fiber wraps, along with fresh spinach, avocado, walnuts or any other sandwich type ingredients.

Breakfast Waffles

Chris Watkins

Ingredients

4 large eggs
4 oz cream cheese ½ block
½ cup almond flour
2 tablespoons melted butter or coconut oil
1 teaspoon vanilla extract
1 tbsp erythritol optional
1 teaspoon baking powder
Sugar Free Syrup • Optional: Cinnamon

Directions

Add all the ingredients into a blender. Blend until mixed through and smooth, about 1 minute.
Grease pre-heat waffle iron with cooking spray or butter.
Pour batter into waffle iron depending on the iron size.
Cook until golden and crispy.
Repeat until all the batter is finished. Enjoy!

