

Filled with *Flavor*



DELICIOUS, HEALTHY,
& SATISFYING RECIPES



Chase Brexton Health Care

chasebrexton.org

Check your fridge
& pantry before
heading to the store!

Shopping List

PRODUCE AISLE



1 avocado



1 bell pepper,
red or green



1 head
broccoli



1 butternut
squash



1 head
cauliflower



1 head
garlic



1 piece
ginger root



1 bunch green
onions



1 jalapeno
pepper



1 lemon



1 parsnip



1 ripe tomato



1 sweet
potato



1 head red
leaf lettuce



1 bag
spinach



1 each yellow
& red onions

MEAT AISLE



1 lb. boneless,
skinless chicken
breasts



turkey bacon

PREPARED FOOD AISLE



1 rotisserie
chicken

CANNED/DRIED GOODS



1 box or 2 cans
low sodium
chicken stock



1 can lite
coconut milk



whole grain
sandwich thins



1 can or pouch low
sodium solid white
albacore tuna



whole wheat
pasta



unsalted
cashews



dried
cranberries



golden
raisins



rolled oats (plain
uncooked oatmeal)



apple cider
vinegar



dijon mustard



lite
mayonnaise



nonstick
cooking spray



olive oil

SPICE AISLE



ground
black
pepper



curry
powder



onion
powder



poppy
seeds



low fat string
cheese



low fat
provolone



large eggs

DAIRY AISLE



Cauliflower Breakfast Hash



Servings

4



Prep Time

10 Minutes



Cook Time

10 Minutes



Total Time

20 Minutes



Ingredients

2 cups cauliflower rice (homemade recipe follows)

4 slices turkey bacon, low sodium

4 eggs

½ onion, diced

1 bell pepper, diced

2 tsp olive oil

1 dash black pepper

1 green onion, sliced thinly



Directions

1. Cook bacon in pan on stovetop. Once cooked, chop and set aside.
2. Heat olive oil in pan over medium heat. Add onions and peppers, stir occasionally. Cook until soft.
3. Add cauliflower rice and chopped bacon. Stir and cook until soft.
4. Make 4 grooves in the cauliflower mixture. Spray with nonstick spray. Crack one egg into each groove. Cover and cook for 2 minutes for slightly runny yolks, or until desired doneness.
5. Season with black pepper and chopped green onions.



Homemade Cauliflower Rice

Directions

1. Turn a head of cauliflower into 'rice' by using either a box grater or a food processor, grate the head of cauliflower.
 - a. **Box grater method** - Remove any green leaves and grate as much of the cauliflower as you can using the medium-size hole side of the box grater (as pictured to the right).
 - b. **Food processor method** - Remove any green leaves and chop the cauliflower into large chunks. With the grater blade (one type is pictured to the right) pulse all the pieces of the cauliflower into small rice-sized pieces.
2. Press and squeeze any excess moisture from the 'rice' using large paper towels or absorbent dish towel. This ensures no excess moisture remains, which can make your dish soggy.



Measurement Equivalents & Abbreviations

a pinch	=	about 1/8 teaspoon
3 teaspoons	=	1 tablespoon
4 tablespoons	=	1/4 cup
8 tablespoons	=	1/2 cup
2 cups	=	1 pint
4 cups (2 pints)	=	1 quart
4 quarts	=	1 gallon



tsp = teaspoon
Tbs = tablespoon
oz = ounce
pt = pint

qt = quart
gal = gallon
lb = pound
= pound

Avocado Tuna Panini



Servings

4



Prep Time

10 Minutes



Cook Time

10 Minutes



Total Time

20 Minutes

Ingredients

1- 4 oz can or packet (1/2 cup) **solid white albacore tuna**, low sodium

½ **avocado**

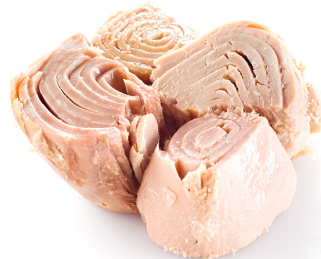
Pinch **black pepper**

2 slices **tomato**

Handful of **red leaf lettuce**

2 slices **provolone cheese**, reduced fat

2 **multigrain sandwich thins**



Directions

1. In a bowl, mix tuna, avocado, and black pepper.
2. On one slice of bread, spread half the tuna-avocado mixture. Top with lettuce, tomato, one slice of cheese, and top slice of bread.
3. Cook using either a panini maker, stovetop skillet, or grill following the instructions on the next page.





Panini Maker- Place assembled sandwich in a preheated panini press. Press lid down and allow to cook for a few minutes until crispy.



Stove - Coat a heated skillet with nonstick spray and place assembled sandwich in the center. Lay another pan, plate, or lid on top of the sandwich. Weigh down with heavy objects or just push down on the surface of the sandwich. Cook for a couple minutes until crispy and flip and cook for a couple minutes.



Grill - Spray both sides of sandwich with nonstick spray. Place sandwich on preheated grill and cook on each side for a few minutes, until crispy.

Repeat for second sandwich.



Plate Method

from the American Diabetes Association

1 Non-starchy vegetables

Asparagus

Broccoli or Cauliflower

Brussels Sprouts

Cabbages such as green, red, napa, bok choy, Chinese

Carrots

Celery

Cucumber

Eggplant

Leafy and salad greens such as lettuce, kale, collards, spinach, and mustard greens

Mushrooms

Green beans, pea pods, snow peas, and sugar snap peas

Peppers

Squash like zucchini, yellow, and spaghetti

Tomatoes

2 Lean proteins

Chicken, turkey, and eggs

Fish and shellfish

Lean beef cuts such as chuck, round, sirloin, flank, or tenderloin

Lean pork cuts such as center loin chop or tenderloin

Lean deli meats

Low fat cheese and cottage cheese

Beans, lentils, hummus, and falafel

Nuts and nut butters

Tofu and tempeh

Plant-based meat substitutes

3 Carbohydrates

Whole grains such as brown rice, bulgur, oats, polenta, popcorn, and whole grain products (bread, pasta, tortillas)

Beans and legumes

Fruits and dried fruit

Starchy vegetables such as acorn squash, butternut squash, green peas, parsnips, plantain, and potatoes

Dairy products like milk, yogurt, and milk substitutes (i.e. soy milk)

Fall Pasta Salad



Servings

4



Prep Time

25 Minutes



Refrigeration Time

1 Hour+



Total Time

1 Hour 25 Minutes

Ingredients

Salad

- 1 C whole wheat pasta
- 1 C sweet potato raw, cubed
- 1 T olive oil
- ½ C dried cranberries
- 6 oz grilled or rotisserie chicken
- 3 cheese sticks, reduced fat
- ½ C red onion, chopped
- 1 C raw broccoli, chopped

Dressing

- ¼ C mayo, lite
- 2 T apple cider vinegar
- 1 t dijon mustard
- 1 t onion powder



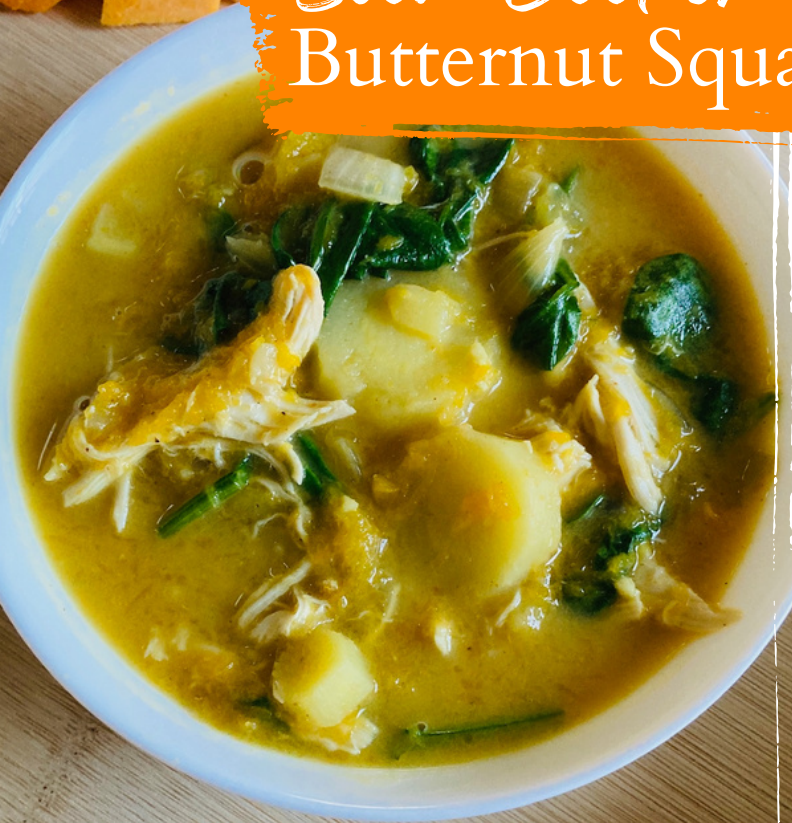
Directions on next page.

Directions

1. Cook pasta to 'al dente' following the instructions on the box.
2. Drain pasta and set aside to cool.
3. In a skillet, heat olive oil over medium heat.
4. Add in cubed sweet potato.
5. Saute until soft, stirring frequently. Let cool.
6. Chop cheese sticks and rotisserie or grilled chicken into bite-sized pieces.
7. In a large bowl, combine all ingredients except for the dressing ingredients.
8. In a small bowl, whisk or stir dressing ingredients until well combined.
9. Pour dressing onto pasta salad and toss until thoroughly to coat.
10. Refrigerate for at least one hour before serving.



Slow Cooker Chicken Butternut Squash Soup



Servings

4



Prep Time

20 Minutes



Cooking Time LOW

3-4 Hours + 30 Minutes



Cooking Time HIGH

5-6 Hours + 30 Minutes

Ingredients

1 lb boneless, skinless **chicken breasts**

1 cup chopped **onion**

2 cloves **garlic**, minced

1 cup **parsnip**, peeled and sliced

4 cups **butternut squash**, cubed

1 Tbsp minced **fresh ginger**

1 **jalapeno**, seeded and chopped

½ tsp **black pepper**

2 tsp **curry powder**

1½ cup **chicken broth**, low sodium

1 cup canned **lite coconut milk**

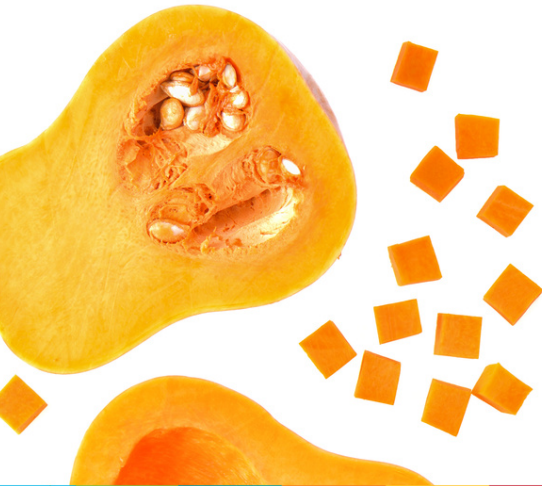
2 cups **fresh spinach leaves**, baby or chopped if they are large



Directions on next page.

Directions

1. Place **chicken, onion, garlic, parsnip, squash, jalapeno, ginger, pepper, curry powder, and broth** into slow cooker.
2. Stir to combine.
3. Cover and cook on **HIGH for 3-4 hours** or **LOW for 7-8 hours**.
4. Remove the chicken and chop or shred.
5. Mash or blend half of the soup mixture to thicken.
6. Stir in chopped chicken, coconut milk, and spinach.
7. Cover and let sit on LOW for 30-60 minutes.
8. Spoon into bowls and savor the flavor!





Lemon Poppyseed Protein Bites



Yields 12 Bites
3 Bites Per Serving



Prep Time
10 Minutes



Cook Time
0 Minutes



Total Time
10 Minutes

Ingredients

½ cup dry oats

½ cup cashews

½ cup golden raisins

1 lemon, juiced and zested

2 tsp poppy seeds



Directions

1. Put all ingredients, except for the poppy seeds, in a blender or food processor.
2. Blend until a dough forms.
3. Add poppy seeds and pulse until well combined.
4. Using a tablespoon, scoop 1-2 tablespoons out and roll into a ball. Repeat with the rest of the dough.
5. Store in the fridge and enjoy as a snack!

Recipes &
Photos By

Nicole Stein, MS, RD, LDN
Registered Dietitian



Chase Brexton Health Care
Because everyone's health matters.

410-837-2050
chasebrexton.org