



Healthy Corner

RECIPE
COOKBOOK



Quality Partners In Care

A healthcare partnership between



**HEALTH
TEXAS**
PATIENT CARE SOLUTIONS



**BAPTIST
HEALTH SYSTEM**
Flourish people. Compassion® care.



We're delighted to share our popular "Quick and Easy" recipes with our Quality Partners In Care (QPIC) members. From healthy heart meals and diabetic breakfasts to tasty treats – all of them delicious. We hope you enjoy making these recipes for you and your loved ones.

As the famous American chef Julia Child said, "People who love to eat are always the best people." We say to that, ***Bon Appétit!***

Healthy Corner Recipes

Roasted Chicken and Garlic Potatoes with Red Pepper Relish	3
Crock Pot Thai Peanut Chicken	5
Pressure-Cooker Chicken Enchilada.....	7
Beef Chili.....	9
Egg Muffins with Lean Turkey Bacon.....	11
Pineapple-Raspberry Parfait.....	13
Granola and Berry Yogurt Parfait.....	15
No-Bake Peanut Butter Cup Protein Bars	17
Chocolate Crunch.....	19
Microwave Popcorn.....	21
No-Bake Energy Bites	23
Playgroup Granola Bars.....	25
Cranberry Nut Granola Bars	27



Healthy Heart Meal

Roasted Chicken and Garlic Potatoes with Red Pepper Relish

by Danielle Occhiogrosso Daly / Woman's Day Kitchen

Total Time: 30 minutes; 4 servings

Ingredients:

- 1 ½ lb. Golden new potatoes (about 24), halved
- 4 tbsp. olive oil
- 4 cloves garlic (2 cloves smashed)
- Kosher salt and pepper
- 4 6 oz. boneless, skinless chicken breasts
- ¾ c roasted red peppers, drained and cut into ¼ in pieces
- 2 scallions, finely chopped
- ⅓ c roasted almonds, chopped
- 3 tbsp. sherry vinegar
- 2 tbsp. chopped flat-leaf parsley

Directions:

1. Heat oven to 425 degrees F. On a large, rimmed baking sheet, toss potatoes with 2 Tbsp. oil. Press 2 cloves garlic over top, sprinkle with ¼ tsp salt, and toss to combine. Roast 15 minutes.
2. Meanwhile, heat a large skillet on medium-high. Season chicken with ¼ tsp each salt and pepper. Add 1 tbsp. oil to skillet, then add chicken and cook until browned, about 4 minutes.
3. Turn chicken over, add smashed garlic to skillet, and cook for 1 minute.
4. Transfer the chicken and potatoes to the skillet and roast until chicken is cooked through and potatoes are golden brown and tender, 6 to 8 minutes more; transfer chicken and garlic to a cutting board.
5. While chicken cooks, in a bowl, combine peppers, almonds, scallions, vinegar, remaining tbsp. oil, and ¼ tsp salt. Chop smashed garlic, add to pepper mixture along with parsley, and mix to combine. Serve with chicken and potatoes.

Nutrition

Calories per serving: 520, **Fat:** 23.5 g; **Saturated Fat:** 3.5 g, **Protein:** 40 g, **Sodium:** 590 mg, **Carbohydrates:** 38 g, **Fiber:** 6 g

www.womansday.com/food-recipes/food-drinks/a25621665/roasted-chicken-and-garlic-potatoes-with-red-pepper-relish-recipe



Healthy & Delicious Recipe

Crock Pot Thai Peanut Chicken

by Danielle Green

Prep Time: 5 minutes

Cook Time: 4 hours

Total Time: 4 hours, 5 minutes; 1 serving

Serves: 6 to 8 people

Ingredients:

1 large yellow onion, thinly sliced

1 red bell pepper, thinly sliced

2 lb. boneless skinless chicken breasts

2 c Thai peanut sauce

Optional: Cilantro and chopped peanuts for topping

Directions:

1. Place the onion and bell pepper on the bottom of a 4-6 qt. slow cooker.
2. Layer the chicken over top and pour in all of the Thai Peanut Sauce.
3. Cook on low for 6-7 hours or on high for 3-4 hours.
4. Shred the chicken using two forks and serve immediately

www.thecreativebite.com/crock-pot-thai-peanut-chicken



Healthy Aging Meal

Pressure-Cooker Chicken Enchilada

by Hilary Meyer

Prep Time: 20 minutes

Total Time: 45 minutes

Ingredients:

- 1 tbsp olive oil
- 1 medium onion, chopped
- 1 poblano pepper, seeded and chopped
- 1 lb boneless, skinless chicken breast, cut into 1/2 -inch pieces
- 3 cloves garlic, minced
- 2 tbsp chili powder
- 1 tsp salt
- 4 c low-sodium chicken broth
- 1 (15 oz) can low-sodium black beans, rinsed
- 1 (14 oz) can no-salt-added fire-roasted diced tomatoes
- Juice of 1 lime
- ½ c chopped fresh cilantro, plus more for garnish
- ¾ c shredded Mexican-style cheese blend
- Tortilla chips for garnish

Directions:

1. Heat oil on high, using the saute function of your multicooker. Add onion, poblano, chicken, garlic, chili powder, and salt. Cook, stirring occasionally, until the vegetables have softened and the chicken is no longer pink on the outside, about 5 minutes.
2. Turn off heat and stir in broth, beans and tomatoes. Close and lock the lid and cook at high pressure for 10 minutes.
3. Carefully release the pressure. Stir in lime juice and cilantro. Top each serving with 2 tbsp of cheese and more cilantro. If desired, garnish with tortilla chips.

Nutrition

Per Serving: Calories: 269; Fat: 10 g; Saturated Fat: 4 g; Fiber: 5 g; Carbohydrates: 20 g; Protein: 26 g; Folate: 44 mcg; Cholesterol: 55 mg; Sugars: 5 g; Added Sugars: 0 g; Vitamin A: 1,340 IU; Vitamin C: 25 mg; Calcium: 167 mg; Iron: 3 mg; Sodium: 662 mg; Potassium: 565 mg

Nutrition Bonus: Vitamin C (42% daily value), Vitamin A (27% dv)

Carbohydrate Servings: 1½

www.eatingwell.com/recipe/264666/pressure-cooker-chicken-enchilada-soup



Heart Healthy Meal Beef Chili

by Texas Beef Council & AHA

Prep Time: 40 minutes

Cook Time: 35 minutes

Ingredients:

- 1 lb Ground Beef (96% Lean)
- 1 can (15½ oz) reduced-sodium black beans, rinsed and drained
- 1 can (14½ oz) unsalted beef broth
- 1 can (14½ oz) unsalted diced tomatoes
- 1 can (4 oz) canned green chilies or Jalapeno peppers
- 2 tbsp chili powder

Directions:

1. Heat large nonstick skillet over medium heat until hot.
2. Add ground beef and cook 8 to 10 minutes, breaking into ¾-inch crumbles and stirring occasionally. Pour off drippings
3. Stir in beans, broth, tomatoes, green chilies and chili powder
4. Bring to a boil
5. Reduce heat; cover and simmer 20 minutes to develop flavors, stirring occasionally
6. Garnish with toppings, as desired

<https://recipes.heart.org/recipes/2275/hcm-beef-chili> (This link is dead)



Diabetic Healthy Breakfast Egg Muffins with Lean Turkey Bacon

by Christel Oerum

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes; 12 servings

Ingredients:

12 slices of lean turkey bacon
20 oz. egg whites
3 small eggs
2 ½ oz. lean turkey sausage
2 ½ oz. red bell pepper
2 oz. baby spinach or chopped regular spinach
3 oz. yellow onion
1 clove garlic
½ jalapeño chili
1 ½ tsp salt
1 tsp pepper

Directions:

1. Heat the oven to 350 degrees
2. Coat a muffin pan or 12 muffin forms with a little cooking spray
3. Wrap a slice of bacon around the inside of each of the muffin forms and put a little spinach at the bottom of each
4. Chop onions, jalapeño, and garlic finely and sauté for a few minutes until the onions are translucent
5. Take the onion mix off stove and divide it evenly between the 12 muffin forms, placing it on top of the spinach.
6. Chop the sausage and bell pepper and add to the muffin forms
7. In a mixing bowl, combine egg whites, whole eggs, salt and pepper and whisk them together
8. Pour the egg mixture into the muffin forms until it covers the veggies
9. Bake for 25 minutes on the middle rack

Nutrition

Serving: 1 muffin, **Calories:** 88kcal, **Carb:** 2.1 g, **Protein:** 10.8g, **Fat:** 4.3g, **Saturated Fat:** .5g, **Polyunsaturated Fat:** .2g, **Monounsaturated Fat:** .5g, **Cholesterol:** 60mg, **Sodium:** 560.1mg, **Potassium:** 176.1mg, **Fiber:** .6g, **Sugar:** 1.3g, **Vitamin A:** 995IU, **Vitamin C:** 29.9mg, **Calcium:** 15mg, **Iron:** .9mg, **Net Carbs:** 1.5g

www.diabetesstrong.com/healthy-egg-muffins



Healthy High Blood Pressure Recipe Pineapple-Raspberry Parfait

by EatingWell Test Kitchen

Prep Time: 5 minutes

Total Time: 5 minutes

Serving Size: 1 parfait; makes 4 servings

Ingredients:

2 8-oz containers (2 cups) nonfat peach yogurt

½ pt fresh raspberries (about 1 ¼ cups)

1 ½ c fresh, frozen, or canned pineapple chunks

Directions:

1. Divide and layer yogurt, raspberries and pineapple into 4 glasses

Nutrition

Per Serving: Calories: 155; Fat: 0g; Saturated Fat: 0 g; Fiber: 3g;

Carbohydrates: 33g; Protein: 6g; Folate: 28mcg; Cholesterol: 2mg;

Sugars: 29g; Added Sugars: 5g; Vitamin A: 60 IU; Vitamin C: 38 mg;

Calcium: 188 mg; Iron: 0 mg; Sodium: 67mg; Potassium: 334 mg

Nutrition Bonus: Vitamin C (63% daily value)

Carbohydrate Serving: 2

www.eatingwell.com/recipes/22155/health-condition/high-blood-pressure/high-blood-pressure/slideshow/high-blood-pressure-diet-recipes/?recipeId=249131



Healthy & Delicious Treat

Granola and Berry Yogurt Parfait

by Diana Rodriguez; Reviewed by Lindsey Marcellin, MD., MPH

Prep Time: 15 minutes; 1 serving

Ingredients:

½ c blueberries
Fresh or frozen and thawed
6 oz yogurt, nonfat, vanilla
1/3 c granola
3 tsp pumpkin seeds, shelled

Directions:

1. Wash blueberries if using fresh, or defrost if using frozen
2. In a parfait glass, spoon 1/3 each of the blueberries, yogurt, granola, and pumpkin seeds
3. Repeat with 2 more layers of blueberries, yogurt, granola, and pumpkin seeds

Nutrition

Per Serving: Calories: 336; Fat: 12g, Cholesterol: 4 mg, Sodium: 115mg, Saturated Fat: 3g, Protein: 13 g, Fiber: 4g, Carbohydrates: 48g

www.everydayhealth.com/osteoporosis-pictures/top-foods-that-help-protect-your-bones-1123.aspx#03



Healthy Diabetic Treat No-Bake Peanut Butter Cup Protein Bars

by The Healthy Maven

Prep Time: 5 minutes

Total Time: 25 minutes; 12 bars

Ingredients:

1 c natural smooth peanut butter (only ingredient should be peanuts)

¼ c honey

3 scoops vanilla whey protein powder

½ c oat flour**

¼ c dairy-free chocolate chips

Directions:

1. In a large bowl combine peanut butter and honey
2. Add in protein powder and oat flour
3. It should come together into a ball.
4. Batter will be slightly dry
5. Place a large piece of plastic wrap over an 8x8 inch baking pan so that it hangs over the sides
6. Put batter into pan and flatten with hands so it fills the entire pan. Make sure it's flat and even.
7. Place in freezer for 20 minutes
8. While bars are in freezer, melt chocolate chips in the microwave. Heat in 20 second increments until smooth.
9. Remove bars from the freezer and lift out of the pan using the plastic wrap
10. Cut into 12 bars
11. Using a knife spread chocolate onto bars.
OR place in a Ziploc bag and cut off a corner and drizzle over bars.
12. Allow chocolate to cool completely
13. Store in an airtight container in the fridge or freezer. ***

** You can grind oats yourself or buy packaged oat flour.

*** The texture is best straight from the fridge or freezer.

If eating on the go roll them up into a ball and eat them on the go.

www.healthline.com/nutrition/best-snacks-for-diabetes



Heart Healthy Recipe Chocolate Crunch

by EatingWell Test Kitchen

Prep Time: 5 minutes
Total Time: 35 minutes

Ingredients:

1 c Wheat Chex Cereal (2 oz)
1 c pretzel sticks broken in half, (2 oz)
¼ c salted roasted almonds, (2 ½ oz)
3 tbsp bittersweet chocolate chips, melted

Directions:

1. Combine Chex, pretzels, and almonds in a medium bowl.
2. Melt chocolate:
 1. To melt chocolate in microwave:
 1. Microwave on medium for 1 minute.
 2. Stir, then continue microwaving in 20-second intervals until melted, stirring after each interval
 2. Melt in stove top
 1. Place in the top of a double boiler over hot, but not boiling water.
 2. Stir until melted
3. Drizzle with melted chocolate
4. Stir to combine
5. Spread the mixture on a wax paper-lined baking sheet
6. Refrigerate until the chocolate is set, approximately 30 minutes

* **To make ahead of events:** Refrigerate in an airtight container for up to 5 days.

www.eatingwell.com/recipe/249824/chocolate-crunch



Healthy & Delicious Treat Microwave Popcorn

Prep Time: 5 minutes

Cook Time: 5 minutes

Total Time: 10 minutes; 3 servings

Ingredients:

¼ c un-popped popcorn

1 tsp olive oil, or more if needed

Directions:

1. Place popcorn in a brown paper bag.
2. Tightly seal the bag by folding the top several times
3. Microwave on high until the popping slows, about 2 minutes
4. Carefully open the bag.
5. Season with salt and drizzle with olive oil.
6. Reclose the bag and shake to distribute the seasoning.

Nutrition

Per Serving: Calories: 114; Fat: 3.6g, Carbohydrates: 18.5g, Protein: 3 g,
Cholesterol: 0 mg; Sodium: <1 mg

www.allrecipes.com/recipe/215052/gourmet-microwave-popcorn



Healthy & Delicious Treat No-Bake Energy Bites

Prep Time: 15 minutes

Cook Time: 1 hour

Total Time: 1 hour 15 minutes

Ingredients:

1 c rolled oats

½ c mini semi-sweet chocolate chips

½ c ground flax seed

½ c crunchy peanut butter

1/3 c honey

1 tsp vanilla extract

Directions:

1. Combine oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl.
2. Form into balls using your hands
3. Arrange energy bites on a baking sheet
4. Freeze until set (usually 1 hour)

Tip: Aluminum foil helps keep food moist, ensures it cooks evenly and keeps leftovers fresh, and makes clean-up easy

Nutrition

Per Serving: Calories: 94; Fat: 5.3 g; Carbohydrates: 10.6 g; Protein: 2.5g;

Cholesterol: 0 mg; **Sodium:** 28 mg

www.allrecipes.com/recipes/12155/healthy-recipes/snacks/



Healthy & Delicious Treat Playgroup Granola Bars

by Diana Rodriguez; Reviewed by Lindsey Marcellin, MD., MPH

Prep Time: 15 minutes

Cook Time: 35 minutes

Total Time: 50 minutes; 3 servings

Ingredients:

2 c rolled oats

$\frac{3}{4}$ c packed brown sugar

$\frac{1}{2}$ c wheat germ

$\frac{3}{4}$ tsp ground cinnamon

1 c all-purpose flour

$\frac{3}{4}$ c raisins (optional)

$\frac{3}{4}$ tsp salt

$\frac{1}{2}$ c honey

1 egg, beaten

$\frac{1}{2}$ c vegetable oil

2 tsp vanilla extract

Directions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Generously grease a 9 x 13 inch baking pan
3. In a large bowl, mix together oats, brown sugar, wheat germ, cinnamon, flour, raisins and salt.
4. Make a well in the center, and pour in the honey, egg, oil, and vanilla.
5. Mix well using your hands
6. Pat the mixture evenly into the prepared pan
7. Bake for 30 to 35 minutes in the preheated oven, until the bars begin to turn golden at the edges.
8. Cool for 5 minutes, then cut into bars while still warm.
9. Do not allow the bars to cool completely before cutting or they will be too hard to cut

Nutrition

Per Serving: Calories: 161; Fat: 5.5g, Carbohydrates: 26.6g, Protein: 2.4 g, Cholesterol: 8 mg; Sodium: 79 mg

www.allrecipes.com/recipe/81298/playgroup-granola-bars



Healthy Sweet Treat

Cranberry Nut Granola Bars

by SeattleFarmersMarketGirl

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 1 hour 15 minutes; 24 servings

Ingredients:

2 c quick-cooking oats

1 c old-fashioned oats

½ c hulled pumpkin seeds

½ c slivered almonds

1 c mixed nuts

1 c dried cranberries

1 (14 oz) can sweetened condensed milk

Directions:

1. Preheat oven to 350 degrees. Line a 13x9 inch pan with lightly-greased parchment paper; an inch or so of parchment paper should stick up on 2 sides to form lifting handles.
2. Mix the quick-cooking oats, old-fashioned oats, pumpkin seeds, almonds, mixed nuts, cranberries, and sweetened condensed milk together in a bowl; spread into the prepared pan, evenly pressing into the corners out to the sides.
3. Bake in the preheated oven until the edges are golden brown, 20-25 minutes, use slightly less time for chewier bars or slightly more time for crunchier bars.
4. Cool the bars for 5 minutes in the pan before using the parchment paper to lift them from the pan. Use a sharp knife to cut into the bars.
5. Let the bars cool completely and store in an airtight container.

Nutrition

Per Serving: Calories: 169; Fat: 7.5 g; Carbohydrates: 22.3 g; Protein: 4.8 g; Cholesterol: 6 mg; Sodium: 60 mg

www.allrecipes.com/recipe/216930/cranberry-nut-granola-bars/?internalSource=hub%20recipe&referringId=12155&referringContentType=recipe%20hub



What is the difference between urgent care and emergency care?

Choosing where to turn for care in a sudden medical situation can be confusing. You might not know if you should head to an urgent care or go straight to an emergency room. When your regular doctor is not available and you can't wait for an appointment, an urgent care center helps fill a vital gap when you become sick or injured. Emergency rooms provide medical care at any time, day or night. They are equipped and staffed for even the most complex or critical needs. Urgent cares will be much cheaper than an emergency room visit when your provider is not available.

The difference between urgent and emergency care boils down to what constitutes a medical emergency.



When should I go to an Urgent Care Clinic?

- Allergic Reactions
- Broken Bones
- Sprains and Strains
- Pink Eye
- Cuts Requiring Stitches
- Mild Fevers
- Minor Burns
- Cold & Flu Symptoms



When should I go to the Emergency Room?

- Severe Abdominal or Chest Pain
- Babies Needing Immediate Care
- Serious Eye or Head Injuries
- Heart Attack Symptoms
- Severe Burns
- Stroke Symptoms
(Numbness, Paralysis, Slurred Speech)
- Significant Difficulty Breathing
- High Fever

We have you covered!

Our goal is simple – to reduce your healthcare costs while improving the value of care. By being a member of your new health plan, you are entitled to all of these additional features!

- **One Primary Care Doctor.** Your doctor serves as a guardian to oversee your complete health care, even in the hospital.
- **VIP Referral System.** This ensures you will receive appropriate referrals to qualified physicians in a timely and efficient manner.
- **Patient Portal.** You can access your own medical records, appointments, and more through our secure website.
- **Wide coverage area.** We serve Bexar, Comal, Guadalupe and Kendall counties.

For concierge service in finding an in-network doctor, please call Heather Williams, Population Health Manager at 210-920-9301.

Exclusively for Aetna Whole Health Patients

- Same Day Urgent Appointments over 30 locations!
 - Convenient appointments when you need them
 - Lower copays than Urgent Care or Emergency Room visits
- Call 210-572-8890 when you can't wait to feel better!



A healthcare partnership between



Better health. Better care. Better cost.

210-920-9301
www.qpicsa.com