



Healthy Corner

RECIPE COOKBOOK

VOLUME 2



PROVIDED BY



A healthcare partnership between



HEALTH
TEXAS
PRIMARY CARE DOCTORS



BAPTIST
HEALTH SYSTEM
PASSIONATE PEOPLE. COMPREHENSIVE CARE.

Bon appétit!



We're delighted once again 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

Winter Fruit Salad with Honey Lime Dressing	3
Chicken Parm Stuffed Peppers	5
Blueberry Parfait	7
Devin Alexander's Perfect Pumpkin Pie-lets.....	9
Apple Pie Yogurt Parfait.....	11
Summer Chicken Parmesan.....	13
Non-Alcoholic Refreshing Sparkling Mojito Lemonade.....	15
Spinach & Egg Scramble with Raspberries	17
Apricot-Glazed Salmon	19
Easy Egg Salad	21
Healthy Breakfast Burrito	23
Sweet Peach Arugula Salad	25
Banana Oat Cookies.....	27



Healthy Meal

Winter Fruit Salad with Honey Lime Dressing

by Crystal Hatch, Tasty Team / Healthier Holliday Sides

Total Time: Under 30 minutes

Servings: 4

Ingredients

1 pomegranate
1 red apple, cored and chopped
1 green apple, cored and chopped
2 pears, cored and chopped
3 clementines, peeled and sliced
3 kiwis, peeled and sliced
3 tbs lime juice
2 tbs honey

Directions

1. Slice the pomegranate in half crosswise. Hold the pomegranate cut side down over a medium bowl and tap the back with a wooden spoon to release the seeds. Rinse and drain.
2. Add the apples, pears, and clementine's, kiwis, and pomegranate seeds to a large bowl.
3. In a small bowl or measuring cup, combine the lime juice and honey and stir until mixed.
4. Drizzle the dressing over fruit and gently toss until well coated.
5. Place in refrigerator and serve chilled

Nutrition

Calories per serving: 256, **Fat:** 1g, **Protein:** 2g, **Sodium:** 590mg, **Carbohydrates:** 66g, **Fiber:** 10g, **Sugar:** 49g

www.tasty.co/recipe/winter-fruit-salad-with-honey-lime-dressing



Healthy Meal

Chicken Parm Stuffed Peppers

by Delish Cookbook, January 12, 2017

Prep Time: 10 minutes

Cook Time: 1 hour

Servings: 4

Ingredients

3 c shredded mozzarella, divided
½ c freshly grated parmesan, plus more for serving
3 cloves garlic, minced
1½ c marinara
1 tbsp freshly chopped parsley, plus more for garnish
Pinch of crushed red pepper flakes
Kosher salt
Freshly ground black pepper
12 oz fresh or frozen breaded chicken, cooked according to package instructions and diced
4 bell peppers, halved and seeded
½ c Swanson low sodium chicken broth

Directions

1. Preheat oven to 400°. In a large bowl, combine 2 cups mozzarella, parmesan, garlic, marinara, parsley, and red pepper flakes, and season with salt and pepper.
2. Stir until combined, then gently fold in chicken.
3. Spoon mixture into halved bell peppers and sprinkle with remaining 1 cup mozzarella.
4. Pour chicken broth into baking dish (to help the peppers steam) and cover with foil.
5. Bake until peppers are tender, 55 minutes to 1 hour.
6. Uncover and broil for 2 minutes.
7. Garnish with parsley and more parmesan before serving.

Nutrition

Yield: 8, **Serving Size:** ½ pepper, **Calories:** 156, **Total Fat:** 8g, **Saturated Fat:** 4g, **Trans Fat:** 0g, **Unsaturated Fat:** 3g, **Cholesterol:** 40 mg, **Sodium:** 371mg (less, if low sodium chicken broth is used), **Carbohydrates:** 6g, **Fiber:** 1g, **Sugar:** 3g, **Protein:** 13g

www.delish.com/cooking/recipe-ideas/recipes/a51054/chicken-parm-stuffed-peppers-recipe/



Healthy Recipe

Blueberry Parfait

by Lena Abraham / Delish Cookbook, May 13, 2020

Prep Time: 5 minutes

Cook Time: 20 minutes

Servings: 2

Ingredients

Compote

2 c fresh or frozen blueberries

¼ c water

¼ c granulated sugar (substitute Truvia)

Pinch kosher salt

2 tsp freshly grated lemon zest

Parfaits

1⅓ c yogurt, divided

½ c granola, divided

Directions

1. To make compote: Combine blueberries, water, sugar, and salt in a small sauce pan.
2. Heat over medium heat until blueberries begin to burst and a spoon or spatula leaves a clear path on the bottom of your pot - 8 to 10 minutes.
3. Remove from heat, stir in lemon zest, and let cool 10 minutes.
4. Build your parfaits: add ⅓ cup yogurt to the bottom of two glasses.
5. Top each with a ¼ cup of granola, another ⅓ cup of yogurt, and the remaining blueberry compote.

Nutrition

Serving: 1, **Calories:** 339, **Saturated Fat:** 5.5g, **Sodium:** 95.2mg, **Monounsaturated Fat:** 5.6g, **Polyunsaturated Fat:** 4g, **Fiber:** 4.8g, **Cholesterol:** 23.9mg, **Potassium:** 542.4mg, **Carbohydrates:** 32.4g (less, if Truvia is used in place of regular sugar), **Protein:** 12.8g

www.delish.com/cooking/recipe-ideas/a32292718/parfait-recipe



Healthy Dessert

Devin Alexander's Perfect Pumpkin Pie-lets

by Devin Alexander

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 6

Ingredients

18 mini phyllo shells
4 large egg whites
½ c solid pumpkin puree
2 tsp maple syrup
2 tsp Truvia spoonable sweetener
2 tsp brown sugar
1 tbsp whole grain oat flour
1 tsp vanilla extract
¾ tsp pumpkin pie spice
½ tsp ground cinnamon
¼ tsp baking powder
1/8 tsp salt
1 c plus 2 tsp whipped dairy topping

Directions

1. Preheat the oven to 350°. Line a small baking sheet with nonstick foil.
2. Place the phyllo shells side by side on the baking sheet; make sure they don't touch.
3. In a small mixing bowl, whisk the egg whites, pumpkin puree, maple syrup, Truvia, brown sugar, and flour until well combined.
4. Whisk in the vanilla, pumpkin pie spice, cinnamon, baking powder, and salt until well combined. Divide the filling among the phyllo shells. (About 1 tbsp in each)
5. Bake the pie-lets for 10-15 minutes, or until a toothpick inserted in the center comes out sticky. It shouldn't be runny and will have a slight wobble. Allow the pie-lets to cool to room temperature. Just before serving top each with 1 tsp whipped topping.

Nutrition

Serving Size: 3 pie-lets, **Calories:** 100, **Total Fat:** 3g, **Cholesterol:** 0mg, **Sodium:** 140mg, **Total Carbohydrates:** 13g, **Protein:** 3g, **Potassium:** 105mg, **Phosphorus:** 45mg

www.diabetesforecast.org/2017/nov-dec/recipes/perfect-pumpkin-pie-lets



Healthy Diabetic Breakfast Recipe

Apple Pie Yogurt Parfait

by Toby Amidor, MS, RD, CDN, FAND / Create-Your-Plate Diabetes Cookbook

Prep Time: 20 minutes

Cook Time: 11 minutes

Ingredients

2 tbsp canola oil	2 tsp lemon juice
2 tsp stevia brown sugar blend	1 tsp vanilla extract
2 tbsp sunflower or almond butter	1 tsp ground cinnamon
1 nonstick cooking spray	1/8 tsp ground nutmeg
1/4 c quick cooking oats	2 med apples (peeled, cored & diced)
1/4 c chopped walnuts	2 tsp unsalted butter
1/4 c shelled sunflower seeds	2 c plain nonfat Greek yogurt
1 1/2 tbsp whole flax seeds	Zest of 1 lemon (about 1 tbsp.)
1/3 c water	

Directions

1. Line a baking sheet with aluminum foil or parchment paper
2. In a small bowl, whisk together the canola oil, brown sugar blend, and sunflower butter until smooth, and set aside.
3. Coat a medium saucepan with nonstick cooking spray and heat over medium-low heat. Add oats, walnuts, sunflower seeds, and toast until slightly brown. Stirring regularly, about 5 minutes. Remove the toasted oat mixture from the saucepan and place in a small bowl.
4. Add the oil mixture into the saucepan and bring to a boil. Then quickly turn the heat to low and whisk regularly, until the mixture has slightly thickened, about 1 minute. Remove the saucepan from the heat and then add the toasted oat mixture. Stir to evenly coat.
5. Spread oat mixture in a single layer on the prepared baking sheet and allow to cool for 10 minutes. Wipe saucepan clean with a paper towel.
6. In a medium bowl, whisk together the water, lemon juice, vanilla, cinnamon, and nutmeg. Add the apples and toss to evenly coat.
7. In the same saucepan, heat butter over a medium heat. Once butter has melted, add the apple mixture and cook until the apples have slightly softened, approximately 5 minutes. Set aside to slightly cool.
8. While apples are cooking, mix the yogurt and lemon zest together in a small bowl. In each of 4 parfait glasses, layer 1/4 cup of the yogurt, 1/3 cup of the apple mixture, another 1/4 cup of yogurt, and top with 1/4 cup of the granola.

Nutrition

Servings: 4, **Serving size:** 1 Parfait, **Calories:** 380, **Total Fat:** 25g, **Cholesterol:** 10mg, **Sodium:** 70mg, **Total Carbohydrates:** 26g, **Protein:** 17g, **Potassium:** 440mg, **Phosphorus:** 380mg



Summer Healthy Recipe

Summer Chicken Parmesan

by Julia Levy / CookingLight, July 2017

Prep Time: 20 minutes

Servings: 4

Ingredients

¼ c whole wheat flour
1 lg egg, lightly beaten
⅔ c plain whole-wheat breadcrumbs
4 (4-oz) chicken breast cutlets
⅝ tsp kosher salt, divided
½ tsp freshly ground black pepper
2 tbs olive oil, divided
Cooking spray
3 oz part-skim mozzarella cheese, shredded (¾ cup)
1½ c chopped zucchini
1½ c cherry tomatoes, halved
2 garlic cloves, thinly sliced
¼ c chopped fresh basil

Directions

1. Preheat broiler with oven rack in middle position.
2. Place flour, egg, and breadcrumbs in separate shallow dishes. Sprinkle chicken with ½ tsp salt and pepper. Dredge chicken in flour; dip in egg, and dredge in breadcrumbs.
3. Heat 1½ teaspoons oil in a large skillet over medium-high. Add 2 cutlets; cook 1 minute on each side. Place on baking sheet coated with cooking spray. Repeat procedure with 1½ teaspoons oil and remaining cutlets.
4. Top cutlets with cheese; broil 1½ minutes. Heat remaining oil in skillet. Add zucchini; sauté 1 minute. Add remaining ⅛ teaspoon salt, tomatoes, and garlic; sauté 4 minutes. Serve with chicken, and top with basil.

Nutrition

Serving Size: 1, **Calories:** 398, **Fat:** 15.2g, **Saturated Fat:** 4.5g, **Monofat:** 7.4g, **Polyfat:** 2 g, **Protein:** 37g, **Carbohydrates:** 25g, **Fiber:** 4g, **Cholesterol:** 143 mg, **Iron:** 1 mg, **Sodium:** 521mg, **Calcium:** 191mg, **Sugars:** 3g

www.cookinglight.com/recipes/summer-chicken-parmesan



Healthy Summer Hydration

Non-Alcoholic Refreshing Sparkling Mojito Lemonade

by Chrissie (thebusybaker.ca)

Prep Time: 15 minutes

Serving Size: 4

Ingredients

2 c cold peppermint tea

⅓ c honey or other vegan substitute

A handful of fresh mint leaves

3 limes, juice and zest

3 lemons, juiced

Sparkling water

Fresh mint leaves and lime or lemon wedges for garnish

Directions

1. Add the peppermint tea, honey, mint leaves, lime juice and zest, and lemon juice to a blender and blend on high speed until smooth.
2. Strain the mixture into a large pitcher to remove any bits of mint leaves that remain.
3. Fill glasses half-way with the mixture and top it off with sparkling water, a lemon or lime wedge, and some fresh mint leaves for garnish.

Nutrition

Calories: 126 kcal, **Carbohydrates:** 36g, **Protein:** 1g, **Fat:** 1g, **Saturated Fat:** 1g, **Sodium:** 7mg, **Potassium:** 221mg, **Fiber:** 4g, **Sugar:** 26g, **Vitamin A:** 43IU, **Vitamin C:** 58mg, **Calcium:** 38mg, **Iron:** 1mg

www.thebusybaker.ca/healthy-sparkling-mojito-lemonade



Stay Positive Through Healthy Eating

Spinach & Egg Scramble with Raspberries

Source: Eatingwell.com, December 2018

Serving Size: 1

Ingredients

1 tsp canola oil
1½ c baby spinach (1½ ounces)
2 lg eggs, lightly beaten
Pinch of kosher salt
Pinch of ground pepper
1 slice whole-grain bread, toasted
½ c fresh raspberries

Directions

1. Heat oil in a small nonstick skillet over medium-high heat.
2. Add Spinach and cook until wilted, stirring often, 1 to 2 minutes
3. Transfer Spinach to a plate
4. Wipe the pan clean
5. Place over medium heat and add eggs
6. Cook, stirring once or twice to ensure cooking, until just set, 1 to 2 minutes
7. Stir in spinach, salt and pepper.
8. Serve the scramble with toast and raspberries

Nutrition

Serving Size: 2 Eggs, 1 slice bread and ½ cup raspberries
Calories: 296, **Total Fat:** 15.7g, **Saturated Fat:** 3.7g,
Cholesterol: 372 mg, **Sodium:** 394 mg, **Potassium:** 293 mg,
Carbohydrates: 20.9g, **Fiber:** 7 g, **Sugar:** 5g, **Protein:** 17.8g,
Vitamin A IU: 3313 IU; **Vitamin C:** 28 mg, **Folate:** 79 mcg,
Calcium: 139mg, **Iron:** 4 mg, **Magnesium:** 76 mg

www.eatingwell.com/article/10221/staying-positive-may-help-you-get-healthier



Heart/Alzheimer's Healthy Recipe

Apricot-Glazed Salmon

by Layne Lieberman, RD

Serving Size: 4

Ingredients

1 1/3 lbs salmon fillets (wild salmon when available)
1/4 tsp freshly ground black pepper
1 tbs extra-virgin olive oil
1 clove garlic, minced
1/3 c apricot fruit spread, 100% fruit
1 tbs Dijon mustard
1/2 c low-sodium vegetable broth

Directions

1. Preheat grill to medium heat
2. Pat salmon dry with a paper towel and cut into four equal servings. Season the skinless side of salmon with ground black pepper and minced garlic.
3. Place each piece of salmon on a double layer of foil with skin side down. Fold the sides of the foil up so that the cooking liquid will not run out.
4. In a small bowl, whisk together the rest of the ingredients. Pour the liquid over the four pieces of salmon so that the glaze is distributed equally.
5. Seal each foil by folding as if you were wrapping a gift. Slide the foil packets onto the grill and close the lid.
6. Cook until the salmon is cooked through, about 10 minutes. Let it rest for 2 minutes and then unwrap and serve salmon over a bed of brown rice.

Nutrition (213g)

Serving Size: 2 Eggs, 1 slice bread and 1/2 cup raspberries
Calories: 304, **Fat:** 13g, **Sodium:** 130mg, **Carbohydrates:** 14.3g,
Protein: 30.4g

www.worldrd.com/salmon-recipe-alzheimers



Diabetic Healthy Recipe

Easy Egg Salad

by Kristine's Kitchen / Easy Egg Salad, October 5, 2018

Prep Time: 10 minutes

Cook Time: 15 minutes

Serving Size: 4

Ingredients

6 large eggs

¼ c Plain Greek yogurt

2 tsps Dijon mustard

¼ tsp each of salt and pepper

¼ c finely chopped red onion

Directions

1. Cook eggs: Fill a pot with cool water and add the eggs. Bring to a boil over medium-high heat. Cover the pot with a lid, turn off the heat and let stand for 14 minutes.
2. Immediately drain the hot water and fill the pot with cold water and ice. Let sit for 10 minutes and then peel the eggs.
3. Or, cook eggs in an Instant Pot.
4. In a large bowl, whisk together the Dijon mustard, Plain Greet Yogurt, salt and pepper.
5. Chop the eggs and add them to the bowl, along with the chopped red onion.
6. Stir until well combined.
7. Taste and season with additional salt and pepper if needed.
8. Serve egg salad in a sandwich with lettuce, on toasted bread topped with sliced avocado, or in a lettuce wrap.

Nutrition

Nutrition Serving: ¼ recipe; **Calories:** 135 kcal, **Carbohydrates:** 3g, **Protein:** 11g, **Fat:** 8g, **Saturated Fat:** 3g, **Cholesterol:** 281mg, **Sodium:** 307mg, **Sugar:** 2g

Chef's Note:

Store egg salad in a covered container in refrigerator for up to 3 days.

www.kristineskitchenblog.com/egg-salad



Healthy & Delicious Treat

Healthy Breakfast Burrito

by Ellie Krieger

Prep Time: 25 minutes

Cook Time: 13 minutes

Servings: 4

Serving Size: 1 burrito

Ingredients

2 tsp canola oil	Nonstick cooking spray
½ small red onion, diced (1 cup)	¼ c reduced fat-free sour cream
1 red bell pepper, seeded and diced	¼ c salsa
¼ tsp chili flakes	1 tomato (4 oz) seeded & diced
Salt and freshly ground pepper	1 small avocado (4 oz), cubed
4 eggs and 4 egg whites	Hot sauce
4 (10 in) whole wheat tortillas (burrito size)	
1 c drained, rinsed, canned black beans, preferably low-sodium	
⅓ c (about 1 ½ ounce) shredded pepperjack cheese	

Directions

1. Heat canola oil in a large nonstick skillet over a medium-high heat.
2. Cook the onions and peppers until onions are softened and peppers are slightly charred, about 8 minutes.
3. Add black beans and red pepper flakes and cook until warmed through, another 3 minutes.
4. Season with salt and pepper and transfer to a dish.
5. Whisk eggs and egg whites then stir in the cheese. Spray the skillet with cooking spray, and reheat the skillet over a medium heat.
6. Reduce heat to low and add eggs, scrambling until cooking through, about 3 minutes.
7. Spread each tortilla with 1 tbs each sour cream and salsa, then layer with ¼ of the black bean mixture, ¼ of the scrambled eggs, some diced tomato and ¼ of the avocado. Season to taste with hot sauce, roll up burrito-style and serve.

Nutrition

Calories: 460, **Total Fat:** 20g, **Saturated Fat:** 6g, **Cholesterol:** 235mg, **Sodium:** 860mg, **Carbohydrates:** 51g, **Dietary Fiber:** 12g, **Protein:** 23g

www.foodnetwork.com/recipes/photos/healthy-breakfasts



Diabetes Healthy Recipe

Sweet Peach Arugula Salad

by Sarah Severance / Taking Control of Your Diabetes, September 2019

Servings: 1

Ingredients

Salad

2 generous handfuls arugula
1/8 c chopped fresh cilantro (more or less to taste)
1/2 large nectarine, sliced or diced
1 small or 1/2 large avocado, sliced
Sprinkle of hemp hearts

Dressing

1/2 c avocado oil (or olive oil)
1/4 c balsamic vinegar
1-2 tbsp honey to thicken and mellow the vinegar (may omit to reduce carbs, if omitting do 2:1 ratio of oil to vinegar)

Directions

1. Toss arugula and cilantro in bowl so cilantro is evenly distributed.
2. Top with nectarine and avocado.
3. Sprinkle with hemp hearts (or chopped nuts for more crunch)
4. Drizzle with dressing

Nutrition

Choices/Exchanges: 1 Fruit, **Serving Size:** 1 3/4 cups, 1/2 Carbohydrate, Lean Protein: 2, Fat: 4.5g, **Calories:** 114kcal, **Carbohydrates:** 12g, **Protein:** 2g, **Fat:** 8g, **Saturated Fat:** 1g, **Sodium:** 43mg, **Fiber:** 3g, **Sugar:** 7g

Chef's Note

If you don't like cilantro, other herbs like basil, dill, or mint will also pair well.

www.tcoyd.org/2019/09/sweet-peach-arugula-salad



Feasting, Not Fasting Healthy Recipe

Banana Oat Cookies

by Christy, May 20, 2019

Prep Time: 10 minutes

Cook Time: 18 minutes

Servings: 9 cookies

Ingredients

1 c mashed ripe banana (about 3 bananas)
2 c rolled oats
¼ c unsweetened almond milk
⅓ c applesauce
1 tsp vanilla extract
¼ c dried cranberries
¼ c toasted pecans, roughly chopped
1 tsp ground cinnamon
¼ tsp salt

Directions

1. Preheat oven to 350° F
2. Combine all ingredients in a medium bowl and stir to mix
3. Drop batter onto greased or lined baking sheet in ½ cup scoops
4. Bake for 18 minutes until cookies are firm and set
5. Remove from oven and allow to cool for 10 minutes on baking sheet before removing and allowing to cool fully on a wire cooling rack.
6. Store cookies in an airtight container for up to four days

You can toast nuts three ways: 1) Toast in the oven at 350° F on a baking sheet for 10 minutes; 2) stovetop by placing in a pan over low heat for about 10 minutes, stirring frequently; or 3) in the microwave by placing in a small dish and microwaving for about a minute.

Nutrition

Calories: 127, **Fat:** 3g, **Sodium:** 20 mg, **Potassium:** 172 mg,
Carbohydrates: 22g, **Protein:** 3g, **Vitamin A:** 15IU, **Vitamin C:** 2.1 mg,
Calcium: 26mg, **Iron:** 1 mg

www.feastingnotfasting.com/healthy-banana-oat-cookies



To schedule a Saturday Same Day Acute Care appointment, contact us at either of the locations below.

WURZBACH LOCATION

8542 Wurzbach Road • San Antonio, TX 78240 • 210.616.7300

SAN PEDRO LOCATION

530 San Pedro Ave. • San Antonio, TX 78212 • 210.225.4511

Saturday Preventive Screenings

We've increased our operating hours to meet our customers' needs! Contact Gayatri.Mehta@HealthTexas.org or call 210.268.1698 to schedule an appointment.



WELL WOMAN EXAMS

7940 Floyd Curl Drive
Medical Tower II, Suite 900
San Antonio, TX 78229

5000 Baptist Health Drive
Suite 102
Schertz, TX 78154

We are now open on Saturdays at two locations for these services.



BREAST CANCER SCREENINGS

215 E. Quincy
Suite 100
San Antonio, TX 78215

8435 Wurzbach Rd.
Suite 109
Schertz, TX 78229



COLONOSCOPIES



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

For weekday Same Day Acute Care appointments, please call 210.572.8890 to schedule at one of 30 locations.



A healthcare partnership between



Better health.
Better care.
Better cost.

210.920.9301
www.qpicsa.com