



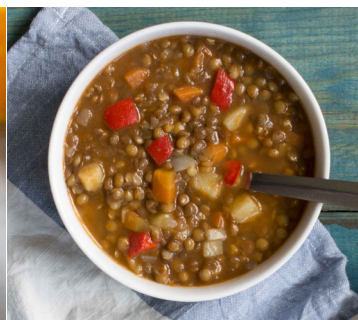
Healthy Corner

RECIPE COOKBOOK

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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!***



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Overnight Chocolate Chia Seed Pudding

by Minimalist Baker, 12/05/2018

Prep Time: 10 minutes

Refrigerate: 3 - 5 hours, 10 minutes

Servings: 4

Ingredients

¼ c cacao powder or unsweetened cocoa powder

3-5 tbs maple syrup

½ tsp ground cinnamon (optional)

1 pinch sea salt

½ tsp vanilla extract

1 ½ c Almond Breeze almond milk original unsweetened
(or light coconut milk for creamier texture)

½ c chia seeds

Directions

1. To a small mixing bowl, add cacao powder (sift first to reduce clumps), maple syrup, ground cinnamon, salt, and vanilla and whisk to combine.
2. Add a little dairy-free milk at a time and whisk until paste forms, add remaining dairy-free milk and whisk until smooth.
3. Add chia seeds and whisk once more to combine. Cover and refrigerate overnight, or at least 3-5 hours (until it's achieved a pudding-like consistency). It may also be helpful to give the mixture an extra whisk/stir once it has been in the refrigerator for 30-45 minutes.
4. Serve chilled with desired toppings, such as fruit, granola, or coconut whipped cream.

Chef's Notes

Leftovers can be frozen in individual containers for up to 1 month.

Nutrition

(1 of 4 servings) **Calories** 172; **Carbohydrates** 22.1g; **Protein** 4.7g; **Fat** 7.8g; **Saturated Fat** 0.8g; **Polyunsaturated Fat** 4.74g; **Monounsaturated Fat** 0.45g; **Trans Fat** 0g; **Cholesterol** 0 mg; **Sodium** 91 mg; **Potassium** 272mg; **Fiber** 8.3g; **Sugar** 9.2g; **Vitamin A** 200 IU; **Vitamin C** 0.8 mg; **Calcium** 220 mg; **Iron** 4.1 mg

www.minimalistbaker.com/overnight-chocolate-chia-seed-pudding/#wprm-recipe-container-35641



Healthy Lentil Chili

by Food Network Kitchen

Total Time: 1 hour

Servings: 6

Ingredients

1 tbs olive oil
1 lg onion, diced
4 cloves garlic, minced
½ tsp ground cumin
4 c low sodium vegetable broth
1 tbs red wine vinegar
Kosher salt and freshly ground black pepper
1 red, orange or yellow bell pepper, diced
Two 14.5 oz cans fire-roasted diced tomatoes
1 15-oz can navy beans or another small white bean (do not drain)
Shredded reduced-fat cheddar, plain yogurt, pickled jalapeños and crushed tortilla chips for serving (all are optional)

1 ½ tbs dried oregano
2 tbs tomato paste
2 tbs chili powder
1 c dried brown lentils
1 dried bay leaf

Directions

1. Heat the olive oil in a large pot or Dutch oven over medium-high heat until simmering. Add the onion, bell pepper, garlic, ½ tsp salt and several grinds of black pepper. Cook until vegetables are just tender and browned in spots, stirring occasionally, about 6 minutes. Stir in the tomato paste, chili powder, oregano and cumin, then continue to cook until fragrant and brick-red in color. Stirring frequently, about 2 minutes.
2. Stir in the vegetable broth, diced tomatoes, beans (and their liquids), lentils, bay leaf, ½ tsp salt and a couple grinds of black pepper. Bring to a steady simmer, then reduce the heat to medium-low. Partially cover with a lid and gently simmer, stirring occasionally, until the lentils are tender and the chili has thickened slightly, 35 – 45 minutes.
3. Remove bay leaf and stir in vinegar. Season with salt and black pepper. Ladle into bowls and serve with toppings as desired.

Nutrition

Calories 311; **Total Fat** 5g; **Saturated Fat** 1g; **Cholesterol** 0mg; **Sodium** 908mg; **Carbohydrates** 50g; **Dietary Fiber** 18g; **Protein** 20g; **Sugar** 6 g

www.foodnetwork.com/recipes/food-network-kitchen/healthy-lentil-chili-8707622



Super Summer Sunblock Smoothie

Written by Kristen Ciccolini, updated on March 20, 2020

Prep Time: 10 minutes

Ingredients

1½ green tea, cooled
1 c blueberries
1 c watermelon
½ c cauliflower
1 small carrot
2 tbsp hemp hearts
1 tbsp lemon juice
3-5 ice cubes

Directions

1. Place ingredients in a blender.
2. Blend until smooth. For a thicker smoothie, use 1 cup green tea

Remember that while these nutrient-rich, whole foods may support the health of your skin when exposed to UV light, they are not a substitute for sunscreen. Sunscreen should always be applied to avoid skin damage and skin cancer.

Reviewed by: Natalie Olsen, R.D., L.D., ACSM EP-C

www.healthline.com/health/food-nutrition/foods-reverse-sun-damage-skin-protection#Super-Summer-Sunblock-Smoothie



Turmeric Smoothie Bowl

by Natasha Corret, Good Food Magazine, January 2015

Prep Time: 10 minutes, no cooking

Servings: 2

Ingredients

10cm/4in fresh turmeric or 2 tsp ground turmeric
3 tbsp coconut milk yogurt (COYO) or the cream skimmed from the top of canned coconut milk
50g gluten free oats
1 tbsp cashew butter (or a handful of cashews)
2 bananas, peeled and roughly chopped
½ tsp ground cinnamon
1 tbsp chia seeds or chopped nuts, to serve

Directions

1. Peel the turmeric root, if using, and grate.
2. Put all ingredients in a blender with 600 ml water and blend until smooth.
3. Serve in a bowl with chia seeds or chopped nuts sprinkled on top

Nutrition

Kcal 291; Fat 10g; Saturates 4g; Carbs 40g; Sugars 20g; Fiber 5g; Protein 7g; Salt 0g

www.bbcgoodfood.com/recipes/turmeric-smoothie-bowl



Mega C Super Citrus Juice

by Rachel Morrow, Food Matters, January 8, 2021

Prep Time: 5 minutes

Ingredients

1 orange
½ lemon
½ lime
1" piece of ginger
1 small cucumber
1 bunch of fresh mint
1 tsp vitamin C powder

Directions

1. Prep your ingredients by cutting everything up and ready to juice. Leave skin on for extra health benefits if you like it tangy (and if you are using organic)
2. Put everything through the juicer and stir in your vitamin C powder

Nutrition

Calories 230; Total Fat 0g; Sodium 0mg; Carbohydrates 53g; Fiber 3g; Sugars 37g; Protein 3g

www.foodmatters.com/recipe/12-immune-boosting-recipes



Vegan Mediterranean Lentil Soup

by Julia Levy, Eating Well, November 2020

Prep Time: 20 minutes

Total Time: 1 hour

Servings: 6

Ingredients

2 tbsp extra-virgin olive oil
1½ c chopped yellow onions
1 c chopped carrots
3 cloves garlic, minced
2 tbsp no-salt added tomato paste
4 c reduced-sodium vegetable broth
1 c water
1 (15 oz) can no-salt add cannellini beans, rinsed
1 c mixed dry lentils (brown, green, and black)
½ c chopped sun-dried tomatoes in oil, drained
¾ tsp salt
¾ tsp ground pepper
1 tbsp chopped fresh dill, plus more for garnish
1½ tsp red-wine vinegar

Directions

1. Heat oil in a large heavy pot over medium heat. Add onions and carrots; cook, stirring occasionally, until softened, 3 to 4 minutes. Add garlic and cook, stirring constantly, until fragrant, about 1 minute. Add tomato paste and cook, stirring constantly, until the mixture is evenly coated, about 1 minute.
2. Stir in broth, water, cannellini beans, lentils, sun-dried tomatoes, salt, and pepper. Bring to a boil over medium-high heat; reduce heat to medium-low to maintain a simmer. Cover and simmer until the lentils are tender, 30 to 40 minutes.
3. Remove from heat and stir in dill and vinegar. Garnish with additional dill, if desired and serve.

Nutrition

Calories 272; **Fat** 7g; **Sodium** 487mg; **Carbohydrates** 42g; **Dietary Fiber** 9g; **Protein** 13g; **Niacin Equivalents** 2mg; **Saturated Fat** 1g; **Vitamin A IU** 4618IU

www.eatingwell.com/recipe/7873236/vegan-mediterranean-lentil-soup



Chicken Club Lettuce Wrap Sandwich

by Lena Abraham, May 13, 2020

Prep Time: 5 minutes

Cook Time: 5 minutes

Ingredients

- 1 head iceberg lettuce, cored and outer leaves removed
- 1 tbsp mayo, Sir Kensington (check labels for W30)
- 3 oz about 6 slices organic chicken or turkey breast
- 2 strips center cut bacon, cooked and cut in half (check labels for W30)
- 2 thin slices tomato
- 1 piece of parchment paper, about 14" x 14"

Directions

1. Place the parchment paper down on your work surface.
2. Layer 6 to 7 large leaves in the middle of the parchment paper so you create a lettuce base about 9 inches by 10 inches.
3. Spread the mayo in the center of the lettuce wrap
4. Layer with chicken or turkey, bacon, and tomato.
5. Starting with the end closest to you, roll the lettuce wraps jelly roll style using the parchment as your base as tight as possible.
6. Halfway through rolling, tuck the ends of the wraps towards the middle.
7. Continue to roll the lettuce wrap, keeping it as tight as possible and using the parchment paper to guide you.
8. When it is completely wrapped, roll the remainder of the parchment around the lettuce tightly.
9. Using a serrated knife, cut the lettuce wrap almost completely, leaving a small piece of the parchment intact to help hold it together.

Nutrition

Serving: 1 wrap; **Calories** 274 kcal; **Carbohydrates** 4.5g; **Protein** 26 g; **Fat** 17g; **Saturated Fat** 3.5 g; **Cholesterol** 73mg; **Sodium** 375 mg; **Fiber** 1.5 g; **Sugar** 2g

www.skinnytaste.com/chicken-club-lettuce-wrap-sandwich



Simple Italian Minestrone Soup

by Suzy Karadsheh, Modified March 20, 2021

Prep Time: 10 minutes

Cook Time: 35 minutes

Servings: 6

Ingredients

¼ c extra virgin olive oil	Handful fresh basil leaves
1 small yellow onion chopped	½ tsp rosemary
2 carrots chopped	1 bay leaf
2 celery stalks diced	2 to 3 springs fresh thyme
4 garlic cloves minced	1 15 oz can kidney beans
1 zucchini or yellow squash diced	Salt and pepper
1 c green beans fresh or frozen, trimmed and cut into 1-in pieces	1 15-oz can crushed tomatoes
6 c broth vegetable or chicken broth	1 tsp paprika
1" parmesan cheese rind optional	Handful chopped parsley
Grated parmesan to serve (optional)	
2 c already cooked small pasta such as ditalini or elbow pasta	

Directions

1. In a large soup pot, heat virgin olive oil over medium heat until shimmering but not smoking. Add onions, carrots and celery. Raise heat to medium-high, tossing regularly until vegetables soften. Add garlic and cook one minute, tossing regularly.
2. Add zucchini or yellow squash and green beans. Season with paprika, rosemary, and a generous pinch of kosher salt and pepper. Toss to combine.
3. Add crushed tomatoes, broth, fresh thyme, bay leaf and parmesan rind (if using). Bring to a boil, then reduce the heat to a gentle simmer and partially cover the pot. Let simmer for about 20 minutes or so.
4. Uncover pot, add kidney beans. Cook another 5 to 10 minutes.
5. Stir in the parsley and fresh basil. If serving immediately, stir in the cooked pasta and simmer briefly until pasta is warmed through; do not overcook. Remove the cheese rind and bay leaf. Taste and adjust seasoning to your liking.

Nutrition

Kcal 211.9; **Carbohydrates** 26.7g; **Protein** 6.8g; **Saturated Fat** 1.5g; **Cholesterol** .7mg; **Potassium** 650.6mg; **Fiber** 7.4g; **Vitamin A** 4456.4IU; **Vitamin C** 19.4mg; **Calcium** 83.3mg; **Iron** 2.6mg

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



The Immunity Bowl

by Andrew Olson

Prep Time: 10 minutes

Cook Time: 35 minutes

Total time: 45 minutes

Servings: 5+

Ingredients

3 c cooked brown rice	Black pepper to taste
2 c sliced mushrooms (any kind)	½ c pumpkin seeds
2 15 oz. cans chickpeas	1 c chopped fresh broccoli
4 c chopped kale	1 sliced red bell pepper
2 tsp ground ginger	5 sliced green onions
3 cloves minced garlic	1 whole orange
1+ tbsp soy sauce	1 avocado
2 tsp sesame oil	

Directions

1. Begin cooking the brown rice (or any grain you'd like). You'll need about 3 cups cooked, so maybe start with 1¼ cups dry rice and follow package instructions.
2. In skillet or stockpot, add sliced mushrooms with a few splashes of water; let them reduce by themselves over medium heat for 5 minutes. Drain the water and add chickpeas, 3 cups of kale (reserve one), grated (or dried) ginger, clove of garlic, splash of soy sauce, tiny drizzle of sesame oil, and a grind of black pepper. Stir occasionally and let this simmer between 10-20 minutes.
3. In a large serving bowl, add the sliced green onions, the remaining two cloves of garlic, and the last cup of chopped kale. When the rice is cooked and still hot, dump it on top of these ingredients and toss with another splash of soy sauce, drizzle of sesame oil, and grind of black pepper.
4. While the veggies are sautéing, add the raw broccoli, bell pepper, and pumpkin seeds. Give them about 5 minutes of light simmering just to slightly warm.
5. Toss the rice mixture with veggie mixture and add fresh orange slices. Serve with slices of avocado and a grind of black pepper.

Nutrition

Calories 382; **Carbohydrates** 6.7g; **Fiber** 1.7g; **Sugar** 2.1g; **Fat** 21.2g; **Unsaturated Fat** 12.3g; **Saturated Fat** 6.7g; **Protein** 40.9g; **Cholesterol** 111mg; **Potassium** 683mg; **Sodium** 595mg; **Vitamin A** 696 IU; **Vitamin C** 24.2mg

www.oneingredientchef.com/immunity-bowl



Shrimp Scampi with Zoodles

by Woman's Day Kitchen, July 19, 2019

Cook Time: 30 minutes

Serving Size: 4

Ingredients

6 oz linguine	4 cloves garlic, grated
1½ lb peeled, deveined large shrimp	2 tbsp. olive oil
Kosher salt and pepper	1 tbsp lemon zest
¼ tsp red pepper flakes	½ c dry white wine
1 tbsp unsalted butter	
2 tbsp lemon juice (from 1 to 2 large lemons)	
12 oz zucchini (about 3), spiraled on the thickest setting	
¼ c flat-leaf parsley, chopped	

Directions

1. Cook pasta per pkg. directions. Reserve ¼ cup cooking water, drain pasta, and return it to the pot.
2. Meanwhile, in a large bowl, toss shrimp, garlic, olive oil, ¼ tsp salt, and ½ tsp pepper. Let sit at least 5 minutes.
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.
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, add zucchini noodles and simmer 2 minutes.
5. Return shrimp to skillet along with pasta and toss to combine, adding some reserved pasta water if mixture seems dry.
6. Sprinkle with parsley.

Chef's Notes

For extra flavor, let the shrimp and garlic sit, refrigerated, for a few hours instead of just a few minutes.

Nutrition

Calories 390; **Fat** 12.5 g; **Saturated Fat** 3.5 g; **Protein** 30 g, **Sodium** 100 mg; **Carbohydrates** 36 g; **Fiber** 3g

www.womansday.com/food-recipes/food-drinks/a28353403/shrimp-scampi-with-zoodles-recipe



Honey Spiced Rubbed Salmon

by DaVita dietitian LoraRose from New York, DaVita Kidney Care

Prep time: 10 minutes

Cook time: 15 minutes

Total time: 25 minutes

Servings: 4

Ingredients

3 tbsp honey

$\frac{3}{4}$ tsp lemon peel

$\frac{1}{2}$ tsp black pepper

$\frac{1}{2}$ tsp garlic powder

1 tsp hot water

16 ounces salmon fillets

2 tbsp olive oil

3 c arugula

Directions

1. Place honey, grated lemon peel, ground pepper, garlic powder and hot water in a small bowl and whisk until blended. With gloved hands, rub mixture over salmon fillets.
2. Heat olive oil in a skillet over medium heat. Add spice-rubbed salmon fillets and cook 4 minutes. Carefully turn fillets with a spatula.
3. Reduce heat to medium-low and cook an additional 4 to 6 minutes, until fish turns opaque throughout and flakes easily when tested with a fork.
4. Arrange $\frac{1}{2}$ cup arugula on each plate. Place salmon fillet on top of arugula and serve.

Nutrition

Calories 260; **Protein** 24g; **Carbohydrates** 14g; **Fat** 12g; **Cholesterol** 52mg; **Sodium** 89mg; **Potassium** 472mg; **Phosphorus** 305mg; **Calcium** 27mg; **Fiber** .4g

Chef's Notes

Purchase salmon fillets, 4 ounces each. Serve with cucumber dill salsa. (Recipe available at website listed below)

Cook salmon fillets on an outdoor grill if desired and for a low-protein diet adjust portion according to your meal plan or consult with your dietitian.

www.davita.com/diet-nutrition/recipes/seafood/honey-spice-rubbed-salmon



Low FODMAP Chicken and Grape Salad

by Em Schwartz, MS, RDN, Updated March 9, 2022

Prep Time: 15 minutes

Servings: 1

Ingredients

1 lb boneless, skinless chicken breasts (or chicken thighs)
6 grapes – seedless red/green grapes
1/4 c walnut pieces
1 medium celery stalk
1/2 cup Low FODMAP mayonnaise (Hellmann's)
2 tbsp Dijon mustard
1 tbsp apple cider vinegar
2 tbsp chives
Low FODMAP bread and/or lettuce leaves, for serving

Directions

1. Cook chicken using your preferred method and let cool
2. Dice chicken and place in refrigerator when ready to use
3. Slice grapes and celery and once ready pull diced chicken from refrigerator
4. Toss together chicken, grapes, walnuts, and celery in a large bowl
5. Whisk together mayonnaise, Dijon mustard, apple cider vinegar and 2 tbsp. minced chives
6. Add dressing to chicken mixture and toss until everything is well-coated.
7. Garnish with extra optional minced chives and serve immediately on low FODMAP toast or lettuce leaves

Nutrition

Calories 239; Total Fat 16.7g; Total Carbohydrates 8.3g; Dietary Fiber 1.1g; Protein 14.5g

Chef's Notes

You can chill chicken salad in the refrigerator for 1-2 hours before serving to allow the flavors to blend together.

Store in an airtight container for three days in refrigerator.
Not recommended for freezing.

www.funwithoutfodmaps.com/low-fodmap-chicken-and-grape-salad



Air Fryer Turkey Stuffed Peppers

by Adam Hickman, EatingWell.com, January 2019

Active: 15 minutes

Total Time: 30 minutes

Servings: 3

Ingredients

3 medium red bell peppers
1 tbs olive oil
12 ounces ground turkey
½ c cooked brown rice
¼ c panko breadcrumbs
¾ c low-sodium marinara sauce
3 tbs finely chopped flat-leaf parsley
¼ tsp ground pepper
¼ c grated parmesan cheese (1 oz)
¼ c shredded part-skim mozzarella cheese (1 oz)

Directions

1. Coat the basket of an air fryer with cooking spray. Cut tops off peppers and reserve. Seed the peppers and set aside.
2. Heat oil in a large skillet over medium-high heat. Add turkey; cook, stirring occasionally, until browned, about 4 minutes. Stir in rice and panko; cook, stirring occasionally, until warmed through, about 1 minute. Remove from heat and stir in marinara, parsley, pepper and parmesan. Divide the mixture evenly among the prepared peppers.
3. Place the peppers in the prepared air-fryer basket. Nestle the pepper tops in the bottom of the basket. Cook at 350 degrees F until the peppers are tender, about 8 minutes. Top with mozzarella; cook until the cheese is melted, about 2 minutes more.

Nutrition

Calories 407; **Protein** 29.3g; **Carbohydrates** 25.6g; **Dietary Fiber** 3.8g; **Sugars** 7.3g; **Fat** 20.6g; **Saturated Fat** 5.3g; **Cholesterol** 95.7mg; **Vitamin A IU** 4643.6IU; **Vitamin C** 159.4mg; **Folate** 74.4mcg; **Calcium** 171.7mg; **Iron** 2.7mg; **Magnesium** 58.2mg; **Potassium** 574.6mg; **Sodium** 340.1mg; **Thiamin** 0.2mg.

www.eatingwell.com/recipe/270287/air-fryer-turkey-stuffed-peppers/



Saturday Services

We've increased our operating hours to meet our customers' needs! To schedule a Saturday Same Day Sick Appointment, contact us at 210.572.8890.

WURZBACH LOCATION

8542 Wurzbach Road • San Antonio, TX 78240

SAN PEDRO LOCATION

530 San Pedro Ave. • San Antonio, TX 78212



NUTRITIONIST GROUP

210.545.4422 | jtawellness.com



BREAST CANCER SCREENINGS

210.228.9729 | baptistmsimaging.com/scheduling



COLONOSCOPY SCREENINGS

210.614.1234 | gastroconsa.com

Be sure to mention you are Aetna Whole Health and are requesting a Saturday appointment.

Contact QPICCM@healthtexas.org or call 210.268.1698 to schedule an appointment.



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 Sick Appointments, please call 210.572.8890 to schedule at one of 30 locations.



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