

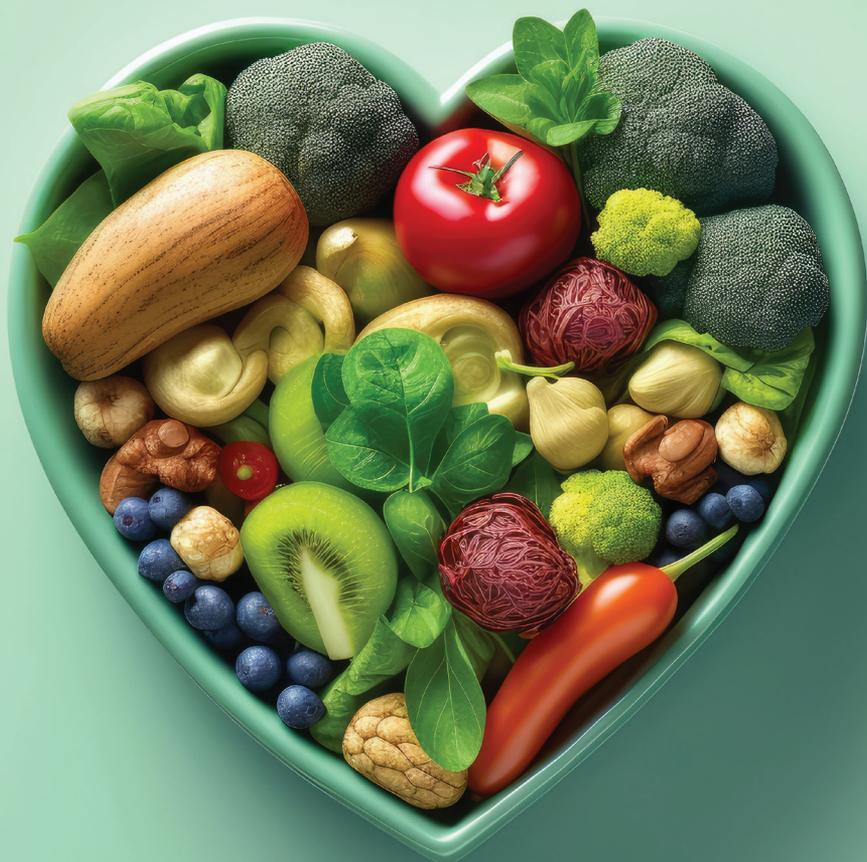
Healthy Corner

RECIPE COOKBOOK

PROVIDED BY



A healthcare partnership between
 **HEALTH TEXAS**  **BAPTIST HEALTH SYSTEM**
HEALTH CARE DELIVERED A COMMUNITY BUILT ON CARE



VOLUME 4



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

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Pan Roasted Wild Salmon with Grape Tomatoes and Wilted Spinach

DIRECTIONS

1. Preheat oven to 400° F.
2. Add butter to a medium oven-proof sauté pan and heat over medium high heat.
3. Rinse salmon, pat dry and sprinkle with salt and pepper
4. When butter has melted and pan is hot, add the salmon fillets – skin side up – to the pan.
5. Cook 2-3 minutes. Do not turn.
6. Add the grape tomatoes to the pan around the fish and stir gently, cooking 2 more minutes.
7. Flip the fish.
8. Place the pan in the oven to complete cooking to desired doneness. (2 minutes for medium-rare; 4 minutes for medium-well)
9. During the last minute of cooking, place the fresh spinach leaves over the salmon and allow to wilt.
10. Remove from oven, layer spinach on plates and top with salmon and tomatoes.

NUTRITION

Calories 462kcal; Carbohydrates 11g; Protein 33g; Fat 32g; Saturated Fat 8g; Polyunsaturated Fat 8g; Monounsaturated Fat: Fat 14g; Transat 1g; Cholesterol 104mg; Sodium 221mg; Potassium 1255mg; Fiber 3g; Sugar 5g; Vitamin A 3940IU; Vitamin C 34mg; Calcium 75mg; Iron 3mg

Courtesy of Healthy Gourmet

SERVINGS

4

PREPARATION

5 minutes

INGREDIENTS

20 whole grape tomatoes

24 oz. wild Alaskan Salmon

10 oz. fresh organic spinach

1 tbsp organic grass-fed butter

½ tsp freshly ground black pepper

¼ tsp Celtic sea salt



Avocado Pudding

DIRECTIONS

1. Combine all ingredients and blend until smooth.
2. Refrigerate pudding until well chilled.
3. Serve cold.

NUTRITION (1 OF 4 SERVINGS)

Calories 219; Total Fat: 12 g Saturated Fat; 2g; Trans Fat 0 g; Unsaturated Fat 9 g; Cholesterol 1 mg; Sodium 30mg; Carbohydrates 28g; Fiber 6g; Sugar 17g; Protein 3g

NOTES

This treat is packed with healthy fats and vitamins and is a great way to use leftover avocados. Avocados are rich in many nutrients, including fiber, healthy fats, vitamin C, vitamin C, vitamin B6, potassium, magnesium, and folate.

Courtesy of HEAL United

SERVINGS

4

INGREDIENTS

2 large ripe avocados –
peeled and pitted

4 tbsp unsweetened cacao powder

½ cup 2% milk

4 tbsp maple syrup (real) or honey

+/- tsp vanilla; add enough vanilla
to cut out the avocado taste

Pinch of ground cinnamon (optional)



Blueberry and Maple Syrup Crunch

DIRECTIONS

1. Preheat oven to 350° F.
2. Combine ingredients for fruit base and spread in 18" square pan.
3. Combine topping ingredients and sprinkle over fruit base.
4. Bake for 40-45 minutes (5 minutes longer for frozen blueberries) or until the top is golden and fruit is bubbly.

Courtesy of Urology Care Foundation

SERVINGS

4

INGREDIENTS

Fruit Base

4 cups fresh or frozen blueberries

½ c maple syrup

2 tbsp cornstarch

1½ tsp grated orange zest

Topping

½ cup old-fashioned rolled oats

½ cup All-purpose flour

½ cup brown sugar, packed

¼ cup chopped pecans

3 tbsp butter, melted



Dark Chocolate Hemp Energy Bites

DIRECTIONS

1. Add dates to a food processor and pulse/mix until small bites remain or a ball forms.
2. Scoop out and set aside.
3. Add walnuts to the food processor and pulse into a fine meal.
4. Add the cacao powder, hemp seeds, sea salt and cinnamon. Pulse a few more times to combine. (Don't over mix or the walnuts will turn into butter.)
5. Add the dates back in along with the almond butter and melted coconut oil (options). Mix/pulse to combine. The result should be a moist dough-like mixture. If too wet, add a bit more cacao powder or hemp seeds.
7. Refrigerate for 10 minutes, then scoop out rounded tablespoon amounts and carefully form into balls. The dough will be somewhat fragile, so use the warmth of your hands to gently form/roll them into balls. There should be about 20 energy bites total.
8. Place hemp seeds, shredded coconut, and cacao powder in separate bowls.
9. Roll the ball to cover the outside in either of the three options. The bites get a fudgy, sticky texture when rolled in cacao powder.
11. Place balls in an airtight container in the refrigerator to set for up to one hour. These can be stored in the refrigerator for up to one week or in the freezer for up to one month.

NUTRITION (1 OF 20 SERVINGS)

Serving: 1 energy bite – rough estimate

Calories 124; Carbohydrates 10g; Protein 4.1g; Fat: 8.9g; Saturated Fat 1.2g; Trans Fat: 0g; Cholesterol 0mg; Fiber: 2.5g; Sugar: 6.8g

Courtesy of mindbody

PREPARATION

25 minutes

INGREDIENTS

1 cup packed pitted dates
(medjool is best)

2 cups raw walnuts

6 tbsp cacao powder or
unsweetened cocoa powder
(more for rolling needed)

3 tbsp hemp seeds

¼ tsp sea salt

3 tbsp creamy almond butter
(other nut or seed butter can
be substituted)

1 tbsp melted coconut oil
(optional/for extra fudgy texture)

Dash of cinnamon (optional)

ROLLING

½ cup shredded coconut (rolling)

½ cup hemp seeds (rolling)

Cacao powder (rolling)



White Bean Hummus Wraps with Avocado and Bell Pepper

DIRECTIONS

White Bean Hummus

1. Drain and rinse the beans; add into the bowl of a food processor, along with remaining ingredients.
2. Puree until the mixture is smooth, about 1 minute.

Wrap

1. Chop all the vegetables; slice the tomato, cucumber, bell pepper and avocado.
2. Spread and 1/3 cup white bean hummus over each wrap, leaving about 1/2-inch border around the edges.
3. Divide vegetables onto each wrap, placing over the hummus – not all the vegetables will be used.
4. Fold each side of the wrap up and then roll.
5. Cut in half, if desired.
6. Serve wraps with any extra vegetables and dip remaining.

NUTRITION (PER SERVING)

Calories 345; Protein 13g; Fiber 26g

NOTES

Any type of beans can be turned into hummus using the instructions listed above.

Keep it healthy: When choosing lettuce, remember the darker the color of the green, the more nutrients and vitamins packed into it.

Transportation tip: Place the wrap in foil for each and drizzle a little lemon juice over the avocado to prevent browning.

Courtesy of American Heart Association

SERVINGS

4

INGREDIENTS

White Bean Hummus

15.5 oz. canned, no salt-added or low-sodium white beans (like cannellini), drained, rinsed

1 tbsp lemon juice

3 tbsp Water

1/4 tsp ground, sweet paprika

1/4 tsp ground black pepper

Wrap

1 medium tomato, (thinly sliced)

1 medium cucumber (thinly sliced)

1 bell pepper (seeded, thinly sliced)

1 avocado (peeled, pit removed, sliced)

4 handfuls lettuce

4 10" whole grain, low-fat wraps



Last-Minute Black Bean Soup

DIRECTIONS

1. In a medium saucepan, combine the beans, corn, salsa, water, bell pepper, lime juice, chili powder, and cumin.
2. Cover and bring to a boil. Reduce the heat and simmer, uncovered for 10 minutes.
3. Serve in individual bowls and top with the cheese and optional toppings, as desired.

NUTRITION

Calories 180; Total Fat 2g; Saturated Fats 1g; Sodium 330 mg;
Total Carbohydrates 33g; Dietary Fiber 7g; Protein 10g

Courtesy of Liz Weiss, fruitsandveggies.org

SERVINGS

4

PREPARATION

30 minutes or less

INGREDIENTS

- 1 15 oz. can black beans, undrained
- 1½ cups frozen or fresh corn kernels
- ¾ cup salsa – your preferred spice level
- ½ cup water
- ½ cup finely diced red bell pepper
- 2 tbsp fresh lime juice (juice of 1 lime)
- 1 tsp chili powder
- 1 tsp ground cumin
- ¼ cup shredded reduced-fat cheddar cheese

Optional Toppings

Reduced-fat plain Greek yogurt,
roughly chopped cilantro, diced
avocado, crushed tortilla chips



Smokey Maple-Mustard Salmon

DIRECTIONS

1. Preheat oven to 450° F.
2. Line baking sheet with foil and coat with cooking spray.
3. Combine mustard, maple syrup, paprika (or chipotle), pepper and salt in a small bowl
4. Place salmon fillets on the prepared baking sheet
5. Spread mustard mixture evenly on the salmon.
Roast until just cooked through, 8-12 minutes.

NUTRITION

Calories 148; Protein 22.6g; Carbohydrates 3.5g; Dietary fiber 0.1g; Sugars 3g; Fat 4.2g; Saturated Fat 1g; Cholesterol 53mg; Aitamin A IU 234.5IU; Vitamin C 1.4mg; Folate 12.6mcg; Calcium 49.5mg; Iron 0.6mg; Magnesium 33.4mg; Potassium 434.1mg; Sodium 275.5mg; Thiamin 0.1mg; Added Sugar 3g

NOTES

Smoked Paprika is made from smoke-dried red peppers and adds earthy, smoky flavor. You can find different types of paprika at some large supermarkets or online at penzeys.com.

Ground chipotle chili pepper can be found in the spice section of most supermarkets or online at penzys.com.

Courtesy of EatingWell

SERVINGS

4

PREPARATION

15 minutes

INGREDIENTS

3 tbsp whole-grain or Dijon mustard

1 tbsp pure maple syrup

¼ tsp smoked paprika or ground chipotle pepper

¼ tsp freshly ground pepper

½ tsp salt

4 4-oz. skinless center-cut, wild-caught salmon filets



Pistachio Oat Squares

DIRECTIONS

1. Preheat oven to 350° and line an 8-inch square pan with parchment paper.
2. In food processor with S blade attached, process pistachios, oats, and salt for approximately 30 seconds, until a meal starts to form.
3. Drizzle in maple syrup and olive oil while motor is still running and meal begins to come together into a crumbly, almost-wet dough.
4. Press dough evenly into pan and cover it with coconut flakes and remaining pistachios.
5. Bake for 10 to 12 minutes until coconut is golden brown and dough is cooked through. Squares should be soft – careful not to overbake.
6. Carefully lift cooked dough out of pan by holding two sides of parchment paper.
7. Cut into squares.
8. For extra sweetness, drizzle maple syrup over squares to liking.
9. Store squares in a sealed container for up to one week.

NUTRITION

Calories 148; Protein 22.6g; Carbohydrates 3.5g; Dietary Fiber 0.1g; Sugars 3g; Fat 4.2g; Saturated Fat 1g; Cholesterol 53mg; Vitamin A IU 234.5IU; Vitamin C 1.4mg; Folate 12.6mcg; Calcium 49.5mg; Iron 0.6mg; Magnesium 33.4mg; Potassium 434.1mg; Sodium 275.5mg; Thiamin 0.1mg; Added Sugar 3g

NOTES

To make these gluten-free, use certified gluten free oats.

Courtesy of CleanPlates

SERVINGS

12 squares

INGREDIENTS

1 cup raw shelled pistachios

1 cup rolled oats

½ tsp sea salt

¼ cup maple syrup,
more for drizzling on top

2 tbsp olive oil

½ cup unsweetened coconut flakes

Additional handful of chopped
pistachios for the topping



Simple Gilled Salmon & Vegetables

DIRECTIONS

1. Preheat grill to medium-high
2. Brush zucchini, peppers, and onion with oil and sprinkle with $\frac{1}{4}$ tsp salt.
3. Place vegetables and salmon pieces, skin-side down, on grill.
4. Cook vegetables, turning once or twice, until just tender and grill marks appear, 4 to 6 minutes per side.
5. Cook salmon, without turning, until it flakes when tested with fork, 8 to 10 minutes.
6. When cool enough to handle, roughly chop vegetables and toss into a large bowl.
7. Remove skin from salmon fillets.
8. If desired, serve alongside vegetables. Garnish each serving with 1 Tbsp. basil and serve with lemon wedge.

NUTRITION (PER SERVING)

Calories 281; Protein 30g; Carbohydrates 11g; Dietary Fiber 3g; Sugars 6g; Total Fat 13g; Saturated Fat 2g; Cholesterol 66mg; Vitamin A 3014IU; Vitamin C 125mg; Folate 74mcg; Sodium 369mg; Calcium 84mg; Iron 2mg; Magnesium 65mg; Potassium 896mg

Courtesy of EATINGWELL

SERVINGS

4

PREPARATION

25 minutes

INGREDIENTS

1 medium zucchini, halved lengthwise

2 red, orange and/or yellow bell peppers, trimmed, halved and seeded

1 medium red onion, cut into 1-inch wedges

1 tbsp extra-virgin olive oil

$\frac{1}{2}$ tsp salt, divided/Mrs. Dash

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

1 $\frac{1}{4}$ lbs. salmon fillet, cut into 4 portions

1 lemon, cut into 4 wedges



Brain Boosting Super Salad with Lemon Vinaigrette

DIRECTIONS

Lemon Vinaigrette

1. Add all vinaigrette ingredients to small bowl.
2. Whisk until everything is combined.
3. Refrigerate until ready to use.

Salad

1. Wash and dry fruit just before making salad.
2. Cut avocado, nectarines, plums, and broccoli into bite-size pieces; divide them between two bowls.
3. Equally, add remaining ingredients to bowls.
4. Toss with salad dressing just before serving. Refrigerate any leftover salad dressing.

NUTRITION

Calories 643kcal; Carbohydrates 46g; Protein 8g; Fat 52g; Saturated Fat 7g; Polyunsaturated Fat 12g; Monounsaturated Fat 31g; Sodium 169mg; Potassium 1187mg; Fiber 15g; Sugar 25g; Vitamin A 1188IU; Vitamin C 87mg; Calcium 74mg; Iron 2mg

Courtesy of Call Me PMC

SERVINGS

4

PREPARATION

10 minutes

COOK TIME

1 minute

INGREDIENTS

Lemon Vinaigrette

- ½ cup olive oil
- ½ cup lemon juice fresh
- ½ tsp lemon zest
- 1 tsp honey or date syrup
- 1 clove garlic minced
- ¼ tsp salt and pepper to taste

Salad

- 2 medium avocado
- 2 cups broccoli
- ½ cup blueberries
- ½ cup raspberries
- ½ cup blackberries
- 4 medium plums
- 4 medium nectarines
- ½ cup walnuts chopped



Coconut Milk Strawberry-Banana Pops

DIRECTIONS

1. Place coconut milk, 1½ cups strawberries, banana and syrup in a blender; cover and process until smooth.
2. Divide remaining strawberries among 12 molds or paper cups.
3. Pour pureed mixture into molds or cups, filling ¼ full.
4. Top molds with holders. If using cups, top with foil and insert sticks through foil.
5. Freeze until firm, at least 4 hours.

NUTRITION (1 POP)

Calories 51; Fat 3g (3g saturated fat); Cholesterol 0; Sodium 5mg; Carbohydrates 7g (Sugars 5g; Fiber 1g), Protein 1g

Courtesy of Taste of Home Kitchen

SERVINGS

12

PREPARATION

10 minutes

FREEZING

4 hours

INGREDIENTS

1 medium banana, sliced

1 can (13.66 oz.) coconut milk

1 pint fresh strawberries, chopped, divided

2 tbsp maple syrup

12 freezer pop molds or

12 3 oz. paper cups

(If using cups, will need aluminum foil)

12 wooden pop sticks



Chocolate Covered Bananas

DIRECTIONS

1. Peel bananas, slice in half and insert a popsicle stick into the cut end.
2. Lay bananas on parchment paper and freeze for at least 2 hours.
3. Melt chocolate in a double broiler or in 20 second increments in microwave.
4. Dip frozen banana into melted chocolate and swirl to remove any excess.
5. Sprinkle on preferred toppings while chocolate is still wet.
6. Place bananas on parchment or wax paper allowing chocolate to fully harden.

NUTRITION (1 POP)

Calories 219.4kcal; Carbohydrates 26.1g; Protein 2.5G; Fat 10.1g; Saturated Fat 10g; Sodium 0.4mg; Fiber 1.2g; Sugar 19.4g

NOTES

Freeze in separated layers. If you plan to freeze these after making them, place them in a storage container making sure to place a sheet of parchment paper or wax paper between layers to prevent them from sticking together.

Downshiftology with Lisa Bryan & HealthStart Foundation

SERVINGS

6

PREPARATION

2 hours, 10 minutes

INGREDIENTS

3 medium bananas, cut in half

1 cup chocolate chips
(dark chocolate preferable)

Optional Toppings

Nuts

Seeds

Shredded coconut

Almond butter or peanut butter (drizzle)

Dried fruit

6 wooden pop sticks



Spiced Salmon with Tray-Baked Sag Aloo

DIRECTIONS

1. Heat oven to 200 °F.
2. Cook potatoes in large pan of boiling salt water for 6 minutes.
3. Drain in colander and leave to steam dry for a few minutes.
4. Toss potatoes in roasting tin with 1 Tbsp. oil, turmeric, ground cumin, chili flakes and plenty of seasoning.
5. Roast for 20 minutes, tossing halfway through.
6. Put spinach in colander and pour boiling water in until spinach is wilted. Use back of a wooden spoon to squeeze out water.
7. Rub salmon generously with spice paste and drizzle with oil.
8. Stir spinach through the potatoes and top with the salmon, skin-side down.
9. Increase heat to 220 °F.
10. Return roasting tin to oven for 20-25 minutes or until salmon is just cooked.
11. Remove salmon to stir cream into the potatoes.
12. Replace salmon and serve with lemon wedges.

NUTRITION

Calories: 610.4kcal; Carbohydrates 39g; Protein 33g; Fat 35g; Saturated Fat 12g; Sodium 0.6mg; Fiber 5g; Sugar 3g

Courtesy of Goodfood Magazine

SERVINGS

4

PREPARATION

10 minutes

COOK TIME

40 minutes

INGREDIENTS

1 kg floury potatoes, peeled and cut into 2 cm chunks

Olive oil for roasting

1 tsp turmeric

2 tsp ground cumin

1 tsp chili flakes

200g spinach

1 500g salmon fillet

2 tbsp tandoori and tikka spice paste

100ml double cream

Lemon wedge, to serve



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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