



Healthy Corner

RECIPE COOKBOOK

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**HEALTH
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**BAPTIST
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A COMMUNITY BUILT ON CARE

VOLUME 5



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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Salmon with Melon Salsa

DIRECTIONS

1. Preheat oven broiler to 400 degrees (or maximum)
2. Line a cooking sheet with aluminum foil
3. Place fish fillets on the cooking sheet and brush with olive oil. Sprinkle a little salt and pepper on each fillet
4. Place in oven for 5-10 minutes, or until brown on the top and cooked throughout

While Salmon is cooking, prepare the salsa:

1. Mix together gently the cantaloupe, green onion, red pepper and cilantro. Season with a little salt and pepper
2. In a small bowl, whisk together the olive oil, lime zest and lime juice
3. Pour dressing over salsa and mix to combine.

When salmon is ready, place one fillet on each plate and spoon one quarter of the salsa on top.

Serve with a green salad and brown rice.

TIPS

You can replace cantaloupe with peaches or papaya for this recipe

NUTRITION

Calories 500kcal; Carbohydrates 46g; Protein 40g; Fat 18g; Sugar 13g; Saturated Fat 7g; Fiber 6g; Calcium 37mg; Cholesterol 95mg; Sodium 790mg

Courtesy of Optometrists Dr. Laurie Capogna and Dr. Barbara Pelletier

SERVINGS

4

INGREDIENTS

4 Wild Alaskan salmon fillets
(frozen or fresh)

1 tbsp olive oil

salt and pepper

Melon Salsa

1 cup cantaloupe
(cut into ¼ inch cubes)

½ red pepper (cut in ¼ inch cubes)

1 green onion, chopped finely

1 tbsp fresh cilantro, chopped

salt and pepper

juice and zest 1 lime

1 tbsp olive oil



Shrimp Bowls with Scallion Vinaigrette

DIRECTIONS

1. Preheat oven to 425 degrees F. Heat a medium saucepan over medium, add quinoa, and cook, shaking the pan occasionally, until lightly toasted, 5 minutes. Add 3 cups water and immediately cover (it will sputter). Simmer gently for 10 minutes. Remove from heat, remove lid, cover with a clean towel, and let stand 10 minutes; fluff with a fork.
2. Meanwhile, on a rimmed baking sheet, toss the broccoli with 1 tablespoon oil and $\frac{1}{4}$ tsp each salt and pepper. Spread in an even layer and roast 15 minutes.
3. Season the shrimp with a pinch each salt and pepper, toss with the broccoli, and roast until opaque throughout, 6 to 8 minutes.
4. In a medium bowl, whisk together the vinegar, ginger, and remaining tbsp. oil. Toss with the tomatoes, then fold in the scallions.
5. Divide the quinoa among bowls, then top with the shrimp, the broccoli, and the avocado.
6. Spoon the tomato scallion vinaigrette over the top.

NUTRITION

Calories 462kcal; Carbohydrates 57g; Protein 20g; Fat 19g; Saturated Fat 2.5g; Fiber 12g; Cholesterol 58mg; Sodium 457mg

Courtesy of Woman's Day Kitchen

PREPARATION

30

SERVINGS

4

INGREDIENTS

1½ cup quinoa

1 lb broccoli, cut into small florets and stems cut into thin pieces

2 tbsp olive oil

Kosher salt and pepper

20 large peeled and deveined shrimp, tails removed

1 tbsp rice vinegar

1 tbsp finely grated fresh ginger

8 oz plum tomatoes, seeds removed and cut into $\frac{1}{4}$ pieces

2 scallions, thinly sliced

1 avocado, cut into small pieces



Greek Muffin-Tin Omelets with Feta & Peppers

DIRECTIONS

1. Preheat oven to 325 degrees F. Liberally coat a 12-cup muffin tin with cooking spray
2. Heat oil in a large skillet over medium heat. Add onion and 1/8 tsp salt; cook, stirring, until starting to soften, about 3 minutes. Add bell pepper and oregano; cook stirring, until the vegetables are tender and starting to brown, 4 to 5 minutes more. Remove from heat and let cool for 5 minutes.
3. Whisk eggs, feta, milk, pepper and the remaining 1/8 tsp salt in a large bowl. Stir in spinach, olives and the vegetable mixture. Divide among the prepared muffin cups.
4. Bake until firm to the touch, about 25 minutes. Let stand for 5 minutes before removing from the tin.

Prepare ahead through step 3 and refrigerate egg mixture overnight. Let stand at room temperature for 10 minutes before baking. If cooked, they can be wrapped individually in plastic wrap and refrigerated for up to 3 days. They can be frozen for up to 1 month.

TIPS

To reheat, thaw, if necessary, and remove plastic wrap. Wrap in a paper towel and microwave each omelet on high for 20 to 30 seconds.

NUTRITION

Calories 226KCAL; Carbohydrates: 7g; Protein 13g; Fat 17 G; Total Sugars 4G; Vitamin A 2340IU; Vitamin C 33mg; Saturated Fat 6g; Fiber 1g; Cholesterol 266mg; Sodium 466mg; Folate 51mcg; Calcium 185mg; Iron 2mg; Magnesium 32 mg; Potassium 211mg

Courtesy of Eating Well

SERVINGS

6

INGREDIENTS

Cooking spray

2 tbsp extra-virgin olive oil

½ tsp salt, divided

¾ cup diced onion

1 medium red bell pepper, diced

1 tbsp finely chopped fresh oregano

8 large eggs

¾ cup crumbled feta cheese

½ cup low-fat milk

½ tsp ground pepper

2 cups chopped fresh spinach

½ cup sliced Kalamata olives



Blueberry Almond Protein Bars

DIRECTIONS

1. Line an 8"x8" baking dish with parchment paper. Set aside.
2. In a large mixing bowl combine almonds, pepita seeds, puffed rice, dried blueberries, coconut and chia or hemp seeds. Toss and set aside.
3. In a small pan, heat brown rice syrup, salt, cinnamon, turmeric, and vanilla over medium-high heat until boiling, stirring occasionally. Let the sauce boil for 4 to 5 minutes.
4. When sauce is ready, pour it evenly over the almond mixture and quickly stir the mixture until it is evenly coated with the sauce. Move fast, it hardens quickly!
5. Quickly transfer the mixture to the prepared baking dish and press it firmly into the dish into an even layer.
6. Let bars cool for 30 minutes.
7. Carefully lift the parchment paper from the baking dish and transfer it to a cutting board. Peel the parchment paper away from the bars.
8. Cut the bars into desired shares and sizes.
9. Place into a sealed container and store at room temperature. The bars will last up to 10 days, or you can freeze them up to three months.

NUTRITION

Calories 315kcal; Carbohydrates 24g; Protein 9g; Fat 21g; Saturated Fat 2g; Polyunsaturated Fat 6g; Monounsaturated Fat 12g; Trans Fat 1g; Sodium 2mg; Potassium 430mg; Fiber 5g; Sugar 14g; Vitamin A 20IU; Vitamin C 120mg; Calcium 118 mg; Iron 4mg

Courtesy of University of Vermont Health Network

INGREDIENTS

- 1½ cups raw almonds, rough chop
- ½ cup raw pepita seeds (or unsalted sunflower seeds)
- 2/3 cup puffed rice
- 2/3 cup dried blueberries
- ½ cup coconut flakes, unsweetened
- 1 tbsp chia seeds or hemp seeds
- 1/3 cup brown rice syrup (or ¼ cup honey)
- ½ tsp sea salt
- 1 tsp cinnamon
- 1 tsp turmeric
- 1 tsp vanilla



Creamy Broccoli Apple Salad

DIRECTIONS

1. In large bowl, combine broccoli, carrots, onion, apples, pecans and cranberries.
2. In separate bowl, whisk together yogurt, lemon juice and honey.
3. Combine yogurt mixture with vegetable mixture and toss well. Season to taste with salt and pepper.
4. Chill until ready to serve.

TIPS

Full fat Greek yogurt can be used to promote additional caloric intake for weight gain. Adding more lemon juice may also improve the taste profile for someone with mild dysgeusia.

NUTRITION (PER SERVING)

Calories: 140; Total Fat 6g (1g Saturated Fat, 0g Trans Fat);
Cholesterol: 5mg; Carbohydrates 20g; Protein 5g; Dietary Fiber 3g;
Sodium 25mg; Sugar 15g; Added Sugar 2g

Courtesy of American Institute for Cancer Research

SERVINGS

8 (1 cup)

INGREDIENTS

4 cups broccoli florets
½ cup carrots, shredded
½ red onion, sliced thin
2 apples, diced
½ cup pecans, chopped
½ cup dried cranberries
1 cup plain Greek yogurt
2 tbsp lemon juice
1 tbsp honey
Salt and pepper, to taste



Raspberry Yogurt Parfait with Peaches

DIRECTIONS

1. In a food processor or blender, process 1½ cups yogurt and the raspberries for 15 to 20 seconds, or until the mixture is smooth, stopping to scrape the sides as needed.
2. In a small bowl, stir together the remaining 1 cup yogurt, cinnamon, and vanilla until well blended
3. In four small cups, layer as follows: 2 tablespoons peaches, ½ cup raspberry yogurt mixture, ¼ cup plain yogurt mixture, and 2 tablespoons peaches.

TIPS

Experiment with different flavor combinations. Swap out the raspberries for no-sugar-added canned pears or frozen mixed berries. Substitute frozen cherries or mango for the peaches. Be sure to avoid substituting pineapple, grapes, and dried fruits.

Avoid added sugars in store-bought flavored yogurts, make your own by blending fruit and plain yogurt.

NUTRITION (PER SERVING)

Calories 125kcal; Carbohydrates 14g; Protein 15g; Fat 1g; Saturated Fat 0; Polyunsaturated Fat 0; Monounsaturated Fat 0; Trans Fat 0; Cholesterol 7 mg; Sodium 51mg; Fiber 2g; Sugar 9g

Courtesy of American Stroke Association

SERVINGS

4

INGREDIENTS

1½ cups fat-free plain Greek yogurt
and 1 cup fat-free plain Greek yogurt,
divided use

1 cup fresh or frozen unsweetened
raspberries, thawed if frozen

½ tsp ground cinnamon

½ tsp vanilla extract

1 cup no-sugar-added canned sliced
peaches, packed in their own juice,
drained, or frozen unsweetened
peaches, thawed if frozen, and diced



Avocado & Black Bean Eggs

DIRECTIONS

1. Heat the oil in a large non-stick frying pan. Add the chili and garlic and cook until softened and starting to color.
2. Break in the eggs on either side of the pan. Once they start to set, spoon the beans (with their juice) and the tomatoes around the pan and sprinkle over the cumin seeds. Your aiming to warm the beans and tomatoes rather than cook them.
3. Remove the pan from the heat and scatter over the avocado and coriander. Squeeze over half of the lime wedges. Serve with the remaining wedges on the side for squeezing over.

TIPS

Others recommend cooking spices first and then adding eggs and $\frac{1}{2}$ of the juice from beans. Eggs can cook quickly and before the spices have had a chance to heat up. If you cover the pan, can get a poached style egg, depending on your preference. Others' seasons with paprika and black pepper instead of chili.

NUTRITION

Calories 356kcal; Carbohydrates 18g; Protein 20g; Fat 20g; Sodium .8g; Fiber 11g; Sugar 5g

Courtesy of Good Food Magazine

SERVINGS

2

PREPARATION

5 minutes

COOK TIME

5 minutes

INGREDIENTS

- 2 tsp grapeseed oil
- 1 red chili, deseeded and thinly sliced
- 1 large garlic clove, sliced
- 2 large eggs
- 400g can black beans
- $\frac{1}{2}$ x 400g can cherry tomatoes
- $\frac{1}{4}$ tsp cumin seeds
- 1 small avocado, halved and sliced
- handful fresh, chopped coriander
- 1 lime, cut into wedges



Classic Egg Salad

DIRECTIONS

1. Combine all the ingredients and refrigerate until ready to eat.

TIPS

Store in an airtight container for up to 4 to 5 days

NUTRITION

Calories 185kcal; Carbohydrates 1g; Protein 9.5g; Fat 15.5g; Saturated Fat 3.5g; Cholesterol 282 mg; Sodium 212.5 mg; Sugar 2g

Courtesy of Skinny Taste

SERVINGS

4

PREPARATION

5 minutes

COOK TIME

20 minutes

INGREDIENTS

6 hard boiled eggs,
peeled and chopped

3 tbs mayonnaise

1 tsp finely chopped red onion

1/8 tsp kosher salt

fresh black pepper, to taste

1/8 tsp sweet paprika, for garnish

Chopped chives, for garnish



Mango Lassi Overnight Oats

DIRECTIONS

1. Combine mangos, yogurt, syrup and milk in blender. Blend until smooth.
2. Mix in chia seeds and oats.
3. Pour into two separate bowls, cover and place in the refrigerator.
4. The next morning: Top with fruit, nuts or eat plain.

NOTES

Regular or reduced fat yogurt or milk may be used

NUTRITION (PER SERVING)

Calories 420; Total Fat 8g (Saturated Fat 2g); Cholesterol 10 mg; Carbohydrates 79g; Protein 16g; Dietary Fiber 9g; Sodium 65mg

Courtesy of American Institute for Cancer Research

SERVINGS

2

INGREDIENTS

2 mangos, peeled and diced

½ cup plain Greek yogurt

2 tsp pure maple syrup

¾ cup milk*

2 tbsp chia seeds

½ cup oats

Fruit or nuts, optional

* Regular or reduced fat yogurt or milk may be used.



Almond-Crusted Trout with Shaved Brussels Sprout Salad

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Finely chop dill. Combine in a bowl with almond flour, panko, and a pinch of salt and pepper. Transfer to a shallow dish. Crack eggs into a separate shallow dish and lightly whisk.
3. Pat trout dry and season with salt and pepper. Dip into the egg mixture, then coat in almond flour mixture.
4. Heat 2 tbsp olive oil in an over proof skillet over medium-high heat. Add trout and cook 4 minutes, then flip and transfer the pan to the oven. Cook 4 minutes more, until opaque and flaking easily with a fork.
5. Meanwhile, in a salad bowl, whisk together apple cider vinegar, mustard and remaining 2 tbsp. olive oil. Season with salt and pepper to taste. Add Brussel sprouts, arugula and cherry tomatoes. Toss to coat.
6. Enjoy trout garnished with extra dill and a squeeze of lemon, over the salad.

NUTRITION

Calories 579; Carbohydrates 20g; Fat 33g; Sugar 6g; Protein 47g; Fiber 5g; Saturated Fat 5g; Cholesterol 282 mg; Sodium 203 mg; Added Sugar 1g

Courtesy of Healthline Editorial Team

SERVINGS

4

PREPARATION

6 minutes

COOK TIME

8 minutes

INGREDIENTS

- 1 tbsp fresh dill
- ½ cup almond flour
- ½ cup panko bread crumbs
- 2 eggs
- 1½ lbs trout (four 6 oz portions)
- ¼ cup olive oil
- 2 tbsp apple cider vinegar
- 1 tsp Dijon mustard
- 2 cups shaved Brussels sprouts
- 4 cups arugula
- 1 cup cherry tomatoes
- 1 lemon
- Pinch of salt and pepper



Blueberry Baked Oats

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Mix all of the ingredients together in a large bowl.
3. Tip the mixture into 13.6 inches by 8 inches ovenproof dish.
4. Bake for 30-35 minutes, until piping hot in the middle.
5. Serve warm with a little milk or yogurt, honey and extra blueberries, if you like.

NUTRITION (PER SERVING)

Calories 271kcal; Carbohydrates 34g; Fat 11g; Sugar 10g; Protein 10g; Fiber 6g; Saturated Fat 1g; Sodium .35g

Courtesy of Good Food Magazine

SERVINGS

6

PREPARATION

5 minutes

COOK TIME

35 minutes

INGREDIENTS

- 2 cups almond milk
- 7 oz jumbo porridge oats
- 2 tbsp almond butter
- 1 tsp baking powder
- 1 egg, beaten
- 1 small ripe banana, mashed
- ½ tsp almond extract or 1 tsp vanilla extract (optional) 2 cups blueberries, plus extra to serve
- ¼ cup whole, skin-on almonds, roughly chopped
- milk or fat-free yogurt and honey, to serve (optional)



Raspberry Chia Pudding

DIRECTIONS

1. In a blender, combine the coconut milk, raspberries, and 2 tbsp of the maple syrup until smooth.
2. Taste and add more maple syrup, if desired.
3. Pour into a bowl and add the chia seeds, stirring well to combine. Leave in the bowl or transfer to individual ramekins for serving.
4. Cover with plastic wrap and refrigerate for at least 4 hours or overnight. If desired, add fresh raspberries as a garnish before eating.

NUTRITION

Calories 60cal; Saturated Fat 1g; Cholesterol 0 mg; Sodium 0 mg; Carbohydrate 8g; Dietary Fiber 3g; Sugars 4g; Protein 1g; Calcium 60mg; Potassium 70mg

Courtesy of American Cancer Society

SERVINGS

4

PREPARATION

10 minutes

COOK TIME

1 minute

INGREDIENTS

½ cup unsweetened coconut milk, well shaken

½ cup fresh or frozen raspberries, defrosted

2 - 3 tbsp maple syrup, agave nectar, or honey

2 tbsp chia seeds

You can also substitute unsweetened (plain) almond milk for coconut milk



Cranberry Coconut Popsicle

DIRECTIONS

1. Combine all ingredients in blender and blend until smooth.
2. Pour into Popsicle molds and freeze for at least 2 hours.

NUTRITION

Calories 172; Total Fat 12g (Saturated Fat 7g); Cholesterol 0mg;
Carbohydrates 15g; Protein 1g; Dietary Fiber 3g

Courtesy of American Institute for Cancer Research

SERVINGS

6

INGREDIENTS

- 1 cup canned coconut milk
- 1 avocado, pitted and mashed
- 2 cups cranberry juice



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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