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Healthy Foodie

delicious recipes
+
essential health



 **CHI St. Vincent**[™]

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Welcome to Healthy Foodie!

At CHI St. Vincent, we think eating healthy shouldn't mean sacrificing flavor. That's why we created Healthy Foodie! This guide is packed full of helpful recipes, lifestyle tips and health information to help you live a healthier life. Keeping you well is our goal!



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contents

Breakfast2

Soups & Sides8

Mains 14

Air Fryer 24

GF Gluten Free

V Vegetarian (no meat)



Breakfast

Breakfast Tacos

Microwave Soufflé

Vegetable Frittata

Chocolatey Muffin in a Mug





Breakfast Tacos

V

There are very few food items more popular than tacos, and now you can enjoy them for any meal! These breakfast tacos are a great way to start the day, with 23 g. protein and plenty of complex carbs to keep you satisfied. **4 servings.**

INGREDIENTS

- 2 eggs
- 5 egg whites
- 2 tablespoons skim milk
- ¼ teaspoon black pepper, ground
- 15 ounces low-sodium black beans, drained
- ¼ cup salsa
- 1 tablespoon canola oil
- 4 whole-wheat flour tortillas, 8-inch
- ¼ low-fat Mexican cheese blend, shredded

Optional toppings: Cilantro, avocado, green onions, non-fat Greek yogurt

METHOD

1. In a medium mixing bowl, whisk together eggs, egg whites, skim milk and black pepper.
2. In a 9-inch skillet, cook black beans and salsa over medium heat for five minutes, stirring frequently. Set aside.
3. In a separate skillet, warm canola oil over medium heat.
4. To build, divide egg mixture equally in the center of each tortilla. Add bean mixture and cheese. Add toppings and serve immediately.

NUTRITION

Per serving: 390 calories, 10 g. total fat (1.5 g. saturated fat), 105 mg. cholesterol, 49g. total carbohydrates, 23 g. protein, 380 mg. sodium, 511 mg. potassium

Breakfast tacos have a lot of room for creativity. For some extra heat, use a Mexican hot sauce like Cholula or Valentina. You can also dice fresh tomato or just give it a squeeze of lime. Check out your local Mexican grocer for ideas!

Microwave Soufflé

V

A traditional soufflé can be one of the most challenging dishes to make for a home cook. But this version makes things much faster and easier using your microwave oven! This recipe only makes a single serving; you must use a separate microwave-safe bowl for each serving you make. But after trying it, we know you'll be coming back to this one again and again! **1 serving.**

INGREDIENTS

- 2 teaspoons softened unsalted butter or margarine
- 1 pinch of salt (only if using butter instead of margarine)
- ¼ cup skim milk
- 1 tablespoon all-purpose flour
- ¼ teaspoon dried oregano
- 1 dash cayenne pepper
- 1 tablespoon finely chopped roasted red bell pepper
- 1 egg white

METHOD

1. In a small microwave-safe bowl, combine butter, salt (optional) and milk. Microwave on high for 30 seconds, whisk to combine.
2. Whisk in the flour, oregano and cayenne pepper. Microwave another 30 seconds, whisk to combine.
3. Stir in the roasted red bell pepper.
4. In a separate bowl, beat egg white until firm peaks form. Gently fold the beaten white into milk mixture until combined.
5. Microwave for 1 minute or until the soufflé is puffed up and cooked through. Serve immediately.

NUTRITION

Per serving: 137 calories, 8 g. fat (1 g. saturated fat), 1 mg. cholesterol, 10 g. total carbohydrates, 7 g. protein, 200 mg. sodium, 181 mg. potassium



Blood Pressure – 130 is the new 140



Interventional Cardiologist Mohammad Al-Sarie, MD

The guidelines for blood pressure published by the American Heart Association recently changed, and what was considered normal for many is now considered elevated. Anyone with blood pressure higher than 130/80 will be considered to have hypertension, or high blood pressure.

High blood pressure is a risk factor for cardiovascular disease, including heart attacks, strokes, aortic aneurysms and many others. When your cardiologist or primary care doctor checks your blood pressure, they compare it with the normal range set by the guidelines published by the American Heart Association. If your blood pressure is over the recommended range, they will want to create a treatment plan to help lower it. A treatment plan does not always mean that you need to start taking medications right away.

Ways to Control Blood Pressure

Changing your lifestyle is always the first step in treatment, and that includes removing as much stress as possible, cutting down on salt intake and stopping smoking.

Other ways to naturally control your blood pressure include watching what you eat and increasing your daily physical activity. Just by reducing your daily caloric intake, adding more raw vegetables to your diet, and walking at least 20 minutes a day you can impact your blood pressure significantly.

Your heart's health is nothing to take lightly, so if you have any risk factors that increase your chances of having high blood pressure, talk to your doctor right away.





Vegetable Frittata

GF

V

The classic frittata has always been a simple way to enjoy eggs and fresh vegetables. Here we use onions and peppers, but feel free to try zucchini, eggplant, roasted potatoes, or even cabbage. Preparing the frittatas in a muffin tin makes for easy serving and storage if you have any leftovers. **6 servings.**

INGREDIENTS

- 2 teaspoons olive oil
- ½ sweet onion, diced
- 1 orange or red bell pepper, diced
- 1 tablespoon fresh dill
- ¼ teaspoon cracked black pepper
- 3 eggs
- 3 egg whites
- 2 tablespoons skim milk
- 6 grape tomatoes, halved
- 2 tablespoons feta cheese, crumbled
- 2 green onions, sliced (optional garnish)
- Cooking spray

METHOD

1. In a small nonstick skillet, heat oil over medium heat. Cook onion and pepper for 3 minutes. Stir in dill and pepper, and remove from heat.
2. In a separate bowl, whisk egg, egg whites and milk until combined.
3. Lightly spray six cups of a muffin tin with cooking spray. Divide onion and pepper mixture among the six cups. Pour an equal amount of the egg mixture over the onions and peppers. Top each with 2 tomato halves and sprinkle with feta.
4. Bake in preheated oven for 20 minutes, or until a knife inserted in the center comes out clean. Garnish with green onions if desired. Serve immediately. Frittatas can be cooled and frozen in a zipped gallon bag for later use.

NUTRITION

Per serving: 80 calories, 4.5 g. total fat (1.5 g. saturated fat), 95 mg. cholesterol, 3 g. total carbohydrates, 100 mg. sodium, 160 mg. potassium

Chocolatey Muffin in a Mug

V

Here's another fun take on a common breakfast item. Muffins prepared the traditional way can take 30 minutes or more to be ready, but with this method, a tasty chocolate muffin is ready in just 5 minutes! The bran cereal provides some extra fiber; you can substitute the same amount of all-purpose flour if you don't have bran on hand. **1 serving.**

INGREDIENTS

- 1 egg
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- 2 tablespoons bran cereal pellets or all-purpose flour
- 2 teaspoons cocoa powder
- ¼ teaspoon baking powder
- 1 pinch of ground cinnamon

NUTRITION

Per serving: 93 calories, 3 g. total fat (1 g. saturated fat), 93 mg. cholesterol, 14 g. total carbohydrates, 5. g protein, 107 mg. sodium, 184 mg. potassium

METHOD

1. Using a fork, in a microwave-safe mug beat together the egg, maple syrup and vanilla. Mix in bran cereal, cocoa powder, baking powder and cinnamon. Stir well to combine.
2. Cook in microwave on high for 1 minute and 45 seconds, or until muffin puffs up. Let cool until you can handle the mug and serve.

Note: This recipe is not gluten-free as written. You can make it gluten-free by using an alternative bran, like oat bran or rice bran.



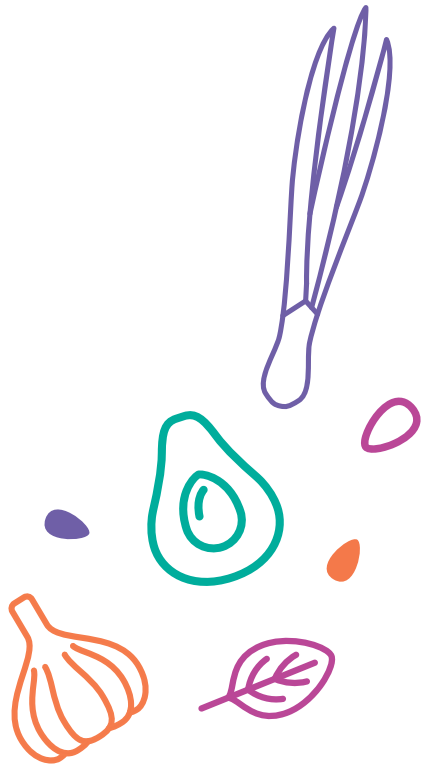
Sides & Soups

Mac and Cheese with Vegetables

Chunky Grilled Guacamole

Roasted Veggies with Garlic
Dipping Sauce

Chicken Enchilada Soup





Mac and Cheese with Vegetables

V

Everyone's favorite mac and cheese gets a mature upgrade with some fresh vegetables. Don't skip the mustard; it helps bring out the dish's flavor. **4 servings.**

INGREDIENTS

- ¼ cup salt
- 1½ cups whole wheat macaroni
- 2 teaspoons unsalted butter or margarine
- 1 small onion, finely chopped
- 1 carrot, finely chopped
- ½ cup red bell pepper, finely chopped
- 2 cloves garlic, minced
- 2 tablespoons all-purpose flour
- 2 cups skim milk
- ½ teaspoon thyme
- 1 cup shredded cheddar cheese
- 1 teaspoon Dijon mustard
- 1 pinch black pepper

METHOD

1. In a pot, bring water to boil over high heat. Add salt and stir to dissolve.
2. While water boils, in a large saucepan over medium heat, melt butter. Add onion and cook for 1 minute. Add carrot and red pepper and cook for 5 minutes, stirring often. Stir in garlic and cook for 1 minute.
3. While the vegetables cook, add macaroni to boiling water. Cook for 6 minutes or until tender, stirring occasionally. Drain and set aside.
4. Stir flour into the vegetable mixture and cook until flour is absorbed. Slowly add milk and stir until smooth. Add thyme and cook, stirring for five minutes, until it starts to bubble.
5. Stir in cheese, mustard and pepper. Remove from heat and stir until melted and smooth. Stir in cooked macaroni until coated. Serve immediately.

NUTRITION

Per serving: 322 calories, 8 g. total fat (4 g. saturated fat), 19 mg. cholesterol, 45 g. total carbohydrates, 20 g. protein, 334 mg. sodium, 413 mg. potassium

Chunky Grilled Guacamole

GF

V

Guacamole is already one of the most simple and healthy dips you can make. Here, we've upgraded it by grilling the ingredients before combining them for a more developed flavor. Be sure to choose an avocado that's just ripe and still quite firm so it doesn't fall apart on the grill. **4 servings.**

INGREDIENTS

- 2 tablespoon vegetable oil
- 1 small zucchini, sliced into 3 long strips
- 1 red bell pepper, seeds removed, sliced in half
- 1 avocado, halved, peels still on
- ½ small red onion, sliced in half
- 1 lime
- ¼ cup cilantro, chopped
- 1 pinch of salt

METHOD

1. Bring grill to medium-high heat. Brush grates with vegetable oil.
2. Brush both sides of zucchini, pepper, avocado and onion with oil. Place on grill for 3-4 minutes. Remove avocado and flip remaining vegetables. Let cook another 3-4 minutes.
3. Remove all ingredients from grill and cool for 2-3 minutes. Finely dice zucchini, pepper and onion, and place in large bowl. Scoop avocado into the bowl and mash together.
4. Squeeze juice from lime into the bowl. Add cilantro and salt, and stir everything together. Tightly cover the surface of the guacamole with plastic wrap and refrigerate until ready to serve.

NUTRITION

Per serving: 80 calories, 7 g. total fat (1 g. saturated fat), 0 mg. cholesterol, 4 g. total carbohydrates, 1 g. protein, 75 mg. sodium, 185 mg. potassium



Getting the Right Amount of Daily Protein



Bariatric Surgeon Brandon Ingram, MD

It is recommended that you get an average of 60-80 grams of protein each day. You can determine the amount of protein in pre-packaged food by looking at the nutrition facts. You can also use an app, such as MyFitnessPal, to find out how much is in fresh food.

Nutrition Facts	
6, 12, 18 or 24 servings per container	
Serving size	1 egg (50g)
Amount Per Serving	
Calories	60
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	6%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 170mg	57%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	13%
Vitamin D 6mcg	30%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 69mg	2%
Vitamin E 5mg	35%
Riboflavin 0.3mg	25%
Folate 45mcg	10%
Vitamin B12 1 mcg	40%
Biotin 10mcg	35%
Pantothenic Acid 1mg	20%
Iodine 60mcg	40%
Zinc 1mg	10%
Selenium 22mcg	40%
Molybdenum 8mcg	20%
Choline 147mg	25%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Saturated Fat 25% less than ordinary eggs:
1g vs. 1.5g (quantities rounded)

Look at **Step 1** in the label to the left. The serving size is meant to tell you how much food you should be eating at one time. The rest of the information in **Steps 2-5** is based on ONE serving worth of food.

For instance, the label to the left identifies the serving size as 1 egg. That means there are 6 grams of protein, 0 grams of carbohydrates, and 0 grams of sugar in 1 egg (look under **Step 3** for this information).

If you were consuming 2 eggs, you would be consuming 12 grams of protein, 0 grams of carbohydrates, and 0 grams of sugar.

Books about nutrition:

- *Grain Brain*, by Dr. David Perlmutter (includes sample menus)
- *The Obesity Code*, by Dr. Jason Fung (good information for diabetics)

Roasted Veggies with Garlic Dipping Sauce

GF

V

When it comes to fresh vegetables, sometimes the simple way is the best way. This roasted vegetable recipe can be adapted to just about any vegetable that you have on hand. Head to your local farmers market, pick out some produce that looks good, and enjoy! **4 servings.**

INGREDIENTS

- 1 zucchini or squash
- 2 cups broccoli florets
- 1 cup grape tomatoes
- 1 tablespoon chopped parsley
- 1 clove garlic, minced
- Black pepper to taste
- Cooking spray

Dipping Sauce

- ¼ cup plain lowfat yogurt
- 1 tablespoon chopped parsley
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced

METHOD

1. For the sauce: in a small bowl, whisk together yogurt, parsley, mustard, and minced garlic. Cover and refrigerate. This step can be completed up to two days in advance.
2. Preheat oven to 400 degrees.
3. Slice zucchini or squash crosswise into ½-inch slices and place in a bowl. Add broccoli florets and tomatoes, parsley, garlic, and black pepper. Spray vegetables with cooking spray and toss to coat.
4. Place a sheet of aluminum foil on a cooking sheet and spread the vegetables over the foil. Roast in oven for 20 minutes, rotating the pan 180 degrees halfway through cooking time. Roast until vegetables are golden brown. Serve immediately with dipping sauce.

NUTRITION

Per serving: 39 calories, 1 g. total fat (0 g. saturated fat), 1 mg. cholesterol, 7 g. total carbohydrates, 3 g. protein, 65 mg. sodium, 350 mg. potassium





Chicken Enchilada Soup

This classic soup is an easy way to eat healthy. Here we use ground chicken to reduce the total fat; you can also use sliced chicken breast. For additional Mexican flavor, add sliced avocado, jalapeños, or Tajín seasoning. **4 servings.**

INGREDIENTS

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 pound ground chicken
- 4 garlic cloves, minced
- 1 tablespoon chili powder
- ¼ cup tomato paste
- 2 tablespoons cilantro, chopped
- 4 cups low-sodium chicken broth
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- ¾ cup salsa
- 2 whole wheat tortillas
- 2 tablespoons olive oil
- ¼ teaspoon ground black pepper
- Cooking spray
- ½ cup Mexican cheese blend

METHOD

1. Preheat oven to 400 degrees.
2. Heat a saucepan on medium heat. Add oil, then onion, chicken, garlic and chili powder. Stir and break up the ground chicken. Cook for 8 minutes, or until onion is soft and chicken is no longer pink.
3. Stir in tomato paste and parsley. Add broth, peppers and salsa. Increase heat to high until liquid boils, then reduce to medium low and hold a simmer. Cook for 10 minutes or until peppers are tender. Cover with a lid and remove from heat.
4. Cut tortillas into half-inch strips. Spray strips with cooking spray and sprinkle with black pepper. Place strips on nonstick cookie sheet and bake for 5-6 minutes until golden and crisp.
5. Ladle soup into bowls and sprinkle with Mexican cheese blend and tortilla strips. Serve warm.

NUTRITION

Per serving: 190 calories, 8 g. total fat (2 g. saturated fat), 50 mg. cholesterol, 16 g. total carbohydrates, 15. g protein, 260 mg. sodium, 522 mg. potassium

Mains

Slow Cooker Pot Roast

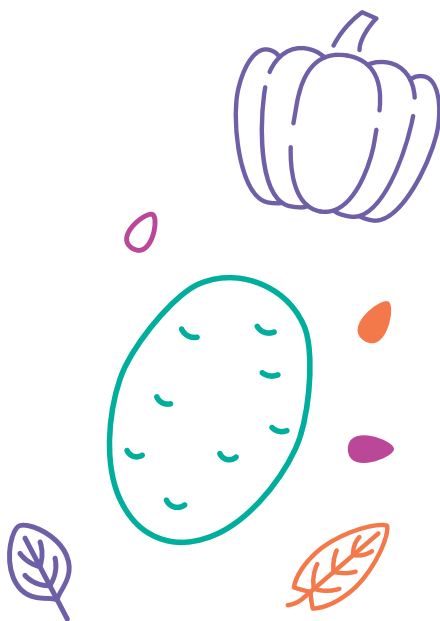
Balsamic Peach-Glazed Pork Chops

Stuffed Pepper Casserole

Salmon Patties with Lemon Sauce

Grilled Steak and Vegetables

Shrimp, Corn and Potato Grillers



Slow Cooker Pot Roast

This is that classic comfort-food recipe, the pot roast that warms your body and home on a cold day. We've only included onions in this recipe, but you can easily add some other root vegetables, like carrots, potatoes, or even turnips. **8 servings.**

INGREDIENTS

- 4 pounds round eye or chuck pot roast
- 4 cloves garlic, minced
- 2 tablespoons low-sodium steak seasoning
- 3 tablespoons vegetable oil
- 2 onions, sliced
- 2½ cups low-sodium beef stock or broth
- ½ cup all-purpose flour
- ¼ cup minced fresh parsley (optional)

NUTRITION

Per serving: 240 calories, 8 g. total fat (2 g. saturated fat), 90 mg. cholesterol, 6 g. total carbohydrates, 36 g. protein, 160 mg. sodium, 615 mg. potassium

METHOD

1. Pat roast dry. In a large, shallow dish, combine garlic and steak seasoning, and rub all over the roast.
2. In a large skillet, heat oil over medium-high heat and brown roast on all sides, about 2 minutes per side. Transfer to a plate.
3. Reduce heat to medium and add onions. Stir occasionally until brown, about 8-10 minutes.
4. Add cooked onions to slow cooker. Place roast on top of onions. Add beef stock over the roast. Cover and cook until fork-tender, about seven hours.
5. Carefully remove roast; cover and keep warm. Increase slow cooker heat to high. Skim fat from remaining liquid and discard.
6. In a small bowl, whisk flour with ½ cup water, then whisk into slow cooker. Cover and cook on high until thickened, about 15 minutes. Add roast, sprinkle with parsley, and serve warm.

Tip: Use an Instant Pot or other electric pressure cooker to save a lot of time with this recipe! Add ingredients to the pressure cooker according to the directions, set the cooker to high, and cook for 1 hour and 15 minutes. Let the cooker naturally depressurize before opening, and you just saved yourself 5 hours!



Balsamic Peach-Glazed Pork Chops

GF

These pork chops are simple, quick and easy to make. Choose lean chops from the meat section at the grocery store, and don't overcook them! Pork chops can be safely cooked to medium (about 145 degrees). **4 servings.**

INGREDIENTS

Pork Chops

- ⅓ cup balsamic vinegar
- 2 cloves minced garlic
- 1 tablespoon extra virgin olive oil
- 4 thinly sliced boneless pork chops
- Pinch of salt
- Nonstick cooking spray

Balsamic Peach Glaze

- 1 tablespoon balsamic vinegar
- 1 cup frozen peaches
- ½ cup sugar-free peach preserves
- ⅓ teaspoon cayenne pepper

METHOD

1. In a medium mixing bowl, whisk together ⅓ cup balsamic vinegar, garlic and olive oil. Add pork chops and coat with marinade. Cover and chill for 30 minutes.
2. In a small saucepan over medium heat, add 1 tablespoon balsamic vinegar, peaches, peach preserves, and cayenne pepper. Stir frequently, bring to a simmer, and cook for 2-3 minutes. Set aside.
3. Heat a large skillet over medium-high heat. Remove pork chops from

marinade and pat dry. Discard marinade. Season chops with salt. Coat skillet with cooking spray and add chops. Cook 2-3 minutes per side. Remove pan from heat, add balsamic peach glaze to the pork chops and coat. Serve immediately.

NUTRITION

Per serving: 215 calories, 6 g. total fat (2 g. saturated fat), 76 mg. cholesterol, 21 g. total carbohydrates, 28 g. protein, 60 mg. sodium, 220 mg. potassium



5 Dangerous Food & Drug Interactions

1

Foods Rich in Vitamin K + Warfarin

Patients taking warfarin should always have a diet consistent in Vitamin K intake. Our body needs Vitamin K to produce clotting factors which prevent bleeding. Warfarin works by inhibiting Vitamin K so if a patient inconsistently has a large Vitamin K intake from eating kale or spinach, they may temporarily prevent their medication from working which could lead to blood clots or stroke.

2

Grapefruit Juice + Statins

“Statins” are medications often prescribed to treat high cholesterol or for prevention of cardiovascular disease. Compounds in grapefruit juice can cause an increase in the potency of “statins” such as atorvastatin and simvastatin putting patients at higher risk for side effects from these medications.

3

Antibiotics + Milk Products

Milk, yogurt, and cheese can interfere with medications. Some antibiotics like doxycycline and ciprofloxacin can bind to the calcium found in milk products forming a substance in the stomach that your body can not absorb. Calcium-Containing foods and medications should not be taken with these antibiotics.

4

Fermented Foods + MAOIs

Aged meats, aged cheeses, draft beer, vermouth, or other fermented food products pose a major threat to patient’s taking monoamine oxidase inhibitors (MAOIs) for depression. This food-drug interaction may cause sudden and severe high blood pressure.

5

Alcohol + ADHD Stimulants

Prescription stimulants like Adderall and Concerta are often prescribed to treat ADHD (Attention Deficit Hyperactivity Disorder). Alcohol is a depressant. These ADHD medications affect the central nervous in the opposite way; they are stimulants. Consuming alcohol while taking a stimulant could cause a patient to underestimate how intoxicated they are which could lead to alcohol poisoning.



Stuffed Pepper Casserole

Stuffed bell peppers are a staple dish in many households. This recipe simplifies the process by chopping the peppers into a casserole instead.

Note: This recipe calls for using a 9-inch cast iron skillet to prepare the casserole and bake in the oven. If you don't have a cast iron skillet, you can use any skillet to prepare, then put the casserole in an 8"x8" dish before baking. **4 servings.**

GF

INGREDIENTS

- ½ cup uncooked brown rice
- 1 cup water
- 1 pound lean ground beef
- ½ medium onion, chopped
- 2 red bell peppers, chopped and seeded
- Pinch of salt
- 1 can diced tomatoes (no salt added)
- 1 clove garlic, minced
- 3 tablespoons Worcestershire sauce
- 8 ounces tomato sauce (no salt added)
- ½ cup shredded cheese blend

METHOD

1. Preheat oven to 350. In a small saucepan, add brown rice and water and bring to boil. Reduce heat to low, cover, and let simmer for 45 minutes. Fluff with a fork.
2. Heat a cast iron skillet to medium. Add beef and cook until brown. Add onion, peppers and salt, and cook 3-4 minutes. Drain fat and return to skillet.
3. Add remaining ingredients except cheese to skillet and stir to combine. Increase heat to high until liquid simmers.
4. Place skillet in oven and cook for 25 minutes. Remove from oven, top with cheese, and cook an additional 10 minutes. Serve immediately.

NUTRITION

Per serving: 252 calories, 12 g. total fat (4.5 g. saturated fat), 75 mg. cholesterol, 34 g. total carbohydrates, 26 g. protein, 90 mg. sodium, 345 mg. potassium

Tip: To keep this recipe gluten-free, make sure you use a gluten-free Worcestershire sauce. Some Worcestershire sauces contain malt vinegar, which does have gluten in it.

Salmon Cakes with Lemon Sauce

Salmon is a great replacement for crab in these protein-packed cakes. Set these out ahead of dinner as an appetizer, or serve them as the main course! **4 servings.**

INGREDIENTS

- 15 ounces salmon, flaked
- 1 cup whole wheat bread crumbs
- 1 egg white, lightly beaten
- ¼ celery, finely diced
- 1 green onion, finely diced
- 1 tablespoon nonfat mayonnaise
- 2 teaspoons Dijon mustard
- 2 teaspoons lemon zest, divided
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne pepper
- ½ cup non-fat yogurt
- 1 teaspoon lemon juice
- 2 tablespoons olive oil

METHOD

1. In a large bowl, combine salmon, bread crumbs, egg white, celery, green onion, mayonnaise, mustard, 1 teaspoon lemon zest, pepper, and cayenne pepper. Mix well, then form into 8 cakes. Set cakes in freezer for 15 minutes.
2. While the cakes are in the freezer, make the lemon sauce. In a small bowl, combine yogurt, lemon juice, and remaining 1 teaspoon of lemon zest. Mix well and refrigerate.
3. Remove cakes from freezer. Heat a large frying pan over medium heat. Add olive oil, then add salmon cakes. Cook for 4 minutes per side, turning once, until golden and just cooked through.
4. Serve 2 salmon cakes right away to each person with lemon sauce.

NUTRITION

Per serving: 190 calories, 10 g. total fat (1.5 g. saturated fat), 35 mg. cholesterol, 35 g. total carbohydrates, 16 g. protein, 430 mg. sodium, 377 mg. potassium





Grilled Steak and Vegetables

GF

Eating healthy doesn't mean you have to cut out your favorites! In moderation, steak can be an excellent protein source, as well as satisfying that craving for red meat. Pick a lean strip steak and some fresh vegetables for this recipe. **4 servings.**

INGREDIENTS

- 2 red bell peppers, quartered
- 2 carrots, sliced lengthwise
- 2 small squash, sliced lengthwise
- 2 teaspoons olive oil
- 2 tablespoons oregano, divided
- 1 12-ounce strip steak
- 2 teaspoons Dijon mustard
- ½ teaspoon black pepper
- ½ teaspoon salt
- 1 clove garlic, minced
- 2 tablespoons balsamic vinegar

METHOD

1. Preheat grill to medium. In a large bowl, add peppers, carrots, squash, 1 tablespoon oregano, and olive oil. Toss to coat vegetables.
2. Place vegetables on preheated grill and cook for 10 minutes, turning occasionally, until tender and lightly charred. Chop vegetables and set aside in a warm place.
3. Increase grill heat to high. Rub steak with mustard and sprinkle with remaining oregano, salt, and black pepper.
4. Grill steak for 4-5 minutes per side, flipping once, for medium rare.
5. Remove steak and let rest on cutting board for 5-10 minutes. Toss vegetables with garlic and balsamic vinegar.
6. Slice steak thinly and serve immediately with vegetables.

NUTRITION

Per serving: 225 calories, 9 g. total fat (3 g. saturated fat), 44 mg. cholesterol, 14 g. total carbohydrates, 22 g. protein, 150 mg. sodium, 633 mg. potassium

Tip: Letting the steak rest after grilling allows the juices to ease back into the meat. If you cut the steak right after grilling, the juice will spill out on the cutting board and the steak will be dry when you serve it.

Fight Cancer with 5 Simple Steps

Oncologist Abhijit Godbole, MD, PhD



With at least one-third of all cancer cases being preventable, now is the time to take action. That's why we outline five key things you can do to reduce your risk of cancer.

Fight Cancer with Food

From beans to blueberries, compounds found in certain foods can pack a powerful punch! Other cancer-fighting foods include whole grains, garlic, tomatoes, and vegetables such as broccoli.

Know your Family History

Cancer is one of many diseases that has a family component. Talk to your doctor about your family history as well as medical concerns you have.

Quit Smoking

Tobacco use accounts for at least 30% of all cancer deaths and is responsible for almost 9 out of 10 lung cancer deaths. Lung cancer is the leading cause of cancer death in both men and women, and is one of the hardest cancers to treat.



Stay Safe in the Sun

Sun protection is essential to skin cancer prevention - about 90% of non-melanoma skin cancers and 65% of melanomas are associated with exposure to UV radiation from the sun. Wear sunscreen with SPF no lower than 30.

Make an Active Change

Being active helps reduce your cancer risk by helping with weight control, and it can also help improve your hormone levels and the way your immune system works. Get at least 30 minutes of moderate to vigorous activity a day.





Shrimp, Corn and Potato Grillers

GF

One bowl, one pan. That's all the dishes you'll use to make this delicious grilled meal that will fill you up without making you feel guilty. If you're cutting carbs, skip the potatoes and substitute bell peppers or zucchini. **4 servings.**

INGREDIENTS

- ½ pounds mini potatoes, halved
- 2 shucked cobs corn, cut into 2-inch pieces
- 1 medium onion, sliced
- 2 tablespoons olive oil, divided
- 1 teaspoon dried rosemary
- 1 teaspoon chili powder
- ½ teaspoon dried thyme
- ½ teaspoon black pepper
- 1 pound large shrimp, peeled and deveined
- 12 ounces smoked turkey sausage, sliced
- 4 cloves garlic, minced
- Pinch of salt

METHOD

1. Preheat grill to medium-high. In a large bowl, combine potatoes, corn, onion, oil, rosemary, chili powder, thyme, and black pepper. Toss to coat.
2. Pour vegetables into a grill-safe pan or dish and cook for 15 minutes, stirring every 3-4 minutes. Potatoes and corn should start to brown.
3. While the vegetables cook, in the same large bowl toss shrimp with garlic.
4. Add shrimp and sausage to vegetables and cook 5-6 minutes, until shrimp turn pink and are just cooked. Season with salt to taste. Serve while still hot.

NUTRITION

Per serving: 350 calories, 8 g. total fat (0.5 g. saturated fat), 175 mg. cholesterol, 41 g. total carbohydrates, 29 g. protein, 310 mg. sodium, 1,150 mg. potassium

Starting Healthy Eating Habits

Food Log

Date: _____

Name: _____

Time	Amount (tsp, oz, tbsp, cup)	Food/condiment/supplement	Fluid ounces	Protein grams
Time	Amount	Breakfast		
Time	Amount	Lunch		
Time	Amount	Dinner		
Time	Amount	Snack(s)		
Time	Amount	Beverages		

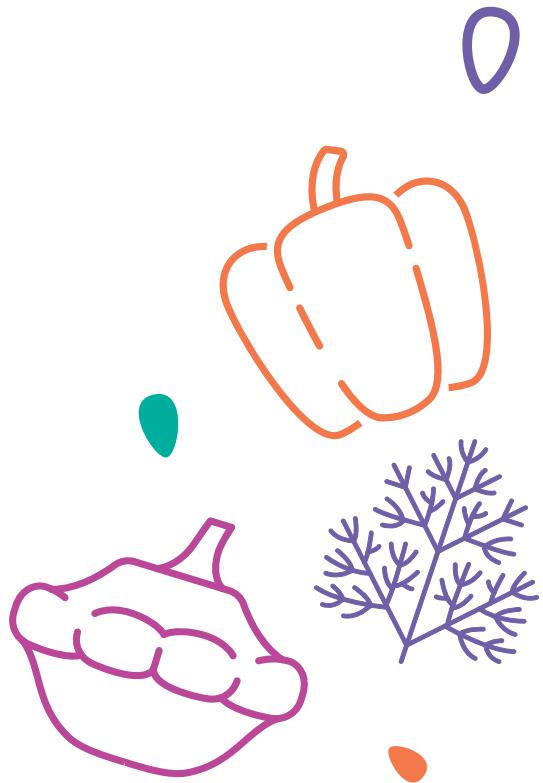
Air Fryer

Air Fryer Chicken

Bite-Sized Calzones

Air Fryer Buffalo Chicken Sliders

Sweet Potato Fries with Dipping Sauce



Air Fryer Chicken

The air fryer has opened up home kitchens to a world of possibilities. Now you can get the crisp texture of a fryer without the mess or extra fat! This simple “fried” chicken recipe is a wonderful introduction to air fryer cooking. **4 servings.**

INGREDIENTS

- ½ cup all-purpose flour
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne pepper
- 1 cup 2% milk
- ½ teaspoon hot sauce
- ⅓ cup whole-wheat bread crumbs
- ⅓ cup shredded Parmesan cheese
- 4 boneless skinless chicken breasts, pounded flat
- Nonstick cooking spray
- Lemon wedges (optional)

NUTRITION

Per serving: 219 calories, 5 g. total fat (2 g. saturated fat), 78 mg. cholesterol, 13 g. total carbohydrates, 29 g. protein, 282 mg. sodium, 120 mg. potassium

METHOD

1. In a shallow dish, whisk together flour, black pepper and cayenne pepper. Set aside.
2. In a separate shallow dish, mix milk and hot sauce. Set aside.
3. In a third shallow dish, combine bread crumbs and Parmesan. Arrange dishes in a row like an assembly line.
4. Dip the chicken in the flour mixture, then in the milk mixture, and lastly in the breadcrumbs. Make sure chicken is coated at each step, gently shaking off any excess. Set on a plate, cover and refrigerate for 30 minutes, up to 4 hours.
5. Preheat air fryer to 390 degrees. Lightly spray both sides of the chicken with cooking spray. Arrange chicken in air fryer basket or tray without touching or overlap; work in batches if needed.
6. Cook for 10-12 minutes, turning once halfway through, until chicken is golden brown. Serve hot or let cool and refrigerate for up to 2 days. Serve by itself with lemon wedges or as a chicken sandwich.



**NUTRITION**

Per serving: 380 calories, 8 g. total fat (1.5 g. saturated fat), 52 mg. cholesterol, 48 g. total carbohydrates, 18 g. protein, 450 mg. sodium, 36 mg. potassium

Bite-Sized Calzones

These small bites are perfect for the air fryer. This recipe is designed to reduce sodium, but you can add a little salt in the first step if you prefer. **4 servings.**

INGREDIENTS

- 8 ounces lean ground beef
- 1 Tbsp extra virgin olive oil
- 1 small yellow onion, diced
- 1 cup mushrooms, diced
- 1 clove garlic, minced
- ¼ teaspoon Italian seasoning
- ¼ teaspoon black pepper
- 1 can Pillsbury pizza dough
- ½ cup shredded reduced-fat mozzarella cheese
- Nonstick cooking spray
- 1 cup low-sodium marinara sauce

METHOD

1. In a large nonstick skillet, brown beef over medium heat until cooked through. Drain and set aside.
2. Heat a separate large skillet to medium. Add oil, then saute onions, mushrooms and garlic for 3 minutes. Stir in Italian seasoning and pepper. Stir in ground beef and set aside.
3. Divide dough into 8 pieces. Roll each piece into a 3-inch round. Spoon beef mixture equally over half of each piece, leaving a ½ inch border. Top each with cheese.
4. Fold dough over filling until edges almost meet. Bring bottom edge over top edge and crimp with fingers to form a rim. Poke the top of calzones with a fork to allow steam to escape.
5. Preheat air fryer to 350 degrees. Arrange calzones in tray without touching; work in batches if needed. Cook for 12 minutes, rotating once at the halfway point, until dough is golden brown.
6. Serve warm with marinara sauce.

Air Fryer Buffalo Chicken Sliders

This is the ideal use of your air fryer. In a matter of minutes, you can have a platter of sliders ready to go for your guests, and everybody will think you spent all day making them! You can buy pre-cooked chicken, or you can prepare the meat yourself by simmering chicken breasts on the stovetop for about 45 minutes and shredding them with a fork. **6 servings.**

INGREDIENTS

- 3 cups shredded cooked chicken breast
- ½ cup buffalo sauce (see note)
- ⅓ cup low-fat mayonnaise
- 12 slider buns
- 12 bread and butter pickle slices

METHOD

1. In a large bowl, mix the chicken and buffalo sauce.
2. Open the slider buns. On the bottom half, scoop ¼ cup of buffalo chicken.
3. Working in batches, place buns (including chicken) in the air fryer, and cook at 370 degrees for 5 minutes.
4. When cool enough to handle, lightly spread mayonnaise onto the top half of buns. Top chicken with a pickle slice. Place top bun over chicken and pickle and serve warm.

Note: Buffalo sauce is now popular enough that you can find it at most grocery stores. But if your store doesn't carry it, it's easy to make at home! Mix ¾ cup Frank's Red Hot Sauce, ½ cup margarine, and 2 tablespoons of vinegar over low heat. Slowly melt the margarine, stirring frequently, until combined. Add cayenne pepper to make it as spicy as you want!

NUTRITION

Per serving: 287 calories, 5 g. total fat (1 g. saturated fat), 48 mg. cholesterol, 32 g. total carbohydrates, 28 g. protein, 359 mg. sodium, 175 mg. potassium



**NUTRITION**

Per serving: 140 calories, 5 g. total fat (0.5 g. saturated fat), 5 mg. cholesterol, 20 g. total carbohydrates, 3 g. protein, 230 mg. sodium, 403 g. potassium

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The air fryer is the best way to cook all potatoes, including sweet potatoes! For this recipe, peeling the potatoes is optional. It's important to keep the fries separate in step 4; otherwise, they may get soggy and not crisp up. **6 servings.**

INGREDIENTS

3 large sweet potatoes	½ teaspoon black pepper	2 teaspoons hot sauce
Nonstick cooking spray	Pinch of salt	1 clove garlic, minced
1 teaspoon paprika	¾ cup fat-free sour cream	

METHOD

- Cut sweet potatoes in half lengthwise, then cut into ½-inch slices, and cut again into ½-inch strips. Pat dry with a paper towel and set aside.
- In a separate bowl, combine sour cream, hot sauce and garlic, mixing well. Cover and refrigerate.
- In a large bowl, lightly spray sweet potatoes with cooking spray. Sprinkle in paprika and black pepper, and toss well to coat.
- Working in batches, lay fries separate from each other in air fryer tray and cook at 375 degrees for 15 minutes. Toss the fries and space them out again halfway through cooking.
- When all fries are done, return to tray and cook at 425 degrees for four minutes. Fries can touch during this step.
- Sprinkle fries with salt to taste. Serve immediately with dipping sauce.

