



tandem health



*Tandem Health
Healthy Living Program Cookbook*

Spring/Summer Recipes

Side Dishes

Homemade Pickles

Ingredients:

- 1 cucumber
- 1 pinch salt
- 1 pinch pepper
- 1 tbsp apple cider vinegar
- ¼ tsp oregano

Directions:

1. Peel cucumber and place in glass container with all other ingredients.
2. Fill container with water to cover cucumber and shake to combine.
3. Place in fridge for at least 4 hours before enjoying.

Recipe submitted by Dr. Anna Spencer, Family Medicine Resident

Sweetest Roasted Corn

Ingredients:

- 6 ears fresh corn, unhusked
- ¼ lb (1 stick) light butter, room temperature

Directions:

1. Preheat oven to 350°.
2. Place corn still in husk directly on oven rack and roast until corn is soft when pressed, about 30–40 minutes.
3. Husk corn carefully when just cool enough to hold with oven mitt and rub with butter.

Recipe submitted by Dr. David Justice

Pan Roasted Summer Vegetables

Ingredients:

- 1 lb zucchini (cut into ¼-inch thick rounds)
- 1 lb summer squash (cut into ¼-inch thick rounds)
- 1 bell pepper (cut into ¼-inch thick strips)
- 1 cup grape tomatoes
- 1 onion (cut into ¼-inch thick slices)
- 1 tbsp extra virgin olive oil
- 2 tsp Italian seasoning

- Salt, to taste
- Pepper, to taste

Directions:

1. Preheat oven to 400°.
2. Add zucchini, summer squash, bell pepper, tomatoes and onion to large bowl. Toss with olive oil and Italian seasoning.
3. Spread vegetables out onto sheet pan so that they are not overlapped too much. Lightly season with salt and pepper.
4. Roast for 25–35 minutes, tossing every 10 minutes or so, until vegetables tender and start to caramelize or char around edges.

Recipe submitted by Calli Watford

Herb Potato Salad

Ingredients:

- 2 lb baby potatoes, scrubbed and cut in half
- 1/3 cup green onions, finely chopped
- 1/3 cup herbs, chopped (parsley, dill, chives, and/or basil)
- Zest of ½ lemon
- 1 ½ tbsp fresh lemon juice
- 1 tsp dijon mustard
- 1 ½ cloves garlic, minced
- ½ tsp salt
- ¼ tsp pepper
- ¼ cup olive oil

Directions:

1. Place potatoes in pot to boil. Cover with just enough water to cover the potatoes.
2. Bring to boil, lower to medium heat and cook potatoes until easily pierced with fork, about 8 minutes. Drain and put potatoes in serving bowl.
3. To make vinaigrette, whisk the lemon, dijon, garlic salt and pepper in small bowl. Slowly add olive oil and whisk until well blended.
4. Pour vinaigrette over potatoes. Add green onions, herbs and lemon zest. Toss gently to coat potatoes well.
5. Serve warm or at room temperature.

Recipe submitted by Calli Watford

Avocado Lime Slaw

Ingredients:

- ½ cup light mayonnaise
- 1 avocado, pit and skin removed, sliced in half
- ½ cup cilantro, chopped
- 2 cloves garlic, minced
- 2 tbsp fresh lime juice
- 1 jalapeno, seeded and finely chopped
- ½ tsp salt
- ¼ tsp pepper
- 12 oz coleslaw mix

Directions:

1. In a blender/food processor, add mayonnaise, avocado, cilantro, garlic, lime juice, jalapeno, salt and pepper. Pulse until completely blended and smooth.
2. Place slaw mix in large bowl and spoon dressing over top. Toss slaw until full mixed.

Recipe submitted by Calli Watford

Crock Pot Mac & Cheese with Cheese Sauce (Inspired by Paula Dean)

Ingredients:

- 2 cups uncooked whole grain elbow macaroni
- 4 tbsp (1/2 stick) butter, cut into pieces
- 2 1/2 cups (about 10oz) grated sharp cheddar cheese (low-fat)
- 3 eggs, beaten
- 1/2 cup light sour cream
- 1 (10 3/4-oz) can condensed Cheddar cheese soup (low-sodium)
- 1/2 tsp salt
- 1 cup low-fat milk
- ½ tsp dry mustard
- 1/2 tsp black pepper

Directions:

1. Boil the macaroni in a 2 quart saucepan in plenty of water until tender, about 7 minutes. Drain.
2. In a medium saucepan, mix butter and cheese. Stir until the cheese melts.
3. In a slow cooker, combine cheese/butter mixture and add the eggs, sour cream, soup, salt, milk, mustard and pepper and stir well. Then add drained macaroni and stir again. Set the slow cooker on low setting and cook for 3 hours, stirring occasionally.

Recipe submitted by Holly Chase, Director of Community Development

SOUPS & SALADS

Dr. Turell's Strawberry Salad

Ingredients:

- Leafy greens (iceberg lettuce, romaine lettuce or fresh spinach)
- 1 cucumber (peeled and sliced)
- 1 tomato (diced)
- 1 package chicken tenders
- Grapes and strawberries - you can also use apples

Directions:

1. Pan fry chicken using small amount of oil. Season to taste with salt, pepper and Italian seasoning. Cut into small pieces after cooking and set aside to cool slightly before adding to salad.
2. Toss ingredients and serve.
3. You can sprinkle small amount of shredded cheese (cheddar, mozzarella or parmesan) over your serving.
4. Dress with reduced-fat Italian or balsamic dressing, or another low-fat/fat-free dressing of your choice. Remember a little bit goes a long way.

Recipe submitted by Dr. David Turell, Clinical Director of Pediatrics

Strawberry Pretzel Salad

Ingredients:

- 2 cups crushed pretzels
- 3 tbsp sugar
- 3/4 cup melted butter
- 1 block (8oz) softened cream cheese, light
- 1 cup sugar
- 2 cups cool whip, light
- 1 box (6oz) sugar-free strawberry jello
- 2 cups boiling water
- 2 (10oz) pkg frozen strawberries

Directions:

1. Mix first three ingredients (pretzels, butter and 2 tbsp sugar), press in a 9 x 13 pan and bake 400 degrees for 6 minutes.
2. Mix softened cream cheese and sugar (2 cups) in a bowl and then fold in the cool whip - Spread over the pretzel crust in the pan.
3. In a bowl, boil the water in the microwave, take boiling water out,



add jello right away, and stir. Then add frozen strawberries and chill until syrupy.

4. Pour over the cream cheese mixture and refrigerate.

Recipe submitted with love by Holly Chase, Director of Community Development

Tortellini Caprese Pasta Salad

Ingredients:

- 24oz whole wheat tortellini
- 10oz cherry tomatoes, halved
- 8oz mozzarella pearls
- 1 cup chopped spinach
- ¼ cup chopped basil
- ½ cup olive oil
- 2 tbsp balsamic vinegar
- 3-4 garlic cloves, minced
- ¾ tsp Italian seasoning
- ½ tsp salt
- ½ tsp pepper

Directions:

1. Cook tortellini according to instructions. Prep and chop all other ingredients and set aside.
2. When tortellini cooked, strain water and rinse with cool water for several seconds to cool slightly. Add tortellini to large bowl. Add in spinach, tomatoes, basil and garlic. Pour over olive oil and balsamic vinegar. Add Italian seasoning, salt and pepper. Toss salad well to combine.
3. Chill until ready to serve.

Recipe submitted by Calli Watford

Cucumber Tomato Feta Salad

Ingredients:

- ½ cup extra virgin olive oil
- ¼ cup red wine vinegar
- 1 clove garlic, minced
- 3 tbsp fresh dill, minced
- 1 tbsp dried oregano
- ½ tsp garlic powder
- ¼ tsp salt
- Freshly ground black pepper, to taste
- 1 lb cherry or grape tomatoes, cut in half
- 1 lb cucumbers (approx 2 large), peeled and diced
- ½ cup kalamata olives, drained, pitted and chopped
- ½ cup feta cheese, crumbled

Directions:

For dressing:

1. In medium bowl, whisk together olive oil, vinegar, garlic, 1 tbsp fresh minced dill, oregano, garlic powder, salt and pepper until thoroughly blended.

For salad:

1. In large bowl, combine tomatoes, cucumbers, olives and feta. Whisk dressing and pour over top. Toss together until all ingredients evenly coated.
2. Cover salad and refrigerate for at least 4 hours, removing from fridge about 30 minutes before serving. Stir well, garnish with remaining dill and serve with slotted spoon to drain off excess dressing.

Recipe submitted by Calli Watford

Summer Berry Salad

Ingredients:

- 2 chicken breasts
- 1 lb strawberries, quarter cut
- 1 lb blueberries
- ½ lb blackberries
- ½ cup sliced almonds
- ¼ cup feta cheese
- 1 head romaine, chopped
- 5oz baby spinach, chopped
- ¼ cup balsamic vinegar
- ¼ cup olive oil
- 1 tsp dijon mustard
- Dash salt

Directions:

1. Grill or bake chicken to cook. Cover and rest 5 minutes. Transfer to cutting board and slice into strips.
2. To make vinaigrette: Add 3 strawberries, balsamic vinegar, olive oil, mustard and salt to blender. Blend until smooth consistency. May use pre-made vinaigrette, if desired.
3. To build salad, add spinach, romaine and vinaigrette in large bowl, toss together to coat in dressing.
4. Top with chicken, berries, almonds and cheese.

Recipe submitted by Calli Watford

Rotisserie Chicken Salad

Ingredients:

- 1 fully cooked store-bought rotisserie chicken

- 2-3 celery stalks, chopped
- ¼ cup thinly sliced or chopped red onion
- ½ cup light mayonnaise
- 1 tsp brown mustard
- Salt and pepper, to taste

Directions:

1. Pull chicken meat from bones.
2. Mix chicken, celery, onion, mayo and mustard. Stir until fully combined.
3. Lightly season with salt and pepper.

Recipe submitted by Calli Watford

MAIN DISHES

Yiliam's Turkey Tacos

Ingredients:

- 1 tbsp avocado or olive oil
- 1 medium onion, diced
- 1 red pepper, seeded and diced
- 1 poblano pepper, seeded and diced
- 1 tbsp minced garlic
- 2 lb ground turkey
- 1 tbsp chili powder
- 1 ½ tsp ground cumin
- 1 tsp paprika
- 1 tsp oregano
- 2-2 ½ tsp salt
- ½ tsp pepper
- 2 medium tomatoes, chopped

Directions:

1. Heat oil over medium-high heat. Add onions and peppers and sauté for 6-7 minutes until veggies start to soften.
2. Add garlic, turkey, chili powder, cumin, paprika, oregano, salt and pepper. Break turkey up with large spoon or spatula and cook for 7-10 minutes until cooked through.
3. Once turkey is cooked, add tomato and continue cooking for 2-3 minutes. Remove from heat and serve.
4. Serve with tortillas and any desired toppings such salsa, guacamole, low-fat sour cream, chopped lettuce, diced tomato, shredded low fat- cheddar cheese, onions, cilantro, olives, etc.

Recipe submitted by Yiliam Beltran

Honey Parmesan Pork Loin

Ingredients:

- One 3-4 lb boneless pork loin roast
- ½ cup honey
- 3 tbsp low-sodium soy sauce
- 1 tbsp dried basil
- 1 tbsp dried oregano
- 2 tbsp chopped garlic
- 2 tbsp olive oil
- ½ tsp salt
- 2/3 cup grated parmesan cheese

Directions:

1. Place roast in slow cooker.
2. In bowl, combine honey, soy sauce, basil, oregano, garlic, oil and salt.
3. Pour mixture over top of roast.
4. Coat roast on all sides with a sprinkle of parmesan cheese.
5. Cover and cook on low for 5-6 hours or until thermometer inserted reads 160°.
6. Remove meat and place on platter.
7. Strain juices in slow cooker and serve with pork if desired for glaze.

Recipe submitted by Dr. David Justice

Chicken Burrito Bowl

Ingredients:

For burrito bowl:

- 2 chicken breasts
- 2 tbsp extra virgin olive oil
- 1 tsp paprika
- 1 tsp cumin
- ½ tsp ground chili pepper
- ½ tsp salt
- ½ tsp black pepper
- 1 cup canned low-sodium corn
- 1 cup canned low-sodium black beans
- 1 cup rice, boiled
- 2 cups romaine lettuce, chopped
- 1 avocado, sliced
- 1/3 cup low-fat sour cream
- ¼ cup shredded low-fat cheddar cheese

For salsa:

- 1 tbsp cilantro, finely chopped
- ½ tomato, chopped

- ½ onion, chopped
- 2 tbsp white vinegar
- 2 limes
- Pinch of salt

Directions:

1. Cut chicken into bite size pieces.
2. Add chicken to medium sized bowl.
3. Add olive oil, paprika, cumin, ground chili pepper, salt and pepper. Mix well until chicken coated with spices and oil.
4. Heat non-stick pan on medium heat.
5. Add chicken to pan and cook for 7-8 minutes on each side until thoroughly cooked.
6. Set chicken aside.
7. Cook rice according to box instructions.
8. In large bowl, add lettuce, corn, beans, rice and chicken.
9. Add salsa, avocado, sour cream and cheese on top.

Recipe submitted by Yiliam Beltran

Ann Marie's Turkey Cheeseburger Wrap

Ingredients:

- Non-stick cooking spray
- 1 lb lean ground turkey
- 1 tbsp Worcestershire sauce
- 1 tbsp ketchup
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp pepper
- Whole wheat flour tortillas (large)
- Tomatoes
- Lettuce
- Any additional condiments of choice

Directions:

1. Spray large frying pan with non-stick spray and brown turkey on medium heat for about 7 minutes, breaking up as you go.
2. Add Worcestershire sauce, ketchup, onion powder, garlic powder and pepper and cook for another 2-3 minutes. Add scoop of mixture to center of wrap and top with tomatoes, lettuce, cheese, choice of condiments and roll into wrap.

Recipe submitted by Ann Marie Deep, Registered Nurse, Family Medicine

Barbecue Chicken and Roasted Sweet Potato Bowl

Ingredients:

- 2 medium sweet potatoes
- 1 large yellow onion
- 2 tbsp olive oil
- ½ tsp salt
- ½ tsp garlic powder
- ½ tsp chipotle powder or chili powder
- 1 head broccoli
- 1 lb boneless skinless chicken breasts
- ½ cup low-sodium BBQ sauce

Directions:

1. Preheat oven to 400°.
2. Peel and chop sweet potatoes into ½-inch pieces. Chop onion into 1-inch pieces and add to lined sheet pan along with sweet potatoes. Toss sweet potatoes and onions with 1 tbsp olive oil, ¼ tsp salt, garlic powder and chipotle powder and toss until well combined. Bake at 400° for 20 minutes.
3. Toss sweet potatoes and push to one side of pan. Add broccoli and toss with 1 tbsp olive oil and ¼ tsp salt. Add chicken and brush with ¼ cup BBQ sauce. Bake for an additional 15-20 minutes at 400° until chicken is done.
4. Remove pan from oven and shred chicken using two forks. Toss chicken with remaining BBQ sauce.
5. Add to bowls along with roasted vegetables and serve immediately.

Recipe submitted by Yiliam Beltran

Slow Cooker Chicken Teriyaki

Ingredients:

- 2 lb boneless, skinless chicken breasts, all visible fat discarded, cut in 1-inch cubes
- 2 (20 oz) cans pineapple chunks in their own juice, undrained
- 2 cups baby carrots
- 2 medium red and/or green bell peppers, chopped
- 1 medium red onion, chopped
- ½ cup low-sodium soy sauce
- ¼ cup plain white rice vinegar
- 2 tbsp honey
- 2 medium garlic cloves, minced
- 1 (1-inch) piece grated peeled gingerroot
- ½ tsp pepper

Directions:

1. Put the chicken in a 5- to 7-quart slow cooker.
2. In a small bowl, stir together the remaining ingredients. Pour over the chicken.
3. Cook, covered, on low for 6 to 8 hours or high for 3 to 4 hours, or until the chicken is no longer pink in the center and the vegetables are tender.

Recipe inspired by the American Heart Association

Creamy Tomato Fettuccine

Ingredients:

- 8 ounces dried whole-wheat fettuccine, spaghetti or angel-hair pasta
- Cooking spray
- 1/3 cup chopped onion (about 1 small)
- 2 medium garlic cloves, minced or 1 teaspoon minced jarred garlic
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 2/3 cup fat-free ricotta cheese
- 2 tablespoons fresh chopped basil or 1 teaspoon dried basil, crumbled
- 1 teaspoon sugar
- 1/8 teaspoon pepper

Directions:

1. Prepare the pasta using the package directions, omitting the salt. Drain well in a colander. Transfer to a large serving bowl. Cover to keep warm. Set aside.
2. Lightly spray a medium saucepan with cooking spray. Cook the onion and garlic over medium heat for 3 minutes, or until the onion is soft, stirring occasionally.
3. Stir in the tomatoes, ricotta cheese, basil, sugar, and pepper.
4. Bring to a boil over high heat. Reduce the heat and simmer for 8 minutes, or until slightly thickened, stirring occasionally.
5. Pour the sauce over the pasta, tossing to combine.

Recipe inspired by the American Heart Association

