

HealthAdvocate™



Healthy Recipe Guide



Healthy Food
for Healthy
People™



June 10, 2014

Dear Colleague:

I am pleased to share this special recipe guide—**Healthy Food for Healthy People™**—our marketing team developed to provide you and your family with some great tips to prepare tasty and nutritious meals.

As we approach the summer months, there is an abundance of fresh, delicious produce available to build your menus around. Our menu suggestions provide the perfect way to take advantage of summer fruits and vegetables.

Additionally, as a Health Advocate employee you also have access to our comprehensive Wellness Coaching program. To enroll with your own personal coach simply visit your Health Advocate member website—**HealthAdvocate.com/members** and sign up today. After you are logged on, please click the Wellness button and follow the directions. Our wellness section has a number of other great things for you to take advantage of, too.

I hope you enjoy making new, healthy dishes for your family to enjoy, and sharing these helpful nutrition tips with them.

Yours in good health!



Martin Rosen
Executive Vice President,
Chief Marketing Officer and cofounder
HealthAdvocate™

P.S. And don't forget, you can connect with us on social media or visit the Health Advocate blog for additional recipe ideas, healthy tips, and much more!

P.P.S. Please feel free to send me samples of your healthy cooking!

Connect with us



HealthAdvocate™
Always at your side

Breakfast

Begin your day in a healthy way with a nutritious breakfast! These tasty recipes can help you get your morning off to a great start.



Whole-Grain Strawberry Pancakes

Serves 7

This scrumptious breakfast includes whole grains and delicious fruit!



Ingredients:

- **1 ½ cups** whole wheat flour
- **3 tbsp.** sugar
- **1 tsp.** baking powder
- **1/2 tsp.** baking soda
- **1/2 tsp.** salt
- **3 eggs**
- **1 container (6 oz.)** vanilla low-fat yogurt
- **3/4 cup** water
- **3 tbsp.** canola oil
- **1¾ cups** sliced fresh strawberries
- **1 container (6 oz.)** strawberry low-fat yogurt

Directions:

1. Heat griddle to 375 °F or heat 12-inch skillet over medium heat. Grease with canola oil if necessary (or spray with cooking spray before heating).
2. In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside. In medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or wire whisk until well blended. Pour egg mixture all at once into flour mixture; stir until moistened.
3. For each pancake, pour slightly less than 1/4 cup batter from cup or pitcher onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Turn; cook other sides 1 to 2 minutes or until golden brown.
4. Top each serving (2 pancakes) with 1/4 cup sliced strawberries and 1 to 2 tbsp. strawberry yogurt.

Oatmeal Pecan Waffles

Serves 4

These yummy waffles feature whole grains and protein to help keep you full and satisfied.

Waffle Ingredients:

- **1 cup** whole-wheat flour
- **1/2 cup** quick-cooking oats
- **2 tsp.** baking powder
- **1 tsp.** sugar
- **1/4 cup** unsalted pecans, chopped
- **2** large eggs, separated
- **1½ cup** fat-free (skim) milk
- **1 tbsp.** vegetable oil

Fruit Topping Ingredients:

- **2 cups** fresh strawberries, rinsed, stems removed, and halved (or substitute frozen strawberries, thawed)
- **1 cup** fresh blackberries, rinsed (or substitute frozen blackberries, thawed)
- **1 cup** fresh blueberries, rinsed (or substitute frozen blueberries, thawed)
- **1 tsp.** powdered sugar

Directions:

1. Preheat waffle iron.
2. Combine flour, oats, baking powder, sugar, and pecans in a large bowl.
3. Combine egg yolks, milk, and vegetable oil in a separate bowl; mix well.
4. Add liquid mixture to the dry ingredients, and stir together. Do not over-mix; mixture should be a bit lumpy.
5. Whip egg whites to medium peaks. Gently fold egg whites into batter.
6. Pour batter into preheated waffle iron and cook until the waffle iron light signals it's done or steam stops coming out of the iron. (A waffle is perfect when it is crisp and well-browned on the outside with a moist, light, airy and fluffy inside.)
7. Add fresh fruit and a light dusting of powdered sugar to each waffle, and serve.



Savory Tomato Broccoli Frittata

Serves 4

This balanced breakfast includes protein and plenty of veggies!

Ingredients:

- 6 egg whites
- 3 eggs
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 1/4 cup shredded cheese
- 2 cups small broccoli florets
- 1 tsp. olive oil
- 1 1/4 cups cherry tomatoes, quartered



Directions:

1. Preheat broiler. In a medium bowl, whisk together egg whites, eggs, salt, and pepper. Stir in cheese; set aside.
2. In a large broilerproof skillet, cook broccoli in hot oil over medium heat for 8 to 10 minutes or just until tender, stirring occasionally.
3. Pour egg mixture over the broccoli mixture in skillet. Cook over medium-low heat. As mixture sets, run a spatula around the edge of the skillet, lifting egg mixture so uncooked portion flows underneath.
4. Continue cooking and lifting edges until egg mixture is almost set (surface will be moist). Arrange tomatoes on top of egg mixture.
5. Broil 4 to 5 inches from the heat about 5 minutes or until center is set. Let stand for 5 minutes before serving. Cut into four wedges.

Go With the Grain!

Eating grains—especially whole grains—can provide health benefits like reduced risk of chronic diseases and better weight management. Whole grains are packed with nutrients (like dietary fiber, iron, and B vitamins), while refined grains have had some nutrients removed when they are milled. In general, at least half the grains you eat should be whole grains.

Breakfast is an ideal time to fit in some whole grains. Try these smart swaps:

- **Eat a whole-wheat bagel** instead of a plain bagel
- **Choose oatmeal** made with steel-cut oats over a sugary cereal
- **Try whole-wheat toast** instead of white toast. (And instead of butter, try spreading on some 100% fruit jam with no sugar added.)
- **Instead of a microwaveable breakfast sandwich, make a breakfast burrito**—a whole-wheat tortilla filled with scrambled eggs and diced Canadian bacon. Or use a whole-wheat tortilla to make a breakfast quesadilla filled with peanut butter and sliced banana.

Lunch

Eating a healthy lunch will help keep your energy up throughout the day. Try making one of these satisfying choices!



Tuna Apple Salad Sandwich

Serves 7

Liven up your lunchtime sandwich with a refreshing mix of tuna, fruit, and nuts.



Tuna Apple Salad Ingredients

- **1 apple** (such as Fuji or Pink Lady Washington)
- **1 12-oz. can** chunk light tuna, drained
- **2 tbsp.** low-fat plain yogurt
- **2 tbsp.** reduced-fat mayonnaise
- **1/2 cup** raisins
- **1/4 cup** chopped walnuts
- **1/8 tsp.** ground black pepper
- **2 tbsp.** chopped fresh parsley (optional)
- **1/2 tsp.** curry powder (optional)

Sandwich Ingredients

- **8 leaves lettuce** (Bibb, Romaine, green, or red leaf)
- **8 slices** whole-grain bread

Directions:

1. Cut apple in quarters; remove core and chop.
2. In a medium size bowl, mix apples, yogurt, mayonnaise, raisins, walnuts, and spices.
3. Gently fold in tuna.
4. Make sandwiches, using lettuce and whole-grain bread (toasted, if desired), and fill with the tuna apple salad.



Pita Pizzas

Serves 4

Personal pita pizzas are fun to make, and even more fun to eat!

Ingredients:

- **1 cup** tomato sauce
- **1 cup** grilled boneless, skinless chicken breast, diced (about 2 small breasts)
- **1 cup** broccoli, rinsed, chopped, and cooked
- **1/2 cup** shredded mozzarella cheese
- **1 tbsp.** fresh basil, rinsed, dried, and chopped (or 1 tsp. dried)
- **4 (6½-inch)** whole-wheat pitas

Directions:

1. Preheat oven or toaster oven to 450 °F.
2. For each pizza, spread 1/4 cup tomato sauce on a pita and top with 1/4 cup chicken, 1/4 cup broccoli, 1/8 cup mozzarella cheese, and 1/4 tablespoon chopped basil.
3. Place pitas on a nonstick baking sheet and bake for about 5–8 minutes until golden brown and chicken is heated through. Serve immediately.



Spinach Salad

Serves 4

This delicious salad contains protein and whole grains to help you feel satisfied.

Ingredients:

- 4 large eggs, hardboiled
- 2 apples
- 8 cups fresh spinach
- 1 cup dried figs (about 16 figs or one 7-oz. pkg)
- 1 cup whole-grain croutons
- 1/2 cup light honey mustard dressing

Directions:

1. Peel and slice the hardboiled eggs.
2. Wash, slice, and core apples.
3. Cut apples and dried figs into bite-size chunks.
4. Wash and drain spinach.
5. Split spinach among 4 salad bowls. Top with apples, eggs, figs, and croutons. Drizzle with dressing.



The Importance of Balance

Eating balanced meals helps you reap the nutritional benefits of the major food groups. The current **MyPlate guidelines** can help you create balanced meals.

Divide your plate into three sections:

1/2 of your plate is fruits and vegetables

1/4 of your plate is lean protein

1/4 of your plate is grains (preferably whole grains)

Examples of delicious balanced lunches:

- 1/2 plate of whole wheat pasta with tomato sauce and turkey meatballs with 1/2 plate of romaine salad topped with red peppers, cucumbers and cherry tomatoes
- 1/4 plate of baked chicken, 1/4 plate wild rice, half of a sweet potato (fills up 1/4 of your plate), 1/4 cup broccoli
- 1/2 plate leftover tuna casserole, 1/2 plate celery and carrot sticks

Dinner

These tasty dinners are perfect summertime meals.
Enjoy one of these healthy ideas with your family!



Tofu, Veggies, & Rice Bowl

Serves 4

This vegetarian dish is simple to prepare at home.

Ingredients:

- **3 cups** hot, cooked brown rice
- **3 tbsp.** low-sodium soy sauce
- **1/4 cup** water
- **1 tbsp.** honey
- **1 tbsp.** cornstarch
- **1½ tbsp.** canola or corn oil
- **8 oz.** firm tofu
- **2 cloves** garlic, minced
- **1 small** white onion, cut into small wedges
- **3 medium** carrots, peeled and sliced diagonally
- **1½ cups** small broccoli florets
- **1 medium** red bell pepper, cut into 1-inch pieces



Directions:

1. Preheat oven to 350 °F.
2. Rinse and drain tofu. Cut into ½ -inch thick slices; place between clean paper towels. Place a cutting board on top to press out excess liquid. Let sit 15 minutes.
3. Lightly oil a baking sheet; spread the tofu cubes evenly on the sheet. Bake for 15 minutes and flip over. Continue baking for 10-15 minutes until tofu is toasted and chewy. Remove from oven.
4. Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside.
5. Heat oil in a wok or large skillet. Add minced garlic; sauté about 1 minute.
6. Add onions to center of skillet; cook until slightly tender and push to the side.
7. Continue with carrots, broccoli, and peppers separately, placing each in center of pan, cooking until slightly tender and pushing to the side.
6. Pour soy sauce mixture into center of skillet. Leaving other ingredients at the sides of the pan, stir sauce until it thickens.
7. Mix sauce with vegetables and tofu. Serve immediately over cooked brown rice.



Hawaiian Huli Huli Chicken

Serves 4

This tangy entrée is sure to be a hit with your whole family!

Skewer Ingredients:

- **12 oz.** boneless, skinless chicken breast, cut into 1-inch cubes (24 cubes)
- **1 cup** fresh pineapple, diced (24 pieces)
- **8 (6-inch)** wooden skewers

Sauce Ingredients:

- **2 tbsp.** ketchup
- **2 tbsp.** lite soy sauce
- **2 tbsp.** honey
- **2 tsp.** orange juice
- **1 tsp.** garlic, minced (about 1 clove)
- **1 tsp.** ginger, minced

Directions:

1. Preheat your broiler or grill on medium-high heat.
2. Thread three chicken cubes and three pineapple chunks alternately on each skewer.
3. Combine ingredients for sauce and mix well; separate into two bowls and set one aside for later.
4. Grill skewers for 3–5 minutes on each side. Brush sauce (from the bowl that wasn't set aside) onto chicken and pineapple about every other minute. Discard the sauce from this bowl when done with this step.
5. To prevent chicken from drying out, finish cooking skewers in a 350 °F oven immediately after grilling (to a minimum internal temperature of 165 °F). Using a clean brush or spoon, coat chicken and pineapple with sauce from the set-aside bowl before serving.

Note: Skewers have sharp edges, so monitor younger children while eating, or take the food off the skewers for them.



Shrimp Jambalaya

Serves 8

This delicious meal has a Southern flair!

Ingredients:

- 2 tsp. olive oil
- 1 cup chopped sweet onion
- 1 cup green peppers
- 29 oz. stewed tomatoes, drained
- 24 oz. shrimp, peeled and deveined
- 1 tsp. Italian seasoning, dried
- 1 tsp. hot pepper sauce
- 4 cups cooked brown rice



Directions:

1. Heat oil in large nonstick skillet over medium high heat.
2. Add onion and pepper and cook, stirring until tender-crisp (about 10 minutes).
3. Stir in all other remaining ingredients, except rice. Bring to a boil.
4. Reduce heat; simmer, stirring occasionally until shrimp are cooked through (5-10 minutes).
5. Stir in rice; continue cooking until liquid is almost absorbed and rice is thoroughly heated.

Healthy Dining Out

Everyone enjoys going out for a meal at a restaurant on occasion!

Try these tips to eat healthy no matter where you're dining:

- ✓ **Plan ahead!** Many restaurants post menus online. Take a look before you go and plan a healthy choice.
- ✓ **Order a low-fat salad.** Ask to "hold" the croutons, grated cheese, olives and high-fat dressings. Request a low-fat dressing on the side.
- ✓ **Request a salad** or steamed veggies in place of fries.
- ✓ **Sub in some whole grains.** Ask for whole grain bread instead of a bun. Substitute brown rice for white.
- ✓ **Order steamed, grilled, or broiled dishes** instead of those that are fried or sautéed.
- ✓ **Order foods that do not have creamy sauces** or gravies.
- ✓ **As a beverage choice, ask for water** or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.



Connect with us



For internal use only.