

HealthiER

In A Hurry

3rd Edition



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Welcome to HealthiER in a Hurry, the third edition of Physicians Premier's community cookbook created with care, purpose, and a commitment to helping you feel your best. Inside, you'll find fast, fresh, wholesome recipes crafted by our Registered Dietitian and SA Regional Marketing Director Jennifer Meachum, and designed for real life. Whether you're rushing out the door, feeding a hungry family, or just trying to make healthier choices on busy days, these dishes prove that nutritious can also be quick, simple, and delicious. Here's to eating well, feeling well, and living well even on your busiest days.

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QUICK STARTS

Jump-start your day with breakfasts that are simple, energizing, and ready in minutes. These recipes are designed to fuel busy families with nutritious ingredients and easy prep so everyone can head out the door feeling their best.



High Protein *Chocolate Oatmeal*



1 banana, ripe
¼ cup quick oats
½ cup 2% milk
2 scoops chocolate protein powder
⅛ teaspoon cinnamon
⅛ teaspoon vanilla
2 Tablespoons peanut butter
½ cup raspberries
1 Tablespoon chia seeds
2 Tablespoons dark chocolate chips

Directions

- 1.** In medium glass microwave safe bowl, mash banana with a fork until smooth
- 2.** Mix in oats, milk, protein powder, cinnamon and vanilla.
- 3.** Microwave for 1 minute. Stir and microwave for an additional minute. Stir and set aside.
- 4.** In small microwave safe bowl, microwave peanut butter for 30 seconds.
- 5.** Top oatmeal with raspberries, chia seeds, and chocolate chips. Drizzle with melted peanut butter.



Jalapeno Cheddar *Egg Bites*

8 large eggs

¾ cup low-fat cottage cheese

½ cup shredded cheddar cheese

¼ cup diced pickled jalapenos

¼ teaspoon salt

⅛ teaspoon black pepper

Directions

- 1.** Preheat the oven to 350°F and lightly grease a 12-cup silicone or nonstick muffin pan.
- 2.** Blend eggs & cottage cheese in a blender until smooth. This makes the bites extra fluffy and high in protein.
- 3.** Stir in cheddar cheese, diced jalapeño, salt, and pepper. Pour the mixture evenly into the muffin cups, filling each about $\frac{3}{4}$ full.
- 4.** Bake for 18–20 minutes, or until the centers are set and the edges are lightly golden.
- 5.** Cool for 5 minutes before removing. The bites will slightly deflate as they cool, totally normal!



Turkey Veggie Scramble



1 teaspoon olive or avocado oil
¼ cup onion, finely chopped
½ cup mushrooms, finely chopped
½ cup zucchini, finely chopped
½ teaspoon ground turmeric
¼ teaspoon salt
¼ teaspoon ground black pepper
8 ounces lean ground turkey, 90%
2 eggs
¼ cup Part skim mozzarella cheese, grated

Directions

- 1.** Heat oil in medium skillet on medium high heat. Saute onions, mushrooms, and zucchini until soft, approximately 3-5 minutes. Add spices to vegetables.
- 2.** Add ground turkey to skillet and stir until fully cooked.
- 3.** Add eggs and stir into the vegetable and turkey mixture, scrambling until fully cooked.
- 4.** Top with mozzarella cheese.



Triple Berry

Overnight Oats



- ½ cup** old-fashioned rolled oats
- ½ cup** unsweetened almond milk (or milk of choice)
- ⅓ cup** nonfat vanilla Greek yogurt
- 1 Tablespoon** chia seeds
- ½ teaspoon** vanilla extract
- ½ cup** mixed berries (fresh or frozen blueberries, raspberries, strawberries)

Directions

- 1.** Combine oats, milk, Greek yogurt, chia seeds, and vanilla in a jar or airtight container. Stir well to combine.
- 2.** Fold in berries, reserving a few for topping, if desired.
- 3.** Cover and refrigerate at least 4 hours or overnight.
- 4.** Serve chilled, adding a splash of milk and extra berries before eating if needed. Will keep in the fridge 3–4 days for easy meal prep.





Ultimate Breakfast BLT

Directions

1. Cook the bacon in a skillet or air fryer until crisp; set aside.
2. Fry or scramble the egg in the same pan and season lightly with salt and pepper.
3. Toast the bread, then spread one side with light chipotle mayo or mashed avocado.
4. Assemble the BLT by layering spinach, tomato, crispy bacon, avocado, and the cooked egg between the toasted bread.

2 slices sourdough bread
2 slices turkey bacon (or center-cut bacon)
1 large egg
2 tomato slices
½ cup spinach leaves
2–3 slices avocado
1 teaspoon light chipotle mayo or mashed avocado
Salt & pepper to taste
Drizzle of Sriracha hot sauce





Tropical Sunrise Smoothie



- ¼ cup** frozen mango chunks
- ¼ cup** frozen papaya
- ¼ cup** frozen pineapple chunks
- ½ medium** banana
- ½ cup** Greek yogurt (plain or vanilla)
- ½ cup** orange juice (or almond milk for creamier texture)
- 1 teaspoon** chia seeds or flaxseed (optional, for extra fiber)
- Ice cubes** (optional, for thicker smoothie)

Directions

- 1.** Combine all ingredients in a blender: mango, papaya, pineapple, banana, Greek yogurt, orange juice, and chia/flaxseed if using.
- 2.** Blend until smooth, adding ice cubes if desired for thickness.
- 3.** Pour into a glass and enjoy immediately for a refreshing, protein-packed breakfast on the run.

TIPS

- **Add ½ scoop vanilla protein powder for an extra protein boost.**
- **Swap coconut water for orange juice for a lighter, hydrating option.**

MEALS IN MINUTES

Wholesome lunches and dinners don't have to take all evening. This chapter features fast, flavorful meals that come together quickly—perfect for hectic weeknights, hungry families, or anyone craving a healthy bite without the wait.

Lasagna Soup

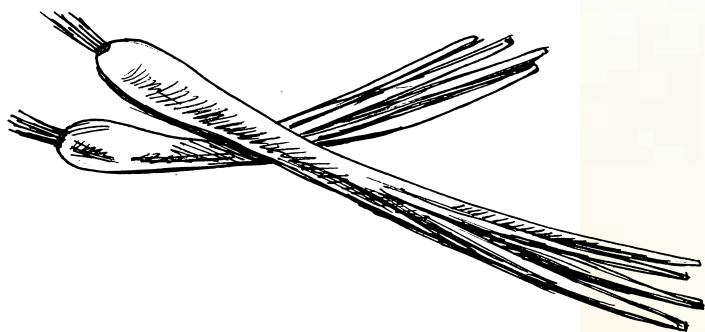
1 pound lean ground turkey or beef
1 small onion, diced
2 teaspoons minced garlic
1 jar marinara sauce 28 ounces
4 cups low-sodium chicken broth
1 teaspoon Italian seasoning
½ teaspoon crushed red pepper flakes (optional)
Salt & pepper to taste
4–6 lasagna noodles, broken into bite-sized pieces
½ cup part-skim ricotta cheese
½ cup shredded mozzarella cheese
2 Tablespoons grated Parmesan cheese
Fresh basil or parsley for garnish





Directions

1. In a large pot over medium heat, sauté onion and garlic until softened, about 2-3 minutes,
2. Add the ground turkey or beef over medium heat and cook until browned.
3. Pour in jar of marinara and broth. Stir in seasonings. Bring to a simmer.
4. Add broken lasagna noodles and cook 8-10 minutes until tender. Stir occasionally to prevent sticking.
5. Ladle soup into bowls. Top each serving with a spoonful of ricotta, a sprinkle of mozzarella and Parmesan, and fresh basil or parsley.



2 Tablespoons cornstarch
¼ cup cold water
⅓ cup low sodium soy sauce
½ cup chicken bone broth
¼ cup honey
½ teaspoon red pepper
chili flakes
2 Tablespoons sesame oil

Lo Mein:

6 cup Barilla Protein
spaghetti noodles, cooked
and drained

1 pound thin sliced boneless,
skinless chicken breasts, cut
into thin strips

1 Tablespoon sesame oil

Salt & pepper

1 teaspoon minced garlic

1 teaspoon minced ginger

3 cups shredded cabbage

½ onion, thinly sliced

2 cups matchstick carrots

**Sesame seeds and sliced
green onions**



Chicken *Lo Mein*



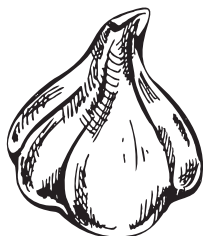
Directions

1. In medium bowl whisk together cornstarch and cold water. Whisk in remaining ingredients and set aside.
2. Cook pasta according to package directions and set aside.
3. Season the chicken breast with salt and pepper. Heat $\frac{1}{2}$ Tbsp sesame oil in skillet and add sliced chicken breast. Sauté until chicken is no longer pink. Set aside.
4. In the same skillet add $\frac{1}{2}$ Tbsp sesame oil, garlic, and ginger. Saute for approximately 1 minute. Stir in vegetables and cook for 5 minutes or until softened. Stir in cooked noodles and cooked chicken.
5. Pour sauce in the skillet and mix well to evenly coat the noodles, veggies, and chicken. Garnish with sesame seeds and green onion.



Egg Roll Skillet

1 pound lean ground turkey, chicken, or beef
2 teaspoons sesame oil (or olive oil)
2 teaspoons minced garlic
1 teaspoon ginger, bottled
4 cups cole slaw mix
1 cup matchstick carrots
3 green onions, sliced
3 Tablespoons low-sodium soy sauce or tamari
1 Tablespoon rice vinegar
1 teaspoon sriracha or chili garlic sauce (optional)
Sesame seeds for garnish

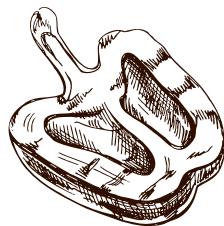


Directions

1. In a large skillet, heat sesame oil over medium heat. Add ground turkey, chicken, or beef and cook until browned, breaking it up with a spatula. Drain excess fat if necessary.
2. Stir in garlic and ginger; cook 1-2 minutes until fragrant.
3. Toss in cabbage, carrots, and green onions. Stir-fry 5-7 minutes until veggies are tender-crisp.
4. Stir in soy sauce, rice vinegar, and sriracha (if using). Mix well.
5. Garnish with sesame seeds and extra green onions if desired. Serve warm.



Chicken Tortilla *Soup*



1 teaspoon olive or avocado oil
1 teaspoon minced garlic
¼ cup green bell pepper, finely chopped
¼ cup white onion, finely chopped
1 jalapeno, finely diced
1 14 ounce can petite diced tomatoes
48 ounces low sodium chicken bone broth
1 cup picante sauce
1 teaspoon cumin
1 teaspoon chili powder
⅓ teaspoon cayenne pepper
½ teaspoon black pepper
1 ½ cups fully cooked chicken breast,
chopped or shredded
2 corn tortillas, cut into thin strips
Optional toppings: avocado slices, shredded
cheddar cheese, light sour cream or plain Greek
yogurt, and cilantro.

Directions

- 1.** In large stockpot sauté garlic, peppers, onion, and jalapeno in oil over medium high heat.
- 2.** Add diced tomatoes, bone broth, picante sauce, and spices. Bring to a boil, then simmer for 15-20 minutes.
- 3.** Next add the chicken and tortilla strips to the pot and simmer for an additional 10 minutes.
- 4.** Ladle into bowls and top with optional toppings.





3-Ingredient Tomato Soup & Grilled Havarti Melt

1 cup marinara
1 cup cottage cheese
8 ounces low-sodium chicken
bone broth
2 teaspoons butter
2 slices sourdough bread
1-2 slices Havarti cheese

Directions

1. Combine marinara, cottage cheese, and bone broth in a blender until smooth, 1- 2 minutes.
2. Transfer to a small saucepan and bring to a simmer for 5-7 minutes over medium heat.
3. Optional: Season with salt, pepper, or fresh basil for extra flavor.
4. Set aside and begin to prepare melt.
5. Layer Havarti between the bread slices. Melt butter in a nonstick skillet over medium heat.
6. Grill the sandwich 2-3 minutes per side, until bread is golden and cheese is melted. Serve warm alongside your creamy 3-ingredient tomato soup.

Mini Meatloaves

1 pound lean ground turkey or beef

¼ cup rolled oats

1 small onion, finely diced

2 cloves garlic, minced

1 large egg, slightly beaten

2 Tablespoons 2% milk

¼ cup ketchup (2 Tbsp reserved for topping)

1 ½ teaspoon

Worcestershire sauce

½ teaspoon salt

¼ teaspoon black pepper

Directions

- 1.** Preheat oven to 375°F and lightly grease a muffin tin.
- 2.** Mix ingredients: In a large bowl, combine ground meat, oats, onion, garlic, egg, milk, 2 Tbsp ketchup, salt, pepper. Mix until just combined (don't overmix).
- 3.** Divide mixture evenly among muffin tin cups. Top each with a small spoonful of mixture of 2 Tbsp ketchup and Worcestershire sauce.
- 4.** Bake for 20–25 minutes, until meatloaves are cooked through (internal temperature 165°F for turkey).
- 5.** Let cool 5 minutes before removing from pan.





Chicken Jalapeno *Pepper Salad*

1 cup rotisserie chicken breast, shredded or chopped
¼ red onion, diced
1 green onion, diced
1 fresh jalapeño, seeds removed and diced
2 pieces center-cut bacon cooked and chopped
2 Tablespoons shredded cheddar cheese
3 Tablespoons plain Greek yogurt
3 Tablespoons avocado mayo
¼ teaspoon garlic powder
¼ teaspoon onion powder
Salt & pepper to taste

Directions

1. In a medium mixing bowl, add shredded chicken, onions, jalapeño, bacon, cheddar cheese, Greek yogurt, mayo, and seasonings.
2. Stir until well combined and creamy.



Easy Air fryer *Salmon*



2 salmon fillets (4–6 oz each), skin on or off
1 teaspoon olive oil
½ teaspoon garlic powder
½ teaspoon paprika
Salt & pepper to taste
Lemon wedges, for serving
Optional: fresh herbs (dill, parsley)

Directions

- 1.** Preheat air fryer to 400°F.
- 2.** Drizzle fillets with olive oil and sprinkle with garlic powder, paprika, salt, and pepper.
- 3.** Place salmon in the air fryer basket, skin side down, if using skin. Cook 8–10 minutes, depending on thickness, until salmon flakes easily with a fork.
- 4.** Squeeze fresh lemon over the salmon and garnish with herbs, if desired. Pair with steamed veggies, salad, or quick quinoa for a complete meal.

Spicy Shrimp and *Sausage Gumbo*

2 teaspoons avocado or olive oil
1 medium white onion, diced (approximately 1 cup)
2 teaspoons minced garlic
½ pound turkey Polish sausage, sliced
½ cup red bell pepper, diced
½ cup green bell pepper, diced
½ cup celery, diced
2 teaspoons flour
2 cups low sodium chicken bone broth
1 cup frozen chopped okra
1 can diced tomatoes and green chiles
1 bay leaf
1 teaspoon Italian seasoning
½ teaspoon chili powder
½ teaspoon pepper
⅛ teaspoon cayenne pepper
⅛ teaspoon paprika
1 pound of shrimp, peeled, deveined, and tails off
2 cups rice, prepared

Directions

- 1.** In large stock pot, heat oil over medium high heat. Add onions and garlic and sauté for 2 minutes.
- 2.** Stir in sausage and heat until slightly brown, approximately 2 minutes.
- 3.** Add peppers and celery and heat for 2 minutes, stirring frequently. Sprinkle flour on top of sausage and veggie mixture and stir until mixture is well coated, heat for 1 minute.
- 4.** Stir in broth, okra, diced tomatoes and green chile, and spices. Bring to a boil and simmer for 3 minutes.
- 5.** Stir in shrimp and simmer for 4 minutes or until shrimp is slightly pink.
- 6.** Remove bay leaf before serving.
- 7.** Place 1/3 cup rice in a bowl and top with 1 cup of gumbo





Tex Mex Cauliflower *“Mac and Cheese”*

1 teaspoon avocado or olive oil

1 pound lean ground turkey

½ teaspoon garlic powder

½ teaspoon onion powder

1 teaspoon cumin

½ teaspoon salt

½ teaspoon pepper

4 cups cauliflower florets

1 small jalapeño, diced

1 cup shredded cheddar cheese

½ cup shredded pepper

jack cheese

¼ cup milk

Optional garnish: chopped
cilantro, diced tomatoes, or
green onions

Directions

1. Heat olive oil in a large skillet over medium heat. Add ground turkey, season with salt, pepper, garlic powder, onion powder, and cumin. Cook 5–7 minutes until browned and cooked through. Remove from skillet and set aside.
2. Steam or microwave cauliflower florets until tender. Drain well.
3. In the same skillet, add diced jalapeño and cook 1–2 minutes. Reduce heat to low and stir in cheddar, pepper jack, and milk until smooth and creamy.
4. Add cooked turkey and cauliflower to the cheese sauce. Stir until everything is coated and heated through.
5. Garnish with cilantro, diced tomatoes, or green onions as desired.





Copycat Chipotle Bowl

For the Chicken:

1 pound boneless, skinless chicken breast or thighs
3 Tablespoons avocado or olive oil
1 teaspoon chili powder
1 teaspoon smoked paprika
½ teaspoon cumin
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon salt
½ teaspoon pepper

For the Bowl:

1 cup cooked rice or cauliflower rice (for low-carb)
1 Tablespoon lime juice
1 Tablespoon chopped cilantro
½ teaspoon salt
1 cup black beans, drained and rinsed
½ cup corn kernels
¼ cup shredded Monterrey jack cheese
¼ cup guacamole
½ cup pico de gallo

Directions

1. Toss 1 Tablespoon of olive oil with chicken and spices. Heat 2 Tablespoons olive oil in a skillet over medium-high heat and cook chicken 5–7 minutes per side until cooked through (internal temperature 165°F). Slice or dice.
2. Prepare cilantro rice by stirring in lime juice, cilantro and salt into cooked rice.
3. Mix black beans, corn, and pico de gallo in a medium bowl. Set aside.
4. Divide rice and black bean corn mixture corn evenly between bowls.
5. Top with cooked chicken, cheese, guacamole, and pico de gallo.



Buffalo *Chicken* Soup

1 teaspoon olive oil
1 small onion, diced
2 teaspoons minced garlic
1 (15 ounces) can white beans,
drained and rinsed
4 ounce can of green chiles
3 cups low-sodium chicken bone broth
1/3 cup buffalo wing sauce
1 cup rotisserie chicken shredded
1 teaspoon smoked paprika
1/2 teaspoon cumin
1/2 teaspoon salt
1/2 teaspoon pepper
Optional toppings: shredded
cheddar, plain Greek yogurt, sliced
green onions, chopped cilantro

Directions

- 1.** Heat olive oil in a large pot over medium heat. Stir in onion and garlic, cooking 2–3 minutes until softened.
- 2.** Stir in white beans, green chiles, chicken broth, buffalo sauce, chicken, smoked paprika, cumin, salt, and pepper. Bring to a boil.
- 3.** Reduce heat and simmer for 10–15 minutes, stirring occasionally.
- 4.** Ladle into bowls and top with shredded cheddar, a dollop of Greek yogurt, green onions, or cilantro, if desired.



2 medium sweet potatoes

1 Tablespoon olive oil

1 pound lean ground
turkey or beef

1 teaspoon cumin

½ teaspoon garlic powder

½ teaspoon onion powder

½ teaspoon salt

½ teaspoon black pepper

2 Tablespoons tomato
sauce

½ cup black beans, drained
and rinsed

½ cup canned corn,
drained

½ cup shredded cheddar
or Mexican blend cheese

¼ cup avocados diced

2 Tablespoons pico de gallo

2 Tablespoons plain
Greek yogurt

2 Tablespoons sliced
jalapenos, pickled or fresh

Taco Stuffed *Baked Sweet Potato*

Directions

1. Wash the outside of sweet potatoes and pierce several times with fork. Place one sweet potato at a time on microwave safe plate and microwave on high for 5 to 7 minutes, until soft to touch.
2. While sweet potatoes are cooking, heat a skillet over medium heat. Add ground turkey or beef and season with cumin, garlic powder, onion powder, salt, and pepper. Cook 5–7 minutes until browned and cooked through. Stir in tomato sauce.
3. Stir in black beans and corn; cook 2–3 more minutes.
4. Slice baked sweet potatoes lengthwise and gently fluff the inside with a fork. Spoon the taco filling on top.
5. Sprinkle shredded cheese over the top of taco filling. Garnish with avocado, pico de gallo, plain Greek yogurt, and sliced jalapenos.



SPEEDY SNACKS AND APPS

When cravings strike, these nutritious snacks and appetizers deliver big flavor with wholesome ingredients. From crunchy bites to protein-packed minis, each recipe offers a smarter way to snack throughout the day.



Baked Feta



1 container grape or cherry tomatoes - sliced in half, dried with paper towel

Handful of fresh basil
chopped

2 Tablespoons olive oil

3 Tablespoons Balsamic vinegar

Dash of pepper

1 8-ounce block feta cheese

Optional: topper drizzle of balsamic glaze and more chopped basil

Directions

- 1.** Pre-heat oven to 375 degrees
- 2.** Mix tomatoes, basil, olive oil, balsamic vinegar, and pepper in bowl. Set aside.
- 3.** In an 8X8 glass baking dish, set the feta block in the middle. Pour tomato mixture over the top and on the side of the feta block.
- 4.** Bake in oven for 35 to 45 minutes until tomatoes are roasted down. Remove from oven.
- 5.** If desired, drizzle with glaze and add more chopped basil. Serve with pita chips, thin-sliced toasted baguette bread or large vegetable slices and pieces such as celery, red pepper or cauliflower.



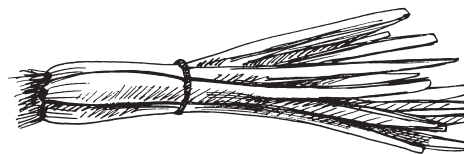


No Bake *Pumpkin Energy Bites*

¾ cup old-fashioned oats
½ cup canned pumpkin purée
½ cup peanut butter or almond butter
¼ cup maple syrup or honey
1 teaspoon pumpkin pie spice
½ teaspoon cinnamon
1 teaspoon vanilla extract
2 Tablespoons chia seeds
¼ cup dark chocolate chips
2 Tablespoons chopped pecans
(optional)

Directions

- 1.** In a mixing bowl, combine oats, pumpkin, nut butter, maple syrup or honey, pumpkin pie spice, cinnamon, vanilla, chia seeds, and chocolate chips. Mix until fully combined.
- 2.** Refrigerate mixture for 20–30 minutes to firm up.
- 3.** Roll into 1-inch balls and place on a baking sheet or plate.
- 4.** Store in an airtight container in the refrigerator for up to 1 week or freeze up to 3 months.



Hummus Stuffed *Mini Peppers*

1 bag (1 pound) mini sweet peppers, halved and seeds removed

1 cup hummus (store-bought or homemade), any flavor

2 Tablespoons crumbled feta (optional)

1 Tablespoon everything bagel seasoning or paprika (optional)

Drizzle of olive oil (optional, for presentation)

Directions

1. Wash and slice mini peppers lengthwise; remove any seeds.
2. Spoon hummus into each pepper half.
3. Arrange on a platter and top with optional toppings: feta crumbles, everything bagel seasoning, a pinch of paprika, or a light olive oil drizzle.
4. Serve immediately or refrigerate up to 24 hours.



Poma-Mole

Directions

1. Place avocados in medium bowl and mash with fork. Stir in lime juice, onions, cilantro, salt, jalapenos. Stir in pomegranate seeds.
2. Serve with baked tortilla chips.

3 medium avocados, skin and seed removed

1 Tablespoon lime juice, fresh squeezed

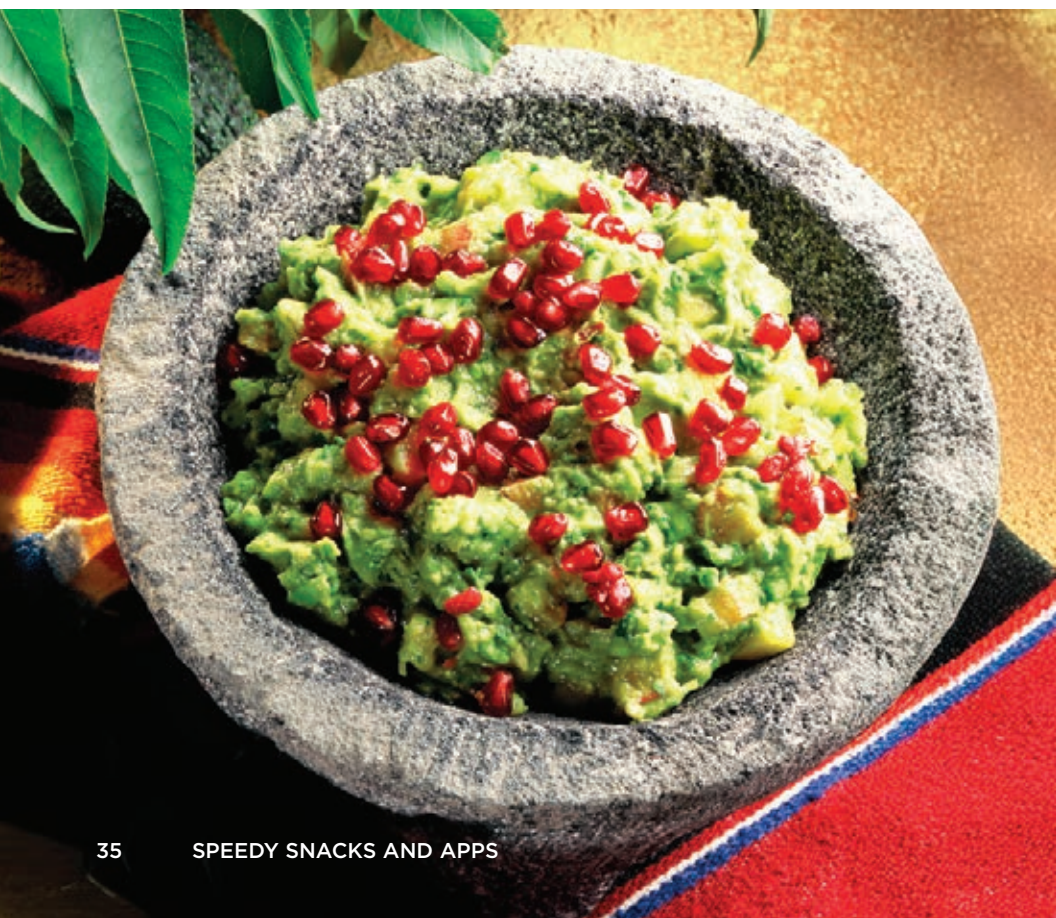
3 Tablespoons red onion, chopped

1 Tablespoon cilantro, chopped

¼ teaspoon kosher salt

½ jalapeno, deseeded and chopped

½ cup pomegranate seeds
(equivalent to 1 medium pomegranate)





Roasted *Rosemary Pecans*

2 cups pecan halves
1 Tablespoon olive oil or
melted butter
1 Tablespoon fresh
rosemary, finely chopped
1 Tablespoon maple syrup
(optional for a lightly
sweet glaze)
1 teaspoon sea salt
¼ teaspoon black pepper
⅛ teaspoon pinch of
cayenne pepper

Directions

- 1.** Preheat oven to 350°F and line a baking sheet with parchment paper.
- 2.** In a bowl, stir together olive oil (or butter), rosemary, maple syrup (if using), salt, pepper, and cayenne pepper.
- 3.** Toss pecans in the mixture until evenly coated.
- 4.** Spread on baking sheet in a single layer.
- 5.** Roast for 12–15 minutes, stirring once halfway through, until fragrant and lightly toasted.
- 6.** Cool completely before serving, they will crisp as they cool.



Crunchy Crunch Dip


Teri Cardenas
CEO Contribution


8 ounce block low fat cream cheese, softened
2 Tablespoons pistachio nuts, roasted, shelled, chopped
2 Tablespoons sunflower seeds, chopped
2 Tablespoons pepita seeds, chopped
Drizzle honey or hot honey

Directions

1. On a dish, smoothly spread one 8 ounce softened block of low fat cream cheese as a base.
2. Top with chopped roasted pistachio nuts, sunflower seeds and pepita seeds. Drizzle a thin stream of honey or hot honey across the top.
3. Serve with whole grain crackers, pita chips, baby carrots, sliced celery, small broccoli pieces and/or sliced red, orange or green peppers.

DESSERTS IN A DASH

Treat yourself to sweet moments that don't require hours in the kitchen. These quick-to-prepare desserts are delicious, family-friendly, with no stress, just sweetness.



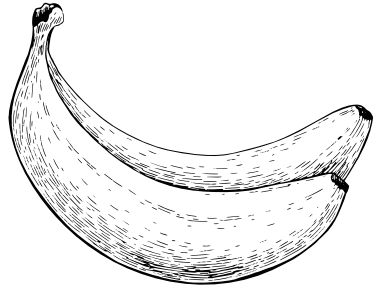
Pumpkin Overnight *Pudding*



½ cup pumpkin purée
½ cup Greek vanilla yogurt
2 Tablespoons chia seeds
1-2 teaspoons maple syrup
or honey
¼ teaspoon pumpkin pie
spice
¼ teaspoon cinnamon
Optional toppings: chopped
nuts, granola, crushed
graham crackers, or a few
dark chocolate chips

Directions

- 1.** In a small bowl or jar, mix pumpkin purée, Greek yogurt, chia seeds, maple syrup, pumpkin pie spice, and cinnamon until well combined.
- 2.** Cover and refrigerate overnight (or at least 4 hours) to allow chia seeds to thicken.
- 3.** Stir before serving and top with your choice of nuts, granola, crushed graham crackers, or chocolate chips



Air-Fried *Bananas*

Directions

1. Preheat air fryer to 375°F.
2. Slice banana in half lengthwise with peel on.
3. Lightly spray air fryer basket if needed and place banana halves cut-side up.
4. Choose your way and top with toppings.
5. Air fry for 6–8 minutes, until bananas are warm, caramelized, and lightly golden.
6. Remove and serve immediately.

1 ripe banana (or 2 for sharing)

Choose Your Way:

S'mores

Mini chocolate chips, Mini marshmallows, Crushed graham crackers

Biscoff Chocolate Chip

Biscoff cookie spread (drizzle), Mini chocolate chips, Crushed Biscoff cookies (optional)

Honey Cinnamon

Chocolate Chip

Drizzle of honey, Sprinkle of cinnamon, Mini chocolate chips

Maple Pepita

Pure maple syrup, salted Pepitas (pumpkin seeds)



Sheet Pan *Caramel Apples*

4 cups of Granny Smith sliced apples

¼ cup caramel dip, heat according to package directions

Optional Toppings:

Mini chocolate chips
Chopped nuts (pecans, peanuts, or almonds)
Crushed pretzels
Mini marshmallows
Coconut

Directions

- 1.** Line a baking sheet with parchment paper. Arrange apple slices in a single layer.
- 2.** Spoon or drizzle the warm caramel over the apples.
- 3.** Quickly sprinkle desired toppings on top of apples and caramel.
- 4.** Refrigerate for 5-10 minutes to set slightly, then serve directly from the tray.

Grilled Peach Cobbler Parfait

2 ripe peaches, sliced with skins on

1 cup Vanilla Greek yogurt

½ cup Cinnamon Oat Granola (or your favorite granola)

Honey

Cinnamon

Directions

1. Preheat grill or grill pan to medium heat. Lightly spray or brush peaches with oil. Place peaches on grill and grill for 3-4 minutes per side, until grill marks form and peaches are tender.
2. For each serving, arrange grilled peaches in a circle in a small dish.
3. Scoop ½ cup yogurt in the middle of the peaches. Top with 2 Tbsp granola.
4. Drizzle peaches and yogurt/granola mixture with honey and sprinkle with cinnamon.





Jennifer Meachum RDN, LD

As a Registered Dietitian and part of the Physicians Premier team, creating the HealthiER in a Hurry cookbook is my way of sharing simple, trustworthy, wholesome recipes with the community we love. These meals are fast enough for busy days and nourishing enough for the people who matter most, your family and ours.



BRYAN

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CORPUS CHRISTI

Calallen

11158 Leopard St #103
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Ennis Joslin

7750 S Padre Island Dr
361-994-1911

Parkdale

4141 S Staples St #106
361-991-0911

Portland

1860 US State, US-181 C
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