



HEALTHIER *Occasions*

Recipes for Every Celebration

2ND EDITION





PHYSICIANS
PREMIER®

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Our dedicated San Antonio Regional Marketing Director, Jennifer Meachum, RDN, LD, a seasoned expert with over 20 years of experience as a registered dietitian nutritionist, has been passionately guiding individuals on their path to wellness for many years.

Physicians Premier loves to celebrate special occasions with our physicians, ER teams and families. Jennifer understands the importance of balancing health and happiness on special occasions.

These recipes are designed to make your celebrations even more memorable by being delicious and health-conscious.

We sincerely hope that you and your loved ones relish these easy-to-follow recipes.

Physicians Premier is proud to contribute to your journey toward good health and healthiER occasions.



GAME DAY READY

Stay on track with your health and wellness goals while cheering on your favorite teams. The key to being game day ready is to have a plan when it comes to the foods you are going to serve.

These recipes will help you incorporate nutrient dense satisfying foods to your game day spread.



Chocolate-Covered Strawberry Footballs

1 cup melting dark chocolate wafers
1 pint of strawberries, washed and patted dry
½ cup vanilla frosting

Directions:

1. Melt dark chocolate wafers according to package directions.
2. Once chocolate is melted, hold strawberry by the stem and dip fully into the chocolate. Place on a baking sheet lined with parchment paper.
3. Refrigerate until chocolate is hardened.
4. Scoop frosting into a plastic sandwich bag and cut a corner of bag to create a piping tip. Pipe the frosting onto the chocolate-covered strawberries, creating a football stitch pattern.



GAME DAY READY



Buffalo Turkey Meatballs

- 1 lb ground turkey or chicken, 85% lean/15% fat
- 1/2 cup Buffalo sauce, divided (1/4 cup each)
- 1 large egg
- 2 Tbsp green onions, thinly sliced
- 1/4 cup carrots, finely diced
- 2 Tbsp quick cooking oats
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp black pepper

Directions

1. Preheat oven to 400°F and line a baking sheet with parchment paper.
2. In a large bowl mix together the ground turkey or chicken, 1/4 cup Buffalo sauce, egg, green onions, carrots, oats, and spices.
3. Use your hands to form the mixture into balls to make approximately 15 meatballs.
4. Place the meatballs onto the lined baking sheet and bake 20 minutes. Remove from oven. Gently toss the meatballs with remaining 1/4 cup Buffalo sauce.





Air Fryer Roasted Buffalo Cauliflower

1 bag pre-cut cauliflower florets, approximately 2 cups

1 Tbsp olive oil

½ tsp kosher salt

1 tsp black pepper

1 Tbsp Buffalo hot wing sauce

Directions

1. In a medium bowl, toss florets with olive oil, salt and pepper.
2. Add florets to air fryer basket.
3. Roast at 400 degrees for 10-12 minutes shaking the basket after 5 minutes.
4. Once florets are tender and crispy on the outside return them to the medium bowl and toss with Buffalo sauce.

**If using an oven instead of an air fryer, preheat the oven to 400 degrees. Place cauliflower on a baking sheet in a single layer, and bake for 15 to 20 minutes.*

GAME DAY READY



Slow Cooker White Chicken Chili

- 1 cup low sodium chicken broth
- 1 cup onion, chopped
- 2 Tbsp all-purpose flour
- 2 tsp chili powder
- 1 tsp ground cumin
- ½ tsp salt
- 1/8 tsp black pepper
- 1 lb boneless skinless chicken breast, cut in ½ inch pieces
- 2 cans cannellini or Great Northern beans, rinsed & drained
- 1 can no-salt added whole-kernel corn, drained
- 1 (4.5 ounce) can chopped green chiles
- 2 garlic cloves, minced
- ½ cup shredded reduced fat Mexican blend or cheddar cheese
- ½ cup light sour cream or plain Greek yogurt
- 2 Tbsp fresh cilantro, chopped
- 1 small avocado, peeled, seed removed, and diced

Directions

1. Combine chicken broth, onion, flour, chili powder, cumin, salt, pepper, chicken, beans, corn, green chiles, and garlic in an electric slow cooker. Cover and cook on high for 1 hour.
2. Reduce heat to low and cook 4 additional hours.
3. Serve chili topped with cheese, sour cream or yogurt, cilantro, and avocado.



Love is in The Air

Nothing says love like a home cooked meal and chocolate! Take care of your heart and your loved ones heart by whipping up some of these delectable heart-healthy recipes during the season of love. From Omega-3 rich veggies to lean beef to dark chocolate, these recipes will make your heart pitter patter.

Beef Tenderloin with Chimichurri Sauce

3 to 3 ½ lbs beef tenderloin
1 Tbsp avocado oil
½ tsp black pepper
½ tsp garlic powder
½ tsp onion powder
¼ tsp salt

Directions:

1. Preheat oven to 425 degrees.
2. Rub all sides of beef with oil and spices.
3. Bake in preheated oven for 25 to 30 minutes or until meat thermometer registers 140 degrees (medium).
4. Remove from oven and cover loosely with foil allowing the meat to rest for 15 minutes. Slice and top with chimichurri sauce.

Chimichurri Sauce

1 cup fresh parsley
1 Tbsp fresh oregano
4 garlic cloves, minced
¼ tsp crushed red pepper flakes
¼ cup red wine vinegar
½ tsp kosher salt
½ tsp black pepper
½ cup avocado oil

Directions:

1. Place parsley, oregano, garlic, crushed red pepper flakes, and red wine vinegar into a food processor and pulse until chopped, but not pureed. If you do not have a food processor you can finely chop the parsley, oregano, and garlic and stir in the crushed red pepper flakes, and red wine vinegar.
2. Transfer into small bowl and stir in salt, pepper, and avocado oil. Store in refrigerator until ready to serve.



Love is in The Air

♥ Fudgy Avocado Brownie

1 large ripe avocado, peeled, seed removed

2 eggs

1 tsp vanilla

¼ cup brown sugar, firmly packed

¼ cup sugar

½ cup white whole wheat flour

⅓ cup cocoa powder, unsweetened

¼ tsp salt

¼ tsp baking powder

½ tsp cinnamon

¼ cup dark chocolate chips

Directions

1. Preheat oven to 350 degrees.
2. In a medium sized mixing bowl, mash avocado with a fork. Add eggs and mix with a hand mixer until smooth. Add vanilla, brown sugar, and sugar, mixing until combined.
3. In a separate bowl, whisk the dry ingredients (flour, cocoa powder, salt, baking powder, cinnamon).
4. Add dry ingredients to batter, mixing well with a hand mixer. Stir in chocolate chips.
5. Pour batter into non-stick 9x9 pan and bake for 15 minutes.
6. Allow to cool for 30 minutes and then cut evenly into 9 squares.



Photo by Jennifer Meachum, RDN, LD



Photo by Jennifer Meachum, RDN, LD

Blackened Salmon with Cucumber Dill Relish

1 lb salmon filet
½ Tbsp olive oil
½ tsp black pepper
½ tsp garlic powder
½ tsp onion powder
½ tsp smoked paprika
¼ tsp cayenne pepper
½ tsp Italian Seasoning
¼ tsp salt

Cucumber Dill Relish

½ cup light sour cream
1 Tbsp white wine vinegar
1 Tbsp fresh dill, finely chopped
½ tsp black pepper
¼ tsp salt
½ tsp sugar
1 cucumber, diced
¼ cup red onion, finely chopped

Directions

1. Preheat oven to 450 degrees.
2. Rub salmon with olive oil and spices. Place salmon on a foil-lined baking sheet (skin side down). Bake salmon for 10-15 minutes until salmon is cooked through.
3. While the salmon is in the oven, prepare the cucumber dill relish. Whisk together the light sour cream, vinegar, dill, pepper, salt, and sugar in a medium bowl. Stir in the cucumbers and red onion. Refrigerate until ready to serve.
4. Remove salmon from the oven. Top with cucumber dill relish.

Love is in The Air

♥ Lazy Ravioli Lasagna

20 oz package refrigerated cheese ravioli
24 oz jar of lower sugar marinara sauce
2 cups mozzarella cheese, shredded
1/4 cup Parmesan, grated
2 cups cottage cheese

Directions

1. Preheat oven to 350 degrees and spray a 13 x 9 glass baking dish with non-stick spray.
2. Pour ½ jar of marinara sauce into the bottom of the baking dish, then layer your first layer of ravioli.
3. Spoon 1 cup of cottage cheese over the ravioli then add a layer of 1 cup mozzarella cheese, 2 Tbsp Parmesan cheese.
4. Repeat one more layer of remaining marinara sauce, ravioli, cottage cheese, mozzarella cheese, and parmesan cheese.
5. Cover with foil and bake for 30 minutes. Remove the foil and cook for 5-10 more minutes or until the cheese is brown and bubbly.
6. Remove and let rest for about 5 minutes before serving.



Photo by Jennifer Meachum, RDN, LD



Fan Favorite* **Portabella Italian Melt

4 portabella mushroom caps
2 Tbsp olive oil
salt & pepper to taste
½ cup diced peppers (red, yellow, and green)
1 cup low sugar marinara sauce
½ lb ground beef
1 cup mozzarella cheese, shredded

Directions

1. Preheat oven to 375 degrees. In medium skillet brown the ground beef and stir in marinara sauce. Set aside.
2. Scoop out and discard the gills of the mushroom caps with a spoon. Rub the inside and outside of the caps with olive oil, salt, and pepper.
3. Place caps on foil lined baking sheet. Fill each cap with 2 Tbsp diced peppers and 1/4 cup meat sauce.
4. Bake in oven for 10 minutes. Remove from oven and top with cheese.
5. Return to oven and bake 5-10 minutes or until cheese is completely melted.

Mother's Day Pampering



Show your mom, grandma, aunt, or wife just how special they are by serving up a delicious Mother's Day breakfast or brunch. These recipes are easy to prepare for even a novice cook and are loaded with good for you ingredients without sacrificing the taste.



Mimosa Fruit Salad

- 1 cup watermelon chunks
- ½ cup blackberries
- ½ cup raspberries
- ½ cup blueberries
- 2 kiwis, peeled and sliced
- ½ cup champagne (substitute sparkling apple or grape juice for non-alcoholic recipe)
- 1 orange, juiced
- 2 tsp honey
- ½ tsp orange zest
- Fresh mint for garnish

Directions

1. Place all fruit in large serving bowl.
2. Pour champagne, orange juice, honey, and orange zest over fruit and stir gently.
3. Garnish with fresh mint. Chill until ready to serve.



Photo by Jennifer Meachum, RDN, LD



Photo by Jennifer Meachum, RDN, LD

Mother's Day Pampering



Sweet Potato Pepper Quesadillas with Avocado Crema

Avocado Crema

1 avocado, peeled, seed removed
1 cup plain Greek yogurt
Juice of ½ lime
½ teaspoon salt

Quesadillas

2 Tbsp olive oil
1/2 cup sweet potato, peeled and diced
¼ cup finely chopped red, yellow, and green bell peppers
¼ tsp salt
¼ tsp pepper
½ cup shredded pepper jack cheese
1 Tbsp butter
2 low carb tortillas
dash of salt and pepper

Directions

1. To prepare avocado crema, blend avocado, yogurt, lime, and salt in a food processor until smooth. Refrigerate until ready to serve.
2. To prepare quesadilla filling, heat oil in a skillet. Add sweet potatoes, peppers, salt, and pepper. Saute until softened, approximately 2-3 minutes. Set vegetable mixture aside.
3. To prepare quesadilla, heat butter in skillet until melted. Add tortilla to pan and fill ½ the tortilla with ¼ cup vegetable mixture and 2 Tbsp cheese. Fold tortilla over the vegetable and cheese mixture.
4. Cook each side of quesadilla for 1-2 minutes or until golden brown.
5. Remove from skillet and cut into triangles. Repeat with remaining ingredients.
6. Drizzle quesadillas with avocado crema.



Crustless Bacon Cheddar Quiche

6 large eggs
¾ cup cottage cheese
½ tsp salt
½ tsp pepper
¾ cup cheddar cheese, shredded
¼ cup cooked bacon, crumbled

Directions

1. Preheat oven to 375 degrees. Spray a glass pie dish with non-stick cooking spray.
2. In blender, blend eggs, cottage cheese, salt, and pepper until smooth.
3. Pour the mixture into the pie dish. Stir in cheese and bacon crumbles.
4. Bake for 25 minutes.
5. Allow to cool for 10 minutes before serving.



Photo by Jennifer Meachum, RDN, LD

Mother's Day Pampering



**Fan Favorite*

Power Packed Green Smoothie

2 cups fresh baby spinach leaves or baby kale

1 ripe banana

¼ cup frozen mangos

¼ cup frozen peaches, unsweetened

½ cup Greek vanilla yogurt

Directions

1. Place spinach or kale leaves, banana, mangos, peaches, and Greek yogurt in a blender.
2. Blend to preferred consistency. Add water or almond milk for thinner consistency.





CEO Smoothie

Physicians Premier CEO Teri Cardenas shares, “Jennifer inspired me many years ago to start drinking her power-packed green smoothie after I told her I don’t do green veggies. She was adamant that I would not taste the spinach. After one sip, I was a believer! My version has a few different twists, but same foundational ingredients that make this a great start to your day or afternoon pick me up. Many thanks to Jennifer for sneaking some green into my diet.”

2 cups fresh spinach or baby kale

1 frozen banana (I cut in large pieces and freeze in a zip plastic baggie)

½ cup frozen strawberries

1 scoop plain or vanilla protein powder (I use whey or pea protein)

½ cup Greek plain yogurt

Directions

1. Place spinach or kale leaves, frozen banana, frozen strawberries, protein powder, yogurt in blender.
2. Blend to preferred consistency. Add water, almond milk or coconut milk (my choice) for thinner consistency.



Photo by Jennifer Meachum, RDN, LD

Mother's Day Pampering



Huevos Rancheros

3 eggs

one 16 oz can diced tomatoes and green chiles

½ cup onion, chopped

½ Tbsp olive oil

¼ tsp garlic powder

¼ tsp pepper

¼ tsp dried oregano

⅓ cup Monterey jack cheese, shredded

⅓ cup Parmesan cheese, shredded

3 corn tortillas

Optional garnish: avocado slices

Directions

1. Heat oil on medium high heat in a large skillet with lid. Add onion and sauté until softened and translucent, but not brown. Add tomatoes and chiles, garlic powder, pepper, and oregano. Reduce heat to medium and simmer for 5 minutes, stirring occasionally.
2. Make 3 holes in the ranchero sauce and gently crack an egg in each opening. Top eggs with cheese. Cover and cook until eggs are set, and cheese is melted, 5 to 8 minutes.
3. Using a spatula, serve egg on top of a warmed corn tortilla. Top egg with remaining Ranchero sauce. Garnish with avocado slices.



PERFECTLY PATRIOTIC



Celebrate America and all its glory with these patriotic-inspired recipes that are full of flavor and filled with healthy substitutions. From showstopping starters to a tasty side dish, to a delectable dessert, these will be a wonderful addition to your patriotic festivities.



Patriotic Banana Split Pie

1 graham cracker pie crust

1 banana, sliced

½ cup pineapple tidbits

1 box of sugar-free vanilla pudding, prepared following pie filling directions

1 cup Cool Whip whipped topping, thawed

Strawberry slices, blueberries, raspberries

Directions

1. Arrange banana slices in single layer on bottom of crust.
2. Top banana slice layer with layer of pineapple tidbits.
3. Pour prepared pudding evenly on top of banana and pineapple.
4. Top pudding with whipped topping using spatula to smooth evenly.
5. Garnish whipped topping with strawberries, blueberries, and raspberries. Chill until ready to serve.



Photo by Jennifer Meachum, RDN, LD



Photo by Jennifer Meachum, RDN, LD

PERFECTLY PATRIOTIC

Cauliflower “Potato” Salad

4 cups cauliflower florets
1 Tbsp olive oil
½ cup celery, finely chopped
½ cup red onion, finely chopped
1 Tbsp Dill relish
2 large eggs, hard-boiled,
chopped

Dressing

½ cup light mayonnaise
½ cup light sour cream
2 Tbsp skim milk
2 tsp mustard
¼ tsp salt
½ tsp pepper
¼ tsp celery seed

Directions

1. Toss cauliflower florets with olive oil in medium bowl.
2. Roast cauliflower in an air fryer at 400 degrees for 10 minutes shaking basket after 5 minutes. Cauliflower should be fork tender and crispy on the outside. Set aside to cool.
3. Place roasted cauliflower in a large bowl. Gently stir in celery, onion, and relish. Set aside.
4. In a small bowl, mix dressing ingredients until blended.
5. Stir dressing into cauliflower mixture. Gently fold in hard-boiled eggs.
6. Refrigerate until ready to serve.

**If using an oven instead of an air fryer, preheat the oven to 400 degrees. Lay cauliflower on a baking sheet in a single layer, and bake for 15 to 20 minutes.*

Lightened Up Deviled Eggs

6 hard-boiled large eggs, peeled and halved lengthwise

3 Tbsp light mayonnaise

1 tsp mustard

¼ tsp black pepper

2 Tbsp Dill relish

Paprika to garnish

Directions

1. Carefully scoop out the yolks of the hard-boiled eggs and place in a medium bowl. Set aside the egg white halves on a platter.
2. Add mayonnaise, mustard, and pepper to the hard-boiled egg yolks. Smash with fork and stir until smooth. Stir in Dill relish.
3. Fill each hard-boiled egg white half with the deviled egg filling.
4. Sprinkle with a dash of paprika.



Photo by Jennifer Meachum, RDN, LD

PERFECTLY PATRIOTIC



Star Spangled 7 Layer Dip

8 ounces Chipotle hummus (may substitute fat free canned refried pinto beans or refried black beans)

1 ½ cups guacamole (smash 2 large avocados, 1 tsp lime juice, and ½ tsp salt)

1 cup light sour cream or plain Greek yogurt

½ cup cheddar cheese, shredded

½ cup red onion, diced

1 cup tomatoes, diced

½ cup Monterey Jack cheese, shredded

⅓ cup black olives, sliced

Directions

1. In small rectangular glass dish, with a small spatula spread hummus across the bottom of the dish.
2. Next, spread the guacamole on top of the hummus, followed by the sour cream.
3. Sprinkle the cheddar cheese evenly over the sour cream. Top the cheese with an even layer of the diced tomatoes.
4. Create a square with the Monterey Jack cheese in the upper left hand corner for the American flag stars, which for this recipe will be the sliced olives. Arrange the black olives on top of the cheese in even rows filling the square.
5. Create the white stripes of the American flag with straight rows of shredded Monterey Jack cheese. The layer of tomatoes will serve as the red stripes.
6. Cover and refrigerate until ready to serve. Serve with blue tortilla chips.



Photo by Jennifer Meachum, RDN, LD



It's Fall Y'all



Fall has arrived, and even though the season is changing, your health and wellness goals do not have to! These Fall-inspired recipes feature seasonal ingredients and dishes to warm you from the inside out. They are created with your fall favorites and healthy eating habits in mind.



Pumpkin Spice Latte

2 Tbsp 100% pumpkin, canned
1 cup 2% milk (may substitute soy or almond milk)
1 ½ packets Splenda or Stevia (sugar substitute)
½ tsp pumpkin pie spice
½ tsp vanilla extract
¼ cup prepared coffee, hot

Microwave Method

In a microwavable bowl, combine the pumpkin, milk, sugar substitute, pumpkin pie spice, and vanilla. Cover with plastic wrap and vent. Microwave 1 ½ to 2 minutes. Whisk your warm latte mix vigorously until the mixture appears foamy, about 30 seconds. Pour latte into mugs.

Stove top Method

Combine pumpkin, milk, sugar substitute, pumpkin pie spice, and vanilla in a saucepan. Heat on medium, stirring as needed, until it is warm-approximately three minutes. Whisk your warm latte mix vigorously until the mixture is foamy, about 30 seconds. Pour latte into mugs.





Photo by Jennifer Meachum, RDN, LD

It's Fall Y'all

Pumpkin Chili

- | | |
|---|--------------------------------|
| 1 Tbsp olive oil | 1 cup 100% canned pumpkin |
| 2 tsp minced garlic | 1 cup low sodium chicken broth |
| ½ cup green bell pepper, diced | 1 can black beans drained |
| ½ cup red bell pepper, diced | 1 Tbsp chili powder |
| ½ cup white onion, diced | 2 tsp cumin |
| 1 lb lean ground turkey | 1 bay leaf |
| two 14 oz can diced tomatoes and green chiles | 1 tsp pepper |
| | ¼ tsp salt |

Directions

1. Heat olive oil in large stockpot over medium high heat. Add garlic, peppers, and onion. Sauté until softened, stirring frequently, approximately 2-3 minutes.
2. Add turkey to the stockpot and cook until browned. Approximately 5-6 minutes.
3. Add the remaining ingredients to the pot, stir, and cover.
4. Simmer for 20-30 minutes.



Chopped Fall Harvest Salad

4 cups kale (or salad greens of your choice), chopped
2 Tbsp pomegranate seeds
1 medium Gala apple, diced
1 medium Bartlett pear, diced
2 Tbsp feta cheese crumbles
2 Tbsp walnuts, toasted and chopped

Maple Dijon Vinaigrette Dressing

1 Tbsp apple cider vinegar
2 tsp 100% pure maple syrup
2 tsp Dijon mustard
2 Tbsp olive oil
salt and black pepper

Directions

1. Place kale in large bowl and top with pomegranate seeds, apples, pear, feta cheese, and walnuts. Set aside.
2. To prepare the dressing, in a medium bowl whisk together apple cider vinegar, maple syrup, and Dijon mustard. Gradually whisk in the olive oil. Add salt and pepper to taste.
3. Drizzle dressing on top of salad and gently toss.



Photo by Jennifer Meachum, RDN, LD

It's Fall Y'all

Lil' Pumpkin Bites

1 box of Spice or pumpkin cake mix

1 can of pumpkin

½ cup water

1 tsp vanilla extract

½ tsp cinnamon

cream cheese frosting (optional)

Directions

1. Preheat oven to 350 degrees.
2. Spray mini muffin tin with nonstick cooking spray or mini cupcake liners.
3. Mix cake mix, pumpkin, water, vanilla, and cinnamon in a large bowl with a hand mixer until smooth.
4. Fill each cupcake liner $\frac{3}{4}$ full with batter. Bake for 15-18 minutes or until toothpick inserted into the center of the cakes comes out clean. Remove the cupcakes from the tin and cool.
5. Drizzle with cream cheese frosting. For an easy drizzle, place frosting in a zip top bag and cut a small hole with scissors on the corner of the bag. Squeeze bag gently and drizzle frosting on top of pumpkin bites.





Creamy Tortellini Soup

½ lb pork sausage, browned
1 Tbsp butter, unsalted
½ cup onion, diced
½ cup carrots, finely diced
2 Tbsp garlic, minced
¼ cup all-purpose flour
5 cups low sodium chicken broth

12 oz refrigerated cheese tortellini
1 tsp kosher salt
½ tsp ground black pepper
½ tsp Italian seasoning
2 cups fresh kale, chopped
2 cups 2% milk

Directions

1. Brown sausage in skillet and set aside.
2. In a large stockpot over medium-high heat add butter, onion, and carrot, sauté for 5 minutes or until the vegetables are soft. Add the garlic and sauté for an additional 2 minutes, or until fragrant, stirring occasionally to prevent it from burning.
3. Whisk in the flour and cook for 1 minute. Slowly add in the chicken broth, whisk to combine. Continue cooking until the mixture reaches a simmer, then reduce heat to medium-low and simmer for 6 minutes.
4. Stir in cooked sausage, tortellini, salt, pepper, Italian seasoning, kale, and milk. Simmer for 5 minutes, or until the tortellini is fully cooked.

It's Fall Y'all



Build-A-Boo-Cuterie Board

To build your boo-cuterie board, start by selecting a cutting board or platter, the size of your choice. Fill up your board with these tasty Halloween recipes below. Choose your favorite seasonal fruits, veggies, nuts, and/or whole grain snacks to fill in any empty space on the board.

Cutie Pumpkins

Cutie Mandarin oranges

Green Apple sour punch straw bites (may sub celery or green bell pepper)

Directions

1. Peel mandarin oranges, leaving whole and set aside.
2. Cut sour punch bites in half and insert a half into the top of each orange to create the stem.

Boo-nanas

4 Bananas (cut in half)

chocolate chips

Directions

1. Cut banana in half so that each half can stand up on its own.
2. Insert pointed side of chocolate chip to form the eyes and mouth on each Boo-nana.
3. Serve immediately to prevent browning.

Vampire Apple Bites

Large red or green apple, sliced in wedges

Peanut butter, almond butter, or sunflower butter

Mini marshmallows

Slivered almonds

Directions

1. To create one vampire apple bite start with 2 apple wedges.
2. Spread one side of each apple wedge with nut butter of choice.
3. Place the wedges together, placing the mini marshmallows in between the 2 wedges for the "teeth".
4. Insert 2 slivered almonds for the vampire "fangs".
5. Repeat with remaining ingredients to create the right amount of vampire apple bites for the number of people you are serving.



Photo by Jennifer Meachum, RDN, LD

It's Fall Y'all



Build-A-Boo-Cuterie Board

Continued

Spider PB&J Sandwiches

8 slices 100% whole wheat bread

peanut butter, almond butter, or sunflower butter

jelly of choice

pretzel sticks

edible eyeball (may substitute chocolate chips, raisins, or dried cranberries)

circle cookie cutter

Directions

1. Prepare 4 peanut butter and jelly sandwiches.
2. Using the circle cookie cutter, cut each sandwich into circles to make the spider "body". If you do not have a cookie cutter you may use large rimmed glass or bowl.
3. Insert 4 pretzel sticks in the sandwich on opposite sides of the body to create the spider "legs".
4. Add the spider "eyes" on top edge of the spider "body". Repeat for each of the remaining sandwiches.

Harvest Halloween Mix

4 cups Popped popcorn

¼ cup candy corn

½ cup lightly salted peanuts

¼ cup dried cranberries

Directions

Mix all ingredients together in medium bowl and store in sealed container until ready to serve.





HealthiER Holidays



It is the most wonderful time of year; a time of food, family, and gathering. Share these healthy and delicious recipes at your next family gathering or holiday potluck. These dishes will be the perfect addition to your families holiday recipes and unique cultural traditions.



Cranberry Jalapeno Pork Tenderloin

1 ½-2 lbs Pork Tenderloin

1 Tbsp olive oil

½ tsp black pepper

½ tsp garlic powder

½ tsp onion powder

¼ tsp smoked paprika

¼ tsp salt

½ cup water

Sauce

1 tsp olive oil

1 fresh jalapeno, finely chopped

12 ozs fresh cranberries

½ orange, juiced

1 tsp orange zest

¼ cup Splenda brown sugar (brown sugar substitute)

½ cup of water

Directions

1. Preheat oven to 425 degrees. Rub pork tenderloin with olive oil and spices. Place pork tenderloin in baking dish with ¼ cup water and bake for 25-30 minutes or until internal temperature reached 145 degrees.
2. While the pork is in the oven, sauté jalapeno in olive oil over medium high heat in a saucepan for 1 minute. Add remaining ingredients to saucepan and bring to a boil. Reduce heat and simmer for 15 minutes.
3. Remove pork from oven and spoon jalapeno cranberry sauce over the top of the pork.
4. Allow to rest for 10 minutes before slicing.



Photo by Jennifer Meachum, RDN, LD



Pecan Praline Roasted Butternut Squash

4 cups butternut squash, cubed

1 Tbsp olive oil

1 tsp salt

½ tsp ground black pepper

1 Tbsp butter

¼ cup pecans, chopped

1 Tbsp Splenda brown sugar (brown sugar substitute)

Directions

- 1.** Preheat oven to 425 degrees. Line a baking sheet pan with parchment paper.
- 2.** In medium bowl toss butternut squash with oil, salt, and pepper. Add squash to lined baking sheet. Bake for 20 minutes.
- 3.** While squash is roasting, heat butter in skillet over medium high heat.
- 4.** Add pecans and brown sugar to skillet, stirring frequently for 1 to 2 minutes to toast and candy the pecans. Remove from heat.
- 5.** Once squash is done toss gently with pecan praline mixture.





Photo by Jennifer Meachum, RDN, LD



Sweet and Savory Brussels Sprouts

12 ounces fresh brussels sprouts, halved

1-2 Tbsp olive oil

¼ cup dried cranberries

¼ cup pecans, chopped

½ tsp Kosher salt

black pepper

Directions

- 1.** Preheat oven to 375 degrees.
- 2.** Cover large baking sheet with parchment paper. Spread halved Brussels sprouts evenly on parchment paper.
- 3.** Pour olive oil on top of the vegetables. Toss the vegetables to coat the vegetables evenly.
- 4.** Sprinkle with salt and pepper and toss again. Stir in cranberries and pecans.
- 5.** Bake in the oven for 25 minutes or until browned and tender.

HealthiER Holidays



Stuffin' Muffins

nonstick cooking spray

½ lb pork sausage

1 Tbsp butter, unsalted

1 cup onion, diced

2 tsp minced garlic

1 cup celery, diced

½ cup mushrooms, finely diced

12 ounce loaf wheat French bread, cut in small cubes

1 ½ cup low sodium chicken broth

1 egg, lightly beaten

1 tsp poultry seasoning

½ tsp salt

1 tsp ground black pepper

Directions

1. Preheat oven to 375 degrees. Grease a 12-cup muffin tin with cooking spray.
2. Brown sausage in skillet. Set cooked sausage aside.
3. Melt butter in a medium skillet over medium heat. Add the onion, garlic, celery, and mushrooms. Sauté until the vegetables have softened, approximately 5 minutes.
4. Stir in browned sausage. Remove from heat to let cool slightly.
5. In a large bowl, combine bread cubes with the vegetable and sausage mixture.
6. Stir in chicken broth, egg, poultry seasoning, salt, and pepper.
7. Divide stuffing mixture between muffin tin cups. Bake until warmed through and golden on top, about 25-30 minutes.



Health&ER Holidays



Pomegranate Pistachio Bark

½ cup pistachios, shelled, salted, and chopped

12 ounces of dark chocolate melting wafers

½ cup pomegranate seeds

Directions

- 1.** Preheat oven to 350 degrees. Spread pistachios on a baking sheet pan in a single layer. Bake for 6 to 8 minutes. Set aside to cool.
- 2.** Melt dark chocolate according to package directions, until chocolate is smooth.
- 3.** Pour melted chocolate onto parchment paper-lined baking sheet pan spreading into an even layer.
- 4.** Sprinkle chocolate evenly with pistachios and pomegranate seeds.
- 5.** Refrigerate until the chocolate has set, approximately 20 minutes.
- 6.** Break bark into pieces and refrigerate until ready to serve.



Photo by Jennifer Meachum, RDN, LD



LOCATIONS

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Calallen

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361-991-0811

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
361-986-0911

Saratoga

5521 Saratoga Blvd #100
361-980-0911

SAN ANTONIO

Bulverde

20475 TX-46 #100
830-438-6911

Cibolo

580 Cibolo Valley Dr
210-251-3545

Potranco

12314 Potranco Rd #102
210-981-3001