



PHYSICIANS

PREMIER®

Journey *to* *Wellness* COOKBOOK







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Journey to Wellness Cookbook

Recipes were developed with your entire family's wellness in mind by our Physicians Premier Regional Marketing Director, Jennifer Meachum, RDN, LD, who has been guiding individuals in wellness for many years.

In addition to leading our marketing efforts for San Antonio, Jennifer is a registered dietitian nutritionist with over 20 years experience.

We hope you enjoy these easy recipes and they help on your journey to good health.

Bone Builders

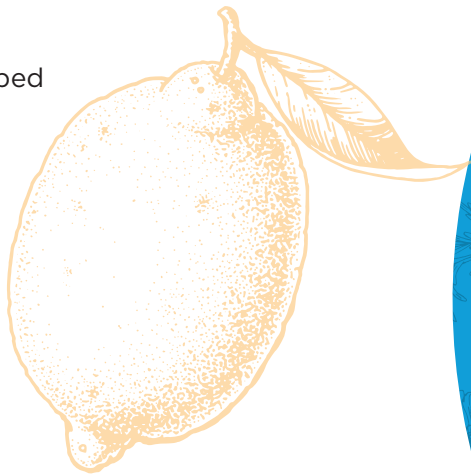
Salmon Patties with Greek Yogurt Dill Sauce

Yogurt Dill Sauce

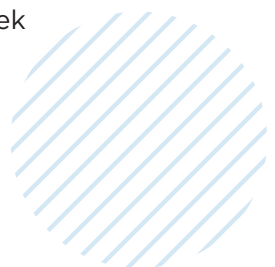
½ cup plain Greek yogurt
2 Tbsp lemon juice
¼ tsp lemon zest
1 Tbsp Fresh dill, finely chopped
1 garlic clove minced

Salmon Patties

1 15 ounce can salmon
1 egg
6 saltine crackers, crushed
¼ tsp lemon zest
½ tsp garlic powder
½ tsp onion powder
1-2 Tbsp olive oil



1. To prepare sauce mix yogurt, lemon juice, lemon zest, dill, and garlic in small bowl. Cover and refrigerate until ready to serve.
2. In medium bowl combine salmon, egg, saltine crackers, lemon zest, garlic and onion powder. Form into 6 patties.
3. In large skillet heat oil over Medium high heat. Add salmon patties to the skillet.
4. Cook on each side for 3-4 minutes until golden brown.
5. Serve each patty warm with 1 Tbsp chilled Greek Yogurt Dill Sauce.





Creamy Salsa Dip

1 cup plain Greek yogurt
½ cup chipotle salsa (or your favorite salsa)

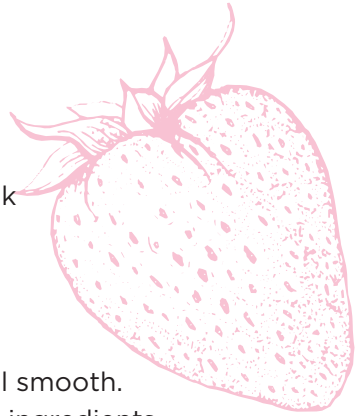


1. In a medium bowl stir the yogurt and salsa together.
2. Serve with baked tortilla chips or raw vegetables, such as cucumber slices, baby carrots, grape tomatoes, or celery sticks.



Berry Smoothie Bowl

1 cup frozen unsweetened strawberries
1 banana, frozen
2 Tbsp blueberries
2 Tbsp raspberries
2 Tbsp water, almond milk, or cashew milk
½ banana fresh, sliced
1 Tbsp chia seeds or hemp seeds
1 Tbsp blue berries for garnish



1. Blend first 5 ingredients in blender until smooth.
2. Pour into bowl and top with remaining ingredients.





Black Bean Chili

- 2 tsp olive oil
- 2 tsp minced garlic
- ¼ cup green bell pepper, diced
- ¼ cup red bell pepper, diced
- ¼ cup white onion, diced
- 1 lb extra lean ground beef or turkey
- 1 can petite diced tomatoes
- 1 can diced tomatoes and green chiles
- 1 can black beans
- 2 Tbsp tomato paste
- 2 Tbsp chili powder
- 2 tsp cumin
- ¼ tsp salt (optional)



1. Add olive oil to large stockpot over medium high heat, add garlic, peppers, and onion.
2. Stir frequently until softened, approximately 2-3 minutes.
3. Add ground beef or turkey to the stockpot and cook until browned.
4. Add the last 6 ingredients to the pot, stir, and cover.
5. Simmer for 20 minutes.



Frozen Yogurt with Warm Berry Compote



2 cups frozen vanilla yogurt, fat free no sugar added

Warm Berry Compote

1 cup frozen mixed berries

Juice from 1 orange

1 tsp honey

1 tsp orange zest

1. In medium saucepan over medium high heat add berries, orange juice, honey, and orange zest. Mix ingredients together and roughly mash the berries using a vegetable masher. Bring to a boil, reduce heat, and simmer for 2-3 minutes.
2. Top $\frac{1}{2}$ cup frozen yogurt with $\frac{1}{4}$ cup warm berry compote.

Smart Heart

Sweet Potato and Pepper Scramble

1 Tbsp olive oil

¼ cup sweet potato, peeled and diced

2 Tbsp finely chopped red, yellow, and green bell peppers

Dash of salt and pepper

2 eggs

¼ avocado



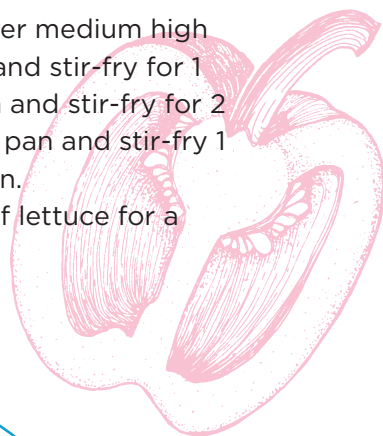
1. Heat oil in skillet. Add sweet potatoes and peppers. Sprinkle with salt and pepper. Saute until softened, approximately 2-3 minutes.
2. Add eggs to vegetable mixture and stir frequently until eggs are cooked to desired doneness.
3. Serve with avocado slices.



Speedy Szechuan Steak

1 lb flank steak, cut into thin strips
1 tsp minced garlic
½ tsp crushed red pepper
¼ cup low sodium soy sauce
2 tsp cornstarch
1 tsp sugar
2 tsp sesame oil
2 cups fresh sugar snap peas

1. Combine steak, garlic, and red pepper flakes in a bowl; toss well to coat. In small bowl combine soy sauce, corn starch, and sugar, stirring with whisk until smooth.
2. Heat sesame oil in a large skillet over medium high heat. Add sugar snap peas to pan and stir-fry for 1 minute. Add seasoned meat to pan and stir-fry for 2 minutes. Add soy sauce mixture to pan and stir-fry 1 minute until sauce begins to thicken.
3. Serve over brown rice or in a leaf of lettuce for a lettuce wrap.





Waldorf Grilled Chicken Salad

3 ounces grilled chicken breast
2 cups mixed greens
2 Tbsp celery, diced
2 Tbsp red grape halves
2 Tbsp green apples, chopped
½ Tbsp red onion chopped
1 Tbsp feta cheese crumbles
1 Tbsp chopped walnuts, toasted in the oven
¼ avocado, diced
1-2 Tbsp balsamic vinaigrette

- 1.** Toss the first 6 ingredients together in a bowl.
- 2.** Top with feta crumbles, walnuts, and avocado.
- 3.** Prior to serving toss with salad dressing to coat evenly.



Minestrone Soup

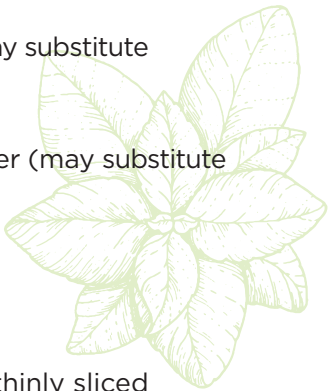
2 Tbsp olive oil
½ cup white onion (about 1 small onion), chopped
¼ cup zucchini, chopped
¼ cup celery, chopped
2 tsp minced garlic
6 cups low sodium chicken or vegetable broth
1 can Italian cut green beans, drained
1 can red kidney beans, drained
1 can Great Northern beans, drained
1 can diced tomatoes
½ cup carrots, matchstick
2 Tbsp minced fresh parsley
1 tsp salt
½ tsp ground black pepper
1 tsp Italian seasoning
1 bay leaf
3 cups fresh baby spinach
½ cup small shell pasta

1. Heat olive oil over medium heat in a large stock pot.
2. Saute onion, zucchini, celery, and garlic in oil for 5 minutes or until onions begin to turn translucent. Add broth to pot, plus tomatoes, green beans, beans, carrots, parsley, and spices.
3. Bring soup to a boil, then reduce heat and allow to simmer for 20 minutes.
4. Add spinach leaves and pasta and cook for an additional 20 minutes or until desired consistency.





Roasted Butternut Squash, Poblano, Black Bean Tacos

- 
- 4 cups cubed butternut squash (may substitute cubed sweet potato)
 - 2 Tbsp olive oil
 - 1 Tbsp ground chipotle chile pepper (may substitute chili powder)
 - 1 tsp cumin
 - $\frac{1}{2}$ tsp garlic powder
 - $\frac{1}{2}$ tsp onion powder
 - $\frac{1}{2}$ tsp salt
 - 1 poblano pepper, deseeded and thinly sliced
 - 1 can black beans, rinsed and drained
 - Corn tortillas or jicama tortillas

Suggested toppings: shredded cabbage, cilantro, queso cotija, cilantro, avocado slices

- 
1. Preheat oven to 425 degrees. Toss squash with oil and spices. Arrange in a single layer on a cookie sheet.
 2. Bake for 15 minutes. Remove from the oven and toss in poblano pepper strips. Return pan to oven baking for another 15 minutes or until squash is fork tender.
 3. Remove from oven and add black beans to the pan stirring gently.
 4. Fill warmed tortillas with butternut squash, poblano, black bean mixture and top with preferred toppings.

Carb Control

Sirloin and Veggie Kabobs

8 wooden skewers (soaked in water) or metal skewers

1 lb sirloin, cut into 1 inch chunks

½ cup Zesty Italian dressing

½ red pepper, cut into 1 inch chunks

½ green bell pepper, cut into 1 inch chunks

¼ cup red onion, cut into 1 inch chunks

8 whole mushrooms

8 cherry tomatoes



1. Place sirloin chunks and ¼ cup Italian dressing in a gallon size zip top plastic bag and the vegetables and the remaining ¼ cup dressing in another bag. Seal the bags and refrigerate for 30 minutes.
2. Skewer 2-3 pieces of sirloin and alternate the vegetables between the sirloin cubes on each skewer.
3. Preheat gas grill to 350 degrees. Brush grate with olive oil to prevent sticking.
4. Grill skewers over the flame, 2 minutes per side to sear meat and veggies.
5. Finish off grilling away from the flame, 4 minutes per side or until cooked to desired doneness.





Turkey Sausage and Peppers

Penne pasta, cooked

1 tsp olive oil

1 tsp minced garlic

1 link of turkey Kielbasa or Polish sausage, sliced diagonally in ¼-inch slices

1 bag frozen peppers and onion stir-fry mix (red, yellow, green bell peppers and onions)

14 ounce can Italian style diced tomatoes

¼ tsp crushed red pepper flakes

2 Tbsp shaved Parmesan cheese (optional)

1. Cook pasta according to directions and set aside.
2. In large skillet heat olive oil over medium high heat. Add garlic and cook for 1 minute. Next add sausage and cook for 3 minutes. Stir in frozen pepper and onion mix and cook for 5 minutes. Stir in tomatoes and red pepper flakes, cover and simmer for 5 minutes.
3. Serve over pasta or spaghetti squash for a low carb alternative. Garnish with Parmesan cheese, if desired.

Portobella Italian Melt

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

1. Preheat oven to 375 degrees. In medium skillet brown 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 ¼ 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.





Salmon Greek Salad

6 ounce salmon fillet
½ Tbsp olive oil
salt and pepper
1 cup arugula or fresh greens of your choice
¼ cup grape tomatoes
4 kalamata olives chopped
2 pepperoncini peppers
2 Tbsp chopped cucumber
2 Tbsp feta cheese crumbles
2 Tbsp low-sugar lemon vinaigrette



1. Preheat oven to 425 degrees. Rub salmon with olive oil and top with salt and pepper. Place salmon skin side down in glass baking dish coated with non-stick cooking spray and bake for 12-15 minutes.
2. While salmon is cooling prepare salad. In salad bowl add arugula, tomatoes, olives, pepperoncini peppers, cucumber, and feta cheese.
3. Top salad with salmon fillet, skin removed. Drizzle salad with dressing.

Presto Pesto Chicken and Zoodles

¼ cup basil pesto, jarred, refrigerated, or homemade
4 boneless skinless chicken breast fillets
Salt and pepper
4 slices of whole milk mozzarella
Roma tomato, sliced
1 Tbsp olive oil
Zucchini noodles
Optional garnish: Basil leaves

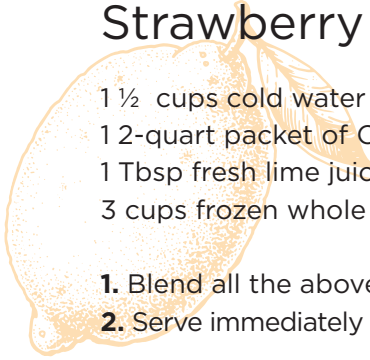


1. Preheat oven to 350 degrees. Spray glass baking dish with non-stick cooking spray.
2. Sprinkle both sides of the chicken breasts with salt and pepper. Lay down chicken breasts in a single layer in the baking dish.
3. Spoon 1 Tbsp of pesto on each chicken breast and spread evenly over the top. Top each chicken breast with mozzarella slice. Top with 2-3 slices of Roma tomato.
4. Bake in oven for 20-25 minutes or until chicken is no longer pink inside. Garnish with basil leaf.
5. While chicken is baking, sauté zucchini noodles in olive oil over medium high heat until softened, 2 to 3 minutes. Set aside.
6. Serve chicken breast over bed of sautéed zucchini noodles.



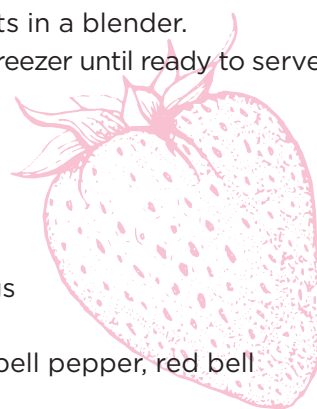
Kid Cravings

Strawberry Lime Slushies

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- 1 ½ cups cold water
 - 1 2-quart packet of Crystal Light To Go, lemonade flavor
 - 1 Tbsp fresh lime juice
 - 3 cups frozen whole strawberries

1. Blend all the above ingredients in a blender.
2. Serve immediately or store in freezer until ready to serve.

Sloppy Joeys

- 
- 
- 2 tsp olive oil
 - ¼ red onion, thinly sliced in rings
 - 1 tsp minced garlic
 - 2 Tbsp each of finely chopped bell pepper, red bell pepper, and carrots
 - 1 lb extra lean ground beef or turkey
 - ½ cup + 2 Tbsp barbeque sauce
 - 8 Wheat slider hamburger buns
- 

1. In large skillet over medium high heat, heat 1 tsp olive oil. Add red onion and sauté until softened, 2-3 minutes. Remove onions from skillet and set aside.
2. In the same skillet heat remaining tsp of olive oil, garlic and chopped vegetables over medium high heat. Sauté until softened (3-4 minutes) and stir frequently.
3. Add ground beef to the skillet and brown meat until no longer pink.
4. Stir in barbeque sauce and heat for 2-3 minutes.
5. Serve on slider buns with sautéed red onion rings and pickle slices (optional).

PB and Nutella Nana Twisters

1 flour tortilla, wheat or regular

1 Tbsp creamy peanut butter

½ Tbsp Nutella

¼ banana, sliced

1. Place flour tortilla on paper plate. Spread peanut butter in a thin layer on one side of the tortilla.
2. Spread Nutella on top of the peanut butter layer.
3. Add row of banana slices on top of the peanut butter and Nutella.
4. Roll up tortilla tightly. Cut tortilla roll into ½ inch spirals.

Tip: If you don't want the ingredients to ooze out when you slice the tortilla roll, refrigerate or freeze for 30 minutes to make slicing easier.

Berry Fro Yo Bites

1 ½ cup vanilla Greek yogurt

¼ cup milk

½ cup fresh blue berries and raspberries

1. In medium bowl mix together yogurt and milk.
2. In ice cube tray add 2 to 3 berries in each cube.
3. Slowly pour yogurt mixture into tray over the berries filling to the top of each cube.
4. Freeze for at least 5 hours. Pop out of ice cube trays and enjoy!



No Bake Monster Cookie Balls

- 1 ½ cups quick oats
- 1 Tbsp chia seeds
- ¼ cup honey
- ½ cup peanut butter, creamy
- 1 tsp vanilla
- ¼ cup mini M&Ms
- ¼ cup mini chocolate chips



1. Stir together all ingredients in a medium bowl.
2. Roll a heaping tablespoon of the mixture into balls. Place on a parchment paper lined cookie sheet.
3. Refrigerate in air tight container for up to 1 week or freeze up to 2 months.



Super Charge Immunity

Power Packed Green Smoothie

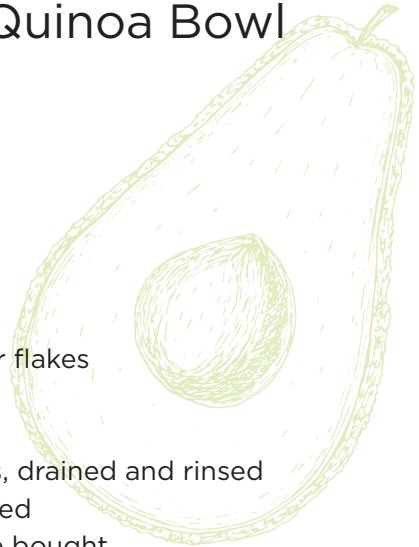
2 cups fresh baby spinach leaves or baby kale
1 ripe banana
¼ cup frozen mangoes
¼ cup frozen peaches, unsweetened
½ cup Greek vanilla yogurt

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

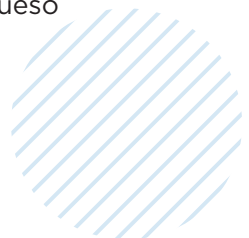


Spicy Turkey Quinoa Bowl

1 Tbsp olive oil
1 tsp minced garlic
1 lb lean ground turkey
1 tsp cumin
½ tsp garlic powder
½ tsp onion powder
⅛ tsp cayenne pepper
⅛ tsp crushed red pepper flakes
¼ tsp salt
2 cups quinoa, cooked
1 cup canned black beans, drained and rinsed
½ cup canned corn, drained
½ cup pico de gallo, store bought
1 medium avocado, diced
1 Tbsp fresh lime juice
¼ cup queso fresco
Salt to taste



- 1.** In medium skillet, heat oil and garlic over medium high heat for 1 minute. Add ground turkey and spices to skillet stirring frequently until turkey is fully cooked.
- 2.** Set turkey aside.
- 3.** In large bowl gently stir together quinoa, black beans, corn, pico de gallo, avocado, and lime juice.
- 4.** Serve 1 cup quinoa salad in a bowl and top with ¼ cup ground turkey and 1 Tbsp queso fresco. Salt to taste.



Chicken Wild Rice Soup

1 Tbsp olive oil
1 tsp minced garlic
½ cup celery, diced
½ cup onion, diced
½ cup carrots, diced
½ cup mushrooms, diced
4 cups low-sodium fat-free chicken broth
2 cups water
¾ cup wild rice, uncooked
1 cup rotisserie chicken, deboned, skinned removed, chopped
½ tsp black pepper
½ tsp poultry seasoning
½ tsp salt
1 bay leaf

1. Heat olive oil in large stockpot with minced garlic over medium high heat. Stir frequently for 1 minute. Add celery, onions, carrots, and mushrooms to the pot. Sauté until softened and onions translucent, approximately 5 minutes.
2. Add broth, water, wild rice, chicken and spices.
3. Cover, reduce heat to medium, and simmer for 20-25 minutes or until rice is tender. Remove bay leaf before serving.





Grilled Chicken Bruschetta

- 1 pound chicken breast cutlets
- 1 Tbsp olive oil
- 1 tsp Italian seasoning
- $\frac{1}{4}$ tsp Kosher salt
- 1 tsp black pepper

Bruschetta topping

- 6 Roma tomatoes
- $\frac{1}{4}$ cup basil leaves, finely chopped
- 2 cloves garlic, finely chopped
- 1 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ tsp pepper



1. Preheat gas grill to 350 degrees.*
2. Rub both sides of chicken breast with olive oil.
Season with spices.
3. Place sheet of foil on gas grill and cook on each side for 3 $\frac{1}{2}$ minutes.
4. In medium bowl combine Bruschetta topping ingredients by gently stirring. Refrigerate until ready to serve.
Top cooked chicken breast with Bruschetta topping.

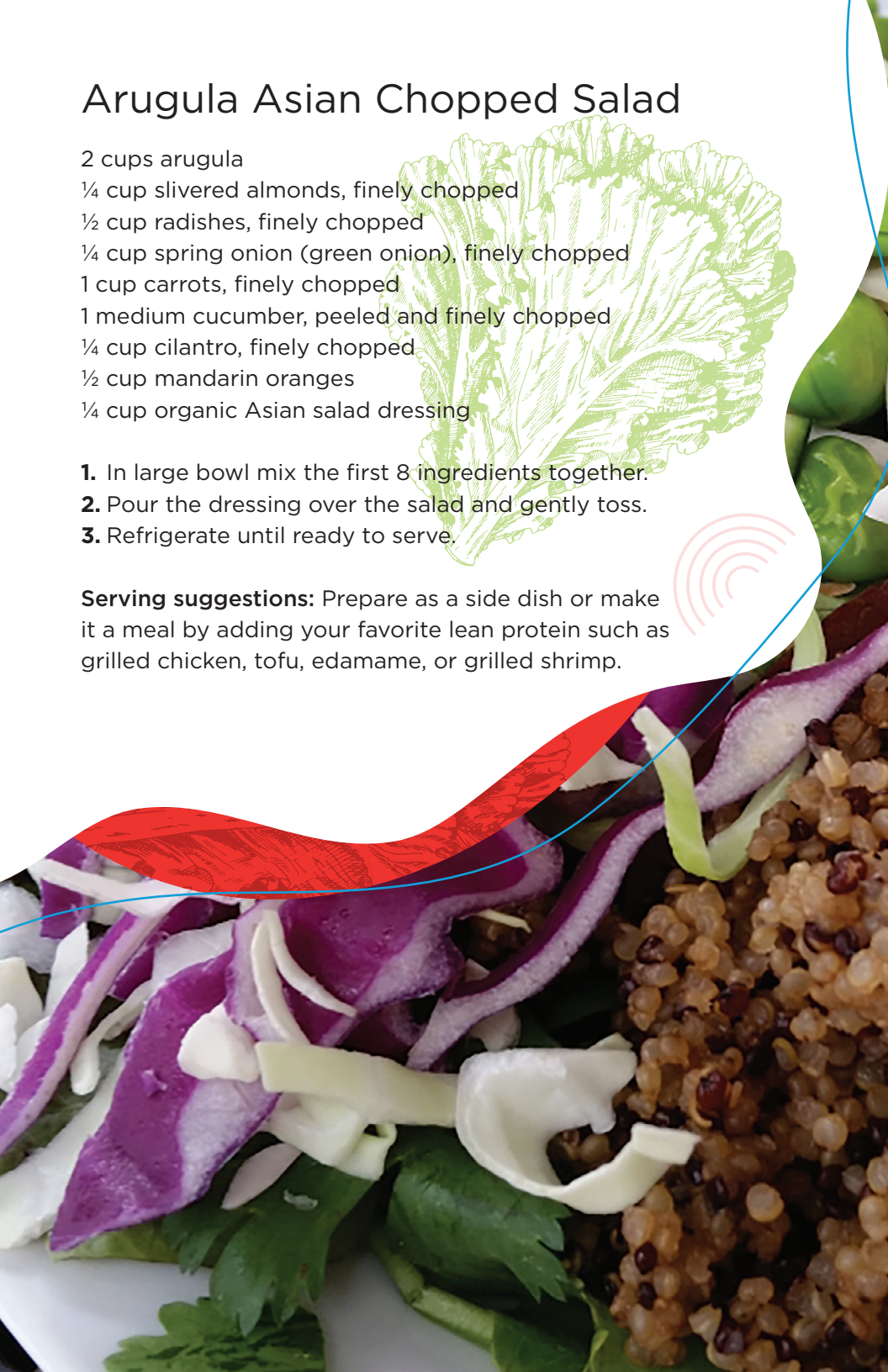
**If you do not have a gas grill, bake the chicken in the oven.
Bake at 400 degrees for 25 minutes or until internal temperature reaches 165 degrees.*

Arugula Asian Chopped Salad

2 cups arugula
¼ cup slivered almonds, finely chopped
½ cup radishes, finely chopped
¼ cup spring onion (green onion), finely chopped
1 cup carrots, finely chopped
1 medium cucumber, peeled and finely chopped
¼ cup cilantro, finely chopped
½ cup mandarin oranges
¼ cup organic Asian salad dressing

1. In large bowl mix the first 8 ingredients together.
2. Pour the dressing over the salad and gently toss.
3. Refrigerate until ready to serve.

Serving suggestions: Prepare as a side dish or make it a meal by adding your favorite lean protein such as grilled chicken, tofu, edamame, or grilled shrimp.







LOCATIONS

BRYAN

2411 Boonville Rd
979-775-0911

CORPUS CHRISTI

Saratoga

5521 Saratoga Blvd #100
361-980-0911

Parkdale

4141 S Staples St #106
361-991-0911

Portland

1860 US State, US-181 C
361-986-0911

Ennis Joslin

7750 S Padre Island Dr
361-994-1911

Calallen

11158 Leopard St #103
361-991-0811

SAN ANTONIO

Cibolo

580 Cibolo Valley Dr #137
210-251-3545

Bulverde

20475 TX-46 #100
830-438-6911

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