

HealthPerks Recipe Book

Healthy Meal Ideas for a Healthier You



Thank you for being a member of our HealthPerks program — a unique membership program with exclusive perks from El Camino Health. We are excited to offer you this collection of healthy recipes that we have compiled with your well-being in mind.

We created this recipe book as a gift to you, hoping that it will give you some healthy new tools to use in your day-to-day life. Inside you will find recipes ranging from breakfasts to desserts and everything in between, plus quick notes about the meals and ingredients from our Executive Chef and Registered Dietitian (RD) at El Camino Health. These recipes range from easy to more advanced, so you can enjoy this book no matter your cooking skill level.

Dive into these healthy recipes and see which meals you might want to incorporate into your menu this year. Try our overnight oatmeal for a quick and nutritious breakfast fix or indulge yourself with our hearty Italian lentil ragout. Feel free to share this gift with your family and friends or, even better, invite them over to enjoy your healthy, home-cooked creations.

Bon appétit!



Keep your eye out for our “Cancer Healthy” meals throughout this recipe book, which include ingredients that specifically aim to promote your overall health.

Looking for even more healthy recipes this year? Make sure you’ve subscribed to our monthly HealthPerks newsletter to receive new, nutritious recipes sent straight to your inbox. Update your subscription settings by visiting elcaminohealth.org/healthperks/login.

Meet the Experts

Get to know the experts at El Camino Health who developed the delicious recipes found in this cookbook with your health in mind.



Charis W. Spielman, MPH, RD, CSO, CNSC

*Certified Specialist in Oncology Nutrition
Certified Nutrition Support Clinician*

A registered dietitian for over three decades, Charis has shared her passion for food and nutrition with community groups, in the women’s health arena and with patients at home and in the hospital. As the oncology dietitian for the El Camino Health Cancer Center, Charis recognizes the impact that your food choices can have on your overall health. She promotes the motto “eat your best to feel your best,” and encourages patients and community members to learn and implement healthy eating practices in their daily routines to feel better today and in the future.



Jacques Wilson, CEC, AAC, CDM

Executive Chef at El Camino Health

Chef Jacques Wilson began his career at The Gondolier Restaurant in New London, Connecticut, discovering his love for cooking and Italian food at the early age of 16. A high school culinary graduate of Ella T. Grasso Technical School in Groton, Connecticut, Chef Jacques' formal education began at the prestigious Culinary Institute of America, in Hyde Park, New York. In 1995, Chef Jacques became a Certified Executive Chef with the American Culinary Federation (ACF).

Chef Jacques' resume includes resorts in New York, Maine, Nantucket Island, as well as the Eldorado Country Club in Indian Wells, California. For the past 18 years, Chef Jacques has worked in Steamboat Springs for the Vista Verde Guest Ranch, Starwood Hotels and Yampa Valley Medical Center. In September 2006, Chef Jacques was the Executive Chef of the famed Sardine Factory in Monterey, California. In 2008 Chef Jacques became the Executive Chef at the El Camino Hospital in Mountain View, California.

Chef Jacques has won numerous ACF medals in ACF competitions across the nation. In 2003, he was the ACF Western Region Chef of the Year. On July 17, 2004, inducted into the American Academy of Chefs (AAC), the honor society of the American Culinary Federation (ACF). In 2006 & 2008, Grand Champion of the Carmel Valley TomatoFest. In 2009 placed 3rd place in the California State Fair Ironman Competition, 1st place in ANDY BOY® Nopalitos Competition, and was ACF Monterey Bay Chef's Association, Chef of the Year Recipient.

In 2010 Chef Jacques became a certified Dietary Manager with the Dietary Manager's Association. January of 2011 Chef Jacques was nominated and received the Excellence in Action Award at El Camino Hospital. Chef Wilson has also received the 2011 United Fresh Excellence in Foodservice Award for Hotels and Healthcare. In 2016 Chef Wilson was inducted into the Disciples of Escoffier and in 2017 inducted into the Antonin Careme Society. In 2018 Chef Wilson was inducted in Les Toques Blanches – International Club – Monterey Chapter and Honored by American Academy of Chefs with The Good Taste Award.

Creating recipes is an artistic outlet for Chef Jacques. In 2013, he was recognized as a Culinary Creations Top 10 by the Premier Healthcare alliance. In 2015, 2017 and 2019 he was a Culinary Creations Top 4 Finalist recognized by the Premier Healthcare Alliance and the 2015 Maple Leaf Farms Discover Duck Recipe Contest Grand Prize winner for Professional Chefs. 2016 Chef Wilson placed 2nd in the Vegan Chef Competition (#plated plants).

Chef Jacques dedicates his spare time to giving back to his community. He has been involved with Cooking for Solutions at the Monterey Bay Aquarium, Meals on Wheels Benefit Dinner, Culinary Classique d'Elegance, the Carmel Valley TomatoFest; and the Jefferson-Lincoln Awards Dinner hosted by The Panetta Institute. Chef Jacques serves his local ACF chapter, the ACF Monterey Bay Chefs Association by contributing his organizational skills as the President for 2021 - 2023. He is also involved with Monterey County 4-H, The Living Breath Foundation Fundraiser benefitting those living with Cystic Fibrosis, and Culinary Coach\Mentor for the Rancho Cielo Drummond Culinary Academy. In 2020 Chef Wilson was awarded by the Living Breath Foundation the Ed Kinney Volunteerism Award for service and dedication to the Cystic fibrosis Community with the Living Breath.

Table of Contents

Appetizers

- 6 Zucchini Raita
- 7 Spicy Nut Mix
- 8 Cherry Tomato Confit
- 9 Lemon Kale Hummus
- 10 Baked Beet Chips with Chipotle Aioli

Breakfast

- 12-13 Overnight Refrigerator Oatmeal
- 14 Muesli Breakfast Muffins
- 15 Breakfast Casserole
- 16 The Ritz-Carlton's Blueberry Muffins
- 17 Sour Cream Coffee Cake
- 18 Banana Bread
- 19 Zucchini Bread

Entrées

- 21 Chicken and Warm Zucchini Salad with Lentils
- 22 Tomato Poached Salmon Served with Tomatillo Salsa
- 23 Lentil Ragout
- 24 Mediterranean Style Salmon
- 25 Seared Halibut with Basil-Cucumber Salsa
- 26 Couscous with Artichoke, Feta and Sun-dried Tomatoes
- 27 Summer Veggie Pizza
- 28 Turkey Meatballs with Greens
- 29 Spinach Lasagna
- 30 Vegetarian Chili Con Carne

Side Dishes

- 32 Hoisin Asparagus
- 33 Pear or Apple Salad
- 34 Simple Seedy Slaw
- 35 Grilled Vegetable Platter
- 36 Cabbage Salad with Blue Cheese and Walnuts
- 37 Cauliflower Au Gratin
- 38 Lemony Asparagus Salad
- 39 Roasted Brussels Sprouts with Pomegranate

Drinks

- 41 Green Tea with Fresh Mint
- 42 Mango Lassi
- 43 Pumpkin Latte
- 44 Blueberry Green Tea Smoothie

Desserts

- 46 Frozen Yogurt Bark
- 47 Cinnamon Apples
- 48 Chocolate Chia Seed Pudding
- 49 No Bake Oatmeal Bites
- 50 Dark Chocolate Avocado Bites
- 51 Flourless Honey-Almond Cake
- 52 Poached Pears
- 53 Apple Nut Crisp
- 54 No Bake Cocoa Nibs Energy Bites
- 55 Cast Iron Bananas Foster
- 56 Crunchy Pumpkin Pie

Appetizers



Zucchini Raita

Recipe from El Camino Health employee

Ingredients

- 6 oz firm tofu
- ½ cup non-dairy milk (almond, soy, etc.)
- 1 lemon, juiced (about 2 tbsp)
- 1 tsp vegetable oil
- 1 tsp mustard seeds
- 1 tsp red chili flakes (or powder)
- 1 tsp grated ginger
- 2 small zucchini, cut into ¼-inch pieces
- Salt and ground cumin to taste

Instructions

1. Blend one Tetra pack of firm tofu with ½ cup non-dairy milk and juice of one lemon.
2. Heat the oil and add mustard seeds. When they crackle, add red chili flakes and ginger, stir to mix, then add the zucchini and salt to taste.
3. Cook the zucchini, stirring frequently, until it is fairly soft.
4. Turn off the heat and let the zucchini cool. Mix with the blended tofu.
5. Sprinkle with cumin powder and mix. Add salt to taste.



Chef's note: Raita is typically made with yogurt and cucumber, but this version is non-dairy.



Prep Time: 40 minutes



Number of Servings: 8



Serving Size: ¼ cup

Nutritional Information Per Serving:

Calories 35

Total Fat 2g

Saturated Fat 0g

Cholesterol 0mg

Sodium 97mg

Carbohydrates 3g

Dietary Fiber 21g

Added Sugar 0g

Protein 3g

Spicy Nut Mix

Recipe from HealthPerks newsletter

Ingredients

- 1 egg white (discard the yolk)
- 1 ½ cups whole, unroasted and unsalted almonds
- 1 ½ cups walnut halves
- 2 tbsp brown sugar
- ½ tsp low sodium seasoning salt
- ½ tsp curry powder
- ½ tsp ground cinnamon
- ¼ tsp ground cayenne red pepper

Instructions

1. Preheat oven to 250°F. Generously coat a non-stick baking sheet with Canola oil cooking spray.
2. In a mixing bowl, beat the egg white until foamy. Add the almonds and walnuts, tossing well to coat.
3. In small measuring cup, combine the brown sugar, seasoning salt, curry powder, cinnamon and cayenne pepper, blending well with a fork. Add to the nuts mixture and stir to combine.
4. Spread nuts on baking sheet and bake for 50 minutes, stirring after 30 minutes.
5. Let cool for 15 minutes, then break into smaller pieces. When completely cool, place in an airtight container and store for up to one week.



Chef's note: You can substitute the walnut halves with pecan halves or whole cashews, if you prefer.



Prep time: 10 minutes



Total time: 60 minutes



Number of Servings: 12



Serving Size: ¼ cup

Nutritional Information Per Serving:

Calories 206

Total Fat 18g

Saturated Fat 2g

Cholesterol 0mg

Sodium 6mg

Carbohydrates 7g

Dietary Fiber 3g

Added Sugar 2g

Protein 6g

Cherry Tomato Confit

Recipe from El Camino Health Cancer Center dietitian



Ingredients

- 3 lbs cherry tomatoes
- 1/3 cup olive oil
- 1/2 tsp kosher salt
- 1 tsp black pepper
- 10 garlic cloves, sliced
- 8 large thyme sprigs

Instructions

1. Preheat oven to 275°F. Spread tomatoes onto a large rimmed baking sheet. Add oil, salt, pepper and garlic. Toss gently to coat.
2. Tuck thyme sprigs into mixture. Bake until tomatoes are wilted but not all have burst, about 90 minutes.
3. Cool tomato mixture to room temperature and discard thyme. Store tomatoes with oil and accumulated pan juices in an airtight container in refrigerator for up to two weeks or freeze for up to two months.
4. Serving suggestions: Serve on top of toasted baguette slices, use as a garnish for baked fish, or toss with warm whole wheat pasta.



Dietitian note: Tomatoes are rich in the phytonutrients, beta-carotene, lycopene and anti-oxidants. When cooked with a little oil, you'll absorb more of these nutrients.



Prep time: 10 minutes



Total time: 1 hour 40 minutes



Number of Servings: 10



Serving Size: 1/4 cup

Nutritional Information Per Serving:

Calories 92

Total Fat 7g

Saturated Fat 1g

Cholesterol 0mg

Sodium 100mg

Carbohydrates 6g

Dietary Fiber 2g

Added Sugar 0g

Protein 1g

Lemon Kale Hummus

Recipe from El Camino Health Cancer Center dietitian



Ingredients

- 2 cups cooked chickpeas
- ½ cup non-fat plain Greek yogurt
- 1 cup loosely packed kale leaves, torn into small pieces
- 2 to 3 cloves garlic
- ¼ cup extra virgin olive oil
- Juice of 1 lemon
- Salt and pepper to taste

Instructions

1. In a food processor or blender, combine the chickpeas, yogurt, kale and garlic.
2. On low speed, slowly pour in the olive oil about one tablespoon at a time, adding more as needed to reach a smooth consistency.
3. Add the lemon juice, salt and pepper to taste, giving the hummus a final whirl in the food processor or blender. Store refrigerated in an airtight container.



Dietitian note: Kale is a great source of vitamin C and iron and can help prevent a range of health problems. The olive oil in this recipe also contains the right type of fat (monounsaturated fat) that can boost your overall health.



Prep time: 10 minutes



Number of Servings: 8



Serving Size: ¼ cup

Nutritional Information Per Serving:

Calories 130

Cholesterol 0mg

Dietary Fiber 3g

Total Fat 8g

Sodium 95mg

Added Sugar 0g

Saturated Fat 1g

Carbohydrates 10g

Protein 4g

Baked Beet Chips with Chipotle Aioli

Recipe from HealthPerks newsletter

Ingredients

Chips

6 to 8 medium red beets, brushed clean with tops and tails cut off

2 tbsp olive oil

¼ tsp sea salt

Chipotle Aioli

1 tbsp chipotle peppers, minced

½ cup fat free mayonnaise

½ cup non-fat plain Greek yogurt

Instructions

1. Preheat oven to 350°F.
2. Using a mandolin slicer, slice the beets into wafer-thin rounds and toss with olive oil.
3. Arrange beets in a single layer on rimmed baking sheets. Bake until edges of beets begin to dry out, about 20 minutes.
4. Remove from oven and turn each beet slice over using tongs. Cook another 15 minutes.
5. Remove from oven, sprinkle with sea salt and let them cool.
6. For the aioli, combine chipotle peppers with mayo and yogurt. Place into dipping bowl and serve with beet chips.



Chef's note: You can substitute sweet potatoes or zucchini rounds for the beets, if you prefer, and adjust the baking time as needed.



Prep time: 20 minutes



Total time: 60 minutes



Number of Servings: 4



Serving Size: 1 cup

Nutritional Information Per Serving:

Calories 174

Total Fat 8g

Saturated Fat 1g

Cholesterol 4mg

Sodium 145mg

Carbohydrates 23g

Dietary Fiber 5g

Added Sugar 0g

Protein 4g

Breakfast



Overnight Refrigerator Oatmeal

Strawberries and Almonds

Recipe from Chef Jacques

Ingredients

- ¼ cup uncooked old fashioned rolled oats
- ⅓ cup unsweetened almond milk
- ½ cup non-fat Greek yogurt
- 1 tbsp wheat germ
- 2 tsp honey
- 4 large strawberries, cored and thinly sliced
- 1 tbsp toasted almonds

Instructions

1. In a half-pint mason jar, add oats, almond milk, yogurt, wheat germ and honey.
2. Put lid on jar and shake until well combined.
3. Remove lid, add strawberries and stir until mixed throughout. Add toasted almonds.
4. Return lid to jar and refrigerate overnight.
5. Serve chilled.



 **Prep time:** 10 minutes

 **Number of Servings:** 1

Nutritional Information Per Serving:

Calories 275

Total Fat 4g

Saturated Fat <1g

Cholesterol 5mg

Sodium 100mg

Carbohydrates 41g

Dietary Fiber 5g

Added Sugar 8g

Protein 19g

Overnight Refrigerator Oatmeal

Blueberry Maple

Recipe from Chef Jacques

Ingredients

¼ cup uncooked old fashioned rolled oats

⅓ cup non-fat milk

¼ cup non-fat plain Greek yogurt

1 tbsp ground flax seed

2 tsp maple syrup

¼ cup fresh blueberries

Instructions

1. In a half-pint mason jar, add oats, milk, yogurt, flax seed and maple syrup.
2. Put lid on jar and shake until well combined.
3. Remove lid, add blueberries and stir until mixed throughout.
4. Return lid to jar and refrigerate overnight.
5. Serve chilled.



Dietitian note: Blueberries support heart health with an abundance of nutrients including potassium, folate, vitamin C and vitamin B6. The whole grain in these rolled oats is also a great source of fiber, which keeps you feeling full.



Prep time: 10 minutes



Number of Servings: 1

Nutritional Information Per Serving:

Calories 275

Total Fat 4g

Saturated Fat <1g

Cholesterol 7mg

Sodium 77mg

Carbohydrates 40g

Dietary Fiber 4g

Added Sugar 8g

Protein 19g

Muesli Breakfast Muffins

Recipe from El Camino Health Cancer Center dietitian



Ingredients

- 3 tbsp almond flour
- 1 tsp ground cinnamon
- 1/8 tsp salt
- 1 large egg or substitute a flax egg*
- 2 finely chopped dates, pitted
- 1/2 tsp vanilla extract
- 3 tbsp rolled oats
- 2 tbsp dark chocolate chips
- 1 tbsp chopped walnuts
- 2 tsp unsalted pumpkin seeds

Instructions

1. Combine almond flour, cinnamon and salt in a small bowl. Add egg, dates and vanilla to flour mixture and blend with a small spoon or fork. Add oats, chocolate chips, walnuts and pumpkin seeds, stirring well to combine.
2. Spoon batter equally into two small, microwave-safe bowls (4 oz size) or silicone muffin cups.
3. Cook separately in microwave on high for 40 seconds each.
4. Best if served warm. If made in a small bowl, enjoy with a spoon.

*1 tbsp ground flax seed. Add 3 tbsp hot water. Allow to sit for one minute to gel.



Chef's note: If you don't have almond flour, you can substitute whole wheat flour. You can also use chopped pecans, almonds or peanuts in place of walnuts, if you prefer.



Prep time: 10 minutes



Number of Servings: 2



Serving Size: 1 muffin

Nutritional Information Per Serving:

Calories 320

Total Fat 17g

Saturated Fat 4g

Cholesterol 106mg

Sodium 186mg

Carbohydrates 38g

Dietary Fiber 5g

Added Sugar 0g

Protein 10g

Breakfast Casserole

Recipe from El Camino Health employee

Ingredients

- 1 (16 oz) package frozen hash brown potatoes, thawed
- 1 lb bacon
- ¼ cup green bell pepper, diced
- ¼ cup red bell pepper, diced
- ¼ cup onions, diced
- 1 tbsp butter
- 12 eggs
- 1 ½ cups low-fat milk
- 2 cups fresh spinach, chopped
- 2 cups shredded cheddar cheese

Instructions

1. Preheat oven to 350°F. Lightly grease a 9x11 casserole dish. Spread hash browns on bottom of pan, sprinkle with salt and pepper and bake for 10 minutes.
2. Fry bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes. Drain on a paper towel-lined plate. Crumble.
3. Sauté both bell peppers and onions in butter until soft.
4. In a large bowl, beat together eggs and milk. Mix in spinach, cheese, bacon, onion and bell peppers. Salt and pepper to taste. Pour mixture into prepared casserole over hash browns.
5. Cover casserole dish with aluminum foil and bake in preheated oven for 45 minutes. Uncover and bake for another 20 to 30 minutes until eggs have set.



Dietitian note: Save this recipe for a special occasion due to its higher fat ingredients. Serve with fresh fruit.



Prep time: 1 hour 40 minutes



Total Time: 2 hour 55 minutes



Number of Servings: 12



Serving Size: 3x3

Nutritional Information Per Serving:

Calories 348

Total Fat 24g

Saturated Fat 10g

Cholesterol 253mg

Sodium 640mg

Carbohydrates 15g

Dietary Fiber 1g

Added Sugar 0g

Protein 9g



The Ritz-Carlton's Blueberry Muffins

Recipe from El Camino Health employee

Ingredients

- 3 ½ cups sifted all-purpose flour
- 2 tbsp low sodium baking powder
- ¾ cup sugar
- 5 eggs, slightly beaten
- ½ cup non-fat milk
- 5 oz unsalted butter, melted then cooled
- 4 to 5 cups fresh or frozen blueberries
- Additional sugar for topping

Instructions

1. Heat oven to 425°F.
2. Mix all dry ingredients together. Stir in eggs, milk and butter; do not overmix. Carefully stir in berries.
3. Grease top of large muffin tins. Insert paper cups and spoon batter to the top of each. Sprinkle generously with sugar.
4. Reduce heat to 400°F. Place muffin tins on middle shelf of oven. Bake about 25 minutes, until muffins are golden brown. Remove from muffin tins and cool.



Chef's note: Gunther Moesinger, once the pastry chef at The Ritz-Carlton hotel in Boston, bought dozens of muffins over the years and would analyze them until he compiled the perfect recipe. This recipe is an adaptation of Mr. Moesinger's, which results in a plump, crusty-topped muffin. They're best eaten the day they are made.



Prep time: 20 minutes



Total Time: 45 minutes



Number of Servings: 12



Serving Size: 1 muffin

Nutritional Information Per Serving:

Calories 328

Total Fat 11g

Saturated Fat 6g

Cholesterol 96mg

Sodium 279mg

Carbohydrates 49g

Dietary Fiber 2g

Added Sugar 12g

Protein 7g

Sour Cream Coffee Cake

Recipe from El Camino Health employee

Ingredients

1 ½ cups sugar	¾ tsp salt
⅔ cup walnuts, finely chopped	½ cup softened butter
1 tsp ground cinnamon	3 large eggs
3 ¾ cups flour	16 oz sour cream
2 tsp baking powder	2 tsp vanilla extract
1 tsp baking soda	

Instructions

1. Preheat oven to 350°F. Grease a 10-inch tube pan, dusting with flour. In a small bowl, mix ½ cup sugar, nuts and cinnamon. In a medium bowl, stir together flour, baking powder, baking soda and salt.
2. In a large bowl, beat remaining one cup sugar and butter on high until blended and creamy. Reduce speed to low and add eggs one at a time, beating well.
3. At low speed, alternate adding flour mixture and sour cream. Beat until batter is smooth, then beat in vanilla.
4. Spoon ⅓ batter into prepared tube pan. Sprinkle ½ cup nut mixture over batter, then spread half of the remaining batter on top. Sprinkle with ½ cup more nut mixture, layer with remaining batter, then remaining nut mixture.
5. Bake cake for one hour and 20 minutes or until toothpick inserted in center comes out clean. Cool cake in pan for 10 minutes. Immediately invert cake onto a wire rack to cool completely, with nut mixture on top.



Dietitian note: To reduce fat content, substitute non-fat plain Greek yogurt for the sour cream, ¾ cup egg substitute for the whole eggs. To reduce sugar, substitute 1 cup unsweetened applesauce.



Prep time: 30 minutes



Total time: 2 hours



Number of Servings: 12



Serving Size: 1/12

Nutritional Information Per Serving:

Calories 448

Total Fat 21g

Saturated Fat 10g

Cholesterol 90mg

Sodium 373mg

Carbohydrates 58g

Dietary Fiber 2g

Added Sugar 24g

Protein 8g



Banana Bread

Recipe from El Camino Health employee

Ingredients

1 $\frac{3}{4}$ cups all-purpose flour	<i>Optional:</i>
$\frac{2}{3}$ cup sugar	$\frac{1}{2}$ cup walnuts, chopped
2 tsp baking powder	$\frac{1}{2}$ cup chocolate chips
$\frac{1}{2}$ tsp baking soda	$\frac{1}{2}$ cup raisins
$\frac{1}{4}$ tsp salt	1 cup shredded coconut
1 cup ripe banana, mashed (2 to 3 medium bananas)	
$\frac{1}{3}$ cup melted butter	
2 tbsp milk non-fat milk	
2 eggs	

Instructions

1. In a large mixing bowl, combine one cup flour, sugar, baking powder, baking soda and salt.
2. Add mashed bananas, butter and milk. Beat with an electric mixer on low speed until blended, then on high speed for two minutes.
3. Add eggs and remaining flour, beating until blended. Stir in additional ingredients. Pour batter into a greased loaf pan.
4. Bake in a 350°F oven for 55 to 60 minutes or until toothpick inserted in center comes out clean.
5. Cool for 10 minutes on wire rack. Remove from pan, then cool thoroughly on wire rack. Wrap and store overnight before slicing.



Chef's note: Try adding dark chocolate chips for a hint of sweetness and a boost of antioxidants.



Prep time: 15 minutes



Total time: 1 hour 25 minutes



Number of Servings: 12



Serving Size: $\frac{1}{12}$

Nutritional Information Per Serving (without extras):

Calories 276

Cholesterol 73mg

Dietary Fiber 1g

Total Fat 9g

Sodium 256mg

Added Sugar 8g

Saturated Fat 5g

Carbohydrates 44g

Protein 4g

Zucchini Bread

Recipe from El Camino Health employee

Ingredients

2 ⅓ cups white whole wheat flour	½ cup granulated sugar
1 tsp baking soda	½ cup applesauce
1 tsp baking powder	⅓ cup vegetable oil
1 tsp kosher salt	2 medium zucchini, finely shredded
½ tsp ground nutmeg	1 tsp vanilla extract
¼ tsp ground cinnamon	1 cup sour cream or non-fat plain Greek yogurt
2 large eggs	

Instructions

1. Preheat oven to 350°F and position an oven rack in the center. Grease a nine-inch baking pan with vegetable spray. In a large mixing bowl, use a whisk to combine flour, baking soda, baking powder, salt and spices.
2. In a medium bowl, use a whisk to combine eggs with sugar, applesauce, oil, zucchini and vanilla. Using a silicone spatula, fold flour mixture into egg mixture until just incorporated. Stir in sour cream.
3. Pour batter into prepared pan and bake until toothpick inserted in center comes out clean, about 45 to 60 minutes. If the loaf browns too quickly, cover loosely with aluminum foil. Transfer tin to a cooling rack to cool slightly, about 10 minutes. To remove from tin, run knife around the edge and flip onto a board or plate. Allow to cool at room temperature before serving.



Dietitian note: This recipe has been modified to reduce total fat and sugar. You can make simple ingredient substitutions in your favorite recipes as well.



Prep time: 15 minutes



Total time: 1 hour 25 minutes



Number of Servings: 12



Serving Size: 1/12

Nutritional Information Per Serving:

Calories 119

Total Fat 0g

Saturated Fat 0g

Cholesterol 1mg

Sodium 58mg

Carbohydrates 23g

Dietary Fiber 3g

Added Sugar 0g

Protein 5g

Entrées



Chicken and Warm Zucchini Salad with Lentils

Recipe from Chef Jacques

Ingredients

4 cups low-sodium vegetable broth	2 small zucchini, sliced to matchstick size
1 cup dry lentils, rinsed	½ cup rice wine vinegar
4 4-oz chicken breasts	1 tsp Dijon mustard
Mrs. Dash no-salt seasoning	Juice of ½ lemon
2 tbsp olive oil	¼ cup parsley, chopped
2 cloves garlic, minced	4 scallions, sliced
½ small red onion, diced	1 ½ pints grape or cherry tomatoes, cut in quarters
1 carrot, shredded	

Instructions

1. Bring four cups broth to a boil. Add the lentils and simmer, stirring occasionally until tender, about 20 to 25 minutes. Once drained, keep warm for service.
2. Season chicken with Mrs. Dash no-salt seasoning. Heat one tablespoon oil in a large skillet over medium-high heat. Cook chicken until browned and cooked through, about two to three minutes per side. Remove chicken from pan and keep warm for service.
3. Add garlic, onion, carrot and zucchini to pan. Cook over medium-high heat for two minutes.
4. In a large bowl, combine vinegar, mustard, lemon juice, half of the parsley and the remaining tablespoon of olive oil for the vinaigrette. Add lentils, scallions and tomatoes to vinaigrette.
5. Place spoonful of lentils on one side of plate and zucchini salad on the other. Place chicken breast on top and sprinkle with parsley.



 **Prep time:** 45 minutes

 **Number of Servings:** 4

 **Chef's note:** For a vegetarian alternative, sautéed tofu may be substituted for the chicken breasts.

Nutritional Information Per Serving:

Calories 432

Total Fat 11g

Saturated Fat 2g

Cholesterol 94mg

Sodium 424mg

Carbohydrates 39g

Dietary Fiber 8g

Added Sugar 0g

Protein 46g

Tomato Poached Salmon Served with Tomatillo Salsa

Recipe from Chef Jacques

Ingredients

Salmon

- 1 cup dry white wine
- 1 cup low-sodium V8 or tomato juice
- 2 cups water
- 5 whole black peppercorns
- 1 shallot, thinly sliced
- 1 lb salmon fillets, skinned, cut into 4 portions

Salsa

- 1 lb tomatillos, chopped
- ½ lb tomatoes, chopped
- ½ cup white onion, chopped
- 1 clove fresh garlic, minced
- 1 cup cilantro leaves
- 1 jalapeño, thinly sliced
- 1 grated lime zest
- Juice of 1 lime
- ¼ tsp sugar

Instructions

1. Bring wine, V8, water, peppercorns and shallots to a simmer in large saucepan.
2. Reduce heat so the liquid is steaming but not bubbling. Place salmon in steaming liquid and cook very gently until just cooked through, about six to 10 minutes. Remove salmon from liquid and keep warm for service.
3. Remove papery husks from tomatillos and rinse well. Place tomatillos in saucepan and cover with water. Bring to a boil and simmer for five minutes. Remove tomatillos with a slotted spoon and let cool.
4. Dice tomatillos and place in bowl with tomatoes, onions, garlic, cilantro and jalapeño. Mix together, adding lime zest, lime juice and sugar.
5. Place warm salmon on plates and spoon salsa over top.



Chef's note: To make this meal heartier, serve with brown rice.

 **Total time:** 40 minutes

 **Number of Servings:** 4

 **Serving Size:** 1 filet

Nutritional Information Per Serving:

Calories 226

Total Fat 5g

Saturated Fat 1g

Cholesterol 75mg

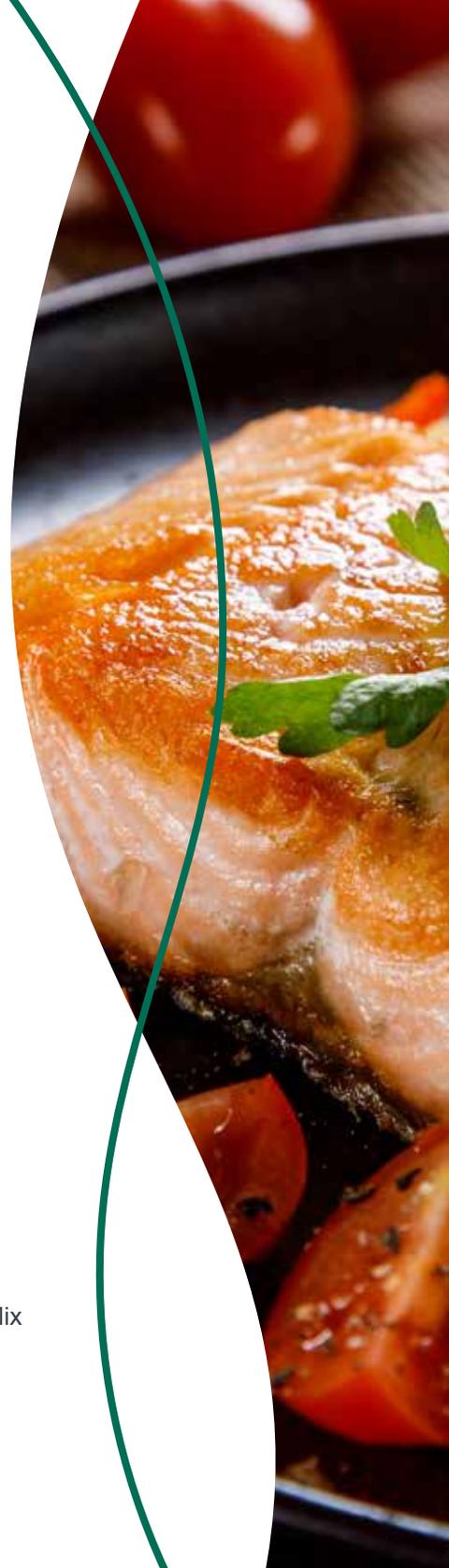
Sodium 304mg

Carbohydrates 19g

Dietary Fiber 4g

Added Sugar 2g

Protein 24g



Lentil Ragout

Recipe from Chef Jacques

Ingredients

- 1 tsp olive oil
- 1 cup onions, chopped
- 4 cloves garlic, minced
- 5 cups water
- 1 cup raw green lentils
- 1 tbsp fresh thyme, chopped
- 6 medium tomatoes, chopped
- ¼ cup fresh parsley, chopped
- 1 cup baby spinach, fresh

Instructions

1. Heat medium saucepan on medium-high heat.
2. Add oil, then sauté onions and garlic for two to three minutes.
3. Add water, lentils and thyme. Cook until most of the water is absorbed, about 20 minutes.
4. Stir in tomatoes, parsley and spinach.
5. Set aside and keep warm until serving.



 **Prep time:** 30 minutes

 **Number of Servings:** 4

 **Serving Size:** 1 ½ cups

Nutritional Information Per Serving:

Calories 248

Total Fat 2g

Saturated Fat <1g

Cholesterol 0mg

Sodium 19mg

Carbohydrates 42g

Dietary Fiber 18g

Added Sugar 0g

Protein 15g

Mediterranean Style Salmon

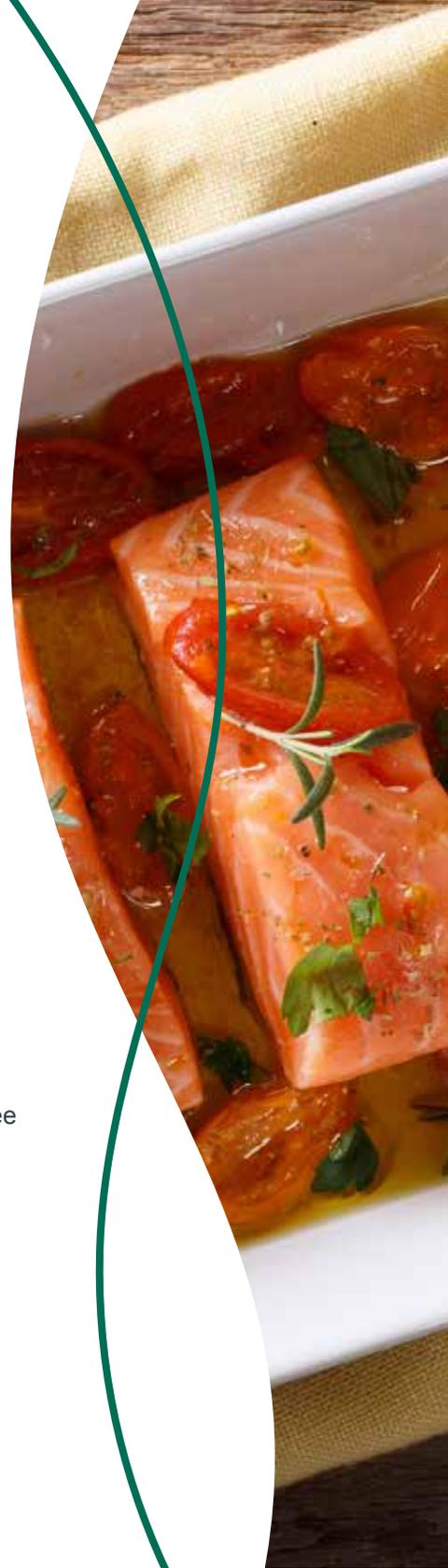
Recipe from Chef Jacques

Ingredients

- 4 5-oz salmon fillets
- 4 tbsp fresh basil, julienned (reserve 1 tbsp for later)
- 2 tbsp fresh parsley, chopped (reserve 1 tbsp for later)
- 1 tbsp garlic, minced
- 2 tbsp lemon juice
- 4 tsp extra-virgin olive oil
- Cracked black pepper to taste
- 1 clove garlic, finely chopped
- 1 cup diced tomatoes
- 4 Kalamata olives, pitted and chopped
- 1 tbsp capers

Instructions

1. Place salmon fillets in shallow bowl. Toss well with basil, parsley, minced garlic, lemon juice, half of the olive oil and pepper. Let rest for 15 minutes.
2. Cook salmon skin side down in a non-stick skillet over medium-high heat for two to three minutes, shaking pan and carefully lifting salmon with a spatula to loosen.
3. Reduce to medium heat. Cover pan until salmon is cooked through, three to four more minutes. The skin should be crisp and the flesh medium-rare.
4. Combine remaining two teaspoons olive oil, chopped garlic clove, tomatoes, olives and capers in a bowl. Mix well.
5. When salmon is ready, place on plate and top with the herb-tomato mixture.
6. Serve with your favorite whole grains and vegetables.



 **Prep time:** 35 minutes

 **Number of Servings:** 4

 **Serving Size:** 1 fillet

Nutritional Information Per Serving:

Calories 226

Total Fat 109g

Saturated Fat 29g

Cholesterol 100mg

Sodium 196mg

Carbohydrates 4g

Dietary Fiber 1g

Added Sugar 0g

Protein 28g

Seared Halibut with Basil-Cucumber Salsa

Recipe from Chef Jacques

Ingredients

- ½ English cucumber, stripped, halved lengthwise and thinly sliced
- 1 cup cherry tomatoes, quartered
- ½ yellow or orange bell pepper, seeded and cut into 1-inch julienne
- 1 medium shallot, sliced
- 4 Kalamata olives, sliced
- 2 tbsp fresh basil, chiffonade
- 1 tbsp fresh lime juice
- 1 ½ tsp olive oil
- 1 tsp honey
- ½ tsp red pepper flakes
- ½ tsp salt
- 4 halibut or snapper fillets, 5 oz each

Instructions

1. In a bowl, combine cucumber, tomatoes, bell pepper, shallots, olives and basil. Toss gently to mix.
2. In a small bowl, whisk together lime juice, one teaspoon of olive oil, honey and red pepper flakes.
3. Pour the lime juice mixture over cucumber mixture and toss gently to mix and coat evenly. Set aside.
4. Sprinkle the halibut fillets on both sides with salt.
5. In a large, non-stick frying pan, heat the remaining ½ teaspoon of olive oil over medium-high heat. Add fish to pan and cook, turning once, four minutes on each side.
6. Transfer the halibut fillets to warmed plates and top with ¼ of the salsa. Serve immediately.



 **Prep time:** 25 minutes

 **Number of Servings:** 4

 **Serving Size:** 1 filet

Nutritional Information Per Serving:

Calories 202

Total Fat 6g

Saturated Fat 1g

Cholesterol 1mg

Sodium 70mg

Carbohydrates 6g

Dietary Fiber 1g

Added Sugar 4g

Protein 30g

Couscous with Artichoke, Feta and Sun-dried Tomatoes

Recipe from HealthPerks newsletter

Ingredients

- 2 ⅓ cups water
- ½ cup sun-dried tomatoes
- 14.5 oz (1 can) vegetable broth
- 1 ¾ cups uncooked Israeli couscous
- 3 cups cooked chicken breast, chopped
- ½ cup crumbled feta cheese
- 1 cup fresh flat leaf parsley
- 6 oz marinated artichoke hearts, undrained
- ¼ tsp freshly ground black pepper

Instructions

1. Combine two cups water and tomatoes in a microwave-safe bowl. Microwave on high for three minutes or until water boils, then cover and let stand 10 minutes or until soft. Drain and chop, then set aside.
2. Place ⅓ cup water and vegetable broth in large saucepan and bring to a boil. Stir in couscous. Cover, reduce heat and simmer eight minutes or until tender. Remove from heat, then stir in tomatoes and remaining ingredients.



Dietitian note: To reduce sodium content, use low sodium vegetable broth.



Prep time: 25 minutes



Number of Servings: 6



Serving Size: 1 ½ cups

Nutritional Information Per Serving:

Calories 408

Total Fat 14g

Saturated Fat 4g

Cholesterol 65mg

Sodium 479mg

Carbohydrates 39g

Dietary Fiber 2g

Added Sugar 0g

Protein 29g

Summer Veggie Pizza

Recipe from HealthPerks newsletter

Ingredients

- | | |
|---|--|
| 1 lb whole wheat bread dough | 2 plum tomatoes, sliced |
| 2 medium zucchini and/or yellow summer squash, sliced | 1 8-oz can pizza sauce |
| 1 medium red, green or yellow sweet pepper, chopped | ½ cup pitted green and/or black olives, coarsely chopped |
| 1 tbsp olive oil | 1 cup shredded mozzarella, provolone or Monterey Jack cheese |
| 1 ½ cups fresh mushrooms, sliced | ¼ cup grated parmesan or romano cheese |
| 2 green onions, sliced | |

Instructions

1. Preheat oven to 425°F.
2. Place bread dough on a lightly floured surface and let rest 10 minutes. Roll into a 12-inch round, building up edges slightly. Transfer pizza circle to a greased baking sheet. Using the tines of a fork, prick dough over entire surface. Bake about eight minutes or until set but not browned.
3. In a large skillet, cook and stir zucchini or squash and sweet pepper in hot oil for three minutes, or until crisp-tender. Add mushrooms and onions, cooking and stirring for two more minutes. Remove from heat, then stir in tomatoes.
4. Spread pizza sauce on hot crust to within one inch of the edge. Using a slotted spoon, spoon zucchini mixture over sauce. Top with olives. Sprinkle with mozzarella and parmesan.
5. Bake for 15 minutes or until crust is golden brown and cheese is melted.



Dietitian note: To reduce sodium content, omit olives and substitute an additional fresh vegetable, such as spinach leaves or chopped broccoli.



Prep time: 30 minutes



Total time: 45 minutes



Number of Servings: 6



Serving Size: 1 slice

Nutritional Information Per Serving:

Calories 344

Total Fat 12g

Saturated Fat 3g

Cholesterol 14mg

Sodium 258mg

Carbohydrates 45g

Dietary Fiber 9g

Added Sugar 0g

Protein 15g



Turkey Meatballs with Greens

Recipe from El Camino Health Cancer Center dietitian



Ingredients

- ½ cup breadcrumbs
- ½ cup parsley, chopped
- ¼ cup oregano, chopped
- 1 cup fresh spinach, chopped
- Pepper
- 1 lb lean ground turkey
- 1 egg

Optional:

- ¼ cup grated cheese

Instructions

1. Add the breadcrumbs, spices, herbs and spinach to a food processor. Grind together until finely chopped.
2. Add to bowl with turkey, egg and cheese (if using) and mix well. Roll into golf ball size.
3. Bake at 400°F for 20 minutes, or until crispy on the outside with a juicy center.



Chef's note: You can experiment with adding or increasing the portion of greens beyond the suggested one cup. Any leftovers can be used on a salad or in a wrap.



Prep time: 10 minutes



Total time: 30 minutes



Number of Servings: 4



Serving Size: 4 to 5 meatballs

Nutritional Information Per Serving:

Calories 226

Cholesterol 116mg

Dietary Fiber 1g

Total Fat 6g

Sodium 243mg

Added Sugar 0g

Saturated Fat 2g

Carbohydrates 11g

Protein 32g

Spinach Lasagna

Recipe from El Camino Health Cancer Center dietitian



Ingredients

- 1 32-oz can tomato pasta sauce
- 1 package whole grain lasagna noodles
- 16 oz ricotta cheese, part skim
- ½ cup grated parmesan cheese
- 2 eggs, beaten
- ¼ tsp nutmeg
- 10 oz baby spinach leaves, chopped
- 8 oz grated mozzarella cheese, part skim

Instructions

1. Prepare 9x13 pan with non-stick spray. Pour a thin layer of tomato sauce on bottom of pan, swirling to cover pan.
2. Layer with raw lasagna noodles to cover bottom of pan.
3. Mix together the ricotta cheese, parmesan cheese, eggs and nutmeg. Take half of this mixture and spread on top of lasagna noodles.
4. Layer on a few handfuls of spinach leaves, then sprinkle half of the grated mozzarella cheese on top.
5. Make a second layer of noodles, ricotta mixture, spinach and mozzarella cheese.
6. End with a layer of lasagna noodles. Pour remaining sauce on top, being sure to cover all noodles.
7. Cover pan with foil and bake at 350°F for one hour. Allow to rest five to 10 minutes before serving.



 **Prep time:** 20 minutes

 **Total time:** 1 hour 20 minutes

 **Number of Servings:** 12

 **Serving Size:** 3x3

Nutritional Information Per Serving:

Calories 344

Total Fat 12g

Saturated Fat 3g

Cholesterol 14mg

Sodium 258mg

Carbohydrates 45g

Dietary Fiber 9g

Added Sugar 0g

Protein 15g

Vegetarian Chili Con Carne

Recipe from HealthPerks newsletter

Ingredients

1 tbsp cumin seeds	2 cinnamon sticks	1 tsp oregano
5 red chilies	1 medium onion, diced	1 tsp fresh cilantro, chopped
1 tbsp black pepper	1 19-oz can red kidney beans	2 cups water
2 cups textured vegetable protein (TVP)	1 green bell pepper, diced	½ tsp salt
2 cups boiling water	1 yellow bell pepper, diced	1 cup low fat, low sodium cheddar cheese
2 tbsp olive oil	2 cups salsa	1 bunch green onions, chopped
8 cloves garlic	2 tbsp tomato paste	
1 tbsp cloves	1 tsp basil	

Instructions

1. Dry roast cumin seeds, red chilies and black pepper in a small pan for four to five minutes. Remove from pan.
2. After mixture has cooled down completely, grind it in a small spice grinder. Put aside.
3. In a bowl, add two cups of boiling water to TVP. Cover and set aside.
4. In a thick-bottomed pan, heat oil. Add garlic and sauté for two minutes. Add cloves, cinnamon sticks and onions. Stir for one minute.
5. Add TVP, kidney beans, bell pepper, salsa, tomato paste, oregano, basil, cilantro and two cups of water. Bring it to a boil and simmer on low heat for 30 minutes.
6. Add one cup cheese. Taste and add salt if needed.
7. Cook for five more minutes. Garnish with the remaining cheese and green onions and serve piping hot with cornbread or garlic bread.



Dietitian note: You can substitute 1 15-oz can of drained beans (such as black, butter, pinto or cannellini beans) for the TVP, if you prefer.



Prep time: 60 minutes



Number of Servings: 8

Nutritional Information Per Serving:

Calories 274

Cholesterol 14mg

Dietary Fiber 11g

Total Fat 9g

Sodium 656mg

Added Sugar 0g

Saturated Fat 3g

Carbohydrates 30g

Protein 20g

Side Dishes



Hoisin Asparagus

Recipe from El Camino Health physician

Ingredients

- 1 tbsp extra virgin olive oil
- 1 lb asparagus, sliced in 2-inch pieces on the diagonal
- 2 tbsp Hoisin sauce

Instructions

1. Heat frying pan on medium high, then add oil.
2. Sauté asparagus until tender-crisp and bright green.
3. Glaze asparagus in pan with Hoisin sauce.



 **Prep time:** 15 minutes

 **Number of Servings:** 4

Nutritional Information Per Serving:

Calories 70

Total Fat 4g

Saturated Fat <1g

Cholesterol 0mg

Sodium 132mg

Carbohydrates 8g

Dietary Fiber 3g

Added Sugar 3g

Protein 3g

Pear or Apple Salad

Recipe from El Camino Health Cancer Center dietitian



Ingredients

Salad

- 10 oz spring mix salad or butter lettuce
- 1 pear or apple, cored and sliced
- ½ cup toasted pecans, walnuts, almonds or pine nuts
- ½ cup dried cranberries or fresh pomegranate perils

Optional:

- ½ cup feta, gorgonzola or goat cheese

Dressing (makes ½ cup)

- ⅓ cup olive oil
- 2 tbsp balsamic vinegar
- ½ tsp red wine vinegar
- 1 clove garlic, minced or pressed
- ¼ tsp ground mustard
- 1 tbsp lemon juice

Instructions

1. In a small bowl, whisk all dressing ingredients together.
2. Arrange lettuce on four chilled plates. Place fans of pear or apple slices on lettuce. Sprinkle with dried cranberries or pomegranate perils. Crumble cheese evenly on top if desired.
3. Drizzle the dressing sparingly over the salad.
4. Sprinkle with nuts and serve at once.



Dietitian note: The olive oil in this dressing is a great source of healthy fats, but so are pecans! Pecans contain oleic acid and phenolic antioxidants which both help reduce the risk of heart disease and boost immunity.



Prep time: 10 minutes



Number of Servings: 4

Nutritional Information Per Serving:

Calories 350

Total Fat 28g

Saturated Fat 6g

Cholesterol 20mg

Sodium 255mg

Carbohydrates 21g

Dietary Fiber 4g

Added Sugar 0g

Protein 5g

Simple Seedy Slaw

Recipe from El Camino Health Cancer Center dietitian



Ingredients

Coleslaw

- 2 cups purple cabbage, finely sliced
- 2 cups green cabbage, finely sliced
- 2 cups carrots, shredded
- ¼ cup fresh parsley, chopped
- ¾ cup mixed seeds

Lemon Dressing

- ¼ cup olive oil
- 2 to 3 tbsp lemon juice
- 1 clove garlic, minced
- ½ tsp ground cumin
- ½ tsp salt

Instructions

1. In a medium serving bowl, combine the prepared purple and green cabbage, carrots and parsley. Set aside.
2. Measure out seeds and place in small skillet. Toast over medium heat, stirring frequently, until the seeds are fragrant and start to make popping noises.
3. Pour the toasted seeds into the mixing bowl and toss to combine.
4. To make the dressing, combine olive oil with two tablespoons lemon juice in a small bowl. Add garlic, cumin and salt and whisk until thoroughly blended.
5. Drizzle dressing over slaw and toss until all ingredients are lightly coated in dressing. Taste and add an additional tablespoon of lemon juice if the slaw needs a little more zip. Serve immediately or cover and refrigerate to marinate for up to several hours.



 **Prep time:** 20 minutes

 **Number of Servings:** 6

 **Serving Size:** 1 cup

Nutritional Information Per Serving:

Calories 215

Total Fat 18g

Saturated Fat 3g

Cholesterol 0mg

Sodium 240mg

Carbohydrates 11g

Dietary Fiber 4g

Added Sugar 0g

Protein 5g

Grilled Vegetable Platter

Recipe from Chef Jacques

Ingredients

- ¼ cup olive oil
- 2 tbsp honey
- 4 tsp balsamic vinegar
- 1 tsp fresh parsley
- 1 tsp fresh oregano
- 1 tsp garlic, minced
- ⅛ tsp pepper
- 1 lb fresh asparagus, trimmed
- 3 small carrots, cut in half lengthwise
- 1 large sweet red pepper, cut into thin 1-inch strips
- 1 medium yellow summer squash, cut into ½-inch slices
- 1 medium red onion, cut into wedges
- ¼ cup fresh basil

Instructions

1. In a small bowl, whisk the first seven ingredients to make marinade.
2. Place three tablespoons marinade in a large, resealable plastic bag. Add vegetables, seal bag and turn to coat. Marinate 1½ hours at room temperature.
3. Transfer vegetables to a grid and place on grill. Grill vegetables, covered, over medium heat eight to 12 minutes or until crisp-tender, turning occasionally.
4. Place vegetables on a large serving plate. Drizzle with remaining marinade and basil.



Prep time: 20 minutes



Total time: 40 minutes



Number of Servings: 6

Nutritional Information Per Serving:

Calories 151

Total Fat 9g

Saturated Fat 1g

Cholesterol 0mg

Sodium 22mg

Carbohydrates 17g

Dietary Fiber 4g

Added Sugar 6g

Protein 3g

Cabbage Salad with Blue Cheese and Walnuts

Recipe from HealthPerks newsletter

Ingredients

Vinaigrette

- 1 tbsp crumbled blue cheese
- ¼ cup extra-virgin olive oil
- 3 tbsp red wine vinegar
- 1 tbsp Dijon mustard
- ¼ tsp salt
- ¼ tsp freshly ground pepper

Walnuts

- 1 tbsp extra-virgin olive oil
- 1 tsp butter
- 1 cup walnuts
- ¼ tsp freshly ground pepper
- 2 tbsp pure maple syrup

Salad

- 4 cups red cabbage, thinly sliced
- 4 cups green cabbage, thinly sliced
- 3 scallions, thinly sliced
- ⅓ cup crumbled blue cheese

Instructions

- Vinaigrette:** Combine blue cheese, olive oil, vinegar, mustard, salt and pepper in a food processor or blender; process until creamy.
- Walnuts:** Place a piece of parchment or wax paper near the stove. Heat oil and butter in skillet over medium heat. Add walnuts and cook for two minutes, stirring occasionally. Add salt and pepper and drizzle with maple syrup. Cook, stirring, until the nuts are well coated and have begun to caramelize, three to five minutes.
- Transfer to the parchment or wax paper, spooning any remaining syrup over them. Let the nuts stand until cool, about five minutes.
- Place cabbage and scallions in a large bowl. Toss with the vinaigrette. Serve topped with blue cheese and walnuts.



 Prep time: 20 minutes

 Number of Servings: 8

 Serving Size: 1 cup

Nutritional Information Per Serving:

Calories 238

Total Fat 21g

Saturated Fat 3g

Cholesterol 6mg

Sodium 171mg

Carbohydrates 12g

Dietary Fiber 3g

Added Sugar 3g

Protein 5g

Cauliflower Au Gratin

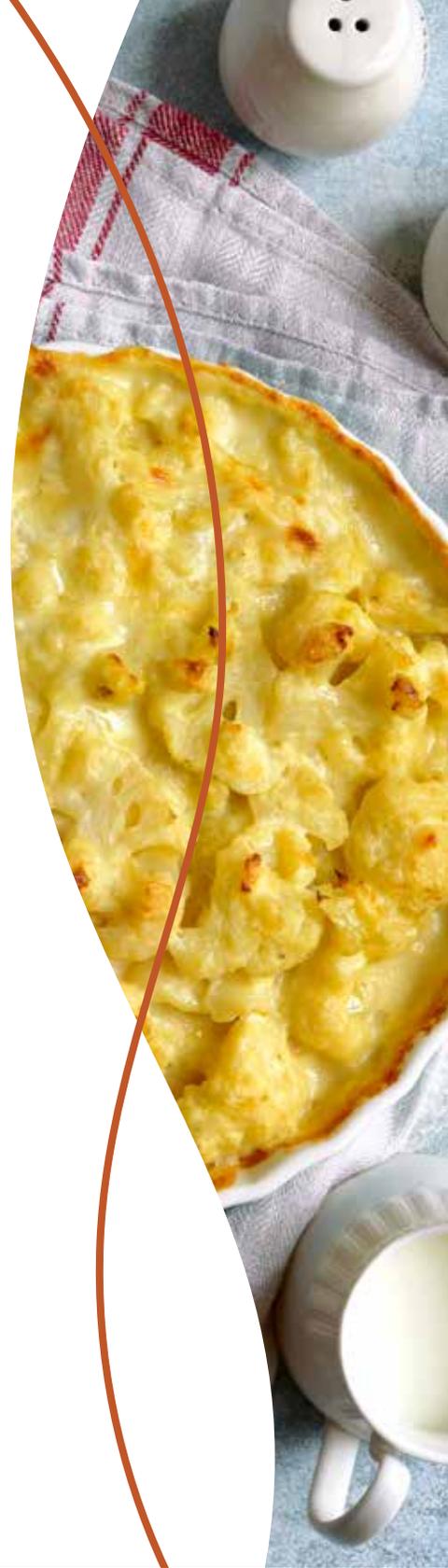
Recipe from HealthPerks newsletter

Ingredients

- 1 medium head cauliflower, cut into florets (about 5 cups)
- ¼ cup fat-free half-and-half cream
- ¼ tsp kosher salt
- Fresh cracked black pepper to taste
- Pinch nutmeg
- 2 oz shredded light Havarti
- 1 tbsp bread crumbs
- Baking oil

Instructions

1. Preheat oven to 350°F.
2. Place cauliflower florets in a 9x9 baking dish.
3. Whisk half-and-half, salt, black pepper and nutmeg then pour over the cauliflower.
4. Cover with aluminum foil and bake until tender, about 40 minutes.
5. Remove foil, sprinkle with shredded Havarti cheese and breadcrumbs; lightly coat with oil and bake 3 to 5 more minutes.



Dietitian note: Selecting some lower fat dairy items is a great strategy to make this dish healthier.



Prep time: 15 minutes



Total time: 1 hour



Number of Servings: 6

Nutritional Information Per Serving:

Calories 222

Total Fat 11g

Saturated Fat 6g

Cholesterol 99mg

Sodium 419mg

Carbohydrates 12g

Dietary Fiber 2g

Added Sugar 0g

Protein 17g

Lemony Asparagus Salad

Recipe from HealthPerks newsletter

Ingredients

- 1/3 cup shallots, finely chopped
- 1/4 cup lemon juice
- 1 tsp Dijon mustard
- 1 tsp honey
- 1 lb asparagus
- 2 tbsp fresh mint, finely chopped
- 2 tbsp fresh parsley, finely chopped

Instructions

1. In a large bowl, whisk together shallots, lemon juice, mustard and honey.
2. Trim root ends of asparagus and discard.
3. Cut asparagus tips off spears and add to bowl with shallot mixture.
4. With a vegetable peeler, shave asparagus spears into thin ribbons, adding to shallot mixture as you go.
5. Add mint and parsley and toss salad until combined.



 **Prep time:** 15 minutes

 **Number of Servings:** 4

 **Serving Size:** 1/2 cup

Nutritional Information Per Serving:

Calories 43

Total Fat 0g

Saturated Fat 0g

Cholesterol 0mg

Sodium 25mg

Carbohydrates 9g

Dietary Fiber 3g

Added Sugar 4g

Protein 3g

Roasted Brussels Sprouts with Pomegranate

Recipe from HealthPerks newsletter

Ingredients

- 5 cups Brussels sprouts
- 2 tbsp olive oil
- Salt and pepper to taste
- 1 orange, juiced
- ¼ cup parmesan cheese, shaved
- ½ cup pomegranate perils

Instructions

1. Preheat oven to 400°F.
2. Toss sprouts, olive oil, salt, pepper and orange juice together in a large bowl.
3. Lay out dressed Brussels sprouts on two cookie sheet pans.
4. Bake for 25 to 30 minutes or until golden brown.
5. Toss with long, thin shavings of parmesan cheese and pomegranate seeds.



Chef's note: These can be served warm or at room temperature and leftovers are a great addition to salads.



Prep time: 10 minutes



Total time: 40 minutes



Number of Servings: 5



Serving Size: 1 cup

Nutritional Information Per Serving:

Calories 122

Total Fat 7g

Saturated Fat 2g

Cholesterol 3mg

Sodium 90mg

Carbohydrates 12g

Dietary Fiber 4g

Added Sugar 0g

Protein 5g

Drinks



Green Tea with Fresh Mint

Recipe from El Camino Health Cancer Center dietitian



Ingredients

- 8 6-inch mint sprigs
- 4 green tea bags
- 4 cups water
- 1 ½ cups apple cider, refrigerated
- 4 tbsp fresh lime juice
- 4 mint sprigs for garnish
- 4 lime wedges for garnish

Instructions

1. In heat proof pitcher or container, combine mint and tea bags.
2. In a medium saucepan, heat four cups water until bubbles start to form around edge of pot.
3. Pour hot water over mint and tea in pitcher. Steep for six minutes. Discard tea bags, leaving mint in pitcher.
4. Cool to room temperature. Cover and refrigerate tea with mint for four to 24 hours.
5. Just before serving, add cold cider and lime juice to chill tea.
6. Pour tea into four tall glasses. Garnish each glass with mint sprig and lime wedge.



Dietitian note: Green tea is rich in phytonutrients, which intervene in cancer cell growth and increase the self-destruction of abnormal cells. And with mint and lime to taste, there's no need to add any sweeteners!



Prep time: 10 minutes



Number of Servings: 4



Serving Size: 10 oz

Nutritional Information Per Serving:

Calories 42

Total Fat 0g

Saturated Fat 0g

Cholesterol 0mg

Sodium 5mg

Carbohydrates 10g

Dietary Fiber 0g

Added Sugar 0g

Protein 0g

Mango Lassi

Recipe from El Camino Health Cancer Center dietitian



Ingredients

- 12 oz mango (fresh or canned mango pulp)
- 12 oz plain non-fat yogurt
- 12 oz dairy or plant-based milk of choice

Optional:

- ½ tsp cardamom powder
- 1 tbsp honey
- Crushed ice
- Mint leaves for garnish

Instructions

1. In a blender, pulse mango chunks or canned mango pulp, yogurt, milk and optional ingredients.
2. Serve with ice cubes and garnish with mint leaves.



 **Prep time:** 5 minutes

 **Number of Servings:** 4

 **Serving Size:** 1 cup

Nutritional Information Per Serving:

Calories 100-120*

Total Fat 1g

Saturated Fat 0g

Cholesterol 4mg

Sodium 88mg

Carbohydrates 20g

Dietary Fiber 1g

Added Sugar 5g

Protein 5-7g*

**varies on plant-based milk choice*

Pumpkin Latte

Recipe from El Camino Health Cancer Center dietitian



Ingredients

- 1 spiced chai tea bag (or decaf spiced chai)
- ½ cup plain, unsweetened plant-based milk of choice
- 2 tbsp real pumpkin purée
- 1 tbsp real maple syrup or honey
- ¼ tsp cinnamon
- ⅛ tsp ground ginger
- Dash of nutmeg
- Dash of cloves
- Tiny dash of salt

Instructions

1. Bring ½ cup water to a boil. Add tea bag and let steep for four minutes. Before removing tea bag, squeeze any remaining water out by pressing the tea bag against the side of the pan with the back of a spoon.
2. Add plant-based milk, pumpkin purée, maple syrup, vanilla, cinnamon, ginger, nutmeg, cloves and salt to the pan.
3. Pour mixture into a blender and blend until well combined and the drink is nice and creamy.



Chef's note: Try adding ½ tsp arrowroot starch or cornstarch to make the latte extra creamy.



Prep time: 15 minutes



Number of Servings: 1

Nutritional Information Per Serving:

Calories 80-105*

Cholesterol 0mg

Dietary Fiber 2g

Total Fat 0g

Sodium 274mg

Added Sugar 10g

Saturated Fat 0g

Carbohydrates 16g

Protein 1-4g*

**varies on plant-based milk choice*

Blueberry Green Tea Smoothie

Recipe from HealthPerks newsletter

Ingredients

- 1 green tea bag
- 2 tsp honey
- 1 cup frozen blueberries
- ½ banana
- ¾ cup light vanilla soy milk

Instructions

1. Steep green tea bag in about four tablespoons of boiling water for three minutes. Remove tea bag and stir in honey until it fully dissolves.
2. Combine berries, banana, soy milk and tea mixture in blender. Blend on the highest setting until smooth. Add ice or water to achieve desired consistency.



 **Prep time:** 8 minutes

 **Number of Servings:** 1

 **Serving Size:** 12 oz

Nutritional Information Per Serving:

Calories 225

Total Fat 2g

Saturated Fat <1g

Cholesterol 0mg

Sodium 73mg

Carbohydrates 50g

Dietary Fiber 6g

Added Sugar 10g

Protein 6g

Desserts



Frozen Yogurt Bark

Recipe from El Camino Health Cancer Center dietitian



Ingredients

- 3 cups plain low-fat Greek yogurt
- ¼ cup honey
- 2 tsp vanilla extract
- 1 cup filling(s) such as berries, nuts and/or chopped dark chocolate
- 2 cups topping(s) such as toasted coconut, nuts, seeds, fruit and/or cacao nibs

Instructions

1. Line two large baking sheets with parchment paper. In a large bowl combine yogurt, honey and vanilla. Stir in filling(s).
2. Divide the yogurt mixture between prepared baking sheets, spreading into rectangles. Sprinkle with toppings.
3. Freeze two to four hours or until firm. To serve, break bark into 24 irregular pieces. Store in freezer.



Dietitian note: This refreshing dessert is low in sugar and high in phytonutrients, thanks to the berries. With a touch of chocolate and a crunch of nuts or seeds, this recipe makes the perfect summer treat!



Prep time: 15 minutes



Total time: 2 hours 15 minutes



Number of Servings: 12



Serving Size: ½ cup

Nutritional Information Per Serving:

Calories 218

Total Fat 12g

Saturated Fat 3g

Cholesterol 4mg

Sodium 32mg

Carbohydrates 22g

Dietary Fiber 1g

Added Sugar 5g

Protein 9g

Cinnamon Apples

Recipe from HealthPerks newsletter

Ingredients

6 large Granny Smith apples, sliced	2 tbsp dark brown sugar
1 tbsp lemon juice	2 tbsp maple syrup
1 tbsp ground cinnamon	1 cup water
½ tsp ground nutmeg	3 tbsp cornstarch

Instructions

Instant Pot:

1. Peel apples and cut in half to remove seeds and core. Cut into ½-inch slices and add to a large bowl.
2. Sprinkle apple slices with lemon juice, toss and transfer to Instant Pot.
3. Add cinnamon, nutmeg, brown sugar and maple syrup to Instant Pot. Toss mixture to combine with apples.
4. Mix water and cornstarch in a small bowl, stirring until lump-free. Add mixture to Instant Pot and stir well to combine with apple mixture.
5. Lock and seal Instant Pot before manually setting it to pressure cook for two minutes. Once pressure cooking is complete, do a natural pressure release for five to 10 minutes.
6. Vent any remaining steam, open Instant Pot and gently stir cooked apple mixture. Serve on your favorite dessert or side dish and enjoy!

Stove Top:

1. Peel apples and cut in half to remove seeds and core. Cut into ½-inch slices and add them to a large bowl.
2. Sprinkle apple slices with lemon juice, toss and transfer to a large pot or skillet.
3. Dump remaining ingredients in pot or skillet, cooking on low heat until apples are tender.
4. Let cool slightly before serving.



Chef's note: These cinnamon apples can be served as a side dish, on top of ice cream, in oatmeal or as a pie filling.

 **Prep time:** 35 minutes

 **Number of Servings:** 6

 **Serving Size:** 1 cup

Nutritional Information Per Serving:

Calories 164

Total Fat <1g

Saturated Fat 0g

Cholesterol 0mg

Sodium 6mg

Carbohydrates 43g

Dietary Fiber 6g

Added Sugar 10g

Protein 1g

Chocolate Chia Seed Pudding

Recipe from HealthPerks newsletter

Ingredients

¼ cup chia seeds

5 to 6 dates

1 cup unsweetened soy milk

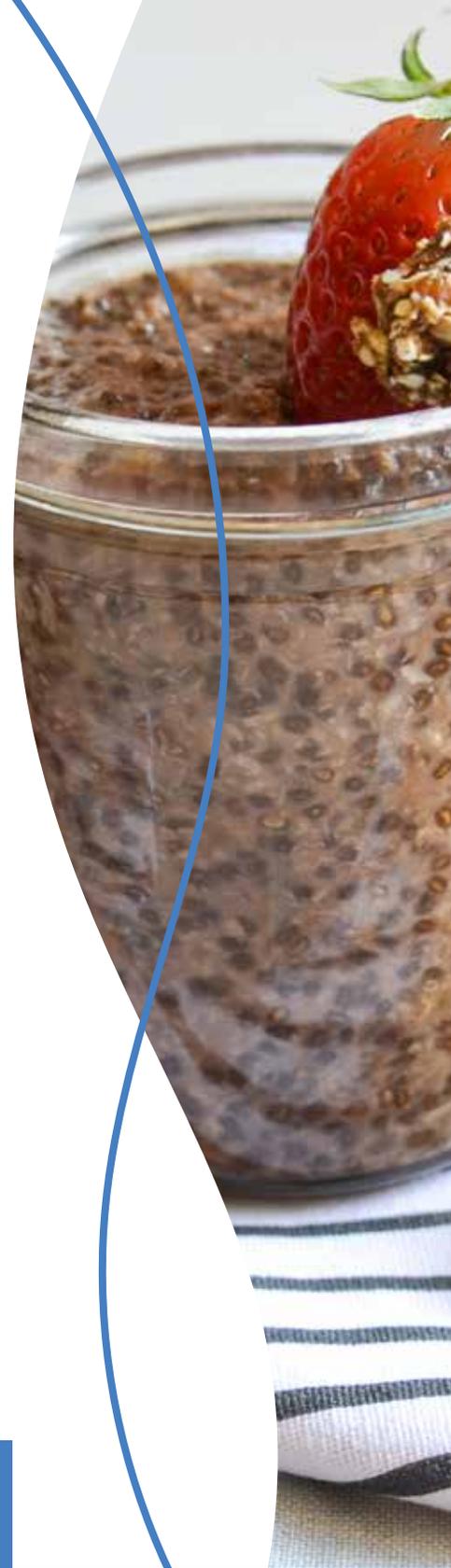
1 ½ tsp unsweetened cocoa powder

Optional:

½ tsp vanilla extract

Instructions

1. Soak chia seeds and dates in soy milk overnight.
2. Add cocoa powder and vanilla extract and blend everything together.
3. Refrigerate in glass jar or cups for one hour.



Chef's note: An immersion blender works well for this recipe resulting in a creamy pudding. Serve with fresh berries of your choice!



Prep time: 1 hour 5 minutes
(not including overnight soak)



Number of Servings: 4



Serving Size: ¼ cup

Nutritional Information Per Serving:

Calories 118

Total Fat 5g

Saturated Fat 0g

Cholesterol 0mg

Sodium 28mg

Carbohydrates 15g

Dietary Fiber 5g

Added Sugar 0g

Protein 4g

No Bake Oatmeal Bites

Recipe from HealthPerks newsletter

Ingredients

½ cup old fashioned oats
½ cup quick-cooking oats
¼ cup almond butter
¼ cup honey
½ cup dried blueberries
¼ tsp cinnamon
½ tsp vanilla
Dash of salt

Optional:

⅓ cup chocolate chips

Instructions

1. Mix ingredients together in a bowl, stirring until combined. Mixture should be sticky enough to hold together when squeezed. Refrigerate mixture for 30 minutes to set.
2. Using a spoon, scoop about a tablespoon of the dough into your hands, rolling into a ball. Repeat with the rest of the mixture.
3. Cover and store the oatmeal bites in refrigerator or airtight container for up to a week (or freeze to save them longer).



 **Prep time:** 45 minutes

 **Number of Servings:** 14

 **Serving Size:** 1 piece

Nutritional Information Per Serving:

Calories 110

Total Fat 5g

Saturated Fat 1g

Cholesterol 0mg

Sodium 33mg

Carbohydrates 17g

Dietary Fiber 1g

Added Sugar 9g

Protein 2g

Includes chocolate chips

Dark Chocolate Avocado Brownies

Recipe from HealthPerks newsletter

Ingredients

4 large eggs

1 cup sugar

8 oz dark chocolate chips

½ cup dark cocoa powder

¼ tsp salt

1 tsp vanilla extract

½ cup whole wheat flour

2 avocados

Optional:

½ cup chopped nuts such as walnuts or almonds

Instructions

1. Preheat oven to 350°F.
2. Line an 8x8 cake pan with parchment paper and spray with cooking spray.
3. Beat eggs and sugar with an electric mixer at medium speed until bubbly and fluffy.
4. Place chocolate chips in a microwave-safe bowl and microwave on high in 15-second increments, stirring in between until melted.
5. With mixer running, add chocolate to egg mixture. Fold in cocoa, salt, vanilla and flour.
6. Mash avocados in separate bowl until very smooth. Add to batter and mix well.
7. Pour batter into prepared pan and bake 30 minutes, or until toothpick inserted in center comes out clean. Let cool completely before slicing.



 **Dietitian note:** The fat from avocados in this recipe is a monounsaturated heart-healthy fat that lowers LDL (bad or “L” for lousy) cholesterol and helps to maintain HDL (good or “H” for healthy) cholesterol when eaten in moderation.

 **Prep time:** 20 minutes

 **Total time:** 50 minutes

 **Number of Servings:** 16

 **Serving Size:** 1 brownie

Nutritional Information Per Serving:

Calories 226

Total Fat 13g

Saturated Fat 5g

Cholesterol 53mg

Sodium 57mg

Carbohydrates 27g

Dietary Fiber 4g

Added Sugar 18g

Protein 5g

Includes optional nuts

Flourless Honey-Almond Cake

Recipe from HealthPerks newsletter

Ingredients

Cake

- 1 ⅓ cups whole almonds
- 4 large eggs at room temperature, separated
- ½ cup honey
- 1 tsp vanilla extract
- ½ tsp baking soda
- ½ tsp salt

Topping

- 2 tbsp honey
- ¼ cup toasted almonds, sliced

Instructions

1. Preheat oven to 350°F. Coat a nine-inch springform pan with cooking spray. Line the bottom with parchment paper and spray paper.
2. Process whole almonds in a food processor or blender until finely ground (you will have about 1 ¾ cups ground). Beat egg yolks, honey, vanilla, baking soda and salt in a large mixing bowl with an electric mixer on medium speed until well combined. Add the ground almonds and beat on low until combined.
3. Beat egg whites in another large bowl with electric mixer on medium speed until very foamy, white and doubled in volume, but not stiff enough to hold peaks, one to two minutes (depending on the type of mixer). Using a rubber spatula, gently fold egg whites into nut mixture until just combined. Scrape batter into prepared pan.
4. Bake the cake until golden brown and a skewer inserted into the center comes out clean, 25 to 28 minutes. Let cool in pan for 10 minutes. Run a knife around the edge of pan and gently remove the side ring. Let cool completely.
5. If desired, remove cake from pan bottom by gently sliding a large, wide spatula between the cake and the parchment paper. Carefully transfer cake to a serving platter. To serve, drizzle top of cake with honey and sprinkle with sliced almonds.



Dietitian note: If you want toasted almonds, place sliced almonds in medium hot skillet for approximately one minute, watching closely until lightly golden.

 **Prep time:** 25 minutes

 **Total time:** 50 minutes

 **Number of Servings:** 6

 **Serving Size:** 1 slice

Nutritional Information Per Serving:

Calories 345

Total Fat 20g

Saturated Fat 2g

Cholesterol 141mg

Sodium 153mg

Carbohydrates 36g

Dietary Fiber 5g

Added Sugar 29g

Protein 12g

Poached Pears

Recipe from HealthPerks newsletter

Ingredients

- 1 ½ cups red wine (recommend Zinfandel, Shiraz or Merlot)
- 1 orange, juiced
- 2 tsp vanilla extract
- 2 cinnamon sticks
- 2 whole cloves
- 4 to 6 pears, peeled, cored and sliced
- 2 tbsp honey
- ½ cup toasted hazelnuts, chopped
- 1 dollop fresh whipped cream per serving

Instructions

1. Combine wine, orange juice, vanilla, cinnamon and cloves in a skillet and bring to boil. Once the wine mixture is boiling, turn heat down to a simmer and add pears.
2. Simmer pears for 10 to 12 minutes, turn pears and simmer for an additional eight to 10 minutes until they are tender and easily poked through with a fork. Remove pears and let cool.
3. Place pear over fresh whipped cream and sprinkle with one tablespoon toasted hazelnuts and a drizzle of honey.



Dietitian note: For a healthier alternative, you can substitute non-fat vanilla Greek yogurt for the whipped cream.



Prep time: 30 minutes



Number of Servings: 4



Serving Size: 2 halves

Nutritional Information Per Serving:

Calories 340

Total Fat 9g

Saturated Fat 0g

Cholesterol 0mg

Sodium 13mg

Carbohydrates 44g

Dietary Fiber 6g

Added Sugar 7g

Protein 6g



Apple Nut Crisp

Recipe from HealthPerks newsletter

Ingredients

- 5 large Granny Smith apples
- 1 tbsp lemon juice
- $\frac{2}{3}$ cup wheat or oat flour
- $\frac{1}{2}$ cup rolled oats (not instant)
- 1 tsp cinnamon
- $\frac{1}{2}$ cup brown sugar
- 2 tbsp butter
- 2 tbsp Canola oil
- $\frac{1}{2}$ cup walnuts, chopped

Instructions

1. Preheat oven to 375°F. Grease eight-inch baking dish with cooking spray.
2. Peel apples. Chop or slice and combine in a bowl with the lemon juice. Pour into baking dish.
3. In a separate bowl, mix flour, oats, cinnamon and brown sugar. Chop butter into small pieces and combine with flour mix until blended. Stir in Canola oil and walnuts until moist. Spread mixture over apples and place baking dish in oven.
4. Bake until crisp is browned, about 35 to 45 minutes. Cool before serving.



Prep time: 15 minutes



Total time: 50 minutes



Number of Servings: 6



Serving Size: $\frac{1}{6}$

Nutritional Information Per Serving:

Calories 370

Total Fat 15g

Saturated Fat 3g

Cholesterol 10mg

Sodium 10mg

Carbohydrates 59g

Dietary Fiber 6g

Added Sugar 20g

Protein 4g

No Bake Cocoa Nibs Energy Bites

Recipe from HealthPerks newsletter

Ingredients

- 1 cup old fashioned oats
- ½ cup almond butter
- ½ cup ground flaxseed
- ¼ cup seeds (sunflower, sesame, etc.)
- ½ cup raw cocoa nibs or mini chocolate chips
- ⅓ cup honey
- 1 tsp vanilla extract
- ⅓ cup almonds, chopped

Instructions

1. Mix oats, almond butter, flaxseed, seeds, cocoa nibs, honey and vanilla extract in a large bowl.
2. Refrigerate mixture for one hour.
3. Remove mixture from refrigerator, spoon out mixture and roll into 1-inch balls. If mixture gets too messy, put back into refrigerator to cool.
4. Roll bites in chopped almonds and store in the refrigerator.



 **Prep time:** 20 minutes

 **Total time:** 1 hour 20 minutes

 **Number of Servings:** 10

 **Serving Size:** 2

Nutritional Information Per Serving:

Calories 231

Total Fat 14g

Saturated Fat 2g

Cholesterol 0mg

Sodium 58mg

Carbohydrates 21g

Dietary Fiber 3g

Added Sugar 8g

Protein 6g

Cast Iron Bananas Foster

Recipe from HealthPerks newsletter

Ingredients

- 4 scoops vanilla ice cream
- ¼ cup unsalted butter
- ¼ cup light brown sugar
- ½ tsp ground cinnamon
- ¼ tsp kosher salt
- 4 bananas, peeled, sliced lengthwise and crosswise
- ¼ cup dark rum

Instructions

1. Place scoops of vanilla ice cream in four individual dessert dishes. Freeze until ready to serve.
2. In a medium cast iron skillet, combine butter, brown sugar, cinnamon and salt. Place over medium-low heat or the coolest area of the grill and cook, stirring constantly until sugar dissolves.
3. Increase heat to medium-high and add sliced bananas, stirring constantly and spooning butter mixture over fruit until they soften and begin to brown, about three to four minutes. Remove skillet from heat and carefully pour rum over the bananas.
4. **To flambé bananas:** Return pan to medium heat. Carefully tilt the pan slightly away from you to ignite the rum or use a stick lighter to light the rum. When the flames subside, lift the bananas out of the pan and divide over each portion of ice cream.
5. Generously spoon warm sauce over the top of the ice cream and serve immediately.



Dietitian note: For a healthy substitution, use vanilla frozen yogurt instead of ice cream. It has half the calories and minimal fat.



Prep time: 20 minutes



Number of Servings: 4



Serving Size: 1

Nutritional Information Per Serving:

Calories 421

Total Fat 19g

Saturated Fat 11g

Cholesterol 50mg

Sodium 191mg

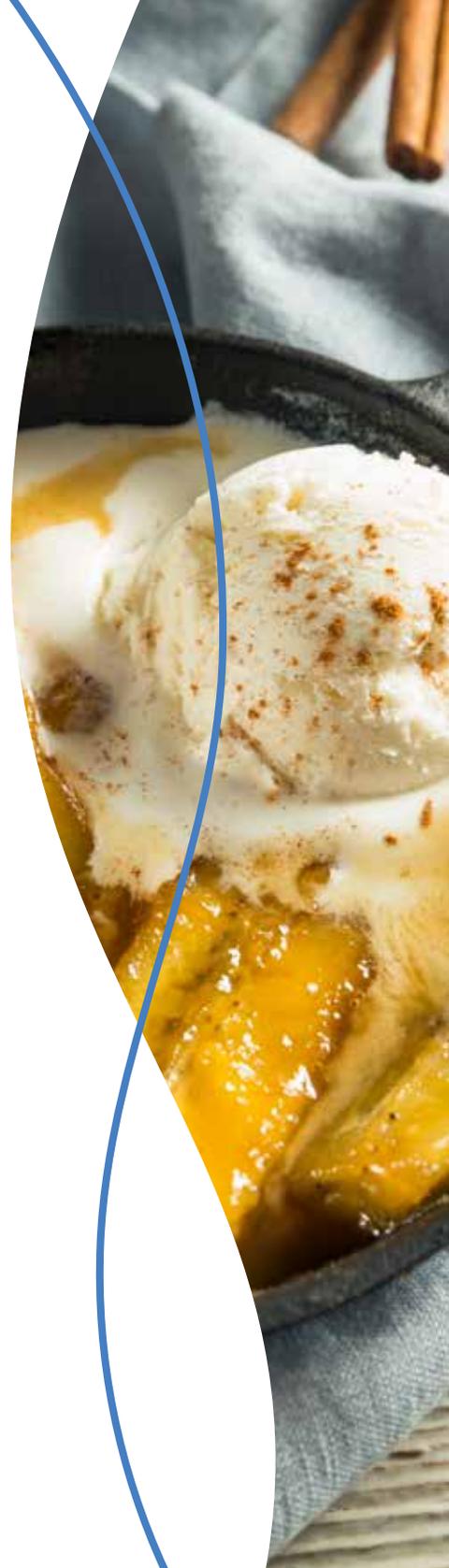
Carbohydrates 55g

Dietary Fiber 3g

Added Sugar 26g

Protein 4g

With ice cream



Crunchy Pumpkin Pie

Recipe from El Camino Health Library

Ingredients

Pie Crust

- 1 cup quick-cooking oats
- ¼ cup whole wheat flour
- ¼ cup ground almonds
- 2 tbsp brown sugar
- ¼ tsp salt
- 3 tbsp vegetable oil
- 1 tbsp water

Pie Filling

- ¼ cup packed brown sugar
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp salt
- 1 egg, beaten
- 4 tsp vanilla
- 1 cup unsalted canned pumpkin
- ⅔ cup evaporated skim milk

Instructions

1. Preheat oven to 425°F.
2. Mix oats, flour, almonds, sugar and salt together in small mixing bowl.
3. Blend oil and water together in measuring cup with fork or small whisk until emulsified.
4. Add oil mixture to dry ingredients and mix well. If needed, add a small amount of water to hold mixture together.
5. Press into a nine-inch pie pan and bake for eight to 10 minutes or until light brown.
6. Turn down oven to 350°F.
7. Mix sugar, cinnamon, nutmeg and salt together in a bowl.
8. Add egg and vanilla. Mix to blend ingredients.
9. Add pumpkin and milk. Stir to combine.
10. Pour into prepared pie shell.
11. Bake for 45 minutes or until knife inserted near center comes out clean.



 **Prep time:** 20 minutes

 **Total time:** 1 hour 15 minutes

 **Number of Servings:** 8

 **Serving Size:** 1/8

Nutritional Information Per Serving:

Calories 198

Total Fat 8g

Saturated Fat 1g

Cholesterol 27mg

Sodium 100mg

Carbohydrates 24g

Dietary Fiber 3g

Added Sugar 11g

Protein 5g

