

One

# FOOD FOR THOUGHT

Eating for a Healthier You



Carolinan HealthCare System



## Small changes in your eating habits can make a **big difference** when it comes to your health.

Carolinas HealthCare System is on a journey to help you think a little differently about getting (and staying) healthy, one small change at a time.

First up, this collection of nutritious, delicious and **EASY** meals you can enjoy with family and friends. See how small changes to some of your favorite recipes can help you on the road to a healthier **YOU**.



## Nut and Fruit Breakfast Bites

- 1/3 cup light tub spread or margarine
- 1/3 cup Splenda™
- 1/4 cup honey
- 1/2 tsp. ground cinnamon
- 1 1/4 cups dried mixed fruit (raisins, apples and cranberries)
- 1 cup uncooked quick oats
- 1 3/4 cups uncooked old-fashioned oats, coarsely crushed
- 1/4 cup chopped walnuts

Combine margarine, Splenda and honey in a saucepan. Cook over medium heat, stirring constantly, until mixture comes to a boil; boil for 1 minute. Remove from heat, and add remaining ingredients. Press mixture into bottom of 9-inch square baking pan coated with cooking spray. Allow to cool and cut into 16 pieces. Store in covered container in refrigerator.

**Serves: 16 bites**

Exchanges or food group servings:

1 STARCH, 1 FRUIT, 1/2 FAT

Nutrients per serving:

CALS 143; PROTEIN 2.3g; CARBS 25g; FIBER 2.2g;  
TOT FAT 4.3g; SAT FAT 1g; SODIUM 46mg





## Two-Minute Smoothie

- 1 banana
- 2 T. Splenda™ (or honey)
- 1 cup plain low-fat yogurt
- 1 to 2 cups frozen strawberries (or other berries, as preferred)
- 1 cup skim or soy milk (or orange juice)

Pour all ingredients into a blender and blend until smooth. Stir as needed to fully blend fruit, and add a bit more liquid to keep smooth. Pour into two glasses. Freeze extra for a later.

### Variations:

- **Pina Colada** – Use pineapple, cantaloupe, frozen banana and orange juice.
- **Summer Smoothie** – Use watermelon, cantaloupe, frozen banana and orange juice.
- **More protein/fiber** – Add pasteurized egg product, ground flax seed, wheat germ or protein powder.

**Serves:** 2

Exchanges or food group servings (with skim milk):

1 1/2 FRUIT, 1 1/4 DAIRY

Nutrients per serving:

CALS 215; PROTEIN 12g; CARBS 39g; FIBER 3.3g; TOT FAT 2.2g;  
SAT FAT 1.3g; SODIUM 153mg





## Heart-Healthy Rotisserie Chicken Salad

- 1 whole rotisserie chicken
- 1/2 cup seedless grapes (cut in halves)
- 1/2 cup chopped onions
- 1/2 cup chopped celery
- 1/2 cup chopped pecans
- 1 cup light mayonnaise

Pull the chicken meat from the bone and chop into bite-sized pieces. Add all of the ingredients, combine and enjoy!

**Serves:** 10

Exchanges or food group servings:  
2 FAT, 3 LEAN MEAT

Nutrients per serving:  
CALs 290; PROTEIN 19g; CARBS 6.4g; FIBER 0.9g;  
TOT FAT 21.4g; SAT FAT 2.9g; SODIUM 259mg



## Baby Greens Salad with Pears, Honey-Roasted Nuts and Shaved Parmesan

- 1/2 cup canned cranberry sauce (whole berry or jellied)
- 2 T. red wine vinegar
- 2 T. water
- 1 T. olive oil
- 1 tsp. Dijon mustard
- 1/8 tsp. salt (or to taste)
- 8 cups baby mixed greens
- 3 medium ripe pears, cored and thinly sliced (about 1 1/2 cups)
- 6 T. Parmesan cheese, shaved (use a vegetable peeler)
- 6 T. almonds, walnuts or pecans, toasted

In medium bowl, whisk together cranberry sauce, vinegar, water, oil and mustard; season to taste with salt and pepper. Place greens in large serving bowl. Add dressing, pears and nuts; toss to coat greens. Scatter shaved Parmesan on top.

**Serves:** 6

Exchanges or food group servings:  
1 FRUIT, 1 VEG, 1 1/2 FAT

Nutrients per serving:

CALS 155; PROTEIN 5.3g; CARBS 20g; FIBER 4.1g;  
TOT FAT 7.3g; SAT FAT 1.5g; SODIUM 216mg



## Crockpot Chicken Cacciatore

- 3 lbs. bone-in chicken thighs, skin removed
- 14 oz. can diced tomatoes with Italian seasoning
- 6 oz. can tomato paste
- 1/2 cup chicken broth
- 1 onion, sliced
- 3 cloves garlic, minced
- 2 green bell peppers, chopped
- 1/4 cup dry red wine
- 1/8 tsp. pepper
- 1/4 tsp. salt

Place all ingredients in a 4-quart slow cooker. Cover and cook on low 6 to 8 hours, until chicken is thoroughly cooked and tender. Serve with cooked pasta, if desired.

**Serves: 8**

Exchanges or food group servings:

1 1/2 VEG, 1/2 FAT, 3 LEAN MEAT

Nutrients per serving:

CALS 234; PROTEIN 25.2g; CARBS 8g; FIBER 1.9g;  
TOT FAT 10g; SAT FAT 2.8g; SODIUM 430mg





## Salmon with Dill-Mustard Sauce

- 2 T. fresh lime juice or fresh lemon juice
- 1 T. honey
- 4 salmon fillets (5 to 6 ounces each)
- 1/4 cup light mayonnaise
- 1 T. Dijon mustard
- 1 T. chopped fresh dill or 1 tsp. dry dill weed

Put lime juice and honey in glass baking dish or large Ziploc® bag and mix. Rinse salmon; pat dry. Place salmon in juice; marinate 10 minutes to 1 hour, turning once. Combine mayonnaise, mustard and 1 T. dill in small bowl. Preheat broiler. Spray rack of broiler with nonstick cooking spray. Remove salmon from juice (discard juice marinade). Place on rack. Broil, 4 inches from heat, 3 to 4 minutes on each side or until salmon flakes in center. Serve salmon with sauce. Garnish with dill sprigs, if desired.

**Serves: 4**

Exchanges or food group servings:

1/2 STARCH, 1 1/2 FAT, 4 1/2 LEAN MEAT

Nutrients per serving:

CALS 350; PROTEIN 31.1g; CARBS 7g; FIBER 0.1g;  
TOT FAT 21.1g; SAT FAT 4.6g; SODIUM 286mg



## Garlic Lime Shrimp

Bag of large, frozen shrimp (about 1 lb.)

2 T. paprika

2 limes, cut into wedges

1/2 cup lime juice

3/4 cup minced garlic (from the jar – yes, the quantity is right!)

2 T. extra virgin olive oil

Wooden skewers

Cooked rice

Thaw the shrimp (you can also use fresh). Remove tails. Soak wooden skewers in water for 30 minutes to prevent charring on the grill. To make the marinade, sauté the minced garlic in extra-virgin olive oil for about 5 minutes (or until golden). Mix in paprika and lime juice with the garlic. In a separate bowl, toss shrimp with marinade. Place in refrigerator and let marinate for at least 30 minutes. Place shrimp on wooden skewers and discard marinade. Grill on each side until pink (about 4 minutes on each side). Squeeze lime juice on shrimp. Garnish with lime wedges. Serve on a bed of rice.

**Serves: 5**

Exchanges or food group servings:

1/2 STARCH, 1 1/2 FAT, 3 LEAN MEAT

Nutrients per serving:

CALS 276; PROTEIN 19.1g; CARBS 14g; FIBER 1.6g;

TOT FAT 11.2g; SAT FAT 1.1g; SODIUM 136mg





## Southwestern Flank Steak

- 2 T. fresh lime juice
- 2 tsp. canola oil
- 2 medium cloves garlic, crushed
- 2 tsp. chili powder
- 2 tsp. ground cumin
- 1/2 tsp. salt
- 1 lb. raw lean flank steak, trimmed of fat
- 1 medium sweet red pepper, seeded and thinly sliced (about 2/3 cup)
- 1 large onion, thinly sliced (about 2/3 cup)
- 2 T. cilantro, chopped

In small bowl, combine lime juice, 1 1/2 tsp. oil, garlic, chili powder, cumin and salt. Rub mixture over steak; wrap and refrigerate at least 6 hours or overnight. Preheat grill. Unwrap flank steak and grill over medium hot coals until desired doneness; about 8 to 10 minutes per side for medium. Flank steak is best served pink in the middle; if cooked too long, it gets tough. Allow meat to rest 5 minutes.

Meanwhile, heat remaining 1/2 tsp. oil in large nonstick skillet over medium-high heat; stir-fry pepper and onion until tender-crisp. Thinly slice steak diagonally across grain and arrange on serving platter. Top with onion mixture and sprinkle with cilantro.

**Serves: 4**

Exchanges or food group servings:

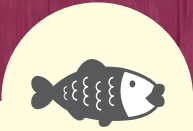
1/2 VEG, 3 1/2 LEAN MEAT

Nutrients per serving:

CALS 204; PROTEIN 25.3g; CARBS 5g; FIBER 1.5g;

TOT FAT 9g; SAT FAT 2.6g; SODIUM 370mg





## Honey Lime Tuna

- 1/4 cup canola oil
- 1 T. Old Bay® seasoning
- 1 T. fresh lime juice
- 1 T. honey
- 2 T. fresh minced basil
- 1 lb. tuna steak

Combine oil, Old Bay, lime juice, honey and basil in large Ziploc® bag. Add tuna. Refrigerate 1 hour. Grill 8 to 10 minutes per inch of tuna thickness. Tuna should flake easily with fork.

**Serves:** 4

Exchanges or food group servings:

1 FAT, 4 LEAN MEAT

Nutrients per serving:

CALS 264; PROTEIN 26.6g; CARBS 5g; FIBER 0.1g;  
TOT FAT 15.1g; SAT FAT 1.3g; SODIUM 492mg





## Light and Easy Fettuccini Alfredo

- 1 T. light tub spread or margarine
- 1 T. minced garlic
- 1 T. flour
- 1 1/3 cups 1 percent milk
- 2 T. reduced-fat cream cheese
- 1 1/4 cups parmesan cheese, divided
- 1 lb. fettuccini noodles, cooked al dente
- Freshly ground black pepper
- Fresh, chopped parsley
- 1/8 tsp. ground chipotle pepper or Cajun seasoning (optional)
- Grilled chicken breast to make chicken fettuccini alfredo (optional)

Sauté spread and garlic over medium heat for 1 minute. Add flour and stir 1 minute until mixture becomes crumbly. Gradually add milk, stirring constantly. Continue stirring milk until sauce becomes thick and bubbly, about 5 to 8 minutes. Add cream cheese and stir until dissolved; cook without stirring for 2 minutes. Add 1 cup Parmesan cheese, and stir until all cheese is melted and sauce is smooth. Pour sauce over hot fettuccini noodles. Add freshly ground black pepper, chopped parsley, Cajun seasoning and chicken, if desired. Toss noodles with sauce and seasonings. Garnish with 1/4 cup Parmesan cheese and additional parsley.

**Serves: 8**

Exchanges or food group servings:

2 1/2 STARCH, 1 FAT, 1 LEAN MEAT

Nutrients per serving:

CALS 304; PROTEIN 13.7g; CARBS 45g; FIBER 1.1g; TOT FAT 6.5g; SAT FAT 3.0g; SODIUM 232mg



## Honey Mustard Pork Tenderloin

- 8 oz. baby carrots
- 12 tiny red potatoes, halved
- 1/3 cup honey mustard
- 2 T. olive oil
- 1/2 tsp. garlic pepper
- 1/4 tsp. seasoned salt
- 16 oz. pork tenderloin

Preheat oven to 425 degrees. Trim fat from pork tenderloin, and place in shallow baking dish. In a covered pan, cook carrots and potatoes in boiling water for 2 minutes; drain and set aside. Make sauce in small bowl: mix honey mustard, olive oil, salt and garlic pepper. Spread 1/2 of sauce on the pork. Toss vegetables with remaining sauce. Spoon vegetables over top of pork, and roast, uncovered, for 25 to 35 minutes. Pork should reach 160 degrees on meat thermometer. Stir veggies once while cooking.

**Serves:** 4

Exchanges or food group servings:

1 1/2 STARCH, 1 VEG, 1 FAT, 3 LEAN MEAT

Nutrients per serving:

CALS 338; PROTEIN 27.4g; CARBS 31g; FIBER 2.8g;  
TOT FAT 12.2g; SAT FAT 2.4g; SODIUM 383mg





## Mock Fried Squash

1 to 2 yellow squash (about 1 1/2 cups sliced)  
1 8.5 oz. box "Jiffy" corn muffin mix  
1/2 cup skim milk  
Cooking spray

Preheat oven to 350 degrees. Spray cookie sheet with cooking spray. Slice yellow squash into slices no thicker than 1/4 inch. Dip into milk then dip into corn muffin mix, tapping off excess mix. Place coated squash flat on cookie sheet in one layer. Spray top of squash lightly with cooking spray. Bake 15 minutes. Turn squash over, keeping in a single layer. Bake additional 15 minutes. Serve immediately.

**Serves: 4**

Exchanges or food group servings:  
1 STARCH, 1 VEG

Nutrients per serving:  
CALC 124; PROTEIN 3.4g; CARBS 27g; FIBER 1.4g;  
TOT FAT 0.1g; SAT FAT 0.0g; SODIUM 380mg



### Aunt Gloria's Greens

2 tsp. olive oil

1/2 onion, chopped (about 1/3 cup)

1/8 tsp. salt

Approx. 1 cup water

1 large bunch fresh collard greens, washed and chopped  
(about 7 cups)

Heat olive oil over medium-high heat. Add chopped onion and a dash of salt. Sauté until onions are browned. Add just enough water to cover the bottom of the pot. (1 cup will be just enough to make steam). Add greens and stir with onion. Keep heat on medium-high, cover pot and cook for 8 to 10 minutes, stirring at least twice.

Note: You can use any kind of greens in this recipe: mustard greens, turnip greens, kale.

**Serves:** 4

Exchanges or food group servings:

1 VEG, 1/2 FAT

Nutrients per serving:

CALS 44; PROTEIN 1.7g; CARBS 5g; FIBER 2.3g;

TOT FAT 2.5g; SAT FAT 0.4g; SODIUM 85mg





## Crustless Strawberry Pie

- 3 cups fresh strawberries
- 1 large package sugar-free, cook-and-serve vanilla pudding mix
- 1 small package sugar-free strawberry-flavored gelatin
- 2 cups water

Rinse and hull strawberries. Distribute evenly in a 10-inch pie pan. In a medium saucepan, combine pudding mix, gelatin mix and water. Stir well and bring to a full boil. Pour mixture over strawberries and refrigerate for 4 to 6 hours. Top with light or low-fat frozen whipped topping prior to serving.

**Serves:** 8

Exchanges or food group servings:  
1 FRUIT

Nutrients per serving:  
CALC 50; PROTEIN 1.6g; CARBS 10g; FIBER 1.2g;  
TOT FAT 0.2g; SAT FAT 0.0g; SODIUM 189mg





## Warm Banana Sundae

- 1 small banana (about 3/4 cup sliced)
- 2 tsp. cinnamon sugar
- 2 tsp. light butter
- 1 scoop sugar-free frozen yogurt

Peel and slice banana. Place slices in microwave-safe dish. Sprinkle with cinnamon sugar and dot with light butter. Microwave on high 1 minute, until butter is melted. Spoon over yogurt.

**Serves:** 1

Exchanges or food group servings:

1 1/2 STARCH, 1 1/2 FRUIT, 2 FAT

Nutrients per serving:

CALS 272; PROTEIN 4.9g; CARBS 47g; FIBER 4.2g;  
TOT FAT 9.2g; SAT FAT 4.7g; SODIUM 132mg



## Shopping Smarter

When it comes to making healthy choices at the grocery store, being prepared is key. Make a list, and stick to it. At the store, shop the perimeter. This is where you'll find unprocessed foods: vegetables, dairy and meats.

Before you know it, your trips to the store will become part of your healthy meal preparation routine.

## A Grocery List Worthy of Your Cart

- blueberries
- apples
- oranges
- cantaloupe
- avocado
- broccoli
- beets
- dark green leafy vegetables
- sweet potatoes
- carrots
- walnuts
- almonds
- brown rice
- oatmeal (not instant)
- raisins
- whole grain bread
- plain Greek yogurt
- skim milk
- soy milk
- almond milk
- wild salmon
- lean meats (chicken, turkey)
- olive oil
- canola oil
- dried beans
- dried peas
- lentils

# EAT WELL, BE WELL

What if our relationship with food took a turn for the better and left us feeling empowered to make healthy choices?

That's the kind of "diet" most of us crave.



Inserting **small healthy habits** into your daily routine can really make a difference in your effort to eat foods that are good for you and be healthier. Remember to consult your doctor before making changes in your daily eating or exercise habits.

Need a primary care doctor? **We can help.**  
Call 844-881-2182  
or visit [CarolinashHealthCare.org/myPCPappt](https://CarolinashHealthCare.org/myPCPappt)



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