

Recipes For Your Health

Tasted, tested and analyzed by dietitians
at Missouri Baptist Medical Center



Missouri Baptist
MEDICAL CENTER

BJC HealthCare

Recipes For Your Health

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PREP TIME
10 minutes

COOK TIME
40 minutes

Serves 4



Roasted Vegetable Grain Bowl

INGREDIENTS

Vegetables

- 3 medium whole carrots (peeled and quartered)
- 2 cups quartered baby yellow potatoes
- 1 medium onion, chopped into wedges
- 2 cups halved Brussels sprouts
- 2 Tbsp olive oil (divided)
- 1/8 tsp salt
- 1/8 tsp black pepper
- 1 Tbsp chopped fresh rosemary (or 1 tsp. dried)

- 2 cups cooked quinoa
- 1/2 cup pomegranate arils
- 1/4 cup parsley

Sauce

- 1/2 cup tahini
- 2-3 Tbsp cup water
- 2 cloves garlic
- 1 medium lemon, juiced, about 2 Tbsp
- 2 Tbsp maple syrup
- 1/2 tsp cumin
- 1/8 tsp. salt
- pepper to taste

DIRECTIONS

1. Preheat oven to 400° F and line a baking sheet with parchment paper.
2. Add the carrots, onion, potatoes, and Brussels sprouts to the sheet and drizzle with the olive oil, salt, pepper and rosemary. Toss to combine. Bake for 30-40 minutes until vegetables are fork tender and beginning to brown.
3. Prepare dressing by adding garlic, cumin, salt, tahini, lemon juice and maple syrup to a small mixing bowl and whisking to combine. Add 2 Tbsp water (and up to 3) and whisk until thick but pourable.
4. To serve, divide quinoa and vegetables between serving bowls and top with a generous drizzle of tahini sauce. Top with garnish of pomegranate arils and parsley.

NUTRITION FACTS

Per one serving: 509 Calories, 0 mg Cholesterol, 25 g Total Fat, 4 g Saturated Fat, 212 mg Sodium, 63 g Carbohydrate, 9 g Fiber, 13 g Protein.

WHY WE LOVE IT!

This recipe is great for using up vegetables you have in your fridge. You can mix and mingle different veggies to experiment with flavors you love!

PREP TIME
5 minutes

COOK TIME
40 minutes

Serves 6

Cuban Black Bean Chili,

Adapted from Dierbergs Markets

INGREDIENTS

2 Tablespoons olive oil
1 sweet potato, peeled and cubed
1 cup chopped onion
1/2 cup chopped green bell pepper
1 clove garlic, minced
2 tsp ground cumin
2 tsp chili powder
1 tsp dried oregano

2 15 oz. cans reduced sodium black beans, rinsed and drained
1 10 oz. can diced tomatoes and green chilis
14 oz reduced sodium vegetable broth

OPTIONAL ADD ONS

Top with a wedge of lime or some fat-free plain Greek yogurt for next level flavor!

DIRECTIONS

1. In large Dutch oven, heat olive oil over medium high heat. Add sweet potato and cook, stirring occasionally until lightly browned, about 8-10 minutes.
2. Add onion, bell pepper, garlic, cumin, chili powder and oregano. Cook stirring frequently for 5 minutes.
3. Set 1 cup of the black beans aside. Add remaining beans, tomatoes, and broth to Dutch oven; bring to a boil. Reduce heat and simmer stirring occasionally for 20 minutes. In a small bowl, mash reserved beans. Stir into chili; cook until heated through, about 5 minutes.
4. Ladle into serving bowls.

NUTRITION FACTS

Per 1/3 cup serving: 237 Calories, 7 mg Cholesterol, 17 g Total Fat, 5 g Saturated Fat, 116 mg Sodium, 19 g Carbohydrate, 3 g Fiber, 6 g Protein.



WHY WE LOVE IT!

This delicious veggie forward chili is a fresh take on a family favorite with flavors that deepen in time for day two leftovers! Mashing the beans is a way to thicken the soup without adding any extra ingredients. Greek yogurt makes an excellent substitute for sour cream, adding some extra protein and fewer calories.



PREP TIME
30 minutes

COOK TIME
10 minutes

Serves 4



Garlic Shrimp Zoodles

INGREDIENTS

2 medium zucchini
1/4 teaspoon salt
3 garlic cloves
1 lb. shrimp, shelled
and deveined
1 Tbsp olive oil
1 Tbsp butter
Pepper to taste

1 tsp oregano
1/4 tsp salt
1/4 tsp pepper
Parsley for garnish
Juice from 1 lemon

OPTIONAL ADD ONS

Spice it up with 1/8 teaspoon
crushed red pepper.

DIRECTIONS

1. Spiralize zucchini. Set in colander and add 1/4 tsp salt. Set aside for 20-30 minutes.
2. Heat olive oil in pan. Add shrimp. Cook for 1 minute. Add garlic, oregano, red pepper, 1/4 tsp. salt and pepper. Cook shrimp until no longer pink.
3. Transfer shrimp into bowl and set aside. Add butter to hot pan. Add spiraled zucchini to pan and cook for 2 minutes until heated through.
4. Add shrimp back to pan. Squeeze lemon over. Transfer to bowl and serve. Garnish with parsley.

NUTRITION FACTS

Per one serving: 174 Calories, 147 mg Cholesterol, 8 g Total Fat, 3 g Saturated Fat, 435 mg Sodium, 5 g Carbohydrate, 1 g Fiber, 20 g Protein.

WHY WE LOVE IT!

Kids love to spiralize things, and this is a fun way to get them involved in cooking. At the dinner table we have a contest to see who can find the longest zoodle. It also comes together in a short time for a quick meal. You can switch out the shrimp for chicken or even edamame for a plant based version.

PREP TIME
10 minutes

COOK TIME
25 minutes

Serves 14



Granola

INGREDIENTS

- | | |
|----------------------------------|--|
| 3 Tbsp unsalted butter | 1 tsp sea salt |
| 4 Tbsp maple syrup | 1 cup macadamia nuts, chopped |
| 2 cups old fashioned rolled oats | 3 tsp freshly grated lime zest |
| 1/2 cup pumpkin seeds | 3/4 cup large unsweetened coconut flakes |
| 1/2 cup quinoa | |

DIRECTIONS

1. Combine butter and maple syrup in small saucepan and heat over medium. Heat until butter is just melted. Remove from heat.
2. Preheat the oven to 300° F and line a rimmed cookie sheet with parchment paper.
3. Combine the oats, pumpkin seeds, quinoa, salt, nuts and lime zest in a medium bowl. Pour in butter mixture and stir to combine. Spread onto the prepared cookie sheet, and bake in the oven for 25 minutes. Add coconut flakes for last 10 minutes.
4. Remove pan from oven and let cool on the sheet. Break granola apart and store in airtight container.

NUTRITION FACTS

Per 1/3 cup serving: 237 Calories, 7 mg Cholesterol, 17 g Total Fat, 5 g Saturated Fat, 116 mg Sodium, 19 g Carbohydrate, 3 g Fiber, 6 g Protein.

WHY WE LOVE IT!

Granola is a pantry staple at dietitian Dana's house. Quinoa adds extra crunch and protein. Dana shares, "We like to switch up the flavor profile to break up the breakfast monotony. Try orange zest instead of lime and almonds instead of macadamias. Or pistachio instead of macadamia and add dried cherries." Use your granola as a topping for fruit and yogurt or enjoy on its own with milk.



PREP TIME
20 minutes
2-24 hrs of
marinating

COOK TIME
30 minutes
Serves 4

Thai Protein Salad with Peanut Tempeh,

Adapted from Minimalist Baker

INGREDIENTS

8 ounces tempeh

Marinade

- 1/4 tsp red pepper flakes
- 1 1/2 Tbsp sesame oil
- 2 Tbsp salted creamy peanut butter
- 2 Tbsp gluten-free tamari
- 2 Tbsp lime juice
- 3 Tbsp maple syrup

Wrap Fillings

- 1 medium whole carrot, "ribboned" with a vegetable peeler or spiralizer
- 2 stalks green onions, finely chopped

- 1/4 cup chopped cilantro
- 2-3 Tbsp chopped mint
- Butter lettuce
- 1 cup thinly sliced red cabbage
- 1 medium red bell pepper, thinly sliced

Spicy Peanut Sauce

- 1/3 cup salted creamy peanut butter
- 3 Tbsp gluten-free tamari
- 3 Tbsp maple syrup
- 1 tsp chili garlic sauce
- 3 Tbsp lime juice
- ~1/4 cup water (to thin)

OPTIONAL ADD ONS

If you don't have tamari sauce you can use low sodium soy sauce instead. However, be mindful of your overall sodium when doing so.

DIRECTIONS - For Tempeh

1. To remove bitterness from the tempeh, add to rimmed skillet or saucepan filled with 1 inch of water and bring to a low boil over medium heat. Steam tempeh for a total of 10-12 minutes, flipping once at the halfway point. Then rinse, pat dry and cut into thin, bite-size pieces. Set aside.
2. In a medium bowl, add red pepper flakes, sesame oil, peanut butter, tamari, lime juice and maple syrup. Whisk to combine.
3. Add the sliced tempeh to the marinade and toss to coat. Then cover and refrigerate for at least 2 hours, and up to 24 hours. While marinating, toss/stir occasionally to ensure even coating.
4. Once marinated, preheat oven to 375° F and line a baking sheet with parchment paper. Add tempeh and reserve any leftover marinade to brush/coat the tempeh once baked.
5. Bake for 22-30 minutes or until caramelized and deep golden brown. Remove from oven and brush/coat with any remaining marinade.

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Thai Protein Salad with Peanut Tempeh, *continued*

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For the Wraps:

1. While the tempeh bakes, prep carrots, green onions, cilantro, mint, cabbage, and red bell pepper. Set aside.
2. Make sauce by adding peanut butter, tamari, maple syrup, chili sauce and lime juice to a small mixing bowl and whisking to combine. Then add warm water a little at a time until it forms a thick, but pourable sauce. Set aside.
3. Assemble the wraps by placing 2-3 pieces of tempeh into a lettuce leaf and add carrots, cabbage, red pepper, green onions, cilantro and mint. Drizzle 1-2 tsp of sauce over top. Serve immediately.

NUTRITION FACTS

Per serving (using lower sodium tamari): 453 Calories, 0 mg Cholesterol, 26 g Total Fat, 5 g Saturated Fat, 1068 mg Sodium, 39 g Carbohydrate, 3 g Fiber, 21 g Protein.

WHY WE LOVE IT!

This recipe is a great way to introduce plant based protein to your family. With our gluten-free peanut sauce it is customizable to almost any taste ! You can even adjust flavor as needed in the marinade and the dressing, adding more crushed chili for heat, maple syrup for sweetness, lime juice for acidity, or tamari for saltiness.



PREP TIME
20 minutes

COOK TIME
0 minutes

Serves 2

Mediterranean Mason Jar Salad with Lemon Tahini Dressing

INGREDIENTS

Tahini Salad Dressing

2 Tbsp tahini paste
2 Tbsp low fat plain Kefir
1 tsp honey
1 Tbsp lemon juice, fresh
1/8 tsp salt
1 garlic clove
1-2 Tbsp water

Salad

5 Tbsp Tahini dressing
1/4 cup red onion, diced

2/3 cup chickpeas, canned,
rinsed, drained
1 cup cucumber, diced
1 cup yellow bell pepper, diced
1 cup cherry tomatoes, halved
1/4 cup artichoke hearts,
quartered
10 kalamata olives pitted
2 Tbsp feta cheese
2 Tbsp sunflower seeds
4 cups lettuce

DIRECTIONS

Tahini Dressing

1. Blend tahini salad dressing ingredients in a blender or with immersion blender.
2. Add water to thin dressing to desired consistency.

Mason Jar Salad

1. Divide salad dressing between two quart-sized mason jars.
2. Divide the rest of the ingredients and layer in jars in this order: onion, chickpeas, cucumber, bell pepper, tomato, artichoke hearts, olives, cheese, sunflower seeds. Top with lettuce. When ready to eat, shake jar well, pour into bowl and enjoy!

NUTRITION FACTS

Per serving: 363 Calories, 7 mg Cholesterol, 21 g Total Fat, 3 g Saturated Fat, 731 mg Sodium, 38 g Carbohydrate, 11 g Fiber, 13 g Protein.

WHY WE LOVE IT!

Mason jar salads are an easy way to pack a lunch full of vegetables. Making your own dressing allows you to control the ingredients for your personal preferences. It is great to have one of these in the fridge for busy days and on the go meals.



PREP TIME
15 minutes
2 hrs marinating

COOK TIME
30 minutes
Serves 4



Chicken Souvlaki and Vegetable Kabobs

INGREDIENTS

1lb skinless chicken breasts, cut into chunks

Marinade

1/4 cup extra virgin olive oil
2 Tbsp lemon juice
2 Tbsp red wine vinegar
3 cloves garlic, minced
1 Tbsp dried oregano
1 tsp Himalayan salt
1 tsp freshly ground black pepper

For the vegetables:

1 small zucchini, chopped
1 red pepper, chopped
1/2 onion, chopped
10 oz baby Bella mushrooms, halved
1 Tbsp olive oil
1 tsp thyme
1/2 ground sumac berries, optional
1/4 tsp salt

DIRECTIONS

1. Mix marinade by adding 1/4 cup olive oil, lemon juice, red wine vinegar, minced garlic, dried oregano, salt and pepper to a small mixing bowl or measuring cup; whisk until well incorporated.
2. Place chunks of chicken in a zip top bag and pour marinade over them. Mix to coat cover and place in the refrigerator to marinate. Leave for a minimum of two hours and up to over-night.
3. Preheat oven to 375° F. Prepare two baking sheets with parchment paper.
4. Remove chicken from the marinade. Place on one rimmed baking sheet. Discard unused marinade (about 4 Tbsp).
5. Place chopped zucchini, red pepper, onion, and mushrooms in large bowl. Add olive oil, thyme, sumac, and salt and toss to coat. Spread vegetables on the other baking sheet in an even layer.
6. Roast in oven for 25-30 minutes until chicken is no longer pink and measures 165° F with a meat thermometer.

NUTRITION FACTS

Per serving: 274 Calories, 83 mg Cholesterol, 14 g Total Fat, 2 g Saturated Fat, 530 mg Sodium, 8 g Carbohydrate, 3 g Fiber, 28 g Protein.

WHY WE LOVE IT!

Any recipe that only uses one pan is a win in our book. When MoBap dietitian Dana makes this at home on her outdoor grill. To round out the meal we like to add a side of rice, fresh tomatoes and olives, and hummus and tzatziki sauce to make all-in-one chicken bowls. This simple marinade works well on most meats and some plant-based proteins like tofu or tempeh.



PREP TIME
5 minutes

CHILL TIME
1-4 hours
Serves 2



Mango Lassi

INGREDIENTS

2 cups mango, cut in large pieces
1 cup 5% milk yogurt
1/4 tsp cardamom powder
3/4 cup 2% milk (cold), or cold water

DIRECTIONS

1. Add mango, yogurt, and cardamom to blender
2. Blend everything until well combined. Use up to 3/4 cup cold water or milk to thin lassi to desired consistency.
3. Pour the mango lassi into serving glasses.
4. Chill for 1-4 hours before serving for best texture.

NUTRITION FACTS

Per serving: 220 Calories, 23 mg Cholesterol, 6 g Total Fat, 4 g Saturated Fat, 101 mg Sodium, 35 g Carbohydrate, 3 g Fiber, 9 g Protein.

WHY WE LOVE IT!

Craving some extra sweetness or crunch try adding 1 Tbsp maple syrup or honey, or garnish with pistachios and coconut flakes.

PREP TIME
10 minutes

COOK TIME
5 minutes
Serves 2



Rainbow Vegetable Spring Rolls with Dipping Sauce



INGREDIENTS

6 spring roll wrappers
1/2 cup bell yellow, red and/or orange bell peppers
1/2 cup red cabbage shredded
1/2 cup scallions, sliced in thin strips
1/2 cup ripe mango, sliced
1/2 cup carrots, ribbioned with a vegetable peeler
1/2 avocado, thinly sliced

2 Tbsp low sodium Tamari
1 Tbsp rice wine vinegar
1/2 Tbsp maple syrup
1/4 tsp sweet chili garlic sauce

OPTIONAL ADD ONS

Add extra flavor with fresh herbs like cilantro and mint. No Tamari? No problem. Try using low sodium soy sauce.

DIRECTIONS

1. Add tamari, rice wine vinegar, maple syrup and chili garlic sauce to a small bowl.
2. Whisk ingredients together and set aside until spring rolls are ready.
3. Place one spring roll wrapper at a time in a shallow dish of warm water for 5-10 seconds until it softens slightly.
4. Place the wrapper on work surface and add a small handful of each vegetable in the top center of the wrapper leaving enough space at the top to roll.
5. Fold the edge closest to you over the toppings and tuck the sides in and over the portion you just rolled. Roll away from you, making sure to keep the spring roll tight.
6. Repeat steps 3-5 until you have used up all the filling.
7. Serve immediately with the dipping sauce. Cover with a damp cloth, if not serving right away.

NUTRITION FACTS

Per serving: 279 Calories, 0 mg Cholesterol, 9 g Total Fat, 2 g Saturated Fat, 911 mg Sodium, 46 g Carbohydrate, 6 g Fiber, 6 g Protein.

WHY WE LOVE IT!

The rolls are colorful and a fun way to add vegetables to a meal. Each roll can be customized to the person making it. If you don't like peppers, leave them out. If you have lettuce that needs to be used, add it in. MoBap dietitian, Dana Medaris, recommends making a rainbow with the ingredients before you roll it. You can also add cooked shrimp, shredded chicken, or marinated tofu to make a main course.

PREP TIME
15 minutes

COOK TIME
45 minutes

Serves 6

Roasted Carrot Tomato Soup

INGREDIENTS

- | | |
|---|--|
| 1 Tbsp butter | 2 stalks celery, diced |
| 1/2 cup extra virgin olive oil | 5 medium sized carrots, diced |
| 4 lbs tomatoes, sliced in half
with stems removed | 3 cloves garlic, minced |
| 3/4 tsp sea salt | 2 cups chicken (or vegetable)
stock |
| 1/2 tsp fresh ground black pepper
(optional) fresh sprigs of thyme,
oregano or rosemary | 1/3 cup fresh basil leaves,
chopped for garnish |
| 1 medium sized yellow onion,
diced | |

OPTIONAL ADD ONS

- 2 Tbsp cup heavy cream,
for garnish.

DIRECTIONS

1. Preheat oven to 400° F. Place sliced tomatoes on a baking sheet. Cover with most of the olive oil (reserving 2 Tbsp or so), and the salt and pepper. Add herb sprigs on top. Place in a 400° F oven for 30 minutes to roast.
2. Halfway through the roasting, melt the butter and remaining olive oil in a heavy-bottomed pot over medium-low heat. Add onion, celery, carrots and garlic and cook until the vegetables begin to get soft (15 minutes or so).
3. When the tomatoes are done, allow to cool briefly and peel the skins off. Add tomatoes to the pot (removing the sprigs of herbs), along with the stock. Simmer on low until the vegetables are all tender, approximately 15 minutes.
4. Puree the soup, using an immersion blender or regular blender in batches.
5. Garnish with basil and optional cream if desired.

NUTRITION FACTS

Per serving: 266 Calories, 5 mg Cholesterol, 21 g Total Fat, 4 g Saturated Fat, 526 mg Sodium, 19 g Carbohydrate, 5 g Fiber, 5 g Protein.

WHY WE LOVE IT!

This soup freezes well and is a great way to preserve the flavors of late summer to enjoy year round.

PREP TIME*15 minutes***COOK TIME***10-12 minutes***Serves 8**

Sweet Potato Lentil Biscuits

INGREDIENTS

- | | |
|------------------------------|--|
| 3/4 cup pureed sweet potato | 1/2 tsp baking soda |
| 4 Tbsp cold buttermilk | 1/2 Tbsp cane sugar |
| 1 1/2 cups all-purpose flour | 2 Tbsp cornstarch |
| 1/2 tsp fine sea salt | 1/4 cup unsalted butter chilled |
| 1 Tbsp baking powder | 1/2 cup cooked red split lentils,
well drained and cold |

DIRECTIONS

1. Preheat the oven to 425° F. Lightly oil a rimmed baking sheet.
2. In a small bowl, whisk together the sweet potato puree and the buttermilk. Place in the refrigerator to chill while you prepare the remaining ingredients.
3. In a medium bowl, sift together the flour, salt, baking powder, baking soda, sugar and cornstarch. Whisk well to combine.
4. Using the large side of a cheese grater, grate the cold butter into the dry ingredients. Use your hands to partially rub the butter into the flour. It's okay if there are still small, pea-sized pieces of butter.
5. Add the lentils to the bowl and toss with your hands to coat them in the flour.
6. Scrape the sweet potato/buttermilk mixture into the flour. Using a spatula, gently fold the ingredients until they just come together.
7. Generously flour your work surface and empty the bowl onto it. Gather up the dough into a ball, incorporating all the scraps. Knead it 2-3 times until it comes together.
8. Pat the dough gently down to 1-inch thick. Cut into rounds using a floured 2 inch biscuit cutter.
9. Gently transfer the biscuits to the baking sheet. Press the scraps together and keep cutting biscuits until all the dough is used up. You should have 8 biscuits.
10. Place on the center rack in the oven and bake for 10-12 minutes (ovens will vary) or until light golden and the tops spring back when touched.

NUTRITION FACTS

Per serving: 189 Calories, 16 mg Cholesterol, 6 g Total Fat, 4 g Saturated Fat, 389 mg Sodium, 29 g Carbohydrate, 2 g Fiber, 4 g Protein.



WHY WE LOVE IT!

Lentils and sweet potato provide a nutritious twist on the traditional biscuit. The biscuits are a fun orange color and are so tender. This recipe is one that kids love to help prepare and love to eat even more.

PREP TIME
10 minutes

COOK TIME
90 minutes

Serves 6



Savory Stuffed Squash

INGREDIENTS

- | | |
|---------------------------------|--------------------------------|
| 1 medium-sized butternut squash | 1/2 cup avocado ranch dressing |
| 1/2 cup water | 1 tsp fresh rosemary, chopped |
| 2 cups Brussels sprouts, halved | 1/2 tsp salt |
| 1 tsp olive oil | 1/4 tsp pepper |
| 1/8 tsp salt | |
| 1 1/2 cups cooked wild rice | |
| 1 cup red grapes, halved | |
| 1 cup walnuts, roughly chopped | |

OPTIONAL ADD ONS

Chopped parsley, for garnish

DIRECTIONS

1. Preheat oven to 375° F.
2. Cut the butternut squash in half and scoop out the seeds. Place squash on a rimmed baking sheet cut-side down and add 1/2 cup water to the pan. Bake for 60 minutes, until easily pierced with fork.
3. Toss halved Brussels sprouts with 1 tsp olive oil and 1/8 tsp salt.
4. Spread Brussels sprouts on a rimmed baking sheet and bake for 30 minutes. This can be done at the same time as the squash if there is room in the oven.
5. Combine wild rice, salt, pepper, Brussels sprouts, grapes, walnut pieces, fresh rosemary and 1/2 cup of ranch dressing in a bowl.
6. Turn the cooked squash halves cut-side up on the rimmed baking sheet and fill with the mixture.
7. Bake stuffed squash halves at 375° F for 30 minutes. Garnish with parsley, cut and serve.

NUTRITION FACTS

Per serving: 293 Calories, 3 mg Cholesterol, 16 g Total Fat, 2 g Saturated Fat, 384 mg Sodium, 36 g Carbohydrate, 6 g Fiber, 6 g Protein.



WHY WE LOVE IT!

This is a great recipe for meal prep. You can even roast the butternut squash and Brussels sprouts and store in the refrigerator until ready to assemble!



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**Our mission is to improve the health
of the people and communities we serve.**

**For more healthy recipes and information visit:
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