

LiveLifeWell Cookbook

Looking for new ideas?
Look inside for over 30 recipes for Salads,
Entrees, and Desserts.



**RECIPES PROVIDED BY: CONE HEALTH
EMPLOYEES**

EDITED BY: MEGAN NORRISS



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Employee Wellness. Caring for ourselves.

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Salads

Kale, Apple, & Beet Salad

Sue Powers, ITS

Number of Servings: 4

Prep Time 30 mins

Cook Time: 0 minutes

2 cups chopped Kale
1 Medium Granny Smith Apple
1 Large Raw Beet
1 cup Celeriac (can substitute raw carrots)
1 Medium Avocado
2 teaspoons Dijon Mustard
1 1/2 Tablespoon Walnut Oil
1 1/2 tablespoon Olive Oil
12 walnut halves - dry & toasted
3 tbsp, White Wine Vinegar

Massage the kale to release the oils before chopping. Julienne the apple, beet and celeriac into matchsticks. Mash the avocado and mix with remaining ingredients for dressing. Mix kale, apple, beets and celeriac in large bowl. Pour dressing over salad.

Chickpea Salad

Shelly Arsenault - People and Culture Department

Number of Servings: 3- 5

Prep Time: 15 minutes

Cook Time: 0 minutes

1 (15 oz) can of chickpeas, drained and rinsed
2 stalks of celery, finely chopped
3 green onions, thinly sliced
1/4 cup (60 mL) finely chopped dill pickle
1/4 cup (60 mL) finely chopped red bell pepper
2 to 3 tablespoons of Greek yogurt or vegan mayo
1 clove of garlic, minced
One and 1/2 teaspoons of yellow mustard
2 teaspoons of minced, fresh or dried dill
One and 1/2 to 3 teaspoons (2 lemons) fresh lemon juice, to taste
1/4 teaspoon sea salt (fine or standard)
Black pepper to taste

1. In a large bowl, mash the chickpeas with a potato masher until flaky in texture. 2. Stir in the celery, green onions, pickles, bell peppers, Greek yogurt/vegan mayo, and garlic until combined. *Note - Some ingredients can be omitted or interchanged. I omit the green onions and add cucumbers in place of the bell peppers and it's just as yummy! 3. Stir in the mustard and dill (if using) and season with lemon juice, salt, black pepper, adjusting to taste. 4. Serve with toasted bread, on crackers, in a pita pocket, tortilla, or lettuce wrap or on top of a basic leafy green salad! Gluten-free, nut-free, sugar-free, grain free

Zesty Quinoa Salad

Lindsay Weekley, Occupational Health

Number of Servings: 6

Prep Time: 20 min

Cook Time: 10 min

1 cup quinoa
2 cups water
1/4 cup extra-virgin olive oil
4 Tbsp lime juice
2 tsp. ground cumin
1 tsp. salt
1/2 tsp. red pepper flakes or to taste
1.5 cups halved cherry tomatoes
1 (15 ounce) can black beans rinsed and drained
5 medium green onions finely chopped
1/4 cup chopped fresh cilantro
salt and pepper to taste

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10-15 minutes. Set aside to cool. 2. Meanwhile, whisk olive oil, lime juice, cumin, 1 tsp. salt, and red pepper flakes together in a bowl. 3. Combine quinoa, tomatoes, black beans, and green onions together in a large bowl. Pour dressing over quinoa mixture, toss to coat. Stir in cilantro. Season with salt and pepper to taste. Serve immediately or chill in refrigerator.

Thai Cucumber Salad

Lisa Pennington, Community & Corporate Well-Being

Number of Servings: 6

Prep Time: 15 minutes + 10 minutes for cucumbers to soak

Cook Time: No cooking; Refrigerate 20 minutes.

1 lb cucumbers, peeled and thinly sliced

2 teaspoons salt

1/4 cup thinly sliced red onion

1/2 cup rice vinegar

1/4 cup sugar

1/4 cup chopped fresh cilantro

1/3 cup chopped peanuts

Place the cucumbers in a colander and sprinkle the salt over them. Toss to coat the cucumber slices in salt. Let sit 10 minutes. Use a paper towel to blot the cucumber slices dry. Place the rice vinegar and sugar in a small bowl. Microwave for 30 seconds and stir until sugar is dissolved. Place the cucumbers and red onion in a large bowl, then pour the rice vinegar mixture over the top. Add the cilantro to the cucumber mixture and stir until combined. Cover and refrigerate for at least 20 minutes, or up to 24 hours. Serve with chopped peanuts.

Meatless Taco Salad

Lisa Pennington, Community & Corporate Well-Being

Number of Servings: 4 entrée servings

Prep Time: 15 minutes

Cook Time: None

Lettuce, green onion (chopped)

one can Bold & Spicy Baked Beans (rinsed & drained)

one can yellow corn (drained)

Chopped tomatoes

Chopped black olives (optional)

Grated cheddar cheese Tortilla chips

Lite Italian Dressing

Layer ingredients in order listed. (I like to use a pretty glass bowl so that the layers are visible.) Five minutes before serving, pour ½ bottle of lite Italian (I use Kraft Lite Done Right) dressing over salad and cover with crushed tortilla chips.

Chickpea Salad

Katherine Clark, Marketing & Communication

Number of Servings: 4

Prep Time: 10 mins

Prep Time: No cooking required

2 - 15 oz. cans of chickpeas, drains and rinsed

1 small sweet onion, chopped

1 Tbsp. dried dill

3 Tbsp. mayo

1 Tbsp. Dijon mustard

2 tsp. apple cider vinegar (Can also add chopped walnuts and chopped celery if you'd like.)

Place chickpeas in a large bowl and mash. Then add remaining ingredients and mix well. Eat as you would egg salad or tuna salad (e.g., in a sandwich, on crackers, etc.)

Mediterranean Cucumber Salad

Sarah Reece, Volunteer Services

Number of Servings: 4 servings

Prep Time: 15 minutes

Cook Time: 0

8 oz grape tomatoes, halved

8 oz English cucumber, peeled & diced

1 oz red onion, sliced thinly

1 oz feta cheese, crumbled

15 pitted Kalamata olives, halved

3 tbsp extra virgin olive oil

salt & pepper to taste

Peel & cut the cucumber. Halve the tomatoes & olives. Slice the red onion and crumble the feta cheese. Add all ingredients to a bowl except for the olive oil. Refrigerate until ready to serve. Toss with olive oil and season with salt & pepper. Lasts 2-3 days covered in the refrigerator.

California Quinoa Salad

Brandy Newcomer, Cardiology

Number of Servings: 4

Prep Time: 10 minutes

Cook Time: 10 minutes

1 c quinoa
1/4 c balsamic vinegar
zest of 2 limes
1 mango, diced & peeled
1 red bell pepper, diced
1/2 c shelled edamame
1/3 c chopped red onion
1/4 c unsweetened coconut flakes
1/4 c sliced almonds
1/4 c raisins (I prefer golden)
2 tbs chopped fresh cilantro leaves

1. In large saucepan of 2 c water, cook quinoa according to package instructions-set aside. 2. In a small bowl whisk together balsamic vinegar and lime zest-set aside. 3. In a large bowl combine quinoa, mango, bell pepper, edamame, red onion, coconut flakes, almonds, raisins, and cilantro. Pour balsamic vinegar mixture on top of salad and gently toss to combine. 4. Serve immediately.

Corn Tomato Avocado Salad

Brandy McClain, Cardiology

Number of Servings: 4

Prep Time: 5 minutes

Cook Time: 10 minutes

Steam 1 large corn on the cob and cut off kernels (1 cup)
5 oz diced avocado (medium)
1 1/2 c diced Persian cucumbers (about 3 small)
1 c halved cherry tomatoes
2 tbs diced red onion
2 tbs extra virgin olive oil
2 tbs fresh lemon juice (1 medium lemon)
1/4 c kosher salt; fresh black pepper to taste

Toss all ingredients together and serve immediately.

Soups

Mexican Chicken Soup

Pam Hicks, Short Stay Procedural MC

Number of Servings: 4-6

Prep Tim: 10 minutes

Cook Tim:5-6 hours in crock pot

- 1 15oz can Mexican corn
- 2 15oz can chicken broth
- 1 10oz can chunk chicken
- 1 15oz black beans
- 1 10 oz can diced tomatoes with green chili's

Combines all ingredients in crock pot. Stir well. Cover and cook. Eat as soup or over tortilla chips. 1 cup serving size.

African Chicken Stew

Sue Powers, ITS

Number of Servings: 6

Prep Time: 15 mins

Cook Time: 30 mins

- 1-pound boneless chicken, cut into 2" cubes
- 1 tablespoon minced garlic
- 1 tablespoon grated ginger
- 1 teaspoon dried oregano
- 1 tablespoon chicken broth or water
- 1 small Spanish onion
- 1 28 ounce can of tomato sauce
- 1 habanero pepper, chopped fine
- 1/3 cup reduced fat peanut butter
- dash of salt & pepper
- 2 cups cooked brown rice

Combine the first 5 ingredients in a 1-quart resealable plastic bag. Refrigerate for 6 hours or overnight. Coat a dutch oven with cooking spray. Cook chicken over medium high heat until white on all sides, about 5 minutes. Transfer to a plate and set aside. Cook onion in dutch oven until translucent, about 5 minutes. Reserve about 1/4 cup of the tomato sauce and add the remaining sauce to the pan, along with the habanero. Reduce heat & simmer 10 minutes. Meanwhile, blend peanut butter with the reserved sauce until smooth. Add to the pot. Return chicken to the pot and simmer until chicken is done, about 10 minutes. Serve over brown rice.

Slow cooker corn chowder

Lindsay Weekley, Occupational Health

Number of Servings: 8

Prep Time: 15 min

Cook Time: 6-8 hours

3 cups milk
2 (14.75 ounce) cans cream-style corn
2 (10.75 ounce) cans condensed cream of mushroom soup
2 (4 ounce) cans chopped green chiles
2 cups frozen corn, 2 cups frozen shredded hash brown potatoes
2 cups cubed cooked ham
1 large onion chopped
2 Tbsp butter
2 Tbsp hot sauce
2 tsp. dried parsley
1 tsp. chili powder
salt and pepper to taste

Combine all ingredients in slow cooker. Cover and cook on high for 4 hours or low for 6-8 hours.

Taco Soup

Amber Carter Stroke Center

Number of Servings: 8

Prep Time: 10 minutes

Cook Time: 20 minutes

1-pound lean ground beef, chicken or turkey
1 onion
2 garlic cloves
2 small cans of beans- your choice (pinto, navy, kidney, black)
1 15 oz can diced tomatoes
8 ounces tomato sauce
1 15 oz can corn
2 cups beef broth
½ small green pepper
1 package taco seasoning mix
OPTIONAL TOPPINGS: Avocado Green onion Sliced Jalapeno Fresh tomatoes Cilantro, Salsa,
Sour Cream and Guacamole

In a large pot, brown meat with onion and garlic. Drain off any excess fat. Add remaining ingredients to pot. Bring to a boil, turn down to simmer for 15-20 minutes. Top as desired. Freeze leftovers in individual portions!

Spicy Vegetable Soup

Lee McRary Meadows, Pediatric Teaching Program

Number of Servings: 12 - 1 cup serving

Prep Time: 20 minutes

Cook Time 30+ minutes (stove top)

1 lb ground beef

1 cup chopped onions

2 cloves garlic, pressed

1 (30 oz) jar of spaghetti sauce (I use Prego chunky garden)

1 (10 1/2 oz) beef broth, undiluted

2 cups water

1 cup sliced celery

1 tsp sugar

1 tsp salt

1/2 tsp ground pepper

1 (10 oz) can rotel (diced tomatoes and green chilies)

1 (16 oz) pkg frozen mixed vegetables (without green beans)

Cook first 3 ingredients until meat is browned and crumbled. Drain and return to pot. Add spaghetti sauce and the rest of the ingredients to the pot. Simmer 30+ minutes, stirring occasionally until steaming hot. Note: Can add cooked lima beans, diced potatoes, etc for a hearty meal

Hamburger Soup

Alissa Johnson, SW Pharmacy

Number of Servings: 6 servings

Prep Time: 15 mins

Cook Time: 6-8 hours in Crock Pot/Slow cooker

1 1/2 lbs Lean Ground Beef 2 large Potatoes

sliced 2 stalks celery

sliced 2 medium onions thinly sliced

1 (15 oz) can peas

3 small carrots

1 (10.75 oz) can condensed tomato soup

1 1/4 cups water

salt and pepper to taste

Place ground beef in large skillet. Cook over medium heat until brown. Drain, crumble and set aside. Place potatoes in layer to cover bottom of slow cooker. Sprinkle celery over potatoes and then cover with ground beef. Season with salt and pepper. Throw in carrots, peas and onions. Mix tomato soup, and water pour over top. Cover and set to low for 6-8 hours.

Easy Crock-Pot Vegetable Soup

Elizabeth Garriques, Audit and Compliance Services

Number of Servings: 6-8

Prep Time: 15 minutes

Cook time: 8 hours

2 15 oz. cans no-salt added cannellini beans, drained and rinsed

2 lb. bag frozen mixed vegetables

28 oz. can tomato sauce

2 cans condensed vegetarian vegetable soup

2 vegetable bouillon cubes

Dump all ingredients in a large crock-pot, Cover with water, approximately 4 cups. (If you can't find vegetable bouillon, replace 2 cups of the water with vegetable broth.) Cook on low 6-8 hours.

Main Dishes

BBQ Turkey Meatloaf Sliders

Lauren Honeycutt, ITS Training

Number of Servings: 12

Prep Time: 10 minutes

Cook Time: 25 minutes

1-pound lean ground turkey
1/2 cup panko breadcrumbs
1/2 cup diced onions
1 tablespoon barbecue sauce
1 tablespoon Dijon mustard
1 egg
1/2 tablespoon garlic powder
1/2 tablespoon chili powder
1 teaspoon salt
1 teaspoon pepper
Additional barbecue sauce to brush on top

1. Preheat oven to 350 degrees. Grease muffin tin. 2. Use your hands to gently mix all ingredients in a large bowl. (Don't over-mix or work too much... it makes it tough) 3. Divide mixture into muffin tin evenly. Bake for 15 minutes. 4. Remove from oven and dab the tops to remove excess grease. Brush each with barbecue sauce and bake an additional 10-15 minutes or until cooked thoroughly.

Spicy Shrimp Tacos

Blair Dixon, Cone Urgent Care

Number of Servings: 8 Tacos

Prep Time: 15 Min

Cook Time: 15 Min

1-pound peeled shrimp (can be frozen)
8 corn tortillas
1 tbsp. olive oil
1 tsp. minced garlic
salt
pepper
1 lime
1 cup chopped cabbage
1/2 chopped radishes
1/2 cup mayonnaise
1 tbsp. honey
2 tsp Texas Pete (or more if wanted)

Shrimp Taco Sauce

Whisk together mayonnaise, honey, and Texas Pete, and half a lime in small bowl. Add more honey or Texas Pete to desired taste. Add more mayonnaise to make sauce have a thicker consistency or water to have a thinner consistency. Set aside.

Shrimp Tacos

1. Heat a dry, heavy skillet over medium-high heat until hot. Add one tortilla; cook 30 seconds on each side until softened and lightly charred. Wrap heated tortillas in aluminum foil to keep warm. Repeat with remaining tortillas. 2. Using the same skillet, pour olive oil into heated skillet to medium. Place shrimp in skillet and cook until shrimp are pink on each side, about 2 to 3 minutes. Add salt, pepper, minced garlic, and half a lime to the shrimp. Toss shrimp to get seasoned. Remove from heat and transfer shrimp to a plate or platter once cooked. 3. Assemble tacos - top one warm tortilla with 3 or 4 shrimp and sprinkle with chopped cabbage and radishes. Drizzle desired amount of taco sauce. Repeat with remaining tortillas. Add a side of black beans or Mexican rice to complete meal.

Zesty Slow Cooker Pulled Chicken

Becka Dodson, ITS Training

Number of Servings: 6

Prep Time: 10 minutes

Cook Time: 4 hours

6 frozen boneless, skinless chicken breast halves
12 oz barbecue sauce (I use Sweet Baby Ray's)
1/2 Zesty Italian Dressing (I use Kraft)
1/4 cup brown sugar
2 Tablespoons Worcestershire

Place frozen chicken in the bottom of a crockpot. Mix all ingredients in a bowl and pour over chicken. Cover and cook on high x 3-4 hours or cook on low x 6-8 hours. Remove chicken from crockpot and shred with two forks (or use your favorite method). Place chicken back in sauce in crockpot and stir. Serve on a bun or on a nice green, crisp salad (my favorite!).

Cauliflower Mac and Cheese with Bacon

Chris Watkins, ITS

Number of Servings: 6-8

Prep Time: 10 minutes

Cook Time: 35 minutes

2½ lbs. cauliflower (we use 2 fresh frozen bags from Food Lion) trimmed and cut into small florets
3 tbsp olive oil
sea salt
ground black pepper
2 tsp fresh chives chopped
1½ tsp Italian seasoning
1 tbsp butter
2 garlic cloves minced
1 cup heavy whipping cream
4 oz. shredded mozzarella cheese divided

1 - Preheat the oven to 400°F (200°C).

2 - Line the cauliflower in a single layer across a rimmed baking sheet. Drizzle the olive oil over top and season generously with salt and pepper. Sprinkle with chives and Italian seasoning. Roast for 20 minutes or until tender and golden brown.

3 - While the cauliflower is roasting, in a large saucepan, heat the butter and garlic over medium heat. Cook until the butter starts to brown slightly, and the garlic is fragrant.

4 - Add the heavy cream, half of the mozzarella cheese, half of the Parmesan cheese, the cheddar cheese and the cream cheese. Stir to melt and mix in the cheeses and then reduce the heat to low.

5 - Transfer the cauliflower to a large casserole dish. Layer half of the crumbled bacon over top and then pour the cheese sauce over top. Use a rubber spatula to mix the layers together just slightly.

6 - Sprinkle the remaining mozzarella, parmesan, and bacon over top.

7- Transfer the casserole dish to the oven and bake for 15 minutes.

Sloppy Joe Crunch Wraps

Jessica Donoho, Outpatient Rehab

Number of Servings: 4

Prep Time: 11 minutes

Cook Time: 24 minutes

Low Carb High Fiber Tortillas (pack of 5 or similar)

cooking spray (5 sprays)

99% fat free ground turkey (1lb)

Finely Chopped onion (1/2 C.)

Chili Powder (2 Tsp.)

Black Pepper (1/4 Tsp)

Canned Tomato Sauce (1 Cup)

Honey (1 TBSP)

Kosher Dill Pickle Sandwich Slice (16 slices)

50% reduced fat sharp cheddar cheese (4 slices)

1. Heat a large cast-iron skillet over medium-high heat. Place 1 tortilla wrap on a cutting board and spray on both sides with cooking spray. Cut tortilla wrap into quarters. Arrange quarters in pan and cook until toasted and crisp, about 1 minute per side. Cool to room temperature.

2. Heat a large nonstick skillet over medium-high heat. Spray pan with cooking spray and add turkey, onion, chili powder, salt, and pepper. Cook, stirring to crumble turkey, until turkey is cooked through and onion is tender, about 4 minutes. Add tomato sauce and honey and cook until slightly thickened, about 3 minutes. Cool slightly.

3. Heat cast-iron skillet over medium heat. Place 1 tortilla wrap on a cutting board and spray top with cooking spray. Flip tortilla over so sprayed side is down. Spoon about $\frac{3}{4}$ cup turkey mixture in center of wrap, leaving a $1\frac{1}{2}$ -inch border. Top with 5 pickle chips and 1 ounce of cheese. Place 1 toasted tortilla quarter on top. Carefully fold sides of tortilla over filling toward the center, creating pleats to cover the toasted tortilla quarter. Press gently to fold pleats. Carefully flip wrap over and place in heated skillet. Cook until toasted and crisp, pressing occasionally with a spatula, about 2 minutes per side. Repeat with remaining tortilla wraps, turkey mixture, pickles, and cheese to form 4 crunch wraps total. Serving Size: 1 Crunch Wrap, 4 Weight Watchers (WW) Points.

Easy cheesy beef enchiladas

Rachel Peeler THN-Quality Informatics

Number of Servings: 8-10 enchiladas

Prep Time: 10 min

Cook Time: 20 min

1-1.5 pounds lean ground beef

2 cans (10 oz each)

red enchilada sauce (I use a mild and a medium)

2 cups shredded cheddar cheese or Mexican blend cheese

package (8-10) of flour tortillas (6 inch-soft taco size)

there are optional ingredients if you want toppings EX: shredded lettuce, jalapenos, hot sauce, sour cream, guacamole, olives

Preheat oven to 375 degrees, spray 9X13 baking dish with nonstick cooking spray. pour 1/2 can of enchilada sauce in baking dish, coating the bottom evenly. In a large non-stick skillet, cook ground beef, stirring and breaking up the meat until fully cooked. When ready drain fat, then add the remaining 1/2 can of enchilada sauce to the beef and 1 cup of shredded or Mexican cheese and stir well. Spoon 1/4 cup of meat mixture down the middle of a tortilla, wrap tightly and place seam down in baking dish. Repeat until baking dish is full. I stuff two extra ones on the side of the baking dish. Last pour the remaining can of enchilada sauce evenly over enchiladas, sprinkle with remaining cheese and bake on middle rack of oven uncovered for 20 min until cheese is bubbly and melted and enchiladas are heated through. Remove and allow to cool for 5 minutes before serving.

Ratatouille Casserole

Claudia Fox, Strategic Sourcing

Number of Servings: 4 1 cup servings

Prep Time: 20 minutes

Cook Time: 35 minutes

2 tbsp olive oil (plus cooking spray)

1 small eggplant, unpeeled, cut into 1/4" slices

1 med. onion, chopped

3 large cloves garlic, minced

1 tsp salt

1/2 tsp black pepper

1/4 cup fresh chopped parsley

1/4 cup fresh chopped basil

2 tbsp fresh chopped oregano,

3/4 lb. small tomatoes, cut into 1/4 in slices

1 large zucchini, cut into 1/4-inch slices

1/4 cup grated parmesan or asiago cheese

Preheat oven to 400 degrees. In a large heavy skillet over medium-high heat, warm oil. Add onion, garlic, 1/2 tsp salt and 1/4 tsp black pepper; cook, stirring, until onion softens, about 5-10 minutes. Turn off heat and remove 1/2 of the mixture to a small bowl leaving the other half in the pan. In another small bowl mix together parsley, basil, oregano, and remaining salt and pepper. In the pan arrange tomato, eggplant and zucchini slices in rows, alternating the vegetables, and overlapping the slices. Top with reserved onion mixture and fresh herb mixture. Roast in oven until vegetables are tender and browned on the edges, about 25 - 30 minutes. Sprinkle evenly with cheese and bake until softened, about 2 minutes. Serve hot, warm or at room temperature.

Southwest Eggrolls

Ann Wheaton, MAU Registration Women's and Children's

Number of Servings: 5-7

Prep Time: 15 minutes

Cook Time: 15 minutes

- 1 chicken breast fillet-Diced small (about 2 cups)
- 1 tablespoon vegetable oil
- 2 tablespoons minced red bell peppers
- 2 tablespoons minced green onions
- 1/4 cup frozen corn
- 1/4 cup canned black beans, rinsed and drained
- 2 tablespoons frozen spinach, thawed and drained
- 2 tablespoons diced canned jalapeno peppers
- 1/2 tablespoon minced fresh parsley
- 1/2 – 3/4 teaspoon cumin
- 1/2- 3/4 teaspoon chili powder
- 1/4 teaspoon salt
- 1 dash cayenne pepper
- 3/4 cup shredded Monterey jack cheese
- 5 seven-inch flour tortillas

Preheat barbecue grill to high heat. Rub the chicken breast with some vegetable oil then grill it on the barbecue for 4 to 5 minutes per side or until done. Lightly salt and pepper each side of the chicken while it cooks. Set chicken aside until it cools down enough to handle. Preheat 1 tablespoon of vegetable oil in a medium-size skillet over medium-high heat. Add the red pepper and onion to the pan and sauté for a couple minutes until tender. Dice the cooked chicken into small cubes and add it to the pan. Add the corn, black beans, spinach, jalapeno peppers, parsley, cumin, chili powder, salt, and cayenne pepper to the pan. Cook for another 4 minutes. Stir well so that the spinach separates and is incorporated into the mixture. Remove the pan from the heat and add the cheese. Stir until the cheese is melted. Wrap the tortillas in a moist

cloth and microwave on high temperature for 30 seconds or until hot. Spoon approximately one-fifth of the mixture into the center of a tortilla. Fold in the ends and then roll the tortilla over the mixture. Roll the tortilla very tight, and then pierce with a toothpick to hold together. Repeat with the remaining ingredients until you have five eggrolls. Arrange the eggrolls on a plate cover the plate with plastic wrap and freeze for at least 4 hours. Overnight is best. While the eggrolls freeze, prepare the avocado-ranch dipping sauce by combining all of the ingredients in a small bowl. Preheat 4-6 cups of oil to 375 degrees. Deep fry the eggrolls in the hot oil for 5-6 minutes and remove to paper towels or a rack to drain for about 2 minutes. Slice each eggroll diagonally lengthwise and arrange on a plate around a small bowl of the dipping sauce. Garnish the dipping sauce with the chopped tomato and onion.

Chicken Pie

Roslyn Lentz Occupational Health

Number of Servings: 4

Prep Time: 35min

Cook Time: 45-60mins

Olive oil spray

1/2 cooked whole chicken (boiled or baked)

1 can cream of chicken soup

10 oz frozen mixed veggies (carrots, peas, string beans & corn)

3/4 cup chicken broth

1 stick of butter

1 cup of flour

1 cup of milk

Preheat oven to 375. Pull chicken from the bone, discard the skin. Layer the chicken in the bottom of a 9x13 oiled Pyrex dish, layer the frozen veggies over the chicken mixture, Spread the cream of chicken soup over the veggies. Pour the chicken broth along the sides of the dish. In a separate bowl mix the flour and butter together until crumbly, then blend in the milk, pour this over the top of the casserole and spread evenly. Bake uncovered until the crust is golden brown, 45-60min. Brush crust with melted butter if desired.

One Pan Dinner

Denise, Clapp, Employee Health & Wellness

Number of Servings: 4

Prep Time: 10 minutes

Cook Time: 45-60 Minutes

- 4 Boneless chicken breasts
- 3 cups red potatoes quartered
- 2 cans French style green beans drained
- 1 Stick of Butter
- 1 Italian dressing packet

Cut the chicken breast in half and place in the center of your baking pan. Add the drained green beans on one side. Place the quartered red potatoes on the other side. Sprinkle the pack of Italian dressing over the whole dish. Melt the stick of butter all drizzle all over it. Cover with aluminum foil and bake 350 degrees for 45-60 minutes.

Honey Garlic Chicken

Diane Tomerlin LeBauer HealthCare

Number of Servings: 4

Prep Time: 30 minutes

Cook Time: 40 minutes

- 1/4 C low-sodium soy sauce
- 3 T honey
- 2 Cloves minced garlic
- Juice of 1 lime
- 2 T sesame oil
- 1 t. Siracha
- 1 T cornstarch
- 1-pound boneless chicken breasts
- salt & pepper

From delish.com website: Preheat oven to 350. In a medium bowl, whisk together soy sauce, honey, garlic, lime juice, 1 T sesame oil, siracha, and cornstarch. Season chicken with sale & pepper. Heat skillet over medium-high heat, heat remaining tablespoon sesame oil. Add chicken and sear until golden, 4 minutes per side. Pour over glaze and transfer to oven. Bake until chicken is no longer pink, 25 minutes. Heat broiler. Spoon glaze over chicken and broil until caramelized, 2 minutes.

Miscellaneous

Apple Berry Salsa (Pampered Chef)

Lee McRary Meadows, Pediatric Teaching Program

Number of Servings: 14 - 3 Tbsp serving

Prep Time: 15 minutes

Cook Time: none

- 1 large granny smith apple
- 2 kiwis
- 1/2 lb strawberries, stems removed
- 1 small orange
- 1 Tbsp brown sugar

Core and peel apple. Peel kiwis. Cut apple and kiwis into small chunks. Then chop the apples, kiwis, and strawberries into smaller pieces to blend well. Place into mixing bowl. Zest the orange. Juice the orange. Add to mixing bowl. Add brown sugar to bowl. Gently mix ingredients together until blended. Can serve with cinnamon chips.

5 Flavor Pound Cake

Brenda Haynes Cone Urgent Care

Number of Servings: 20 depending on slice size

Prep Time: 30 minutes

Cook time: 1 hour 15 minutes

- 2 sticks of butter
- 1/2 Cup of Shortening
- 3 Cups Sugar
- 5 Eggs
- 3 Cups Plain Flour
- 1/2 tsp baking powder
- dash of salt
- 1 Cup Milk
- 1 tsp. Lemon flavoring
- 1 tsp. Vanilla flavoring
- 1 tsp. Almond flavoring
- 1 tsp. butter flavoring
- 1 tsp rum flavoring (may substitute any flavoring for coconut flavoring if you choose) or add any you may like.

Cream butter, sugar and shortening. Add eggs one at a time, eating thoroughly after each, Sift flour, salt and baking powder together. Add to Sugar mixture alternately with milk. Add all flavorings and beat with electric mixer. Bake at 325 degrees for 1 hour and 15 minutes.

Egg Puff

Linda Bass

Number of Servings: 4

Prep Time: 10 min

Cook time: 30 min

2 T butter

1 c flour

1 c milk

5 eggs

.5 t salt

1 t vanilla

2 T sugar

Pre heat oven to 400, melt butter in 9x13 glass pan, mix all ingredients together with a whisk, you into hot buttered dish, bake about 30 min until lightly brown and puffed up, top with fruit and powdered sugar, may serve with bacon, sausage, smoothies.

Egg White Bites

Deborah Busam, Radiology MRI

Number of Servings: 12

Prep Time: 15 minutes

Cook Time: 30minutes

2 cups egg white (carton)

1 cup milk salt and pepper to taste

1/4 c chopped onions

1/4 chopped green peppers

1/4 c tomatoes

1 cheese of choice even use 1 c cottage cheese

top with bacon bits: you can use any meat

Pre heat oven 350 degrees spray muffin tin generously with nonstick spray Next in a large bowl mix egg whites and milk. then wish in eggs of your choice cheese salt and pepper. Pour equal amounts of mixture into the muffin tins. Top with bacon bits. Bake for 30minutes or until eggs are completely cooked. Remove from oven, take out of tins and server warm.

BLT Dip

Kim Smith, Clinic LPN

Number of Servings: 12

Prep Time: 10

Cook Time: 10

1 lb. bacon (cooked until crisp & chopped)

8 oz cream cheese

1/4 cup Mayo

1/4 cup sour cream

1/4 cup shredded cheddar cheese

1 tsp. onion powder

1 tsp dried minced garlic

pinch of salt

1 cup chopped or shredded lettuce

1 cup chopped tomato

veggies to dip (cucumbers are great)

Combine 1/3 of the bacon with the cream cheese, sour cream, mayo, cheddar, and seasonings.

Mix and spread in a deep-dish pie plate. Sprinkle on the lettuce, tomato, and the rest of the bacon. Serve with fresh veggies to dip.

Summer Fruit Trifle

Lee Meadows, Pediatric Teaching Program

Number of Servings: 14 (1 cup)

Prep Time: 20 minutes

Cook Time: none

1 Sugar-free Angel food cake

2 boxes of fat free, sugar free White Chocolate pudding

3 3/4 cup of skim milk

1 small container fat free cool whip

2 cups each of 3 favorite fruits

Divide sugar free cake into 3 sections. Whip the pudding with the skim milk until combined (I use a mixer). Tear 1st quarter of cake into small chunks and spread on bottom of a bowl.

Spread 1/3 of the pudding over cake. Layer 1/3 of the fruit. REPEAT: cake pieces, pudding, fruit. You should have 3 rows of each, ending with fruit on top. The cover with cool whip.

Suggestion: I fold in the cool whip into the pudding to make it lighter and not top it with cool whip.

Stovetop Apples

Marjorie Jenkins

Number of Servings: 3

Prep Time: 15 minutes

Cook Time: 30 minutes (or until apples soft) then cut off burner and let apples sit; recipe is best if made ahead of time for refrigerating for days (recipe sweetens as it sits)

3 medium apples

2 Tablespoons sweetener (I use Splenda; you can use whatever you prefer; add more if you like very sweet)

1 Tablespoon fresh lemon juice

1 teaspoon ground cinnamon

1 pinch ground nutmeg

1 whole clove. You can add more or less spice or adjust the spice used based on your taste preference.

Cut apples into 1/4-inch cubes (or whatever size you prefer); mix all other ingredients in pot; add cut up apples to mixture & stir until apples are coated. Cook on stovetop until apples soften. Cut burner off and let apples sit. Refrigerate apples for several days before eating (allows apples to sweeten even more). I've even mixed these up and not cooked them. I eat them raw, coated in the mixture, just to change up the taste. I also add them into high fiber wraps, along with fresh spinach, avocado, walnuts or any other sandwich type ingredients.

Falafel with cucumber sauce

Lindsay Weekley, Occupational Health

Number of Servings: 4

Prep Time: 20

Cook Time: 10

For Sauce:

1 (6 ounce) container plain yogurt

1/2 cucumber - peeled, seeded, and finely chopped

1 tsp. dried dill weed

1/2 tsp. salt and pepper to taste

1 Tbsp. mayonnaise

For Falafel:

1 (15 ounce) can chickpeas (garbanzo beans)- rinsed and drained

1 onion chopped

1 tsp. dried parsley

2 cloves garlic chopped

1 egg
2 tsp. ground cumin
1 tsp. ground coriander
1 tsp. salt
dash pepper
pinch cayenne pepper
1 tsp. lemon juice
1 tsp. baking powder
1 Tbsp. olive oil
1 cup dry breadcrumbs
2 pita breads cut in half
1 cup chopped tomatoes

1. Preheat oven to 400 degrees. In a small bowl combine yogurt, cucumber, dill, salt, and pepper, and mayonnaise and mix well. Chill for 20-30 minutes. 2. In a blender or food processor process the onion, parsley and garlic until smooth or very small pieces of onion. Add chickpeas to the blender and pulse a few times until chickpeas are of a mashed consistency. 3. In a small bowl combine egg, cumin, coriander, salt, pepper, cayenne, lemon juice and baking powder. Mix well. Stir into chickpea mixture along with olive oil. Slowly add bread crumbs until mixture is not sticky but will hold together; add more or less bread crumbs as needed. Form the mixture into balls and flatten into patties, will make about 10-12 patties depending on size. 4. Place patties on baking sheet lined with parchment paper. Bake in preheated oven at 400 degrees for 10 minutes. Flip then bake for another 10 minutes. Serve on pita bread with chopped tomatoes and cucumber sauce.

Salsa Cruda (modified)

Lee Meadows, Pediatric Teaching Program

Number of Servings: 2-4

Prep Time: 15 minutes

Cook Time: none

1/2 cup flavored pitted olives (I use kalamata olives)
2 juicy ripe tomatoes, seeded and chopped
1 Tbsp capers
1 clove garlic, crushed
1 tsp orange zest
Kosher salt and cracked pepper

In a mixing bowl stir to combine olives, tomatoes, capers, garlic, orange zest. Season with salt and pepper. Lightly press with the back of the spoon while stirring to incorporate the flavors. Let sit 30 minutes or overnight to marinate well. Serve with toasted baguettes. The key - make sure to use juicy tomatoes. This recipe is never enough, and I always double up ingredients.

Shannon's Bruschetta

Pam Hicks

Chopped tomatoes 2 cups
1/2 tsp. basil (dried) or 1 tsp fresh chopped
1 tablespoon olive oil
1/2 tablespoon minced garlic
Salt to taste
1/2 cup feta cheese (or more if you like)

Chop tomatoes into small chunks. Mix all other ingredients. Serve on pasta, on pita points, or with crusty bread.

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Happy Cooking!

Your LiveLifeWell Employee Wellness Team