

DELICIOUS and EASY RECIPES



A FRESH APPROACH

INTRODUCTION: FARMERS' MARKET-INSPIRED RECIPES

NOURISH YOUR MIND, BODY, and SPIRIT.

Healthy eating can be tough when you're on the go. Sometimes it seems easier to eat fast, processed food. But that kind of diet can't compare with the good, wholesome nutrition of fresh, homemade fare.

We offer you a fresher, more natural approach to eating. Some of the nutritious and delicious recipes offered here were selected from *"EatingWell in Season: The Farmers' Market Cookbook,"* a collaboration between Kaiser Permanente, Dr. Preston Maring, and folks at EatingWell. These recipes are easy to prepare and aim to satisfy your craving for healthier, tastier food.

You can find even more seasonal recipes on Dr. Maring's blog, which also includes user comments, cooking tips, and more. Just visit **recipe.kaiser-permanente.org**. Here's to your health!

THINK fresh. **EAT** healthy. **THRIVE.**

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HEALTHY TIPS: YOU ARE WHAT YOU EAT

That's why we recommend the philosophy:

Think fresh. Eat Healthy. Thrive. A

fresh, wholesome diet can help control your cholesterol and sodium levels, and eliminate unhealthy fats. Eating healthfully can be interesting, delicious, and convenient too. If you're just starting out, make your changes gradually—one at a time. You can begin by increasing healthy fats, and adding fresh, local produce to your meals whenever possible. Try some of the following tips:

- Use 95 percent or 93 percent lean ground beef instead of regular ground beef
- Cook with canola oil instead of lard
- Substitute egg whites for whole eggs with yolk
- Use applesauce for moisture and binding in baking instead of butter, oil, or eggs, depending on the recipe
- Try nonfat or low-fat yogurt or sour cream instead of mayonnaise in dips and dressings
- Season foods with fresh herbs and spices instead of butter and salt
- Replace vegetable oil with water in cake and other mixes

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GUACAMOLE | serves 12

4 ripe avocados, halved and mashed
(leave some chunks)
1/2 medium tomato, seeded and diced
1/4 medium red onion, diced
3 cloves garlic, minced, then mashed with
kosher salt
1 handful cilantro, chopped
1/2 juice of 1 lime
Salt and pepper to taste

Mix all ingredients in a bowl and season to taste. For spicier guacamole, add fresh jalapeño (seeded and diced), and 2 teaspoons ground cumin.

Nutrition per serving: Calories: **111** Fat: **10 g** Saturated fat: **1 g** Cholesterol: **0 mg** Carbohydrate: **7 g**
Fiber: **5 g** Sodium: **5 mg** Protein: **1 g**



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GARDEN-FRESH ASPARAGUS SOUP | serves 6

2 tablespoons butter
2 tablespoons extra virgin olive oil
1 medium onion, finely chopped
1/2 teaspoon salt, divided
1/2 teaspoon curry powder, divided
1/4 teaspoon ginger
Zest and juice of 1 lemon, divided
2 cups diced, peeled red potatoes
3 cups vegetable broth or reduced sodium chicken broth
1 cup "lite" coconut milk
2 cups 1/2-inch pieces of asparagus (about one big bunch)
Freshly ground pepper to taste
1/4 cup nonfat sour cream
1/4 cup chopped green scallions or chives

Heat butter and oil in a large soup pot. Add onion and 1/4 teaspoon salt, and cook until onions are golden. Stir in the curry powder, ginger, lemon zest, and potatoes, and cook for another 5 minutes—stirring occasionally. Add broth, coconut milk, and asparagus. Simmer over medium heat for about 15 minutes, partially covered, until the potatoes are tender.

Puree the soup with handheld immersion blender or in batches in your regular blender. (Remove the central cap in the top of your blender to let the steam escape.) Season with remaining salt and pepper. For the garnish, whisk nonfat sour cream, lemon juice, and chopped green scallions or chives.

Nutrition per serving: Calories: **203** Fat: **13 g** Saturated fat: **6 g** Trans fat: **0 g** Cholesterol: **14 mg**
Carbohydrate: **19 g** Fiber: **3 g** Sodium: **444 mg** Protein: **4 g**



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TORTILLA (BAKED PITA) SOUP | serves 8

Fresh whole wheat pitas or tortillas
2 tablespoons olive oil
1 large yellow onion, diced
4 cloves garlic, coarsely chopped
1/2 inch jalapeño, seeded and minced
1 tablespoon diced mild green chilies
2 heaping teaspoons dried oregano
2 heaping teaspoons ground cumin
1 small can salt-free diced tomatoes in juice,
or two fresh tomatoes diced
8 cups low sodium chicken broth
2 thighs, 2 legs, 1 breast roasted chicken, shredded
1½ cups fresh or frozen corn
Salt and pepper to taste
1/4 cup chopped fresh cilantro per bowl of soup
2 avocados, sliced
4 limes

Cut pita bread or tortillas into triangles, sprinkle with olive oil and a dash of salt, and bake at 350 degrees on a baking sheet until crisp. Heat the oil in a large soup pot. Sauté the onion, garlic, jalapeño, and mild green chilies until soft. Stir in the oregano and cumin. Add the tomatoes and broth. Bring to a boil, then simmer for about 10 minutes. Add the chicken and continue simmering for 5 minutes. Add the corn and simmer another 3 minutes. Season to taste.

Juice half a lime into the bottom of each serving bowl, along with three tortilla or pita chips. Ladle in soup, and generously top with chopped cilantro and diced avocado. Garnish with chips around the edges.

Nutrition per serving: Calories: **350** Fat: **15 g** Saturated fat: **3 g** Trans fat: **0 g** Cholesterol: **44 mg**
Carbohydrate: **35 g** Fiber: **6 g** Sodium: **299 mg** Protein: **24 g**



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WHEAT BERRY SALAD with RED FRUIT | serves 6

2 cups red winter wheat berries
1/3 cup freshly squeezed orange juice
1/3 cup dried cranberries
1 large Fuji apple, unpeeled and diced
1/2 cup toasted pecans, coarsely chopped
3 tablespoons raspberry vinegar
3 tablespoons extra virgin olive oil
1 teaspoon salt
6 cups of arugula or choice of greens

Bring 7 cups of water with 1 teaspoon of salt to a boil in a saucepan. Rinse wheat berries and discard the stones. Add berries to the saucepan, reduce heat, and cover. Simmer for about an hour, stirring occasionally.

Drain and rinse. This makes about 4 cups of cooked wheat berries. Combine the orange juice and cranberries in a bowl and let sit 15 minutes. Toast the pecans in a skillet over medium heat, then coarsely chop. Mix 3 cups cooked wheat berries in a bowl with chopped pecans, apple pieces, and cranberries. Whisk raspberry vinegar and olive oil together. Toss with wheat berry mixture, and serve on a bed of greens, such as arugula. Salt and pepper to taste.

Nutrition per serving: Calories: **379** Fat: **14 g** Saturated fat: **2 g** Trans fat: **0 g** Cholesterol: **0 mg**
Carbohydrate: **60 g** Fiber: **10 g** Sodium: **392 mg** Protein: **9 g**



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WATERMELON, ARUGULA, and PINE NUT SALAD | serves 6

3 cups seeded watermelon, cubed into
bite-sized pieces
1 tablespoon fresh lemon juice
1 tablespoon red wine vinegar
2 tablespoons extra virgin olive oil
1/2 teaspoon salt or to taste
6 cups arugula
1/4 cup pine nuts
1/2 cup crumbled feta cheese
Coarsely ground black pepper to taste

Drain cubed watermelon in a colander. Mix
lemon juice, olive oil, vinegar, and salt, then
toss in watermelon, arugula, and pine nuts.
Sprinkle with cheese and pepper.

Nutrition per serving: Calories: **128** Fat: **10 g** Saturated fat: **2 g** Cholesterol: **7 mg** Carbohydrate: **8 g**
Fiber: **1 g** Sodium: **292 mg** Protein: **3 g**



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BROILED SALMON | serves 6

1½ pounds salmon fillet, skinned*
and cut into 6 portions
1 teaspoon canola oil
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
6 sprigs fresh thyme

Preheat broiler. Coat a baking sheet with cooking spray. Brush both sides of salmon with canola oil and season each side with 1/4 teaspoon salt and pepper. Place on the prepared baking sheet and lay 1 thyme sprig over each fillet. Broil 6 inches from the flame without turning just until opaque in the center, about 6 minutes.

Suggest serving with Warm Lentil, Apple, and Walnut Salad. (recipe on page 18)

*How to skin a salmon fillet: Place salmon fillet on a clean cutting board, skin-side down. Starting at the tail end, slip the blade of a long knife between the fish flesh and the skin, holding down firmly with your other hand. Gently push the blade along at a 30 degree angle, separating the fillet from the skin without cutting through either.



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WARM LENTIL, APPLE, and WALNUT SALAD | serves 6

6 cups water, divided
1 cup French green lentils*
1 cup dry red wine
1 medium onion, halved
1 carrot, halved
5 cloves garlic, peeled
2 sprigs fresh thyme
3 parsley stems, cut into 2-inch pieces
1 bay leaf
1/4 teaspoon salt
Freshly ground pepper to taste
1 tablespoon extra virgin olive oil
1/2 Granny Smith apple
2 tablespoons chopped walnuts, toasted
1 tablespoon finely chopped fresh parsley

Combine 2 cups water and lentils in a large saucepan, and boil for 5 minutes. Drain and return the lentils to the pan. Add remaining 4 cups water, plus wine, onion, carrot, and garlic to the pan. Tie thyme sprigs, parsley stems, cloves, and bay leaf in a cheesecloth bag and add to the pan. Bring to a boil, reduce heat and simmer uncovered for 30 minutes. Season with 1/4 teaspoon salt and pepper. Continue cooking until the lentils are tender, about 20 minutes more. Drain, reserving 1 cup liquid. Discard the cheesecloth bag.

*French green lentils are firmer than brown lentils and cook more quickly.
They can be found in natural-foods stores and some supermarkets.

(continued on page 20)



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WARM LENTIL, APPLE, and WALNUT SALAD | serves 6

Cut carrot and onion into 1/4-inch dice. Place the reserved liquid and 1/2 cup of the cooked lentils in a blender or food processor; puree until smooth.

Place 1/2 cup of the puree in a large bowl, then mix in the remaining lentils, diced carrot, onion, and olive oil. Scrape the remaining

puree into a small saucepan. Toast chopped walnuts in a small dry skillet over low-medium heat, stirring constantly until fragrant and lightly browned, 2 to 4 minutes. Peel, core, and finely dice apple. Stir apple, walnuts, and parsley into the lentil-carrot mixture. Cover and keep warm.

Nutrition per serving (Includes salmon): Calories: **409** Fat: **18 g** Saturated fat: **3 g** Monounsaturated fat: **7 g**
Trans fat: **3 g** Cholesterol: **67 mg** Carbohydrate: **25 g** Fiber: **6 g** Sodium: **282 mg** Protein: **30 g**
Potassium: **821 mg** **Nutrition bonus:** Selenium (**60% daily value**) Vitamin A (**38% dv**) Potassium (**24% dv**)
Vitamin C (**15% dv**)



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BURGERS with SPINACH, LEMON ZEST, and GARLIC | serves 6

1½ pounds ground turkey or beef
(or a mixture of both)
10 ounces baby spinach leaves
Zest of 1 lemon
3 garlic cloves, minced
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

Fire up the grill. Bring a saucepan half full of water to a boil. Add the spinach and cook for a few minutes until it wilts. After draining spinach into a colander, use the bottom of a bowl to compress the water out. In a large bowl, mix the turkey or beef with the spinach, lemon zest, garlic, salt, and pepper. Measure out a 1/2 cup of the burger mixture, and flatten onto waxed paper. Grill burgers until done, serve on whole grains buns with your choice of toppings.

Nutrition per serving (bun not included): Calories: **183** Fat: **10 g** Saturated fat: **3 g** Trans fat: **0 g**
Cholesterol: **90 mg** Carbohydrate: **2 g** Fiber: **1 g** Sodium: **338 mg** Protein: **21 g**



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WARM TOMATO PASTA | serves 4

1/2 cup green onion, thinly sliced
1 teaspoon garlic, finely chopped
2 tablespoons olive oil
1 large red bell pepper, finely diced
3 cups tomato, seeded and diced
1/2 cup parmesan cheese, grated
2 tablespoons parsley, chopped
1/8 teaspoon cayenne pepper
1/4 teaspoon black pepper
8 ounces dry linguine or spaghetti

Sauté onion and garlic in oil until soft. Add red bell pepper and sauté until tender, about two minutes. Stir in tomato and cook over high heat until juices evaporate. Stir in cheese, parsley, cayenne pepper, and black pepper; reserve.

Cook pasta and drain well. Toss hot pasta with reserved tomato mixture. Serve immediately, or at room temperature.

Nutrition per serving: Calories: 373 Fat: 11 g Cholesterol: 8 mg Sodium: 205 mg



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VEGETABLES of CHOICE FRITTATA | serves 2

3 eggs and 1 egg white
12 spears of asparagus cut into 1-inch pieces,
discarding the ends
1 large leek, white and pale green part
rinsed and sliced thinly
1 tablespoon extra virgin olive oil
Cooking spray or olive oil
2 ounces feta cheese
2 tablespoons chopped fresh parsley
Salt and freshly ground pepper to taste

Heat the oil in an oven proof skillet. Sauté the asparagus and leeks until tender, about 5 minutes. Beat the eggs and egg white, and season with salt and pepper. Mix in most of the crumbled feta and the parsley. Preheat the broiler in your oven. Add the egg mixture and let it cook until it is mostly "set" but with some liquid eggs on top. Sprinkle remaining feta on top. Broil for a few minutes until lightly browned and fluffy.

Nutrition per serving: Calories: **296** Fat: **20 g** Saturated fat: **8 g** Trans fat: **0 g** Cholesterol: **458 mg**
Carbohydrate: **12 g** Fiber: **3 g** Sodium: **548 mg** Protein: **1 g**



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BAKED APPLES with BROWN SUGAR, CINNAMON, ALMONDS, and RAISINS | serves 8

8 large tart apples
1/2 cup brown sugar
1 tablespoon ground cinnamon
1/2 cup slivered or sliced almonds,
coarsely chopped
1/4 cup raisins
2 tablespoons butter

Preheat oven to 375 degrees. Wash and core apples, then place in a baking dish. Mix together the brown sugar, cinnamon, almonds, and raisins for filling. Fill the apples, then top with a dab of butter. Bake for 45 to 60 minutes, or until tender but not mushy. Serve warm or chilled.

Nutrition per serving: Calories: **222** Fat: **6 g** Saturated fat: **2 g** Trans fat: **0 g** Cholesterol: **8 mg**
Carbohydrate: **44 g** Fiber: **6 g** Sodium: **27 mg** Protein: **2 g**



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SPRING FRUIT COBBLER | serves 8

Filling: 6 cups peaches, raspberries, blueberries, and strawberries

1/3 cup sugar

1 tablespoon all-purpose flour

1 teaspoon lemon zest

Pinch of salt

Topping: 1¼ cup all-purpose flour

1/3 cup sugar

2 teaspoons baking powder

1/2 teaspoon ground cinnamon

1/4 teaspoon salt

1 egg

1/2 cup buttermilk

6 tablespoons trans fat-free margarine

1/2 teaspoon vanilla

Cut fruit into bite-sized pieces. Preheat oven to 375 degrees. Lightly grease a baking dish. Mix the filling gently and distribute evenly in the baking dish. Mix the dry ingredients for the topping together in a bowl. In a separate bowl, mix the egg, buttermilk, margarine, and vanilla. Add them to the dry ingredients and stir. Spoon the topping over the filling, leaving spaces for the juices to bubble up. Bake for 30 to 45 minutes, or until lightly browned. Check at 30 minutes so as not to over cook.

Nutrition per serving: Calories: **277** Fat: **9 g** Saturated fat: **2 g** Cholesterol: **28 mg** Carbohydrate: **46 g**
Fiber: **2 g** Sodium: **285 mg** Protein: **5 g**

RECIPE SUBSTITUTIONS to HELP REDUCE FAT and CHOLESTEROL

FAT	SUBSTITUTE
butter	margarine (trans fat-free), reduced fat or nonfat margarine, or margarine with plant stanol/sterol
cheese and processed cheese	light cheese, reduced-fat cheese, or nonfat cheese
chocolate (1 oz)	cocoa (3 Tbsp) and oil (1 Tbsp)
cottage cheese	low-fat, nonfat, creamed cottage cheese
coffee cream	evaporated milk or fat-free creamer
ice cream	light ice cream, sherbet, or frozen yogurt
mayonnaise	light or nonfat mayonnaise
regular salad dressing	reduced-calorie or no-oil dressing
sauté in vegetable oil	steam in water, use less oil, or use nonstick vegetable spray
sour cream	plain low-fat yogurt or nonfat sour cream
whipped cream	well-chilled evaporated nonfat milk, or whipped or light whipped topping
whole egg	egg white or egg substitute
whole milk and yogurt	fat-free or 1 percent milk and nonfat yogurt



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