

# NEW HANOVER REGIONAL MEDICAL CENTER

## Recipes and Meal Plan for 5/25-5/29

“Like” the **NHRMC Employee Fitness Center Facebook Page** to receive these daily recipe videos and nutrition tutorials specific to the recipes below. Please contact Ana Evans at [ana.evans@nhrmc.com](mailto:ana.evans@nhrmc.com) with any questions at all. Stay well!



**Monday 5/25**

***Happy Memorial Day!***

**Grilled Southwest  
Chicken with Sweet  
Corn, Avocado and  
Basil Salad**

**Tuesday 5/26:**

**Live at 5 p.m. with Ana**

**Balsamic Blueberry and  
Cucumber Salad with  
Crumbled Goat Cheese**

**Wednesday 5/27:**

**Live at 5 p.m. with**

**Wellness Chef Mandy**

**Roasted Ratatouille with  
Penne**



**Thursday 5/28:**

**Live at 4 p.m. with Wellness**

**Dietitian Sara**

**Cooking with Kids:  
*Cool Summer Treats***

**Watermelon “Pizza” and Frozen  
Yogurt and Chocolate “Bark”**

**Friday 5/29**

**Grilled Veggie  
Quesadillas**

## Southwest Grilled Chicken

(Serves 4)

### Ingredients:

- 2 boneless, skinless chicken breasts, about 8 oz. each
- 2 teaspoons extra-virgin olive oil, divided

### For Seasoning Blend

(Makes 12, 1 teaspoon servings)

- ½ teaspoon dried oregano
- 1 ½ teaspoons smoked paprika
- 1 tablespoon chili powder
- ¼- ½ teaspoon cayenne pepper
- 1 ½ teaspoons garlic powder
- 1 ½ teaspoons cumin
- ½ teaspoon black pepper
- 1 teaspoon salt



### Directions:

1. In small bowl mix all ingredients for spice blend, set aside.
2. Heat your grill to medium-high heat.
3. Using meat mallet, pound chicken so that all parts of the breast are an equal thickness.
4. Lightly coat each chicken breast in one teaspoon of olive oil and rub the spice blend all over each breast, until well coated.
5. Place chicken breasts on hot grill. *If grill is not hot, the chicken will stick!* Cook for 3-4 minutes. Lift each breast and give it ¼ turn to the left. Cook for two more minutes. Flip each breast over and cook for 3-4 minutes. Again, lift each breast and give it ¼ turn to the left. Cook for two more minutes or until cooked through and 165° on a meat thermometer.
6. Remove chicken to a plate or cutting board and allow to rest for about 5 minutes. Enjoy!

**Nutrition Facts** (4oz chicken + 1 tsp. seasoning blend): 137 calories, 3.5g fat, 230mg sodium, 26g protein

## Sweet Corn with Cherry Tomatoes, Avocado and Basil Salad

Serves 8

### Ingredients:

- 4 cups corn
- 2 pints cherry tomatoes, halved
- 2 medium avocados, cut into 1-inch cubes
- ½ cup chopped fresh basil
- ½ cup extra-virgin olive oil
- ¼ cup apple cider vinegar
- Salt and pepper to taste



### Directions:

1. In a large salad bowl, mix corn, tomatoes avocado and basil. Add the oil and vinegar and stir until well coated. Season to taste with salt and pepper

**Nutrition Facts:** (per serving) 202 calories, 13.9g fat, 20g carbohydrates, 5.9g fiber, 4.7g sugar, 3.9g protein

## **Blueberry Cucumber Salad**

Adapted from: [www.Skinnytaste.com](http://www.Skinnytaste.com)

Servings: 4 • Size: 3/4 cup

### **Ingredients:**

- 1 1/3 cup blueberries
- 1/4 cup slivered red onion
- 1 1/3 cup diced cucumber (about ½ large)
- 1 tsp chopped fresh mint
- 1 tbsp chopped fresh basil
- 1 teaspoon fresh lime juice
- pinch kosher salt
- freshly ground black pepper
- 2 tbsp balsamic glaze\*
- ¼ cup sliced almonds, toasted
- 1 ounce crumbled goat cheese (or feta cheese)



### **Directions:**

Combine blueberries, onions, cucumbers, mint, basil, lime juice, salt and pepper. Lightly drizzle with balsamic glaze and finish with slivered almonds.

\*We used a store bought balsamic reduction, available on the vinegar aisle at grocery store. You could also make your own.

## **Simple Balsamic Glaze**

### **Ingredients:**

- ½ cup balsamic vinegar
- 3 tbsp honey, maple syrup or brown sugar

### **Directions:**

Add ingredients to a small saucepan set over medium heat. Once the mixture begins to bubble, reduce the heat to medium-low heat and allow to simmer until reduced by half (about 10 minutes). Remove from the heat and set aside to cool before serving.

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## **Roasted Ratatouille with Penne**

*Adapted from cookieandkate.com / serves 6 / serving size is one cup*

### **Ingredients:**

- 2 pints cherry or grape tomatoes
- 1 medium eggplant, peeled and diced into 1" cubes
- 1 medium zucchini, diced into 1" cubes
- 1 medium yellow squash, diced into 1" cubes
- 1 medium red pepper, diced into 1" cubes
- 1 medium yellow or white onion, diced into 1" cubes
- 3 tablespoons olive oil, divided
- 2 tablespoons balsamic vinegar
- 6 cloves garlic, pressed or minced
- ½ teaspoon salt, divided
- Freshly ground black pepper
- Pinch of red pepper flakes (optional)
- ¼ pound (4 ounces) whole grain penne
- ¼ cup grated parmesan cheese
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh oregano (or 1 teaspoon dried)



### **Instructions:**

1. Preheat oven to 425°.
2. On a small sheet pan or baking dish, toss the tomatoes with 1 tablespoon olive oil, ¼ teaspoon salt and a few turns of freshly ground black pepper. Set aside.
3. In a large bowl, combine the diced eggplant, zucchini, yellow squash, red pepper and onion.
4. In a small bowl, whisk together the remaining 2 tablespoons olive oil, the balsamic vinegar, garlic, remaining ¼ teaspoon salt, a few more turns of freshly ground black pepper and the crushed red pepper flakes (if using). Pour the mixture over the diced vegetables and toss to evenly coat.
5. Arrange the diced vegetables in a single layer on a large sheet pan or rimmed baking sheet.
6. Place the tomatoes and the vegetables in the oven and cook for 20 minutes.
7. Meanwhile, cook the penne until al dente, according to package directions. Reserve 1/2 cup of pasta water before draining and transfer the pasta to a large bowl.
8. After 20 minutes, remove the tomatoes from the oven. Allow the diced vegetables to cook an additional 10 – 15 minutes until cooked through and golden.
9. Pour the cherry tomatoes and their juices over the penne. Add the pasta water and the parmesan cheese and toss until the penne is coated with a light tomato sauce.
10. When diced vegetables are finished cooking, add them to the penne and tomato sauce mixture and toss to combine. Sprinkle with the fresh herbs. Serve and enjoy!

**Nutrition Facts per Serving: 210 calories, 9 grams fat, 275mg sodium, 27 grams carbohydrates, 9 grams sugar (0 grams added), 6 grams fiber, 6.5 grams protein**

## Frozen Greek Yogurt and Chocolate “Bark”

**Source:** [www.eatingwell.com](http://www.eatingwell.com)

### Ingredients

- 3 cups whole-milk plain Greek yogurt
- ¼ cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- 1 ½ cups sliced strawberries
- ¼ cup mini chocolate chips



### Directions

1. Line a rimmed baking sheet with parchment paper.
2. Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips
3. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces.
4. To make ahead: Freeze airtight between sheets of parchment for up to 1 month; let stand at room temperature for 15 minutes before serving.

**Serving Size:** One 1 3/4-by-2 1/2-inch piece

**Nutrition Facts Per serving:** 34 calories; 1.3 g total fat; 0.8 g saturated fat; 3 mg cholesterol; 8 mg sodium. 45 mg potassium; 4 g carbohydrates; 0.2 g fiber; 3 g sugar; 2 g protein; 20 IU vitamin a iu; 5 mg vitamin c; 2 mcg folate; 28 mg calcium; 3 mg magnesium; 2 g added sugar;

## Watermelon "Pizza"

Source: [www.eatingwell.com](http://www.eatingwell.com)

### Ingredients

- ½ cup low-fat plain yogurt
- 1 teaspoon honey
- ¼ teaspoon vanilla extract
- 2 large round slices watermelon (about 1 inch thick), cut from the center of the melon
- ⅔ cup sliced strawberries
- ½ cup halved blackberries
- 2 tablespoons torn fresh mint leaves



### Directions

1. Combine yogurt, honey and vanilla in a small bowl.
2. Spread 1/4 cup yogurt mixture over each slice of watermelon. Cut each slice into 8 wedges. Top with strawberries, blackberries and mint.

### Nutrition Facts

Serving Size: 2 slices

Per Serving:

64 calories; 0.6 g total fat; 0.2 g saturated fat; 1 mg cholesterol; 13 mg sodium.

237 mg potassium; 14.6 g carbohydrates; 1.4 g fiber; 12 g sugar; 1.9 g protein; 893 IU vitamin a iu; 22 mg vitamin c; 13 mcg folate; 46 mg calcium; 1 mg iron; 21 mg magnesium; 1 g added sugar;

# New Hanover Regional Medical Center

## 10-Minute Quesadillas

Source: Cookie and Kate

### INGREDIENTS

SCALE

*Per quesadilla*

- 1 whole-grain flour tortilla (about 8" diameter)
- 1/2 cup freshly grated cheddar cheese
- 1/4 cup cooked black beans or pinto beans, rinsed and drained
- 1 tablespoon chopped red bell pepper or jarred roasted bell pepper or a few thinly sliced cherry tomatoes
- 1 tablespoon chopped red onion or green onion
- 1 tablespoon chopped pickled jalapeño (if you like heat)
- 1 teaspoon avocado oil, melted butter or extra-virgin olive oil, for brushing
- Any of the following, for serving: [Salsa](#), [pico de gallo](#), [guacamole](#) or strips of avocado, sour cream, hot sauce, chopped fresh cilantro...



### INSTRUCTIONS

1. Heat a medium skillet over medium heat. Warm your tortilla for about 30 seconds, flipping halfway. Flip once more, then sprinkle one-half of the tortilla with about half of the cheese. Cover the cheese evenly with the remaining fillings: beans, bell pepper, onion and jalapeño (if using).
2. Sprinkle the remaining cheese over the fillings, and fold over the empty side of the tortilla to enclose the fillings. Quickly brush the top of the quesadilla with a light coating of oil, then carefully flip it with a spatula.
3. Let the quesadilla cook until golden and crispy on the bottom, about 1 to 2 minutes, reducing the heat if necessary to prevent burning the tortilla. Brush the top with a light coating of oil, then flip it and cook until the second side is golden and crispy.
4. Immediately remove the skillet from the heat and transfer the quesadilla to a cutting board. Let it cool for a minute to give the cheese time to set, then use a chef's knife to slice it into 3 pieces. Serve promptly, with any sauces or garnishes that you'd like.