

# Food as Medicine

## Recipe Tips to add flavor and freshness

Photo courtesy of the American Diabetes Association.

### Black Bean Burger

- Add chili powder 1-2 tsp to the recipe
- Add 1 clove chopped garlic or 1-2 tsp of garlic powder to the recipe
- Serve with fresh tomato slice, lettuce and avocado

### Breakfast Burrito

- Add 1-2 scrambled eggs for additional protein without the addition of carbohydrates
- Add diced jalapeno to the recipe for more spice
- Serve topped with salsa, fresh cilantro and/or avocado
- Sprinkle with cheese if desired

### Breakfast Parfait

- Add 1 tbsp flaxseed or your favorite nut or seed

### Chicken Spaghetti Dinner

- Add 1 clove chopped garlic or 1-2 tsp garlic powder
- Add 1-2 tsp Italian seasoning

### Chicken Stir Fry

- Make your own stir-fry sauce
  - 2 tbsp low-sodium soy sauce
  - 2 tsp cornstarch
  - 1 clove garlic minced
  - 1 cup low sodium chicken broth
- Sauté additional fresh veggies such as kale or spinach, broccoli, sugar snap peas, cauliflower

### Hearty Oatmeal Breakfast

- Sprinkle with cinnamon and a drop of vanilla extract for added flavor
- Top with fresh or canned fruit
- Sprinkle with flaxseed or walnuts

### Lentil Soup

- Add ½ tsp dried Italian seasoning and ¼ tsp black pepper
- Add additional fresh veggies such as spinach or kale, celery and carrots to the soup
- Add ½ tsp paprika or cayenne pepper for some heat

### Overnight Oats

- Add cinnamon for extra flavor
- Add flaxseed for additional fiber and heart-healthy fats including Omega 3s

### Southwest Chicken Bowl

- Add 1-2 tsp chili powder
- Add 1-2 tsp lime juice
- Top with avocado, cilantro, sour cream and salsa

### Spicy Tomato Lentils

- Top with cilantro
- Add a meat such as lean ground beef or lean ground turkey (93% or greater)

### Stuffed Peppers

- Add a meat such as lean ground beef or lean ground turkey (93% or greater)
- Add 1 diced tomato
- Top with cheese

### Tuna Patties

- Add 1-2 tsp lemon juice
- Add 1 tbsp parsley – dried or fresh
- Add 1/4 cup diced celery

### Tuna Salad

- Add 1 clove chopped garlic or 1-2 tsp garlic powder
- Add 1-2 tsp lemon juice
- Add 1-2 tsp relish
- Serve on top of a salad or put in a lettuce wrap

### Tuna Skillet Dinner

- Add 1-2 tsp chili powder
- Add 1 clove of garlic or 1-2 tsp garlic powder

### Vegetable Frittata

- Add 1 cup spinach
- Add 1 chopped red pepper
- Add 1 diced tomato
- Top with salsa or avocado

# Food as Medicine

## Recipe Tips to add flavor and freshness

Photo courtesy of the  
American Diabetes Association.

### Additional ideas for non-perishable food items:

#### Canned Black Beans:

- Sprinkle drained and rinsed black beans as the protein on a salad.
- Replace half the meat in a recipe with canned beans to save on money and calories and add more fiber.

#### Dry Oatmeal:

- Add a handful of dry oatmeal to a fruit smoothie to increase dietary fiber intake.

#### Canned Chicken:

- Chicken salad recipe:
  - o Canned chicken
  - o Diced red onion and celery
  - o Handful of grapes diced
  - o 2-4 tbsp of mayo or plain Greek yogurt

#### Canned Fruit

- Top on cottage cheese, oatmeal or salad

#### Canned Tuna:

- Upgrade your tuna salad sandwich to a tuna melt! Use low-carb bread, add 1 tbsp pesto to the tuna salad and a slice of cheese before grilling. Serve with a side salad.
- Looking for a no-cook meal? Just rinse and drain the canned tuna and add to a salad.

#### Peanut Butter

- Peanut butter bites recipe (low-carb dessert)
  - o 1/3 cup low calorie sugar blend such as Splenda sugar blend
  - o 1/3 cup skim milk
  - o 1/2 cup peanut butter
  - o 1 tsp vanilla extract
  - o 2 cups old fashioned rolled oats
  - o 3 tsp mini chocolate chips

#### Dried Lentils

- Replace meat in a recipe with lentils or use half meat and half lentils.

For more information about the *Food as Medicine* program, click the QR code below or go to:

[www.winonahealth.org/FAM](http://www.winonahealth.org/FAM)



**Need help? Call 507.453.3749**