

Blue Cross[®] VIRTUAL WELL-BEING



Blue Cross
Blue Shield
Blue Care Network
of Michigan

Hummus

Ingredients

1 can (16oz.) organic chickpeas
1/8 cup of tahini mixed well
Juice of 2 ripe lemons
1 clove garlic, crushed
2 or 3 turns of a sea salt grinder
Olive oil

Directions

Blend first five ingredients in your food processor (or blender) while drizzling small amounts of olive oil until smooth and creamy.



Homemade Chicken Patties

Ingredients

- 1 to 2 pounds chicken breast, tenders or thighs thawed
- 1 tablespoon paprika
- 1 table spoon smoked paprika (optional)
- 1 tablespoon chipotle seasoning (optional)
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 tablespoon Italian seasoning
- 1 teaspoon of sea salt
- 1 teaspoon pepper
- 1 tablespoon extra-virgin olive oil, coconut oil or avocado oil

Directions

1. Place $\frac{1}{4}$ to $\frac{1}{2}$ the thawed chicken into a food processor or blender depending on how big your machine is.
2. Blend chicken until there are no chunks of chicken and the chicken is like a paste.
3. Place the seasonings into the blender and mix until all the ingredients are well incorporated. Place the ingredients into a big bowl.
4. Turn on the stove to medium-high to warm up your cooking pan. Place olive oil in the cooking pan.
5. Form the chicken into 1-inch thick patties.
6. Place 2 to 3 patties into the cooking pan. Cook the chicken patties until they're cooked through. They will turn a white color. Feel free to use a meat thermometer to check temp.
7. Patties can be stored in an airtight freezer container or food storage container to save for later.



Homemade Mayonnaise

Ingredients

- 1 large yolk
- ¼ teaspoon salt
- 1 ½ teaspoon lemon juice or white vinegar
- ¾ cup olive oil (not extra-virgin olive oil)
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- 1 teaspoon dried parsley (or 1 tablespoon fresh)
- 1 teaspoon dried dill (or 2 tablespoon fresh)
- Sea salt and black pepper, to taste

Instructions

1. Place all ingredients but the olive oil into the blender.
2. Blend together until the egg emulsifies about 30 seconds to 1 minute.
3. Then slowly add the oil and it will thicken. Enjoy!

Roasted Veggie Tacos

Ingredients

1 can of chickpeas
2 sweet potatoes, diced
1 head of cauliflower, broken into small pieces
1 onion, diced
Barbecue or taco sauce

Directions

1. Pre-heat oven to 425 degrees F.
2. Place vegetables on a 9-by-11 sheet pan. Lightly coat with olive oil and sprinkle with salt and pepper. Toss to coat all the vegetables.
3. Roast for 15 minutes.
4. Toss with a little barbecue or taco sauce and roast again for 5 minutes.
5. Fill a tortilla with the veggies. Add cheese, salsa or other toppings based on your tastes.



Sweet Potato and Kale Hash

Ingredients

2 tablespoons olive oil
1 tablespoon minced garlic
1 large sweet potato, peeled
1 red pepper, finely diced
1/2 yellow onion, finely diced
4 chicken sausages, precooked
4 cups chopped kale, stems removed
salt and pepper, to taste
2 tablespoons balsamic vinegar

Directions

1. Place 1 tablespoon of olive oil in a nonstick skillet and heat over medium-high heat.
2. Prepare your sweet potato hash browns by grating your sweet potato with a cheese grater.
3. Add in the sweet potato hash, onion, garlic, red pepper and sliced chicken sausages to the skillet. Sauté for about 5 to 7 minutes or until onions become translucent.
4. Add in kale and a tablespoon more of olive oil and sauté until kale has wilted and reached desired texture.
5. Season with salt and pepper and then add in 2 tablespoons of balsamic vinegar.