

# Blue Cross<sup>®</sup> 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.