



# Acorn Squash and Roasted Garlic Hummus

## Squash Ingredients

- 1 small acorn squash, halved vertically and seeded
- 1 head garlic, cut in half horizontally

## Hummus Ingredients

- |   |                                |
|---|--------------------------------|
| 2 cups cooked chickpeas                         | 2 tablespoons water            |
| 1 cup mashed, roasted acorn squash (from above) | 1 tablespoon pure maple syrup  |
| ½ head roasted garlic (from above)              | ½ teaspoon sea salt            |
| 2 tablespoons balsamic vinegar                  | 1 teaspoon ground cumin        |
| 2 tablespoons extra-virgin olive oil            | ½ teaspoon ground black pepper |
| 2 tablespoons tahini                            | ¼ teaspoon ground cinnamon     |

## Directions

To roast squash and garlic: preheat oven to 350°F. Line a large baking sheet with parchment paper. Place squash flesh-side down on parchment. Place garlic in a piece of foil and bunch up into a ball. Set on baking sheet beside squash. Roast for 1 hour, until squash is tender and garlic is fragrant. Cool until you can handle it comfortably. Mash squash and measure out 1 cup. Squeeze half of the garlic out, leaving the papery skin behind.

To make the hummus: add all ingredients, including the roasted squash and garlic from above, to a food processor. Purée until smooth for about 1 to 2 minutes. Transfer to a bowl and eat immediately.

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## Nutrition Facts

Makes 2½ to 3 cups

<b>Calories</b>	500
<b>Total Fat</b>	26g
Saturated Fat	4.5g
<b>Cholesterol</b>	100mg
<b>Sodium</b>	580mg
<b>Total Carbohydrates</b>	33g
Dietary Fiber	2g
Sugar	15g
<b>Protein</b>	36g



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# Chocolatey Beet Brownies

## Ingredients:

- 1 c. all purpose flour
- ¼ c. cocoa powder
- 1½ c. dark chocolate chips
- ¼ c. avocado oil
- 3 eggs
- ⅔ c. sugar
- 2 tsp. vanilla extract
- 2 c. peeled and grated raw beets

## Directions

Preheat oven to 325 degrees Fahrenheit. Whisk flour with cocoa powder and salt in medium bowl. In a microwave safe bowl, melt chocolate chips, about 1 minute or until melted. Stir in avocado oil until smooth. In a large bowl, whisk eggs with sugar and vanilla extract. Add chocolate mixture and whisk to combine. Fold flour mixture into the chocolate mixture; then fold in grated beets until just combined. Scrape into greased 8x8 metal baking pan. Bake for 45-50 minutes, or until an inserted toothpick comes out clean. Cool before cutting.

## Nutrition Facts

12 servings

<b>Calories</b>	300
<b>Total Fat</b>	15g
Saturated Fat	7g
<b>Cholesterol</b>	45mg
<b>Sodium</b>	45mg
<b>Total Carbohydrates</b>	40g
Dietary Fiber	2g
Sugar	29g
<b>Protein</b>	5g

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# Crunchy Brussels Sprout Salad

## Ingredients

### Salad:

- 6 strips turkey bacon
- 1 pound Brussels sprouts, shredded/chopped fine
- 1 green apple, diced
- 1 lemon, juiced
- $\frac{3}{4}$  cup carrots, shredded/grated
- $\frac{1}{3}$  cup dried cranberries
- $\frac{1}{4}$  cup red onion, minced
- $\frac{1}{4}$  cup sunflower seeds, roasted

### Maple Balsamic Dressing:

- $\frac{1}{4}$  cup balsamic vinegar
- $\frac{1}{2}$  cup olive oil
- 1 tablespoon whole grain mustard
- 1 tablespoon maple syrup
- Salt and pepper

## Directions

1. Fry the bacon, and set aside to cool on a plate with paper towels.
2. Cut off the bottoms of the Brussels sprouts, then slice them in half. Lay them flat side down on the cutting board. Use a sharp knife to slice them into thin pieces. Chop the rest of the fruit and vegetables.
3. Place the Brussels sprouts and all of the other salad ingredients in a large bowl. Toss together.
4. Make the salad dressing and drizzle on about one third of it into the salad. Toss it all together. If more dressing is needed, add it slowly.
5. Refrigerate the salad for one hour to let the flavors come together.

## Nutrition Facts

Serves 8

<b>Calories</b>	240
<b>Total Fat</b>	18g
Saturated Fat	3g
<b>Cholesterol</b>	10mg
<b>Sodium</b>	210mg
<b>Total Carbohydrates</b>	18g
Dietary Fiber	4g
Sugar	10g
<b>Protein</b>	4g

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# Curried Red Lentil Soup

## Ingredients

3 teaspoons coconut oil  
1 yellow onion, diced  
1 teaspoon ginger, minced  
5 cloves of garlic, minced  
2 large carrots, diced  
1 large potato, peeled and diced  
3 cups of kale  
3 teaspoons curry powder  
Salt and pepper to taste  
2 cups red lentils  
1 can (13.5 oz) full fat coconut milk  
4 cups of water

## Spiced cashews

2 teaspoons coconut oil  
 $\frac{3}{4}$  cup cashews  
2 teaspoons sesame seeds  
1 teaspoon coriander  
 $\frac{1}{2}$  teaspoon crushed red pepper flakes  
Salt and pepper to taste  
1 teaspoon sugar

## Nutrition Facts

8 Servings per batch

<b>Calories</b>	340
<b>Total Fat</b>	11g
Saturated Fat	4.5g
<b>Cholesterol</b>	0mg
<b>Sodium</b>	40mg
<b>Total Carbohydrates</b>	44g
Dietary Fiber	9g
Sugar	5g
<b>Protein</b>	17g

## Directions

1. In a large pot over medium heat add the oil, onion, ginger, and garlic. Cook stirring until onions are lucid—about five minutes. Add carrots, potatoes, kale, curry powder, salt and peeper to taste, and cook until kale is wilted—about two minutes.
2. Add lentils, coconut milk, and water. Bring to a simmer and reduce to medium heat. Cook covered, stirring frequently, until lentils are soft and potatoes are tender—about 20 minutes.
3. While soup is cooking make spiced cashews. In a skillet over medium heat add the oil and cashews. Cook until slightly golden—about 6-8 minutes. Add in all remaining ingredients and stir until fragrant—about 2 minutes.
4. Garnish soup with spiced cashews, mint, thyme, or lemon zest.

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# Energy Bites

## Ingredients

- 1 cup oats
- $\frac{2}{3}$  cup coconut flakes
- $\frac{1}{2}$  cup ground flax seeds
- $\frac{1}{2}$  cup honey or agave
- $\frac{1}{2}$  cup peanut butter
- $\frac{1}{3}$  cup semi-sweet mini chocolate chips
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract

Combine all ingredients in a medium-sized bowl (this may take some muscle because the batter is very sticky). Cover and place bowl in the freezer or refrigerator for approximately 30 minutes (this will make it easier to roll the batter into balls). Roll batter into 24 bite-sized balls. For maximum freshness, store in refrigerator until ready to eat.

## Nutrition Facts

Serves 12 (serving size: 2)

<b>Calories</b>	90
<b>Total Fat</b>	4.5g
Saturated Fat	3g
<b>Cholesterol</b>	15mg
<b>Sodium</b>	310mg
<b>Total Carbohydrates</b>	6g
Dietary Fiber	0g
Sugar	2g
<b>Protein</b>	4g

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# Fruit Skewers with Apple Cinnamon Dipping Sauce

## Ingredients

- ½ cup vanilla Greek yogurt
- 2 Tablespoons applesauce
- ⅛ teaspoon almond extract
- ⅛ teaspoon ground cinnamon
- 1 cup seedless grapes
- 1 cup fresh strawberries
- 1 cup apple chunks
- 1 cup pineapple chunks
- 8 wooden skewers

## Nutrition Facts

Serves 4

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<b>Calories</b>	40
<b>Total Fat</b>	5g
<b>Sodium</b>	6mg
<b>Total Carbohydrates</b>	12g
Dietary Fiber	1.5g
Sugar	7g
<b>Protein</b>	1.5g

## Directions

Stir yogurt, applesauce, almond extract, and cinnamon together in a bowl for dipping sauce. Thread grapes, strawberries, apple chunks, and pineapple alternatively onto skewers. Arrange on a plate and serve with dipping sauce.

*With this recipe, sticking to proper portion size is key if you are watching your carbohydrate intake. While fruit is packed full of vitamins, minerals, and fiber, it does contain carbohydrates, and should not be eaten at an unlimited volume.*

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# Holiday Honeycrisp Salad with Apple Cider Vinaigrette

## Salad Ingredients

3 medium Honeycrisp apples  
(about 1 pound), thinly sliced  
12 ounces salad greens  
(of your choice)  
1 cup pecan halves, toasted  
 $\frac{3}{4}$  cup dried cranberries  
4 ounces crumbled blue  
cheese  
juice of  $\frac{1}{2}$  lemon

## Vinaigrette Ingredients

$\frac{1}{2}$  cup extra-virgin olive oil  
 $\frac{1}{4}$  cup apple cider vinegar  
 $\frac{1}{4}$  cup unsweetened apple  
juice or apple cider  
2-3 tablespoons of honey  
1 tablespoon lemon juice  
 $\frac{1}{2}$  teaspoon salt  
freshly ground black  
pepper, to taste

## Nutrition Facts

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<b>Calories</b>	320
<b>Total Fat</b>	23g
Saturated Fat	4.5g
<b>Cholesterol</b>	10mg
<b>Sodium</b>	290mg
<b>Total Carbohydrates</b>	26g
Dietary Fiber	4g
Sugar	20g
<b>Protein</b>	5g

## Directions

To prepare the apple cider vinaigrette, measure the oil, apple cider vinegar, apple juice/cider, honey, lemon juice, salt, and pepper into a bowl; whisk until blended. Place the apple slices in a large plastic bag and squeeze the fresh lemon juice over them. Close the bag and shake to coat. In a large salad bowl, layer the salad greens, apple slices, pecans, dried cranberries, and blue cheese. Just before serving, dress with desired amount of apple cider vinaigrette and toss until ingredients are evenly coated.

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# Honey Roasted Butternut Squash with Cranberries and Feta

## Ingredients

- 1 large butternut squash
- A hearty drizzle of olive oil (1–2 T)
- Salt, pepper, and garlic powder
- 2 cups of fresh cranberries
- 2–3 Tablespoons of honey
- ¼ cup of feta cheese
- Ground cinnamon to taste
- Fresh or dried parsley to taste

## Nutrition Facts

Serves 4

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<b>Calories</b>	225
<b>Total Fat</b>	9g
<b>Sodium</b>	385mg
<b>Total Carbohydrates</b>	37g
Dietary Fiber	5g
Sugar	17g
<b>Protein</b>	3g

## Directions

Pre-heat oven to 400°. Lightly drizzle baking sheet with olive oil. Add cubed squash to the sheet along with another drizzle of olive oil. Sprinkle with a light layer of salt, pepper, and garlic powder, based on preference. Roast for 25 minutes on the center rack. At the 25 minute mark, pull out the oven rack, and add your fresh cranberries to the roasting pan. Return to the oven for 10–15 minutes or until cranberries have started to soften and burst a bit, resembling really juicy Craisins® vs. fresh, firm cranberries. Remove from the oven and add a sprinkle of cinnamon, feta, and honey. Garnish with parsley for a burst of color and dig in while it's hot!

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# Pumpkin Roll

## Ingredients

¾ cup all purpose flour	2 eggs
1 tablespoon + 1 tsp pumpkin pie spice, divided	1¼ cup nonfat Greek yogurt, divided
1 teaspoon baking powder	½ cup granulated sugar
½ teaspoon baking soda	9 tablespoons powdered erythritol or other powdered sugar alternative
pinch of salt	4 oz. cream cheese (1/3 fat cream cheese)
⅔ cup pumpkin puree	

## Directions

1. Preheat oven to 375° F and grease a 15"x10" jelly-roll pan.
2. In a bowl, combine flour, 1 tablespoon pumpkin pie spice, baking powder, baking soda, and salt.
3. In a separate bowl whisk together eggs, pumpkin puree, 1/4 cup Greek yogurt, and granulated sugar.
4. Stir in flour mixture to the wet ingredients.
5. Spread cake batter evenly on jelly-roll pan and bake for 12-14 minutes.
6. During baking, sprinkle 3 tablespoons of powdered sweetener onto a clean dishcloth.
7. When cake is done, loosen edges and turn cake over onto dish towel. Roll the cake tightly and allow to cool for 1 hour.
8. During cooling, mix cream cheese, 6 tablespoons of powdered sweetener, 1 cup of Greek yogurt, and 1 tsp pumpkin pie spice until smooth.
9. When cake is cooled, spread filling evenly over the cake and carefully roll cake back up.

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## Nutrition Facts

10 servings

<b>Calories</b>	140
<b>Total Fat</b>	2g
Saturated Fat	1.5g
<b>Cholesterol</b>	10mg
<b>Sodium</b>	130mg
<b>Total Carbohydrates</b>	26g
Dietary Fiber	1g
Sugar	10g
Added Sugar	10g
<b>Protein</b>	5g





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# Raw Turnip Salad with Dijon Vinaigrette

## Salad

- 3 medium turnips,  
peeled and grated
- 3 medium carrots,  
peeled and grated
- ½ cup parsley, chopped
- ¼ cup scallions, chopped
- ½ cup sunflower seeds
- ½ cup pumpkin seeds

## Dressing

- ⅓ cup olive oil
- 2 tablespoons apple  
cider vinegar
- 1 clove garlic, minced
- 1 teaspoon Dijon mustard
- Pinch dried parsley
- Pinch dried thyme

## Nutrition Facts

5 servings

<b>Calories</b>	310
<b>Total Fat</b>	27g
Saturated Fat	4g
<b>Cholesterol</b>	0mg
<b>Sodium</b>	140mg
<b>Total Carbohydrates</b>	15g
Dietary Fiber	5g
Sugar	6g
<b>Protein</b>	7g

## Directions

1. Place all salad ingredients into a large bowl.
2. In a separate bowl, combine dressing ingredients, whisking vigorously to blend.
3. Add dressing to salad mixture; toss to coat evenly. Serve immediately, or refrigerate and serve chilled.

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# Roasted Rosemary and Garlic Chicken

## Ingredients

- 1 (3½ to 4 pounds) whole chicken, raw with skin
- ¼ cup stone-ground mustard
- 3 large garlic cloves, minced
- 1½ tablespoons chopped fresh or
- 1½ teaspoons dried rosemary

## Directions

1. Preheat oven to 375 degrees.
2. Rinse chicken with cold water. Pat dry with a paper towel. Place chicken, breast side up, on a rack in a shallow foil-lined roasting pan or broiler pan. Starting at neck cavity of chicken, loosen skin from breast and drumsticks by inserting fingers between skin and meat, pushing gently. Combine mustard, garlic, and rosemary. Rub under loosened skin, and rub over breast and drumsticks.
3. Bake at 375 degrees for 1 hour and 10 minutes or until internal temperature of thigh is 175 degrees. Transfer the chicken to a carving board; let stand for 5-10 minutes (temperature will rise to 180 degrees). Carve chicken; transfer to serving plates.

## Nutrition Facts

Serves 8

<b>Calories</b>	270
<b>Total Fat</b>	7g
Saturated Fat	2g
<b>Cholesterol</b>	160mg
<b>Sodium</b>	250mg
<b>Total Carbohydrates</b>	0g
Dietary Fiber	0g
Sugar	0g
<b>Protein</b>	49g

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# Roasted Rosemary Garlic Radishes

## Ingredients

- 3 bunches radishes, washed and quartered
- 1 tablespoon olive oil or avocado oil
- 2 teaspoons fresh rosemary, chopped
- 1 clove garlic, minced
- 2 teaspoons lemon juice
- salt and pepper, to taste

## Directions

Preheat oven to 350°F. In a large bowl, add radishes, olive oil, rosemary, garlic, salt, and pepper. Mix well to combine. Place on a baking sheet lined with parchment paper. Roast for 35 minutes, stirring halfway through. Upon removing radishes from the oven, toss with lemon juice. Enjoy!

## Nutrition Facts

1 serving

<b>Calories</b>	40
<b>Total Fat</b>	2.5g
Saturated Fat	0g
<b>Cholesterol</b>	0mg
<b>Sodium</b>	90mg
<b>Total Carbohydrates</b>	4g
Dietary Fiber	2g
Sugar	2g
<b>Protein</b>	1g





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# Rosemary-Infused Cauliflower Mashed Potatoes

## Ingredients

- |   |  |               |   |
|---|--|---------------|---|
| 2 | lb. white or yellow potatoes, washed, unpeeled, and cut into two-inch pieces | $\frac{3}{4}$ | cup low-fat milk                                      |
| 1 | medium-large head cauliflower, cut into two-inch pieces                      | $\frac{1}{3}$ | cup plain Greek yogurt, optional                      |
| 2 | sprigs rosemary  |               | Kosher salt and freshly ground black pepper, to taste |
| 4 | tablespoons butter   |               |   |

## Directions

Place potatoes and cauliflower in a large pot. Fill pot with water, just enough to cover the potatoes and cauliflower. Top with the rosemary sprigs. Bring to a boil, cover, and simmer for 20 minutes (or until potatoes are fork tender). Remove from heat. Remove and discard rosemary sprigs. Drain potatoes and cauliflower then return to pot. Add the butter and use an electric mixer to mash and blend the vegetables and butter until the butter is melted. Add the milk and continue mixing until well combined. For a creamier texture blend in plain Greek yogurt. Add salt to taste. Serve garnish with parsley and pepper, if desired.

## Nutrition Facts

8 servings

<b>Calories</b>	160
<b>Total Fat</b>	6g
Saturated Fat	4g
<b>Cholesterol</b>	15mg
<b>Sodium</b>	55mg
<b>Total Carbohydrates</b>	23g
Dietary Fiber	4g
Sugar	4g
<b>Protein</b>	5g

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# Sweet Potato Ginger Soup

## Ingredients

- 4 lbs. sweet potatoes, peeled and chunked
- 1 2-inch piece of ginger, shredded
- 2 onions, roughly chopped
- 2 Tablespoons of olive oil
- ½ Tablespoon of garlic
- 3 cups of vegetable broth
- 1½ cups of water
- 1 teaspoon of salt
- ½ teaspoon of pepper

## Directions

Sauté onions and garlic in olive oil. Add sweet potatoes and stir about 10–15 minutes. Add broth and water. Bring to a boil and simmer for 30 minutes. Purée and add salt and pepper. Stir in ginger to taste.

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## Nutrition Facts

Serves 6–8

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<b>Calories</b>	225
<b>Total Fat</b>	7g
<b>Sodium</b>	140mg
<b>Total Carbohydrates</b>	38g
Dietary Fiber	6g
Sugar	10g
<b>Protein</b>	3.5g



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# Vegetarian Lentil Tortilla Soup

## Ingredients

1	small onion, diced	15	oz. can black beans (drained/rinsed)
1	TBSP canola oil	15	oz. can pinto beans (drained/rinsed)
1	orange bell pepper, diced	1	cup corn (drained/rinsed)
2	jalapeno peppers, diced	1	cup dried lentils
2½	cups low-sodium vegetable broth	1	tsp. chili powder
15	oz. canned crushed tomatoes	1	tsp. garlic powder
½	cup salsa	½	tsp. cumin
1	TBSP tomato paste	¼	cup half and half*
			Add salt and pepper to taste

## Directions

1. Bring a large pot to medium heat and add canola oil.
2. Add onion to the pot and saute until edges are golden, then add the bell pepper, jalapeno, and corn. Cook until peppers are tender, approximately five minutes.
3. Next add the vegetable broth, crushed tomatoes, tomato paste, salsa, beans, and spices; stir to mix.
4. Let the mixture come to a boil and add your dried lentils. Once boiling, reduce heat to medium-low and let simmer, covered, for 25-30 minutes.
5. Remove pot from heat and stir in the half and half. Allow to cool for about 5-10 minutes, then scoop out a bowl and add on your favorite toppings! Crushed tortilla chips, sliced jalapenos, tomatoes, salsa, and a sprinkle of cheese make this a hit!

\*Optional: omit for vegan recipe.

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## Nutrition Facts

1 serving

<b>Calories</b>	380
<b>Total Fat</b>	6g
Saturated Fat	1g
<b>Cholesterol</b>	5mg
<b>Sodium</b>	780mg
<b>Total Carbohydrates</b>	63g
Dietary Fiber	22g
Sugar	12g
<b>Protein</b>	20g