



Get Well Stay Well Be Well

Dietitian-Customized Recipes,
Grocery Store Tips, & Meal Prep
Ideas

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Avance Care Cookbook Editorial Committee

The recipes presented here have been adapted and tested by these Avance Care Registered Dietitians.



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Some recipes were modified by our Nutrition Coordinators and reviewed by an Avance Care Registered Dietitian.



Here to help you meet your health goals.

Our team of dietitians work with you one-on-one or in groups to provide you specialized care and education based on your needs and goals. Whether you're living with a gastrointestinal condition, have been recently diagnosed with a chronic disease, are managing diabetes, or just want to learn how to use food to fuel your body well, Avance Care Nutrition is here for you.

Topics Covered in Nutrition Counseling

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- Stress management
- Sleep hygiene
- Physical activity planning
- Food cravings
- Grocery shopping tips
- Sports nutrition
- Pediatric nutrition

Our dietitians are integrated into Avance Care primary care offices, so you can align your total health and wellness journey. We also offer virtual visits. Most health insurances cover counseling services provided by a registered dietitian.

To learn more about Nutrition or request an appointment, [click here](#) or visit avancecare.com/nutrition.



One Pot
and One Pan



Beef and Cauliflower Skillet



4 servings



25 minutes

INGREDIENTS

2 cloves garlic, minced	½ teaspoon oregano
1 tablespoon olive oil	¼ teaspoon salt
½ pound lean ground beef	¼ teaspoon pepper
1 (15-ounce) can black beans	3 cups cauliflower rice (may be frozen)
1 (10-ounce) can diced tomatoes with green chilis	2 ounces cheddar cheese, shredded
1 tablespoon chili powder	1 avocado, diced
1 teaspoon smoked paprika	1 tomato, diced
1 teaspoon cumin	¼ cup red onion, diced

DIRECTIONS

1. Add the minced garlic, olive oil, and ground beef to a large skillet and cook over medium heat until the ground beef is browned, 7 to 10 minutes. If you're using high fat content beef, you may want to drain off the excess fat before the next step.
2. Drain and rinse the can of black beans and add them to the skillet along with the diced tomatoes with green chilis (not drained), chili powder, smoked paprika, cumin, oregano, salt, and pepper. Stir and cook until the skillet is simmering.
3. Add the cauliflower rice to the skillet (no need to thaw, if frozen). Continue to stir and cook over medium heat until the cauliflower is tender (about 5 minutes).
4. Top the beef and cauliflower mixture with the shredded cheddar. Place a lid on the skillet, and let it heat over medium for a few minutes, or until the cheese has melted.
5. Once the cheese is melted, top the skillet with the tomato, avocado, and red onion. Serve immediately. Can be stored in refrigerator for up to 3 days.

Classic Pasta



4 servings



30 minutes

This one-pot meal is a simple and fresh dish that has endless variations. Throw in additional vegetables, shredded rotisserie chicken, chickpeas, or crumbled sausage to make it adaptable. A great addition to your weeknight rotation and a way to use up any leftover vegetables in the fridge.

INGREDIENTS

8 ounces whole-wheat rotini (or substitute chickpea/lentil pasta), uncooked
1 cup water
2 cups low-sodium broth (chicken or vegetable)
1 (15-ounce) can no-salt-added diced tomatoes, including liquid
2 tablespoons extra-virgin olive oil
1 ½ teaspoons Italian seasoning
½ teaspoon onion powder
½ teaspoon garlic powder
½ teaspoon salt
¼ teaspoon crushed red pepper
6 cups baby kale or baby spinach
½ cup basil, slivered
Any additional vegetables or shredded protein, optional
Grated parmesan cheese for garnish



DIRECTIONS

1. Combine pasta, water, broth, tomatoes, oil, Italian seasoning, onion powder, garlic powder, salt and crushed red pepper in a large pot.
2. Cover and bring to a boil over high heat.
3. Uncover, reduce heat to medium-high and cook, stirring frequently, for 10 minutes.
4. Stir in kale and cook, stirring often, until most of the liquid has been absorbed, 5 to 7 minutes more. If using spinach, add it after about 10 minutes so it cooks in the remaining 2 to 3 minutes.
5. Stir in basil.
6. Stir in other pre-cooked vegetables or protein, if using.
7. Garnish with parmesan, if desired. Store in the refrigerator up to one week.

Unstuffed Egg Roll



4 servings



30 minutes

Try this unstuffed eggroll dish for a twist on an Asian favorite. Enjoy the flavor profile of an eggroll with less carbohydrates and sodium. This dish works well for meal prep or reheated for a quick lunch or dinner option.

INGREDIENTS

- | | |
|----------------------------------|--|
| 1 pound lean ground pork | 1 (16-ounce) bag packaged coleslaw mix |
| ½ teaspoon black pepper, divided | 2 tablespoons low-sodium soy sauce |
| 1 teaspoon garlic powder | 1 teaspoon ground ginger |
| 1 tablespoon olive oil | 3 green onions, sliced |
| 1 clove garlic, minced | |

DIRECTIONS

1. Season the pork with ¼ teaspoon black pepper and the garlic powder. Cook the pork in a large skillet over medium-high heat until completely cooked. Drain fat. Remove pork from the pan and set aside.
2. Heat the olive oil over medium-high heat in the same skillet and add garlic. Saute for 30 seconds, until garlic is fragrant.
3. Add the coleslaw, soy sauce, ginger and remaining ¼ teaspoon pepper. Cook for 6 minutes, stirring frequently until coleslaw is soft. Add the pork back to the pan and top with green onions. Heat for 1-2 minutes.
4. Can be served over brown rice or cauliflower rice. Store leftovers in the refrigerator for up to 4 days.

Nutrition Information: Serving Size: 1 ½ cups | Calories: 214, Fat: 8g, Protein: 26g, Carbohydrates: 9.5g, Fiber: 3g, Sodium: 378mg
Adapted from: https://www.diabetesfoodhub.org/recipes/unstuffed-eggroll.html?home-category_id=20



Chicken Biryani



4 servings



50 minutes

Enjoy all the flavors and seasonings of this traditional Indian dish with the convenience of cooking it all in one pot, with more fiber and nutrient value. Swapping out some of the white rice with cauliflower rice helps preserve texture while adding nutritional fiber.

INGREDIENTS

½ cup long grain basmati rice	½ cup cilantro, finely chopped
¾ cup cauliflower rice, frozen	1 tablespoon olive oil
1 pound boneless, skinless chicken breasts, diced	3 red onions, sliced
¾ cup plain, non-fat Greek yogurt	2 tomatoes, diced
2 tablespoons biryani masala seasoning (can be found on Amazon or at an Indian grocery store)	2 garlic cloves, minced
½ lemon, juiced	1 jalapeno, diced
½ cup mint, finely chopped	1 ½ cups hot water
	Salt, to taste

DIRECTIONS

1. Soak the rice and cauliflower rice in a bowl with enough warm water to just cover them. Set aside.
2. In a medium mixing bowl, add chicken, yogurt, masala, lemon juice, and some of the mint and coriander leaves. Season with a dash of salt. Mix thoroughly and set aside to marinate.
3. Heat oil in a large Dutch oven or large pot on medium high heat. Add the onion and sauté for 8 to 10 minutes or until caramelized.
4. Add the tomatoes, garlic, jalapeno, and marinated chicken to the pot. Cook on medium high heat for about 10 minutes.
5. Drain the water from the rice completely and add to the chicken mixture. Stir to combine.
6. Mix in the hot water, remaining mint, and cilantro. Bring to a boil for about 5 minutes, and then lower heat to simmer uncovered for 20 minutes.
7. Check that rice and chicken are fully cooked – rice should be soft and there should be no pink in the center of the chicken. Serve immediately with a side of plain Greek yogurt.



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At Avance Care, we offer comprehensive, personalized care for your body, mind, and lifestyle. We believe every care plan should be personalized to you, consider your own health goals, and take into account your mental health and unique lifestyle. Our comprehensive services allow you to get all the care you need to support your total health - all in one place, and for the entire family.

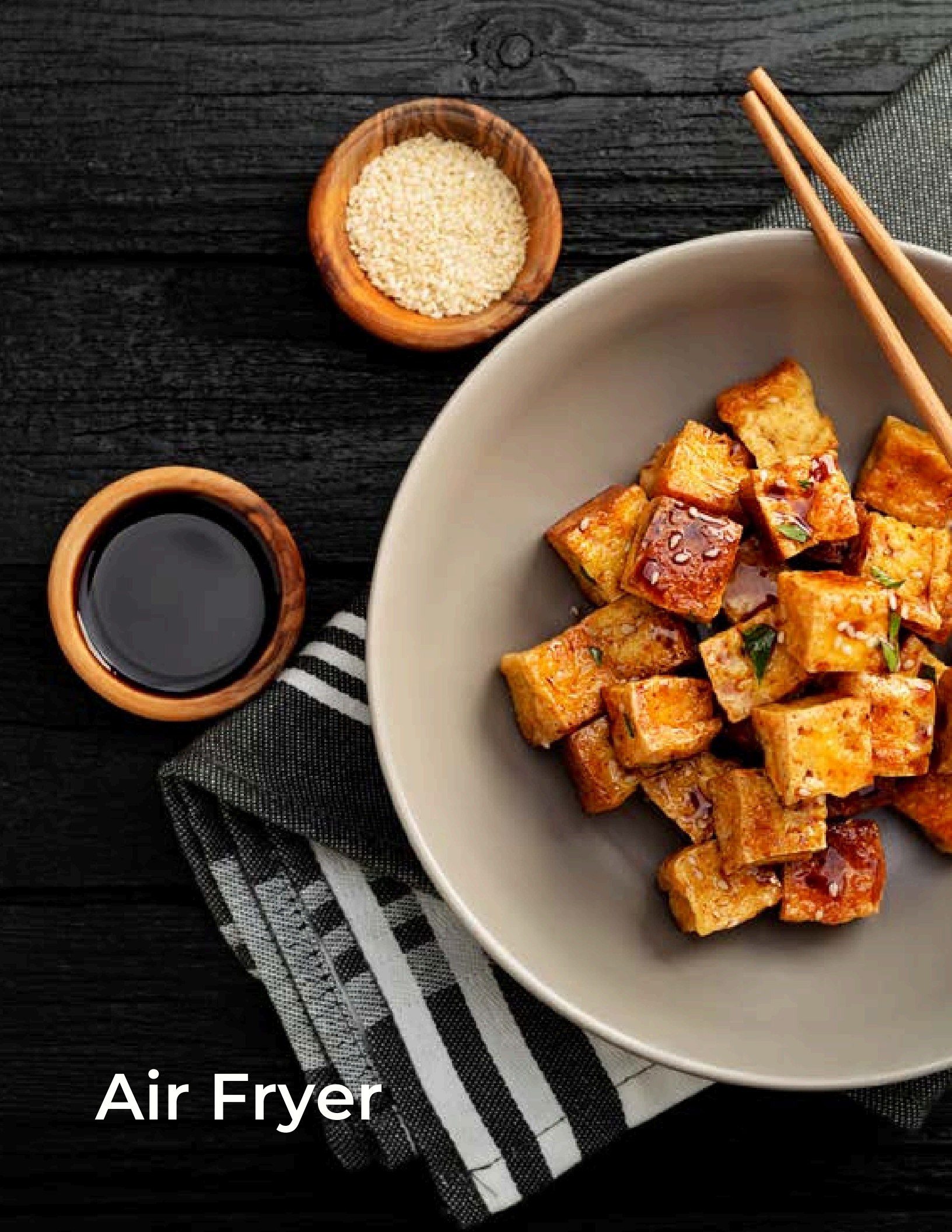
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To find a location near you and schedule an appointment, visit avancecare.com.





Air Fryer



Homemade Bagels



4 servings



30 minutes

Bagels are a staple breakfast bread but can leave you feeling hungry soon after with their low protein content. These easy, high protein, and great tasting bagels can be made with different seasonings or fruits every time you make them.

INGREDIENTS

1 cup all-purpose or whole wheat flour
2 teaspoons baking powder
½ teaspoon salt
1 cup non-fat Greek yogurt

1 egg
Cooking spray
Optional: everything bagel seasoning, sesame seeds, cinnamon sugar, blueberries, bananas

DIRECTIONS

1. In a bowl, mix the flour, baking powder and salt until well combined. Add in the yogurt and mix until it looks like small crumbs.
2. Lightly dust a work area with flour. Take the dough from the bowl and knead it on the floured surface. If you are mixing in fruit, add into the dough now. Knead until it is just sticking to your fingers, about 15 to 20 turns.
3. Divide kneaded dough into 4 sections. Roll each section into a rope, about ¾ inch thick. Create the bagel shape by joining the two ends of one rope.
4. In a separate small bowl, beat the egg to use as an egg wash. Brush each bagel with egg wash and sprinkle any preferred seasonings on top.
5. Preheat the air fryer to 280 degrees Fahrenheit. Spray the basket with cooking spray. Transfer 2 bagels, without overcrowding the basket, and bake for 15 minutes or until golden brown. No need to turn them. Repeat with the other two bagels.
6. Let them cool for 15 minutes before cutting. Store by wrapping in plastic and refrigerating for up to 3 days. When freezing, cut each bagel in half and wrap each individually. Can freeze for up to 3 months.

Nutrition Information: Serving Size: 1 bagel (no additional flavors or seasonings) | Calories: 176, Fat: 1.6g, Protein: 12g, Carbohydrates: 28g, Fiber: 1g, Sodium: 552mg | Adapted from: <https://www.skinnytaste.com/easy-bagel-recipe/#recipe>

Sweet Potatoes



4 servings



30 minutes

Wanting a baked sweet potato but do not have 60 to 75 minutes to spare to cook one in the oven?

Air frying your potato speeds up the process but still gives you the same comfort as an oven-baked sweet potato.

This side packs in some extra nutrition with fiber and antioxidants, and you can go savory or sweet with some of the toppings - whatever you, or the entire family, prefers!



INGREDIENTS

2 medium sweet potatoes

Olive oil spray

Optional toppings:

- Butter
- Sour cream
- Cinnamon
- Brown sugar

DIRECTIONS

1. Poke holes all over the sweet potatoes with a fork.
2. Lightly spray each potato with olive oil spray.
3. Place them into the air fryer basket.
4. Air fry at 370 degrees Fahrenheit for 35 to 45 minutes or until fork tender.
5. Serve hot. Cut open and top with your optional toppings.
6. Store in the refrigerator and eat within 3 days. This recipe does not freeze well.



Marinated Tofu



4 servings



25 minutes

Tofu is a source of plant-based protein that is low in saturated fat and contains no cholesterol. This is a quick and easy recipe for meal prep or dinner. Add any steamable bag of veggies and brown rice for a complete and nourishing meal!

INGREDIENTS

1 (14-ounce) package extra-firm tofu, drained
¼ cup reduced-sodium soy sauce
1 tablespoon sesame oil
2 teaspoons minced garlic
1 tablespoon grated ginger

1 teaspoon red chili flakes
Oil spray
Sesame seeds, optional for garnish
Yum yum sauce, optional for garnish

DIRECTIONS

1. Place tofu block between paper towels and press to absorb water. Repeat until tofu is dry, and no more water comes out, for about 1 to 2 minutes. Once dry, slice into 1-inch cubes.
2. In a large bowl, stir together the soy sauce, sesame oil, garlic, ginger, and red chili flakes. Add the tofu and stir to cover. Let it marinate for 10 minutes.
3. Spray the air fryer basket with oil.
4. Transfer the tofu to the air fryer in a single layer and air fry at 370 degrees Fahrenheit, about 10 to 12 minutes. Halfway through, shake the basket so that the other side of the tofu also crisps to a golden brown.
5. Serve immediately and garnish with sesame seeds and yum yum sauce if desired.
6. Store any unused cooked tofu in an airtight container for up to 6 to 7 days. Freezing cooked tofu is not recommended, as it can become a chewier texture.

Nutrition Information: Serving Size: 1 serving | Calories: 179, Fat: 10g, Protein: 17g, Carbohydrates: 4g, Fiber: 0g, Sodium: 565mg
Adapted from: <https://www.skinnytaste.com/sriracha-tofu/>



Lightly Breaded Tex-Mex Fish Tacos



4 servings



25 minutes

Get ready for a flavor fiesta with our air fryer Tex-Mex fish taco recipe! This easy and delicious dish combines the goodness of tender fish with a light crispy coating and bold Tex-Mex flavors, all made effortlessly in the air fryer.

INGREDIENTS

For the slaw

- 1 (12-ounce) bag of broccoli slaw
- ½ medium red onion, sliced thinly
- ⅓ cup cilantro, chopped
- 3 tablespoons light mayonnaise
- 2 tablespoons lime juice, about 1 lime
- 1 tablespoon black pepper
- 1 teaspoon garlic powder
- ½ teaspoon sugar
- ¼ teaspoon salt
- ½ teaspoon red pepper
- ½ teaspoon paprika

For the fish

- 2 large tilapia filets
- 2 teaspoons olive oil
- ¼ cup panko breadcrumbs
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- ½ teaspoon cumin
- For taco assembly:
 - 8 medium corn tortillas
 - Optional: Lime juice, chipotle ranch

DIRECTIONS

1. In a medium mixing bowl, prepare the homemade coleslaw by combining the broccoli slaw, red onion, cilantro, light mayonnaise, lime juice, and spices. Set aside for flavors to meld while you prepare the fish.
2. Pat each filet with a paper towel to get rid of extra liquid. Slice each fish into 8 pieces, once in half, and then into quarters. Place the fish into a small mixing bowl, add the olive oil, breadcrumbs and spices and lightly mix until evenly coated.
3. Place aluminum foil or wax paper on bottom of air fryer, place half of the fish mixture into the basket and spread out evenly. Air fry for 8 to 10 minutes, flipping halfway for even frying. Do this again for the second batch.
4. Once the fish is cooked and ready, dampen a paper towel with water and lightly press in between your hands to get rid of the extra liquid. Wrap your stack of tortillas in the wet paper towel and place in the microwave for 30 to 45 seconds until warmed, flipping halfway.
5. Prepare each taco by placing 2 slices of the lightly breaded fish inside and top with a 1/3 cup of coleslaw. Lime juice and chipotle ranch toppings are optional. The fish and slaw can be stored in separate airtight containers for 2 to 3 days. It is best to not freeze them.

Experience 5-Star Primary Care.

9 out of 10 patients would recommend Avance Care to their family and friends.*

At Avance Care, we believe your care should be personal, comprehensive, and expert-level. During every appointment, we want to be sure you feel heard, cared for, and confident that your care and treatment plan will help you reach your own health goals.

“From the moment I stepped into the clinic, I felt welcomed and valued as a patient. Avance Care Apex demonstrates a genuine interest in my health and well-being. They take the time to listen attentively to my concerns, thoroughly explain diagnoses and treatment options, and involve me in decision-making about my healthcare journey. Their expertise in primary care is evident in their meticulous attention to detail during examinations and their ability to address even the most complex medical issues with confidence and compassion.

[Read More.](#)



“Dr Vomer and Avance Care is exactly what Wilmington needs as it relates a healthcare entity really

caring for their patient population. The staff is amazing in providing a welcoming environment tailored to meeting your needs. Being a resident here for the past 14 years, I have yet to find this level of personalized care coupled with a rehab plan designed to get me living pain free and enjoying life as it is meant to be!!! Thank you all at Avance!!! [Read More.](#)



“Dr. Hutchings and Melissa are my dream team in healthcare.

They both go above and beyond to make me feel welcome and cared for. What truly sets Dr. Hutchings and Melissa apart is their ability to listen intently to any concern and address them with compassion and patience. And I can always count on a follow up call to any pending items. The confidence I feel in any treatment plan presented by Dr. Hutchings is priceless. He makes me feel comfortable and confident in the care that I receive, I never feel rushed during any appointments and both always take the time to ensure all my questions are answered. [Read More.](#)



*Based on previous 12 months patient survey data as of April 2024.



5 Ingredients
or Less



Summer Smoothie with Cherries and Chia



2 servings



15 minutes

Smoothies are a wonderful way to cool down on hot summer days. With only four ingredients, this is a quick option for breakfast or a snack. If you are using it as a meal option, consider adding a scoop of your favorite protein powder. This smoothie is high in potassium, vitamin C and fiber, making it a nutrient dense treat.

INGREDIENTS

1 ½ cups unsweetened vanilla almond milk,
divided

2 tablespoons chia seeds

2 cups frozen cherries

1 banana

DIRECTIONS

1. Place $\frac{3}{4}$ cup of the almond milk in a bowl and add the chia seeds. Set aside to soak for 10 minutes.
2. While the chia seeds are soaking, add the rest of the almond milk, cherries, and banana to a blender. Blend until smooth.
3. Once the chia seeds have soaked for 10 minutes, add them to the blender with the rest of the ingredients. Blend again until smooth. Serve and enjoy!

Nutrition Information: Serving Size: 1 smoothie | Calories: 216, Fat: 5g, Protein: 5g, Carbohydrates: 31g, Fiber: 8g, Sodium: 131mg

Adapted from: <https://theyummyclub.com/2019/01/22/cherry-chia-smoothie/>

Peanut Butter and Jelly Oatmeal Cookies



8 servings



25 minutes

These peanut butter and jelly oatmeal cookies make a tasty and balanced snack. With only five ingredients, they are so easy to make.

Great for a pre-workout snack or a delicious energy boost in between meals.



INGREDIENTS

Non-stick cooking spray
2 medium ripe bananas, mashed
2 tablespoons peanut butter
1 cup uncooked quick or rolled oats
4 teaspoons jelly of choice

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit. Spray a non-stick cookie sheet with cooking spray.
2. Combine the mashed bananas and peanut butter in a medium bowl.
3. Add the oats and mix until thoroughly combined.
4. Place batter by tablespoons (little more than level) on the cookie sheet, indenting the cookie with the back of the measuring spoon. Repeat until the batter is gone. Should make about 16 cookies.
5. Bake for 15 minutes until golden. Remove from oven and top each with 1/4 teaspoon of jelly.
6. These cookies taste best if served right away but can be kept frozen for 2 weeks. Reheat a few in the microwave for 40 seconds, then serve.



Whipped Cottage Cheese Dip



3 servings



5 minutes

It can be difficult to find a dip that is creamy and low in fat to pair with vegetables or chips. This easy dip uses only 5 ingredients blended for a creamy side that is packed with protein. You can change up the seasonings for assorted flavors such as taco seasoning for a Mexican style dip or ranch seasoning.

INGREDIENTS

2 cups low-fat cottage cheese
1 teaspoon onion powder
1 ½ teaspoons garlic powder

3 teaspoons dried dill
¼ teaspoon kosher salt

DIRECTIONS

1. Add all ingredients into a food processor and blend until smooth, about 1 minute. Scrape the sides of the bowl and blend for another 30 seconds.
2. Taste, add additional salt if needed.
3. Refrigerate dip until ready to serve. Leftovers can be stored in the refrigerator for up to 1 week. This dip does not freeze.

Nutrition Information: Serving Size: 1/3 of recipe | Calories: 131, Fat: 3.4g, Protein: 18g, Carbohydrates: 9g, Fiber: 0.4g, Sodium: 667mg | Adapted from: <https://www.acouplecooks.com/cottage-cheese-dip/>



Spring Quinoa Salad



6 servings



20 minutes

A quick, nutritious, and light dinner salad that can be eaten as a main dish or a side dish. Very easy to toss together and made with fresh ingredients with a citrusy accent. This recipe is free from gluten, nuts, soy, and is also vegan.

INGREDIENTS

Salad

- 1 cup quinoa, uncooked
- 4 medium Roma tomatoes, diced
- 2 medium cucumbers, diced
- 2 large avocados, chopped

Dressing

- ½ cup pickled onions
- 1/3 cup pickled onion juice
- ½ lemon, juiced
- 1 tablespoon olive oil

DIRECTIONS

1. Prepare the quinoa according to the directions on package, place in a large bowl and set aside to cool.
2. Add the tomatoes, cucumbers, and avocados to the quinoa.
3. To prepare the dressing combine the pickled onions, pickled onion juice, lemon juice, and olive oil.
4. Add the dressing to the bowl with the quinoa and toss to coat.
5. Eat immediately or refrigerate the dressing and the salad separately for no more than 4 days.



Southwest Stuffed Sweet Potato



4 servings



1 hour, 15 minutes

Savor the perfect blend of flavors with this southwest stuffed sweet potato recipe. Roasted sweet potatoes serve as a great base, generously filled with black beans, salsa, and an egg to pack a protein punch. Easy to prepare and can be made ahead for any meal, this 5-ingredient recipe is sure to please.

INGREDIENTS

2 large sweet potatoes

½ cup salsa

1 cup low-sodium black beans, rinsed and drained

4 large eggs

1 avocado, sliced

DIRECTIONS

1. Preheat the oven to 400 degrees Fahrenheit. Scrub the potatoes and place them in a single layer on an ungreased baking sheet. Bake until the potatoes are tender and soft inside when pierced with a fork, 50 to 60 minutes depending on the size of the potatoes. Set aside until cool enough to handle.
2. Slice the potatoes in half lengthwise and scoop the insides into a mixing bowl, leaving a ¼ inch-thick border on all sides and the bottom. Add the beans and salsa to the mixing bowl, then mix to combine. Stuff the filling back into the potatoes, dividing evenly among the potato halves. Make a well in the center of each for the egg. To ensure the egg cooks evenly make sure the well is as wide as it is deep.
3. Crack one egg inside each well, then bake for 10 to 15 minutes, until the egg is just set. Serve immediately, topped with the avocado slices.
4. Additional toppings include cheese, sour cream, non-fat Greek yogurt and cilantro. Leftover potatoes can be stored in the refrigerator for up to 4 days.

For a quicker sweet potato prep, check out our [Air Fried Sweet Potatoes](#) recipe on [page 14](#)!



Care for All Ages and Stages

At Avance Care, your child's health and well-being are our top priorities.

We're proud to offer comprehensive pediatric services tailored to meet the unique physical, mental, and emotional needs of every child. From routine check-ups to specialized care, trust us to provide the highest quality medical services, ensuring your child thrives at every stage of development. Welcome to a place where your child's health is nurtured with expertise and care. [Welcome to Avance Care.](#)

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- Pediatric, family and sports nutrition counseling

Find an Avance Care Pediatrician [here](#), or learn more about our comprehensive services for the whole family at avancecare.com.



Pressure Cooker

Chicken and Wild Rice Soup



9 servings



1 hour

This pressure cooker meal is easy to make and packed with a variety of satisfying textures. Although the cook time of this recipe is similar to a standard cook time of a stovetop recipe, it's much easier! The beauty of the pressure cooker is you can set it and forget it!

INGREDIENTS

2 tablespoons butter	8 ounces mushrooms, sliced
1 medium onion, chopped	1 cup wild rice, uncooked
2 large carrots, chopped	1 teaspoon rosemary, dried
3 ribs celery, chopped	1 ½ cups half & half, divided in half
1 bay leaf	1 ½ teaspoons salt
1 teaspoon thyme, dried	½ teaspoon pepper
3 cloves garlic, minced	2 chicken breasts, uncooked
5 cups low-sodium chicken broth	¼ cup flour

DIRECTIONS

1. Turn the pot on to Sauté. Melt the butter and sauté the onions, carrots and celery for a few minutes until softened.
 2. Add the bay leaf, thyme and garlic to pot and cook for 1 minute.
 3. Pour the broth in and stir to combine.
 4. Add the mushrooms, rice, and rosemary. Stir.
 5. Add ¾ cup half & half, salt, and pepper, then stir.
 6. Add the chicken breasts and submerge them in the broth.
 7. Put the lid on the pot and set the steam release knob to the Sealed position. Then cancel the Sauté setting.
 8. Press the Pressure Cook/Manual button or dial and cook on high pressure for 35 minutes.
 9. When the cooking cycle is finished, let the pot sit undisturbed for 15 minutes (15 minute Natural Release). Then manually release the remaining steam/pressure.
 10. Remove the chicken to shred and then add it back into the soup.
 11. Mix the flour and remaining ¾ cup of heavy cream together very well and stir into the hot soup.
 12. Shred the chicken and add it back into the soup. Let sit for a few minutes to thicken.
 13. Remove bay leaf and serve hot. Refrigerate leftovers in an airtight container for up to 3 days.
- *If you are unable to saute in your pressure cooker, do steps 1 through 6 in a pot on the stove and pour into your pressure cooker for step 7.

Shredded Beef



10 servings



2 hours, 40 minutes

This versatile one-pot pressure cooker meal is perfect for any occasion, from a light summer meal to a hearty winter dinner around the table. Serve as a burrito bowl with fresh pico de gallo and cheddar cheese, or on tacos with your choice of toppings. This beef can be stored in the refrigerator for up to a week and frozen for up to 3 months.

INGREDIENTS

2 ½ pounds beef, sirloin cut or roast
1 cup beef broth
1 lime, juiced
1 tablespoon apple cider vinegar
1 tablespoon cumin
2 teaspoons garlic, minced
1 teaspoon onion powder
1 teaspoon smoked paprika
1 tablespoon liquid smoke
1 teaspoon salt



DIRECTIONS

1. Place your beef on a clean cutting board and cut into 2-inch cubes.
2. Add the remaining ingredients to your pressure cooker and stir well to combine. Add the beef to the pressure cooker and ensure the bottom is covered with the broth mixture.
3. Attach the lid and set your pressure cooker to Hi for 2.5 hours.
4. Once the pressure cooker turns off and the pressure is safely released, remove the beef with a straining spoon into a large bowl. Shred your beef apart with two forks (the beef should fall apart for an easy shred). If it is difficult to shred, place back into the pressure cooker for another 30 minutes on HI to further cook the meat.
5. Add as much cooking liquid as you desire to the beef and serve with your toppings of choice to make tacos, burrito bowls, or your dish of preference.



Italian Wedding Soup



6 servings



50 minutes

INGREDIENTS

2 tablespoons olive oil

For the Meatballs

1 pound lean ground meat (beef, turkey, chicken)

1 egg, beaten

½ cup breadcrumbs

¼ cup parmesan cheese

3 cloves garlic, minced

2 tablespoons dried parsley

½ teaspoon salt

½ teaspoon pepper

For the Soup

1 onion, diced

3 stalks celery, finely chopped

2 carrots, finely chopped

4 cloves garlic, minced

6 cups low-sodium chicken broth

1 teaspoon Italian seasoning

½ teaspoon salt

½ teaspoon pepper

½ cup acini de pepe pasta, or another tiny pasta shape, such as orzo

¼ cup dry white wine

¼ cup parmesan cheese

2 cups fresh spinach

DIRECTIONS

1. In a large bowl, mix all the ingredients for the meatballs. Then, form into 1-inch round meatballs.
2. Turn the pressure cook to sauté mode. Add the olive oil, then meatballs, sautéing for 7 to 8 minutes until browned.
3. Add the rest of the ingredients to pressure cooker in the order in which they are listed except for wine, parmesan cheese and spinach.
4. Place lid on the pressure cooker and make sure valve is set to seal. Press the pressure cook button, set to high, then cook for 5 minutes. The pressure cooker will take about 5 to 10 minutes to come to pressure then pressure cook for 5 minutes.
5. Do a quick release of the pressure on the pot by flicking the switch at the top.
6. Stir in wine, parmesan cheese and spinach.
7. Garnish with extra parmesan cheese, then serve. Store leftovers in the refrigerator for up to 5 days then reheat on stovetop or in microwave for 2 to 3 minutes. Freeze this soup for up to 3 months. Defrost in the fridge overnight or reheat from frozen.

* If unable to sauté in your pressure cooker, please do step 2 over the stove.



Your Mental Health is Important, Too.

Our team of therapists work with you one-on-one or in groups to help you make the changes you want to see in your life. Whether you want to strengthen your relationships, discover new ways to cope with life's demands, learn to feel and function better, or achieve your own personal goals, Avance Care Behavioral Health is here for you.

Our behavioral health therapists are experienced in a wide variety of behavioral health conditions and situations, including:

- Depression
- Anxiety
- Grief and Loss
- Stress Management
- ADHD
- Chronic Illness
- Work and Career Issues
- Parenting Support
- Trauma and Abuse
- Caregiver Support
- Marriage and Family
- Relationship Stress
- Major Life Transitions

Our therapists are integrated into Avance Care primary care offices, so you can align your total health and wellness journey. We also offer virtual visits. Most health insurances cover our Behavioral Health services.

To learn more about Behavioral Health or request an appointment, [click here](#) or visit avancecare.com/behavioral-health.





20 Minutes
or Less



Healthier Egg Salad



4 servings



15 minutes

If you're looking for a healthy summer recipe that is quick and easy to make for an on-the-go meal, you're in luck. Egg salad is a versatile meal – put it in a sandwich or wrap, on a croissant, over some greens, or eat it separately with raw vegetables or whole grain crackers. This high protein version is an easy meal to make ahead and have for multiple meals.

INGREDIENTS

8 eggs, hard-boiled

½ cup plain, non-fat Greek yogurt

2 tablespoons low-fat mayonnaise

1 teaspoon Dijon mustard

½ teaspoon sriracha sauce

Paprika to taste

DIRECTIONS

1. Peel and chop the hard-boiled eggs into small pieces and place in a large bowl.
2. Add the Greek yogurt, mayonnaise, mustard and sriracha to the eggs and mix to combine. Use a wooden spoon to mash some of the eggs to your preferred egg salad consistency.
3. Sprinkle paprika on top of the mixed egg salad.
4. Enjoy immediately or store in the refrigerator for up to 5 days.

Nutrition Information: Serving Size: ¼ of the recipe | Calories: 189, Fat: 12.5g, Protein: 15g, Carbohydrates: 3g, Fiber: 0.3g, Sodium: 241mg | Adapted from: <https://fitfoodiefinds.com/healthy-egg-salad/>



Cowboy Salad



6 servings



20 minutes

Salads are a great meal prep idea or easy dinner option to have during the week but can get boring if you are having the same, usual flavors. This recipe provides you a new flavor profile and lots of fiber and nutrition! Try this recipe for something new and interesting to add into your salad rotation.

INGREDIENTS

Dressing

- ¾ cup low-fat mayonnaise
- ½ cup no sugar added barbecue sauce
- ¼ cup spicy brown mustard
- 2 tablespoons lime juice (about 1 large lime)
- 2 tablespoons Worcestershire sauce

Salad

- 1 (15-ounce) can no salt added whole kernel corn, rinsed and drained
- 1 (15-ounce) can no salt added black beans, rinsed and drained
- 2 cups cherry tomatoes, halved
- 1 cup reduced-fat shredded cheddar cheese
- 2 avocados, diced
- 1 red bell pepper, diced
- 1 jalapeño, seeds removed, minced
- 1 red onion, diced
- 2 hearts of romaine lettuce, diced

DIRECTIONS

1. In a mason jar or a small bowl, add mayonnaise, barbecue sauce, spicy mustard, lime juice and Worcestershire sauce. Shake jar or whisk until sauce is blended and smooth, then set aside.
2. Place corn, beans, tomatoes, cheese, avocado, red bell pepper, jalapeño, and red onion into a large mixing bowl and stir until well-combined. Pour on dressing and toss together to combine.
3. Serve on top of diced romaine lettuce. If using for meal prep, pack into 6 containers to leave in refrigerator overnight. Store for up to 1 week.

Beef and Broccoli

 5 servings  20 minutes

Do you love the traditional Asian beef and broccoli dish that you get at restaurants? You can make this easy and quick dish at home for any weeknight dinner and pair it with a side of brown rice to replicate your favorite meal out.

Have fun with this dish and change out the vegetables to get in some variety.

INGREDIENTS

2 pounds flank steak
1 tablespoon coconut oil, melted
½ cup low-sodium soy sauce
3 garlic cloves, minced
1 tablespoon apple cider vinegar
2 tablespoons sesame oil, divided
6 cups broccoli, chopped (roughly 3 heads)
Sesame seeds to garnish, optional



DIRECTIONS

1. Slice the steak, against the grain, into 1-to-2-inch pieces. Set it aside.
2. In a small bowl, whisk together coconut oil, soy sauce, garlic, and apple cider vinegar. Add the steak into the sauce and mix until well combined.
3. Add 1 tablespoon of sesame oil to a non-stick sauté pan on high heat. Once hot, add the marinated steak and half the sauce into the pan. Sear for 5 minutes, turning the steak halfway through, until browned.
4. Add the second tablespoon of sesame oil, broccoli, and the rest of the sauce into the pan. Cook for 10 minutes on medium-high heat. Reduce heat to low and continue to simmer until broccoli is cooked to desired texture.
5. Top with sesame seeds if you choose. Optional to serve with brown rice or another grain.
6. Store leftovers in the refrigerator for up to 1 week. You can freeze leftovers for up to 6 months but make sure to do so in single portions, as they cannot be refrozen after thawed.



Roasted Tomato, Basil and Ricotta Toast



2 servings



15 minutes

INGREDIENTS

1 pint cherry or grape tomatoes, halved
1 tablespoon olive oil
4 to 6 garlic cloves, chopped
½ teaspoon black pepper
1 (0.5 ounce) package of fresh basil, de-stemmed and chopped

6 slices of sourdough bread, about ½ a loaf without ends
1 cup part-skim ricotta
Balsamic vinegar or glaze, optional for topping

DIRECTIONS

1. Preheat oven to broil on LOW. Place oven rack in the middle position.
2. In a 9x9 inch baking dish, combine tomatoes, olive oil, garlic, black pepper and basil leaves until well-combined. If you prefer a more garlicky dish, use 6 cloves, if not, use less.
3. Once the oven is preheated, place dish in oven and roast until tomatoes darken and burst, about 5 to 10 minutes. Take out halfway to stir for even browning.
4. Remove tomatoes from the oven to cool.
5. Place bread slices on a metal baking sheet and toast at the same oven setting until lightly golden brown, about 30 seconds. Check frequently to avoid burning.
6. Once the bread is toasted and taken out, top the bread with ricotta, dish a couple of spoons of the roasted tomato mixture on top. Drizzle with balsamic vinegar or glaze if desired. Refrigeration or freezing is not recommended for this recipe and is best consumed immediately.

Nutrition Information: Serving Size: 3 prepared slices | Calories: 479, Fat: 20g, Protein: 22g, Carbohydrates: 57g, Fiber: 2g, Sodium: 537mg, Potassium: 614mg | Adapted from: <https://www.attagirlsays.com/caprese-ricotta-toast/>



We're Here for You Outside Your Appointment, Too.

At Avance Care, we're your partner in total health. That means we're here for you outside of individual appointments with resources and groups covering specialized topics to help you unlock total wellness.

Many of our groups are covered by insurance and available virtually, which makes it easier than ever to take the next step to prioritizing yourself and your health.

Behavioral Health

- ADHD Therapy Group
- Chronic Pain Therapy Group
- DBT-Informed Therapy Group
- Disordered Eating Therapy Group
- Substance Use Disorder Group

[Visit here](#) to learn more and view contact information.

Nutrition

- Thriving with Diabetes
- Build Healthy Habits that Stick
- Intuitive Eating and Self-Care Group
- Virtual Diabetes Support Group
- Virtual Gastrointestinal Support Group

[Visit here](#) to learn more and view contact information.



Sheet Pan

Easy Sheet Pan Fajitas



4 servings



55 minutes

This southwestern inspired chicken fajita dish is sure to become a favorite dinner option. To cut down on the preparation you can prepare the fajita seasoning ahead of time and store in small mason jar or empty spice container until ready to use. Serve the fajita mix on tortillas and add your favorite toppings!

INGREDIENTS

Fajita Seasoning

- 1 tablespoon chili powder
- ½ tablespoon paprika
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder
- ¼ teaspoon cumin
- ½ teaspoon salt

Fajitas

- 2 small yellow onions, cut into ¼ inch wide strips
- 3 bell peppers, any color, cut into ¼ inch wide strips
- 1 pound chicken breast, sliced into thin strips
- 2 tablespoons cooking oil
- 1 lime, halved



DIRECTIONS

1. Preheat the oven to 400 degrees Fahrenheit.
2. Mix all the spices for the fajita seasoning in a small bowl and set aside.
3. Put the onions, peppers, and chicken onto a large baking sheet.
4. Drizzle the oil over the chicken and the vegetables, then sprinkle the fajita seasoning over the top. Use your hands to toss the ingredients until everything is well coated in oil and seasoning. Spread the chicken and vegetables evenly on the baking sheet.
5. Bake the chicken and vegetables in the preheated oven for 35 to 40 minutes, stirring once halfway through.
6. Squeeze the juice from half the lime over the top of the chicken and vegetables after they come out of the oven.
7. Serve hot with toppings of choice.
8. Leftovers can be stored in the refrigerator for up to 4 days and repurposed as a topping for a grain bowl or fajita salad.



Chicken Sausage Dogs



5 servings



40 minutes

INGREDIENTS

Olive oil cooking spray

2 large bell peppers, sliced

2 medium white onions, thinly sliced

2 tablespoons olive oil

3 tablespoons apple cider vinegar

1 teaspoon smoked paprika

½ teaspoon salt

½ teaspoon black pepper

1 package (5 links) mild or spicy Italian chicken sausage

5 whole wheat hot dog buns

Optional condiments: mustard, ketchup

DIRECTIONS

1. Preheat your oven to 400 degrees Fahrenheit and line a large baking sheet with parchment paper or aluminum foil, and lightly grease it with the cooking spray.
2. In a large bowl, toss the bell peppers, onions, olive oil, apple cider vinegar, smoked paprika, salt, and black pepper until evenly coated.
3. Spread the sausages and vegetables evenly on the prepared baking sheet, making sure they are in a single layer.
4. Roast in the preheated oven for 25 to 30 minutes until the vegetables are tender and slightly caramelized. Stir once halfway through the cooking time.
5. In the last 5 minutes of roasting, place the hot dog buns directly on the oven rack to toast lightly.
6. Once done, remove the sheet pan from the oven. Place one sausage link into each toasted bun and top with vegetable mixture. Serve immediately and enjoy.
7. Leftover prepared dogs may be warmed up; however, they are best to eat once prepared. The sausage and vegetables can be stored in the refrigerator in an airtight container for about 3 to 4 days. It is best to not freeze leftovers.



Glazed Salmon Bites



4 servings



17 minutes

This recipe provides a nutrient dense meal with minimal preparation and brief cook time, without coming up short on flavor! Salmon supports metabolism, bone health, and immune function! This salmon dish can be paired with sushi rice and avocado or served with broccolini. It can also be added to bib lettuce leaves for an easy fish 'taco' served with vinegar-based cabbage slaw or toppings of choice.

INGREDIENTS

1 pound wild salmon, cubed	½ teaspoon ginger powder
¼ cup coconut aminos (or soy sauce)	½ teaspoon sesame seeds
1 tablespoon mustard	½ teaspoon garlic powder
1 tablespoon honey	Sea salt and pepper to taste

DIRECTIONS

1. Set your oven to broil at 500 degrees Fahrenheit and prepare a rimmed baking sheet with foil.
2. Prepare your salmon bites by slicing your filets into cubes, with or without the skin.
3. In a medium mixing bowl, combine your coconut aminos, mustard, honey, ginger, sesame seeds, garlic powder, salt, and pepper until well combined.
4. Add your salmon to the mixing bowl and toss until the cubes are well coated in the marinade.
5. Place the salmon bites on the prepared baking sheet and drizzle the remaining marinade over the fish.
6. Place your baking sheet 4 to 6 inches under the broiler and cook for 3 to 4 minutes, followed by turning your bites over and cooking another 2 to 3 minutes, until flaky or cooked through. *Baking time may vary depending on the thickness of your fish.
7. Remove your salmon bites from the oven and let sit for a few minutes before serving. *This recipe can be easily converted to using an air fryer preheated at 400 degrees Fahrenheit and cooked for 10 minutes, flipping halfway through.
8. Serve with favorite sides. Salmon can be stored in the refrigerator for 3 to 4 days, they do not freeze.

Easy Sheet Pan Pancakes

 6 servings  35 minutes

Switch up your breakfast routine with this tasty pancake recipe. Packed with 20 grams of protein per serving, they will keep you full and satisfied. It is so easy to make, and you can save the leftovers for the rest of the week. No flipping needed! Add whatever fruit or nuts you have in the house!



INGREDIENTS

Pancakes

2 cups whole wheat flour
Cooking spray
1 ½ cups low-fat cottage cheese
3 egg whites
¾ cup fat-free milk
2 scoops vanilla protein powder
1 tablespoon baking powder
1 tablespoon sugar
1/2 tablespoon cinnamon
Optional: berries, apples, bananas, chocolate chips, chopped walnuts, slivered almonds

Cinnamon Sauce

2 tablespoons maple syrup
2 tablespoons cinnamon
1 tablespoon brown sugar

DIRECTIONS

1. Preheat the oven to 425 degrees Fahrenheit. Grease a 6.5 x 9.5-inch sheet pan with cooking spray.
2. Mix all the ingredients for the pancakes in a large bowl until smooth.
3. Pour pancake mixture into the sheet pan. Add any of the optional ingredients to the pan now.
4. Mix all ingredients for cinnamon sauce in a bowl.
5. Pour cinnamon sauce onto pancake mixture in the pan. Use a butter knife to swirl into the batter.
6. Bake in the oven for 15 to 20 minutes or until fully cooked (if you stick a toothpick in the center and it comes out clean then it's ready!)
7. Cut into 6 squares and serve. Store any leftovers in an airtight container in the refrigerator for 3 to 4 days or frozen for up to 2 months. Reheat in the microwave.



Mediterranean Chicken



4 servings



50 minutes

INGREDIENTS

- 2 (8-ounce) skinless, boneless chicken breasts
- ¼ teaspoon salt, divided
- ¼ teaspoon pepper, divided
- 1 cup Campari (golf ball sized) tomatoes, sliced
- 2 ounces fresh mozzarella cheese, cut in half and sliced thin
- ¼ cup prepared basil pesto
- 24 medium asparagus stalks, washed and ends cut off
- 1 tablespoon olive oil
- 1 lemon
- 1 tablespoon balsamic glaze

DIRECTIONS

1. Preheat the oven to 375 degrees Fahrenheit.
2. Slice the chicken breasts crosswise every ½ inch (not cut all the way through). Lightly salt and pepper with ⅛ teaspoon of each.
3. Alternating, fill cuts in the chicken with tomato and mozzarella slices.
4. Brush the filled chicken with pesto and place on half of a lined baking sheet. Cook in the oven for 10 minutes. Remove from oven.
5. Toss the asparagus in the olive oil, lightly salt and pepper with the remaining seasonings and place on other half of the baking sheet and place back in the oven for an additional 25 minutes or until the cheese has melted and chicken is no longer pink.
6. Remove sheet pan from the oven and squeeze lemon on asparagus.
7. Cut chicken breasts in half and place half on each plate. Divide asparagus between plates and lightly drizzle chicken and asparagus with balsamic glaze. Serve with rice if desired. Leftovers can be refrigerated for up to 3 days.



Simple Sheet Pan Pizza



6 servings



27 minutes

INGREDIENTS

1 pound whole-wheat pizza dough, freshly prepared

1 tablespoon olive oil

$\frac{3}{4}$ teaspoon kosher salt, divided

$\frac{1}{2}$ teaspoon black pepper, divided

8 ounces fresh mozzarella cheese, thinly sliced

2 cups baby heirloom tomatoes, halved or quartered

$\frac{1}{2}$ cup basil leaves, loosely packed

2 tablespoons balsamic glaze

DIRECTIONS

1. Place a 17×12 inch baking sheet in the oven. Preheat the oven to 450 degrees Fahrenheit.
2. Stretch the pizza dough into a 15×10 inch rectangle on a large sheet of parchment paper. Brush the dough evenly with oil. Sprinkle with $\frac{1}{2}$ teaspoon of the salt and $\frac{1}{4}$ teaspoon of the pepper. Transfer the dough to the hot baking sheet in preheated oven. Bake until the crust starts to brown, about 10 minutes.
3. Remove the dough from the oven and top evenly with the cheese and tomatoes. Return to the oven and bake until cheese melts, about 2 minutes.
4. Remove the pizza from the oven. Sprinkle with the basil and remaining $\frac{1}{4}$ teaspoon each of salt and pepper. Drizzle with the balsamic glaze. Slice it into 6 pieces.
5. Leftover pizza can be stored in the refrigerator for up to 4 days.



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Slow Cooker



Chicken Pot Pie Soup



6 servings



6 hours, 10 minutes

INGREDIENTS

1 ½ cups onion, chopped

½ cup celery, chopped

2 cloves garlic, minced

4 boneless, skinless chicken breasts

2 cups low-sodium chicken broth

1 teaspoon dried thyme

1 teaspoon oregano

1 teaspoon salt

½ teaspoon ground pepper

1 ½ cups frozen peas and carrots

1 cup half and half

2 tablespoons cornstarch

DIRECTIONS

1. Layer the onion, celery, and garlic at the bottom of the slow cooker. Place the chicken breasts on top of the vegetables and pour the chicken broth over the chicken.
2. Sprinkle the chicken with thyme, oregano, salt, and pepper.
3. Place the lid on the slow cooker and cook for 3 hours on high or 6 hours on low.
4. Remove chicken from the slow cooker and shred into bite-sized pieces with a fork. Return the chicken to the slow cooker. Stir in the peas and carrots.
5. In a small bowl, whisk the half and half together with the cornstarch. Pour the mixture into the slow cooker and stir to combine. Cook for an additional 20 minutes to thicken.
6. Ladle soup into bowls. Serve with fresh biscuits, if desired. Properly stored, this recipe will last 3 to 4 days in the refrigerator and up to 3 months in the freezer.

Nutrition Information: Serving Size: ¼ of recipe | Calories: 152, Fat: 3g, Protein: 19g, Carbohydrates: 12g, Fiber: 2g, Sodium: 508mg |

Adapted from: <https://www.spendwithpennies.com/slow-cooker-chicken-pot-pie-soup/>



White Chicken Chili



8 servings



4 to 8 hours

Moving into the fall season leads us to more hot and savory soups and chilis. This white chicken chili can be cooked during the workday and still be ready in time for the family to enjoy. Add other vegetables into the chili itself or pair with roasted vegetables for the perfect fall meal.

INGREDIENTS

1 green pepper, diced	1 teaspoon ground chili powder
1 medium yellow onion, diced	2 teaspoons ground cumin
3 cloves garlic, minced	Pinch of ground red pepper (optional)
1 (4-ounce) can diced green chilies	1 (15-ounce) can no salt added navy beans, drained and rinsed
1 ½ pounds boneless, skinless chicken breasts	1 (15-ounce) can no salt added pinto beans, drained and rinsed
32 ounces low-sodium chicken broth	
1 ¼ teaspoons salt	
1 teaspoon dried oregano	

DIRECTIONS

1. Place all ingredients, except beans, in a slow cooker and stir together to combine.
2. Cover and cook on high for 4 to 6 hours or low for 6 to 8 hours.
3. When there are about 30 minutes left in cooking, remove the chicken and shred it carefully with forks. Add it back to the slow cooker along with both cans of beans and cook for 20 to 30 more minutes.
4. Serve each portion with toppings such as diced avocado, cilantro, lime wedges, a dollop of plain Greek yogurt (in place of sour cream), or a sprinkle of low-fat shredded cheese.
5. Store in the refrigerator for 1 week or let it cool completely and store in freezer bags (flat with all the air removed) for 3 months. Thaw in the refrigerator overnight to enjoy the next day.

Creamy Ranch Pork and Potatoes



6 servings



4 hours, 20 minutes

This recipe requires minimal preparation, and your slow cooker does the rest! Complete with vegetables, you have an all-in-one hearty and delicious meal.



INGREDIENTS

2 pounds red potatoes (about 6 medium), cut into $\frac{3}{4}$ inch cubes
1 medium yellow onion, sliced
6 (4-ounce) boneless pork loin chops
1 (16-ounce) bag carrot chips
 $\frac{1}{4}$ cup low-sodium chicken broth
2 (10 $\frac{3}{4}$ -ounce) cans unsalted condensed cream of chicken soup
1 cup 2% milk
1 envelope ranch salad seasoning mix
1 tablespoon black pepper

DIRECTIONS

1. Chop potatoes and onions and set aside.
2. Place pork chops in a 4-quart or larger slow cooker. Add potatoes, onions, and carrots on top.
3. In a bowl, mix broth, condensed soup, milk, ranch mix and black pepper until well-combined. Pour over crockpot contents.
4. Cook covered on low for 4 to 5 hours or until pork and potatoes are tender (a thermometer inserted in pork should read at least 145 degrees Fahrenheit). Store in an airtight container for 2 to 3 days in the refrigerator or in freezer for up to 3 months.



Slow Cooker Broccoli Cheddar Soup



6 servings



4 hours, 40 minutes

This crockpot broccoli cheddar soup is a lighter version of a classic broccoli cheddar soup, but it is just as creamy and delicious. Entirely made in the slow cooker from start to finish, with simple and nutritious ingredients. This is a great weeknight meal option!

INGREDIENTS

4 cups broccoli, chopped

2 tablespoons plant-based butter (avocado or olive oil based)

1 medium onion, diced

1 cup celery, diced

1 tablespoon garlic, minced

1 tablespoon black pepper

4 cups reduced-sodium chicken broth

$\frac{1}{4}$ cup corn starch

1 cup dairy-free heavy whipping cream

3 cups reduced-fat cheddar cheese, shredded

DIRECTIONS

1. Cut the broccoli into small pieces and place the broccoli, butter, onion, celery, garlic and black pepper into a 7-quart crock pot.
2. In a medium-sized bowl, mix the chicken broth with the cornstarch and add this mixture into the crock pot. Stir to combine all the ingredients.
3. Cover and cook on low for 4 to 6 hours, until veggies are soft but not mushy.
4. Once ready, stir in the heavy whipping cream and cheese. Cover and cook on high for 30 minutes until the cheese is melted.
5. Stir thoroughly before serving. Store leftovers in containers in the fridge for up to 5 days. This soup can be frozen in freezer safe containers or flat in freezer bags for up to 3 months. Thaw in fridge overnight to enjoy the next day.

Nutrition Information: Serving Size: $\frac{1}{6}$ serving | Calories: 398, Fat: 29g, Protein: 20g, Carbohydrates: 14g, Fiber: 2g, Sodium: 803mg | Adapted from: <https://www.eatingonadime.com/crockpot-broccoli-cheese-soup/#wprm-recipe-container-61316>



Additional Resources

Designed to help make creating delicious and good for you meals easier than ever.

Spice Up Your Meals

Are you looking for an easy way to add variety to your go-to chicken recipe? Looking in your spice cabinet may be the answer! Making changes to your seasoning can be a quick and easy way to add something new to your meals. See below for ways to add new blends to dishes.

Blend	Ingredients	Try It Out
Cajun	2 tbsp cumin + 2 tbsp coriander + 2 tbsp paprika + 1 ½ tsp black pepper + 1 tsp oregano + cayenne pepper to taste	Red Beans & Rice Sautéed Zucchini Noodles Bell Peppers, Onions, Cabbage Shrimp
Greek	1 tbsp garlic powder + 1 tbsp dried basil + 1 tsp oregano + 1 ½ tsp black pepper + 1 ½ tsp dried parsley + 1 ½ tsp dried rosemary + 1 ½ tsp dried thyme + ¾ tsp ground nutmeg	Kebobs w/ Chicken Tomatoes, Squash, Onions, Mushrooms Mix w/ Olive Oil for Marinade Hummus
Pumpkin Pie	¼ cup ground cinnamon + 2 tsp ground ginger + 2 tsp ground nutmeg + 2 tsp allspice + 1 tsp ground clove	Roasted Butternut Squash Baked Sweet Potato Pumpkin Soup
Lemon Pepper	Zest from 3 lemons + 2 tbsp & 2 tsp black pepper	Roasted Broccoli or Zucchini Roasted Brussels Sprouts Sautéed Mushrooms, Onions Chicken
Curry	2 tbsp cumin powder + 2 tbsp coriander + 2 tbsp turmeric + 1 ½ tsp cardamom + ½ tsp cinnamon + ½ tsp cayenne pepper + ¼ tsp onion powder	Coconut Curry Tofu/Chicken Curry Vegetable Soup Curry Rice with Chickpeas Sautéed Carrots
Italian	2 tbsp dried basil + 2 tbsp dried oregano + 1 tsp dried thyme + 1 tsp dried rosemary + 1 tsp garlic powder	Roasted Potatoes, Mushrooms Mix w/ Olive Oil for Marinade Spaghetti Squash
Chili	2 tbsp chili powder + 1 tsp cumin + 1 tsp coriander + 1 tsp unsweetened cocoa powder + ½ tsp garlic powder + ¼ tsp cayenne pepper + 1 tsp regular paprika + 1 tsp smoked paprika	Vegetarian Chili Sautéed Bell Peppers & Onions Hummus Sautéed Green Beans
Taco	2 tbsp chili powder + 2 tbsp cumin + 1 ½ tsp onion powder + 1 ½ tsp garlic powder + ½ tsp cayenne pepper + ½ tsp black pepper + 1 tsp oregano	Lentil Tacos Vegetable Fajitas Grilled Cauliflower Tacos Roasted Kale Black Bean Hummus

Herbs, Spices and Seasonings

Dried Herbs and Spices

- Allspice
- Basil
- Bay Leaf
- Cayenne Pepper
- Cilantro
- Cinnamon
- Curry
- Chili powder
- Cumin
- Coriander
- Dill
- Dry Mustard
- Garlic Power
- Marjoram
- Nutmeg
- Oregano
- Onion Powder
- Parsley
- Paprika
- Pepper
- Rosemary
- Red Pepper Flakes
- Saffron
- Sage
- Tarragon
- Thyme
- Turmeric

Fridge and Pantry Staples

- Balsamic Vinegar
- Low sodium soy sauce or coconut aminos
- Liquid Smoke
- Bouillon cubes – chicken, vegetable, beef (can make broth by adding water without having to buy the liquid container)
- Sesame seeds
- Peanuts – crushed on top of Asian stir fry
- Squeeze Ginger
- Squeeze Cilantro
- Already minced garlic
- Lemon & lime juice
- Green Onions / Chives

Fresh versus Dried Herbs

	Flavor	Shelf Life	Storage	Cost	Use
Fresh	Milder flavor, so more is needed. To maximize flavor, add fresh herbs at the end of cooking.	Shorter shelf life, but if properly stored, can be stored for 2 to 3 weeks.	Soft herbs (mint, cilantro, parsley, basil): Place washed herbs upright in a jar filled with 1 to 2 inches of water. Place a clear plastic bag over the leaves. Store in refrigerator, except for basil, which is best left on the counter. Hardy herbs (rosemary, dill, oregano): Loosely wrap in a damp paper towel and place in a reusable bag. Store in refrigerator.	Typically, more costly.	Best used when making a raw dish like a salad, or dressing.
Dried	Stronger flavor so less is needed. To maximize flavor, add dried herbs before or during cooking.	Longer shelf life. For best flavor, keep up to 1 to 3 years.	Don't need refrigeration. Store in a cool, dry place, and away from light.	More affordable.	If making a meal that is simmering on the stove (i.e. soup, stew sauce), then dried is best.

1 tablespoon of fresh herbs = 1 teaspoon of dried herbs

Quick and Easy Vegetable Recipes

Green beans - frozen bag

- Sautéed - Thaw in microwave for 2 to 3 minutes. Spray olive oil in heated pan, add garlic (powder or minced), onion (powder or minced) and drizzle liquid smoke. Cook until beans brown and feel firmer. Salt and pepper to taste.
 - Other flavor option - Asian. Sautee with garlic, onion, soy sauce and slivered almonds.

Carrots - frozen bag

- Sautéed - Thaw in microwave for 3 minutes. Spray olive oil in heated pan, add garlic, onion powder and drizzle with balsamic vinegar. Cook until carrots brown and feel firmer.

Spinach - frozen bag or fresh

- Sautéed - Thaw in microwave for 2 to 3 minutes if frozen. Spray olive oil in heated pan, add garlic and onions. Cook until onions become translucent, and then add spinach. For additional flavor, add creole seasoning or coconut aminos. Cook on medium for 5-8 min until less watery.

Mushrooms - white fresh or baby bellas

- Sautéed - Spray olive oil in heated pan, add mushrooms and onions and cook for 2 to 3 minutes. Then add minced garlic and salt. Cook until tender, about 10 minutes. Stir frequently.
 - Flavor with sherry, Italian herbs, thyme, rosemary, or garlic.
 - Asian style: splash with low sodium soy sauce, add broccoli and shredded carrots to make stir fry.
 - Mexican style with bell peppers and taco seasoning.
- Roasted – slice mushrooms in half, preheat oven to 400°F, and roast for 35 minutes, until they turn golden brown.

Broccoli

- Roasted – Wash and cut broccoli crown. Pour on baking sheet lined with parchment paper. Spray with cooking spray and season with preferred blend. Roast at 400°F for 9 minutes.
 - Flavor ideas: Italian herb blend, lemon juice, garlic salt, balsamic vinegar.

California Blend - frozen

- Sautéed - Thaw in microwave for 3 minutes. Spray olive oil in heated pan, add garlic, onions and drizzle with balsamic vinegar. Cook until carrots brown and feel firmer. To finish, sprinkle with a touch of parmesan cheese & panko breadcrumbs.

Cauliflower Rice -frozen

- Sautéed - Thaw in microwave for 2 minutes. Spray olive oil in heated pan, add garlic, onions and drizzle with low sodium soy sauce. Cook until edges brown.

Bell Peppers - fresh (pre- sliced in produce cooler for time saver)

- Sautéed – Spray olive oil in heated pan, add peppers (and potentially onions & mushrooms, garlic, and onion). Sprinkle with taco or creole seasoning. Cook until edges brown.

Balanced Smoothie Options

Protein (Pick 1-2):

- 5-6 ounces Low Fat Yogurt
- 1 cup Low Fat Milk
- 1 scoop Protein Powder (whey protein powder preferred)

Fruit/Starch (Pick 2 - Fresh or Frozen):

- $\frac{3}{4}$ cup Berries
- $\frac{3}{4}$ cup Pineapple
- $\frac{1}{2}$ cup Peaches
- $\frac{1}{2}$ Medium Banana
- 1 Small Apple
- 1 cup Melon
- 12 Cherries
- 3-4 Small Apricots
- 17 Small Grapes
- $\frac{1}{4}$ cup Old-Fashioned Oats

Vegetables (As Desired):

- Carrots
- Kale
- Spinach
- Cucumber
- Beets
- Broccoli
- Brussel Sprouts
- Tomatoes

Healthy Fat (Pick 2):

- 1 Tablespoon Flaxseeds
- 1 Tablespoon Chia Seeds
- 6 Almonds
- 4 Pecan Halves
- 6 Cashews
- 4 Walnuts
- 1 teaspoon Flaxseed or Olive Oil
- $\frac{1}{4}$ (2 Tablespoons) Avocado
- 1 Tablespoon Peanut Butter

Free Foods:

- Vanilla Extract
- 1 Tablespoon Unsweetened Cocoa Powder
- Cinnamon/Nutmeg/Ginger to taste

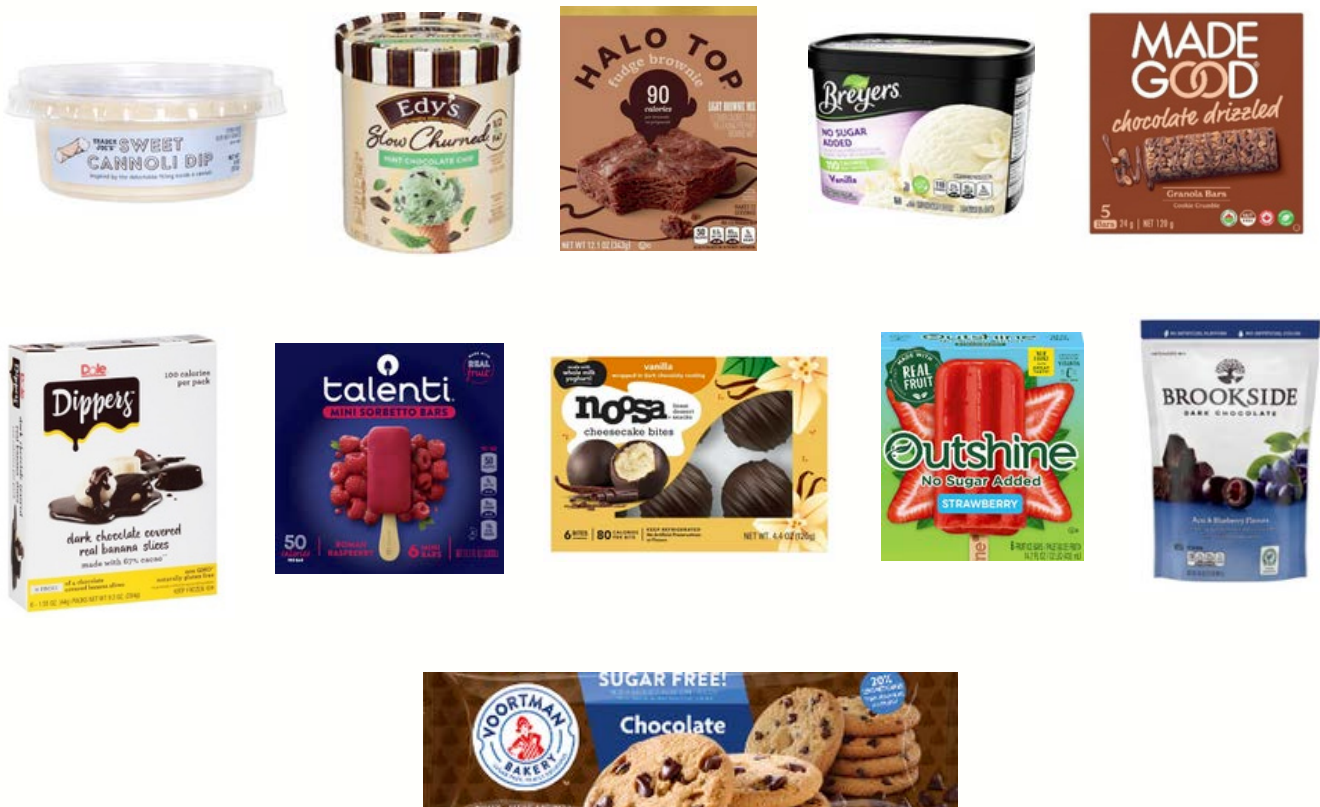


Satisfy your Sweet Tooth - in a Healthier Way

Healthier Choices

- Light ice cream or frozen yogurt
- Any amount of treat foods (small cookies, slices of cake or pie, etc.) aim for about 150 calories and 20g carbohydrate or less
- Nutrient dense treats containing fruit or made with whole grains or oats
- Mini desserts to help control portion
- Consider a small piece of dark chocolate (70% or greater cacao content). Pair with a few almonds or some strawberries!
- Dessert hummus-pair with a piece of fruit!
- Rice cake with nut butter, fruit, and honey
- Dark chocolate covered frozen banana
- Dark chocolate KIND bar
- Berries with 2 tablespoons whipped cream
- Frozen grapes
- Low-fat yogurt with granola and berries
- Apples with honey and peanut butter

Make desserts an occasional treat and choose something you truly enjoy in a small portion and eat it mindfully to savor the flavor. Allowing yourself a small portion of the real deal often leaves us satisfied. When you are at the store, here are some products to try:





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