

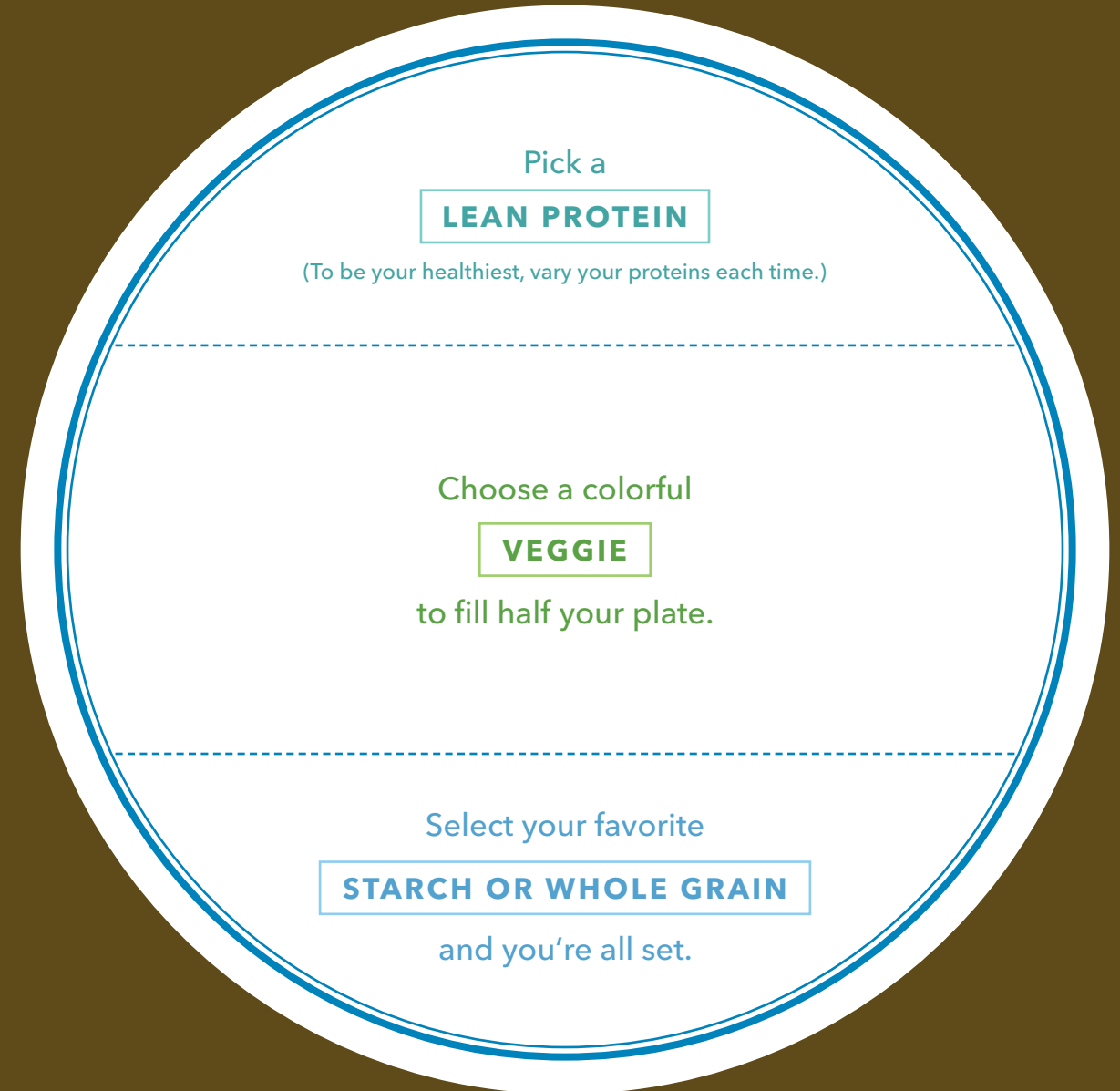


**SIMPLE
TASTY
HEALTHY**

 **KAISER PERMANENTE®**

The healing power of tasty food

Few things can lift your mood like a home-cooked meal. And if you cook it yourself? That's even more satisfying. With simple meal ideas built around healthy, natural ingredients, this book is designed to help you eat well and feel great.



SALMON

NUTRITIONAL INFORMATION

3 ounces, baked or broiled:
184 calories

Good source of vitamin D, vitamin B12, and omega-3 fatty acids – which benefit your heart, boost your mood, protect your joints and eyes, and decrease your risk for several types of cancers.

SERVING SUGGESTIONS

- Spread a thin layer of Dijon mustard on salmon and bake. Or, quick-broil and top with a honey mustard sauce.
- Sear on the stovetop and serve with whole-wheat pasta.
- Mix leftover cold salmon with greens and veggies for a flavor-packed, filling salad.

ASPARAGUS

NUTRITIONAL INFORMATION

4 spears, boiled:
14 calories

Good source of vitamin E, folic acid, B vitamins, vitamin C, and bone-building vitamin K.

SERVING SUGGESTION

- Cook in steamed chicken broth for 5 minutes. Finish by tossing with olive oil, crushed garlic, fresh lemon juice, sea salt, and pepper.

BROWN RICE

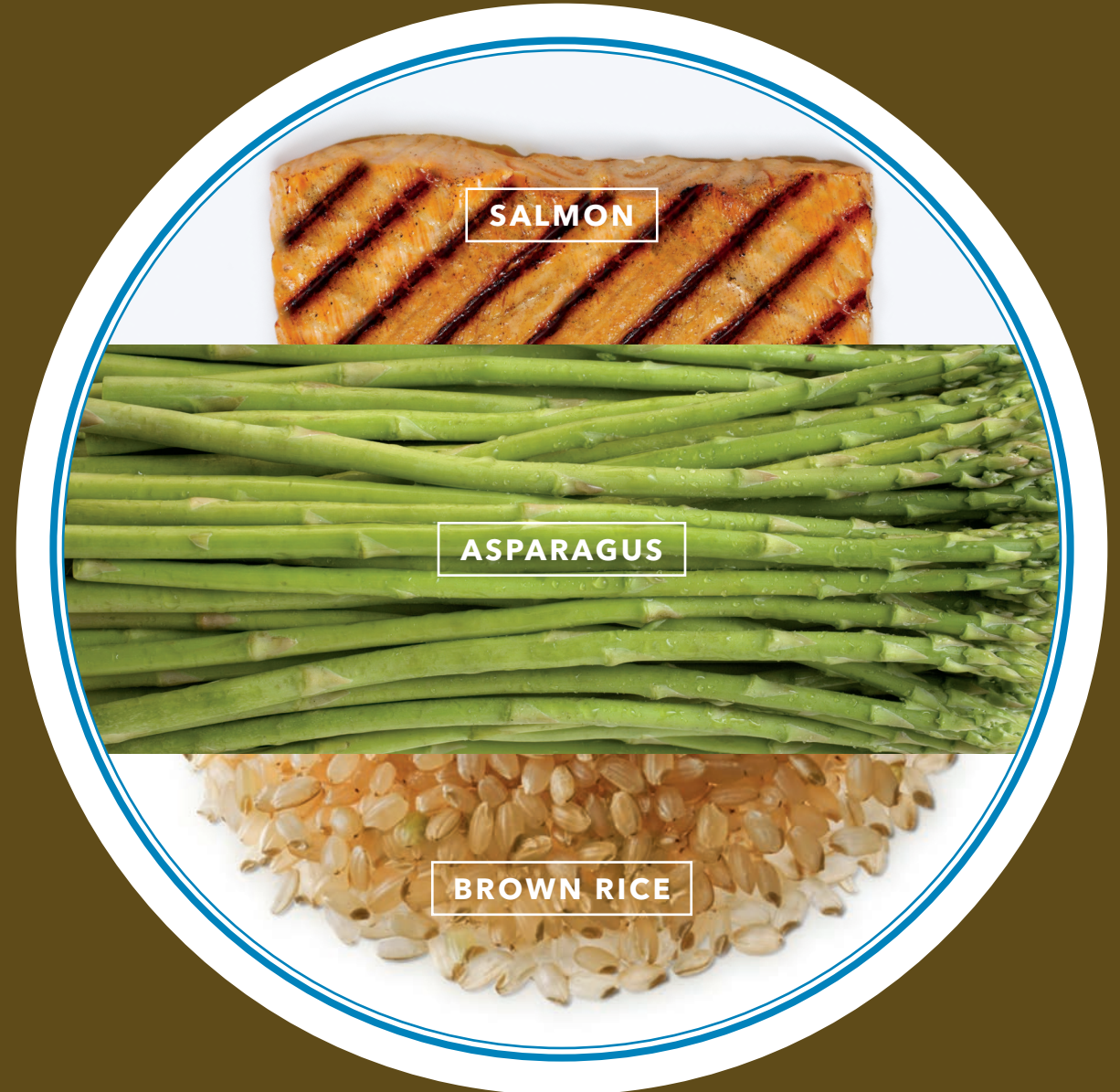
NUTRITIONAL INFORMATION

1 cup, cooked:
216 calories

Good source of fiber, selenium, magnesium, and vitamin B6, which helps the body break down sugars and starches.

SERVING SUGGESTIONS

- Spruce it up with sautéed mushrooms and scallions.
- Stir in red or black beans, add Cajun seasoning, and serve with your favorite vegetables.



SHRIMP

NUTRITIONAL INFORMATION

3 ounces, cooked:
116 calories

Good source of protein, zinc, selenium, and vitamin B12, which is essential for normal brain and nervous system functioning.

SERVING SUGGESTIONS

- Stir cooked shrimp into spicy pasta sauce and pour over whole-wheat noodles.
- Grill with peppers and onions, then stuff in a whole-wheat tortilla to make shrimp fajitas.
- Cut up cooked shrimp and add to vegetable soups for a protein boost.

GREEN BEANS

NUTRITIONAL INFORMATION

1 cup, steamed:
44 calories

Good source of fiber, bone-building vitamin K, vitamin C, and the minerals copper and magnesium.

SERVING SUGGESTION

- Steam, then toss with olive oil, crushed garlic, fresh lemon juice, sea salt, and pepper.

RED QUINOA

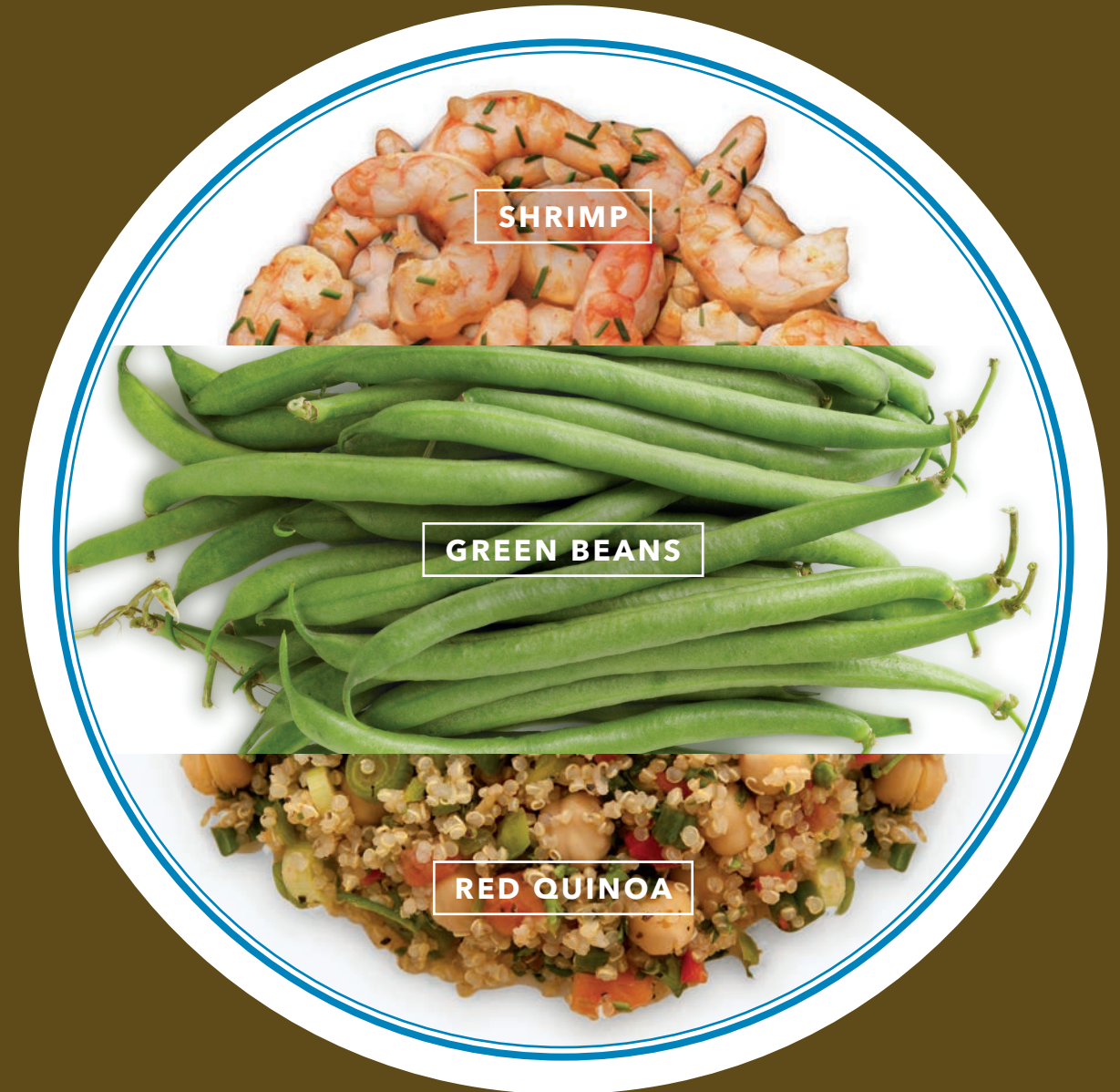
NUTRITIONAL INFORMATION

1 cup, cooked:
222 calories

Good source of protein, magnesium, fiber, vitamin B6, and folate.

SERVING SUGGESTIONS

- For added flavor, cook in beef, chicken, or vegetable stock.
- Mix with pinto beans, bell peppers, scallions, cumin, and coriander to make a spicy Southwestern dish.



CHICKEN BREAST

NUTRITIONAL INFORMATION

4 ounces, boneless, skinless, baked:
184 calories

Good source of protein, B-vitamins, selenium, iron, magnesium, and immunity-building zinc.

SERVING SUGGESTIONS

- Apply a rub made from chili powder, sugar, salt, cayenne pepper, garlic powder, and onion powder. Refrigerate chicken breasts for at least a half-hour. Then, grill or roast.
- Wrap cooked chicken in a whole-wheat tortilla, and add chopped tomatoes and onions. Sprinkle with a little cheese and bake to make a healthy burrito.

BELL PEPPERS

NUTRITIONAL INFORMATION

1 cup, raw:
40 calories

Good source of vitamin C, vitamin B6, vitamin K, and fiber.

SERVING SUGGESTIONS

- Roast sliced bell peppers in the oven. Then, serve them with grilled chicken, shrimp, or tempeh and warm tortillas.
- Toss raw in a salad.
- Stir-fry with a protein and other vegetables.

SWEET POTATO

NUTRITIONAL INFORMATION

1, baked:
150 calories

A great source of vision-protective vitamin A, as well as vitamin C, magnesium, zinc, and vitamin B6.

SERVING SUGGESTION

- Season with cinnamon, nutmeg, and brown sugar for a sweet treat. Or, sprinkle with garlic and pepper to serve as a savory side for dinner.



LENTILS

NUTRITIONAL INFORMATION

1 cup, cooked:
230 calories

Good source of fiber, folate, magnesium, and iron, which is critical to healthy red blood cell functioning and metabolism.

SERVING SUGGESTIONS

- Season with curry powder, cayenne, garlic, or chili powder.
- After cooking lentils, mix in cooked potatoes or sweet potatoes for a hearty side or main dish.

KALE

NUTRITIONAL INFORMATION

1 cup, boiled:
36 calories

Great source of vitamins K, A, and C, plus calcium and fiber.

SERVING SUGGESTIONS

- Steam kale, then toss with fresh lemon juice, sea salt, and pepper.
- Combine kale, pine nuts, and feta cheese with whole-grain pasta.

WHOLE-WHEAT COUSCOUS

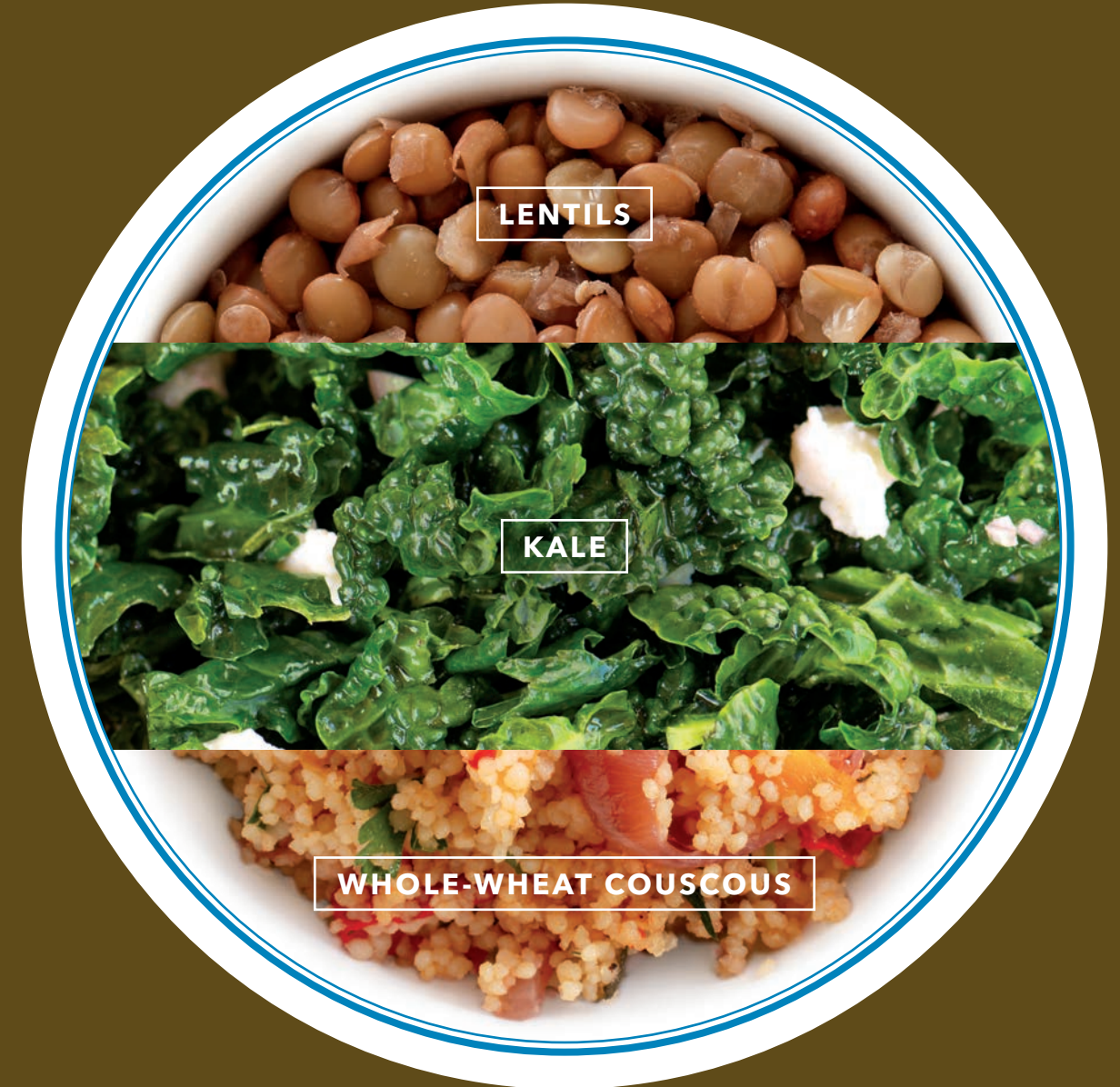
NUTRITIONAL INFORMATION

1 cup, cooked:
176 calories

Good source of protein and fiber, as well as selenium and niacin.

SERVING SUGGESTIONS

- Bring water to a boil and cook for 5 to 10 minutes until couscous has absorbed all the water. To boost flavor, add a bit of concentrated chicken broth, canola oil, and chopped parsley or scallions.
- Pair with steamed broccoli, carrot sticks, and grilled chicken.



TURKEY

NUTRITIONAL INFORMATION

3 ounces, roasted,
light meat:
133 calories

Good source of protein,
all B vitamins, niacin,
zinc, and selenium, which
protects cells from free
radical damage and
supports thyroid function.

SERVING SUGGESTIONS

- If you're simply roasting a turkey in an oven, line the bottom of your turkey pan with chopped carrots, potatoes, and parsnips so the bottom of the turkey doesn't burn.
- Combine turkey with celery, leeks, dried apricots, and almonds to make a tasty turkey salad.
- Amp up the flavor of a frittata with diced turkey and your favorite vegetables.

ROMAINE LETTUCE

NUTRITIONAL INFORMATION

1 cup, shredded:
8 calories

Good source of heart-
healthy vitamin C,
vitamin K, fiber, and
folic acid.

SERVING SUGGESTIONS

- Use as garnish on sandwiches or burgers.
- Toss with other fresh veggies. Then, drizzle with balsamic vinegar for a healthy, delicious salad.
- Fill each leaf with chicken or tempeh strips and diced vegetables for a breadless sandwich wrap.

WHOLE-WHEAT PENNE PASTA

NUTRITIONAL INFORMATION

1 cup, cooked:
172 calories

Good source of fiber,
selenium, magnesium,
and iron.

SERVING SUGGESTIONS

- Toss with grilled zucchini, spinach, and garlic, and top with parmesan cheese.
- Toss it with your favorite regular pasta sauce, then add diced or sliced turkey bacon or chicken sausage for additional protein and flavor.



MOZZARELLA CHEESE

NUTRITIONAL INFORMATION

1 ounce (¼ cup),
low moisture, part-skim:
79 calories

Good source of protein,
calcium, phosphorus,
and vitamin B12, which
is essential for normal
brain and nervous system
functioning.

SERVING SUGGESTIONS

- Spread a thin layer of tomato sauce on a whole-wheat pizza crust. Then, top with cheese and your favorite vegetables, and bake for a quick, delicious dinner.
- Arrange slices with tomato slices and basil leaves and drizzle with olive oil for an easy caprese salad.

SPINACH

NUTRITIONAL INFORMATION

1 cup, raw:
7 calories
1 cup, steamed:
41 calories

Good source of vitamins
A, C, E, and K, plus folate.

SERVING SUGGESTIONS

- Sprinkle with pine nuts or almond slivers and a light dressing for a simple salad.
- Fold into an omelet or mix into a frittata to boost its nutrition.

WHOLE-KERNEL CORN

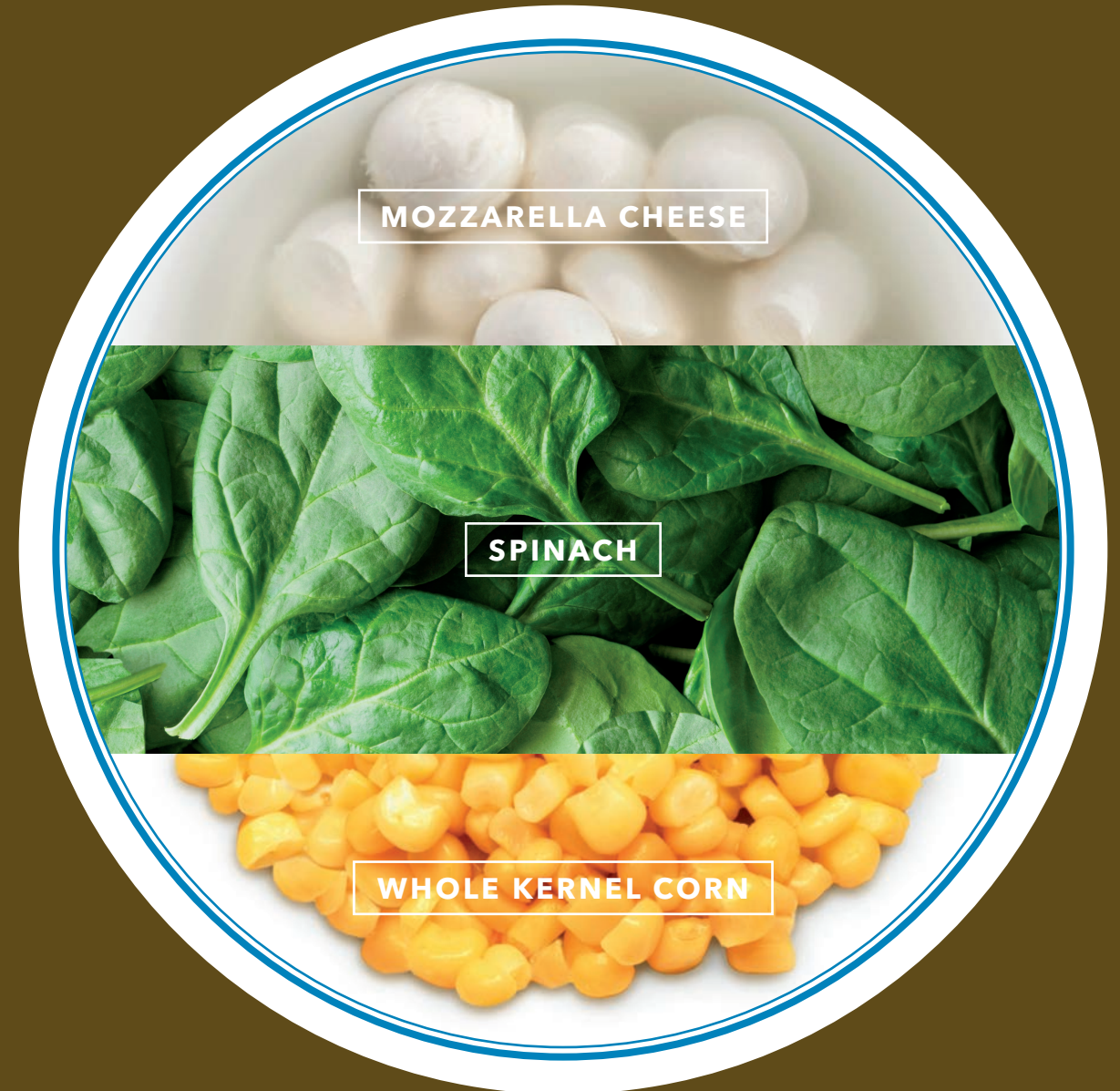
NUTRITIONAL INFORMATION

1 cup, cooked:
131 calories

Good source of vitamin C,
magnesium, fiber, and
vitamin B6.

SERVING SUGGESTIONS

- Enjoy corn on the cob as is – or season with a little organic butter or olive oil, salt, and pepper.
- Grill or boil an ear of corn, then husk it. Toss the kernels with fresh lettuce, avocado, and tomato. Top with grilled shrimp for a delicious, light salad.



MOZZARELLA CHEESE

SPINACH

WHOLE KERNEL CORN

EGGS

NUTRITIONAL INFORMATION

1 large egg, poached:
75 calories,

Good source of protein,
B vitamins (including
liver-protecting
choline), selenium,
and omega-3 fats.

SERVING SUGGESTIONS

- Use egg whites only to cut calories in half (however, yolks contain many nutrients).
- Whip up a savory omelet by mixing in sliced mushrooms and tomatoes, plus fresh basil.
- Spice with chili pepper, and serve with black beans and corn tortillas.

MUSHROOMS

NUTRITIONAL INFORMATION

1 cup, raw, chopped
or sliced:
18 calories

Good source of protein,
selenium, vitamin B6,
and niacin.

SERVING SUGGESTIONS

- Sauté with onions.
- Add mushrooms to any pasta sauce.
- Fold into an omelet to add a delicious dash of nutrients.

BARLEY

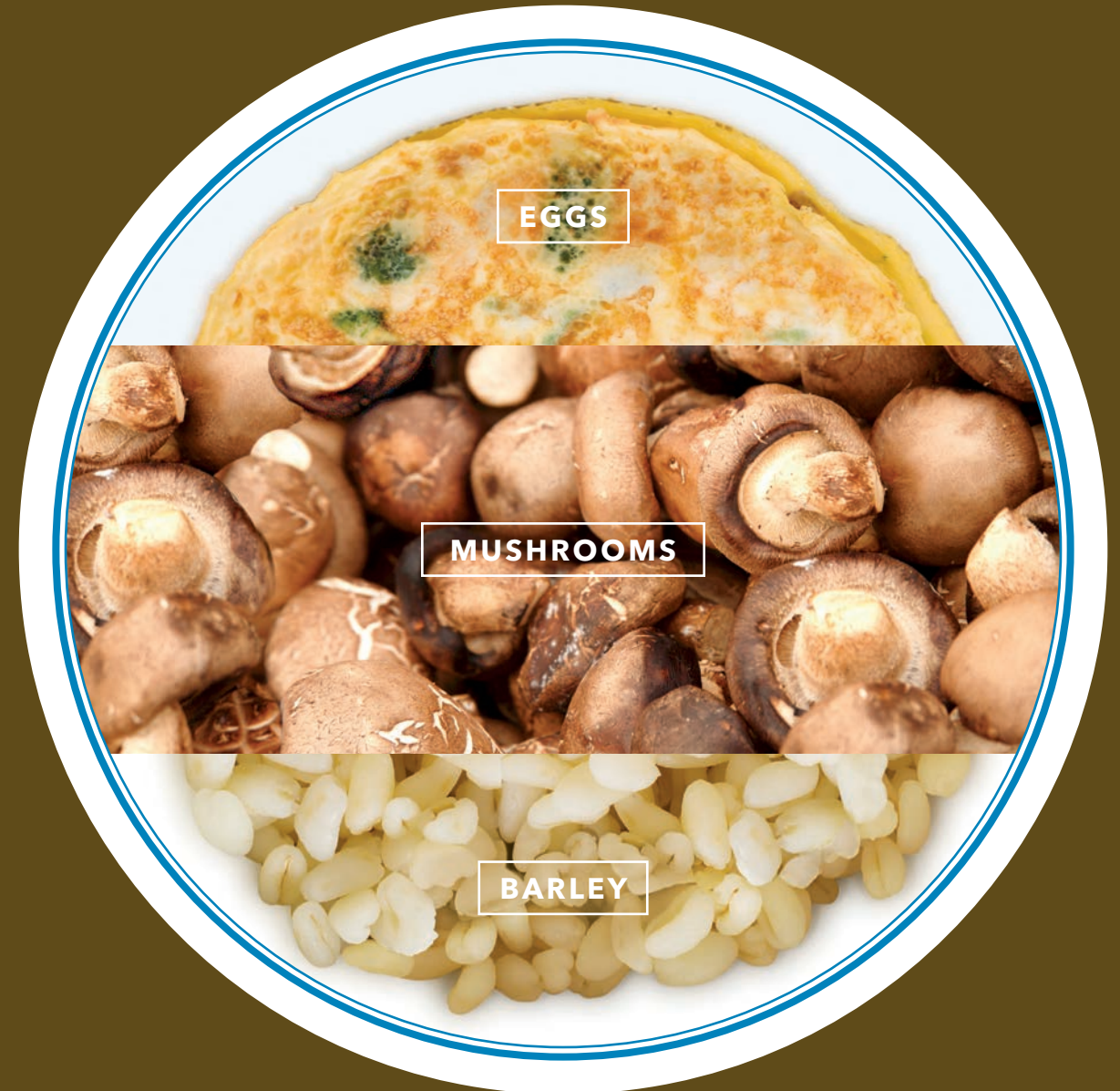
NUTRITIONAL INFORMATION

1 cup, cooked:
193 calories

Good source of fiber,
selenium, magnesium,
phosphorus, and copper,
which helps your body
use iron.

SERVING SUGGESTIONS

- Add to any soup or stew for a hearty nutritional boost.
- Toss chilled, hulled, cooked barley with chopped vegetables for a filling side dish.
- Try baking with barley flour (in combination with regular flour) to make breads and muffins with a distinctly earthy taste.



PORK TENDERLOIN

NUTRITIONAL INFORMATION

3 ounces, grilled:
172 calories

Good source of protein, B vitamins, phosphorus, selenium, and zinc.

SERVING SUGGESTIONS

- Whip up a simple stir-fry: Slice into thin strips, and saute with onions, garlic, and green onions. Add the juice of an orange and soy sauce, and serve with snow peas and brown rice.
- Soak in your favorite adobo marinade for an hour, and then cook. Serve with grilled asparagus and corn on the cob.

BROCCOLI

NUTRITIONAL INFORMATION

1 cup, fresh, steamed:
44 calories

Good source of vitamin C, vitamin A, and bone-building vitamin K, plus magnesium, zinc, and dietary fiber.

SERVING SUGGESTIONS

- Mix with any whole-wheat pasta.
- Steam and sprinkle with red pepper flakes for a spicy kick.
- Puree and combine with seasonings to make a simple soup.

WHOLE-WHEAT BREAD

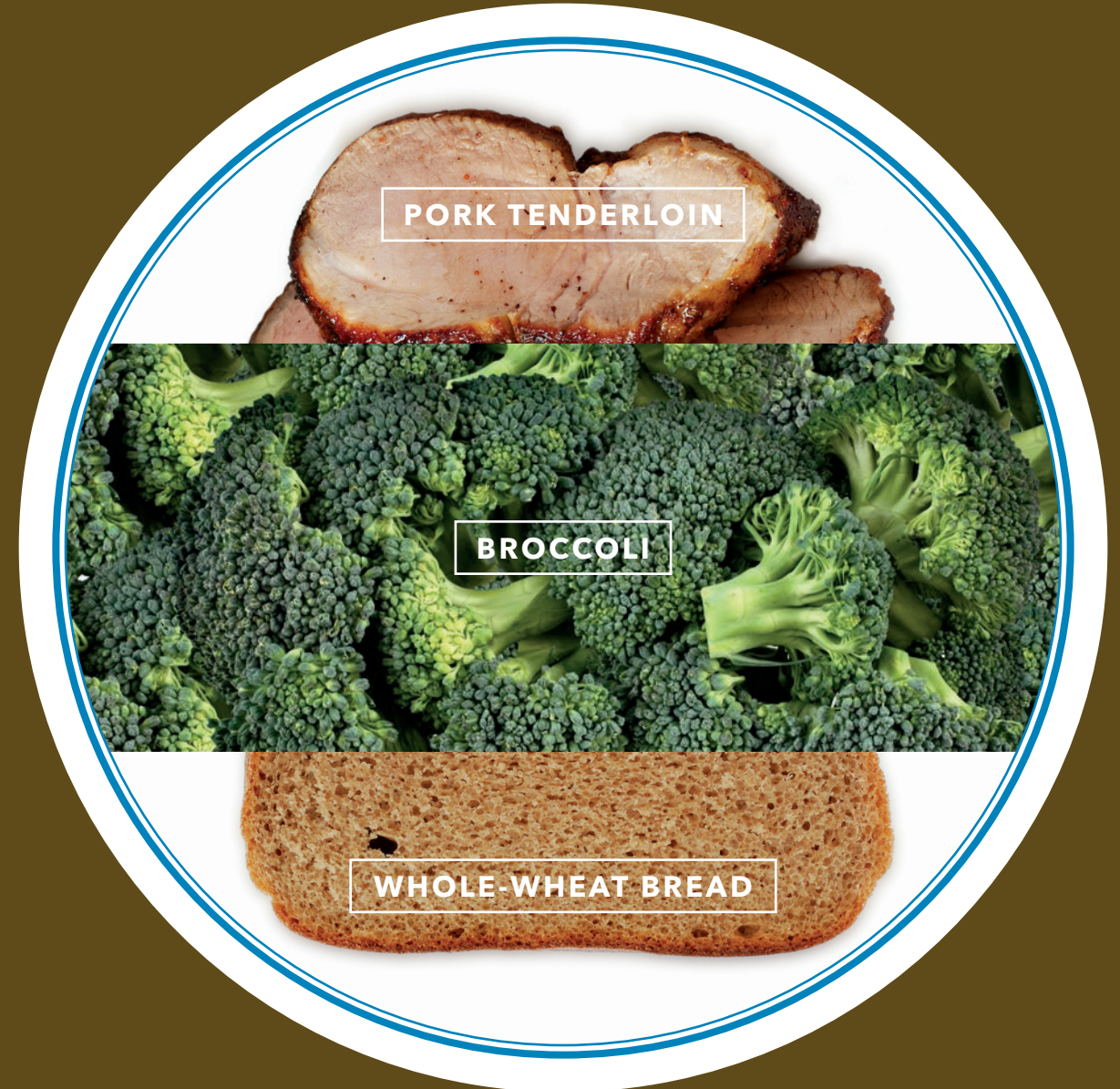
NUTRITIONAL INFORMATION

1 slice: 69 calories

Good source of fiber, protein, magnesium, and zinc.

SERVING SUGGESTIONS

- Make a delicious breakfast wrap by filling whole-wheat tortillas with scrambled eggs, veggies, and salsa.
- Make individual pizzas using whole-wheat pita pockets as the crust.



GROUND BUFFALO (BISON)

NUTRITIONAL INFORMATION

5-ounce patty:
280 calories

Good source of protein, iron, selenium, zinc, phosphorus, B vitamins, and blood sugar-stabilizing niacin.

SERVING SUGGESTION

- Top buffalo burgers with your favorite traditional hamburger toppings, or serve with shredded cabbage and barbecue sauce for a spicy kick.

TOMATOES

NUTRITIONAL INFORMATION

3 slices, 1/4"-thick:
12 calories

Good source of vitamins A, C, K, and B6, plus copper and potassium.

SERVING SUGGESTIONS

- Create a caprese salad by alternating tomato slices, part-skim mozzarella, and fresh basil leaves. Finish by drizzling them with extra-virgin olive oil.
- Chop up tomatoes with chili peppers, onions, and cilantro for a fresh salsa.
- Add slices to sandwiches, burgers, and salads.

WILD RICE

NUTRITIONAL INFORMATION

1 cup, cooked:
166 calories

Good source of zinc, magnesium, phosphorous, niacin, and folate, which supports cell production and helps your nerves function properly.

SERVING SUGGESTIONS

- Make a sweet and savory wild rice pilaf that incorporates onion, celery, mushroom, green apple, walnuts, and raisins.
- Make a vegetarian meal of it by stuffing acorn squash with wild rice and sautéed, chopped vegetables.



TEMPEH

NUTRITIONAL INFORMATION

4 ounces, cooked:
222 calories

Good source of protein, copper, phosphorus, riboflavin, and bone-building magnesium.

SERVING SUGGESTIONS

- Substitute tempeh for ground beef in pasta dishes or chili.
- Cook up a spicy dish by sautéing tempeh with scallions, shiitake mushrooms, fresh ginger, soy sauce, rice wine, and a pinch of red pepper flakes.

ZUCCHINI

NUTRITIONAL INFORMATION

1 cup, cooked, sliced:
36 calories

Good source of vitamin B6, vitamin C, folate, zinc, magnesium, and potassium.

SERVING SUGGESTION

- Cook quickly in a little olive oil with crimini mushrooms and colorful bell peppers.

POTATO

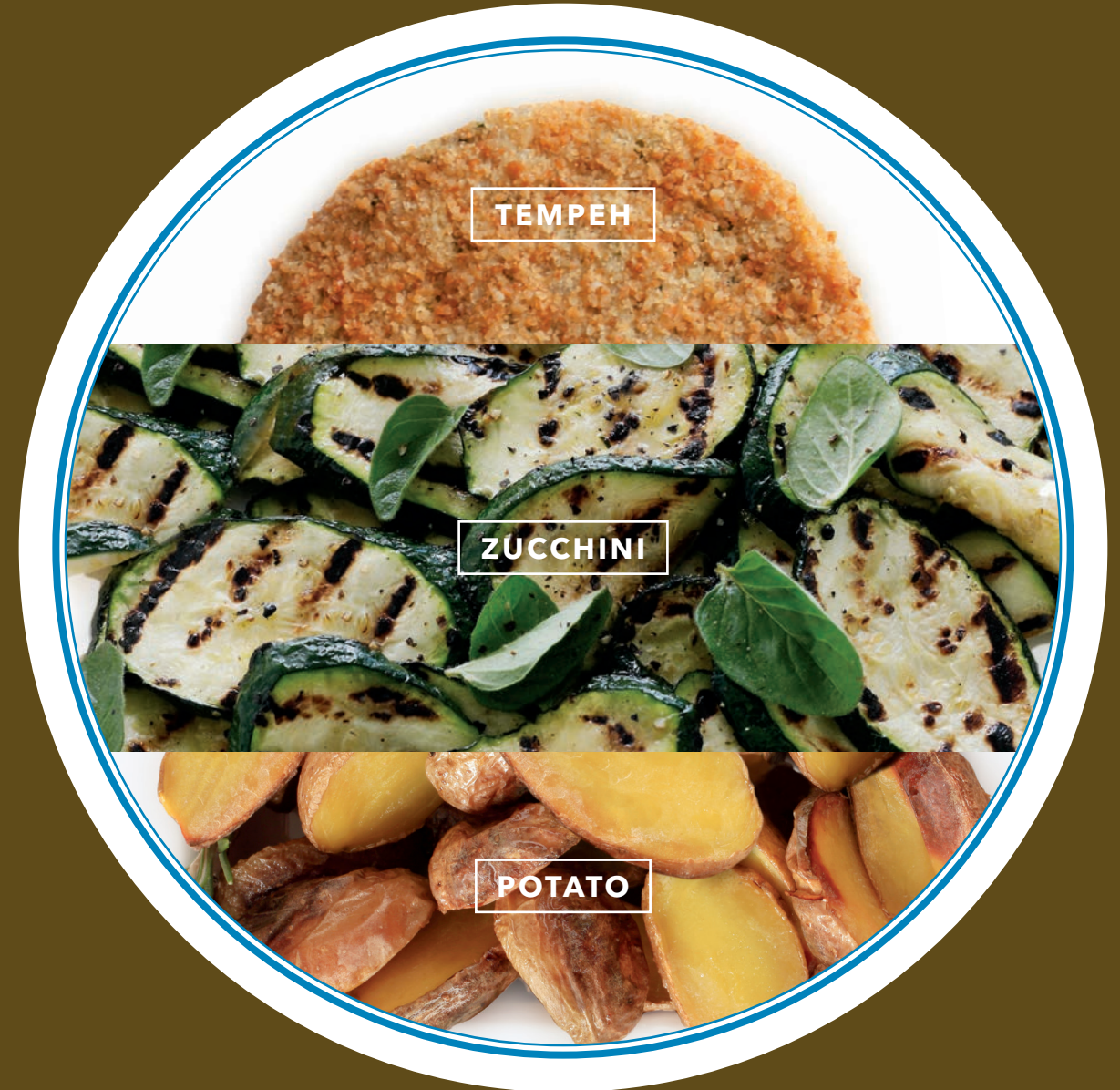
NUTRITIONAL INFORMATION

One potato, baked:
220 calories

Good source of vitamin C, vitamin B6, magnesium, fiber, potassium, and niacin.

SERVING SUGGESTIONS

- Make oven-baked french fries by coating sliced potatoes in a little olive or canola oil and seasonings of your choice. Place them on a coated cooking sheet and bake at 350 degrees F.
- Prepare a salade nicoise, which bundles potatoes together with canned tuna, green beans, eggs, and cherry tomatoes.



LEAN SIRLOIN STEAK

NUTRITIONAL INFORMATION

3 ounces, pan-fried:
166 calories

Good source of protein, zinc, phosphorus, niacin, vitamin B12, iron, plus potassium – which helps keep the heart and nervous system running smoothly.

SERVING SUGGESTIONS

- Marinate in a wine vinaigrette or make one from balsamic vinegar, olive oil, salt, pepper, and chopped parsley.
- Pairs perfectly with healthy carbs like quinoa, peas, corn, or brown rice.
- Cook on an outdoor barbecue grill for a smoky flavor.

EGGPLANT

NUTRITIONAL INFORMATION

1 cup, baked, no oil:
28 calories

Good source of dietary fiber, copper, vitamin B6, and thiamin.

SERVING SUGGESTIONS

- Mix cubed eggplant with grilled peppers, lentils, onions, and garlic. Top with balsamic vinaigrette.
- Sprinkle slices with feta cheese and pine nuts.

BUTTERNUT SQUASH

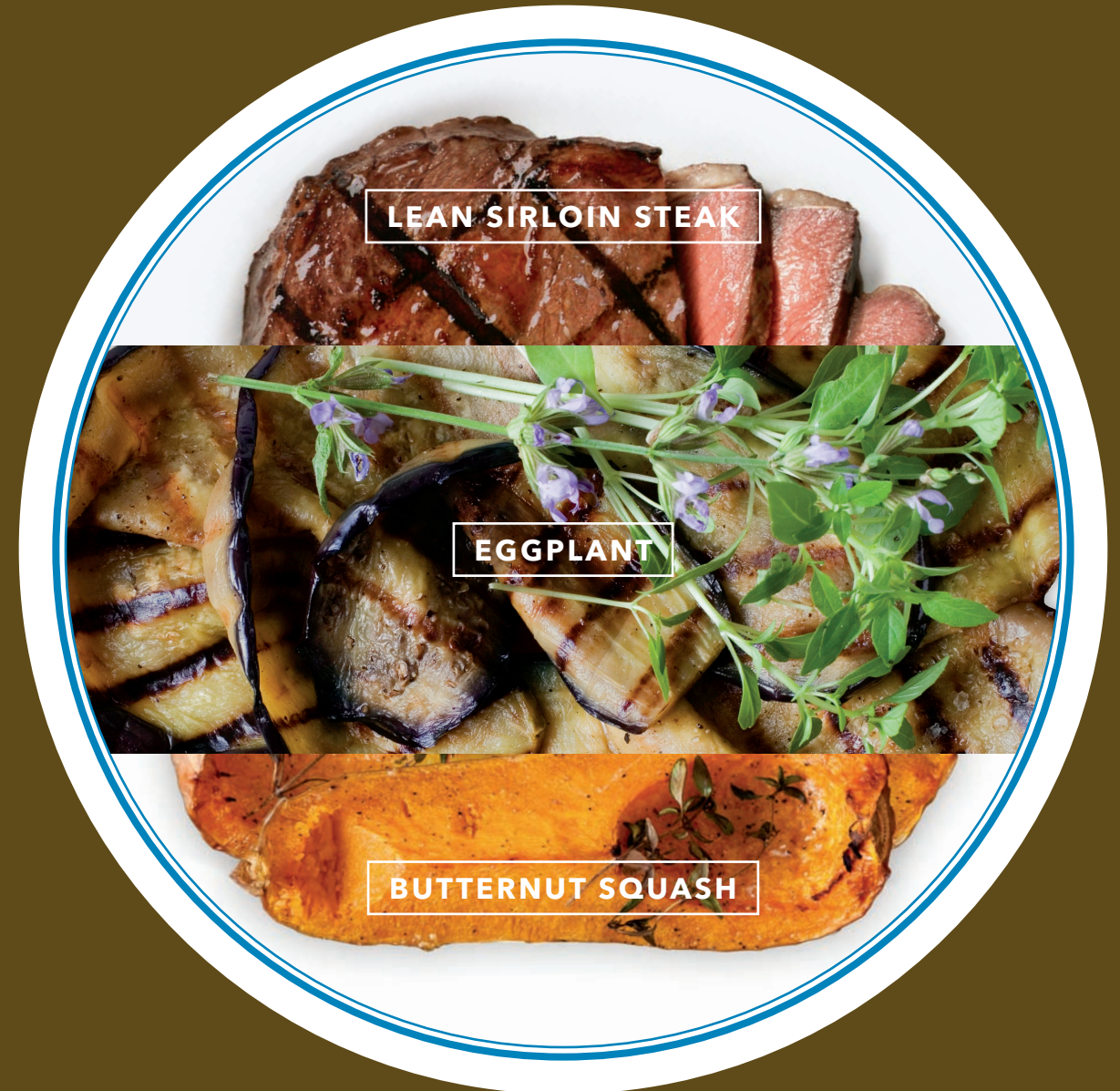
NUTRITIONAL INFORMATION

1 cup, baked:
80 calories

Good source of vitamin A, vitamin C, fiber, vitamin B6, potassium, folate, and calcium.

SERVING SUGGESTIONS

- Steam cubed squash and dress with olive oil, soy sauce, ginger, and pumpkin seeds for a simple side dish.
- Roast squash to bring out its earthy flavor. Enjoy as is, or scoop out the flesh and mash with a wooden spoon to make a pureed version.



AHI TUNA STEAK

NUTRITIONAL INFORMATION

3 ounces, baked
or broiled:
118 calories

Good source of omega-3 fatty acids, B vitamins, and selenium, which lowers your risk for joint inflammation.

SERVING SUGGESTIONS

- Season with 5-spice powder before searing.
- Amp up flavor by cooking tuna steaks with red onion, minced garlic, cherry tomatoes, capers, salt, and parsley.

CABBAGE

NUTRITIONAL INFORMATION

1 cup, cooked:
33 calories

Good source of antioxidants, fiber, vitamin B6, vitamin C, vitamin K, and folate.

SERVING SUGGESTIONS

- Sauté in chicken broth. Then add crushed garlic, sea salt, and pepper.
- Make a spicy coleslaw combining red and green cabbage, lemon juice or vinegar, olive or peanut oil, and mustard or hot pepper sauce.

BLACK BEANS

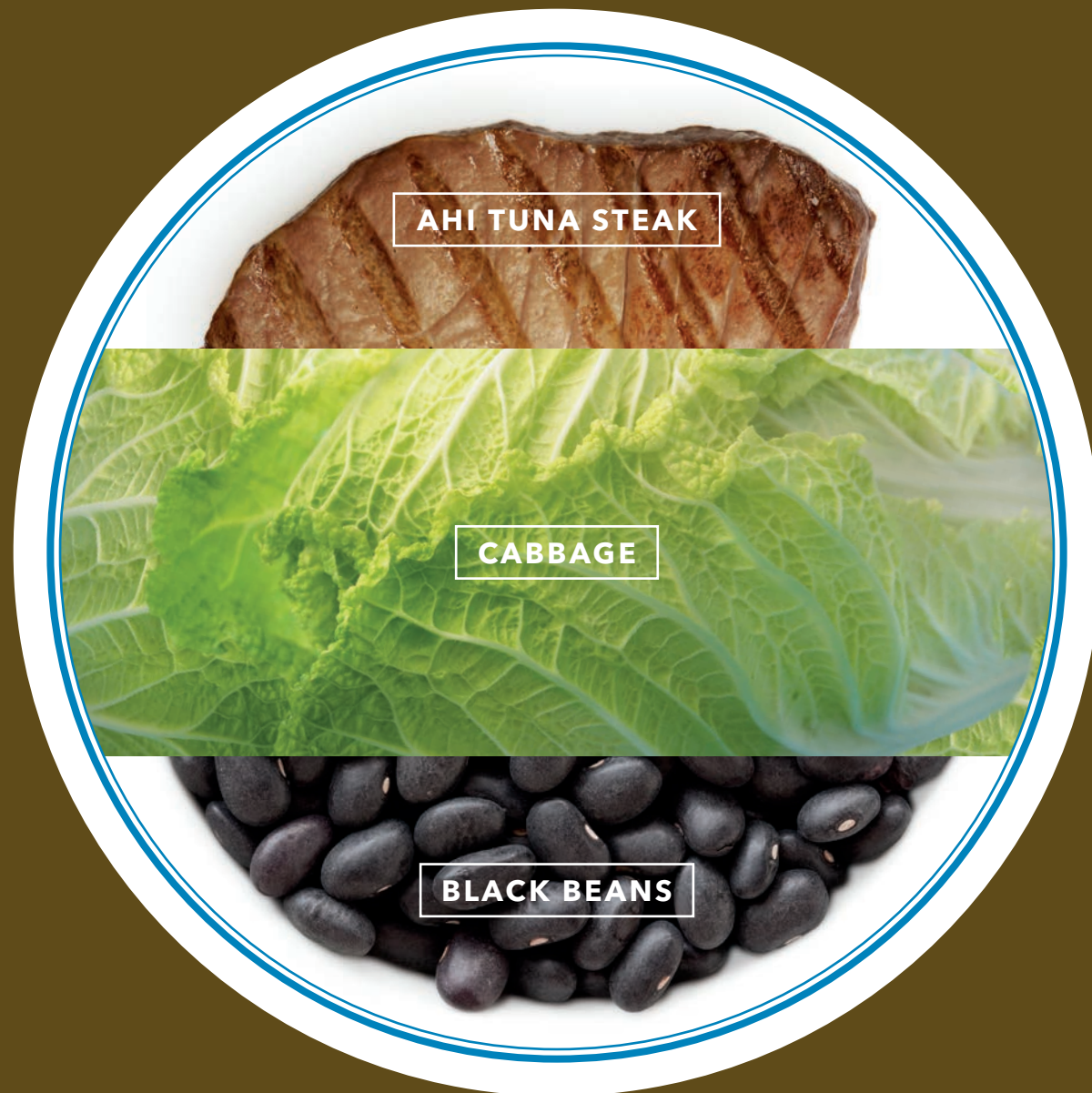
NUTRITIONAL INFORMATION

1 cup: 227 calories

Good source of folate, fiber, protein, magnesium, phosphorus, iron, and thiamin.

SERVING SUGGESTIONS

- Use black beans in place of refried beans in traditional Mexican recipes like tacos and burritos for a healthy, tasty twist.
- Layer black beans, guacamole, chopped tomatoes, diced onions, and cilantro to make a delicious layered bean dip. Add minced jalapeno pepper for added zing.



SOURCES:

Gebhardt, Susan E., and Robin G. Thomas. *Nutritive Value of Foods*. U.S. Department of Agriculture, 2002.

United States Department of Agriculture (USDA) Center for Nutrition Policy and Promotion website cnpp.usda.gov accessed on July 18, 2014.

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