

Home Cooking with Home Telehealth



**Recipes inspired by the Home Telehealth Team
Cheyenne VA Health System**



In collaboration with Cheyenne VA Nutrition Services

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Breakfast and Snacks



Corn Cachapas (Pancakes)

Ingredients

3 Cups	Fresh or frozen corn
2	Eggs
2 tsp	salt
1 Cup	water
¼ Cup	Masa harina or yellow corn meal
1 tsp	Black pepper

Instructions

1. Combine all ingredients and add to blender
2. Batter will be lumpy. Add more water if its dry, add more corn meal if its too wet)
3. Lightly coat a large, flat pan or skillet with a small amount of oil
4. Pre-heat pan on the stove, using medium heat
5. Drop ¼ cups of batter onto several spots on the hot pan
6. Cook approx. 5 minutes per side.
7. Serve hot
8. Top or fill depending on if you're eating these for breakfast, or supper

Variations:

For lower fat, salt, or sugar:

- Use liquid egg whites instead of eggs
- Use vegetable spray to coat pan instead of oil
- Use sugar free syrup (if eating for breakfast),
- Fill with lean meat, or vegetables
- Use low salt salsa, reduced/low fat cheese or sour cream



For full fat or more calories:

- Add cheese, meat, or vegetables folded inside
- Top with salsa, sour cream



Egg-Mushroom Brunch

Ingredients

2 Cups	Fresh mushrooms
1 tsp	Garlic powder, OR 1 fresh garlic clove
1 tsp	Olive oil
2 cups	Fresh spinach
4	eggs
Pinch	Salt and pepper to taste

Instructions

1. Slice mushroom and crush garlic (if using fresh)
2. Heat olive oil in a large non-stick frying pan and low-simmer mushrooms and garlic until soft
3. Add spinach and lightly stir until it's wilted
4. Crack and add eggs into the pan, let cook for 2-3 minutes
5. Then cover with lid for 2-3 more minutes, or until eggs are cooked to your liking
6. Enjoy!

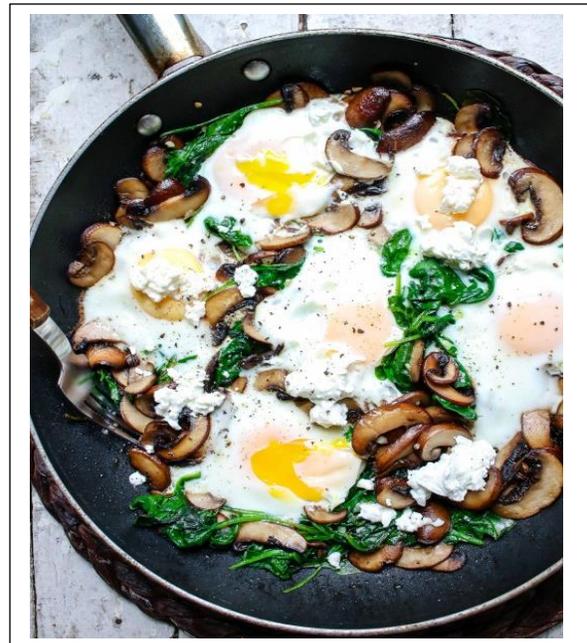
Variations:

Options:

- May use egg whites
- Add onions, peppers, or any vegetables

For more calories:

- Serve with whole wheat toast, Roll, or potatoes
- Include a lean breakfast meat
- Top with cheese
- Top with avocado slices



Marge's Mini Egg Frittatas

Ingredients

	Non-stick cooking spray
10	Eggs beaten
¼ Cup	Grated parmesan cheese
1 tsp	Salt
½ tsp	Black pepper
2 oz	Chopped spinach (or any other vegetables you prefer)
1 Tbs	Minced chives (for topping)

Instructions

1. Preheat oven to 325 degrees
2. Grease a 24-cup cupcake pan with non-stick cooking spray
3. In a medium bowl, whisk together eggs, parmesan, salt and pepper.
4. Place spinach and any other vegetables you like in the bottom of each cupcake cup (peppers, tomatoes, onions can be added as well)
5. Gently pour the egg mixture over the vegetables, leaving at least ½" of space at the top for the eggs to rise.
6. Sprinkle the top with chives
7. Bake for 15-20 minutes until the eggs are set/hardened
8. Serve warm or at room temperature
9. May top with salsa or avocado slices
10. Great for any meal or as a snack!
11. Refrigerate leftovers

Variations:

For lower fat, salt

- Use liquid egg-whites instead of eggs, or ½ eggs and ½ egg-whites
- Use Mrs. Dash, or ground basil or oregano instead of salt
- Use lower fat/lower salt parmesan



For full fat or more calories:

- Add shredded cheese
- Add pre-cooked lean ground beef, turkey or diced Canadian bacon
- Top with sour cream, avocado slices



Sarah's Breakfast Banana Split

Ingredients

1	Large banana cut in half lengthwise and in half again
6 tbsp	Plain Greek yogurt
1/3 cup	Granola
½ cup	Frozen or fresh berries
1 tspn	Raw honey or pure maple syrup

Instructions

1.	Lay two banana pieces on each plate to form banana split
2.	Between bananas, layer yogurt, granola, berries and drizzle with honey or syrup
3.	Enjoy!!

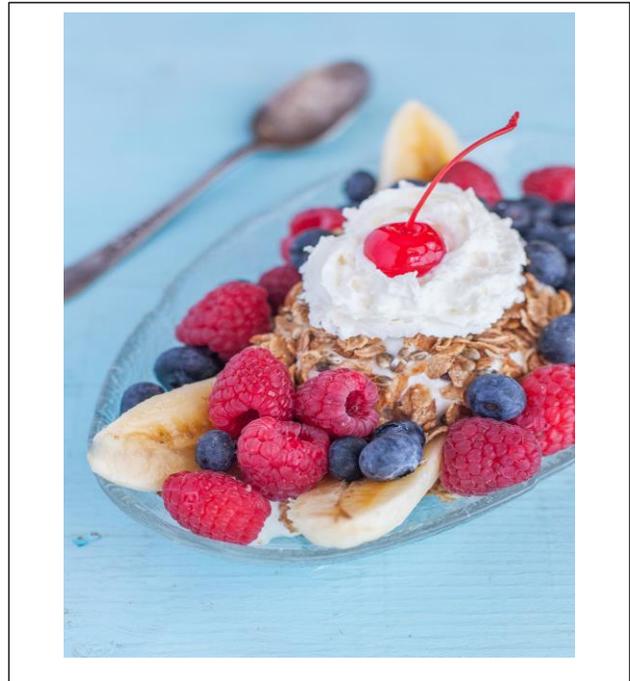
Variations:

For lower fat or sugar:

- Use sugar substitute or sugar-free syrup instead of honey or syrup.
- Use Reduced fat plain Greek yogurt

For full fat or more calories:

- Use full fat Greek yogurt
- Top with nuts, seeds, or raisins



Yogurt with Warm Berry Sauce

Ingredients

1 ½ Cup	Fresh or frozen berries (or other seasonal fruits)
½ Cup	Water
¼ Cup	Sugar
2 Tbs	Lime juice
2Cups	Vanilla Yogurt

Instructions

1. Combine the first 4 ingredients in a small saucepan
2. Bring mixture to a boil and immediately reduce heat to med/low
3. Gently boil 10 minutes or until sauce thickens
4. Spoon 1/3 Cup of yogurt in to a bowl
5. Top Each serving with about ¼ Cup of berry sauce

Variations:

For lower fat, salt, or sugar:

- Use low fat, or plain yogurt
- Use sugar substitute

For full fat or more calories:

- Use Greek or vanilla yogurt
- Use full fat yogurt
- Add ¼ Cup of granola, nuts, raisins, or seeds to the serving
- Serve over a pancake or waffle



Easy Lunch and Dinner Main Dishes



Combo Crunch Deluxe Burritos and Tacos

Ingredients

1	Flour, or corn tortilla, or 2 taco shells
1 lb	Lean ground beef
1 pkt	Taco seasoning
1 oz	Cheddar cheese
¼ Cup	Diced tomato
¼ Cu]	Shredded lettuce

Instructions

1. In frying pan, brown the ground beef over medium heat, and drain fat
2. Stir in taco seasoning per package directions
3. Place ¼ of meat in the tortilla or taco shells
4. Top with cheese, lettuce, and tomato

Variations:

For lower fat, salt:

- Use ground turkey, chicken, black beans, or liquid egg whites (for breakfast) instead of ground beef
- Use chili powder or low salt taco seasoning
- Top with green chilis
- Use low fat cheese
- Add low fat sour cream



For full fat or more calories:

- Top with salsa, sour cream. or avocado
- Add refried beans
- Use eggs (for breakfast) instead of ground beef

Easy-Peesy Beef Stir Fry

Ingredients

4 Cups	Cooked rice
½ Cup	Water
¼ Cup	Orange juice
1 Tbs	Corn starch
3 Tbs	Soy sauce
1 lb.	Beef sirloin, thinly sliced into strips
1 Tbs	Cooking oil
1 lb pkg	Frozen stir-fry vegetables
1 Tbs	Minced garlic or garlic powder
1 Tbs.	Grated ginger (optional)
½ tsp	Red pepper flakes (optional)

Instructions

1. Cook the rice according to package directions, and set aside.
2. Mix orange juice, water, cornstarch, soy sauce, red pepper flakes and beef strips in a bowl and set aside.
3. Heat oil in a large non-stick skillet on medium high heat.
4. Add garlic and ginger to pan and simmer 1 minute
5. Add beef and sauce mixture into the pan and cook for 2 minutes, stirring occasionally
6. Add frozen vegetables to pan and cook until tender.
7. Serve over rice.

Variations:

For lower fat, salt, sugar or more fiber:

- Use brown rice
- Use low sodium soy sauce
- Use canola or vegetable oil
- Use chicken instead of beef
- Add broccoli, mushrooms, or other vegetables
- Can use beef or chicken left over from a restaurant meal



Fort Collins Favorite Baked Fish

Ingredients

4	Tilapia filets
Pinch	Salt and pepper
5 Tbs	Butter, melted
1/4 tsp	Garlic powder
¼ tsp	Red pepper flakes
2 Tbs	Lemon juice
1	Fresh lemon, sliced
1 Tbs	Chopped parsley for garnish

Instructions

1. Preheat oven to 400 degrees
2. Spray a baking dish with non-stick cooking spray
3. Season tilapia with salt and pepper and place on the baking dish
4. Mix together butter, garlic red pepper flakes, and lemon juice, and pour over the tilapia
5. Place lemon slices on top and around the tilapia
6. Bake for 10-12 minutes or until fish is fork-tender

Variations:

For lower fat, salt, or sugar:

- Use vegetable spread, or margarine instead of butter
- Serve with a salad or vegetables

For full fat or more calories:

- Serve with rice, pasta, or potatoes
- Add plain Greek yogurt or sour cream to the garlic-butter sauce



Laura's Laramie Linguini Pie

Ingredients

6 oz.	Cooked spaghetti or linguini
2 Tbs.	Olive oil
2 eggs	Well beaten
½ Cup (2 oz.)	Shredded parmesan cheese
¾ Cup (3 oz)	Shredded mozzarella (save ½ for topping)
1 Cup	Whole milk ricotta cheese
1Cup	Pasta sauce

Instructions

1. Preheat oven to 350°F
2. Grease a 10-inch pie plate or shallow baking dish
3. Cook pasta per directions on the box
4. Toss spaghetti with olive oil in large bowl.
5. Stir in eggs and 1/2 cup Parmesan cheese.
6. Pour spaghetti mixture into greased 10-inch pie plate; form into a crust.
7. Spoon Ricotta cheese over spaghetti crust.
8. Top with pasta sauce.
9. Bake in preheated oven for 25 minutes.
10. Remove and top with half of the Mozzarella cheese, then bake 5 more minutes, or until cheese is melted.
11. Sprinkle with remaining Mozzarella cheese. Cool 10 minutes before cutting.
12. Serve with a side salad

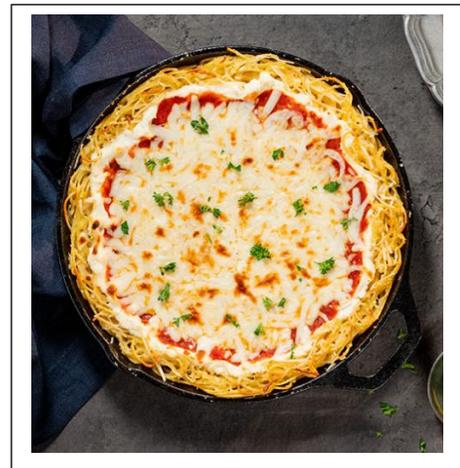
Variations:

For lower fat, salt, or carbs:

- Use cooked spaghetti squash or shredded veggies instead of pasta
- Use low fat or part skim cheese, ricotta
- Use low sugar/low sodium pasta sauce, tomato sauce, & canned diced tomatoes
- For added fiber use whole wheat pasta
- Add mushrooms, veggies

For more fat or calories:

- Add cooked/drained ground beef or sliced meatballs



North Woods Bean Soup

Ingredients

1 tsp	Olive Oil
1 Cup	Carrot chunks or baby carrots cut in half
1 Cup	Chopped onion (fresh or frozen)
2 cloves	Garlic (or 2 tsp garlic powder)
7 oz.	Turkey sausage or kielbasa, thinly sliced
½ tsp	Dried Italian seasoning
4 Cups	Chicken broth
2 cans (15 oz)	Great Northern beans, drained and rinsed
½ tsp	Black pepper
1 small package (6 oz)	Baby spinach

Instructions

1. In large sauce pan heat olive oil over medium heat.
2. Add carrots, onion, garlic and sausage and saute 3 minutes, stir occasionally
3. Reduce heat to low and simmer for 5 minutes
4. Add chicken broth, Italian seasoning, and beans.
5. Bring to a boil, then reduce heat and simmer for 5 minutes
6. Remove soup from heat, add spinach and stir until spinach wilts
For creamier soup:
1. Before adding spinach, pour 2 cups (about ½) of soup mixture into a blender and process until smooth
2. Pour the pureed mixture back into the sauce pan with the remaining soup mixture.
3. Simmer for 5 minutes
4. Remove soup from heat, add spinach and stir until spinach wilts

Variations:

For lower fat, or salt

- Use fat free, low sodium chicken broth
- Use sliced Canadian bacon instead of sausage

For more calories:

- Serve with a roll, crackers, and/or salad



Saratoga Sloppy Joe

Ingredients

1 lb	Lean ground beef or ground turkey
1	Diced small onion, or 1 Cup diced frozen onions
1	Small red pepper, diced
1 can (15 oz)	Black beans, drained and rinsed
1 ½ Cups	Tomato sauce
2 Tbs	Tomato paste
½ tsp	Garlic powder
1 tsp	Red wine vinegar
1 Tbs	Worcestershire sauce
1 tsp	Mustard powder, or mustard
8	Hamburger buns

Instructions

1. Brown the meat and onion in a large skillet over medium-high heat for 5 minutes, breaking up the meat into crumbles as it cooks.
2. Drain the ground meat
3. Add red pepper and cook 5 more minutes.
4. Stir in the rest of the ingredients, and simmer on low for 5 minutes
5. Serve with or without buns, add a side salad, and enjoy!

Variations:

For lower fat, salt, or sugar:

- Use low sodium beans and tomato sauce/paste
- For higher fiber use whole wheat buns
- Serve over lettuce instead of a bun

For full fat or more calories:

- Top with sliced or shredded cheddar cheese, or sour cream



Serena's Salsa Chicken

Ingredients

2	Chicken breasts
1	10 oz. can diced green chilies with tomatoes
1	Jar salsa
1	Tbsp. taco seasoning

Instructions

1. Throw all ingredients in slow cooker (or instant pot) on low 4-6 hours
2. Serve over sweet potatoes, low carb tortilla, or on salad.

Variations:

For lower fat, salt, or sugar:

- Low sodium taco seasoning
- Use skinless chicken

For full fat or more calories:

- Serve over rice/brown rice
- Top with sour cream
- Avocado
- Shredded cheese
- Black beans or corn



Salads and Sides



Baked Sweet Potatoes

Ingredients

3	Sweet potatoes, peeled and cut into bite size cubes
2 tsp	Olive oil
1 Tbs	butter
1 Tbs	Brown sugar
1 tsp	Ground cinnamon
¼ tsp	Ground nutmeg
Pinch	Ground ginger
Pinch	Salt (to taste)

Instructions

1. Preheat the oven to 350 degrees.
2. Coat a small baking dish with cooking spray.
3. Peel and dice the sweet potatoes into bite size cubes and place in the baking dish.
4. Melt butter in the microwave for about 20 seconds.
5. Mix in olive oil, brown sugar, cinnamon, nutmeg, ginger and salt.
6. Pour over the potatoes.
7. Mix to coat evenly.
8. Bake in the oven for 60 minutes.
9. Stir the sweet potatoes once or twice during roasting.

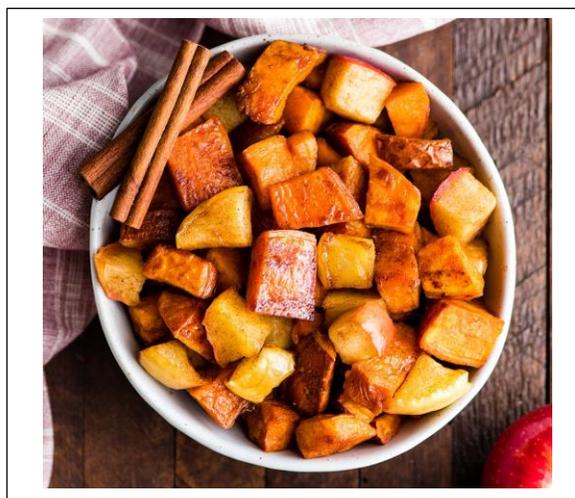
Variations:

For lower fat, salt, or sugar:

- Use margarine instead of butter
- Decrease butter to 1 Tbs
- Use brown sugar substitute/blend

For more savory than sweet:

- Skip the brown sugar and spices
- Add pinch of salt & pepper
- Stir in ¼ tsp onion powder



Black Bean Salsa

Ingredients

1 can (15 oz)	Black beans, drained and rinsed
1 Cup	Corn - fresh, frozen, or canned (drained)
1	Medium tomato, diced
1-2	Jalapenos, seeded and diced (optional)
½	Red onion, chopped
1 Tbs	Chopped cilantro
¼ Cup	Olive oil
¼ Cup	Lime juice
1 tsp	Garlic powder
1 tsp	Cumin (optional)
½ tsp	salt
1/8 tsp	Cayenne pepper

Instructions

1. In a large bowl combine the black beans, corn, diced tomato, jalapenos, and cilantro
2. In a small bowl whisk together the olive oil, lime juice, garlic powder, cumin, salt, and cayenne. Pour over the black bean mixture.
3. Chill the salsa for 30 minutes before serving
4. Serve with tortilla chips, or over tacos, burritos, or eggs
*Only 70 calories per serving

Variations:

For lower carbs:

- Use ½ Cup green pepper or Celery to replace ½ Cup of the corn

For full fat or more calories:

- Top with a tsp of sour cream or plain Greek yogurt
- Add avocado slices



Devils Tower Deviled Eggs

Ingredients

6	eggs
2 Tbs	Mayonnaise
1tsp	Mustard or Dijon mustard
1/8 tsp	salt
Dash	pepper
sprinkle	Paprika, and/or dried chives (optional toppings)

Instructions

Fill a sauce pan with water
Add eggs – be sure all eggs are covered by the water
Bring water to a boil
Put a lid on the pan and REMOVE from heat
Let eggs sit in pan for 15 minutes
Drain the hot water and fill the sauce pan with cold water and ice, let sit for 10 minutes.
Peel eggs and slice in half lengthwise
Scoop yolks into a small bowl
Mash with a fork
Stir in mayonnaise, and spices
Fill the egg whites with 1Tbs of the yolk mixture, using a spoon
Top each egg with your desired toppings and enjoy!
Refrigerate

Variations:

For lower fat, or salt:

- Use light mayo, plain Greek Yogurt, or mashed avocado instead of mayo
- Use Mrs. Dash instead of salt
- For more vegetables in your diet, add ¼ Cup chopped spinach to the mashed egg mixture



For full fat or more calories:

- Add 1 ½ Tbs sweet or dill pickle relish
- Top with shrimp, avocado slices, tomato, diced

Kristin's Easy Pistachio Pudding Salad

Ingredients

3.4 oz	Instant pistachio pudding
1 can (20 oz)	Crushed pineapple (drain but reserve the juice)
16 oz	Cottage cheese
8 oz tub	Cool whip - thawed
1/2 Cup	Chopped pecans (optional)
1 Cup	Mini marshmallows (optional)

Instructions

1. In large bowl mix dry pistachio pudding mix with drained crushed pineapple
2. Mix in the cottage cheese
3. Fold in cool whip
4. Add 2 tablespoons of pineapple juice, or more if desired
5. Mix in pecans and/or marshmallows (optional)
6. Refrigerate at least an hour before serving

Variations:

For lower fat, salt, or sugar:

- Use sugar free pudding mix
- Low fat cottage cheese
- Sugar free cool whip
- Use less marshmallows

For full fat, or more calories:

- Use vanilla Greek yogurt instead of Cool Whip, for more protein
- Add any type of nuts



Really Easy Roasted Veggies

Ingredients

*	Use whatever vegetables you have in the freezer or fridge:
4 Cups	Bell peppers, carrots, zucchini, yellow squash, broccoli, onion, cabbage, brussels sprouts, green beans, asparagus, cauliflower, and/or tomatoes
2 Tbs	Olive oil
¼ tsp	Salt and pepper (to taste)
1 Tbs	Italian seasoning (optional) or garlic or onion powder
1 Tbs	Lemon juice (optional)

Instructions

1. Chop vegetables into chunks and place on rimmed baking sheet
2. Drizzle olive oil and sprinkle seasonings over the veggies, and gently mix
3. Spread evenly so vegetables cook evenly
4. Roast about 20 minutes, or until veggies are tender
5. Serve as a side or main dish

Variations:

For lower fat, salt, or sugar:

- Use Mrs. Dash seasoning instead of salt or Italian seasoning

For full fat or more calories:

- Serve over rice or pasta
- Use melted butter instead of olive oil
- Top with sour cream or Greek yogurt



Valorie's Light Waldorf Salad

Ingredients

1 Cup	Diced celery
1 Cup	Diced crisp apples
½ Cup	Coarsely chopped walnuts
½ Cup	Red grapes cut in half
	Dressing:
½ Cup	Plain, low-fat yogurt
1 Tbs	Lemon juice

Instructions

Place all salad ingredients in a large salad bowl.
Toss with dressing and keep refrigerated until ready to serve.

Variations:

For full fat or more calories:

- use mayo instead of yogurt
- Add lean meat
- Serve with a whole grain tortilla
- Add other chopped veggies of choice



Sweet Treats



Cheyenne Sherbet

Ingredients

3 Cups	Fat-free milk
1 packet	Crystal Light drink mix (can use any flavor)
	**Note: Crystal Light packets come in 2 sizes. Use the <u>small</u> packet that makes 2-quarts
1 (8 oz) tub	Cool Whip "Light" topping - thawed

Instructions:

1. In a plastic bowl (not metal), stir milk and powdered drink mix together until dissolved.
2. Freeze 2 hours or until partially frozen
3. Spoon into blender, mix on high speed until smooth
4. Return mix to the bowl
5. Whisk in Cool Whip and freeze 4 hour or until frozen
6. Spoon into bowls, and top with fresh fruit or mint

Variations:

For full fat or more calories:

- Use regular cool whip or real whipped cream



Chocolate Peanut-Butter Parfait

Ingredients

1 pkg (3.9 oz)	Chocolate instant pudding mix
2 Cups	Cold milk
3 Tbs	Cold milk to be added to peanut butter
3 Tbs	Peanut butter
1 Cup	Cool Whip, thawed

Instructions

1. In a medium sized bowl, beat pudding mix and 2 cups of milk with whisk for 2 minutes, then set aside
2. In a separate bowl, gradually whisk peanut butter and 3 Tbs of cold milk, until well blended
3. Stir Cool Whip into the peanut butter mixture
4. Spoon pudding into parfait glasses (or cups) alternating the chocolate and the peanut butter layers
5. Refrigerate 30 minutes

Variations:

For lower fat or sugar:

- Use sugar free and/or fat free pudding mix
- Use fat free milk
- Use reduced fat or lower salt peanut butter
- Use light Cool Whip

For full fat or more calories:

- Use real whipped cream
- Add nuts or fruit on top or in between layers



Marge's Berry Yogurt Pops

Ingredients

1/4 Cup	Plain or flavored yogurt
1/4 Cup	Fresh (or frozen) strawberries
1/2 Cup	No sugar added apple juice
1/4 tsp	Cinnamon (optional)
1/8 tsp	Vanilla extract (optional)

Instructions

1. Mix all ingredients in a blender or by hand
2. Pour into a container (paper or plastic cup, or popsicle or ice cube mold)
3. Top it with plastic wrap or foil, plunge popsicle stick in the middle
4. Let it freeze for at least 1 hour
5. Enjoy!
*Only 11 grams of carbs in each pop

Variations:

For lower fat, salt, or sugar:

- Low fat or low sugar yogurt
- Plain yogurt
- V8 Fusion (instead of juice)



For full fat, or more calories:

- Use full fat or Greek yogurt
- Add banana
- Use any juice



Smoothies (fruit shakes)

Ingredients

1 Cup	Frozen strawberries
½ Cup	Frozen raspberries or any other frozen fruit (mango, kiwi, peaches, blueberries)
½ Cup	Low fat vanilla yogurt
½ Cup	Apple juice or milk (if using milk, add 2 tsp of honey)

Instructions

1. Combine all ingredients in a blender.
2. Blend until smooth, stopping once to scrape mixture down the sides of the blender
3. Pour into glasses and serve immediately
4. Makes 2 servings

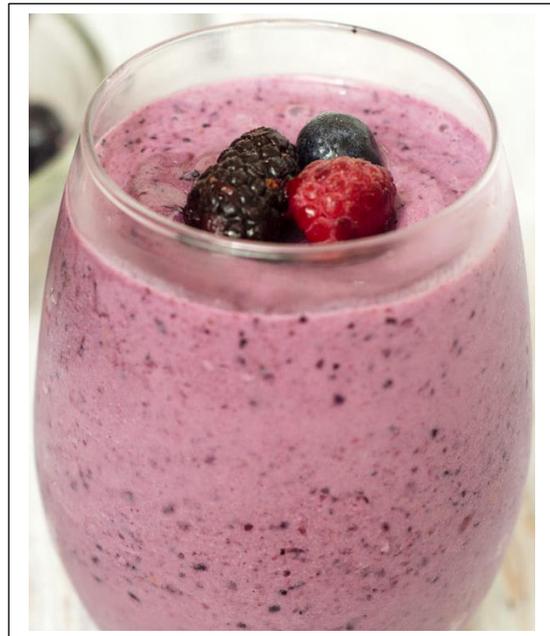
Variations:

For lower fat, salt, or sugar:

- Use low-fat milk instead of juice
- Use sugar substitute instead of honey
- Use no-sugar-added apple juice
- Use V-8 Fusion juice

For full fat or more calories:

- Use full-fat, or Greek yogurt
- Add a tsp wheat germ before blending
- Add a banana



Contacts, Websites and Resources



Contacts

(Business hours, Mon.- Fri.)

Cheyenne VA 1-888-483-9127 or (307) 778-7550

Home Telehealth	Extension
Valorie Brown, MSN, RN, Lead	x3779
Kristin Dafoe, RN	x7771
Izzy Jackson, BSN, RN (interim Telehealth Program Manager)	x3905
Serena Medina, RN	x3722
Marge Melaragno, MSN, RN	x3723
Sarah Renneisen-Schmidt, MSN, RN	x7539
Donna Schaffer, BSN, RN	x2226
Laura Twitchell, RN	x3619
Nutrition Services/Weight Management	
Loveland Nutrition Clinic	970-962-4900 x2197
Cheyenne Nutrition Clinic	307-778-7550 x7085
MOVE! Program (weight management)	970-590-1148

Helpful Websites

American Diabetes Association: <https://www.diabetes.org/>

American Diabetes Association **recipes**: <https://www.diabetesfoodhub.org/>

The American Heart Association: <https://www.heart.org/>

The American Heart Association **recipes**: <https://recipes.heart.org/en>

Cooking Light **recipes**: <https://www.cookinglight.com/food/recipe-finder>

My HealthVet Veteran's Health Library: <https://www.veteranshealthlibrary.va.gov/>

Additional Resources

(Available from Nutrition Services or Home Telehealth)

Nutrition handouts from the MOVE book:

- Healthy Plate
- Snack Attack
- Sweet Suggestions

Physical Activity handouts from the MOVE book:

- Activities to Fit Your Lifestyle
- If you Sit or Stand.....Move!
- Step Conversion Chart