

# Creative Cooking

for a healthier  
lifestyle

**RECIPE BOOKLET**

# Mediterranean Chicken Pita

## Ingredients

- 2 cups cubed cooked chicken
- ½ cup low-fat tzatziki sauce or nonfat plain Greek yogurt
- 2 whole grain pocket style pitas (cut in half to make 4 pita pockets)
- 1 cup diced cucumber
- 1 cup diced tomato
- ½ cup unsalted, sliced dry-roasted almonds

## Instructions

1. In a medium mixing bowl, mix together the chicken and tzatziki sauce. Stuff ½ cup of the chicken mixture into each pita pocket.
2. Top each filled pita pocket with ¼ cup cucumbers, ¼ cup tomatoes and 2 tablespoons of sliced almonds.



## Nutrition Facts

4 Servings

Serving Size 1 pita pocket

Amount per serving

**Calories**

**310**

Total Fat 13g

Saturated Fat 2.7g

Trans Fats 0.1g

Cholesterol 85mg

Sodium 490mg

Total Carbohydrate 25g

Dietary Fiber 4g

Total Sugars 3g

Protein 26g

Potassium 510mg

Phosphorous 305mg

# Grilled Veggie Wrap

## Ingredients

- 1 tablespoon olive oil
- 2 tablespoons balsamic vinegar
- ¼ teaspoon black pepper
- 1 medium zucchini sliced into 8 slices
- 1 medium yellow squash sliced into 8 slices
- 1 red bell pepper sliced into 4 slices
- 6 large whole wheat tortillas (low carb)
- ¼ cup hummus
- 8 fresh basil leaves

## Instructions

1. Preheat an indoor or outdoor grill.
2. In a large bowl, whisk together olive oil, balsamic vinegar and ground black pepper.
3. Add sliced zucchini, squash and bell pepper to marinade and let sit for 5 minutes.
4. Grill the vegetables for about 2–3 minutes on both sides.
5. Lay out the tortilla and spread with 2 tablespoons hummus, then add 2 fresh basil leaves and top with 2 slices of zucchini, 2 slices of yellow squash and 1 slice bell pepper. (approximately ⅓ cup of filling)
6. Fold in the two sides of the tortilla and roll like a burrito. You can serve these immediately or wrap tightly in plastic wrap and refrigerate.

## Nutrition Facts

6 Servings

Serving Size 1 tortilla, 1/3 cup filling

Amount per serving

**Calories** 100

Total Fat 7g

Saturated Fat 2g

Trans Fats 0g

Cholesterol 190mg

Sodium 180mg

Total Carbohydrate 2g

Dietary Fiber 0g

Total Sugars 1g

Added Sugars 0g

Protein 6g

Potassium 91mg



# Garlic Mashed Potato Soup

Vegetarian



Nutrition Facts	
4 Servings	
Serving Size	2 cups
Amount per serving	
<b>Calories</b>	<b>155</b>
Total Fat 4g	
Saturated Fat 1.6g	
Trans Fats 0g	
Cholesterol 5mg	
Sodium 445mg	
Total Carbohydrate 24g	
Dietary Fiber 2g	
Total Sugars 3g	
Added Sugars 0g	
Protein 7g	
Potassium 555mg	
Phosphorous 135mg	

## Ingredients

- 1 tablespoon margarine (trans fat-free)
- ½ yellow onion (diced)
- 3–4 cloves garlic to taste (minced)
- 2 large russet (baking) potatoes (peeled and diced)
- 32 ounces low-sodium chicken broth
- 2 tablespoons sour cream (non-fat)
- 4 green onions (scallions) thinly sliced (or use chives)
- ⅓ cup cheddar cheese (shredded, 50% reduced-fat)
- 2 slices turkey bacon cooked and crumbled (optional)

## Instructions

1. **PREPARE AHEAD OR DELEGATE:** Dice the onion, peel the garlic, peel and dice the potatoes. Store in a bowl with enough water to cover so they don't brown. Slice the scallions, shred the cheese if necessary, and refrigerate. Cook, and crumble the bacon or fully prepare and refrigerate the soup.
2. In a stockpot, heat the margarine over medium heat. Add the onions and garlic and sauté for 3–5 minutes until the onions are translucent. Add the potatoes and cook, stirring frequently, for 1–2 minutes to coat them. Add the broth, bring it to a low boil, and simmer for 20–25 minutes, stirring occasionally, until the potatoes are very tender.
3. Puree the soup using a handheld immersion blender or a standing blender. Return the soup to the pot, if necessary, and stir in the sour cream until it is smooth. Serve the soup immediately, topped with the scallions, cheese, bacon, and extra sour cream, if desired, or refrigerate for up to 2 days.

**SLOW COOKER DIRECTIONS:** Add the onions, garlic, potatoes and broth to the slow cooker and cook on low for 6–10 hours or on high for 3–4 hours. 30 minutes before serving, use an immersion blender or standing blender to puree the soup, then add the sour cream. Serve topped with the scallions, cheese, bacon and extra sour cream, if desired. (Slow cooker cooking times may vary—get to know your slow cooker and, if necessary, adjust cooking times accordingly.)

**FLAVOR BOOSTER:** Serve with hot pepper sauce, such as Tabasco.

# Greek Vegetable Pita Pizza

## Ingredients

- 4 small whole wheat pitas (4-inch diameter)
- 1 cup jarred or homemade low-sodium pizza sauce
- ¼ cup reduced-fat Italian shredded cheese
- ¼ cup Kalamata olives (or black or green canned) sliced
- ¼ cup roasted red peppers (sliced thin)
- ¼ cup artichoke hearts (chopped)
- 1 shallot (finely sliced)
- 2 ounces reduced-fat feta cheese (crumbled)
- ½ cup fresh basil (julienned)

## Instructions

1. Heat oven to 400 F
2. Top pita bread with sauce, olives, peppers, artichokes, shallot and Italian cheese.
3. Bake in the oven until the cheese melts and the pita is crispy, 7–8 minutes.
4. Remove from the oven and top with feta and fresh basil.



## Nutrition Facts

4 Servings

Serving Size

1 individual pizza

Amount per serving

**Calories**

**250**

Total Fat 9g

Saturated Fat 3.1g

Cholesterol 15mg

Sodium 570mg

Total Carbohydrate 32g

Dietary Fiber 4g

Total Sugars 3g

Protein 14g

Potassium 330mg

Phosphorous 245mg

# Overnight Oats

## Ingredients

- 1 cup quick cooking oats
- 1 teaspoon chia seeds
- ½ teaspoon ground cinnamon
- 1 (8 ounce) bottle Splenda Diabetes Care Vanilla Shake
- ½ teaspoon vanilla extract
- 1 apple (sliced)

## Instructions

1. In a small bowl, combine oats, chia seeds and cinnamon.
2. Add Splenda Diabetes Care Vanilla Shake and vanilla extract to oat mixture. Stir until combined.
3. Divide the oat mixture evenly between two containers with lids. Cover and place in the refrigerator overnight.
4. Top each container with half the apple slices before serving.



## Nutrition Facts

2 Servings

Serving Size 1 cup

Amount per serving

**Calories** **290**

**Total Fat** 8g

Saturated Fat 1g

Trans Fats 0g

**Cholesterol** 10mg

**Sodium** 95mg

**Total Carbohydrate** 47g

Dietary Fiber 10g

Total Sugars 9g

Added Sugars 0g

**Protein** 14g

**Potassium** 400mg

**Phosphorous** 245mg

# Egg Salad

## Ingredients

- ¼ teaspoon black pepper
- ¼ cup light mayonnaise
- 1 teaspoon Dijon mustard
- 1 stalk celery (diced)
- 6 large eggs

## Nutrition Facts

6 Servings

Serving Size 1/3 cup

Amount per serving

**Calories** **100**

Total Fat 7g

Saturated Fat 2g

Trans Fats 0g

Cholesterol 190mg

Sodium 180mg

Total Carbohydrate 2g

Dietary Fiber 0g

Total Sugars 1g

Added Sugars 0g

Protein 6g

Potassium 91mg

## Instructions

1. Place eggs in a saucepan and ensure they are covered in water. Place saucepan on heat and bring to a boil. Turn off the heat, cover and let the eggs cook for 9–12 minutes. Place eggs in an ice bath and peel eggs.
2. Cut hard-boiled eggs in half and remove three of the yolks from the 6 eggs (you should end up with 6 egg whites and 3 egg yolks total). Add to a medium bowl and lightly mash with a fork.
3. Add the remaining ingredients and stir to combine.
4. Store in an airtight container in the refrigerator for up to one week.



# Pulled Chicken with Cilantro Lime

## Ingredients

- 1 small red onion, diced
- ¼ cup lime juice
- ¼ teaspoon salt
- 1 pound boneless chicken breast
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- 1 cup low-sodium chicken broth
- 1 lime (cut into wedges)



## Instructions

1. In a medium bowl, stir together the onion, lime juice and salt. Cover with plastic wrap and set aside at room temperature for 3 to 5 hours, while the chicken cooks.
2. Place the chicken in a medium sized slow cooker. Sprinkle chicken with the chili powder and cumin. Pour the chicken broth around the chicken. Cover and cook on low for 3 to 5 hours or until chicken reaches a temperature of 165 degrees.
3. Remove the chicken from the slow cooker and shred the chicken using two forks.
4. Place the chicken in a bowl and toss with the onion lime mixture. Serve with lime wedges.
4. Electric pressure cooker variation: Prepare the onion lime mixture as above. Place the chicken in the pressure cooker. Sprinkle with chili powder and cumin. Pour the chicken broth around the chicken. Secure the lid. Cook on high pressure for 6 minutes. Allow the pressure to release naturally for 5 minutes, then quickly release the remaining pressure. Proceed as above.

## Nutrition Facts

4 Servings

Serving Size 3/4 cup

Amount per serving

**Calories 150**

Total Fat 3g

Saturated Fat 0.8g

Trans Fats 0g

Cholesterol 65mg

Sodium 230mg

Total Carbohydrate 5g

Dietary Fiber 1g

Total Sugars 2g

Added Sugars 0g

Protein 25g

Potassium 320mg

Phosphorous 205mg

# Cajun Fish Sandwiches

Kidney friendly



Nutrition Facts	
4 Servings	
Serving Size	1 fish sandwich
Amount per serving	<b>350</b>
<b>Calories</b>	
<b>Total Fat</b> 12g	
Saturated Fat 3g	
Trans Fats 0.1g	
<b>Cholesterol</b> 115mg	
<b>Sodium</b> 440mg	
<b>Total Carbohydrate</b> 34g	
Dietary Fiber 4g	
Total Sugars 6g	
Added Sugars 0g	
<b>Protein</b> 27g	
<b>Potassium</b> 560mg	
<b>Phosphorous</b> 390mg	

## Ingredients

- 6 ounces (3 cups) shredded cabbage or coleslaw mix
- 2 tablespoons light mayonnaise
- 1 tablespoon apple cider vinegar
- ½ tablespoon honey
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- ¾ cup all-purpose flour
- 2 teaspoons Cajun or Old Bay seasoning
- 1 egg
- 2 teaspoons butter
- 1 tablespoon extra-virgin olive oil
- 1 pound flounder, catfish, tilapia or other thin white fish fillets (cut into 4 even pieces)
- 4 whole wheat hamburger buns

## Instructions

1. In a medium serving bowl, combine the slaw, mayonnaise, vinegar, honey, salt and pepper. Set it aside. (If possible, make this up to 24 hours in advance and refrigerate it until you are ready to serve. Mix it well before serving.)
2. In a shallow dish or bowl, combine the flour and Cajun or Old Bay seasoning. In another shallow bowl, beat the egg.
3. In a large heavy skillet (a cast iron pan works great for this), heat the butter and oil over medium heat until it is bubbling.
4. Dip the fish pieces in the flour mixture to coat them. Dip them in the egg, letting the excess drip back into the bowl. Dip them back into the flour mixture to recoat. Cook the fish until it is nicely browned and crispy, about 2-3 minutes per side. Remove the fish to a plate.
5. Toast the buns. Serve the fish inside the buns and topped with the slaw.

**FLAVOR BOOSTER:** Serve the sandwiches topped with barbecue sauce or your favorite sandwich spread. Finely grate 1/4 onion into the coleslaw.

# Chicken Lettuce Wraps

Kidney friendly

## Ingredients

- ¼ cup reduced-fat peanut butter
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon honey
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 1 clove garlic (minced)
- 1 teaspoon fresh ginger (grated)
- 3 tablespoons water (or more to reach desired consistency)
- 2 whole boneless, skinless chicken breasts (cooked and sliced)
- 1 large cucumber (julienned or cut into thin strips about the size of matchsticks)
- 1 large carrot (julienned)
- ½ cup fresh cilantro (chopped)
- 8 leaves lettuce
- 2 stalks green onion (scallion) thinly sliced
- 1 tablespoon sesame seeds (toasted, for garnish)



## Instructions

1. In a small bowl, whisk together peanut butter, soy sauce, honey, rice vinegar, sesame oil, minced garlic and grated ginger. Add water gradually until you reach the desired sauce consistency.
2. Assemble the lettuce wraps by laying out large lettuce leaves, placing chicken on each leaf, and topping with cucumber and carrots.
3. Drizzle peanut sauce over the chicken and top with cilantro, scallions and sesame seeds.

## Nutrition Facts

4 Servings

Serving Size 2 wraps

Amount per serving

**Calories** 240

Total Fat 11g

Saturated Fat 2g

Trans Fats 0g

Cholesterol 50mg

Sodium 450mg

Total Carbohydrate 17g

Dietary Fiber 3g

Total Sugars 8g

Added Sugars 5g

Protein 23g

Potassium 570mg

Phosphorous 320mg

# Thai Spring Rolls with Sweet Chili Sauce

Vegetarian



## Spring Roll Ingredients

- 3 ½ cups packed Chinese (napa) cabbage (thinly sliced)
- 1 cup packed carrots (shredded)
- ½ cup green onion (sliced)
- 2 teaspoons Splenda stevia sweetener
- 2 teaspoons low-sodium soy sauce
- ½ teaspoon fresh ginger (grated)
- 6 egg roll wrappers

## Spring Rolls Instructions

1. For the Thai Spring Rolls: In a skillet sprayed with nonstick cooking spray and heated to medium, add shredded cabbage, carrots and green onion. Add Splenda sweetener, soy sauce and ginger. Sauté just until wilted, about 3 minutes. Set aside to cool.
2. Spray your air fryer with nonstick cooking spray and heat to 390 F.
3. While your air fryer is preheating, prepare your Thai Spring Rolls. Lay out a single egg roll wrapper, so it looks like a diamond shape facing you. Scoop about 4 tablespoons of filling into the center of the wrapper. Fold the lower half over the filling, and then pull in the two corners at the same time. Roll it away from you, so it makes a baton-like shape. Take a little water to seal it if needed. Repeat for the remaining rolls.
4. Place Thai Spring Rolls into air fryer, 3 at a time, and give them a light coating of cooking spray. Cook for 5–7 minutes, turning over halfway through cooking. Remove and let cool slightly. Repeat for the second batch. Serve alongside Sweet Chili Sauce and enjoy!

## Nutrition Facts

6 Servings	
Serving Size	1 roll and 2 tablespoons sauce
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
Total Fat 0g	
Cholesterol 0mg	
Sodium 200mg	
Total Carbohydrate 23g	
Dietary Fiber 2g	
Total Sugars 3g	
Added Sugars 0g	
Protein 4g	

# Thai Spring Rolls with Sweet Chili Sauce

Vegetarian



## Sweet Chili Sauce Ingredients

- ½ cup water
- ½ cup rice wine vinegar
- ½ cup Splenda stevia sweetener
- 2 tablespoons low-sugar ketchup
- 1 teaspoon ginger (grated)
- 1 clove garlic (grated)
- ¼ teaspoon red chili flakes  
or (1 teaspoon red chili pepper)
- 1-½ teaspoons cornstarch

## Sweet Chili Sauce Instructions

1. Pour water and vinegar into a saucepan; bring to a boil over high heat. Reduce heat to medium and stir in sweetener, ketchup, fresh ginger, garlic and chili pepper. Bring mixture to medium boil while continuing to stir. Reduce heat to low and simmer for 5 minutes.

2. Add cornstarch to a small bowl and mix with 2 tablespoons cold water until smooth. Whisk cornstarch mixture into Sweet Chili Sauce. Bring mixture back to a low boil while stirring, then remove from heat. Pour into a bowl or jar. Sauce will thicken even more as it cools. Refrigerate until serving with the Thai Spring Rolls.

Budget friendly

# Turkey Chili



## Ingredients

- ½ teaspoon black pepper
- ½ teaspoon salt
- 1 teaspoon cumin
- 1 tablespoon chili powder
- 1 (14.5-ounce) can no salt-added diced tomatoes
- 1 small onion
- 1 bell pepper
- 1 pound lean ground turkey

## Instructions

1. Add cooking spray to a stock pot over high heat. Add the turkey and sauté until just cooked through, about 7-8 minutes.
2. Add the remaining ingredients and bring to a boil. Reduce to a simmer for 15 minutes.
3. Serve hot or cool to room temperature, then store in an airtight container in the refrigerator for up to one week or package in freezer bags in 1-cup increments for up to 3 months.

## Nutrition Facts

4 Servings

Serving Size 1 1/4 cup

Amount per serving

**Calories** 170

Total Fat 2g

Saturated Fat 0g

Trans Fats 0g

Cholesterol 55mg

Sodium 430mg

Total Carbohydrate 11g

Dietary Fiber 3g

Total Sugars 5g

Added Sugars 0g

Protein 28g

Potassium 658mg

# Thank you HAPPY COOKING!

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