






GATHER. GIVE THANKS. NOURISH.

A Season of Healthy Tables



Holiday & Everyday Recipes for your Body & Family.







A Cookbook from Christian Healthcare Ministries & HealthTap

"Whether you eat or drink, or whatever you do, do it all for the glory of God."

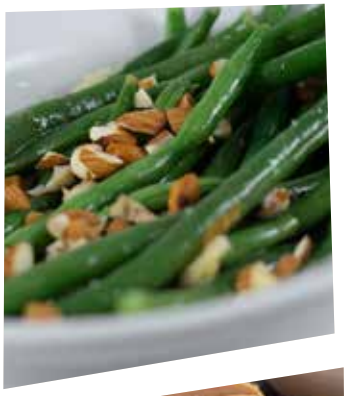
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A note from our table to yours











Dear CHM member,

The holidays have a way of pulling us back to the table — the one with the mismatched chairs, too many dishes, and the people we love most. Food has always been one of the ways how we care for each other. Cooking and sharing meals are how we gather together and express gratitude. It's why Christian Healthcare Ministries and HealthTap are working together to share in your healthcare journey and burdens no matter how big or small. We're here to walk alongside you as your health partners all year long so you can keep spending time with the ones you love.

This cookbook was built for real kitchens and real budgets. Each recipe was crafted with your family's budget, and health in mind and approved by HealthTap's medical review board for good measure.

We hope these pages find their way printed onto your counter, splattered and dog-eared, for many seasons to come.

Warmly,

CHM Christian Healthcare Ministries

HealthTap



Visit: ***hellohealthtap.com/chm***















Foreword by Dr. Michael Jacobson

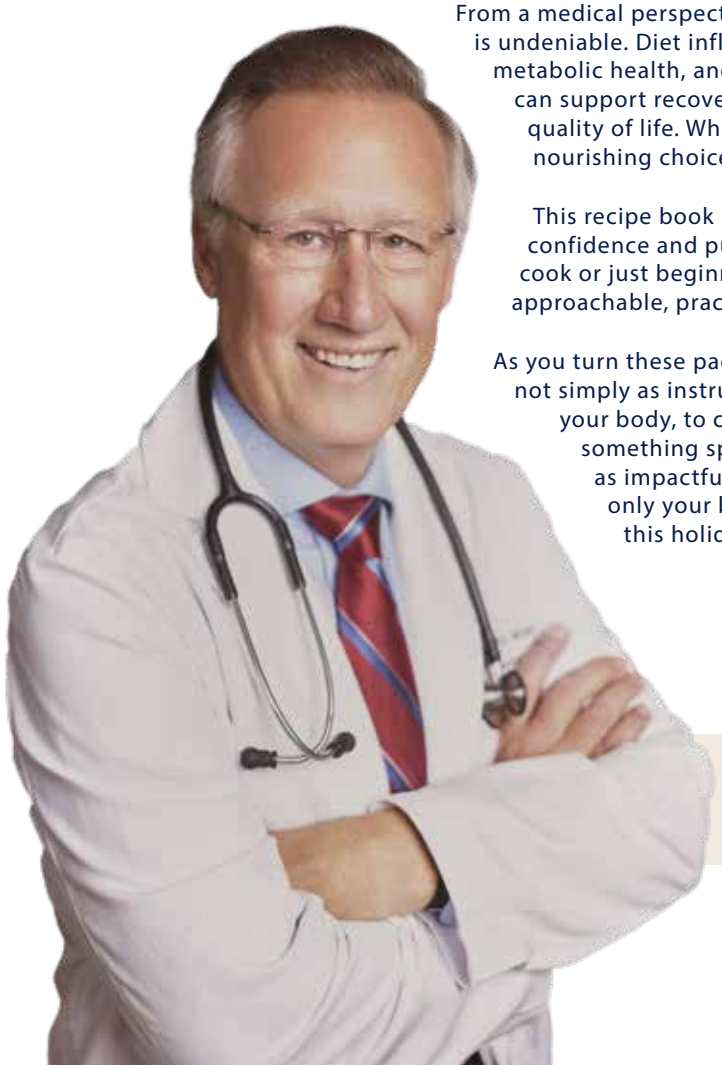
Food has always been more than fuel. Long before nutrition labels and dietary trends, food was how families gathered, cultures were shaped, and care was expressed. A shared meal meant connection, safety, and renewal. In many ways, cooking and eating together were humanity's earliest form of healthcare.

In today's fast-paced world, that truth is easy to lose. Convenience often replaces intention, and meals become something to rush through rather than experience. Yet both research and life experience continue to point to a simple reality: what we eat, how we eat, and with whom we eat have a profound impact on physical, emotional, and even spiritual well-being.

Eating well is not about perfection or following the latest trend. It is about nourishment. Real nourishment supports the body with the nutrients it needs to function, heal, and thrive. It supports the mind by stabilizing energy, focus, and mood. It also supports the heart by creating rhythms of care, gratitude, and togetherness around the table.

Cooking plays a powerful role in this process. Preparing food at home allows for greater intention with ingredients, portions, and balance. It invites us to slow down, engage our senses, and take ownership of our health in practical ways. Even simple meals, prepared with care, can be acts of stewardship—of our bodies and of those we serve.

Cooking is also deeply relational. Teaching a child to cook, preparing a meal for a loved one, or sharing a recipe passed down through generations builds connection and memory. These moments shape habits, strengthen relationships, and create a sense of belonging that extends well beyond the kitchen.



From a medical perspective, the connection between food and health is undeniable. Diet influences energy levels, immune function, metabolic health, and long-term disease risk. Thoughtful eating can support recovery, reduce inflammation, and improve overall quality of life. While no single meal is a cure-all, consistent, nourishing choices over time make a measurable difference.

This recipe book is an invitation to return to the kitchen with confidence and purpose. Whether you are an experienced cook or just beginning, these recipes are designed to be approachable, practical, and life-giving.

As you turn these pages, I encourage you to see each recipe not simply as instructions, but as an opportunity—to care for your body, to connect with others, and to create space for something special. Few daily choices are as consistent—or as impactful—as how we eat. May this book nourish not only your body, but your home and your life as well this holiday season.

CHM Medical Director

DR. MICHAEL JACOBSON, D.O., M.P.H.







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How to use this book

Every recipe carries a set of colored tags, so you can find what fits your family in a glance. A recipe can fit more than one tag.

- **Heart-friendly** — lower in saturated fat and sodium, built with your heart in mind.
- **Diabetes-friendly** — balanced carbs, fiber, and protein to help steady blood sugar.
- **Gluten-free** — made without wheat, barley, or rye.
- **Kidney-friendly** — lower in sodium and mindful of potassium and phosphorus.
- **Low-acid friendly** — free of common reflux triggers like tomato, citrus, and heavy spice.
- **High-protein** — a strong source of protein to help you stay full and strong.
- **Budget-friendly** — built from affordable, easy-to-find ingredients.
- **Kid-friendly** — familiar flavors and formats that tend to win kids over.
- **Christmas tradition** — a traditional dish for gathering around the Christmas table.



Scan to book

A note on these tags: they're a helpful starting point, not a personal medical plan. Please talk with your doctor on HealthTap about what fits your specific health needs. Need a doctor? Visit: ***https://hellohealthtap.com/chm*** *to get started. Or scan to book via QR code.*

Disclaimer: Images are for illustrative purposes only and may not be representative of the actual recipes or finished dishes featured in this book.







Eat well this season

1 Get to know your salt

Most of the salt in our diets doesn't come from the shaker—it comes from packaged and restaurant food. Aim for under 2,300 mg of sodium a day, or the lower number your doctor gives you. Ask if you're not sure. Read labels and compare brands; the same soup can vary by hundreds of milligrams. Fresh herbs, garlic, lemon, and pepper build flavor without the sodium.

2 Keep blood sugar on an even keel

Blood sugar spikes happen fastest with refined carbs eaten alone. White bread, sugary drinks, candy, etc. Pairing carbs with protein, fiber, or healthy fat can slow that spike. An apple alone digests fast; an apple with peanut butter in moderation digests slow. Small swaps can create a meaningful difference.

3 Choose fats that work for you

Not all fat is the enemy. Olive oil, avocado, nuts, and fatty fish support your heart. Butter, fatty cuts of meat, and fried food, eaten often, work against it. You don't need to cut all fat from your diet. Just be mindful about how much you're eating.

4 A few words on cholesterol

Fiber is one of the simplest tools for managing cholesterol—oats, beans, and vegetables all help carry it out of the body. Limiting processed meats and fried foods matters more than avoiding eggs or shellfish, which affect most people's cholesterol less than once believed. Ask your doctor for your specific numbers and goals.

5 Easy swaps that add up

Small changes, repeated often, matter more than one big overhaul. Try Greek yogurt instead of sour cream, applesauce instead of half the oil in a baked recipe, mashed avocado instead of mayonnaise, and herbs instead of a heavy hand with the salt. None of these require a special trip to the store.

6 Getting kids on board

Kids eat with their eyes and their hands before they eat with their mouths. Let them help wash, stir, or arrange food on a plate—involvement builds ownership. Offer new foods alongside familiar favorites, without pressure to finish. It can take ten or more tries before a new food is accepted. That's normal, not a failure.

7 When eating is harder than it looks

Some children aren't being stubborn—they're managing real sensory challenges around texture, smell, or temperature. If mixed textures or certain foods touching cause distress, that's worth taking seriously, the way a food therapist would. Keep new foods separate from familiar ones on the plate. Offer a single new bite without requiring it be swallowed. Progress can look like touching, smelling, or licking a food long before eating it—and that's real progress. If mealtimes feel like a consistent struggle, a conversation with your child's doctor about a feeding evaluation can help.

8 Cook like you mean it

Read the whole recipe before you start—most kitchen stress comes from a surprise step halfway through. Taste as you go and adjust seasoning at the end, not just the beginning. Let meat rest after cooking; it keeps the juices in instead of on the cutting board. And don't crowd the pan—vegetables steam instead of browning when they're packed in too tight.

9 Stretch your grocery budget

Beans, lentils, oats, eggs, frozen vegetables, and whole chickens are some of the least expensive ways to eat well. Buy produce in season, when it's cheapest and at its best. Cook once, eat twice—a double batch of soup or chili freezes beautifully for a night you don't feel like cooking.

10 Read a label in 10 seconds

Check the serving size first—it's easy to misjudge how many servings are actually in the package. Then scan sodium, added sugar, and fiber. A quick rule of thumb: 5% of the daily value or less per serving is low, 20% or more is high. It gets faster with practice.



Breakfast

Mornings worth waking up for



HEART-FRIENDLY | DIABETES-FRIENDLY | BUDGET-FRIENDLY | KID-FRIENDLY

Cinnamon Apple Baked Oatmeal

Serves 6 | Prep 10 min | Cook 35 min

This is the smell that makes people wander into the kitchen still in their socks. One pan, one spoon, breakfast for the whole week.

WHAT YOU'LL NEED

- 2 cups old-fashioned oats
- 2 tsp cinnamon
- 1 tsp baking powder
- ¼ tsp salt
- 2 apples, diced small
- 2 cups low-fat milk (or unsweetened almond milk)
- 2 eggs
- ⅓ cup unsweetened applesauce
- 1 tsp vanilla extract

COOK'S TIP: *Let it rest before cutting. Baked oatmeal firms up as it cools, so a five-minute wait means cleaner squares.*

MONEY-SAVING TIP: *Use whatever apples are cheapest and a bit soft. Baking hides imperfect fruit beautifully.*

HOW TO MAKE IT

1. Heat oven to 375°F. Lightly oil a 9x9 baking dish.
2. Mix oats, cinnamon, baking powder, and salt in a bowl.
3. Fold in the diced apples.
4. In a second bowl, whisk milk, eggs, applesauce, and vanilla.
5. Pour wet mix over the oats. Stir just until combined.
6. Pour into the dish. Bake for 35 minutes, until set and golden.
7. Cool 5 minutes before serving. Spoon into bowls, warm or cold.



HEART-FRIENDLY | DIABETES-FRIENDLY | GLUTEN-FREE | HIGH-PROTEIN

Veggie & Egg White Skillet

Serves 4 | Prep 10 min | Cook 12 min

A savory start that keeps you full past 10a.m. Bell peppers and spinach do most of the heavy lifting.

WHAT YOU'LL NEED

- 1 tsp olive oil
- 1 bell pepper, diced
- ½ onion, diced
- 2 cups fresh spinach
- 6 egg whites (or 1 cup egg substitute)
- 2 whole eggs
- ¼ tsp black pepper
- ¼ cup shredded low-fat cheese, optional

COOK'S TIP: *Keep the heat at medium, not high. Eggs cooked low and slow stay soft instead of rubbery.*

SWAP TIP: *No spinach on hand? Any soft vegetable works—zucchini, mushrooms, or leftover roasted squash.*

HOW TO MAKE IT

1. Warm oil in a nonstick skillet over medium heat.
2. Add pepper and onion. Cook for 5 minutes, until soft.
3. Add spinach. Stir until wilted, about 1 minute.
4. Whisk egg whites, whole eggs, and pepper together.
5. Pour eggs into the skillet. Let sit for 30 seconds, then stir gently.
6. Cook until just set, about 4 minutes. Top with cheese if using.



DIABETES-FRIENDLY | GLUTEN-FREE | KID-FRIENDLY | BUDGET-FRIENDLY

Pumpkin Spice Yogurt Parfait

Serves 4 | Prep 8 min | Cook 0 min

All the flavor of a pumpkin latte, none of the sugar crashes. Kids can build their own—they love being in charge of the layers.

WHAT YOU'LL NEED

- 2 cups plain Greek yogurt
- ½ cup canned pumpkin (not pie filling)
- 1 tsp cinnamon
- ¼ tsp nutmeg
- 1 tbsp maple syrup
- ½ cup low-sugar granola
- ½ cup chopped walnuts or pecans, optional

COOK'S TIP: *Make the pumpkin yogurt the night before. It tastes even better once the spices have had time to settle in.*

SWAP TIP: *Set out the ingredients in small bowls and let kids layer their own parfait. Food they help build, they're far more likely to eat.*

HOW TO MAKE IT

1. Stir yogurt, pumpkin, cinnamon, nutmeg, and maple syrup in a bowl until smooth.
2. Spoon a layer of the pumpkin yogurt into a glass or jar.
3. Add a layer of granola.
4. Repeat layers until the glass is full.
5. Top with a few nuts and a light dusting of cinnamon.



HEART-FRIENDLY | **BUDGET-FRIENDLY** | **CHRISTMAS TRADITION**

Christmas Morning Breakfast Bake

Serves 8 | Prep 15 min (plus overnight) | Cook 45 min

Make it the night before, sleep in (but not if you're a parent, hehe), and let the oven do the work while everyone opens gifts. Could this be a Christmas morning tradition?

WHAT YOU'LL NEED

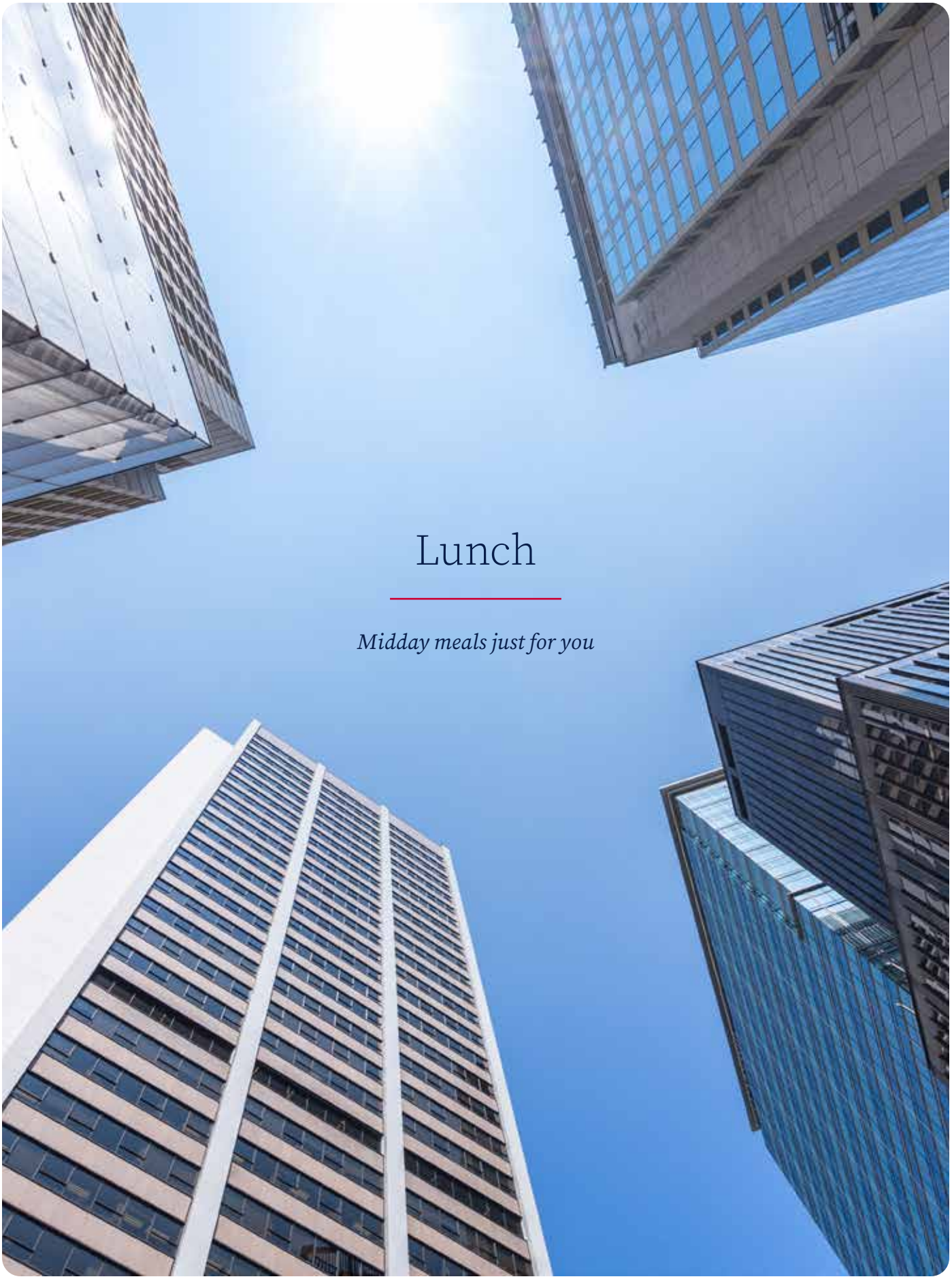
- 1 loaf whole wheat bread, cubed
- 8 oz turkey sausage, cooked and crumbled
- 1 cup chopped spinach
- ½ cup diced red pepper
- 6 eggs
- 2 cups low-fat milk
- 1 tsp dried mustard powder
- ½ cup shredded cheddar, low-fat

COOK'S TIP: *Day-old bread works better than fresh. It soaks up the egg mixture without turning to mush.*

SWAP TIP: *This is a forgiving recipe—swap in whatever vegetables need using up. It will still turn out beautifully.*

HOW TO MAKE IT

1. Lightly oil a 9x13 baking dish. Spread the bread cubes in an even layer.
2. Scatter sausage, spinach, and red pepper over the bread.
3. Whisk eggs, milk, and mustard powder together.
4. Pour evenly over the bread. Press down gently so it soaks in.
5. Cover and refrigerate overnight.
6. In the morning, heat the oven to 350°F. Top with cheese.
7. Bake uncovered for 45 min, until puffed and golden in the center.



Lunch

Midday meals just for you



HEART-FRIENDLY | DIABETES-FRIENDLY | GLUTEN-FREE | KIDNEY-FREINDLY | HIGH-PROTEIN | BUDGET-FRIENDLY

Hearty Lentil & Vegetable Soup

Serves 6 | Prep 10 min | Cook 35 min

A pot of this on the stove is what a cold Tuesday needs. Lentils make it filling without a bit of meat.

WHAT YOU'LL NEED

- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 2 cloves garlic, minced
- 1 cup dry lentils, rinsed
- 6 cups low-sodium vegetable broth
- 1 tsp thyme
- 1 bay leaf
- Black pepper to taste

COOK'S TIP: *Simmer, don't boil, once the lid goes on. A gentle bubble keeps lentils whole instead of mushy.*

KIDNEY-FRIENDLY NOTE: *For kidney-conscious diets, low-sodium broth keeps this soup within a lower-potassium range—check with your care team on serving size.*

HOW TO MAKE IT

1. Warm oil in a large pot over medium heat.
2. Add onion, carrots, and celery. Cook for 6 minutes, stirring often.
3. Add garlic and cook for 1 minute more.
4. Stir in lentils, broth, thyme, and bay leaf.
5. Bring to a boil, then reduce heat and simmer for 25 minutes, until lentils are tender.
6. Remove the bay leaf. Season with pepper and serve warm.



HEART-FRIENDLY | DIABETES-FRIENDLY | GLUTEN-FREE | BUDGET-FRIENDLY | HIGH-PROTEIN

Turkey & White Bean Chili

Serves 6 | Prep 10 min | Cook 30 min

Lighter than beef chili, just as cozy. This is the pot that disappears fastest at a football Sunday.

WHAT YOU'LL NEED

- 1 tbsp olive oil
- 1 lb ground turkey, lean
- 1 onion, diced
- 2 cloves garlic, minced
- 2 cans (15 oz) white beans, drained and rinsed
- 1 can (14 oz) diced tomatoes, no salt added
- 2 cups low-sodium chicken broth
- 1 tbsp chili powder
- 1 tsp cumin

COOK'S TIP: *Brown the turkey without stirring for the first 2 minutes. That's how you get real flavor instead of gray, steamed meat.*

MONEY-SAVING TIP: *Buy dried beans and cook a big batch on Sunday. They cost a fraction of canned food and freeze well.*

HOW TO MAKE IT

1. Warm oil in a large pot over medium-high heat.
2. Add turkey and onion. Cook until the turkey is browned, about 6 minutes.
3. Add garlic and cook for 1 minute.
4. Stir in beans, tomatoes, broth, chili powder, and cumin.
5. Bring to a boil, then reduce heat and simmer for 20 minutes.
6. Mash a few beans against the pot to thicken the chili, if you like it thicker.



HEART-FRIENDLY | HIGH-PROTEIN | KID-FRIENDLY

Rainbow Chicken Salad Wraps

Serves 4 | Prep 15 min | Cook 0 min

Bright, crunchy, and easy to pack. A good one for school lunches or a quick weekday bite.

WHAT YOU'LL NEED

- 2 cups cooked, shredded chicken breast
- ½ cup plain Greek yogurt
- 1 tbsp Dijon mustard
- 1 carrot, shredded
- ½ red cabbage, shredded thin
- 1 apple, diced small
- 4 whole wheat tortillas (or gluten-free wraps)

COOK'S TIP: *Warm the tortillas for 10-15 seconds before filling to make them easier to roll without tearing.*

HOW TO MAKE IT

1. Mix Greek yogurt and mustard in a bowl.
2. Add chicken, carrot, cabbage, and apple. Stir to coat.
3. Lay each tortilla flat and spoon the chicken mix down the center.
4. Fold in the sides, then roll tightly.
5. Slice in half to serve.



LOW-ACID-FRIENDLY | HEART-FRIENDLY | GLUTEN-FREE | BUDGET-FRIENDLY

Low-acid Butternut Squash Soup

Serves 6 | Prep 15 min | Cook 30 min

Silky, sweet, and gentle on sensitive stomachs—no tomato or citrus in sight. A bowl of this feels like a hug.

WHAT YOU'LL NEED

- 1 tbsp olive oil
- 1 onion, diced
- 1 large butternut squash, peeled and cubed
- 2 carrots, chopped
- 4 cups low-sodium vegetable broth
- ½ tsp ginger, ground
- ¼ tsp nutmeg
- ½ cup low-fat milk

COOK'S TIP: *Roast the squash first, if you have 20 extra minutes. It deepens the sweetness and cuts the simmer time.*

LOW-ACID NOTE: *No tomato, citrus, or vinegar here, which makes this a gentler choice for reflux-sensitive stomachs. Always check with your doctor about your specific triggers.*

HOW TO MAKE IT

1. Warm oil in a large pot over medium heat. Add onion and cook for 5 minutes.
2. Add squash, carrots, broth, ginger, and nutmeg.
3. Bring to a boil, then reduce heat and simmer for 20 minutes, until squash is soft.
4. Blend until smooth using a blender or immersion blender.
5. Stir in milk. Warm through gently, without boiling.



HEART-FRIENDLY | GLUTEN-FREE | HIGH-PROTEIN

Baked Salmon Lunch Bowl

Serves 4 | Prep 10 min | Cook 15 min

A bowl that eats like a treat but works like fuel. Salmon's healthy fats do a lot of good, quietly.

WHAT YOU'LL NEED

- 4 salmon fillets (4 oz each)
- 1 tbsp olive oil
- 1 tsp paprika
- 2 cups cooked brown rice
- 1 cucumber, diced
- 1 cup cherry tomatoes, halved
- 2 cups baby spinach
- Lemon wedges to serve

COOK'S TIP: *Salmon is done when it flakes but still looks slightly glossy in the center. It keeps cooking a bit after it leaves the oven.*

SWAP TIP: *Frozen salmon works just as well as fresh, and it's usually cheaper. Thaw it in the fridge overnight.*

HOW TO MAKE IT

1. Heat oven to 400°F. Line a baking sheet with foil.
2. Rub salmon with oil and paprika. Place on the sheet.
3. Bake for 12–15 minutes, until it flakes easily with a fork.
4. Divide rice, cucumber, tomato, and spinach into four bowls.
5. Top each bowl with a piece of salmon and a lemon wedge.



Dinner

Family meals, weeknight, and for the holiday season



HEART-FRIENDLY | GLUTEN-FREE | BUDGET-FRIENDLY | HIGH-PROTEIN

Herb-roasted Chicken with Root Vegetables

Serves 6 | Prep 15 min | Cook 1 hour 15 min

One pan, one oven, dinner for the whole family. The smell alone will bring everyone to the table.

WHAT YOU'LL NEED

- 1 whole chicken (about 4 lbs)
- 2 tbsp olive oil
- 1 tbsp rosemary, chopped
- 1 tbsp thyme, chopped
- 3 cloves garlic, minced
- 4 carrots, cut into chunks
- 4 potatoes, cut into chunks
- 1 onion, quartered

COOK'S TIP: *Resting the chicken isn't optional—it lets the juices settle back into the meat instead of running out onto the cutting board.*

MONEY-SAVING TIP: *Save the bones after dinner for homemade broth. Simmer with water and vegetable scraps for a free, low-sodium base for soup.*

HOW TO MAKE IT

1. Heat oven to 400°F.
2. Pat the chicken dry. Rub with 1 tbsp oil, herbs, and garlic, inside and out.
3. Toss vegetables in remaining oil and spread around a roasting pan.
4. Set the chicken on top of the vegetables.
5. Roast 1 hour to 1 hour 15 minutes, until a thermometer in the thigh reads 165°F.
6. Let rest 10 minutes before carving. Remove the skin before serving to keep it heart-healthy.



HEART-FRIENDLY | DIABETES-FRIENDLY | GLUTEN-FREE | HIGH-PROTEIN

Baked Cod with Lemon & Herbs

Serves 4 | Prep 10 min | Cook 15 min

Mild, flaky, and ready before you've finished setting the table. A good first fish recipe for picky eaters.

WHAT YOU'LL NEED

- 4 cod fillets (5 oz each)
- 1 tbsp olive oil
- 1 lemon, sliced thin
- 2 cloves garlic, minced
- 1 tsp dried oregano
- Black pepper to taste
- Fresh parsley, chopped

COOK'S TIP: *Buy fillets of even thickness. Fish that's the same size top to bottom cooks evenly, no thin edges drying out.*

LOW-ACID SWAP: *If citrus is a trigger for you, skip the lemon and use extra fresh herbs and a little extra garlic instead.*

HOW TO MAKE IT

1. Heat oven to 400°F. Lightly oil a baking dish.
2. Place cod fillets in the dish. Drizzle with olive oil.
3. Scatter garlic and oregano over the top. Season with pepper.
4. Lay lemon slices over each fillet.
5. Bake for 12–15 minutes, until the fish flakes easily.
6. Sprinkle with parsley before serving.



HEART-FRIENDLY | BUDGET-FRIENDLY | HIGH-PROTEIN

Slow Cooker Beef & Vegetable Stew

Serves 8 | Prep 15 min | Cook 7 hrs (slow cooker)

Start it in the morning, walk away, and come home to dinner already done. A lean cut of beef stretches a long way here.

WHAT YOU'LL NEED

- 1½ lbs lean beef stew meat, trimmed
- 2 tbsp whole wheat flour
- 1 onion, diced
- 3 carrots, chunked
- 3 potatoes, chunked
- 2 celery stalks, chopped
- 4 cups low-sodium beef broth
- 1 tbsp tomato paste
- 1 tsp thyme
- 2 bay leaves

COOK'S TIP: *Trim visible fat before the beef goes in the pot. Slow cooking won't burn it off, so starting lean matters.*

MONEY-SAVING TIP: *Stew meat is one of the cheapest cuts at the store. Long, slow cooking turns it tender without needing a pricier cut.*

HOW TO MAKE IT

1. Toss beef with flour in a bowl to lightly coat.
2. Add beef and all vegetables to the slow cooker.
3. Whisk broth, tomato paste, and thyme together, then pour over everything.
4. Add bay leaves.
5. Cover and cook on low for 7–8 hours, until beef is fork-tender.
6. Remove bay leaves before serving.



HEART-FRIENDLY | GLUTEN-FREE | HIGH-PROTEIN

Sheet-pan Salmon & Brussels Sprouts

Serves 4 | Prep 10 min | Cook 20 min

One pan, one wash. Some of the best dinners are the ones that don't ask much of you.

WHAT YOU'LL NEED

- 4 salmon fillets (4 oz each)
- 1 lb Brussels sprouts, halved
- 2 tbsp olive oil, divided
- 1 tsp garlic powder
- ½ tsp black pepper
- 1 lemon, sliced

COOK'S TIP: *Cut Brussels sprouts the same size so they brown evenly. Halve the small ones, quarter the big ones.*

FAMILY TIP: *Roasting brings out sweetness in Brussels sprouts that steaming never will. It's often the version that wins over skeptics.*

HOW TO MAKE IT

1. Heat oven to 425°F. Line a sheet pan with foil.
2. Toss Brussels sprouts with 1 tbsp oil and half the garlic powder. Spread on the pan.
3. Roast 10 minutes.
4. Push sprouts to the side. Add salmon to the pan, brush with remaining oil, and season.
5. Top salmon with lemon slices.
6. Roast 10 more minutes, until salmon flakes and sprouts are browned at the edges.



HEART-FRIENDLY | DIABETES-FRIENDLY | BUDGET-FRIENDLY | KID-FRIENDLY

Turkey Meatloaf with Sweet Potato Mash

Serves 6 | Prep 15 min | Cook 45 min

A classic, lightened without losing what makes it comforting. This one earns second helpings.

WHAT YOU'LL NEED

- 1½ lbs ground turkey, lean
- ½ cup oats
- 1 egg
- ½ onion, finely diced
- 1 tbsp Worcestershire sauce
- 1 tsp garlic powder
- 3 tbsp ketchup, low-sugar, divided
- 4 sweet potatoes, peeled and cubed
- ¼ cup low-fat milk

COOK'S TIP: *Don't overmix the meatloaf. Combine just until everything is incorporated—overworking it makes the texture dense.*

KID-FRIENDLY TIP: *Meatloaf shaped into individual muffin-tin portions cooks faster and feels more like 'their own' to little ones.*

HOW TO MAKE IT

1. Heat oven to 375°F.
2. Mix turkey, oats, egg, onion, Worcestershire, garlic powder, and 1 tbsp ketchup.
3. Shape into a loaf in a lightly oiled baking dish.
4. Spread remaining ketchup over the top.
5. Bake for 45 minutes, until a thermometer reads 165°F.
6. Meanwhile, boil sweet potatoes until fork-tender, about 15 minutes. Drain and mash with milk.
7. Slice meatloaf and serve alongside the mash.



HEART-FRIENDLY | GLUTEN-FREE | HIGH-PROTEIN | CHRISTMAS TRADITION

Christmas Herb-Crusted Roast Turkey Breast

Serves 8 | Prep 15 min | Cook 1 hour 30 min

The centerpiece, made simpler. A turkey breast roasts faster than a whole bird and still fills the room with that holiday smell.

WHAT YOU'LL NEED

- 1 bone-in turkey breast (5–6 lbs)
- 2 tbsp olive oil
- 2 tbsp fresh sage, chopped
- 1 tbsp fresh rosemary, chopped
- 3 cloves garlic, minced
- 1 lemon, halved
- Black pepper to taste

COOK'S TIP: *Tent the breast loosely with foil when it browns. It protects the top while the inside finishes cooking.*

FAMILY TIP: *A turkey breast serves a smaller gathering well without the leftovers of a whole bird—or double the recipe for a crowd.*

HOW TO MAKE IT

1. Heat oven to 350°F.
2. Mix oil, sage, rosemary, and garlic into a paste.
3. Loosen the skin gently and rub half the paste underneath. Rub the rest over the skin.
4. Place lemon halves inside the roasting pan. Set the turkey on top.
5. Roast 1 1/2 hours, until a thermometer in the thickest part reads 165°F.
6. Rest 15 minutes before slicing. Remove skin before serving to keep it heart-friendly.



DIABETES-FRIENDLY | BUDGET-FRIENDLY | CHRISTMAS TRADITION

Lightened-up Mashed Potatoes

Serves 8 | Prep 10 min | Cook 20 min

Still creamy, still the first thing gone from the table. Broth and Greek yogurt do what butter used to do alone.

WHAT YOU'LL NEED

- 3 lbs potatoes, peeled and chunked
- ½ cup low-sodium chicken broth, warm
- ½ cup plain Greek yogurt
- 2 tbsp olive oil
- 2 cloves garlic, roasted
- Black pepper to taste

COOK'S TIP: *Warm the broth before adding it. Cold liquid makes potatoes gluey instead of fluffy.*

KIDNEY-FRIENDLY NOTE: *Potatoes are higher in potassium—if you're managing kidney health, ask your doctor about portion size for this dish.*

HOW TO MAKE IT

1. Boil potatoes in salted water until fork-tender, about 15 minutes. Drain.
2. Return potatoes to the pot.
3. Add warm broth, yogurt, olive oil, and roasted garlic.
4. Mash until smooth, adding more broth if needed for creaminess.
5. Season with pepper and serve warm.



LOW-ACID-FRIENDLY | HEART-FRIENDLY | GLUTEN-FREE | CHRISTMAS TRADITION

Green Bean Almondine

Serves 8 | Prep 10 min | Cook 10 min

A holiday table staple, no canned soup required. Bright, snappy, and simple enough to make twice a week.

WHAT YOU'LL NEED

- 2 lbs fresh green beans, trimmed
- 1 tbsp olive oil
- ¼ cup sliced almonds
- 2 cloves garlic, minced
- Black pepper to taste

COOK'S TIP: *Watch the almonds closely once they hit the pan. They go from toasted to burnt in about ten seconds.*

LOW-ACID NOTE: *No tomato-based sauce here, which makes this a gentler holiday side for reflux-sensitive stomachs.*

HOW TO MAKE IT

1. Steam or boil green beans for 5 minutes, until bright green and just tender. Drain.
2. Warm oil in a skillet over medium heat.
3. Add almonds and toast for 2 minutes, stirring often.
4. Add garlic and cook for 30 seconds.
5. Add green beans and toss to coat. Season with pepper and serve.



DIABETES-FRIENDLY | GLUTEN-FREE | BUDGET-FRIENDLY

Black Bean & Sweet Potato Enchilada Bake

Serves 6 | Prep 20 min | Cook 30 min

A meatless dinner that doesn't feel like one. Sweet potato and black beans make it filling, warm spices make it feel like a hug.

WHAT YOU'LL NEED

- 2 sweet potatoes, peeled and diced small
- 1 tbsp olive oil
- 1 onion, diced
- 2 cans (15 oz) black beans, drained and rinsed
- 1 can (10 oz) enchilada sauce, low-sodium
- 8 corn tortillas
- 1 cup shredded low-fat cheese
- 1 tsp cumin

COOK'S TIP: *Warm the tortillas briefly before layering. It keeps them from cracking and soaking up too much sauce.*

MONEY-SAVING TIP: *Dried black beans, cooked from scratch, cost pennies compared to canned—and freeze well for next time.*

HOW TO MAKE IT

1. Heat oven to 375°F.
2. Warm oil in a skillet. Cook sweet potato and onion for 10 minutes, until soft.
3. Stir in black beans, cumin, and half the enchilada sauce.
4. Spread a thin layer of sauce in a baking dish. Layer tortillas, filling, and cheese, repeating twice.
5. Top with remaining sauce and cheese.
6. Bake for 25–30 minutes, until bubbling and golden.



GLUTEN-FREE | KIDNEY-FREINDLY | BUDGET-FRIENDLY | HIGH-PROTEIN

Kidney-friendly Herb Chicken Thighs

Serves 4 | Prep 10 min | Cook 35 min

Built with lower sodium and lower potassium in mind, without skimping on flavor. Fresh herbs carry the whole dish.

WHAT YOU'LL NEED

- 8 boneless, skinless chicken thighs
- 1 tbsp olive oil
- 2 tsp dried rosemary
- 2 tsp dried thyme
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp black pepper

COOK'S TIP: *Skip the salt shaker and lean into dried herbs instead—rosemary and thyme carry enough flavor on their own.*

KIDNEY-FRIENDLY NOTE: *This recipe uses no added salt and skips high-potassium sauces. Talk with your care team about how it fits your specific plan.*

HOW TO MAKE IT

1. Heat oven to 400°F.
2. Mix herbs, garlic powder, onion powder, and pepper in a small bowl.
3. Rub chicken thighs with olive oil, then coat with the herb mix.
4. Arrange on a lined baking sheet.
5. Bake 30–35 minutes, until a thermometer reads 165°F.

Snacks

For when you deserve a snack





DIABETES-FRIENDLY | **GLUTEN-FREE** | **BUDGET-FRIENDLY** | **KID-FRIENDLY**

Apple Cinnamon Nice Cream

Serves 4 | Prep 10 min (plus freezing) | Cook 0 min

No ice cream maker, no added sugar, just frozen fruit doing something magical in a blender.

WHAT YOU'LL NEED

- 4 frozen bananas, sliced before freezing
- 1 apple, diced
- ½ tsp cinnamon
- ¼ cup unsweetened almond milk

COOK'S TIP: *Freeze banana slices flat on a tray before bagging them. They blend far more smoothly than a frozen clump.*

KID-FRIENDLY TIP: *Let kids pick their own frozen fruit mix-ins. It turns snack time into a small, fun decision that's entirely theirs.*

HOW TO MAKE IT

1. Add frozen banana, apple, and cinnamon to a food processor or blender.
2. Blend, stopping to scrape down the sides, until crumbly.
3. Add almond milk a splash at a time until smooth and creamy.
4. Serve right away, soft-serve style, or freeze for 1 hour for a firmer scoop.



HEART-FRIENDLY | GLUTEN-FREE | BUDGET-FRIENDLY | HIGH-PROTEIN

Roasted Chickpeas, Two Ways

Serves 4 | Prep 5 min | Cook 30 min

Crunchy, salty-tasting without much actual salt, and gone before they cool. A real replacement for chips.

WHAT YOU'LL NEED

- 2 cans (15 oz) chickpeas, drained, rinsed, and patted dry
- 2 tbsp olive oil, divided
- 1 tsp smoked paprika
- ½ tsp garlic powder
- 1 tsp cinnamon
- ½ tsp nutmeg

COOK'S TIP: *Dry the chickpeas thoroughly before roasting. Any leftover moisture steams them instead of letting them crisp.*

MONEY-SAVING TIP: *A can of chickpeas costs far less than a bag of chips, and a batch keeps well in a jar on the counter for days.*

HOW TO MAKE IT

1. Heat oven to 400°F.
2. Toss chickpeas with 1 tbsp oil until coated.
3. Split into two trays. Season half with paprika and garlic powder.
4. Season the other half with remaining oil, cinnamon, and nutmeg.
5. Roast 25–30 minutes, shaking the trays halfway, until crisp.
6. Cool completely before serving—they crisp further as they sit.



DIABETES-FRIENDLY | BUDGET-FRIENDLY | KID-FRIENDLY

No-bake Peanut Butter Oat Bites

Serves 12 bites | Prep 15 min | Cook 0 min

No oven, no fuss, and little hands can help roll them. A snack that travels well in a lunchbox.

WHAT YOU'LL NEED

- 1 cup old-fashioned oats
- ½ cup natural peanut butter
- 2 tbsp honey
- ¼ cup mini dark chocolate chips
- 1 tsp vanilla extract

COOK'S TIP: *Wet your hands slightly before rolling. It keeps the mixture from sticking to your palms.*

KID-FRIENDLY TIP: *This is a great first cooking task for kids—measuring, stirring, and rolling all in one, with no stove involved.*

HOW TO MAKE IT

1. Mix all ingredients in a bowl until well combined.
2. Chill the mixture 15 minutes, so it firms up and rolls easily.
3. Roll into 12 small balls.
4. Store in the fridge in an airtight container for up to a week.



GLUTEN-FREE | KIDNEY-FREINDLY | BUDGET-FRIENDLY | KID-FRIENDLY

Veggie & Hummus Snack Plate

Serves 4 | Prep 10 min | Cook 0 min

Sometimes the best snack is the one that takes the least convincing. A colorful plate does a lot of the work itself. A good way to build a habit of eating vegetables:

WHAT YOU'LL NEED

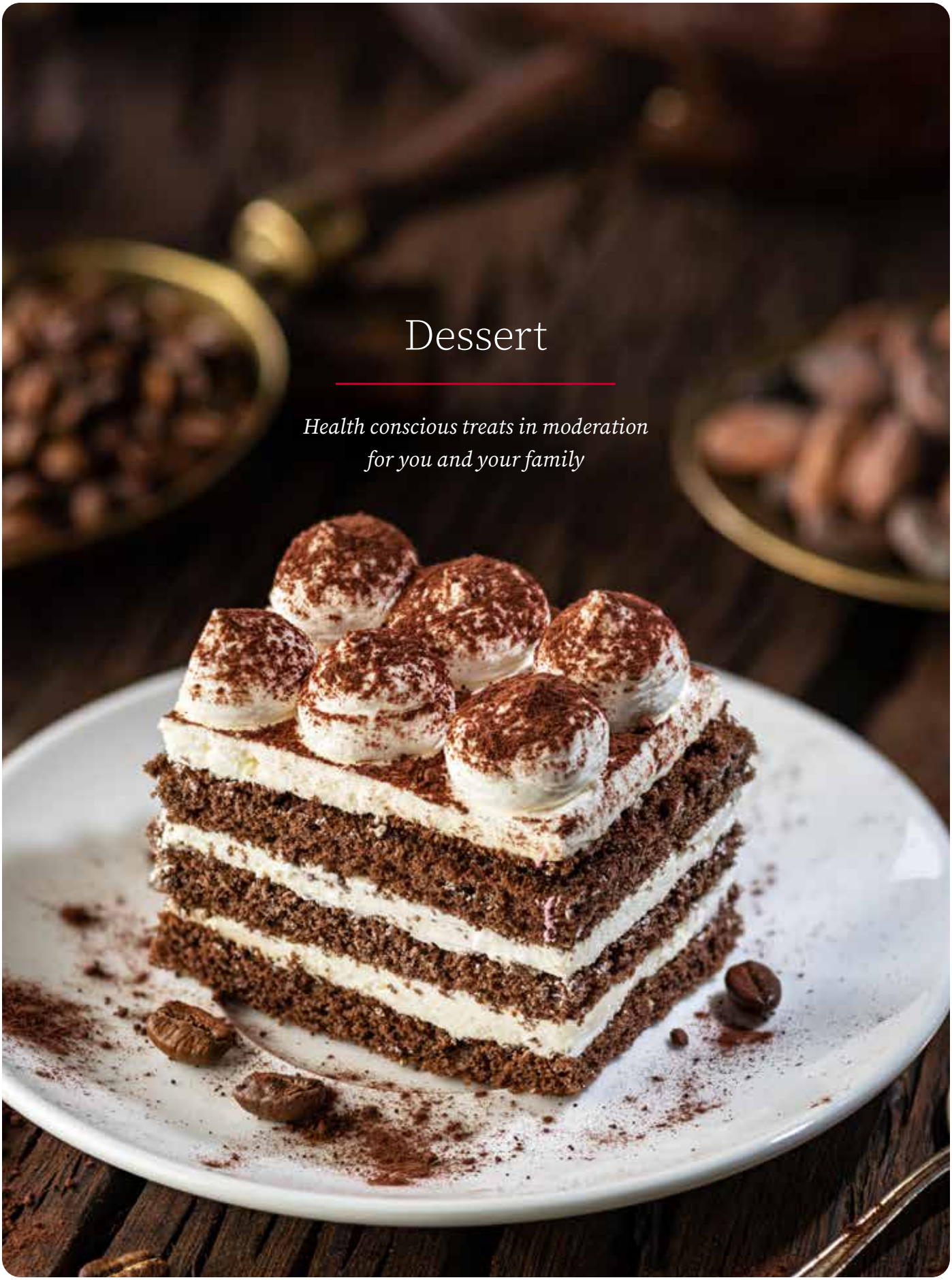
- 1 cup hummus
- 1 cucumber, sliced into rounds
- 1 bell pepper, sliced into strips
- 1 cup cauliflower florets
- 1 cup snap peas

COOK'S TIP: *Cut vegetables into similar sizes. A tidy, uniform plate is genuinely more inviting than a messy pile.*

KIDNEY-FRIENDLY NOTE: *Cauliflower and cucumber are gentler, lower-potassium choices for a kidney-conscious plate—check portion guidance with your care team.*

HOW TO MAKE IT

1. Spread hummus in the center of a plate or shallow bowl.
2. Arrange vegetables around it in small groups by color.
3. Serve right away, or pack into containers for grab-and-go snacking.



Dessert

Health conscious treats in moderation
for you and your family



LOW-ACID-FRIENDLY | DIABETES-FRIENDLY | GLUTEN-FREE | BUDGET-FRIENDLY | CHRISTMAS TRADITION

Gingerbread Baked Pears

Serves 4 | Prep 10 min | Cook 25 min

All the warmth of gingerbread, none of the flour or added sugar. A dessert gentle enough for sensitive stomachs.

WHAT YOU'LL NEED

- 4 ripe pears, halved and cored
- 1 tbsp melted butter or coconut oil
- 1 tsp cinnamon
- ½ tsp ground ginger
- ¼ tsp nutmeg
- 1 tbsp chopped walnuts, optional

COOK'S TIP: *Choose pears that are ripe but still firm. Overripe pears turn to mush before the spices have a chance to soak in.*

LOW-ACID NOTE: *Pears are naturally gentle on sensitive stomachs, making this a dessert that's kind to reflux without skimping on flavor.*

HOW TO MAKE IT

1. Heat oven to 375°F.
2. Place pear halves cut-side up in a baking dish.
3. Brush with melted butter.
4. Mix cinnamon, ginger, and nutmeg. Sprinkle over the pears.
5. Bake 20–25 minutes, until tender when pierced with a fork.



HEART-FRIENDLY | **CHRISTMAS TRADITION**

Dark Chocolate Dipped Orange Slices

Serves 6 | Prep 15 min (plus chilling) | Cook 0 min

A simple, elegant treat for a holiday dessert table. Dark chocolate brings antioxidants along with the sweetness.

WHAT YOU'LL NEED

- 3 oranges, peeled and sliced into rounds
- 4 oz dark chocolate (70% cocoa or higher), chopped
- ¼ cup chopped pistachios, optional

COOK'S TIP: *Dry the orange slices well before dipping. Any leftover moisture makes the chocolate seize instead of setting smoothly.*

HEART-HEALTHY NOTE: *Dark chocolate at 70% cocoa or higher has less added sugar than milk chocolate, along with heart-friendly flavonoids. Flavonoids can help reduce inflammation, prevent heart disease, and fight free radicals.*

HOW TO MAKE IT

1. Pat orange slices dry with a paper towel.
2. Melt chocolate in short bursts in the microwave, stirring between each.
3. Dip half of each orange slice into the melted chocolate.
4. Sprinkle with pistachios while the chocolate is still wet.
5. Lay on parchment paper and chill for 15 minutes, until set.



DIABETES-FRIENDLY | BUDGET-FRIENDLY | KID-FRIENDLY

Pumpkin Spice Mini Muffins

Serves 24 mini muffins | Prep 10 min | Cook 15 min

Small enough for little hands, spiced enough to feel like the season. A lunchbox treat you don't have to feel torn about.

WHAT YOU'LL NEED

- 1 cup whole wheat flour
- 1 tsp baking soda
- 2 tsp pumpkin pie spice
- 1 cup canned pumpkin
- ¼ cup honey
- 2 eggs
- ¼ cup unsweetened applesauce

COOK'S TIP: *Don't overmix once the flour goes in. A few lumps are fine—overmixed batter makes tough muffins.*

KID-FRIENDLY TIP: *Mini muffins feel like a treat but are naturally portion-controlled, which makes them an easy yes for little kids.*

HOW TO MAKE IT

1. Heat oven to 350°F. Lightly oil a mini muffin tin.
2. Whisk flour, baking soda, and pumpkin pie spice in a bowl.
3. In a second bowl, mix pumpkin, honey, eggs, and applesauce.
4. Fold the wet mixture into the dry, just until combined.
5. Spoon into the muffin tin, filling each about ¾ full.
6. Bake for 12–15 minutes, until a toothpick comes out clean.



KID FRIENDLY | CHRISTMAS TRADITION

Christmas Sugar Cookies, Lightened-up

Serves 24 cookies | Prep 20 min (plus chilling) | Cook 10 min

The cookie decorating tradition, kept alive with a lighter recipe. Just as fun to roll and cut, a little kinder to the body.

WHAT YOU'LL NEED

- 2 cups whole wheat pastry flour
- ½ tsp baking powder
- ½ cup butter, softened
- ½ cup granulated sugar
- 1 egg
- 1 tsp vanilla extract
- ½ tsp almond extract

COOK'S TIP: *Chill the dough fully before rolling. Warm dough spreads in the oven and loses its shape.*

FAMILY TIP: *Set out a small bowl of cinnamon-sugar instead of frosting for decorating—nearly as festive, with far less added sugar.*

HOW TO MAKE IT

1. Whisk flour and baking powder in a bowl.
2. Cream butter and sugar together until fluffy.
3. Beat in egg, vanilla, and almond extract.
4. Mix in the flour until a dough forms.
5. Chill dough for 30 minutes.
6. Heat oven to 350°F. Roll dough ¼-inch thick and cut into shapes.
7. Bake for 8–10 minutes, until the edges are just barely golden.



HEART-FRIENDLY | BUDGET-FRIENDLY | CHRISTMAS TRADITION

Cranberry Oat Bars

Serves 12 bars | Prep 15 min | Cook 35 min

Tart cranberries against a buttery oat crust. A holiday bar that also happens to be full of fiber.

WHAT YOU'LL NEED

- 2 cups old-fashioned oats
- 1 cup whole wheat flour
- 1/2 cup butter, melted
- 1/3 cup honey, divided
- 12 oz fresh or frozen cranberries
- 1/4 cup water
- 1 tsp orange zest, optional

HOW TO MAKE IT

1. Heat oven to 350°F. Line an 8x8 pan with parchment.
2. Mix oats, flour, melted butter, and ¼ cup honey until crumbly.
3. Press two-thirds of the mixture into the pan. Save the rest for topping.
4. Simmer cranberries, remaining honey, water, and orange zest in a small pot for 10 minutes, until thick.
5. Spread cranberry mixture over the crust.
6. Crumble the remaining oat mixture on top.
7. Bake for 25 minutes, until golden. Cool fully before slicing.



The Kids' Table

Built for kids with sensory sensitivities and "picky-eaters"



HEART-FRIENDLY | BUDGET-FRIENDLY | KID-FRIENDLY

Build-your-own Mini Pizza Night

Serves 4 | Prep 15 min | Cook 12 min

Dinner and an activity in one. Letting kids build their own plate is one of the simplest ways to get more vegetables onto it.

WHAT YOU'LL NEED

- 4 whole wheat bagels, split
- 1 cup low-sodium marinara sauce
- 1 cup shredded low-fat mozzarella
- Toppings: diced bell pepper, mushrooms, spinach, olives, pineapple
- Optional protein: oven-baked chicken

COOK'S TIP: *Toast the bagels alone for 3 minutes before adding toppings. It keeps the base from turning soggy.*

SENSORY NOTE: *For kids who are sensitive to mixed textures, keep toppings separate rather than pre-mixed into the sauce. Being able to see and choose each one, one at a time, feels far less overwhelming than a plate where everything already touches.*

HOW TO MAKE IT

1. Heat oven to 400°F.
2. Lay bagel halves cut-side up on a baking sheet.
3. Spread a thin layer of sauce on each.
4. Set out toppings in small bowls and let everyone build their own.
5. Top with cheese.
6. Bake for 10–12 minutes, until the cheese is melted and bubbly.



HEART-FRIENDLY | **BUDGET-FRIENDLY** | **KID-FRIENDLY**

Hidden Veggie Mac & Cheese

Serves 6 | Prep 10 min | Cook 20 min

Creamy, cheesy, and quietly loaded with butternut squash. A gentle way to build up to more vegetables over time.

WHAT YOU'LL NEED

- 12 oz whole wheat elbow pasta
- 1 cup butternut squash, cooked and mashed
- 1 cup low-fat milk
- 1½ cups shredded low-fat cheddar
- ¼ tsp garlic powder
- ¼ tsp black pepper

COOK'S TIP: *Keep the heat low once the cheese goes in. High heat makes cheese sauce grainy instead of smooth.*

SENSORY NOTE: *For a child working through texture sensitivities, blend the squash extra smooth so there's no visible fleck to object to. Progress with picky eating is often slow and food-therapist guided—a bite tried without a fight is still a win.*

HOW TO MAKE IT

1. Cook pasta according to package directions. Drain and set aside.
2. In the same pot, warm milk and squash over low heat, whisking until smooth.
3. Add cheese a handful at a time, stirring until melted.
4. Season with garlic powder and pepper.
5. Stir pasta back into the sauce until well coated.

Your next step: Book a checkup

A good meal is one part of caring for your body. A doctor who knows your history is another. Before the holiday season gets away from you, get a checklist for your health from a doctor on HealthTap. Ask how eating habits could be impacting you and your family's health like cholesterol, blood pressure, blood sugar, kidney function, vitamin and mineral levels, and weight.

A doctor on HealthTap can help you catch small changes in your numbers early. They'll remember what worked for you last time and what didn't. If you have allergies or limitations in what foods you can eat, they can help guide you.

Having a doctor availble by video for you and your family allows you to save money on unnecessary urgent care and emergency room visits. Especially, when you can see them on the same day, same week. The best part? You can choose and keep the same doctor and message them directly anytime.

This kind of connection with a doctor is a rare and highly valuable way to stay healthy—and it's exactly what CHM and HealthTap are building for you.



Scan to book

Book your checkup today through HealthTap and know your numbers.

"A cheerful heart is good medicine."

— PROVERBS 17:22