



# Wholesome Nation Eats



“Food is the ingredient that  
*binds us*  
together.”



As RSBCIHI moves towards holistic wholesome living, we want to use this opportunity to bring people together to celebrate food.



We hope that this book becomes a useful tool as you broaden your flavor experience.



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# Restaurant and Catering Ideas



Get the bowl, skip the tortilla, add **brown rice**, your choice of meat, **beans**, grilled veggies, your choice of salsa, lots of **lettuce**, and top with **guacamole**.

Get the burrito, same as above, and share your burrito.



Order the **veggie bowl**, choose **brown rice** and your choice of meat or order the salad.



Order grilled chicken, **beans**, corn tortillas, salsa and **salad** (ask for dressing on the side).



Order You Pick Two: your choice of sandwich and **salads** (ask for dressing on the side). Choose an **apple** instead of chips. Try the **black bean soup**. For breakfast try the avocado egg white spinach sandwich or order oatmeal.



Choose **grilled chicken** and **whole grain bun**. Ask for **extra lettuce and tomatoes**, or grilled chicken cool wrap, grilled nuggets or order a **salad**. For breakfast order the chicken, egg and cheese bagel. For sides, go with the fruit cup or Greek yogurt parfait.





# Restaurant and Catering Ideas



Order a Fresca Bowl or **salad**. Order your burrito with **beans**, rice, your choice of meat, **extra lettuce** and **tomatoes**, salsa and go light on the cheese; limit sauces and fries in burrito. Limit tacos to 2, go light on the cheese, ask for **extra lettuce** and **tomatoes**. Substitute fries for a **side salad**.



Choose turkey, grilled chicken or veggie delight. Ask for sauces on the side. Add extra veggies. Choose whole grain bread. Choose apple slices instead of chips.



Choose grilled chicken whenever possible. Ask for a salad on the side.



## Generic Greek

Ask for **hummus** instead of sauce. Order a side **salad** or ask for **extra veggies**.



## Generic Pizza

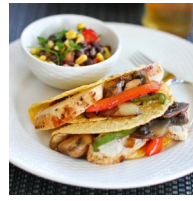
Ask for **thin crust**. If possible, ask for **whole grain crust**. Order **lots of veggies**. Go light on the cheese. Request smaller slices. Limit processed meats. Make half your plate a **salad** or **veggies**.



# Restaurant and Catering Ideas

## Generic Mexican

Have entree like enchiladas, tacos or meats with **grilled onions** and **bell peppers**. Choose **beans**, add a **salad** and get a 1/2 serving of dessert. Make **half of your plate** **veggies** such as a salad, pico de gallo, or grilled veggies, 1/4 plate entrée and 1/4 plate **beans**. Use guacamole instead of sour cream.



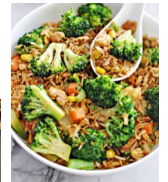
## Generic Italian

Choose **tomato-based red sauces** over creamy white sauces. Ask for veggies like **broccoli** added to the pasta. Make half of your plate a **salad** (dressing on the side) and 1/4 of your plate your choice of meat. If possible, ask for **whole grain pasta**.



## Generic Chinese

Order entrée of your choice. Add stir fried **veggies**. Choose noodles or rice, not both. Make half of your plate **veggies** like **steamed broccoli**, stir fried **veggies** or a **salad**. If possible, ask for **brown rice**.



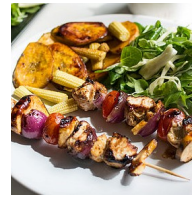
## TIPS WHEN ORDERING TAKE OUT:



- \*Serve **1/2 dessert portions**
- \*Ask for dressings and condiments on the side
- \*Ask for **whole grain options** like **brown rice** instead of white rice, **whole wheat bun/bread** instead white bun/bread, **whole grain crust** instead of white crust and **whole wheat pasta** instead of white pasta
- \*Ask for **extra tomatoes** and **lettuce** on burgers and sandwiches
- \*Ask for salad dressing on the side
- \*Substitute fries for **fruit** or **salad**
- \*Ask caterer to substitute **fruit** for the cookie
- \*Eat half of the plate you are served; share the other half or have leftovers for the next day



# Restaurant and Catering Ideas



Redlands, CA based Gourmet Catering Service  
will provide services and deliver up to 1 hour drive from Redlands



## Tastymeals

The Tasty Meals team is committed to providing you and your family  
with nutritionally balanced meals made from the freshest and most  
natural ingredients.

[tastymeals.net](http://tastymeals.net)

310-560-7971



# DIY Potlucks and Meeting Ideas

## BREAKFAST

### Whole Grain Waffle/Pancake Bar

Use whole grain waffles that are premade or buy the whole grain mix for the waffle iron. Add fruit, pecans etc. Top with 100% maple syrup or peanut butter.



### Oatmeal/Sweet Potato Bar



# DIY Potlucks and Meeting Ideas



## Yogurt Parfait Bar

Toppings can be fruits, granola, honey, nuts, or seeds



## Whole Grain McMuffin

Use whole grain English muffins, fried or poached eggs, turkey or veggie sausage and low fat cheese

## Breakfast Burrito Bar

Use eggs, beans, salsa, guacamole, pico de gallo, cheese, whole grain tortillas or corn tortillas





# DIY Potlucks and Meeting Ideas



**Bagel Bar**  
Mini bagels,  
whole grain bagels



Low-fat cream cheese,  
peanut butter and fruit,  
or salmon lox



**Mini Muffins**





# DIY Potlucks and Meeting Ideas



## Breakfast Rice Cake Bar

Peanut butter and fruit



Yogurt and fruit



Avocados and chili flakes

Hummus and cucumber

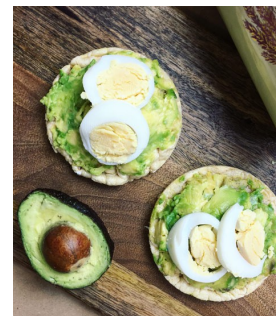
Yogurt and granola

Spinach, tuna and low-fat cheese

Peanut butter and jam



Avocado, boiled eggs and  
alfalfa sprouts



# DIY Potlucks and Meeting Ideas



## LUNCH/DINNER

**Baked Potato Bar**



**Burrito/Taco/Nacho Bar**



**Tip**

Use black bean chips/corn or whole wheat tortillas



# DIY Potlucks and Meeting Ideas



## Whole Grain Sandwich Bar

Whole grain and rye bread, sliced onions and tomatoes, baby spinach, hummus, guacamole, light mayonnaise, mustard, turkey and chicken slices, hard boiled eggs



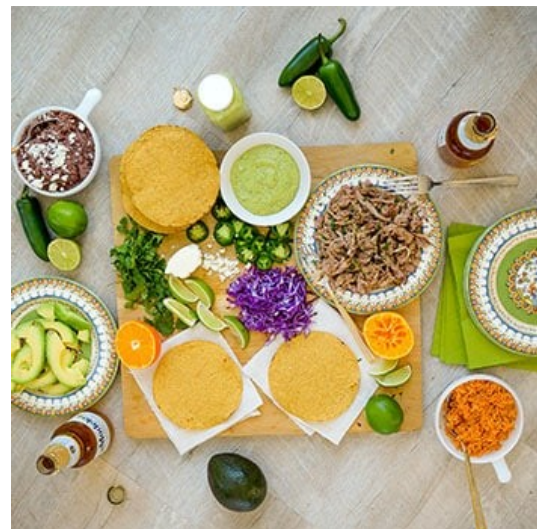
## Tip



Serve meals with attractive fruit displays



## Tostada Bar





# DIY Potlucks and Meeting Ideas



## Salad Bar with Grilled Chicken



**Whole Wheat  
Pasta with  
Marinara or  
Pesto sauces**



# DIY Potlucks and Meeting Ideas



**Whole wheat chicken  
quesadillas with lite  
cheese**



## Tip



When planning a lunch or dinner, serve at least 2 vegetable options and season with herbs and salt instead of butter or cream sauces



# Kids Event Ideas

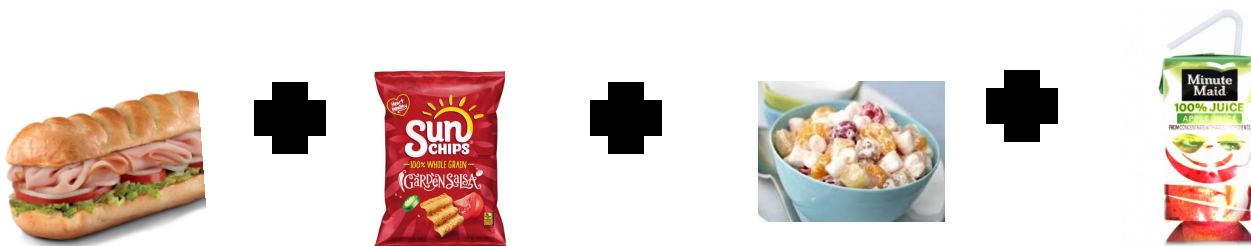
1) **Tostadas** (beans, shredded lettuce, diced tomatoes, avocado slices, mango or regular salsa, shredded cheese), **Kind bars**, **Cuties**, **Fruit-infusion water bottles** as a gift



2) **Super Nacho Bar** (black bean chips, grilled chicken, cheese, whole pinto or black beans, shredded lettuce, diced tomatoes, guacamole), **baby cucumbers**, **low-fat ice cream bars** or **frozen watermelon popsicles**



3) **Turkey sub sandwiches** on whole wheat bread, **Sun Chips**, **fruit salad with Cool Whip**, **100% fruit juice**

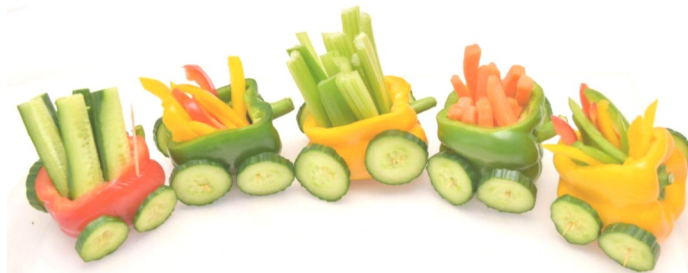




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## Kids Event Ideas

6) Boca burger or veggie burger on whole wheat bun, carrot sticks with sip, small cookie, water bottle



7) Whole wheat pasta with marinara, veggie chicken nuggets, apples with caramel dip, Basil Apple Mint Lime Spa Water (see drink section)





# Native Food Ideas

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## Chocolate Chia Seed Pudding

### Ingredients

- 1/4 cup **cocoa powder**
- 1/4 cup + 2 tablespoons **chia seeds**
- 1/4 cup + 2 tablespoons **maple syrup**
- 2 cups **almond milk, unsweetened**
- pinch of **sea salt**

### Instructions

1. Place all ingredients in a **medium-size bowl** and whisk until the cocoa powder has dissolved. Place in the refrigerator, covered, for around 6 hours or until the chia seeds turn jelly-like and the mixture thickens. Stir periodically.



### Tip

For creamier pudding, you can substitute coconut milk for the almond milk

# Native Food Ideas



## Strawberry Chia Seed Pudding



### DIRECTIONS

### INGREDIENTS

1 ½ cups nondairy milk

6 strawberries

2-3 tablespoons maple syrup

½ teaspoon vanilla extract

6 tablespoons chia seeds

fruit, for topping (optional)

In a blender, mix milk and strawberries.

Transfer the strawberry milk to a bowl and mix in all the other ingredients.

Refrigerate for 30 minutes or longer.

Transfer the pudding to individual containers.

Add toppings if desired. Infuse love and serve!





# Native Food Ideas



## Whole Wheat Frybread

Serves 8

- 1 cup Whole wheat flour
- 1 cup White, whole wheat, or all-purpose flour (*plus extra for rolling*)
- 2 tsp Baking powder
- 1 tsp Sugar
- 1 cup Fat-free milk or water
- 1/4 cup Vegetable oil



1. In a mixing bowl, combine flours, baking powder, sugar and milk.  
Stir until the dough comes together
2. Knead the dough on a lightly floured surface until smooth.  
Cover and let rest for 20 minutes. (Or wrap well and refrigerate overnight.)
3. Divide dough into 8 pieces. Roll each piece into a circle or an oval, using a little extra flour to keep the dough from sticking. Prick through dough several times with a fork.
4. Heat oil in a large skillet over medium. Cook bread until golden brown, about 3 minutes each side.



### Tip

Top with whole beans, ground turkey, low-fat cheese, lettuce, tomato and avocado



# Native Food Ideas



Add **prickly pear**  
to any fruit salad



Add **chia seed** to any  
cornbread mix



## INGREDIENTS

- 3/4 cup cornmeal
- 3/4 cup flour
- 1/2 mesquite meal
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup whole-milk yogurt
- 1/2 cup milk
- 1 egg
- 4 Tablespoons honey
- 4 Tablespoons vegetables oil

## Mesquite Cornbread



## PREPARATION

1) Preheat oven to 350 degrees and grease an 8-inch square baking pan. 2) Combine the dry ingredients in a mixing bowl. In another bowl, blend the wet ingredients together, and add to the dry ingredients. Stir until combined. Fold in the corn kernels. 3) Pour into the baking pan and bake 20 to 25 minutes, until golden brown.



# Native Food Ideas

## Three Sisters Soup



### The Three Sisters

A long time ago there were three sisters who lived together in a field. These sisters were quite different from one another in their size and way of dressing. The little sister was so young that she could only crawl at first, and she was dressed in green.

The second sister wore a bright yellow dress, and she had a way of running off by herself when the sun shone and the soft wind blew in her face.

The third was the eldest sister, standing always very straight and tall above the other sisters and trying to protect them. She wore a pale green shawl, and she had long, yellow hair that tossed about her head in the breeze.

There was one way the sisters were all alike, though. They loved each other dearly, and they always stayed together. This made them very strong.

One day a stranger came to the field of the Three Sisters - a Mohawk boy. He talked to the birds and other animals - this caught the attention of the three sisters.

Late that summer, the youngest and smallest sister disappeared. Her sisters were sad.

Again the Mohawk boy came to the field to gather reeds at the water's edge. The two sisters who were left watched his mocasin trail, and that night the second sister - the one in the yellow dress - disappeared as well.

Now the Elder Sister was the only one left. She continued to stand tall in her field. When the Mohawk boy saw that she missed her sisters, he brought them all back together and they became stronger together, again.

Serves: 6

### Ingredients

- 6 cups fat free, low sodium chicken or vegetable stock.
- 16 oz canned, low sodium yellow corn or hominy, drained, rinsed
- 16oz canned, low sodium kidney beans, drained, rinsed
- 1 small onion, chopped
- 1 rib celery, chopped
- 15oz canned, cooked pumpkin or cooked butternut squash
- 5 fresh sage leaves or 1/2 teaspoon dried sage
- 1/2 teaspoon curry powder

### Directions

1. Bring chicken/vegetable stock to a slow boil
2. Add corn/hominy, beans, onion and celery. Boil for 10 minutes
3. Add sage, curry and pumpkin/butternut squash. Tip: be careful you get pumpkin not pumpkin pie filling. Simmer on medium to low heat for 20 minutes

# Native Food Ideas



## Chia Fresca



### The Power of Chia Seeds

"Chia" is an ancient Mayan word that means "strength."

The Aztecs cultivated it and even used it as money.

Native peoples in America's Southwest used chia seeds for endurance.

They could run swiftly on a handful of chia seeds and a gourd of water.

Chia seeds are a favorite of athletes today.

They help lubricate the body and joints.

Chia seeds are rich in omega-3 acids which builds your immune system and helps brain function.

They are 20% protein on a dry weight basis.

They are rich in vitamin B complex, biotin, calcium, potassium and fiber.

They help regulate blood sugar levels.

They are an excellent food for losing weight.

A small amount makes you feel full.

Moistened chia seeds serve as a poultice to treat wounds and draw out infection.

Chia seeds are rich in fiber and help with constipation.

Chia seeds have a long shelf life and are slow to oxidize.

Serves: 4-6

### Ingredients

- 48 oz. cold fresh drinking water
- 4 large lemons
- 1/4 cup sweetener of choices such as Stevia
- 2 tablespoons chia seeds

### Directions

1. Pour the water into a pitcher
2. Roll each lemon while pressing firmly for about 10 seconds, on a sturdy surface such as a counter
3. Slice the lemon in half and squeeze the juice into the water
4. Add sugar
5. Add chia seeds and let it sit for about 10 minutes
6. You can add a sprig of mint just before serving



# Native Food Ideas

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1. Use a black iron skillet or electric frying pan.
2. Warm the pan to medium-high heat and add chia seeds.
3. Stir seeds constantly, until there is a great aroma.
4. Remove from heat and squeeze in mesquite honey to taste.
5. Let it sit and then break it up when it cools.

## Toasted Chia Candy



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## Chia Lemonade

1/4 cup chia seeds  
1/3 cup fresh lemon juice  
1 cup natural apple juice  
Crushed Ice

Combine the chia seeds and apple juice in a cup and allow to soak for 30 minutes until it is thick like jelly. Stir in lemon juice and a lot of ice.



# Native Food Ideas



## Prickly Pear Chia Lemonade

1/4 cup prickly pear juice

1 lemon (3-4 T juice)

2 T chia seeds

2 cups coconut water

sweetener of choice, to taste - honey, cane juice crystals, stevia... (optional)



### *Directions*

1. Make prickly pear juice (directions below)
2. Blend prickly pear juice, coconut water, lemon and sweetener in a high power blender
3. Pour into a large glass and stir in chia seeds, stir every five minutes or so until fully hydrated, about 20 minutes.
4. Chill if desired, or serve.

### *Prickly Pear Juice*

Harvest wild prickly pears, or purchase, about 2lbs will make 1/2 cup juice. Burn off spines over an open flame, or carefully peel with gloves on, by slicing a cut down the center of the fruit, and peel back the outer flesh, or scoop out contents. Then simply blend the fruit on low, or place in a food processor and mix, until broken down, but seeds aren't blended. Strain with a fine mesh strainer or nut milk bag (cheesecloth). Set in the fridge until ready to use.





# Native Food Ideas



## Nopal (Cactus) Salad

Chop and boil cactus pads

Chopped white onion and cilantro, about 1 cup each

2 chopped jalapeno peppers

1 chopped serrano chile

4 handfuls chopped Roma tomatoes

6 to 8 spoonfuls of Tepary beans

Juice from 4 squeezed lemons or limes

Fresh queso blanco, about 1 cup

Add salt to taste



Combine all vegetable, beans, and fruit ingredients in a large bowl.

Top salad with crumbled queso blanco,



# Snack Ideas



Bare brand tends to be high in fiber, at least 3 grams and up to 8 grams of fiber per serving. The apple chips are delicious. They don't fry their products; They are baked.



Look for whole grain chips. Aim for at least 2 grams of fiber per serving. Black bean chips tend to be 5 grams of fiber per serving. Choose baked chips. You still get the flavor minus the extra oils.



Higher cocoa percentage dark chocolate contains a higher concentration of antioxidants. Aim for 70% or more cocoa.



Get creative with nuts. Aim for raw whenever possible.



# Snack Ideas



These are high in fiber due to real fruit and chia seeds and taste great! Don't be fooled by fruit snacks. Most of them are high in sugar.



A mini Kind bar is only 100 calories and 3-4grams of fiber per bar.

Limit Fiber One bars to 1 a day.

Any more can cause an upset stomach due to the added fiber.



Kashi tends to be lower in sugar and higher in fiber compared to other bars.

Kind fruit bites have no added sugar or juice, the only ingredient is fruit. It's still high in sugar and low in fiber; but it's a better choice than most fruit snacks as most of them are high in sugar. An even better choice is to eat the fruit.



Whole grain crackers with your choice of low-fat cheese, veggies, hummus, or salsa are a good choice. Whole grain chips should be at least 3grams of fiber per serving.

# Snack Ideas



PB&J sandwich: Choose bread made with whole grains. Look for the words “**whole grain**” or “**whole wheat**” as the first ingredient. If it says wheat...it’s another word for white bread. Don’t be fooled by breads that have nuts or Flaxseed. Most of those breads are made with white flour. Choose peanut butter that does not have added sugar, oils or salt; the only ingredient should be peanuts. Don’t be fooled by the word natural. Try almond or cashew butter (same rules apply). Avoid jams made with high fructose corn syrup.

Feel like having a frozen treat? These are options that satisfy your sweet tooth without adding too much sugar or unwanted calories. These are not health foods. They’re a better choice. The **best** choice is fruit with a handful of raw nuts.



Prepackaged snacks with veggies, fruit or boiled eggs.



# Snack Ideas

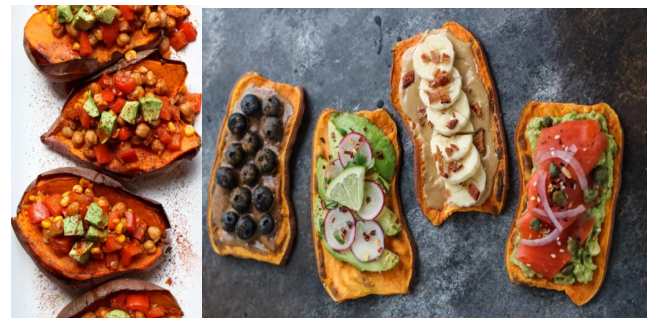


Plain Greek yogurt with your own toppings of fruit and nuts. Avoid flavored yogurt as they tend to be high in sugar.



Rice cakes with your favorite toppings like almond butter, Greek yogurt and honey or avocados.

Apples drizzled with peanut butter, dark chocolate, and topped with coconut flakes.



Baked sweet potatoes:  
Top with avocado, chili beans, cinnamon, fruit, almond butter.  
Get creative!



# Snack Ideas



Assorted fruit



Sliced cucumber with chili powder and lemon



Mini baked potatoes with of Greek yogurt and dill dip



Banana Ice Cream:

Add frozen bananas to a food processor and blend until smooth, about 3 minutes. Scoop into bowl and serve immediately. For firmer ice cream, place in air tight container for at least an hour. Get creative: add cocoa for chocolate banana ice cream or peanut butter and top with coconut flakes and dark chocolate chips.

# Snack Ideas



Smoothie made with Greek yogurt and your choice of fruit



Dates with almond butter, peanut butter, walnuts or almonds. Top with coconut flakes or pomegranates.

Frozen bananas dipped in dark chocolate, drizzled with your choice of nuts, coconut flakes or fruit.



Zucchini chips: Bake at 350°F for 15-20 minutes. Add a little olive oil and sprinkle with parmesan cheese.



## Snack Ideas

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Sweet potato chips:  
Slice with a mandolin, lightly coat with olive oil and sprinkle with salt. Bake at 400°F for 20-25 minutes. Use cinnamon for a sweet flavor.

Chocolate truffles:  
Add ½ cup nuts of your choice in a blender and grind to fine powder. Add 18 pitted soft dates and 3 tablespoons of cocoa powder in blender. Add water to mixture until it turns into a paste. Make 1-inch balls and coat with nuts, cocoa or coconut flakes.



Omega-3 Bites:  
Add 1 cup of old fashioned oats, ¼ cup walnuts, ¼ cup Craisins, 2 tablespoons of chia seeds, 1 teaspoon of cinnamon and 2 bananas. Mash bananas with a fork and add all ingredients. Make 1-inch balls. Bake at 350°F for 20 minutes.



# Low-Carb Snack Ideas



- Hard boiled eggs
- Egg salad wrapped in lettuce
- Peanut butter and celery
- Nuts
- Carrot sticks and hummus
- Cottage cheese and raspberries
- String cheese
- Sunflower seeds
- Stuffed mushrooms
- Turkey and Swiss cheese rollups
- Baked parmesan crisps
- Beef or turkey jerky
- Pickles and cheddar cheese slices
- Turkey meatballs
- Tuna and lettuce wraps
- Asparagus and hummus
- Plain full fat or Greek yogurt
- Celery and cottage cheese
- Cucumbers and ranch dip
- Berries (strawberries, raspberries or blackberries)
- Tuna on tomato slices
- Zucchini pizzas (toppings on slices baked)
- Cauliflower and ranch dip
- Avocado and tomato slices
- Edamame, roasted/steamed
- Tuna on cucumber slices
- Veggies and guacamole
- Zucchini topped with bacon and cheddar
- Cucumber sandwiches
- Green pepper halves stuffed with pizza toppings
- Cauliflower crisps (smashed and baked cauliflower)
- Celery and low-fat cream cheese

# Low-Carb Snack Ideas



Cole slaw  
Frozen mixed vegetables  
Fresh spinach  
Cooked collard greens with bacon bits  
Vegetable tray with low-fat dip or hummus  
Fresh bell pepper slices with hummus  
Garden salad  
Chicken salad  
Low-fat cottage cheese  
Low-fat or non-fat cheese  
Egg whites (Egg Beaters)  
Soy milk  
Vegetarian meat substitutes  
Tuna or salmon  
Veggie burgers  
Low-sodium chicken sandwich slices  
Low-sodium turkey sandwich slices  
Turkey jerky  
7-15% fat ground beef  
Turkey bacon  
Turkey sausage  
Sugar-free popsicles  
Baked chicken with skin removed  
Non-alcoholic beer  
Decaf coffee



# Party Snack Ideas

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Veggie platter + Greek yogurt ranch dip or cilantro lime dip



Corn chips + homemade salsa + fresh guacamole

Hummus + veggies + pita bread slices or flat pretzel crackers



Veggie pinwheel sandwiches (tortilla + laughing cow cheese spread, olives or cucumbers, deli meat optional) topped with cherry tomato

Fruit bouquet—assorted seasonal fruits of your choice



Fruit dip (low-fat whipped topping blended with flavored Greek yogurt of your choice) topped with citrus zest



# Party Snack Ideas

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Air popped or stove popped  
**popcorn** topped with low  
sodium seasonings



Deviled eggs sprinkled  
with paprika

Frozen  
grapes



Tomato, mozzarella bites (cherry toma-  
toes+ basil leaf + mozzarella pieces with  
balsamic vinegar drizzle and topped with  
cracked black pepper

Edamame (soybeans) sprinkled  
with sea salt



Spinach balls (spinach, eggs, parmesan  
cheese, onion, bread crumbs baked to  
perfection)

# Dessert Ideas



Applesauce or  
zucchini  
brownies or  
black bean  
cupcakes



Angel food cake with  
fresh fruit topping

Raspberries stuffed  
with yogurt chips



Frozen yogurt,  
sorbet, or  
reduced-fat ice cream  
(unless additional sugar is  
substantial)

# Dessert Ideas



Chocolate-dipped  
fruit

Fruit crisp  
(Baked fruit with a  
granola topping)



Fresh fruit with  
caramel or chocolate dipping  
sauce



Mixed berries & nuts  
(light whipped cream or  
yogurt optional)

Yogurt Parfait Bar  
with fruit, nuts, seeds,  
granola  
(Greek yogurt works great!)



Chia seed pudding  
(See Native Foods section  
for recipes)



# Dessert Ideas



Watermelon lemonade  
popsicles with berries



Caramel Ice Cream Sandwich

**Ingredients:**

- 2 Caramel Cinnamon Rice Cakes
- ¼ c Cool Whip Free
- ¼ tsp Cinnamon
- 1 Tbs. Lite Chocolate Syrup

**Instructions:** Gently Swirl together Cool Whip Free, cinnamon, and chocolate syrup. Place mixture between two rice cakes and wrap with saran wrap. Place in the freezer for 1 hour.

Chocolate Candied Apples

**Ingredients:**

- Granny Smith apples
- Mixed nuts chopped
- Semi-sweet Chocolate bar

**Instructions:** Insert a skewer through each apple. Melt chocolate according to package instructions. Dip apple into chocolate and then immediately into nuts. Place on wax paper and cool in the refrigerator for 10 minutes.



# Dessert Ideas

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## Watermelon Cake



### Ingredients:

- 1 large seedless watermelon peeled with the ends cut off
- 2 containers Tofutti cream cheese
- 1 container Tofutti sour cream
- 4 Tbs. Nectresse sugar sweetener or 100% maple syrup
- 1/8 tsp salt
- 2 cups sweetened shredded coconut
- 1 cup slivered almonds

### For Top of Cake:

- Sliced strawberries
- Boysenberries
- Sliced kiwi

### Instructions:

- 1) After watermelon has been peeled with the ends cut off, place it on the plate that you will serve the cake from. Pre-slice the watermelon into serving size slivers of cake.
  - 2) Mix together with an electric mixer the cream cheese, sour cream, Nectresse, and salt.
  - 3) Using paper towels, dab the watermelon cake to make sure there is no excess liquid so the frosting will stick to the cake.
  - 4) Using a spatula, spread the frosting around the sides and top of the cake.
  - 5) Mix together coconut and almonds and use your hand to stick it only to the sides of the cake.
  - 6) Decorate the top of the cake with fruit.
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## Baked cinnamon apple chips



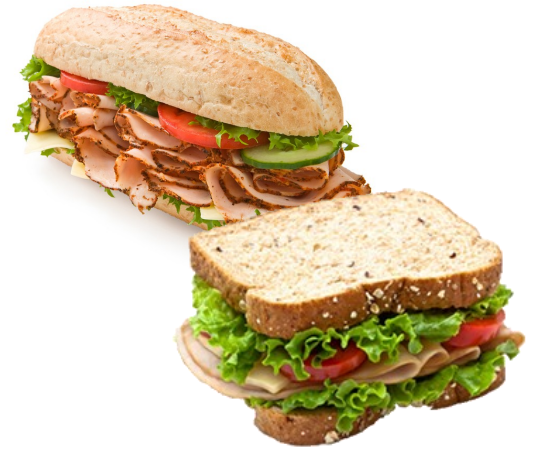
# RSBCIHI Vendor Meal Ideas



## Party Sub and Sandwich Platters

Choose: Whole wheat, lean meats (like chicken or turkey), lots of veggies

Go easy on: Oil, mayo, dressings, olives, and cheese



## Wrap/Pinwheel/Roll Platters

Choose: Whole wheat or spinach wraps, lean meats (like chicken or turkey), lots of veggies

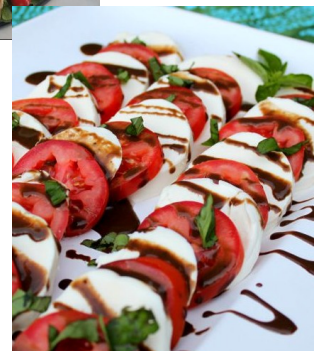
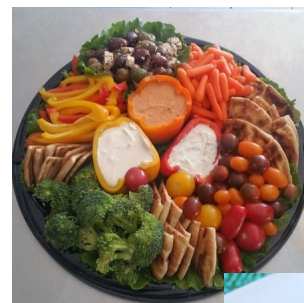
Go easy on: Oil, mayo, cream cheese, and cheese



## Deli Trays

Choose: Trays heavy on whole foods like fruits, veggies, caprese salads, most Mediterranean style trays, etc.

Go easy on: Fried foods, cheese/cream cheese-based dips and high-fat cheeses, cured meats, refined crackers & grains (white rice, mashed potatoes, mac & cheese, etc.), sugary treats, refried foods, etc.





# RSBCIHI Vendor Meal Ideas



Available at multiple vendors, especially retail grocers like Stater Bros., Albertsons, and Walmart:

Yellow lentil  
(or other flavor)  
hummus with whole  
wheat pita chips



California roll  
sushi



Vegetable or  
minestrone soups and  
whole wheat bread



# RSBCIHI Vendor Meal Ideas - Stater Bros.



Fire roasted corn &  
black bean Fiesta  
salad

Seafood deli trays  
Neptune Under The Sea  
Shrimper's Feast



Just Veggin'  
Out Tray



Deli trays like:  
Fresca Caprese  
Chantilly Brie  
Mediterranean Delight



# RSBCIHI Vendor Meal Ideas - Albertsons



Insalata Caprese  
or Insalata Caprese/  
Kabob Trays\*



Pita Pocket Tray\*  
(Request lean meats and extra  
veggies)

Garden Fresh  
Vegetable Tray



That's Italian  
Tray

The Entertainer  
Tray\*



\*Request whole wheat baguettes, pitas, or crackers when ordering



## Drink Ideas

Hibiscus/Jamaica ice tea  
*(no sugar added)*



Tazo teas (cold and hot)  
with no sugar added. You  
can add a splash of real  
fruit juice, honey or lemon  
juice to them.

Ginger/lemon iced tea  
*(no sugar added)*



## Drink Ideas



Warm Chamomile  
Tea with Honey

Chamomile iced tea with  
infused apple slices



Raspberry iced tea



Iced tea with lemon



# Drink Ideas



Hint  
fruit flavored waters

Pina Colada  
(pineapple blended with coconut milk)



Melonade  
(watermelon blended with lemons)

100% fruit or vegetable  
smoothies





# Drink Ideas

## Apple-Mint Spa Water

### Ingredients:

1 Sliced apple  
1 Tbs. lime juice  
Fresh mint leaves  
Fresh basil leaves

### Instructions:

Place 1 cup warm water in a pitcher.

Squeeze about 2 tbsp. lime juice into the water.

Add in sliced apple, basil and mint leaves and shake well in the warm water.

Fill the rest of the container with ice water and add in ice.



## Chia Fresca



### Ingredients:

48 oz cold, fresh drinking water  
4 large lemons  
1/4 cup 100% maple syrup  
2 tbsp fresh chia seed

Combine and allow to chill for 30 min

# Drink Ideas

## Lemongrass Tea



### Ingredients

- 4 cups water
- 2 cups roughly chopped lemongrass stalks
- 1/4 cup sugar
- Lime wheels for garnish (optional)

### Instructions

1. Bring the water to a boil over high heat in a medium saucepan.
2. Add the lemongrass and boil rapidly for 5 minutes.
3. Reduce the heat to low and simmer the tea for an additional 5 minutes.
4. Strain the stalks from the liquid. Stir in the sugar until dissolved.
5. Serve warm, or chill in the refrigerator and pour over ice.



# Drink Ideas

## Fruit-Infused Waters



## Infused Water Combinations





# **Nutrition Resources**



Resources for recipes and menu ideas:

## **Diabetes Team**

x 1151

[cmagana@rsbcihi.org](mailto:cmagana@rsbcihi.org)

## **RBCIHI Dietitians**

Afua Khumalo RD

Morongo x1433

[akhumalo@rsbcihi.org](mailto:akhumalo@rsbcihi.org)

Karla Nelson DN

San Manuel x4765

[knelson@rsbcihi.org](mailto:knelson@rsbcihi.org)

Dalila Ruiz RD

Soboba x4200

[druiz@rsbcihi.org](mailto:druiz@rsbcihi.org)