



Tasty Traditions

RECIPE SELECTIONS

from eHealth Technologies team members



CARING TOGETHER

Gather Around the Table

To celebrate our diverse taste and heritage, the pages that follow contain family favorite recipes submitted by eHealth Technologies team members.

Thank you for sharing your recipes and the “tasty traditions” behind these dishes.

We hope you enjoy recreating these recipes in your own kitchens to serve at your gatherings around the table.

Enjoy!

Tasty Traditions

Appetizers & Soups



Cheesy Bacon Dip

from the kitchen of:
Shelbi O'Geen, Operations

INGREDIENTS

- 1 (16-ounce) package sour cream
- 1 (3-ounce) jar Hormel Real Bacon Bits
- 2 cups shredded cheddar cheese
- 1 (8-ounce) package cream cheese, softened
- 1 cup chopped green onions

INSTRUCTIONS

In bowl, combine all ingredients & mix well. Serve warm or cold!



"Honestly, who doesn't love bacon or cheese? They make everything better!"



from the kitchen of:
Christyne Santella, Operations, pictured as a child with her dad



Italian Wedding Soup

INGREDIENTS

(Serves 8)

10 cups of chicken stock
2 tsp of olive oil
1 chopped onion
2 chopped carrots
2 minced cloves of garlic
.5 lb of ground chicken (or turkey)
1 lb of chopped kale
2 tsp of celery seed
.5 cup of whole grain quinoa
Breadcrumbs
1 egg
1 tsp dried basil
1 tsp dried oregano
Salt and pepper to taste

"Growing up in an Italian family it was a tradition to make Italian wedding soup every Sunday. My dad showed me how to cook at a young age and we made this soup together all the time. He passed away when I was 13, but he taught me so much about food. I changed a few things to make this recipe heart healthy with whole grains and leaner protein, but with all the original flavor. I think he would absolutely love it, I hope y'all do!"

INSTRUCTIONS

In a large soup pot add in olive oil, onions, carrots, and garlic. Cook veggies until soft, then add chicken stock, salt, pepper, and celery seed. Bring to a boil and allow to simmer. While simmering, mix ground chicken (or turkey), breadcrumbs, egg, basil, oregano, salt, and pepper to form .5-inch sized meatballs. Add to simmering stock. Allow to simmer for 10 minutes. Add in the quinoa and kale. Cook for an additional 15 minutes.

Serve with grated parmesan cheese for extra deliciousness!

Mushroom Wild Rice Bisque

from the kitchen of:
Tara Shedlosky, Operations



INGREDIENTS

5 servings

1/2 cup uncooked wild rice
1/2 cup cashews
2 tsp corn starch
2/3 cup non-dairy milk
2 onions
1 cup celery
2 cups mushrooms sliced
3 garlic cloves, minced
1/4 cup white wine
3 cup veggie broth
1 tbsp soy sauce
2-3 tbsp Multipurpose Umami (Trader Joes)
Black pepper to taste



Bring 1/5 cups of water to boil. Add rice, cover, reduce to simmer for 55 minutes. In blender pulse cashews and corn starch together until it is a fine powder. Add the non-dairy milk and blend. Dry saute (just add a few drops of water to prevent sticking) the onions and celery for 5 minutes. Add the mushrooms with 1-2 tbsps of water. Once the mushrooms release their juices, add garlic. Add wine and broth bringing to a boil. Reduce heat and simmer 10 minutes. Add the Umami spices and the cashew cream. With an Inversion blender, pulse 2-3 times. Add the wild rice. Enjoy with black pepper.

"I started eating plant based whole foods and had to rethink how I cook. This is a recipe that has become a dish that I am confident and comfortable making and has received rave reviews from all types of eaters!"

Tasty Traditions

Main Courses





from the kitchen of:
Jackie Acao, Operations

Chicken & Dumplings

INGREDIENTS

2 cups baking mix (like Bisquick)
2/3-1 cup milk
1 lb diced chicken
2 tablespoons butter
2 tablespoons oil
2 large carrots, diced (about 2 cups)
2 medium potatoes, diced
1 medium onion, diced
Salt and pepper- about 1/8 teaspoon each
1 teaspoon poultry seasoning
2 tablespoons flour
2 quarts chicken broth
2 cups frozen peas

"This is my family's go to comfort food and most requested dish."



INSTRUCTIONS

In a small bowl combine baking mix with 2/3 cups of milk, add more milk if mixture is too dry. Set aside. In a large pot melt butter with oil over medium heat, add carrots, potatoes, onions and season with salt and pepper. Cook 3 minutes stirring occasionally. Sprinkle flour and poultry seasoning over vegetables and stir for 2 minutes. Add chicken and broth and stir. Once broth comes to a boil, reduce heat and simmer for 5 minutes, stirring occasionally. Using two tablespoons, drop dumpling batter into simmering broth. (Use one tablespoon to scoop batter, and other to scrape off spoon into broth). Cover and gently simmer for 10 minutes. Remove lid. Dunk dumplings into broth to thicken liquid, Add frozen peas. Place lid back on pot and let rest for 5 minutes. Serve and enjoy!

Creamy Cauliflower Alfredo Sauce

from the kitchen of:
Jamie Cruz, Operations

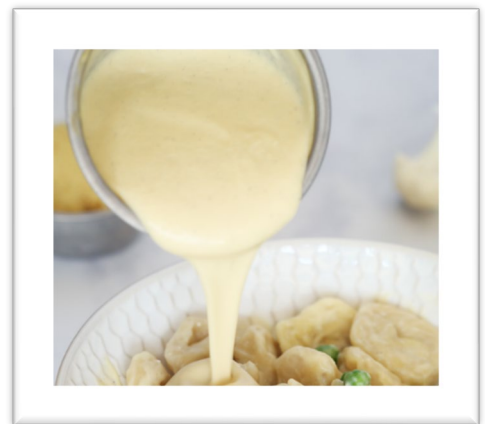


"My family is vegan for health reasons. It's not easy to find a good alfredo sauce that isn't made with processed ingredients or nuts, which gives a very different texture. This recipe includes ingredients that are simple and delicious!"

INGREDIENTS

- 1 medium head Cauliflower diced into florets
- 2 tablespoon olive oil (separated)
- 2 cloves garlic (minced)
- 1/2 cup unsweetened almond milk
- 1 cup vegetable broth
- 1 tablespoon lemon juice
- Salt and pepper to taste

You can add vegan cheese or nutritional yeast as well, if you choose (we definitely do).



INSTRUCTIONS

In a medium saucepan, heat 1 tablespoon olive oil on medium heat. Add minced garlic and sliced shallot. Cook until brown and fragrant.

Stir in almond milk and vegetable broth. Increase heat and bring to a low boil. Add cauliflower florets, lower heat back to medium, cover and cook for 10 minutes or until cauliflower florets are soft.

In a blender (we use an immersion blender right in the pot), add the ingredients from the saucepan, vegan cheese (if desired- could also use nutritional yeast), lemon juice, another tablespoon of olive oil, salt and pepper. Blend on high until creamy and smooth, about five minutes. Add more vegetable broth or olive oil as needed for the consistency you prefer. This makes an incredible creamy, velvety, alfredo sauce that's 100% vegan.



from the kitchen of:
Michelle Halloran, HR



Crockpot Meatballs & Sauce

INGREDIENTS

Sauce

- 1 large onion chopped
- 1 clove garlic, minced
- 2 16 oz. cans tomatoes
- 1 8 oz can tomato sauce
- 1 8 oz can tomato paste
- 1 cup beef flavored bouillon
- 2 tablespoons parsley
- 1 tablespoon brown sugar
- 1 teaspoon crushed oregano
- 1 teaspoon salt
- ¼ teaspoon pepper

Meatballs

- 2 lbs ground beef
- 1 cup seasoned bread crumbs
- 2 eggs slightly beaten
- ½ cup milk

"This is a delicious recipe to make in the morning and it's ready to eat for dinner after work!"



INSTRUCTIONS

For sauce, brown onions and garlic slightly. Mix all other ingredients in crock pot.

For meatballs, combine all ingredients and form 20-22 meatballs. Carefully place in sauce in crock pot. Cover and cook on high for 7-8 hours.

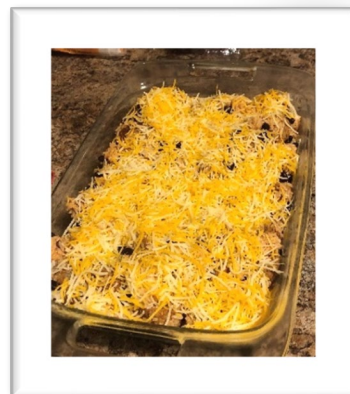
Enchilada Meatball Casserole

from the kitchen of:
Ray Mercier, Operations



INGREDIENTS

2 cups cooked white rice
1 (15 oz) can black beans, rinsed and drained
1/2 yellow onion, finely diced
2 cups Mexican cheese blend, divided
1 (22 oz) bag frozen (fully cooked) meatballs, *THAWED*
1 (10 oz) can red enchilada sauce
Cilantro for garnish (optional)
Sour cream (on side, optional)



INSTRUCTIONS

Preheat the oven to 350° F and lightly grease a 9x13 inch baking dish with non-stick spray

Place rice, black beans, onion, 1 cup cheese and meatballs in a large bowl, then pour enchilada sauce on top, mixing until everything is thoroughly coated. Transfer mixture to baking dish and top with remaining cheese. Place the baking dish in the oven and bake for 35 minutes, or until cheese is melted and bubbly. Remove from the oven and top with cilantro (if desired). Serve hot and enjoy.



"I'm a simple man - I like enchiladas, and I like meatballs. BAM! Meatball enchiladas. We haven't measured out the serving sizes, but given the ingredients, please enjoy responsibly; perfect meal to get that protein boost!"

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Side Dishes



Authentic German Potato Pancakes (Kartoffelpuffer)

from the kitchen of:
"German Girl in America" website and shared by Britta Adams, QA Specialist



INGREDIENTS

Just over 1 pound or 500 grams potatoes (Russet)
1/4 to 1/2 Onion
2 egg yolks
2 tablespoons flour
Optional: salt, pepper, 2-3 strips bacon chopped
Oil for frying
Applesauce for serving



INSTRUCTIONS

Lay paper towels on a plate next to stove. If you are using bacon, pre-fry until it renders fat. Set the bits aside in a bowl. Peel potatoes and grate with a fine grater or food processor with a fine grater. Grate the onion into the potato. Mix together and pour off excess water. Sprinkle flour over the top. Add egg yolks. Add salt and pepper to taste.

If you want to make them more like Oma's, place the grated potato/onion, flour, and egg yolks in a blender or food processor. Pulse or chop a to get a batter consistency. (If you like stringy fried edges, hold back some grated potato to add back in after blending.)

Add oil to frying pan, at least 1/3 inch deep. When it's hot (simmering), add bacon bits into pan (if using). Scoop potato mixture on top of bacon bits. Flatten with spatula to be about 4+ inches across (Be careful of hot oil.) Cook 2 minutes until golden brown. Flip carefully. Cook 2 more minutes. (Note: if oil is too hot, pancake will burn before it's cooked through. Not hot enough, pancakes will be greasy.) When they are ready, put the pancakes on paper towels to soak up extra oil. Serve with applesauce.

"The recipe refers to an 'Oma,' which is German for grandma. My grandma was extremely good at making these, and none measured up to hers. Not my mom's - not anyone's! It is indeed best served with applesauce. This was definitely a childhood favorite of mine."



from the kitchen of:
Stephanie Hunt, Operations

Paprika Pasta Salad

INGREDIENTS

Half a jar mayonnaise
3 teaspoons paprika
1 box of pasta rings



INSTRUCTIONS

Cook pasta rings as directed on box. Empty cooked pasta into a casserole bowl or large size dish. Mix in 6 cups of mayonnaise with the pasta rings. Once all pasta rings are covered in mayonnaise, sprinkle 3 teaspoons of paprika on top of mayonnaise.

"I love this dish because it is a family favorite in my family and it has been passed down recipe from my grandmother. it is a hit at all of my family functions and its delicious!"

3 Bean Summer Salad

from the kitchen of:
Wendy Ferrer, Marketing & Communications



INGREDIENTS

- 1 can black beans (drained)
- 1 can red kidney beans (drained)
- 1 can chick peas (drained)
- 1 can corn niblets
- 1 green pepper, chopped
- 1 seedless cucumber, chopped
- ¼ cup chopped scallions
- ¼ cup fresh chopped parsley
- ½ cup olive oil
- ¾ cup sugar
- ¾ cup red wine vinegar



INSTRUCTIONS

Combine black beans, kidney beans, chick peas, and corn in a large bowl. Add chopped green pepper, cucumber, scallions, and parsley. In a separate bowl, mix oil, sugar, and vinegar. Pour over vegetables and toss. Refrigerate (overnight is best). Drain excess dressing and serve.



"This recipe is always a hit at family reunions or summer picnics. It's fast and easy to make, serves a large crowd, and tastes great with whatever is cooking on the grill!"

Tasty Traditions

Desserts





from the kitchen of:
Emillie Martello, Customer Success



Cut Out Sugar Cookies

INGREDIENTS

2 eggs
2 cups sugar
1 cup (2 sticks) margarine, room temp.
1 tsp baking soda
1 cup sour cream
1 tsp vanilla
1 tsp salt
4 1/2 to 5 cups flour
Frosting/sprinkles (optional)

INSTRUCTIONS

Pre heat oven to 375.

Mix sour cream, eggs, sugar and margarine in a large bowl. Then blend in all other ingredients until well blended.

Chill dough for 2- 8 hours. (If unable to chill dough, more flour may be needed).

Roll out dough on well-floured table. Use cookie cutter of your choice to cut out cookies. Place cookies on greased cookie sheet.

Bake for 12-15 minutes (until golden brown on bottom). Let cool, and frost with frosting and sprinkles of your choice.

"When I was growing up, we would spend all day making and decorating these cookies. Now that my siblings and I are grown, my mom continues this tradition with her grandchildren. These cookies have become a staple at all family gatherings every Christmas."

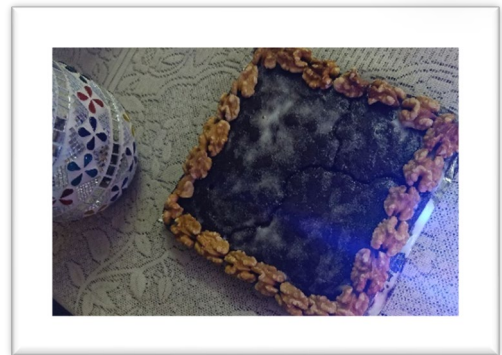
Choco-Almond Brownies

from the kitchen of:
Sadia Unnisa, Operations



INGREDIENTS

250g Dr. Oetkar FunFoods Eggless Cake Mix - Brownie
30g butter - 2 tbsp
100 ml full cream milk
50g almonds
30g white chocolate
30g dark chocolate

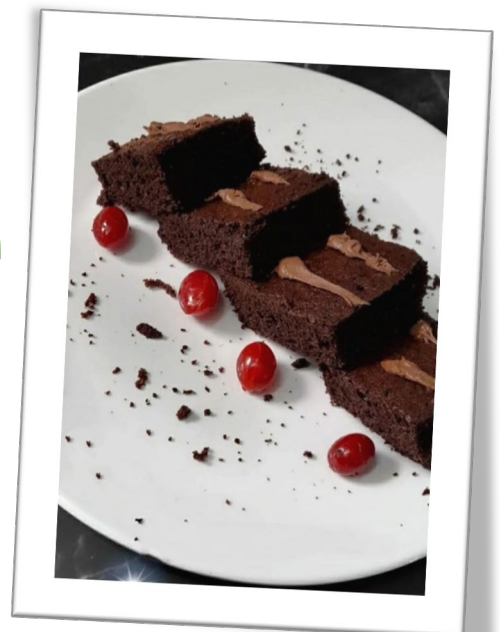


INSTRUCTIONS

Preheat oven to 180°C. Line a rectangular 8-inch square baking tray with greased baking paper. In a bowl add brownie mix, melted butter, milk and whisk until the batter is smooth. Add almonds and stir briefly. Immediately pour batter into the baking tray. Bake for 25 minutes or until a toothpick inserted in the center comes out clean. Leave to cool. Decorate as desired. Your Choco-Almond Brownies are ready to serve.

Variation—Decorate the baked brownies, first with melted white chocolate and then melted dark chocolate. Leave to set. Cut the brownie cake into 12 pieces. Serve.

"I prepare this special cake on my sister's birthday. Every birthday, every celebration ends with something sweet and people will remember it. It's all about memories."





from the kitchen of:
Kathy Dutton-Fanning, Marketing & Communications



Flourless Chocolate Cake

INGREDIENTS

1 cup semisweet chocolate chips
8 tablespoons butter at room temperature
3/4 cup sugar
1/4 teaspoon salt
1 teaspoon vanilla
3 large eggs
1/2 cup cocoa powder

"This dense cake is a chocolate lover's dream, and the glaze is amazing! Make sure you lick the bowl after you put it on the cake. The best part - it's so easy to make."

CAKE INSTRUCTIONS

Preheat oven to 375°F. Lightly grease a metal 8" round cake pan; cut a piece of parchment to fit, grease it, and lay it in the bottom of the pan.

Put the chocolate and butter in a microwave-safe bowl, and heat until the butter is melted and the chips are soft. Stir until the chips melt, reheating briefly if necessary. Stir in the sugar, salt, and vanilla. Add the eggs, beating briefly until smooth. Add the cocoa powder and mix just to combine. Spoon the batter into the prepared pan. Bake the cake for 25 minutes; the top will have formed a thin crust. Remove it from the oven and cool it in the pan for 5 minutes. Loosen the edges of the pan with a table knife or nylon spreader and turn it out onto a serving plate. The top will now be on the bottom; that's fine. Also, the edges will crumble a bit, which is also fine. Allow the cake to cool completely before glazing.

GLAZE

1 cup semi-sweet chocolate chips, 1/2 cup heavy cream

Place the chocolate in a heatproof bowl. Heat the cream until it's not quite at a simmer but showing fine bubbles around the edge. Pour the cream over the chocolate, stir very briefly to combine, and let rest for 5 minutes, then stir again. Spoon the glaze over the cake, spreading it to drip over the sides a bit. Allow the glaze to set for several hours before serving the cake.



Bon Appétit!



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