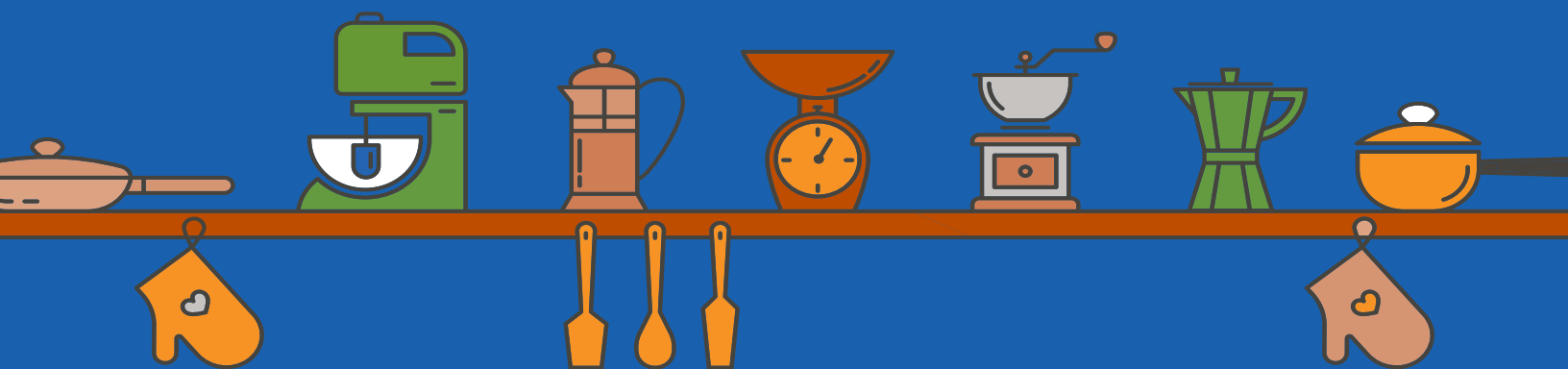


A SPOONFUL OF SOLSTICE COOKBOOK



BOLOGNESE



Prep Time: 15 minutes
Cook Time: 45 minutes

Category: Sauce
Cuisine: Italian

INSTRUCTIONS

1. Put onion, carrot & celery into a processor, and pulse until finely minced.
2. Heat oil in a large pot over medium-high heat, heat oil and add the vegetables - cook until soft about 5 minutes.
3. Put in garlic and cook until fragrant, about a minute then add beef and cook until no longer pink, breaking it up as you go.
4. Add wine (or vermouth) and bring mixture to a simmer, and cook until wine is mostly reduced.
5. Stir in tomatoes, tomato paste, beef stock, bay leaf, oregano, pepper flakes and balsamic vinegar – mix well, reduce heat and simmer for about an hour.
6. Remove the bay leaf and add milk – stir well, bring to a simmer stirring occasionally, about 45 minutes.
7. Season with salt and pepper and serve.

INGREDIENTS

- 1 tablespoon + 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- 1/2 teaspoon ground chipotle chile
- 1/4 teaspoon salt
- 2 1/2 cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 teaspoons lime juice
- 1/2 cup chopped fresh cilantro



Recipe courtesy of **MARK SOFIA**,
REGIONAL VICE PRESIDENT OF SALES



GRAPE JELLY MEATBALLS

Prep Time: 5 minutes
Cook Time: 3-4 hours

Category: Main
Cuisine: American

INSTRUCTIONS

1. Add the chili sauce or BBQ sauce (or BOTH!) and the grape jelly to a slow cooker. Stir to combine. Feel free to add any spices as well. I always add a little salt and pepper.
2. Add meatballs and stir to coat.
3. Cover and cook on low for about 3-4 hours. Can serve as an appetizer or as a dinner with veggies and rice or mashed potatoes.



INGREDIENTS

- 1-2 pounds frozen meatballs (you of course can make your own!)
- 12 ounces of Chili Sauce or Sweet Honey BBQ Sauce
- 1 ½ cups of grape jelly



Recipe courtesy of **SEAN FLEMING**,
ACCOUNT COORDINATOR

OYSTERS PARMIGIANA



Prep Time: 11 minutes
Cook Time: 7 minutes

Category: Main
Cuisine: American

INSTRUCTIONS

- 1.** Cut the oysters horizontally. In a skillet, heat 1 tablespoon of butter and sauté the oysters for 2 minutes. Reserve the oysters.
- 2.** Add the remaining 2 tablespoons of butter and sauté the onion until translucent.
- 3.** Add the mushrooms and sauté until all the liquid has evaporated. Add the wine and reduce by half. Reduce the heat and add the cream, Gourmet Dehydrated Parsley and cook until thick. Add lemon juice, Parmesan cheese, oysters, salt, and pepper.
- 4.** Divide the mixture into 6 baking cups. Brown on the oven grill.
- 5.** Sprinkle with Ají de Color Gourmet and serve.

INGREDIENTS

- 500 grams of oysters
- 3 tablespoons of butter
- 1/4 cup finely chopped onion
- 1 cup of sliced mushrooms
- 1/2 cup of white wine
- 1 cup cream
- 1 1/2 teaspoons Gourmet Dried Parsley
- 2-3 teaspoons lemon juice
- 1/2 cup Parmesan cheese
- Salt and pepper
- Gourmet Color Chili to decorate



Recipe courtesy of **CRISTIAN ALFARO**,
SALES COORDINATOR



PSEUDO WALDORF CHICKEN SALAD



Prep Time: 5 minutes
Cook Time: 20 minutes

Category: Salad
Cuisine: American

INSTRUCTIONS

1. Boil/poach your chicken and season with salt. You can also use pre-cooked chicken breast or even a rotisserie chicken to make this a quicker recipe.
2. Take the chicken breast and shred.
3. Add the diced apples to a large mixing bowl and sprinkle with the sugar and lemon juice. Toss to coat. Add the celery, grapes, and nuts.
4. In another bowl, whip the whipping cream until peaks form, then gently fold in the mayonnaise. Fold into the apple mixture and season with the kosher salt. Taste and adjust the seasoning to your liking. Chill for 1 hour or overnight.
5. Can be served several different ways... on a lettuce leaf with a slice of cantaloupe, with ritz, saltine, or club crackers, or as a sandwich.

Note - For a healthier option, substitute 2 tablespoons plain Greek yogurt or sour cream for whipping cream.

INGREDIENTS

- Boil/poach a packet of chicken breast (typically 1 breast per person)
- 2 cups diced tart apples , or 2 apples
- 1 tablespoon sugar
- 2 teaspoons lemon juice
- 1 cup diced celery
- 1 cup grapes , halved
- 1/2 cup toasted walnuts or pecans , roughly chopped
- 1/2 cup whipping cream , whipped
- 1/4 cup mayonnaise
- 1/2 teaspoon kosher salt



Recipe courtesy of **JORGE OCAMPO**,
MANAGER CLIENT SERVICES



LELA'S IMPERIAL RICE

Prep Time: 30 minutes
Cook Time: 20 minutes

Category: Main
Cuisine: Cuban

INSTRUCTIONS

- 1.** Boil chicken in a large pot with a quarter of an onion and a quarter of a green pepper. Add 2 packets of the chicken broth. Once the chicken is cooked, take it out and shred the chicken onto a platter.
- 2.** Cook 3 cups of par-boiled rice in a rice cooker, add the 4 cups of the broth made earlier. Add 2 tablespoons of Yellow coloring (BIJOL), 3 tbsps of olive oil, 3 tps of salt, 2 packs of chicken broth, 1 pack of Sazon con azafran, and 2 tbsps of garlic powder. Add salt to the rice to taste.
- 3.** In food processor grind the green pepper, red pepper, onion & garlic, and then in a skillet place 2 tablespoons of olive oil and cook these ingredients until translucent, and add oregano, cumin, bay leaves, and tsp of salt, 2 packets of the Sazon w/azafrin, and the can of Conchita or Badia Sofrito with tomato sauce. Once combined, add shredded chicken, peas, dry cooking wine. Simmer until it slightly thickens.
- 4.** In a large pan prepare 1 inch thick of the yellow rice, 5 large tbsps of mayo, and spread evenly on top of the rice, next cover with generous layer of shredded chicken, add another layer of the rice, and cover the top with muenster cheese and roasted red peppers from the jar in strips on top of the cheese, and bake in the oven at 350 uncovered until the cheese melts evenly, and indulge.



INGREDIENTS

- 6 chicken breasts
- 1 ½ green pepper
- 1 red pepper
- 1 1/2 lg. yellow onion
- 5 garlic cloves
- 1 jar of roasted red peppers (pimientos)
- 1 can of sweet peas
- 4-6 packets of chicken broth or
- 2-4 packets of sazon con azafrin
- 2 packs of sliced muenster cheese
- 1 cup mayonnaise
- 3 cups par-boiled rice
- 1 can of Conchita or Badia sofrito in tomato sauce
- Salt to taste
- 2 tsp. pepper
- 1 tbsp. cumin
- 1 tbsp. oregano
- 4 tbbbsp. garlic powder
- 3 Bay Leaves
- Badia Complete Seasoning
- Yellow Coloring powder BIJOL
- Olive Oil
- 1/2 c dry cooking white wine



Recipe courtesy of **YVONNE ROSETE**,
ACCOUNT MANAGER, SALES

CARROT CAKE



Prep Time: 15 minutes

Cook Time: 45-50 minutes

Category: Dessert

Cuisine: American

INSTRUCTIONS

1. Combine sugar and oil - beat well.
2. Add eggs pme at a time beating constantly.
3. Mix flour, baking soda, baking powder, and salt - beat.
4. Add carrots, nuts, and pineapple - beat.
5. Spray three 9" tins and line with wax paper and spray again.
6. Bake at 325 degrees for 45 to 50 minutes.
7. For the frosting- beat the cream cheese while slowly adding the butter. Add confectioners sugar and vanilla and beat again.
8. Decorate with chopped nuts and enjoy!

INGREDIENTS

Cake:

- 1/4 lb carrots = 4 lg carrots
- 2 cups sugar
- 1/2 cup oil
- 4 eggs
- 2 cups flour
- 2 tsp baking powder
- 2 tsp baking powder
- 1 tsp salt
- 1/2 cup chopped nuts
- 1 8 oz can crushed pineapple (drained)

Frosting:

- 12 oz cream cheese - room temp
- 1/2 lb butter
- 3 cups confectioners sugar
- 1 1/2 tsp vanilla
- chopped nuts



Recipe courtesy of **NORI PINO**,
SALES EXECUTIVE



NO-BAKE COOKIES



Prep Time: 10 minutes

Cook Time: 5 minutes

Category: Dessert

Cuisine: American

INSTRUCTIONS

1. Combine sugar, butter, milk, and cocoa in a medium saucepan; bring to a boil, stirring often.
2. Drop by teaspoonfuls onto waxed paper. Let cool until hardened. Enjoy!

INGREDIENTS

- 1 3/4 cups white sugar
- 1/2 cup butter
- 1/2 cup milk
- 4 tbsp unsweetened cocoa powder
- 1/2 cup crunchy peanut butter
- 3 cups quick-cooking oats
- 1 tsp vanilla extract



Recipe courtesy of **LAURA D. WICKS**,
ACCOUNT MANAGER





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