

## BCH SERVICES

- 24-hour Emergency Care
- Diabetes Education
- Heart Center
- Imaging Services
- Inpatient Care
- Lab Services
- Leg Pain & Vascular Center
- Physical Therapy & Rehab
- Primary Care Center
- Surgical Center

## JBR SERVICES

- Long-term nursing
- Short-term Rehab



## RECIPES INSIDE

- Red, White and Blueberry Salsa
- Fruit and Yogurt Jello Cups
- Lite BBQ Pork on a Bun

# Simple Summer Picnic Fare

*Bertrand Chaffee Hospital, June 2018*

## RED, WHITE, AND BLUEBERRY SALSA

A unique blend of sweet & spicy that is perfect with your favorite chips, but also delicious as a topping for fish, chicken, and even pork for an easy dinner any night of the week!

### Ingredients

- 1 cup Roma tomatoes, diced
- 1 cup fresh blueberries
- 1/4 cup chopped white onion
- 1 tablespoon freshly minced garlic
- 1 jalapeno seeded and minced (if fresh may prefer 1/3-1/2 jalapeno-very hot; if use jar jalapeno (much less hot) then 1 whole seems to be ok, depending on your tolerance.
- 1 tablespoon freshly chopped cilantro

1/2 cup frozen white corn, thawed (may substitute fresh and blanch to soften)  
salt and pepper to taste

### Instructions

In a serving bowl combine the drained tomatoes, 1 cup blueberries, 1/4 cup chopped white onion, 1 tablespoon freshly minced garlic, 1 seeded and minced jalapeno, 1 tablespoon freshly chopped cilantro, 1/2 cup white corn, and salt and pepper to taste.

Gently toss the ingredients to mix well. Give it a taste and adjust the seasonings as needed. Serve and enjoy!

If you prefer a softened, peeled tomato in your salsa, blanch the tomatoes. To do this, score an "x" in the bottom of each tomato and blanch (boil for 2-3 minutes and plunge into an ice bath); remove skin and dice the tomatoes.

**Yield:** about 2 1/2 cups

**Prep Time:** 10 mins.

**Total time:** 10 mins.



## DIABETES SELF-MANAGEMENT ACCREDITATION

Bertrand Chaffee Hospital has met the criteria to be reaccruited in Diabetes Self-Management Education until May 2021 through the American

Association of Diabetes Educators.

This recognition is one of several certifications and accreditations held by Bertrand Chaffee Hospital.

Programs offered through the hospital include pre-diabetes, nutrition, healthy behaviors and a monthly support group.

For more information call (716) 592-9643. ♥

**DIABETES SUPPORT GROUP—FIRST MONDAY OF THE MONTH!  
CALL (716) 592-9643 FOR MORE INFORMATION!**



## *Keeping Healthcare Local*

### Lite BBQ Pork on a Bun

Serves: 10 with 2 oz. Portions

Ingredients:

1 ¾ lb. Boneless Pork loin  
¾ cup BBQ Sauce  
¾ cup Water

Directions:

Cook pork in oven at 325°F for 1 to 1-1/2 hours, or until done.

Let cool for 10-15 minutes, then shred or coarsely chop.

CCP: Cook to a minimum internal temperature of 145°F for 4 minutes

Dilute BBQ sauce with water in a 1:1 ratio. Cover pork with dilute BBQ sauce.

Bake in oven at 350°F for 30 minutes or internal temperature reaches 165°F.

Portion 2 oz. BBQ Pork on bun.

BBQ Sauce per 1 oz. = 60 calories 15 gm Carbohydrate (13 gms of which is Sugar) and 380 mg Sodium. Many recipes provide at least 2 oz. sauce providing 30 gm Carbohydrate of which 26/30 grams is sugar (equivalent to 6 ½ tsp sugar)!

### Fruit and Yogurt Jello Cups



Yield: 8 cupcake size cups

Ingredients:

4 (5.3 oz.) containers Nonfat Greek

Yogurt (Dannon Light & Fit) vanilla or another flavor.

1 (0.3 oz.) package dry mix of Sugar Free Jello gelatin (flavor to same as fruit used)

1/3 cup Chopped Fresh Fruit

12 Tbsp. Light Whipped topping (such as redi whip)

Optional: additional fruit for topping

Directions:

In a microwavable mixing bowl, stir together the yogurt and Jello mix until thoroughly mixed. Place in the microwave and heat on high for 2-3 minutes, removing to stir after each minute, until the Jello powder is dissolved into the yogurt. Stir in the chopped fruit.

Place paper liners into 8 cups of a standard muffin tin.

Evenly divide the yogurt mixture into the paper liners and place the muffin tin in your refrigerator. Chill for at least one hour. When ready to serve, remove the paper liners and top each cup with two tablespoons of whipped topping.

Nutrition Information: 65 calories, 5 g Carbohydrate, 5 gm Sugar, 1 gm Fat, 1 gm Sat Fat, 7 gm Protein, 0 gm Fiber.