



Healthy Cupmatch Classics

LiveWell
by BF&M Insurance Group

112 Pitts Bay Road
Pembroke HM 08, Bermuda
295-5566 | bfm@bfm.bm | www.bfm.bm



Livewell is intended to compliment rather than substitute for proper medical advice or treatment.

Recipe Index

Char-grilled BBQ Chicken Breasts- Pg. 3

Oven "Fried" Fish- Pg. 4

Whole-grain Peas n' Rice- Pg. 5

Deceptively Decadent Mac n' Cheese- Pg. 6

Tangy Low-fat Coleslaw- Pg. 7

Creamy Potato Salad- Pg. 8

Summer Fresh Salad- Pg. 9

Nutrition appendix- Pg. 10

*"You go to heaven if you want to,
I'd rather stay right here in
Bermuda" - Mark Twain*

Char-grilled BBQ Chicken Breasts

(serves 6)

Ingredients

- ¼ cup cider vinegar
- 3 tablespoons prepared coarse-ground mustard
- 3 cloves garlic, peeled and minced
- 1 lime or lemon, juiced
- ¼ cup brown sugar
- 1 ½ teaspoons salt
- ground black pepper to taste
- 3 tablespoons olive oil
- 3 skinless, boneless chicken breasts cut in half

Directions

1. In a large glass bowl, mix the cider vinegar, mustard, garlic, lime juice, brown sugar, salt, and pepper.
2. Whisk in the olive oil.
3. Place chicken in the mixture. Cover, and marinate 8 hours, or overnight.
4. Preheat an outdoor grill for high heat. Lightly oil the grill grate.
5. Place chicken on the prepared grill, and cook 6 to 8 minutes per side, until juices run clear. Discard marinade.
6. Garnish with fresh herbs if desired

Chicken is a great source of high quality protein! Opt for the lean breast when you can, or remove the skin if you have to have the drumstick or thigh to reduce the fat content.

Skip the store bought BBQ sauce! Pre-made sauces can be packed with hidden sugars, fat, and salt. By making your own you can control what goes in! Using lots of spices and herbs are a great way to add flavor for little to no calories.





Red snapper is an exceptional source of selenium. Selenium is an antioxidant that has been linked to reduced risks of rheumatoid arthritis, cancer and heart disease.

Selenium's antioxidant power is enhanced when it is combined with a source of vitamin E, so consider eating selenium-rich fish high vitamin E foods like asparagus, sweet potatoes or dark, leafy greens (e.g. spinach, beet greens or kale).

Oven "Fried" Fish

(serves 4)

Ingredients

- 4 (6 ounce) white fish fillets of your choice (e.g. snapper, wahoo, etc.)
- 1 egg white
- 1/2 cup buttermilk
- 1/2 cup all-purpose flour
- 1/2 cup dried breadcrumbs (whole wheat if possible)
- 2 teaspoons paprika
- 1/2 teaspoon cayenne pepper
- 1 teaspoon salt
- Non-stick cooking oil spray

Directions

1. Position rack on top shelf in oven and preheat oven to 500 degrees F.
2. Line a rimmed baking sheet with foil and set a wire rack on top and lightly spray or brush rack with vegetable oil.
3. Pat fish dry with paper towels and slice fillets in half lengthwise to form long pieces.
4. In a pie plate or wide shallow dish, whisk egg white with buttermilk. In another dish, stir together flour with bread crumbs, paprika, cayenne and salt.
5. Working with 1 piece of fish at a time, lightly coat with flour mixture. Shake off excess flour, and then dip into buttermilk mixture. Turn to evenly coat and Shake off excess liquid.
6. Coat fish in flour mixture again, shake off excess coating, and then place on rack. Repeat.
7. Lightly spray fish with oil. Bake until coating is crisp and golden, 12 to 15 minutes. Do not turn.



Whole-grain Peas n' Rice

(serves 10)

Ingredients

- 2 ½ cups brown rice
- 3 cups boiling water
- 2 bouillon cubes (beef, chicken or vegetable)
- 1 cup of black eyed peas
- 2 tbsp. soy sauce
- 2 tsp. ground thyme
- 1 tbsp. of minced garlic
- 1 tomato, diced
- 3 tbsp. olive oil
- 1 onion, chopped
- black pepper and salt to taste

Directions

1. In a pot, boil 3 cups of water and dissolve 2 bouillon cubes.
2. In another large pot, add the olive oil, onions, garlic, and tomato and fry slowly until a nice brown color.
3. Once the veggies are browned, add the rice and boiling bouillon mixture.
4. Rinse beans and add to the rice mixture along with the soya sauce and ground thyme.
5. Cook rice with a tight fitting lid until most of the water is cooked out, then turn off the flame and add black pepper and salt to taste.
6. Cover rice with a tight lid and cook until all liquid evaporates.

Brown rice like other whole grains is a great source of B vitamins and fiber. Fiber-rich foods are awesome for keeping hunger at bay because they keep you feeling full and satisfied longer!

Did you know that black eyed peas are a part of the legume family? Legumes are a group of foods that include lentils, peas, chickpeas, beans, soybeans and peanuts. They are uniquely rich in both plant-based protein and fiber!

Getting used to the taste and texture of whole wheat pasta may take a little time, due to its stronger, nutty flavor and more grainier consistency.

Following the suggested cooking on the box will ensure the noodles don't get too gummy or start sticking together (no one wants a ball of pasta instead of a bowl of pasta!).

With the right sauce or topping, adding whole wheat pasta is an easy way to enjoy a healthy meal while sneaking a few whole grains into dinner.



Deceptively Decadent Mac n' Cheese

(serves 4-5)

Ingredients

- 2 tsp. cornstarch
- pinch of nutmeg
- a couple of bay leaves
- 3 tsp. mustard
- 2 ½ cups of low fat milk
- 1 cup low fat cheddar
- 1 cup low fat mozzarella
- 1 cup of whole wheat macaroni cooked for 5 minutes and drained
- 2 tbsp of tomato paste
- 1 teaspoon salt
- Non-stick cooking oil spray

Directions

1. Pre-heat oven to 375 degrees. Fill a large pot with water. Bring to a rolling boil. Boil pasta until al dente.
2. Combine corn-starch, salt, mustard, nutmeg, bay leaves and pepper in a medium saucepan. Mix in milk until smooth. Stirring constantly, bring to a boil over medium-high heat.
3. Boil for 1 minute while stirring constantly so as not to burn the milk; do not skip this step.
4. Remove from heat and add the tomato paste, half the mozzarella and half the cheddar.
5. Stir in the pasta. Turn pasta mixture onto greased 2-quart casserole dish and sprinkle with reserved cheese. Add whole wheat bread crumbs to topping if desired for crunch.
6. Bake uncovered in 375 degree oven for 25 minutes or until hot and bubbly. Garnish with fresh herbs if desired.

Tangy Low-Fat Coleslaw

(serves 10)

Ingredients

- ½ cup of reduced-fat mayonnaise
- ¼ cup of non-fat buttermilk
- 2 tablespoons of cider vinegar
- 1 tbsp. of chopped pickled jalapeno pepper (optional)
- 2 tsp. sugar
- ½ tsp. freshly ground black pepper
- ¼ tsp. of salt
- ¼ tsp of celery seeds
- ¾ grated carrot
- ½ lb. each of green and purple cabbage, thinly sliced (about 2.5 cups each)

Directions

1. Combine first 9 ingredients (through celery seeds) in a large bowl, stirring with a whisk.
2. Next add carrot and cabbage; toss well to coat.
Cover and chill at least 1 hour.

(For quicker coleslaw you can pick up a premade bag of shredded veggies instead of grating your own veggies (about 6 cups of the premade veggies))

Researchers have now identified nearly 20 different flavonoids and 15 different phenols in cabbage, all of which have demonstrated antioxidant activity.

This makes cabbage an impressive veggie in terms of "bang for your buck", as it is one of the most affordable fresh produce items on the market today!

Creamy Potato Salad

(serves 8)

Ingredients

- 2 pounds unpeeled red potatoes
- 1 cup (8 oz.) plain low-fat yogurt (Greek or regular)
- 2 tablespoons mayonnaise
- 1 tablespoon cider vinegar
- 1 tablespoon Dijon mustard
- 3 green onions, chopped (¼ cup)*
- 2 ribs celery, diced (½ cup)
- 1-½ tablespoons chopped fresh dill* (or 1- ½ teaspoon of dried dill)
- 1 tablespoon chopped fresh Italian parsley* (or 1 teaspoon dried parsley)
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon salt (or more to taste)
- ½ teaspoon ground black pepper

Directions

1. Scrub and remove any bad spots from potatoes. Leave the skin on. Steam or boil whole potatoes until fork tender in center. Let cool. Chop into ¾" to 1" pieces. Set aside.
2. In large bowl, combine remaining ingredients, stirring until mixed. Add potatoes and stir to combine.
3. Cover and chill at least 4 hours. Best if chilled overnight. After the chill time, if creamier consistency is desired you may stir in milk or more yogurt a tablespoon at a time.

*Optional garnish: sprinkle top of finished potato salad with additional chopped dill, parsley, and onions

Most people think of oranges when they think of vitamin C... but did you know that potatoes are an excellent source as well? Make sure you eat them with the skin on to reap all the benefits potatoes have to offer!

Optional add-ins for this recipe:

- green peas
- chopped pickles
- chopped roasted red peppers
- chopped olives
- a dash of cayenne pepper, or diced jalapenos for some heat!





Summer Fresh Salad

(serves 6)

Ingredients

- 2 large cucumbers, diced
- 1 zucchini, diced
- 1/2 red onion, thinly sliced
- 3 large tomatoes, diced
- 1 cup chopped black olives
- 2 tablespoons chopped fresh basil
- 2 teaspoons fresh thyme leaves
- 3 tablespoons red wine vinegar
- 1 tablespoon balsamic vinegar
- 1 1/2 teaspoons lemon zest
- 1/2 lemon, juiced
- 1 1/4 teaspoons kosher salt, or to taste
- 1/2 teaspoon white sugar
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup extra-virgin olive oil

Directions

1. In a large salad bowl, mix together the cucumbers, zucchini, red onion, tomatoes, black olives, basil, and thyme.
2. In a separate bowl, whisk together the red wine vinegar, balsamic vinegar, lemon zest, lemon juice, kosher salt, sugar, and pepper until thoroughly combined.
3. Pour the olive oil slowly into the dressing mixture, whisking to combine. Pour the dressing over the salad, and serve.

***For added creaminess- add in half a diced avocado if desired**

Did you know all the beautiful fruits and vegetables (except olives) featured in the salad can be grown in Bermuda?

Buying or growing your own locally sourced ingredients is a great way to ensure your family is getting the freshest most nutrient dense food possible! It's also a great way to support the local economy!

Char-grilled BBQ Chicken Breasts

Nutrition Facts

Servings: 6

Per Serving	% Daily Value*
Calories 258	
Total Fat 10.8g	14%
Saturated Fat 1.8g	9%
Trans Fat 0g	
Cholesterol 93mg	34%
Sodium 813mg	35%
Potassium 569mg	12%
Total Carb 7.1g	2%
Dietary Fiber 0.1g	0%
Sugars 6g	
Protein 31g	

Vitamin A 2% · Vitamin C 7%

Calcium 1% · Iron 4%

*Based on a [2,000 calorie diet](#)

Recipe analyzed by [verywell](#)

Oven "Fried" Fish

Nutrition Facts

Servings: 4

Per Serving	% Daily Value*
Calories 383	
Total Fat 7.8g	10%
Saturated Fat 1.1g	5%
Trans Fat 0g	
Cholesterol 82mg	30%
Sodium 823mg	36%
Potassium 132mg	3%
Total Carb 23.9g	8%
Dietary Fiber 1.5g	5%
Sugars 2.5g	
Protein 50.1g	

Vitamin A 29% · Vitamin C 6%

Calcium 11% · Iron 13%

*Based on a [2,000 calorie diet](#)

Recipe analyzed by [verywell](#)

Whole-grain Peas n' Rice

Nutrition Facts

Servings: 10

Per Serving	% Daily Value*
Calories 256	
Total Fat 5.6g	7%
Saturated Fat 0.9g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 312mg	14%
Potassium 177mg	4%
Total Carb 47.7g	16%
Dietary Fiber 6.1g	22%
Sugars 1.4g	
Protein 7.7g	

Vitamin A 2% · Vitamin C 4%

Calcium 2% · Iron 11%

*Based on a [2,000 calorie diet](#)

Recipe analyzed by [verywell](#)

Deceptively Decadent Mac n' Cheese

Nutrition Facts

Servings: 5

Per Serving	% Daily Value*
Calories 197	
Total Fat 4.5g	6%
Saturated Fat 2.4g	12%
Trans Fat 0g	
Cholesterol 13mg	5%
Sodium 695mg	30%
Potassium 327mg	7%
Total Carb 25.7g	9%
Dietary Fiber 2.4g	9%
Sugars 7.4g	
Protein 15.1g	

Vitamin A 14% · Vitamin C 3%

Calcium 23% · Iron 8%

*Based on a [2,000 calorie diet](#)

Recipe analyzed by [verywell](#)

Tangy Low-fat Coleslaw

Nutrition Facts

Servings: 10

Per Serving	% Daily Value*
Calories 39	
Total Fat 1.6g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 184mg	8%
Potassium 97mg	2%
Total Carb 5.9g	2%
Dietary Fiber 1.3g	5%
Sugars 2.8g	
Protein 0.9g	

Vitamin A 27% · Vitamin C 28%

Calcium 2% · Iron 2%

*Based on a [2,000 calorie diet](#)

Recipe analyzed by [verywell](#)

Creamy Potato Salad

Nutrition Facts

Servings: 8

Per Serving	% Daily Value*
Calories 145	
Total Fat 1.9g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 3mg	1%
Sodium 241mg	10%
Potassium 756mg	16%
Total Carb 26.7g	9%
Dietary Fiber 2.5g	9%
Sugars 4.4g	
Protein 4.8g	

Vitamin A 7% · Vitamin C 28%

Calcium 7% · Iron 7%

*Based on a [2,000 calorie diet](#)

Recipe analyzed by [verywell](#)