



# BalanceWorks® Newsletter

June 2014 | Written by the work/life experts at **eni**



## Healthy Summer Recipes

Summer is a great time for a nutrition makeover. Many fruits and vegetables are at their peak of ripeness during this time, meaning a wide variety of fresh, healthy, and delicious recipe options are available.

**eni's** experts have scoured the web to bring you healthy summer recipes that feature fresh ingredients for breakfast, lunch, dinner and even dessert.



### *Fruit & Yogurt Parfait*

This breakfast recipe is so simple that you can even make it before work! This parfait is delicious and packed with fiber and protein.

#### **Ingredients**

- 1/2 cup of fat free vanilla yogurt
- 1 - 2 cups of your favorite berries. Use whatever you like strawberries, raspberries, blackberries, blueberries
- 2/3 cup of low fat granola

#### **Directions**

Mix the vanilla yogurt with berries. Top it with granola.

308 calories, 3.5 grams of fat per serving

*Courtesy of SPARKPEOPLE*

### *Grilled Chicken Breasts with Spicy Peach Glaze*

This healthy dinner features two summer classics – grilled chicken and peaches!

#### **Ingredients**

- 2 cups peach preserves or jam
- 3 tablespoons olive oil, plus more for brushing
- 2 tablespoons soy sauce
- 1 tablespoon Dijon mustard
- 1 tablespoon finely chopped garlic
- 1 small jalapeno, finely chopped
- Kosher salt and freshly ground pepper
- 8 chicken breasts
- 4 ripe peaches, cut in half and pitted

#### **Directions**

Combine the first 6 ingredients in a medium bowl and season with salt and pepper. Reserve 1/2 cup. Brush the chicken with olive oil and season with salt and pepper. Place the chicken skin-side down and cook until golden brown, 6 to 7 minutes. Turn over and cook for 5 to 6 minutes. Brush both sides with the peach glaze and continue cooking until done, an additional 4 to 5 minutes. Place the peach halves cut side down on the grill and grill for 2 minutes. Turn over, brush with the reserved 1/2 cup of peach glaze and grill until the peaches are soft, 3 to 4 mins.

420 calories, 8.5 grams of fat per serving

For more information or support on summer recipes, contact the work/life experts at **BalanceWorks®** by calling:

**1.800.327.2255**

**eni's BalanceWorks®** program is a confidential 24/7 service provided by your employer to help achieve work/life balance.



*Courtesy of Food Network*

© eni All Rights Reserved.

Just a reminder that **eni**'s exclusive mobile app *BalanceGo* is now available to all of our *BalanceWorks* customers



### Access *BalanceGo* in 2 easy steps:

**Step One:** Download the application by visiting the app store and search “*BalanceGo*”.

**Step Two:** Log in with your existing mybalanceworks username and password. If you have not previously created an account, you may do so at [www.mybalanceworks.com](http://www.mybalanceworks.com) and enter in your company's Member ID and Group ID.

For log-in assistance call 1-800-327-2255

### *Summer Squash Pizza*

This fun and healthy grilled “pizza” is the perfect weekend lunch. It is loaded with antioxidants and vitamins while providing that tasty pizza essence.

#### Ingredients

- 1 teaspoon olive oil
- 1 teaspoon balsamic vinegar
- 1/8 teaspoon salt & pepper
- 1 medium zucchini, cut lengthwise into slices
- 1 medium yellow squash, cut lengthwise into slices
- Cooking spray
- 1 (12-inch) packaged pizza crust
- 2 plum tomatoes, cut into (1/8-inch-thick) slices
- 1/4 cup finely grated pecorino Romano cheese
- 2 tablespoons thinly sliced fresh basil
- 1/2 teaspoon finely chopped fresh oregano

#### Directions

- Combine first 5 ingredients in a large bowl, tossing gently to coat.
- Place squash mixture on grill rack coated with cooking spray; grill 2 mins each side.
- Reduce grill temperature to medium.
- Lightly coat pizza crust with cooking spray; grill 1 minute on each side.
- Arrange zucchini and squash over crust then arrange tomatoes over squash; sprinkle with pecorino Romano cheese.
- Grill 5 minutes or until thoroughly heated.
- Remove from grill; sprinkle with basil and oregano.

165 calories, 6.1 grams of fat per serving

*Courtesy of Cooking Light*



# BalanceWorks<sup>®</sup> Newsletter

June 2014 | Written by the work/life experts at **eni**

### *Blueberry Coffeecake with Almond Streusel*

This summer dessert is decadent yet it features two healthy superfoods – blueberries and almonds!

#### Ingredients

- |   |                                |
|---|--------------------------------|
| 9 ounces unbleached all-purpose flour     | 1/4 teaspoon ground cinnamon   |
| 1 1/2 teaspoons baking powder             | 2 tablespoons butter, melted   |
| 1/2 teaspoon baking soda                  | 3/4 cup granulated sugar       |
| 1/2 teaspoon salt                         | 1/4 cup butter, softened       |
| 2 cups fresh blueberries                  | 2 tablespoons canola oil       |
| 1/3 cup packed brown sugar                | 1 large egg, lightly beaten    |
| 1/4 cup old-fashioned rolled oats         | 1 cup nonfat buttermilk        |
| 2 tablespoons sliced almonds              | 2 teaspoons grated lemon rind  |
| 1 tablespoon unbleached all-purpose flour | 1 tablespoon fresh lemon juice |

#### Directions

- Preheat oven to 375°.
- Weigh or lightly spoon 9 ounces of flour into dry measuring cups; level with a knife. Combine the flour and next 3 ingredients, stirring with a whisk. Remove 2 tablespoons of the flour mixture; sprinkle over blueberries, tossing to coat. Combine brown sugar and next 4 ingredients (through cinnamon) in a medium bowl. Drizzle with 2 tablespoons melted butter; toss to combine.
- Place granulated sugar, 1/4 cup butter, and oil in a large bowl; beat with a mixer at medium speed until blended (about 2 minutes). Add egg; beat well.
- Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture; mix after each addition. Stir in rind and juice.
- Spoon half of batter into a 9-inch square light-colored metal baking pan coated with cooking spray. Sprinkle evenly with 1 cup blueberry mixture. Spoon remaining batter over blueberries. Sprinkle evenly with remaining 1 cup blueberry mixture. Sprinkle with brown sugar mixture. Bake at 375° for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on a wire rack.

264 calories, 9.5 grams of fat per serving

*Courtesy of Cooking Light*

For more information about summer recipes contact the work/life experts at *BalanceWorks*<sup>®</sup> by calling

**1.800.327.2255**

**eni's** *BalanceWorks*<sup>®</sup> program is a confidential 24/7 service provided by your employer to help achieve work/life balance.

© eni All Rights Reserved.