

BEE-LICIOUS HONEY RECIPES



Watermelon with Mint and Honey Yogurt Dip

Pairing sweet watermelon with Greek yogurt slows the absorption of sugar from the fruit into the blood stream. It also is a more nutritionally balanced snack, with protein, carbohydrates and a small amount of fat.

SERVES 4 TOTAL TIME **10 MINUTES** PREP TIME **10 MINUTES** COOK TIME **0 MINUTES**

INGREDIENTS

Lime	1 juiced
Yogurt	1 cup low-fat Greek yogurt
Mint	1 bunch
Honey	1 tablespoon
Watermelon	4 cups

INSTRUCTIONS

1. Juice the lime into a mixing bowl. Chop the mint and add to the bowl.
2. Add the yogurt and honey to the bowl and mix until combined.
3. Cut watermelon into triangles for serving.

Boston Medical Center is nourishing our community

1 million+

lbs. of food are distributed annually through BMC's **Preventive Food Pantry**, the nation's first hospital-based therapeutic food pantry

8,000

square feet of growing space on BMC's **two rooftop farms**, providing 10,000 lbs. of fresh produce each year and home to our busy honey bee hives

2,000+

patients and staff learn to make healthy and culturally diverse meals at BMC's **Teaching Kitchen** each year, both in-person and online

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Honey Ginger Carrots

This can be a dish for the whole family. Many children love carrots, and they get a kick out of the fact that the vitamin A in carrots helps us see better at night! Feel free to try this recipe without the ginger if you'd like, and to use whole carrots (peeled and cut into sticks) rather than baby carrots, if you prefer.

SERVES 4 TOTAL TIME **15 MINUTES** PREP TIME **5 MINUTES** COOK TIME **10 MINUTES**

INGREDIENTS

Carrots	1 (16-oz) bag baby carrots
Apple juice	1 cup 100% apple juice or cider
Honey	1 tablespoon
Ginger	1 teaspoon freshly grated (or ¼ teaspoon ground ginger)
Salt	1 pinch
Dill	1 tablespoon, fresh
Lemon zest	from 1 large lemon

INSTRUCTIONS

1. Add the carrots, juice, honey, ginger and salt to a medium sauce pot.
2. Bring to a boil, cover and reduce heat to low. Simmer for 3 minutes.
3. Remove lid and continue to simmer until the liquid is reduced to a syrup and carrots are soft, about 5-7 minutes.
4. While the carrots are simmering, chop the dill.
5. To finish, sprinkle the carrots with dill and zest lemon over the top.

1.5 million people served...and counting

Boston Medical Center's Preventive Food Pantry is often used by patients with cancer, HIV/AIDS, hypertension, diabetes, obesity, heart disease and other chronic conditions. Individuals with special nutritional needs are referred to the Food Pantry by BMC primary care providers who write "prescriptions" for supplemental foods that best promote physical health, prevent future illness and facilitate recovery.



Harvest Salad with Honey Mustard Dressing

This salad is a complete, balanced meal. Starchy vegetable (sweet potatoes), non-starchy vegetables (greens), protein, and even some fruit. You can meal prep by making this ahead of time: keep the protein and potatoes separate from the greens in your refrigerator, and do not dress the salad until you are ready to eat it.

SERVES 3 TOTAL TIME **40 MINUTES** PREP TIME **10 MINUTE** COOK TIME **30 MINUTES**

INGREDIENTS

Oil	1 tablespoon avocado, canola, sesame, peanut or light olive oil
Seasoning	1 teaspoon Italian seasoning or your favorite blend
Garlic powder	½ teaspoon
Protein	1 lb boneless, skinless chicken breast or firm tofu
Sweet potato	2 large
Salt	1 teaspoon
Greens	6 cups (Romaine lettuce, spinach etc.)
Feta	½ cup feta cheese, crumbled
Dried fruit	¼ cup cherries, raisins or cranberries
Honey	3 tablespoons
Water	2 tablespoons
Mustard	1 tablespoon (dijon)

INSTRUCTIONS

1. Preheat the oven to 400°F. Line a baking tray with parchment paper.
2. Marinate the chicken: Put the oil, seasoning, and garlic powder into a bowl, add the chicken or tofu, cover and allow to sit at room temperature for 10 minutes.
3. Chop the sweet potato into 1 inch cubes and add to the sheet pan. Drizzle with oil and toss to coat and sprinkle with salt.
4. Add the marinated chicken to the tray and roast for 30 min or until the chicken is cooked through and the potatoes are tender.
5. While the chicken and potato cook, prepare the salad base by adding the lettuce, feta, and dried fruit into a bowl and tossing until combined.
6. Prepare the dressing: Add the honey, water, and mustard into a jar or container with a lid and shake until combined.
7. Once the chicken is cooked and cooled, chop into pieces. Add the chicken and the potatoes to the salad. Top with the dressing, toss until combined and enjoy.