

From Our Kitchen to Yours

Wholesome recipes shared by our providers to bring joy and flavor to your table.



Find Recipes Inside!



Dr. Alethea Poste

Family Physician • Temecula, CA

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- Meet Local Doctors
- Providers Recipes
- Free Fitness Classes
- Medicare Accepted

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[ranchofamilymed.com/senior-care/](https://www.ranchofamilymed.com/senior-care/)

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Ste. 160 & 270
Temecula, CA 92590

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951.252.8650

Providers

Dr. Alethea Poste
Dr. Nermeen Akladeos
Dr. Tae Im
Dr. Cristina Bailey

Dr. Pamela Simmons
Dr. Timothy Elfelt
Dr. Jerry Hizon
Amber Holden, PA
Deborah Layton, NP
Gabrielle Green, NP



Makena Office

31150 Temecula Pkwy.
Ste. 200 Temecula, CA 92592

Appointment line:
951.225.6827

Providers

Dr. Nichele Blosser
Dr. Michelle Uttaburanont

Dr. Maisara Rahman
Michelle Etesami, NP
Amanda Vanscoy, NP



Redhawk Office

31720 Temecula Pkwy.
Ste. 100 Temecula, CA 925

Appointment line:
951.414.8240

Providers

Dr. Kyle Vincent
Anisha Patel, NP

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Healthy Chicken Enchiladas


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Servings
4

Prep Time
15 min

Cooking Time
30 min

Calories
485 kcal

Ingredients

8 small whole-wheat tortillas
2 cups shredded cooked chicken breast
1 cup black beans (rinsed and drained)
1 cup frozen corn (thawed)
1 cup reduced-fat shredded cheddar cheese
1/4 cup green onions, chopped (for garnish)
1 1/2 cups enchilada sauce (store-bought or homemade, low sodium)
1 teaspoon cumin
1/2 teaspoon chili powder
1/2 teaspoon garlic powder
Salt and pepper to taste

Directions

STEP 1 Preheat your oven to 375°F (190°C).

STEP 2 In a large mixing bowl, combine shredded chicken, black beans, corn, cumin, chili powder, garlic powder, salt, and pepper. Mix well.

STEP 3 Warm the tortillas slightly to make them pliable. Spoon about 1/4 cup of the chicken mixture into the center of each tortilla.

STEP 4 Roll the tortilla tightly and place it seam-side down in a greased baking dish.

STEP 5 Pour the enchilada sauce evenly over the rolled tortillas. Sprinkle the shredded cheddar cheese on top.

STEP 6 Cover the baking dish with foil and bake for 20 minutes. Remove the foil and bake for another 10 minutes, or until the cheese is melted and bubbly.

STEP 7 Sprinkle chopped green onions on top before serving. Optional: Add a dollop of Greek yogurt or a squeeze of lime for extra flavor.



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becomewellwithin.com

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Thursday, July 10th • 12pm

Dr. Alethea Poste

FAMILY PHYSICIAN

Medical Degree

- Universidad Autónoma de Guadalajara School of Medicine
- New York Medical College

Residency

Mercy Health, Family Medicine
Residency Program in Janesville, WI

**Speaks English,
Spanish & Italian**



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Zucchini Pasta

Servings
2

Prep Time
15 min

Cooking Time
15 min

Calories
313 kcal

Ingredients

2-3 large zucchini
1 cup of favorite brand of pasta sauce
Olive oil
1/2 teaspoon garlic powder
5 large asparagus spears
Basil leaves, to garnish
Optional: May add 1 cup of ground chicken/turkey

Directions

STEP 1 Spiralize or thinly slice the zucchinis and shave the asparagus by peeling it into strips with a vegetable peeler. Keep the asparagus tips for future use and toss the remaining asparagus stalks. You can also include the asparagus tips if desired.

STEP 2 Add 2 teaspoons olive oil to deep nonstick frying pan.

STEP 3 Turn on stove to high heat.

STEP 4 Add zucchini and asparagus and stir around for a few minutes until softened and starting to sweat.

STEP 5 In sauce pan, add 1 teaspoon of olive oil and heat ground chicken/turkey (if using) on med high.

STEP 6 Add pasta sauce and garlic powder to sauce pan and heat up.

STEP 7 Add pasta sauce to zucchini and asparagus and mix well together.



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Kabob & Hummus

Servings
6-8

Prep Time
30 min

Cook Time
20 min

Calories
520-600 kcal

Ingredients

Kabob

Pack of bamboo skewers
1lb grass fed grass finished ground beef
1lb ground lamb
½ c. finely chopped parsley
½ c. finely chopped brown onion
2 TBSP curry powder
Salt and pepper to taste

Hummus

1½ cups drained and rinsed chickpeas
½ c. tahini paste
2 tablespoons reserved olive oil from
garlic confit
Juice of 1 lemon
1 Garlic clove
Salt to taste
Water as needed for blending

Garlic confit

Extra virgin olive oil
1 head of garlic peeled

Directions

Kabob

STEP 1 In a bowl, mix ground beef, lamb, parsley, onion, curry powder, salt, and pepper by hand.

STEP 2 Cook a small piece in a pan to taste-test and adjust seasoning.

STEP 3 Wet hands, mold meat around skewers.

STEP 4 Heat BBQ and grill skewers, 2 minutes per side.

Hummus

STEP 1 Rinse chickpeas and remove skins.

STEP 2 Blend chickpeas with tahini, garlic confit, olive oil, and lemon juice.

STEP 3 Add water until smooth.

Garlic Confit

STEP 1 Cover garlic cloves in olive oil in a small pot.

STEP 2 Simmer for 15 minutes, then cool.

Primal Pastures

Recipe created in partnership with:
primalpastures.com

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Find full recipe video at:
becomewellwithin.com


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Dr. Nermeen Akladeos

FAMILY PHYSICIAN

Medical Degree

Ain Shams University in Egypt and
intern in Kenya for a CDC program

Residency

Temecula Valley Hospital

Speaks
English,
Arabic &
Swahili



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Dr. Jerry Hizon

FAMILY PHYSICIAN

Medical Degree

- University of California, San Diego School of Medicine
- Specialized in Sports Medicine at UC San Diego

Residency

Family Medicine Residency at UC Irvine Medical Center

*Temecula local
for over 30 years!*



*Medical team physician
for the San Diego
Chargers for 14 years.*



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Lighter Egg Salad

Servings
8

Prep Time
10 min

Cooking Time
5 min

Calories
141 kcal

Ingredients

6 hard boiled eggs, chopped
1/4 cup Celery, finely chopped
1/2 small bag of frozen peas & carrots, steamed
1/2 cup Green onions or Chives, chopped
1/2 cup fat free Greek yogurt
1 tablespoon Dijon mustard
Salt and pepper to taste

Directions

STEP 1 In a bowl, place yogurt and dijon mustard (or more if you like) and salt and pepper to taste. Whisk until well mixed.

STEP 2 Combine rest of ingredients and mix well.

STEP 3 Serve with toasted whole wheat toast, and enjoy!



Healthy Burrito Bowl

Servings
4-8

Prep Time
30 min

Cooking Time
40 min

Calories
650 kcal

Ingredients

Cauliflower Rice

1 Cauliflower, Chopped
1 cup Chicken Broth

Salsa

2 Ears Fresh Corn (De-cobbed)
1/2 cup Chopped Cilantro
1 Chopped Jalapeño (De-seeded)
1/2 Medium White Onion
2 Diced Tomatoes

Guacamole

2 Avocados
2 Limes (Juiced)
1/2 Medium Red Onion
1 tsp. Garlic Powder
1/2 tsp. Salt
2 tsp. Hot Sauce

Marinade for Chicken

1/2 tsp. Salt
1/2 tsp. Pepper
2 tsp. Smoked Paprika
2 tsp. Chili Powder
1 tsp. Cumin
1/4 cup White Vinegar
4 Cloves Garlic (Minced)
1/4 cup Olive Oil
1/4 cup Water
1 tsp. Onion Powder

Directions

STEP 1 In a large covered saucepan, steam the head of cauliflower (chopped into florets) in 1 cup of chicken broth.

STEP 2 Trim the ends of the radishes and cut them into quarters. Chop the rest of the vegetables into desired sizes.

STEP 3 Add 2-3 tbsp. olive oil to a large pot on medium-high heat. Add the radishes, chopped onion, your selected assortment of veggies, pepper, sage, dill weed, ground sage, cilantro, and minced garlic (cover while cooking).

STEP 4 Cook until the vegetables are tender.

STEP 5 As the vegetables are cooking, cut the chicken into bite-sized pieces and sauté it with seasonings of choice in the olive oil in a non-stick skillet until fully cooked. You can also use pre-cooked shredded chicken.

STEP 6 When the cauliflower is soft, blend it, water/broth and all, in a blender with the cream cheese.

STEP 7 Add the cauliflower mixture and the cooked chicken to the large pot.

STEP 8 Add the cheese and stir. Heat until the cheese melts. Cook on low heat until desired thickness.

STEP 9 Add more seasoning (such as chicken bouillon) if needed. Feel free to add more liquid to thin down the soup if desired.



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Dr. Nichele Blosser

INTERNIST

Medical Degree

Des Moines University
Medicine & Health Sciences

Residency

Temecula Valley Hospital

Dr. Blosser takes a family-centered approach to patient care, focusing on realistic goals that fit each individual's lifestyle and needs. She recognizes that every patient is unique and customizes her care to their current stage in life and personal health goals.



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Dr. Michelle Uttaburanont

INTERNIST

Medical Degree

Rosalind Franklin University of Medical Sciences,
Chicago Medical School MD/MS Program

Residency

Wayne State – Detroit Medical Center
at Sinai Grace Hospital



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Brought to you by Dr. Uttaburanont!

When she's not in the office, you can find her whipping up delicious meals and enjoying quality time with her loved ones.

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Watermelon Salad

Servings	Prep Time	Calories
4	10 min	143 kcal

Ingredients

- 3 cup cubed seedless watermelon
- 1 cup crumbled feta
- 1/2 cup red onion, thinly sliced
- 1/2 cup coarsely chopped mint, plus more for garnish
- 1 tablespoon Lemon juice
- Flaky sea salt, for garnish (optional)

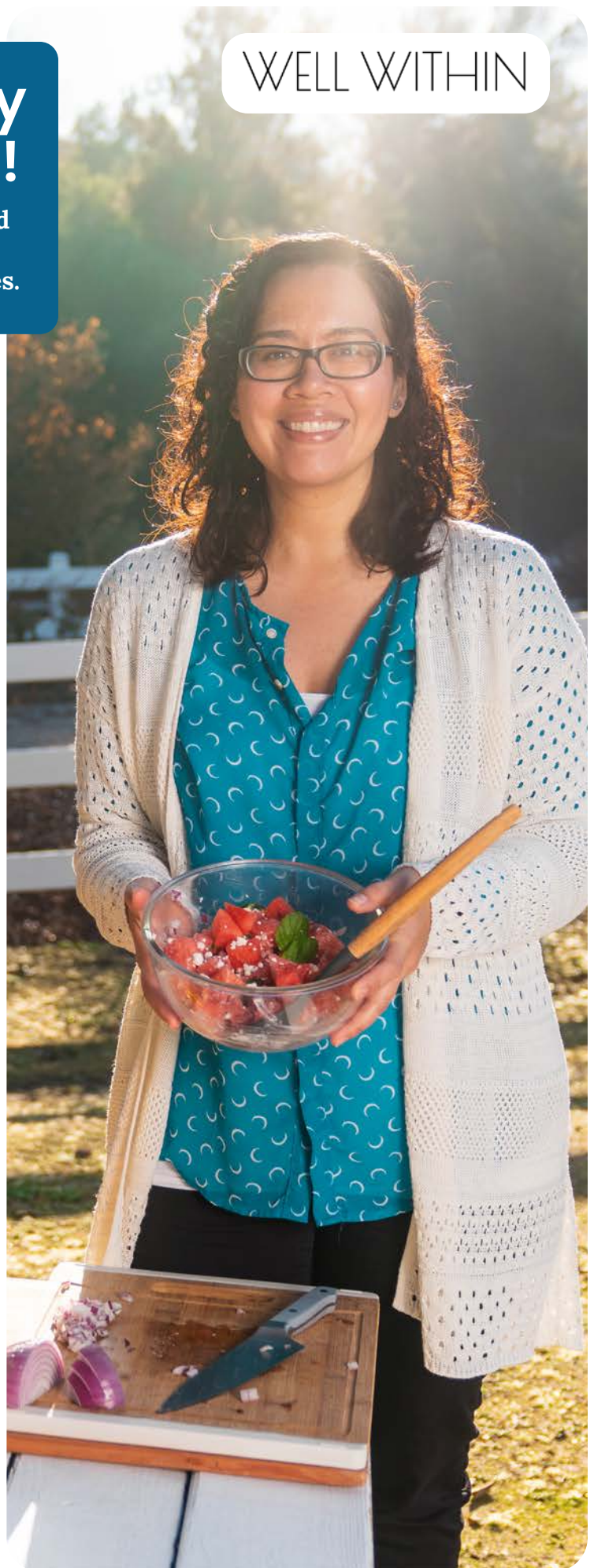
Directions

STEP 1 In a large serving bowl, combine watermelon, feta, red onion, and mint. Add lemon juice and toss to coat.

STEP 2 Garnish with more mint and flaky sea salt if desired.


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Michelle Etesami, NP

NURSE PRACTITIONER

Education

Bachelor of Science in Nursing
from Azusa Pacific University

Master of Science in Nursing with a
specialization as a Family Nurse Practitioner



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Garden Salad

Servings	Prep Time	Calories
6	15 min	265 kcal

Ingredients

- 8 cups lettuce, chopped
- 1 cup tomatoes, chopped
- 1/2 cup bell peppers, cubed
- 1 cup cucumbers, sliced
- 1/4 radishes, sliced
- 2 tablespoons almonds, sliced

Dressing

- 3/4 cup extra virgin olive oil
- 1/2 cup red wine vinegar
- 1/3 cup water
- 1/2 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 tablespoon honey
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Directions

STEP 1 Add dressing ingredients to a 16 oz jar, cover, and shake to combine. Refrigerate up to 3 days.

STEP 2 Add salad ingredients to a bowl, toss with dressing, and serve.



Pesto Pasta Salad

Servings
2-3

Prep Time
15 min

Calories
480 kcal


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Ingredients

8 ounces whole-wheat fusilli (about 3 cups)
1 cup small broccoli florets
2 cups packed fresh basil leaves
1 cup of fresh spinach
1/4 cup pine nuts, toasted

1/4 cup grated Parmesan cheese
2 tbsp. Greek Yogurt
2 tbsp. extra- virgin olive oil
2 tbsp. lemon juice
1 large clove garlic, quartered

Directions

STEP 1 Bring a pot of water to boil and cook pasta according to the directions on the box. Stir in the broccoli one minute before the pasta is finished. Continue cooking pasta for one minute and then drain pasta and broccoli into a colander.

STEP 2 While pasta is cooking, place all ingredients except tomatoes in a food processor. Process until almost smooth, and transfer it to a large bowl.

STEP 3 Add the pasta, broccoli, and tomatoes to the bowl. Toss to coat, and serve!



Brought to you by Dr. Vincent!

Find all three recipes in this photo
on becomewellwithin.com

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Dr. Kyle Vincent

FAMILY PHYSICIAN

Medical Degree

Wake Forest University
School of Medicine

Residency

Atlanta, Georgia



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