

Healthy Eating Tips

If you are at risk for chronic conditions, physical activity combined with a healthy diet are important. If you struggle to get your recommended 150 minutes of exercise each week, you are not alone. Buckeye Health Plan provides these activity tips to decrease your risk for health challenges:

- **Set a goal.** Try to exercise for 30 minutes at least five times a week. If you can't do 30 minutes at a time, you can break it up into smaller periods. For example, you could take a brisk 10-minute walk 3 times a day. Talk with your healthcare provider about the safest way to start.
- **Find activities you like.** Take dance lessons, try a group fitness class, go on a bike ride, swim in the pool, run or lift weights.
- **Make exercise a part of your daily routine.** All types of movements count. Take the stairs, park farther away from your destination or go for a walk.



Buckeye Health Plan is Ohio's second largest managed care plan. We are committed to providing health education and resources to Ohioans. Visit BuckeyeHealthPlan.com/buckeyefresh for more healthy eating tips and resources.

Turkey Medallions with Sweet Potato-Walnut Mash

Ingredients

- ½ tsp. salt (divided)
- ½ tsp. pepper (divided)
- 1 lb. turkey tenderloin, visible fat discarded, cut crosswise into 8 medallions
- 2 tsp. canola oil
- 2 medium sweet potatoes (peeled, thinly sliced)
- 1 medium onion (thinly sliced)
- 1 large Granny Smith apple, peeled, thickly sliced
- ¼ tsp. ground cinnamon
- 1 cup unsweetened apple cider or 100% apple juice
- ¼ cup chopped walnuts (dry-roasted)
- 1 tbsp. coarse-grain mustard (lowest sodium available)
- 2 tbsp. minced green onions

Directions

- *Wash hands with soap and water.*
- Sprinkle ¼ tsp. salt and ¼ tsp. pepper over both sides of turkey.
- In a large skillet, heat the oil over medium-high heat, swirling to coat bottom. Cook the turkey 2 minutes on each side, or until browned (The turkey won't be done at this point). Transfer to a large plate.
- In the same skillet, stir together sweet potatoes and onion. Reduce heat to medium. Cook for 7 minutes, or until onion is golden, stirring frequently.
- Stir in apple, cinnamon, and the remaining ¼ tsp. salt and ¼ tsp. pepper. Cook for 5 minutes, stirring frequently.
- Place the turkey medallions among the sweet potato and apple slices. Pour in ⅔ cup cider.
- Bring to a boil, still over medium heat. Reduce the heat and simmer, covered, for 3 to 5 minutes, or until the turkey is no longer pink in the center and the sweet potatoes are tender.
- Remove from the heat. Transfer turkey to large plate, leaving the sweet potato mixture in the skillet. Cover turkey loosely to keep warm.
- Using a potato masher, mash the sweet potato mixture. Stir in the walnuts. Transfer the sweet potato mixture to plates.
- Quickly pour remaining ¼ cup cider into the skillet, scraping to dislodge any browned bits. Stir in the mustard, green onions, and final pinch of pepper. Remove from heat.
- Serve the turkey on the sweet potato mixture. Drizzle the sauce over turkey. Enjoy!