



# 1.5M+ visits

to our recipe blog, Food for Health

## **Food is medicine — and delicious food revives the body, mind, and spirit.**

With more than 1.5 million visits in 2018, our Food for Health blog provided tasty, healthy recipes that brought readers back for more throughout the year.

Nurses, dietitians, employees, and physicians contributed recipes that can be made from staples found at more than 50 farmers markets supported by Kaiser Permanente, most of them hosted at our facilities.

To celebrate, we compiled a list of 2018's most popular recipes.

- > [What will you be eating tonight?](#)
- > [Food for Health Recipes](#) [video]