A wooden spoon with a light-colored handle and a flat, rounded head lies diagonally across a blue and white checkered cloth. The cloth is draped over a light-colored wooden surface. A blue ribbon is tied around the handle of the spoon, forming a bow.

## Do Time - Lemon Thyme Chicken

### Ingredients:

1 chicken breast

1 tsp. olive oil

1 tsp. dried thyme

1/2 tsp. lemon juice

Salt and pepper to taste

Call Senior Medicare Patrol toll-free: 1.800.986.3505



# REPORT Criminals

Criminals can only be convicted and do “thyme” if you report them. Call Senior Medicare Patrol at 800.986.3505 if you suspect Medicare fraud.

## Directions for Do Time - Lemon Thyme Chicken

- Preheat oven to 400 degrees.
- Place chicken in an oven-safe dish, season with salt and pepper and drizzle with olive oil.
- Sprinkle with lemon juice and dried thyme.
- Bake for 20 to 30 minutes, depending on the size of the chicken.
- The chicken is done when it reaches an internal temperature of 165 degrees.

A blue and white checkered cloth is draped over a wooden surface. A wooden spoon is placed diagonally across the cloth, and a blue ribbon is tied around its handle.

# Foil a Criminal - Baked Fish in Foil

recipe source: [www.thekitchn.com](http://www.thekitchn.com)

## Ingredients:

1 fish fillet about 1-inch thick  
1 large handful baby spinach leaves  
2 thin slices of red onion  
10 cherry tomatoes  
1/2 tsp. dried herbs  
1 tbs. lemon juice  
Salt and pepper  
Olive oil or butter

Call Senior Medicare Patrol toll-free: 1.800.986.3505





# DETECT Medicare Fraud

Review your Medicare Summary Notices (MSNs) for errors, charges for services not received and double billing. Enroll in [MyMedicare.gov](https://www.mymedicare.gov) and read your MSNs online.


## Directions for Foil a Criminal - Baked Fish in Foil Packets

- Preheat the oven to 400°F.
- Pile a large handful of baby spinach leaves in the middle of a 12-14" long piece of foil.
- Lay the fish fillet on the bed of spinach. Lay red onion slices and cherry tomatoes over the top of the fillet. Sprinkle dried herbs, salt, pepper, lemon juice and a drizzle of olive oil or a pat of butter on the fillet.
- Fold the sides of the foil inwards around the fish. Then fold in the top and bottom of the foil and pinch them closed, creating a neat package.
- Place on baking sheet and bake for 18 to 22 minutes, until the fish is opaque.

# Gangster Gumbo

recipe source: [www.food.com](http://www.food.com)

## Ingredients:

- 
- |                                      |  |
|--------------------------------------|--|
| 1 tbsp. olive oil                    | 1 green onion, sliced                        |
| 1 tbsp. butter<br>or margarine       | 2 tbsp. finely chopped<br>green bell peppers |
| 1 green onion, sliced                | 1 (8 oz. ) can stewed<br>tomatoes            |
| 2 tbsp. dry white<br>wine (optional) | 1 (3 oz.) can sliced<br>mushrooms, drained   |
| 1/2 tsp. garlic powder               | 1/2 tsp. chili powder                        |
| 1/4 tsp. salt                        | 1/2 lb cooked shrimp<br>or smoked sausage    |
| 1/4 tsp. thyme leaves                | Cooked rice to serve                         |
| 1 bay leaf (optional)                |  |

Call Senior Medicare Patrol toll-free: 1.800.986.3505



# GANGSTERS - DME'S

Some Durable Medicare Equipment (DME) providers are actually members of organized crime. Always check with your doctor before ordering any home delivered medical supplies or DME.

## Directions for Gangster Gumbo

- Sauté onion and green pepper in oil and butter in a soup pan.
- Add remaining ingredients except shrimp/sausage; bring to a boil then simmer for 15-20 minutes.
- Add shrimp at the end. It only needs to cook 5-10 minutes.
- Remove bay leaf before serving over rice.



A blue and white checkered cloth is draped over a wooden surface. A wooden spoon is placed diagonally across the cloth, and a blue ribbon is tied around its handle.

# Just Hang Up Hanger Steak

recipe source: [www.drgourmet.com](http://www.drgourmet.com)

## Ingredients:

4 oz. hanger steak

1 tbsp. olive oil

1 tbsp. red wine vinegar

1 tbsp. balsamic vinegar

1 tbsp. tomato paste

1 tbsp. water

1/4 tsp. salt, pepper to taste

1 tsp. dijon mustard

Call Senior Medicare Patrol toll-free: 1.800.986.3505



# JUST Hang Up

The best way to avoid getting taken advantage of by scammers is to simply hang up. If anyone asks you for your Medicare number and/or bank information over the phone **JUST HANG UP.**

## *Directions for Just Hang Up Hanger Steak*

- Preheat the oven to 425°F. Place a large oven-proof skillet in the oven.
- Place the hanger steaks in a bowl with the olive oil, red wine vinegar, balsamic vinegar, tomato paste, water, salt, pepper and Dijon mustard. Toss the steaks well to thoroughly coat with the sauce.
- When the pan is hot add the hanger steaks Cook for about 5 - 7 minutes and turn. Cook for another 5 - 7 minutes for medium rare.



A wooden spoon with a light-colored handle and a flat, slightly curved head lies diagonally across a blue and white checkered cloth. The cloth is draped over a light-colored wooden surface. A blue ribbon is tied in a bow around the handle of the spoon.

# Meathead Meatloaf in a Mug

recipe source: [www.tasteofhome.com](http://www.tasteofhome.com)

## Ingredients:

2 tbsp. milk

2 tbsp. quick cooking oats

1 tbsp. ketchup

1 tsp. onion soup mix

1/4 lb. ground beef

Ketchup (optional)

Call Senior Medicare Patrol toll-free: 1.800.986.3505



# PROTECT Your Information

Protect your Medicare number from meatheads and criminals. Don't give your Medicare number to people who call you on the phone.

## *Directions for Meathead Meatloaf in a Mug*

- Mix the first five ingredients in a small bowl.
- Spray a microwave-safe mug with cooking spray and add the meatloaf mixture.
- Microwave on high for 3 minutes or until the temperature of the meat reaches 160 degrees.
- Drain, and let stand for 3 minutes.
- Serve with additional ketchup if desired.



# Scam/SPAM Corn Chowder

recipe source: [www.bigoven.com](http://www.bigoven.com)

## Ingredients:

1/3 cup diced, peeled potatoes

1/4 cup onions, chopped

1/4 tbsp. butter or margarine

1/2 can cream-style corn (17 oz)

1/4 can SPAM luncheon meat, cubed

1/8 cup chopped green bell pepper

1/2 cup milk

Call Senior Medicare Patrol toll-free: 1.800.986.3505





# SCAMS

Don't fall victim to scams like the lottery scam. It is illegal to participate in an out-of-state or out-of-country lottery.  
**YOU CANNOT WIN.**

## Directions for Scam/SPAM Corn Chowder

- Sauté onion in butter over medium heat 5-10 minutes or until golden.
- Add potatoes and green pepper. Cook and stir 2 minutes.
- Add corn and milk. Bring to a boil.
- Reduce heat and simmer 15 minutes or until potatoes are tender, stirring occasionally.
- Stir in SPAM. Simmer 2 minutes.