



Five Healthy Takes on Classic Winter Recipes

As the cold continues through winter, our cravings for heavy, warm, comfort food grow. There are ways to satiate your cravings for comfort food in a healthy manner. Enjoy these five recipes for healthier versions of winter classics.

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The Best Turkey Chili

via Ambitious Kitchen

Prep Time
10 Min

Cook Time
45 Min

Total Time
55 Min



Using ground turkey instead of ground beef decreases the amount of saturated fat and sodium in this take on a classic chili!

Nutritional Information

Makes 6 Servings

Calories 336

Fat 3.7g

Carbohydrates 46.7g

Fiber 17.4g

Amount Per serving:

Calories from Fat 33

Sugar 9.5g

Protein 31.8g

Ingredients

- 2 teaspoons olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound extra lean ground turkey or chicken (99%)
- 4 tablespoons chili powder* (I used McCormick chili powder)
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt, plus more to taste
- 1 (28-ounce) can diced tomatoes or crushed tomatoes
- 1 1/4 cups chicken broth
- 2 (15 oz) cans dark red kidney beans, rinsed and drained
- 1 (15 oz) can sweet corn, rinsed and drained
- For topping: cheese, avocado, tortilla chips, cilantro, sour cream

Instructions

1. Place oil in a large pot and place over medium high heat. Add in onion, garlic and red pepper and saute for 5-7 minutes, stirring frequently.
2. Add in ground turkey and break up the meat; cooking until no longer pink. Next add in chili powder, cumin, oregano, cayenne pepper and salt; stir for about 20 seconds.
3. Next add in tomatoes, chicken broth, kidney beans and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes or until chili thickens and flavors come together. Taste and adjust seasonings and salt as necessary.
4. Garnish with anything you'd like. Makes 6 servings, about 1 1/2 cups each.

To make this recipe in the slow cooker:

Reduce the chicken broth to 1/2 cup and brown the turkey and onions before adding to the slow cooker.

Healthy Chicken Pot Pie

via Well Plated

How do you make chicken pot pie that's only 380 calories for 1/4 of the entire pie, and still tastes delicious and filling? Replace heavy cream with almond milk, use only a pie top instead of the entire crust and add mushrooms. Trust us, it works!

Nutritional Information

Makes 4 Servings

Calories: 380

Fat: 18g

Carbohydrates: 41g

Fiber: 4g

Amount per serving:

Saturated Fat: 6g

Cholesterol: 12mg

Sodium: 593mg

Sugar: 5g

Ingredients

- 1 tablespoon extra-virgin olive oil
- 10 ounces cremini baby bella mushrooms
- 1 cup diced carrots — about 3 medium
- 1/2 cup diced celery — about 1 large stalk
- 1 1/2 teaspoons garlic powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/4 cup all-purpose flour
- 2 cups unsweetened almond milk
- 2 cups cooked and shredded boneless, skinless chicken breasts* — about 8 ounces or 2 small breasts
- 1/2 cup frozen peas
- 1/2 cup frozen pearl onions
- 1 tablespoon chopped fresh thyme
- 1 prepared pie crust — dairy free if needed
- 1 egg — lightly beaten with 1 tablespoon water to create an egg wash



Instructions

1. Preheat the oven to 425 degrees F. Lightly coat a 9-inch pie dish with baking spray. Set aside.
2. Heat a large Dutch oven or similar deep, heavy-bottomed pan over medium-high heat. Add the oil to the pan. Once hot, add the mushrooms and cook for 8 minutes, until mushrooms are beginning to brown, stirring occasionally. Add the carrots, celery, garlic powder, salt, and pepper. Cook until the mushrooms have browned more deeply and the carrots begin to soften, about 3 additional minutes.
3. Sprinkle the flour over the top of the vegetables and cook 2 minutes. Slowly pour in the almond milk, adding a few splashes at a time, stirring constantly. Bring to a low boil, scraping any brown bits from the bottom of the pan. Continue to let bubble until thickened, about 3 to 5 minutes. Stir in the chicken, peas, onions, and thyme. Spoon the chicken mixture into the prepared pie dish.
4. Roll the pie dough into a circle large enough to cover your dish. Brush the edges of the pie dish with the egg wash, then lay the dough over the top so that it overhangs the sides. Trim the overhang to a 1/2 inch larger than edge of the dish. Gently press the dough onto the sides of the dish so that it sticks, then brush all over with the remaining egg wash. With a sharp knife, cut 3 slits in the top.
5. Bake until hot and bubbly on the inside and the crust is deeply golden, about 25 minutes. Let rest a few minutes. Serve hot.

Creamy Vegan Broccoli Soup

via SimplyQuinoa

You won't be able to tell that this creamy soup is vegan, which increases the health quotient 10-fold over its traditional cheese and heavy cream filled counterpart.

Nutritional Information

Makes 6 Servings

Calories 168

Fat 8g

Carbohydrates 18g

Fiber 6g

Amount Per Serving:

Calories from Fat 72

Saturated Fat 1g

Sodium 420mg

Sugar 5g

Potassium 669mg

Instructions

1. Heat the olive oil in a large pan. Once hot add the zucchini, carrots, onion and garlic. Cook until garlic is fragrant. Season with salt and pepper.
2. Add the broccoli, raw cashews, vegetable broth, and water. Bring the mixture to a bowl, then reduce heat to a simmer. Cover and simmer for 20 minutes until the broccoli is soft.
3. Transfer this mixture to a blender and blend until smooth. Transfer the mixture back into the pot and stir in the almond milk, nutritional yeast, and lemon juice. Taste and add a touch more salt and pepper if needed (or red pepper flakes if you like spice!).

Ingredients

- 1 tablespoon olive oil
- 1 zucchini, chopped (about 1 cup)
- 2 carrots, chopped (about 1 cup)
- ½ onion, chopped
- 2 garlic cloves, minced
- 6 cups broccoli florets
- 1/2 cup raw cashews
- 2 cups vegetable broth
- 2 cups of water
- 1 - 2 cups of almond milk
- 1 cup nutritional yeast
- 2 tablespoons lemon juice
- Salt & pepper as needed



Zucchini Lasagna

via *SkinnyTaste*

Cut the carbs and increase your vegetable intake while maintaining classic Italian flavor.

Nutritional Information

Makes 8 Servings

Calories: 275kcal

Fat: 13g

Carbohydrates: 13g

Fiber: 2.5g

Amount Per Serving:

Saturated Fat: 7g

Cholesterol: 84mg

Protein: 26g

Sodium: 648mg

Ingredients

- 1 lb 93% lean ground beef
- 1 1/2 teaspoons kosher salt
- 1 tsp olive oil
- 1/2 large onion (chopped)
- 3 cloves garlic (minced)
- 1 28 oz can crushed tomatoes
- 2 tbsp chopped fresh basil
- black pepper (to taste)
- 3 medium (8 ounces each) zucchini, sliced 1/8" thick)
- 1 1/2 cups part-skim ricotta
- 1/4 cup Parmigiano Reggiano
- 1 large egg
- 16 oz 4 cups shredded part-skim mozzarella cheese

Instructions

1. In a medium sauce pan, brown meat and season with salt. When cooked drain in colander to remove any fat.
2. Add olive oil to the pan and saute garlic and onions about 2 minutes. Return the meat to the pan, add tomatoes, basil, salt and pepper. Simmer on low for at least 30-40 minutes, covered. Do not add extra water, the sauce should be thick.

3. Meanwhile, slice zucchini into 1/8" thick slices, add lightly salt and set aside for 10 minutes. Zucchini has a lot of water when cooked, salting it takes out a lot of moisture. After 10 minutes, blot excess moisture with a paper towel.

4. Preheat a gas grill or grill pan to medium high, and grill 2 to 3 minutes per side, until slightly browned. Place on paper towels to soak any excess moisture.

5. Preheat oven to 375°.

6. In a medium bowl mix ricotta cheese, parmesan cheese and egg. Stir well.

7. In a 9x12 casserole spread 1/2 cup of sauce on the bottom and layer the zucchini to cover. Spread 1/2 cup of the ricotta cheese mixture, then top with 1 cup of the mozzarella cheese and repeat the process until all your ingredients are used up. The last layer top with remaining zucchini and sauce, cover with foil and bake 30 minutes. Uncover the foil and bake 20 minutes (to dry up the sauce) then place the remaining 1 cup mozzarella and bake until melted, 10 minutes.

8. Let stand about 5 – 10 minutes before serving.



White Bean Chocolate Chip Cookies

via Food Network

Beans in cookies? Yep! Using white cannellini beans to replace some of the butter in this classic cookie recipe cuts calories and increases the amount of protein in each delicious cookie.

Nutritional Information

Makes 2 ½ dozen Cookies

Calories: 97cal

Fat: 3.5g

Carbohydrates: 15g

Fiber: 1g

Amount Per Cookie:

Saturated Fat: 2g

Cholesterol: 16mg

Sugar: 9g

Sodium: 72mg

Ingredients

- 4 tablespoons unsalted butter, softened
- 3/4 cup packed dark brown sugar
- 1/2 cup cooked or canned cannellini beans, drained and rinsed
- 2 tablespoons pure maple syrup
- 2 large eggs, at room temperature
- 1 1/2 teaspoons pure vanilla extract
- 1 1/2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 1 cup semisweet chocolate chips

Instructions

1. Preheat the oven to 375 degrees F. Line two baking sheets with parchment paper.
2. In the bowl of a stand mixer fitted with the paddle attachment, beat the butter and sugar together on medium-high speed until smooth and fluffy, 4 to 5 minutes. Meanwhile, put the beans in a food processor; add the maple syrup and puree until very smooth.

3. Add the bean mixture to the creamed butter in the bowl of the stand mixer and beat on medium speed until completely smooth, stopping and scraping down the bowl with a rubber spatula several times, 3 to 4 minutes. Add the eggs, one at a time, beating well between additions; add the vanilla and mix until combined. Scrape down the bowl. Don't worry if the mixture looks curdled; it will smooth out when you add the dry ingredients.

4. Meanwhile, sift the flour, baking soda and salt together into a bowl. With the mixer on low speed, slowly add the flour mixture and mix until just combined. Remove the bowl from the mixer and stir in the chocolate chips. Drop heaping tablespoonfuls of dough onto the prepared pans, spacing them about 2 inches apart. Bake until the cookies begin to turn golden around the edges, 10 to 12 minutes; do not overbake. Remove the cookies from the oven and cool for at least 10 minutes on the pan before transferring them to a rack to cool completely.

5. Store the cookies in an airtight container for up to 5 days

