

WINTER WONDERLAND!



ENJOY YOUR COMFORT FOODS WHILE STAYING HEALTHY!

Winter is the time of the year when we reach for our comfort foods to keep us warm and cozy. While comfort foods may bring a smile to our face through the dark and grey days, they also tend to be high in calories and lower in vitamins and minerals. Here are some tips to help bump the nutrition in your favorite comfort foods:

- Add frozen vegetables like peas and carrots to dishes like casseroles and macaroni and cheese.
- Add extra beans, diced sweet potatoes or squash to your favorite chili recipe.
- Add diced fresh, frozen or dried fruit to oatmeal or pancakes.
- Switch out ground beef for ground turkey in your favorite meatballs, hamburgers or meatloaf.
- Bulk up your soups and stews with more veggies.
- Enjoy warmed up applesauce as your dessert or snack.

Sweet Potato and Red Bean Chili

Ingredients:

2 teaspoons vegetable oil
1 diced onion
3 cups diced sweet potatoes
2 minced garlic cloves
2 cups chopped tomatoes
1 1/2 tablespoons chili powder
2 teaspoons ground cumin
1 1/2 cups cooked, or 1 can (15 ounces) red beans, rinsed
2 tablespoons chopped cilantro (optional)

Directions:

1. Heat oil in a large pot over medium heat.
2. Add onions and sweet potatoes. Cook for 4 minutes.
3. Stir in the garlic, tomatoes, chili powder, cumin, and 1 1/2 cups water. Cook for 10 minutes.
4. Add beans. Cook until the beans are heat, about 5 minutes.
5. Add, cilantro, salt, and pepper.
6. Serve and enjoy!
7. Refrigerate leftovers.

Makes 5 servings

YOUR NUTRITIONISTS



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