EAT THE RAINBOW

HEALTHY AT HOME RECIPE BOOK

RECIPES SUBMITTED BY 2020 WELLNESS AMBASSADORS

LIVEWELL VERMONT
Happy Holidays!

We are all spending A LOT more time at home meaning we are cooking more. Some of us have been using this time to experiment with new recipes and others finding solace in tried and true comfort food.

We asked our Wellness Ambassadors to share with us their favorite ways to nourish themselves! They have provided some DELICIOUS versions of their favorite foods. We hope you enjoy!

In addition to this recipe book, LiveWell Vermont also offers:

• An Annual Incentive Program
• Flu clinics
• Wellness Screenings
• Classes and Workshops (Onsite and Online!)
• Telephonic Wellness Coaching
• Educational Information on our Blog, Facebook and Instagram!

If you are interested in additional information, please contact the LiveWell Vermont Team!

Email: DHR.livewellvermont@vermont.gov  Phone: (802) 828-7308
TABLE OF CONTENTS

EASY BANANA BREAD
CRUSTLESS BROCCOLI & CHEDDAR QUICHE
GLUTEN FREE CHOCOLATE CHIP COOKIES
BREAKFAST BAKE
LIGHTENED UP APPLE CRISP

EASY GNOCCHI WITH ROASTED VEGETABLES
CAULIFLOWER CRUST PIZZA
PUMPKIN RICOTTA STUFFED SHELLS
STUFFED DELICATA SQUASH
DELICATA SQUASH BOATS

TOASTER QUINOA SOUP
CURRIED BUTTERNUT SQUASH SOUP
KALE SALAD
APPLE CINDER VINEGAR and MAPLE SYRUP SALAD DRESSING

VEGETABLE CHILI
QUICK AND EASY TURKEY CHILI
TURKEY CHILI INSTAPOT
EASY ONE-POT CHILI

HEALTH(IER) VERSION OF SHEPARDS PIE
“FRENCH” BBQ CHICKEN CHUNKS
and FOIL PACKET VEGGIES
BALSAMIC CHICKEN
JAMBALAYA
Blend the egg and sugar with a whisk.

Stir in the shortening.

Sift the flour, baking soda, and salt together.

Add mashed bananas and flour mixture.

Blend all ingredients and pour into a greased bread baking pan.

Bake at 350 degrees for 50-60 minutes or until tester inserted in center of bread comes out clean.

Cool in pan on wire rack and then turn out of pan for serving.

Instructions:

1. Blend the egg and sugar with a whisk. Stir in the shortening.
2. Sift the flour, baking soda, and salt together.
3. Add mashed bananas and flour mixture.
4. Blend all ingredients and pour into a greased bread baking pan.
5. Bake at 350 degrees for 50-60 minutes or until tester inserted in center of bread comes out clean.
6. Cool in pan on wire rack and then turn out of pan for serving.

Ingredients:

- 1 egg
- 1 small cup of sugar
- ½ cup liquid shortening
- 2 cups flour
- 1 teaspoon of baking soda
- Pinch of salt
- 3 mashed bananas
- coconut milk

**Ripe bananas can be stored in the freezer while waiting to make bread or muffins and this recipe will make 3 small loaves of bread instead of the large loaf if you want to share with friends and family.
Ingredients:
- cooking spray
- 3 cups chopped broccoli florets
- 1 cup grated cheddar cheese
- 2/3 cup 2% milk
- 1/4 cup half & half cream
- 5 large eggs
- 3/4 teaspoon kosher salt
- 1/8 teaspoon ground black pepper
- pinch freshly grated nutmeg

Instructions:
1. Preheat your oven to 350 degrees. Spray a pie dish with oil.
2. Steam the chopped broccoli florets in the microwave with 1 tablespoon water until tender crisp and green but not mushy, about 2 1/2 to 3 minutes.
3. Evenly spread the broccoli in the dish and top it evenly with the grated cheddar cheese.
4. Make the custard mixture by whisking together the milk, half and half, eggs, salt, black pepper, and the nutmeg. Pour the custard into the dish and bake 35 to 40 minutes, until the center is set.
5. Cut the quiche into 6 pieces and serve.
In a large mixing bowl, combine almond butter, melted coconut oil, maple syrup, egg, and vanilla extract. Whisk until completely homogenous, about 1 minute. Add the almond meal, baking soda, and salt and stir until just combined. Fold in the chocolate chips. Place the cookie dough in the refrigerator for at least an hour, but up to 24 hours. When you’re ready to make the cookies, preheat the oven to 350°F and line a baking sheet with parchment paper. Using a cookie scoop, scoop out rounds, dropping them two inches apart (the cookies will spread). Bake for 10 to 12 minutes depending on your oven, taking them out when the edges are golden brown and the centers have puffed up. Allow to cool and enjoy with a glass of milk!

**Ingredients** (makes ~14 cookies):

- 1/2 cup creamy almond butter
- 1/3 cup coconut oil, melted
- 6 tablespoons maple syrup
- 1 egg (or flax egg if vegan!)
- 2 teaspoons vanilla extract
- 1 3/4 cup almond meal
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 cups dark chocolate chips

**Instructions:**

1. In a large mixing bowl, combine almond butter, melted coconut oil, maple syrup, egg, and vanilla extract.
2. Whisk until completely homogenous, about 1 minute. Add the almond meal, baking soda, and salt and stir until just combined.
3. Fold in the chocolate chips.
4. Place the cookie dough in the refrigerator for at least an hour, but up to 24 hours.
5. When you’re ready to make the cookies, preheat the oven to 350°F and line a baking sheet with parchment paper.
6. Using a cookie scoop, scoop out rounds, dropping them two inches apart (the cookies will spread).
7. Bake for 10 to 12 minutes depending on your oven, taking them out when the edges are golden brown and the centers have puffed up.
8. Allow to cool and enjoy with a glass of milk!
Breakfast Bake
Submitted by: Grace Thompson

Ingredients (Makes 8 servings):
- 1 lb lean ground turkey (or spicy sausage or meatless option of your choice)
- 1 bag frozen veggies (I like Pictsweet Farms veggies for roasting - cauliflower, sweet potato and brussel sprouts)
- 1 cup frozen spinach
- 1 cup chopped mushrooms
- 1/2 cup chopped red pepper
- 1/4 cup egg mate/egg whites
- 4 eggs
- Seasonings to taste: salt, pepper, cumin, garlic powder, red pepper flakes
- Optional: any extra veggies your heart desires!
- Optional toppings: avocado, feta cheese, hummus

Instructions:
1. Roast veggies according to package.
2. While veggies are cooking, brown ground turkey. Drain any excess.
3. Add 1/3 cup of water and seasons of your choice. Simmer for ~10 minutes or until water is absorbed.
4. Add cooked veggies to the ground turkey and stir together. Reduce oven temp to 350.
5. Pour veggie/meat mixture into a 9X13 oven safe dish.
6. Beat eggs in a small bowl with egg mate/egg whites.
7. Pour egg blend into the casserole dish and combine all ingredients
8. Sprinkle frozen spinach, mushrooms and any extra veggies on top.
9. Optional: add extra seasoning (I like to sprinkle red pepper flakes here so I know the rest of the mix won't be too spicy. You can also add a little cayenne or extra salt/pepper).
10. Bake at 350 for ~25 minutes or until eggs are fully cooked.
11. Serve with desired toppings (my favorite is sliced avocado!).
Lightened Up Apple Crisp
Submitted by: LiveWell Vermont

Ingredients:

For the Apples:
- 6 medium or large granny smith apples (pink lady, honey crisp, and other crisp apples also work well)
- 1 tablespoon pure VT maple syrup
- 3 tablespoons water
- 2 teaspoons cinnamon

For the Crumble Topping
- 1 C old-fashioned or quick oats
- 1/2 C almond flour or almond meal
- 1/2 C chopped almonds, walnuts, or pecans
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/4 C melted coconut oil or butter
- 1/4 C pure VT maple syrup

Instructions:
1. Preheat oven to 350 degrees.
2. Peel apples and dice into cubes of approximately equal size.
3. In a large bowl, toss with maple syrup, water, and cinnamon.
4. Pour apples into greased 9x9 or 8x8 inch baking dish.
5. In the same (now empty) bowl, add oats, almond flour, nuts, cinnamon, salt, coconut oil or butter, and maple syrup.
6. Stir crumble topping together and pour into baking dish on top of apples.
7. Bake at 350 degrees for 40 to 45 minutes until apples are soft, covering pan loosely with aluminum foil halfway through to prevent from over-browning.
8. Serve hot with vanilla ice cream or whipped cream.
EASY GNOCCHI WITH ROASTED VEGETABLES
Recipe adapted from the hungry waitress
Submitted by: Heather Allin

Ingredients:
- 1 medium eggplant, diced into 1" cubes
- 2 cups (or 1 package) mushrooms, chopped in half
- 1 yellow squash, chopped into 1/2" half moons
- 1 zucchini, chopped into 1/2" half moons
- 8–10 medium tomatoes, cut in half
- 5–8 garlic cloves, peeled and left whole
- 1/4 cup olive oil
- 1/2 teaspoon Italian seasoning
- 1 teaspoon salt
- 1/4 teaspoon red pepper, optional
- 1/4 teaspoon black pepper
- 1 Tablespoon balsamic vinegar
- 1/4 cup pine nuts, optional
- 1 package gnocchi
- 1/2 cup Parmesan

Instructions:
1. Preheat the oven to 400 degrees
2. Place all of the ingredients on a large sheet pan
3. Toss everything together (using your hands) until the oil covers all of the ingredients
4. Bake for 25-30 minutes
5. Toss everything again so the roasted tomatoes get saucy
6. Top with Parmesan and serve!
CAULIFLOWER CRUST PIZZA
Submitted by: Joe Sampsell

Ingredients:
- For the crust
  - 1 head cauliflower
  - 1/4 Cup grated reduced-fat mozzarella cheese
  - 1/4 Cup grated Parmesan cheese
  - 1/2 Teaspoon dried basil
  - 1/2 Teaspoon dried oregano
  - 1/2 Teaspoon garlic powder
  - 1/4 Teaspoon red pepper flakes
  - 1 egg

- For the toppings
  - 1 14Oz low-sodium pizza sauce
  - 4 Oz grated reduced-fat cheddar cheese
  - 4 Oz grated reduced-fat mozzarella cheese
  - 1 Oz grated Parmesan cheese
  - 1 Teaspoon Italian seasoning

Instructions:
For the crust
1. Preheat oven with pizza stone to 450 degrees.
2. Wash and dry the cauliflower.
3. Cut off the florets and grate on box grater to get fine pieces of cauliflower.
4. Add florets to the bowl of a food processor and pulse until finely chopped.
5. Place the cauliflower into a medium bowl and microwave 4 minutes.
6. When cool, add cauliflower to linen towel. Squeeze out the excess water.
7. In a medium bowl, mix together the chees, basil, oregano, garlic powder, red pepper flakes, and egg. Using your hands, combine the cauliflower with the spice mixture until it is like dough.
8. On a large cutting board, spray a large piece of parchment paper with non-stick oil.
9. Use your hands to form the dough into a crust on your oiled parchment paper.
10. Pat it down thoroughly until it is tightly formed together. Don’t make it too thick or thin.

For the toppings
1. Spread the sauce evenly onto the pizza (you may end up with extra sauce depending on how much sauce you like on your pizza).
2. Place the cheese and Italian seasoning in a medium bowl and toss lightly.
3. Sprinkle the cheese mixture evenly over the crust.
4. Bake 15 -18 minutes or until crust is golden brown and the cheese is melted, bubbly, and slightly golden.
Ingredients:
- 12 jumbo pasta shells (1/2 of 12 ounce package)
- 1 ¼ cups nonfat ricotta cheese
- ¾ cup pumpkin puree
- ½ cup Parmesan cheese, grated
- ½ teaspoon garlic powder or 2 cloves garlic
- 2 tablespoons dried basil
- ¼ teaspoon ground sage
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 cup pasta sauce

Instructions:
1. Cook pasta shells according to package directions.
2. Drain, separate onto baking sheet and let cool.
3. In a medium bowl, stir together ricotta, pumpkin, Parmesan, and spices. Reserve 1 Tablespoon Parmesan for topping.
4. Preheat oven to 350 degrees.
5. Choose a baking dish that holds all the shells in a single layer. Spread pasta sauce in the bottom of the baking dish.
6. Fill each shell with about 3 Tablespoons of pumpkin mixture, and place shells close together on sauce in baking dish.
7. Cover pan with foil and bake for 30 minutes.
8. Remove foil, sprinkle with remaining cheese and bake for 15 minutes more.
9. Refrigerate leftovers within 2 hours
1 cup cooked white quinoa
2 delicata squash
3 tablespoons extra virgin olive oil divided
1/8 + 1/4 teaspoon chipotle chili powder divided
3/4 teaspoon kosher salt divided
1/2 Serrano chili seeded, and finely chopped (about 2 teaspoons)
2 large shallots thinly sliced (about 1/4 cup)
1 1/2 apples cored, and diced (about 1 1/2 cup or more)

2/3 cup chopped very firm tofu, drained
1/2 cup golden raisins
1 1/2 tablespoons chopped fresh sage leaves
1/4 teaspoon ground cinnamon
1/8 teaspoon ground black pepper
2 - 3 tablespoons lemon juice
2 bags pre-washed baby spinach
1/4 cup grated Parmesan or Asiago cheese Coarsely chopped
parsley garnish
Toasted pumpkin seeds garnish

**Ingredients:**

**Instructions:**

1. Preheat the oven to 400°F.
2. Slice off the ends of the delicata squash, and slice in half, lengthwise.
3. Using a spoon, scrape out the pulp and seeds so that you have 4 squash 'boats'.
4. Place on a baking sheet facing up, and lightly oil with 1 tablespoon olive oil, and sprinkle with 1/8 teaspoon of chipotle chili powder and 1/4 teaspoon salt.
5. Roast for 25 - 30 minutes, or until tender.
6. Add the remaining 2 tablespoons olive oil to a large skillet over medium heat, and sauté the Serrano chili, shallots, and apple until everything is softened, about 10 minutes.
7. Add the tofu, raisins, sage, cinnamon, the remaining salt, and pepper, and continue to cook for 5 minutes while stirring with a wooden spoon.
8. Add the lemon juice and spinach leaves.
9. Using tongs, move the spinach around, gently tossing it with the other ingredients in the pan. In less than 5 minutes, the spinach should be wilted.
10. Add the cheese, and toss. When the delicata squash is tender, spoon the filling into each scooped out cavity. If the filling has cooled, slide the filled squash back into the oven for a few minutes to reheat.
11. Serve with a sprinkle of chopped parsley and roasted pumpkin seeds. The squash can be served whole or sliced into 3” wide crescents.

Recipe from: The Wimpy Vegetarian
Submitted by: Bethany Yon
Preheat oven to 350 degrees F.

Cut squash lengthwise and scoop out seeds; repeat for second squash.

Drizzle with olive oil, salt, and pepper.

Place squash flat side down on the baking sheet. Bake for 30 minutes, or until fork tender.

Prepare the filling:

1. Dice onion and garlic.
2. Heat a skillet and add olive oil and sauté onion until translucent.
3. Add garlic and ground turkey and cook through. Drain fat.
4. Add mushrooms and spinach.
5. Cook until spinach is wilted. Add salt, pepper, cayenne, and any additional spices.

Remove squash halves from oven and place on plate. Add filling to boats. If desired, add parmesan cheese and place back in oven until melted.

---

**Ingredients:**
- 2 Delicata squash
- 1 pound ground turkey
- ½ onion
- Mushrooms
- Garlic (1-4 cloves, depending on preference)
- Baby spinach (1-3 cups, chopped)
- Olive oil
- Salt, pepper, cayenne, etc.
- Grated parmesan (optional)

**Instructions:**
1. Preheat oven to 350 degrees F.
2. Cut squash lengthwise and scoop out seeds; repeat for second squash.
3. Drizzle with olive oil, salt, and pepper.
4. Place squash flat side down on the baking sheet.
5. Bake for 30 minutes, or until fork tender.
6. Prepare the filling:
7. Dice onion and garlic.
8. Heat a skillet and add olive oil and sauté onion until translucent.
9. Add garlic and ground turkey and cook through. Drain fat.
10. Add mushrooms and spinach.
11. Cook until spinach is wilted. Add salt, pepper, cayenne, and any additional spices.
12. Remove squash halves from oven and place on plate.
13. Add filling to boats. If desired, add parmesan cheese and place back in oven until melted.
TOASTED QUINOA SOUP
Submitted by: Lisa Wright

Ingredients:
- 1 cup quinoa, rinsed
- 2 Tbsp olive oil
- ½ cup diced onion
- 4 garlic cloves, sliced
- ½ cup minced carrot
- ½ cup minced red bell pepper
- ½ tsp kosher salt
- 1 tsp fresh rosemary leaves, minced
- ¼ tsp ground cumin
- ½ cup finely chopped peeled potato
- 7 cups vegetable broth
- ½ cup minced zucchini
- 1 Tbsp fresh lemon juice (or to taste)
- ¼ tsp red pepper flakes (or to taste)

Instructions:
1. Preheat oven to 325°F.
2. Spread quinoa in thin layer on large, rimmed baking sheet. Toast in oven, stirring every 10 minutes with spatula to toast evenly and keep edges from burning, until color changes from beige to dark brown, about 30 minutes. Set aside.
3. Heat oil in large soup pot over medium heat. Add onion, garlic, carrot, bell pepper and pinch of salt. Reduce heat to low and cook, stirring frequently until vegetables have softened, 10-12 minutes. Add rosemary and cumin; cook until fragrant, 1-2 minutes. Add potato, toasted quinoa, and broth; stir.
4. Bring soup to a boil, reduce heat and simmer, covered, until quinoa is tender, about 30 minutes. Add zucchini, cook 5 minutes more. Stir in lemon juice and red pepper flakes.

Note: If soup is too thick, add a small amount of water or broth.

Per serving (1 cup): 139 cal., 5g total fat, 1g saturated fat, 952 mg sodium, 21g total carbs, 3g sugar, 2g fiber, 4g protein.
Heat a large pot over medium heat.
Once hot, add oil, shallots, and garlic. Sauté for 2 minutes, stirring frequently.
Add butternut squash. Season with salt, pepper, curry powder, and ground cinnamon.
Stir to coat. Cover and cook for 4 minutes, stirring occasionally.
Add coconut milk, vegetable broth, maple syrup or coconut sugar, and chili garlic paste (optional – for heat).
Bring to a low boil over medium heat and then reduce heat to low, cover, and simmer for 15 minutes or until butternut squash is fork tender.
Use an immersion blender, or transfer soup to a blender, and purée on high until creamy and smooth. If using a blender, return soup back to pot.
Add additional seasoning to taste. Continue cooking for a few more minutes over medium heat.
Serve as is or with garnishes of choice (options above). Store leftovers covered in the refrigerator for 3-4 days or in the freezer up to 1 month. Best when fresh.

**Ingredients:**
- 1 Tbsp coconut or avocado oil
- 2 medium shallots (thinly diced)
- 2 cloves garlic, minced (2 cloves yield ~1 Tbsp or 6 g)
- 6 cups peeled & chopped butternut squash (1 small butternut squash yields ~6 cups)
- 1 pinch each sea salt + black pepper (plus more to taste)
- 1 1/2 Tbsp curry powder
- 1/4 tsp ground cinnamon
- 1 14-ounce can light coconut milk (*I like full fat)
- 2 cups vegetable broth (DIY or store-bought)
- 1-3 Tbsp maple syrup (or sub coconut sugar)
- 1-2 tsp chili garlic paste (*optional, but definitely adds a little more flavor)

**FOR SERVING (optional)**
- Toasted pumpkin seeds
- Chili garlic paste
- Full-fat coconut milk

**Instructions:**
1. Heat a large pot over medium heat.
2. Once hot, add oil, shallots, and garlic. Sauté for 2 minutes, stirring frequently.
3. Add butternut squash. Season with salt, pepper, curry powder, and ground cinnamon.
4. Stir to coat. Cover and cook for 4 minutes, stirring occasionally.
5. Add coconut milk, vegetable broth, maple syrup or coconut sugar, and chili garlic paste (optional – for heat).
6. Bring to a low boil over medium heat and then reduce heat to low, cover, and simmer for 15 minutes or until butternut squash is fork tender.
7. Use an immersion blender, or transfer soup to a blender, and purée on high until creamy and smooth. If using a blender, return soup back to pot.
8. Add additional seasoning to taste. Continue cooking for a few more minutes over medium heat.
9. Serve as is or with garnishes of choice (options above). Store leftovers covered in the refrigerator for 3-4 days or in the freezer up to 1 month. Best when fresh.
**Instructions:**
1. Roughly chop up the kale and put into a medium to large bowl.
2. Dice the garlic and add to kale.
3. Mix the kale and garlic with the cheese, olive oil, lemon juice, soy sauce.
4. Once all of the ingredients are in the bowl, massage them together with clean hands to soften the kale and mix everything together. Voilà!
APPLE CINDER VINEGAR and MAPLE SYRUP SALAD DRESSING
Submitted by: Paula Lefebvre

Put the maple syrup and vinegar in a mason jar. Shake well.
Add the rest of the ingredients and shake very well again.

**Ingredients:**
- 2-3 Tbsp Medium-grade ("B") Vermont Maple Syrup
- 1 generous pinch of grey sea salt
- Pepper to taste (optional)
- 1/3 Cup raw organic apple cider vinegar
- juice of 1/2 lemon
- 1/2 - 3/4 cup good quality extra-virgin olive oil

**Instructions:**
1. Put the maple syrup and vinegar in a mason jar. Shake well.
2. Add the rest of the ingredients and shake very well again.

That's it! A few minutes of work that will give you a jar full of healthy salad dressing that you can use during the week, when dinner-time is always rushed. If you have a big family or eat a lot of salad, you can easily double or triple this recipe. You can adjust the quantity of ingredients as well depending on how you like your dressing, more vinegar, more oil or even more maple syrup!
It's Chili Season!!

Can you hear that sound? It’s the clang of the Crock Pot coming out of the cupboard for the season. It’s time to make chili again, and not a moment too soon! Our Wellness Ambassadors submitted their favorite chili recipes and we know there are many more. One of the great things about chili is that you can personalize it in a variety of ways:

- Try a variety of proteins - use ground beef, turkey, chicken, pork, deer
- Make it vegetarian - add white beans, black beans, kidney beans
- Mix up the flavors - go savory or spicy!
- Top it with your favorites - avocado, cheese, sour cream (or sour cream/greek yogurt mixture - see recipe below), crushed tortilla chips

This chili season, try something new! Look for a new favorite recipe and let it make your house smell delicious!

Sour Cream/Greek Yogurt Mix : Add 1 tablespoon of lemon juice to 1 cup of plain Greek yogurt with live and active cultures, being sure to remove any pulp and, of course, seeds from the juice before adding it to the yogurt. Lemon gives the yogurt the bite it needs to become sour cream, so after a few seconds, mix it thoroughly.
Drain and rinse a can of black beans, and measure 1 cup into a medium sized bowl.

Add a cup of diced tomatoes and ½ cup tomato sauce.

Cook frozen corn in microwave and add ½ cup to the bowl.

Add 1 tsp. chili powder and ½ tsp. cumin.

Stir all the ingredients in bowl thoroughly. Set aside.

Put a tablespoon of water in a medium saucepan on low-medium heat, and add ½ cup green pepper, ¼ cup chopped onion (white/yellow), 3 small or 2 medium garlic cloves, minced.

Add 1 tsp. chili powder and ½ tsp. cumin.

Stir all the ingredients in bowl thoroughly. Set aside.

Put a tablespoon of water in a medium saucepan on low-medium heat, and add ½ cup green pepper, ¼ cup chopped onion (white/yellow), 3 small or 2 medium garlic cloves, minced.

Add 1 tsp. chili powder and ½ tsp. cumin.

Stir all the ingredients in bowl thoroughly. Set aside.

Add contents of bowl to saucepan and combine.

Heat until chili begins to bubble at edges of the pan, stirring occasionally.

### Ingredients:
- 1 cup canned black beans, drained, and rinsed
- 1 cup canned diced tomatoes
- ½ cup canned tomato sauce
- ½ cup cooked corn (frozen kernels)
- ½ cup diced green pepper
- ¼ cup chopped onion (white/yellow)
- 3 small or 2 medium garlic cloves, minced
- 1 tsp. chili powder
- ½ tsp. cumin

### Instructions:
1. Drain and rinse a can of black beans, and measure
2. 1 cup into a medium sized bowl.
3. Add a cup of diced tomatoes and ½ cup tomato sauce.
4. Cook frozen corn in microwave and add ½ cup to the bowl.
5. Add 1 tsp. chili powder and ½ tsp. cumin.
6. Stir all the ingredients in bowl thoroughly. Set aside.
7. Put a tablespoon of water in a medium saucepan on low-medium heat, and add ½ cup green pepper, ¼ cup onion and minced garlic.
8. Cook until softened.
9. Add contents of bowl to saucepan and combine.
10. Heat until chili begins to bubble at edges of the pan, stirring occasionally.
QUICK AND EASY TURKEY CHILI
Submitted by: Marianne Langello

Ingredients:
- 1 ½ teaspoons olive oil
- 1 pound ground turkey
- 1 onion, chopped
- 2 cups water
- 1 (28 ounce) can canned crushed tomatoes
- 1 (16 ounce) can canned kidney beans
- 1 (16 ounce) can canned pinto beans - drained, rinsed
- 1 tablespoon garlic, minced
- 2 tablespoons chili powder
- ½ teaspoon paprika
- ½ teaspoon dried oregano
- ½ teaspoon ground cayenne pepper
- ½ teaspoon ground cumin
- ½ teaspoon salt
- ½ teaspoon ground black pepper

Instructions:
1. Heat the oil in a large pot over medium heat.
2. Place turkey in the pot and cook until evenly brown.
3. Stir in onion and cook until tender.
4. Pour water into the pot. Mix in tomatoes, kidney beans, and garlic.
5. Season with chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper.
6. Bring to a boil. Reduce heat to low, cover, and simmer 30 minutes.
**EASY ONE-POT CHILI**
Submitted by: Robyn Lewis

**Ingredients:**
- 1 lb ground beef or turkey
- Red bell pepper, chopped
- Small onion, chopped
- 1 can Black beans (or whichever kind of beans you prefer)
- Tomato sauce, ½ cup
- Cumin, 1 teaspoon
- Garlic Powder, ½ teaspoon
- ½ cup beef or chicken broth
- 10oz can tomatoes with green chilies
- Salt & Pepper to taste

Optional:
*Add corn, more beans or other veggies
*I like to make a sour cream/plan Greek yogurt mix to make it a bit healthier

**Instructions:**
1. Sautee beef or turkey until almost cooked on medium heat in a skillet
2. Add chopped bell pepper and onion, cook for 2 more minutes
3. Add beans, sauce, tomatoes, spices and broth
4. Bring to boil then simmer for 20 minutes, covered
5. Add salt and pepper to taste
6. Garnish with sour cream/Greek yogurt and/or avocado and cheese
Instructions:
- 1lb ground turkey
- 1 cup of any stock/broth
- 3 large garlic cloves, minced
- 1 bell pepper, diced
- 1.5 cans of corn
- 14oz red kidney beans, drained and rinsed
- 14oz cannellini bean, drained and rinsed
- 14oz pinto beans, drained and rinsed
- 2 tbsp chili powder
- 1tsp cumin
- 1tsp oregano
- 1/2tsp paprika
- 3/4tsp salt
- 28oz diced tomatoes
- 6oz tomato paste
- Oil
- Cilantro, cheese, plain yogurt for toppings

Instructions:
1. Press saute on the instant pot, add oil to coat the bottom, then add the ground turkey.
2. Break into small pieces cook most of the way, but still can be pink
3. Press cancel for the saute.
4. Press soup/stew, add 1 cup of broth
5. Add onion, garlic, bell pepper, corn, beans, chili powder, cumin, oregano, paprika, salt, diced tomatoes, and tomato paste (DO NOT STIR)
6. Close the lid set the pressure and wait for it to be complete (30ish minutes)
GOLDEN CHICKEN & AUTUMN VEGETABLES
Submitted by: Sue Zeller

Ingredients:
- 4 bone in chicken breast halves – skin removed
- 1 cup chicken broth
- 1 Tbsp chopped fresh parsley (or 1 tsp dried parsley)
- ½ tsp. garlic powder
- ½ tsp. dried rosemary leaves (crushed)
- 2 large sweet potatoes – skin on, cut up
- 2 cups fresh green beans or frozen whole green beans (you can use cut green beans if you can’t find whole).

Instructions:
1. Cook chicken in large skillet with small amount of olive oil until brown.
2. Add all other ingredients, bring to boil, cover and lower heat to simmer.
3. Simmer for 20 minutes.
JAMBALAYA
Recipe from: The Low-FODMAP Diet
Submitted by: Helen Linda

Instructions:
1. Combine paprika, salt, black pepper, oregano, thyme, and cayenne (remember to add a little extra if adding extra veggies) into broth
2. Toss shrimp/chicken with half of spice mix and set aside
3. Heat oil in Dutch oven (or whatever big pot you have)
4. Add leek greens (or garlic and onion if using) - cook a few minutes
5. Add bell pepper and celery (and any other hearty veg your adding) - cook a few minutes
6. Add ham (or other meat of your choice). Cook ~ 1 minute
7. Add rice (or other grain) and half of spice mix, stir to combine
8. Add tomatoes, bay leaf, and shrimp/chicken stock - bring to a boil over medium-high heat
9. Lower heat and simmer for 25 minutes or until liquid is absorbed and rice is cooked through
10. Add water as needed
11. Add shrimp, scallions, garlic, grains, and greens (if using) and cook 5 minutes until shrimp are cooked through

Ingredients:
- 1 lb shrimp (Pro tip: Don’t like or can’t eat shellfish? Use chicken instead!)
- 4 cups broth (chicken, shrimp or premade)
- 1 tsp paprika
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp oregano
- 1/2 tsp thyme
- 1/4 tsp cayenne (optional)
- 2 tbsp garlic olive oil
- 1/4 cup leek greens
- 1 green pepper
- 1 celery stalk
- 5 oz ham or chicken/turkey sausage
- 1 14.5 oz can fire-roasted diced tomato
- 1 bay leaf
- 1 cup grain of your choice (long grain rice, quinoa, buckwheat groats, bulgur, steel cut oats)
- Optional: onions, carrots, 1/4 cup scallions, 1 head cooking greens

[Image of Jambalaya dish]
Preheat oven to 400 degrees
Mix all ingredients in a large bowl
Add in raw chicken coating chicken breasts on all sides with mixture
Cover and let stand for about 15 minutes to soak up marinade
Transfer chicken and marinade to oven safe dish
Cook for approximately 30 minutes, making sure chicken is thoroughly cooked through
Add your favorite sides such as a healthy green salad and brown rice

**Ingredients** (makes 4 servings):
- 4 boneless chicken breasts
- ¾ cup balsamic vinegar salad dressing
- 3 or 4 cloves of garlic, finely chopped
- Pinch of sea salt and black pepper
- 2 tbsp of honey

**Instructions:**
1. Preheat oven to 400 degrees
2. Mix all ingredients in a large bowl
3. Add in raw chicken coating chicken breasts on all sides with mixture
4. Cover and let stand for about 15 minutes to soak up marinade
5. Transfer chicken and marinade to oven safe dish
6. Cook for approximately 30 minutes, making sure chicken is thoroughly cooked through
7. Add your favorite sides such as a healthy green salad and brown rice
Start your grill to preheat.

Cut up raw boneless chicken into chunks.

Season all sides of the chicken with French salad dressing, salt and pepper.

Cut up your vegetables – slices or chunks of whatever you want to grill such as summer squash, zucchini, onion, green beans, corn, or potato.

Put the veggies in the center of a rectangular piece of foil wrap – large enough foil piece so there is plenty of room to fold in all sides.

Add butter or olive oil, salt, pepper and/or any other seasonings

Pull up the longer ends to make a tent over the veggies and fold the two pieces together to make about a ½ inch fold, then continue to fold/roll down until close to veggies.

Then fold in each side similarly with a fold to seal the pieces together and then fold/roll up to veggies – make sure it is all wrapped up with no openings.

Put foil packets on grill and let cook.

Put chicken on the grill and cook until done.

Once chicken is done, veggies should be too.

Be careful opening the foil packets as the steam can burn – you can make a slice in the foil to let the steam out before opening.

An optional side – when chicken is almost done, take slices of bread (or a hamburger/hot dog roll and split in two); put a little butter on the sides and grill until lightly browned.

Ingredients:

1. Start your grill to preheat.
2. Cut up raw boneless chicken into chunks.
3. Season all sides of the chicken with French salad dressing, salt and pepper.
4. Cut up your vegetables – slices or chunks of whatever you want to grill such as summer squash, zucchini, onion, green beans, corn, or potato.
5. Put the veggies in the center of a rectangular piece of foil wrap – large enough foil piece so there is plenty of room to fold in all sides.
6. Add butter or olive oil, salt, pepper and/or any other seasonings
7. Pull up the longer ends to make a tent over the veggies and fold the two pieces together to make about a ½ inch fold, then continue to fold/roll down until close to veggies.
8. Then fold in each side similarly with a fold to seal the pieces together and then fold/roll up to veggies – make sure it is all wrapped up with no openings.
9. Put foil packets on grill and let cook.
10. Put chicken on the grill and cook until done.
11. Once chicken is done, veggies should be too.
12. Be careful opening the foil packets as the steam can burn – you can make a slice in the foil to let the steam out before opening.
13. An optional side – when chicken is almost done, take slices of bread (or a hamburger/hot dog roll and split in two); put a little butter on the sides and grill until lightly browned.
HEALTHIER VERSION OF SHEPARDS PIE
Submitted by: Kym Andrews

Ingredients:
- 1lb Ground Beef
- 1 Can Cream Corn
- 1 Can Unsalted Corn
- 2 cups frozen broccoli
- 2 cups frozen cauliflower
- 2 tbsp unsalted butter
- ¼ cup sour cream
- Shredded Cheese

Instructions:
1. Preheat oven to 350
2. Cook ground beef, draining any access fat.
3. Boil broccoli and cauliflower together until soft, drain, then mash together with the butter and sour cream.
4. Once those items are cooked, layer the bottom of a large oven safe dish with meat, corn, then broccoli/cauliflower mixture.
5. Cook until heated through and bubbling hot, then add shredded cheese and continue cooking until cheese is melted and slightly browning.

Alternative – use ground chicken or a meatless option of choice for an even healthier version!