# **HEALTHY AT 80**

www.communityhealthdayton.org

December 2018

# **DECEMBER MEAL PLAN**

Lighten things up a bit this holiday season with this healthy meal plan. With easy main and side dishes, you'll be able to focus on gift giving and time with the family rather than planning out your next meal.

<u>Spicy Veggie and Lentil Soup</u> ~ It's easy to enjoy this recipe because it's easy on the pocket and simply delicious! You can substitute any vegetables you like—it's all a matter of preference. Serve warm pita bread on the side.

2 cups halved fresh green beans

2 cups fresh cauliflowerets

I cup dried lentils, rinsed and drained

I cup fresh baby carrots, halved diagonally

I medium onion, chopped

I jalapeno pepper, seeded and finely chopped

2 garlic cloves, minced

4 cups beef or vegetable stock

2 bay leaves

2 teaspoons smoked paprika

I teaspoon dried oregano

I teaspoon salt

1/4 teaspoon pepper

I can (14-1/2 ounces) diced tomatoes with red pepper, undrained

 $\Rightarrow$  In a 4-qt. slow cooker, combine the first 13 ingredients. Cook,

covered, on low until vegetables and lentils are tender, 6-8 hours.

⇒ Discard bay leaves. Stir in diced tomatoes; cook, covered, 30 minutes longer.

⇒ Makes 8 servings (2 quarts). Nutrition facts: I cup: I46 calories, Ig fat (0 saturated fat), 0 cholesterol, 693mg sodium, 27g carbohydrate (7g sugars, 5g fiber), I0g protein.



Healthy at 80 is
Community Health
Centers of Greater
Dayton's informational
newsletter on healthy
living, created with the
goal of helping you stay
healthy and
thriving through 80
years old and beyond!
To read more Healthy at
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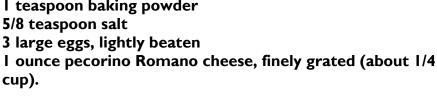
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# MASHED POTATO SOUFFLÉ

Who knew instant potato flakes could be the basis of such an amazing dish? It's really something of a faux-fflé-technically not a soufflé, but you get the same puff-tacular results without even having to whip egg whites.

Baking spray with flour
I 1/4 cups 2% reduced-fat milk, divided
2 tablespoons all-purpose flour
2 2/3 cups water
2 2/3 cups instant potato flakes
I/4 cup plain fat-free Greek yogurt
2 tablespoons butter, melted
I teaspoon baking powder
5/8 teaspoon salt
3 large eggs, lightly beaten



- $\Rightarrow$  Preheat oven to 400°. Coat a 2-quart casserole dish with baking spray.
- ⇒ Combine I/4 cup milk and flour, stirring with a whisk. Bring flour mixture and 2 2/3 cups water to a boil in a medium saucepan; simmer 2 minutes. Remove from heat; stir in

remaining I cup milk and potato flakes. Add yogurt and remaining ingredients, stirring until just combined. Spoon into prepared dish. Bake at 400° for 45 minutes or until puffy. Turn on broiler (leave dish in oven). Broil 2 minutes or until lightly browned. Serve immediately.

https://www.myrecipes.com/recipe/mashed-potato-souffle



# ROASTED CARROTS WITH THYME

Cutting the carrots lengthwise makes this dish look extra pretty.

I pound medium carrots, peeled and halved lengthwise 2 teaspoons minced fresh thyme or I/2 teaspoon dried thyme

2 teaspoons canola oil I teaspoon honey I/4 teaspoon salt

- Preheat oven to 400°.
- Place carrots in a greased 15x10x1-in. baking pan.
- In a small bowl, mix thyme, oil, honey and salt; brush over carrots.
- Roast until tender, 20-25 minutes.
- Makes 4 servings.
- Nutrition Facts: I serving: 73 calories, 3g fat (0 saturated fat), 0 cholesterol, 226mg sodium, I2g carbohydrate (7g sugars, 3g fiber), Ig protein.



# MINDFUL HOLIDAY MEALS

It is possible to take pleasure in a meal that leaves you plenty full and completely satisfied without feeling overly stuffed or regretful—it just means being more mindful of what and how much goes onto the plate. Here are some helpful tips on building a healthier holiday plate!

Gravitate Towards the Green Sides. You'll want to fill up half your plate with vegetables, which are lower in calories and higher in fiber. Raw salads or vegetables that are roasted, baked, sautéed, stir-fried or steamed will be your best bet.

Limit Starchy Sides to
1/4 of Your Plate. This is
about the size of your
balled fist. Starches can be
dinner rolls, pasta, rice and
of course, mashed
potatoes.

Leave 1/4 of Your Plate
for Lean Protein. Slice
yourself a 3-ounce
serving (about the size of
your palm) of lean
turkey/chicken breast,
low sodium ham, beef
tenderloin, fish and so
forth.

https://blog.myfitnesspal.com/build-healthier-holiday-plate/

# **NUTRITION BITES!**

# HOW TO BUILD A HEALTHIER HOLIDAY PLATE

# Main Meal



# **Delightful Dessert**





# QUINOA UNSTUFFED PEPPERS

This deconstructed stuffed pepper dish packs a wallop of flavor. Keep your freezer stocked with single-serve portions to take to work!

I-I/2 cups vegetable stock
3/4 cup quinoa, rinsed
I pound Italian turkey
sausage, casings removed
I medium sweet red pepper,
chopped
I medium green pepper,
chopped
3/4 cup chopped sweet onion
I garlic clove, minced
I/4 teaspoon garam masala
or curry powder
I/4 teaspoon pepper
I/8 teaspoon salt



- ⇒ In a small saucepan, bring stock to a boil. Add quinoa.
   Reduce heat; simmer, covered, until liquid is absorbed, 12
   -15 minutes. Remove from heat.
- ⇒ In a large skillet, cook and crumble sausage with peppers and onion over medium-high heat until no longer pink, 8
   -10 minutes. Add garlic and seasonings; cook and stir I minute. Stir in quinoa.
- ⇒ Freezer option: Place cooled quinoa mixture in freezer containers. To use, partially thaw in refrigerator overnight. Microwave, covered, on high in a microwave-safe dish until heated through, stirring occasionally.
- ⇒ Makes four I cup servings. Nutrition facts for I cup: 261 calories, 9g fat (2g saturated fat), 42mg cholesterol, 760mg sodium, 28g carbohydrate (3g sugars, 4g fiber), 17g protein.

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https://www.tasteofhome.com/recipes/quinoa-unstuffed-peppers/