



# HEALTHY AT 80

## 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.

**Spicy Veggie and Lentil Soup** ~ 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
- 1 cup dried lentils, rinsed and drained
- 1 cup fresh baby carrots, halved diagonally
- 1 medium onion, chopped
- 1 jalapeno pepper, seeded and finely chopped
- 2 garlic cloves, minced
- 4 cups beef or vegetable stock
- 2 bay leaves
- 2 teaspoons smoked paprika
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 can (14-1/2 ounces) diced tomatoes with red pepper, undrained

- ⇒ 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: 1 cup: 146 calories, 1g fat (0 saturated fat), 0 cholesterol, 693mg sodium, 27g carbohydrate (7g sugars, 5g fiber), 10g 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 80 articles, please visit the archives on our website:  
[www.communityhealthdayton.org/healthyat80](http://www.communityhealthdayton.org/healthyat80)

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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

1 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

1/4 cup plain fat-free Greek yogurt

2 tablespoons butter, melted

1 teaspoon baking powder

5/8 teaspoon salt

3 large eggs, lightly beaten

1 ounce pecorino Romano cheese, finely grated (about 1/4 cup).



⇒ Preheat oven to 400°. Coat a 2-quart casserole dish with baking spray.

⇒ Combine 1/4 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 1 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.

1 pound medium carrots, peeled and halved lengthwise  
2 teaspoons minced fresh thyme or 1/2 teaspoon dried thyme

2 teaspoons canola oil

1 teaspoon honey

1/4 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: 1 serving: 73 calories, 3g fat (0 saturated fat), 0 cholesterol, 226mg sodium, 12g carbohydrate (7g sugars, 3g fiber), 1g protein.



**12 Days of Holiday Health**

**12 WEEKS** after quitting smoking, your blood circulation improves.

**10 thousand** steps taken every day support heart health and weight control.

**9 CALORIES** are in one gram of fat, versus 4 calories in one gram of protein. Eat less fat and fewer calories.

**11 seconds** is the average amount of time people spend making their beds. But a cleaned bed is a good sign. It should be at least 20 minutes, with soap and water.

**8 HOURS** of sitting at your desk makes you sedentary — get up and move at least every hour!

**7 days of 500** fewer calories (from eating less or exercising more) will help you lose one pound.

**6 OUNCES** is the amount of protein that most people need every day.

**5 SERVINGS** of fruits and vegetables daily, at a minimum, contribute to optimal health.

**4 WEEKS** — the length of time it takes to change a habit.

**3** kinds of physical activity that are key to good health: (1) cardio, (2) strength training, and (3) stretching.

**2 YEARS** The amount of extra life you can live if you exercise just 75 minutes a week.

**1 DAY** of "Meatless Meals" will reduce your intake of saturated fat and cholesterol.

## 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

#### *Roasted Brussels Sprouts*

1 cup  
105 calories



#### *Mashed Potatoes*

1/2 cup  
120 calories

#### *Roasted Turkey Breast*

3 ounces  
125 calories



#### *Gravy*

2 tablespoons  
15 calories

#### *Cranberry Sauce*

2 tablespoons  
55 calories



TOTAL :  
420 calories

### Delightful Dessert



#### *Pumpkin Pie*

1/8th of 9" pie  
265 calories

#### *Lightened Egg Nog*

1/2 cup  
395 calories



TOTAL :  
395 calories

# Delicious & Nutritious

## 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!

1-1/2 cups vegetable stock  
3/4 cup quinoa, rinsed  
1 pound Italian turkey sausage, casings removed  
1 medium sweet red pepper, chopped  
1 medium green pepper, chopped  
3/4 cup chopped sweet onion  
1 garlic clove, minced  
1/4 teaspoon garam masala or curry powder  
1/4 teaspoon pepper  
1/8 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 1 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 1 cup servings. Nutrition facts for 1 cup: 261 calories, 9g fat (2g saturated fat), 42mg cholesterol, 760mg sodium, 28g carbohydrate (3g sugars, 4g fiber), 17g protein.

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

## Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

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Hours: Mon-Fri 7:30am-5:30pm

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