



Healthy Comfort Foods

November 7, 2018

Presented By | Coach Shelby



AGENDA

- Healthy ingredient swaps
- Healthy recipes
 - Benefits





INGREDIENT SWAPS

Mayonnaise

- Avocado
- Hummus
- Greek yogurt
- Pesto
- Sliced hard boiled eggs

Sour Cream

- Greek yogurt

Butter

- Avocado
- Coconut oil

Vegetable oil

- Olive oil
- Coconut oil
- Flaxseed oil
- Avocado oil

Sugar

- Stevia
- Honey
- Maple syrup
- Applesauce



INGREDIENT SWAPS

Rice

- Quinoa
- Cauliflower

Noodles

- Spaghetti squash
- Zoodles

Potatoes

- Cauliflower





SLOW COOKER CHICKEN NOODLE SOUP

Ingredients

- 1 1/2 lb. boneless skinless chicken breasts
- 1 large onion, chopped
- 3 carrots, peeled and sliced into coins
- 2 stalks celery, sliced
- 4 tsp. sprigs fresh thyme
- 4 tsp. sprigs fresh rosemary
- 3 cloves garlic, minced
- 1 bay leaf
- Kosher salt
- Freshly ground black pepper
- 10 c. low-sodium chicken broth
- 8 oz. egg noodles

Directions:

In a slow cooker, combine chicken, onion, carrots, celery, thyme, rosemary, garlic, and bay leaf and season generously with salt and pepper. Pour in broth. Cover and cook on low, 6 to 8 hours. Remove chicken from slow cooker and shred with two forks. Discard herbs and bay leaf. Return chicken to slow cooker and add egg noodles. Cook on low, covered, until al dente, 20 to 30 minutes.





CHICKEN “NO NOODLE” SOUP

Ingredients

- 1 teaspoon olive oil
- 1 medium onion, diced
- 4 carrots, sliced
- 4 stalks celery, diced
- ½ pound boneless skinless chicken breast
- 32 ounces reduced sodium chicken broth
- 4 sprigs thyme
- 2 bay leaves
- 2 cups cooked spaghetti squash
- salt and pepper to taste

Directions:

In large soup pot, heat olive oil and sauté onion, carrots and celery until softened. Add chicken breast, chicken broth, thyme, bay leaves, salt and pepper and bring to a boil until chicken is cooked through. Remove chicken from pot and shred. Add back to pot. Stir in spaghetti squash and serve.





SPAGHETTI SQUASH

Ingredients

- 1 large ripe spaghetti squash
- Salt and pepper

Instructions

Preheat oven to 350°. Cut the squash in half lengthwise, scoop out the seeds and fibers with a spoon. Place on a baking sheet, cut side up and sprinkle with salt and pepper. Bake at 350° about an hour or until the skin gives easily under pressure and the inside is tender. Remove from oven and let it cool 10 minutes. Using a fork, scrape out the squash flesh a little at a time. It will separate into spaghetti-like strands. Place in a serving dish and serve hot.

Tip:

Pierce with fork, microwave for 45-60 seconds so help make is easier to cut





HOMEMADE SPAGHETTI SAUCE

Ingredients

- 15 oz tomato sauce (no sugar added)
- 2 tbsp dried basil
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tsp dried oregano
- 1 tsp honey
- 2 tbsp olive oil
- ½ cup water

Instructions

- Combine all ingredients in a pot and bring to a gentle boil. Allow to simmer for about 5 minutes, being sure to stir frequently to avoid burning.





BENEFITS OF SPAGHETTI SQUASH

Vitamin A (alpha and beta Carotene)

- Eye and skin health
- Antioxidant

Vitamin C

- Antioxidant
- Immune system

Calcium

- Bone health





EASY PUMPKIN SOUP

Ingredients

- 2 tbsp ghee or coconut oil for vegan
- 2 yellow onions diced
- 8 cloves garlic minced
- 30 ounces canned pumpkin - about 2 cans
- 30 oz canned coconut milk
- 4 cups vegetable broth or chicken broth
- 1/4 cup red curry paste
- 1 tsp curry powder
- 1/2 tsp white pepper
- 1/2 tsp thyme
- 2 bay leaves
- 1/2 tsp nutmeg
- sea salt to taste
- black pepper to taste red chili pepper flakes to taste

<https://themovementmenu.com/recipes/easy-vegan-pumpkin-soup/>





EASY PUMPKIN SOUP

Instructions

Heat a large pot on medium heat and add the ghee or oil so it coats the bottom of the pan. Cook the onions until translucent, about 3 minutes. Add in the garlic cloves and canned pumpkin. Cook for another 4-5 minutes until your entire kitchen begins to smell! Add in the canned coconut milk, broth, curry paste and spices (except the nutmeg, salt and peppers.) Cook on medium heat until the soup comes to a low boil. Lower the heat so the soup is simmering for another 20-25 minutes. Remove the soup from the heat. Pull out the bay leaves with some tongs. Add in the nutmeg, sea salt and black pepper. Blend the soup in a high speed blender (or with an immersion blender if you have one.) Adjust the salt and pepper according to your taste preferences. Serve warm and with some pomegranate seeds, pumpkin seeds and fresh cilantro

<https://themovementmenu.com/recipes/easy-vegan-pumpkin-soup/>



BENEFITS OF PUMPKIN

Vitamin A (beta-carotene)

- Eye and skin health
- Antioxidant

Vitamin C

- Immune system
- Antioxidant

Potassium

- Blood pressure
- Reduce risk of stroke



CAULIFLOWER MASHED POTATOES

Ingredients

- 1 medium head cauliflower (3 lbs / 1.3 Kg) *trimmed and cut into florets*
- 3 cloves garlic
- 1 tablespoon extra virgin olive oil
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- For garnish: chopped fresh thyme, extra virgin olive oil, homemade flavored salt, freshly ground black pepper

Instructions

Bring a large pot of salted water to a boil, add the cauliflower and garlic and cook for about 10 minutes or until the cauliflower is fork tender. Drain, return it back to the hot pan and let it stand for 2 to 3 minutes with the lid on. Transfer the cauliflower and garlic to a food processor, add the olive oil, salt and pepper and purée until smooth. (You can also use a potato masher or hand blender). Adjust the salt and pepper to taste. Garnish with chopped fresh thyme, salt, pepper, and a drizzle of olive oil.



BENEFITS OF CAULIFLOWER

Fiber

- Digestive health
- Promotes fullness

Antioxidants

- Reducing inflammation
- Fighting chronic diseases

Choline

- Maintaining cells
- Brain and nervous system development



ROASTED BUTTERNUT SQUASH

Ingredients

- 5 lbs butternut squash, peeled, seeded, cut into 1-inch chunks
- 2 tbsp extra-virgin olive oil, divided
- ¼ teaspoon ground pepper, divided
- 3 cloves garlic, minced
- 2 tbsp chopped italian parsley

Instructions

Preheat oven to 375°F. Toss squash with 4 teaspoons oil, salt and ¼ teaspoon pepper. Spread evenly on a large baking sheet. Roast, stirring occasionally, until tender throughout and lightly browned, 30 to 45 minutes (depending on the variety of squash). Heat the remaining 2 teaspoons oil in a small skillet over medium heat. Add garlic and cook, stirring, until fragrant but not brown, 30 seconds to 1 minute. Toss the roasted squash with the garlic and parsley. Taste, adjust the seasoning and serve.

Tip:

Pierce with fork, microwave for 45-60 seconds so help make is easier to cut





BENEFITS OF BUTTERNUT SQUASH

Potassium

- Blood pressure
- Fluid balance

Fiber

- Healthy digestion
- Fullness

Vitamin A

- Eye and skin health
- Antioxidants

Manganese

- Calcium absorption

Vitamin C

- Antioxidants
- Immune system





ZUCCHINI LASAGNA

Ingredients

- 2 large zucchini
- 1 tablespoon salt
- 1 pound ground beef
- 1 1/2 teaspoons ground black pepper
- 1 small green bell pepper, diced
- 1 onion, diced
- 1 cup tomato paste
- 1 (16 ounce) can tomato sauce
- 1/4 cup red wine
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh oregano
- hot water as needed
- 1 egg
- 1 (15 ounce) container low-fat ricotta cheese
- 2 tablespoons chopped fresh parsley
- 1 (16 ounce) package frozen chopped spinach, thawed and drained
- 1 pound fresh mushrooms, sliced
- 8 ounces shredded mozzarella cheese
- 8 ounces grated Parmesan cheese





ZUCCHINI LASAGNA

Instructions

Preheat oven to 325 degrees F (165 degrees C). Grease a deep 9x13 inch baking pan. Slice zucchini lengthwise into very thin slices. Sprinkle slices lightly with salt; set aside to drain in a colander. To prepare the meat sauce, cook and stir ground beef and black pepper in a large skillet over medium high heat for 5 minutes. Add in green pepper and onion; cook and stir until meat is no longer pink. Stir in tomato paste, tomato sauce, wine, basil, and oregano, adding a small amount of hot water if sauce is too thick. Bring to a boil; reduce heat and simmer sauce for about 20 minutes, stirring frequently. Meanwhile, stir egg, ricotta, and parsley together in a bowl until well combined. To assemble lasagna, spread 1/2 of the meat sauce into the bottom of prepared pan. Then layer 1/2 the zucchini slices, 1/2 the ricotta mixture, all of the spinach, followed by all of the mushrooms, then 1/2 the mozzarella cheese. Repeat by layering the remaining meat sauce, zucchini slices, ricotta mixture, and mozzarella. Spread Parmesan cheese evenly over the top; cover with foil. Bake for 45 minutes. Remove foil; raise oven temperature to 350 degrees F (175 degrees C), and bake an additional 15 minutes. Let stand for 5 minutes before serving.

<https://www.allrecipes.com/recipe/172958/no-noodle-zucchini-lasagna/>



BENEFITS OF ZUCCHINI

Vitamin C

- Antioxidants
- Immune system

Potassium

- Blood pressure
- Fluid balance

Fiber

- Healthy digestion
- Satiety

B Vitamins

- Folate for women

Tip: Grill the zucchini to take out excess moisture



APPLE CRISP

Ingredients

- For the Apples
 - 5 granny smith apples
 - 1 tablespoon pure maple syrup
 - 3 tablespoons water
 - 2 teaspoons cinnamon
- For the Crumble Topping
 - 1 cup old-fashioned oats
 - 1/2 cup Bob's Red Mill almond flour
 - 1/2 cup chopped almonds, walnuts, or pecans
 - 3/4 teaspoon cinnamon
 - 1/4 teaspoon salt
 - 1/4 cup melted coconut oil or butter
 - 1/4 cup pure maple syrup



APPLE CRISP

Instructions

Preheat oven to 350 degrees.
Peel apples and dice into cubes of approximately equal size. In a large bowl, toss with maple syrup, water, and cinnamon. Pour apples into greased 9x9 or 8x8 inch baking dish.

In the same (now empty) bowl, add oats, almond flour, nuts, cinnamon, salt, coconut oil or butter, and maple syrup. Stir crumble topping together and pour into baking dish on top of apples.

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.



BENEFITS OF ALMOND FLOUR

Vitamin E

- Antioxidant

Magnesium

- Blood sugar
- Blood pressure
- Brain function and mood

Gluten free

- Good alternative for celiac disease or wheat intolerance

Note: may make baked goods more dense and flat





BANANA ICE CREAM

Ingredients

- 2-3 overripe, frozen bananas
- optional milk of choice, if needed
- pinch salt

Instructions

Start with bananas that are turning brown. Peel and cut into large pieces, then freeze in an airtight bag or container. (You can freeze a whole bunch at once so they're ready whenever you want to make banana ice cream.) To make the ice cream, throw around 2-3 frozen bananas into a blender or food processor—adding a pinch of salt and 2-4 tbsp milk of choice for smoother blending if desired—and blend until you achieve a soft-serve texture. You can serve immediately, or transfer to a container and freeze an additional 30 minutes, then scoop out with an ice cream scoop.





BANANA ICE CREAM

Flavors

Chocolate Banana Ice Cream: Use 3 bananas. Add 1/4 tsp pure vanilla extract, pinch salt, and 3 tbsp cocoa powder.

Mint Chocolate Chip: Use 2 bananas and a pinch of salt. Add 1/8 tsp pure peppermint extract (or more if desired), and stir in chocolate chips or cacao nibs after blending. Optional, blend in a pinch of spirulina or a small handful spinach for color and an extra nutrient boost.

Peanut Butter: Make the original recipe below, adding 2-3 tbsp peanut butter or another nut butter or allergy-friendly alternative before blending.

Very Berry: Make the original recipe below, adding 1 cup frozen berries of choice and 1/8 tsp pure vanilla extract.

Strawberry: Use 2 bananas. Blend in 1/2 cup frozen strawberries. Add 1/4 tsp pure vanilla extract and optional shake of cinnamon.

Vanilla Bean: Use 3 bananas and a pinch of salt. Add 1/2 tsp vanilla bean paste.

Pistachio: Make the original recipe below, adding 2-3 tbsp pistachio butter and 1/8 tsp pure vanilla extract. Sprinkle crushed pistachios on top if desired.



BENEFITS OF BANANA



Fiber

- Healthy digestion
- Fullness

Potassium

- Blood pressure
- Fluid balance

Iron

- Fights anemia



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December 5, 2018



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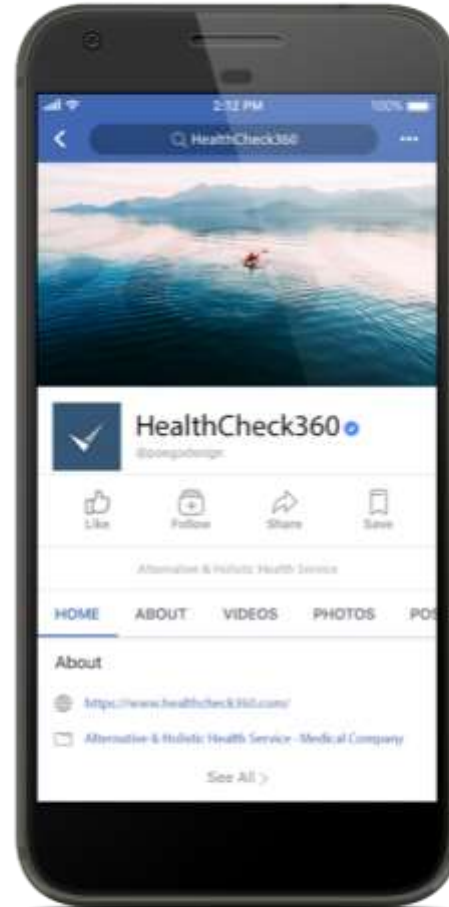
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