

# Winter Citrus Salad with Honey Dressing

Serves 4

Recipe adapted from [cooking.nytimes.com](http://cooking.nytimes.com)

2 blood oranges or tangerines	½ teaspoon honey
1 pink grapefruit	Lime or lemon juice to taste
1 navel orange	
Salt	
½ small red onion or 1 shallot, chopped	¼ teaspoon freshly
3 tablespoons olive oil	chopped tarragon or basil
1 tablespoon vinegar	



Peel citrus, removing as much pith as possible, and slice into wheels. Remove any pits, layer fruit on a serving dish, sprinkle with salt and garnish with chopped onion. Whisk together olive oil, vinegar, honey, lime juice and tarragon until well combined; taste, adjust seasoning as needed and drizzle over salad.

*Nutrition per serving: 150 calories, 1 grams protein, 15 grams carbohydrates, 10 gram fat, 314 mg sodium*



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# Easy Veggie Taco Soup

Makes about 12 cups

3 (14.5 oz) cans low sodium beans (for example: black, kidney, and/or pinto); do NOT drain

1 (14.5 oz) can low sodium diced tomatoes

1 (10 oz) can low sodium ro-tel (tomatoes & chilis)  
- or you can substitute salsa

1 (14.5 oz) can low sodium corn

2 Tablespoons homemade taco seasoning blend (see below) or from a packet

Salt and pepper to taste

*Optional Toppings:* sliced avocado, black olives, chives, diced onions, diced peppers, cilantro, shredded cheese, plain yogurt or sour cream, tortilla chips

**Homemade Taco Seasoning blend:** In an air tight container combine 2 Tablespoons chili powder, 1 Tablespoon onion powder, 1 Tablespoon cumin, 1 Tablespoon oregano,  $\frac{1}{2}$  Tablespoon garlic powder,  $\frac{1}{2}$  Tablespoon smoked paprika, 1 teaspoon black pepper. – *This will make more than you will use in this recipe, so you will have extra for future recipes.*

## To Make the Soup:

- Open cans and do NOT drain. Add all the ingredients in a dutch oven or large pot.
- Bring to a boil then reduce heat and simmer for 15-20 minutes.
- Season to taste, add your toppings, and enjoy!

*Nutrition per Cup: 130 calories; <1g Fat; 7g Protein; 27g Carbohydrates; 8g Fiber; 202mg Sodium*



## Harvest Kale Salad with Roasted Winter Squash

Recipe by [skinnytaste.com](http://skinnytaste.com)

Total Time: 50 minutes

Makes 2 Hearty Salads



### Ingredients:

#### *For the Salad*

1 acorn squash  
olive oil spray  
kosher salt  
pinch cinnamon  
4 cups thin-sliced kale (be sure to remove stem)  
1/2 tbsp olive oil  
1/4 cup pecans, toasted  
3 tbsp pomegranate seeds



#### *Maple Balsamic Dressing*

1 tsp olive oil  
1 1/2 tsp balsamic vinegar  
1/2 tsp dijon mustard  
1 tsp pure maple syrup  
pinch of salt

### Directions:

1. Preheat oven to 400°F
2. Slice squash in half lengthwise and scrape out the seeds. Slice the squash 1/2 inch thick slices and spread on a baking sheet. Spray with olive oil and season with salt and cinnamon. Roast squash for 40 minutes, turning halfway until fork tender. Remove and set aside.
3. Meanwhile, massage kale with 1/2 tbsp olive oil for 1 to 2 minutes until evenly coated.
4. In a small sauté pan toast the pecans on medium-low heat for 5 minutes, tossing often to prevent burning.
5. Whisk dressing ingredients together, then add to the kale and toss well.
6. To assemble the salad, divide the kale in two bowls, top with squash, pomegranate seeds and toasted pecans and serve.

Nutrition for 1/2 of recipe: Calories: 329, Total Fat: 16.5g, Saturated Fat: 0 g, Sodium: 98mg, Carbohydrates: 45g, Fiber: 11g, Protein: 8g

# Loaded Apple Nachos

Apple nachos are a fun way to get a full serving of fruit, natural sweetness from a sprinkle of dried fruit, and a combo of crunchy and creamy textures from protein-packed nuts and seeds. This can be a snack or dessert. This can be a nutritious snack or dessert that only takes 5 minutes of prep!



## Ingredients (serves 1-2)

- 1 medium apple, cored and sliced in thin wedges
- 1 Tablespoon natural peanut butter, melted
- 1/8 teaspoon ground cinnamon (to sprinkle)
- 1 Tablespoon crushed walnuts or other nuts/seeds
- 1 teaspoon dried cranberries, chopped (unsweetened)
- 1 teaspoon shredded unsweetened coconut

## Nutrition (for full recipe):

Calories: 269  
Protein: 5 grams  
Total carbohydrate: 32 grams (6 g fiber)  
Total fat: 15 grams (3.5 g saturated, 5 g mono, 6 g poly)  
Sodium: 6 mg

## Instructions:

- Wash and core apple. Slice in thin wedges and arrange flat on a plate.
- Melt peanut butter in the microwave for 20-30 seconds. Drizzle over apples.
- Lightly sprinkle with cinnamon and assorted toppings. Enjoy!



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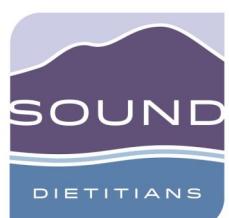
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## Polynesian Chicken – Slow Cooker Recipe

*Makes 6 servings*

### Ingredients:

1 ½ pounds boneless and skinless chicken breasts about 4 pieces cut into 2 inch cubes  
1 red bell pepper cored and seeded sliced into 1 inch strips  
20 ounces pineapple chunks canned, in natural juice  
2 tablespoons reduced sodium soy sauce  
2 cloves minced garlic  
2 teaspoons grated ginger  
1/3 cup honey  
2 tablespoons cornstarch



### Directions:

1. Drain the canned pineapple chunks and save the juice into a mixing bowl.
2. Add to juice, reduced sodium soy sauce, garlic, ginger and honey, whisk to combine.
3. Add cornstarch and stir until combined.
4. Place chicken in a slow cooker, add pineapple chunks.
5. Pour pineapple juice mixture over chicken, cover and cook on low for 4-5 hours.
6. At the last 15 minutes of cook time, add bell peppers. Serve chicken over hot brown rice.

Recipe by: <https://skinnymms.com/slow-cooker-polynesian-chicken/>

*Nutrition per 1 cup: 228 calories; 1.55g Fat; 24.12g Protein; 27.28g Carbohydrates; <1g Fiber; 210mg Sodium*

### Instant Pot Brown Rice

2 cups brown rice of your choice (sweet brown, basmati, etc)

2 ½ cup water

Rinse the rice well in a fine mesh strainer under running water, then place in instant pot.

Pour water over rice and stir. Secure lid and set to “sealing”. Use brown rice function to cook.

Allow to release pressure naturally or, if pressed for time, use quick release function.

## Roasted Veggies

Serves 4

Picture source & recipe adapted from

<https://www.oatmealwithafork.com/balsamic-rosemary-roasted-vegetables-vegan-grain-free/>



### Ingredients:

- 2 large carrots
- 2 medium parsnips
- 1 medium rutabaga
- 1 small bunch radishes
- 1 medium bunch broccoli
- 1 Tbsp Olive oil
- Sea Salt to taste

### Directions:

Preheat the oven to 375 degrees F. Chop all the vegetables (except broccoli) into 1-inch pieces. Tear off broccoli florets into medium to large pieces. Place all vegetables in a large bowl and drizzle with olive oil to coat lightly. Sprinkle with 1/4 teaspoon sea salt and toss. Spread evenly on a baking sheet pan and roast until vegetables are slightly tender and slightly browned.

*Nutrition per serving: 87 calories; 4g fat; 2g protein; 13g carbohydrates; 40mg sodium; 4g fiber*



## Roasted Veggies

Serves 4

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# Savory Oatmeal

10 min

Tired of sweet breakfasts? Try taking your oatmeal in a savory direction. This hearty and inexpensive grain can be a base for endless variations of savory breakfast ideas. Give it a try!

## Ingredients:

1 clove garlic, minced (or 1 tsp pre-minced)

½ tsp grated fresh ginger (or paste)

4 mushrooms, sliced

1 tsp avocado oil (or other neutral oil)

1 cup vegetable broth

½ cup old-fashioned rolled oats

½ cup spinach, rough chopped

½ tsp toasted sesame oil

Soy sauce – optional

Sriracha – optional

Egg – optional



## Directions:

- Saute garlic, ginger and mushrooms in a neutral tasting oil over medium heat for a couple of minutes.
- Add the vegetable broth and turn up the heat to bring to a boil.
- Once boiling, stir in oats. Return to a boil, then reduce heat to simmer the oats for a few minutes or until thickened.
- Stir in the spinach and toasted sesame oil. Serve hot.
- For a splash of flavor, skip the saltshaker and use a dash of soy sauce or sriracha to finish.

*For additional protein, top with a hard-boiled egg or make a well in the oatmeal at the end of cooking and crack an egg into it then cover pot and allow egg to set.*

Nutrition w/o optional egg: 245 calories; 8g Fat; 8g Protein; 35g Carbohydrates; 5g Fiber

Recipe adapted from [budgetbytes.com/savory-oatmeal](http://budgetbytes.com/savory-oatmeal)



## TIPS FOR FREEZER TO SLOW COOKER MEALS:

- Plan ahead! If you are going to prep all the recipes provided in one day then shop one day, prepare the second.
- On prep day, wear tennis shoes and comfortable clothes. Your body will thank you that night.
- Print out the recipes so that you have them right in front of you without worry about spilling anything on them. Make notes on any changes or adaptations you made as you go. If you make them a second time you'll know what you did and what you like.
- Write the name of the dish, date, and anything extra you need to add the day of cooking on the bag before filling it. It's much easier to write on a clean flat bag than a full one.
- All recipes were tested with all ingredients going into the bag uncooked. You can sauté onions and sear the meat for additional depth of flavor though it adds to the overall prep time significantly.
- I don't like fresh potatoes, cauliflower, or broccoli frozen and then cooked in the slow cooker (sweet potatoes are fine though). If you are going to use these ingredients in a freezer to slow cooker type meal, I suggest buying them already frozen (instead of fresh), it works a little better.
- I prefer to use "baby bella" mushrooms in the slow cooker. They have great flavor and texture when cooked.
- I like to fold the top of the gallon bags over (so that the bag is about half as tall as it is wide) and then lay them flat to freeze. I have found that if I lay them out completely flat then they don't fit in my slow cooker once they are frozen.
- In my research I noticed that some people suggested thawing the freezer meal in the fridge overnight the night before they plan on cooking it. They then cooked a thawed from the freezer, freezer meal. I put my meals straight from the freezer into the crock pot during recipe testing. I assume that both methods work fine, but I haven't tested the thaw-first approach.
- Running the outside of the plastic bag under warm water for a minute or so made it easier to get the frozen contents out of the bag and into the slow cooker.
- In general cook frozen meals on high for 5 to 6 hours or on low for 7 to 8. I generally prefer the low and slow method, but a few times if I had forgotten to get the meal in the slow cooker until lunch then I would cook it on high for an hour or two and then drop it down to low heat for the last few hours.
- Most recipes call for one onion; in general, one onion is equivalent to 1 cup chopped onion. I don't often buy the pre-chopped garlic in a jar, but I did for these. I made all 10 recipes in one day and having the garlic already chopped was a great time saver.





### INSTRUCTIONS:

- Decide how many and which meals you plan to make.
- Make a shopping list. The shopping list provided is to make all 10 recipes but does not include any of the serving suggestions.
- Shop
- Day of freezer meal prep- collect all needed supplies, wear comfortable clothes and shoes, fun music and snacks are always smart too.
- Print out recipes to have handy without having to worry about spills getting on an electronic device.
- Label gallon zipper-top freezer bags with recipe name, date, ingredients that will need to be added to the slow cooker (such as water or broth and how much) on cooking day, and cook time.
- To make the freezer meals: Place all of the ingredients that are listed under the recipe title into the corresponding labeled gallon zipper-top freezer bag. Fold the top of the bag over and freeze lying flat.
- On cooking day, take the meal bag from the freezer, run it under warm water to loosen the contents from the bag, add the contents of the bag to the slow cooker, add additional ingredients as needed (broth or water), and cook according to directions.
- Salt and pepper have been added sparingly, so taste and adjust seasonings before serving.



## SHOPPING LIST:

### PRODUCE

9 onions  
2 heads garlic (or 1 jar chopped garlic)  
2 limes  
4 assorted bell peppers  
2 cups butternut squash (1 large)  
1 large sweet potato  
1 head celery  
4 carrots  
2 pounds Baby Bella mushrooms  
2 cups fresh or frozen cranberries  
2 cups green beans (about 1 pound)

### HERBS AND SPICES

Salt  
Pepper  
Curry Powder  
Garam Marsala  
Cumin  
Oregano  
Basil  
Cinnamon

### CANNED/DRY GOODS

2, 15-ounce cans coconut milk,  
3, 15-ounce cans diced tomatoes,  
1, 28-ounce can crushed tomatoes  
1, 20-ounce can pineapple chunks  
4, 15-ounce cans black beans  
Red lentils (3 cups)  
Quinoa (½ cup)  
Pumpkin puree (1 cup)  
Pearl barley (1 cup)  
18 cups (4.5 quarts) of stock (I used vegetable)  
needed for cooking days, but not for freezer prep day

### MEAT/DAIRY/REFRIGERATED

6 pounds boneless skinless chicken, thighs or breast meat  
2-3 pounds pork roast (lion, butt, or shoulder)  
3 pounds stew meat  
Orange Juice Concentrate  
Apple Juice  
Frozen corn (2 cups)

### PANTRY STAPLES

Maple syrup  
Rice wine vinegar  
Soy sauce  
Brown of Dijon mustard  
Worcestershire sauce  
Beef stock base (I like Organic Better than Bullion), or equivalent  
10 zipper topped freezer bags, gallon-size



### VEGETABLE BEEF STEW:

- 2 pounds stew meat
- 1 onion, diced
- 2 carrots, sliced
- 2 cups green beans, broke into bite-sized pieces
- 1 cup sweet corn
- 2 tablespoons beef stock base (I like Organic Better than Bullion)
- 1 teaspoon salt
- 2 cloves garlic, minced
- ½ cup apple juice
- 1 tablespoon Worcestershire sauce

**DAY OF:** Add 1 1/2 cups of water to slow cooker before cooking

- Cook Time: 8 to 10 hours on low
- Serve with: fresh bread or biscuits
- Serves 6 to 8

### BEEF STROGANOFF:

- 1 pounds stew meat
- 1 pound sliced baby bella mushrooms
- 1 onion, diced
- ½ cup apple juice
- 1 tablespoon beef stock base (I like Organic Better than Bullion)
- 2 teaspoons salt
- 1 teaspoon black pepper
- 2 cloves garlic, minced

**DAY OF:** Add 1 cup water to the slow cooker before cooking. Stir in 1 cup of sour cream just before serving.

- Cook Time: 8 hours on low
- Serve with: egg noodles or rice
- Serves 6 to 8

### CRANBERRY-MUSTARD PORK ROAST:

- 2-3 pounds pork roast (lion, butt, or shoulder)
- 2 cups fresh or frozen cranberries
- ½ cup orange juice concentrate
- 1 tablespoon brown or Dijon mustard
- 1 onion, diced
- 1 tablespoon salt
- 1 teaspoon black pepper
- ¼ teaspoon ground cinnamon, optional

#### DAY OF:

- Cook Time: 8 to 10 hours on low
- Serve with: mashed potatoes and steamed green vegetables or side salad
- Serves 6 to 8

### MUSHROOM BARLEY STEW:

- 1 pound Baby Bella mushrooms, sliced
- 2 carrots, sliced
- 1 rib celery, diced
- 1 onion, diced
- 1, 15-ounce can diced tomatoes
- 1 cup uncooked pearl barley
- 2 cloves garlic, minced
- 1 tablespoon salt
- 1 teaspoon dried basil
- 1 teaspoon black pepper

**DAY OF:** Add 8 cups of vegetable stock to the slow cooker before cooking.

- Cook Time: 8 hours on low
- Serve with: hot crusty bread or rolls
- Serves 6 to 8



### BLACK BEAN CHILI:

- 3, 15-ounce cans black beans
- 1, 28-ounce can crushed tomatoes
- 1 ½ cups chopped onion
- 1 cup pumpkin
- 1 cup assorted chopped bell pepper
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 teaspoon salt
- 2 cloves garlic, minced

**DAY OF:** Add 4 cups stock (I used vegetable stock) to the slow cooker before cooking.

- Cook Time: 6- 8 hours Low or 5-6 hours High
- Serve with: Tortilla chips and top with sour cream, cheese, and/or hot sauce
- Serves 6 to 8

### HEARTY LENTIL STEW:

- 1 onion, diced
- 2 ribs celery, diced
- 1 red bell pepper, diced
- 2 cups peeled and diced (1/4 inch cubes) sweet potatoes
- 1 cup red lentils
- ½ cup washed quinoa
- 3 cloves garlic, minced
- 1 tablespoon cumin
- 1 tablespoon salt
- 1 tablespoon black pepper
- 1 teaspoon oregano

**DAY OF:** Add 6 cups stock (I used vegetable stock) to the slow cooker before cooking.

- Cook Time: 6-8 hours Low or 5-6 hours High
- Serve with: fresh breadsticks
- Serves 6 to 8

### LENTIL BUTTERNUT SQUASH CURRY:

- 1 onion, diced
- 2 cups red lentils
- 2 cups diced butternut squash
- 1, 14-ounce can coconut milk (I used full fat)
- 1, 15-ounce can diced tomatoes
- 1 tablespoon curry powder
- 2 teaspoons salt
- 1 teaspoon Garam Marsala
- 1 teaspoon cumin

**DAY OF:** Add 8 cups of water to the slow cooker before cooking. Just before serving add an additional teaspoon of both curry powder and graham Marsala if desired, stirring to combine.

- Cook Time: 6-8 hours Low or 5-6 hours High
- Serve with: rice, flatbread or naan and roasted vegetables
- Serves 6 to 8

### TERYAKI CHICKEN:

- 2 pounds boneless skinless chicken, thighs or breast, cut into bite-size pieces (I recommend thighs, they don't dry out as much in the slow cooker)
- ½ cup soy sauce
- ¼ cup rice wine vinegar
- ¼ cup maple syrup
- 1, 20-ounce can pineapple chunks
- 2 cloves garlic, minced

**DAY OF:**

- Cook Time: 8 hours on low
- Serve with: cooked brown rice and green veggies
- Serves 6 to 8



### CILANTRO LIME CHICKEN WITH CORN AND BLACK BEANS:

- 2 pounds boneless skinless chicken, thighs or breast (I recommend thighs, they don't dry out as much in the slow cooker)
- 1 cup corn
- 1, 15-ounce can black beans
- 1 orange bell pepper, diced
- 1 yellow bell pepper, diced
- 1 onion, diced
- Juice from 2 limes
- 2 tablespoons chili powder
- 1 teaspoon salt
- 1 teaspoon cumin
- $\frac{1}{2}$  teaspoon black pepper

#### DAY OF:

- Cook Time: 6- 8 hours Low or 5-6 hours High
- Serve with: treat this like you would taco filling – add to tacos, burritos, taco salad, nachos, or make burrito bowls with it. It's very flexible.
- Serves 6 to 8

### BUTTER CHICKEN:

- 2 pounds boneless skinless chicken, thighs or breast, cut into bite-size pieces (I recommend thighs, they don't dry out as much in the slow cooker)
- 1, 15-ounce can diced tomatoes
- 1, 15-ounce can coconut milk (I used full fat)
- 3 cloves garlic, minced
- 1 onion, diced
- 2 teaspoons Garam Marsala
- 1 teaspoon curry powder
- 1 teaspoon salt
- 1 teaspoon pepper

#### DAY OF:

- Cook Time: 8 hours on low
- Serve with: cooked brown rice and green veggies
- Serves 6 to 8