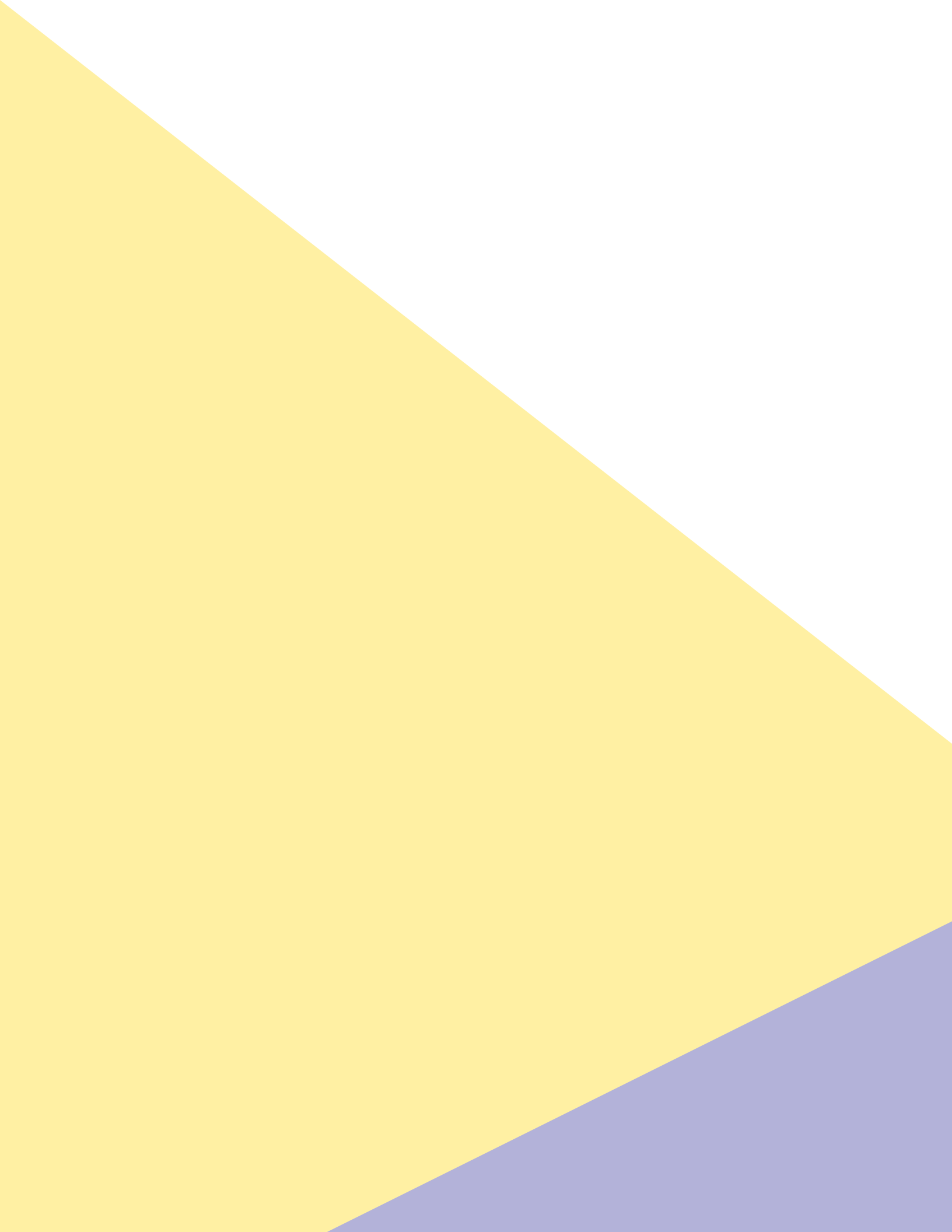


FOOD HEALTH NUTRITION

April 2023

Saturday, April 1st
10:00 am–12:00 pm
Grace Community Church

Hosted by:
Jennifer Mejia, Kathy Robinson,
& Lea Ann Hirth



“Nutrition is not low fat. It’s not low calorie. It’s not being hungry and feeling deprived. It’s nourishing your body with real, whole foods so that you are consistently satisfied and energised to live life to the fullest.”

Anonymous

“Choose your hard.”

Jennifer Mejia

“In studying the Bible and how people ate thousands of years ago, studies uncovered an interesting fact: the longest lived cultures in the world had a few things in common—they consumed “living” foods that abounded with nutrients, enzymes, and beneficial micro-organisms. And they consumed healthy animal foods that were rich in nutrients. They avoided processed foods filled with ‘empty’ calories that robbed nutrients from the body.”

Jordan Rubin, *The Maker’s Diet*

HYDRATION, CLEANSING AND CIRCULATION

Be extra diligent during stressful periods and when illness abounds



How much?

Divide your body weight in half, and strive to drink that many ounces per day.

Your weight _____ divided in half = _____ ounces per day.

When?

Help your body cleanse, so drink most of your water in the morning.

Don't drink too much during meals else you hinder digestion.

½ to 1 hour before meals.

What?

Water. Can add splash of fresh lemon, lime, unsweetened cranberry, apple cider vinegar, kombucha.

Herbal teas - hot or cold.

Broths with sea salt.

Temperature

Room temperature is usually best. Warm liquids are soothing for many conditions.

During meals its best to sip tepid water than guzzle ice cold drinks.

Diuretics (cause dehydration)

coke
coffee
black tea



Cleansing is a GIFT

fever
rashes
headaches
flu-like symptoms
sore joints
mucous
diarrhea

Are you helping your body cleanse or stopping the cleansing with medication?



MOVE MOVE MOVE!

Circulation delivers nutrients to and from organs and cells

Oxygen is critical for healthy blood and cells

Exercise helps you expel toxins

Fresh air and sunlight are free supplements!



EMPOWERED TO HEAL

Kelly Maharc

kmaharc@sbcglobal.net

© November 2006

Home Remedies

Head:

Acne: egg white mask overnight

Age spots: apply buttermilk with a cotton ball- rinse after 20 minutes

Allergies: Vitamin C nasal spray (2 g/ day)

Canker sores: rinse mouth with Milk of Magnesia or apply directly 3-4x/day

Chapped lips: olive oil

Cleansing teeth/ coffee stains: eat an apple with skin on to remove plaque and stains between brushing

Eye bags: wring out wet caffeinated tea bags, place in refrigerator, put over eyes when cold

Hair: (damaged, dry, over-processed) - 2 T honey with 1/2 avocado and 1 T olive oil, rinse after 20 minutes

Headaches: ice/cold pack on forehead/temples; front of new over carotid arteries reduces pain in migraine sufferers; Peppermint essential oil cools, numbs pain as well as acetaminophen (scientific study)

Memory lapses: sage leaf extract capsules helped with word recall and memory

Nasal congestion: Neti pot nasal irrigation

Throat:

Sore throat: gargle warm salt water (1 tsp/ 8 oz water)

Shoulders:

Stress: chew gum (less anxiety, helps mood and tiredness) - cortisol lowers by 16% with mild stress and 12% with moderate stress

Chest:

Cold prevention: Simmer for 30 minutes-1 red onion with 5 oz raw honey and the juice of 2-3 lemons (Adults take 1 T 4x/ day; kids 1 tsp 4x/day)

Colds, Coughs, Bronchitis:

- drink lots of water
- no dairy, sugar, white flour, sweet fruits, processed food
- no beans, cabbage, cauliflower
- eat lots of veggies
- use vaporizer
- vitamin c
- exercise
- blow up a balloon 3x/day
- no bananas or apple juice
- chicken soup: may help reduce inflammation in the lungs by slowing down the activity of white blood cells; steam may ease congestion; helps fight infections
- hot beverages/ soups: thin mucous secretions helping them drain faster, providing relief
- honey for cough
- tea or hot lemon water with honey is soothing

Hiccups: inhale maximally (through nose) 3 times without exhaling in between. Then hold breath 15-30 seconds. Slowly exhale through mouth; Scoop of peanut butter

Tummy:

Constipation:

- Prunes, pears, apple juice
- Magnesium
- Vitamin D/ Sunlight
- Smooth Move Tea
- High fiber diet
- Prunes - 3 g fiber

Motion Sickness:

- sucking a lemon
- lemon water
- inhaling lemons
- peppermint essential oil
- ginger

Nausea: ginger

Kidney/bladder/bottom:

UTI:

- unsweetened cranberry juice or supplements (prevention- not treatment)
- Alka Selzer Gold
- avoid sugar

Kidney stones:

- 4 oz lemon juice daily (in water) - prevention
- avoid sodas
- drink lots of water

Hemorrhoids:

- witch hazel

Skin:

Poison Ivy: egg whites

Eczema/psoriasis/dry skin: oatmeal bath

Skin Tags: oregano

Sunburn/burns: pure aloe vera

Warts: duct tape

Joints:

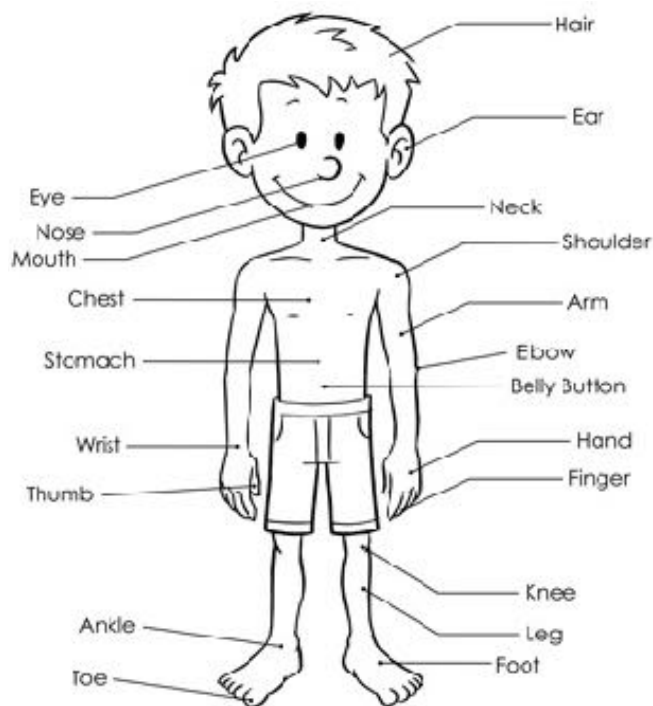
Pain: green tea 2-3 c/daily

Feet:

Gout: 20 cherries/ day

Sore/plantar fasciitis: can/ tennis ball

Sleep: Lavender essential oil



HEALTHY FOOD SWAPS

INSTEAD OF: @wellnesswithally OPT FOR:

White Flours , Pastas, Baked Goods	→	Gluten Free 1:1 Flour, Almond, Coconut Flour Lentil or bean pastas
Margarine or Vegetable Oils	→	Ghee, Grass Fed Butter, Coconut or Avocado Oil
White Sugars, corn syrup, fake sugars	→	Organic stevia extract, granulated erythritol, monk fruit, applesauce, banana, pumpkin
Chips, Crackers & Packaged Snacks	→	Raw veggies, nuts & seeds, bean or lentil chips, grain free crackers
Conventional animal products, meats and dairy	→	Organic, pasture raised, grass fed poultry & meat, wild caught seafood, plant based milks & yogurts

FITNESSRX PRINT AND GO

RECIPE SUBSTITUTIONS



REPLACE THIS	FOR THAT
WHITE FLOUR	WHOLE WHEAT FLOUR ALMOND FLOUR/MEAL OAT FLOUR NUT FLOURS COCONUT FLOUR QUINOA FLOUR CHICK PEA FLOUR BLACK BEANS (RINSED AND DRAINED)
BUTTER & OILS	UNSWEETENED APPLESAUCE PURE PUMPKIN PUREE AVOCADO PUREE BANANA PUREE PRUNES DATES
BREADING	GROUND CEREAL (BROWN RICE CEREAL, FIBER ONE, GRAPE NUTS) ANY FLOUR SUBSTITUTION (LISTED ABOVE) GROUND FLAXSEED
SUGAR	STEVIA
CHOCOLATE CHIPS	CACAO NIBS
MILK CHOCOLATE	>70% DARK CHOCOLATE
REGULAR NUT BUTTER	NATURAL NUT BUTTER
REFRIED BEANS	BLACK BEANS PINTO BEANS ANY WHOLE BEAN
WHITE BREAD	SPROUTED WHOLE WHEAT PUMPERNICKLE RYE MULTI GRAIN
WHITE RICE	BROWN RICE WILD RICE QUINOA BARLEY CAULIFLOWER (GRATED & SAUTEED)
COUSCOUS	QUINOA BARLEY
RICE KRISPIES	BROWN RICE CEREAL
WHITE PASTA	WHOLE WHEAT PASTA BROWN RICE PASTA QUINOA PASTA NO/LOW CARB OPTIONS: SHIRATAKI NOODLES ZUCCHINI RIBBONS SPAGHETTI SQUASH
WHITE POTATOES	YAMS SWEET POTATOES RED POTATOES
MASHED POTATOES	MASHED TURNIPS MASHED CAULIFLOWER MASHED SWEET POTATOS OR YAMS

WHITE FLOUR TORTILLAS	WHOLE GRAIN TORTILLAS ORGANIC CORN TORTILLAS CABBAGE OR LETTUCE LEAVES
REGULAR DEEP DISH PIZZA DOUGH	THIN CRUST DOUGH (WHOLE WHEAT OR GLUTEN FREE BETTER OPTIONS)
TORTILLA CHIPS	CORN CHIPS FLAX CHIPS KALE CHIPS
BUTTER POPCORN	ORGANIC FRESHLY POPPED POPCORN (WITH COCONUT OIL)
FRIED CHIPS	BAKED CHIPS OR CRACKERS
1 WHOLE EGG	2 EGG WHITES
DARK POULTRY	WHITE POULTRY
GROUND BEEF	GROUND BISON GROUND TURKEY GROUND CHICKEN
CANNED BEANS	DRY BEANS
REGULAR DAIRY PRODUCTS	LOW FAT, NON FAT VERSIONS
REGULAR MILK	UNSWEETENED COCONUT MILK UNSWEETENED ALMOND MILK
REGULAR YOGURT	LOW FAT OR NON FAT GREEK YOGURT
SOUR CREAM	LOW FAT OR NON FAT GREEK YOGURT
REGULAR CHEESE	LOW FAT CHEESE ALMOND CHEESE NUTRITIONAL YEAST
MAYONAISE	LOW FAT OR NON FAT GREEK YOGURT HUMMUS
SOUR CREAM	LOW OR NON FAT COTTAGE CHEESE LOW OR NON FAT GREEK YOGURT
ICE CREAM	FROZEN YOGURT
CANNED FRUIT & VEGGIES	FROZEN OR FRESH FRUIT & VEGGIES
ICEBERG LETTUCE	ARUGULA, ROMAINE, SPINACH, MIXED GREENS OR KALE
FRUIT JUICE	FRESH FRUIT
DRIED FRUIT	FRESH FRUIT
EGG YOLKS (IN DEVILED EGGS)	YELLOW CAULIFLOWER PUREE
SALT	GARLIC POWDER SEA SALT
REGULAR SOY SAUCE	LOW SODIUM SOY SAUCE BRAGG'S LIQUID AMINOS TAMARI SAUCE
REGULAR STORE BOUGHT SALAD DRESSING	HOMEMADE SALAD DRESSING (OIL AND VINEGAR WORKS GREAT)
REGULAR CHICKEN BROTH	LOW SODIUM CHICKEN OR VEGETABLE BROTH
SODA	SELTZER WATER WITH CITRUS SLICE
REGULAR TEAS OR JUICE	UNSWEETENED TEAS
CAFÉ LATTE	CAFÉ AMERICANO
WHITE WINE	RED WINE
DARK LIQUOR	CLEAR LIQUOR
TONIC WATER	SODA WATER
DEEP FRYING	OVEN OR PAN FRYING, BROIL OR STEAM

TORTILLA WRAP SWAPS

INSTEAD OF THIS:

TRY THIS:



Mission



Guerrero



Ezekiel
Sprouted Grain



Ezekiel
Sprouted Corn



Xtreme
Wellness



BFree



Organic Bread
of Heaven
(online)



Siete Cassava
& Chia

FOOD BABE
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JELLY & JAM SWAPS

INSTEAD OF THIS:

TRY THIS:



Smucker's



Welch's



Crofter's



LOOV



Bonne Maman



Smucker's
Sugar-Free



Bionaturae



Thrive Market
FOOD BABE
Yani Hari

Super Bowl Snack Swaps

INSTEAD OF THIS:

TRY THIS:



Lay's



Tostitos



SpudLove



Siete



Fritos
Bean Dip



Hidden Valley
Ranch Dip



Whole Foods
365



Primal Kitchen
Ranch Dip

FOOD BABE
Vani Hari

BAKING SWAPS

INSTEAD OF THIS:

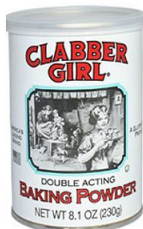
TRY THIS:



Simply Organic



Supernatural



Frontier Organic

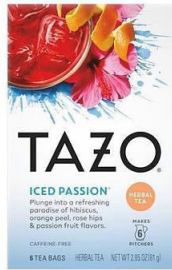


Rumford Aluminum-FREE
BAKING POWDER
FOOD BABE
Vani Hari

**Conventional Tea
made with
"Natural Flavors"**

Vs

**Organic Tea
made with
herbs & spices**



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BREAKFAST SWAPS

INSTEAD OF THIS:

TRY THIS:



Eggland's Best



Johnsonville



Vital Farms



Bilinski's



I Can't Believe It's Not Butter



Nature's Own



Maple Hill Organic Grass-Fed



Ezekiel

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OATMEAL SWAPS

INSTEAD OF THIS:

TRY THIS:



Quaker Oats Giant Instant Oats



Nature's Path Organic Oats One Degree Organic Sprouted Oats



Quaker Flavored Oats Walmart Great Value Oats



One Degree Organic Apple Cinnamon Oats Organic Oat Groats

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PASTA NIGHT SWAPS

INSTEAD OF THIS:

TRY THIS:



Traditional Pasta



Organic Chickpea & Lentil Pasta



Sauce with added sugar and canola oil Grated cheese with wood



Organic sauce with olive oil Raw Parmesan (Shred it yourself)

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PANCAKE BREAKFAST SWAPS

INSTEAD OF THIS:

TRY THIS:



Hungry Jack



Krusteaz



Arrowhead Mills



Bob's Red Mill (Organic)



Bisquick



Mrs. Butterworth's



Simple Mills



Real Maple Syrup

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SEASONING SWAPS

INSTEAD OF THIS:

TRY THIS:



Lawry's Seasoning Salt



McCormick Lemon Pepper



Noble Made All-Purpose Seasoning



Simply Organic Lemon Pepper



Weber Garlic & Herb



McCormick Montreal Steak



Simply Organic Garlic Herb



Noble Made Classic Steak

FOOD BABE
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POPCORN SWAPS

INSTEAD OF THIS:

Conventional Popcorn



SkinnyPop



BoomChickaPop



Smartfood



Popcorn Indiana

TRY THIS:

Organic Popcorn



**Organic Popcorn
Kernels**



Whole Foods



Lesser Evil



FOOD BABE
Vegan | Plant Based

SAVORY SNACK SWAPS

INSTEAD OF THIS:



TRY THIS:



FOOD BABE
Vegan | Plant Based

HEALTHY BAKING SWAPS

INSTEAD OF THIS:

TRY THIS:



FOOD BABE
Vegan Heart

HEALTHY PANTRY SWAPS

	INSTEAD OF THIS	
← TRY THIS →		
	INSTEAD OF THIS	
← TRY THIS →		
	INSTEAD OF THIS	
← TRY THIS →		
	INSTEAD OF THIS	
← TRY THIS →		

FOOD BABE
Vegan Heart

Recipes

Cashew Nut Milk

Ingredients

- 1 c raw cashews
- 4 c filtered water
- 2 pitted dates (optional for sweetness)
- Pinch of salt
- 1 drop cinnamon bark essential oil

Instructions

1. Place nuts in a jar and cover with water. Cover and refrigerate overnight.
2. Drain and rinse nuts. Place in blender along with 1 c filtered water, salt and 1 drop of cinnamon bark to taste. Blend on high for 2-3 minutes or until smooth.
3. Add the remaining 3 cups of water and blend. If you want a thinner nut milk, add more water as desired. If you prefer a smoother, less gritty milk, you can strain it in a nut milk bag (let the liquid drain through slowly, without squeezing, to prevent grit from getting through).
4. Pour into jars and refrigerate for up to 1 week. Shake well before each use as the mixture will separate naturally.

Variations: replace cinnamon with cardamom, ginger or cassia

TIP: Soaking the cashews in water overnight makes for a creamier milk. However, if you want to speed up the recipe, you can boil the cashews for 10 minutes instead and then follow the directions as stated.

*Cinnamon bark helps support healthy immune function, blood sugar and blood pressure when taken internally.

Oat Milk

Ingredients

1 c rolled oats
3 c water
2 pitted dates
1 tsp vanilla
1 tsp olive oil
Pinch of salt

Instructions

Blend and strain!

Almond Milk

Ingredients

1 cup raw almonds (soaked overnight in cool water // or 1-2 hours in very hot water)
5 cups filtered water (less to thicken, more to thin)
1 pinch sea salt
2 whole dates (optional // pitted // or other sweetener of choice // omit for unsweetened)
1 tsp vanilla extract (optional // or sub 1 vanilla bean, scraped per 1 tsp extract // omit for plain)
2 Tbsp cocoa powder (optional // for "chocolate milk")

Instructions

1. Add your soaked almonds, water, salt, and any additional add-ins (optional) to a high-speed blender and blend until creamy and smooth. Keep it running for at least 1-2 minutes, so you get the most out of your almonds.
 2. Strain using a nut milk bag or my favorite trick – a thin dish towel. Simply lay a clean dish towel over a mixing bowl, pour over the almond milk, carefully gather the corners, and lift up. Then squeeze until all of the liquid is extracted.
 3. Transfer milk to a jar or covered bottle and refrigerate. Will keep for up to 4-5 days, though best when fresh. Shake well before drinking, as it tends to separate.
-

Candied Pecans

Ingredients

1 c white sugar
1 tsp ground cinnamon
1 tsp salt
1 egg white
1 Tbsp water
4 c pecan halves

Instructions

1. Preheat oven to 325° F.
2. In a small bowl combine the first 3 ingredients. Set aside.
3. In a large bowl, whisk the water with the egg white until airy and light. Add the pecan halves and stir to coat.
4. Sprinkle the sugar mixture over the pecans. Mix together evenly and spread evenly onto a parchment-lined baking sheet.
5. Bake for about 40 minutes, until pecans are browned and the sugar has caramelized. Be sure to stir the pecans regularly as they cook.

Momma's Banana Bread

Standard Recipe Ingredients

1 c sugar
1/3 c butter, softened
2 eggs
1 1/2 c mashed ripe bananas (3-4 medium)
1/3 c water
1 2/3 c all-purpose flour
1 tsp baking soda
1/2 tsp salt
1/4 tsp baking powder
1/2 c chopped nuts (optional)

Instructions

1. Heat oven to 350° F. Grease bottom only of loaf pan.
2. Mix sugar and butter in 2 1/2 quart bowl. Stir in eggs until blended. Add bananas and water; beat 30 seconds.
3. Stir in remaining ingredients except nuts just until moistened; stir in nuts. Pour into pan.
4. Bake until wooden toothpick inserted in center comes out clean.
 - 8" loaf pan - 1 hour 15 min
 - 9" loaf pan - 55-60 min
 - 4 loaf stoneware pan - 35 minutes
 - Muffins - 20 minutes
 - Mini muffins - 10 minutes
5. Loosen sides of loaf from pan; remove from pan. Cool completely before slicing.

Good Old-Fashioned Pancakes

Standard Recipe Ingredients

1 ½ c all-purpose flour
3 ½ tsp baking powder
1 Tbsp white sugar
¼ tsp salt, or more to taste
1 ¼ c milk
3 Tbsp butter, melted
1 egg

Instructions

1. Sift flour, baking powder, sugar, and salt in a large bowl. Make a well in the center and add milk, melted butter, and egg; mix until smooth.
2. Heat a lightly oiled griddle or pan over medium-high heat. Pour or scoop the batter onto the griddle, using approximately ¼ cup for each pancake; cook until bubbles form, and the edges are dry, about 2 to 3 minutes. Flip and cook until browned on the other side. Repeat with the remaining batter.

3-Ingredient Pancakes

Healthier Recipe Ingredients

One ripe banana
Two eggs
¼ cup gluten-free oats
pinch of salt
pinch of cinnamon
One spoonful of peanut butter or almond butter (optional)
coconut oil/butter for cooking

Instructions

1. Mash the banana.
2. Add the eggs and oats to the banana mixture, along with a pinch of salt and cinnamon.
3. Whisk the mashed banana and everything together until smooth.
4. Add a dollop of peanut butter if you like and swirl it into the batter!

Oatmeal Cookies

Standard Recipe Ingredients

2 c all-purpose flour
1 ½ tsp ground cinnamon
1 tsp baking soda
1 tsp salt
1 c unsalted butter, softened
1 c white sugar (All-purpose sugar ideal for table use & baking)
1 c packed brown sugar
2 large eggs
1 tsp vanilla extract
3 c quick cooking oats
nonstick cooking spray with flour
2 Tbsp water
2 Tbsp white sugar, or as needed

Healthier Recipe Ingredients

1/4 c coconut oil
2 medium banana
1 large egg
1 tsp vanilla extract
1/4 tsp cinnamon
1/2 tsp salt
1 3/4 c oats, dry
1/4 c raisins, seedless

Instructions

1. Preheat oven to 350° F. Lightly grease baking sheets and set aside.
2. If coconut oil is in a solid state, heat gently until just melted. Mash bananas; add to coconut oil and mix well. Fork-whisk in the egg and vanilla.
3. Stir in the oats, cinnamon, salt, and raisins until combined.
4. Scoop the dough onto the baking sheets (you should get 12-14 cookies). Flatten cookies slightly with the back of a spoon, if desired. They will not spread when baking. Bake for 15-18 minutes or until slightly golden. Serve warm, or room temperature. Refrigerate or freeze leftovers.

Ground Beef Enchilada Casserole

Standard Recipe Ingredients

1 lb ground beef
1 medium onion, finely chopped
2 T minced fresh garlic
1 small green bell pepper, seeded and finely chopped
2 tsp Dried chili pepper flakes (optional)
1 tsp chili powder
1 T seasoning salt
Black pepper
4 oz diced green chiles
12 (6") corn tortillas (cut into about 1 1/2 inch pieces)
10 oz can cream of mushroom soup, undiluted
1 1/2 c canned sliced black olives
1 1/4 c red enchilada sauce
1/2 c sour cream
3 1/2 c mexi cheese (or cheddar)
2 firm tomatoes, coarsely chopped

Toppings:

Shredded lettuce
Diced tomatoes
Chopped sweet onion

Instructions

1. Preheat oven to 400° F. Grease an 11 x 7 inch casserole dish.
2. In a large skillet cook the ground beef with the green chiles, onions, garlic, bell pepper, dried chili flakes and chili powder; cook over medium heat until beef is no longer pink; drain fat completely (you can prepare this mixture up to a day in advance and refrigerate).
3. Season with seasoned salt and black pepper rotate then transfer to a large bowl.
4. Stir in the tortilla pieces with cream of mushroom soup, black olives, sour cream and 1 1/2 cups shredded cheese; mix to combine.
5. Transfer to prepared baking dish. Cover and bake about 30 minutes.
6. Uncover and sprinkle with about 2 c shredded cheese and chopped tomatoes.
7. Return to oven and bake uncovered until casserole is bubbly and cheese has melted (about 8-10 minutes).
8. Serve with toppings.

Green Bean Casserole

Standard Recipe Ingredients

1 can (10 1/2 ounces) Campbell's® Condensed Cream of Mushroom Soup
1/2 cup milk
1 teaspoon soy sauce
4 cups cooked cut green beans
1 1/3 cups French's® French Fried Onions (amount divided in recipe steps below)

Healthier Recipe Ingredients

1 and 1/2 pounds yellow onions sliced into thin strips
1 tablespoon olive oil
1/8 teaspoon table salt
1 and 1/2 pounds fresh green beans ends snapped off
water to boil green beans
1 teaspoon coarse salt divided
2 tablespoons butter
8 ounces baby bella mushrooms roughly chopped
2 cloves garlic minced
2 tablespoons all-purpose flour
3/4 cup vegetable broth
1 and 1/4 cup any nut milk
1/2 teaspoon black pepper

Instructions

1. Start by caramelizing onions. Heat a skillet over medium heat. Once hot, add one tablespoon of olive oil. Add sliced onions to the hot oil and sprinkle with 1/8 teaspoon salt. Saute for 8-10 minutes over medium heat, until softened. Reduce heat to medium low. Cook onions for another 40-45 minutes, stirring only every 10 minutes. If onions start to brown too quickly, splash with a teaspoon of water. The onions are ready when deep gold and very soft.
2. Preheat the oven to 400° F.
3. Meanwhile, prep remaining ingredients. Fill a 3 quart pot half full with water. Add 1/2 teaspoon coarse salt. Bring to a boil over high heat. Add green beans and cook until al dente, about 5-7 minutes. Drain and set aside.
4. To make the cream sauce, heat a large skillet over medium-high heat. Add two tablespoons of butter. Once melted, add the chopped mushrooms. Cook for 6-8 minutes, until softened. Add the minced garlic and cook until golden and fragrant, about 1 minute. Sprinkle in the all-purpose flour. Cook for another minute, stirring frequently to prevent burning.

5. Using a whisk, slowly stir vegetable broth into the flour and garlic. Continue whisking while you slowly pour in the milk. Sprinkle with ½ teaspoon salt and pepper. Once the mixture starts bubbling over medium-high heat, reduce to low. Simmer until thickened, stirring occasionally, about 10 minutes. It should be thick enough to coat the back of a spoon without falling off.
6. Lightly coat a 2 quart casserole dish with non-stick spray or oil. Evenly layer the cooked green beans across the bottom. Cover with the caramelized onions (about 1 cup). Pour the sauce over the green beans and onions. Sprinkle the top with french fried onions.
7. Cover with tin foil. Bake at 400 degrees for 25 minutes. Take tin foil off for the last 10 minutes. The casserole is ready when it is bubbling and the fried onions are golden brown. Enjoy!

Green Bean Casserole Ingredients

INSTEAD OF THIS:



Conventional Milk



Campbell's soup full of MSG



Onions fried in processed oil

TRY THIS:



Organic soup in BPA-free package



Grass-fed Organic Milk



Sautéed Fresh Onions



FOOD BABE
Vani Hari

White Lasagna Soup

Ingredients

- 2 tablespoons unsalted butter
- 1 medium onion (finely chopped)
- 3 cloves fresh garlic (finely minced)
- 2 teaspoons Italian seasoning
- 1 teaspoon salt (reduce if not using low sodium broth)
- ¼ teaspoon black pepper

⅓ teaspoon crushed red pepper flakes (more for extra spice)
3 cups low sodium chicken broth (use 4 cups for a thinner soup)
2 boneless skinless chicken breasts
¼ cup sundried tomatoes (chopped – optional)
2 cups short dry pasta or broken lasagna noodles
1 cup half and half or cream (the higher the fat content, the richer the soup)
2 tablespoons corn starch
1 cup fresh spinach (roughly chopped)
Parmesan cheese for garnish as desired

Instructions

1. In a large dutch oven or soup pot over medium heat, melt the butter. Add the onions and cook until just starting to brown.
2. Stir in garlic, Italian seasoning, salt, pepper, and red pepper flakes. Cook 1 minute.
3. Add chicken broth and stir well. Then add chicken breasts (uncooked) and sun dried tomatoes.
4. Bring to a simmer and cover, reduce heat to medium-low and cook for 12- 15 minutes, stirring occasionally, until chicken breasts are cooked through (you will need an internal temperature of at least 165° F).
5. Meanwhile, cook the pasta in boiling salted water to al dente, according to package directions.
6. When the chicken is cooked, remove from the soup and shred.
7. Whisk together cream and corn starch.
8. Stir the shredded chicken, cooked pasta noodles, cream and spinach back into the pot and heat through.
9. Serve with cheese as desired.

Variations

- Add more veggies. Boost the nutrition of this soup by cooking more veggies with the onion. Try chopped carrots, celery, red pepper, mushrooms, zucchini, celery, broccoli, etc.
- Make it gluten-free. Swap the regular noodles for gluten-free noodles to make this soup into a gluten-free meal. Be sure to verify that all of the other ingredients you're using are certified gluten-free as well.
- Make it vegetarian. You don't need the chicken for this white lasagna soup to be absolutely delicious! Make a vegetarian version by omitting the chicken and using veggie broth instead of chicken broth!

Oven Roasted Chicken and Veggie Dish

Ingredients

1 Chopped onion
Garlic cloves about 6
Half a cabbage chopped
2 Carrots chopped
Half a bag of sweet peppers or 1 bell pepper in any color

Seasonings:

Pink Salt- 1 Tablespoon
Black Pepper- 1 Teaspoon
Garlic Powder- 1 Tsp
Cumin- 1 Tsp
Oregano- 1 Tsp
Paprika- 1 Tsp
Use butter or olive oil to drizzle on the pan and over chicken thighs.

Instructions

Cook at 425° F for approximately 35-45 minutes to get them a little crispier on the skin. I also flip them halfway through. Season both sides before cooking.

Contact Information

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