

# Culinary

CONNECTIONS

Healthy Eating.  
Healthy Living.



Cupboards  
of Care®

## COMFORT FOOD

### WITH A TWIST

**F**ood is a wonderful way to bring people together, provoke an emotion or memory, or just make us feel good. So many times we think of comfort foods as unhealthy indulgences, but with the swapping of a n ingredient or two or switching up a cooking method, we can enjoy our comfort foods sans the guilt. Try these delicious recipes- no need for a special occasion!- to enjoy a yummy comfort food with a healthy twist.

You don't need to give up your favorites or sacrifice flavor to make healthier choices. Below are some easy ways to add a twist to some of our favorite meals:

- 1 Try different varieties of pastas and doughs** - instead of white flour, there are a variety of options out there to try! Cauliflower crust, chickpea pasta, the list goes on
- 2 Try adding puree vegetables into a pasta sauce or gravy** - a lot of the times you can't even taste the difference
- 3 Opt for healthier cooking methods** like baking or air-frying in place of regular frying to decrease the fat in your foods
- 4 Sneak in vegetables to traditional dishes** like macaroni and cheese (we recommend butternut squash!) or even beets or zucchini in your desserts!
- 5 Blend ingredients to keep the original taste with a twist** - you can add mushrooms to ground beef or cauliflower to mashed potatoes for an added healthy kick



## Sustainable Eating is Good for the Planet

Making better food choices isn't only good for your own personal health, it's a benefit to the environment! By eating less red meat, you can help contribute to less production of greenhouse gases which are responsible for harming our atmosphere and contribute to global warming. This doesn't mean you need to become a vegan or vegetarian! One study shows that if people decreased their red meat intake by just 25%, it could help reduce annual greenhouse gas emissions by 1%. So if you normally ate red meat 4 x per week, this would mean cutting down to 3. This may not seem like a lot, but every little bit helps in saving our planet!



# Butternut Squash Mac and Cheese

## INGREDIENTS

- 1 1/2 lbs Butternut Squash
- 1 1/2 Tbsp Brown Sugar
- 12 oz WW Macaroni
- 1 1/2 cup Skim Milk
- 1/2 cup Cheddar
- 1/2 cup Monterey Jack
- 3 oz Ricotta Part Skim
- 1 tsp Mustard
- 1 pinch Cayenne Pep.
- 1 1/4 cup Green Peas
- 1 1/2 Tbsp Breadcrumbs
- 1 1/2 Tbsp Parmesan
- 2 tsp Olive Oil

## DIRECTIONS

6 servings

Preheat oven to 375F. Coat 9x13" baking pan with cooking spray. Peel & de-seed squash, roast in oven until soft (30-40 min), then puree and blend with sugar. Cook macaroni until tender (5-8 min), drain. Mix with peas, transfer to pan. Simmer squash with milk, stir in cheddar, Monterey jack, ricotta, mustard, cayenne and a pinch of salt. Pour over pasta. Combine crumbs, parmesan and oil. Sprinkle over pasta. Bake 20 min until brown and crisp. Serving size 1 cup.

**Health Benefits:** Swapping in butternut squash into this recipe adds nutrients like Vitamin A, Vitamin C and potassium. It also helps lower the amount of saturated fat by decreasing the amount of cheese normally required in a dish like this.

Nutrition Facts (per serving): 330 Calories, 16 gm Protein, 49 gm Carbohydrates, 10 gm Fat, 5 gm Sat. Fat, 6 gm Fiber, 270 mg Sodium



# Chocolate Chickpea Pumpkin Tart

## INGREDIENTS

- Mousse
- 5.5 oz Pumpkin, canned
  - 1/4 cup Granulated Sugar
  - 1/8 tsp Cinnamon, ground
  - 1/8 tsp Ginger, ground
  - 1/8 tsp Nutmeg, ground
  - 1 tsp Vanilla extract
  - 1 cup Greek Yogurt, plain
- Tart
- 1/3 Semisweet Chocolate Chips
  - 1 tsp Cocoa Powder
  - 6 oz Garbanzo Beans
  - 1 1/2 oz Egg Whites
  - 1/4 cup Granulated Sugar
  - 1/8 tsp Baking Powder
  - 4 oz Pumpkin Mousse

## DIRECTIONS

4 servings

Mousse  
Combine pumpkin, sugar and spices in a large saucepan. Simmer over low heat for 5 minutes. Fold in yogurt into cooled pumpkin mixture.

Tart  
Grease and flour a round cake tin. Melt chocolate chips in a stainless-steel bowl. Combine chickpeas, cocoa powder and eggs in a robot-coupe. Puree until smooth. Then add sugar, baking powder and pulse to blend. In a large bowl, mix chocolate and chickpeas mixture to a whip. Transfer the batter to prepared baking tin. Bake at 350 degrees until knife inserted into center comes out clean. Cool and cut into tart rounds. Top each tart with the Pumpkin Mousse.

**Health Benefits:** Adding chickpeas and Greek yogurt into this dessert adds protein and fiber which can help maintain your overall health.

Nutrition Facts (per serving): 180 Calories, 5 gm Protein, 34 gm Carbohydrates, 5 gm Fat, 2.5 gm Sat. Fat, 3 gm Fiber, 170 mg Sodium



# Food for Thought

An inspiring conversation with Karen Hall of Morrisville Presbyterian Apartments

**Lynn:** How is Cupboards of Care offering you a new opportunity for a healthier lifestyle?

**Karen Hall:** Since being enrolled in Cupboards of Care, I am now better able to afford quality meats and fresh produce, which I love. These days, I am enjoying seafood, my favorite fruits and vegetables which were often out of reach for my budget.

**Lynn:** Exactly how many pounds have you be able to shed?

**Karen Hall:** have lost an amazing 110 pounds and I am not done yet! I feel amazing.

**Lynn:** How does your doctor feel about your journey?

**Karen Hall:** My doctor is thrilled! This experience took 18 months of discipline, determination and support from my friends and family at Morrisville. I have lower blood pressure readings, lower cholesterol... all of my numbers are really good.

**Lynn:** What would you like to convey to the charitable partners who make Cupboards of Care possible?

**Karen Hall:** I could not have done it without you Thank you for saving my life!

*Lynn Marie Johnson fosters charitable giving while serving as the Vice President of Philanthropy for the HumanGood Foundation.*



**Karen Hall** – Looking healthy and happy

## DELICIOUS IMPACT

**58** Communities Supported in

California  
Delaware  
Oregon  
Pennsylvania  
Washington

**Cupboards of Care®**

LAUNCHED IN **2016**  
IN PENNSYLVANIA

**To be launched at three new sites:**

- Makemie Court (CA)
- FD Haynes (CA)
- Shepherd's Garden (WA)

**Over \$700,000** raised for the program so far.

# COMFORT FOODS WORD SEARCH

CAULIFLOWER  
VEGETABLE  
CHICKPEA  
PASTA  
FIBER

ANTIOXIDANT  
BUTTERNUT  
VITAMIN  
HEALTHY

COMFORT  
MINERAL  
PUREE  
BAKED

A S G L B E C H K C E V E L O  
H N R G S D Z M B E G Z Q Y C  
E I T V A B U T T E R N U T J  
A F C I H I T M C O P A S T A  
L I A A O V E G E T A B L E Q  
T C N B U X X V H J P Y F L C  
H C H T K L I F I R Y B I R O  
Y X M I S B I D B T O H B D M  
S D I Z C A J F A H A F E K F  
G T N X Z K R G L N G M R Z O  
X P E A E E P T A O T T I D R  
F U R J U D Y E D L W Q I N T  
A R A H E W C G A D I E F Q T  
P E L Y O N M V P Z P N R C L  
M E O A S C H K V M P K F P E

FEBRUARY. MARCH. APRIL.



## What to Enjoy Now?

There are fruits and vegetables you can enjoy all year long. Many of those in healthy recipes and favored by many include the list below.

- |                  |              |
|------------------|--------------|
| Apricots         | Okra         |
| Artichokes       | Parsnips     |
| Asparagus        | Pineapples   |
| Broccoli         | Radishes     |
| Brussels Sprouts | Rhubarb      |
| Cauliflower      | Rutabagas    |
| Cherries         | Spring Peas  |
| Leeks            | Strawberries |
| Lettuce          | Swiss Chard  |
| Mangoes          | Turnips      |
| Mushrooms        | Zucchini     |

If you need additional food assistance,  
call **Hunger Free America** at

**1-866-3-HUNGRY**  
**1-877-8-HAMBRE**

They can connect you with a food bank, help you enroll in SNAP/food stamps, or get you a hot meal.

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GET MORE INFORMATION

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