

**Eat Right...**  
**Healthy**  
**Slow Cooker**  
**Recipes**



Too busy or tired to cook a warm, healthy meal this winter? Add four or five ingredients from the recipes below to your crock-pot in the morning and a hearty, inexpensive meal will be ready for you and your family after a long, hard day.

### White Bean Chicken Chili

- 1.5 lbs. boneless, skinless chicken thighs
- 3 (14 oz.) cans diced tomatoes with chilies and garlic, undrained
- 1 oz. pkg. low sodium taco seasoning mix
- 2 (15 oz.) cans white beans, drained and rinsed

Combine all ingredients in crock-pot. Cover and cook on low for 7-9 hours or until chicken is tender and no longer pink. Stir well so the chicken breaks into small pieces. Serves 6

### Lentil Soup

- 1 cup lentils, sorted and rinsed
- 1 quart low sodium chicken stock
- 2 carrots, sliced
- 3 cloves garlic, minced
- 1 onion, diced

Combine all ingredients in crock-pot. Cover and cook on low for 8-10 hours until all ingredients are tender. Serves 4-6



### Creamy Tomato Potato Soup

- 1 package (11 oz each) creamy potato soup mix
- 2 cans (14.5 oz each) low sodium petite diced tomatoes with mild green chilies, drained
- 2 cups of green onion tops
- 4 cups of water
- 1 pound small red potatoes, scrubbed, cut into quarters

Combine all ingredients in crock-pot. Cover and cook on LOW setting for 8-10 hours or on HIGH setting for 4 to 6 hours. Serves 6



## Beat-the-Clock Breakfasts

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**Fruit and Nut Oatmeal.** Add dried cranberries and almonds to instant oatmeal, and microwave for sixty seconds.

**Shake It Up, Baby!** Whir low-fat milk, frozen strawberries, and a banana in a blender for thirty seconds. Drink it down along with a whole-wheat bagel.

**Banana Dogs.** Spread peanut butter in a whole grain hot dog bun; plop in a banana, and sprinkle with raisins.

**Breakfast Taco.** Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half, and microwave for twenty seconds. Top with salsa.

**Yogurt with Granola.** Grab a yogurt and sprinkle with granola.

**Sausage and Eggs.** Place two egg whites in a bowl with slices of lowfat turkey or chicken sausage. Whisk together with a fork and microwave for 45 seconds.

**Veggie Omelets.** Place two egg whites in a bowl with diced red pepper, mushrooms, zucchini, etc. Whisk together with a fork and microwave for 45 seconds.

**Farina and Berries.** Pour ¼ cup farina (or Cream of Wheat) in a bowl, add berries and cover with skim milk. Stir together and microwave for 45 seconds.

**Bacon and Egg Sandwich.** Place two egg whites in a bowl. Whisk and microwave for 45 seconds. Place on Whole Grain English Muffin and top with one slice turkey bacon.

**Grab a small glass of fruit juice or a piece of fruit to complete your nutritious breakfast!**

Adapted from: American Dietetic Association

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