



Made From Scratch Monthly

Fun Food Resolutions

New year, new you? A new year's resolution doesn't have to be a difficult challenge; what if you did something to broaden your horizons? Check out some new food ideas in this edition of Made from Scratch.

Food Resolution Ideas

Eggplant:

Comes in multiple varieties. They contain vitamin C for immune system support and vitamin K for bone support. Substitute eggplant for meat in a recipe.

- Baked Eggplant Parmesan
- Grilled Eggplant
- Baba Ghanoush (eggplant dip)

Olives:

Multiple varieties available, pickled or in water for a milder flavor. Kalamata olives contain antioxidants and gallic acid, which can help lower heart disease and repair nerve damage!

- Chicken with Herbs, Tomatoes & Green Olives
- Pasta with Herbs, Garlic, & Olives
- Olive Tapenade (Chopped or Pureed Olive Dip)

Brussels Sprouts:

Contain vitamin C, vitamin K, and folate. Help regulate blood sugar levels from being high in fiber.

- Shaved Brussels Sprout Salad
- Roasted Brussels Sprouts with Bacon
- Balsamic Glazed Brussels Sprouts

Turnips:

Good source of vitamin C for immune system support, folic acid, manganese, thiamine, potassium, niacin, and magnesium. Substitute turnips for potatoes for a lower calorie recipe.

- Roasted Garlic & Herb Turnips
- Mashed Turnips
- Turnip Fries

Avocados:

Avocado is actually a fruit! They are a great source of vitamin K and vitamin C. The fat from avocado is good for heart health and can help improve cholesterol numbers.

- Avocado Toast
- Avocado Pesto Pasta
- Use as mayo substitution on a sandwich

Fish

High in omega 3 fatty acids and protein. Omega 3s can help reduce the risk for heart disease and help improve cholesterol. Remember that baked, pan seared, or poached fish is better than fried.

- Grilled Tuna Steak Burger
- Tilapia Fish Tacos
- Honey Garlic Glazed Salmon





Recipe of the Month

Chicken Stew with Turnips and Mushrooms

1 1/2 lbs. boneless, skinless chicken breasts	2 cloves garlic
1/2 tsp salt	1/2 cup dry white wine
1/4 tsp freshly ground pepper	4 cups chopped kale
2 tbsp extra-virgin olive oil	3 cups reduced-sodium chicken broth
2 large turnips, (about 1 lb.), peeled and cut into 1-inch pieces	1 tsp fresh chopped rosemary
8 oz sliced cremini mushrooms	3 tbsp cornstarch
1 medium onion	3 tbsp water

1. Cut chicken into 1-inch pieces and sprinkle with 1/4 teaspoon each salt and pepper.
2. Heat 1 tablespoon oil in a Dutch oven over medium-high heat. Add the chicken and cook, stirring frequently, until lightly browned, 3 to 4 minutes. Transfer to a plate.
3. Add the remaining 1 tablespoon oil to the pot. Add turnips, mushrooms, onion and garlic and cook, stirring occasionally, until the onion is limp, 3 to 5 minutes. Add wine and cook, stirring, for 1 minute. Stir in kale, broth and rosemary. Return the chicken and any accumulated juices to the pot; bring to a boil. Reduce heat to maintain a simmer, cover and cook, stirring once or twice, until the turnips are tender, about 10 minutes.
4. Meanwhile, mix cornstarch and water in a small bowl. Stir the mixture into the stew and cook until thickened, about 3 minutes. Remove from heat and season the stew with the remaining 1/4 teaspoon salt.



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