



# — Food for Health —

## Wellness Newsletter

By Melanie Jatsek RD, LD  
Heinein's Registered Dietitian

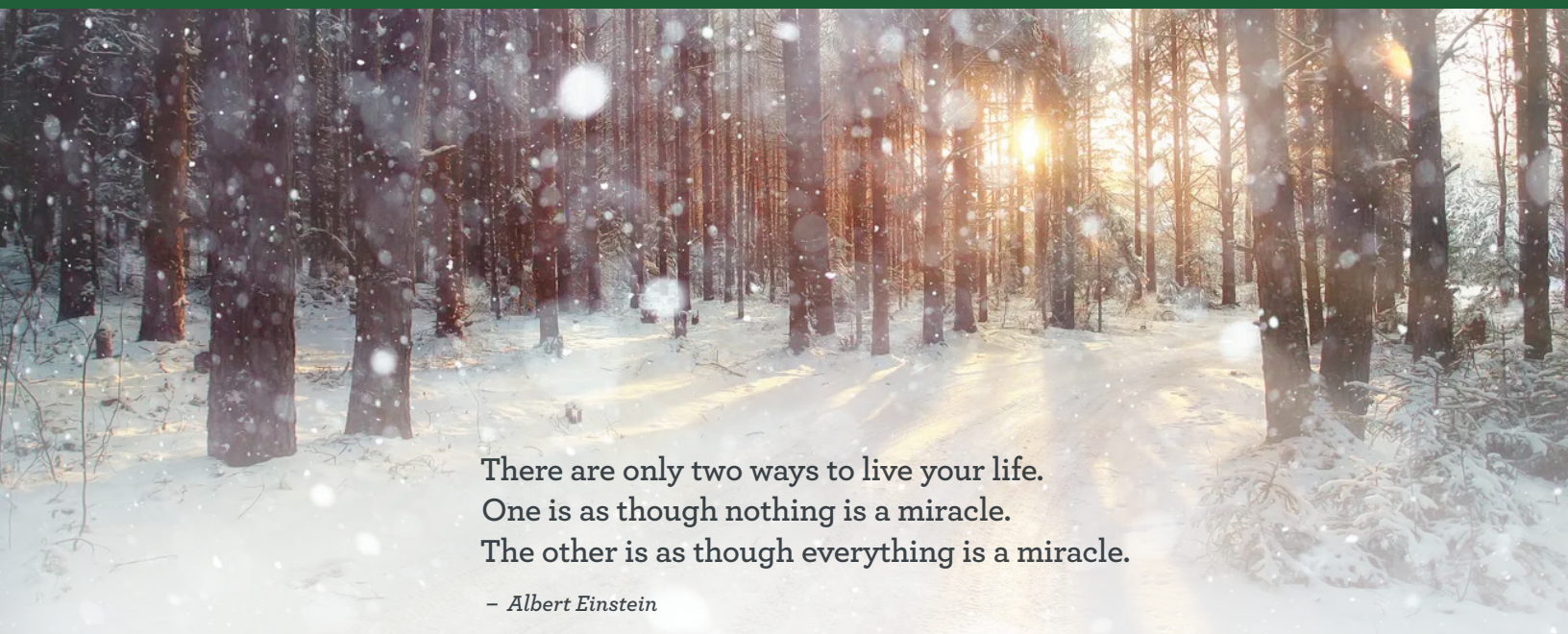
### Finding Your Calm

#### MORE INSIDE:

Find Your Calm: 3 Simple Ways to Stay Centered at the Holidays

Slow Cooker Swaps: Simple Upgrades to Make Comfort Food Healthier

Recipes: Maple Cinnamon Slower Cooker Oatmeal; Soul Warming Red Lentil Soup; Chicken Pot Pie Bowls



There are only two ways to live your life.  
One is as though nothing is a miracle.  
The other is as though everything is a miracle.

— Albert Einstein

#### FIND YOUR CALM:

### 3 Simple Ways to Stay Centered at the Holidays

***“Adopt the pace of nature.  
Her secret is patience.”***

—Ralph Waldo Emerson

Think back to a time in your life when you felt at peace. Maybe you were watching a beautiful sunset on a warm summer evening or sitting on a beach in awe of the unending cascade of waves as they crested and rolled into the ocean below.

I personally find peace sitting on my deck watching the blue jays swoop in to cautiously accept my gift of raw peanuts. I've made lots of friends this past summer, including Chippy the cheeky

chipmunk and Phil the squirrely squirrel who positions himself on the patio furniture to get a better look inside of our kitchen. They all know where the Jatseks hide their stash of Hampton Farms Jumbo Raw In-Shell Peanuts!

Why the emphasis on sunsets and squirrels? Because nature has figured it out! To the trees, flowers, and snowflakes, there's no such moment other than the present. And that's where peace is found.

Isn't it ironic how the very time of year meant to be filled with inner peace and joy, instead winds up evoking mountains of stress?

I don't know about you, but I don't make the best lifestyle choices when I'm stressed. When holiday demands become overwhelming, we may skimp on sleep, settle for fast food, or succumb to sugar cravings to cope with the pressure.

Take a lesson from nature this holiday season and give yourself the gift of self-care by practicing three simple, yet powerful daily habits.

*continued on the next page*

### Set Your Eyes on Nature

Make it a point every morning to look out your window (bonus points if you can be outside for this experience). Choose something specific and don't just glance at it, really take a moment to appreciate the wonder of this gift without classifying it by its formal name, like oak tree, blue jay, or cloud. See it as a miracle instead.

I think Albert Einstein said it best:

***"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."***

### Eat a Plant with Each Meal

There's nothing more aligned with nature than fruits and vegetables! In fact, these foods were designed to reduce the effects of physical stress in your body. How amazing is that?

Here are three simple ideas to get you started:

- **Breakfast:** Top your oatmeal with a half cup of chopped apples or pears, fresh or frozen berries, or banana slices.
- **Lunch:** Add a cup of crisp raw veggies to go with your sandwich or soup. Carrot or celery sticks, cherry tomatoes, and broccoli florets are daily staples in my lunchbox. Dipping is optional, but if you're looking for a healthier alternative to conventional ranch dressing, try Fx™-approved Tessemae's organic creamy ranch dressing.
- **Dinner:** Start your meal with a leafy green salad. Besides offering an abundance of nutrients, greens have a few superpowers you may not be aware of. They help cut down on unhealthy food cravings, slow fat absorption, and dial down your appetite—benefits we could all use around the holidays!

### Invite Nature into Your Home

As much as I would love to have Chippy and Phil as pets, I'm referring to plants here. I'll admit, I am the furthest thing from a gardener, and that's why I love Heinen's Floral Department! The beautiful assortment of fresh flowers and seasonal plants have a permanent place in my home year-round. Their beauty serves as a constant reminder to live in the moment.

Invite tranquility and beauty into your home this holiday season with an Amaryllis, Zygo cactus, poinsettia, or winterberry from Heinen's Floral Department.

### Key Takeaway

Peace is hidden in all forms of nature, but it's easy to miss when we live in a noisy world with distractions around every corner. It's up to us to seek it out!

## SOUL WARMING RED LENTIL SOUP

*This recipe and photos were provided by Sally Roeckell of Table and Dish.*

*Prep time: 10 minutes; Cook time: 3 hours 30 minutes; Servings: 6-8*

### Ingredients for Red Lentil Soup

- 2 cups Heinen's vegetable or chicken stock
- 2 cans light coconut milk
- 2 cups diced sweet potato
- 1 cup diced carrot
- 1 cup finely diced white onion
- 4 garlic cloves, minced
- 1 cup split red lentils
- 1 Tbsp. Harissa spice blend (see below)
- 1/2 cup Heinen's natural peanut butter
- Zest and juice of 1 lime
- Salt and pepper, to taste
- 1/2 cup fresh cilantro, chopped
- 1 cup crumbled goat cheese

### Ingredients for Homemade Harissa Spice Blend

- 2 tsp. Heinen's ground cumin
- 1 tsp. whole coriander seeds
- 1 tsp. whole caraway seeds
- 1 tsp. Heinen's chili flakes
- 1/2 tsp. Heinen's garlic powder

### Instructions for Red Lentil Soup

1. In a 6-quart slow cooker, combine the stock, coconut milk, sweet potato, carrot, onion, garlic, lentils, spices, and peanut butter. Stir well so that the peanut butter is evenly distributed.
2. Secure the lid and cook for 3.5 hours on the high setting or until the vegetables are tender.
3. When the soup is ready, stir in lime juice and zest and season to taste with salt and pepper.
4. Pour into bowls and garnish each with cilantro and crumbled goat cheese.

### Instructions for Homemade Harissa Spice Blend

5. Toast the whole coriander and caraway seeds in a sauté pan on low heat until aromatic.
6. Transfer to a spice/coffee grinder and process with remaining spices. A mortar and pestle can be used to grind the spices as well.
7. Use as desired in recipes.



## SLOW COOKER SWAPS: SIMPLE UPGRADES TO MAKE COMFORT FOOD HEALTHIER

I don't know about you, but cooler weather always has me searching for belly-warming recipes that will "stick to my ribs." In fact, as soon as the calendar turns to October 1st, my body immediately craves satisfying soups, stews, and anything made in a slow cooker.

Many of the most beloved slow cooker recipes call for refined grains and dairy products filled with fat and sodium. While these ingredients certainly make a dish taste delicious, they're not doing any favors for our overall health. Luckily, there are simple swaps you can make to create the comforting flavors and textures you crave without sacrificing the nutritional value of a meal!

Check out my recommendations for ingredient upgrades found at Heinen's that will make your favorite slow cooker meals Fx™-approved, along with a handful of flavorful and comforting recipes the whole family will love!

### GRAINS

Sometimes a slow cooker recipe suggests serving the meal over a cooked grain. To score a few Fx-approved points, swap white rice or pasta—which are refined and quickly digested—for slower digesting whole grains like Lotus Foods brown rice udon noodles, Heinen's organic brown rice, Heinen's organic quinoa or One Degree Organic sprouted rolled oats.

A must-try recipe for cold weather months is Maple Cinnamon Slow Cooker Oatmeal (recipe in this newsletter). Just dump the ingredients in your slow cooker tonight and wake up to a nutritious breakfast (and amazing-smelling house) tomorrow.

### PROTEINS

Heinen's sources only the highest quality animal proteins in our Meat Department. Upgrade your crockpot recipes with Heinen's organic grass fed beef, Gerber's CARE Certified chicken, or Plainville organic turkey.

Beans and lentils are another smart way to amplify the protein content of your meals. They're not only affordable, but also one of the healthiest foods you can eat thanks to their high fiber content. The friendly bacteria in your gut love fiber and use it to grow more health-promoting bacteria. Improvements to digestion, blood sugar, mood, and sleep are the results. Treat your gut to a delicious bowl of Soul Warming Red Lentil Soup this week (recipe in this newsletter). It requires only 10 minutes of hands-on prep time!

### DAIRY

Dairy swaps are one of the easiest ways to inch towards a more Fx-approved slow cooker meal. Substitute conventional sour cream with grass fed Organic Valley sour cream or a plant-based option like Forager Greek yogurt.

Looking for a richer, creamier butter experience? Try Kerrygold grass fed butter! It also supplies more omega-3 fats than conventional butter.

### THICKENERS

Instead of flour or heavy cream to thicken soups and stews, use cooked and pureed vegetables like butternut squash, carrots, potatoes, cauliflower, or celery root.

### Unique Slow Cooker Ad-Ins

Slow Cooker meals are the perfect vehicle for incorporating healthy ingredients without anyone noticing. Three of my favorite sneaky ingredients are:

- **Heinen's Organic Chia Seeds:** These miraculous seeds swell when immersed in liquid, improving the consistency and nutritional value of soups, stews, and chili. Who doesn't love extra-thick chili? The bump in omega-3 fats you receive to support heart and brain health make chia seeds a no-brainer for your next slow cooker creation.
- **Heinen's Mild or Medium Organic Salsa:** Tomatoes are the main ingredient in Heinen's salsa, making it a convenient way to cram more vegetables into your meals. And because the tomatoes are cooked, they are more readily absorbed by your body. This means you benefit from a boost in lycopene, the antioxidant pigment in tomatoes known for its role in fighting oxidative stress and chronic disease.
- **Mushroom Powder:** While whole mushrooms might not make everyone's list of favorite foods, mushroom powder is acceptable to children and adults alike because it mixes nicely with soupy slow cooker ingredients without a trace of mushroom flavor. To support your immune system and decrease overall inflammation in your body, stir two teaspoons of Om Master Blend mushroom powder into the mashed sweet potato base of fall-inspired Chicken Pot Pie Bowls (recipe in this newsletter).

### Key Takeaway

Meals made in the slow cooker are a gift to those who prefer not to spend hours on meal prep and cooking. If the idea of adding ingredients to a pot and setting the timer without worrying about what's for dinner appeals to you, try one of the recipes in this newsletter or use some of my tips to elevate family-favorite recipes.



## MAPLE CINNAMON SLOW COOKER OATMEAL

*The following recipe and photography was provided by Christina Musgrave of Tasting with Tina.*

*Prep time: 5 minutes; Cook time: 8 hours on low or 4 hours on high; Servings: 6*

**Breakfast is the most important meal of the day but is sometimes the most difficult to make. Save yourself time and stress by making this better-for-you crockpot oatmeal recipe.**



### Ingredients

- 2 tsp. Heinen's coconut oil
- 2 cups One Degree organic sprouted rolled oats
- 3 cups water
- 4 cups Heinen's unsweetened almond milk
- 3 tsp. Heinen's organic ground cinnamon
- 1/4 cup Heinen's pure organic maple syrup, plus more for serving
- Pinch of salt
- 1 cup blueberries, for serving
- 1 cup strawberries, for serving

### Instructions

1. Spread Heinen's coconut oil in a slow cooker.
2. Add the oats, water, Heinen's almond milk, Heinen's organic ground cinnamon, Heinen's pure organic maple syrup, and salt in the slow cooker. Mix well.
3. Cook on high for 4 hours or low for 8 hours.
4. Serve with additional Heinen's organic maple syrup, blueberries, and strawberries.

## CHICKEN POT PIE BOWLS

*The recipes and photography for this post were provided by Carolyn Hodges of The Dinner Shift.*

*Prep time: 10 minutes; Cook time: 8 hours on low; Servings: 4*

**Warm chicken and sautéed veggies lay atop a bed of slow-cooked mashed sweet potatoes for a belly-warming spin on traditional chicken pie.**

### Ingredients

- 2 Tbsp. Kerrygold butter
- 3 medium carrots, chopped
- 2 celery stalks, chopped
- 1/2 large onion, chopped
- 1 tsp. Heinen's poultry seasoning
- 2 cups Heinen's organic chicken stock
- 1 tsp. Bobs Red Mill cornstarch
- 2-3 cups cooked chicken, cut into bite-size pieces
- 1/2 cup frozen peas
- Kosher salt and black pepper
- 1-2 tsp. lemon juice
- 3 pounds sweet potatoes

### Instructions

1. In a large skillet over medium heat melt the butter. Add the vegetables and sauté for 10 minutes, or until the carrots are crisp-tender (you can keep the skillet covered to help these soften more quickly.) Add the poultry seasoning and cook for 30 seconds.
2. Whisk together the cornstarch and stock, then stir into the vegetable mixture. Bring to a boil, then reduce to a simmer and cook for 10 minutes, stirring occasionally.
3. Add the chicken and peas and cook until heated through, about 3 minutes. Add lemon juice to taste, then season with salt and pepper. Serve over mashed sweet potatoes.
4. Slow cooker Mashed Sweet Potatoes: In a small slow cooker (3-4 quart), add 3 pounds of uncooked, peeled whole sweet potatoes. Cover and cook on low for 8 hours, then mash together with 3 tablespoons of the stock mixture and salt to taste. I usually hit them with my immersion blender whisk to make them extra creamy.



Club Fx is a FREE program for Heinen's Tasteful Rewards members that offers education, nutrition tips, product recommendations and recipe inspiration for customers to live their healthiest lives. Interested in becoming a Club Fx member? Update your Tasteful Rewards account to ensure you get our weekly emails and access to personalized nutrition services!