

WEEK NIGHT ONE POT

✓ EASY

✓ FAST

✓ HEALTHY



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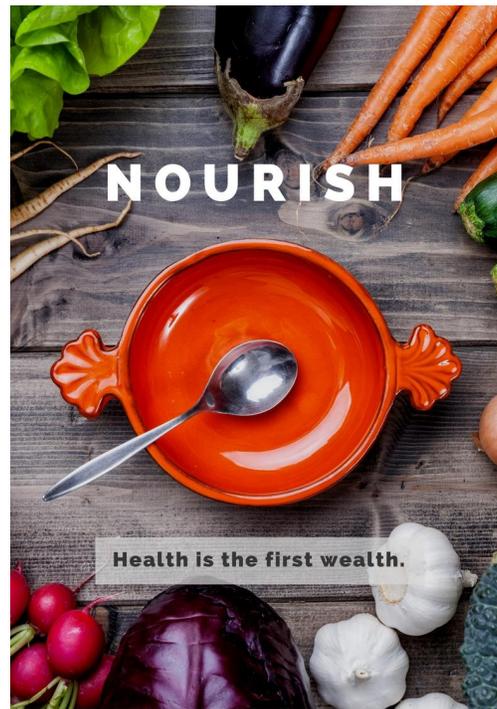


It's easy to feel overwhelmed and fed up by the swirling cloud of conflicting nutrition advice and claims these days, by health conditions we or loved ones may be struggling with, or just by the seeming lack of time to address any of it.

But the good news is that there is an established and growing body of research showing that simply cooking and eating at home increases positive health outcomes, life expectancy, likelihood that our youth (who help with food preparation) will eat and be healthier as adults, and more. **Studies show that:**

- When people dine out at restaurants, they consume meals with 50% more calories, fat, and sodium than when they prepare meals at home.
- We can alter the behavior of our genes at the molecular level by what we eat.
- Cooking at home could enhance your lifespan. After following a group of 1,880 men and women over age 65, researchers found that people who cook up to five times a week were 47% more likely to still be alive after 10 years, according to a 2012 study in *Public Health Nutrition*.
- Teens who have regular family meals have a higher daily intake of vegetables, fiber, vitamins, and minerals than their peers who have less frequent family meals. And those who take part in food preparation are more likely to enjoy cooking in their adulthood, and they have healthier diets, including higher intakes of fruits and vegetables and lower intakes of sugar-sweetened beverages and fast food.

It turns out that cooking our own food is one of the best things we can do for our well-being. Cooking is medicine, and it does not have to be a time consuming chore.



Eating well does not have to be a dutiful but passionless parade of “twigs and bark,” as some skeptical acquaintances put it. You also do not have to be a chef or an experienced home cook or have a large fancy kitchen to enjoy the flavors and benefits of good food at home.

With some basic equipment, ingredients, and skills, a little planning and practice, you can whip up nourishing, delicious food in no time (and often for half the cost of eating out or boxed/pre-prepared food). We can savor eating food that tastes good, helps us feel good, be healthier, have more energy, prevent chronic disease, live longer, and connect with family, friends, and maybe even our own creativity, without breaking the bank or spending ages preparing it.

One of the easiest and most satisfying ways to eat well and save time and money is the magical “one pot wonder.” These one pot recipes save time in preparation, clean up, and if you make a large batch to have leftovers- they save cooking time another day when all you have to do is reheat a meal, plop yourself down, and savor your handiwork. And you’ll be saving money at the same time. Win- win- win.

Enjoy! And please do [contact me](#) with any questions, comments, suggestions, for more recipes, or if you’d like to be notified of cooking classes and demos, etc.

—Jenny Mahan

Chicken and Noodles

Prep Time **5-10 min** Cook Time **35 min** Makes **10 servings**

2T oil or water

1 large onion diced

2 large carrots diced

3 celery stalks diced

2-4 cloves garlic crushed or minced

2 tsp dry oregano

2 tsp dry sage

3 inch stalk fresh rosemary, minced
(optional, but tasty!)

1 pound boneless skinless chicken
thighs or breasts, diced (or
pre-cooked chicken shredded)

salt and pepper to taste

48 fl oz chicken broth

32 fl oz water

3/4 pound egg noodles

2 cups frozen green peas, green
beans, OR chopped broccoli
(something green!)

Fresh minced parsley, to taste as
garnish (optional)

Chop vegetables.

Warm 2 T oil or water in a 6 quart
heavy-bottomed pot.

Add onions, carrots, herbs, and garlic and cook
on medium covered for 5 minutes.

Add celery, chicken, salt, pepper, stir and sauté a
few more minutes.

Add broth, salt and pepper, and water, stir well,
cover.

Cook until carrots are soft and chicken cooked
through (it will look white, not translucent, when
cut open).

Add egg noodles (or pasta you have on hand)
and cook until tender.

Add frozen peas or other frozen green vegetable
and warm.

Serve. This is easier to eat if you cut up the
noodles in your bowl a bit.

Garnish with parsley if desired.



Slow Cooker Vegetable Lasagna

Prep Time **15 min**

Cook Time **4-5 hours**

Makes **6-8 servings**

- 1 medium onion diced
- 2 cups coarsely shredded carrots
(about 3 large carrots)
- 3 cups fresh or frozen chopped green vegetable (broccoli, green beans, zucchini, etc.)
- 1 red sweet bell pepper, thinly sliced
- 8 cups fresh, or 4 cups frozen chopped spinach, chard, or kale
- 28 oz can tomato sauce
- 6 oz can tomato paste
- 12 oz cottage cheese
- ½ to 1 cup shredded mozzarella
- 2 cloves garlic, crushed or minced
- 2 tsp dry oregano
- 2 tsp dry sage
- 1 T dry basil
- 1 ½ tsp salt
- ¼ cup minced fresh parsley (optional)
- 3 inch stalk fresh rosemary, minced (optional)
- 24 dry lasagna noodles OR ¼ inch thick slices of zucchini (sliced long ways)

In a large mixing bowl, mix together onion, carrots, broccoli/green vegetable, sweet bell pepper, tomato sauce and paste, garlic, and herbs. Mix well.

Spoon a thin layer of tomato vegetable mix into bottom of slow cooker and spread evenly.

Then, layer as follows:

1. Dry lasagna noodles OR zucchini slices (break and overlap as needed)
2. thin layer chopped spinach/ greens
3. cottage cheese to thinly cover greens
4. tomato vegetable sauce

Continue to repeat these layers until the cottage cheese, greens, and vegetable sauce is used up.

Top with shredded mozzarella.

Cover and cook on low for 4 to 5 hours, until noodles (if using) and vegetables are tender. Or adjust cooking time accordingly for Insta Pot type cooker.

Serve.



Slow Cooker Lasagna Layers

Carrot Soup

Prep Time **10 min**

Cook Time **25 min**

Makes **8 servings**

2 T oil or water

1 large onion chopped

2-3 cloves garlic crushed or minced

2 1/2 pounds carrots sliced (about 6 cups) in roughly 1/2 inch pieces

1 T grated fresh ginger OR 1/2 tsp ginger powder

1/2 tsp coriander powder (optional)

1/8-1 tsp cayenne pepper powder to taste OR 1 small hot pepper minced

1/4 tsp black pepper

1/4 cup reduced sodium tamari or soy sauce

3 T peanut butter

6 cups water or broth (chicken or vegetable)

OPTIONAL TOPPINGS or ADDITIONS:

Fresh chives, basil, cilantro, parsley, or mint; 1 can coconut milk; 1 T honey, maple syrup, or brown sugar; hot sauce to taste; croutons or pieces of toast.

Chop vegetables.

Warm 2 T oil or water in a 6 quart heavy-bottomed pot.

Saute onions until soft. Add garlic, spices, and carrots, and cook on medium heat covered for a few minutes (keep an eye on it- stir and add a few tablespoons water or broth if it is sticking)

Add tamari/soy sauce, peanut butter, and water/broth (and coconut milk if using), stir well and cover.

Bring to a boil then reduce heat and simmer until carrots are soft.

Using an immersion blender ("stick blender," "hand blender") puree soup until smooth. Careful— keep the blender submerged so you don't splash hot soup on yourself!

Taste and adjust: add more water or broth a little at a time if the consistency needs to be thinned out at all; add salt to taste if needed; add more cayenne pepper a little at a time if you want it spicier. Be aware that flavor will be richer/fuller the next day, if used as left overs.

Garnish with optional toppings and serve.



Turkey Hash

Prep Time **10 min**

Cook Time **30 min**

Makes **5 servings**

2 T oil or water
1 medium onion, diced
2 cloves garlic crushed or minced
2 tsp fresh rosemary, minced, if available
2 tsp dry sage or poultry seasoning

1 pound ground turkey
1 tsp brown sugar or molasses

4 large yellow skinned potatoes (or equivalent)
1 cup water

6-8 large kale leaves, chopped
¼ cup balsamic vinegar
salt and pepper to taste

Warm 2 T oil or water in a 6 quart heavy-bottomed pot or large frying pan.

Add onions, garlic, herbs, and cook on medium until onions are getting translucent.

Add ground turkey, brown sugar, salt and pepper, and stir into onions, brown for a few minutes.

Add potatoes, stir well. Add water and cook covered until potatoes are soft enough to cut easily with a fork. Stir periodically and add a ¼ cup of water at a time as needed to keep potatoes from sticking.

Add chopped kale and balsamic vinegar and cover immediately. Cook for about 5 more minutes, until kale is soft. Taste and add more salt/pepper as needed.

Serve. Add a few splashes more balsamic vinegar to each serving to taste as desired.



Sweet Potato Chickpea Curry

Prep Time **10 min**

Cook Time **35 min**

Makes **5 servings**

2 tablespoon oil or water

1 medium onion, diced

3 cloves garlic

1 T yellow curry powder (OR ½ tsp
each dried ground: cinnamon,
turmeric, cumin, coriander,
cloves, coriander)

1 teaspoon fresh ginger, grated

1 red chili (or ¼ tsp dried ground
cayenne pepper)

1 tsp salt

28 oz diced canned or fresh
tomatoes

15 oz cooked/canned chickpeas

2 large sweet potatoes, diced

1 can (15 oz) coconut milk plus one
can water

Salt, to taste

1/2 cup chopped parsley for garnish

Rice:

1 cup brown rice

1 ½ cups water

Warm 2 T oil or water in a 6 quart heavy-bottomed pot.

Add onions and cook until softened.

Add garlic, ginger, and curry spice, stir, and heat for a few minutes. This helps develop the flavor of the curry spices.

Add remaining ingredients except parsley and rice. Turn heat down to a simmer, cover, and heat for 30 minutes until sweet potatoes are soft (this also gives the spices time to flavor the whole dish nicely)

Just before serving, add parsley. Serve over rice.

NOTE: Cook 1 cup rice with 1 and ½ cups water covered on low until water is absorbed and rice is soft (about 20 minutes). Cover with a pot cozy or towel and let sit until ready to serve. Fluff rice with a fork prior to serving.

OR:

Add dry rice and 1 and ½ cup water to rest of dish with ingredients after onions and spices for a true one pot dish.



Notes

Abbreviations:

T= Tablespoon

tsp= teaspoon

Metric Conversions:

<http://www.jsward.com/cooking/conversion.shtml>

<http://www.myrecipes.com/how-to/metric-conversion-charts>

Substitutions and Additions:

Use what you have on hand, substitute something you like better (i.e. green beans instead of broccoli, spinach instead of kale, etc.), or feel free to add more vegetables to your liking and experiment!

Feel free to use herbed tomato sauce rather than adding all your own herbs.

Herbs/spices: Feel free to experiment- treat a recipe as a launching pad. If you don't have or don't want to use oregano, for example, most other Italian herbs will do (sage, thyme, etc.) or use an Italian seasoning mix. Just be sure any seasoning mixes you use are not loaded with salt, preservatives, etc. If you don't have fresh rosemary, feel free to leave it out, although I highly recommend trying to get your hands on some because it is divine (and totally different (read better) than dry).

Time Savers:

Prep ahead to save time: pre-chop onions and vegetables, shred cheese, cook a whole package of rice and store, etc. Also, if you're already chopping an onion, for example, chop an extra one or two and keep them in the fridge to speed up a recipe another time.

Use a food processor to shred vegetables and cheese, chop/mince herbs, etc. to speed up prep time.

Storage: Keep in mind pre-chopped potatoes should be stored in cold water to prevent browning/discoloration. Chopped vegetables should be fine in the fridge for several days. Raw vegetables that are frozen will be limp and/or mushy when thawed, so it's better to steam them or saute them a bit first before freezing. (Onions and peppers can be frozen raw if they will be used in a cooked dish when thawed.)

Use frozen vegetables- they are nutritious and super fast and easy to use- just open the bag and dump them in!

Cooking time versus attention: realize that even though a recipe's cooking time may not feel as short as you may sometimes want, that most of these recipes do not require you to stand over them the entire time. You can let many of these simmer along in the background while you do other things or relax with your feet up (or wrangle the kids, walk the dog, write your thesis....). Using a heavy-bottomed pot will prevent food from sticking or burning.

Batch cooking: make a large batch and save leftovers for another meal= a tasty, healthful home cooked meal another night that only requires re-heating!

Vegetarian Options:

For the recipes here that include meat, you may alter them to create vegetarian versions. Replace meat in these recipes with lentils or white beans, sautéed tofu, more vegetables, etc. Get creative!

More good stuff like this:

Stay tuned for live demos of each of these recipes- I'll notify you by email if you signed up for my email letter (do so [here](#) if you want to be sure to get notified when demos are happening).

Follow me on Facebook to watch live cooking classes/demos, more quick healthy recipes, and more.

Want more personalized support? Coaching may be for you.

[Schedule](#) a free, no obligation chat to see if one to one or group coaching with me might be a good fit for you [here](#), or check out my coaching [packages](#).



About the Author

Hi there, I'm Jenny Mahan. I am a Registered Nurse, providing care to people in their homes throughout northern Wisconsin.

I am a Certified Health and Wellness Coach specializing in Lifestyle and Culinary Medicine, and am passionate about empowering clients to get to the roots of their concerns or health issues, move beyond treating symptoms, and create simple solutions based on their own priorities, goals, strengths, and challenges- to create a healthy lifestyle, not just a fad diet, and reconnect with what matters most to them.

I am also a trained CHEF Coach (Clinicians Culinary Health Education Fundamentals), and facilitate online and in person healthy home cooking classes and group or one on one coaching to support people to reach their health and life goals. I work with clients by phone or online, so location is not an issue.

I live in far northern Wisconsin near the shores of Lake Superior with my husband, Joel Austin, and son Glinden on a tiny spring-fed, Northwoods-shaded tributary of Pine Creek where Joel fly fishes for salmon in the fall, and we garden, raise chickens, make maple syrup, and are building our own small, passive solar, energy efficient home.

I offer private phone or online coaching sessions, as well as online cooking classes and group coaching. [Join the mailing list](#) and follow on [Facebook](#) to be notified of upcoming classes, new music, and more, here: www.pinecreekwellness.com

If you'd like to schedule a **FREE Strategy Session**, do so [here](#).

For more information or questions, or to collaborate on a live event, please contact me at: jenny@pinecreekwellness.com