

PREP, COOK, THRIVE:

Warm, Wholesome Winter Recipes

Cozy comfort foods top the list this season. These hearty, healthy dishes are full of flavor and nutrients, perfect for busy schedules and when you crave something satisfying. Easy to prep and serve, they're designed to become family favorites. Whether you're cooking for one or feeding a crowd, these nourishing recipes help you stay on track, save time, and enjoy every bite.

ON THE MENU

- Mushroom and Spinach Egg Bites
- Stovetop Chicken Breasts
- Tuscan White Bean Soup
- Turkey, Sweet Potato, Black Bean & Dark Chocolate Chili
- Apple Cranberry Crisp

GROCERY LIST

Produce:

- o 1 large box spinach leaves
- o 1 (4 oz) package mushrooms
- o 2 green onions
- o 2 lemons
- o 1 garlic bulb (or 1 package Dorot garlic cubes)
- o 1 medium yellow onion
- o 2 carrots
- o 2 celery stalks
- o 1 medium Yukon gold potato
- o 1 bunch Tuscan kale
- o 5–6 medium apples (about 6 cups sliced)
- o 2 cups fresh or frozen cranberries
- o 1 large sweet potato (or 1 (10 oz) bag frozen cubed sweet potatoes)

Dairy & Eggs:

- o 8 large eggs
- o 1 cup cottage cheese
- o 6 oz shredded Monterey Jack cheese
- o Grated Parmesan cheese, optional
- o 1 package chicken breast or thighs
- o 1/2 cup (1 stick) cold unsalted butter
- o Plain Greek yogurt (for chili topping, optional)

Canned & Jarred:

- o 2 (15 oz) cans cannellini beans
- o 1 (14 oz) can diced tomatoes
- o 1 (15 oz) can black beans
- o 6 cups vegetable or chicken stock

Pasta & Grains:

- o 2 cups old-fashioned rolled oats

Spices & Seasonings:

- o Salt
- o Ground black pepper
- o Taco seasoning
- o Dried oregano
- o Dried thyme
- o Crushed red pepper flakes (optional)
- o Cinnamon
- o Dark cocoa powder (unsweetened)

Oils & Vinegars:

- o Olive oil
- o Apple cider vinegar

Other:

- o 1 ½ tablespoons cornstarch
- o 2 teaspoons maple syrup
- o 1/4 teaspoon liquid smoke (optional)
- o White sugar

Prep Ahead Tips

- o Read through recipes and decide which dishes you'll make. Adjust the grocery list as needed.
- o Wash and chop produce.
- o Preheat oven to 350°F (if making egg bites or apple cranberry crisp)
- o Cook and chop spinach and mushrooms for egg bites.
- o Have containers ready for storage.
- o If making chili, dice sweet potato ahead or use frozen cubes for faster prep

MUSHROOM AND SPINACH EGG BITES (BLENDER METHOD)

These savory egg bite squares are a great grab-and-go option for breakfast or a snack. Using a blender to mix the ingredients makes the prep even easier and quicker!

Prep Time: 5 minutes

Cook Time: 25 minutes

Servings: 12 muffin tin egg bites or 9 squares (9x9 pan)

Kitchen Equipment:

- o Blender
- o Silicone muffin tin or 9x9 baking pan
- o Knife and cutting board
- o Spoon or spatula

Ingredients:

- o 8 large eggs
- o 1 cup cottage cheese
- o 6 ounces shredded Monterey Jack cheese
- o 1 cup cooked spinach (fresh or frozen), chopped
- o 1/2 cup mushrooms, chopped
- o 2 green onions, thinly sliced
- o 3/4 teaspoon salt
- o 1 teaspoon ground black pepper

Preparation:

1. **Preheat Oven:**
 - Preheat your oven to 350°F
2. **Prepare Vegetables:**
 - If you haven't done so already, cook the spinach (if fresh) and mushrooms. Sauté mushrooms in a pan over medium heat until soft, then chop them. Chop the spinach and slice the green onions.
3. **Blend Ingredients:**
 - In a blender, add the eggs and cottage cheese. Blend until smooth. Add the shredded Monterey Jack cheese, spinach, mushrooms, green onions, salt, and pepper. Pulse a few times until everything is combined, but not completely pureed (you still want some texture).
4. **Pour into muffin cups or baking dish:**
 - For muffin bites: Grease or line the silicone muffin tin. Pour the egg mixture evenly into the muffin cups, filling them about 3/4 of the way.
 - For squares: Grease a 9x9 baking pan and pour the egg mixture into the pan, spreading evenly.
5. **Bake:**
 - For muffin tin: Bake for 20-25 minutes, or until the eggs are set and a toothpick inserted into the center comes out clean.
 - For 9x9 pan: Bake for 25-30 minutes, or until the eggs are set and golden around the edges.
6. **Cool and Serve:**
 - Let the egg bites or squares cool slightly before removing them from the muffin tin or cutting them into squares. Serve warm or store in an airtight container in the fridge for up to 5 days.

STOVETOP CHICKEN BREASTS

Prep Time: 5 minutes

Cook Time: 10-12 minutes

Servings: 4

This lazy poached chicken recipe is perfect when you need a quick, flavorful, and juicy chicken dish with minimal effort. By browning the chicken first and then adding a bit of water to steam it, you achieve tender, perfectly cooked chicken every time. The sauté pan with a lid ensures the chicken stays moist without the need for extra oil or fuss.

Kitchen Equipment:

- o Sauté pan with a lid
- o Tongs
- o Measuring cup

Ingredients:

- o 1 tablespoon olive oil
 - o 4 boneless, skinless chicken breasts or thighs
 - o 1/2 cup of water
 - o Salt and pepper, to taste
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Preparation:

1. Heat olive oil in sauté pan over medium-high heat.
 2. Season chicken with salt and pepper. Cook 2–3 minutes per side until golden brown.
 3. Add 1/2 cup water, cover with lid, and reduce heat to medium-low. Steam 6–8 minutes until cooked through (165°F).
 4. Rest 2 minutes before serving.
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TUSCAN WHITE BEAN SOUP

Prep Time: 15 minutes

Cook Time: 30 minutes

Servings: 6

Kitchen Equipment:

- o Large soup pot or Dutch oven
- o Cutting board & knife
- o Wooden spoon
- o Measuring cups & spoons

Ingredients:

- o 1 tablespoon olive oil
- o 1 medium yellow onion, diced
- o 2 carrots, diced
- o 2 celery stalks, diced
- o 3 cloves garlic, minced
- o 1 teaspoon dried oregano
- o 1/2 teaspoon dried thyme
- o 1/4 teaspoon crushed red pepper flakes (optional)
- o 6 cups vegetable or chicken broth
- o 1 medium Yukon gold potato, diced
- o 2 (15 oz) cans cannellini beans, drained and rinsed
- o 1 bunch Tuscan kale, stems removed, leaves chopped
- o Salt and pepper, to taste
- o Juice of 1/2 lemon
- o Parmesan cheese, optional

Preparation:

1. Heat oil in pot. Sauté onion, carrot, and celery for 5–6 minutes.
2. Add garlic, oregano, thyme, and red pepper flakes; Cook 30 seconds.
3. Add broth, potato, and 1 can beans. Simmer 10 minutes until potato softens.
4. Mash some beans in pot for creaminess.
5. Add kale and second can beans. Simmer 5–7 minutes until kale is tender.
6. Stir in lemon juice. Season with salt and pepper. Serve with Parmesan if desired.

TURKEY, SWEET POTATO, BLACK BEAN & DARK CHOCOLATE CHILI

Prep Time: 20 minutes

Cook Time: 1½–2 hours (or 14 minutes in InstantPot)

Servings: 10

Ingredients:

- o 1 large yellow onion, diced (2 cups)
- o 2 cloves garlic, minced
- o 1 tablespoon olive oil
- o 1 lb ground turkey or chicken
- o 3 tablespoons taco seasoning
- o 1/4 teaspoon cinnamon
- o 1/4 teaspoon liquid smoke (optional)
- o 1 tablespoon dark cocoa powder
- o 1 teaspoon black pepper
- o 1 teaspoon salt
- o 1 (14 oz) can diced tomatoes
- o 1 (15 oz) can black beans, drained
- o 1 (10 oz) bag frozen sweet potato cubes or 1 large sweet potato, diced
- o 2 teaspoons maple syrup
- o 1 teaspoon apple cider vinegar

Preparation:

Instant Pot: Combine all ingredients and cook on high pressure for 14 minutes.

Stovetop/Slow Cooker:

1. In an ovenproof pot, sauté onion in olive oil 5–10 minutes. For a richer flavor, caramelize for 10 more minutes.
2. Add garlic; cook for 2 minutes. Add turkey and brown. Deglaze with water if needed.
3. Stir in remaining ingredients. Bring just below a boil.
 - Simmer on low 2 hours
 - Or bake covered at 350°F for 1½ hours
 - Or transfer to crock pot and cook on high for 2 hours
4. Serve with cilantro, green onion, cheese, lime wedges, and/or Greek yogurt.

APPLE CRANBERRY CRISP

Kitchen Equipment:

- o Food processor or blender
- o Large mixing bowl
- o 9x9 baking dish
- o Measuring cups & spoons
- o Rubber spatula

Prep Time: 20 minutes

Cook Time: 45–50 minutes

Servings: 8

Fruit Filling:

- o 6 cups apples, peeled and sliced (5–6 apples)
- o 2 cups cranberries
- o 1/2 cup sugar
- o 1 ½ tablespoons cornstarch
- o 1 teaspoon cinnamon
- o 1 tablespoon lemon juice

Oat Topping:

- o 2 cups old-fashioned oats
- o 1/2 cup sugar
- o 1/2 teaspoon cinnamon
- o 1/4 teaspoon salt
- o 1/2 cup cold unsalted butter, cubed

Preparation:

1. Preheat oven to 350°F.
2. Make topping: Pulse oats into coarse flour. Add sugar, cinnamon, and salt; pulse. Add butter; pulse until crumbly.
3. Prepare filling: Toss apples, cranberries, sugar, cornstarch, cinnamon, and lemon juice. Spread in baking dish.
4. Sprinkle topping evenly over fruit.
5. Bake 45–50 minutes until bubbly and golden.
6. Cool 15 minutes before serving. Optional: top with vanilla yogurt or ice cream.