

JANUARY 2021

COOKING AS SELF CARE

A Monthly Series by the Massachusetts Councils on Aging



Health Observances

Soup month
Oatmeal month
Fiber focus month

Seasonal Produce

Beets, Brussels
sprouts, cabbage,
carrots, grapefruit,
leeks, onions, parsnips,
potatoes, rutabaga,
turnips, winter squash

Food Safety

Wash your hands
before cooking; cook
poultry to 165°F inside

One Pot, One Pan*

Nutrition and Cooking Basics

Welcome to our new 12-month series focused on improving the health of older adults! We start with some basics, introducing ways cooking can be healthy and easy. Each month we'll highlight safe food handling and simple cooking techniques. In the videos, you'll often hear, "do what works for you" because you can't benefit from good food if you don't eat it.

*The chili is made using only one pot, while the baked oatmeal requires two bowls for preparation but baked a pan.

White Chicken Chili

serves six

Ingredients

1 small onion, diced
1 tbsp olive oil
2 cloves garlic, minced
4 cups broth (reserve one cup)
2 (4 oz) cans diced green chilies
½ tsp dried oregano
1½ tsp cumin
½ tsp paprika
½ tsp ground coriander
¼ tsp cayenne pepper
4 oz Neufchatel (light cream cheese, cubed)
1¼ cup corn
2 (15 oz) cans cannellini beans, drained and rinsed (reserve one cup)
2½ cups chicken, cooked and cubed or shredded
salt and pepper to taste
1 tbsp lime juice

Optional to taste:

chopped fresh cilantro, tortilla chips, shredded cheese (cheddar, Monterey or Pepper Jack), sliced avocado

Directions

1. Heat olive oil in a 6-quart pot over medium-high heat.
2. Add onion and sauté four minutes.
3. Add garlic and sauté 30 seconds.
4. Add three cups of the broth, chilies, oregano, cumin, paprika, coriander, and cayenne.
5. Bring to a boil then reduce heat and simmer for 15 minutes.
6. Blend together one cup of the beans and the reserved broth (one cup) until smooth.
7. Add cream cheese, corn, whole beans, pureed beans and chicken.
8. Simmer 5-10 minutes, until chicken is heated through.
9. Serve with optional ingredients

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*Do what
works for you.*

”

Baked Apple Oatmeal

serves 8

Ingredients

2 ⅓ cups rolled oats
1 tsp baking powder
½ tsp salt
1 ½ tsp ground cinnamon
¼ tsp ground nutmeg
2 large eggs
2 cups milk of choice
¼ cup coconut oil, melted
6 Tbsp maple syrup
½ tsp vanilla extract
2 apples, peeled, cored, diced
¾ cup walnuts, chopped
½ cup dried cranberries



Directions

1. Preheat oven to 325°F. Grease 9x9 inch dish.
2. In a mixing bowl combine oats, baking powder, salt, cinnamon and nutmeg.
3. In a separate bowl whisk eggs then mix in milk, coconut oil, maple syrup and vanilla.
4. Add oat mixture to milk mixture along with apples, walnuts and about ⅔ of the cranberries. Stir well.
5. Pour mixture into the baking dish. Sprinkle remaining ⅓ cranberries on top.
6. Bake in oven until set, about 45 minutes.



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Recipes adapted from Cooking Classy. Photo credits Becca Tapert & Tara Hammes. Project research by Olivia Batryn. For more information: tara@mcoaonline.com or 413-923-2160.