

## Slow Cooker Hoppin' John



### INGREDIENTS

- 3 (14 oz.) cans black-eyed peas
- 1 (16 oz.) bag frozen chopped collard greens
- 1 cup onion, diced
- 1 cup carrot, diced
- 1 cup celery, chopped
- ¾ lb. ham, cut into bite size pieces  
(Try to soak/rinse ham to get some of sodium off or buy a lower salt ham if possible)
- \*omit ham
- 1 can low sodium chicken broth  
\*substitute vegetable broth
- 1-2 tsp. dried thyme (depends on taste preference)
- ½ tsp. red pepper flakes
- ½ tsp. garlic powder
- 1 cup uncooked rice, brown preferred



NUTRITION FACTS		10-12 servings
Calories: 207	Total Carbohydrate: 31 g	
Fat: 3 g	Dietary fiber: 5 g	
Sodium: 906 mg	Protein: 14 g	

### DIRECTIONS

1. Place ham, carrots, onion, and celery in a 5-6 qt. slow cooker, forming bottom layer. Pour all black-eyed peas and collard greens on top to form second layer. Mix chicken broth with thyme, garlic powder, and red pepper flakes and pour over the top. Cook on low for 8-10 hours.
2. Cook rice according to package directions. Stir into the mixture just before serving. If mixture is too dry, add some more chicken broth.

## Easy Veggie Crockpot Lasagna

### INGREDIENTS

- About 3½ cups (1½ 24 oz. jars) marinara sauce  
(look at ingredient list and avoid brands with lots of sugar, high fructose corn syrup, or additives as ingredients)
- 10-12 lasagna noodles
- 24 oz. reduced fat ricotta cheese or cottage cheese
- 4-5 cups of chopped veggies of choice  
(kale, zucchini, onions, mushrooms, etc.)
- 2 cups reduced fat shredded mozzarella cheese

### DIRECTIONS

1. Coat inside of crockpot with nonstick cooking spray. Add enough pasta sauce (about ½ cup) to cover the bottom of the pot. Cover with noodles (you will need to break them up some). Layer about ⅓ of the ricotta, veggies, sauce, and mozzarella. Cover with noodles. Form 2 more layers for a total of 3 complete layers, ending with a layer of noodles on top. Finish with a layer of sauce and sprinkled mozzarella.
2. Cover and cook on high for 3 hours or on low for 5-6 hours. Turn off crockpot and let sit for an additional hour in crock pot (to soak up moisture) before serving.

NUTRITION FACTS		10 servings
Calories: 319	Total Carbohydrate: 38 g	
Fat: 11 g	Dietary fiber: 3 g	
Sodium: 635 mg	Protein: 19 g	



## Slow Cooker Sweet and Sour Chicken



### INGREDIENTS

- 1 lb. chicken breast, cut into bite size pieces
- \*omit chicken and serve with sautéed tofu
- 1 Tbsp. oil
- 1 (6 oz.) can tomato paste
- ½ cup water
- 2 Tbsp. apple cider vinegar
- 2 Tbsp. brown sugar
- 2 Tbsp. soy sauce
- \*use gluten free soy sauce
- 2 Tbsp. fresh minced ginger
- 1 small red onion, diced
- 1 bell pepper, diced
- 1 head broccoli, cut into florets
- 1½ cup fresh pineapple or drained, canned chunks

### DIRECTIONS

1. Heat oil in a medium sized skillet. Sear chicken (brown quickly using high heat) about 1 minute on each side. Remove from heat.
2. Whisk together tomato paste, water, vinegar, sugar, soy and ginger, and pour mixture into crock pot.
3. Spread onions, peppers evenly on top of liquid mixture. Layer chicken on top of veggies. Coat the chicken with sauce by stirring gently. Cook on high for 2½ hours or on low for 4½ hrs. Add broccoli and pineapple for last 30 minutes of cooking. Serve with a whole grain such as brown rice or quinoa.

### NUTRITION FACTS *4 servings*

Calories: 289      Total Carbohydrate: 30 g  
 Fat: 7 g              Dietary fiber: 5 g  
 Sodium: 570 mg    Protein: 29 g

## Crock Pot Pulled Chicken with Cabbage Slaw



### INGREDIENTS

- 2 lbs boneless, skinless chicken breast
- 1 medium sweet onion
- SAUCE:
- ¼ cup brown sugar
- 1 Tbsp. chili powder
- ½ cup ketchup
- ¼ cup cider vinegar
- Salt and pepper
- SLAW:
- ½ cup low fat sour cream
- 2 Tbsp. cider vinegar
- ½ small green cabbage (about 1 lb.)
- ½ cup fresh cilantro
- Salt and pepper

### DIRECTIONS

1. Place chicken in slow cooker and top with onion slices. Whisk together all sauce ingredients and pour sauce over the top. Cover and cook on low 6-7 hours (or 3-4 hours on high). Chicken is finished when it is tender and can be easily shredded.
2. For slaw, whisk together the sour cream, vinegar, 1 Tbsp. water and ¼ tsp. each salt and pepper. Core cabbage and finely slice. Toss cabbage shreds with the sour cream mixture. Let sit for about a half hour, tossing occasionally. Mix in cilantro before serving.
3. Shred the chicken using two forks. Toss chicken with sauce. If making sandwiches, add chicken and slaw to whole wheat buns.

### NUTRITION FACTS

*8 servings*  
 Calories: 278  
 Fat: 6 g  
 Sodium: 160 mg  
 Total Carbohydrate: 30 g  
 Dietary fiber: 1 g  
 Protein: 36 g



### SHORTCUT PREP

*If you have BBQ sauce on hand, you can use 1 cup of sauce in place of the sauce recipe.*

## Pumpkin Slow Cooker Steel Cut Oatmeal



### INGREDIENTS

- 2 cups steel cut oats
  - 15 oz. pumpkin puree (not pumpkin pie filling)
  - 1½ tsp. cinnamon
  - ½ tsp. ginger
  - ¼ tsp. nutmeg
  - ⅓ tsp. cloves (you can also opt to use 1 tsp. cinnamon and ½ tsp. pumpkin pie spice and omit ginger, nutmeg and cloves)
  - 2 tsp. vanilla
  - 3 cups pears, diced (about 1 lb.)
  - 6 cups water
  - 2 cups low fat milk
  - \*use unsweetened almond or cashew milk
- TOPPING: nuts, fresh or dried fruit, seeds, a drizzle of maple syrup or honey, etc.

### DIRECTIONS

1. Place all of the ingredients in a large slow cooker. Mix well. Cover and cook on high for 4 hours or on low for 8 hours. This can be cooked overnight. Mixture is ready when thickened and soft.
2. Apples can be used instead of pears. You can also replace milk with 2 cups of water if desired. To make recipe sweeter, feel free to add ¼ cup pure maple syrup or honey to slow cooker while cooking.

NUTRITION FACTS		8 servings
Calories: 217	Total Carbohydrate: 38 g	
Fat: 4 g	Dietary fiber: 7 g	
Sodium: 198 mg	Protein: 8 g	

## Chunky Applesauce



### INGREDIENTS

- 10-12 large cooking apples, peeled, cored and cut into chunks
- ½ cup water
- 1 tsp. cinnamon
- ½ cup sugar

### DIRECTIONS

Combine all ingredients and cook 8-10 hours in a large crockpot.

### NUTRITION FACTS

NUTRITION FACTS		8 servings
Calories: 222		
Fat: 1 g		
Sodium: 3 mg		
Total Carbohydrate: 59 g		
Dietary fiber: 8 g		
Protein: 1 g		



## Zucchini and Black Bean Crockpot Soup GF

### INGREDIENTS

- 1 medium sized chicken breast (about 3/4 pounds)
- 1 (28 oz.) can diced tomatoes
- 2 (15.5 oz.) cans so-salt-added black beans
- 3 medium zucchini (about 1 lb.), cut into ½ in pieces
- 2 medium onions, chopped
- 1 (6 oz.) can no-salt-added tomato paste
- 2 cloves garlic, minced
- 1 Tbsp. chili powder
- 1 tsp. dried oregano
- ¼ tsp. salt
- ¼ tsp. pepper



### DIRECTIONS

1. Chop chicken into small pieces and add all of the remaining ingredients to a 4-6 quart slow cooker and stir to combine. Set the temperature to low, cover, and let cook for 7-8 hours. For a shorter total recipe time, cook on high for 4-5 hours. Makes about 6 servings.

NUTRITION FACTS <i>6 servings</i>	
Calories: 220	Total Carbohydrate: 39 g
Fat: 2 g	Dietary fiber: 13 g
Sodium: 460 mg	Protein: 17 g

## Sheet Pan Salmon with Rainbow Veggies GF

### INGREDIENTS

- 1 pint cherry tomatoes
- 1 yellow bell pepper, sliced
- 2 cups broccoli, cut into florets
- ½ red onion, sliced
- 10 oz. salmon (can sub with other fish as desired)
- 2 Tbsp. olive oil
- 2 Tbsp. low sodium soy sauce
- 1 Tbsp. honey
- 1 Tbsp. rice wine vinegar
- Dash of garlic powder and ginger powder



### DIRECTIONS

1. Preheat oven to 375 degrees. Line a sheet pan with parchment paper.
2. Place salmon filets on sheet pan and spread the vegetables in a single layer around them. Drizzle everything with olive oil.
3. In a small bowl, stir together soy sauce, honey rice and wine vinegar. Drizzle this over salmon and if any left, the veggies. Season everything lightly with salt and pepper. Bake for 20-25 minutes until salmon is cooked and veggies are tender.

NUTRITION FACTS <i>2-3 servings</i>	
Calories: 298	Total Carbohydrate: 18 g
Fat: 15.6 g	Dietary fiber: 4 g
Sodium: 435 mg	Protein: 23 g



## Sheet Pan Eggplant Parmesan



### INGREDIENTS

- 1 medium eggplant, cut into ¼ inch slices
- 1 egg
- 1½ Tbsp. water
- 1 cup panko breadcrumbs  
(\*use GF panko crumbs)
- ¼ cup parmesan cheese
- 1 tsp. dried oregano
- 1 tsp. dried basil
- ½ tsp. garlic powder
- 2 Tbsp. olive oil
- 1 (25 oz.) jar marinara sauce
- 4 oz. mozzarella cheese  
(\*omit or use small amount of vegan parmesan – recipe online)
- Fresh basil for garnish

### NUTRITION FACTS

6 servings  
Calories: 254  
Fat: 11 g  
Sodium: 759 mg  
Total Carbohydrate: 28 g  
Dietary fiber: 6 g  
Protein: 11 g

### DIRECTIONS

1. Spread sliced eggplant out on paper towels. Sprinkle lightly with salt and let sit for 10 minutes. Blot excess moisture with paper towels, flip eggplant and repeat process.
2. Preheat oven to 375 degrees. Combine the breadcrumbs, parmesan cheese, and seasonings in a shallow dish.
3. In separate dish, lightly beat egg with water. Dip the eggplant slices in the egg and then the breadcrumb mixture, pressing the eggplant down to evenly coat both sides.
4. Drizzle a foil-lined or parchment-lined baking tray with oil. Place the breaded eggplant on sheet tray.
5. Bake for 15 minutes. Flip slides and bake another 10 minutes. Spoon sauce on each side and top with mozzarella. Bake an additional 10 minutes or until cheese is melted. Top with fresh basil as desired.