

WHAT'S COOKIN', MEMPHIS?

EASY MEAL

PREP GUIDE



Church Health
care for one another

BUTTERNUT SQUASH SOUP

INGREDIENTS:

- 1 large (3 lb.) butternut squash, seeded, roasted, and flesh removed
- 1 TBSP olive oil
- 1 large yellow onion, diced small
- 1 small tart apple, peeled and diced small
- 1 garlic clove, peeled and minced
- 1 teaspoon Kosher salt
- 1 teaspoon ground black pepper

Servings: 6

Serving Size: 1 1/2 cups

- 1 TBSP curry powder
- 2 cups low-sodium chicken or vegetable broth
- 1 14oz. can of coconut milk
- Juice of half a lemon
- *Optional garnishes:*
 - Chopped cilantro or parsley*
 - 1 TBSP low-fat Greek yogurt*
 - 1 TBSP toasted pumpkin seeds*



DIRECTIONS:

1. In a large stock pot or Dutch oven, heat olive oil over medium-high heat for 2-3 minutes.
2. Add diced onion and apple to the pot and season with salt and pepper. Sauté until softened, about 7 minutes.
3. Add garlic and curry powder. Stir to distribute the curry evenly and cook for 1-2 minutes.
4. Add broth and coconut milk and simmer for 5 minutes.
5. Add roasted butternut squash and break it up.
6. Remove from heat and blend right in the pot using an immersion blender. Alternatively, pour the soup into a blender or food processor and blend until smooth.
7. If the soup is too thick, thin it down with some more broth. Start with ½ a cup.
8. Finish with lemon juice and heat for an additional 1-2 minutes or until piping hot.
9. Taste for seasoning, ladle into bowls, garnish, and serve.

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TURKEY MEATLOAF

Servings: 8 mini meatloaves

Serving Size: 1 7oz. loaf

INGREDIENTS:

- 1 small onion, diced
- 2 celery ribs, diced
- 2 TBSP olive oil
- 3 garlic cloves, minced
- 2 teaspoon rubbed sage
- 1 teaspoon Kosher salt
- 1/2 teaspoon ground black pepper
- 2 1/2 lbs. lean ground turkey
- 1/2 cup plus 1 TBSP breadcrumbs
- 1/4 cup ketchup
- 1 TBSP Worcestershire sauce
- 1/2 cup parsley, chopped
- 2 eggs, beaten
- Cooking spray

DIRECTIONS:

1. In a large sauté pan over medium heat, heat olive oil.
2. Add onion and celery and cook until translucent, about 4 minutes.
3. Add garlic and herbs, salt and pepper. Sauté for 2 minutes. Set aside to cool.
4. Place turkey in a bowl, add breadcrumbs, ketchup, Worcestershire, parsley and eggs. Mix well.
5. Add cooled onion mixture and mix well.
6. Line a sheet pan with parchment paper.
7. Shape mixture into football-shaped loaves, about 1 cup each.
8. Bake at 350 degrees until interior temperature of meatloaves is 160 degrees. Cool on pan and serve.



CRANBERRY-ORANGE QUICK BREAD



INGREDIENTS:

- 1 1/2 cups frozen cranberries
- Cooking spray
- 4 TBSP unsalted butter
- 1 cup granulated sugar
- 2 medium oranges, zested and juiced
- 2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 3/4 cup 2% milk
- 1 large egg, beaten
- 1 teaspoon vanilla extract
- 3/4 cup powdered sugar

Servings: 10 Slices

Serving Size: 1 Slice

DIRECTIONS:

1. Cut the frozen cranberries in half. Set aside and allow them to thaw.
2. Preheat the oven to 350 degrees and coat a 9x5 inch loaf pan with cooking spray.
3. Melt the butter in a medium-sized, microwave safe bowl. About 15-20 seconds.
4. Place sugar in a medium-sized bowl. Add the finely grated zest and rub it into the sugar until fragrant and moistened. Add the flour, baking powder, baking soda, and salt. Whisk to combine and break up any lumps. Reserve extra for the glaze.
5. Add 1/4 cup of freshly squeezed orange juice to the melted butter. Then add milk, beaten egg, vanilla extract, and whisk until just combined. Add the flour mixture to the wet ingredients and stir with a spoon or rubber spatula until combined. Add the cranberries and fold until evenly distributed. Scrape the batter into the prepared loaf pan.
6. Bake until a toothpick inserted into the center comes out clean, 45 to 55 minutes. Remove from the oven and place pan on a wire rack to loosen the bread. Then flip out onto the rack and let cool completely, for about an hour.
7. If making the glaze, sift 3/4 cup powdered sugar into a small bowl. Add 1-2 TBSP of the reserved juice and whisk until smooth. Drizzle over the bread and let sit until the glaze sets, about 15 minutes.

CHICKEN NOODLE SOUP

Servings: 6

Serving Size: 1 1/2 cups



INGREDIENTS:

- 1 TBSP olive oil
- 1 large yellow onion, diced
- 4 garlic cloves, minced
- 2 large carrots, sliced into rounds
- 2 ribs celery, chopped
- 1 rotisserie chicken, de-skinned and shredded
- 2 qts. chicken stock
- 6 oz. green bean, chopped into thirds
- 3/4 cup frozen corn
- 3 oz. fresh spinach
- 6 oz. whole wheat egg noodles
- 1/2 qt. water, added as needed
- 1/2 teaspoon Kosher salt
- Ground black pepper, to taste
- 3-4 shakes of hot sauce (optional)

DIRECTIONS:

1. In a large stockpot or Dutch oven, heat oil over medium heat. Sauté onions for 2 minutes. Add celery and carrots and cook for 5 minutes. Add garlic and cook for an additional minute.
2. Add chicken stock and bring to a boil and then reduce heat and simmer for about twenty minutes. Add green beans and corn. Simmer for an additional 3 minutes, then add shredded chicken along with the noodles. Cook at a gentle boil for 5-7 minutes or until noodles are tender.
3. Stir in spinach leaves and allow to wilt in the soup while stirring.
4. Taste and season with salt and pepper.

LASAGNA WITH ROASTED EGGPLANT, MUSHROOMS AND CARROTS



Servings: 6

Serving Size: 1 Square

DIRECTIONS:

1. Preheat the oven to 400 degrees. Line a baking sheet with parchment paper. Brush the eggplant slices on both sides with olive oil and place them on a baking sheet. Sprinkle with a little Kosher salt and roast in the oven for about 10 minutes. Remove from the oven and using tongs, flip the eggplant slices over. Return to the oven for another 5-10 minutes or until eggplant is tender.
2. Toss the prepared mushrooms, carrots and thyme with 1 TBSP of olive oil, and season to taste with salt and pepper. Place on the parchment-lined baking sheet and roast for 15 to 20 minutes. Stir halfway through. The carrots should be lightly caramelized and the mushrooms tender. Remove from the oven and reduce the heat to 350 degrees.
3. Coat rectangular baking pan with cooking spray. Stir the mushrooms and carrots into the marinara sauce. Spread a small spoonful of sauce over the bottom of the baking pan. Top with a layer of lasagna noodles. Top the noodles with a spoonful of sauce, then a layer of eggplant slices. Top the eggplant with half of the mozzarella and sprinkling of Parmesan. Repeat the layers, ending with a layer of lasagna noodles topped with a layer of tomato sauce and a layer of Parmesan.
4. Cover the baking dish tightly with foil and place it in the oven. Bake for 40 minutes or until the mixture is bubbling. Uncover and bake for an additional 10 minutes, until the top begins to brown. Let cool for about 5 minutes and serve.

INGREDIENTS:

- 1 medium eggplant, 1 1/4 lbs., cut in 1/2-in. lengthwise slices Salt, to taste
- 3 TBSP olive oil
- 1/2 lb. cremini mushrooms, cut in thick slices
- 1 large carrot, cut in 1/2-in. dice
- 1 teaspoon fresh thyme leaves
- 2 1/2 cups marinara sauce
- 7-8 oz. no-boil lasagna
- 3 oz fresh mozzarella, thinly sliced
- 4 oz (1 cup) freshly grated parmesan cheese

WHAT'S THE SECRET TO A HEALTHIER COMMUNITY? YOU.

At Church Health, we believe true health is a mix of the right ingredients, from the doctor's office to your dinner table. As a faith-based nonprofit, we provide high-quality, affordable medical, dental, and eye care services to hardworking, uninsured Memphians. With the help of our supporters, we care for the whole person, and that includes sharing knowledge and skills, providing lifestyle and nutritional education, and so much more with our community.



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