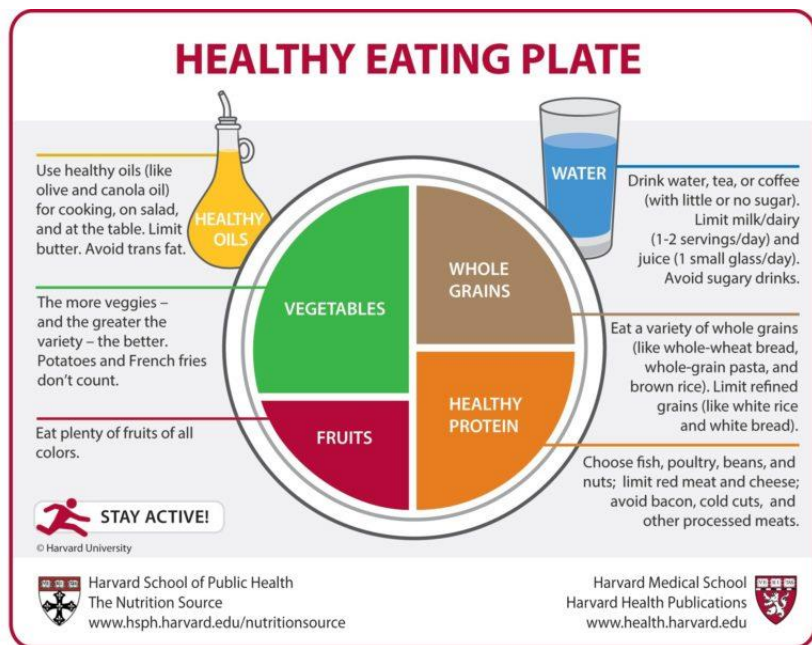


Start Eating Healthy Today!

Plan Ahead, Be Knowledgeable, Track Success!

The Healthy Eating Plate was developed by nutrition experts at the Harvard School of Public Health to provide guidance to help people make the best eating choices. Use The Healthy Eating Plate as a guide for creating healthy, balanced meals—whether served on a plate or packed in a lunch box. Put a copy on the refrigerator as a daily reminder to create healthy, balanced meals!



Tips for Healthy Eating

1. Share a meal with family and friends and enjoy shopping, planning, and eating together.
2. Wash, trim, slice, and cut your vegetables early in the week so your prep time is cut in half.
3. Put your fruits and vegetables at eye level so you see these and remember to prepare and eat them.
4. Place healthy snack in an obvious place so you are tempted to eat healthy food first. When we are hungry we tend to grab the first thing we see!
5. Use the leftover prepared vegetables for the next meal or for your soup.

LIVE WELL WATERTOWN

Eat Well Watertown's 2nd Annual Soup Fest

January 17, 2019

6:30 – 8:00pm

Watertown Free Public Library

Co-sponsored by the Watertown Health Department &
Watertown Free Public Library

For more information about our programs, contact:

Stephanie Venizelos

Community Wellness Program Manager

Watertown Health Department

Phone: 617-972-6446 ext. 8

Email: svenizelos@watertown-ma.gov

  @Live Well Watertown

www.livewellwatertown.org

LIVE WELL WATERTOWN

Working to create a network of diverse individuals and organizations who promote wellness for everyone that lives, works, and plays in Watertown.



Farmers' Market

Fresh Produce • Local Food • Artisans • Music
June through October



Eat Well

Nutritional & Health Information • Gardening
Healthy Recipes • Food Demos • Free Cooking Classes



Watertown Moves

Active Living Programs • Watertown Walks
Walking Programs • Bike Events • Snowshoeing • Kayaking



Stress Well

Building Resilience • Volunteering
Mindfulness Classes • Speaker Series

Eat Well Watertown

Eat Well Watertown is Live Well's longest running program that teaches people how to select fresh, local ingredients and prepare a wide variety of healthy, multicultural dishes. Our programs provide nutritional and general health information as well as resources on gardening, growing, and storing food.

Winter Soup Fest Recipes

Beet and Chipotle Soup
Chickpea and Barley Winter Soup
Parsnip, Apple, and Celery Root Soup
Portuguese Kale Soup
Thai-Inspired Curried Lentil Soup

Thai-Inspired Curried Lentil, Tomato, and Coconut Soup

Adapted from *Simple* by Y. Ottolenghi

Prepared By: Natalie Tarbet

Ingredients (Serves 4 and freezes beautifully.)

2 tbsp coconut oil (or sunflower oil)
1 onion, finely chopped (approx. 6 oz)
1 tbsp medium-strength curry powder, or to taste
¼ tsp chili flakes
2 garlic cloves finely chopped
1½ tsp piece of ginger, peeled and finely chopped
1/3 cup red lentils, washed
1 14.5 oz can of chopped tomatoes
1 tbsp coriander stalks, plus picked leaves for garnish
1 14.5 oz can of coconut milk
salt and black pepper

Cooking Instructions

1. Put the oil into a medium saucepan and place on medium-high heat. Add the onion and fry for 8 minutes, stirring often to prevent burning, till soft and caramelized. Add curry powder, garlic, chili flakes and ginger and continue to fry for another 2 minutes. Add the lentils and stir through for 1 minute, then add the tomatoes, coriander stalks, 2 2/3 cups of water, 1 tsp of salt, and a very generous grind of black pepper.
2. Pour the coconut milk into a bowl and whisk smooth; add to soup. Bring to the boil, then reduce heat to medium and simmer for 25 minutes, or until lentils are soft but still hold their shape. If the soup seems too thick, add up to ¼ cup of water.
3. Sprinkle with coriander leaves and serve with a lime quarter, if desired.

Portuguese Kale Soup

Adapted from *The Victory Garden Cookbook* by Marian Morash 1982

Prepared By: Judy Fallows

Ingredients (Serves 6-8)

1 lb kale
1 lb potatoes
1 lb smoked sausage (linguica or chorizo)
1 cup chopped onions
½ cup chopped carrots
1 T olive oil
1T butter
3 lbs peeled, seeded & chopped tomatoes (*canned tomato puree is fine*)
2 qts chicken broth or beef and chicken
1 ½ cup cooked kidney beans (*canned beans are fine*)
Salt and fresh black pepper

Cooking Instructions

Strip leaves from washed kale and cut into wide diagonal strips (you should have 6-8 cups of lightly packed kale). Wash, peel and chop potatoes, and keep in cold water. Prick sausage; blanch in boiling water for 5-10 min. to release fat. Drain; cut into ½ inch slices; set aside. In a large saucepan, sauté onions, carrots and garlic in oil and butter, cooking until soft, about 5 min. Add potatoes and broth and simmer, partially covered, for 15-20 min. or until the potatoes are cooked. Mash potatoes against the side of the pot (or puree with some of the broth and return to the pot). Stir in tomatoes and kidney beans, and simmer for 10-15 min. Add the kale and sausage, cook for 4-10 min. longer and season to taste.

Optional modifications:

1. Omit kidney beans. Use only ½ lb. of potatoes and mash as above. Add cooked small potatoes cut in half.
2. Use cooked sweet Italian sausage and omit blanching

Judy's modifications:

1. This recipe can be prepared vegan: substitute vegetable stock for chicken/ beef and omit sausage. Additional beans can be added for more protein (any varieties such as Soldier Beans, Jacob's Cattle Beans, Vermont Cranberry beans, etc.)
2. To accommodate vegan & meat eaters, cook sausage on the side and add sausage when serving, if desired.
3. Other root vegetables can be added such as diced rutabaga, turnips, kohlrabi.

Beet and Chipotle Soup

Adapted From *Cooking with Café Pasquales* by Katharine Kagel

Prepared By: Carabeth Connolly

Ingredients (Serves 4-6)

2 pounds whole beets
1 ½ cups chicken stock
1 cup full bodied red wine
6 cups water
¼ cup (1/2 stick) unsalted butter
1 coarsely chopped white onion
1 tbsp dark brown sugar
2 tbsp red wine vinegar
½ cup lemon juice
½ cup sour cream plus ¼ cup for garnish
2 chipotles in adobo
Fresh chives, snipped fine, for garnish

Cooking Instructions

Trim the leaves from the beets, leaving 1 inch of the stem and entire root intact. Put beets, stock, and wine into large soup pot, and add the water. The liquid should cover the beets by at least 1 inch. Bring to a boil and let simmer, covered, for 45 minutes to 1 hour. Fork test the beets for tenderness before removing them from the pot. Remove the beets with a slotted spoon, and reserve the cooking liquid in the soup pot. When the beets have cooled enough to handle, peel them and remove the stem and roots. Cut up a ½ cup of ½ diced beets for garnish and set aside. Coarsely chop the remaining beets and set aside.

Heat the butter in a large saucepan over medium heat, and when it is melted, add the onion and brown sugar. Sautee for 2 minutes, stirring with a wooden spoon, until the sugar is dissolved. Add the onions, coarsely chopped beets, red wine vinegar, lemon juice, ½ cup sour cream and chiles in adobo to the beet liquid in the soup pot. Whirl everything in the container of a blender until smooth, in batches if need be. The soup can be served hot or cold: if cold, chill it in the refrigerator, covered, for at least six hours. Garnish with reserved beets and 1 tbsp sour cream, then garnish with chives.

Chickpea and Barley Winter Soup

Prepared and Written By: Anna Padmanabhan

Total Cooking Time: Approximately 40 minutes

Ingredients

- 1 cup of chickpeas (canned is okay)
- 1/2 cup of barley (soaked for half hour prior)
- 1 cup of finely chopped red onions
- 1 cup of finely chopped sweet potato
- 1 cup of finely chopped celery
- 1 bay leaf
- 2 cloves of chopped garlic
- 1/2 inch of chopped ginger (peeled)
- 1 tsp of butter or 2 tsp of oil
- 8 cups of water
- Salt to taste
- 1/4 tsp Ground cumin
- 1/4 tsp Ground black pepper
- 1/4 cup chopped scallions (optional)

Cooking Instructions

1. Boil 1/2 cup of soaked barley with 1 and 1/2 cups of water in a small pot for approximately 15 minutes.
2. In a large pot on medium heat, add 1 tsp of butter (or 2 tsp oil). Add chopped garlic, chopped celery, chopped onion, chopped ginger, chopped sweet potato, and bay leaf. Sauté for 5 minutes.
3. Add 6 cups of water to the pot and bring to a boil.
4. Add chickpeas and cooked barley, and add salt to taste, and bring to a boil.
5. Add the remaining water (2 cups) to the boiling soup, checking to see if the consistency is as desired
6. Season with ground cumin and black pepper
7. Serve with chopped scallions (optional)

Parsnip, Apple, and Celery Root Soup

Adapted from *Ciderhouse Cookbook* by Jonathan Carr and Nicole Blum

Prepared By: Ashley Wenger

Ingredients (Serves 8)

- 3 tablespoons extra-virgin olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 tart apples (Pink Lady or Granny Smith are good choices), cored, peeled, and diced
- 1 small celery root, peeled and diced
- 1 pound parsnips, peeled and diced
- 1 tablespoon salt, plus more as needed
- 7 cups water
- 1 teaspoon chopped fresh oregano
- 1 teaspoon cider vinegar
- 1 teaspoon black pepper (freshly ground if possible)
- 1 teaspoon ground Aleppo pepper
- Optional Garnishes: Homemade croutons & grated Gruyère, a drizzle of extra-virgin olive oil & chopped herbs, a dollop of Greek Yogurt, or roasted nuts/seeds and/or granola

Cooking Instructions

1. Heat 2 tablespoons of the olive oil in a large pot over medium heat. Add the onion and garlic, stir, and cook until translucent, about 5 minutes. Be careful not to burn the garlic.
2. Stir in the apples, celery root, parsnips, and salt, and continue to cook until lightly browned, about 10 minutes.
3. Add 5 cups of the water and bring to a boil. Reduce the heat, cover, and simmer the vegetables until tender, about 15 minutes.
4. Using an immersion or stand blender, purée the soup. (To be safe, let it cool first if you are using a stand blender.)
5. Add the remaining 2 cups water and one tablespoon olive oil to the soup, along with the oregano, vinegar, and ground peppers. Taste and add more salt as needed.
6. Reheat the soup to serving temperature. Serve with desired garnishes.

Homemade Croutons

Preheat oven to 350F. Cut a small loaf of bread into 1- 2 inch cubes. Toss the cubes with 3 TBSP of olive oil and a sprinkle of salt. Arrange the cubes in a single layer on a baking sheet and bake for 15 minutes, or until golden brown.