

## *Nutrition Tips from ActiveEDGE*

*Need more nutrition tips: contact Karen Woolley our registered Dietitian*

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### **Couple Slow Cooker Recipes That Are Healthy *and* Delicious!**

Eating healthy can be challenging and time consuming. Here are a couple of good recipes lend themselves to busy afterschool schedules and crisp fall nights.

#### Mac & Cheese

The pureed butternut squash adds a hearty depth to the dish, without ruining the cheesy flavor.



##### **Ingredients**

- 2 $\frac{3}{4}$  c butternut squash puree (I used frozen, entirely thawed)
- 4 c unsweetened almond milk or milk of choice
- 16 oz. whole wheat or high fiber pasta (small, such as shells or macaroni)
- 3 – 4 c sharp cheddar, shredded
- 1 $\frac{1}{2}$  tsp salt, to taste
- $\frac{1}{4}$  tsp pepper
- 1 tsp garlic powder
- 1 tsp dried parsley

##### **Instructions**

1. Spritz large slow cooker with nonstick spray.
2. In the slow cooker, whisk together butternut squash puree and almond milk until there are no chunks remaining. Add the pasta, cheese, and seasonings and mix until well combined.
3. Cover and cook on low for 3 – 4 hours. Do not stir. Serve when all liquid has been absorbed and noodles are cooked through.

### **Black Bean Sweet Potato Enchiladas-** This dish only takes 10 minutes to prep!



##### **Ingredients**

- 1 can black beans (15 oz.) rinsed and drained
- 1 sweet potato, peeled and cut into  $\frac{1}{2}$ -1 inch pieces
- 2 cups corn, fresh or frozen
- 6 tomatoes, diced
- 1 packet taco seasoning (or make your own: 1 teaspoon chili powder, 1 teaspoon cumin,  $\frac{1}{2}$  teaspoon paprika,  $\frac{1}{4}$  teaspoon garlic powder,  $\frac{1}{4}$  teaspoon onion powder,  $\frac{1}{4}$  teaspoon red pepper flakes, salt and pepper to taste)
- 1 can pumpkin puree (not pumpkin pie filling) (optional)
- 2 cups Mexican cheese blend, shredded
- 1 can red enchilada sauce
- 9 Corn tortillas (6 inch)
- Optional toppings: sliced green onions, sour cream or salsa

##### **Instructions**

1. In a large mixing bowl add black beans, sweet potato, corn, tomatoes, taco seasoning and pumpkin (optional). Mix thoroughly.
2. Spray the Crockpot with non-stick spray. Place 3 tortillas in the bottom of Crockpot (they will be slightly overlapping). Layer  $\frac{1}{2}$  black bean sweet potato mixture on top of tortillas, then pour  $\frac{1}{3}$  of enchilada sauce (about 1 cup) on black bean mixture and sprinkle  $\frac{1}{3}$  of the cheese. Repeat layering, 3 tortillas, remaining black bean mixture,  $\frac{1}{3}$  enchilada sauce,  $\frac{1}{3}$  cheese. Layer 3 final tortillas, remaining enchilada sauce and remaining cheese.
3. Cover and cook on low for 6-7 hours or high for 3-4 hours. Serve with desired toppings, like sour cream, sliced green onions, or salsa.



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