

A group of people, including a man with a beard and a woman with glasses, are smiling and looking at a recipe card in a kitchen setting. The man is wearing a striped shirt and the woman is wearing a green patterned top. They appear to be in a kitchen, possibly a community center or a classroom, with shelves and kitchenware visible in the background.

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Ten Benefits of Cooking & My Favorite Recipes

By **Regina V. Cates**

Ten Benefits of Cooking & My Favorite Recipes



At this point in my life, I honestly have no regrets. There is absolutely no way to go back and change anything I did or did not do in the past. My only power is to learn from previous negative choices and not repeat them. Yet, if a magic wand suddenly appeared and made it possible to do a part of life over again, I would jump at the chance to care deeply about what I fed my body.

For too long I chose not to think about what I ate, how much I ate, or what was in the food that came in a sack handed to me from a drive-thru window. Sure it was speedy, convenient, and cheap. Something to eat in my car, at my desk at work, or in front of the television. Growing up in the southern part of the United States, I also got used to everything (well, almost) being fried or loaded with sugar and salt.

However, eating without awareness or responsibility eventually caused me to gain more than 63 pounds. One day I got so disgusted by the person I saw in the mirror that I did a complete about-face. I woke up to what I was doing to my body, which I believe is home to my soul. It was reverence for my spiritual beliefs that motivated me. As a soul, blessed with a human body, I now care deeply about the food I eat and so I cook most of my meals.

Being healthier is one obvious benefit of cooking our meals. Here are nine more:

Preparing meals at home saves money. I realize fast food is convenient and often a cheap option. Eating at a restaurant is convenient too, but more expensive. No matter where we get ready-made food, there are hidden expenses we need to consider, such as labor, packaging, building expenses, insurance, etc. All of these costs make eating out more expensive than cooking at home. When we cook, we don't have the overhead of any kind of restaurant.

Cooking gives us control over portion size. Restaurants, whether dine-in or drive-thru, often give portions that are way more than one person should eat in one or even two meals. When we prepare our own meals we are completely in control, not only over what we eat, but how much.

Cooking allows control over ingredients. Like restaurant and fast food, frozen meals and other packaged foods are often loaded with sodium and additives. So by allowing someone else to cook for us, we're not in control of what we're eating. However, when we cook, we see everything that goes into

our food. Cooking allows us to remain aware of and responsible for our daily intake of sugar, butter, salt, and saturated fat so we stay healthy.

Cooking lowers the risk of food-related illnesses.

This is important on two counts: first, if we need to prevent exposure to foods we are allergic to, such as nuts, dairy, and wheat; and second, to prevent food poisoning. Anyone who has ever experienced food-borne illness, (I have) is more aware of the dangers of this occurring when we eat out. This is a far too common problem that can be very dangerous.

Cooking stimulates our senses. Imagine the aroma of fresh strawberries, or garlic and onions sautéing in the pan, or even the smell of flour. We get much pleasure not only from eating the food, but also from the smells, textures, and beauty of the ingredients we use to cook our favorite dishes.

We derive a sense of accomplishment. Cooking a homemade meal for yourself and loved ones provides satisfaction. No matter how time-consuming (or not), in the end you will be gratified about the meal you have created. Cooking is an art form and a means of creative expression.

Sharing a home-cooked meal brings family and friends together. Socializing with other people is important to everyone's well-being. When we are with other people, we reduce loneliness and have the opportunity for much needed interaction.

Cooking a meal helps improve time-management skills. It's not easy to manage the preparation of several dishes at once. There are different preparation and cooking times. These differences require us to use our brain in order to manage the various stages of the cooking process.

Cooking helps expand our knowledge of the world. When researching recipes, we become exposed to cuisines from around the world. By learning about different tastes from different countries, we also learn about various cultures. We become more adventurous, and that may lead to greater travel in order to immerse ourselves in the cultures and foods of foreign lands.

Following are some of my favorite recipes. These are dishes I cook and enjoy on a regular basis.

Bon Appétit!

Regina

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Regina's Favorite Recipes

Note: I order all the granulated and powdered spices in these recipes from SavorySpiceShop.com



Regina's Pasta/Lasagna Sauce

- 2 pounds ground turkey
- 2 28-ounce cans petite diced tomatoes
- 1 28-ounce can tomato sauce
- 1 6-ounce can tomato paste
- 6 ounces red wine (I use the empty tomato paste can to measure)
- 8-ounce package white mushrooms
- 8-ounce package baby Bella mushrooms
- 1 large white onion
- 6-ounce can sliced black olives
- 4.5-ounce can diced black olives
- 8 garlic cloves (I use 2.5 tsps. minced garlic in a jar)
- 4 bay leaves

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- 1 tsp. ground fennel (overflowing)
- 1 tsp. pepperoncini (red pepper flakes)
- 1 Tbs. oregano leaves (overflowing)
- 2 Tbs. dried parsley flakes (overflowing)
- 2 Tbs. salt-free Italian seasoning (overflowing)
- 1 tsp. basil (overflowing)
- 1 Tbs. extra virgin olive oil (add to sauce)
- 1 Tbs. of brown sugar

Prepare ingredients:

Brown turkey, drain fat, and crumble.

Drain diced tomatoes, rinse, and remove end pieces and peels.

Wash mushrooms, remove ends of stems, and cut into small pieces.

Peel onion, dice, and sauté in olive oil until translucent.

Drain and rinse sliced olives.

Finely chop garlic (unless using from jar).

Combine tomatoes, sauce, paste, and wine in large 8-quart pot.

Add all seasonings, brown sugar, olive oil, and mix well.

Add chopped mushrooms, sliced and diced olives, sautéed onions, and turkey.

Bring mixture to a boil, stirring frequently.

Reduce heat to low and simmer two hours, fixing lid on pot to allow steam to escape.

Stir every fifteen minutes.

Turn off heat after two hours and leave on stove with lid vented to allow steam to escape and sauce to cool.

Put pot in refrigerator overnight.

The next day, stir well and remove bay leaves.

If you want to eat immediately, put required amount of sauce into a pot. Heat and serve over thinly sliced red pepper, zucchini, and eggplant that is stir-fried in olive oil or use sauce over a favorite pasta. Top each serving with 1-2 Tbs. grated Parmesan cheese. Freeze remaining sauce or make lasagna.

Additional Ingredients and Directions for Lasagna

- Olive oil spray
- Olive oil
- 8 ounces shredded Mozzarella cheese
- 8 ounces Ricotta cheese
- 8 ounces grated Parmesan cheese
- Box of lasagna noodles (I use the colorful ones from Eataly)

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Spray 9 x 12" baking dish with olive oil

Fill 5-quart pot with water and 1 tsp. olive oil.

Boil lasagna noodles 2 minutes less than package instructions, then rinse in cold water.

Count number of noodles and divide into 3-4 equal parts, depending on number in box.

Put a layer of noodles in pan, overlapping to cover bottom.

Add a layer of sauce and spread evenly.

Spoon Ricotta on each piece of lasagna. If you plan 3 layers, use 1/3 of Ricotta container.

Spread shredded Mozzarella over the layer, again dividing equally between layers.

Spoon grated Parmesan over the layer, leaving enough for all layers and topping.

Add another layer of noodles and press gently to spread Ricotta and other cheeses below.

Spread another layer of sauce, Mozzarella, and Parmesan.

Continue until you build 3 layers of noodles, sauce, and cheeses.

End with a final layer of noodles and sauce, and dust with the remaining Parmesan.

Preheat oven to 350 F.

Cover lasagna baking dish with foil and place on a cookie sheet.

Bake for 30 minutes.

Remove foil and return to oven for another 30 minutes.

Allow to sit for 30-60 minutes before serving.

To cut and freeze, allow to sit in refrigerator covered in foil overnight. (It's easier to cut when cold.)

Servings: 12-15. From: My own recipe.

Yummy Super Simple Soup

- 2 cans drained and rinsed no-salt-added cannellini beans
- 2 cans drained and rinsed no-salt-added white beans
- 1 quart (32 ounces) low-sodium vegetable broth
- 6 cloves garlic (I use 2 tsp. minced garlic in a jar)
- 10 ounces baby spinach
- Extra virgin olive oil
- Grated Parmesan cheese

Prepare ingredients:

Drain and rinse beans. Crush garlic (unless using minced from a jar). Wash baby spinach.

Simmer beans, broth, and garlic in large pot for 20 minutes.

Stir in baby spinach and cook for 1-2 minutes until wilted.

Spoon into bowls.

Drizzle with extra-virgin olive oil.

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Top with a bit of fresh ground pepper and grated Parmesan.
Serve with a small salad.

Serves 4. From: Nutrition Action Health Letter 2010.

Roasted Cabbage with Garlic and Olive Oil

- Olive oil spray
- Large green cabbage
- Kosher salt
- Granulated garlic
- Red pepper flakes

Prepare cabbage: Remove damaged outer leaves. Cut cabbage in half, then into wedges. Leave the core so wedges will not fall apart. Rinse wedges well, then dry with a paper towel.

Spray a baking pan with olive oil.

Place cabbage wedges in a single layer on baking pan and generously spray their tops with olive oil. Season with kosher salt, granulated garlic, and red pepper flakes.

Preheat oven to 400 degrees F.

Roast cabbage wedges until golden brown and fork-tender, 25-30 minutes.

Serves 4. From: HealthyRecipesBlogs.com

Turkish-Spiced Chicken Thighs

- Olive oil spray
- Olive oil
- 1 pound boneless, skinless chicken thighs
- Granulated garlic
- Dried oregano flakes
- Hungarian sweet paprika
- Ground coriander
- Ground cumin
- Kosher salt
- Ground cinnamon

Cut fat from chicken thighs.

Spray baking dish with olive oil.

Place chicken thighs in dish and drizzle with olive oil.

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Sprinkle (moderately) with salt and each spice, ending with cinnamon.

Preheat oven to 400 degrees F.

Cover with foil and bake 20 minutes.

Remove foil, turn chicken over and bake another 20 minutes.

Turn chicken over and bake 10 additional minutes.

Test chicken for doneness after 50 minutes.

Serves 4. From: Nutrition Action Newsletter 2015 (modified)

Roasted Brussels Sprouts and Carrots

- Olive oil spray
- 1 pound Brussels sprouts
- 6–8 baby carrots
- 1 tsp. minced garlic
- 2 Tbs. vegetable oil
- 2 tsp. sugar
- 1 juicy lime
- 1 tsp. kosher salt
- Pinch of red pepper flakes

Prepare ingredients: Trim ends and damaged leaves from Brussels sprouts and cut sprouts in half.

Cut baby carrots into 1/2 inch pieces.

In medium mixing bowl, blend vegetable oil, lime juice, sugar, garlic, and kosher salt.

Add carrots and Brussels sprouts to mixture and stir to coat evenly.

Allow to sit 30–60 minutes, stirring occasionally.

Preheat oven to 350 degrees F.

Spray baking sheet with olive oil spray.

Spread Brussels sprouts and carrots on sheet.

Sprinkle red pepper flakes to taste.

Bake 15 minutes, then turn vegetables over.

Bake 15 more minutes and test for tenderness.

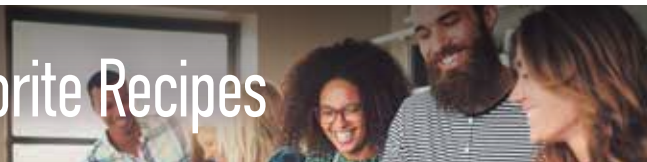
Continue baking until tender.

Serves 4. From: Food Network Magazine

Roasted Mixed Vegetables

- Olive oil spray
- 1 red bell pepper

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- 1 large Yukon gold potato
- 1 large zucchini squash
- 1 large yellow squash
- 1 sweet onion
- 1 Japanese or Chinese eggplant
- 12 cauliflower florets
- Granulated garlic
- Coarse black Malabar pepper
- Park Hill Maple & Spice pepper
- Dried parsley flakes
- Cayenne chili powder
- Grated parmesan cheese

Prepare ingredients:

Remove seeds from bell pepper and cut into 2-inch pieces.

Cut potato into 1/4" slices.

Cut zucchini and yellow squash in half, then lengthwise, leaving 4 quarters for each.

Remove outer skin of onion, trim ends, cut in half, then cut each half into thirds.

Trim ends of eggplant. Cut in half, then cut halves lengthwise, leaving 4 quarters.

Spray baking pan, or two, with olive oil.

Spread vegetables out on pan and spray lightly with olive oil.

Sprinkle garlic onto zucchini squash, yellow squash, potatoes, cauliflower, and eggplant.

Sprinkle black pepper onto zucchini squash.

Sprinkle Park Hill Maple & Spice pepper onto yellow squash.

Add parsley flakes to top of potatoes.

Sprinkle cayenne chili powder onto cauliflower.

Preheat oven to 350 degrees F.

Roast vegetables for 20 minutes, then turn over.

Roast for 10 more minutes, then turn eggplant over and top with grated Parmesan.

Roast vegetables for another 10 minutes and serve hot.

Serves 4: My creation.

Vegetables with Linguine and Pesto

- 1 bag frozen Pictsweet Farms Steamables Spring Vegetables
- 1 small yellow squash, ends trimmed and cut into 1/4" slices
- 1 small zucchini squash, ends trimmed and cut into 1/2 "slices
- 3-4 baby carrots, cut into 1/2" slices

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- 1-3.17 ounce jar Genovese pesto from Eataly (or your choice)
- 1/2 box (8 ounces) Lidia's linguine from Eataly (or your choice)
- Kosher salt
- Grated Parmesan cheese
- Olive oil

Prepare ingredients:

Trim ends off yellow and zucchini squash, cut into 1/4" slices

Cut carrots into 1/2" slices

Fill 5-quart pot with water and a drizzle of olive oil, bring to boil.

Add pasta and raw vegetables and cook for 5 minutes.

Add Pictsweet Farms frozen vegetables and cook for another 4-5 minutes until pasta and vegetables are done.

Carefully drain mixture in colander to remove all water, then return to pot.

Stir in pesto and spread evenly over pasta and vegetables.

Dish into 2-3 large bowls, dividing pasta and vegetables evenly.

Top with grated Parmesan and salt to taste.

Eat hot.

Serves 2-3: My creation.

Chicken Matzo Ball Soup

(A 2-part recipe)

Soup

- 12-quart or larger stockpot
- 10 chicken thighs with skin and bones
- 1 stalk leek
- 5 large carrots
- 4 celery stalks
- 1 1/2 Tbs. fennel seeds
- 2 large white or sweet onions
- 1 bunch fresh dill and sewing thread to tie it (you will remove dill after cooking)
- 1 1/2 tsp. whole peppercorns
- 6 whole chicken bouillon cubes
- 20 cups water (5 quarts)

Prepare ingredients:

Trim ends of leek stalk, separate leaves, wash very well, and cut into 1" strips.

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Peel carrots, cut into 1/2" slices.

Wash celery stalks, trim ends, cut into 1/2" pieces.

Peel, slice, and chop onions.

Wash dill and tie with thread.

Put everything into pot, bring to a boil, and stir.

Reduce heat to simmer and cook for 1 hour.

Remove all chicken from pot. Remove meat and skin from bones, then place meat back into pot and stir to mix.

Cook on low for another hour.

Remove dill bundle.

Add cooked matzo balls (see recipe below).

Allow soup to cool and put into refrigerator overnight.

Skim off extra fat before reheating to serve or before freezing.

When ready to eat, divide matzo balls so each portion of soup has two.

Matzo Balls

- 5-quart pot
- 1 box low-salt Manischewitz matzo ball mix (2 packets)
- 4 eggs
- 4 Tbs. vegetable oil

In mixing bowl, combine both packets of matzo ball mix with eggs and vegetable oil.

Mix well until all lumps are removed and blended.

Refrigerate for 30 minutes.

To make the matzo balls:

Wet hands, keep them wet throughout process.

Take enough of the mix to roll a 1" ball between your palms.

Makes about 22 matzo balls. (They start small but get huge when cooked.)

Place the balls on a plate or wire rack.

Fill a pot with water and bring to a boil.

Using a spoon, gently lower each matzo ball into the water.

Cook uncovered on a low boil for about 25 minutes, gently turning each ball several times throughout the cooking process.

When thoroughly cooked, add to soup.

Makes 8-11 servings. From: My mother-in-law (Elsa Simon)'s recipe (modified)

Cabbage Vegetable Soup

- 32-ounce box low sodium vegetable broth

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- 2 44-ounce cans low sodium tomato juice
- 28-ounce can low sodium petite diced tomatoes
- 15-ounce can low sodium whole kernel corn
- 1 can Rotel tomatoes and chilies with juice
- 4 large carrots
- 4 celery stalks
- 2 parsnips
- 2 large sweet onions
- 1 turnip
- 5 red potatoes with skin
- 1 small head of cabbage
- 30 fresh green beans
- 1 small head of fresh broccoli
- 1 small head of fresh cauliflower
- 2 bay leaves
- 8 garlic gloves (2.5 tsp. minced garlic in a jar)
- 3 Tbs. dried parsley
- 1 1/2 tsp. thyme
- 1 1/2 tsp. Herbs of Provence
- 1/2 tsp. red pepper flakes
- 1/2 tsp. ground pepper
- 1/2 tsp. salt
- 1 Tbs. light brown sugar

Prepare ingredients:

Drain diced tomatoes, remove peels and stem ends.

Drain and rinse kernel corn.

Peel carrots and sliced into 1/2" pieces.

Trim off ends of celery stalks and cut into 1/2" pieces.

Peel parsnips and cut into 1/2" pieces.

Peel and chop onions.

Peel turnip and dice into 1/2" pieces.

Wash potatoes and cut into 1" pieces.

Remove outer leaves of cabbage, cut off end, and cut into wedges.

Wash green beans, trim off ends, and cut into 1" pieces.

Wash broccoli and cut florets into bite-sized pieces.

Remove leaves from cauliflower, wash and cut florets into bite-size pieces.

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Mince garlic gloves (unless using from jar).

Place the broth, tomatoes, tomato juice, all spices, brown sugar, and vegetables (except broccoli) into large stockpot. Cover and bring to a boil.

Reduce heat and simmer until vegetables are tender, stirring frequently.

Add broccoli 30 minutes before soup is done.

This recipe makes a lot for you to share or freeze. My creation and my dad's favorite.

Bar-B-Que Chicken Marinade

- 2 family packs of boneless, skinless chicken thighs
- 1 medium brining bag or two large Ziploc bags
- 1/2 cup olive oil
- 1 tsp. kosher salt
- 1/2 tsp coarse ground black pepper
- 1/2 tsp. paprika
- 1/2 tsp. cumin
- 1/4 tsp. cayenne pepper
- 1 Tbs. granulated garlic
- 1 Tbs. granulated onion
- 2 Tbs. parsley flakes
- 1 large (tall) can Modelo beer
- Barbeque sauce (any kind)

Trim fat from chicken thighs.

Place chicken in medium brining bag or two large Ziploc bags.

In bowl, mix all ingredients, adding the beer last and slowly, because it will foam and bubble.

If using one bag, pour entire mixture over chicken. If using two bags, divide mixture and pour evenly over chicken.

Seal bag(s) to make sure they do not leak. Place bag(s) in refrigerator on paper towels for 24 hours. Turn bag(s) 3-4 times to ensure marinade covers all thighs.

Prepare outdoor grill so fire is medium hot.

Remove thighs from mixture and place on layers of paper towels on a cookie sheet to drain.

Discard marinade mixture.

Cook chicken, turning as necessary to avoid burning.

After a few minutes of cooking on both sides, coat chicken with barbeque sauce, turning frequently and adding additional sauce to form a glaze.

Use meat thermometer to gauge doneness or cut a thigh in the thickest part to test for doneness.

Make certain chicken is thoroughly cooked.

Serve and freeze leftovers.

Makes 12-15 or more servings. From: A recipe I found online and modified, but I can't remember where.

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Avocado Corn Salad

- 1 pound cherry tomatoes
- 1 bag frozen corn kernels
- 2 ripe avocados
- 1/2 red onion
- 1/2 bunch fresh cilantro (trim off the stems)
- 2 Tbs. extra virgin olive oil
- 3 Tbs. lime juice
- 2 garlic cloves (1 tsp. minced garlic in a jar)
- 1 tsp. kosher salt
- 1/8 tsp. black pepper

Prepare ingredients:

Halve or quarter cherry tomatoes.

Thaw corn kernels completely.

Peel avocados, pit, and slice into 1" cubes.

Peel and thinly slice onion.

Chop cilantro.

Mince garlic (unless using from jar).

In a large bowl, combine tomatoes, corn, avocado, red onion, and cilantro. Gently mix.

In a small bowl, combine olive oil, lime juice, salt, black pepper, and garlic cloves. Blend well.

Pour dressing mix over the tomato and corn mixture and gently stir until combined.

Refrigerate leftovers.

Serves 6. From: Natashaskitchen.com

Cranberry Salad

- 1 bag fresh cranberries
- 1 medium orange with peel
- 2 apples
- 1 can crushed pineapple (drained)
- 1/2 cup sugar
- 1 cup shelled pecans

Cut orange into pieces and remove seeds.

Core apples and cut into small pieces. Wash and pick through the cranberries to remove any overripe fruit.

Place cranberries in food processor and grind until small, then scoop into a medium serving bowl.

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Grind orange, apples, and pecans in processor until small.

Add sugar and pineapple to food processor mix and blend thoroughly.

Combine mixture from food processor with cranberries in bowl and mix well.

Chill for 24 hours.

Stir before serving with a holiday meal or roasted chicken and vegetables.

Serves: 12 From: My cousin Sharon

Really Delicious Black Bean Chili

- 1 each medium red, yellow, and orange bell peppers
- 1 sweet onion
- 6 garlic cloves (2 tsp. minced garlic in a jar)
- 2 tsp. chili powder
- 1/2 tsp. ground cumin
- 1/2 tsp. kosher salt
- 2–3 Tbs. extra virgin olive oil
- 14.5-ounce can no-salt-added petite diced tomatoes
- 14.5-ounce can black beans
- 14.5-ounce no-salt-add corn kernels
- 1/2 cup fat-free sour cream
- 1/2 cup cilantro sprigs
- 2 cloves garlic (1 tsp. minced garlic in a jar)
- 1 lime
- 2 green onions
- 1 avocado

Prepare ingredients:

Seed bell peppers and chop into 1/2" pieces.

Peel and chop sweet onion.

Chop cilantro sprigs.

Mince garlic (unless using from jar).

Drain tomatoes, rinse, and remove peels.

Drain and rinse black beans.

Drain and rinse corn kernels.

Juice lime.

Thinly slice green onions.

Peel avocado, pit, and cut into small cubes.

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Puree the sour cream, cilantro, and garlic with the juice from one lime in a food processor until smooth and mixed thoroughly.

Heat olive oil in large pot on medium.

Sauté peppers until they start to brown on edges, stirring frequently.

Add sweet onion and continue to sauté for another 5 minutes.

Stir in minced garlic, cumin, and chili powder.

Add tomatoes and black beans.

Simmer for 10 minutes over low heat.

Stir in corn and season with up to 1/2 tsp. salt.

Add chili to bowls and add puree on top, along with green onions and cubed avocado pieces.

Serves 4. From: Nutrition Health Letter 2008.

Slow Cooked Chicken Stew

- Slow cooker
- 4 boneless, skinless chicken breasts
- Extra virgin olive oil
- 1 large sweet yellow onion
- 8 ounces white mushrooms
- 8 ounces baby Bella mushrooms
- 5 red potatoes
- 4 large carrots
- 8 garlic cloves (2.5 tsp. minced garlic in a jar)
- 2 Tbs. dried parsley flakes
- 1 Tbs. dried thyme
- 2 bay leaves
- 1 Tbs. Herbs of Provence
- 32-ounce box no-salt-added chicken broth
- 1.5 cups Chardonnay white wine
- Flour
- 1/2 tsp. kosher salt
- 1/2 tsp. course ground black pepper

Prepare ingredients:

Cut chicken breasts into 1" pieces.

Peel and chop onion, sauté in olive oil until translucent.

Wash mushrooms, trim stems, and slice.

Wash potatoes. Leaving skin on, cut into 1" pieces.

Peel carrots and cut into 1/2" slices.

Finely chop garlic cloves (unless using from jar).

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Put all ingredients (except chicken, flour, olive oil, and wine) into slow cooker. Stir to mix well.

Put 1/4 cup flour into mixing bowl.

Add chicken pieces and cover each piece thoroughly with flour. Add more flour if necessary.

In large frying pan, heat 2-3 Tbs. olive oil.

Add chicken. Fry until golden brown on both sides.

Place cooked chicken on top of mixture in slow cooker. Repeat until all chicken is cooked and placed in slow cooker.

Add more olive oil to frying pan if needed.

After removing all chicken, add white wine to frying pan and cook over heat for 2 minutes, scraping the brown bits into the wine.

Remove from heat and pour wine mixture into slow cooker.

Cover and cook on high for 5 hours. About halfway through the cooking process, gently stir mixture to ensure all ingredients are cooking evenly. Test potato and carrot to be sure they are done.

Serve in bowls with lightly toasted French baguettes.

Serves 6-8. From: Williams-Sonoma recipes online.

Regina's Scrambled Eggs

- 3 cage-free chicken eggs
- 6 grape tomatoes
- 1 green onion
- 1/4 cup shredded cheese
- 1 tsp. water
- 1 Tbs. salt-free butter

Prepare ingredients:

Chop tomatoes and green onion into small pieces.

Whip eggs and other ingredients (excluding butter) together in small bowl.

Heat skillet to medium and melt butter.

Add egg mixture and lower heat to medium low. Use a rubber spatula to keep the eggs from sticking.

Cook and stir until light and fluffy.

Serve hot with your favorite bread and some fresh fruit.

Serves 2. My own recipe.

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Spicy Red Lentils

- 8 cloves garlic (2.5 tsp. minced garlic in a jar)
- 1 tsp. red pepper flakes
- 2 Tbs. extra virgin olive oil
- 2 cups red lentils
- 1 cup no-pulp orange juice
- 3 cups water
- 10 ounces baby spinach
- 1/2 tsp. salt
- Fresh ground black pepper

Mince garlic (unless using from jar), wash spinach.

In a large pot over medium-low heat, sauté garlic and red pepper flakes in 2 Tbs. olive oil until fragrant, 1-2 minutes. Add lentils and stir to coat with oil.

Increase heat to medium-high and stir in orange juice and water.

Simmer until lentils are tender, about 20 minutes (add more water if necessary and stir frequently).

When lentils are tender, add spinach and blend.

Continue to simmer until spinach is wilted, about 2 minutes.

Season with up to 1/2 tsp. salt and pepper to taste.

Drizzle small amount of olive oil over individual portions.

Serves 6. From: Nutrition Action Health Letter 2008