



Let's Talk about:

Cozy Winter Recipes



Hi CCS Community!

I hope you are enjoying the first snow of the winter! When I think about the winter, the first thing that comes to my mind is a cozy soup and a warm cup of hot cocoa. Winter is all about hearty, fulfilling meals. I wanted to share with you some of my favorite winter recipes that help you sneak in some extra veggies.

Healthy Winter Recipes

Roasted Red Pepper & Tomato Soup

Who doesn't love a grilled cheese and tomato soup? Another way boost your vegetable intake is to add roasted red peppers to your soup! The ingredients are simple for this: 2-3 red bell peppers, 4-5 tomatoes, garlic, spices and a touch of cream. In an oven, roast your bell peppers and tomatoes. Blend the bell peppers, tomatoes, spices and garlic in a blender until combined. Top your soup off with a touch of cream and enjoy with a grilled cheese!

Winter Harvest Bowl

Salads don't have to be boring! I like to make warm salads in the winter filled with my favorite vegetables. To make this bowl, you need to cook some brown rice or quinoa as the base. In the oven, you will roast asparagus, brussel sprouts, sweet potatoes and broccoli with spices. Once they are nice and crispy, add them to your bowl with rice or quinoa. For protein, I usually air fry some tofu but you can use whatever you typically eat for protein. Finish your bowl off with some feta cheese and balsamic dressing!

Green Goddess Pasta

This is one of my favorite nutrient-rich pastas to make in the winter. It is also incredibly easy to make in a time crunch! Boil your pasta and save some of the pasta water for the sauce. In a frying pan, cook down some spinach, green peas and garlic. Blend the cooked spinach and peas with 1-2 tablespoons of pesto. The vegetables end up taking on the flavor of the pesto! Mix your green goddess sauce with the pasta, adding in some pasta water to thin it out as needed. Finish it off with some parmesan and you are ready to eat!



Let me know if you try out any of these recipes and happy eating!

