

Slow Cooker White Chicken Chili



Today is National Chili Day! There's no better way to warm up on a cold Sunday than with a bowl of hot, spicy chili. Chili is one of the best comfort foods, in my opinion, because there are a million different ways to make it and eat it, it can be very healthy.

I have been making this white chicken chili for so long, I don't even remember where I got the recipe. I don't think it was supposed to be a slow cooker recipe, but at some point, like most of my old recipes, I just started making it in the slow cooker. There are a lot of white chili recipes out there, but I've stuck with this one over the years because it

is simpler and has fewer ingredients than a lot of the others I've found.

This is a great recipe to make for a crowd. The ingredients aren't expensive, it only takes a few minutes to make a whole bunch of it, and people love it! It tastes great with all kinds of chili toppings too- a variety of cheeses, green onions, avocados, tortilla chips, sour cream, cilantro, or whatever else you can think of.

The last time I made this, I paired it with a batch of my [Browned Butter Skillet Cornbread](#) and a green salad. Needless to say, we had a very happy household that night ☐

Slow Cooker White Chicken Chili

- 2 medium yellow onions, chopped
- 4 cloves garlic, minced
- 4 boneless, skinless chicken breast halves, uncooked
- 6 cups chicken broth
- 2- 4 oz cans green chile peppers
- 2 t ground cumin
- 2 t dried oregano
- 1.5 t cayenne pepper
- 5-14.5 oz cans great northern beans, undrained

Place all ingredients in slow cooker. Cook on high for 4-5 hours or low for 7-8 hours or until chicken is cooked through.

When ready to serve, shred chicken with two forks and stir chili thoroughly. Serve hot and garnish with desired toppings.

Breakfast Banana Split!



Dessert for breakfast? Love! When you think about it, a lot of breakfast and brunch foods are pretty much dessert- donuts, pancakes with syrup, waffles, French toast, cinnamon rolls. Here's your chance to eat something that looks and tastes a lot like a dessert, but it's all healthy!

This banana split is really just fruit, yogurt, peanut butter and granola, and takes only a couple of minutes to prepare.

The presentation is what makes it special. Kids and houseguests will love it, and you won't feel deprived if you swap the usual weekend brunch calorie bomb foods for this treat. Extra points if you serve it in an actual banana split dish ☐

On top of being beautiful and appetizing, there is an

excellent balance of nutrients here- protein, fruit, whole grains, and healthy fats. It's a perfect meal when you have a big day ahead of you.

Another great thing about this recipe is you can customize it. Use whatever fruit, cereal and nut butter you like and have on hand. Top it with nuts and a cherry if that makes you happy, or even sprinkles (or Fruity Pebbles) for kids!

Breakfast Banana Split

- 1 Banana
- 1/2 cup Greek Yogurt
- 1 T peanut butter
- 1/2 cup fruit (berries, cherries, pineapple, and/or peaches work well)
- 1/4 cup granola
- 1/2 T honey or maple syrup*

Split banana in half lengthwise and place in bottom of bowl or banana split dish. Top with yogurt, then peanut butter, then fruit, then granola, then drizzle with honey or maple syrup.

*Honey or maple syrup is optional. I only use it when I use unsweetened, unflavored yogurt. If I use sweetened yogurt, I omit.

Browned Butter Skillet Cornbread Makeover



Cornbread is one of my favorite side dishes with barbecue, chili or fish. Which, of course, means it's not usually the healthiest thing to eat. Loaded with flour, butter, honey and buttermilk, this fat and carb bomb is definitely not something we can eat every day and expect to fit into our clothes for long.

I recently ran across this [browned butter skillet cornbread](#) recipe from the New York Times and knew right away I could make it healthier without sacrificing the flavor or texture. The browned butter, to be honest, tastes glorious! It adds natural sweetness that isn't present in most cornbread recipes, and by cooking it in a skillet, we get a great

texture, too. I swapped wheat flour for the white, subbed a mixture of milk and Greek yogurt for the buttermilk, and decreased the amount of maple syrup. I also added extra egg because wheat flour creates a more dense texture, and egg helps counter that.

My husband raved all night about this cornbread, and says this is the only kind I can make from now on! Normally we might have put some butter and/or honey on it, but this needed no adornments at all. It was flavorful and the texture was perfect as is- not bad for a "diet" recipe ☐

Browned Butter Skillet Cornbread Makeover

- 6 T butter
- 2 T maple syrup
- 1/2 cup plain Greek yogurt
- 3/4 cup milk
- 2 large eggs
- 3/4 cup cornmeal
- 1/2 cup whole wheat flour
- 3/4 T baking powder
- 3/4 t salt
- 1/4 t baking soda

Preheat oven to 375 degrees F. Place butter in 8 or 9 inch ovenproof skillet, and melt on stove over medium heat. Swirl skillet to coat bottom and sides with butter. Cook until butter turns a deep brown and is no longer foamy.

Pour browned butter into a large bowl, being sure to leave the bottom and sides of skillet coated with butter. Whisk in the maple syrup, then whisk in the Greek yogurt and milk. Ensure mixture is cool to the touch, then add eggs. Whisk in cornmeal, flour, baking powder, salt and baking soda.

Pour batter into the skillet. Bake until golden brown and

toothpick inserted into center emerges clean, about 25-30 minutes. Allow to cool in skillet for about 10 minutes before serving.

Slow Cooker Balsamic Pork Roast



This is a perfect recipe for a busy midweek dinner. Spend just a couple of minutes making the marinade and then throw it in the slow cooker to cook while you're at work. If you're like me and are barely functional in the morning, mix it up the night before ☐

I put mine in the slow cooker still frozen since I was going to cook it for so long. Thanks to long work hours, a long commute and sometimes squeezing in a trip to the gym before I get home, my weekday slow cooker meals end up cooking for like 12 hours. In that situation, frozen meat works just fine. If you are only going to cook it for 8, I would thaw the meat first, and I'm only saying that because my crock pot dinners never only get cooked for 8 hours, so I really have no idea if it would work!

This recipe is from www.skinnytaste.com. It's such a good recipe I hardly changed it at all. The balsamic seasoning means it will go with a lot of different sides. I made sweet potato oven fries and a simple buttered broccoli to go with mine, but I thought an Italian salad and seasoned pasta would taste great, or a risotto too. Or maybe some stir-fried veggies and lo mein noodles. Whatever you've got lying around the house will probably taste great with this.

Slow Cooker Balsamic Pork Roast

- 2 lb boneless pork roast- any type
- salt, to taste
- hot sauce, to taste
- 1/3 cup chicken broth
- 1/3 cup balsamic vinegar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon honey (may substitute maple syrup or brown sugar)

Mix salt, hot sauce, chicken broth, balsamic vinegar, Worcestershire sauce, and honey in a small bowl. Place pork

in slow cooker and pour balsamic vinegar mixture over the meat, trying to cover the whole roast. Cover and cook on low for 6-8 hours if starting with thawed meat, 10-12 if meat is frozen. Meat is ready to eat when it shreds easily with a fork. To serve, shred the meat and ladle juice from slow cooker over meat.