

A Healthy Jumpstart to Your New Year



BlueCross BlueShield of Mississippi

It's good to be Blue.

The New Year is a perfect time to start fresh, try new recipes, and feel rejuvenated for the New Year. Try the following recipes for a healthy jumpstart to your New Year. Each recipe is healthy and hearty and will keep you warm all winter long!

Roasted Parsnips and Carrots

Ingredients

- 2 lbs. carrots
- 2 lbs. parsnips
- 3 Tbsp. olive oil
- 1 Tbsp. butter
- 1 Tbsp. honey
- 1 tsp. balsamic vinegar
- Salt and pepper, to taste
- Non-stick baking spray

Directions

1. Preheat oven to 400 degrees.
2. Spray baking pan with non-stick baking spray. Place carrots and parsnips evenly on baking pan. Sprinkle with salt and pepper, to taste. Drizzle olive oil over vegetables. Roast for 30 minutes, stirring every 10 minutes.
3. While vegetables are roasted, melt butter in a saucepan. Stir honey and vinegar into melted butter.
4. Drizzle honey-butter glaze over vegetables. Enjoy!

Parsnip and Carrot Fun Facts:

- Both vegetables are good sources of fiber.
- Parsnips are rich in B-vitamins, folic acid, vitamin B-6 and thiamine.
- Carrots are a good source of vitamin A.
- The carrot and parsnip are close relatives.

Creamy Wild Rice and Mushroom Soup

Ingredients

- 1 Tbsp. olive oil
- 1 lb. white mushrooms, sliced
- 1 c. celery
- 1 c. carrots
- 1 medium shallot
- ¼ c. whole-wheat flour
- 1 tsp. dried thyme
- 4 c. vegetable broth
- 1 c. instant wild rice
- ¾ c. reduced-fat sour cream
- 2 Tbsp. chopped fresh parsley
- Salt and pepper, to taste

Directions

1. Heat oil in a Dutch oven or other large soup pot. Add mushrooms, celery, carrots, and shallot. Cook until softened, approximately 5 minutes.
2. Stir in flour and salt and pepper, to taste. Cook for 2 minutes, stirring constantly. Add thyme and increase heat to medium-high heat. Cook 2-3 more minutes.
3. Add vegetable broth to vegetable mixture and bring to a boil. Add instant wild rice and reduce heat to a simmer. Cook for 5 minutes.
4. Stir in sour cream and fresh parsley and stir until well combined.

Cooking Tip:

Many recipes can be made healthier by substituting a few ingredients. Try using low-fat products and whole grains. Adding more vegetables to recipes will also help make them healthier.

Healthier Apple Crisp

Ingredients

Apples:

- 3 medium apples, thinly sliced
- 1 tsp. cinnamon
- 2 Tbsp. sugar
- 2 Tbsp. whole-wheat flour

Topping:

- 1 c. oats
- 1 tsp. vanilla
- ½ tsp. cinnamon
- ¼ c. brown sugar
- 2 Tbsp. margarine

Directions

1. Preheat oven to 325 degrees.
2. Combine apple ingredients and mix well. Place in a baking dish.
3. In a separate bowl, mix topping ingredients. Sprinkle oat topping over apples. Bake until apples are tender, approximately 30 minutes.

Tip:

Fruit is naturally sweet and is delicious when used to make desserts!