

Savor the Benefits of HOME COOKING

SPENDING TIME
IN THE KITCHEN
FEEDS BODY
AND SOUL.

FAST FOOD OR microwavable meals may be quick and easy, but they can't compete with the health benefits of preparing your own meals at home. Here's how home-cooked meals fuel a healthy lifestyle:

- **Cooking at home is associated with lower risk for long-term health problems.** You're less likely to develop Type 2 diabetes and unhealthy cholesterol levels.
- **Preparing meals presents opportunities to connect.** Cooking and eating together bring more time with the people you love, which can benefit your mental health.
- **It's easier to size portions appropriately.** Making your meals gives you the final say on serving sizes, reducing the risk of overeating.
- **You have control over ingredients and calorie count.** When you prepare your own food, you can choose healthy ingredients, such as vegetables, and reduce unhealthy ones, like added sugar, extra salt and unhealthy fats.

For more tips on healthy living, visit health.umms.org.

PUMPKIN AND CHICKPEA CURRY

Are you stuck for an idea for your next home-cooked meal? Treat your taste buds to this vegan curry.

INGREDIENTS

- 2 tablespoons olive oil
- 1 ½ teaspoons curry powder
- 1 ½ teaspoons garam masala
- 1 teaspoon chili powder
- 1 teaspoon cumin
- ¼ teaspoon red pepper flakes
- 1 medium onion, chopped
- 4 cloves garlic, chopped
- 1 tablespoon minced ginger
- 1 15-ounce can pure pumpkin purée (no salt)
- 1 15-ounce can coconut milk
- 3 cups frozen broccoli florets
- ½ teaspoon white wine vinegar
- 2 15-ounce cans cooked chickpeas

DIRECTIONS

- 1 Combine the oil and spices in a large pot. Heat on low and let the spices bloom in the oil for about 2 minutes.
- 2 Add the onion and raise the heat to medium, sauté for 3 to 4 minutes. Add the garlic and ginger and sauté another 2 to 3 minutes. Add a little water to the pot any time you feel it looks dry.
- 3 Add all the remaining ingredients and stir well to combine. Cover the pot and let it simmer on medium-low for about 10 minutes, stirring occasionally.

NUTRITION FACTS

Servings: 12 (approx. 1 cup each)

Calories: 223

Total fat: 12.4g

Saturated fat: 8.4g

Cholesterol: 0mg

Sodium: 290mg

Total carbohydrate: 24.8g

Dietary fiber: 6.2g

Total sugars: 3.2g

Protein: 5.8g

2 Healthy Suggestions for Your

SWEET TOOTH

Try one of these better-for-you desserts to cap your next homemade meal:



Chocolate mousse.

For a healthier version, use Greek yogurt instead of heavy cream and dark chocolate instead of milk chocolate.



Fruit crisp.

Customize this satisfying winter treat to feature your favorite fruit, such as apples, pears or berries.

