

# TIPS FOR HEALTHY LIVING

## HEALTHY EATING FOR YOUR GI

### CHICKEN NOODLE SOUP WITH VEGETABLES

A great feel-good food, homemade chicken noodle soup is great anytime. An added plus is a recipe that's easy on the digestive system.

**Prep Time: 10 minutes**

**Cook Time: 25 minutes**

**Total Time: 35 minutes**

#### **Ingredients:**

- 1/2 tbsp olive oil
- 1 cup chopped celery
- 2 quarts water
- 2 cups chopped carrots
- 4 chicken bouillon cubes
- 1/2 teaspoon salt
- 2 cups (3 oz) uncooked, large egg noodles
- 2 cups diced, cooked chicken breasts
- 2 cups frozen peas
- 2 tablespoon cornstarch

#### **Preparation:**

- Add olive oil to a large pot
- Add celery and saute over a medium-high heat
- Add water, carrots, bouillon cubes, thyme, and salt
- Bring to a boil
- Add egg noodles
- Cook 8 minutes or until noodles are tender
- Add diced chicken and peas
- Cover and simmer over medium-low heat for 5-10 minutes

Serves 4

Serving size: Approximately 2 1/4 cups

<http://heartburn.about.com/od/soupsandsauces/r/chicknoodlesoup.htm>

# **LOW -FAT ALFREDO SAUCE EASY ON YOUR DIGESTIVE SYSTEM**

Traditional alfredo sauce is high-fat, and a potential heartburn trigger. This version is low-fat and easier on the digestive system.

## **Ingredients:**

- 1/4 cup light cream cheese
- 1/4 cup low-fat milk
- 1 tablespoon flour
- 1 cup low-fat milk
- 2 tablespoons butter or margarine
- 1/2 cup shredded Parmesan cheese
- Salt and freshly grated pepper to taste (optional)

## **Preparation:**

- Combine cream cheese, 1/4 cup milk, and flour in a small mixing bowl. Beat until well blended. Slowly pour in remaining 1 cup milk and beat until smooth.
- Melt 2 tablespoons butter in large, nonstick sauce pan over medium heat.
- Add the milk mixture and continue to heat, stirring constantly, until the sauce has thickened (about 4 minutes).
- Stir in grated Parmesan cheese, adding salt and pepper to taste if desired.

Serves 6.

This recipe makes 2 cups of sauce.

[http://heartburn.about.com/od/soupsandsauces/r/alfredo\\_sauce.htm](http://heartburn.about.com/od/soupsandsauces/r/alfredo_sauce.htm)

# HEARTBURN FREE KABOBS

This chicken recipe gives you a different flavor to traditional kabobs, without the heartburn that can occur with the usual kabob recipe.

**Cook Time: 10 minutes**

**Total Time: 10 minutes**

## **Ingredients:**

- 1 tablespoon sesame oil
- 2 tablespoons olive oil
- 3 tablespoons light soy sauce
- 2 tablespoons brown sugar
- 1/4 cup sesame seeds
- 1 pound boneless, skinless chicken breasts, cut into 1/2-inch chunks

## **Preparation:**

- In a medium bowl, use a whisk to blend together the sesame and olive oils, soy sauce, brown sugar, and sesame seeds.
- Add the chicken to the mixture and marinate from 30 minutes to 2 hours in the refrigerator.
- Preheat oven to 350 degrees F.
- Make chicken kabobs by threading 2 to 3 chunks of chicken onto a round toothpick.
- Place kabobs on a baking or cookie sheet.
- Repeat steps 4 and 5 with the remaining chicken chunks. If there is any marinade remaining, discard it.
- Bake for 8-10 minutes or until just cooked through.

Serves 4

<http://heartburn.about.com/od/maindishes/r/sesachickkabobs.htm>

# ITALIAN LOVER'S LASAGNA

Love lasagna but tomato-based products trigger your heartburn? Now you can enjoy your old favorite with this no tomato sauce lasagna recipe.

**Cook Time:** 35 minutes

**Total Time:** 35 minutes

## Ingredients:

- 12 ounces very lean ground beef
- 1/2 cup beef broth
- 12 ounces wide lasagna noodles
- 2 cups low-fat alfredo sauce
- 1 1/2 cups grated skim mozzarella cheese

## Preparation:

- Preheat oven to 375 degrees.
- Cook noodles in a large pot of boiling water until just tender. Drain Well.
- While noodles are cooking, brown the ground beef in a nonstick frying pan coated with nonstick cooking spray.
- In a large bowl, add browned beef and broth. Toss together.

## ASSEMBLING THE LASAGNA:

- Spread 1 cup of the alfredo sauce on the bottom of 9x13 inch baking pan.
- Add 3 strips of lasagna noodles.
- Spread half the beef mixture on top.
- Lay 3 strips of lasagna noodles.
- Spread the remaining beef mixture on top.
- Add 3 strips of lasagna noodles.
- Spread the very top with remaining white sauce.
- Sprinkle with grated mozzarella cheese.
- Bake for 25-35 minutes.

Serves 10

[http://heartburn.about.com/od/pasta/r/no\\_tom\\_lasagna.htm](http://heartburn.about.com/od/pasta/r/no_tom_lasagna.htm)

# A TWIST ON SWEDISH MEATBALLS

Most Swedish meatball recipes usually contain fatty beef and lots of sour cream. This recipe is heartburn-safe because turkey is substituted for the beef and fat-free sour cream is used.

The first part of the ingredients is for the meatballs (mb) and the second part of the ingredients is for the sauce (sa).

## Ingredients:

- (mb) 1 cup plain bread crumbs
- (mb) 2 egg whites
- (mb) 1/4 teaspoon grated nutmeg
- (mb) 1/2 ground allspice
- (mb) 1 teaspoon salt
- (mb) 2 pounds chilled ground turkey breast meat
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- (sa) 2 tablespoons olive oil
- (sa) 3 tablespoons cornstarch
- (sa) 1/2 cup water
- (sa) 3 cups beef broth
- (sa) 1 tablespoon Worcestershire sauce
- (sa) 1 tablespoon fat-free sour cream
- (sa) Pinch of salt

## Preparation:

- Preheat oven to 350 degrees F.
- To make meatballs, combine bread crumbs, egg whites, nutmeg, allspice, salt, and turkey in a large bowl. Mix with your hands.
- With wet hands, form turkey mixture into 1-inch balls.
- Chill turkey balls in refrigerator until ready to use.
- Pour olive oil in a large nonstick skillet and heat over a medium-high heat until hot.
- Place turkey balls into the skillet and brown until browned on all sides.
- Place turkey balls into a 9 x 13-inch baking dish, and cover with foil.
- Bake for 20 minutes.
- As turkey balls are baking, prepare sauce. In a small bowl combine constarch and water, stirring until smooth. Set aside.
- Combine Worcestershire and beef broth in a large saucepan and bring to a boil over medium-high heat.
- Whisk in the cornstarch mixture and continue whisking until the mixture begins to thicken.
- Remove mixture from heat and gently whisk in sour cream.
- Pour this mixture over the turkey balls and stir well.
- Serve warm.

Serves 6

<http://heartburn.about.com/od/maindishes/r/swedishmeatball.htm>

# TASTE OF FRIED CHICKEN MINUS THE FRYING

This recipe will give you much of the taste of fried chicken without all the ingredients that can cause acid reflux.

**Cook Time:** 20 minutes

**Total Time:** 20 minutes

## **Ingredients:**

- 6 large boneless, skinless chicken breasts
- 2 cups buttermilk
- 4 tablespoons butter, melted
- 1/2 cup flour
- 1/2 cup cornmeal
- 1 teaspoon salt

## **Preparation:**

- Place chicken in a large bowl and add milk.
- Cover bowl with plastic wrap and chill for 30 minutes.
- Preheat oven to 400 degrees F.
- Spray a 9 x 13-inch baking dish with nonstick cooking spray.
- In a large zipper-style plastic bag, mix together flour, cornmeal, and salt.
- Place one milk-coated piece of chicken breast into the flour mixture, and shake well to coat chicken.
- Place the coated chicken into the prepared baking dish.
- Repeat steps 5 and 6 with the remaining chicken breasts.
- Drizzle half of the melted butter over the chicken breasts.
- Bake the chicken 10 minutes, turn pieces over, and drizzle the rest of the melted butter over the chicken breasts.
- Bake the chicken an additional 10 minutes or until cooked thoroughly. Don't overcook.

**Makes 6 servings**

<http://heartburn.about.com/od/maindishes/r/buttermilkchick.htm>