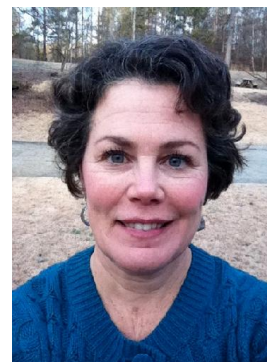


## Nutrition Classes Coming to Papa's Pantry and The Master's Training Center in March! A promise to be yummy, fun, and healthy!

It's February. Possibly some of those "New Year's" health goals "have already fallen to the side. It's never too late to renew your commitment to a healthier year with simple steps towards more activity and a more focused meal plan for you and your family.

Every month I will be featuring some seasonal recipes and tips to keep you on track with these goals.

What does February bring to mind? Sweethearts, snow, soups and comfort foods... Try these recipes for calorie conscious, tummy warming, high fiber, and delicious foods for this blustery month. If you've never tried to cook lentils, this is a great time to try them. They are loaded with fiber, cook quickly, are inexpensive, and blend with many flavors. Soups are great to make in large batches and freeze for a busy day! Winter is the best season to enjoy pears and apples. They are in season and budget friendly in February. Try them baked for a memorable sweet treat on your table. Enjoy!



Maureen Penniman

### Winter Lentil Soup

(serves 8... some to serve and some to freeze!)

- 1 package (16 oz) any color dried lentils
- 4 stalks of celery, diced
- 4 large carrots, peeled and diced
- (1 turnip, peeled and diced optional)
- ½ large onion, peeled and diced
- 4 cloves garlic, peeled and chopped
- 1 large can of petite diced tomatoes
- 1 box of low sodium chicken broth (32 oz)
- 16 oz. of hot water
- 1 t. Italian herb blend
- 2 c. chopped spinach, kale, or greens of choice

Rinse lentils and remove and debris mixed in the beans. Place all ingredients in large pot. Bring to boil. Reduce heat and simmer for 1 hour or until lentils are soft, stirring occasionally. Adjust seasoning to taste with salt and pepper. (This can also be placed in a slow cooker on low for 8 hours)



### Cinnamon Baked Apples or Pears

(serves 4)

- 2 fresh pears or apples, unpeeled
- 2 T brown sugar
- 2 T quick cooking or old fashioned oats
- 2 t. butter or margarine, softened
- ½ t. ground cinnamon
- (2 T chocolate mini chips, cranraisins or golden raisins, optional)
- Cooking spray oil
- 1 c. water plus 1 t. vanilla

Spray baking dish that is just large enough to hold 4 halves of fruit. Blend sugar, oats, margarine, and cinnamon in a bowl until crumbly. (mini chips or raisins are a nice addition) Cut fruit in half and scoop out seeds and core. Place cut half up in baking dish. Top each fruit half with the oat mixture. Gently pour water blended with vanilla into bottom of pan. Place in 350 degree oven for 35 minutes or until fruit is softened and hot. Serve in a bowl with low fat vanilla yogurt for a creamy topping.

*Canton, Georgia is home to Maureen Penniman and her family. She has six children from ages 8 -2 and husband, Graham, who teaches in our Cherokee County public schools. She is a graduate of Louisiana State University and pursued post graduate educations at Southern Poly Technical College and Chattahoochee Technical College in Engineering and Culinary Arts. Maureen brings a unique blend of corporate and entrepreneurial experience with her to Papa's Pantry. She has been a corporate manager, recruiter and trainer, along with owning her own catering and retail café business for 12 years. Maureen also is a writer, speaker, and "coach" in entertaining, nutrition, food safety, and family meal management.*

*Maureen has taught culinary classes to assorted age and interest groups for 10 years and will now feature a four part basic nutrition, meal management, and cooking course for Papa's Pantry at The Masters Training Center.*

*Maureen's current businesses are based on helping the communities based in Cherokee and Cobb Counties. She owns "The Collective Kitchen", a rental kitchen facility in Marietta for small food producers in the North Atlanta metro area. She recently created the "BeesKnees", a unique cooperative shop inside of Zest & Zing Café in Woodstock that features crafts, arts, and gifts by local artists!*

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