

THE 5-INGREDIENT DASH SLOW COOKER COOKBOOK FOR ONE OR TWO SENIORS OVER 60

**LOW-SODIUM, HEART-HEALTHY RECIPES TO SUPPORT
BLOOD PRESSURE & SUGAR BALANCE**



Leonora Key

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Note to the Reader

While this book offers gentle support for Seniors over 60 seeking to improve circulation, manage blood pressure, and eat with ease, it is not a substitute for medical advice.

Please consult your physician or a registered dietitian before making changes to your diet or lifestyle—especially if you have chronic conditions or take medications.

Your path to healthy aging is personal.

Let these meals be your daily companions—not your prescription.

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Introduction

You've lived enough life to know that food is more than fuel.
It's comfort, connection, and often—one of the most consistent forms of self-care.

And after 60, your body begins to speak more clearly than ever.
Maybe your blood pressure creeps up without warning.
Maybe your energy dips by midday.
Maybe you're looking at your favorite salty snacks with new hesitation.

These aren't signs of decline.
They're signals for support.

And the good news? That support can be simple, steady—and delicious.

This cookbook was created for this season of life.
Not to change everything you eat, but to gently shift the how and why.
Not to overwhelm you with rules, but to return you to what works:

real food, five ingredients at a time, in a way that truly nourishes your heart, mind, and body.

Inside, you'll find:

- ◆ Low-sodium, heart-healthy meals that protect your circulation and reduce pressure on the kidneys

- ◆ **Simple 5-ingredient recipes**, designed for one or two servings—so nothing goes to waste

- ◆ Dishes that naturally balance blood sugar and support a healthy weight

- ◆ Comforting, one-pot meals that fit into your rhythm (and your slow cooker)

You won't need fancy ingredients or chef-level skills.
You won't be counting or tracking or measuring your worth in macros.
What you will be doing is returning to a way of eating that feels kind, calm, and deeply supportive of the body you're living in now.

Because eating well after 60 isn't about restriction.
It's about relief.

Relief from confusion. From excess. From stress in the kitchen.
And most of all—relief that your meals can still love you back, without making life harder.

This Book Is Part of the EatWell 50+ Series

Every book in this series was created with the same values in mind:

- ◆ Meals that are easy to prepare and easier to enjoy
- ◆ Ingredients that meet the real needs of aging bodies
- ◆ A tone of encouragement—not pressure
- ◆ Respect for your life experience, preferences, and pace

You'll find no crash diets here, no guilt, and no “anti-aging” hype.
Just food that fits. Food that comforts.

And food that quietly supports the organs that work hardest for you—your heart, kidneys, brain, and blood vessels.

Whether you're looking to lower your blood pressure, reduce sodium, support circulation, or simply simplify your time in the kitchen—this book meets you there.

With fewer ingredients, less prep, and more peace of mind.

One easy, slow-cooked, DASH-friendly meal at a time.

So take a breath. Grab your slow cooker.

And let's bring nourishment home again—without hurry, without pressure, and without confusion.

Just simple, healing food for the next vibrant chapter of your life.

What Is the DASH Diet—and Why It Matters After 60

What DASH Means

You've probably heard of the DASH diet before—maybe from a doctor, a headline, or a well-meaning friend.

But let's slow it down for a moment. What is DASH, really?

DASH stands for Dietary Approaches to Stop Hypertension.

But in simple terms, it's a way of eating that helps lower your blood pressure gently—without extreme rules or complicated plans.

It's not about going hungry, counting every bite, or following the latest food trend. It's about nourishing your body with what it truly needs—especially now.

The DASH way of eating focuses on:

- ◆ Fresh fruits and vegetables
- ◆ Whole grains and plant-based proteins
- ◆ Less sodium, less added sugar, and fewer processed foods
- ◆ More of what helps you feel steady, clear, and supported

And if you're wondering whether this is just another health craze—the answer is no.

DASH has been recommended for years by people you already trust: doctors, heart health experts, and even the National Institutes of Health.

Why? Because it works. Gently. Consistently. And without turning your meals into a project.

That's it. No drama. No diet culture.

Just food that brings your body back into balance—**quietly, consistently, and kindly.**

If you've ever felt overwhelmed by strict plans or discouraged by unrealistic health advice, know this:

That's where **DASH** quietly stands apart.

It's flexible. It's practical. And it's one of the most trusted, doctor-recommended ways to support your heart and blood pressure—**especially after 60**, when your body begins asking for a little more care.

Why DASH Matters More After 60

After 60, your body changes—sometimes in subtle ways, sometimes more noticeably.

The things you used to eat without thinking might now leave you feeling bloated, tired, or out of balance.

Your blood pressure might spike after salty takeout. Your energy might dip more quickly than before.

You may even feel like your body is asking for something quieter, simpler, gentler.

That's where **DASH** becomes more than a diet.

It becomes a way to care for yourself—**on your terms**, and in tune with what your body actually needs now.

As we age, the systems that keep us steady—our circulation, kidneys, digestion, and metabolism—can benefit from a little extra support.

DASH does that gently, through real food. It helps you:

- ◆ Reduce excess sodium, without sacrificing flavor
- ◆ Add more potassium-rich, blood pressure-friendly ingredients
- ◆ Ease the workload on your heart and kidneys
- ◆ Naturally supports healthy blood sugar levels
- ◆ Feel full and nourished—without overdoing it

And because DASH encourages balance over extremes, it fits beautifully into life after 60—especially when you're not interested in rigid plans or food guilt.

You don't need to be perfect. You just need to feel better.

This way of eating helps you get there—**slowly, calmly, one meal at a time**.

How the DASH Diet Helps with Heart Health, Blood Pressure, Sugar & More

The beauty of the DASH approach is that it doesn't target just one issue.

It's not only for blood pressure, or only for heart health.

Instead, it gently supports your body as a whole—**because everything is connected**.

Blood Pressure

Too much sodium can lead to water retention, which increases pressure in your blood vessels.

Over time, this strains your heart and can lead to complications.

By reducing sodium and adding more potassium-rich foods—like leafy greens, beans, and sweet potatoes—**DASH helps ease that pressure, naturally.**

And because DASH isn't about restriction, you don't feel like you're being punished. You simply feel better.

Circulation & Heart Health

Healthy circulation means your heart doesn't have to work as hard to move blood through your body.

DASH meals—especially those rich in fiber, healthy fats, and plant-based protein—help support flexible arteries and steady blood flow.

This can translate to **more energy, better stamina, and even clearer thinking** throughout the day.

Blood Sugar

After 60, blood sugar levels can become harder to manage—even if you've never had issues before.

The **DASH** diet helps stabilize blood sugar by focusing on whole, slow-digesting foods that don't spike glucose.

You'll find meals built around oats, beans, lentils, and vegetables—**the kinds of ingredients that give your body steady energy without the crash.**

Weight & Digestion

DASH isn't a "weight loss diet," but it often leads to gentle, sustainable shifts.

By removing processed foods and emphasizing fiber and hydration, it **supports digestion and helps you feel full without overeating.**

There's no calorie counting. No shame.

Just a return to meals that feel nourishing, not numbing.

Whole-Body Support

As your body evolves, so do its needs. DASH helps meet those needs in a way that's **natural, flexible, and forgiving.**

Whether you're supporting your heart, your kidneys, your focus, or just your sense of calm—**this way of eating makes space for it all.**

Let this be your gentle foundation.

One meal at a time. One quiet shift at a time.

And always, always with care.

And perhaps the most reassuring part of DASH is this

Why DASH Feels Simpler Than Most Diets

If you've tried other eating plans in the past—low-carb, low-fat, no-this, no-that—you're not alone.

Many of us have been there. Some approaches work for a while, but feel hard to sustain. Others feel too strict, too complicated, or just not quite right for real life.

DASH is different.

It's not about perfection or pressure.

It's about balance.

Instead of cutting out entire food groups, DASH gently shifts the focus:

more of the foods that help your body feel supported, less of the things that throw you off track.

You won't need to buy special products or follow a rigid routine.

You'll just be returning to simple, everyday meals—built with care and intention.

And after 60, that kind of ease matters.

Because this isn't about chasing results.

It's about choosing what feels sustainable, comforting, and kind.

That's the beauty of **DASH**.

It works with your life—not against it.

And that's what makes it so powerful — especially now.

It doesn't ask more of you—it supports who you already are.

And perhaps the most reassuring part of DASH is this:

Why DASH Works So Well with Slow Cooking

There's something about slow cooking that just feels right after 60.

It's unhurried. Gentle. Forgiving. And it meets you where you are—whether you're

full of energy or just want to set it and forget it.

That's exactly why it pairs so beautifully with the DASH way of eating.

DASH is about nourishment, not rush. And slow cooking gives you the space to cook in a way that **honors both your body and your pace**.

Here's how the two work hand in hand:

Flavor Without Salt

One of the first things people worry about with DASH is, "Will it taste bland without salt?"

But here's the secret: **slow cooking builds flavor slowly**, drawing richness out of vegetables, beans, herbs, and spices.

Even a simple handful of garlic, carrots, and lentils turns deeply comforting after a few hours on low heat.

Slow cooking makes low-sodium eating feel like a pleasure—not a punishment.

Whole Ingredients, Minimal Prep

DASH encourages whole, unprocessed foods—and so does slow cooking.

There's no need for fancy techniques or long prep sessions.

You can toss in a few simple ingredients in the morning and come back to a warm, satisfying, heart-friendly meal later in the day.

No stress. No waste. No standing for hours at the stove.

Ideal for Cooking for One or Two

Cooking for yourself—or just one other person—can feel like too much effort.

Slow cookers make it easier. Many of the meals in this book are designed for **small portions** or to provide **gentle leftovers** that reheat beautifully without losing texture or flavor.

You get all the comfort of home-cooked food, without the overwhelm.

Soft on Digestion, Big on Comfort

For many people over 60, digestion becomes more sensitive.

Slow-cooked meals tend to be softer, warmer, and easier on the system—**perfect for tender tummies and calming routines**.

They feel good going down, and even better afterward.

In short, **DASH** and slow cooking share the same values:

- ◆ Simple ingredients
- ◆ Balanced nourishment
- ◆ Deep comfort
- ◆ Ease, rhythm, and kindness

So plug in your slow cooker.

Take a breath.

And know that you're giving your body something beautiful—**without rushing, forcing, or second-guessing.**

How to Use This Book

This book was designed to feel like a gentle guide—not a strict program.

There are no rules to memorize. There are no timelines to follow. Just nourishing meals, made simpler, slower, and kinder.

Here's how to get the most out of it—at your own pace.

Start Anywhere

You don't have to read the book cover to cover.

Feel free to flip through the recipes, mark what looks good, and start where your appetite leads you.

Each recipe is complete on one page—**no flipping back and forth**—and includes:

- ◆ A short ingredient list (usually 5 core items or fewer)
- ◆ Clear slow cooker directions with time and temperature
- ◆ Nutritional highlights
- ◆ Optional swaps and tips for cooking for one or two
- ◆ A note on why the recipe supports your health after 60

Cook What You Need, Not More

The meals are designed for **one or two servings**, but many offer gentle leftovers that keep well.

You'll find portion notes and adjustments throughout the book, so nothing goes to waste—and nothing feels overwhelming.

Use the Smart Swaps

You'll notice "Smart Swap" tips on many pages.

These are simple ideas for adjusting a recipe to fit your preferences, pantry, or dietary needs—without making things complicated.

Think:

- ◆ "Use canned beans instead of dried"
- ◆ "Skip the salt and add garlic + lemon"
- ◆ "No spinach? Try kale or zucchini."

These aren't rules—they're options.

Track What Feels Good — and What Nourishes You Most

This book was created to help you eat well with calm, ease, and clarity. But no book can fully know your body — only you can do that.

If you'd like, you can download a free set of gentle printable tools to support your **DASH** journey — available via the link at the back of this book or directly at:

<http://bit.ly/44ubP9d>



Inside your bonus library, you'll find:

- ◆ A weekly Energy & Clarity journal (symptom tracker and meal log)
- ◆ Extra plant-based slow cooker recipes not included in the main book
- ◆ Printable charts: portion sizes, sodium swaps, and smart ingredient guides

These extras are optional — but they're here for you whenever you want to explore what works best for your body, your rhythm, and your kitchen.

Because the goal isn't to do more.

It's to feel supported — in your own time, in your own way.

Take It Easy

This isn't about perfection. It's about rhythm.

Let this book live on your counter, your coffee table, or your kitchen shelf.

Use it when you feel curious, tired, hungry, or in need of something soothing.

Cooking after 60 doesn't have to be complicated.

With a slow cooker, simple ingredients, and a little care, it can feel like a small act of peace—just for you.

Before You Cook: A Few Gentle Tips on DASH & Your Slow Cooker

You don't need to memorize a list of rules or give up everything you love.

If you've read the introduction, you already know what DASH is — a simple, steady way to support your blood pressure, circulation, and overall vitality through real food.

But before we dive into the recipes, let's take a moment to look at two things that will help you feel confident in your kitchen:

- ◆ What makes DASH easy to live with
- ◆ How to make your slow cooker your best cooking companion

DASH in Real Life: What Really Matters

You've already seen the science. But what about the everyday part?

Here's what you'll focus on in the kitchen:

- ◆ Lower sodium — not “no salt,” just less. We flavor with garlic, herbs, lemon, vinegar, and slow-simmered goodness.
- ◆ Fiber-rich foods — beans, vegetables, oats, and whole grains to help you feel full, steady, and supported.
- ◆ Colorful plants — the more color, the more variety of nutrients (and joy).
- ◆ Lean proteins — especially chicken, fish, legumes, and occasional tofu.
- ◆ Simple meals — no calorie counting, no guilt. Just food that loves you back.

Start with what you like, and gently adjust. There's no need to “get it perfect.”

Your Slow Cooker: Easy, Comforting, and Built for You

Slow cooking is forgiving, low-pressure, and ideal for small households.

You don't need to stand over the stove — your meal cooks itself.

Here's how to make the most of it:

What Size Should I Use?

- ◆ 3 to 4 quarts → perfect for one or two people
- ◆ 5 to 6 quarts → great for batch cooking or soft leftovers

Which Setting to Choose?

- ◆ Low (6–8 hours) → for tender, rich, all-day meals
- ◆ High (3–4 hours) → when you want results faster
- ◆ Most models switch automatically to Warm — so it's ready when you are

Helpful Tips

- ◆ Don't peek — lifting the lid adds 30+ minutes to cooking time
- ◆ Put dense foods (like beans & carrots) at the bottom
- ◆ Soft ingredients (like spinach) go in near the end
- ◆ Want more flavor? Use herbs, citrus, and a splash of vinegar or oil

DASH Pantry Staples (Optional but Helpful to Keep On Hand)

- ◆ Low-sodium vegetable or chicken broth
- ◆ Canned no-salt beans (black, kidney, cannellini)
- ◆ Brown rice, quinoa, barley
- ◆ Garlic, onions, frozen spinach, chopped tomatoes
- ◆ Olive oil, lemon juice, balsamic vinegar
- ◆ Dried herbs: thyme, oregano, rosemary
- ◆ Ground turmeric, black pepper, paprika

Don't overthink it — start with what you already have.

Final Word Before You Begin

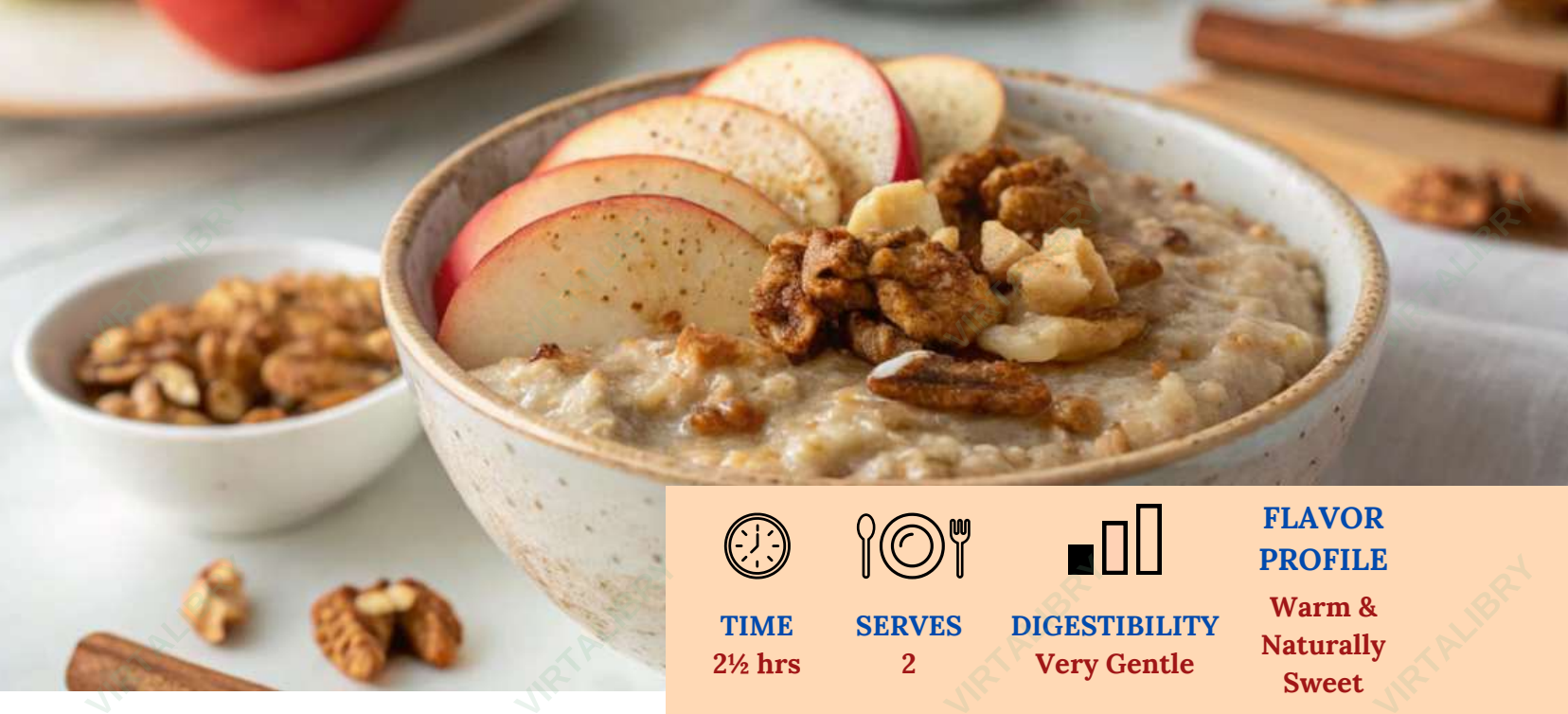
This isn't about getting it "right." It's about building confidence, meal by meal.

So, whether you're cooking for yourself, your partner, or just prepping for a calmer week, your slow cooker and DASH-friendly meals are here to support you.

Let's get started. Gently. Nourishingly. One recipe at a time.



GENTLE BREAKFASTS & EASY STARTS



TIME
2½ hrs



SERVES
2



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Warm &
Naturally
Sweet

APPLE-CINNAMON STEEL-CUT OATS WITH WALNUTS

DIRECTIONS

- Add oats, chopped apple, liquid, and cinnamon to your slow cooker. Stir gently.
- Cover and cook on **LOW** for 5 hours or HIGH for 2½ hours, until oats are tender and creamy.
- Stir in walnuts before serving, or sprinkle on top for added crunch.
- Serve warm, with an optional dash of extra cinnamon.

Smart Swaps for 60+

- ◆ **No walnuts?** Try ground flaxseed or slivered almonds.
- ◆ **Sensitive to oats?** Sub with millet or quinoa flakes.
- ◆ **Need more protein?** Add a spoonful of plain Greek yogurt on top.
- ◆ **Smart Storage Tip:** Keeps well in the fridge up to 3 days. Reheat gently with a splash of liquid.

Nutritional Snapshot: Calories: 230; Protein: 6g; Carbohydrates: 30g; Fiber: 6g; Fats: 10g; Sodium: 50mg; Potassium: 300mg; Cholesterol: 0mg;

INGREDIENTS

- ½ cup steel-cut oats (not quick-cooking)
- 1 apple, chopped (peeled if preferred)
- 1½ cups unsweetened almond milk or water
- ½ tsp ground cinnamon
- 2 tbsp chopped walnuts (plus more for topping, optional)

Make It Your Way

- ◆ Mix in a few raisins or chopped dates during cooking for extra sweetness.
- ◆ Use a pear instead of an apple for a softer finish.



TIME
2 hrs



SERVES
2



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Warm
&
Spiced

PUMPKIN-SPICE BUCKWHEAT PORRIDGE

DIRECTIONS

- Add all ingredients to the slow cooker. Stir well.
- Cook on **LOW** for 4 hours or **HIGH** for 2 hours, until buckwheat is soft and mixture is creamy.
- Stir before serving. Add a splash of warm milk to loosen if desired.
- Serve warm with a sprinkle of cinnamon or chopped walnuts (optional).

Smart Swaps for 60+

◆ **No pumpkin spice?** Use ¼ tsp cinnamon + a pinch of nutmeg.

◆ **No flax?** Try chia seeds or skip.

◆ **For added protein,** swirl in a spoonful of Greek yogurt before serving.

Smart Storage Tip

◆ Keeps in the fridge for 2–3 days. Reheat with a splash of milk or water.

Nutritional Snapshot: Calories: 210; Protein: 6g; Carbohydrates: 28g; Fiber: 5g; Fats: 8g; Sodium: 55mg; Potassium: 390mg; Cholesterol: 0mg;

INGREDIENTS

- ½ cup raw buckwheat groats, rinsed
- 1¼ cups unsweetened almond milk or water
- ⅓ cup pumpkin purée (unsweetened)
- ½ tsp pumpkin pie spice (or cinnamon + nutmeg)
- 1 tsp ground flaxseed (optional but recommended)

Make It Your Way

◆ Add chopped dates or pear cubes for sweetness.

◆ Sub millet for buckwheat for a softer texture.

◆ Add ½ tsp vanilla for extra warmth.



TIME
1½–2 hrs



SERVES
2



DIGESTIBILITY
Very Gentle

FLAVOR PROFILE

Naturally
Sweet &
Mildly Spiced

PEAR & CINNAMON MILLET WITH RAISINS

DIRECTIONS

- Add all ingredients to your slow cooker. Stir gently.
- Cover and cook on **LOW** for 3½ hours or **HIGH** for 1½ to 2 hours, until millet is soft and pear is tender.
- Stir well before serving. Add extra warm milk if needed for texture.
- Top with more cinnamon or a few chopped walnuts (optional).

Smart Swaps for 60+

- ◆ **No millet?** Try quinoa or buckwheat.
- ◆ **No raisins?** Use chopped dried apricots or skip for less sugar.

- ◆ **Need more protein?** Add a spoonful of unsweetened Greek yogurt or almond butter on top.

Whole-Body Nourishment

- ◆ Pears offer natural sweetness and potassium to help regulate blood pressure.

Nutritional Snapshot: Calories: 220; Protein: 5g; Carbohydrates: 30g; Fiber: 5g; Fats: 7g; Sodium: 50mg; Potassium: 360mg; Cholesterol: 0mg;

INGREDIENTS

- ½ cup dry millet, rinsed
- 1¼ cups unsweetened almond milk or water
- 1 ripe pear, chopped (peeled if desired)
- ¼ tsp ground cinnamon
- 2 tbsp raisins

Make It Your Way

- ◆ Add a drop of vanilla for a softer flavor.

- ◆ Sub apple for pear if needed.

- ◆ Want extra creaminess? Use oat milk instead of water.

Smart Storage Tip

- ◆ Keeps 2–3 days in the fridge. Add liquid before reheating for best texture.



TIME
1½ hrs



SERVES
2



DIGESTIBILITY
Light

**FLAVOR
PROFILE**

Savory
&
Earthy

SAVORY SPINACH & QUINOA BREAKFAST BOWL

DIRECTIONS

- Add quinoa, broth, and turmeric to the slow cooker. Stir gently.
- Cook on **LOW** for 2½ hours or **HIGH** for 1½ hours, until liquid is absorbed and quinoa is fluffy.
- Stir in chopped spinach and olive oil while warm — the spinach will wilt gently.
- Serve warm as-is, or with a sliced soft-boiled egg (optional, not counted in base ingredients).

Smart Swaps for 60+

- ◆ **No spinach?** Use chopped kale or Swiss chard.
- ◆ **Avoiding oil?** Skip or replace with a squeeze of lemon.
- ◆ **Sensitive to turmeric?** Try cumin, coriander, or simply black pepper.

◆ Quinoa contains magnesium and fiber, which support heart rhythm and blood pressure balance.

Nutritional Snapshot: Calories: 215; Protein: 7g; Carbohydrates: 26g; Fiber: 4g; Fats: 8g; Sodium: 130mg; Potassium: 470mg; Cholesterol: 0mg;

INGREDIENTS

- ½ cup quinoa, rinsed
- 1½ cups low-sodium vegetable broth or water
- 1 cup baby spinach, chopped
- ¼ tsp turmeric or cumin
- 1 tsp olive oil (optional)

Make It Your Way

- ◆ Add a spoonful of plain Greek yogurt on top.
- ◆ Stir in a few green peas or cooked lentils for extra bulk.
- ◆ Sprinkle with fresh herbs (like parsley or dill) for a refreshing twist.

Smart Storage Tip

- ◆ Keeps 2–3 days in the fridge.



TIME

2 hrs (High)



SERVES

2



DIGESTIBILITY

Light

FLAVOR
PROFILE

Earthy
&
Savory

MUSHROOM & BARLEY MORNING BOWL

DIRECTIONS

- Add barley, mushrooms, broth, and seasoning to your slow cooker. Stir gently.
- Cover & cook on **LOW** for 3½ hours or **HIGH** for 2 hours, until barley is tender and broth is absorbed.
- Stir in olive oil for flavor and softness. Adjust seasoning if needed.
- Serve warm as a breakfast grain bowl or light lunch.

Smart Swaps for 60+

◆ **No mushrooms?** Try zucchini or chopped cauliflower.

◆ **Avoiding oil?** Use lemon juice or skip.

◆ **Need more protein?** Add a poached egg or a spoonful of white beans on top.

DASH-Friendly Insight

◆ Barley is rich in soluble fiber, which helps lower cholesterol and stabilize blood sugar.

Nutritional Snapshot: Calories: 230; Protein: 6g; Carbohydrates: 30g; Fiber: 5g; Fats: 7g; Sodium: 140mg; Potassium: 400mg; Cholesterol: 0mg;

INGREDIENTS

- ½ cup pearl barley, rinsed
- 1½ cups low-sodium vegetable broth
- ¾ cup mushrooms, chopped (any variety)
- ¼ tsp garlic powder or onion powder
- 1 tsp olive oil (optional)

Make It Your Way

◆ Stir in a handful of spinach during the last 5 minutes.

◆ Add fresh parsley or a few pumpkin seeds before serving.

◆ Try with farro instead of barley for a different texture.



TIME
2 hrs



SERVES
2



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mild
&
Savory

ZUCCHINI & EGG WHITE FRITTATA (SLOW COOKER STYLE)

DIRECTIONS

- Lightly grease a small heat-safe baking dish or ramekin that fits in your slow cooker.
- In a bowl, whisk together egg whites, zucchini, onion, and seasoning.
- Pour the mixture into the dish and place it in the slow cooker. Add 1 cup of water to the cooker base (for steam).
- Cover and cook on **LOW** for about 2 hours, or until set in the center.
- Let cool slightly before slicing. Serve warm.

Smart Swaps for 60+

◆ **No zucchini?** Try chopped spinach or steamed broccoli.

◆ **Want more flavor?** Add 1 tbsp grated low-sodium cheese (if dairy-tolerant).

◆ **Prefer yolks?** Use 1 whole egg + 2 whites instead.

Nutritional Snapshot: Calories: 90; Protein: 10g; Carbohydrates: 3g; Fiber: 1g; Fats: 3g; Sodium: 100mg; Potassium: 280mg; Cholesterol: 0mg;

INGREDIENTS

- 4 egg whites
- ½ cup grated zucchini (lightly squeezed dry)
- 1 tbsp chopped onion or scallion
- ¼ tsp dried basil or Italian seasoning
- Cooking spray or olive oil for greasing

Make It Your Way

◆ Serve with a spoonful of avocado or a side of tomato slices.

◆ Add herbs like dill or chives for brightness.

◆ Reheat gently for a ready-to-go breakfast tomorrow.



TIME
2.5 hrs



SERVES
2



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Naturally
Sweet &
Mild

CREAMY BANANA RICE PORRIDGE WITH FLAXSEED

DIRECTIONS

- Lightly grease the slow cooker insert with a small amount of olive oil or cooking spray.
- In the slow cooker, combine rice, mashed banana, oat milk, flaxseed, and cinnamon. Stir gently.
- Cover and cook on **LOW** for 2.5 hours, or until mixture is warm, thick, and creamy.
- Stir well before serving. Add vanilla or walnuts if desired. Serve warm.

Smart Swaps for 60+

- ◆ **No banana?** Use unsweetened applesauce or soft pear puree.
- ◆ **Need more protein?** Stir in a spoonful of Greek-style yogurt (dairy-free if needed) after cooking.
- ◆ **No flaxseed?** Use chia or hemp seeds instead (add just before serving).
- ◆ **Smart Storage Tip:** Keeps 1–2 days in the fridge.

Nutritional Snapshot: Calories: 240; Protein: 5g; Carbohydrates: 35g; Fiber: 5g; Fats: 7g; Sodium: 50mg; Potassium: 430mg; Cholesterol: 8mg;

INGREDIENTS

- ½ cup cooked brown rice
- 1 ripe banana, mashed
- ¾ cup unsweetened oat milk or other plant milk
- 1 tsp ground flaxseed
- ¼ tsp cinnamon

Optional: ¼ tsp vanilla extract or a few chopped walnuts for topping

Make It Your Way

- ◆ Top with blueberries or warm stewed apples.
- ◆ Sprinkle with nutmeg or cardamom for a cozy twist.
- ◆ Add a dash of lemon zest for brightness.



TIME
3 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Sweet
&
Earthy

SWEET POTATO & BLACK BEAN HASH

DIRECTIONS

- Lightly coat the inside of your slow cooker insert with cooking spray or olive oil.
- In a small bowl, mix sweet potato, black beans, bell pepper, onion, and seasoning.
- Transfer the mixture to the slow cooker and spread evenly.
- Cover and cook on **LOW** for 3 hours, or until sweet potatoes are tender.
- Gently stir and serve warm. Optional: top with a sprinkle of fresh herbs or avocado slices.

Smart Swaps for 60+

◆ **No black beans?** Try kidney or cannellini beans (low-sodium, rinsed).

◆ **Need more spice?** Add a pinch of chili flakes or a dash of no-salt seasoning blend.

Nutritional Snapshot: Calories: 180; Protein: 6g; Carbohydrates: 28g; Fiber: 7g; Fats: 3g; Sodium: 90mg; Potassium: 450mg; Cholesterol: 0mg;

INGREDIENTS

- 1 cup peeled and diced sweet potato (½-inch cubes)
- ½ cup canned low-sodium black beans (rinsed & drained)
- ½ cup chopped red bell pepper
- 1 tbsp finely chopped red onion
- ¼ tsp ground cumin or smoked paprika

Optional: 1 tsp olive oil (for added richness)

Make It Your Way

◆ Serve with a poached egg on top for extra protein.



TIME
2.5 hrs



SERVES
2



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mildly
Sweet &
Nutty

SLOW-COOKED MILLET WITH APRICOTS & ALMONDS

DIRECTIONS

- Lightly grease the base of your slow cooker insert with a few drops of oil or cooking spray.
- Combine millet, water or almond milk, apricots, and cinnamon in the cooker. Stir gently.
- Cover and cook on **LOW** for 2.5 hours, or until the millet is tender and the liquid is absorbed.
- Stir well before serving. Top with almonds and optional sweetener, if desired.

Smart Swaps for 60+

- ◆ **No millet?** Try steel-cut oats or quinoa (adjust cook time as needed).
- ◆ **No almonds?** Use chopped walnuts or sunflower seeds (unsalted).
- ◆ **Dairy-sensitive?** Almond milk adds creaminess without cholesterol.
- ◆ Keeps 3 days in the fridge.

Nutritional Snapshot: Calories: 170; Protein: 5g; Carbohydrates: 28g; Fiber: 4g; Fats: 5g; Sodium: 40mg; Potassium: 330mg; Cholesterol: 0mg;

INGREDIENTS

- ¼ cup dry millet, rinsed well
- 1 cup water or unsweetened almond milk
- 2 tbsp chopped unsulfured dried apricots
- 1 tbsp sliced or slivered almonds (lightly toasted)
- ¼ tsp ground cinnamon

Optional: 1 tsp maple syrup or mashed banana for extra sweetness

Make It Your Way

- ◆ Add a few raisins or chopped dates for extra fruitiness.
- ◆ Stir in ground flax or chia seeds for added omega-3s.



TIME
2.5 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

**Earthy
&
Comforting**

SAVORY PUMPKIN & WHITE BEAN BOWL

DIRECTIONS

- Lightly coat the inside of your slow cooker with cooking spray or a few drops of olive oil.
- Combine pumpkin purée, white beans, broth, chopped veggies, and herbs in the slow cooker. Stir gently.
- Cover and cook on **LOW** for 2.5 hours, or until the mixture is hot and the vegetables are soft.
- Stir before serving. Optional: drizzle with olive oil or sprinkle with ground black pepper.

Smart Swaps for 60+

◆ **No white beans?** Try chickpeas or lentils (low-sodium, rinsed).

◆ **No pumpkin?** Use mashed sweet potato or butternut squash purée.

◆ **Need more texture?** Stir in cooked quinoa or brown rice just before serving.

Nutritional Snapshot: Calories: 160; Protein: 6g; Carbohydrates: 22g; Fiber: 6g; Fats: 4g; Sodium: 90mg; Potassium: 420mg; Cholesterol: 0mg;

INGREDIENTS

- ½ cup canned pumpkin purée (unsweetened)
- ½ cup canned low-sodium white beans (rinsed & drained)
- ½ cup low-sodium vegetable broth or water
- ¼ cup chopped celery or zucchini
- ¼ tsp dried thyme or rosemary

Optional: 1 tsp olive oil for richness

Make It Your Way

◆ Top with chopped parsley or a dollop of plain yogurt.

◆ Add a pinch of smoked paprika or curry powder for warmth.



TIME
3 hrs



SERVES
2



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

**Savory
&
Earthy**

CREAMY POLENTA WITH MUSHROOMS & SPINACH

DIRECTIONS

- Lightly coat the bottom of the slow cooker with a few drops of olive oil or cooking spray.
- Add polenta, liquid, mushrooms, and seasoning. Stir gently to combine.
- Cover and cook on **LOW** for 3 hours, stirring once halfway through if possible.
- In the final 15 minutes, stir in chopped spinach.
- Before serving, mix well and add optional olive oil or cheese if using.

Smart Swaps for 60+

◆ **No mushrooms?** Try chopped zucchini or steamed cauliflower.

◆ **No spinach?** Use kale (finely chopped) or arugula added at the end.

◆ **Want more protein?** Stir in 2 tbsp white beans or a poached egg on top.

Nutritional Snapshot: Calories: 170; Protein: 5g; Carbohydrates: 27g; Fiber: 3g; Fats: 4g; Sodium: 85mg; Potassium: 350mg; Cholesterol: 0mg;

INGREDIENTS

- ¼ cup dry quick-cooking polenta
- 1½ cups water or low-sodium vegetable broth
- ½ cup sliced mushrooms (white or cremini)
- ½ cup baby spinach (roughly chopped)
- ¼ tsp garlic powder or dried thyme

Optional: 1 tsp olive oil or 1 tbsp grated low-sodium cheese

Make It Your Way

◆ Top with chopped fresh herbs (parsley or basil) for brightness.

◆ Sprinkle crushed red pepper for a touch of heat.



SOUPS & STEW



TIME
3 hrs



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mildly
Spiced &
Comforting

SWEET POTATO & RED LENTIL CURRY SOUP

DIRECTIONS

- Lightly oil the inside of your slow cooker insert or use cooking spray.
- Add sweet potato, red lentils, broth, chopped vegetables, and spices to the cooker. Stir gently.
- Cover and cook on **LOW** for 3 hours, or until lentils and sweet potato are tender.
- For a smoother texture, mash lightly with a spoon or blend partially (optional). Stir in olive oil or coconut milk before serving.

Smart Swaps for 60+

◆ **No red lentils?** Try yellow split peas or canned low-sodium white beans.

◆ **No curry powder?** Use a pinch of turmeric and ground cumin.

◆ **Need more protein?** Stir in chopped tofu or 1 tbsp hemp seeds before serving.

Nutritional Snapshot: Calories: 190; Protein: 9g; Carbohydrates: 28g; Fiber: 7g; Fats: 4g; Sodium: 90mg; Potassium: 480mg; Cholesterol: 0mg;

INGREDIENTS

- ½ cup peeled and diced sweet potato (½-inch cubes)
- ¼ cup dry red lentils, rinsed well
- 1½ cups low-sodium vegetable broth or water
- ¼ cup chopped carrots or zucchini
- ¼ tsp mild curry powder or turmeric

Optional: 1 tsp olive oil or 1 tbsp coconut milk for creaminess

Make It Your Way

◆ Add a handful of spinach in the last 10 minutes.

◆ Serve with a spoonful of plain yogurt.



TIME
4 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

**Savory
&
Earthy**

MUSHROOM & WILD RICE SOUP

DIRECTIONS

- Lightly grease your slow cooker insert with oil or cooking spray.
- Add wild rice, mushrooms, broth, vegetables, and seasoning. Stir gently.
- Cover and cook on **LOW** for 4 hours, or until rice is tender and soup is fragrant.
- Stir before serving. Add olive oil or yogurt if using for creaminess.

Smart Swaps for 60+

◆ **No wild rice?** Use brown rice or quinoa (adjust cook time slightly).

◆ **No mushrooms?** Try chopped carrots or eggplant.

◆ **Want more protein?** Stir in white beans or diced tofu.

◆ **Smart Storage Tip:** Keeps 3–4 days in the fridge.

Nutritional Snapshot: Calories: 180; Protein: 6g; Carbohydrates: 27g; Fiber: 4g; Fats: 4g; Sodium: 85mg; Potassium: 390mg; Cholesterol: 0mg;

INGREDIENTS

- ¼ cup uncooked wild rice (rinsed)
- 1 cup chopped mushrooms (cremini or white)
- 1½ cups low-sodium vegetable broth or water
- ¼ cup chopped celery or zucchini
- ¼ tsp dried thyme or Italian seasoning

Optional: 1 tsp olive oil or 1 tbsp plain unsweetened yogurt for richness

Make It Your Way

◆ Add baby spinach in the last 10 minutes.

◆ Stir in a spoonful of low-sodium miso for depth.



TIME
2.5 hrs



SERVES
2



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mild
&
Comforting

SAVORY OAT SOUP WITH CARROTS & CELERY

DIRECTIONS

- Lightly grease your slow cooker insert with a few drops of olive oil or cooking spray.
- Add oats, broth, chopped vegetables, and seasoning. Stir gently.
- Cover and cook on **LOW** for 2.5 hours, or until vegetables are soft and oats are creamy.
- Stir before serving. Add olive oil or nutritional yeast if using.

Smart Swaps for 60+

◆ **No rolled oats?** Use quick oats (reduce cook time) or cooked millet.

◆ **No carrots?** Try zucchini or butternut squash.

◆ **Watching sodium?** Use water instead of broth and add herbs generously.

◆ **Smart Storage Tip:** Keeps 2–3 days in the fridge. Reheat with a splash of water or broth.

Nutritional Snapshot: Calories: 160; Protein: 5g; Carbohydrates: 23g; Fiber: 4g; Fats: 4g; Sodium: 40mg; Potassium: 350mg; Cholesterol: 0mg;

INGREDIENTS

- ¼ cup rolled oats (unsweetened, plain)
- 1½ cups low-sodium vegetable broth or water
- ¼ cup chopped carrots
- ¼ cup chopped celery
- ¼ tsp dried thyme or parsley

Optional: 1 tsp olive oil or 1 tbsp nutritional yeast for added richness

Make It Your Way

◆ Add a handful of spinach or kale in the last 10 minutes.

◆ Blend partially for a creamy texture.

◆ Top with a few pumpkin seeds or chopped parsley.



TIME
3 hrs



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

**Savory
&
Earthy**

SLOW-COOKED CHICKPEA & SPINACH STEW

DIRECTIONS

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Add chickpeas, spinach, chopped vegetables, broth, and seasoning. Stir to combine.
- Cover and cook on **LOW** for 3 hours, or until vegetables are soft and flavors meld.
- Stir gently. Add olive oil or lemon if desired before serving.

Smart Swaps for 60+

- ◆ **No chickpeas?** Use white beans or lentils (cooked).
- ◆ **No spinach?** Substitute with chopped kale or Swiss chard.
- ◆ **Want more richness?** Stir in 1 tbsp plain Greek yogurt or unsweetened coconut milk.

◆ **Smart Storage Tip:** Keeps 3–4 days in the fridge. Reheat gently with a splash of broth or water.

Nutritional Snapshot: Calories: 190; Protein: 7g; Carbohydrates: 26g; Fiber: 6g; Fats: 4g; Sodium: 95mg; Potassium: 460mg; Cholesterol: 0mg;

INGREDIENTS

- ½ cup canned low-sodium chickpeas (rinsed & drained)
- 1 cup chopped fresh spinach (or ½ cup frozen, thawed)
- ½ cup chopped zucchini or carrot
- 1 cup low-sodium vegetable broth or water
- ¼ tsp ground cumin or smoked paprika

Optional: 1 tsp olive oil or a squeeze of lemon before serving

Make It Your Way

- ◆ Serve over cooked brown rice or quinoa.



TIME
3 hrs



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

**Bright
&
Herby**

TOMATO & CANNELLINI BEAN SOUP WITH HERBS

DIRECTIONS

- Lightly grease your slow cooker with a few drops of oil or cooking spray.
- Add tomatoes, cannellini beans, broth, chopped vegetables, and dried herbs. Stir to combine.
- Cover and cook on **LOW** for 3 hours, or until vegetables are tender and flavors are well blended.
- Stir gently before serving. Add olive oil or chopped herbs if desired.

Smart Swaps for 60+

◆ **No cannellini beans?** Use great northern beans or chickpeas.

◆ **No celery?** Try chopped carrots or bell pepper.

◆ **Need more texture?** Add 2 tbsp cooked brown rice or barley before serving.

◆ **Smart Storage Tip:** Keeps 3–4 days in the fridge. Reheat gently. Freezes well for up to 1 month.

Nutritional Snapshot: Calories: 170; Protein: 7g; Carbohydrates: 25g; Fiber: 6g; Fats: 4g; Sodium: 90mg; Potassium: 440mg; Cholesterol: 0mg;

INGREDIENTS

- ½ cup canned no-salt-added diced tomatoes
- ½ cup canned low-sodium cannellini beans (rinsed & drained)
- 1½ cups low-sodium vegetable broth or water
- ¼ cup chopped celery or zucchini
- ¼ tsp dried Italian herbs (basil, oregano, thyme)

Optional: 1 tsp olive oil or 1 tbsp chopped fresh parsley for serving

Make It Your Way

◆ Blend partially for a creamier consistency.

◆ Add a squeeze of lemon for brightness.



ZUCCHINI, CORN & BASIL CHOWDER

DIRECTIONS

- Lightly grease your slow cooker insert with a few drops of oil or cooking spray.
- Add zucchini, corn, almond milk or broth, onion, and garlic powder or dried basil. Stir gently.
- Cover and cook on **LOW** for 3 hours, or until vegetables are tender and flavors have melded.
- For a creamier texture, mash some of the zucchini and corn with the back of a spoon before serving.
- Stir in optional olive oil or nutritional yeast. Garnish with fresh basil if available.

Smart Swaps for 60+

◆ **No almond milk?** Use oat milk or diluted coconut milk (unsweetened).

◆ **Want more bulk?** Stir in 2 tbsp cooked quinoa or white beans.

◆ **No basil?** Try parsley, dill, or a pinch of thyme.

Nutritional Snapshot: Calories: 160; Protein: 4g; Carbohydrates: 24g; Fiber: 4g; Fats: 4g; Sodium: 85mg; Potassium: 410mg; Cholesterol: 0mg;

INGREDIENTS

- ½ cup chopped zucchini
- ½ cup frozen or fresh corn kernels (no salt added)
- 1½ cups unsweetened almond milk or low-sodium vegetable broth
- 2 tbsp finely chopped onion
- ¼ tsp garlic powder or dried basil (plus fresh for garnish)

Optional: 1 tsp olive oil or 1 tbsp nutritional yeast for richness

Make It Your Way

◆ Add a few spinach leaves in the last 10 minutes.



TIME
3 hrs



SERVES
2



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Sweet
&
Herbal

BUTTERNUT SQUASH SOUP WITH APPLE & THYME

DIRECTIONS

- Lightly grease your slow cooker insert with oil or cooking spray.
- Add squash, apple, broth, onion, and thyme. Stir gently to combine.
- Cover and cook on **LOW** for 3 hours, or until squash is tender.
- Mash gently for a rustic texture, or blend for a smoother soup.
- Stir in optional olive oil or almond milk before serving.

Smart Swaps for 60+

- ◆ **No butternut squash?** Use sweet potato or pumpkin purée.
- ◆ **No thyme?** Try rosemary, sage, or a pinch of cinnamon.

◆ **Smart Storage Tip:** Keeps 3–4 days in the fridge.

Nutritional Snapshot: Calories: 150; Protein: 3g; Carbohydrates: 26g; Fiber: 5g; Fats: 4g; Sodium: 90mg; Potassium: 460mg; Cholesterol: 0mg;

INGREDIENTS

- 1 cup peeled and diced butternut squash (½-inch cubes)
- ½ medium apple, peeled and chopped
- 1½ cups low-sodium vegetable broth or water
- ¼ cup chopped onion or celery
- ¼ tsp dried thyme

Optional: 1 tsp olive oil or 1 tbsp unsweetened almond milk for creaminess

Make It Your Way

- ◆ Garnish with fresh thyme or chopped parsley.
- ◆ Pair with whole-grain toast or crackers for a complete meal.



TIME
3.5 hrs



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Earthy &
Slightly
Sweet

SLOW COOKER LENTIL & SWEET POTATO STEW

DIRECTIONS

- Lightly coat the inside of your slow cooker with a few drops of olive oil or cooking spray.
- Add lentils, sweet potato, chopped vegetables, broth, and seasoning. Stir gently to combine.
- Cover and cook on **LOW** for 3.5 hours, or until lentils and sweet potatoes are tender.
- Stir well. Add olive oil or lemon if using, and serve warm.

Smart Swaps for 60+

- ◆ **No sweet potato?** Use butternut squash or carrots.
- ◆ **No lentils?** Try canned low-sodium chickpeas (reduce cook time to 2 hrs).
- ◆ **Want more greens?** Stir in spinach during the last 10 minutes.

◆ **Smart Storage Tip:** Keeps 3–4 days in the fridge. Add a splash of broth when reheating.

Nutritional Snapshot: Calories: 200; Protein: 9g; Carbohydrates: 30g; Fiber: 7g; Fats: 4g; Sodium: 95mg; Potassium: 480mg; Cholesterol: 0mg;

INGREDIENTS

- ¼ cup dry brown or green lentils, rinsed
- ½ cup diced sweet potato (½-inch cubes)
- ¼ cup chopped carrots or zucchini
- 1½ cups low-sodium vegetable broth or water
- ¼ tsp ground cumin or paprika

Optional: 1 tsp olive oil or a squeeze of lemon before serving

Make It Your Way

- ◆ Add chopped parsley, cilantro, or dill for brightness.
- ◆ Serve with a spoonful of plain yogurt.



TIME
4 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

**Savory
&
Wholesome**

HEARTY VEGETABLE BARLEY SOUP

DIRECTIONS

- Lightly grease the slow cooker insert with olive oil or cooking spray.
- Add barley, vegetables, broth, and seasoning. Stir to combine.
- Cover and cook on **LOW** for 4 hours, or until barley is tender and vegetables are soft.
- Stir gently before serving. Add olive oil or lemon if desired.

Smart Swaps for 60+

- ◆ **No barley?** Use quinoa, brown rice, or cooked farro.
- ◆ **No zucchini?** Use green beans, cauliflower, or cabbage.

◆ **Want more protein?** Add 2 tbsp white beans or lentils.

◆ **Smart Storage Tip:** Keeps 3–4 days in the fridge. Reheat with a splash of broth.

Nutritional Snapshot: Calories: 190; Protein: 6g; Carbohydrates: 30g; Fiber: 6g; Fats: 3g; Sodium: 90mg; Potassium: 420mg; Cholesterol: 0mg;

INGREDIENTS

- ¼ cup pearl barley, rinsed
- ½ cup chopped carrots
- ½ cup chopped zucchini or celery
- 1½ cups low-sodium vegetable broth or water
- ¼ tsp dried thyme or Italian seasoning

Optional: 1 tsp olive oil or a squeeze of lemon before serving

Make It Your Way

◆ Stir in chopped spinach or kale during the last 10 minutes.

◆ Add herbs like parsley or dill for brightness.



TIME
3 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mild
&
Savory

CREAMY CAULIFLOWER & GARLIC SOUP

DIRECTIONS

- Lightly grease the slow cooker insert with cooking spray or a few drops of olive oil.
- Add cauliflower, broth, garlic, and onion to the slow cooker. Stir gently.
- Cover and cook on **LOW** for 3 hours, or until cauliflower is very soft.
- Blend until smooth using an immersion blender or standard blender (carefully).
- Stir in optional almond milk or olive oil for a silky texture.

Smart Swaps for 60+

◆ **No cauliflower?** Use peeled zucchini or a mix of root vegetables.

◆ **No garlic?** Try a pinch of ground cumin or fresh thyme.

◆ **Smart Storage Tip:** Keeps 3 days in the fridge.

Nutritional Snapshot: Calories: 120; Protein: 4g; Carbohydrates: 14g; Fiber: 4g; Fats: 4g; Sodium: 80mg; Potassium: 370mg; Cholesterol: 0mg;

INGREDIENTS

- 1½ cups cauliflower florets (fresh or frozen)
- 1½ cups low-sodium vegetable broth or water
- 1 small garlic clove, minced (or ¼ tsp garlic powder)
- ¼ cup chopped onion or leek

Optional: 1 tsp olive oil or 1 tbsp unsweetened almond milk for creaminess

Make It Your Way

◆ Add a dash of ground black pepper or lemon zest for brightness.

◆ Pair with whole-grain toast or crackers.



TIME
3 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

**Savory
&
Herbal**

CABBAGE & WHITE BEAN SOUP WITH DILL

DIRECTIONS

- Lightly grease your slow cooker insert with cooking spray or olive oil.
- Add cabbage, white beans, broth, vegetables, and dried dill. Stir gently.
- Cover and cook on **LOW** for 3 hours, or until cabbage is tender.
- Stir well. Add optional olive oil or lemon juice before serving. Garnish with fresh dill if using.

Smart Swaps for 60+

- ◆ **No white beans?** Use chickpeas or lentils (cooked).
- ◆ **No dill?** Substitute parsley or thyme.
- ◆ **Want a fuller meal?** Add 2 tbsp cooked barley or brown rice.

Heart-Healthy Benefit

- ◆ White beans offer soluble fiber and magnesium, helpful for regulating cholesterol and supporting

Nutritional Snapshot: Calories: 160; Protein: 6g; Carbohydrates: 24g; Fiber: 6g; Fats: 3g; Sodium: 85mg; Potassium: 430mg; Cholesterol: 0mg;

INGREDIENTS

- 1 cup chopped green cabbage
- ½ cup canned low-sodium white beans (rinsed & drained)
- 1½ cups low-sodium vegetable broth or water
- ¼ cup chopped carrot or celery
- ¼ tsp dried dill (or 1 tsp fresh, added at the end)

Optional: 1 tsp olive oil or a splash of lemon juice for serving

Make It Your Way

- ◆ Add a handful of spinach in the last 5 minutes.
- ◆ Serve with a slice of whole-grain toast.



TIME
4 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

**Savory
&
Earthy**

GREEN SPLIT PEA SOUP WITH CARROTS

DIRECTIONS

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Add split peas, chopped vegetables, broth, and seasoning. Stir to combine.
- Cover and cook on **LOW** for 4 hours, or until peas are tender and begin to break down.
- Stir well. Blend partially for a creamier texture if desired. Finish with olive oil or lemon juice.

Smart Swaps for 60+

◆ **No split peas?** Try red lentils (reduce cook time to 2.5 hrs).

◆ **No carrots?** Use chopped sweet potato or butternut squash.

◆ **Want more greens?** Add spinach during the last 10 minutes.

◆ **Smart Storage Tip:** Keeps 3–4 days in the fridge.

Nutritional Snapshot: Calories: 160; Protein: 6g; Carbohydrates: 24g; Fiber: 6g; Fats: 3g; Sodium: 85mg; Potassium: 430mg; Cholesterol: 0mg;

INGREDIENTS

- ¼ cup dry green split peas, rinsed
- ½ cup chopped carrots
- 1½ cups low-sodium vegetable broth or water
- ¼ cup chopped celery or zucchini
- ¼ tsp dried thyme or ground cumin

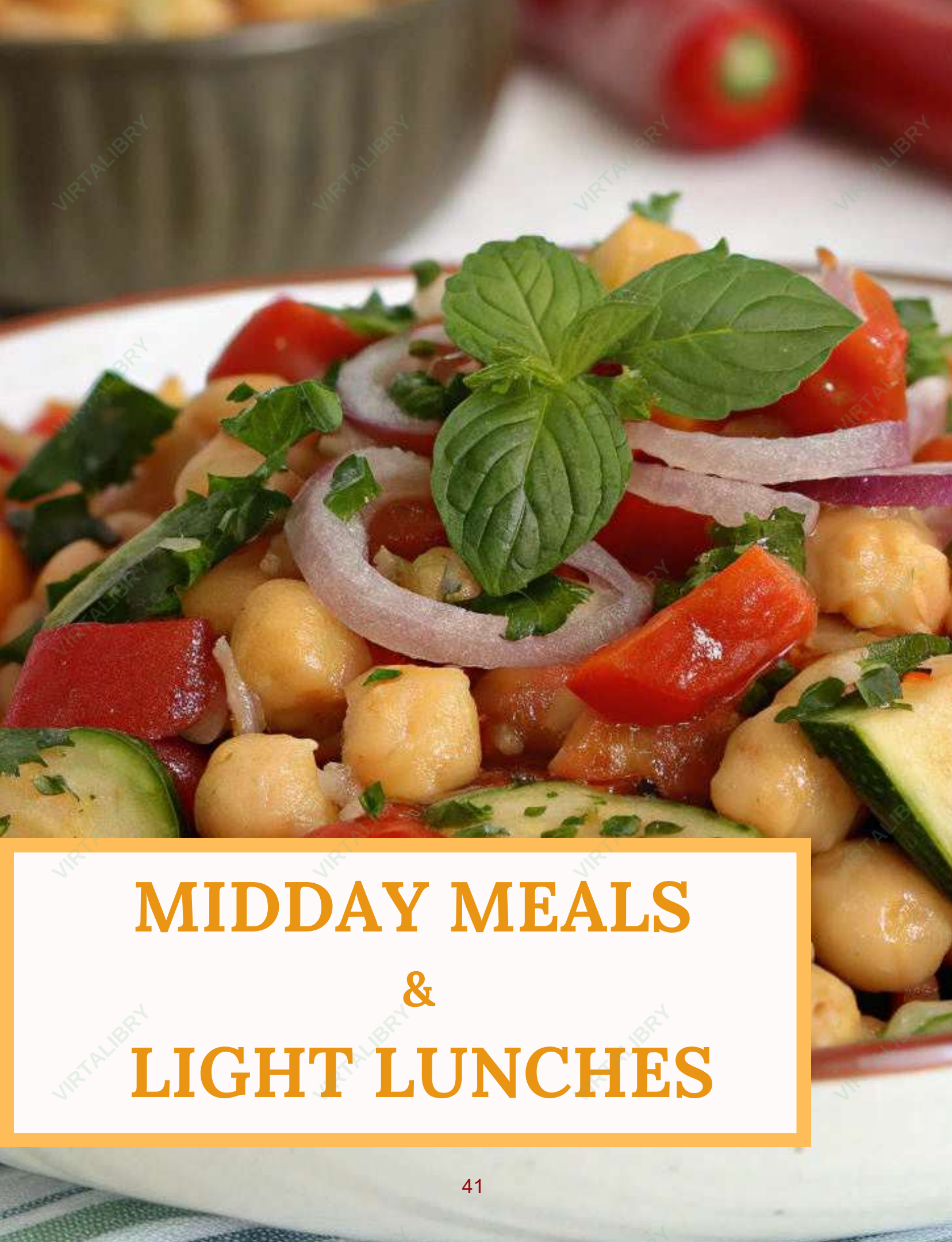
Optional: 1 tsp olive oil or a splash of lemon juice for serving

Make It Your Way

◆ Top with fresh herbs like parsley or dill.

◆ Serve with whole-grain toast or crackers.

◆ Sprinkle ground flaxseed for extra fiber & healthy fats.



MIDDAY MEALS & LIGHT LUNCHES



TIME
3.5 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mildly
Spiced &
Earthy

CABBAGE & CARROT CURRY WITH LENTILS

DIRECTIONS

- Lightly grease your slow cooker insert with cooking spray or olive oil.
- Add cabbage, carrots, lentils, liquid, and curry powder. Stir gently.
- Cover and cook on **LOW** for 3.5 hours, or until lentils are soft and vegetables are tender.
- Stir well. Add optional coconut milk or olive oil before serving.

Smart Swaps for 60+

◆ **No red lentils?** Use yellow lentils or canned chickpeas (reduce cook time).

◆ **No cabbage?** Try chopped spinach, kale, or bok choy (add in the last 30 min).

◆ **Watching carbs?** Halve the carrots and add more cabbage.

◆ **Smart Storage Tip:** Keeps 3–4 days in the fridge.

Nutritional Snapshot: Calories: 190; Protein: 9g; Carbohydrates: 27g; Fiber: 7g; Fats: 4g; Sodium: 85mg; Potassium: 460mg; Cholesterol: 0mg;

INGREDIENTS

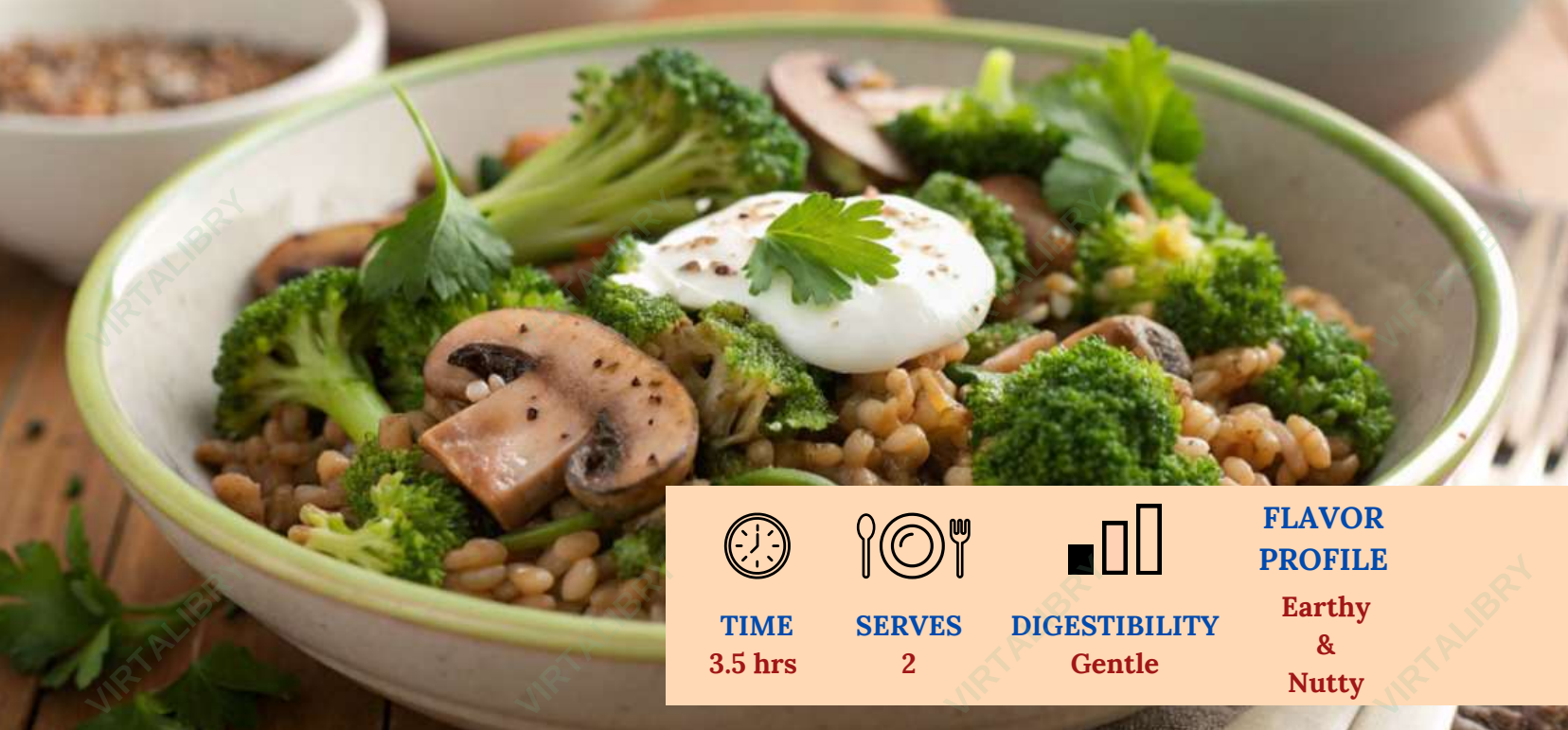
- 1 cup chopped green cabbage
- ½ cup chopped carrots
- ¼ cup dry red lentils, rinsed
- 1½ cups water or low-sodium vegetable broth
- ¼ tsp mild curry powder or turmeric

Optional: 1 tsp olive oil or 1 tbsp unsweetened coconut milk for creaminess

Make It Your Way

◆ Top with fresh cilantro or parsley.

◆ Add a squeeze of lemon or lime before serving.



TIME
3.5 hrs



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

**Earthy
&
Nutty**

WARM FARRO SALAD WITH MUSHROOMS & BROCCOLI

DIRECTIONS

- Lightly grease your slow cooker with a few drops of olive oil or cooking spray.
- Add farro, mushrooms, broth, and seasoning. Stir gently to combine.
- Cover and cook on **LOW** for 3 hours.
- In the final 30 minutes, stir in broccoli florets.
- Before serving, fluff gently and add optional olive oil or lemon. Serve warm.

Smart Swaps for 60+

- ◆ **No farro?** Try barley, brown rice, or cooked quinoa
- ◆ **No broccoli?** Use chopped zucchini, green beans, or spinach (add later).
- ◆ **Want more protein?** Stir in 2 tbsp cooked lentils or diced tofu.

◆ **Smart Storage Tip:** Keeps 3–4 days in the fridge. Not recommended for freezing due to texture.

Nutritional Snapshot: Calories: 200; Protein: 6g; Carbohydrates: 30g; Fiber: 5g; Fats: 4g; Sodium: 90mg; Potassium: 440mg; Cholesterol: 0mg;

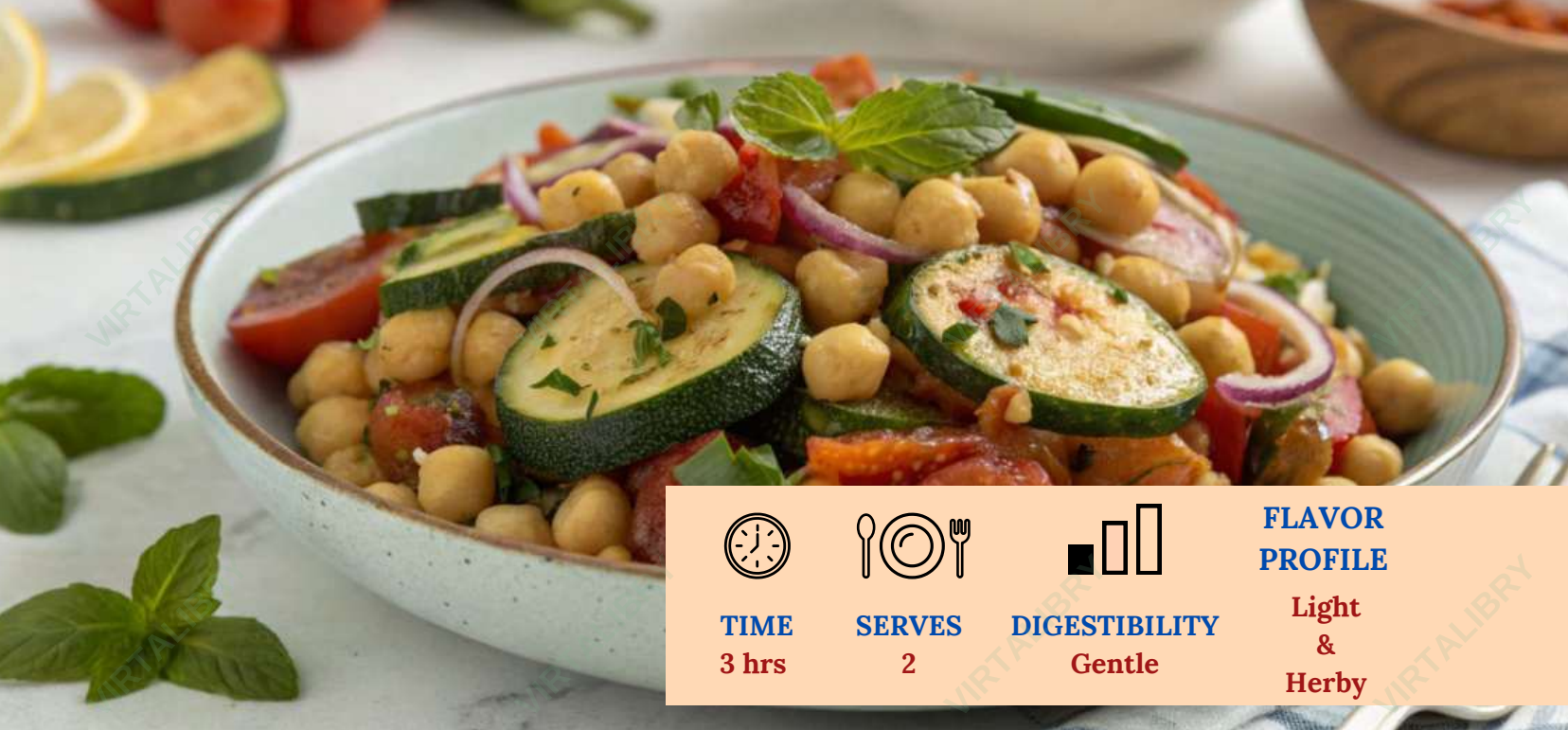
INGREDIENTS

- ¼ cup dry farro, rinsed
- 1 cup chopped mushrooms (white or cremini)
- ½ cup small broccoli florets
- 1½ cups low-sodium vegetable broth or water
- ¼ tsp dried thyme or rosemary

Optional: 1 tsp olive oil or a squeeze of lemon juice before serving

Make It Your Way

- ◆ Sprinkle with chopped parsley or dill.
- ◆ Top with a spoonful of unsweetened yogurt (if dairy-tolerant).



MEDITERRANEAN CHICKPEA & ZUCCHINI BOWL

DIRECTIONS

- Lightly grease your slow cooker insert with cooking spray or olive oil.
- Add chickpeas, zucchini, tomato, onion, or pepper, and herbs. Stir gently.
- Cover and cook on **LOW** for 3 hours, or until vegetables are tender and flavors are blended.
- Stir before serving. Finish with olive oil or lemon if desired.

Smart Swaps for 60+

- ◆ **No chickpeas?** Use white beans or lentils (cooked).
- ◆ **No zucchini?** Try chopped eggplant or bell peppers.
- ◆ **Want more bulk?** Serve over brown rice, farro, or quinoa.

◆ **Smart Storage Tip:** Keeps 3–4 days in the fridge.

Not ideal for freezing due to zucchini's texture.

Nutritional Snapshot: Calories: 180; Protein: 7g; Carbohydrates: 24g; Fiber: 6g; Fats: 4g; Sodium: 85mg; Potassium: 430mg; Cholesterol: 0mg;

INGREDIENTS

- ½ cup canned low-sodium chickpeas (rinsed & drained)
- ½ cup chopped zucchini
- ½ cup chopped tomato (fresh or no-salt-added canned)
- 1 tbsp finely chopped onion or red bell pepper
- ¼ tsp dried oregano or Italian seasoning

Optional: 1 tsp olive oil or a squeeze of lemon before serving

Make It Your Way

- ◆ Add chopped fresh parsley, basil, or mint for brightness.



TIME
3 hrs



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mildly Savory
& Vegetable-
Forward

SLOW-COOKED TOFU & VEGETABLE STIR-FRY

DIRECTIONS

- Lightly grease the slow cooker insert with olive oil or cooking spray.
- Add tofu and all vegetables to the cooker. Drizzle with tamari and sprinkle with seasoning. Stir gently.
- Cover and cook on **LOW** for 3 hours, or until vegetables are soft and tofu is warmed through.
- Before serving, add optional olive or sesame oil and stir gently.

Smart Swaps for 60+

◆ **No tofu?** Use canned low-sodium chickpeas or cubed soft-cooked tempeh.

◆ **No tamari?** Use lemon juice with a pinch of garlic powder.

◆ **Want grains?** Serve over brown rice or cooked quinoa.

◆ **Smart Storage Tip:** Keeps 2–3 days in the fridge.

Nutritional Snapshot: Calories: 190; Protein: 10g; Carbohydrates: 16g; Fiber: 4g; Fats: 8g; Sodium: 180mg; Potassium: 430mg; Cholesterol: 0mg;

INGREDIENTS

- ½ cup extra-firm tofu, cut into small cubes
- ½ cup chopped zucchini or bell pepper
- ½ cup chopped broccoli florets or green beans
- ¼ cup chopped carrots
- 1 tbsp low-sodium tamari or coconut aminos
- ¼ tsp ground ginger or garlic powder

Optional: 1 tsp olive oil or a few drops of sesame oil before serving

Make It Your Way

◆ Add baby spinach or shredded cabbage in the last 15 minutes.



TIME
3.5 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Savory
&
Herby

EGGPLANT & WHITE BEAN RAGOUT

DIRECTIONS

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Add eggplant, white beans, tomatoes, zucchini, or pepper, and herbs. Stir gently.
- Cover and cook on **LOW** for 3.5 hours, or until vegetables are soft and flavors have melded.
- Stir before serving. Add optional olive oil or fresh basil if desired.

Smart Swaps for 60+

- ◆ **No white beans?** Use chickpeas or lentils (cooked).
- ◆ **No eggplant?** Try chopped mushrooms or peeled zucchini.
- ◆ **Want more bulk?** Serve over cooked quinoa, farro, or brown rice.

◆ **Smart Storage Tip:** Keeps 3–4 days in the fridge.

Reheat gently.

Nutritional Snapshot: Calories: 180; Protein: 7g; Carbohydrates: 25g; Fiber: 6g; Fats: 4g; Sodium: 85mg; Potassium: 440mg; Cholesterol: 0mg;

INGREDIENTS

- 1 cup diced eggplant (peeled if preferred)
- ½ cup canned low-sodium white beans (rinsed & drained)
- ½ cup no-salt-added diced tomatoes (canned or fresh)
- ¼ cup chopped zucchini or red bell pepper
- ¼ tsp dried oregano or rosemary

Optional: 1 tsp olive oil or a few fresh basil leaves for garnish

Make It Your Way

- ◆ Add a pinch of crushed red pepper or smoked paprika.



TIME
3 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Gentle

FLAVOR PROFILE

Earthy
& Mildly
Herby

SWEET POTATO & GREENS HASH

DIRECTIONS

- Lightly grease your slow cooker insert or use a small ceramic bowl inside.
- Add sweet potato, onion, greens, seasoning, and water or broth. Stir gently.
- Cover and cook on **LOW** for 3 hours, or until sweet potato is fork-tender and greens are wilted.
- Stir well before serving. Top with olive oil or lemon juice if desired.

Smart Swaps for 60+

- ◆ **No sweet potato?** Use butternut squash or carrots
- ◆ **No greens?** Try zucchini or shredded cabbage.
- ◆ **Need protein?** Stir in a poached egg or white beans before serving.
- ◆ **Smart Storage Tip:** Keeps 3 days in the fridge. Reheat gently.

Nutritional Snapshot: Calories: 150; Protein: 3g; Carbohydrates: 24g; Fiber: 5g; Fats: 5g; Sodium: 45mg; Potassium: 480mg; Cholesterol: 0mg;

INGREDIENTS

- 1 small sweet potato, peeled and diced
- 1 cup chopped leafy greens (spinach, kale, or chard)
- ¼ cup finely chopped onion
- ¼ tsp dried thyme or Italian seasoning
- 2 tbsp water or low-sodium broth

Optional: 1 tsp olive oil or a squeeze of lemon for serving

Make It Your Way

- ◆ Add a pinch of smoked paprika or turmeric.
- ◆ Top with avocado slices or plain Greek yogurt.



SLOW COOKER RATATOUILLE WITH THYME

DIRECTIONS

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Add all vegetables and thyme to the slow cooker. Stir gently to combine.
- Cover and cook on **LOW** for 3.5 hours, or until vegetables are very soft and flavorful.
- Stir before serving. Add olive oil or fresh basil if desired.

Smart Swaps for 60+

◆ **No eggplant?** Use mushrooms or more zucchini.
 ◆ **No thyme?** Try oregano, rosemary, or Italian seasoning.

◆ **Want more protein?** Add ½ cup white beans or cooked lentils in the last 30 minutes.

◆ **Smart Storage Tip:** Keeps 3–4 days in the fridge. Flavors deepen overnight.

Nutritional Snapshot: Calories: 150; Protein: 4g; Carbohydrates: 20g; Fiber: 5g; Fats: 5g; Sodium: 70mg; Potassium: 440mg; Cholesterol: 0mg;

INGREDIENTS

- ½ cup chopped eggplant (peeled if preferred)
- ½ cup chopped zucchini
- ¼ cup chopped bell pepper (any color)
- ¼ cup no-salt-added diced tomatoes (canned or fresh)
- 1 tbsp finely chopped onion
- ¼ tsp dried thyme

Optional: 1 tsp olive oil or 1 tbsp chopped fresh basil for serving

Make It Your Way

◆ Serve warm, room temperature, or chilled.

◆ Pair with quinoa, brown rice, or whole-grain pasta.



TIME
3.5 hrs



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Herby
& Mildly
Sweet

STUFFED BELL PEPPERS WITH QUINOA & HERBS

DIRECTIONS

- Lightly grease your slow cooker insert with cooking spray or olive oil.
- In a bowl, mix quinoa, chopped vegetables, tomatoes, and herbs.
- Spoon the mixture into each bell pepper half and place in the slow cooker.
- Add 2 tbsp water or broth to the bottom of the cooker for moisture.
- Cover and cook on **LOW** for 3.5 hours, or until peppers are soft and filling is hot.
- Add optional olive oil or parsley before serving.

Smart Swaps for 60+

- ◆ **No quinoa?** Use brown rice, millet, or barley.
- ◆ **No zucchini?** Try mushrooms, celery, or chopped spinach.

◆ **Smart Storage Tip:** Keeps 3 days in the fridge.

Nutritional Snapshot: Calories: 190; Protein: 6g; Carbohydrates: 26g; Fiber: 5g; Fats: 5g; Sodium: 80mg; Potassium: 460mg; Cholesterol: 0mg;

INGREDIENTS

- 2 medium bell peppers, halved and seeds removed
- ½ cup cooked quinoa
- ¼ cup chopped zucchini or carrots
- 2 tbsp no-salt-added diced tomatoes
- ¼ tsp dried oregano or Italian herbs

Optional: 1 tsp olive oil or 1 tbsp chopped parsley for serving

Make It Your Way

◆ Sprinkle with ground flaxseed or hemp seeds before serving.



TIME
3 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Very Gentle

FLAVOR PROFILE

Mildly
Sweet &
Comforting

CAULIFLOWER & PEA COCONUT STEW

DIRECTIONS

- Lightly grease your slow cooker insert with cooking spray or a few drops of oil.
- Add cauliflower, peas, coconut milk, broth, and turmeric or curry powder. Stir to combine.
- Cover and cook on **LOW** for 3 hours, or until cauliflower is soft and stew is creamy.
- Stir well before serving. Top with olive oil or fresh herbs if desired.

Smart Swaps for 60+

- ◆ **No peas?** Use chopped green beans or spinach.
- ◆ **No coconut milk?** Try unsweetened oat milk with 1 tsp olive oil.
- ◆ **Want more protein?** Stir in soft tofu cubes or 2 tbsp cooked lentils.

◆ **Smart Storage Tip:** Keeps 3 days in the fridge. Freezes well up to 1 month. Stir well when reheating.

Nutritional Snapshot: Calories: 180; Protein: 5g; Carbohydrates: 18g; Fiber: 5g; Fats: 9g; Sodium: 85mg; Potassium: 430mg; Cholesterol: 0mg;

INGREDIENTS

- 1 cup cauliflower florets (fresh or frozen)
- ½ cup frozen peas (no salt added)
- ½ cup light unsweetened coconut milk
- ½ cup low-sodium vegetable broth or water
- ¼ tsp ground turmeric or mild curry powder

Optional: 1 tsp olive oil or chopped cilantro for garnish

Make It Your Way

- ◆ Add a squeeze of lime for brightness.
- ◆ Serve over quinoa or brown rice for a heartier meal.



TIME
2.5 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Gentle

FLAVOR PROFILE

Sweet
&
Savory

SWEET CORN & BLACK BEAN BOWL

DIRECTIONS

- Lightly grease your slow cooker insert with a few drops of olive oil or cooking spray.
- Add black beans, corn, bell pepper, onion (if using), and seasoning. Stir gently to combine.
- Cover and cook on **LOW** for 2.5 hours, or until vegetables are soft and flavors meld.
- Stir before serving. Finish with olive oil or lime juice if desired.

Smart Swaps for 60+

- ◆ **No black beans?** Try pinto beans or white beans.
- ◆ **No corn?** Use chopped carrots or peas.
- ◆ **Want more fullness?** Serve over brown rice, quinoa, or baked sweet potato.

◆ **Smart Storage Tip:** Keeps 3–4 days in the fridge. Reheat gently or enjoy chilled as a salad. Not recommended for freezing due to the corn's texture.

Nutritional Snapshot: Calories: 180; Protein: 7g; Carbohydrates: 26g; Fiber: 6g; Fats: 4g; Sodium: 90mg; Potassium: 440mg; Cholesterol: 0mg;

INGREDIENTS

- ½ cup canned low-sodium black beans (rinsed & drained)
- ½ cup frozen or fresh corn kernels (no salt added)
- ¼ cup chopped red bell pepper or zucchini
- 1 tbsp chopped onion (optional)
- ¼ tsp ground cumin or smoked paprika

Optional: 1 tsp olive oil or a squeeze of lime for serving

Make It Your Way

- ◆ Add chopped avocado or plain yogurt (if dairy-tolerant).



TIME
3.5 hrs



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Earthy
& Mildly
Sweet

STUFFED ACORN SQUASH WITH FARRO & HERBS

DIRECTIONS

- Lightly grease your slow cooker insert with cooking spray or olive oil.
- In a bowl, mix farro, vegetables, tomatoes or carrot, and herbs.
- Spoon filling into each acorn squash half.
- Place squash halves in the slow cooker. Add ¼ cup water to the base.
- Cover and cook on **LOW** for 3.5 hours, or until squash is tender.
- Serve warm with olive oil or fresh parsley if desired.

Smart Swaps for 60+

- ◆ **No farro?** Use cooked brown rice, quinoa, or barley.
- ◆ **No squash?** Try bell peppers or zucchini boats.
- ◆ **Want more protein?** Stir in white beans or crumbled tofu into the filling.

Nutritional Snapshot: Calories: 200; Protein: 6g; Carbohydrates: 33g; Fiber: 6g; Fats: 4g; Sodium: 80mg; Potassium: 470mg; Cholesterol: 0mg;

INGREDIENTS

- 1 small acorn squash, halved and seeds removed
- ½ cup cooked farro
- ¼ cup chopped zucchini or mushrooms
- 1 tbsp no-salt-added diced tomatoes or grated carrot
- ¼ tsp dried thyme or rosemary

Optional: 1 tsp olive oil or 1 tbsp chopped fresh parsley for serving

Make It Your Way

- ◆ Add chopped walnuts or pumpkin seeds for texture.
- ◆ Top with plain yogurt or avocado slices (if tolerated).



TIME
2.5 hrs



SERVES
2



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Sweet
&
Citrusy

BEET & CARROT WARM SALAD WITH ORANGE

DIRECTIONS

- Lightly grease your slow cooker insert with a few drops of olive oil or cooking spray.
- Add beets, carrots, cinnamon or thyme, and orange zest. Stir gently.
- Add 2 tbsp water to help steam the vegetables.
- Cover and cook on **LOW** for 2.5 hours, or until vegetables are fork-tender.
- Let cool slightly. Toss with orange juice and olive oil or walnuts if using. Serve warm or at room temperature.

Smart Swaps for 60+

- ◆ **No beets?** Use butternut squash or sweet potato.
- ◆ **No orange?** Use lemon juice or apple cider vinegar.
- ◆ **Want more protein?** Add a few white beans or hemp seeds.

Nutritional Snapshot: Calories: 160; Protein: 3g; Carbohydrates: 22g; Fiber: 5g; Fats: 5g; Sodium: 70mg; Potassium: 460mg; Cholesterol: 0mg;

INGREDIENTS

- ½ cup peeled and chopped beets (½-inch pieces)
- ½ cup chopped carrots
- ¼ tsp ground cinnamon or fresh thyme
- Zest of ½ orange
- 1 tbsp fresh orange juice (added after cooking)

Optional: 1 tsp olive oil or 1 tbsp chopped walnuts for serving

Make It Your Way

- ◆ Top with fresh parsley or mint.
- ◆ Serve overcooked quinoa or greens for a full meal.



TIME
3 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

**Savory
&
Herby**

TUSCAN WHITE BEAN & TOMATO BOWL

DIRECTIONS

- Lightly grease your slow cooker insert or small ceramic dish.
- Add beans, tomatoes, onion, seasoning, and water. Stir gently.
- Cover and cook on **LOW** for 3 hours, or until flavors meld and beans are very tender.
- Serve warm with olive oil or fresh herbs if desired.

Smart Swaps for 60+

- ◆ **No white beans?** Use chickpeas or lentils.
- ◆ **No tomatoes?** Try chopped zucchini or bell pepper.
- ◆ **Want more bulk?** Stir in cooked quinoa or farro at the end.
- ◆ **Smart Storage Tip:** Keeps 3 days in the fridge. Reheat gently. Freezes well up to 1 month.

Nutritional Snapshot: Calories: 160; Protein: 8g; Carbohydrates: 24g; Fiber: 6g; Fats: 4g; Sodium: 60mg; Potassium: 480mg; Cholesterol: 0mg;

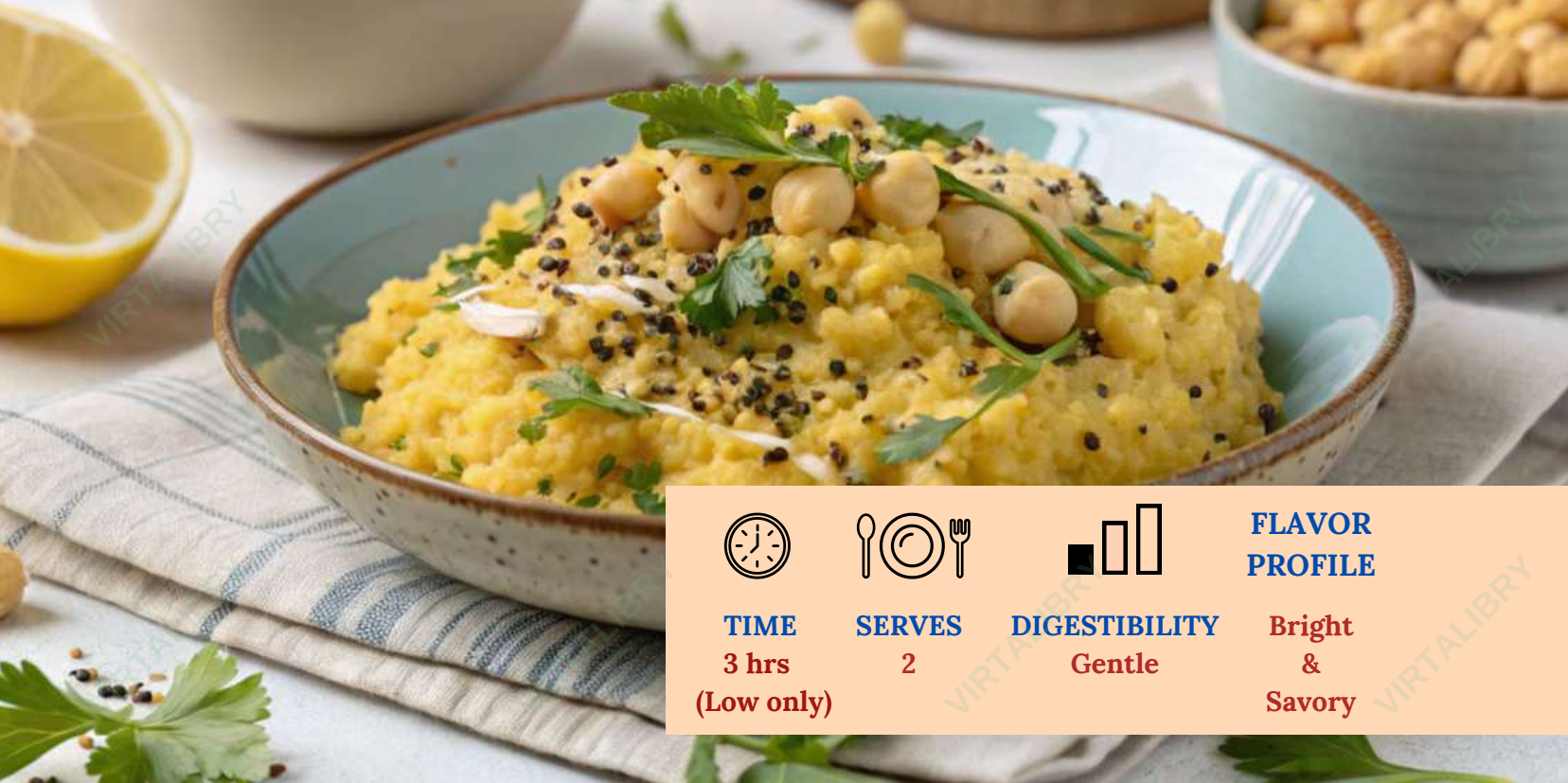
INGREDIENTS

- $\frac{3}{4}$ cup canned no-salt-added cannellini (or great northern) beans, rinsed
- $\frac{1}{2}$ cup no-salt-added diced tomatoes
- 1 tbsp finely chopped onion
- $\frac{1}{4}$ tsp dried oregano or Italian seasoning
- 1 tbsp water or low-sodium broth

Optional: 1 tsp olive oil or chopped fresh basil for serving

Make It Your Way

- ◆ Top with fresh parsley, basil, or lemon zest.



TIME
3 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

**Bright
&
Savory**

LEMONY CHICKPEA & QUINOA MASH

DIRECTIONS

- Lightly grease your slow cooker insert or use a heat-safe bowl inside.
- Combine mashed chickpeas, quinoa, lemon juice, garlic, and water. Stir gently.
- Cover and cook on **LOW** for 3 hours, or until creamy and heated through.
- Stir well before serving. Add olive oil or parsley if desired.

Smart Swaps for 60+

◆ **No quinoa?** Use brown rice, millet, or mashed sweet potato.

◆ **No chickpeas?** Use white beans or lentils.

◆ **Want a creamy texture?** Blend half the mix before serving.

◆ **Smart Storage Tip:** Keeps 3 days in the fridge. Reheat gently.

Nutritional Snapshot: Calories: 210; Protein: 9g; Carbohydrates: 27g; Fiber: 6g; Fats: 7g; Sodium: 70mg; Potassium: 430mg; Cholesterol: 0mg;

INGREDIENTS

- ½ cup cooked quinoa
- ½ cup canned low-sodium chickpeas, rinsed and mashed
- 1 tbsp fresh lemon juice
- ¼ tsp garlic powder or 1 small garlic clove, finely minced
- 1-2 tbsp water or low-sodium broth

Optional: 1 tsp olive oil or chopped parsley for serving

Make It Your Way

◆ Top with steamed greens or roasted vegetables.

◆ Sprinkle with ground flaxseed or sesame seeds for added nutrition.

A close-up photograph of a bowl filled with a comforting dinner. The dish includes chunks of cooked chicken, pieces of orange pumpkin, red tomatoes, and green cucumbers. It is garnished with fresh green cilantro leaves. The bowl is light-colored and sits on a white surface. In the background, there are some green vegetables and a wooden cutting board.

COMFORTING DINNERS



MOROCCAN-SPICED CHICKPEAS & CARROTS

DIRECTIONS

- Lightly grease the slow cooker insert with olive oil or cooking spray.
- Add chickpeas, carrots, optional tomatoes, and spices. Stir gently to coat.
- Add 1–2 tbsp water if using no tomatoes.
- Cover and cook on **LOW** for 3 hours, or until carrots are tender and flavors are blended.
- Stir before serving. Top with olive oil or herbs if desired.

Smart Swaps for 60+

- ◆ **No chickpeas?** Use lentils or white beans.
- ◆ **No carrots?** Try sweet potato or butternut squash.
- ◆ **Want more bulk?** Serve over quinoa, couscous, or brown rice.

◆ **Smart Storage Tip:** Keeps 3–4 days in the fridge. Reheat gently.

Nutritional Snapshot: Calories: 180; Protein: 6g; Carbohydrates: 25g; Fiber: 6g; Fats: 4g; Sodium: 85mg; Potassium: 430mg; Cholesterol: 0mg;

INGREDIENTS

- ½ cup canned low-sodium chickpeas (rinsed & drained)
- ½ cup chopped carrots
- ¼ cup no-salt-added diced tomatoes (optional, for moisture)
- ¼ tsp ground cumin
- ⅛ tsp cinnamon or smoked paprika

Optional: 1 tsp olive oil or chopped fresh parsley for serving

Make It Your Way

- ◆ Add chopped dried apricots or raisins for a sweet twist.
- ◆ Stir in a handful of spinach in the last 10 min.



TIME
2 hrs



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

**Savory
&
Aromatic**

GINGER-GARLIC SALMON WITH BABY CARROTS

DIRECTIONS

- Lightly grease the bottom of your slow cooker insert with olive oil or cooking spray.
- Arrange baby carrots in the bottom. Place salmon fillets on top.
- Sprinkle with garlic, ginger, and add broth or water to keep moist.
- Cover and cook on **LOW** for 2 hours, or until salmon flakes easily and carrots are tender.
- Serve warm with lemon juice or olive oil if desired.

Smart Swaps for 60+

- ◆ **No salmon?** Use skinless cod or trout.
- ◆ **No carrots?** Try zucchini, green beans, or thin-sliced sweet potato.
- ◆ **Want more flavor?** Add a pinch of turmeric or use orange zest instead of lemon.
- ◆ **Smart Storage Tip:** Keeps 2 days in the fridge.

Nutritional Snapshot: Calories: 240; Protein: 23g; Carbohydrates: 8g; Fiber: 2g; Fats: 13g; Sodium: 90mg; Potassium: 540mg; Cholesterol: 50mg;

INGREDIENTS

- 2 small skinless salmon fillets (3–4 oz each)
- 1 cup baby carrots
- 1 tsp fresh grated ginger or ¼ tsp ground
- 1 small garlic clove, minced (or ¼ tsp garlic powder)
- 1 tbsp low-sodium broth or water

Optional: 1 tsp olive oil or a squeeze of lemon for serving

Make It Your Way

- ◆ Serve with quinoa, brown rice, or steamed greens.
- ◆ Garnish with chopped parsley, dill, or scallions.



TIME
2 hrs



SERVES
2



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mild
&
Citrusy

SLOW-COOKED TILAPIA WITH SPINACH & LEMON

DIRECTIONS

- Lightly grease the bottom of your slow cooker insert with olive oil or cooking spray.
- Layer spinach on the bottom. Place tilapia fillets on top.
- Drizzle with lemon juice, sprinkle zest, and add water or broth for moisture.
- Cover and cook on **LOW** for 2 hours, or until fish flakes easily and spinach is wilted.
- Serve warm with olive oil or fresh herbs if desired.

Smart Swaps for 60+

- ◆ **No tilapia?** Use cod, haddock, or trout.
- ◆ **No spinach?** Use chopped chard, kale (well-cooked), or zucchini.
- ◆ **Want more flavor?** Add a pinch of garlic powder or thyme.
- ◆ **Smart Storage Tip:** Keeps 2 days in the fridge.

Nutritional Snapshot: Calories: 210; Protein: 24g; Carbohydrates: 4g; Fiber: 1g; Fats: 10g; Sodium: 80mg; Potassium: 510mg; Cholesterol: 55mg;

INGREDIENTS

- 2 small tilapia fillets (3–4 oz each)
- 1 cup fresh baby spinach (or ½ cup frozen, thawed)
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest (optional)
- 1 tbsp water or low-sodium broth

Optional: 1 tsp olive oil or chopped fresh herbs for serving

Make It Your Way

◆ Serve over brown rice, quinoa, or mashed cauliflower.

◆ Add steamed veggies on the side for more volume.



TIME
3 hrs



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

**Fresh
&
Herby**

LEMON HERB CHICKEN WITH GREEN BEANS

DIRECTIONS

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Place chicken breasts in the cooker. Add green beans around the sides.
- Drizzle with lemon juice, sprinkle herbs, and add water or broth.
- Cover and cook on **LOW** for 3 hours, or until chicken is cooked through and green beans are tender.
- Serve warm with a drizzle of olive oil or lemon zest if desired.

Smart Swaps for 60+

◆ **No chicken breast?** Use skinless chicken thighs or turkey cutlets.

◆ **No green beans?** Try zucchini, broccoli, or asparagus.

Nutritional Snapshot: Calories: 220; Protein: 25g; Carbohydrates: 5g; Fiber: 2g; Fats: 10g; Sodium: 90mg; Potassium: 480mg; Cholesterol: 60mg;

INGREDIENTS

- 2 small skinless boneless chicken breasts (3–4 oz each)
- 1 cup trimmed green beans (fresh or frozen)
- 1 tbsp fresh lemon juice
- ½ tsp dried Italian herbs or thyme
- 1 tbsp water or low-sodium broth

Optional: 1 tsp olive oil or lemon zest for serving

Make It Your Way

◆ Add fresh parsley, basil, or dill on top.

◆ Serve with a side of whole-grain toast or brown rice.



TIME
3.5 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Gentle

FLAVOR PROFILE

Mildly
Savory &
Sweet

TURKEY & SWEET POTATO SKILLET STEW

DIRECTIONS

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- Add ground turkey, breaking it into small pieces with a spoon.
- Add all vegetables, broth, and seasoning. Stir gently to combine.
- Cover and cook on **LOW** for 3.5 hours, or until turkey is fully cooked and vegetables are soft.
- Stir before serving. Add olive oil or parsley if desired.

Smart Swaps for 60+

- ◆ **No turkey?** Use ground chicken or cooked lentils.
- ◆ **No sweet potato?** Substitute with butternut squash or carrots.
- ◆ **Want more greens?** Add spinach during the last 10 minutes of cooking.

Nutritional Snapshot: Calories: 240; Protein: 2g; Carbohydrates: 18g; Fiber: 4g; Fats: 10g; Sodium: 90mg; Potassium: 460mg; Cholesterol: 55mg;

INGREDIENTS

- ½ cup ground turkey (lean, 93% or higher)
- ½ cup diced sweet potato (½-inch cubes)
- ¼ cup chopped zucchini or bell pepper
- ¼ cup chopped onion or celery
- 1 cup low-sodium vegetable broth or water
- ¼ tsp dried sage or thyme

Optional: 1 tsp olive oil or chopped parsley for serving

Make It Your Way

- ◆ Serve with a side of brown rice or whole-grain toast.
- ◆ Add a pinch of paprika or cumin for warmth.



TIME
2.5 hrs



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mildly
Spiced &
Creamy

COCONUT-CURRY SHRIMP WITH PEAS & RICE

DIRECTIONS

- Lightly grease your slow cooker insert with cooking spray or olive oil.
- Add cooked rice, peas, coconut milk, and curry powder. Stir gently.
- Place shrimp on top. Cover and cook on **LOW** for 2.5 hours, or until shrimp are pink and firm, and mixture is heated through.
- Stir gently. Add lime juice or olive oil if desired. Serve warm.

Smart Swaps for 60+

◆ **No shrimp?** Use diced cod or tofu (add tofu at the beginning).

◆ **No rice?** Try cooked quinoa or millet.

◆ **Need more fiber?** Add chopped spinach or cauliflower rice in the last 30 minutes.

◆ **Smart Storage Tip:** Keeps 1–2 days in the fridge.

Nutritional Snapshot: Calories: 250; Protein: 18g; Carbohydrates: 22g; Fiber: 4g; Fats: 10g; Sodium: 105mg; Potassium: 440mg; Cholesterol: 110mg;

INGREDIENTS

- ½ cup cooked brown rice
- ½ cup frozen peas (no salt added)
- **6–8** medium shrimp, peeled and deveined
- ¼ cup light unsweetened coconut milk
- ¼ tsp mild curry powder or turmeric

Optional: 1 tsp olive oil or a squeeze of lime for serving

Make It Your Way

◆ Top with chopped cilantro or parsley.

◆ Add a pinch of cinnamon or cumin for Moroccan warmth.

◆ Serve with steamed greens or cucumber slices



TIME
4 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Deep
&
Savory

SLOW COOKER BEEF & MUSHROOM STEW

DIRECTIONS

- Lightly grease the slow cooker insert with olive oil or cooking spray.
- Add beef, mushrooms, carrots, or celery, broth, and seasoning. Stir gently.
- Cover and cook on **LOW** for 4 hours, or until beef is tender and vegetables are soft.
- Stir before serving. Add optional olive oil or parsley if desired.

Smart Swaps for 60+

- ◆ **No beef?** Use ground turkey, chicken thigh, or cooked lentils.
- ◆ **No mushrooms?** Try chopped eggplant or zucchini.
- ◆ **Want more fiber?** Add 2 tbsp cooked barley or quinoa in the last 30 minutes.

◆ **Smart Storage Tip:** Keeps 3–4 days in the fridge. Reheat gently with a splash of broth.

Nutritional Snapshot: Calories: 240; Protein: 22g; Carbohydrates: 10g; Fiber: 3g; Fats: 12g; Sodium: 100mg; Potassium: 460mg; Cholesterol: 55mg;

INGREDIENTS

- 4 oz lean stewing beef, cut into small cubes
- 1 cup sliced mushrooms (white or cremini)
- ½ cup chopped carrots or celery
- 1 cup low-sodium beef or vegetable broth
- ¼ tsp dried thyme or rosemary

Optional: 1 tsp olive oil or 1 tbsp chopped parsley for serving

Make It Your Way

- ◆ Serve with mashed sweet potatoes or steamed greens.
- ◆ Add a dash of paprika or garlic powder for extra flavor.



TIME
4 hrs



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Savory
&
Earthy

ROSEMARY CHICKEN WITH ROOT VEGETABLES

DIRECTIONS

- Lightly grease the slow cooker insert with cooking spray or olive oil.
- Place the chicken at the bottom of the cooker. Add vegetables, rosemary, and broth.
- Cover and cook on **LOW** for 4 hours, or until chicken is cooked through and vegetables are fork-tender.
- Stir gently. Serve with optional olive oil or a squeeze of lemon.

Smart Swaps for 60+

- ◆ **No sweet potato?** Use white potato, turnip, or butternut squash.
- ◆ **No rosemary?** Try thyme or Italian seasoning.
- ◆ **Need more fiber?** Add a handful of chopped kale during the last 30 minutes.
- ◆ **Smart Storage Tip:** Keeps 3 days in the fridge.

Nutritional Snapshot: Calories: 250; Protein: 24; Carbohydrates: 18g; Fiber: 4g; Fats: 10g; Sodium: 95mg; Potassium: 470mg; Cholesterol: 60mg;

INGREDIENTS

- 2 small boneless skinless chicken thighs or breasts (3–4 oz each)
- ½ cup chopped carrots
- ½ cup diced sweet potato or parsnip
- ¼ cup chopped onion or celery
- 1 tsp chopped fresh rosemary (or ¼ tsp dried)
- 1 cup low-sodium chicken broth or water

Optional: 1 tsp olive oil or a squeeze of lemon for serving

Make It Your Way

- ◆ Garnish with fresh parsley or dill.



SLOW-COOKED COD WITH TOMATOES & OLIVES

DIRECTIONS

- Lightly grease the slow cooker insert with olive oil or cooking spray.
- Layer diced tomatoes, onion/pepper, olives, and herbs in the bottom.
- Place cod fillets gently on top. Spoon some tomato mixture over the fish.
- Cover and cook on **LOW** for 2.5 hours, or until cod flakes easily with a fork.
- Serve warm with olive oil or lemon if desired.

Smart Swaps for 60+

- ◆ **No cod?** Use tilapia, haddock, or halibut.
- ◆ **No olives?** Use chopped capers or omit for lower sodium.
- ◆ **Want more substance?** Serve over quinoa or with steamed greens.
- ◆ **Smart Storage Tip:** Keeps 2 days in the fridge.

Nutritional Snapshot: Calories: 210; Protein: 23g; Carbohydrates: 6g; Fiber: 2g; Fats: 10g; Sodium: 120mg; Potassium: 470mg; Cholesterol: 55mg;

INGREDIENTS

- 2 small cod fillets (3–4 oz each), skinless
- ½ cup no-salt-added diced tomatoes (canned or fresh)
- 1 tbsp chopped pitted olives (black or green)
- 1 tbsp finely chopped onion or bell pepper
- ¼ tsp dried oregano or thyme

Optional: 1 tsp olive oil or a squeeze of lemon for serving

Make It Your Way

- ◆ Top with chopped parsley or basil.
- ◆ Pair with a side of roasted zucchini or mashed cauliflower.



TIME
3 hrs



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

**Savory
& Mildly
Herby**

STUFFED ZUCCHINI BOATS WITH GROUND TURKEY

DIRECTIONS

- Lightly grease your slow cooker insert with olive oil or cooking spray.
- In a bowl, mix ground turkey, onion, tomatoes, and herbs.
- Spoon mixture into each zucchini half.
- Place zucchini boats in the slow cooker. Add 2 tbsp of water to the bottom.
- Cover and cook on **LOW** for 3 hours, or until zucchini is tender and turkey is cooked through.
- Top with olive oil or cheese if desired. Serve warm.

Smart Swaps for 60+

- ◆ **No turkey?** Use ground chicken or lentils.
- ◆ **No zucchini?** Try halved bell peppers or eggplant slices.
- ◆ **Want more fiber?** Add chopped spinach or grated carrot to the filling.

Nutritional Snapshot: Calories: 210; Protein: 23g; Carbohydrates: 6g; Fiber: 2g; Fats: 10g; Sodium: 120mg; Potassium: 470mg; Cholesterol: 55mg;

INGREDIENTS

- 1 medium zucchini, halved lengthwise and scooped
- ½ cup lean ground turkey (93% or higher)
- 1 tbsp finely chopped onion or bell pepper
- 2 tbsp no-salt-added diced tomatoes
- ¼ tsp dried basil or Italian herbs

Optional: 1 tsp olive oil or 1 tbsp grated low-sodium cheese (if dairy-tolerant)

Make It Your Way

- ◆ Garnish with fresh parsley, chives, or dill.
- ◆ Serve with a side of whole grain rice or leafy salad.



TIME
3.5 hrs



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

**Savory
&
Herby**

HERBED CHICKEN THIGHS WITH MUSHROOMS

DIRECTIONS

- Lightly grease the slow cooker insert with olive oil or cooking spray.
- Place chicken thighs at the bottom. Top with mushrooms, onion, and herbs.
- Add broth or water.
- Cover and cook on **LOW** for 3.5 hours, or until chicken is tender and mushrooms are soft.
- Stir gently before serving. Add olive oil or parsley if desired.

Smart Swaps for 60+

- ◆ **No mushrooms?** Use zucchini or eggplant.
- ◆ **No chicken thighs?** Use turkey cutlets or cod fillets.
- ◆ **Want more bulk?** Serve with mashed cauliflower or steamed farro.

- ◆ **Smart Storage Tip:** Keeps 3 days in the fridge.

Nutritional Snapshot: Calories: 230; Protein: 24g; Carbohydrates: 5g; Fiber: 2g; Fats: 12g; Sodium: 90mg; Potassium: 440mg; Cholesterol: 70mg;

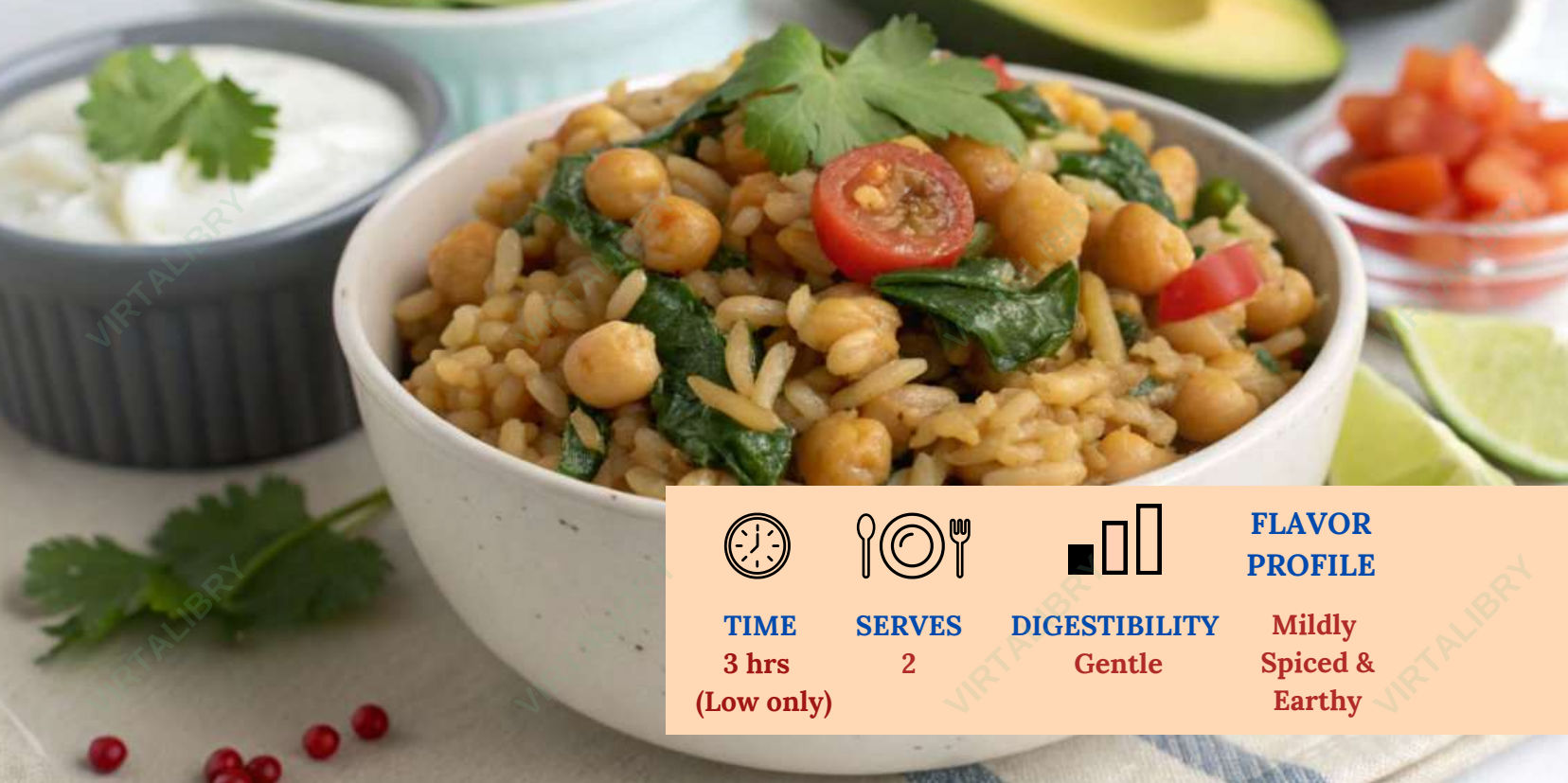
INGREDIENTS

- 2 small boneless, skinless chicken thighs (about 3 oz each)
- 1 cup sliced mushrooms (white or cremini)
- 1 tbsp finely chopped onion or leek
- ¼ tsp dried thyme or rosemary
- 1 tbsp low-sodium broth or water

Optional: 1 tsp olive oil or chopped fresh parsley for serving

Make It Your Way

- ◆ Add a spoonful of plain yogurt or avocado (if tolerated).



TIME
3 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Gentle

FLAVOR PROFILE

Mildly
Spiced &
Earthy

SPICED CHICKPEA & SPINACH RICE

DIRECTIONS

- Lightly grease your slow cooker insert with cooking spray or olive oil.
- Add chickpeas, rice, spinach, tomatoes (if using), and spices. Stir gently.
- Add 1–2 tbsp water for moisture.
- Cover and cook on **LOW** for 3 hours, or until warm and infused with flavor.
- Stir gently before serving. Top with olive oil or lemon juice if desired.

Smart Swaps for 60+

- ◆ **No chickpeas?** Use lentils or white beans.
- ◆ **No spinach?** Try chopped kale or zucchini.
- ◆ **Want more protein?** Stir in soft tofu or chopped boiled egg (if tolerated).

◆ **Smart Storage Tip:** Keeps 3–4 days in the fridge. Reheat gently.

Nutritional Snapshot: Calories: 240; Protein: 22g; Carbohydrates: 10g; Fiber: 3g; Fats: 12g; Sodium: 100mg; Potassium: 460mg; Cholesterol: 55mg;

INGREDIENTS

- ½ cup canned low-sodium chickpeas (rinsed & drained)
- ½ cup cooked brown rice
- ½ cup chopped spinach (fresh or frozen)
- ¼ tsp ground cumin or mild curry powder
- 2 tbsp no-salt-added diced tomatoes (optional, for moisture)

Optional: 1 tsp olive oil or a squeeze of lemon for serving

Make It Your Way

- ◆ Add chopped fresh parsley or cilantro.
- ◆ Serve with a side of plain yogurt or sliced avocado.



TIME

2.5 hrs
(Low only)



SERVES

2



DIGESTIBILITY

Very Gentle

FLAVOR PROFILE

Light
&
Citrusy

LEMONY BAKED COD WITH CAULIFLOWER

DIRECTIONS

- Lightly grease the bottom of your slow cooker insert with olive oil or cooking spray.
- Layer cauliflower on the bottom. Place cod fillets on top.
- Drizzle with lemon juice, sprinkle with herbs and zest.
- Add 2 tbsp water or low-sodium broth for moisture.
- Cover and cook on **LOW** for 2.5 hours, or until cod flakes easily and cauliflower is tender.
- Serve warm with optional olive oil or parsley.

Smart Swaps for 60+

- ◆ **No cod?** Use tilapia, haddock, or halibut.
- ◆ **No cauliflower?** Try broccoli, zucchini, or green beans.
- ◆ **Want more substance?** Serve over brown rice or quinoa.

Nutritional Snapshot: Calories: 200; Protein: 22g; Carbohydrates: 6g; Fiber: 2g; Fats: 9g; Sodium: 85mg; Potassium: 470mg; Cholesterol: 55mg;

INGREDIENTS

- 2 small skinless cod fillets (3–4 oz each)
- 1 cup cauliflower florets (fresh or frozen)
- 1 tbsp fresh lemon juice
- ½ tsp lemon zest (optional)
- ¼ tsp dried thyme or dill

Optional: 1 tsp olive oil or chopped fresh parsley for serving

Make It Your Way

- ◆ Top with chopped dill or chives.
- ◆ Add sliced olives or capers for a Mediterranean twist.
- ◆ Serve with a side of leafy greens or cucumber salad.



TIME

3.5 hrs
(Low only)



SERVES

2



DIGESTIBILITY

Gentle

FLAVOR PROFILE

Savory
&
Creamy

SLOW-COOKED TOFU STROGANOFF

DIRECTIONS

- Lightly grease the slow cooker insert with cooking spray or olive oil.
- Add tofu, mushrooms, onion, paprika, and plant milk. Stir gently.
- Cover and cook on **LOW** for 3.5 hours, or until mushrooms are soft and tofu is tender.
- Stir in yogurt or coconut milk at the end for creaminess.
- Serve warm with parsley or a drizzle of olive oil if desired.

Smart Swaps for 60+

- ◆ **No tofu?** Use white beans or cooked lentils.
- ◆ **No mushrooms?** Try zucchini or eggplant.
- ◆ **Need more fiber?** Add chopped spinach in the last 15 minutes.

◆ **Smart Storage Tip:** Keeps 3 days in the fridge.

Nutritional Snapshot: Calories: 220; Protein: 11g; Carbohydrates: 10g; Fiber: 3g; Fats: 14g; Sodium: 90mg; Potassium: 420mg; Cholesterol: 0mg;

INGREDIENTS

- ½ cup extra-firm tofu, pressed and cubed
- 1 cup sliced mushrooms (white or cremini)
- ¼ cup chopped onion
- ¼ cup unsweetened plant-based milk (oat, almond, or soy)
- 1 tbsp plain unsweetened plant-based yogurt or light coconut milk
- ¼ tsp paprika or thyme

Optional: 1 tsp olive oil or chopped parsley for serving

Make It Your Way

◆ Serve over whole-grain pasta, brown rice, or mashed cauliflower.



SIDES & SWEET FINISHES



TIME
2.5 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Very Gentle

FLAVOR PROFILE

Fresh
& Mildly
Herby

QUINOA PILAF WITH PEAS & DILL

DIRECTIONS

- Lightly grease your slow cooker insert with cooking spray or olive oil.
- Combine quinoa, peas, dill, onion, and water or broth in the cooker.
- Cover and cook on **LOW** for 2.5 hours, or until peas are tender and flavors meld.
- Fluff gently and serve warm with optional lemon juice or olive oil.

Smart Swaps for 60+

- ◆ **No quinoa?** Use cooked brown rice or millet.
- ◆ **No peas?** Try chopped green beans or zucchini.
- ◆ **Want more protein?** Stir in white beans or crumbled tofu.

◆ **Smart Storage Tip:** Keeps 3 days in the fridge. Reheat gently. It can be served cold as a salad.

Nutritional Snapshot: Calories: 210; Protein: 8g; Carbohydrates: 24g; Fiber: 5g; Fats: 9g; Sodium: 80mg; Potassium: 440mg; Cholesterol: 0mg;

INGREDIENTS

- ½ cup cooked quinoa
- ½ cup no-salt-added frozen peas
- 1 tbsp chopped fresh dill (or ¼ tsp dried)
- 1 tbsp finely chopped onion or scallion
- 1-2 tbsp water or low-sodium broth

Optional: 1 tsp olive oil or a squeeze of lemon for serving

Make It Your Way

- ◆ Add fresh parsley or mint for brightness.
- ◆ Serve alongside grilled fish or steamed veggies.
- ◆ Sprinkle with ground flaxseed or chopped walnuts for healthy fats.



TIME
3 hrs



SERVES
2



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Sweet
&
Earthy

BUTTERNUT SQUASH MASH WITH OLIVE OIL

DIRECTIONS

- Lightly grease the slow cooker insert or use a small heat-safe bowl inside.
- Add cubed squash and water or broth. Cover.
- Cook on **LOW** for 3 hours, or until squash is soft enough to mash easily.
- Mash with a fork or potato masher. Stir in olive oil and optional spice.
- Serve warm as a side or light meal.

Smart Swaps for 60+

◆ **No butternut squash?** Use sweet potato or pumpkin.

◆ **No olive oil?** Use avocado oil or a small pat of unsalted butter (if tolerated).

◆ **Want more fiber?** Stir in 1 tbsp ground flaxseed or steamed cauliflower.

◆ **Smart Storage Tip:** Keeps 3 days in the fridge.

Nutritional Snapshot: Calories: 140; Protein: 2g; Carbohydrates: 22g; Fiber: 4g; Fats: 5g; Sodium: 40mg; Potassium: 520mg; Cholesterol: 0mg;

INGREDIENTS

- 1½ cups peeled, cubed butternut squash
- 1–2 tbsp water or low-sodium broth
- 1 tsp olive oil (plus more to taste)

Optional: pinch of cinnamon or nutmeg for added warmth

Make It Your Way

◆ Add chopped fresh herbs like sage or thyme.

◆ Serve with lean protein or a spoonful of plain Greek yogurt.

◆ Blend with a splash of plant milk for ultra-smooth texture.



TIME
2.5 hrs



SERVES
2



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Warm &
Naturally
Sweet

STEWED PEARS WITH CINNAMON & GINGER

DIRECTIONS

- Lightly grease the slow cooker insert with olive oil or cooking spray (optional).
- Add sliced pears, cinnamon, ginger, and water. Stir gently to coat.
- Cover and cook on **LOW** for 2.5 hours, or until pears are soft and lightly caramelized.
- Serve warm with lemon juice or chopped walnuts if desired.

Smart Swaps for 60+

- ◆ **No pears?** Use apples or peaches.
- ◆ **No ginger?** Use a pinch of nutmeg or vanilla extract.
- ◆ **Need more protein?** Serve with a spoonful of plain Greek yogurt (if dairy-tolerant).
- ◆ **Smart Storage Tip:** Keeps 3 days in the fridge. Serve warm or chilled.

Nutritional Snapshot: Calories: 110; Protein: 1g; Carbohydrates: 24g; Fiber: 4g; Fats: 2g; Sodium: 5mg; Potassium: 210mg; Cholesterol: 0mg;

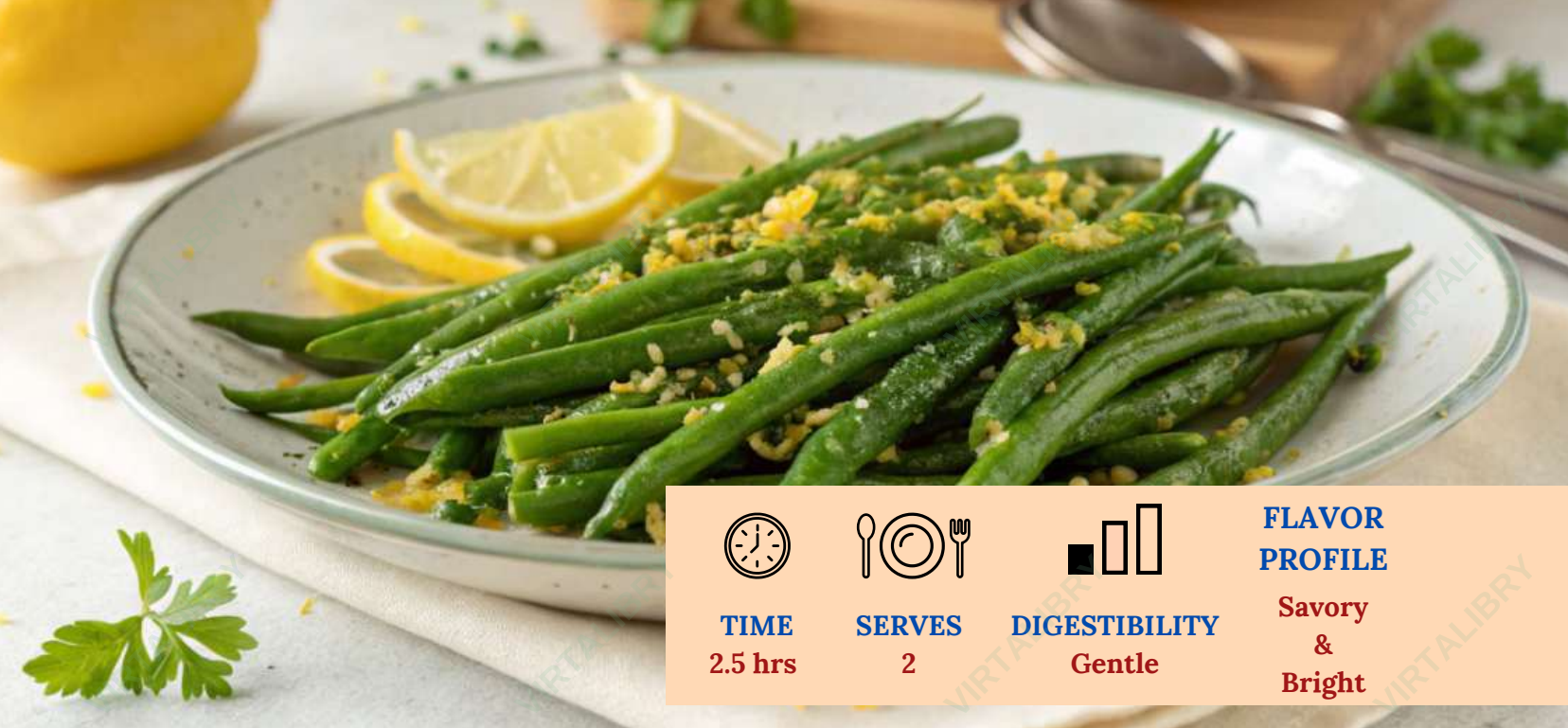
INGREDIENTS

- 2 ripe pears, peeled, cored, and sliced
- ¼ tsp ground cinnamon
- ⅛ tsp ground ginger or ½ tsp fresh grated ginger
- 2 tbsp water

Optional: ½ tsp lemon juice or 1 tsp chopped walnuts for topping

Make It Your Way

- ◆ Add a few raisins or chopped dates for extra sweetness.
- ◆ Serve over warm oatmeal or chia pudding.
- ◆ Sprinkle with ground flaxseed for added fiber.



GARLICKY GREEN BEANS WITH LEMON ZEST

DIRECTIONS

- Lightly grease the slow cooker insert with olive oil or cooking spray.
- Add green beans, garlic, lemon zest, and water or broth. Stir gently.
- Cover and cook on **LOW** for 2.5 hours, or until green beans are soft but not mushy.
- Serve warm with olive oil or a squeeze of lemon if desired.

Smart Swaps for 60+

- ◆ **No green beans?** Use chopped zucchini, asparagus, or broccoli florets.
- ◆ **No lemon zest?** Try orange zest or a pinch of dried basil.
- ◆ **Want extra fiber?** Add a few steamed lentils before serving.
- ◆ **Smart Storage Tip:** Keeps 3 days in the fridge.

Nutritional Snapshot: Calories: 80; Protein: 2g; Carbohydrates: 9g; Fiber: 4g; Fats: 4g; Sodium: 30mg; Potassium: 270mg; Cholesterol: 0mg;

INGREDIENTS

- **1½ cups** fresh or frozen green beans, trimmed
- **1** small garlic clove, minced (or ¼ tsp garlic powder)
- ½ tsp lemon zest
- **1 tbsp** water or low-sodium broth

Optional: 1 tsp olive oil or a squeeze of fresh lemon for serving

Make It Your Way

- ◆ Garnish with chopped parsley or toasted seeds.
- ◆ Serve with baked fish, tofu, or whole grain pilaf.
- ◆ Sprinkle with nutritional yeast for a cheesy twist (dairy-free).



TIME
3 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

**Earthy
&
Tangy**

BALSAMIC BEETS WITH THYME

DIRECTIONS

- Lightly grease your slow cooker insert with cooking spray or olive oil.
- Add beets, water, thyme, and balsamic vinegar. Stir gently.
- Cover and cook on **LOW** for 3 hours, or until beets are fork-tender.
- Stir gently and serve warm. Top with olive oil or walnuts if desired.

Smart Swaps for 60+

- ◆ **No beets?** Use carrots or butternut squash.
- ◆ **No thyme?** Try rosemary or dill.
- ◆ **Want more protein?** Sprinkle with hemp seeds or chopped nuts.

◆ **Heart-Healthy Benefit.** Beets support nitric oxide production, which helps improve circulation and lower blood pressure

Nutritional Snapshot: Calories: 90; Protein: 2g; Carbohydrates: 12g; Fiber: 4g; Fats: 4g; Sodium: 40mg; Potassium: 350mg; Cholesterol: 0mg;

INGREDIENTS

- 1½ cups peeled, cubed raw beets (about ¾-inch pieces)
- 1 tsp balsamic vinegar
- ¼ tsp dried thyme (or ½ tsp fresh)
- 2 tbsp water

Optional: 1 tsp olive oil or chopped walnuts for serving

Make It Your Way

- ◆ Serve over leafy greens or quinoa.
- ◆ Add orange zest or sliced shallots for extra brightness.
- ◆ Pair with fish, lentils, or lean poultry.
- ◆ Keeps 3–4 days in the fridge.



TIME
3 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mildly
Sweet
& Creamy

COCONUT RICE PUDDING WITH BERRIES

DIRECTIONS

- Lightly grease your slow cooker insert or use a small ceramic bowl inside.
- Add cooked rice, coconut milk, water, and cinnamon. Stir gently.
- Cover and cook on **LOW** for 3 hours, or until thick and creamy.
- Stir in berries during the last 15 minutes of cooking.
- Serve warm or chilled, topped with vanilla or flaxseed if desired.

Smart Swaps for 60+

◆ **No berries?** Use chopped apple, pear, or dried fruit (unsweetened).

◆ **No coconut milk?** Use almond, oat, or soy milk.

◆ **Need more protein?** Stir in soft tofu or a spoonful of Greek yogurt (if tolerated).

◆ **Smart Storage Tip:** Keeps 3 days in the fridge.

Nutritional Snapshot: Calories: 190; Protein: 3g; Carbohydrates: 26g; Fiber: 3g; Fats: 8g; Sodium: 30mg; Potassium: 220mg; Cholesterol: 0mg;

INGREDIENTS

- ½ cup cooked brown or white rice
- ½ cup light unsweetened coconut milk
- ¼ cup water or unsweetened plant-based milk
- ¼ tsp cinnamon (optional)
- ¼ cup fresh or thawed frozen berries (e.g., blueberries, raspberries)

Optional: ½ tsp vanilla extract or 1 tsp ground flaxseed for topping

Make It Your Way

◆ Add chopped nuts or seeds for crunch.



TIME
2.5 hrs



SERVES
2



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Warm &
Sweetly
Spiced

SLOW-COOKED APPLES WITH RAISINS & CLOVE

DIRECTIONS

- Lightly grease the slow cooker insert (or use a small bowl insert).
- Add apples, raisins, cloves, cinnamon (if using), and water. Stir gently.
- Cover and cook on **LOW** for 2.5 hours, or until apples are soft and fragrant.
- Serve warm with lemon juice or walnuts if desired.

Smart Swaps for 60+

◆ **No raisins?** Use chopped dried apricots or skip for lower sugar.

◆ **No clove?** Use nutmeg or vanilla extract.

◆ **Need protein?** Add a spoonful of plain Greek yogurt or soy yogurt.

◆ **Smart Storage Tip:** Keeps 3 days in the fridge. Serve warm or chilled.

Nutritional Snapshot: Calories: 120; Protein: 1g; Carbohydrates: 27g; Fiber: 4g; Fats: 1g; Sodium: 5mg; Potassium: 260mg; Cholesterol: 0mg;

INGREDIENTS

- 2 medium apples, peeled, cored, and sliced
- 2 tbsp unsweetened raisins
- $\frac{1}{8}$ tsp ground clove (or 1 whole clove, removed before serving)
- $\frac{1}{4}$ tsp ground cinnamon (optional)
- 2 tbsp water

Optional: $\frac{1}{2}$ tsp lemon juice or chopped walnuts for serving

Make It Your Way

◆ Sprinkle with ground flaxseed for added fiber.

◆ Serve over oatmeal, rice pudding, or chia pudding.



TIME
3 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Very Gentle

FLAVOR PROFILE

Sweet
&
Spiced

CINNAMON PUMPKIN PURÉE

DIRECTIONS

- Lightly grease your slow cooker insert or use a small heat-safe bowl inside.
- Add pumpkin cubes, cinnamon, and water (or milk). Stir gently.
- Cover and cook on **LOW** for 3 hours, or until the pumpkin is very soft.
- Mash or blend until smooth. Stir in optional nutmeg or vanilla.
- Serve warm as a side or snack.

Smart Swaps for 60+

◆ **No fresh pumpkin?** Use $\frac{3}{4}$ cup canned, unsweetened pumpkin purée — skip water, cook 1 hour.

◆ **No cinnamon?** Try cardamom or ginger.

◆ **Need protein?** Top with Greek yogurt or swirl in almond butter.

Nutritional Snapshot: Calories: 100; Protein: 2g; Carbohydrates: 18g; Fiber: 4g; Fats: 3g; Sodium: 10mg; Potassium: 420mg; Cholesterol: 0mg;

INGREDIENTS

- **1½ cups** cubed fresh pumpkin (or use canned, see swap)
- $\frac{1}{4}$ tsp ground cinnamon
- **2 tbsp** water or unsweetened plant-based milk

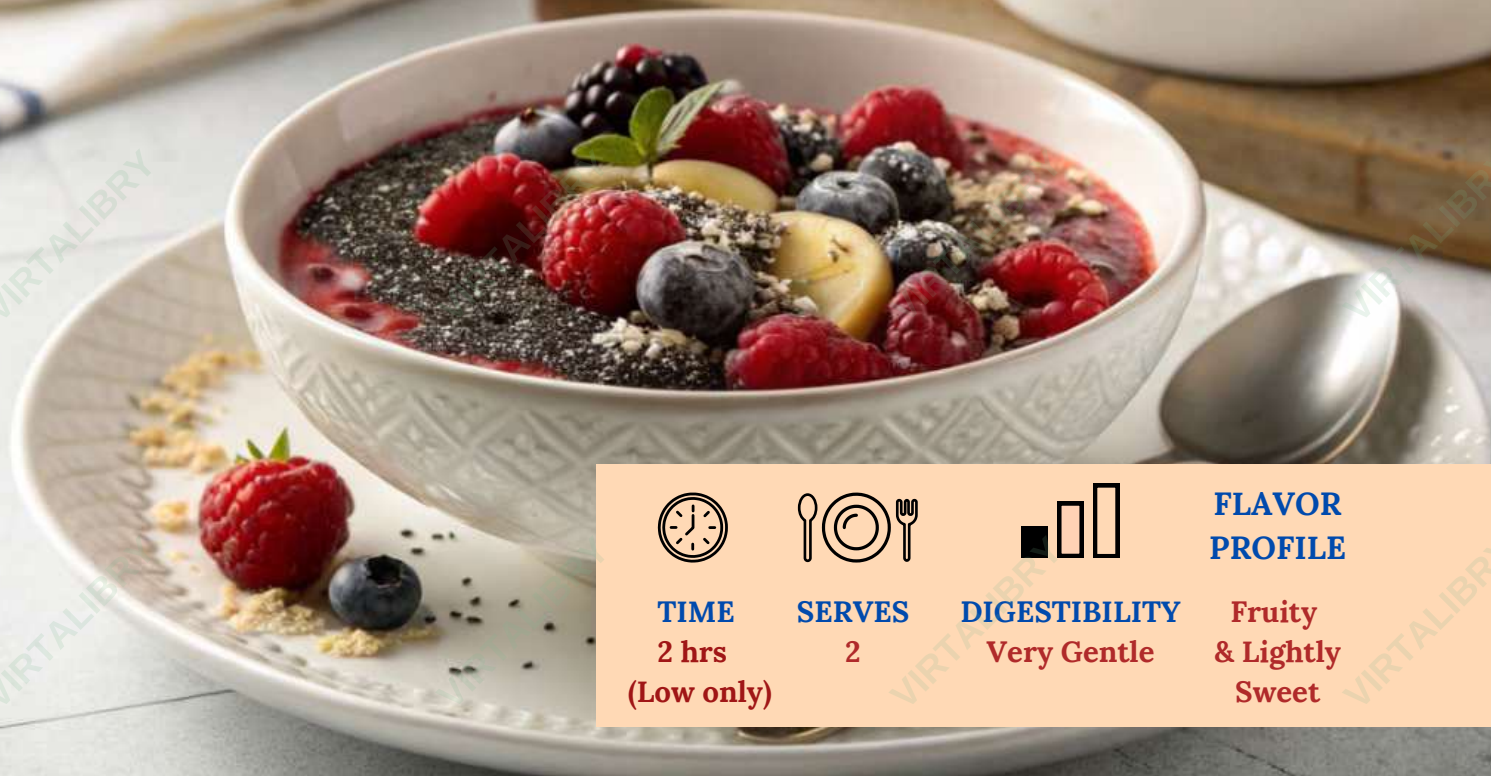
Optional: pinch of nutmeg or $\frac{1}{2}$ tsp vanilla extract

Make It Your Way

◆ Sprinkle with crushed walnuts, flaxseed, or sunflower seeds.

◆ Serve alongside roasted chicken or lentils.

◆ Use as a base for smoothies or toast spreads.



TIME
2 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Very Gentle

FLAVOR PROFILE

Fruity
& Lightly
Sweet

WARM BERRIES WITH CHIA & VANILLA

DIRECTIONS

- Lightly grease the slow cooker insert or use a small heat-safe bowl inside.
- Add berries, chia seeds, vanilla, and water (if needed). Stir gently.
- Cover and cook on **LOW** for 2 hours, or until berries are soft and juicy.
- Stir and let sit uncovered for 5–10 minutes to thicken slightly.
- Serve warm as-is or with yogurt or oatmeal.

Smart Swaps for 60+

◆ **No chia?** Use ground flaxseed or skip — just cook down longer to thicken.

◆ **No berries?** Use chopped apples, plums, or peaches.

◆ **Want more protein?** Add a spoonful of cottage cheese or tofu cream.

Nutritional Snapshot: Calories: 90; Protein: 2g; Carbohydrates: 15g; Fiber: 5g; Fats: 3g; Sodium: 5mg; Potassium: 160mg; Cholesterol: 0mg;

INGREDIENTS

- 1 cup mixed berries (fresh or frozen, unsweetened)
- 1 tsp chia seeds
- ½ tsp vanilla extract
- 1–2 tbsp water (if using fresh berries)

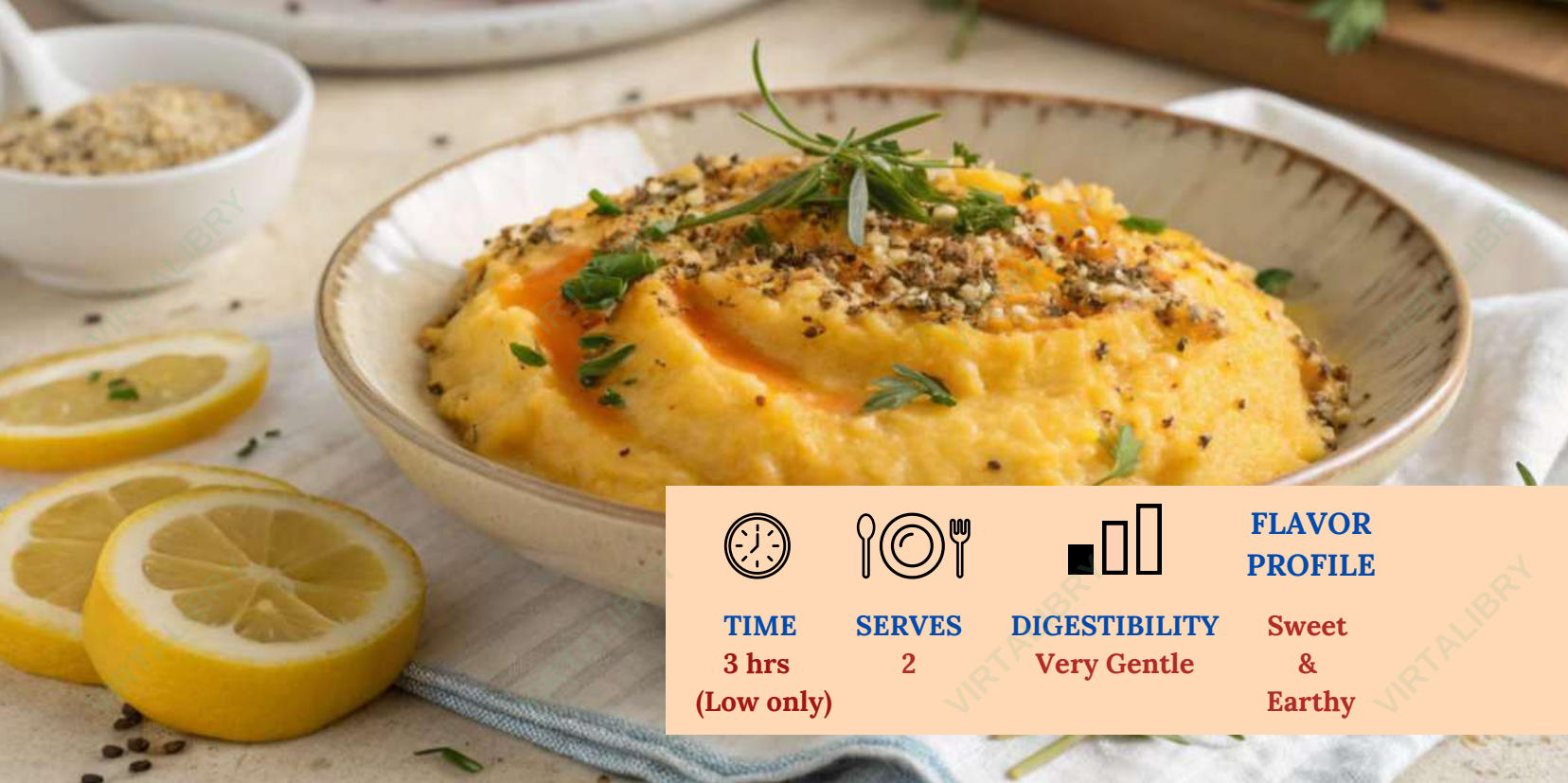
Optional: ½ tsp lemon juice or pinch of cinnamon

Make It Your Way

◆ Serve over oatmeal, pancakes, or chia pudding.

◆ Add a dollop of plain Greek yogurt (if tolerated).

◆ Sprinkle with nuts or toasted oats for crunch.



TIME
3 hrs
(Low only)



SERVES
2



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Sweet
&
Earthy

SIMPLE PARSNIP & CARROT MASH

DIRECTIONS

- Lightly grease your slow cooker insert or use a heat-safe dish inside.
- Add carrots, parsnips, water or broth, and optional seasoning.
- Cover and cook on **LOW** for 3 hours, or until vegetables are very soft.
- Mash until smooth with a fork or masher. Stir in olive oil if desired.
- Serve warm as a side dish or light meal.

Smart Swaps for 60+

- ◆ **No parsnips?** Use sweet potato or cauliflower.
- ◆ **No carrots?** Try butternut squash or golden beets.
- ◆ **Need more protein?** Stir in white bean purée or silken tofu.

◆ **Smart Storage Tip:** Keeps 3–4 days in the fridge. Reheat gently.

Nutritional Snapshot: Calories: 110; Protein: 2g; Carbohydrates: 21g; Fiber: 5g; Fats: 3g; Sodium: 25mg; Potassium: 450mg; Cholesterol: 0mg;

INGREDIENTS

- 1 cup peeled, chopped carrots
- 1 cup peeled, chopped parsnips
- 2 tbsp water or low-sodium broth
- 1 tsp olive oil (optional)

Optional: pinch of ground ginger or ¼ tsp dried thyme for subtle spice

Make It Your Way

- ◆ Add a dash of lemon juice or chopped fresh herbs.
- ◆ Serve with baked fish, turkey, or lentil patties.
- ◆ Sprinkle with hemp seeds or ground flax for added nutrition.

A Note of Thanks

Thank you for bringing this book into your home — and perhaps into the quiet rhythm of your everyday meals.

It means a great deal that you've spent time here, exploring not just recipes, but ways to care for yourself with intention, ease, and heart. Especially after 60, nourishment becomes less about numbers — and more about honoring your body's wisdom, your years of experience, and the calm strength that comes with choosing what truly supports you.

This **DASH** slow cooker cookbook wasn't written to be strict or complex. It was written to feel manageable — and meaningful.

If one dish here helped you feel more balanced, more clear-headed, or simply more at peace in your kitchen — then this book has served its purpose.

The meals you've tried are more than low-sodium or 5-ingredient creations. They're quiet acts of self-respect. Simple, one-pot choices that gently care for your blood pressure, your energy, and your daily rhythms — without demanding perfection.

My hope is that this book meets you where you are — not asking you to start over, but helping you move forward with steadiness and softness.

Let these pages stay close:

- ◆ *On the counter.*
- ◆ *In the grocery bag.*
- ◆ *Beside you, when energy is low but the desire to nourish remains.*

Most of all:

*Keep cooking in a way that feels kind.
Keep resting when your body asks for it.
And keep savoring this remarkable season — slowly, gently, and with care.*

With sincere gratitude,

Leonora Key

About the Author

Hi, I'm **Leonora Key** — and I believe that nourishing yourself well after 60 isn't about strict rules or chasing youth.

It's about listening inward.

It's about rhythm.

It's about choosing food that gives more than it takes.

For me, food has always meant comfort, clarity, and care — especially during life's changes. Whether energy dips, memory drifts, or sleep becomes elusive, I've seen how simple meals can restore what we thought we'd lost.

I didn't learn this in culinary school.

I learned it in a quiet kitchen — one filled with herbs, steam, and the steady presence of my mother, who taught me that healing often begins with something warm on the stove.

That's why I created the **EatWell 50+ series** — a growing collection of cookbooks designed to nourish not just the body, but also the brain and spirit in the second half of life.

This particular book — **The 5-Ingredient DASH Slow Cooker Cookbook for One or Two Seniors Over 60** — brings together two of my favorite tools for everyday wellness:

- ◆ The gentle power of DASH nutrition, and
- ◆ The ease and consistency of slow cooking.

If this book has brought you steadiness, peace, or even one small shift in how you care for yourself — I'm deeply honored.

You are the reason I write.

Want to explore more gentle tools for aging with clarity and care?

Visit my author page to discover other titles in the **EatWell 50+ series**:

<https://www.amazon.com/author/key.leonora-book>



Thank you for letting me be a part of your kitchen — and your story.
There's so much more to enjoy. In your own time. In your own way.

With all my gratitude,

Leonora Key

"For everything I know about love and nourishment — thank you, Mom."

Conclusion

You're Not Starting Over – You're Moving Forward with Care

If you've read this far, thank you. You've moved through more than 60+ slow-cooked recipes. You've honored your time, your well-being, and your intention to care for yourself – gently, and with purpose.

This book wasn't about starting from scratch or reinventing the wheel.
It was about remembering:

You already carry wisdom. You already know what peace feels like. You already deserve food that supports, not stresses.

If even one recipe brought ease to your day or steadiness to your energy – then this book has done its quiet work. And if it reminded you that nourishment can be simple, soulful, and slow – then I hope it stays by your side.

You don't need to change everything at once. You don't need perfect weeks or flawless meal plans. You only need a few trusted recipes. A few calm evenings. A few wins that feel like you.

Tuck a few freezer-friendly favorites into your weekly flow. Use the same recipe twice – with joy, not guilt. And when energy dips, or motivation waves – return to your slow cooker. Let it hold the rhythm for you.

You're not alone on this journey. The **EatWell 50+ series** is here for you – for every new season, every small shift, every time you choose kindness over pressure.

To support you beyond these pages, I've created the Longevity Bonus Library – a gentle collection of printable extras designed to keep you nourished, focused, and inspired at your own pace.

Download here: <http://bit.ly/44ubP9d>

Inside, you'll find:

- ◆ *Extra plant-based slow cooker recipes*
- ◆ *The printable Energy & Clarity journal*
- ◆ *Smart swaps, conversion charts, and portion-planning templates*



Already downloaded yours? Beautiful. You're on your way.

You don't have to do it perfectly.

You just have to keep showing up – gently, intentionally, and with care.

I'm honored to be a part of your kitchen, and your story.

Thank you for trusting me with your time and your table.

With warmth and steady encouragement,

Leonora

Kitchen Quick Conversions

Weight Measurement Conversion Chart

(Common weight measurement equivalents in U.S. and Canadian cookbooks)

U.S. Measurement	Metric Equivalent	Common Uses
1 ounce (oz)	28 g	Spices, small portions
4 ounces (1/4 pound)	113 g	Butter, small cheese portions
8 ounces (1/2 pound)	227 g	Meat, poultry
16 ounces (1 pound)	454 g	Standard meat portion, baking flour
2 pounds	907 g	Bulk meat, large baking ingredients
3 pounds	1.36 kg	Roasting meats, large batch cooking

Updated Volume Measurement Conversion Chart

(Including additional precise conversions for accurate cooking)

U.S. Measurement	Metric Equivalent	Common Uses
1/4 teaspoon	1.25 mL	Spices, small amounts of liquids
1/2 teaspoon	2.5 mL	Seasonings, small liquid amounts
1 teaspoon (tsp)	5 mL	Cooking oil, sauces, extracts
1/2 tablespoon	7.5 mL	Half a tablespoon, for precise baking
1 tablespoon (tbsp)	15 mL	Sauces, dressings, and liquid measures
1 fluid ounce (fl oz)	30 mL	Juices, broth, small portioned liquids
1/4 cup	60 mL	Measuring smaller amounts of liquid
1/3 cup	80 mL	Measuring small batter portions
1/2 cup	120 mL	Soups, sauces, wet ingredients
2/3 cup	160 mL	Baking, liquid recipes
1 cup	240 mL	Standard for most liquid measurements
2 cups (1 pint)	475 mL	Standard for dairy, soups
1 quart (qt)	960 mL	Used for larger liquid portions