

JANUARY 2018						
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FEBRUARY 2018						
Su	Mo	Tu	We	Th	Fr	Sa
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## Crock Pot Stuffed Bell Peppers

### Ingredients

- 6 large green bell peppers (you can also use yellow or red)
- 1 pound lean ground beef (even better if you use ground turkey)
- 1/4 cup oatmeal
- 1/4 cup long grain white rice, uncooked
- 1 large onion, finely chopped
- 1 large carrot, shredded
- 1 tsp. salt
- 1/2 tsp. pepper
- 2 small cans tomato sauce
- 1 cup water
- 1/2 cup shredded cheese



### Instructions

- Cut the top off and remove seeds from green peppers.
- Wash and set aside.
- Combine ground beef, oatmeal, uncooked rice, onion, carrot, salt and pepper in a large mixing bowl.
- Fill each pepper 2/3 full (rice will need room to swell).
- Stand the peppers side-by-side in the slow cooker.
- Pour water in crockpot **around** the peppers (not over).
- Pour the tomato sauce evenly over the peppers.
- Cook on low for 6 to 8 hours.
- If desired sprinkle cheese over the tops, place lid on crockpot and wait five minutes for cheese to melt.

*Adapted from [stockpilingmoms.com](http://stockpilingmoms.com)*

## Cinnamon-Baked Pears



### Ingredients

- 3 ripe pears
- 1/2 cup rolled oats
- 1/4 cup chopped almonds, walnuts or pecans (optional)
- 1 tsp ground cinnamon
- 1/2 tsp cinnamon sugar
- 2 oz butter, melted
- 1/3 cup brown sugar
- 1/8 tsp salt

### Instructions

- Preheat oven to 400°F
- In a bowl, combine oats, ground cinnamon, sugar, nuts, and salt. Pour in half of the melted butter and mix.
- Cut the pears in half and scoop out some of the center. Brush the insides with the remaining butter, and sprinkle with cinnamon sugar.
- Spoon oats and cinnamon mix into the center of pears.
- Bake for 35 to 40 minutes or until the pears get soft.

*Adapted from [belgianfoodie.com](http://belgianfoodie.com)*

## Ginger's Pretty Awesome!



There are many ginger health benefits proven by medical studies, including:

**Stroke and Heart Disease** - These two diseases may be kept at bay with regular ginger use, especially when eaten with other key superfoods. Garlic, ginger and onions all have an anti-blood-clotting ability, yet when they're eaten together they're a powerful mainstay against heart attacks and stroke.

**Indigestion and Nausea** - Eating whole ginger, drinking fresh ginger juice and inhaling diffused ginger essential oil are all highly effective ways to curb stomach disorders.

**Cholesterol** - Researchers have found that ginger extract lowered LDL cholesterol to a similar extent as a doctor-prescribed drug used to lower cholesterol levels.

Additional health benefits of ginger maybe found online at <https://draxe.com/10-medicinal-ginger-health-benefits/>

## Just A Few Ways to Use Ginger

- Grate ginger root and combine it with carrots, apples and lemon juice in your juicer
- Sprinkle grated ginger on desserts
- Make it into ginger tea
- Add a teaspoon of ground ginger to pancake batter
- Sprinkle ground ginger over vegetables before roasting
- Add to a stir-fry
- Use in soups (carrot ginger soup is amazing!)
- Make ginger-flavored applesauce
- Use fresh ginger in salad dressings