

# Easy recipes for your food processor

February 27 2019, by Len Canter, Healthday Reporter

---



(HealthDay)—Your food processor can help you get a healthy and hearty dinner on the table with a quick flick of a switch. Here are two taste-pleasers.

Love making meatloaf, but don't like handling raw meat? All the healthy ingredients can be combined in a food processor—ground turkey, which is high in protein and low in fat; oats, high in heart-healthy fiber; mushrooms, high in B vitamins; and an egg, rich in iron and B vitamins.

## **Chunky Mushroom Meatloaf**

- 1 pound [ground turkey](#)
- 1 cup quick-cooking oats
- 1 cup small mushrooms (white button or cremini)
- 1 egg
- 1/2 cup low-sugar, low-sodium BBQ sauce, plus an optional 1/4 cup for glaze

Preheat oven to 400 degrees. Place all the ingredients except the optional BBQ sauce in the bowl of a food processor and pulse to combine. Transfer to a loaf pan and smooth with a spatula. Spread on the additional sauce, if desired. Bake 35 to 40 minutes.

Yield: 4 servings

For an easy and delicious meat sauce, try this Bolognese packed with low-calorie veggies that you chop in your food processor.

## **Easy Bolognese**

- 1 cup baby carrots
- 1 cup pearl onions, peeled
- 4 garlic cloves, peeled
- 2 cups kale, rinsed
- 8 ounces lean ground beef
- 28-ounce can diced peeled tomatoes

Place carrots, onions, garlic and kale in the bowl of a [food](#) processor and pulse to rough chop.

Heat a large skillet over high heat and add the ground meat, breaking it up as it cooks. After a minute, add the chopped vegetables and the tomatoes with their juice. Bring to a simmer and cook for 20 minutes.

Serve over whole grain pasta or pearl barley.

Yield: 4 servings

**More information:** Need a new food processor? Consumer Reports has a wealth of [buying tips](#) to help you get the most from this appliance.

Copyright © 2019 [HealthDay](#). All rights reserved.

Citation: Easy recipes for your food processor (2019, February 27) retrieved 26 April 2024 from <https://medicalxpress.com/news/2019-02-easy-recipes-food-processor.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--