



Welcome to the Holiday Edition of the LiveWell Vermont Employee Recipe Book! The recipe book includes some holiday favorites submitted by State of Vermont Employees. We asked employees to submit their favorite “lightened up” versions of traditional Holiday favorites. We recognize that not every recipe is “lightened up”. However, we have included a list of simple substitutions you can make to reduce calories, unhealthy fats and simple sugar! We encourage you to use this list to help you maintain and NOT GAIN this holiday season but DO INDULGE!

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**Happy Holidays....Maura, Anna & Grace**

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# Simple Swaps

When it comes to cooking and baking there are easy (and tasty) heart-healthy substitutions you can incorporate into your daily meal preparation.

Substituting new foods for your tried and true staples might feel foreign at first. (We've been there.) But, don't knock 'em until you try 'em! You might be surprised by how great "lightened up versions" can taste!

To create healthy recipes, first look at what's on hand in your own pantry. You may have healthier ingredients available and not realize it. If you don't have the ingredients on hand to create healthy recipes, just make a shopping list for the next time you hit the store.

Use the following substitutions to help reduce the amount of fat, salt, sugar and calories as you prepare healthy recipes:

- Noodles → Zoodles
- Potatoes → Cauliflower
- Whole Egg → Egg Whites or Egg Substitutes
- 1 cup Mayo → 1 cup Mashed Avocado or 1 cup Mashed Banana
- 1 cup Sugar → 1 cup Unsweetened Applesauce
- 1 egg → 1 Banana OR ¼ cup Applesauce + 1 tsp Baking Powder
- 1 cup Sour Cream → 1 cup Plain non-fat Greek yogurt
- Bread Crumbs → Chopped Nuts

## Prepare

- Read the recipe, do any preheating
- Get all the ingredients and cooking gear out
- Prepare all ingredients per the instructions

## Work safely

- Position pot/pan handles to prevent accidents
- Place a shelf liner or damp kitchen towel under cutting boards to prevent slipping
- Wash any items immediately after touching raw meat to prevent cross-contamination

## Work clean

- Keep a kitchen towel close to wipe down
- Wipe cutting boards as you go
- Keep trash can or another disposal nearby

# Salads

With a few modifications, any salad can make a healthy meal. First, you have to start with the four key ingredients to make any bowl o' greens delicious and nutritious: greens, protein, veggies and/or fruits, and dressing. Then, there are the bonus points: grains, crunch, and extras (say cheese!). Proportions and combinations are up to you! The holiday season is a great time to incorporate festive colors and flavors into your favorite recipes!

# Festive Clementine Avocado Salad

## Ingredients:

- 4 clementine oranges, peeled
- 2 avocados, cut into chunks or sliced
- 1 cup radicchio, sliced
- 4 Tbsp walnuts, toasted
- 4 Tbsp dried figs, chopped
- 4 Tbsp pomegranate seeds
- 6 cups mixed baby greens



## Clementine Dressing:

- 1 Tbsp avocado oil
- 1/4 cup fresh clementine orange juice
- 1 shallot, minced
- salt and pepper, to taste

## Instructions:

- 1) Slice clementine's crosswise.
- 2) Mix dressing ingredients together.

To serve, place a handful of baby greens on salad plates. Arrange clementine slices, avocado, radicchio, walnuts, dried figs, and pomegranate seeds on top. Drizzle with dressing just before serving.

# Kale and Brussels Sprouts Salad with Butternut Squash, Pomegranate and Candied Pecans

Submitted by: Grace Thompson

## Ingredients:

### For the Salad:

- 1 small butternut squash, peeled, seeds removed, and chopped into 1/2-inch cubes
- 1 Tbsp olive oil
- Pinch of sea salt
- 1 small bunch kale, finely chopped
- 1 lb brussels sprouts, finely chopped
- 1 cup pomegranate seeds (from one large pomegranate)
- 1/2 cup candied pecans

### For the Dressing:

- 1/4 cup olive oil
- 2 Tbsp apple cider vinegar
- 1 tsp Dijon mustard
- 1 small clove garlic, minced
- 2 tsp shallot, minced
- Salt and black pepper, to taste



## Instructions:

1. Preheat the oven to 400°F. Place the butternut squash on a large baking sheet. Drizzle with olive oil and toss. Season with salt and black pepper, to taste. Roast the squash for 25-30 minutes, stirring once, or until the squash is tender. Remove from the oven and set aside.
2. Place the kale in a large bowl and sprinkle with sea salt. Massage the leaves for 2-3 minutes, or until they soften and start to wilt. Stir in the chopped brussels sprouts, butternut squash, pomegranate seeds, candied pecans.
3. To make the dressing, whisk together the olive oil, apple cider vinegar, mustard, garlic, and shallot. Season with salt and black pepper, to taste.
4. Pour the dressing over the salad and toss well. Serve!

# Asparagus, Pea Pasta

Submitted by: Sue Zeller

## Ingredients:

- 2 cup bow tie pasta
- 2 Tbsp Butter
- ½ onion chopped
- 1 clove garlic (optional)
- 12 asparagus stalks – cut in 1 in pieces
- 1 cup frozen peas (thawed)
- ¼ cup feta cheese, crumbled
- 1 Tbsp chopped dill weed
- 2 Tbsp lemon juice
- ¼ tsp salt
- ¼ tsp pepper



## Instructions:

- 1) Cook pasta according to instructions
- 2) Meanwhile cook onion in butter 4 minutes
- 3) Add asparagus and cook 2 minutes
- 4) Add peas and cook 2 minutes
- 5) Add dill, salt, pepper and feta
- 6) Add drained paste and stir lightly. Serve hot or room temperature.

# Quinoa, Butternut Squash, Chickpea, Apple, Roasted Beet Salad

## Online Recipe

### Ingredients:

#### Orange Honey Flax Seed Oil Dressing

- 1 cup orange juice
- 1/4 cup rice vinegar
- 2 Tbsp honey
- 2 Tbsp flax seed oil

#### Roasted Butternut Squash

- 1 whole butternut squash
- 3 Tbsp virgin coconut oil
- dash of cinnamon
- dash of salt
- dash of freshly ground black pepper

#### Quinoa

- 1 cup quinoa mixed red and white
- 2 cups Magic Mineral Broth or other low-sodium vegetable broth
- 1 tsp dried rosemary crumbled
- a drizzle of extra virgin olive oil

#### Salad

- 2 cups cooked chickpeas
- 1/2 cup dried cranberries
- 3 roasted beets diced into bite-size pieces
- 2 apples diced into bite-size pieces,
- 1/2 cup roasted sunflower seeds
- 6 cups baby salad greens

### Instructions:

#### Orange Honey Flax Seed Oil Dressing

1. Reduce orange juice to about 1/2 cup in a pan over medium low heat. Whisk together reduced orange juice, rice vinegar, honey and flax seed oil.

#### Roasted Butternut Squash

1. Preheat oven to 400°F. Peel and dice butternut squash into 1/2-inch pieces. Toss with coconut oil and season with cinnamon, salt and pepper. Place in single layer on parchment paper lined baking tray. Bake about 20 minutes until just tender. Remove from oven and set aside.

#### Quinoa

1. Rinse quinoa three times and drain. Place in saucepan with Magic Mineral Broth and rosemary. Bring to a boil, then reduce heat to low and cook, covered, for 15 minutes. Turn off heat and let sit for 10 minutes. Remove to serving bowl. Toss with a little extra virgin olive oil.

#### Salad

1. Add chickpeas, dried cranberries, roasted beets, roasted butternut squash and dressing. Just before serving, add apples, sunflower seeds and baby salad greens. Toss well. Serve.



# Warm Kale, Farro and Winter Fruit Salad Recipe

## Online Recipe

### Ingredients

- 1 cup semi-pearled farro
- 2 cups water
- 2 Tbsp pomegranate vinegar or your favorite fruit flavored vinegar
- 1 Tbsp honey
- 1/2 cup dried cranberries
- 1/2 cup dried figs quartered
- 1 Tbsp extra virgin olive oil
- 4 cups chopped kale leaves
- 1/4 tsp sea salt
- 1/4 cup toasted pine nuts
- 1/4 cup crumbled aged goat cheese or regular goat cheese



### Instructions

1. Place farro and water in a saucepan. Bring to a boil, then reduce heat and cook, covered, for 20-25 minutes until tender (but still chewy). Drain, rinse and drain again. Place in a bowl and toss with vinegar, honey, cranberries and figs.
2. In a large sauté pan, heat olive oil and add kale leaves. Sauté 1-2 minutes until kale is just tender. Add to farro, along with salt, pine nuts and goat cheese. Toss well and serve.

# Healthy Holiday Favorites

It's perfectly acceptable to indulge at a Holiday Feast! After all, Thanksgiving is just once a year, and you don't want to miss the opportunity for a few of your favorite foods—seasoned stuffing, creamy potatoes, juicy turkey and, of course, pie.

Although, traditionally, Thanksgiving is a day to stuff yourself with casseroles, stuffing and pie, it can be a wonderful holiday to eat healthful foods that still satisfy all your cravings. Unlike candy-centered holidays—we're looking at you, Halloween— any holiday main event could easily feature nutrient-rich dishes, and no one at your table would be any wiser to the improved offerings.

# Green Bean Casserole



## Ingredients:

- 2½ pounds green beans, trimmed and cut into 1- to 2-inch pieces (about 8 cups)
- 2-3 Tbsp extra-virgin olive oil, divided
- 1 medium onion, thinly sliced
- 3 Tbsp all-purpose flour
- ¾ tsp salt
- ¼ tsp white or black pepper
- 2½ cups low-fat milk
- 1½ cups fresh whole-wheat breadcrumbs or ½ cup shredded or crumbled cheese

## Instructions:

1. Position racks in upper and lower third of oven; preheat to 425°F.
2. Toss green beans in a large bowl with 1 Tbsp oil until well coated. Divide between 2 baking sheets and spread in an even layer. Roast, stirring once and rotating the pans top to bottom about halfway through, until tender and beginning to brown, 20 to 25 minutes.
3. Meanwhile, heat 1 Tbsp oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until very soft and golden brown, 5 to 8 minutes. Add flour, salt and pepper; cook, stirring, for 1 minute more. Add milk and continue to stir, scraping up any browned bits. Continue to cook, stirring until the sauce bubbles and thickens enough to coat the back of a spoon, about 4 minutes. Remove from the heat.
4. When the green beans are done, remove from the oven. Preheat the broiler.
5. Transfer half the green beans to a 2-quart, broiler-safe baking dish. Spread half the sauce over the green beans. Add the remaining green beans and top with the remaining sauce.
6. Combine breadcrumbs and the remaining 1 Tbsp oil in a small bowl (skip this step if you are topping with cheese).
7. Sprinkle the breadcrumb mixture (or cheese) over the gratin. Place under the broiler and broil, watching closely, until the gratin is bubbling and beginning to brown on top, 1 to 5 minutes, depending on your broiler. Let stand for 10 minutes before serving.

## Creamy Mashed Cauliflower



### Ingredients:

- 8 cups bite-size cauliflower florets (about 1 head)
- 4 cloves garlic, crushed and peeled
- $\frac{1}{8}$  cup nonfat buttermilk (see Tip)
- 4 tsp extra-virgin olive oil, divided
- 1 tsp butter
- $\frac{1}{2}$  tsp salt
- Freshly ground pepper to taste
- Snipped fresh chives for garnish

### Instructions:

1. Place cauliflower florets and garlic in a steamer basket over boiling water, cover and steam until very tender, 12 to 15 minutes. (Alternatively, place florets and garlic in a microwave-safe bowl with  $\frac{1}{4}$  cup water, cover and microwave on High for 3 to 5 minutes.)
2. Place the cooked cauliflower and garlic in a food processor. Add buttermilk, 2 tsp oil, butter, salt and pepper; pulse several times, then process until smooth and creamy. Transfer to a serving bowl. Drizzle with the remaining 2 tsp oil and garnish with chives, if desired. Serve hot.

*Tip: No buttermilk? You can use buttermilk powder prepared according to package directions. Or make "sour milk": mix 1 Tbsp lemon juice or vinegar to 1 cup milk.*

# Healthy Sweet Potato Casserole

## Online Recipe

### Casserole

- 3 large sweet potatoes (~3 cups, mashed)
- 1 Tbsp olive oil
- 1/4 cup almond milk
- 1/4 cup non-fat Greek yogurt
- 1/8 tsp salt

### Topping

- 1 cup pecans
- 1/4 cup rolled oats
- 6 slices bacon, cooked and minced
- 3 Tbsp room temperature butter (or coconut oil)
- 1 tsp ground cinnamon
- 1/4 tsp ground cloves
- 1/4 tsp ground cardamom
- 1/4 tsp ground nutmeg
- 2 Tbsp brown sugar or coconut sugar

### Instructions:

1. Preheat your oven to 400°F and spray an 8×8-inch baking dish with cooking spray.
2. Peel sweet potatoes and chop them into 2-inch cubes. Place them on a baking sheet and drizzle with olive oil and toss.
3. Bake sweet potatoes for 25 minutes or until tender. Toss halfway.
4. While sweet potatoes are baking, place all ingredients for the pecan topping (except for bacon) into a large food processor. Pulse on high until ingredients form a crumble.
5. Add bacon to the food processor and pulse a couple more times to incorporate the bacon bits into the mixture. Remove crumble mixture from the food processor and place into a separate bowl.
6. Place roasted sweet potatoes, almond milk, Greek yogurt, and salt into the same food processor you used for the pecan mixture. Use the pulse feature to combine ingredients, but do not totally puree the sweet potato. You want some chunks.
7. Once mashed, add the sweet potato mixture to baking dish and use a spatula to spread out evenly. Then, sprinkle pecan mixture over the top. Bake the casserole at 350°F for 25 minutes.



# Bobby's Whole-Grain Apple Cranberry Stuffing

## Online Recipe

### Ingredients:

- Nonstick cooking spray, for greasing
- 2 cups low-sodium chicken broth, hot
- 1 cup dried cranberries
- 1 cup chopped celery (about 7 ribs)
- 1 onion, chopped
- 2 Tbsp unsalted butter
- 2 Granny Smith apples, cored and finely chopped
- 6 cups day-old whole grain baguette, cut into ½-inch cubes
- 3 large eggs, scrambled
- 1 tsp salt
- ½ tsp poultry seasoning
- ¼ tsp ground black pepper
- ⅛ tsp ground cinnamon
- 1 dried sage leaf, chopped



### Instructions:

1. Preheat the oven to 350°F. Spray an 11-inch oval baking dish with nonstick cooking spray. Combine the broth and cranberries in a small bowl and let soak for 30 minutes. Sauté the celery and onions in the butter in a large skillet until tender, 5 minutes. Add the apples and cook for 5 minutes, stirring frequently. Remove from the heat and transfer to a large bowl.
2. Place the baguette cubes into a large bowl. Pour the broth and cranberries over. Pour in the eggs, and then add the salt, poultry seasoning, pepper, cinnamon, and sage and mix together. Mix in the onion and celery mixture. Spoon the stuffing into the prepared dish and bake until the center is set, 35 to 40 minutes.

# Stuffed Sweet Potatoes

Jennifer Aines

## Ingredients:

- 2 medium sweet potatoes
- 1 tsp olive oil
- 1 1/4 tsp ground cumin, divided
- 1/4 + 1/8 tsp salt
- 1/4 + 1/8 tsp ground pepper
- 3/4 lb. lean ground turkey
- 4 garlic cloves, minced (I buy the pre-minced in the jar)
- 1 tsp chili powder
- 1/2 tsp dried oregano
- 1/2 tsp paprika
- 1 1/4 cup canned crushed tomatoes
- 1/4 cup grated pepper Jack cheese
- 2 tbsp minced flat-leaf parsley



## Instructions:

1. Pierce the sweet potatoes all over with a fork. Cook in the microwave on HIGH until tender, 4 to 5 minutes per side. Let the potatoes rest until cool enough to handle.
2. Cut the potatoes in half lengthwise. Carefully scoop the flesh out of the potatoes and place in a medium-sized bowl. Reserve the skins. With the back of a fork, mash the potato flesh until most lumps are gone. Stir in the olive oil, 1/2 teaspoon cumin, 1/4 teaspoons salt and 1/4 teaspoon pepper. Divide the mashed sweet potato evenly between the potato skins. Place on a baking sheet.
3. Heat a large nonstick skillet over medium-high heat. Lightly coat with cooking spray. Add the ground turkey and cook, breaking up with a wooden spoon, until cooked through. Stir in the garlic, chili powder, remaining 3/4 teaspoon cumin, oregano, paprika, and remaining 1/8 teaspoon salt and pepper. Cook for 1 minute. Stir in the crushed tomatoes.
4. Preheat the broiler. Spoon the turkey mixture into potato skin. Top each with 1 Tbsp grated cheese. Broil until the cheese is melted (about 30 secs). Garnish with parsley. Serve.

# Appetizers

Holiday appetizers are a tricky business. You want them to be delicious enough to keep hopes high, easy enough to prepare in bulk, and healthy enough that you don't feel bad eating a ton. And in our personal experience, we try to steer away from getting too stuffed—gotta leave room for the actual stuffing! Appetizer can be a great way to ease into a meal. You are less likely to overeat during the main course if you aren't starving at the start of the meal!

# Delicata Squash and Roasted Mushrooms with Thyme

Submitted by: Krystal Sewell

## Ingredients:

- 6 Tbsp olive oil
- 1 Tbsp chopped fresh thyme
- 3/4 tsp salt
- 1/2 tsp black pepper
- 2 lb delicata squash (3 medium), halved lengthwise, seeded, and cut crosswise into 1/2-inch-wide slices
- 2 lb mixed fresh mushrooms such as cremini, shiitake, and oyster, trimmed (stems discarded if using shiitakes) and halved (quartered if large)



## Instructions:

1. Stir together oil, thyme, salt, and pepper.
2. Toss squash with 2 Tbsp thyme oil in a shallow baking pan (1/2 to 1 inch deep) and arrange in 1 layer.
3. Toss mushrooms with remaining 1/4 cup thyme oil in another shallow baking pan (1/2 to 1 inch deep) and arrange in 1 layer.
4. Roast squash and mushrooms, stirring occasionally and switching position of pans halfway through roasting, until vegetables are tender and liquid mushrooms give-off is evaporated, 25 to 30 minutes.

Squash and mushrooms can be roasted together. Serve hot and enjoy!

# Pistachio Goat Chesse Stuffed Dates

Submitted by: Anna Baggett



## Ingredients:

- 2 Tbsp Greek yogurt
- 2 ounces goat cheese
- 14 dates, pitted
- 1/8 cup chopped pistachios

## Instructions:

1. In a small bowl, mix the Greek yogurt and goat cheese. The consistency will be thick, like paste.
2. Slice one side of each dates in half lengthwise.
3. Cut the corner off a plastic bag and fill with the goat cheese mixture. Pipe the mixture into the dates.
4. Sprinkle with chopped pistachios immediately before serving.

# Loaded Zucchini Skins

Submitted by: Anna Baggett

## Ingredients

- 1/2 lb bacon
- 4 large zucchinis
- 2 Tbsp extra-virgin olive oil
- 1/2 tsp chili powder
- 1/4 tsp cumin
- kosher salt
- Freshly ground black pepper
- 2 cup shredded Cheddar
- 1 cup sour cream
- 2 green onions, sliced



## Directions

1. Preheat oven to 400°F. Cook bacon until crispy, 8 to 10 minutes, then transfer to a paper towel-lined plate to drain and chop into small pieces.
2. Cut zucchinis in half lengthwise. Using a large metal spoon, scoop out seeds from the insides, then cut each half into three to four pieces.
3. Transfer zucchini to a large baking sheet and toss with olive oil. Season with chili powder, cumin, salt, and pepper.
4. Bake until slightly tender, about 5 minutes. Top each piece of zucchini with cheese and bacon.
5. Return to oven and bake until cheese is bubbly, and zucchini is tender, about 10 minutes more. Garnish with sour cream and green onions.

# Date Nuts Balls

Submitted by: Mary Briere

## Ingredients:

- 2 sticks Margarine
- 1 1/2 cups sugar
- 2 eggs
- 8 oz. chopped dates
- 4 cups Rice Krispies Cereal
- 1 cup chopped Walnuts
- 2 tsp vanilla



## Instructions:

1. Put the Rice Krispies and walnuts in a large bowl.
2. In a saucepan over low heat, melt the margarine, add the 1 1/2 cups sugar, 2 eggs and 8 oz. chopped dates. Keep stirring over low heat until the mixture starts to boil, this will take about 6 mins.
3. Once it starts to boil, add the 2 tsps of vanilla and remove from heat and mix with the Rice Krispies Cereal and nuts.
4. Let mixture cool just until it is cool enough to touch it. Roll mixture into balls and then roll into confectionary sugar (optional).
5. Keep refrigerated but take out a little before serving to come to room temp, they always taste better this way! Can be frozen up to 1 month.

# Eggplant, Lentil Brown Rice Stew

Submitted by: Sue Zeller



## Ingredients:

- 1 clove garlic (optional)
- 1 medium onion chopped
- 2 stalks celery chopped
- 2 carrots chopped
- 1 small eggplant, peeled, sliced and cut in cubes
- 1 cup brown rice
- 1 cup lentils
- 1 8-oz can tomato sauce
- 2 cups chicken or vegetable broth
- 2 cups water
- 1 tsp each – salt, basil, oregano, parsley
- ¼ tsp pepper
- Shredded parmesan cheese for top

## Instructions:

1. Add oil to Dutch oven and heat. Sauté onion, garlic, celery and carrot 2 – 4 minutes.
2. Add eggplant and sauté 2 minutes more.
3. Add all other ingredients, bring to boil, reduce heat to simmer, cover and cook 30 minutes.
4. Stir once, cover and simmer 10 minutes more. Serve in bowls with parmesan on top.

# Holiday Breakfasts

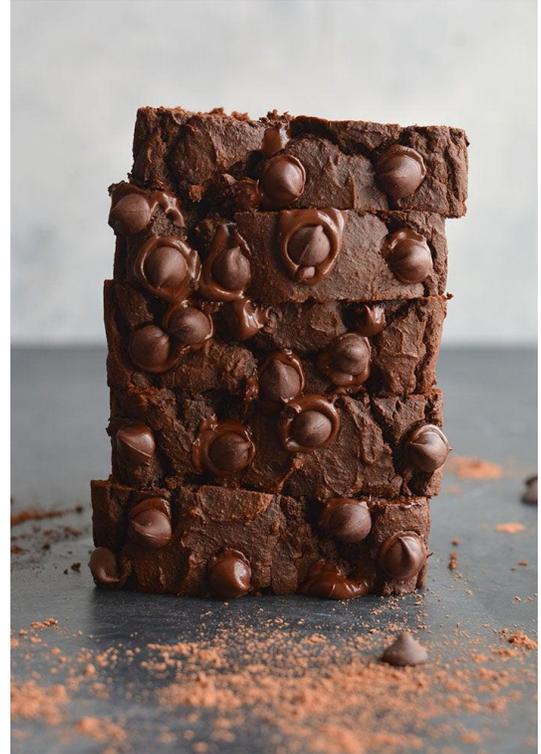
Start the day in a healthy way! Most of the recipes below are slimmed-down versions of your favorite breakfasts. This selection has fewer calories, less fat, and less sugar but still retains all the wonderful flavors! Go ahead, enjoy these recipes guilt-free today, and then save them for later. They'll help jump start your healthy habits in the new year!

# Dark Chocolate Butternut Squash Bread (Gluten Free)

Submitted by: Grace Thompson

## Ingredients:

- 1/2 cup butternut squash puree in a can or make your own by roasting squash then blending
- 2 egg whites
- 1/2 cup unsweetened applesauce
- 1/3 cup non-fat Greek yogurt
- 1/2 cup coconut sugar
- 1/4 cup coconut oil melted
- 1 1/2 tsp almond extract or vanilla extract
- 1/4 cup unsweetened almond milk or milk of choice
- 1 1/3 cup Gluten Free oat flour
- 2/3 cup cacao powder or unsweetened cocoa powder
- 1 tsp baking soda
- 1 tsp baking powder
- 1/4 tsp sea salt
- 1/4 cup mini chocolate chips dairy free



## Instructions:

1. Preheat oven 350°F. Prepare a bread pan by spraying with nonstick cooking spray.
2. Using a standing mixer or bowl for hand mixer, add applesauce, Greek yogurt and coconut oil mix to combine smooth.
3. Continue to combine, then mix in sugar, eggs and almond milk mix until fluffy.
4. Add butternut squash, almond extract, sea salt, baking soda, baking powder and cocoa powder. Mix to combine.
5. Slowly add the oat flour to the batter while continuing to mix. Do not over mix.
6. Add mini chips to the batter and fold in by hand reserving a few chips to sprinkle on top when finished. Transfer batter to prepared bread pan.
7. Bake at 350°F 45-50 minutes until a toothpick can be removed clean from the center. Remove from the oven and cool in the pan 1 hour before slicing and serving.

# Holiday Granola

Submitted by: Gloria Abbiati

## Ingredients:

- 3 cups rolled Quaker Oats
- ½ cup brown sugar
- 1 cup coconut chips (Bobs Red Mill)
- 1 cup chopped walnuts or pecans
- 1 cup chopped raisins
- ¼ tsp nutmeg
- ¼ tsp cinnamon
- ½ cup maple syrup
- ½ cup olive oil



## Instructions:

1. Preheat oven to 300°F. Spray a cookie sheet with any non-stick baking spray.
2. Combine all dry ingredients, except the raisins, and spices in a large bowl.
3. Blend the olive oil and maple syrup in a separate small bowl.
4. Add the liquid ingredients to the dry and mix well.
5. Spread the mixture evenly onto the prepared cookie sheet.
6. Bake, stirring the mixture every ten minutes, until the granola is golden brown – about 30 -40 minutes.
7. During the last five minutes of baking, add the raisins to the mixture and stir well.
8. Remove from the oven, let cool and store in an airtight container.

# Crustless Quiche – Spinach, Tomato and Feta Cheese

Submitted by: Aimee Pope

## Ingredients:

- 1 Tbsp olive oil
- 1 medium onion diced
- 6 oz fresh baby spinach leaves
- salt and pepper to taste
- 4 eggs
- 1/2 cup flour
- 1/2 tsp baking powder
- 1 1/2 cups milk
- 1/2 cup feta cheese (and a Tbsp for garnish)
- 1/2 cup cherry tomatoes halved
- fresh basil leaves for garnish



## Instructions:

1. Preheat oven to 400°F.
2. Grease a 10-inch quiche or deep-dish pie plate
3. Heat the olive oil over medium high heat in a skillet, and sauté onion until softened.
4. Add in the spinach and cook until just wilted. Salt and Pepper. Set aside to cool 5 minutes.
5. Whisk together eggs, flour, and baking powder. Whisk in milk, then stir in spinach-onion mixture. Mix well.
6. Pour egg mixture into quiche pan. Top with feta.
7. Place the tomato halves on top and press gently so surface is visible.
8. Bake for 25-30 minutes, or until center is set and the edge is golden brown - and pulling away from the pan.
9. Cool for 10 minutes.
10. Garnish with extra feta, and some basil (optional).
11. Slice, and serve.

# Quinoa Sweet Potato Breakfast Bake

## Online Recipe

### Ingredients:

- 1 cup Black Quinoa
- 2 cups light unsweetened Coconut Milk
- 1/2 tsp fine Sea Salt
- 1/2 tsp ground Cinnamon
- 1/4 tsp ground Ginger
- 1/2 cup Dried Fruit. I like Goji Berries and fruit juice sweetened Dried Cranberries
- 3/4 cup mashed Sweet Potato
- Vanilla Stevia Drops to taste, or your favorite natural sweetener. Add to taste.
- 2 large eggs, whisked
- Optional topping: Pomegranate Seeds, Dried Fruit, Berries, freshly Whipped Cream



### Instructions:

- 1) Rinse quinoa under cold water. Combine quinoa, coconut milk, salt, spices and dried fruit. Bring to a boil and simmer for about 25-30 minutes until all the liquid has evaporated and the quinoa is creamy. Remove from the heat, transfer to a mixing bowl and mix in mashed sweet potato and eggs. Stir in 1/2 cup of water to the mixture before baking; it should be a bit runny.
- 2) Pre heat oven to 350°F with the rack in the middle. Spray an oven safe pie dish or 9 X 9 casserole dish with baking spray. Add mixture to baking dish. Bake for about 25 minutes, until the eggs and casserole are set and not jiggly.

# Morning Glory Muffins - King Arthur Flour

Submitted by: Cassie Bell

## Ingredients:

- 1/2 cup raisins
- 2 cups King Arthur White Whole Wheat Flour or Premium Whole Wheat Flour
- 1 cup brown sugar
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon salt
- 2 cups peeled and grated carrots
- 1 large tart apple, peeled, cored, and grated (or leave the peel on)
- 1/2 cup shredded coconut, sweetened or unsweetened
- 1/2 cup chopped walnuts
- 1/3 cup sunflower seeds or wheat germ, optional
- 3 large eggs
- 2/3 cup vegetable oil
- 2 teaspoons vanilla extract
- 1/4 cup orange juice

## Instructions:

1. Preheat the oven to 375°F. Lightly grease a 12-cup muffin tin, or line it with papers and spray the insides of the papers.
2. In a small bowl, cover the raisins with hot water, and set them aside to soak while you assemble the rest of the recipe.
3. In a large bowl, whisk together the flour, sugar, baking soda, spices, and salt. Stir in the carrots, apple, coconut, nuts, and sunflower seeds or wheat germ.
4. In a separate bowl, beat together the eggs, oil, vanilla, and orange juice.
5. Add to the flour mixture and stir until evenly moistened. Drain the raisins and stir them in.
6. Divide the batter among the muffin tin (they'll be full almost to the top; that's OK). Bake the muffins for 25 to 28 minutes, until they're nicely domed and a cake tester inserted in the center of one of the inner muffins comes out clean.
7. Remove from the oven, let cool for 5 minutes in their pan on a rack, then turn out of pans to finish cooling. Wrap any leftovers airtight, and store at room temperature for several days; freeze for longer storage.



# Desserts

Thanksgiving, Christmas and Hanukkah are a time for celebration and food!! But a party buffet filled with celery and carrot sticks doesn't exactly feel festive... This year, stock the dessert table with (slightly) healthier options like raw vegan chocolate cookies or sugar-free pumpkin pie bars! The recipes below are decadent enough to feel special, but not so indulgent as to make you wish you wore a sweat suit to the office holiday party.

# Sugar-Free Pumpkin Pie Bars

Online Recipe From Deep Rooted Wellness

## Crust

- 2 cups almond flour
- 2 Tbsp melted coconut oil
- 1 egg white (reserve yolk for filling)
- pinch of salt

## Filling

- 1, 15-ounce can pumpkin puree
- 2 ripe bananas (see note below)
- 2, 5.4-ounce cans coconut cream
- 2 eggs
- 1 egg yolk (reserved from crust)
- 1/4 cup gelatin (or 1/3 cup collagen)
- 2 tsp vanilla extract
- 2 ½ tsp pumpkin pie spice



## Instructions

1. Preheat the oven to 350°F.
2. Place all the crust ingredients into a medium-sized bowl and mix with a spoon until everything is well combined. The crust will be crumbly but will pack together when pressed into a pan.
3. Line the bottom (and sides, if desired) of a 7 x 11-inch baking dish with parchment paper.
4. Use coconut oil to grease any surfaces of the pan that are not covered with parchment paper.
5. Pour the crust mixture into the pan and press it evenly into the bottom of the pan to form a bottom crust. Bake the crust for 10 minutes while you prepare the filling.
6. Place filling ingredients into a blender on high till a smooth batter forms (~ 30 secs- 1 min)
7. Pour the filling onto the warm crust and bake for 50 minutes.
8. Allow the bars to cool for a minimum of 2 hours before slicing into 15 even squares.

**Notes:** These bars are best when prepared 24 hours in advance. They can be eaten immediately, but you'll mostly taste banana when they're eaten soon after being cooked. You can avoid the banana flavor altogether by using 1 1/2 ripe plantains in the place of bananas.

# Raw Vegan Chocolate Pie

Submitted By: Jaime Meredith

## Crust:

- 1 cup Hazelnut mash from making nut milk
- 1 cup walnuts
- 3-4 Tbsp agave
- ¼ tsp vanilla
- Pinch of salt

Optional toppings: berries, cacao nibs, nuts

## Filling:

- ½ ounce Irish Moss (also known as Chondrus Crispus, Carrageen)
- 1 ½ cup Hazelnut milk
- ¼ cup agave
- ¼ cup dates
- 1/3 cup cacao powder
- 2 tsp vanilla
- 1 Tbsp + 1 tsp lecithin (4 tsp)
- 6 Tbsp coconut butter
- Pinch of salt

## Instructions

### Crust:

Make the nut milk first then use the left-over mash for making the crust. Put all crust ingredients into food processor and process until everything sticks together. Press the crust into a lightly greased (with coconut oil) 9-inch pie pan.

### Nut Milk:

Soak 1 cup Hazelnut in 3 cups of water overnight. In blender, liquefy ¾ cup-soaked hazelnuts with 1 ½ cup water. Blend 30-60 seconds. Strain using fine mesh bag. Yield should be about 1 ½ cup....just enough for this recipe!

### Filling:

Blend Irish moss with ½ cup of hazelnut milk until smooth and thick. Add remaining hazelnut milk, agave, dates, vanilla, salt and cacao powder. Blend until smooth. Add lecithin and coconut butter, blending until well incorporated. Pour into prepared crust. Place in fridge/freezer until set (about an hour). Enjoy!



# Chocolate Chip Pumpkin Bars

## Ingredients:

- 1 cup all-purpose flour
- 1 cup whole-wheat flour
- 1 cup pecans, very finely chopped
- $\frac{3}{4}$  cup granulated sugar
- 2 tsp baking powder
- 1 tsp ground cinnamon
- $\frac{1}{2}$  tsp baking soda
- $\frac{1}{2}$  tsp salt
- 4 large eggs, beaten
- 1 15-ounce can 100-percent pure pumpkin
- $\frac{1}{2}$  cup canola oil
- $\frac{1}{4}$  cup low-fat milk
- $\frac{1}{2}$  cup mini semi-sweet chocolate chips



## Directions

1. Preheat the oven to 350°F. Lightly oil or coat a 15 x 10 x 1-inch rimmed baking or jelly roll pan with non-stick cooking spray and set aside.
2. Whisk together the all-purpose flour, whole-wheat flour, pecans, sugar, baking powder, cinnamon, baking soda and salt in a large bowl until combined.
3. In a separate bowl, whisk the eggs, pumpkin, oil and milk until blended. Pour the liquid ingredients over the dry ingredients and stir until just combined. Stir in the chocolate chips.
4. Spread the batter evenly in the prepared pan and bake for 25 minutes, or until a wooden toothpick inserted in the center comes out clean. Transfer the pan to a wire rack and cool for 10 minutes before slicing into 30 2 x 2  $\frac{1}{2}$ -inch bars.

# Baked Pears with Walnuts and Honey

Submitted by: Anna Baggett

## Ingredients:

- 2 large ripe pears
- 1/4 tsp ground cinnamon
- 2 tsp honey
- 1/4 cup crushed walnuts
- (optional) yogurt or frozen yogurt

## Instructions:

- 1) Preheat the oven to 350°F.
- 2) Cut the pears in half and place on a baking sheet (I cut a sliver off the other end so they sat upright).
- 3) Using a measuring spoon or melon baller, scoop out the seeds.
- 4) Sprinkle with cinnamon, top with walnuts and drizzle 1/2 tsp honey over each one.
- 5) Bake in the oven 30 minutes. Remove, let cool and enjoy!



# Indulgences

In the days leading up the holidays, the internet is crawling with advice on how to not overeat, how to stay healthy when you're tempted by deliciously salty and sugary foods like stuffing, sweet potato casserole, and pie (so much pie). But let's be realistic here: The holidays are filled with events involving sharing food with friends and family. It's that special time of year that some old family recipes surface and we don't think anyone should feel guilty about indulging in your favorites every now and then! Life is meant to be enjoyed, ideally in moderation, but enjoyed nonetheless!

# French Fried Venison

Submitted by: Don Robbins

Don't get started cooking these for a hungry crew when you yourself are famished, or they will keep you so busy you won't have time yourself to eat.

- Cut strips of venison as long as French-fried potatoes but about twice as thick.
- Dip in beaten egg and then roll in fine cracker crumbs.
- Chill ½ hour, if convenient, so that the coating will adhere more closely
- Get your deep fat fryer heated to 370°F
- Put in the strips of meat, a few at a time, using a basket, sieve, or perforated spoon.
- Fry until golden brown. Then spread on crumpled paper towel to drain, salt them, and serve hot.

Any that remain will make tasty hors d'oeuvres. Or if you'd rather bake these tidbits, cut them the same as before. Dip in melted butter or margarine, spread in a shallow pan and, turning occasionally, bake in a hot 400°F oven until golden brown. Sprinkle with salt and serve. Either way they'll become as famous in your own small circle as the "*Francis Barraud trademark of the fox terrier fascinated by the phonograph.*" This is a direct quote from Don. We have no idea what it means, either!



# Brownies with a Surprise

Submitted by: Bill Rose

## Ingredients:

- 10 ounces unsalted butter (2 ½ sticks)
- 1 pound good-quality semisweet chocolate (or bittersweet)
- 2 cups granulated sugar
- 8 eggs
- 2 tsp vanilla extract
- 2 cups all-purpose flour
- 1/2 tsp salt
- 16 chocolate-covered peanut butter cups



## Directions:

1. Preheat oven to 350°F.
2. Melt butter and chocolate together in a metal bowl over simmering water.
3. Remove from water and set aside.
4. In a large bowl, whisk together sugar, eggs and vanilla. Whisk only to blend.
5. Add chocolate mixture and whisk gently.
6. Add flour and salt and use the whisk to stir in until blended.
7. Grease a 12 x 12-inch square pan, and line the bottom with parchment.
8. Pour a scant half of the brownie batter into pan and spread smooth.
9. Place the 16 peanut butter cups upside down onto the batter, spacing them evenly in 4 rows of 4 (the brownies will be cut into 16 squares, with a peanut butter cup in the center of each.)
10. Push the cups down into the batter slightly.
11. Top with the remaining batter and gently spread smooth.
12. Bake 30 minutes. Center will still be soft.
13. Remove from the oven and let cool in pan on wire rack.
14. Cool completely before cutting, or for best cutting results, chill several hours or overnight in refrigerator. Cut into 16 (3-inch) squares.

# Mom's Hot Turkey Salad (Great for Leftovers)

Submitted by: Sue Zeller

## Ingredients:

- 4 cups cubed turkey
- 4 cups chopped celery
- 1 cup slivered almonds
- 4 tsp chopped onion
- 4 tsp lemon juice
- 2 cups mayonnaise
- 1 ½ cups shredded swiss cheese
- 2 cups potato sticks or chips crumbled

## Instructions:

- 1) Mix all in 13" X 9" casserole dish.
- 2) Bake at 400°F for 25 minutes



# Orange Buttercream Frosting Recipe

Submitted by: Gloria Abbiati

## Ingredients:

- 1/2 cup (4 ounces) unsalted butter (softened)
- 3 to 3 1/2 cups confectioners' sugar
- 1/2 tsp vanilla extract
- 1 1/2 tsp orange extract
- 1 Tbsp orange zest (finely grated)
- 3 to 4 tsp orange juice (fresh)

Optional: orange food coloring

## Instructions:

1. In a mixing bowl with an electric mixer, combine the butter, 3 cups of confectioners' sugar, and vanilla and orange extracts until blended.
2. Add the orange zest and 3 Tbsp of fresh orange juice. Beat until smooth and creamy.
3. Add more confectioners' sugar or orange juice, as needed for spreading or piping consistency.
4. Beat in a few drops of orange food coloring, if desired.
5. Makes about 2 1/2 cups of frosting, enough for at least 24 cupcakes and a two-layer cake.

# Beatty's Chocolate Cake

Submitted by: Gloria Abbiati

## Ingredients:

- Butter for greasing the pans
- 1-3/4 cups all-purpose flour, plus more for the pans
- 2 cups sugar
- 3/4 cup good cocoa powder
- 2 tsp baking soda
- 1 tsp baking powder
- 1 tsp kosher salt
- 1 cup buttermilk, shaken
- 1/2 cup vegetable oil
- 2 extra-large eggs, at room temperature
- 1 tsp pure vanilla extract
- 1 cup freshly brewed hot coffee
- Orange Buttercream Frosting (see recipe above)



## Instructions:

1. Preheat the oven to 350°F. Butter two 8-inch round cake pans. Line with parchment paper, then butter and flour the pans.
2. Sift the flour, sugar, cocoa, baking soda, baking powder, and salt into the bowl of an electric mixer fitted with the paddle attachment and mix on low speed until combined. In another bowl, combine the buttermilk, oil, eggs, and vanilla. With the mixer on low speed, slowly add the wet ingredients to the dry. With mixer still on low, add the coffee and stir just to combine, scraping the bottom of the bowl with a rubber spatula. Pour the batter into the prepared pans and bake for 35 to 40 minutes, until a cake tester comes out clean. Cool in the pans for 30 minutes, then turn them out onto a cooling rack and cool completely.
3. Place one-layer, flat side up, on a flat plate or cake pedestal. With a knife or offset spatula, spread the top with frosting. Place the second layer on top, rounded side up, and spread the frosting evenly on the top and sides of the cake.