Stay on Track this Holiday Season!

9 Healthy Holiday Strategies:

1. Bring your own food- contribute a healthy dish
2. Don’t go hungry while shopping- bring a healthy snack
3. Keep track of what you eat- maintain a food log or diary
4. Eat before going to a party- healthy pre-party snacks will help curb appetite
5. Keep healthy snacks at the office- healthy choices at hand will help avoid holiday treat temptation
6. Manage your portion sizes- take reasonable portions to avoid overeating
7. Control your environment- sit next to a fellow healthy eater at dinner parties
8. Keep exercising- get your regular workouts in no matter how busy you are
9. Choose your indulgences- indulge in treats that are special to the holiday season

8 Healthy Holiday Recipes:

Zucchini Noodle Tomato Avocado Salad
Ingredients:
- ¼ C olive oil
- 2 TBS lemon juice
- 1-2 cloves garlic, minced
- ¼ C fresh basil, chopped
- Salt & pepper
- 2 medium zucchini, cut in half with stems removed, spiralized
- 1 C cherry tomatoes, halved
- 1 medium avocado, diced

Directions:
1. Combine olive oil, lemon juice, garlic and basil together in a food processor until emulsified. Season to taste with salt and pepper, set aside.
2. Using the ⅛ inch spacing blade, cut the zucchini into noodles.
3. Place zucchini, tomatoes, and avocado together in a bowl. Drizzle dressing over the top. Cover and refrigerate for 20 minutes. Serve, enjoy!

Vegan Kale Sweet Potato Noodle Caesar Salad
Ingredients:
For the Salad:
- 1 TBS olive oil
- 1 large sweet potato, peeled, spiralized
- Salt & pepper to taste
- ¼ tsp garlic powder
- 3 C chopped kale, packed

For the Dressing:
- ¼ C raw cashews, soaked for at least 2 hours
- ¼ C unsweetened almond milk
- 1 large garlic clove
- ½ TBS lemon juice
- ½ tsp dijon mustard
- Salt & pepper to taste

For the Chickpeas:
- 1 15 oz can chickpeas, drained, rinsed, patted dry
- ½ tsp ground cumin
- 1 tsp chili powder
- ¼ tsp cayenne pepper
- ½ TBS olive oil
- Salt, to taste

Directions:
1. Preheat the oven to 400 degrees. In a small bowl, combine cumin, chili powder, cayenne pepper and salt and whisk together. Add in the chickpeas, toss to coat, and then drizzle with the olive oil. Toss again to mix. Place the chickpeas out evenly over a parchment-paper lined baking sheet and bake 30-35 minutes until crisp, shaking the pan halfway through.
2. 20 minutes into baking chickpeas, place a large skillet over medium heat and add in the olive oil. Once oil heats, add in the sweet potato noodles and season with salt, pepper, and garlic powder. Cover and cook, uncovering occasionally to toss, for 5-7 minutes or until potato noodles are cooked through. Set aside in a large bowl when done.
3. While sweet potatoes cook, place all dressing ingredients into a high speed blender and pulse until creamy. Taste and adjust. Set aside.
4. When noodles are done, wipe skillet clean. Coat with cooking spray and add in the kale. Saute for 3 minutes or until the kale is warmed up and slightly wilted, seasoning lightly with pepper and add to the large bowl with the sweet potato noodles.
5. When the chickpeas are done roasting, prepare the salad. Pour the Caesar dressing over the kale and sweet potato noodles and toss to combine thoroughly. Portion and top with spiced chickpeas, serve immediately!

Creamy Mashed Cauliflower
Ingredients:
- 8 C cauliflower florets (about 1 head)
- 4 cloves garlic, crushed and peeled
- ⅓ C nonfat buttermilk
- 4 tsp olive oil, divided
- 1 tsp butter
- ½ tsp salt
- Pepper to taste
- Chives for garnish (optional)

Directions:
- Place cauliflower florets and garlic in a steamer basket over boiling water, cover and steam until very tender, 12 to 15 minutes.
- Place 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 (optional). Serve hot.

Acorn Squash
Ingredients:
- 1 medium acorn squash, halved and seeded
- Butter or coconut oil
- Honey or brown sugar (optional)

Directions:
1. Preheat oven to 425 degrees, line baking sheet with tinfoil and coat with cooking spray.
2. Halve squash crosswise. Scoop out seeds; discard. Slice a small piece off bottom of each squash half just enough to level.
3. Set squash halves, scooped sides down, on prepared sheet. Bake until golden, 20 to 25 minutes. Turn squash; prick insides all over with a fork. Optional: coat halves with butter/coconut oil, and honey/brown sugar. Continue to bake until flesh is easily pierced with the tip of a paring knife, 25 to 30 minutes. Serve warm.
Kale and Butternut Squash Stuffing

Ingredients:
- 5 TBS olive oil, divided
- 1 lb Italian turkey sausage, casings removed
- 1 small butternut squash, cut into ½ in cubes
- 3 small leeks, halved/thinly sliced
- 1 tsp salt
- 1 tsp pepper
- 1 bunch kale
- 1 loaf stale whole-wheat bread, cut into ½ in cubes
- 1 egg
- 2 C chicken broth

Directions:
1. Preheat oven to 350 degrees and grease two small (or one large) casserole dish with 1 TBS olive oil.
2. In a large pot, warm 1 TBS olive oil over medium heat. Add sausage, cook until browned.
3. Add butternut squash, leeks, salt and pepper. Cook until leeks are soft, stirring occasionally. Add kale, cover, and cook 4 to 5 minutes or until wilted.
4. Add bread and remaining 3 TBS olive oil, and toss to distribute oil. Whisk egg and chicken broth together in a separate bowl, and then add to pot. Toss bread mixture around to coat and cook for about a minute, until liquid is absorbed.
5. Add stuffing to prepared casserole dish(es) and bake for 40 minutes or until lightly browned.

Healthy Green Bean Casserole

Ingredients:
- 2 ½ lb green beans, trimmed and cut into 1-2 in pieces
- 2-3 TBS olive oil, divided
- 1 medium onion, thinly sliced
- 3 TBS all-purpose flour
- ¾ tsp salt
- ¼ tsp white or black pepper
- 2 ½ C low-fat milk
- 1 ½ C fresh whole-wheat bread crumbs

Directions:
1. Preheat oven to 425 degrees.
2. Toss green beans in a large bowl with 1 TBS 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, 20-25 minutes.
3. Meanwhile, heat 1 TBS 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. Cook, stirring, until the sauce bubbles and thickens enough to coat the back of a spoon, about 4 minutes. Remove from heat.
4. When the green beans are done, remove from the oven. Preheat the broiler.
5. Transfer half the green beans to a 2 qt 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 TBS oil in a small bowl.
7. Sprinkle the breadcrumb mixture 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. Let stand for 10 minutes before serving.
No-Bake Pumpkin Custard

Ingredients:
- 1 jar (10 ounces) pumpkin butter (or 1 can pumpkin puree mixed with 2 teaspoons cinnamon or pumpkin pie spice)
- 1 package (8 ounces) reduced-fat cream cheese
- 1 cup pumpkin puree
- 1 cup non-fat Greek yogurt
- 1/2 cup pecans, chopped

Directions
1. Mix pumpkin butter, cream cheese, pumpkin puree, and yogurt until well combined. Top with pecans.
2. Place in a round serving bowl and chill for at least two hours.

Pumpkin Brownies

Ingredients:
- 1 can pumpkin pie filling
- 1 box brownie mix
- (Optional) Spiced pumpkin seasoning

Directions:
1. Preheat oven to 350°F for metal pan, 325°F for dark or non-stick pans. GREASE bottom of pan with shortening or cooking spray.
2. Mix together brownie mix and pumpkin pie filling and spiced seasoning
3. Bake following times listed. ADD 3-5 minutes for dark or non-stick pans.
4. (Optional) Sprinkle spice seasoning on top