

Healthy Holiday Recipes



Clay Platte Family Medicine Clinic
Summit Family and Sports Medicine

The holidays are just around the corner, and this can bring a few over-indulgences and increased stress. Make it a priority to stay healthy this season by choosing more nourishing food options, like some of the recipes listed here. Unlike many holiday treats, these are based on whole foods that our bodies can benefit from- all low in sugar, gluten-free, nutrient-dense, and best of all delicious!

Happy Holidays!

Jessica Jantz, RD, CDE

Balsamic Roasted Turkey with Apple Stuffing

Resource: Elana's Pantry

Serves: 12

Ingredients

- 1 turkey (10-15 pounds)
- ½ cup grapeseed oil or olive oil
- ½ cup balsamic vinegar
- 1 tablespoon sea salt
- 10 apples, peeled, cored and sliced in half
- 4 sprigs rosemary

Instructions

1. Remove the gizzards (save in refrigerator for gravy)
2. Rinse bird well and pat dry with paper towels; then truss (tie legs together with string)
3. Place turkey breast side up in a roasting pan, then put rosemary inside bird
4. Drizzle bird with oil and balsamic vinegar, then sprinkle with salt
5. Wedge apples around roasting pan to prop turkey up evenly --place 2 apple halves in cavity of bird
6. Place roasting pan with turkey, apples, etc. in oven on lowest rack
7. Roast at 325°, 15 minutes per pound; a 15 pound turkey requires 3 hours and 45 minutes
8. If skin begins to brown too soon, cover with foil
9. To check temperature stick a meat thermometer deep into thigh; at 175° it is safely done
10. Remove turkey from oven and allow to sit for 20 to 30 minutes before carving
11. Serve

Cranberry Sauce

Resource: Elana's Pantry

Ingredients

- 1 pound fresh cranberries
- 1 ½ cups water
- ½ cup dried apricots, cut into quarters
- ¼ cup currants
- 2 tablespoons honey or agave nectar
- ¼ teaspoon ginger zest
- 1 teaspoon orange zest

Instructions

1. Pick through the cranberries, discarding the soft and rotten ones, wash the rest
2. Place cranberries and water in pot, bring to a boil and then turn down to a simmer for 10 minutes
3. Add the apricots and currants, simmer for five minutes
4. Add honey, orange and ginger zest and simmer five minutes

Mashed Cauliflower

Resource: Elana's Pantry

Ingredients

- 2 heads cauliflower, washed and cut into large pieces
- 2 tablespoons olive oil or butter
- ½ teaspoon sea salt

Instructions

1. Steam the cauliflower pieces until very tender
2. Puree cauliflower in a food processor, add in olive oil and salt
3. Reheat in a casserole dish in the oven at 350° for 20 minutes
4. Serve

Acorn Squash with Cranberry Apple Stuffing

Resource: Elana's Pantry

Serves: 4

Ingredients

- 2 acorn squash
- boiling water
- 2 apples, peeled, cored and chopped into ¼ inch pieces
- ½ cup dried cranberries
- 1 teaspoon ground cinnamon
- 2 tablespoons grapeseed oil or coconut oil

Instructions

1. Cut squash in half and with a spoon, remove pulp and seeds
2. In a 9 x 13 inch baking dish place squash cut-side down
3. Pour ¼-inch boiling water into baking dish (or use ¼ inch room temperature apple juice for extra sweetness)
4. Place dish in oven and bake squash for 30 minutes at 350°
5. In a large bowl, combine apples, cranberries, cinnamon and oil to make stuffing
6. Remove squash from the oven after 30 minutes
7. Turn halves over and stuff center of each squash half with apple mixture
8. Return to oven and bake for 30-35 minutes (or longer) until squash and apples are tender

Kale Salad with Warm Cranberry Almond Vinaigrette

Resource: Gimme Some Oven

Ingredients

- 3 Tbsp. olive oil, divided
- 1 shallot, peeled and thinly sliced
- 3 cloves garlic, coarsely chopped
- 1 cup dried cranberries
- 2 Tbsp. red wine vinegar
- 2 teaspoons honey
- juice and zest of half a lemon
- 1/8 tsp. salt

- 1/8 tsp. black pepper
- 1 bunch kale, very thinly sliced
- 1/4 cup sliced almonds
- (optional) 1/4 cup crumbled blue cheese or goat cheese

Instructions

1. Heat 2 Tbsp. oil in a large sauté pan over medium-high heat.
2. Add shallot and sauté for at least 5 minutes or until tender.
3. Add garlic and sauté for 1 minute. Then add cranberries, red wine vinegar, honey and lemon juice and zest, and stir to combine. Season with salt and pepper.
4. In a large bowl, toss the kale with olive oil and an extra pinch of salt, and massage kale with your fingers for 1 minute until tender. Add in the cranberry/shallot mixture and almonds, and toss to combine. Serve topped with crumbled cheese if desired.

Christmas Chocolate Bark

Resource: Elana's Pantry

Ingredients

- 2 cups chocolate chunks
- 1/3 cup pistachios
- 1/3 cup dried cranberries
- 1/2 teaspoon coarse sea salt

Instructions

In a small saucepan over very low heat, melt chocolate

1. Pour chocolate into a parchment paper lined 8 x 8 inch baking dish
2. Sprinkle pistachios and cranberries over chocolate
3. Using a metal spatula, spread the mixture evenly back and forth to around 1/2 inch thickness
4. Sprinkle salt over bark
5. Allow to sit out until set, 1-2 hours
6. Cut into 16 squares and serve

Pumpkin Spice Smoothie

Resource: Elana's Pantry

Serves: 2

Ingredients

- 1 cup baked pumpkin or squash
- 1 cup coconut milk
- 1 tablespoon ground cinnamon
- 1 tablespoon fresh chopped ginger
- ¼ teaspoon ground nutmeg
- ¼ teaspoon vanilla stevia
- 2 cups ice

Instructions

1. Place baked pumpkin, coconut milk, cinnamon, ginger, nutmeg, and stevia in a blender
2. Blend on high speed until smooth
3. Blend in ice until smooth
4. Pour into 2 glasses and serve