



Healthy Holiday  
**RECIPES**

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*UNC Center for Health Promotion and Disease Prevention*

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# DRINKS

# Cranberry "Punch" Mocktail

## Ingredients

- 1/2 cup of diet cranberry juice
- 1/2 cup plain sparkling water
- 1 tbsp of lemon juice
- 1 orange slice or more

## Instructions

- Combine ingredients in a cup and stir gently with a spoon
- Pour over ice and serve with orange slices

## Nutrition Fun Facts

- Cranberries contain vitamins and minerals like vitamin C, vitamin E, vitamin K, and manganese. These vitamins and minerals help support immunity and vision.



### Serving Size and Prepare Time

1 serving and less than 5 minutes



# Slow-Cooker Peppermint Bark Hot Chocolate

## Ingredients

- 8 cups of 1% milk
- 1 can of condensed milk
- 3 cups of semisweet chocolate chips
- 1 tbsp of vanilla extract
- 1 tsp of peppermint extract
- 1/4 tsp of salt
- Toppings such as whipped cream, marshmallows, and candy canes

## Instructions

- Combine milk, condensed milk, chocolate chips, vanilla extract, peppermint extract, and salt in a slow cooker
- Cover and cook on high 2 hours or until combined, whisking vigorously halfway through to help chocolate melt
- Switch to warm for serving
- Serve with toppings of your choice



**Servings**  
12 servings



**Serving Size**  
1 Cup



**Cooking Time**  
5 Minutes of prep, 2 hours of cooking time





# APPETIZERS

# Fall Harvest Salad

## Ingredients

- 1 bunch of kale
- 1 butternut squash
- 1 tbsp of olive oil for butternut squash
- 1/2 of honeycrisp or gala apple
- 1/2 cup of feta cheese

### For the Nuts:

- 1/4 cup of chopped pecans
- 1/4 cup of pumpkin seeds
- 1 tsp of honey for the nuts
- 1 tsp of olive oil

### For the Dressing:

- 1/3 cup of olive oil
- 1/3 cup of red wine vinegar
- 1 tbsp of dijon mustard
- 1 tbsp of honey
- Salt and pepper to taste

## Instructions

- Wash kale and set aside to dry
- Preheat oven to 400 degrees
- Cut and cube the butternut squash
- Put the butternut squash in a bowl and toss the butternut squash with olive oil, salt, and pepper to taste
- Spread the butternut squash on a baking sheet and bake for 15 minutes
- While the butternut squash is baking, cut up the apple into bite size pieces and chop up the pecans
- Remove the butternut squash after 15 minutes and set aside on a plate
- In a bowl, combine pecans and pumpkin seeds
- Spread the pecans and pumpkin seeds on a baking sheet and sprinkle with honey, olive oil, cinnamon, and pepper to taste
- Roast the nuts in the oven for 6 minutes
- Set aside nuts and let them cool for 5 minutes
- In a large bowl, combine the kale, squash, apple, nuts, feta
- In a small bowl combine ingredients for the dressing and whisk to combine
- Pour the dressing over the salad and use tongs to toss until dressing is spread evenly throughout salad

✓ **Servings**  
6 Servings

✓ **Serving Size**  
1 Cup

✓ **Preparation Time**  
30 Minutes





**Kale provides over 100%  
of the recommended daily  
value for vitamins A and K**



## *Pecans*

**Two tablespoons  
of pecans provide  
10% of your daily  
value of fiber**

- ✓ **Servings**  
4 Servings
- ✓ **Serving Size**  
1/4 of a Cup
- ✓ **Preparation Time**  
10 Minutes

# Traditional Hummus

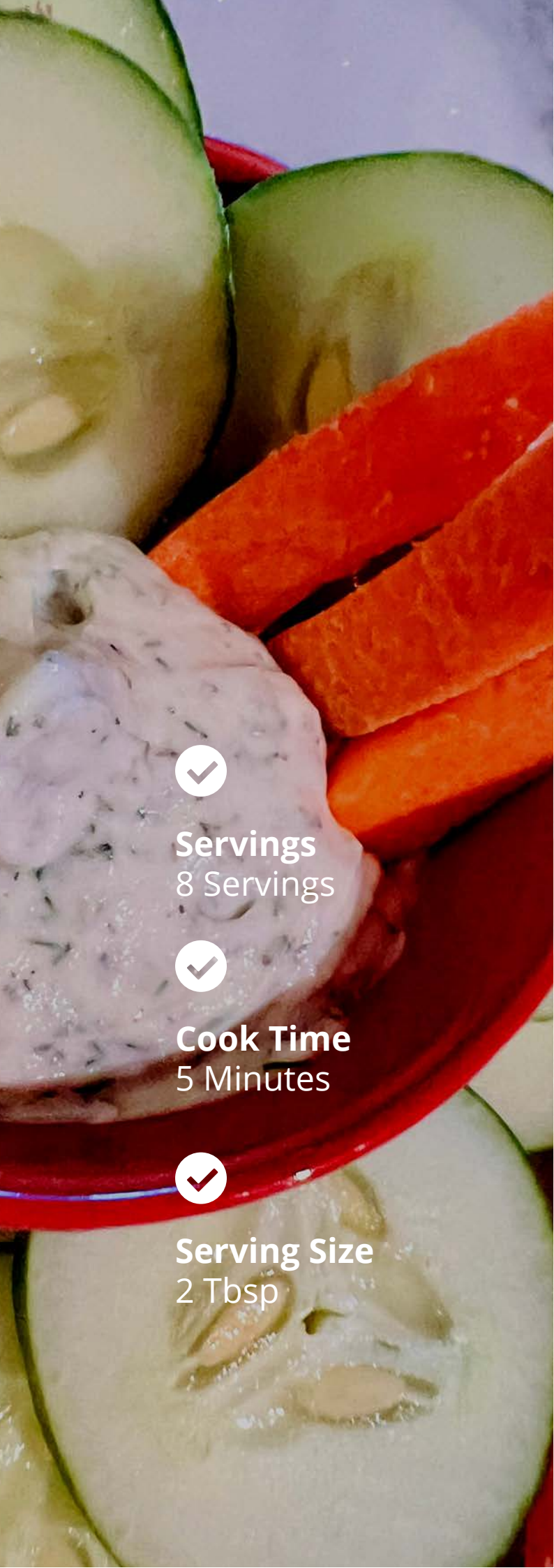
## Ingredients:

- 3 cloves of garlic
- 1/4 cup of plain, nonfat Greek yogurt
- 1 teaspoon of olive oil
- 1/4 teaspoon of salt
- 1/4 teaspoon of paprika
- 1/8 teaspoon of pepper
- 1 can of chickpeas

## Instructions:

- Wash hands with soap and water
- Put all ingredients into a food processor and blend until smooth
- Serve at room temperature with pita chips, crackers, carrots or other dipping vegetables





**Servings**  
8 Servings



**Cook Time**  
5 Minutes



**Serving Size**  
2 Tbsp

# Ranch Dip

## Ingredients

- 1 and ½ cup of nonfat plain Greek yogurt
- 1 pouch of ranch seasoning mix
- 1 tbsp dried dill
- Sliced cucumbers and carrot sticks for serving

## Instructions

- In a small bowl, mix together the yogurt, ranch seasoning mix, and the dill
- Serve the dip with cucumber slices and carrot sticks



# MAIN DISHES

# Shepard's Pie



**Servings**  
6 servings



**Cook Time**  
1 Hour



**Serving Size**  
1 Cup

# Ingredients

- **Potatoes**

- 1 pound of Yukon golden potatoes, peeled, and diced
- ¾ of a cup of no added sodium chicken broth
- 2 tbsp of plain nonfat Greek yogurt
- Chili powder to taste

- **Filling**

- 1 pound of lean ground turkey
- 1 tsp of olive oil
- 1 medium yellow onion, diced
- 1 celery stalk, diced
- 2 gloves of minced garlic
- 8 oz of Bella mushrooms, diced
- 1 bag (10 oz) of mixed veggies: carrots, corn, peas, green beans
- 2 tbsp of all-purpose flour
- 1 cup no added sodium chicken broth
- 2 tsp of tomato paste
- 1 tsp of Worcestershire sauce
- 1 tsp of dried rosemary
- 1 tsp of thyme
- 1/2 teaspoon salt and pepper

# Instructions

- Bring a medium pot of salted water to a boil
- Place potatoes in the water and boil until they are soft, about 12-15 minutes
- Drain the potatoes and put in a separate bowl
- Mash the potatoes with chicken broth, plain greek yogurt, 1/2 tsp salt and pepper, set aside
- Preheat the oven to 400°F
- In a large pan, brown the ground turkey over medium high heat, breaking the meat up as it cooks. Season the meat with salt and pepper to taste
- When cooked, remove from the pan and set aside on a plate
- Add the oil, onion, garlic, mushrooms and celery into the same pan used to brown the ground turkey and sauté on medium heat for about 6 to 8 minutes, until the vegetables are tender
- Add the flour, frozen vegetables, chicken broth, tomato paste, Worcestershire sauce, rosemary, thyme, and cooked meat and mix well
- Simmer on low for about 8-10 minutes
- Spread the meat on the bottom of the casserole dish. Top with mashed potatoes and sprinkle with chili powder
- Bake for 20 to 25 minutes, then place under the broiler 1 to 2 minutes until the potatoes turn golden
- Remove from the oven and let it cool 5 minutes before serving

# Roasted Chicken



**Servings**  
6 servings



**Cook Time**  
1 Hour and 35  
Minutes



**Serving Size**  
4 ounces



## Ingredients

- 1 roasting chicken
- Salt and ground pepper, to taste
- Italian seasoning, to taste
- 2 lemons
- 1 head of garlic - cut in 1/2
- 1 tbsp olive oil
- 2 onions, peeled and thickly sliced
- 1/2 cup of dry white wine or white vinegar
- 1/2 cup no added sodium chicken stock
- 1 tbsp of all-purpose flour
- Kitchen string

## Instructions

- Preheat the oven to 425 degrees
- Remove and throw away chicken giblets
- Pat the outside of the chicken dry
- Sprinkle salt, pepper, and Italian seasoning in the inside of the chicken
- Cut the lemons in quarters, place 2 quarters in the chicken along with the garlic and reserve the rest of the lemons
- Brush the outside of the chicken with olive oil and sprinkle the chicken with salt, pepper, and liberally season with Italian seasoning
- Tie the legs together with kitchen string and tuck the wing tips under the body of the chicken
- Place the chicken in a small (11 by 14-inch) roasting pan. (If the pan is too large, the onions will burn)
- Place the reserved lemons and the sliced onions in a large bowl and toss with 2 tablespoons of olive oil, 1 teaspoon of salt, and 1/2 teaspoon of pepper. Pour the mixture around the chicken in the pan
- Roast the chicken for about 1 hour and 15 minutes, until chicken reaches an internal temperature of 165 degrees F. Remove the chicken to a platter, cover with aluminum foil, and allow to rest for 10 minutes while you prepare the sauce, leaving the lemons and onions in the pan
- Place the pan on top of the stove and turn the heat to medium-high. Add the wine and stir with a wooden spoon to scrape up the brown bits. Add the stock and sprinkle on the flour, stirring constantly for a minute, until the sauce thickens. Add any juices that collect under the chicken. Carve the chicken onto a platter and serve with the lemons, onions, and warm sauce





# SIDES

# Creamed Spinach

## Ingredients

- 2 tsp butter
- 1/2 cup shallots or 1/2 small onion, minced
- 1 clove garlic, minced
- 2 tbsp flour
- 1 1/2 cups skim milk
- 2 tbsp parmesan cheese
- 1/4 tsp nutmeg
- 1/4 tsp fresh pepper
- Salt to taste
- 8 tbsp of reduced fat cream cheese
- 1 tsp of onion powder
- 1 tsp of oregano
- 16 oz bag frozen chopped spinach, thawed and drained of all moisture

## Instructions

- In a large saute pan, melt butter. Add shallots and garlic and cook on medium for about 5 minutes
- Add flour to shallots, mix well and cook one more minute
- Reduce heat to low and slowly add milk, whisking well
- Add parmesan cheese, nutmeg, salt and pepper and mix well
- Add reduced fat cream cheese, onion powder, and oregano and mix until smooth
- Add spinach and combine well with sauce, cook one minute, until heated through. Adjust salt and pepper if necessary



**Servings**  
8 Servings



**Cook Time**  
30 Minutes



**Serving Size**  
2/3 of a Cup

# Lightened Up Mac & Cheese

## Ingredients

- 12 oz box of whole wheat elbow macaroni pasta
- 2 tbsp of butter
- ¼ cup of all purpose flour
- ¼ cup of minced onion
- 2 cups of skim milk
- 1 cup of no added sodium chicken broth
- 1 bag (7 oz) of reduced fat shredded cheddar cheese
- Salt and pepper
- 4 cups of baby spinach
- 2 tbsp of grated parmesan
- ½ cup of seasoned bread crumbs
- Butter cooking spray

## Instructions

- Cook pasta in water according to package directions
- Spray a baking dish with cooking spray
- Preheat the oven to 375 F°
- In a large pan, melt butter. Add flour and cook over low heat stirring with a whisk
- Add onion and cook for another 2 minutes. Add milk and chicken broth and continue whisking, raising heat to medium-high until it comes to a boil and becomes smooth and thick. Season with salt and pepper
- Once it becomes thick, remove from heat, add cheese 1/4 cup at a time and mix well until cheese is melted. Adjust salt and pepper to taste, add cooked macaroni and baby spinach
- Pour into a baking dish. Top with grated cheese and breadcrumbs. Spray a little more oil on top
- Bake for 15-20 minutes, then broil for a few minutes to get the breadcrumbs golden



**Servings**  
8 Servings



**Cook Time**  
35 Minutes



**Serving Size**  
1 Cup

# Lemon and Garlic Green Beans

## Ingredients

- 2 (10 oz) bags of frozen cut steam-in-bag green beans
- 2 tbsp of olive oil
- 2 tbsp of unsalted butter
- 2 tsp of minced garlic
- 1 tsp of paprika
- 1 tbsp of lemon zest or 1 tsp lemon juice
- 1 tsp of salt and pepper to taste

## Instructions

- Microwave green beans according to package instructions
- While green beans are cooking, zest the lemon until you have 1 tbsp of zest. If using lemon juice, skip this step
- Put the green beans in a bowl and toss with the olive oil, butter, minced garlic, paprika, lemon zest or juice, and salt and pepper



**Servings**  
6 Servings



**Cook Time**  
15 Minutes



**Serving Size**  
3/4 Cup



# A 100 gram serving

of spinach contains 28.1 milligrams of vitamin C, which is 34% of the recommended daily value



## Green Beans

are high in vitamin K and calcium, which are important for bone health



# DESSERTS

# Peppermint Bark

## Ingredients

- 12 ounces of semisweet chocolate, chopped
- 2 cups of whole-milk plain Greek yogurt
- 1/2 teaspoon of vanilla extract
- 1/4 cup of mini semisweet chocolate chips
- 6 candy canes, crushed into small pieces
- 1/2 teaspoon of coarse sea salt

## Instructions

- Line a baking sheet with parchment paper
- Bring 1 inch of water to a simmer in a medium saucepan over medium heat. Place chocolate in a medium heatproof bowl that sits above the simmering water. Let chocolate melt while stirring to prevent burning
- Pour the melted chocolate onto the parchment-lined pan, spreading it into an even layer about 1/8 inch thick
- Refrigerate until the chocolate just begins to set, about 10 minutes.
- Combine yogurt and vanilla in a small bowl
- Drizzle the yogurt mixture over the chocolate, and then lightly spread it in an even layer over the chocolate. Sprinkle with mini chocolate chips, candy cane pieces and salt
- Freeze until the yogurt is completely set, about 2 hours. Break into 20 pieces



**Servings**  
10 Servings



**Cook Time**  
25 Minutes



**Serving Size**  
2 pieces

# Snickerdoodle Cookies

## Ingredients

### For the Cookies:

- 1 cup of white whole wheat flour
- 3/4 tsp of cream of tartar
- 1/2 tsp of baking soda
- 1/2 tsp of ground cinnamon
- 1/2 tsp of salt
- 1 tbsp of melted unsalted butter
- 1 large egg, room temperature
- 2 tsp vanilla extract
- 1/2 cup of light brown sugar

### For the Coating:

- 1/4 cup of light brown sugar
- 1 tbsp of ground cinnamon

## Instructions

- Whisk together the flour, cream of tartar, baking soda, cinnamon, and salt in a medium bowl
- In a separate bowl, whisk together the butter, egg, and vanilla. Stir in the sugar. Add in the flour mixture, stirring until combined
- To prepare the coating, mix together the sugar and cinnamon in a small bowl until combined
- Chill the cookie dough for 30 minutes
- Preheat the oven to 350°F, and line a baking sheet with parchment paper
- Using a cookie scoop or a tablespoon, form dough into a ball and roll ball into the coating mixture
- Place coated dough ball on the baking sheet and gently press down to flatten
- Bake for 9-11 mins and let them cool for 10 mins



**Servings**  
12 Servings



**Cook Time**  
30 Minutes



**Serving Size**  
1 Cookie





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