

Healthy Holiday Recipes from PacMed™



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Welcome to Our Collection of Healthy Holiday Recipes

Whatever your holiday traditions, there is a good chance that delicious meals and treats are part of the festivities. So whether you're gathering with friends and family to watch a parade, enjoy a festive meal, exchange cookies, cheer on a football team or ring in the new year, you may be seeking a few new recipes. Why not make them healthy choices?

Eating healthily during the holidays can prove challenging for even the most disciplined of people. Our festive and tasty recipes will help you celebrate while still eating well.

Please enjoy this resource. We hope you find some new favorites to add to your repertoire of holiday appetizers, meals and desserts. Visit www.PacMed.org/recipes to explore our holiday recipes and more!

If you have questions about nutrition or your health, we invite you to make an appointment with your doctor or a PacMed provider. To talk with a PacMed representative, call 1.888.4PACMED.



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Eggplant and Caramelized Onion Dip

Serves 6, Time: 60 minutes

This a great choice for a holiday appetizer—full of flavor without all the cheese, sour cream or butter in most dips. Eat and Enjoy!

Ingredients:

Olive oil

2 cups yellow onion, diced

3 cloves garlic, minced

1 large eggplant, cut into ¼-inch rounds

Sea salt and ground pepper

¼ cup plain Greek yogurt (optional)

Toasted baguette slices or cut veggies for serving

Preparation:

1. Preheat oven to broil (medium if you have that option) and position rack at top of oven.
2. Heat a large skillet over medium heat. Add 2-3 tablespoons olive oil and the onions. Stir often and scrape up “caramel” from pan bottom. Continue until caramelized, 40 to 50 minutes. Lower heat if burning. Add minced garlic in the last 5 minutes. Set aside.
3. While onions cook, sprinkle eggplant rounds with table salt on both sides and place in a colander to drain excess water. After 10 minutes, lightly rinse with water

and then press between two towels.

4. Arrange eggplant on a baking sheet, drizzle with olive oil and sprinkle lightly with sea salt. Roast 5-7 minutes, turning once or twice, until eggplant is soft and golden brown. Let cool. Peel away the skin of the eggplant (a little skin is OK).
 5. Place eggplant and onion-garlic mixture in a bowl. Mash with a fork.
 6. Season with salt and pepper to taste.
 7. Optional: Add Greek yogurt and stir to make the dip ultra-creamy.
- Serve immediately with toasted baguette or assorted veggies. Best when eaten fresh but will keep in the fridge, covered, for a couple days.

Nutrition Information: Serving size = ¼ cup

Calories: 107

Carbohydrates: 8.8g

Fiber: 3.4g

Fat: 8g

Sugars: 3.7g

Protein: 1.6g

Saturated Fat: 1.6g

Sodium: 164mg

Stuffed Mushrooms

Serves 14, Time: 1 hour and 15 minutes

Try this healthy twist on classic stuffed mushrooms with black rice instead of breadcrumbs and no sausage or butter. So flavorful!

Ingredients:

- ½ cup black rice (or wild or brown rice)
- Meat or vegetable broth of your choice for cooking rice
- ¼ cup raw walnuts, crushed
- 3 Tbsp olive oil
- ½ medium onion, finely chopped
- 1½ tsp finely minced garlic
- 1 ten-ounce package baby Portobello or white button mushrooms (approximately 14 mushrooms)
- ¼ cup finely grated Parmesan cheese, plus extra for sprinkling

Preparation:

1. Preheat oven to 350 degrees, and rinse rice in a fine mesh strainer.
2. Follow rice package instructions to cook rice (30-45 minutes).
3. In the meantime, place walnuts on a baking sheet and toast in oven for 5 minutes. Check often so they don't burn. Set aside.

4. Place 1 tablespoon olive oil in a pan and sauté onions 4-6 minutes until lightly browned. Add garlic in the last 2 minutes of cooking.
5. Brush dirt from mushrooms using a damp towel. Remove stems. Brush with olive oil and set aside.
6. Fluff cooked rice. Stir in cheese, walnuts, onion-garlic mixture and 1 1/2 Tbsp olive oil. Adjust seasonings as needed. Add salt and pepper to taste.
7. Bake the mushrooms without the filling on a baking sheet for 10 minutes to soften. Remove from oven.
8. Scoop generous spoonfuls of the filling into the mushrooms (you may have leftover filling). Sprinkle tops with additional Parmesan and bake another 15-18 minutes or until tender and Parmesan is golden. Serve immediately.

Tip: Dust serving plate with Parmesan so bottom of mushrooms have plenty of flavor, too.

Nutrition Information: Serving size = 1 mushroom

Calories: 66	Carbohydrates: 8.5g	Fiber: 0.8g
Fat: 4g	Sugars: 0g	Protein: 2.2g
Saturated Fat: 0g	Sodium: 72mg	

Recipe adapted from www.minimalistbaker.com

Cauliflower Mashed “Potatoes”

Serves 4, Time: 20 minutes

A healthy spin on your regular mashed potatoes—without the potatoes.

Ingredients:

- 1 head cauliflower, cored and roughly chopped
- 1 small or 1/2 medium onion, peeled and quartered
- 2 cloves garlic, peeled
- 2 Tbsp butter
- 6 oz of low-fat or fat-free plain Greek yogurt
- 1/4 cup grated fresh Parmesan or cheese of your choice
- Salt and pepper to taste
- Chives (optional)

Preparation:

1. Bring a large pot of water to a boil. Add cauliflower and cook for about 8 minutes or until fork-tender. Drain.
1. Over medium heat, put 1 teaspoon of butter (or cooking oil of your choice) into a pan. Sauté the diced onions for 3-5 minutes until lightly brown. Add garlic for an additional minute.
2. In a food processor, blend onion and garlic. Add cauliflower, butter, Greek yogurt, cheese, salt and

pepper and blend some more. You want the finished product to be a thick puree.

Serve warm and top with chives if desired.

Nutrition Information: Serving size = 1/4 cup

Calories: 230

Carbohydrate: 36g

Fiber: 13g

Fat: 7g

Sugars: 14g

Protein: 19g

Saturated Fat: 5g

Sodium: 421mg

Recipe adapted from www.voskos.com



Fall Simple Salad

Serves 6, Time: 1 hour to cook beets, 15-20 minutes to prepare salad

Get your taste buds ready for a great fall salad!

Ingredients:

- 4 large beets (or 1 can, rinsed thoroughly)
- ¼ cup pumpkin seeds, toasted
- 4 cups salad greens (optional: half arugula), washed and dried
- 2 scallions, finely chopped
- ¼ pound feta cheese

Dressing:

- 3 Tbsp extra-virgin olive oil
- 2 Tbsp balsamic vinegar
- ¾ tsp Dijon mustard
- ¼ tsp freshly ground pepper
- 1 Tbsp finely chopped fresh basil (or ½ teaspoon dried basil)

Preparation:

1. For dressing, place all ingredients in a jar, shake well and set aside.
2. Wash beets, place in a large pot and cover with water. Bring to a boil. Lower heat and simmer until beets are fork tender (about 1 hour). Set aside to cool.

3. To toast pumpkin seeds, place in a dry skillet over medium heat. Move the skillet back and forth over the heat with one hand; stir the seeds using a wooden spoon with the other hand. This will toast the seeds evenly and prevent burning. When seeds begin to puff up and give off a nutty aroma, they are ready. Remove seeds from skillet and set aside.
4. Place salad greens in large bowl and toss together. Add scallions, toasted pumpkin seeds, beets and feta cheese. Pour dressing over greens until lightly covered. Toss ingredients together and serve chilled.

Nutrition Information: Serving size = 1/6 of salad

Calories: 193	Carbohydrates: 9g	Fiber: 3g
Fat: 5g	Sugars: 6g	Protein: 10g
Saturated Fat: 5g	Sodium: 296mg	

Holiday Pot Roast with Seasonal Vegetables

Serves 4, Time: 3 hours

This great-tasting roast (just a little meat and lots of vegetables) will be sure to knock the sock off your guests!

Ingredients:

2 pounds organic chuck roast
Salt and pepper
3-4 Tbsp extra virgin olive oil
1 large onion
2 stalks celery, diced
1 Tbsp fresh thyme*
1 Tbsp fresh marjoram*
1 Tbsp fresh rosemary*
2 c beef broth
2 c red wine
2 large carrots, cut in chunks
1-2 parsnips, cut in chunks (can be replaced with more carrots)
3-4 small potatoes, cut in chunks
10-12 Brussels sprouts

Preparation:

1. Preheat oven to 350° F.
2. Season chuck roast liberally with salt and pepper. Use at least 2-3 teaspoons of salt (more or less depending on how salty your beef broth is).

3. Heat 1-2 Tbsp olive oil to heavy 4-quart pot. When hot, add roast and brown on all sides. Remove roast from pot and set aside.
4. Add a little more oil, then half of the onion, chopped, and celery. Sauté until onion is caramelized. Then add thyme, marjoram and rosemary (or with dried, use 1½ Tbsp).
5. Return roast to pot, cover with broth and wine, and bring to a boil. Remove from heat. Cover pot and cook in oven for 2 hours.
6. When roast is quite tender, add remaining half onion, cut in chunks, and the carrot, parsnips and potatoes. Salt vegetables. Continue roasting for another 30 minutes until vegetables are tender. Add Brussels sprouts and roast for about 10 minutes longer, until they are tender.

*You can replace the three fresh herbs with a dried Italian spice mix.

Nutrition Information: Serving size = 1/4 of Pot Roast

Calories: 480	Carbohydrates: 19g	Fiber: 5g
Fat: 27g	Sugars: 5g	Protein: 29g
Saturated Fat: 8g	Sodium: 390mg	

Pear, Gorgonzola & Cranberry Salad

Serves 5, Time: 25 minutes

This beautiful salad goes well with any holiday meal with the sweet taste of cranberries and the bold taste of Gorgonzola cheese.

Ingredients:

- 1 bag salad mix of choice (Spinach or mixed greens work great)
- 1 ripe pear, sliced lengthwise
- ¼ cup dried cranberries
- ½ roasted walnuts
- ¼ cup Gorgonzola cheese (or goat cheese if preferred)

Dressing:

- ¼ cup extra virgin olive oil
- ¼ cup balsamic vinegar
- 2 Tbsp Dijon mustard
- 1 garlic clove, mashed
- 1 shallot, chopped finely
- 1 Tbsp minced fresh sage
- Salt and pepper to taste

Preparation:

1. Preheat oven to 350° F and add raw walnuts to a bare or parchment-lined baking sheet.
2. Once oven is preheated, toast walnuts for 7 –10 minutes. Check often so they don't burn.

3. Next, prepare dressing by whisking all ingredients together until well combined. Taste and adjust flavor as needed, adding more balsamic for acidity, salt or pepper for flavor balance or olive oil for creaminess. Set aside.
4. To serve, add greens, half of the sliced pear, dried cranberries and half of the roasted walnuts to a large mixing/serving bowl. Drizzle with a bit of the dressing and toss to combine.
5. Plate and garnish with remaining pears, walnuts and gorgonzola cheese and serve with remaining dressing. Best when fresh, though leftovers store separately in the refrigerator up to 3 days. Store walnuts well sealed at room temperature.

Nutrition Information: Serving size = 1/5 of salad

Calories: 341	Carbohydrates: 19g	Fiber: 4g
Fat: 27g	Sugars: 10g	Protein: 5g
Saturated Fat: 5g	Sodium: 350mg	

Recipe adapted from www.minimalistbaker.com

Pumpkin Sage Biscuits

Serves 8, Time: 25 minutes

A delicious and healthy twist on your regular biscuit.

Ingredients:

$\frac{3}{4}$ cup unsweetened almond milk + 1 Tbsp fresh lemon juice

2 $\frac{1}{4}$ cups unbleached all-purpose flour

$\frac{1}{4}$ cup pumpkin puree

$\frac{3}{4}$ tsp sea salt

1 Tbsp baking powder

$\frac{1}{2}$ tsp baking soda

Pinch of ground cinnamon and nutmeg

4 Tbsp cold unsalted butter + more for topping

3 Tbsp fresh sage, roughly chopped (or substitute 1 tsp dry sage)

Preparation:

1. Preheat oven to 450° F.
2. Measure almond milk into bowl and add lemon juice. Let curdle 5 minutes, then whisk in pumpkin puree.
3. In a separate bowl, mix flour, salt, baking powder, baking soda, cinnamon and nutmeg.
4. Add cold butter to dry ingredients using a fork until only small pieces remain. Work quickly so the butter doesn't get too warm. Stir in chopped sage.

5. Using a wooden spoon, stir gently while pouring in the almond-pumpkin mixture $\frac{1}{4}$ cup at a time. Stir until just slightly combined. You may not need all of it.
6. Turn dough onto a lightly floured surface, dust top with flour and then very gently turn the dough over on itself a couple times.
7. Form into a 1-inch-thick disk, handling as little as possible.
8. Use a 1-inch-thick dough cutter or similar-shaped object with sharp edges (such as a small drinking glass) and cut biscuits. Place biscuits on a baking sheet in two rows so they just touch. Gently reform dough and cut one or two more biscuits –you should have 7-9.
9. Brush tops with melted butter and gently press a small divot in the center of each biscuit using your thumb.
10. Bake 13-17 minutes or until fluffy and golden brown.
11. Serve immediately as is or with additional butter and/or maple syrup.

Nutrition Information: Serving size = 1 biscuit

Calories: 184

Carbohydrates: 27.5g

Fiber: 1.3g

Fat: 6.2g

Sugars: 1.3g

Protein: 3.8g

Saturated Fat: 1.8g

Sodium: 254mg

Recipe adapted from www.minimalistbaker.com

Spicy Green Beans

Serves 2, Time: 15 minutes

Add some spice to your life with this amazing green bean recipe.

Ingredients:

- 1 tsp coconut or olive oil
- 1/2 lb green beans, ends trimmed, chopped into bite-size pieces
- 2 cloves garlic, finely chopped
- 1 tsp soy sauce
- 1 tsp siracha (or 2 tsp chili flakes)

Yummy additions:

- 1 tsp ginger, grated
- 1 tsp lemon juice
- 1 Tbsp crushed roasted walnuts or almonds

Preparation:

1. Add the oil to a frying pan on medium heat. Once hot, add the green beans and let them cook undisturbed for about 1 minute.
2. Mix the garlic, soy sauce and siracha in a bowl (and the ginger and lemon juice, if using). The beans should have turned bright green.

3. Add about 1/4 cup of water to the pan. Cook another 2 minutes, until the water is mostly gone. Pour the sauce into the pan and toss gently to coat.
4. Cook another 2 minutes, until everything is fragrant and most of the liquid is gone. Taste and add more hot sauce or soy sauce if you want the beans hotter or saltier.
5. Top with walnuts/almonds if using.

Nutrition Information: Serving size = 1/2 of green beans

Calories: 67	Carbohydrates: 10g	Fiber: 3g
Fat: 8g	Sugars: 5g	Protein: 3g
Saturated Fat: 2g	Sodium: 218mg	

Recipe adapted from the *Good and Cheap* cookbook by Leanne Brown

Vegetarian Holiday Loaf

Serves 8, Time: 1 hour and 30 minutes

When meat just isn't your thing, try this entrée at your next holiday gathering for a new meatless tradition

Ingredients:

1 onion, medium chopped
 1 Tbsp olive oil
 2 cups finely chopped mushrooms
 2 cloves garlic, finely chopped
 1 tsp dried thyme, marjoram, basil, tarragon, and sage
 Red wine or sherry
 5 eggs
 1 cup cottage cheese
 2 cups COOKED brown rice
 2 cups walnuts, finely chopped
 1 cup cashews or almonds, finely chopped
 ¾ pound grated cheese (parmesan, cheddar, smoked, gruyere, etc)
 ½ cup fresh parsley, chopped
 Salt and pepper to taste

Preparation:

1. Preheat oven to 350° F and prepare loaf pan by lining with parchment or oiling the pan.
2. Sauté the onion in oil until it begins to soften. Add mushrooms and a pinch of salt/pepper and cook until

mushrooms start to release their juices and become soft.

3. Add garlic and dried herbs and cook until fragrant.
4. When pan begins to dry out, add a splash of red wine or sherry and cook until reduced. The ingredients should be moist but not swimming in liquid. Remove from heat and let cool.
5. In a large bowl, beat the eggs with the cottage cheese. Add rice and nuts and stir until evenly coated.
6. Add cooked mushrooms, grated cheese and parsley. Mix well and taste to season.
7. Fill loaf pan, with nut mixture. Decorate with slices of mushroom, pepper or walnuts if desired.
8. Bake for 1 hour or until loaf is firm. Rest on cooling rack for 10 minutes and then remove from pan lifting the parchment paper out. Garnish with fresh herbs. Serve with mushroom gravy if desired.

Nutrition Information: Serving size = 1/8 of Holiday Loaf

Calories: 519

Carbohydrates: 41g

Fiber: 10g

Fat: 33g

Sugars: 4g

Protein: 17g

Saturated Fat: 5g

Sodium: 186mg

Recipe adapted from www.thekitchn.com



Caramelized Bananas

Serves 2, Time: 10 minutes

Your guests will love these bananas, caramelized on the outside yet soft as pudding on the inside.

Ingredients:

2 bananas, peeled and cut into small rounds
 1 tsp butter (or coconut oil for a different taste!)
 2 tsp brown sugar

Preparation:

1. Melt butter in a non-stick or cast iron pan on medium-high heat.
2. Add sugar and let it melt into the butter for about 2 minutes
3. Place the bananas in the butter-sugar mixture, then cook for 2 minutes or until they become brown and sticky.
4. Carefully flip them over and do the same on the other side.
5. Serve while warm!

Nutrition Information: Serving size = 1/2 of bananas

Calories: 107

Carbohydrates: 21g

Fiber: 2g

Fat: 3g

Sugars: 14g

Protein: 1g

Saturated Fat: 2g

Sodium: 25mg

Recipe adapted from *The Good and Cheap Cookbook* by Leanne Brown

Carrot & Apple Muffins

Serves 8-12 (makes 12 muffins), Time: 50 minutes

These delicious muffins could be served for dessert or breakfast! And why not add a serving of vegetables to this tasty treat.

Ingredients:

- 1/3 cup mashed very ripe banana
- 1 egg
- 1/4 cup maple syrup or honey
- 1/2 cup olive oil
- 1 sweet apple, finely grated
- 1/2 cup brown sugar
- 1/2 tsp sea salt
- 1 1/2 teaspoon baking soda
- 1/2 tsp ground cinnamon
- 1/2 cup plain almond milk, unsweetened (or regular milk)
- 1 heaping cup (packed) grated carrot
- 2/3 cup rolled plain oats
- 1/2 cup almond meal
- 1 cup + 2 Tbsp all-purpose flour
- 1/4 c raw walnuts, chopped (optional)

Preparation:

1. Preheat oven to 375° F and prepare muffin tin with liners or lightly grease them.

2. To mashed banana, add egg, maple syrup and olive oil. Whisk to combine.
3. Stir in apple, brown sugar, salt, baking soda and cinnamon.
4. Add almond milk and stir.
5. Stir in grated carrot, oats, almond meal and flour.
6. Divide evenly among 12 muffin cups, filling them to the top. Top with walnuts (optional).
7. Bake for 32-36 minutes, or until deep golden brown and a toothpick inserted into the center comes out clean. Remove from oven and let sit for 15 minutes. Flip muffins on their sides in the pan to let cool completely.
8. Store in a covered container at room temp for 5 days. Can freeze.

Nutrition Information: Serving size = 1 muffin

Calories: 203

Carbohydrates: 30g

Fiber: 3.5g

Fat: 8.5g

Sugars: 14g

Protein: 3.5g

Saturated Fat: 1g

Sodium: 255mg

Recipe adapted from www.minimalistbaker.com

Tahini-Stuffed Dates

Serves 25, Time: 25 minutes

Want something just a little different for dessert to wow your guests? Try this unique salty/sweet combination full of fiber, protein and healthy fats! Don't like tahini? Substitute a nut butter (peanut, almond, cashew).

Ingredients:

25 Medjool dates
 4 Tbsp tahini, divided (from raw or roasted sesame seeds)
 Pinch sea salt
 2 Tbsp unsweetened dried, fine coconut flakes or sesame seeds
 1¼ cup finely chopped dark chocolate
 1 Tbsp coconut oil

Preparation:

1. In medium saucepan, bring 2 inches of water to a simmer over medium-high heat. Reduce heat to medium-low and set a glass or ceramic bowl on top of pan, resting on pan's rim. Make sure bowl doesn't touch the water. (This creates a "double boiler.")
2. To the bowl, add chocolate and coconut oil and let melt, stirring occasionally, about 2-3 minutes.
3. Next, remove pits from dates, slicing carefully down one side but keeping date in one piece. This should create a small crevice in the date so it's easy to add the

tahini. Fill dates with ½–1 tsp tahini.

4. Place dates on a parchment-lined baking sheet and pop in freezer to chill while chocolate thickens.
5. Once chocolate has thickened, add one date at a time and flip with a slotted spoon or fork to fully coat, and then tap off excess chocolate. Set back on parchment-lined baking sheet and immediately sprinkle with sea salt and either sesame seeds or coconut. Repeat with all dates.

Bring dates to room temperature before enjoying for best flavor/texture. Store leftovers in the refrigerator for 1 week, or the freezer for 1 month.

Nutrition Information: Serving size = 1 date

Calories: 141

Carbohydrates: 9.7g

Fiber: 2.1g

Fat: 11.9g

Sugars: 6.1g

Protein: 1.3g

Saturated Fat: 7g

Sodium: 15mg

Recipe adapted from www.minimalistbaker.com