EAT WELL, CARE WELL.
QUICK HOLIDAY RECIPES

It is no surprise that time during the holidays is limited. And with the time you do have the last thing you want to do is spend it cooking! However, with the recipes below you can spend 20 minutes making a delicious appetizer and the rest of your time celebrating the holidays with family and friends. Another aspect of holiday meals is that sometimes they might not include the most healthful choices. Consider changing up a few of your recipes for a healthier option for yourself and your guests. For example, you can change up your green bean casserole by using fresh green beans, a little butter, sea salt and nutmeg. You can add a crunch and more nutritional benefits to your dish by adding silvered almonds. Or consider making a salad full of delicious fruits and veggies for a nutritious holiday treat.

WEEKLY CHALLENGES

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TRY ONE OF THE RECIPES PROVIDED

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SWITCH UP A TRADITIONAL RECIPE WITH A HEALTHY ALTERNATIVE

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GIVE THE GIFT OF THESE RECIPES TO A FRIEND

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ADD FRUTIS OR VEGGIES TO ONE OF YOUR MEALS

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DID YOU KNOW?

THE RECIPES BELOW ARE SURE TO PLEASE JUST ABOUT ANYONE AND THEY ONLY TAKE ABOUT 20 MINUTES TO MAKE!
Maple-Butternut Puree

This recipe is brought to you from http://www.cookinglight.com/recipes/maple-butternut-puree

INGREDIENTS:
• 4 cups cubed peeled butternut squash
• 2 tablespoons pure maple syrup
• 1 tablespoon unsalted butter
• 1 teaspoon grated peeled fresh ginger
• 5/8 teaspoon kosher salt
• ½ teaspoon black pepper
• 1 grated garlic clove
• 4 teaspoons roasted unsalted pumpkin seed kernels

DIRECTIONS:
1. Bring a large saucepan of water to a boil.
2. Add butternut squash to pan and cook for 10 minutes or until tender.
3. Drain the water and peel and cube the butternut squash.
4. Place squash, maple syrup, butter, ginger, kosher salt, black pepper and garlic clove in the food process and process until smooth.
5. Top each serving with roasted unsalted pumpkin seed kernels

NUTRITION INFORMATION:
• 130 calories
• Fat: 4 g
• Sodium: 323 mg
• Dietary Fiber 3 g

Source: Pixabay, Steve Buissinne (Photographer)

Source: Pexels, Negative Space (Photographer)
Bacon and Brussels Sprout Slaw 90 calories a serving
This recipe is brought to you from http://www.cookinglight.com/recipes/bacon-brussels-sprout-slaw

INGREDIENTS:
• 1 cup thinly diagonally sliced carrots
• 1/3 cup thinly sliced green onions
• 1/4 cup canola mayonnaise
• 3 tablespoons apple cider vinegar
• 1 teaspoon sugar
• 1/2 teaspoon black pepper
• 2 bacon slices, cooked and crumbled
• 12 ounces Brussel sprouts, shredded (about 5 cups)
• 2 teaspoons toasted sliced almonds

DIRECTIONS:
1. Combine the 1st 8 ingredients in a large bowl, stirring to coat.
2. Let stand at room temperature 10 minutes, then sprinkle with almonds.

Source: Pixabay.com, Rita (Photographer)
Source: Pexels, Rawpixel (Photographer)