



Source: Pixabay.com. rawpixel (Photographer)

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**

**TRY ONE OF THE
RECIPES PROVIDED**

**SWITCH UP A
TRADITIONAL RECIPE
WITH A HEALTHY
ALTERNATIVE**

**GIVE THE GIFT OF THESE
RECIPES TO A FRIEND**

**ADD FRUIT OR
VEGGIES TO ONE OF
YOUR MEALS**

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

Source: Pexels, Negative Space (Photographer)

<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
- 1/2 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

NUTRTION INFORMATION:

- 130 calories
- Fat: 4 g
- Sodium: 323 mg
- Dietary Fiber 3 g



Source: Pixabay.com, Steve Buisinne (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.
3. Serve! Makes 6, 1 cup servings.



Source: Pixabay.com, Rita (Photographer)



Source: Pexels, Rawpixel (Photographer)