



**Greater Philadelphia
Business Coalition
On Health**

"Building Bridges to Better Healthcare"

GPBCH

HEALTHY HOLIDAY COOKBOOK

Take a look inside for recipes and healthy eating tips!

The 2019 Healthy Holiday Cookbook is composed of new recipes along with favorite recipes from previous cookbooks. The purpose of this cookbook is to provide alternative recipes to the more typical holiday foods & drinks that tend to be high in sugar and fat content.

November 2019

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SOUPS

BUTTERNUT & PEAR SOUP

INGREDIENTS

1 medium onion, sliced
 2 small pears (5-6 ounces each), unpeeled, halved, cored and diced
 3 sprigs thyme
 2 Tbs Extra Virgin Olive Oil
 1 large butternut squash (about 2 lbs), halved, seeds removed, unpeeled
 1 cup low sodium Vegetable Broth
 2 cups nonfat milk
 Garnish: 1/4 cup toasted pecan pieces

Recipe Submitted by Catherine Bartoli - Philadelphia Department of Public Health

DIRECTIONS

1. Preheat oven to 400° F.
2. In a baking pan, place onion, pears, thyme, and extra virgin olive oil.
3. Place the unpeeled squash halves on top of this mixture.
4. Roast the squash in the oven for about 50-60 minutes, until you can get a fork through the squash. Remove from the oven and let cool slightly.
5. Scoop out the squash and discard the peel.
6. Place the squash and contents of the pan in batches through a blender or food processor.
7. Pour the contents of the blender into a stockpot.
8. Add the vegetable broth and let simmer for 10 minutes.
9. Add the milk and simmer for about 5-8 minutes.
10. Garnish with toasted pecan pieces.



CARROT GINGER SOUP

INGREDIENTS

1 Tbs unsalted butter
 1 large white onion, chopped
 3 cups reduced-sodium vegetable broth
 1 lb peeled carrots
 1 Tbs grated fresh ginger
 1/4 cup sour cream (can use coconut milk for dairy free)
 Salt and pepper to taste
 2 Tbs fresh chives (optional garnish)

Recipe Submitted by Livia Greenbacker - PHMC

DIRECTIONS

1. In a large pot or Dutch oven, melt butter over medium heat; add onions and cook, stirring often, until onions are soft, about 5-6 minutes.
2. Add broth, carrots, and ginger. Cover and bring to a boil. Reduce heat and simmer until carrots are soft, about 30 minutes.
3. Add sour cream, using an immersion blender (or in batches in a regular blender), carefully blend until smooth. Bring soup back to a boil, adjust salt and pepper to your taste.
4. Garnish with a little more sour cream and fresh chives if desired. Makes 5 cups.

PUMPKIN SOUP

INGREDIENTS

2 Tbs butter
 2 cups chopped onion or onion and scallion mixture
 1 can (29oz) 100% pure pumpkin
 4 cups chicken broth
 2 tsp thyme
 2 tsp salt
 4 small bay leaves
 2 cups light cream or whole milk
 1/2 cup dry sherry (optional)
 Chopped chives for garnish (optional)

Recipe Submitted by Eric Croft - GPBCH

DIRECTIONS

1. Melt butter in large saucepan, add onion, sauté over med-hi heat 5 minutes or until translucent.
2. Stir in pumpkin, broth, thyme salt, and bay leaves. Bring to a boil.
3. Reduce heat to low, simmer 15 minutes. Remove bay leaves.
4. Add cream, stirring till hot. If using sherry, add to soup and stir.
5. Garnish with chives and serve. This recipe serves 16, you can easily make 1/2 by using a 15 oz can of pure pumpkin and cutting all the ingredients in 1/2.



SOUPS

SUCCOTASH SOUP

INGREDIENTS

2 Tbs butter
 2 cups chopped leeks
 1/4 cup minced shallot
 3 chopped garlic cloves
 6 Tbs chopped Italian parsley
 2 Tbs chopped thyme
 1 Tbs chopped oregano
 1 red bell pepper, cubed
 8 cups chicken broth
 1 1/2 cup frozen baby limas
 1 can creamed corn
 1 1/2 cups frozen white corn
 Homemade or store-bought croutons

DIRECTIONS

1. Sauté leek, shallot, and garlic in butter.
2. Add 4 Tbs parsley, thyme, and oregano, stir 3 min. Mix in pepper. Add broth and beans.
3. Boil, simmer covered, about 10 min.
4. Add corns. Remove from heat and season. (can be made in advance). Serve with croutons.
10 servings



Recipe Submitted by Neil Goldfarb - GPBCH

VEGETABLE TURKEY SOUP

INGREDIENTS

1 lb ground skinless turkey breast, broken up
 3 large carrots (peeled, sliced)
 3 medium zucchini (sliced)
 1 small onion (chopped)
 1 can no salt added tomato sauce
 1 can no-add salt cannellini beans (rinsed/drained)
 2 medium garlic cloves (minced)
 1 Tbs dried Italian seasoning (crumbled)
 1/2 tsp salt
 1/2 tsp pepper
 4 cups fat-free, low-sodium chicken broth

DIRECTIONS

In a large bowl, stir together all the ingredients except the broth. Transfer the soup to a 1-gallon resealable plastic freezer bag. Place the bag flat in the freezer and freeze.

Directions for Cooking:

Thaw the bag overnight in the refrigerator. Pour the contents of the bag into a slow cooker. Pour in the broth, stirring to combine. Cook, covered, on low for 8 hours, or until the turkey is no longer pink.

Recipe Submitted by Jennifer Litchman-Green - American Heart Association



Control the nibbling!

At parties and gatherings, move your socializing away from the buffet or appetizer trays or turn your back to them to minimize unconscious nibbling.



APPETIZERS

CAPRESE MINI-BITES

INGREDIENTS

24 grape tomatoes
 24 fresh mini mozzarella balls
 24 fresh basil leaves
 1 1/2 Tbs extra virgin olive oil
 Store bought balsamic glaze
 kosher salt
 freshly ground black pepper
 24 toothpicks

Recipe Submitted by Diana Gulick - Merck

DIRECTIONS

1. Place a tomato, basil leaf, and mozzarella ball on each toothpick. Place on a serving plate or tray.
2. Drizzle extra virgin olive oil over the appetizers. Sprinkle with kosher salt and freshly ground black pepper.
3. For an added taste of sweetness, drizzle balsamic glaze over the caprese mini bites.
4. Additional idea - boil a package of tortellini pasta and add tortellini onto a larger skewer along with the tomato, mozzarella, and basil leaf then top with EVOO and balsamic glaze and serve.



ROSEMARY RICOTTA DIP

INGREDIENTS

1 1/2-2 cups skim ricotta cheese
 1 Tbs honey
 1 tsp extra virgin olive oil
 2 tsp rosemary
 Salt & pepper to taste

DIRECTIONS

Mix all of the ingredients and serve with cucumber slices or toasted whole wheat pita bread

Recipe Submitted by Meghan Anderson - Family Food

SPICED HOLIDAY NUTS

INGREDIENTS

2 Tbs olive oil
 1/2 tsp ginger
 1/2 tsp curry powder
 1/4 tsp cayenne
 2 Tbs sugar
 1 Tbs honey
 3/4 cup walnut halves
 3/4 cup pecan halves

Recipe Submitted by Neil Goldfarb - GPBCH

DIRECTIONS

1. Line baking sheet with foil and lightly oil.
2. Heat 2 Tbs oil in skillet. Add spices, and sauté until fragrant, 5 secs.
3. Stir in sugar and honey. Add nuts.
4. Stir about 6 min until honey mixture is amber and nuts are well coated. Transfer to baking sheet.
5. Working quickly, separate with spoon. Sprinkle with salt. Cool.

WHITE BEAN DIP

INGREDIENTS

12 garlic cloves, unpeeled
 1-2 Tbs olive oil
 1/3 cup packed Italian parsley, chopped
 1 2x3/4" lemon peel strip, chopped
 16 oz can white beans, rinsed and drained
 3 Tbs lemon juice
 1 Tbs olive oil
 1/4 tsp salt
 Pepper to taste

DIRECTIONS

1. Roast garlic, drizzled with olive oil, in 400 degree oven, for 15 minutes.
2. Cool slightly.
3. Peel.
4. Mince parsley and lemon peel in processor.
5. Add remaining ingredients.
6. Process until smooth.
7. Serve at room temp.

Recipe Submitted by Neil Goldfarb - GPBCH



ENTREES

APPLE CIDER CHICKEN

INGREDIENTS

- 1 Master Chicken Sear *
- 1 1/2 tsp olive oil
- 1 Granny Smith or other tart apple (peeled and diced)
- 1/4 cup shallots (minced)
- 2 Fresh thyme (fresh minced)
- 1/2 cup apple cider
- 1/2 cup chicken broth (fat-free, low-sodium)
- 2 Tbs sour cream (reduced-fat)
- 1 Tbs fresh parsley (minced)

Recipe Submitted by Kevin Kelly - American Diabetes Association



Use smaller dishes!

Use smaller appetizer plates that hold less food so people will be less likely to over-serve themselves.

DIRECTIONS

1. Sear chicken as in Master Recipe (*see below) using chicken breasts or thighs, boneless or bone in.
2. Add the oil to the pan on medium heat. Add the apples, shallots and thyme to the pan and cook for 2 minutes. Add the apple cider and broth and bring to a simmer. Cook for 3 minutes.
3. Return the chicken and juices to the skillet and reduce to low. Simmer for 4 minutes. Add in the sour cream and parsley and serve.
4. *Master Chicken Sear
5. Season 4 boneless skinless chicken breasts or 4 boneless skinless chicken thighs with 1/8 tsp kosher salt and 1/4 tsp ground black pepper.
6. In a 12-14-inch heavy skillet, preferably cast iron or stainless (NOT nonstick), heat 1 1/2 Tbs olive or canola oil over medium-high heat.
7. Add the chicken and sear until well browned on both sides for 3-4 minutes per side for the breasts, 2-3 minutes for the thighs.
8. Transfer the chicken to a plate and tent with foil.
9. Choose and prepare one of the sauce recipes.
10. Return the chicken and accumulated juices to the skillet and simmer gently until cooked through, about 4-5 minutes.
11. For Bone-In Breasts and Thighs: Follow step 1, but instead of removing the chicken to a plate, transfer the chicken to a baking sheet. Roast the chicken at 375°F for about 10-15 minutes until chicken is cooked through. Add back to the skillet with the sauce and cook for 3-4 minutes more.

AVOCADO ALFREDO WITH ZUCCHINI NOODLES

INGREDIENTS

The Sauce:

- 1 large avocado
- 1/4 cup nutritional yeast
- Pinch of sea salt
- Pinch of cracked pepper
- 1/2 tsp garlic powder
- 1 cup fresh basil
- 1/2 - 1 cup (depending on desired consistency) Almond Breeze Unsweetened Almond Milk or Soy Milk

DIRECTIONS

1. Add all the sauce ingredients into a food processor or blender, starting with just 1/4 cup of almond or soy milk. Process on high until smooth and creamy.
2. Depending on the size of your avocado, you might need to add more milk. Add additional milk 1 Tbs at a time, until you reach the consistency of a soft pudding.
3. Prepare the zucchini noodles by first spiralizing them into long noodles.

Recipe continued on next page



ENTREES

AVOCADO ALFREDO WITH ZUCCHINI NOODLES (CONTINUED)

INGREDIENTS

The Zoodles (you can substitute regular noodles or bean-based noodles):

4 medium zucchini
1 Tbs olive oil
2 garlic cloves minced
1/2 tsp red pepper flakes

Additional garnishes:

Pine Nuts
Chopped tomatoes - for a red and green theme!

Recipe Submitted by Andrea Silver - Philadelphia Gas Works

DIRECTIONS

- Heat the oil in a large pan over medium heat and add garlic and red pepper flakes and saute until fragrant, about 60 seconds.
- Add zucchini noodles and saute until just tender, about 2 - 4 minutes.
- Transfer noodles to a bowl and top with sauce. Add optional garnishes.
- Toss to with salad tongs until all the noodles are evenly coated.
- Divide evenly among four dishes and serve!



BEET & BEAN VEGGIE BURGER

INGREDIENTS

1 lb cooked brown rice, about 2 ½ cups
1 lb shredded red beets (raw, not peeled), about 3 cups
1 lb black beans (cooked no sodium or fat), about 2 cups
1/2 lb chopped onion, about 1 cup
1 ounce garlic, about 4 cloves or 2 tablespoons
3/4 tsp salt
1 tsp pepper
1.5 lb whole wheat low sodium breadcrumbs (about 2 cups)
6 oz whisked egg

DIRECTIONS

- In a food processor, add rice, beets, beans, onions, garlic, salt, pepper and oil. Process until combined and a paste forms.
- Transfer to a bowl and fold in breadcrumbs and eggs. Cover and let rest overnight.
- Portion into 4 oz patties.
- Cook on a griddle or non-stick pan with olive oil. Sear for about 4 minutes per side. Serve with traditional toppings.

Recipe Submitted by Catherine Bartoli - Philadelphia Department of Public Health

MOM'S ROASTED TURKEY WITH BUTTERNUT SQUASH AND ASPARAGUS

INGREDIENTS

For the Asparagus:

1 lbs fresh asparagus, bottom 2 inches removed
2 clove garlic
2 tsp extra virgin olive oil
1 Tbs fresh lemon juice (or from jar)
1/2 tsp Black pepper

DIRECTIONS

For the Asparagus

- Toss asparagus, garlic, extra virgin olive oil, lemon juice and black pepper directly on a baking sheet covered in aluminum foil.
- Bake at 350°F for 12-15 minutes, until asparagus is tender, but still has a crisp bite.

For the Butternut Squash

- In a medium mixing bowl, combine all the ingredients and the squash. Toss together well making sure all squash is coated evenly.
- Pour out onto a baking sheet coated with cooking spray. Bake at 350°F for 45-50 minutes, until squash is fork tender.

Recipe continued on next page



ENTREES

MOM'S ROASTED TURKEY WITH BUTTERNUT SQUASH AND ASPARAGUS (CONTINUED)

INGREDIENTS

For the Butternut Squash:

1 whole butternut squash (peeled, cut into 1-inch cubes)
2 tsp honey
1 tsp ground cinnamon
1 tsp dried thyme
1/2 tsp Black pepper
2 tsp extra virgin olive oil

For the Roasted Turkey:

12 lbs fresh or frozen turkey (thawed)
2 Tbs dried, salt-free herbs, Italian blend
1 Tbs vegetable oil
1 tsp Black pepper
1 cup fresh carrots (about 2 carrots), coarsely chopped
2-3 rib celery (coarsely chopped)
1 small onion (coarsely chopped)
1 Tbs dried thyme
1 Tbs dried rosemary
3 clove garlic (crushed)
Non-stick Cooking spray

**Recipe Submitted by Lauren M. Ragsdale -
American Heart Association**

DIRECTIONS

For the Roasted Turkey

1. Preheat oven to 425°F.
2. Place turkey on cutting board and with a pair of kitchen shears, cut away any loose or hanging skin around neck cavity of turkey. Pat turkey dry with paper towels. Loosen turkey skin away from meat by inserting hand between meat and skin and gently pushing down. Pull wing tips up and back and tuck under turkey.
3. Mix together dried herbs and oil. Rub mixture on turkey breast and drumsticks, underneath the skin. Sprinkle pepper over entire turkey.
4. Fill turkey cavity with carrots, onion celery, herbs and garlic. Tie legs together with kitchen string. Spray a roasting pan and roasting rack with cooking spray and place turkey, breast side up, on roasting rack. Bake for 30 minutes.
5. Reduce heat to 325°F and loosely cover turkey with foil. Cook for another 1 hour and 45 minutes. Turkey is done when internal temperature reaches a minimum of 165° F; it is possible that a total bake time of up to about 3 ½ hours may be necessary to reach 165° F.
6. Remove from oven and baste turkey by spooning juices from bottom of dish over meat. Let turkey sit for 15 minutes at room temperature covered in foil before slicing. Baste 2-3 times during this 15-minute resting period. Before cutting and serving, remove skin and any visible fat from turkey.

PECAN CRUSTED TURKEY TENDERLOIN WITH SWEET POTATOES

INGREDIENTS

Nonstick cooking spray
1 egg
2 egg whites
1 tsp garlic powder
1/2 tsp black pepper
2 oz pecan chips
24 oz turkey breast tenderloin
2 sweet potatoes (6-ounce each, peeled and cut into wedges (about 18 wedges per potato))
1 Tbs olive oil
1/2 tsp ground cinnamon

**Recipe Submitted by Kevin Kelly - American
Diabetes Association**

DIRECTIONS

1. Preheat oven to 350 degrees F. Spray large rectangular baking dish with nonstick cooking spray.
2. In a medium shallow bowl, whisk together egg and egg whites.
3. In another medium shallow bowl, combine garlic powder, pepper and pecans.
4. Dip turkey breast tenderloin in egg mixture and coat well. Dredge turkey in pecan mixture and cover on both sides. Place in baking dish. Discard leftover egg mixture.
5. In a medium bowl, mix together the sweet potatoes, oil and cinnamon.
6. Arrange the sweet potatoes around the turkey breast tenderloin in baking dish. Bake for 50 minutes or until done (turkey breast reaches 165 degrees).



ENTREES

SPICED BRISKET WITH CRANBERRIES

INGREDIENTS

2 tsp olive oil
 1 2-lb beef brisket, all visible fat discarded
 1 tsp dried oregano (crumbled)
 1/2 tsp garlic powder
 1/4 tsp salt
 1/4 tsp black pepper ((coarsely ground preferred))
 1/2 cup fat-free, low-sodium beef broth
 1 cup barbecue sauce (lowest sodium available)
 1 cup whole cranberries
 1/3 cup firmly packed dark brown sugar

**Recipe Submitted Jennifer Litchman-Green -
 American Heart Association**

DIRECTIONS

1. Heat oil in pressure cooker on sauté. Cook brisket on both sides, or until browned. Turn off pressure cooker. In a small bowl, stir together oregano, garlic powder, salt, & pepper. Sprinkle mixture over beef. Pour broth around beef. Pour barbecue sauce over beef & secure lid. Cook on high pressure for 55 minutes. Allow pressure to release naturally for 15 minutes, then quickly release any remaining pressure.
2. Transfer beef to a glass baking dish; cover & refrigerate. Pour accumulated juices into a glass bowl; cover & refrigerate.
3. Just before serving time, preheat oven to 300°F. Remove beef from refrigerator. Very thinly slice beef across the grain. Put it in the baking dish. Skim off the fat from refrigerated juices. Pour 1 cup of the juices over beef. Bake, tightly covered, for 45 minutes to 1 hour.
4. Meanwhile, in a small saucepan, cook 1 cup of the juices over medium-high heat. Add the cranberries and brown sugar. Cook until the cranberries pop and are soft, stirring occasionally. Drizzle the sauce over the beef.

SWEET POTATO AND SAUSAGE TACOS

INGREDIENTS

2 medium sweet potatoes, peeled and chopped
 1 medium onion chopped
 2/3 of a 13oz link natural turkey sausage sliced
 4 tsp lite olive oil or canola oil
 1 tsp paprika
 1/2 tsp salt
 2 cups black beans rinsed and drain
 Optional garnishes
 8 corn tortillas

DIRECTIONS

1. Oven temp: 425. Add sweet potatoes, onions, sausage, oil and spices to large bowl and toss to coat
2. Pour onto a baking sheet lined with foil or parchment and spread in an even layer
3. Bake 20 minutes
4. Add beans to the pan and stir to mix with other ingredients
5. Bake additional 5 minutes until done to desired crispness
6. Warm tortillas and top with filling and top as desired.

Recipe Submitted by Peggy Schubert - Gallagher

TURKEY CHILI

INGREDIENTS

1 1/2 tsp olive oil
 1 lb ground turkey
 1 onion, chopped
 2 cups water
 28 oz can crushed tomatoes
 16 oz canned kidney beans - drained, rinsed and mashed
 1 Tbs minced garlic
 2 Tbs chili powder
 1/2 tsp paprika
 1/2 tsp oregano
 1/2 tsp cayenne pepper
 1/2 tsp ground cumin
 1/2 tsp salt
 1/2 tsp black pepper

DIRECTIONS

1. Heat the oil in a large pot over medium heat. Place turkey in the pot, and cook until evenly brown. Stir in onion, and cook until tender.
2. Pour water into the pot. Mix in tomatoes, kidney beans, and garlic. Season chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper. Bring to a boil. Reduce heat to low, cover, and simmer 30 minutes.

Recipe Submitted by Michelle DeNault - Wawa



ENTREES

TURKEY LOAF WITH SUN-DRIED TOMATOES

INGREDIENTS

1 lb ground turkey
 1 onion, chopped
 1 cup breadcrumbs
 1 egg, beaten
 1/2 cup toasted pine nuts
 12 sun-dried tomatoes, in oil, drained and chopped
 1/3 cup milk
 1/2 tsp dried rosemary, crumbled
 1/2 tsp dried oregano, crumbled.

DIRECTIONS

1. Combine all ingredients.
2. Season with salt and pepper.
3. Bake in loaf pan, about 50 minutes.

Recipe Submitted by Neil Goldfarb - GPBCH



Switch hands!

At parties, hold your drink in your right hand if you are right-handed (or left hand if you are left-handed). It will make it more difficult to reach for food on impulse.

VEGGIES & SIDES

APPLE PECAN ARUGULA SALAD

INGREDIENTS

1/2 cup raw pecans
 7 oz arugula (organic when possible)
 2 small apples (1 tart, 1 sweet // peeled, quartered, cored and thinly sliced lengthwise)
 1/4 red onion (thinly sliced)
 2 Tbs dried cranberries (optional)

Dressing:

1 large lemon, juiced (1 lemon yields ~3 Tbs or 45 ml)
 1 Tbs maple syrup
 1 pinch each sea salt + black pepper
 3 Tbs olive oil

Recipe Submitted by Gerry Hoffner - Mercer

DIRECTIONS

1. Preheat oven to 350 degrees F and arrange pecans on a bare baking sheet.
2. Bake pecans for 8-10 minutes or until fragrant and deep golden brown. Remove from oven and set aside.
3. While pecans are toasting, prep remaining salad ingredients and add to a large mixing bowl.
4. Prepare dressing in a mixing bowl or mason jar by adding all ingredients and whisking or shaking vigorously to combine. Taste and adjust flavor as needed.
5. Add pecans to salad and top with dressing. Toss to combine and serve immediately. Serves two as an entrée and 4 as a side.
6. Store leftovers (dressing separate from salad) covered in the refrigerator for 2-3 days (though best when fresh). Dressing should keep at room temperature for 2-3 days when well-sealed.



VEGGIES & SIDES

BLACK BEAN & CELERY SALAD

INGREDIENTS

3lb canned black beans, rinsed and drained
 1 tsp salt
 5 diced celery stalks
 1 chopped bell pepper
 3 red onions, 2 finely chopped and 1 sliced into thin rings
 2/3 cup olive oil
 1/3 cup lime juice
 3/4 tsp pepper
 Grated zest of 1 lime

DIRECTIONS

1. Combine beans, celery, bell pepper, and onions.
2. In jar, combine oil, lime juice, black pepper, lime zest, and salt.
3. Shake to blend, and pour over salad. Serves 16.

Recipe Submitted by Neil Goldfarb - GPBCH



CAULIFLOWER MASH

INGREDIENTS

1 medium head of cauliflower, cut into bite-size florets (about 6 to 7 cups)
 1/4 cup fat-free plain Greek yogurt
 3 Tbs shredded or grated Parmesan cheese
 1/2 tsp minced garlic
 Pepper (to taste)

Recipe Submitted by Jennifer Litchman-Green - American Heart Association

DIRECTIONS

1. Fill a large pot with water to a depth of about 2 inches. Place a collapsible steamer basket in the pot.
2. Make sure the water doesn't touch the bottom of the steamer. Bring the water to a boil over high heat.
3. Put the cauliflower in the steamer. Steam, covered, for 15 minutes, or until very tender.
4. Remove from the heat. Carefully uncover the pot away from you (to prevent steam burns).
5. Drain the cauliflower well in a **colander**.
6. Transfer the cauliflower to a food processor or blender (or transfer it to a large bowl and use an immersion, or handheld, blender).
7. Add the yogurt, parmesan, and garlic.
8. Purée until creamy. Don't overmix. Stir in the pepper. Serves 6

FALL HARVEST MAC AND CHEESE

INGREDIENTS

7-8 cups cooked pasta (about 13-16 oz boxed), whole wheat preferred
 2 Tbs vegetable oil
 2 Tbs flour
 1 cup milk, low-fat preferred
 1/2 tsp mustard (optional)
 1/4 tsp salt
 1/4 tsp black pepper (optional)
 1/4 tsp garlic powder (optional)
 1/4 tsp paprika (optional)
 1 (15-oz) can pumpkin puree or 1-2 cooked, mashed carrots
 2 cups shredded cheese, low-fat preferred

DIRECTIONS

1. Heat a pot over medium heat and add the vegetable oil and flour. Cook for 2-3 minutes or until bubbling and slightly darker in color, stirring often.
2. Add the milk, mustard, salt and spices, if using, and stir the ingredients together. Lower the temperature to a simmer and cook for 1-2 minutes.
3. Add the pasta, pumpkin puree or mashed carrots and the cheese, and stir until the cheese has melted.

Recipe Submitted by Pam Parseghian - Health Promotion Council



VEGGIES & SIDES

HERBED HARVEST STUFFING

INGREDIENTS

1 Tbs olive oil
 1 cup onion, chopped small
 1 cup celery, chopped small
 1/2 Tbs garlic, finely chopped
 1 tsp dried thyme
 1/2 Tbs dried sage
 1/4 tsp salt
 1/4 tsp black pepper
 1 apple, chopped fine with skin on
 4 cups cubed bread, stale or toasted
 1 cup chicken, turkey or vegetable broth

Recipe Submitted by Pam Parseghian - Health Promotion Council

DIRECTIONS

1. Preheat oven to 350°F
2. Heat skillet over medium heat. Add the oil, onions, celery, garlic and all seasonings. Cook, stirring often, until vegetables are soft, about 8-9 minutes. Transfer to a large mixing bowl.
3. Add finely chopped apples and the bread cubes to the bowl with the vegetables. Drizzle broth over the mixture to moisten. Toss gently to combine.
4. Transfer stuffing to a greased 3 to 4 quart baking dish. Cover with foil and bake for 30 minutes, then uncover and bake until bread is golden brown, 20-25 minutes.

RED AND GREEN CABBAGE SALAD

INGREDIENTS

1 small head red cabbage
 1 small head green cabbage
 1 1/2 tbs salt
 2 diced green peppers
 4 stalks celery, diced
 1 onion, grated
 4 scallions, minced
 1/2 cup oil
 2 Tbs wine vinegar
 2 Tbs lemon juice
 1 Tbs sugar
 1/2 tsp pepper

DIRECTIONS

1. Slice cabbage and salt.
2. Drain after 30 min.
3. Make dressing and pour over cabbage.
4. Chill and serve.

Recipe Submitted by Neil Goldfarb - GPBCH



Think ahead!

Eat healthy a few days before a holiday party to compensate for the extra calories. Substitute high-carb foods with nutrient rich veggies & fruits!

ROASTED BRUSSELS SPROUTS

INGREDIENTS

1 1/2 lb brussel sprouts
 3 Tbs olive oil separated
 3/4 tsp kosher salt
 1/2 tsp ground black pepper
 2 Tbs balsamic vinegar
 2 tsp honey

Recipe Submitted by Krista Latortue - Family Foods

DIRECTIONS

1. Preheat oven to 425°F.
2. Line a baking sheet with aluminum foil or use a Silpat silicone baking mat.
3. Trim off the outer, dry leaves, cut the bottom off and slice sprouts lengthwise.
4. In a large bowl, toss brussel sprouts with 2 tablespoons of olive oil, kosher salt and freshly cracked black pepper to coat thoroughly.
5. Transfer the brussel sprouts to baking sheet and roast until tender and caramelized, about 20 minutes.
6. Place brussel sprouts back in bowl. Add remaining tablespoon olive oil, balsamic vinegar and honey and toss to coat evenly. Taste and season with kosher salt if necessary and serve.



VEGGIES & SIDES

STUFFED ACORN SQUASH

INGREDIENTS

Nonstick cooking spray
 8 oz kale (stemmed and chopped)
 2 apple chicken sausage (3-ounce links, cooked and diced)
 8 oz cremini mushrooms (sliced)
 1 Tbs olive oil
 2 medium acorn squash ((about 1 1/4 lbs each) halved widthwise and seeded)
 1/2 tsp salt (optional)
 1/2 tsp black pepper
 1/2 cup chicken broth (fat-free, reduced sodium)
 1 cup cornbread stuffing (dried)

Recipe Submitted by Kevin Kelly - American Diabetes Association

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Coat a baking pan with non-stick cooking spray and place squash cut-side down in the pan. Add about an inch of water and bake for 30 minutes.
3. While the squash is baking, add olive oil to a sauté pan over medium-high heat. Sauté mushrooms and chicken sausage until golden brown. Add kale, salt (optional) and pepper and sauté until kale is wilted, about 5-7 minutes.
4. Add the chicken broth and cornbread stuffing to the mushroom mixture and simmer until all of the liquid is absorbed.
5. Remove squash from the oven. Turn the squash over in the pan so the cut side is up. Fill each squash with 1/4 of the mushroom mixture then return to the oven. Bake for 15 minutes.
6. Cut each squash in half and serve.



SWEET POTATO SOUFFLÉ

INGREDIENTS

Nonstick cooking spray
 3 lbs whole sweet potatoes (washed and dried)
 1/4 cup Splenda Brown Sugar blend
 1/4 cup orange juice (low sugar or freshly squeezed)
 1/2 tsp salt (optional)
 1/4 cup ground flax seed
 1/2 cup shelled walnut pieces
 2 Tbs Splenda Brown Sugar blend
 2 Tbs Smart Balance Buttery Spread Original
 6 egg whites
 1/4 tsp cream of tartar

DIRECTIONS

1. Preheat oven to 400 degrees F. Coat a deep 8in round or square casserole dish with cooking spray. Set aside.
2. Coat a baking sheet with cooking spray. Arrange the washed & dried, whole sweet potatoes (with the skins on) on the sheet & coat generously with cooking spray. Bake for 50-60 minutes or until tender (check if they are tender by spearing the largest one with a paring knife/fork).
3. Remove sweet potatoes from oven and peel skin. In a large bowl, whisk (or blend with a mixer) the roasted sweet potatoes with 1/4 cup Splenda Brown Sugar Blend, orange juice and salt (optional). Set aside to cool.

DIRECTIONS (CONTINUED)

4. Using a food processor or chopper, grind walnuts, flax seed and 2 Tbs Splenda Brown Sugar Blend together until it is the consistency of wet sand. Add the Smart Balance Buttery Spread to the mixture in the food processor and pulse to incorporate (do not overmix this or it will turn into a paste). Set aside.
5. Combine egg whites and cream of tartar in a large glass or metal bowl, and beat with an electric mixer on medium speed or with stand mixer using the whisk attachment until egg whites form soft peaks with tips that curl over when the beaters are lifted.
6. Working in batches, incorporate one third of the egg whites into the sweet potato mixture using a large flat rubber spatula and gently folding them in until combined. Repeat that process two more times until all of the egg whites are incorporated into the sweet potatoes.
7. Pour sweet potato soufflé mixture into the prepared casserole dish and top with the walnut mixture.
8. Place the soufflé into the oven and bake at 400 degrees Fahrenheit for 20 minutes, then turn the oven down to 350 degrees Fahrenheit and continue to bake for 15 more minutes. Serve hot. (Note: the soufflé may deflate a little bit after baking so it's best served immediately but is still okay to hold in a warming oven for service).

Recipe Submitted by Kevin Kelly - American Diabetes Association



DESSERTS

FRUITCAKE BARS

INGREDIENTS

1 1/2 cups coarsely broken walnuts
 1 cup raisins
 1 cup pitted date pieces
 1 cup candied fruit
 1 cup flour
 4 eggs
 1/2 tsp salt
 1 cup light brown sugar, firmly packed
 1 tsp vanilla
 Finely grated rind of 1 large deep colored orange
 Confectioners sugar.

Recipe Submitted by Neil Goldfarb - GPBCH

DIRECTIONS

1. Mix nuts and fruits with 1/4 cup flour, tossing to coat.
2. In separate bowl, beat eggs lightly. Add salt, sugar and vanilla, beating just to mix.
3. On low speed, add remaining flour. Stir in orange rind.
4. Pour this thin batter over fruit and nut mixture, and stir thoroughly.
5. Turn into a greased 1" high jellyroll pan, and spread evenly. Bake at 325 for 30-35 minutes until top is golden brown.
6. Reverse pan once during baking to ensure even baking. Cut cake into bars.
7. Transfer to wax paper and dust with confectioners sugar. Neil makes this in individual muffin tins with decorative paper liners.



MINI FLOURLESS PEANUT BUTTER BANANA CHOCOLATE CHIP MUFFINS

INGREDIENTS

1 medium ripe banana mashed
 1 large egg
 1/2 cup creamy peanut butter
 3 Tbs honey
 1 Tbs vanilla extract
 1/4 tsp baking soda
 1/8 tsp salt
 3/4 cup mini semi-sweet chocolate chips

DIRECTIONS

1. Preheat oven to 400 degrees. Spray 24 muffin tin with nonstick spray
2. Mix mash banana with egg, peanut butter, honey, vanilla, baking soda and salt..blend until smooth.
3. stir in chocolate chips reserving 2 Tbs for top of muffins
4. Pour into tins and bake for 7-9 minutes until done in center.

Recipe Submitted by Peggy Schubert - Gallagher



Snack ahead!

Eat a small snack before the party. Have yogurt or fruit, or a few crackers with low-fat cheese or vegetables so you hunger won't rule your choices.



DESSERTS

OATMEAL ENERGY COOKIES

INGREDIENTS

3/4 cup butter softened (OR add 1 mashed banana to replace 1/4 cup butter)
 1 cup brown sugar firmly packed
 1/4 cup granulated sugar
 2 eggs
 1 tsp vanilla
 1 cup all-purpose flour
 1/2 cup whole wheat flour
 1 tsp baking soda
 1 tsp cinnamon
 1/2 tsp salt
 3 cups Old Fashioned Oats (uncooked)
 1-2 cups of dried fruit of your choice: raisins, craisins, dates, figs, etc...
 1-1 1/2 cups of nuts of your choice (chop if desired)

DIRECTIONS

1. For 1-2 minutes, beat together the butter, brown sugar, and granulated sugar
2. Add eggs and vanilla and beat for another 3-5 minutes
3. In a separate bowl, mix together the flour, baking soda, cinnamon, salt, and oats
4. Add the dry ingredients to the beaten butter/sugar/eggs and mix sparingly (just until they have combined together)
5. Add your nuts and dried fruit as desired and mix one more time
6. Drop by rounded tablespoonfuls onto ungreased cookie tray
7. Bake for 10-12 minutes in a preheated 350 degree oven (for even baking, rotate the pan after the first 6 minutes)



Recipe Submitted by Jill Hutt - GPBCH

PEACH OR BERRY CRISP

INGREDIENTS

For the Filling

4 cups frozen, fresh or canned peaches berries
 1/4 cup sugar
 2 Tbs all-purpose flour
 2 Tbs lemon zest

For the Topping

1/4 cup unsalted butter
 1/4 cup olive oil
 1/4 cup sugar
 1/4 cup brown sugar
 1 1/2 cups rolled oats
 1/2 cup all-purpose flour + 1/2 cup whole wheat flour

DIRECTIONS

1. Preheat oven to 400°F.
2. Place fruit in a large bowl and stir in rest of the filling ingredients. Set aside.
3. Melt butter in a pot and then stir in oil and both types of sugar until thoroughly combined. Next stir in the oats, flour, cinnamon and salt.
4. Spoon fruit mixture in a large 9" x 13" baking dish then sprinkle with topping.
5. Bake for 15 minutes then cover with aluminum foil. Cook for another 15 minutes until the topping is golden brown and the filling is hot.

Recipe Submitted by Pam Parseghian - Health Promotion Council

PEPPERMINT FUDGE NO BAKE ENERGY BITES

INGREDIENTS

1/2 cup raw almonds
 1/3 cup pitted medjool dates (about 6)
 1 Tbs cocoa powder
 3/4 tsp vanilla extract
 1/8 tsp peppermint extract
 1 Tbs coconut oil
 1 Tbs mini dark chocolate chips
 1/2 cup crushed peppermint

Recipe Submitted by Krista Latortue - Family Foods

DIRECTIONS

1. Put almonds in a food processor and chop.
2. Add the dates and blend well.
3. Add the cocoa powder, vanilla extract, peppermint extract, and coconut oil. Blend for several minutes until starting to combine. Add a few drops of water if necessary to help it move.
4. Add the chocolate chips & pulse a few final times to combine well. You don't want to pulverize the chocolate though.
5. Take heaping teaspoon of mixture in your hand & roll into a ball. While it is still warm press into the peppermint.
6. Allow the finished bites to set in the fridge for 30 minutes to re-solidify the coconut oil.



DESSERTS

SWEET POTATO PIE SQUARES

INGREDIENTS

For Crust

1 cup Quick Oats
1 cup Graham Crackers crumbs
3 Tbs Canola Oil

For Filling

3 cups Sweet Potato or Pumpkin Puree
3 Eggs
1 tsp Vanilla extract
1 cup Low fat plain yogurt
3 Tbs Brown Sugar, packed
1 tsp Cinnamon

DIRECTIONS

1. Preheat oven to 350 F.
2. Mix together the oats, graham cracker crumbs and canola oil. Press into the bottom of a 9X13 inch baking pan and bake for 8-10 minutes to set the crust.
3. Add all the filling ingredients to a food processor or large bowl. Blend until well mixed and a smooth batter forms.
4. Pour onto the set crust. Bake uncovered for 1 hour. Let cool for 1-2 hours before cutting and serving. Serves 12.



Recipe Submitted by Cheryl Bettigole - City of Philadelphia

BEVERAGES

HOT SPICED APPLE WINE

INGREDIENTS

6 cups Beaujolais or other red wine
6 cups apple cider
1/2 cup sugar
1 orange, lemon, and lime, each thinly sliced
1 cinnamon stick
8 cloves
8 allspice berries
8 black peppercorns

DIRECTIONS

Simmer over low heat. Do not boil. Strain and serve. Makes 12 Cups

Recipe Submitted by Neil Goldfarb - GPBCH

LOW FAT EGGNOG

INGREDIENTS

4 cups skim milk
12 oz can evaporated skim milk
8 oz carton frozen egg product, thawed
1/2 cup sugar
1/3 cup light rum
1 tsp vanilla
Nutmeg, to taste

DIRECTIONS

1. Over medium heat stir milks, eggs and sugar, 10 minutes until slightly thickened (do not boil).
2. Stir over a bowl of ice water, 2 minutes. Cover and chill, 4 to 24 hours.
3. Stir in rum and vanilla. Thin with more skim milk, if desired.
4. Sprinkle with nutmeg. 12 servings

Recipe Submitted by Neil Goldfarb - GPBCH

PUMPKIN SPICE SMOOTHIE

INGREDIENTS

1/2 cup canned pumpkin (not pie filling)
1/3 cup fat-free, plain yogurt
1/3 cup skim milk
2 Tbs rolled oats
2 tsp honey
1/2 tsp pumpkin pie spice
2-4 ice cubes

DIRECTIONS

1. Into a blender, add pumpkin, yogurt, milk, oats, honey, pumpkin pie spice, and ice cubes.
2. Blend until smooth and frothy, about 1 minute. Pour into a glass and serve.

Recipe Submitted by Lauren M. Ragsdale - American Heart Association



The Greater Philadelphia Business Coalition on Health (GPBCH) seeks to increase the value of health benefit spending for its employer members, by improving workforce and community health, increasing healthcare quality and safety, and reducing health care costs. The Coalition represents employer interests in working with health plans, health care providers, benefits consultants, suppliers and other system stakeholders to address population health priorities and to ensure that when health care is needed it is accessible, affordable, high-quality, and safe.



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