



**Greater Philadelphia  
Business Coalition  
On Health**

*"Building Bridges to Better Healthcare"*

GPBCH

# HEALTHY HOLIDAY COOKBOOK

Take a look inside for new and classic recipes!

Composed of recipes provided by our members, the Healthy Holiday Cookbook offers alternative recipes to the more typical holiday foods & drinks that tend to be high in sugar and fat content.

November 2018

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# SOUPS

## AFRICAN PEANUT SOUP

### INGREDIENTS

2 medium onions, chopped  
 2 large red bell peppers, chopped  
 4 medium cloves of garlic, mashed  
 2 Tbs oil  
 1 28-oz can of diced tomatoes (with juice)  
 6 cups vegetable broth  
 1/4 tsp black pepper  
 1/4 tsp crushed red chili pepper  
 1/2 uncooked short-grain brown rice  
 2/3 cup no salt, no sugar, smooth peanut butter

**Recipe Submitted by Juliette Finney - F.A. Davis Company**

### DIRECTIONS

1. In a large pot, sauté onions, bell peppers, and garlic in oil until the onions begin to brown.
2. Add the tomatoes with juice, broth, rice, black pepper, and chili pepper. Simmer uncovered over low heat for 30 minutes.
3. Stir in peanut butter until dissolved and smooth. Simmer for about 15 more minutes.



## 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

## ROASTED BUTTERNUT SQUASH SOUP



### INGREDIENTS

1 1/2 cups fat-free, plain Greek yogurt  
 1 butternut squash, about 2 1/2 lbs  
 1 Tbs extra virgin olive oil  
 2 cups Vidalia onion (peeled, chopped)  
 2 fresh garlic cloves (chopped)  
 1 tsp fresh thyme (chopped)  
 1 bay leaf  
 1 quart water  
 1 pinch nutmeg  
 1 1/4 tsp Kosher salt  
 1/2 tsp black pepper

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

### DIRECTIONS

1. Preheat oven to 400°F convection.
2. Cut squash lengthwise and remove seeds with spoon. Season both squash halves with 1 tsp of extra virgin olive oil and 1/2 tsp salt. Wrap in foil and place in baking tray or dish.
3. Roast squash halves for 1 hour or until fork tender. Remove from oven, let cool enough to handle. Remove skin from the squash and set aside.
4. Place remaining 2 tsp of extra virgin olive oil, onion, carrots, garlic, bay leaf, thyme, and 1 tsp of salt in a pot on medium heat. Cook, stirring regularly, until onions are translucent and carrots are tender, about 10 minutes. Add 1 qt of vegetable stock and roasted squash, cook on a low simmer for 30 minutes with lid on. Remove bay leaf from soup.
5. Place soup mixture into a blender with remaining 1 tsp of salt, nutmeg, black pepper and 1/2 cup non-fat Greek yogurt. Blend on high until smooth. Portion into 6 bowls, divide 1 cup of yogurt into dollops on top of each soup and serve immediately.

## 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**



# 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.



## MANGO POMEGRANATE GUACAMOLE

### INGREDIENTS

4 ripe avocados (2 pounds total)  
 1 cup finely chopped white onion  
 2 fresh serrano chiles, finely chopped (2 Tbs), including seeds  
 1/4 cup fresh lime juice, or to taste  
 3/4 cup pomegranate seeds (from 1 pomegranate)  
 3/4 cup diced peeled mango  
 1/2 cup chopped cilantro  
 Garnish: lime wedges

**Recipe Submitted by Juliette Finney - F.A. Davis Company**

### DIRECTIONS

1. Halve, pit, and peel avocados. Coarsely mash in a bowl.
2. Stir in onion, chiles, 1/4 cup lime juice, and 1 1/4 tsp salt, then fold in pomegranate seeds, mango, and cilantro.
3. Season with salt and additional lime juice.

**Cooks' note:** Guacamole can be made 4 hours ahead and chilled, its surface covered with parchment paper or plastic wrap. Bring to room temperature and stir before serving.

## ROASTED EGGPLANT BRUSCHETTA

### INGREDIENTS

1 medium eggplant, cut into 1/2-inch cubes  
 2 Tbs olive oil plus additional for oiling baking sheet  
 1/4 tsp salt  
 Black pepper  
 2 tsp red wine vinegar  
 1/4 cup crumbled feta  
 1 scallion, thinly sliced  
 1 sliced baguette  
 1 small clove garlic, peeled  
 Roasted red pepper finely chopped (optional)

**Recipe Submitted by Juliette Finney - F.A. Davis Company**

### DIRECTIONS

1. Preheat oven to 425 degrees. Lightly oil a baking sheet or roasting pan.
2. Toss eggplant, 2 Tbs olive oil, salt and freshly ground black pepper together in a medium bowl until evenly coated.
3. Spread on baking sheet and roast for about 25 minutes, moving pieces around occasional so they evenly brown.
4. Let the eggplant cool a bit before mixing it with red wine vinegar, feta, red pepper, and scallions.
5. Toast baguette slices then rub them with a garlic clove, or serve baguette as is and mince the garlic clove and add to salad before serving.

## 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**



# APPETIZERS

## 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.



# ENTREES

## BAKED STEELHEAD TROUT FILLET

### INGREDIENTS

1 steelhead trout or salmon fillet  
 3-4 Tbs butter  
 1 shallot, minced  
 2 garlic cloves, minced  
 2 Tbs fresh dill, minced (or about 1 Tbs dried dill)  
 Salt and pepper to taste  
 1 lemon: 1 tsp of lemon zest and all the freshly squeezed juice

**Recipe Submitted by Jane Hamilton - Caregiver Action Network**

### DIRECTIONS

1. Preheat oven to 450 degrees. Line a rimmed baking sheet with aluminum foil, parchment paper or a Silpat sheet.
2. In a small microwaveable cup, place butter and shallot; cover and microwave until butter melts and shallot softens. (About 30-60 seconds; time will vary based on microwave.) Add the garlic and lemon zest. Cook for another 30-45 seconds. Squeeze in half of the lemon juice.
3. Place the fish on the prepared baking sheet. If it's really big, lay it diagonally across the baking sheet. Season with salt and pepper.
4. Spoon the butter and shallots over the fish. Sprinkle with half of the minced dill.
5. Roast in the oven for 12-17 minutes, depending on how thick the fish is. The best way to check for doneness is to use a fork to gently prick the fish; if it flakes easily, it's ready. If not, return to the oven for more cooking.
6. Use several spatulas to take the fish off the baking sheet in one piece, transferring to a serving platter. (Or cut it into sections, if you prefer.)
7. Spoon butter from the baking sheet onto the fish. Squeeze the other half of the lemon over the fish and sprinkle with more dill.



# ENTREES

## BUFFALO TURKEY SLIDERS W/ BLUE CHEESE BROCCOLI SLAW



### INGREDIENTS

Mini hamburger buns or regular hamburger buns  
 1 1/4 lbs 93% lean ground turkey (ground turkey thighs)  
 2/3 cup grated carrots (1 large carrot; shred on box grater)  
 1/4 cup whole wheat bread crumbs  
 1 clove garlic, grated  
 1 Tbs red onion, grated  
 1/4 cup or more to taste Franks Red Hot Sauce  
 Salt and pepper  
 Oil spray  
 1 1/2 cups broccoli slaw (usually available pre-shredded and bagged in product department)  
 1/4 to 1/2 cup skinny blue cheese dressing (recipe that follows yields approximately 1 cup dressing):

- o 1/2 cup crumbled blue cheese
- o 6 oz. fat free Greek yogurt
- o 1 Tbs light mayonnaise
- o 1 Tbs lemon juice
- o 1 Tbs white wine vinegar
- o 1/8 tsp garlic powder
- o Salt and pepper

**Recipe Submitted Juliette Finney - F.A. Davis Company**

### DIRECTIONS

**Directions for Skinny Blue Cheese Dressing:**

1. In a small bowl, mash blue cheese and yogurt together with a fork.
2. Stir in mayonnaise, lemon juice, vinegar, and garlic powder until well blended. Season to taste with salt and pepper. Makes 1 cup.

**Directions for Turkey Burgers and Slaw:**

1. In a medium bowl, combine broccoli slaw and 1/4 to 1/2 cup blue cheese dressing. Set aside.
2. In a large bowl, combine ground turkey, carrots, breadcrumbs, garlic, onion, hot sauce, salt and pepper. Makes 5 equal patties, 5.5 oz each for regular sized burgers, or 10 equal patties, 2.25 oz each for sliders.
3. Heat a large skillet on high heat. When hot, lightly spray the oil. Add burgers to the pan and reduce the heat to medium-low.
4. Cook on one side until browned 4-5 minutes, then flip. Cook another 4 minutes or until burgers are cooked all the way through (keep heat medium-low to prevent burning); place on a toasted burger buns topped with broccoli slaw.

## HERB ROASTED CHICKEN

### INGREDIENTS

5 tsp unsalted butter (softened)  
 3 tsp fresh minced sage (divided)  
 3 tsp fresh minced thyme (divided)  
 3 tsp fresh rosemary (minced, divided)  
 Kosher salt and freshly ground black pepper to taste  
 1 1/2 cups chicken broth (low-fat, reduced-sodium)  
 1 cup white wine (dry)  
 5 lbs turkey breast (skin on, washed and patted dry)

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

### DIRECTIONS

1. Preheat oven to 350 degrees. Line a large roasting pan with foil. Set a rack inside the roasting pan and coat it with cooking spray. Set aside.
2. In a small bowl, combine butter with 2 tsp each of sage, thyme, and rosemary, salt & pepper. Reserve remaining 1 tsp of each of the herbs.
3. In a small saucepan, combine chicken broth & wine, bring to a gentle boil. Add reserved herbs and lower to a simmer.
4. With hands, separate turkey breast skin from breast meat, creating a pocket without removing skin. Rub butter herb mixture over breast meat. Place skin back down on the breast.
5. Set turkey on the prepared rack in the pan (feel free to add your choice of veggies to cook with turkey). Roast turkey for about 1 hour, 20 minutes to 1 hour, 40 minutes until the internal temperature reaches 170 degrees F and juices run clear. Baste every 15-20 minutes with the mixture of chicken broth & white wine.
6. Remove turkey from oven, cover loosely with foil, and let stand for 15 minutes before slicing. Discard skin and serve.



# ENTREES

## 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 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).

## SHRIMP IN SPICY ORANGE SAUCE

### INGREDIENTS

8 large oranges  
3 Tbs oil  
1 tsp minced garlic  
32 peeled and deveined large shrimp  
2 Tbs hot pepper sauce  
1 Tbs light brown sugar  
1 Tbs Worcestershire  
1 Tbs cornstarch dissolve in 1 Tbs water

**Recipe Submitted by Neil Goldfarb - GPBCH**

### DIRECTIONS

1. Slice tops off oranges, and discard. Scrape out pulp. Squeeze into bowl to extract juice. Discard pulp. Set aside shells.
2. Heat oil in wok. Add garlic and cook 1 minute.
3. Add shrimp and cook 1 minute. Stir in hot sauce, brown sugar, and Worcestershire.
4. Add orange juice and boil. Cook 2 minutes.
5. Stir in cornstarch mixture, and continue cooking until thickened.
6. Divide among orange shells and serve. 8 servings

## 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.





# 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**

## VEGETARIAN LENTIL TACO 'MEAT FILLING' SUBSTITUTE

### INGREDIENTS

1 cup chopped onion  
 1 garlic clove, minced  
 1 tsp canola oil  
 1 cup dry lentils, rinsed  
 1 Tbs chili powder  
 2 tsp ground cumin  
 1 tsp oregano  
 14 oz water  
 2 vegetable bouillon cubes  
 1 cup salsa

### DIRECTIONS

1. Put everything in the crock pot and cook on low for 8-12 hours, stirring occasionally and adding water as needed.
2. Use as you would a meat taco filling.

**Recipe Submitted by Juliette Finney - F.A. Davis Company**

# 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 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

## BROWN AND WILD RICE PILAF

### INGREDIENTS

1 cup of each: wild rice and brown rice  
 1/2 cup wild rice and 1 1/2 cup brown rice  
 4-4 1/2 cup liquid: water or chicken stock  
 Additions, as chosen.

**Recipe Submitted by Jane Hamilton - Caregiver Action Network**



### DIRECTIONS

- Put wild rice in a bowl and cover with water. Let stand a minute or two. Stir rice; then drain away the cloudy water. (Pouring through a small strainer when draining prevents losing the rice when rinsing.) Repeat 2-3 times until water runs clear.
- Bring 4 cups of water or chicken stock to a boil.
- Add drained wild rice; lower heat and cover. Simmer 5 minutes.
- Add brown rice; stir and replace pan lid. Simmer 25 minutes, until tender and water is absorbed. (If rice isn't tender and liquid remains in the pan, recover and cook longer. If rice isn't tender and water is all absorbed, add another 1/2 cup liquid, recover and cook longer.)
- Add flavorful ingredients of your choice:
  - Salt, pepper and butter, to taste
  - Zest and juice of 1/2 lemon, 1/2 cup parsley, salt, pepper and butter
  - 1/2 cup toasted pine nuts or pecans, 3 tablespoons minced scallions, 1/2 cup parsley, salt, pepper and butter
  - 1/2 cup toasted slivered almonds, 1/2 cup golden raisins, 1/4 cup sherry, 1/2 cup parsley, salt, pepper and butter
- May be made ahead and reheated (covered) in the microwave.

## BRUSSELS SPROUT-POMEGRANATE-PECAN-QUINOA SALAD

### INGREDIENTS

1 lb Brussels sprouts  
 2-3 Tbs olive oil  
 1 cup uncooked quinoa  
 2 cups water  
 1/2 cup pomegranate (or dried cranberries for a tasty substitute)  
 1/3 cup pecans (or walnuts)  
 Salt and pepper to taste

**Recipe Submitted by Juliette Finney - F.A. Davis Company**

### DIRECTIONS

- Preheat oven to 400 degrees F.
- Boil 1 cup uncooked quinoa with 2 cups water. Simmer covered for 15 minutes.
- Slice 1 lb Brussels sprouts in half. Mix with 2-3 Tbs olive oil and salt and pepper to taste. Roast for 15 minutes, turn Brussels sprouts, and roast another 15 minutes until tender.
- Remove seeds from pomegranate. (Suggestion: Easiest to cleanly remove seeds in a bowl of water. Seeds and inedible parts of the fruit will separate in the water.)
- Mix cooked quinoa, roasted Brussels sprouts, 1/2 cup pomegranate seeds, and 1/3 cup pecans (or a little less). Ready to serve!



# VEGGIES & SIDES

## BUFFALO CHICKEN QUINOA SALAD



### INGREDIENTS

#### Salad

2 cups quinoa  
 4 cups water  
 1 1/2 pound boneless skinless chicken breast, cut into bite size pieces  
 1 1/2 cup shredded carrots  
 1 1/2 cup shredded cabbage  
 1 cup blue cheese crumbles, plus more for garnish  
 6 green onions chopped, save half for garnish

#### Dressing

1/2 cup olive oil  
 1 cup hot sauce  
 1 tsp salt

**Recipe Submitted Juliette Finney - F.A. Davis Company**

### DIRECTIONS

1. In a strainer, rinse quinoa well and drain. In a medium pot, combine quinoa and water. Bring to a boil, then cover and turn heat to low. Cook until all the water is absorbed, about 20 minutes. Remove from the heat, fluff the quinoa with a fork.
2. While the quinoa is cooking make the buffalo sauce dressing and cook the chicken. In a measuring cup or small bowl combine the olive oil, hot sauce, and salt. Whisk to combine. Set aside.
3. Heat a medium size skillet over medium high heat Add a tablespoon of olive oil and cook the chicken for about 5 minutes or until cooked through. Add 1/2 cup or so of the buffalo sauce and cook until the chicken absorbs the sauce.
4. When the quinoa is ready add the chicken, carrots, shredded cabbage and as much of the dressing as desired toss well. Add the blue cheese and half of the green onions. Toss again and serve warm with extra blue cheese crumbles and green onions.

## BUTTERNUT SQUASH CASSEROLE

### INGREDIENTS

1 sm squash, peeled, seeded and thin sliced  
 1 red onion, thin sliced  
 1/3 cup apple juice  
 2 Tbs butter  
 2 Tbs honey  
 1/4 cup slivered almonds, toasted

### DIRECTIONS

1. Combine squash and onion in baking dish.
2. Mix butter, juice, and honey and pour over top.
3. Sprinkle with almonds.
4. Bake, covered, 40 min or until tender. Serves 4.

**Recipe Submitted by Neil Goldfarb - GPBCH**

## EGG WHITE SHAKSHUKA

### INGREDIENTS

1 onion  
 1 Tbs olive oil  
 Frozen spinach  
 16 oz tomato sauce (no added sugar)  
 Egg whites (estimate 2 per person)  
 1 tsp Toasted paprika (you can buy this or toast it yourself in a saucepan over a low flame)

**Recipe Submitted by Cheryl Bettigole - Philadelphia Department of Public Health**

### DIRECTIONS

1. Dice the onion and sauté it in the olive oil until translucent.
2. Add jar of tomato sauce and continue to sauté
3. Mix in frozen spinach (1-2 cups depending on preference)
4. Add toasted paprika
5. Crack eggs and deposit egg whites into sauce, spacing them out a little so that they poach in the cooking tomato sauce
6. Cover and cook until eggs are done (about 10 minutes)
7. Eat plain or with a slice of whole wheat toast



# VEGGIES & SIDES

## HONEY LIME SHRIMP

### INGREDIENTS

1/2 lb large shrimp, peeled and deveined  
 1/4 cup olive oil  
 2 Tbs honey  
 juice of one small lime, or half a large lime (2-3 Tbs)  
 Zest of one small lime, or half a large lime  
 2 cloves garlic, smashed  
 1/2 tsp kosher salt  
 1/4 tsp black pepper  
 1/4 tsp red pepper flakes (I grind mine in pepper mill first)

**Recipe Submitted Juliette Finney - F.A. Davis Company**

### DIRECTIONS

1. In a large Ziploc bag, combine all the marinade ingredients. When everything is well-combined, add the shrimp, squeeze as much air as possible out of the bag, and close it up. Place it in the fridge.
2. Let the shrimp marinate for 30-60 minutes, flipping the bag around once or twice during that time, so that all the shrimp stay evenly covered in the marinade.
3. When you're ready to cook, take the shrimp out of the fridge and let them sit at room temperature for about 10 minutes. Heat a large skillet over medium-high heat; there is no need to add any oil or butter to the pan, as the marinade has enough oil in it to keep the shrimp from sticking to the pan. (If you would prefer to use the grill for these, you can thread them onto skewers and toss them on the grill at this point.)
4. Add your shrimp to the pan in a single layer, making sure they are not too crowded; you can always cook them in more than one batch. Let them cook on one side for about a minute, until they curl up and start to turn pink. Flip them over, and cook for another 30 seconds or so, until the shrimp are opaque. Remove from the pan, and serve immediately! I have served them cold as well and they are just as good. Serves 2.



## "NOT" RICE AND BEANS (LOCAL VEGETARIAN COMFORT FOOD)

### INGREDIENTS

One 12 oz. bag riced Cauliflower and Broccoli  
 2 Tbs water  
 1 cup frozen Corn  
 1/4 diced Red Onion  
 1 can black beans, drained and rinsed  
 1/3 cup diced cucumbers, seeded (one large cucumber)  
 1/2 cup Salsa Verde - mild, hot, your choice  
 Juice of one lime  
 Salt and pepper to taste.

**Recipe Submitted by Lorna Haley & Forrestine Coombs - SEPTA**

### DIRECTIONS

1. In a medium pot over low-medium heat, cook the riced vegetables, water, corn and onion for 5-6 minutes until tender and no longer frozen.
2. Stir often and heat evenly.
3. Add the beans, peppers, Salsa Verde, salt and pepper, heating through for 1-2 minutes.
4. Add the juice of the lime and toss to combine.
5. Adjust for taste with more salt/pepper and/or Salsa Verde to your preference, serve & enjoy!



# VEGGIES & SIDES

## 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**

## 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.



# VEGGIES & SIDES

## 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  
 2 Tbs Smart Balance Buttery Spread Original  
 6 egg whites  
 1/4 tsp cream of tartar

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

### 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 and dried, whole sweet potatoes (with the skins on) on the sheet and 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 or 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.
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).

## VEGETABLE FRITTATA

### INGREDIENTS

1/2 Onion  
 1 Red Pepper  
 10 oz Frozen spinach or 2 cups fresh spinach  
 5 oz Feta Cheese  
 8 Eggs  
 1/3 cup of milk  
 Salt and Pepper  
 1 Tbs oil  
 1 Tbs butter

### DIRECTIONS

1. Defrost the frozen spinach and squeeze out excess water.
2. Chop the pepper and onion into a fine dice. Sauté in oil and butter for about 7 minutes.
3. In a bowl combine eggs, milk, salt and pepper and mix well.
4. Line a 9x13 casserole dish with aluminum foil and grease with cooking spray. Spread out the spinach, peppers and onions then add the egg mixture on top. Then add crumbled feta on top (will sink in).
5. Cook at 350 F for about 30 minutes. Cool for 20 minutes then lift foil out of casserole dish, cool and cut into squares to serve.

**Recipe Submitted by Juliette Finney - F.A. Davis Company**



# VEGGIES & SIDES

## WILD RICE AND CRANBERRY SALAD

### INGREDIENTS

6 1/2 cups water  
 1/2 cup chicken broth  
 1 1/2 cups wild rice  
 1 cup dried cranberries  
 1 cup golden raisins  
 1 cup chopped scallions  
 1/2 cup pine nuts, toasted  
 1/2 cup mixed bean sprouts  
 1/2 cup chopped parsley  
 2 Tbs grated orange peel  
 1/2 cup orange juice  
 1/4 cup cider vinegar  
 1/2 cup olive oil

### DIRECTIONS

1. Bring water and broth to boil. Add rice. Boil.
2. Reduce heat to medium and simmer, stirring occasionally, about 40 min. Drain and cool.
3. Mix in berries, raisins, scallions, pine nuts, bean sprouts, parsley, and orange peel.
4. Whisk orange juice and vinegar. Whisk in oil. Toss dressing with rice. Season. Serves 12

**Recipe Submitted by Neil Goldfarb - GPBCH**

## 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**



# 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**

## 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

## FROZEN HOT CHOCOLATE

### INGREDIENTS

1 1/2 cups fat free milk  
 1 cup ice  
 4 Tbs Ovaltine Rich Chocolate (or Chocolate Malt flavor)  
 1 Tbs unsweetened cocoa powder  
 2 Tbs fat free whipped topping (optional)  
 Drop of peppermint extract (optional)

**Recipe Submitted by Eric Croft - GPBCH**

### DIRECTIONS

1. Pour the milk and ice into your blender.
2. Add in the Ovaltine, cocoa powder, and whipped topping (optional - you could also leave this for the top instead).
3. Blend 3-4 minutes until the ice is completely chopped and the mixture is thick and icy.
4. Pour into two glasses, and serve immediately.



## 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 SMOOTHIE

### INGREDIENTS

1/2 cup pumpkin puree  
 1/2 cup skim milk  
 1/2 cup crushed ice  
 6 oz nonfat Greek yogurt (or plain would work too)  
 2 tsp vanilla extract  
 1/2 tsp pumpkin pie spice or cinnamon (to taste)  
 2 tsp packed brown sugar (or maple syrup to taste)

### DIRECTIONS

Put all ingredients in a blender and blend until smooth.  
 Serve with a straw

**Recipe Submitted by Eric Croft - GPBCH**

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**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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