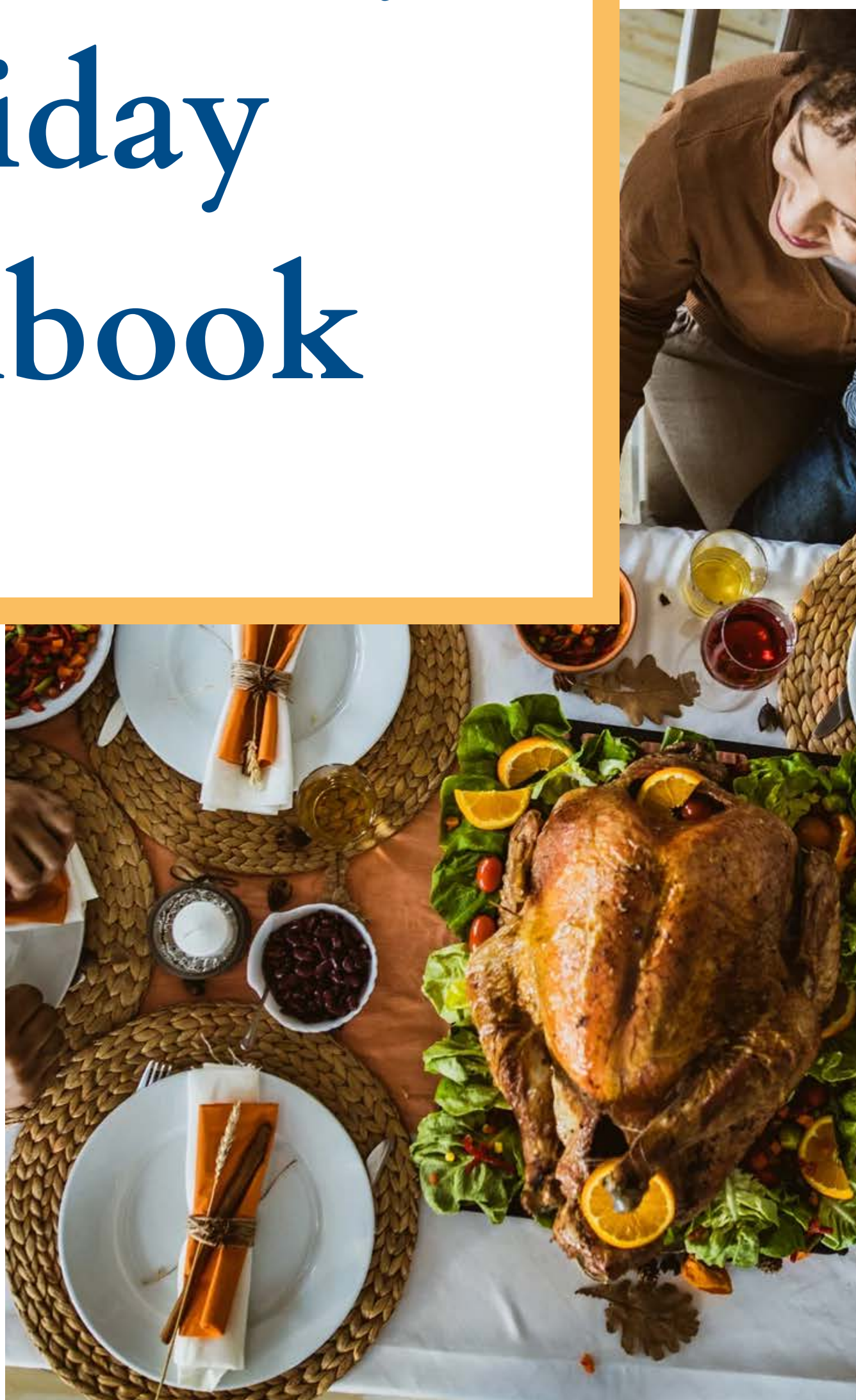




**GPBCH**  
Greater Philadelphia  
Business Coalition on Health  
DRIVING INNOVATION AND VALUE IN HEALTHCARE

# 2021 Healthy Holiday Cookbook





# HAPPY HOLIDAYS!

The 2021 Healthy Holiday Cookbook is our **FIFTH** annual cookbook! Special thanks to our Employee Health & Well-being Interest Group for their contributions to this year's edition. During the holiday season we all enjoy spending time with our families and friends while indulging in the holiday sweets and treats. The Healthy Holiday Cookbook is meant to provide healthier food and drink options so that we don't overindulge in the holiday treats that are typically high in sugar and fat. We hope you enjoy this year's edition and on behalf of the GPBCH staff and Health & Well-being Interest Group, Happy Holidays!



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Chocolate Avocado Truffles  
Lowfat Eggnog  
Low Fat Pineapple Cheese Pie  
Mix & Match Chocolate Bark



# APPETIZERS

## Healthier Spinach Artichoke Dip

### Ingredients

- 12 ounces bag frozen cut leaf spinach, prepared and drained
- 15 ounces can cannellini beans, rinsed and drained
- 2 Tbsp. olive oil
- 14 ounces can quartered artichoke hearts, drained and roughly chopped
- 4 ounces reduced-fat cream cheese
- 1/2 cup grated Parmesan cheese
- 2 tsp. hot sauce, or to taste
- 2 Tbsp. minced garlic
- 1 tsp. onion powder
- 1/4 tsp. ground pepper
- 1/4 tsp. salt

### Directions

1. Prepare spinach according to package directions. Preheat oven to 375 degrees F. Once spinach is done cooking, drain and add to a large bowl.
2. In the bowl of a large food processor, blend cannellini beans and olive oil until mostly smooth. Add mixture to the bowl with the drained spinach.
3. Add the rest of the ingredients to bowl and stir to combine evenly. Place mixture in an oven-safe baking dish (I used a cast iron pan). Top with additional Parmesan if you like. Bake for 20-30 minutes, or until dip is heated throughout and cheese is melty. Serve while warm.

Recipe Submitted by Eric Croft, GPBCH

## Red Pepper Romesco Soup

### Ingredients

- 4 Red Peppers
- 1 1/2 Tbsp. of Olive Oil
- 1/2 Yellow Onion, finely chopped
- 3 Cloves of Fresh Garlic, minced
- 1 tsp. of Red Pepper Flakes
- 1 can of Tomatoes (chopped or diced)
- 2 cups of chicken, bone or veggie Stock
- 3/4 Tbsp. of Salt
- 1 cup of Cashews

Recipe Submitted by Andrea Silver, Philadelphia Gas Works

### Directions

1. Preheat oven to 450.
2. Place Whole Peppers on a sheet tray and cook for 20-30 minutes until blistered and tender. Remove and let cool.
3. Once cooled, scoop out seeds and stem, add to a blender and pulse until smooth. Leave blender out for last step.
4. In a med/large pot, heat olive oil over medium heat.
5. Add Onion, Garlic, Red Pepper Flakes and Saute until translucent (4-5 minutes).
6. Add Tomatoes, Stock, Pureed Peppers and Salt and bring to a boil. Remove from heat.
7. In blender, add Cashews and a cup of the soup – blend until smooth, then pour and stir into to the large pot.
8. Pour into bowls and serve with some fabulous French or Italian bread.

## Sweet Potato Guac Bites

### Ingredients

- 1 sweet potato (sliced into thin rounds)
- 1 Tbsp. avocado oil (you can use the spray or brush it on)
- 3 avocados
- 1 clove/tsp. garlic (minced)
- 1/3 cup red onion (diced finely)
- 1 tsp. salt (divided in half)
- 1/4 tsp. cumin
- 2 Tbsp. lime juice (or juice of 1/2 lime)
- 1/4 cup cilantro (chopped)

Recipe Submitted by Eric Croft, GPBCH

### Directions

1. Preheat oven to 400 degrees.
2. On a baking sheet lined with parchment paper, lay out the sweet potato rounds.
3. Spray or brush them with the oil (both sides) and then sprinkle on half the salt.
4. Bake for 15-20 minutes or until golden brown and slightly crispy. (You could also make the sweet potato rounds in an air fryer if you have one.)
5. While they are baking, prepare the guacamole by mashing the avocados in a small bowl.
6. Mix in the garlic, onion, salt, cumin, lime and cilantro.
7. Once the rounds come out of the oven, top with a spoonful of guacamole and serve!

## Velvety Avocado Pesto Dip

### Ingredients

- 2 medium ripe avocados, peeled, pitted, and cut into pieces
- 1 cup fresh basil leaves
- 1/4 cup unsalted pine nuts
- 3 Tbsp. olive oil (extra virgin preferred)
- 1 Tbsp. fresh lemon juice
- 3 medium garlic cloves
- 1/4 tsp. salt
- 1/4 tsp. cracked black pepper

### Directions

In a food processor or blender, process all the ingredients for about 3 minutes, or until the mixture is fluffy and creamy.

Recipe Submitted by Diann Gaffney, American Heart Association

### Quick Tips

**Go for a walk.** Instead of napping after your Thanksgiving feast, take a stroll with your family, friends, and pets! You’ll burn some calories, spend more quality time with loved ones, and feel better overall.

**Distance helps the heart stay healthy.** At a party, don’t stand next to the food table. That makes it harder to mindlessly reach for food as you talk. If you know you are prone to recreational eating, pop a mint or a stick of gum so you won’t keep reaching for the chips.





# SIDES

## Carrot Crunch

### Ingredients

6-8 carrots  
1/2 tsp. salt  
1 1/2 Tbs. butter  
1 1/2 Tbs. brown sugar  
1 1/2 tsp. ground orange rind  
1/4 cup toasted slivered almonds

### Directions

1. Cut carrots into julienne. Cook in small amount of salted water, or steam. When barely tender remove from pan, drain water.
2. In pan stir together butter, sugar, rind, and almonds. Mix well and return carrots to pan.
3. Simmer 5 minutes, turning to coat carrots with almond mixture.

Recipe Submitted by Neil Goldfarb, GPBCH

## Cinnamon Baked Pumpkin

### Ingredients

1/4 cup packed brown sugar  
1 tsp. ground cinnamon  
1/2 tsp. salt  
3 lbs. baking pumpkin or winter squash (butternut or acorn), peeled, seeded  
2 Tbsp. roasted peanut oil, peanut oil, cooking oil, or butter, melted

Recipe Submitted by Jill Hutt, GPBCH

### Directions

1. Preheat oven to 325 degrees F. Line a 3-quart rectangular baking dish with foil. In a small bowl, stir together brown sugar, cinnamon, and salt; set aside. In prepared 3-quart rectangular baking dish toss pumpkin with oil. Sprinkle brown sugar mixture evenly over pumpkin.
2. Bake, covered with foil, for 40 minutes. Uncover and stir pumpkin. Bake, uncovered, about 15 minutes more or until pumpkin is tender. Makes 10 (3/4-cup) servings.
3. Tip: The sugar pumpkin can be replaced with butternut or acorn squash.

## Easy Winter Squash & White Bean Sauté

### Ingredients

1 bag frozen butternut squash (enough for 2 cups)  
2 Tbsp. olive oil  
1/4 cup diced white onion  
2 garlic cloves, minced  
1/3 cup diced tomatoes with juice  
1-1/2 cups low-sodium vegetable broth  
1/2 tsp. salt  
1/4 tsp. ground black pepper  
1/4 tsp. red pepper flakes  
1 (15 ounces) can white beans, drained and rinsed  
1-1/2 cups, packed, fresh spinach  
1-1/4 tsp. fresh thyme, chopped  
1/4 cup grated Parmesan cheese, plus extra for garnish

Recipe Submitted by Samantha Bluj, Corporate Wellness Nutrition

### Directions

1. Add the oil to a skillet over medium heat. When hot, add the onion and cook for about 4 minutes, or until they soften. Add the garlic and cook for about a minute, taking care not to burn it.
2. Add the squash, tomato and juice, and vegetable broth. Reduce the heat to medium-low, and cook, stirring occasionally, until the squash softens and most of the liquid is absorbed, about 12-15 minutes.
3. Add the beans, salt, black pepper, red pepper, and 1 teaspoon of the thyme to the mixture.
4. Mix to combine and cook for several minutes, until the beans are heated through. Add the spinach to the skillet and mix to combine as it warms and wilts.
5. Remove from the heat and stir in the Parmesan.

## Maple-Glazed Sweet Potato Casserole

### Ingredients

Cooking spray  
40 ounce can chopped sweet potatoes or yams in light syrup, drained  
1 tsp. pumpkin pie spice and 1/4 teaspoon pumpkin pie spice, divided use  
1 tsp. vanilla extract  
1/4 tsp. salt  
2 large egg whites  
1/4 cup unsalted pumpkin seeds  
2 Tbsp. pure maple syrup  
2 Tbsp. all-purpose flour  
1 Tbsp. olive oil

Recipe Submitted by Diann Gaffney, American Heart Association

### Directions

1. Preheat the oven to 400°F. Lightly spray a 1 1/2-quart baking dish with cooking spray.
2. In a large bowl, using a potato masher or fork, mash the potatoes. (Alternatively, put the sweet potatoes in a large resealable plastic bag. Securely seal the bag. Using your hands mash the sweet potatoes. Transfer to a large bowl.) Stir in 1 teaspoon pumpkin pie spice, vanilla, and salt until well blended. Transfer the sweet potato mixture into the baking dish.
3. In a large metal or glass bowl, using an electric mixer on high speed, beat the egg whites for 3 to 4 minutes, or until stiff peaks form (the peaks don't fall when the beaters are lifted). (Alternatively, using a fork or hand whisk, whisk the eggs whites until frothy.) Using a spatula, gently fold the egg whites into the sweet potato mixture.
4. In a small bowl, stir together the pumpkin seeds, maple syrup, flour, oil, and remaining 1/4 teaspoon pumpkin pie spice. Sprinkle over the sweet potatoes.
5. Bake for 20 to 25 minutes, or until the sweet potatoes are fluffy and the topping is golden brown.

## Quick Tips

**Don't go hungry!** If you are hungry when you arrive at a holiday gathering, then you will tend to snack the whole time and seek out the higher calorie foods. To prevent this, have a healthy snack before arriving. – Mark Mulray, HealthWell Solutions

**Don't shop hungry.** Eat before you go shopping so the scent of Cinnabons or caramel corn doesn't tempt you to gobble treats you don't need.





# SIDES

## Roasted Carrots, Beets, & Red Onion Wedges

### Ingredients

Cooking spray  
2 beets (about 5 ounces each), peeled, cut into 1/2-inch wedges  
3 small carrots (about 2 ounces each), cut crosswise into 2-inch pieces (not baby carrots)  
1 medium red onion (cut into 1/2-inch wedges)  
2 tsp. olive oil (extra virgin preferred)  
1/2 tsp. dried oregano (crumbled)  
1/8 tsp. salt

Recipe Submitted by Diann Gaffney, American Heart Association

### Directions

1. Preheat the oven to 425°F. Line a large baking sheet with aluminum foil to keep it from getting stained. Lightly spray the foil with cooking spray.
2. Put the beets, carrots, and onion wedges on the foil. Drizzle the oil and sprinkle the oregano and salt over the vegetables, stirring gently to coat. Arrange the vegetables in a single layer so they don't touch.
3. Roast for 15 minutes. Stir. Roast for 10 minutes, or until the vegetables are just tender when pierced with a fork.

## Shaved Vegetable Salad

### Ingredients

2 small candy cane beets  
1 medium carrot  
1 medium watermelon radish, halved  
Quarter of a head red cabbage  
1/4 cup extra-virgin olive oil  
1 tsp. honey  
Juice of 1 lemon  
Kosher salt and freshly ground black pepper  
1 small bunch watercress, washed and large stems discarded  
2 Tbsp. roasted salted pepitas  
2 ounces fresh goat cheese, crumbled (about 1/4 cup)  
1/3 cup fresh basil leaves, torn into pieces  
1 Tbsp. roughly chopped fresh chives

Recipe Submitted by Jill Hutt, GPBCH

### Directions

1. Shave the beets into paper-thin rounds, the carrot into paper-thin slices on a bias and the radish into paper-thin half-moons on a mandoline. Thinly slice the cabbage with a sharp knife.
2. Whisk together the oil, honey, lemon juice, 1/2 teaspoon salt and 1/4 teaspoon pepper in a small bowl until well combined. Set aside.
3. Lay the beet, carrot and radish pieces all over the bottom of a large serving platter. Drizzle with 2 tablespoons of the vinaigrette. Gently toss the cabbage, watercress and remaining vinaigrette together in a medium bowl until well coated. Pile the cabbage and watercress in the middle of the platter and top with the goat cheese, pepitas, basil and chives.

## Sheet Pan Veggies + Added Protein Option

### Ingredients (Choose your vegetables)

3 cups of Zucchini coins  
2 cups String Beans or Asparagus  
3 cups of Quartered Baby Potatoes (if you use larger potatoes be sure to cut them into small pieces so they cook as quickly as the other, softer vegetables - or half bake in advance)  
3 Tbsp. of Olive Oil  
3/4 Tbsp. of Sea Salt  
1/2 tsp. of Black Pepper

Protein Choices (choose one or mix it up):  
3 pounds of Chicken Breast, cut into large cubes  
2 Cans of Chickpeas  
1 Square of Tofu, cubed  
3 Tbsp. of Olive Oil  
3/4 tsp. of Salt  
1 tsp. of Black Pepper  
1 tsp. of Smoked Paprika  
2 tsp. of Dried Rosemary  
2 tsp. of Dried Oregano

### Directions

1. Preheat oven to 375.
2. In a large bowl, toss the Vegetables, Oil, Salt, and Pepper.
3. Line a large sheet pan with parchment paper and lay out the above on the sheet
4. Add the Protein to the now empty bowl and toss with the Oil and Spices. Add to the baking sheet.
5. Bake for 20-25 minutes.

Recipe Submitted by Andrea Silver, Philadelphia Gas Works

## Quick Tips

**Wait 10 minutes.** After you've eaten your small plate of healthy choices, wait 10 minutes. This will give your brain the time it needs to tell your stomach if it's full. Often, after that amount of time, our hunger cravings will be satisfied.

**Socialize away from the food.** If you're standing around talking at a party, do it away from the food. You'll be less likely to spot something that you can't resist.

**Start simple.** Fill your plate with veggies, fruits, green salads, and lean meats. If you see a yummy looking side dish that is high in calories, take just a taste of it. You can go back for more later, if you're still hungry.

**CDC's COVID-19 safety recommendations.** Holiday traditions are important for families and children. There are several ways to enjoy holiday traditions and protect your health - [click here for more information.](#)





# ENTREES

## Beet & Bean Veggie Burger

### Ingredients

- 1 lb. cooked brown rice, about 2 1/2 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 ounces whisked egg

## Kale & Sweet Potato Stuffed Turkey Breast

### Ingredients

- 3-4 lb. boneless turkey breast roast
- 2 1/2 tsp. kosher salt, divided
- 1 tsp. ground black pepper, divided
- 1 Tbsp. oil
- 2 medium onions, halved and sliced thin
- 1 tsp. butter
- 3 garlic cloves, minced
- 1 medium (12 ounces) sweet potato, peeled and diced fine
- 3 sprigs thyme, leaves removed
- 6 sage leaves
- 1 Tbsp. Dijon
- 2 1/4 cup chicken or turkey broth, divided
- 1/2 bunch (2 cups) kale, cleaned, removed from stem and sliced thin

Recipe Submitted by Eric Croft, GPBCH



## Shrimp in Spicy Orange Sauce

### Ingredients

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

Recipe Submitted by Neil Goldfarb, GPBCH

## Spicy Turkey Lettuce Wraps

### Ingredients

- 1 Tbsp. safflower oil
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup water
- 3 Tbsp. cranberry sauce
- 1 small chipotle chili (canned in adobo sauce), chopped
- 1 tsp. adobo sauce
- 2 cups leftover turkey breast, shredded
- 1 cup cooked brown rice
- 10 Bibb lettuce leaves
- 3 radishes, julienned
- 1/3 cup cilantro leaves
- 1/2 cup tomatillo salsa

## Turkey Chili

### Ingredients

- 1 1/2 tsp. olive oil
- 1 lb. ground turkey
- 1 onion, chopped
- 2 cups water
- 28 ounces can crushed tomatoes
- 16 ounces canned kidney beans – drained, rinsed and mashed
- 1 Tbsp. minced garlic
- 2 Tbsp. 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. In a food processor, add rice, beets, beans, onions, garlic, salt, pepper and oil. Process until combined and a paste forms.
2. Transfer to a bowl and fold in breadcrumbs and eggs. Cover and let rest overnight.
3. Portion into 4 ounce patties.
4. 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

### Directions

1. Place turkey breast side down on a cutting board. Carefully, slice parallel through the thickest part of the breast, but not all the way through. Unfold the turkey so it lays flat. Cover with a piece of plastic wrap and pound with a meat mallet until the turkey is of uniform 3/4 inch thickness. Season with 1 teaspoon kosher salt and pepper. Let sit at room temperature for 1 hour, or up to 24 in the refrigerator. If it’s brined and refrigerated make sure to bring it back to room temperature before baking.
2. Meanwhile, make filling: Heat oil over medium-low heat. Add onion and cook, stirring occasionally for 25 minutes. Add in butter, garlic and sweet potato, and cook for 15 minutes, stirring occasionally until sweet potato is tender. Add in thyme, sage, Dijon, 1/4 cup broth and kale and cool until wilted down and all of the liquid has evaporated. Set aside to cool slightly, about 15 minutes. Can be made up to 2 days ahead of time.
3. Preheat oven to 375 degrees and set aside a 9x13 roasting pan.
4. Pat the turkey breast dry. Spread the slightly cooled kale mixture into the middle of the breast, leaving a 1 inch border all around the edge of the breast. Starting with one short end that does not have the skin underneath, roll into a tight log and completely enclose the filling. Turn the now stuffed turkey breast seam side down and smooth over the skin in the middle of the breast as best as possible. Next tie up the stuffed breast with butcher’s twine evenly in 5 places. Place inside a roasting pan.
5. Dry off the skin and rub all over with olive oil, salt and pepper and pour chicken/turkey broth in the bottom of the roasting pan.
6. Bake, basting every 20 minutes, until it reaches 155 degrees with an instant read thermometer, about 60-70 minutes. Let rest, slightly covered for 10-15 minutes, to let the temperature continue to climb up to 165 degrees.
7. Slice and serve with your favorite side dishes.

### 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.

### Directions

1. Heat a large skillet over medium-high heat. Add 1 Tbsp. oil to pan; swirl to coat. Add onions and cook 4 minutes or until soft. Add garlic; cook 30 seconds or until fragrant. Add ½ cup water, cranberry sauce, adobo sauce and chipotle chili. Stir in turkey; cook 2 minutes or until thoroughly heated. Remove from heat and set aside.
2. Divide rice and turkey mixture evenly among lettuce leaves. Top evenly with radishes and cilantro. Serve wraps with tomatillo salsa.

Recipe Submitted by Michelle DeNault, Wawa

### Directions

1. Heat a large skillet over medium-high heat. Add 1 Tbsp. oil to pan; swirl to coat. Add onions and cook 4 minutes or until soft. Add garlic; cook 30 seconds or until fragrant. Add ½ cup water, cranberry sauce, adobo sauce and chipotle chili. Stir in turkey; cook 2 minutes or until thoroughly heated. Remove from heat and set aside.
2. Divide rice and turkey mixture evenly among lettuce leaves. Top evenly with radishes and cilantro. Serve wraps with tomatillo salsa.

Recipe Submitted by Valerie Fleming, United Concordia Dental



# DESSERTS

## Apple Bread Pudding

### Ingredients

Cooking spray  
1 large egg  
1 large egg white  
1 cup fat-free milk  
2 Tbsp. brown sugar blend  
1 tsp. vanilla extract  
1 tsp. ground cinnamon  
1/2 tsp. ground cloves or allspice  
6 slices light, whole-grain bread, cubed  
3 medium apples (cored, cut into 1/2-inch cubes)  
1/2 cup of any one of the following: raisins, unsweetened dried cranberries, fresh or unsweetened dried blueberries, chopped walnuts, pecans, or almonds (optional)

### Directions

1. Preheat the oven to 350°F.
2. Lightly spray a 9-inch square baking dish with cooking spray.
3. In a large bowl, whisk together the egg, egg white, milk, brown sugar blend, vanilla, cinnamon, and cloves.
4. Stir in the bread, apples, and raisins, cranberries, blueberries, and/or nuts.
5. Pour the mixture into the baking dish. Bake for 40 to 45 minutes, or until the bread cubes are golden brown.

**Recipe Submitted by Diann Gaffney, American Heart Association**

## Chickpea Cookie Dough

### Ingredients

1 can chickpeas (also called Garbanzo beans)  
1/4 cup Almond Butter or other nut butter of your choice  
1/2 tsp. of Sea Salt  
1/2 tsp. of Vanilla extract  
1/4 cup of real Maple Syrup or 3/4 cup of Coconut Sugar  
1 Tbsp. of Oat Flour  
1/4 cup of Chocolate Chips

**Recipe Submitted by Andrea Silver, Philadelphia Gas Works**

### Directions

1. Put Oat Flour and Chocolate chips aside.
2. Add all other ingredients to a food processor or blender and process until smooth.
3. Then, pulse in Oat Flour and Chocolate Chips.
4. Serve as a dip with Pretzels or fruit or...
5. Mix in a tablespoon of baking flour, spoon some out onto a cookie sheet, and bake at 350.

## Chocolate Avocado Truffles

### Ingredients

8 ounces dark chocolate, 70-85% cocoa  
1 small or medium avocado  
1/2 tsp. vanilla extract  
Pinch of salt

**Recipe Submitted by Samantha Bluj, Corporate Wellness Nutrition**

### Directions

1. Remove pit and peel the avocado. Mash the avocado with a fork until no lumps are visible.
2. Melt chocolate with vanilla extract and salt until completely smooth. This can be done in the microwave or stove top, stirring every 15-20 seconds until smooth.
3. Stir avocado into the melted chocolate mixture until smooth and thickened.
4. Place in the fridge to set for 20 minutes, or until slightly firm to the touch. (Can also sit overnight)
5. Using a tablespoon, scoop the chocolate mixture into 12 balls. Place them on a pan lined with parchment paper, and roll the balls between the palms of your hand to create an smooth surface.
6. Dip in any desired topping and serve.

## Low Fat Eggnog

### Ingredients

4 cups skim milk  
12 ounces can evap. skim milk  
8 ounces carton frozen egg product, thawed  
1/2 cup sugar  
1/3 cup light rum  
1 tsp. vanilla  
Nutmeg

### 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. Sprinkle with nutmeg

**Recipe Submitted by Neil Goldfarb, GPBCH**

## Low Fat Pineapple Cheese Pie

### Ingredients

1 pint low fat small curd cottage cheese  
6 packages sugar substitute  
1 tsp. vanilla extract  
1 egg  
1 can crushed pineapple in juice  
1 envelope unflavored gelatin  
1 tsp. cinnamon

### Directions

1. Strain canned pineapple, reserving juice. Mix pineapple juice with gelatin, let sit 5 minutes to soften.
2. Stir in egg, vanilla, and sugar substitute. Mix pineapple and cheese in a pie pan.
3. Add liquid and stir to combine. Sprinkle cinnamon on top.
4. Bake at 350 degrees for 30 to 45 minutes. Let cool.

**Recipe Submitted by Neil Goldfarb, GPBCH**

## Mix and Match Chocolate Bark

### Ingredients

10 ounces milk, dark, or white chocolate chips  
About 1/2 cup or 4 ounces toppings (Ideas include: dried/freeze dried fruits, dried herbs/spices, nuts/seeds)

**Recipe Submitted by Diana Gulick, Merck**

### Directions

1. Prepare your pan: Using a marker, draw a 6x7.5-inch rectangle on a piece of parchment paper. Turn the paper over and place on a sheet pan.
2. Melt the chocolate in a double boiler over low heat. Alternatively, melt the chocolate in the microwave, stirring every 20 seconds. This method should take about 60 seconds. Either way, do not overcook! Remove from heat before all the chips are fully melted and stir until they slowly melt. This is called tempering the chocolate and will result in a glossy and smooth bark.
3. Pour the melted chocolate on the parchment paper and spread it evenly in the shape of your rectangle. Sprinkle with toppings. Set aside and allow to cool about 2 hours until firm. Break or cut into 15 pieces.



# GPBCH

Greater Philadelphia  
Business Coalition on Health

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DRIVING INNOVATION AND VALUE IN HEALTHCARE

## **The Greater Philadelphia Business Coalition on Health (GPBCH)**

seeks to increase the value of health benefit spending for the region's employers. We do this by improving workforce and community health, increasing healthcare quality and safety, and reducing healthcare costs. The Coalition represents employer interests in working with health plans, healthcare providers, benefits consultants, suppliers and other system stakeholders to address population health priorities and to ensure that when healthcare is needed it is accessible, affordable, equitable, high-quality, and safe.



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