



# 2022

## Healthy Holiday Cookbook





# HAPPY HOLIDAYS!

We are excited to release the 2022 Healthy Holiday Cookbook as this is our sixth annual cookbook! Each year, our Employee Health & Well-being Interest Group contributes recipes, healthy tips, and other resources for this document so special thanks to them for their assistance in putting this year's edition together! The Healthy Holiday Cookbook is a great resource for healthier food and drink options to the more typical fatty and sugary holiday foods that are offered at holiday parties and family gatherings. In this edition, you will find many new recipes submitted by our Interest Group members along with "classic" recipes from previous editions. We hope that you are able to savor these recipes and on behalf of GPBCH staff and the Health & Well-being Interest Group, Happy Holidays!

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# APPETIZERS

## CHICKEN SOUP W/FIRE-ROASTED TOMATOES & HOMINY

### Ingredients

12 ounces boneless, skinless chicken breast, cut into bite-size pieces  
 1 (16-ounce) can hominy, rinsed and drained  
 1 (14.5-ounce) can fire-roasted diced tomatoes with garlic  
 3 cups water  
 1/4 teaspoon ground chipotle  
 1/2 cup chopped fresh cilantro  
 1 avocado, pitted and chopped  
 1 lime, quartered, optional

### Directions

1. Coat a large saucepan with cooking spray and place over medium heat. Add the chicken and cook 2 minutes, stirring occasionally. Add the hominy, tomatoes, water, and ground chipotle and bring to a boil over high heat. Reduce heat and simmer, uncovered, for 25 minutes.
2. Remove from heat, stir in cilantro, and serve topped with avocado. Serve with lime wedges, if desired.

Recipe Submitted by Kate Kosarek, American Cancer Society

## CREAMY SPINACH FETA DIP

### Ingredients

10.5 ounces frozen, chopped, packaged spinach  
 1/2 cup fat-free, plain yogurt  
 1/2 cup reduced-fat sour cream  
 1/2 cup fat-free feta cheese (crumbled)  
 1 tsp. garlic (minced, from jar)  
 1/3 cup fresh, chopped parsley/dill OR 2 tsp. dried parsley/dill  
 1/2 tsp. black pepper  
 6 whole-wheat pitas (quartered)

### Directions

1. Cook the spinach according to the package directions. Drain well, pressing down with a fork to remove as much liquid as possible.
2. In a medium bowl, stir together the spinach and all the remaining ingredients except the pita. Refrigerate for 1 hour. Serve with the pita.

Recipe Submitted by Jennifer Litchman-Green, American Heart Association

## GINGER PUMPKIN SOUP

### Ingredients

1 1/2 tsp. canola oil OR 1 1/2 tsp. corn oil  
 1 medium onion, finely minced  
 3/4 Tbsp. minced peeled gingerroot OR 1/2 tsp. ground ginger  
 2 medium garlic cloves, minced OR 1 tsp. bottled minced garlic  
 1/2 tsp. dried thyme, crumbled  
 1/4 tsp. ground cinnamon  
 1/4 tsp. pepper (freshly ground preferred)  
 1/8 tsp. salt  
 1 Tbsp. all-purpose flour  
 1 1/2-ounce can fat-free, low-sodium vegetable broth  
 1 cup water  
 2 15-ounce cans solid-pack pumpkin (not pie filling)  
 1 cup fat-free milk  
 1/4 cup fat-free sour cream (optional)  
 2 Tbsp. chopped chives (optional)

### Directions

1. In a large heavy pot, heat the oil over medium-high heat, swirling to coat the bottom. Cook the onion for 6 to 8 minutes, or until very soft, stirring occasionally.
2. Stir in the ginger, garlic, thyme, cinnamon, pepper, and salt. Cook for 1 minute, stirring constantly. Stir in the flour. Pour in the broth and water. Using a spatula, scrape the bottom of the pot to dislodge any browned bits. Stir in the pumpkin. Bring the mixture to a boil. Reduce the heat to low and simmer for 10 minutes.
3. Stir in the milk. Remove from the heat. Ladle the soup into bowls.
4. Garnish with the sour cream and chives.

Recipe Submitted by Jennifer Litchman-Green, American Heart Association

# APPETIZERS

## 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 Sauté 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!





# SIDES

## AIR FRYER SWEET POTATOES

### Ingredients

Sweet Potatoes

Olive Oil

Spices (pepper, basil, rosemary, garlic, cinnamon, etc.)

Recipe Submitted by Jill Hutt, GPBCH

### Directions

1. Cut sweet potatoes into strips or smaller size
2. Place in air fryer
3. Drizzle with olive oil
4. Add any spices to your taste (pepper, basil, rosemary, garlic, cinnamon, etc.)
5. Cook in air fryer for 15 minutes at 350 degrees

## 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

## EASY WINTER SQUASH AND 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

### 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.

Recipe Submitted by Samantha Bluj, Corporate Wellness Nutrition

## FALL HARVEST MAC & CHEESE

### Ingredients

7-8 cups cooked pasta (about 13-16 ounce boxed), whole wheat preferred

2 Tbsp. vegetable oil

2 Tbsp. 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-ounce) 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



# SIDES

## MASHED CAULIFLOWER

### Ingredients

1 medium head cauliflower, cut up into florets  
4 cloves crushed garlic  
1/3 cup 1% buttermilk  
Salt and pepper to taste  
1 Tbsp. salted butter, plus optional more for serving

### Directions

1. Steam or boil cauliflower and garlic until soft.  
2. Drain the cauliflower, then add buttermilk, butter, salt, pepper and purée with an immersion blender. A regular blender would work fine as well

**Recipe Submitted by Kate Kosarek, American Cancer Society**

## 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

### 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.

**Recipe Submitted by Jill Hutt, GPBCH**

## SPINACH-RICOTTA STUFFED PORTOBELLO CAPS

### Ingredients

8 Portobello mushroom caps, wiped clean with a damp cloth  
2 Tbsp. water  
1 (5-ounce) package fresh baby spinach  
1/2 cup part-skim ricotta cheese  
1/3 cup chopped fresh basil, divided use  
Salt and freshly ground black pepper  
1 cup reduced-sodium marinara sauce, divided use  
3/4 cup shredded Italian-blend cheese

**Recipe Submitted by Kate Kosarek, American Cancer Society**

### Directions

1. Preheat oven to 425 degrees.  
2. Coat both sides of the mushroom caps with cooking spray and place, stem side down, on a foil-lined baking sheet. Bake 10 minutes, turn, and bake 5 minutes or until tender.  
3. Meanwhile, add water to a large skillet and place over medium-high heat. Add spinach and cook, stirring carefully, 1 to 2 minutes, or until wilted. Remove from heat and stir in the ricotta cheese and 1/4 cup of the basil. Season with salt and pepper.  
4. Spoon half of the marinara sauce on top of the mushroom caps (1 tablespoon per mushroom). Top with equal amounts of the spinach mixture, spoon remaining marinara sauce over all, and sprinkle with the Italian-blend cheese. Bake 10 minutes or until heated through and cheese is melted. Sprinkle with the remaining basil.







# ENTREES

## HEALTHY BREAKFAST CASSEROLE

### Ingredients

- 1 Tbsp. extra-virgin olive oil
- 2 medium red bell peppers, chopped (about 2 cups)
- 3/4 cup thinly sliced green onion (about 1 small bunch)
- 5 ounces roughly chopped spinach (about 5 cups)
- 12 eggs
- 3 Tbsp. full-fat dairy (heavy cream, half-and-half, whole milk, sour cream or yogurt)
- 1/2 tsp. salt
- 10 twists of freshly ground black pepper
- Several dashes of your favorite hot sauce
- 4 ounces (1 cup) crumbled feta or goat cheese

Recipe Submitted by the Obesity Action Coalition



### Directions

1. Preheat oven to 350°F. Grease a 9 by 13-inch pan with butter (don't be tempted to use cooking spray; it doesn't work nearly as well).
2. In a large skillet, warm the olive oil over medium heat until shimmering. Add the bell pepper and green onion and cook until the pepper is tender and cooked through, about 8 to 10 minutes.
3. Add the spinach to the skillet and cook, while stirring, until wilted, about 2 minutes. Set the pan aside to cool for a bit while you prepare the egg mixture.
4. Crack the eggs into a medium mixing bowl. Add your dairy of choice, several dashes of hot sauce, plus the salt and pepper. Whisk just until the egg yolks and whites are blended.
5. Stir in half of the cheese (reserve the other half for topping the frittata before baking). Transfer the lightly cooled veggies into the bowl and stir to combine.
6. Pour the mixture into the prepared pan. Evenly disperse the remaining cheese on top.
7. Bake for 25 to 35 minutes (keep an eye on it) until the eggs are puffed and appear cooked, and the center of the frittata just barely jiggles when you give it a gentle shimmy. For good measure, insert a fork about 1/4-inch into the center of the eggs and make sure the fork comes out clean.
8. Place the frittata on a cooling rack until you're ready to serve. Slice with a sharp knife and serve. Leftovers will keep well for about four days in the refrigerator. Enjoy leftovers chilled, at room temperature, or gently reheated in the microwave or oven.

## ORANGE GLAZED TURKEY W/POTATOES AND CARROTS

### Ingredients

- Cooking spray
- 1 1/2-1 3/4 lb. boneless, skinless turkey breast, all visible fat discarded
- 2 tsp. dried mixed herbs (a combination of any/all, including rosemary, basil, parsley, tarragon, chives, thyme, and sage)
- 3/4 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. garlic powder
- 3 Tbsp. orange marmalade
- 1 lb. potatoes (any type), cut into 2-inch cubes
- 4 medium carrots, peeled and cut into 2-inch pieces
- 1 Tbsp. olive oil (extra virgin preferred)

### Directions

1. Preheat the oven to 375°F.
2. Lightly spray a 13 x 9 x 2-inch casserole dish with cooking spray. Place the turkey in the dish.
3. In a small bowl, stir together the herbs, salt, pepper, and garlic powder. Rub half the mixture all over the turkey.
4. Spread the marmalade over the turkey.
5. In a large bowl, stir together the potatoes, carrots, and oil with the remaining herb mixture. Place the vegetables around the turkey in the dish. Roast for 1 hour.
6. Remove from the oven. Let stand for 5 to 10 minutes to allow the juices to redistribute.

Recipe Submitted by Jennifer Litchman-Green,  
American Heart Association



# ENTREES

## 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

### 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.

Recipe Submitted by Neil Goldfarb, GPBCH

## SOUTHWEST CHICKEN CASSEROLE

### Ingredients

1 1/2 cups minute brown rice, uncooked (white or brown minute rice will work)  
2 cups low-sodium chicken broth  
1/2 medium yellow onion, finely diced  
1 (15 ounces) can sweet corn, drained and rinsed  
1 (15 ounces) can black beans, drained and rinsed  
1 lb. boneless skinless chicken breast, cut into 1-inch chunks (raw)  
1 (16 ounces) jar salsa — any spice level will work!  
1/4 cup chopped fresh cilantro  
1/2 tsp. smoked paprika  
1 tsp. chili powder  
1 tsp. ground cumin  
2 tsp. garlic powder  
1/2 cup shredded Colby Jack cheese  
Optional toppings: Shredded Colby Jack cheese, Greek yogurt, salsa, green onions

### Directions

1. Preheat oven to 375°F and spray a large casserole dish with nonstick cooking spray.
2. Add all of the ingredients (minus the shredded cheese) into the casserole dish and mix together with a wooden spoon, making sure everything is well-mixed and submerged in liquid.
3. Cover the casserole dish with aluminum foil and bake at 375°F for about 50 minutes.
4. Uncover and top with shredded cheese. Bake, uncovered, for an additional 10 minutes.
5. Once fully cooked, let rest for 10 minutes before serving. Top with Greek yogurt, more shredded cheese, salsa, and green onions.

Recipe Submitted by the Obesity Action Coalition

## 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. 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 the Michelle DeNault, Wawa





# DESSERTS

## APPLE PEAR CRISP

### Ingredients

#### Topping Ingredients

- 1/4 cup uncooked rolled oats
- 1/4 cup all-purpose flour
- 2 Tbsp. trans-fat-free tub margarine, chilled in freezer for 15 minutes
- 1 Tbsp. unsweetened applesauce
- 1/2 tsp. ground cinnamon
- 1 Tbsp. stevia sugar blend

#### Crisp Ingredients

- 1 large pear, such as Anjou or Bartlett, peeled and diced
- 1 tsp. cornstarch
- 1/2 tsp. stevia sweetener OR 1 stevia sweetener packet
- 1/8 tsp. ground ginger
- 1/8 tsp. ground cloves
- 1/8 tsp. ground cardamom (optional)
- 1 large apple, such as Granny Smith, Fuji, or Gala, peeled & diced

### Directions

1. Preheat the oven to 375°F.
2. In a medium bowl, stir together the crisp ingredients. Spoon 1/2 cup of the apple-pear mixture into four 6-ounce ovenproof glass custard cups or porcelain ramekins.
3. In a small bowl, stir together the topping ingredients until well blended. Sprinkle the topping over the fruit mixture in each custard cup.
4. Bake for 20 to 25 minutes, or until the fruit mixture is bubbly and the topping is golden brown.

**Recipe Submitted by Jennifer Litchman-Green,  
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

### 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.

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

## 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 a smooth surface.
6. Dip in any desired topping and serve.



# DESSERTS

## HEALTHIER HOLIDAY BUCKEYES

### Ingredients

1 cup creamy all-natural peanut butter  
1 teaspoon vanilla extract  
1/4 teaspoon ground cinnamon  
1/3 cup shredded coconut (pulsed in food processor)  
1/2 cup vanilla flavored whey or plant-based protein powder  
3 tablespoons maple syrup

### Chocolate Coating:

1/2 cup dark chocolate chips  
1 teaspoon coconut oil

### Toppings (optional):

1/2 cup of colored sprinkles  
1/2 cup shredded coconut (pulsed in food processor)

**Recipe Submitted by Andrea Bagnell, PAISBOA Health Benefit Trust**

### Directions

1. Cover a baking sheet that will fit into your freezer with parchment paper and set aside.
2. Combine all ingredients for the Buckyeyes into a medium-sized bowl. Mix until combined.
3. Using a 1 tablespoon measuring spoon, scoop dough, roll into a ball and place on parchment paper. Repeat with the remaining dough.
4. Place baking sheet in the freezer for about 20 minutes, or long enough for the peanut butter balls to firm up a bit.
5. While the peanut butter balls are chilling, place chocolate chips in a small bowl. The bowl should be big enough to fit the chocolate chips, but small enough so that you can dip the peanut butter balls. Microwave for approximately 60-90 seconds, stirring occasionally. Add coconut oil and stir again.
6. Once your peanut butter balls have chilled, dip them into the melted chocolate using a fork, leaving a small ring at the top.
7. Use a toothpick to slide the Buckyeye off the fork and into one of the toppings. Roll in shredded coconut or sprinkles and place on parchment paper. Repeat.
8. Place baking sheet back into the freezer for approximately an hour. Enjoy!

## 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**

## 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.

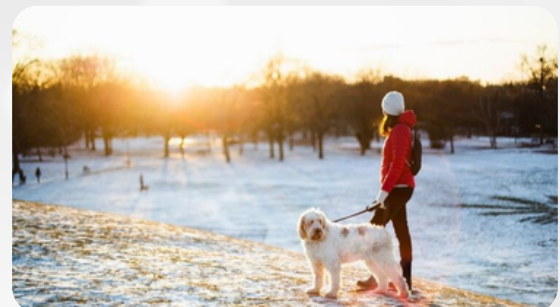




# 10 FITNESS TIPS FOR BEGINNERS

With the holidays upon us & the New Year just around the corner, why not get a jump start on a new workout routine? Mark Mulray, COO at HealthWell Solutions (an Affiliate member of GPBCH), shares his list of top 10 fitness tips for beginners. Mark is a former personal trainer & suggests that now is a great time to start something new or may be worth creating new habits over the holidays!

1. Set SMART goals. Specific, Measurable, Attainable, Realistic, and Time Bound.
2. For beginners, WHAT you do is not nearly as important as THAT you are doing something.
3. Journal and track your progress.
4. Find a workout buddy and mentor.
5. Prioritize convenience, for example, think about packing your gym bag the night before.
6. Something is better than nothing. Sometimes a 5 minute walk will turn your entire day around!
7. Try new exercises and routines.
8. Get out in nature. There are very few things more therapeutic than being in nature.
9. Use mantras as short, memorable reminders to enhance performance or build yourself up. Self-talk is critical!
10. The single most important factor to success is self-efficacy - the extent or strength of one's belief in one's own ability to complete tasks and reach goals.



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.



Boathouse Row, Philadelphia, PA



Collingswood, NJ



Yuletide Tour, Winterthur, DE

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