

2023 Healthy Holiday Cookbook



Happy Holidays!

The 2023 Healthy Holiday Cookbook is our seventh annual edition! Thank you to the GPBCH members who contributed recipes for you to enjoy. Special thanks to the Health & Well-being Interest Group for their assistance in organizing this document as it is a great resource for healthier food and drink options rather than the typical holiday foods that can be high in sugar and fat. We hope that you enjoy this year's recipes and encourage you to share this resource with your colleagues, family, and friends. On behalf of the GPBCH staff and the Health & Well-being Interest Group, Happy Holidays!



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- Southwestern Deviled Eggs**
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- Low Fat Eggnog**
- Orange-Scented Buckwheat**
- Chocolate Chip Cookies**

Appetizers

Asian-Inspired Carrot Soup

Ingredients:

1 chopped onion
1 chopped celery stalk
1 minced garlic clove
1 tsp. vegetable oil
1 lb. carrots, cut up
3/4" piece of ginger, peeled & sliced thin
1/8 tsp red pepper flakes
3 cups chicken broth
1 1/2 Tbsp. soy sauce
1 1/2 Tbsp. creamy peanut butter
1 tsp. sugar
1 tsp. sesame oil
1 cup milk

Directions:

1. Saute onion, garlic, celery in oil over low
2. Add carrots, ginger, pepper, broth, and simmer, covered, 45 min until carrots are tender
3. Stir in remaining ingredients
4. Puree in blender or with immersion blender
5. Makes six 1-cup servings

Recipe Submitted by Neil Goldfarb, GPBCH



Mediterranean White Bean Soup

Ingredients:

1 Tbsp. Olive Oil
1 large onion, chopped
2 garlic cloves, minced
2-3 large carrots, chopped
2-3 celery stalks, chopped
6 cups vegetable broth
1 tsp. dried thyme
1/2 tsp. oregano
1 tsp. salt
1/2 tsp. black pepper
3 - 15 ounces canned white beans, drained & rinsed
2 cups baby spinach
Fresh parsley/grated parmesan cheese for serving

Directions:

1. In a large pot or saucepan, heat olive oil over medium high heat. Add onions and cook until onions are translucent, about 3-5 minutes. Add the garlic, carrots, celery, thyme, oregano, salt and pepper, and cook for an additional 2-3 minutes.
2. Add vegetable broth and beans, bring to a boil, reduce heat and simmer for 15 minutes to combine the flavors together.
3. Stir in the spinach and continue to simmer until the spinach wilts, about 2 minutes.
4. Remove from heat, sprinkle fresh parsley and grated parmesan cheese, if desired and serve.

Recipe Submitted by Beth McMahon, Beebe Healthcare



Red & Green Bell Pepper Bites

Ingredients:

1 medium green bell pepper
1 medium red bell pepper
1/4 cup unsalted sliced almonds
4 ounces fat-free or low-fat cream cheese, softened
1 tsp. no-salt-added lemon pepper seasoning blend
1 tsp. fresh lemon juice

Directions:

1. Cut both peppers in half lengthwise. Discard the stems, ribs, and seeds. Cut each half into six pieces. Arrange the pieces with the skin side down on a decorative serving platter. Set aside.
2. In a medium skillet, dry-roast the almonds over medium heat for 3 to 4 minutes, or until golden brown, stirring occasionally. Transfer 1 Tbsp. of the almonds to a small plate, reserving for garnishing. Process the remaining almonds in a food processor or blender for 15 to 20 seconds, or until finely ground.
3. In a medium mixing bowl, beat the cream cheese, lemon pepper seasoning blend, and lemon juice with an electric mixer for 1 to 2 minutes, or until creamy. Add the ground almonds and beat for 10 seconds, or until combined.
4. Spoon the mixture into a piping bag fitted with a wide star or round tip. Or snip the corner off a resealable plastic bag and spoon in the mixture. Pipe about 1 tsp. of the mixture on each bell pepper piece. Garnish with the reserved 1 Tbsp. almonds.

Recipe Submitted by Amy Colucci, SEPTA



Appetizers

Southwestern Deviled Eggs

Ingredients:

6 large eggs
2 Tbsp. Light mayonnaise
2 Tbsp. salsa
1 Tbsp. nonfat plain Greek yogurt
2 Tbsp. scallions, finely chopped
1/2 tsp. ground cumin
Freshly ground black pepper, to taste
1 Tbsp. finely grated reduced-fat cheddar cheese

Directions:

1. Place eggs in a single layer in a saucepan with enough cold water to cover; bring to a boil over high heat. Immediately remove from heat. Cover and let stand 15 minutes. Drain; run under cold running water.
2. Peel the eggs and cut in half lengthwise. Remove the yolks. Discard one yolk. Mash remaining yolks with mayonnaise, salsa, yogurt, 1 Tbsp. scallions, cumin, and pepper in medium bowl until well mixed. Spoon the mixture into the egg white halves. Top evenly with the cheese and sprinkle with the remaining 1 Tbsp. scallions. Place eggs on a plate, cover loosely with plastic wrap, and chill until ready to serve.

Recipe Submitted by Geoff Bock, Novo Nordisk

Spicy Black Bean Soup

Ingredients:

2 Tbsp. olive oil
2 medium yellow onions, chopped
3 celery ribs, finely chopped
1 large carrot, peeled and sliced into thin rounds
6 garlic cloves, pressed or minced
4 1/2 tsp. ground cumin
1/2 tsp. red pepper flakes
4 cans (15 oz) black beans, rinsed and drained
4 cups low sodium vegetable broth
1/4 cup chopped cilantro
1 or 2 tsp. sherry vinegar or 2 tsp. lime juice
Salt and pepper to taste

Directions:

1. Heat olive oil in large Dutch oven or soup pot until simmering. Add onions, celery, and carrot, and a little salt. Cook, stirring occasionally until soft - 10 min.
2. Stir in garlic, cumin, and red pepper flakes. Pour in beans and broth and bring to a simmer over medium heat. Cook reducing heat for 30 minutes, until beans are tender.
3. Transfer about 4 cups of soup in blender and blend until creamy.
4. Return the pureed soup to pot, stir in cilantro, vinegar/lime juice and salt and pepper. Serve!

Recipe Submitted by Sharon Castillo, Board of Pensions of the Presbyterian Church (USA)

Sweet Potato Guac Bites

Ingredients:

1 sweet potato (sliced into thin rounds)
1 Tbsp. avocado oil
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)

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 guac and serve!

Recipe Submitted by Eric Croft, GPBCH



Sides

Baked & Stuffed Sweet Potato

Ingredients:

2 sweet potatoes
1 cup black beans
1/2 cup diced tomatoes
1/4 cup diced onion
1 tsp. warm spice blend
2 cups chopped spinach

Recipe Submitted by Karen Canning, DVACO

Directions:

1. Wash and prick sweet potatoes with a fork in several places. Microwave on High until tender all the way to the center, 12 to 15 minutes. (Alternatively, place in a baking dish and bake at 425 degrees F until tender all the way to the center, about 1 hour.)

2. Meanwhile, in a medium microwaveable bowl, combine beans, tomatoes, onion and spices; microwave on High 2 minutes. Stir in chopped spinach and heat another minute. (Alternatively, heat in a small saucepan over medium heat.)

3. When just cool enough to handle, slash each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well. If desired, top each with a dollop of plain Greek yogurt or thinned hummus (equal parts hummus and water) and add a sprinkle of cilantro and a squeeze of lemon juice.

Festive Fall Salad

Ingredients:

Salad

Spinach, Kale or your favorite salad base
2 apples sliced thinly, I prefer honey crisp
1/4 cup Pumpkin Seeds
2 ounces goat cheese
1/2 cup chopped pecans
1/3 cup dried cranberries
1/2 a red onion sliced thinly

Salad Dressing

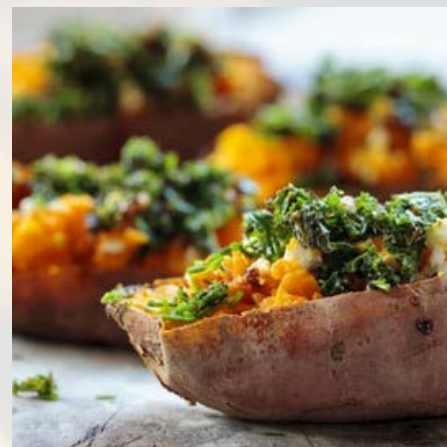
4 Tbsp. apple cider vinegar
2 tsp. Dijon mustard
2 tsp. Maple Syrup
2/3 cup extra virgin olive oil
1/8 tsp. cinnamon
1/8 tsp. garlic powder
1/8 tsp. onion powder
1/4 tsp. sea salt
One twist freshly ground pepper

Directions:

For the dressing, whisk all ingredients together in a jar. Cover and store in the refrigerator.

For the salad, mix all ingredients together and toss with the dressing.

Recipe Submitted by Molly Belmont, Gallagher



Holiday Tradition

Beth McMahon, from GPBCH employer member Beebe Healthcare, has a tradition in which her family goes to the Rehoboth Beach Christmas tree lighting in downtown Rehoboth. This is held the next day (Friday) evening after Thanksgiving with lots of festive caroling with family members and friends. After a short countdown by the crowd, the huge tree is lit and the season begins!

If you and/or your family do not have a holiday tradition, maybe this is the year to start! Tradition helps build a strong bond between family and community. Especially for those with children, a holiday tradition can help lead to more joy and excitement as the children look forward to these fun activities throughout the year!

Sides

Honey Roasted Carrots

Ingredients:

1 lb. small carrots peeled and trimmed
2 Tbsp. olive oil
2 Tbsp. honey
Salt and pepper to taste
Cooking spray
Optional garnish: chopped parsley

Optional variations:

Try using maple syrup or brown sugar instead of honey!
Feel free to add spices like cinnamon or pumpkin pie spice!

Recipe Submitted by John Jeffrey George, Board of Pensions of the Presbyterian Church (USA)

Directions:

1. Preheat the oven to 400 degrees. Line a sheet pan with foil and coat with cooking spray.
2. Place the carrots in a single layer on the baking pan.
3. In a small bowl, mix together the olive oil, honey, salt and pepper. Pour the honey mixture over the carrots and toss to coat.
4. Place in the oven and bake for 25-35 minutes or until carrots are tender and browned. Roasting time may vary depending on the size of the carrots.
5. Remove from the oven and serve immediately, sprinkled with parsley if desired.



Maple Cranberry Brussels Sprouts

Ingredients:

1 1/2 lbs. Brussels sprouts
3 Tbsp. avocado oil
2 Tbsp. balsamic vinegar
2 Tbsp. herbs de Provence spice blend
1/2 tsp. sea salt (or more to taste)
1/4 tsp. ground black pepper (omit for AIP)
227g fresh cranberries
3 Tbsp. maple syrup

Recipe Submitted by Eric Croft, GPBCH

Directions:

1. Preheat your oven to 400F.
2. Trim the stems off of the Brussels sprouts and cut them in half.
3. Add the cut Brussels sprouts to a bowl and add all the ingredients (except the maple syrup) and stir well to combine.
4. Line a baking sheet with parchment paper and spread the Brussels sprouts mix out into an even, single layer.
5. Bake for 30-35 minutes, until the Brussels sprouts are the crispness you prefer.
6. Remove from oven and add the maple syrup, and stir well to combine.



Whole Wheat Rotini w/Lentils & Spinach

Ingredients:

1 chopped onion
1 minced garlic clove
2 Tbsp. olive oil
2/3 cups lentils, rinsed
1 1/2 cups water
1/4 tsp. each dried oregano and tarragon, crumbled
1/4 tsp. dried pepper flakes (if desired)
14-16 ounces can whole tomatoes with juice
1 Tbsp. ketchup
10 ounces pkg frozen chopped spinach
1 lbs. whole wheat rotini
Parmesan cheese to taste

Directions:

1. Sauté onion and garlic.
2. Add lentils, water, herbs, and pepper. Simmer 10 min.
3. Add tomatoes, ketchup, salt & pepper, and simmer 20 min, breaking up tomatoes.
4. Add spinach, stir, 2 min.
5. Cook pasta in a separate pot of boiling, salted water. Toss cooked pasta with sauce.
6. Serve with parmesan. Serves 4.

Recipe Submitted by Neil Goldfarb, GPBCH



Sides

Wilted Kale w/Warm Shallot Dressing

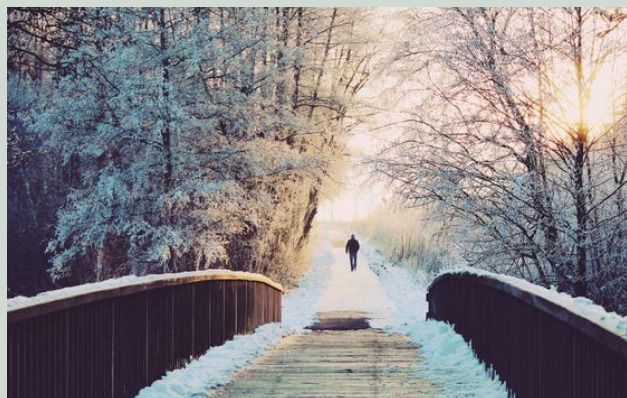
Ingredients:

4 Tbsp. extra-virgin olive oil, divided
6 cloves garlic, minced
3/4 tsp. kosher salt, divided
2 pounds kale (about 4 bunches), stemmed and coarsely torn
1/3 cup water
1 cup thinly sliced shallots
2 tsp. packed light brown sugar
1/4 tsp. cayenne pepper
2 Tbsp. cider vinegar

Directions:

1. Heat 1 Tbsp. oil in a large pot over medium heat. Add garlic and 1/2 tsp. salt; cook, stirring, until fragrant, about 1 minute.
2. Add one-third of the kale and stir until it starts to wilt. Repeat with the remaining kale in two more batches.
3. Stir in water. Cover and cook, stirring often, until tender, 8 to 10 minutes.
4. Meanwhile, heat the remaining 3 Tbsp. oil in a small skillet over medium heat. Add shallots and cook, stirring often, until starting to brown, 2 to 3 minutes. Sprinkle with brown sugar, cayenne and the remaining 1/4 tsp. salt; cook, stirring often, until golden brown, 2 to 4 minutes more. Remove from heat and carefully stir in vinegar.
5. Pour the dressing over the kale and toss to coat.

Recipe Submitted by HealthAdvocate Team



Healthy Holiday Tip

Elizabeth Schaeffer, from GPBCH affiliate member, Aon, would like to remind her fellow GPBCH members of this very important health tip:

Be kind to yourself, and if you are feeling overwhelmed with the idea of eating healthy during the holidays or feeling stressed in general - take a leisurely walk outside! Great way to relieve stress and take some time to yourself!

Main Dishes

Holiday Meatballs with Cranberry Aioli

Ingredients:

1 tsp. coconut oil
1/2 yellow onion peeled and diced
1 cup fresh cranberries
2 cups packed kale leaves stems removed (about 4 leaves)
1/2 Tbsp. Dried Sprouts organic rosemary
1 lb. grass fed ground beef
1 egg optional
1 tsp. Sea salt
1 tsp. Dried Sprouts organic garlic powder
Cranberry Aioli
1/4 cup organic prepared cranberry sauce or homemade cranberry sauce
1/4 cup olive oil or avocado oil mayonnaise
2 tsp. Dried Sprouts organic rosemary
Juice half lemon

Recipe Submitted by Eric Croft, GPBCH

Directions:

1. Pre-heat the oven to 375 degrees F.
2. In a large sauté pan over medium heat melt the coconut oil.
3. Add in the diced onion and sauté until start to soften.
4. In a food processor add the fresh cranberries, kale, and rosemary.
5. Pulse all of the ingredients together until they are finely chopped.
6. Add the cranberry kale mixture to the onions and continue to sauté until the onions are translucent and the kale is softened, just a couple of minutes.
7. While the mixture cools slightly, make the cranberry aioli.
8. Add the cranberry sauce (one that is free of high fructose corn syrup), mayo, lemon juice, and 2 tsp. Dried Sprouts rosemary to a bowl and mix until combined.
9. Set the aioli in the fridge for the flavors to combined, make it the day before for even better flavor!
10. Add the grass fed ground beef to a large bowl with the sautéed cranberry and kale mixture.
11. To the same bowl add the egg, salt, and garlic powder. Mix well to combined but being careful not to over mix or you will get tough meatballs.
12. Roll the mixture into 2 ounce balls using your hands, you should get 12-14 balls.
13. Place meatballs on a rack lined baking sheet to get an evenly cooked meatball.
14. Cooked in a 375 degree F oven for 15-20 minutes until cooked through.
15. Allow the meatballs to rest for 5-10 mins before transferring to a serving platter.
16. Serve with the cranberry aioli.



Lemon Basil Pesto Salmon

Ingredients:

1 1/2 cups grape tomatoes, halved
1/4 cup pesto (divided)
Salt/pepper (to taste)
1 1/2 tsp. minced garlic
2 4-6 ounce salmon filets
1/4 medium lemon, zested and juiced
2 Tbsp. chopped walnuts
2 Tbsp. crumbled goat cheese
Fresh basil leaves (optional, for garnish)

Recipe Submitted by Elizabeth Schaeffer, Aon

Directions:

1. Preheat the oven to 400 degrees F.
2. Mix the tomatoes, 2 Tbsp. of the pesto, salt, pepper, and garlic together in a baking dish or casserole dish.
3. Roast the tomatoes for 10 minutes.
4. While the tomatoes are roasting, set out the salmon and pat dry.
5. Move the tomatoes to the sides of the dish and place the salmon filets (skin-side down) in the center.
6. Top each salmon filet with 1 Tbsp. of pesto.
7. Add chopped walnuts and goat cheese to the filets.
8. Squeeze the lemon juice over the entire dish.
9. Add a little bit lemon zest (optional), salt, and pepper to each salmon filet.
10. Bake for 17-20 minutes, or until the filets are flaky.

Main Dishes

Turkey Meat Loaf w/Sun Dried Tomatoes

Ingredients:

1 1/2 Tbsp. olive oil
1 chopped onion
3 chopped celery stalks
1 1/2 lbs. turkey
1 1/2 cups breadcrumbs
2/3 cups drained sun dried tomatoes
1/2 cups milk
2 eggs
2 tsp. each dried sage, oregano, salt, pepper
Ketchup

Directions:

1. Sauté onion and celery.
2. Mix all ingredients except ketchup.
3. Place in greased loaf pan.
4. Bake 1 hour at 375.
5. Brush with ketchup and bake about 15 min more. Cool slightly. Serves 4-6.

Recipe Submitted by Neil Goldfarb, GPBCH

Turkey Medallions with Sweet Potato-Walnut Mash

Ingredients:

1/4 tsp. salt and 1/4 tsp. salt, divided use
1/4 tsp. pepper, 1/4 tsp. pepper, and pinch of pepper, divided use
1 lb. turkey tenderloin, all visible fat discarded, cut crosswise into 8 medallions
2 tsp. olive oil
2 medium sweet potatoes, peeled and thinly sliced
1 medium onion, thinly sliced
1 large Granny Smith apple, peeled and thickly sliced
1/4 tsp. ground cinnamon
2/3 cup unsweetened apple cider or 100% apple juice and 1/4 unsweetened apple cider or 100% apple juice, divided use
1/4 cup chopped walnuts, dry-roasted
1 Tbsp. coarse-grain mustard
2 Tbsp. minced green onions (green part only)

Directions:

1. Sprinkle 1/4 tsp. salt and 1/4 tsp. pepper over both sides of the turkey.
2. In a large skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the turkey for 2 minutes on each side, or until browned. (The turkey won't be done at this point.) Transfer to a large plate.
3. In the same skillet, stir together the sweet potatoes and onion. Reduce the heat to medium. Cook for 7 minutes, or until the onion is golden, stirring frequently.
4. Stir in the apple, cinnamon, and the remaining 1/4 tsp. salt and 1/4 tsp. pepper. Cook for 5 minutes, stirring frequently.
5. Place the turkey medallions among the sweet potato and apple slices. Pour in 2/3 cup cider. Bring to a boil, still over medium heat. Reduce the heat and simmer, covered, for 3 to 5 minutes, or until the turkey is no longer pink in the center and the sweet potatoes are tender. Remove from the heat. Transfer the turkey to a separate large plate, leaving the sweet potato mixture in the skillet. Cover the turkey loosely to keep warm.
6. Using a potato masher, mash the sweet potato mixture. Stir in the walnuts. Transfer the sweet potato mixture to plates.
7. Quickly pour the remaining 1/4 cup cider into the skillet, scraping to dislodge any browned bits. Stir in the mustard, green onions, and final pinch of pepper. Remove from the heat.
8. Serve the turkey on the sweet potato mixture. Drizzle the sauce over the turkey.

Recipe Submitted by Amy Colucci, SEPTA



Main Dishes



Turkey Pumpkin Chili

Ingredients:

1 Tbsp. extra-virgin olive oil
1 medium onion, chopped
1 small green bell pepper, chopped
3 cloves garlic
1 lb. ground turkey
(1) 14.5-ounce can fire-roasted diced tomatoes, undrained
(1) 15-ounce can no-salt-added black beans, rinsed
(1) 15-ounce can unseasoned pumpkin puree
1 1/2 cups water
1 Tbsp. chili powder
1 1/2 tsp. ground cumin
1 tsp. smoked paprika
1/4 tsp. ground pepper
1/8 tsp. salt
2 cups packed chopped curly kale leaves
4 Tbsp. sour cream
Chopped fresh cilantro for garnish

Directions:

1. Heat oil in a large saucepan over medium-high heat. Add onion, bell pepper and garlic. Cook, stirring often, until the vegetables are just tender, about 5 minutes.
2. Add turkey and cook, stirring often, until browned, about 5 minutes.
3. Stir in tomatoes, beans, pumpkin, water, chili powder, cumin, smoked paprika, pepper and salt. Bring to a boil over medium-high heat, stirring occasionally.
4. Reduce heat to low; cover and simmer, stirring occasionally, until the flavors meld, about 20 minutes, adding kale during the last 5 minutes of cooking.
5. Ladle into 4 bowls; top each with 1 tablespoon sour cream. Garnish with cilantro, if desired.

Recipe Submitted by HealthAdvocate Team

Food Safety Tips

Food poisoning can ruin even the most festive celebrations. Take these simple steps, provided by Tanika Smith from GPBCH, to protect your family's health when you prepare & serve holiday meals:

- Wash your hands & work surfaces before, during, & after preparing food, & before eating.
- Keep raw meat, poultry, seafood, & eggs separated during preparation.
- Cook food at the right internal temperature to kill harmful germs. Use a food thermometer to check.
- Refrigerate perishable foods, including leftovers, within two hours of buying or cooking.

Vegetable Lasagna

Ingredients:

3 cups chopped vegetables (broccoli, carrots, cauliflower, red peppers)
1/2 cup chopped onion
3 Tbsp. minced garlic
1 Tbsp. olive oil
1 cup low fat ricotta cheese
1 egg
2 cups fresh spinach
2 cups tomato sauce
12 uncooked oven-ready whole grain lasagna noodles
1 cup mozzarella cheese, shredded

Directions:

1. Sauté the chopped onion and minced garlic in olive oil over medium high heat. Add the vegetables and sauté until tender. Set aside.
2. Whisk the egg and ricotta cheese in a large bowl. Stir in fresh spinach.
3. Pour a bit of the tomato sauce into the bottom of a lightly greased 9 x 13 inch pan. Top with 4 lasagna noodles, 1/2 cup of the ricotta mixture, 1/2 of the sautéed vegetables, and 3/4 cup of tomato sauce. Repeat. Top entire pan with the noodles, remaining sauce, and mozzarella cheese.
4. Cover with aluminum foil and bake for 40 minutes at 375 degrees. Remove foil and bake for an additional 10 minutes or until cheese is bubbly.
5. Enjoy!

Recipe Submitted by Andrea Bagnell, PAISBOA Health Benefit Trust

Desserts

Chocolate Mousse Cups

Ingredients:

For the chocolate:

1/4 cup raw honey or maple syrup
1/2 cup coconut oil
1/4 tsp. of salt
3/4 cup raw cacao powder or natural cocoa powder (not Dutch processed)

For the mousse:

3/4 cup nut milk pulp
1/4 cup raw cacao powder or natural cocoa powder (not Dutch processed)
1/4 cup coconut oil
1/4 cup coconut cream from the top of a can of full-fat coconut milk
1/4 cup maple syrup
1/2 tsp. of salt

Recipe Submitted by Eric Croft, GPBCH

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

Recipe Submitted by Neil Goldfarb, GPBCH

Orange-Scented Buckwheat Chocolate Chip Cookies

Ingredients:

1 cup light buckwheat flour
1/4 cup almond flour
1/2 tsp. fine sea salt
1/2 tsp. baking soda
1/3 cup ghee, butter or coconut oil, softened
1/2 cup coconut sugar
1 tsp. vanilla
1 egg
1 cup dark chocolate chips, or your favourite dark chocolate bar, chopped
1 tsp. orange zest

Recipe Submitted by Eric Croft, GPBCH

Directions:

1. Start by making the chocolate (or skip this part if you're just making the mousse). In a double boiler or a heat safe bowl set over a pan of simmering water, melt the coconut oil, honey and salt, stirring until the oil is just melted. Remove from heat and whisk in the cacao powder.
2. Line a 12-cup muffin pan with cups (I used silicone, but paper will work). Measure a tsp. of the liquid chocolate mixture into each cup and place in the fridge or freezer until firm, about 10min.
3. Meanwhile, combine all the mousse ingredients in a large bowl and mash with a fork until everything is well combined. Warming the coconut oil slightly, so that it's soft but not liquid will help if your oil is on the hard side.
4. Roll the mousse into 12 equal balls and press each into the chilled muffin cup. Top with the remaining liquid chocolate, about 1 1/2 tsp. each. Sprinkle with cacao nibs and coconut flakes if using and chill in the fridge until firm.
5. Store in the refrigerator until ready to serve.



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



Directions:

1. In a medium bowl, mix together buckwheat flour, almond flour, baking soda and salt.
2. In a mixer bowl, beat ghee, butter or coconut oil with coconut sugar on high for about 4 minutes. Add vanilla and egg. Stir in dry ingredients until just combined. Fold in chocolate chips and orange zest.
3. Chill dough for a few hours, or even better, overnight. This allows the buckwheat to mellow. You can also bake these immediately and they will still be good!
4. Preheat oven to 350 degrees. Line a baking sheet with parchment paper. Scoop 1-inch dough balls onto sheet. Flatten a bit, if desired.
5. Bake for 12-13 minutes. Cool for a few minutes on the baking sheet, then transfer to a cooling rack.



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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