

FESTIVE FLAVORS

12 Fresh Takes on Holiday Favorites



Healthy Family Project

helps families eat healthier by providing family-tested, registered dietitian-approved recipes, expert advice, and tips from parents. Enjoy classic holiday dishes while staying healthy with these 12 fresh takes on holiday favorites. Follow us year-round for more ways to keep your family healthy.



Apple Pumpkin French Toast Muffins

Serves 6 | Prep Time: 15 mins | Cook Time: 45 mins

Dairy Free

No Sugar Added

Nut Free

Soy Free



Photography by Christine Pittman

Calories 221, Fat 3g, Protein 11g, Carbohydrates 39g, Fiber 3g, Cholesterol 62mg, Sodium 357mg, Sugar 5g, Calcium 46mg, Iron 3mg

Ingredients

- 2 large eggs
- 2 large egg whites
- $\frac{3}{4}$ cup unsweetened almond milk
- $1\frac{1}{2}$ Tbsp. pumpkin pie spice
- 1 tsp. pure vanilla extract
- 1 cup pumpkin puree
- 1 Gala apple, finely chopped
- 1 (12 oz.) loaf French bread, torn into small pieces

Directions

1. Preheat oven to 375°F.
2. Spray 12 medium non-stick muffin cups with cooking spray.
3. Whisk eggs, egg whites, milk, pumpkin pie spice, vanilla and pumpkin in bowl until frothy.
4. Combine apples and bread in separate bowl. Pour egg mixture on top, stir and let sit 5 minutes. Press mixture evenly into muffin tin.
5. Bake 45-50 minutes, or until tops begin to brown and are cooked through. Run knife around edges of muffins to loosen and remove from muffin tins.

* Please check with manufacturers for allergen information.



Photography by Christine Pittman

Calories 242, Fat 10g, Protein 4g, Carbohydrates 36g, Fiber 4g, Cholesterol 11mg, Sodium 62mg, Sugar 14g, Calcium 52mg, Iron 1mg

Sweet Potato Casserole

Serves 6 | Prep Time: 45 mins

Egg Free

Gluten Free

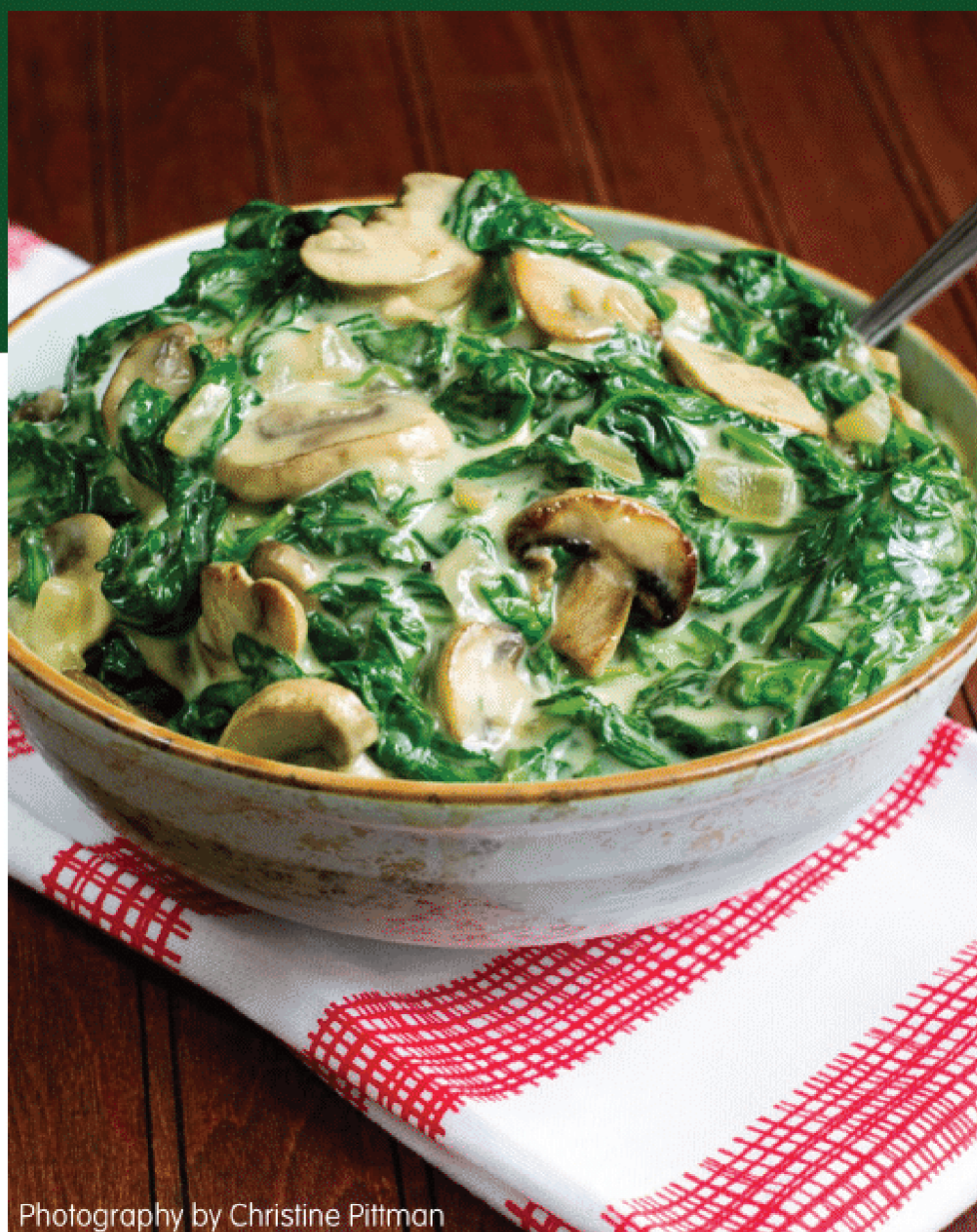
Low Sodium

Ingredients

- 6 medium sweet potatoes, peeled, cubed
- ¼ cup fat-free milk
- 2 Tbsp. unsalted butter
- 2 tsp. pumpkin pie spice
- ½ cup pecans, chopped
- 2 cups mini marshmallows

Directions

1. Place sweet potatoes in large saucepot and cover with water. Bring to a boil and simmer 20-25 minutes, or until tender; drain.
2. Place potatoes, milk, butter and pumpkin pie spice in large mixing bowl. Beat with electric mixer until smooth.
3. Add sweet potato mixture to shallow baking dish; top with pecans and marshmallows. Place under preheated broiler 5 inches from heat; broil 2-3 minutes, or until marshmallows are lightly browned.



Photography by Christine Pittman

Calories 189, Fat 13g, Protein 10g, Carbohydrates 8g, Fiber 2g, Cholesterol 2mg, Sodium 196mg, Sugar 3g, Calcium 275mg, Iron 2mg

Creamed Spinach & Mushrooms

Serves 4 | Prep Time: 5 mins | Cook Time: 15 mins

Egg Free

Gluten Free

No Sugar Added

Nut Free

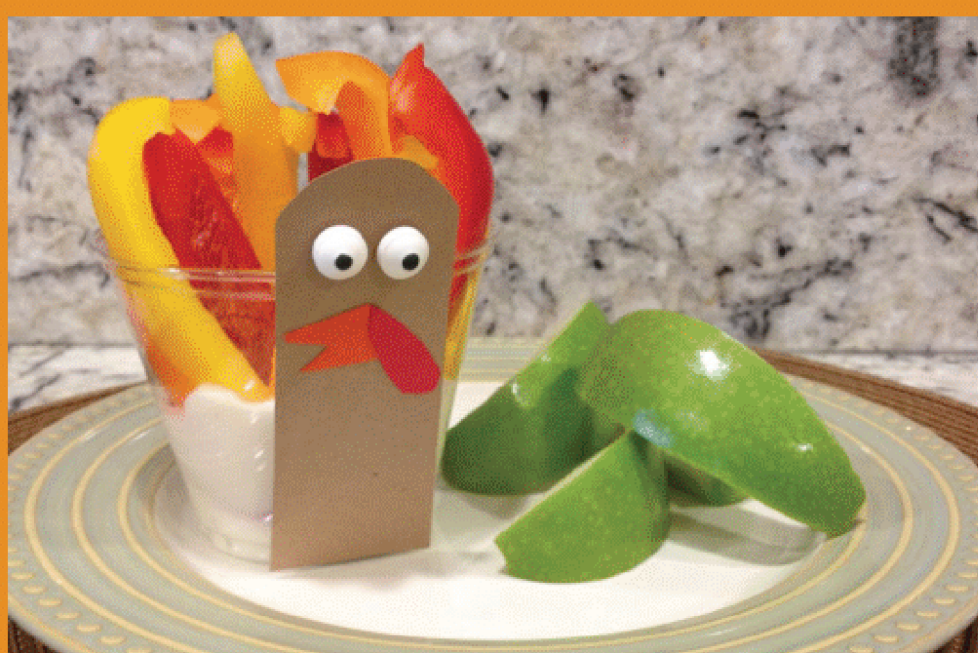
Soy Free

Ingredients

- 2 Tbsp. olive oil, divided
- ½ medium onion, finely diced
- 1 cup sliced mushrooms
- 1 pkg. (9 oz.) baby spinach
- ⅛ tsp. nutmeg
- 1 Tbsp. flour
- ½ cup fat-free milk
- ¾ cup shredded Colby Jack cheese

Directions

1. Heat 1 Tbsp. oil in large skillet over medium-high heat; add onions and cook 2-3 minutes. Add mushrooms and cook 5 minutes. Add spinach and nutmeg and cook until spinach is wilted. Remove from heat and set aside.
2. Heat remaining oil over medium heat. Whisk in flour and cook, stirring constantly, 1-2 minutes, or until bubbling. Slowly whisk in milk and continue to whisk until bubbling. Remove from heat. Add cheese and mix until melted. Add vegetables and mix until well combined.



Turkey Veggie Cups

Create a turkey head out of construction paper and tape it to a plastic cup. Fill the bottom of the cup with 2 Tbsp. of low fat ranch or other vegetable dip. Add slices of rainbow peppers, carrots or celery to create the tail. Perfect grab-and-eat snack for Thanksgiving!

Slow Cooker Mashed Potatoes

Serves 6 | Prep Time: 10 mins | Cook Time: 4 hours



Photography by Christine Pittman

Calories 114, Fat 1g, Protein 5g, Carbohydrates 23g, Fiber 3g, Cholesterol 2mg, Sodium 444mg, Sugar 5g, Calcium 94mg, Iron 1 mg

Egg Free

Gluten Free

Nut Free

Soy Free

Ingredients

- 1½ cups cauliflower florets
- 1½ lbs. red potatoes, quartered
- ½ sweet onion, chopped
- 1 garlic clove, finely chopped
- 1 tsp. salt
- ½ tsp. pepper
- 1 cup Greek yogurt
- 1 tsp. parsley, chopped

Directions

1. Blend cauliflower in food processor until fine.
2. Add cauliflower, potatoes, onion, 1 cup water, garlic, salt and pepper to slow cooker. Cook on high 4 hours.
3. Mix in yogurt with hand mixer until well incorporated. Top with parsley.

Healthy Holidays Start With a Plan

The hustle and bustle of activities with family and friends can mean healthy eating habits take a backseat. Here are 8 tips to making your holidays healthy:

- ✓ **Make a plan.** It's key to staying on track with healthy meals for your family and not relying on convenience foods during the busy holiday season.
- ✓ **Stock your freezer with healthy meals.** Pull out on busy nights to heat and serve. Don't forget to freeze some side dishes and appetizers, too.
- ✓ **Don't forget about a healthy breakfast.** Make extra waffles, pancakes or muffins and freeze. Just pull out, heat and serve for an easy breakfast.
- ✓ **Keep healthy snacks on hand.** Nuts, apples or carrot sticks are ready for snacking and will keep the sweets from creeping in when hunger strikes.
- ✓ **Make It fun and healthy!** Set up a kebob, baked potato or taco bar. Let kids choose their own toppings for a fun meal.
- ✓ **Have your friends pitch in.** Potlucks are an easy way to entertain and take off some of the pressure to make everything yourself.
- ✓ **Eat before you go.** If you're headed to a holiday function, eat something healthy at home before you go.
- ✓ **Give healthy homemade treats as holiday gifts.** Make your own homemade food gifts like soup mixes, delicious salsa or other goodies.

Lightened-Up Green Bean Casserole

Serves 4 | Prep Time: 25 mins



Photography by Estela Schnelle

Calories 182, Fat 13g, Protein 5g, Carbohydrates 13g, Fiber 4g, Cholesterol 26mg, Sodium 94mg, Sugar 4g, Calcium 109mg, Iron 2mg

Egg Free

Gluten Free

Low Sodium

Soy Free

Ingredients:

- 1 lb. green beans, ends trimmed
- 2 Tbsp. unsalted butter
- 2 cloves garlic, minced
- 2 green onions, sliced
- ⅛ tsp. salt
- ⅛ tsp. pepper
- ½ cup half-and-half
- ¼ cup sliced almonds, toasted

Directions:

1. Bring 2 quarts water to a boil in large saucepot; add green beans and cook 4-5 minutes, or until tender.
2. Heat butter in skillet over medium heat; add garlic and onion, and cook 1-2 minutes. Add salt, pepper and half-and-half, and simmer 7 minutes, or until reduced slightly.
3. Toss half-and-half with green beans and top with almonds.



Photography by Christine Pittman

Slow Cooker Ham & Pineapple

Serves 8 | Prep Time: 15 mins | Cook Time: 6 hours

Egg
Free

Dairy
Free

Ingredients

- ¼ cup brown sugar
- 1 Tbsp. honey
- 1 Tbsp. Dijon mustard
- ⅓ cup 100% apple juice
- 2 lb. fully cooked low-sodium ham
- ½ pineapple, cored, sliced
- ½ cup cherries, pitted
- 2 cups asparagus, trimmed, cut into 1" pieces
- 2 cups cherry tomatoes, halved
- 2 Tbsp. Italian dressing

Directions

1. Mix brown sugar, honey and mustard in small bowl.
2. Place ham in slow cooker. Pour apple juice on top and coat ham in mustard glaze. Top with pineapple and cherries.
3. Cook in slow cooker 6 hours on low.
4. Preheat oven to 425°F.
5. Toss asparagus, tomatoes and dressing in medium bowl.
6. Pour onto parchment-lined baking sheet and bake 8-10 minutes, or until tender.

Calories 285, Fat 9g, Protein 26g, Carbohydrates 23g, Cholesterol 65mg, Fiber 3g, Sodium 924mg, Sugar 18g, Calcium 30mg, Iron 2mg



Photography by Produce for Kids

Slow Cooker Vegetarian Lasagna

Serves 8 | Prep Time: 20 mins | Cook Time: 5 hours

Egg
Free

Nut
Free

Soy
Free

Ingredients

- 2 Tbsp. olive oil
- 1 green bell pepper, seeded, chopped
- 2 cups chopped mushrooms
- 1 large onion, finely chopped
- 3 cups spinach, chopped
- 1 lb. 2% cottage cheese
- 2 cups (plus ½ cup) shredded mozzarella cheese, divided
- 1 jar (26 oz.) low-sodium pasta sauce
- 2 large zucchini, sliced ¼-inch thick rounds
- 8 oz. no-boil whole wheat lasagna noodles

Directions

1. Heat oil in skillet over medium-high heat; add pepper, mushrooms, onion and spinach, and cook 5 minutes.
2. Mix cottage cheese and 2 cups mozzarella cheese in mixing bowl.
3. Assemble lasagna in slow cooker as follows: ⅓ of pasta sauce, single layer noodles, ⅓ of cooked vegetables, single layer zucchini and ⅓ of cottage cheese mixture. Repeat for another 2 layers. Sprinkle ½ cup mozzarella cheese on top.
4. Cook on low 5 hours, or until noodles are tender.

Calories 490, Fat 16g, Protein 31g, Carbohydrates 51g, Fiber 5g, Cholesterol 51mg, Sodium 379mg, Sugar 15g, Calcium 614mg, Iron 3mg



Photography by Christine Pittman

Citrus & Sage Roasted Turkey

Serves 6 | Prep Time: 10 mins | Cook Time: 2½ - 3 hours

Egg
Free

Gluten
Free

Nut
Free

Soy
Free

Sugar
Free

Ingredients

- 1 (7-9 lb.) turkey, patted dry
- 1 Tbsp. unsalted butter
- 2 Tbsp. extra virgin olive oil
- 1 lemon, zested, quartered
- 1 large navel orange, zested, quartered
- 1 Tbsp. chopped fresh sage, plus 6 whole leaves
- 1 Tbsp. chopped garlic, plus 4 cloves
- 1 tsp. salt
- ½ tsp. pepper
- 1 small onion, quartered

Directions

1. Preheat oven to 325°F.
2. Place turkey in roasting pan.
3. Heat small saucepot over low heat; add butter, oil, lemon zest, orange zest, chopped sage, chopped garlic, salt and pepper. Cook, stirring occasionally, 2-3 minutes, or until butter melts. Let cool slightly and liberally coat turkey with mixture.
4. Stuff turkey cavities with quartered lemon, quartered orange, sage leaves, garlic cloves and onion.
5. Bake 2½- 3 hours, or until internal thigh temperature reaches 180° and breast temperature reaches 165°. Let cool 15-20 minutes before carving.

Calories 328, Fat 6g, Protein 62g, Carbohydrates 1g, Fiber 0g, Cholesterol 181mg, Sodium 456mg, Sugar 0g, Calcium 31mg, Iron 3mg

Cranberry Apple Crisp

Serves 12 | Prep Time: 10 mins | Cook Time: 40 mins

Egg
Free

Low
Sodium

Soy
Free

Ingredients

- 2 cups fresh cranberries
- 3 cups Gala or Fuji apples, chopped
- 1 cup light brown sugar, divided
- ½ cup (plus 2 Tbsp.) whole wheat flour, divided
- 1 cup old fashioned oats
- 1¼ cup pecans, chopped
- 6 Tbsp. unsalted butter, melted
- 2 tsp. cinnamon
- 1 tsp. pure vanilla extract
- ½ tsp. salt

Directions

1. Preheat oven to 350°F.
2. Combine cranberries, apples, ½ cup sugar and 2 Tbsp. flour in bowl. Pour into greased 8x8-inch baking dish.
3. Combine oats, pecans, ½ cup sugar, ½ cup flour, butter, cinnamon, vanilla and salt in mixing bowl until all ingredients are blended. Sprinkle over fruit.
4. Bake 30-40 minutes, or until topping is lightly browned, mixture is bubbly and apples in middle are tender.



Photography by Christine Pittman

Calories 383, Fat 23g, Protein 6g, Carbohydrates 40g, Fiber 5g, Cholesterol 15mg, Sodium 103mg, Sugar 22g, Calcium 45mg, Iron 2mg

Pear-Stuffed Baked Apples

Serves 4 | Prep Time: 10 mins | Cook Time: 30 mins

Egg
Free

Gluten
Free

Low
Sodium

Ingredients

- 4 large apples
- ½ lemon, juiced
- 2 pears, peeled, chopped
- ¼ cup pecans, finely chopped
- ¼ cup dried cranberries
- 1 Tbsp. cinnamon
- ¼ tsp. nutmeg
- ⅓ cup light brown sugar
- 2 Tbsp. caramel dip

Directions

1. Preheat oven to 425°F.
2. Remove tops from apples and core, leaving apples whole. Sprinkle inside with lemon juice.
3. Mix pear, pecans, cranberries, cinnamon, nutmeg and brown sugar in bowl.
4. Tightly pack apples with pear mixture. Place in baking dish and add water to fill pan ½-inch. Bake 30-40 minutes, or until apples are soft.
5. Drizzle with caramel dip.



Photography by Christine Pittman

Calories 385, Fat 12g, Protein 3g, Carbohydrates 72g, Fiber 6g, Cholesterol 4mg, Sodium 35mg, Sugar 57g, Calcium 101mg, Iron 1mg



Grinch Fruit Skewers

No one can resist the misunderstood green Santa who tries to take Christmas away, and no one will resist these fruitful Grinches made out of green grapes, banana slices, strawberries and mini marshmallows. Cute to look at, easy to assemble and fun to eat!



Recipe and Photography by Christine Pittman

Balsamic Chicken & Stuffing Muffins

Serves 6 | Prep Time: 10 mins | Cook Time: 30 mins

Dairy
Free

Nut
Free

Ingredients

Balsamic Chicken

- 6 (3 oz.) chicken breasts
- 3 Tbsp. light balsamic vinaigrette
- ½ cup pomegranate juice
- ½ cup sugar
- 1 bag (12 oz.) fresh cranberries
- ¼ pineapple, chopped

Stuffing Muffins

- 1 Tbsp. olive oil
- ½ small sweet onion, chopped
- ½ red bell pepper, chopped
- 2 ribs of celery, finely chopped
- 3 pears, chopped
- 1 tsp. lemon juice
- ½ tsp. salt
- ½ tsp. poultry seasoning
- 4 slices multi-grain bread, cubed
- 1 large egg
- ¼ cup unsalted chicken stock

Directions

Balsamic Chicken

1. Preheat oven to 400°F.
2. Arrange chicken on 13x9-inch parchment-lined baking sheet. Poke breasts on both sides 6-7 times with fork and brush both sides with vinaigrette. Bake 25 minutes, or until cooked through.
3. Combine juice and ½ cup water in medium saucepan over medium heat; add sugar and stir to dissolve. Add cranberries and cook, stirring continuously, 10 minutes, or until cranberries pop. Add pineapple and remove from heat.
4. Top chicken with cranberry sauce.

Stuffing Muffins

1. Preheat oven to 400°F.
2. Heat oil in large skillet over medium-low heat; add onion, peppers and celery, and cook, 2-3 minutes, or until softened. Add pears, lemon juice, salt and poultry seasoning, and cook 1 minute. Add bread and remove from heat.
3. Combine egg and stock in bowl. Pour over bread mixture and stir.
4. Gently press stuffing into greased muffin pan. Bake 30 minutes. Remove from heat and let stand 5 minutes.

Calories 589, Fat 15g, Protein 20g, Carbohydrates 89g, Fiber 8g, Cholesterol 31mg, Sodium 769mg, Sugar 34g, Calcium 176mg, Iron 3.90mg

5 Ideas for Your Holiday Leftovers

The holidays are a time when many people go all out in the kitchen and share their favorite dishes with family and friends. While meal planning can help prevent the amount of leftovers, sometimes it's inevitable that there will be some things leftover! Not to worry, there are many ways to reinvent those leftovers into delicious new meals, stretch your dollar and prevent food waste.

- 1. Easy add-ins.** Leftover veggies and meat make quick and easy additions to lunchbox favorites like quesadillas, grilled sandwiches or stir-fry.
- 2. Puree leftover vegetables and freeze.** Simply put the purée in an ice cube tray and freeze. The next time you're making a soup, sauce or casserole, add a cube or two for an extra burst of nutrition. Purees also make great homemade baby food.
- 3. Don't forget the bones!** Use turkey and ham bones to make delicious stocks! No time to make soup right away? You can store them in a resealable bag in the freezer until you're ready.
- 4. Make it meatless.** Use leftover sweet or mashed potatoes to make potato pancakes. They're quick, easy, and taste great paired with a salad for a meatless meal option.
- 5. Have a repeat meal.** Use divided, heatable storage containers to freeze leftovers. When you're ready for a quick meal, you can have your own frozen dinner from food you made yourself!

Holiday Leftovers Shepherd's Pie

Serves 6-8 | Prep Time: 5 mins | Cook Time: 30 mins

Dairy
Free

Egg
Free

Nut
Free



Photography by Christine Pittman

Ingredients

- 3 cups cooked turkey, cubed
- 1 cup chopped cooked green beans
- 1 cup chopped cooked carrots
- 1 cup cooked corn
- 3 Tbsp. flour
- ½ tsp. poultry seasoning
- 1½ cups low-sodium chicken stock
- 3 cups mashed sweet potatoes

Directions

1. Preheat oven to 350°F.
2. Combine turkey, green beans, carrots, corn, flour and poultry seasoning in large bowl. Add chicken stock and stir to combine.
3. Transfer to 13x9-inch baking dish. Top with sweet potatoes.
4. Bake 30 minutes, or until heat through and bubbly.

Calories 234, Fat 2g, Protein 20g, Carbohydrates 32g, Fiber 3g, Cholesterol 36mg, Sodium 179mg, Sugar 7g, Calcium 58mg, Iron 3mg



Since 2002, Healthy Family Project has raised more than **\$5 million** to support children's charities through nationwide campaigns with grocery stores and produce companies.