



2021

Healthy for the Holidays Recipes

GOOD BEYOND DELICIOUS



It's all about creating hope!

**IT'S COMPLETELY POSSIBLE TO EAT WELL
AND EAT HEALTHY OVER THE HOLIDAYS!**

We wanted to share with you some delicious holiday recipes we've been able to enjoy without sacrificing taste.

It's completely possible to enjoy great food without the weight gain that often goes with the holidays, so we invite you to try these delicious "healthy for the holidays" recipes and see what's possible for your future. Special thanks to all the contributors whose culinary gifts and talents brought this cookbook together.



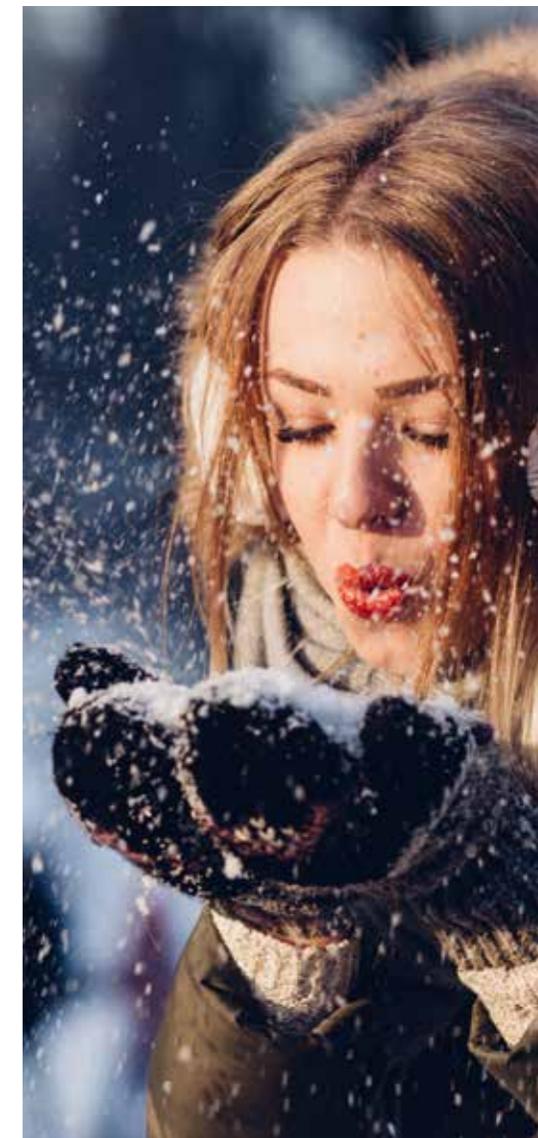
In a clinical study, the group on the Optimal Weight 5 & 1 Plan® lost 10x more weight than the self-directed group. Average weight loss on the Optimal Weight 5 & 1 Plan is 12 pounds.

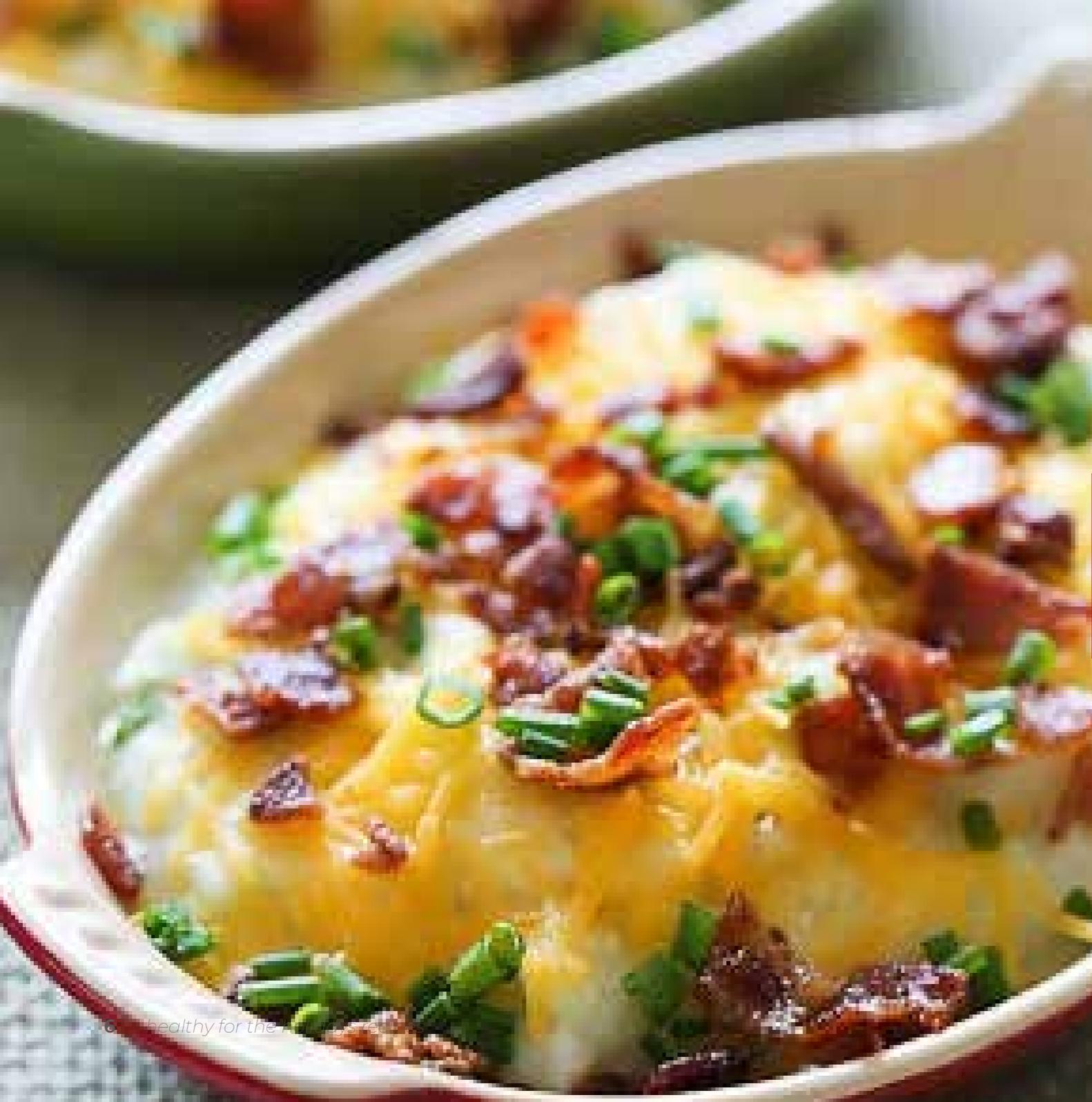




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Loaded Cauli Mashers

A LUSCIOUS POTATO ALTERNATIVE

INGREDIENTS

- 4 slices Jennie-O extra lean turkey bacon
- 6 cups cauliflower florets
- 3 cloves garlic - minced
- 1/3 cup 1% buttermilk
- 1 tbsp butter
- 3/4 tsp salt
- 1/2 tsp black pepper
- 2 tbsp fresh chives
- 1/4 cup reduced fat shredded cheddar cheese

DIRECTIONS

1. Cook the bacon until crisp in a skillet and set aside, crumble.
2. Boil cauliflower and minced garlic until soft (15-20 min), drain, return to pot.
3. Preheat oven to 350°F degrees.
4. Combine buttermilk, salt, pepper, cauliflower, garlic and puree with blender.
5. Mix in 1 tbsp of chives, transfer to casserole dish,
6. Top with cheese, bacon and remaining chives.
7. Bake until cheese melts (5 min.)
8. Makes 6 servings - each serving is 1/2 oz. protein, 2 veggies, 2 1/3 condiments.





20 - 30
MINUTES

Almondine Green Bean

A FABULOUS, FLAVORFUL SIDE DISH

DIRECTIONS

1. Preheat oven to 350°F
2. Bring a large pot of water to boil.
3. Add green beans, cook until bright green and tender (about 6-8 min.)
4. Drain, rinse in cold water, pat dry.
5. Spread nuts in a single layer on baking sheet and toast until golden brown and fragrant. (About 7 min)
6. Transfer to a plate to cool, then in large bowl, toss green beans w/oil, season, then transfer to serving dish and garnish with toasted almonds.

INGREDIENTS

- 1/4 tsp salt
- 1/2 tsp pepper
- 4 cups green beans
- 2 tbsp slivered almonds
- 1 tsp olive oil



55 - 65
MINUTES

Cheesy Cauliflower Breadsticks

THE CROWDPLEASER

INGREDIENTS

- 1 cup riced or chopped cauliflower
- 1/4 cup egg substitute
- Garlic salt and Italian seasoning to taste
- 1 cup shredded lite mozzarella
- Marinara sauce of your choice
- 1/2 cup Italian diced tomatoes

DIRECTIONS

1. Puree tomatoes in small chopper
2. Preheat oven to 350 degrees
3. Mix cauli, egg substitute, 3/4 cup cheese in bowl
4. Line 5x9 loaf pan w/parchment paper, spray with Pam
5. Pour mixture into pan and bake at 350°F for 30 min or until set.
6. Lift edge of parchment, place on cookie sheet, carefully flip dough and bake an add'l 15 min at 450°F.
7. Take out of oven, slice into strips w/pizza cutter and separate slightly on parchment
8. Sprinkle w/ garlic salt, Italian seasoning, remainder of cheese, continue baking at 450°F for 10 min, then serve w/ marinara.
9. Yields 1 complete Lean & Green meal for one person - no healthy fat required

Baked Kabocha

CRUSTLESS PUMPKIN PIE

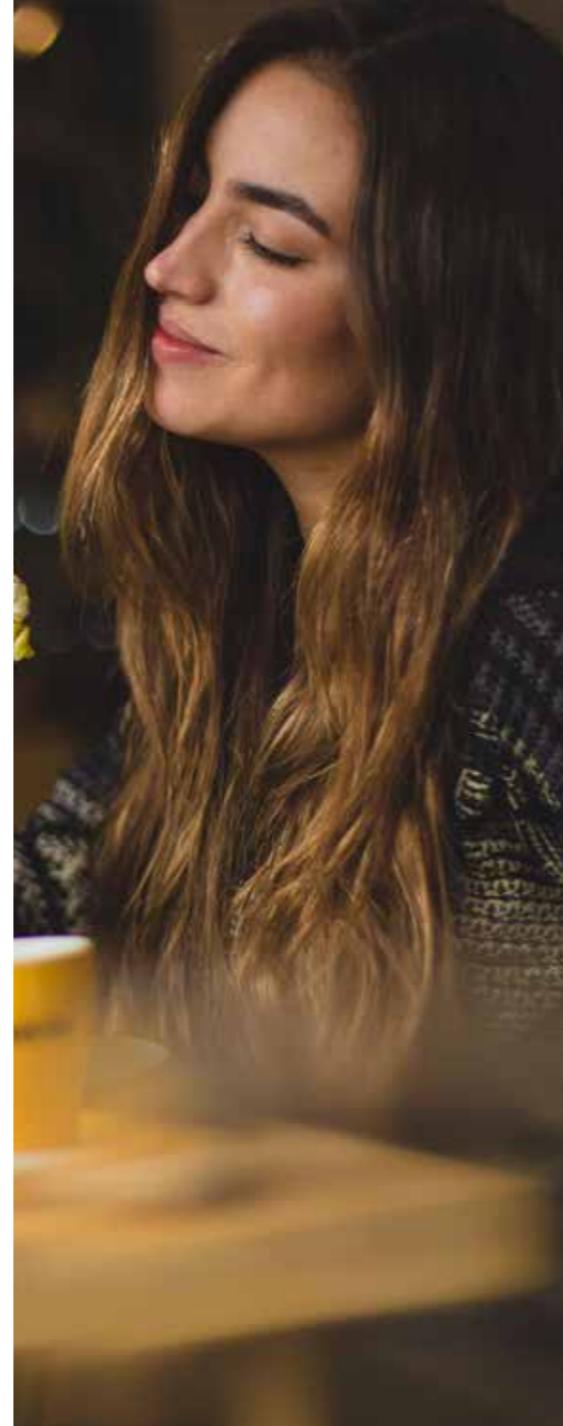
INGREDIENTS

- 1-2 Kabocha squash, need 2 cups cooked squash
- 1/4 cup almond or cashew milk
- 2 egg whites
- 1/2 tsp ground cinnamon
- 1/2 tsp pumpkin pie spice
- 1/2 tsp maple or vanilla extract
- 1 packet NuStevia
- 28 walnut halves
- Optional topping

DIRECTIONS

- 1. Preparing Kabocha** – Preheat oven to 450°F, line baking pan with foil, cut squash in wedges, remove seeds, place in pan, spray with nonstick cooking spray and bake 30 minutes.
2. Flip squash over, spray with cooking spray and bake another 10-15 min or until done.
3. Let cool, remove skin, measure 2 cups cooked squash
- 4. Preparing pies** – Preheat oven to 425°F, place all ingredients except walnuts into blender, blend until smooth, pour into 4 ramekins (small dishes) and bake for 15 min.
5. Reduce heat to 350°F, top with walnuts, bake another 25 min.
6. Makes 4 servings, each serving = 1 green, 1 condiment, if topped with sugar free topping, 1 snack.





Holiday Cauliflower Stuffing

SO DELICIOUS

INGREDIENTS

- 3 tbsp butter
- ½ cup chopped green onion
- ½ cup chopped celery
- 2½ cups chopped cauliflower
- 1 cup chopped mushrooms
- ½ tsp salt
- ½ tsp fresh ground black pepper
- ¼ cup fresh chopped parsley
- 2 tbsp fresh chopped rosemary
- 1 tbsp fresh chopped sage
- ½ cup vegetable or chicken broth

DIRECTIONS

1. Melt butter, add onions, celery, carrots, mushrooms, cook until tender.
2. Sauté the cauliflower in mixture until tender, adding salt and pepper.
3. Add remaining spices and fold into mixture.
4. Add broth, cover for 15 minutes and serve.
5. Makes 3 servings.





Green Bean Casserole

SO YUM!

INGREDIENTS

- 16oz frozen green beans
- 2 cups button mushrooms - chopped
- 1 clove garlic - minced
- 1/4 cup yellow onion - diced
- 3/4 cup plain non-fat Greek yogurt
- 1/4 cup light sour cream
- 1 tsp cornstarch
- 1/2 packet stevia
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 cup reduced fat cheddar cheese - shredded

DIRECTIONS

1. Preheat oven to 350°F.
2. Microwave green beans according to package directions.
3. Lightly grease medium sized skillet and cook onions, garlic and mushrooms over medium heat - about 5-7 minutes.
4. Combine cooked mixture with green beans in medium sized bowl and let cool.
5. Combine Greek yogurt, sour cream, cornstarch, stevia, salt, and pepper in a small bowl. Toss vegetables in sauce mixture until evenly coated. Add cheddar cheese, and mix until well combined
6. Spread into a lightly-greased baking dish, top with parmesan, and bake until topping is golden brown, about 30-35 minutes.



Jalapeno Poppers

HEAT IT UP!



INGREDIENTS

- Cooking spray
- 4 oz. lean (95-97%) ground beef
- 6 whole jalapeno peppers
- ½ cup low-fat plain Greek yogurt
- 1 cup shredded reduced-fat sharp cheddar cheese
- 3 medium scallions, sliced thin
- 1 large red bell pepper, diced finely
- ¼ tsp garlic powder
- ¼ tsp cumin
- ¼ tsp chili powder
- ⅛ tsp paprika



DIRECTIONS

1. Preheat oven to 350°F.
2. Lightly grease a baking sheet and set aside.
3. Cook ground beef in a non-stick pan over medium-high heat until done (internal temp of 160°F). Set aside.
4. Cut jalapeño peppers in half lengthwise. Remove seeds and membrane.
5. Combine beef, yogurt, cheese, scallions, red pepper, and spices in a medium bowl.
6. With a spoon, fill jalapeño pepper halves with cheese mixture. Place the peppers, cut-side up, on the prepared baking sheet.
7. Bake for about 20-25 minutes or until golden brown. Remove from oven and serve immediately.





35 - 45
MINUTES

Baked Cinnamon Jicama

A LOVELY SWEET

DIRECTIONS

1. Preheat oven to 350 degrees. Line a cookie sheet or baking pan with non-stick foil.
2. Mix jicama with melted butter in a medium-sized bowl. Add cinnamon, apple pie spice, and stevia stirring until combined. Pour on to the foil-lined pan. Cover with foil. Bake for 20 minutes. Uncover and bake an additional 15 minutes.

INGREDIENTS

- 3 cups jicama (cubed or sliced)
- 3 tbsp butter
- 1/4 tsp apple pie spice
- 1/4 tsp cinnamon
- 3 packets stevia
- 1 tbsp Walden Farms caramel syrup
- 2 tbsp fat-free Reddi Whip

3. The jicama will not get completely soft when baking. Expect to have a slight crisp center when eating and a slightly sweetened taste. Enjoy!

Stuffed Zucchini Boats

SATISFYING AND DELICIOUS

DIRECTIONS

1. Preheat oven to 350 degrees. Cook ground beef and season how you like - ideas: onion powder, salt, chili powder, cumin, red pepper flakes, cayenne pepper, dried minced garlic, sliced fresh oregano, parsley, etc.
2. Cut zucchini in half and scoop out seeds to make room for filling. Mix the cheese and ground beef together & fill the zucchini boats. Lay zucchini on a cookie sheet and bake for 30 mins until zucchini is soft and cheese is melted.

INGREDIENTS

- 1 large zucchini
- 2 tbsp Mozzarella cheese
- 5 oz. lean ground beef
- Spices to taste - see directions

50 - 60
MINUTES





Chicken Caprese

VERY FLAVORFUL AND INSPIRING

INGREDIENTS

- 2 tsp olive oil
- 2 garlic cloves - minced
- 2 cups grape tomatoes - cubed
- 3 tbsp balsamic vinegar
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/2 cup fresh basil
- 1 lbs Boneless Skinless Chicken Breast - butterflied
- 2 cups reduced-fat shredded Mozzarella

DIRECTIONS

1. Butterfly the chicken breast(s) and pound very thin (1/8 to 1/4 inch thick)
2. Heat olive oil in a large skillet over medium-high heat. Add garlic and stir for one minute.
3. Add tomatoes, balsamic vinegar, salt and pepper. Cover and cook for 8-10 minutes until tomatoes have softened.
4. Remove from heat and stir in fresh basil.
5. Grill or sauté chicken breasts over medium-high heat for a few minutes on each side until fully cooked and juices flow clear.
6. Transfer to a baking sheet and turn oven to broil.
7. Top chicken with tomato mixture and shredded mozzarella cheese, similar to how you would top a pizza.
8. Place baking sheet into oven to broil for 2-5 minutes or until the mozzarella is melted.



Faux Baked Potato Soup

SO CREAMY, SO GOOD

DIRECTIONS

1. In a pot, bring the low sodium chicken broth and the chopped cauliflower to a boil. Reduce the heat to a simmer setting, cover with a lid, and cook for 15 minutes.
2. Remove from the heat and place in a blender to puree. Pour the pureed cauliflower back into the pot, turn on a low heat setting and add the Laughing Cow wedge, 1/4 cup of cheddar cheese, 1/4 cup of the chopped Turkey Bacon, 1/4 cup of water, garlic powder and black pepper.
3. Remove from the heat. Top with the left-over shredded cheese and chopped bacon.

INGREDIENTS

- 1 cup low sodium chicken broth
- 1.5 cup raw cauliflower, chopped
- 1 slice Laughing Cow Cheese wedge
- 1/2 cup low-fat cheddar cheese, shredded
- 1/3 cup cooked turkey bacon
- 1/4 cup water
- 1/4 tsp garlic powder
- 1/4 tsp black pepper

Holiday Veggie Quiche

FOR BREAKFAST AND BEYOND

DIRECTIONS

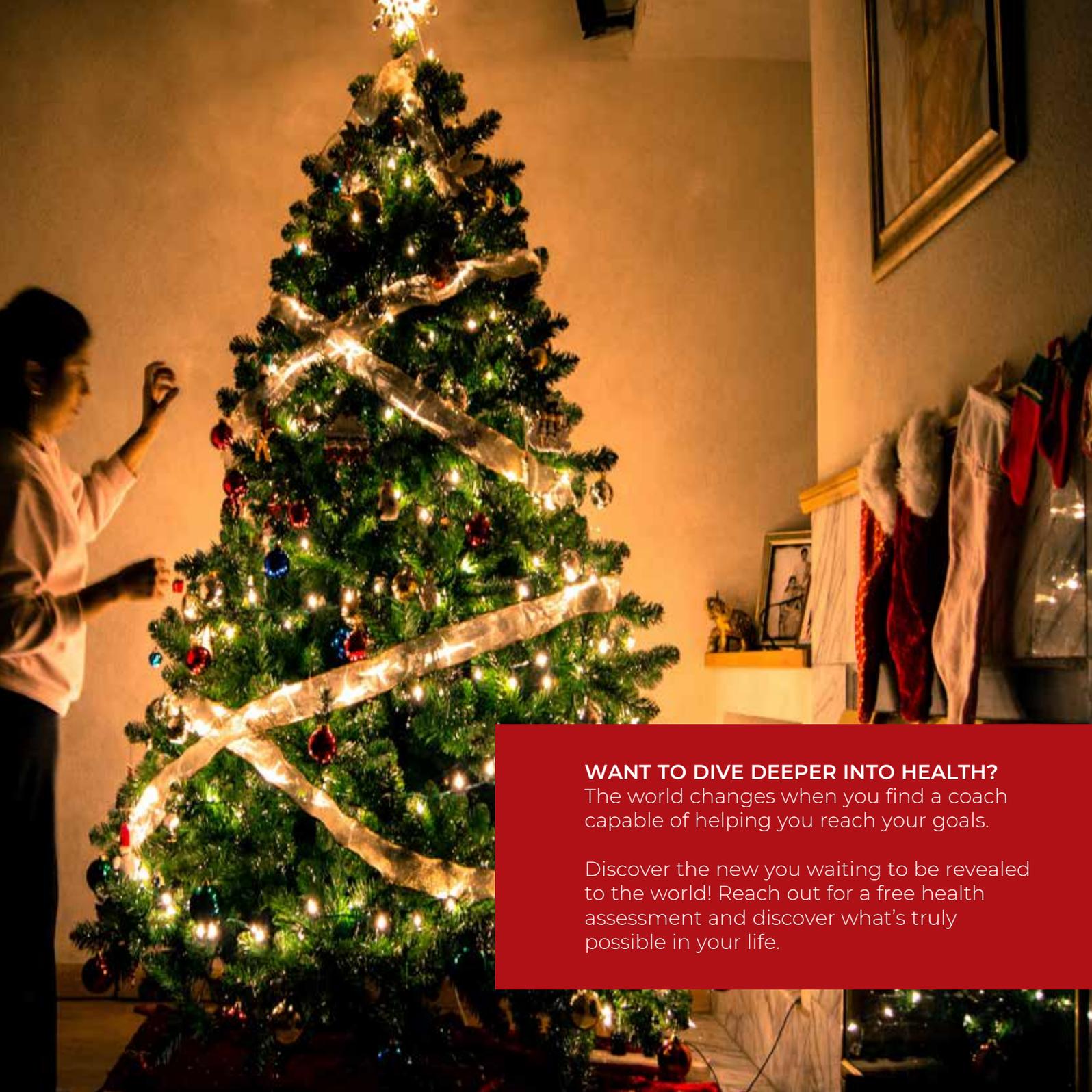
1. Preheat oven to 375°F. Spray a baking dish with Pam cooking spray. Mix ingredients all together in a bowl. Pour mixture into prepared pan. Bake 35 minutes.

40 - 45
MINUTES

INGREDIENTS

- 1 cup egg beaters
- 1/2 cup low moisture part skim 2% mozzarella cheese
- 1/2 cup tomato, chopped
- 1/2 cup broccoli, chopped
- 1/2 cup zucchini, chopped
- 2 Light Swiss Laughing Cow cheese wedges
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/4 tsp onion powder

20 - 30
MINUTES



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