

*Healthy Holiday  
Recipes*

## **Disclaimer**

All information presented and written within the Healthy Lifestyle Initiative is intended for informational purposes only. Although some of these recipes are being classified as diabetes-friendly or heart-healthy, please consult with your physician or medical professional incorporating them into your diet.

## Table of Contents

Salads.....	4
Soups.....	8
Entrees.....	10
Side Dishes.....	15

DF=Diabetes Friendly  
HH=Heart Healthy

# SALADS

## Kale & Brussels Sprouts Salad (DF)

---

### Ingredients

1 c walnuts, chopped  
1lb brussels sprouts trimmed, halved and thinly sliced  
1lb Tuscan or curly kale (about 1 lg. bunch), thick center rib removed, leaves thinly sliced  
1 c coarsely grated or chopped Parmigiano-Reggiano

### Dressing

1/4 c fresh lemon juice from about 2 lemons  
1/2 c extra virgin olive oil  
1 Tbsp Dijon mustard  
2 Tbsp finely chopped shallots from one lg. shallot  
1 small clove garlic, minced  
1/2 tsp salt  
1/4 tsp freshly ground black pepper

Preheat oven to 350 F. Line a baking sheet with aluminum foil for easy clean-up. Bake walnuts for 5-8 min., until toasted and fragrant. Keep a close eye on them, they burn quickly.

Combine brussels sprouts and kale in a lg. bowl.

Make dressing by combining all of the ingredients in a sm. bowl. Pour over the vegetables. Add most of the walnuts and cheese, reserving some to garnish the platter, and toss well. Let the salad sit at room temperature for at least 30 min. or up to a few hours in the fridge, to allow the flavor to meld and the vegetables to soften. Taste and adjust seasoning if necessary.

Transfer to a serving dish and scatter the remaining walnuts and cheese over top. Serve at room temperature.

Recipe Source: HomeSmart Reality 2020 Calendar

## **Dad's Favorite Pepper Salad (DF)**

---

1 green bell pepper  
1 red bell pepper  
1 yellow bell pepper  
1 orange bell pepper  
1 red onion or white onion, your choice.  
1 cucumber  
2-4 tomatoes

Cut the items up let them soak in Italian dressing or salad dressing of your choice.

After it chills it's ready to serve.

## Apple Walnut Rainbow Chard Salad (HH) (DF with modifications)

<https://www.anediblemosaic.com/apple-walnut-rainbow-chard-salad/>

Diabetes Friendly Modifications:

Decrease the honey to 1/2 teas. instead of 1/2 tablespoon; if it's not enough liquid, the apple cider vinegar can be increased

## Swiss Chard Salad with Parmesan & Breadcrumbs | Alexandra's Kitchen

<https://alexandracooks.com/2014/08/07/swiss-chard-salad-with-lemon-parmesan-breadcrumbs/>

## Spinach Salad with Toasted Pecans and Cranberries

<https://www.yummly.com/recipe/Spinach-Salad-with-Toasted-Pecans-and-Cranberries-9088917>

# SOUPS



## Autumn Butternut Squash Soup (DF)(HH)

<https://www.forksoverknives.com/recipes/vegan-soups-stews/autumn-butternut-squash-soup/>

## Sweet Potato Bisque Soup (DF)(HH with modifications)

<https://www.forksoverknives.com/recipes/vegan-soups-stews/sweet-potato-bisque/>

Heart Healthy Modifications:

use low sodium vegetable broth

## Creamy Carrot Soup (DF)(HH with modifications)

<https://www.forksoverknives.com/recipes/vegan-soups-stews/creamy-carrot-soup/>

Heart Healthy Modifications: use 1/2 teas. sea salt, not to taste

# ENTREES

## Ratatouille (DF)

---

Prep Time: 30 Min. Cook time: 45min. Servings: 8

### INGREDIENTS:

**1 lg (1-1/4 lb.) eggplant, cut into 1/3" cubes**

**Salt**

**6 Tbsp. extra virgin olive oil, plus more for serving**

**2 med. Zucchini (about 1lb.), cut into 1/3" cubes**

**1 med. Yellow onion, finely chopped**

**1 red, orange or yellow bell pepper, cut into 1/4" cubes**

**5 lg. cloves garlic, chopped**

**5 lg. vine-ripened tomatoes (1-2/4 lb.), cut into 1/3" cubes, with their juices**

**1 Tbsp. low sodium tomato paste**

**2 tsp. fresh chopped thyme, plus more for serving**

**3/4 tsp. sugar**

**1/4 tsp. crushed red pepper flakes (opt)**

**3 Tbsp. chopped fresh basil**

### Instructions:

1. Heat 3 Tbsp. of oil in a lg. pan over med. Heat. Add eggplant and season with 1/4 tsp. salt. Cook stirring frequently, until soft and starting to brown. 10 to 12min. Transfer to a plate and set aside.
2. Add another Tbsp. of oil to the pan. Add zucchini and cook, stirring frequently, until tender – Crisp, 3 to 4 min. Season with 1/4 tsp. salt and transfer to a plate; set aside.
3. Add 2 more Tbsp. of oil to pan and add onion and bell pepper. Cook, stirring frequently, for about 5 min. Add garlic and continue cooking for about 3 min. more. Do not brown. Add tomatoes and their juices, tomato paste, thyme, sugar crushed red pepper flakes and 3/4 tsp. salt. Cook, stirring occasionally, until tomatoes are broken down into a sauce, 8 to 10 min. Add cooked eggplant to the pan; bring to a gentle boil, then reduce heat to low, and simmer, uncovered, for about 10 min. or until the eggplant is soft. Add zucchini and cook for 1 to 2 min. more, or until just warmed through. Taste and adjust seasoning, if necessary. Sprinkle with fresh basil and thyme, drizzle with little olive oil, and serve warm or chilled.

Recipe form HomeSmart Reality 2020 Calendar

## **Broiled Lemon-Dill Chicken (DF)(HH)**

---

This gluten-free, dairy-free poultry dish is great for dinner and features chicken breasts, lemon slices, dill sprigs, and bell peppers.

### **Ingredients:**

- **4 chicken breasts on the bone with skin, trimmed of excess fat**
- **4 lemon slices, divided**
- **4 large dill sprigs, divided**
- **2 teaspoons minced garlic, divided**
- **1/4 teaspoon salt, divided**
- **1/4 teaspoon freshly ground pepper, divided**
- **1 large red bell pepper**
- **1 large orange bell pepper**
- **1 large yellow bell pepper**
- **1 large green bell pepper**
- **2 teaspoons extra-virgin olive oil**

### **Directions:**

Preheat the broiler.

Divide lemon slices, dill, minced garlic, salt, and pepper, and place under the skin of each breast. Set chicken skin side up on a nonstick broiler pan and place on a rack 4 inches from heat. Broil until golden brown, about 4 minutes. Turn chicken over and continue to cook 5 to 7 minutes or until an instant-read thermometer inserted in the thickest part of chicken registers 170°F.

Remove it to a plate. While chicken is cooking, cut all of the peppers into 1/2-inch wide strips. In a medium bowl, toss red, orange, yellow, and green peppers with oil, remaining 1 teaspoon minced garlic, 1/8 teaspoon salt, and 1/8 teaspoon pepper.

After you remove chicken, scatter peppers in single layer on the (uncleaned) broiler pan and broil 3 minutes. Stir peppers, re-spread, and continue cooking 2 to 3 minutes until tender.

Remove lemon slices and discard. Divide peppers and chicken breasts among four dinner plates.

Great with baked sweet potato and salad.

Servings: 4

Recipe Source: [www.faithfulworkouts.com](http://www.faithfulworkouts.com)

## Gluten-Free Pasta with Clams

---

This gluten-free, dairy-free seafood pasta is great for lunch or dinner and features gluten-free pasta and clams.

### Ingredients:

- **1/4 Pound Gluten-Free Pasta**
- **2 Tbsp. Olive Oil**
- **8 Cloves of Garlic**
- **One 10 oz can of Clams with Juice, Drained and Reserve Liquid**
- **1/2 Cup of Vegetable Broth (Organic, Low-Sodium is Ideal)**
- **2 Tbsp. Fresh Lemon Juice**
- **1/2 Cup Fresh Parsley, Chopped**
- **1/2 Tsp. Red Pepper Flakes**
- **Coarse Ground Pepper**

### Directions:

Cook pasta according to box. Put olive oil and garlic in a small pan over medium heat and cook until garlic is lightly browned and soft. Stir garlic while cooking and watch closely so it doesn't overcook. Add garlic, oil, liquid from clams, lemon juice and broth into a bowl and mix well. Pour into a pot and add clams, parsley and red pepper flakes. Cook over low heat until warm. Pour clam sauce over pasta. Put on plates and sprinkle with coarse ground pepper.

Serves 3-4

Recipe Source: [www.faithfulworkouts.com](http://www.faithfulworkouts.com)

**Balsamic Chicken with Apple, Lentil and Spinach Salad (HH)**  
<https://www.delish.com/cooking/recipe-ideas/recipes/a34689/balsamic-chicken-with-apple-lentil-and-spinach-salad-recipe/>

**Garlic Herb Oven Roasted Chicken (DF)(HH)**  
<https://www.itsyummi.com/garlic-herb-oven-roasted-chicken/>

# SIDE DISHES

## Oven-Roasted Vegetables (HH)

---

Makes 4 servings

**1-1/2 pounds assorted cut up vegetables\***

**3 tablespoons olive oil**

**2 cloves garlic, finely chopped**

**1 tablespoon chopped fresh oregano leaves or 1 teaspoon dried oregano leaves, crushed**

**Salt and ground black pepper to taste**

\*Use any combination of the following; zucchini, red, green or yellow bell peppers, Spanish or red onions, white or portabella mushrooms and carrots.

Preheat oven to 450 degrees.

In bottom of broiler pan, without rack, combine all ingredients. Roast 20 minutes or until vegetables are tender, stirring once.

Recipe Source: Favorite Brand Name Recipes Classic Recipe Collection, Copyright 2002 Publications International. Ltd



## Parmesan Roasted Asparagus

---

This gluten-free, vegetarian dish makes a great side and features asparagus and parmesan cheese.

### Ingredients:

- 1 pound fresh asparagus (green beans or broccoli are a good option too)
- 1 tbsp grated parmesan cheese
- 1 tbsp olive oil

### Directions:

Cut off bottom 1/4 of asparagus (this part is typically tough).

Preheat oven to 400 degrees. Rinse asparagus and place in single layer on large baking sheet.

Drizzle with oil and sprinkle parmesan cheese. Cook for approximately 15 minutes.

Serves 3-4 as a side dish

Recipe Source: [www.faithfulworkouts.com](http://www.faithfulworkouts.com)

## Roasted Sweet Potatoes with Honey and Cinnamon (HH)

<https://www.foodnetwork.com/recipes/tyler-florence/roasted-sweet-potatoes-with-honey-butter-recipe-1946538>

## Roasted Brussels Sprouts with Balsamic Vinegar and Honey (HH)

<https://www.onceuponachef.com/recipes/roasted-brussels-sprouts.html>

## Easy 10-Minute Garlic Broccolini (DF)

<https://www.thekitchn.com/easy-broccolini-267553>