

Holiday Recipes

Cran-Cherry Sauce

Ingredients

- 1 cup frozen cranberries
- 1 cup sweet cherries (frozen)
- 3/4 cup apple juice
- 1/2 tsp. minced ginger
- 1 pinch salt
- 2 tbsp. honey (optional)



Directions

- Place cranberries, ginger and cherries in a saucepan.
- Pour in the apple juice and add salt.
- Bring the contents of the pan to a boil over high heat and then reduce the heat to maintain a simmer.
- Cook the sauce for 8 to 10 minutes or until it's thickened and the fruit has broken down.
- Taste for sweetness and add honey if needed.
- If thickening is desired, add 1 tbsp. of cornstarch to 2 tbsp. of cold water, and stir into the sauce pan while boiling.

Nom Nom Paleo

Roasted Roots and Veggies

Ingredients

- 1 1/2 pounds brussels sprouts
- 5 parsnips
- 4 carrots
- 3 turnips
- 2 cloves of garlic smashed
- 6 tbsp. good olive oil
- 2 tsp. tsp. kosher salt
- 1 tsp. Freshly ground black pepper



Directions

- Preheat oven to 400°F.
- Chop parsnips and carrots into match sticks of equal sizes and then cut turnips similarly.
- Cut bottoms of the Brussels sprouts and quarter removing any other damaged leaves.
- In a bowl, chop parsnips and carrots into match sticks of equal sizes and then cut turnips similarly.
- In a bowl, mix vegetables with the olive oil, garlic salt and pepper. Pour onto a sheet pan and roast for 35 to 40 minutes until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more kosher salt. Serve immediately.

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Apple Crisp

Ingredients:

- 5 medium apples
- 3/4 cup light brown sugar, packed and divided
- 1/2 cup whole wheat flour, divided
- 1/2 tsp. ground cinnamon
- 1/2 stick (2 ounces) cold, unsalted butter
- 1 1/2 cups quick oats
- Non-stick cooking spray
- 1/4 tsp. ground nutmeg

Instructions

- Preheat oven to 350°F.
- Rinse and cut apples in half, lengthwise. Remove any stems. Cut out center core of apples that contain the seeds. Do not peel.
- Place apples cut side down. Use a sharp knife to cut apples into 1/8-inch slices.
- In a large bowl, combine sliced apples, 1/4 cup of brown sugar, 1 tbsp. of flour, cinnamon, and nutmeg. Mix well.
- Spray baking dish with non-stick cooking spray.
- Pour apple mixture into baking dish. Spread evenly.

Cooking Matters



- Dice butter into smaller cubes, using a sharp knife. In a medium bowl, combine remaining brown sugar, oats, and butter. Mix with hands until crumbly.
- Spread oat and flour mixture over apple mixture. Bake uncovered on middle rack of oven for 40 minutes or until top is lightly browned or bubbly.
- Let sit for 15-20 minutes before serving.

Green Bean Casserole

Ingredients

- 2 1/2 pound green beans, trimmed and cut into 1-inch pieces (about 8 cups)
- 2-3 tbsp. extra-virgin olive oil, divided
- 1 medium onion, thinly sliced
- 3 tbsp. all-purpose flour
- 3/4 tsp. salt
- 1/4 tsp. white or black pepper
- 2 1/2 cups low-fat milk
- 1 1/2 cups fresh whole-wheat breadcrumbs



Directions

- Preheat oven to 425°F.
- Toss green beans in a large bowl with 1 tbsp. oil until well coated. Divide between 2 baking sheets and spread in an even layer. Roast, stirring once, until tender, 20 to 25 minutes.
- Meanwhile, heat 1 tbsp. oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until golden brown, 5 to 8 minutes. Add flour, salt and pepper; cook, stirring for 1 minute more. Add milk and continue to stir until the sauce bubbles and thickens, about 4 minutes. Remove from the heat.
- When the green beans are done, remove from the oven. Preheat the broiler.
- Transfer half the green beans to a 2-quart, broiler-safe baking dish. Spread half the sauce over the green beans. Add the remaining green beans and top with the remaining sauce.
- Combine breadcrumbs and the remaining 1 tbsp. oil in a small bowl.
- Sprinkle the breadcrumb mixture over the gratin. Place under the broiler and broil until the gratin is bubbling and beginning to brown on top, 1 to 5 minutes. Let stand for 10 minutes before serving.

Eat Well

Mashed Turnips and Sage



Ingredients

- 4 large turnips, peeled and cubed
- 1 large russet potato, peeled and cubed
- 3 tbsp. butter
- 2 shallots or 1 small onion chopped
- 2 tbsp. chopped fresh or dried sage
- 1 cup milk
- Kosher salt and freshly ground pepper

Directions

- Add the turnips and potatoes to a large pot of cold

Butternut Squash, Brussels Sprout, and Apple Stuffing

Ingredients

- 1 pound butternut squash, cubed
- 1 pound Brussels sprouts, halved
- 1 medium apple, cubed
- 2 medium yellow onion, thinly sliced
- 2 garlic cloves, minced
- 3 tbsp. olive oil
- 2 celery stalks
- 1 1/2 cups reduced-sodium vegetable broth/ chicken stock or bouillon
- 3/4 tsp. dry rosemary, thyme and sage*
- 1/3 cup dried cranberries
- 1/3 cup pecans or walnuts
- Salt and pepper to taste
- 10 slices of whole grain bread- Prior to preparing recipe, leave bread out for a day to become slightly dry, then cut into cubes.



*If using fresh herbs, use three times the amount of the dried herb.

Directions

- Pre-heat oven to 400°F.
- Add squash, brussels sprouts, apples and one yellow onion to large bowl and toss in 2 tbsp. oil. Season with pepper and a pinch of salt.
- Transfer mixture to a baking pan and roast for 25 minutes or until tender. Remove from oven and reduce oven heat to 350°F.
- Heat 1 tbsp. oil in a large pot on stovetop. Add yellow onion, celery and sauté until translucent (about 5-8 min).
- Add bread cubes and cook until golden brown. Season with a dash of salt and pepper.
- Add roasted vegetables, vegetable broth, cranberries, pecans, thyme, sage and rosemary. Stir the mix until the bread has absorbed almost all of the broth.
- Transfer to a baking sheet and bake at 350°F for about 20 minutes. Serve hot.

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salted water.

- Bring to a boil, then reduce to a simmer and cook until soft and tender, about 20 minutes.
- In a small saucepan, add the butter over medium-high heat.
- Once melted, add the shallots or onion and sage and sauté until tender, when the sage is fragrant and the butter begins to brown. Season with salt and pepper. Add the milk and bring to a simmer.
- Drain the turnips and potatoes in a colander in the sink.
- Add the turnips and potatoes back to the pot they were cooked in. Add the hot milk and roughly mash the vegetables until smooth. Add salt & pepper.

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