

## **#HolidayHealthSCS Recipes**

### **Parmesan Roasted Green Beans**

Prep Time: 5 minutes    Cook Time: 15 minutes    Total Time: 20 minutes    4 – 6 Servings

#### Ingredients

- 1 lb. fresh green beans
- 2 Tbsp. olive oil
- 2 Tbsp. grated parmesan cheese
- 2 Tbsp. panko bread crumbs
- 1/2 tsp. kosher salt

#### Instructions

1. Preheat oven to 400 degrees.
2. Combine all ingredients in a large mixing bowl; toss to coat.
3. Spread green beans on a large rimmed baking sheet.
4. Roast for 15-20 minutes; stirring halfway through.

### **Honey Maple Roasted Carrots**

Prep Time: 20 minutes    Cook Time: 20 minutes    Total Time: 40 minutes    6 servings

#### Ingredients

- 2 pounds carrots *peeled and sliced on a long angle into pieces approximately 3 inches long*
- 2 tablespoon extra-virgin olive oil
- 1 tablespoon pure maple syrup
- 2 tablespoon honey
- 1 ½ teaspoons ground coriander
- 1 teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 1 tablespoons sesame seeds
- 1 tablespoon fresh thyme leaves
- 1 tablespoon thinly sliced fresh chives
- ½ cup pomegranate arils or seeds

#### Instructions

1. Preheat oven to 450°F. Lightly oil a sheet pan.
2. Place carrots on prepared pan and drizzle with olive oil, maple syrup and honey. Sprinkle with coriander, sea salt and pepper. Toss to coat (I like to use my hands for this to get them well coated, but a spatula will work too). Spread carrots out on pan in a single layer.
3. Roast for 10 minutes, then stir to redistribute. Return to oven and roast for another 15 - 20 minutes, stirring every 5 minutes. Carrots are finished when they are tender and some of the edges are caramelized.
4. Sprinkle sesame seeds and herbs over carrots and stir. Taste and season with a bit more sea salt and pepper, if needed. Transfer to a serving bowl and scatter with the pomegranate arils. Serve hot.

# Roasted Brussels Sprouts, Cinnamon Butternut Squash, Pecans, and Cranberries

Total Time: 40 minutes 6 servings

## Ingredients

### Roasted Brussels Sprouts:

- 3 cups Brussels sprouts, ends trimmed, yellow leaves removed
- 3 tablespoons olive oil
- Salt, to taste

### Roasted Butternut Squash:

- 1 and ½ pound butternut squash, peeled, seeded, and cubed into 1-inch cubes (Yields about 4 cups of uncooked cubed butternut squash)
- 2 tablespoons olive oil
- 3 tablespoons maple syrup
- ½ teaspoon ground cinnamon

### Other Ingredients:

- 2 cups pecan halves
- 1 cup dried cranberries
- 2-4 tablespoons maple syrup (optional)

## Instructions

### Roasted Brussels sprouts:

1. Preheat oven to 400 F. Lightly grease the foil-lined baking sheet with 1 tablespoon of olive oil.
2. Make sure Brussels sprouts have trimmed ends and yellow leaves are removed. Then, slice all Brussels sprouts in half. In a medium bowl, combine halved Brussels sprouts, 2 tablespoons of olive oil, salt (to taste), and toss to combine. Place onto a foil-lined baking sheet, cut side down, and roast in the oven at 400 F for about 20-25 minutes. During the last 5-10 minutes of roasting, turn them over for even browning, the cut sides should be nicely and partially charred but not blackened (see my photos).

### Roasted butternut squash:

3. Preheat oven to 400 F. Lightly grease the foil-lined baking sheet with 1 tablespoon of olive oil.
4. In a medium bowl, combine cubed butternut squash (peeled and seeded), 1 tablespoon of olive oil, maple syrup, and cinnamon, and toss to mix.
5. Place butternut squash in a single layer on the baking sheet. Bake for 20-25 minutes, turning once half-way through baking, until softened.
6. Note: You can roast both Brussels sprouts and butternut squash on 2 separate baking sheets at the same time, on the same rack in the oven – that's what I did.

### Assembly:

7. In a large bowl, combine roasted Brussels sprouts, roasted butternut squash, pecans, and cranberries, and mix to combine. (OPTIONAL): For more sweetness, add 2 or 4 tablespoons of maple syrup, if desired – do not add all maple syrup at once, start with 2 tablespoons, then add more, if desired, and toss with the salad ingredients to combine.

## Maple Roasted Beets and Carrots

Prep Time: 15 minutes    Cook Time: 20 minutes    Total Time: 35 minutes    6 servings

### Ingredients

- 5 large carrots, peeled & sliced
- 4 medium beets, peeled & diced
- 2 tablespoons olive oil
- Salt & pepper, to taste
- 2 tablespoons butter
- 3 tablespoons pure maple syrup

### Instructions

1. Preheat oven to 425F and move the rack to the middle position.
2. Cut the beets and carrots into pieces that are roughly the same size, and place the pieces on a large baking sheet.
3. Drizzle the olive oil onto the beets and carrots and add salt & pepper. Toss until they're coated. Spread them out in an even layer.
4. Roast for about 15 minutes, or until the veggies are tender-crisp (this will vary depending how big the pieces are).
5. Take the baking sheet out of the oven and add the butter and maple syrup directly to the baking sheet. Let the butter melt then toss it again until everything is coated.
6. Return the baking sheet to the oven for another 5 minutes.
7. Serve immediately.

## Slow Cooker Sweet Potato Mash

Prep Time: 5 minutes    Cook Time: 4 hours    Total Time: 4 hours and 5 minutes    8 servings

### Ingredients

- 2 pounds sweet potatoes, peeled and cut into 1/2 inch slices
- 1 cup apple juice
- 1 Tablespoon ground cinnamon
- 1 Tablespoon maple syrup
- 1 teaspoon ground nutmeg
- pecans, for topping

### Instructions

1. Place cut sweet potatoes in a slow cooker.
2. Pour 1/2 cup apple juice into a bowl and mix in cinnamon, sugar and nutmeg; pour over sweet potatoes.
3. Cover slow cooker and cook on low 4-5 hours, until potatoes are tender.
4. When potatoes are cooked through, blend the sweet potatoes inside your slow cooker with a hand mixer.
5. Add remaining 1/2 cup apple juice and beat again.
6. Season with more cinnamon and nutmeg, to taste.
7. Top with pecans, if desired.

## Slow Cooker Buffalo Chicken Meatballs

Prep Time: 15 minutes    Cook Time: 2 hours    Total Time: 2 hours and 15 minutes    6 servings

### Ingredients

- 1 pound ground chicken
- 3/4 cup Panko
- 1 large egg
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 green onions, thinly sliced
- Kosher salt and freshly ground black pepper, to taste
- 3/4 cup buffalo sauce

### Instructions

1. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper or a silicone baking mat; set aside.
2. In a large bowl, combine ground chicken, Panko, egg, garlic and onion powder and green onions; season with salt and pepper, to taste. Using a wooden spoon or clean hands, stir until well combined. Roll the mixture into 1 1/4-to-1 1/2-inch meatballs, forming about 24 meatballs.
3. Place meatballs onto prepared baking sheet and bake for 4-5 minutes, or until all sides are browned.
4. Place meatballs into a slow cooker. Add buffalo sauce and gently toss to combine. Cover and cook on low heat for 2 hours.
5. Serve immediately.

## Skinny Deviled Eggs

### Ingredients

- 12 eggs
- 2/3 Cup plain Greek yogurt
- 1 Tablespoon yellow mustard
- 1 Tablespoon apple cider vinegar
- salt and pepper to taste (about 1/4 tsp. of each)
- paprika for garnish

### Instructions

1. Boil eggs with the method you prefer.
2. Cool eggs with cold water.
3. After eggs are completely cooled, peel.
4. Slice in half, lengthwise, and place yolks in a separate bowl.
5. Mash yolks well with a fork.
6. Stir in mustard, vinegar, salt and pepper and half of the yogurt.
7. Taste mixture and add more mustard and /or vinegar to desired taste.
8. Add remaining yogurt gradually until desired consistency is achieved.
9. Divide egg yolk mixture evenly into egg white halves
10. Sprinkle lightly with paprika for garnish.

## **Avocado Feta Dip**

### Ingredients

- 2 plum Roma tomatoes, chopped
- ¼ cup onion chopped fine
- 1 bunch fresh curly parsley chopped very fine
- 1 clove garlic minced
- ½ teaspoon oregano
- 1 tablespoon good olive oil
- 2 tablespoons red wine vinegar
- 4 ounces plain crumbled feta cheese
- Salt and pepper to taste
- 2 avocados chopped in chunks

### Instructions

1. In a bowl combine all the ingredients except the avocado. Stir to combine. Cover and refrigerate for several hours or overnight.
2. Add chopped avocado. Stir.
3. Serve with tortilla chips.

### Recipe Notes

This recipe can be made and served immediately. However, it does test even better after the flavors have had time to marinate.

## **Pear Pomegranate Salsa**

### Ingredients

- 2 fresh pears (any kind), cored and diced
- 1 fresh pomegranate, seeded
- Half a red onion, diced
- 1/2 cup chopped fresh cilantro leaves
- Juice of half a lime

### Instructions

1. Toss all ingredients together until combined. Season to taste with salt and pepper.
2. Serve immediately, or store in a sealed container for up to 2 days.