

It's that time of the year again! As you check your list once and then twice, here the most important thing to remember:

Your goals.

For many people pursuing optimal wellbeing, the holidays create a special kind of anxiety. We sometimes face peer pressure from our loved ones who want us to forget our Habits of Healthy Eating for "just a day." We see piles of cookies in the breakroom. We are lovingly invited to extra nights out for drinks. At every turn, we face temptations and challenges.

We know how important holidays and time with family are. We also know how important being healthy is, which is why we put together our annual recipe booklet. Here you'll find all our favorite delicious recipes for any family gathering! Make these to share with your family and show them how delicious being healthy can be! Maybe you'll find buddies to join you as you work your journey to improve your health!

As you head into the holiday season, follow these steps to enjoy the season without sacrificing your Habits of Health:

- Talk to your loved ones ahead of time (before you're sitting at the dinner table waving away a big plate of food). Tell grandma that you know she loves you and that you really do love her cooking and then explain your health goals. Tell her that what matters to you is spending time with her, and you hope she can understand how important your health is to you.
- Plan for support and use the buddy system. Ask your spouse or a fellow loved one to encourage you to stick to your Habits of Health. If you have an extra voice reminding you of your goals, you are more likely to make healthier choices.
- Look for healthy alternatives. If you're sure that healthy options will not be available where you are going, bring your own. When you have healthy food to eat, you won't have the challenge of a rumbling stomach while everyone around you eats.
- Drink a lot of water. If you stay hydrated, hunger cravings will be less intense. Carry your water bottle with you throughout the holidays, and take a sip whenever you feel tempted to eat something out of plan.
- Gameplan with your coach. Your coach knows you and understands the challenges you face. Before the holidays get too busy, reach out and get your coach's input on what you can do to make your holiday healthy and happy. Don't dread the holidays. You can spend time with the people who matter most to you and celebrate what really counts!

Happy Holidays!



Caprese Wreath Salad

INGREDIENTS:
4 oz fresh mozzarella between 3 to 6 g fat per oz, cubed (1 Lean)
1 cup baby spinach (1 Green)
1 cup or 180 g Roma or heirloom tomatoes, sliced (2 Greens)
1/4 cup chopped fresh basil (1/4 Condiment)
1/8 tsp salt (1/2 Condiment)
1/8 tsp pepper (1/4 Condiment)
2 tbsp Walden Farms Balsamic Vinaigrette Dressing (1 Condiment)

DIRECTIONS: Place a bed of greens on a plate. Season tomatoes with pepper and salt then layer them over spinach. Add mozzarella on top of tomatoes. Drizzle dressing over tomatoes and cheese. Top with fresh chopped basil. Enjoy!

1 Lean and Green with 2 Condiments - No Healthy Fat required



Stuffed Mushrooms

INGREDIENTS:
- 8 ounces Baby Bella mushrooms (2 Green)
- 1 cup low fat mozzarella cheese (1 Lean)
- ½ cup chopped spinach (1 Green)
- 1 clove garlic (1 condiment)
- Salt and pepper to taste

DIRECTIONS:
Preheat oven to 350° F. Heat large skillet over medium-high heat. Add mushroom stems and spinach; cook, stirring frequently, for 5-6 minutes until tender. Add garlic and season with salt and pepper (if desired); cook, stirring frequently, for 1 minute. Add cheese; mix well. Evenly fill mushrooms with spinach mixture. Place mushrooms on a large baking sheet. Evenly top with mozzarella cheese. Bake for 20 to 25 minutes, or until bubbly.



Jalapeno Popper Chicken Dip

INGREDIENTS:
- 12oz cooked boneless, skinless chicken breasts (2 Leans)
- 3/4 cup Fage 2% plain Greek yogurt (1/2 Lean)
- 1/4 cup regular cream cheese (4 Healthy Fats)
- 5 slices turkey bacon cooked and crumbled (1/2 Lean)
- 3 ounces canned jalapenos, diced (3 Condiments)
- 1/2 tsp garlic powder (1 Condiment)
- 1/2 tsp onion powder (1 Condiment)
2 tbsp grated Parmesan cheese (2 Condiments)
- 1 cup shredded 2% sharp cheddar cheese, divided (1 Lean)

DIRECTIONS:
Preheat oven to 375 degrees.
Combine shredded chicken, yogurt and cream cheese in a medium sized bowl. Add crumbled turkey bacon, diced jalapenos, garlic powder, onion powder, Parmesan cheese and 1/2 cup cheddar cheese. Stir until everything is combined. Pour

mixture into a baking dish. Top with remaining 1/2 cup shredded cheese. Bake for 20 minutes or until cheese has melted. 4 Servings with 1 Lean, 1.75 Condiments, and 1 Healthy Fat per serving



Crockpot Creamy Tomato Soup

Makes 8 servings: Per serving: 2 ½ vegetable servings, 3 condiments, ¾ fat serving (will need to serve with a leaner meat and ¼ more healthy fat or a leanest meat and 1 ¼ more healthy fat)
*Note: This has no lean according to Nutrition Support.

INGREDIENTS:
- 2 tbsp olive oil
- 5 cloves garlic, minced
- 3 (28 oz) cans whole Roma Tomatoes
- 1 (32 oz) carton vegetable broth
- 1/3 cup chopped fresh basil
- 2 bay leaves
- ¼ tsp salt
- ½ tsp freshly ground black pepper
- ½ cup heavy cream (I would use fat-free)
- ¼ cup Parmesan, shredded, for serving

DIRECTIONS:
Heat olive oil in a skillet over medium-high heat. Add garlic and sauté until browned. Pour mixture into a crockpot along with tomatoes, vegetable broth, basil, bay leaves. Stir and season with salt and pepper. Cover crockpot and cook on low 6-7 hours or high 3-3 ½ hours. (You could also cook this in a stock pot for about 45 minutes to an hour.) Remove bay leaves then puree mixture well with a blender. If your crockpot doesn't keep all the moister in well while cooking, you may need to add in ½ cup water or so at this point. This helps make sure the soup isn't too thick. Reduce heat to warm, stir in heavy cream. Serve topped with parmesan cheese and fresh basil.



Broccoli Cheese Soup

INGREDIENTS:
- 4 oz. Low Fat Shredded Cheddar Cheese (lean)
- 1.5 C. Broccoli Florets or 4.65 oz. (3 greens)
- 1 C. Reduce Sodium Chicken Broth (1 cond)
- ½ Tsp. Fresh Minced Garlic (1/2 cond)
- 1 Tsp. Turkey Bacon chopped (1/3 cond)
- 1.5 Tbsp. Whipping Cream (1 ½ cond)

DIRECTIONS:
In a sauce pan add the chicken broth, garlic and broccoli florets and simmer on medium heat until broccoli is tender (about 5-7 minutes). Once broccoli is tender with a blender, food processor or immersion blender, blend until desired consistency. Add the whipping cream and simmer until the liquid becomes a little creamy, add half of the shredded cheese and melt completely. Serve hot soup in a bowl and top off with the remainder shredded cheese and turkey pieces.

Serves: 1 // 1 Lean, 3 Greens, 3 Condiments



Christmas Breakfast Casserole

INGREDIENTS:
- 2 1/2 cups kabocha squash, shred (5 Green)
- 1/2 cup red bell pepper, diced (1 Green)
- 6 ounces Jimmy Dean turkey sausage crumbles (1 Lean)
- 12 eggs (4 Leans)
- 1/2 cup unsweetened almond milk (1/2 Condiment)
- 1 tsp dried sage (1/2 Condiment)
- 1/2 tsp salt (2 Condiments)
- 1/2 tsp ground black pepper (1 Condiment)
- 1 cup 2% red. fat sharp cheddar cheese (1 Lean)

DIRECTIONS:
Preheat oven to 350 degrees.
Lightly spray a 9 x 13 inch glass casserole dish with cooking spray and set aside. If making this the night before, use a 9 x 13 inch disposable foil pan. Cut the kabocha squash in half with a large sharp knife using a rocking motion. Scoop out the seeds and goop with a spoon. Not sure what to call it, so goop it is :) Cut the squash halves into wedges. Remove the skin with a knife.
Cut the wedges into large chunks so they can fit into the tube of the food processor and then shred. They don't have to be cut nicely because they are going to be shredded anyways. Measure out 2 1/2 cups of shredded kabocha squash and spread out along the bottom of the prepared casserole dish. Sprinkle the diced red bell pepper over the kabocha squash. Spread the Jimmy Dean turkey sausage crumbles over the kabocha squash and peppers. No need to thaw the sausage. Combine eggs, almond milk, sage, salt and pepper in a large mixing bowl. Whisk thoroughly. Pour the egg mixture over the sausage. If you are cooking it in the morning, cover with foil and place in the fridge. Sprinkle cheese on top. Bake uncovered for about 40 to 45 minutes or until cooked thoroughly. You may need additional baking time if it was in the fridge the night before. Allow to cool slightly. Divide into 6 equal portions.

6 Servings with 1 Lean, 1 Green, and 1 Condiment



Cheesy Chicken Spaghetti Squash Casserole

INGREDIENTS:
- 6 to 7 oz raw chicken breasts - should yield 4.5 oz grilled (3/4 Lean)
- 1/4 tsp Mrs Dash Southwest Chipotle - Seasoning or seasoning of your choice (1 Condiment)
- 3 cups spaghetti squash, cooked (6 Greens)
- 1 tablespoon light butter, melted (1 Healthy Fat)
- 1/2 tsp garlic powder (1 Condiment)
- 1/2 teaspoon salt, or to taste (2 Condiments)
- 1/8 tsp black pepper, to taste (1/4 Condiment)
- 1 tbsp grated Kraft Parmesan cheese (1 Condiment)
- 3/4 cup 2% Fage Total Greek yogurt (1/2 Lean)
- 3 oz. reduced fat cheddar, shredded and divided (3/4 Lean)
- 1/4 tsp dried basil (1/2 Condiment)

DIRECTIONS:
Poke holes on all sides of the spaghetti squash with a metal skewer or a fork. Place a paper towel in microwave and place squash on top of paper towel. Microwave in increments of 3 minutes until flesh starts to get soft. I had a medium sized squash and microwaved for about 10 minutes. Let cool. Cut squash in half, lengthwise. Scoop the seeds and the middle strands out with a spoon and discard. Next, scrape the inside of the squash with a fork all the way to the skin. You should get strands that resemble spaghetti. Set aside. Season chicken with your favorite seasonings. Grill until done. Weigh out 4.5 oz of cooked chicken and then cut chop into pieces. Set aside. Preheat oven to 400 degrees. Combine melted butter, salt, pepper, Parmesan cheese with the yogurt and 2 oz. of shredded cheddar cheese. Stir in spaghetti squash until combined. Pour spaghetti squash mixture into an 8 inch casserole dish. Top with cooked chicken. Sprinkle the remaining ounce of cheese and dried basil over the top. Put in oven and bake for 30 minutes. The casserole is

ready when the top is a light golden brown, which makes for a crunchy crust! Serve immediately. 2 Servings with 1 Lean, 3 Greens, 2.8 Condiments and 1/2 Healthy Fat per serving



Baked Parmesan Tomatoes

Makes 4 servings
Each serving provides: 2 green, 2 condiments, 1 healthy fat

INGREDIENTS:
- 4 cups tomatoes
- ¼ cup parmesan cheese
- 1 teaspoon oregano
- ¼ teaspoon salt
- ½ teaspoon pepper
- 4 teaspoons olive oil

DIRECTIONS:
Preheat oven to 450° F. Place tomatoes cut-side up on a baking sheet. Top with Parmesan, oregano, salt, and pepper. Drizzle with olive oil and bake until the tomatoes are tender about 15 minutes.



Twice Baked Cauliflower

INGREDIENTS:
- 4 cups cauliflower
- 4 oz. light cream cheese
- 1/2 cup 2% Greek yogurt
- 1/4 cup minced green onions
- 1/4 cup freshly grated Parmesan cheese
5 slices turkey bacon
- 2/3 cup reduced-fat sharp cheddar cheese
- 6 slices bacon, cooked until very crisp, fat blotted with paper towel and then crumbled
- 1 cup sharp cheddar cheese (I used Kraft 2% milk sharp cheddar, but use the cheese you prefer as long as it's sharp cheddar)

DIRECTIONS:
Preheat oven to 350F/180C. Cut out stem and core from cauliflower, and cut into small pieces. Cook in large pot of boiling salted water until cauliflower is tender, but not overly soft. Drain well and mash with potato masher, leaving some chunks. Mix in cream cheese, yogurt, green onion, Parmesan, and 3/4 of the crumbled bacon.
Spread evenly in a medium-sized glass casserole dish. Sprinkle with cheddar cheese and reserved bacon. Bake 30-35 minutes, or until hot and bubbly.

Recipe yields 4 servings, per serving: ½ Lean | 2 Green |3 condiments.



Cauliflower Mac N Cheese

INGREDIENTS:
- 3 cups cauliflower, steamed & chopped (6 Green)
- 1 cup low fat shredded Cheddar (1 lean)
- 1 cup low fat (3-6 grams fat/oz) shredded Colby Jack (1 lean)
- 2 Tbsp Half and half (2 condiments)
- 2 Tbsp reduced fat cream cheese (2 condiments)
- 1/4 tsp garlic powder (1 condiment)
- 1/4 tsp onion powder (1/2 condiment)
- 1/4 tsp ground mustard (1/2 condiment)

DIRECTIONS:
Preheat oven to 350. In a saucepan over medium-low heat, warm the half and half, cream cheese, garlic powder, onion powder, and mustard (feel free to use any combination of spices you like). Whisk until creamy, do not allow to boil. Mix cheese together in bowl. Pour 1 1/2 cups of cheese mixture into the saucepan. Stir until cheese is completely melted. Add cauliflower and gently fold until cauliflower is covered. Place mixture into baking dish and top with remaining shredded cheese. Bake for 20-25 minutes until cheese is browned. (If desired broil for the last 2 minutes of baking time).

2 Servings with 1 Lean, 3 Greens, and 3 Condiments per serving. No healthy fats are required



Vegetable Tian

Serves: 4. Per serving: ¼ Lean protein serving, 1/2 fat serving, 3 vegetables, 1 condiment

INGREDIENTS:
-* 2 teaspoons olive oil
- 1 cup sliced green onion
- 1 tsp minced garlic
- 1 medium zucchini - total weight 7 ounces
- 1 medium yellow squash - total weight 7 oz
- 2 cups sliced cauliflower
- 1 medium tomato - total weight 7 ounces
- 1 tsp dried thyme
- ¼ teaspoon salt
- ½ teaspoon pepper
- 1 cup shredded low fat Italian cheese

DIRECTIONS:
Preheat the oven to 400 degrees. Finely dice the onion and mince the garlic. Sauté both in a skillet with olive oil until softened (about five minutes). While the onion and garlic are sautéing, thinly slice the rest of the vegetables. Spray the inside of an 8×8 square or round baking dish with non-stick spray. Spread the softened onion and garlic in the bottom of the dish. Place the thinly sliced vegetables in the baking dish vertically, in an alternating pattern. Sprinkle generously with salt, pepper, and thyme. Cover the dish with foil and bake for 30 minutes. Remove the foil, top with cheese and bake for another 15-20 minutes or until the cheese is golden brown.



Latkes

Makes 1 Serving and = 1 Green and 1 Condiment

- 1 tbsp chopped onion
- 1 tbsp + 1tsp egg beaters
- 1/8 tsp of ground pepper
- 1/4 tsp salt

DIRECTIONS:
Mix together and form into small circles. Spray non-stick pan with Pam and cook on low heat.



Cauliflower/Zucchini Latkes

Makes 1 serving: 3 greens, 1.5 ounces lean

INGREDIENTS:
- 1.5 condiments
- 1 cup grated cauliflower
- 1/2 cup grated zucchini
- 1 chopped scallion or less
- 1/8 tsp Salt
- ¼ tsp Pepper
- ¼ tsp Garlic powder
- 1 egg and 1 egg white

DIRECTIONS: Drain the grated cauliflower and zucchini of excess water (I wrapped in paper towels and squeezed it out). Mix everything together and fry small pancakes in a pan with cooking spray.

MORE IDEAS!





