

## Healthy Holiday Recipes

From

*Mediterranean Wellness*  
*The Healthiest Diet on Earth*



### Ginger Snaps



During this season there are many cookie exchanges. Try spicing up the exchange with a ginger snap (both ginger and molasses are a super foods). And these cookies are so flavorful that one of them goes a long way.

Yields: Approx. 3 dozen

#### **You'll Need:**

¼ cup butter, softened  
1 cup granulated sugar plus a bit extra to roll onto the cookie dough  
¼ cup dark molasses  
1 egg  
2 cups flour  
½ tsp ground cloves  
½ tsp ginger  
1 tsp cinnamon  
2 tsp baking soda  
½ tsp salt  
1/3 cup to ½ cup crystallized ginger, minced

#### **Directions:**

Preheat oven to 375 F.

In a large mixing bowl, combine butter, sugar, molasses, and egg. Beat well until smooth.

Mix all dry ingredients together in a separate bowl, and fold into the wet mixture until smooth. Add ginger and mix well. Chill mixture for at least one hour.

Form 1-inch diameter balls with the dough. Roll them lightly into the granulated sugar. Place on a greased cookie sheet, approximately 2-inches apart. Bake 8-10 minutes, then remove to a wire rack to cool.

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### The Healthy (and Delicious) Mashed Potatoes



Here's a recipe that is a fun alternative to mashed potatoes, as well as a wonderful source of vitamin A and folic acid.

It's perfect for the holidays, you'll like this version because of the easy preparation and versatility.

Yields: 8 - 10 servings

#### **You'll Need:**

6 medium sweet potatoes

6 Tbsp butter

2 Tbsp sour cream (+ additional, see note)

Pinch of nutmeg

Salt and Pepper, to taste

Pecans, finely chopped (optional for garnish)

#### **Directions:**

Wash and quarter potatoes. Place in a pot and cover with water. Boil for approximately 25 minutes, or until tender.

Next, drain the water and mash the potatoes. Beat in butter, nutmeg, and sour cream until fluffy. Use additional sour cream, if needed, to adjust the texture of the potatoes.

Add additional salt and pepper to taste. Garnish with some crushed pecans.

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### Super Simple Artichoke Appetizer Dip



Bake 25 minutes until lightly browned.

The have guests coming over and WAY too many balls in the air to make your like any more complicated. That's when you turn to this appetizer dip. It is nothing short of brilliant, and super simple to prepare.

Serve with Tandoori Nan or other artisan bread, for the best ooh-ing and aahh-ing results.

#### **You'll Need:**

2/3 cup Parmesan cheese  
2/3 cup mayonnaise  
1/3 cup sour cream  
1 (14 oz) can artichoke hearts, drained, chopped  
2 Tbsp green onion, chopped

#### **First**

Preheat oven to 325 F.  
Lightly butter baking dish.

#### **In a bowl**

Blend cheese, mayonnaise, sour cream, artichokes, onions. Transfer to baking dish.

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### Roast Turkey With Chestnut dressing



removed  
salt and pepper to taste

Here's the classic: turkey with dressing. As you can see from the instructions below, there's really not a lot of work involved here, other than taking complements from your guests for your "accomplishments in the kitchen"!

#### **You'll Need:**

2 cans chestnuts, sliced  
2 cups butter  
2 cups onion, minced  
2 cups celery, minced  
10 cups bread crumbs  
1 tsp dried thyme  
1 tsp dried marjoram  
1 tsp dried sage  
1 tsp dried rosemary  
12 pound whole turkey, neck and giblets

#### **First for the stuffing**

Melt butter in medium saucepan over medium heat. Sauté onions and celery until tender. Mix in bread crumbs and chestnuts. Season with thyme, marjoram, sage, and rosemary to taste.

#### **Now for the turkey**

Preheat oven to 350 F.

Wash turkey with water, pat dry. Rub salt and pepper into body cavity.

Spoon stuffing into body cavity. Close skin with skewers or kitchen twine, tie drumsticks together.

Place turkey on rack in medium roasting pan for 3 1/2 to 4 1/2 hours, until internal temperature of thigh reaches 180 degrees F.

Place foil tent over turkey toward the end to avoid over-browning. Remove from oven, place on platter for 20 minutes before carving.

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### **Garlic Green Beans**



Throw these beans together at the last minute before serving. It takes no time at all to throw into a pan, and when you're filling your home with the alluring aroma of sautéed garlic and pine nuts provides instant popularity.

#### **You'll Need:**

- 1 Tbsp olive oil
- 1 clove garlic, minced
- 1/4 cup pine nuts
- 1 pound green beans, trimmed and snapped
- salt and pepper to taste

#### **In a skillet**

Heat olive oil over medium heat. Sauté garlic and pine nuts until lightly browned.

#### **In a medium saucepan**

Set green beans in enough water to cover beans. Bring to boil. Cook 5 minutes, or until just tender. Drain, pat dry, and toss in skillet with garlic and pine nuts for 2 more minutes, just before serving.

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### Sour Cream Banana Bread

It's the sour cream that makes this bread so moist, so delicious, so hard to keep around once it's come out of the oven.



#### **You'll Need:**

2 1/4 cups sugar, divided  
3 tsp cinnamon, divided  
3/4 cup butter  
3 eggs  
6 ripe bananas, mashed  
16 oz, sour cream  
2 tsp vanilla extract  
1/2 tsp salt  
3 tsp baking soda  
4 1/2 cups AP flour  
1 cup walnuts, chopped

#### **Before you start**

Preheat oven to 300 F. Grease four 7x3 inch pans.

Dust pans lightly with 1/4 cup sugar and 1 tsp cinnamon.

#### **In a large bowl**

Cream butter and 3 cups sugar.

Mix eggs, bananas, sour cream, vanilla, cinnamon. Mix in salt, baking soda, flour, nuts until smooth.

Divide into pans.

Bake for 1 hour, until a toothpick comes out clean.

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### Apple Cranberry Crisp



The sweet/tart balance within this recipe makes it an instant favorite. I could talk to you about the importance of those oats for your heart, how cinnamon helps control your insulin, or the fact that the apples provide wonderful antioxidants ... but you would be too distracted by the flavor to listen anyway.

#### **You'll Need:**

1 1/2 cups quick oats  
1/2 cup brown sugar  
1/3 cup AP flour  
1 tsp cinnamon  
1/3 cup butter  
1 Tbsp water  
16 oz can whole berry cranberry sauce  
2 Tbsp cornstarch  
5 Granny Smith apples - peeled, cored, thinly sliced

#### **Before you start**

Preheat oven to 375 F.

#### **In a medium bowl**

Mix oats, sugar, flour, and cinnamon. Cut in butter and water to form a meal.

#### **In a large saucepan**

Mix cranberry sauce and cornstarch.

Bring to boil, and remove from heat. Stir in the apples.

Spread into an 8x8 inch baking dish. Crumble oat mixture over the apples.

Bake for 30 to 35 minutes, or until the apples are tender.

Serve warm ... preferably with vanilla ice cream.