

Brussels Sprouts, Apple & Walnut Salad

Makes ~1 1/2 cups

Ingredients

2 12oz bags fresh Brussels sprouts
1 medium tart apple
2 shallots, minced
1 cup walnuts (or nut of your choice)

For the Vinaigrette :

1/4 cup red wine vinegar
1/3 cup olive oil
1 teaspoon Dijon mustard
1 teaspoon white sugar
Salt & Pepper, to taste



Instructions

Combine vinegar, oil, mustard, sugar, salt & pepper in a jar with a tight-fitting lid; shake well.

Wash Brussels sprouts and trim off ends. Thinly slice with a knife, mandolin or food processor.

Thinly slice or small-cube the apple, as desired. Mince the shallots or cut as desired.

Toast the nuts in a skillet over medium heat, stirring constantly until aromatic and golden.

Combine all salad ingredients in a large bowl.

Drizzle the dressing over the salad and toss gently.

Refrigerate at least 30 minutes prior to serving. Re-toss just before serving.

Nutrition per 1 Cup: 169 Calories; 13g Fat; 5g Protein; 11g Carbs; 4g Fiber; 24mg Sodium



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Beet Hummus

Makes 1 ½ cups; 12 servings

1 can chickpeas (no sodium), drained and rinsed
2 small canned whole beets (golf ball size), drained and rinsed
1 ½ heaping tbsps. tahini
¼ cup lemon juice
3 small garlic cloves (or 1-2 large cloves)
½ tsp garlic powder
1 ½ tsp cumin

Olive oil
Salt and pepper
Toppings:
Lemon zest
Cumin
Olive oil
Sesame seeds



Add chickpeas, beets, tahini, garlic, lemon juice, and spices to a blender or food processor. While blending, add olive oil until you achieve desired texture. If you prefer it pretty thick, use an agitator and stop to scrape down the sides a few times. Top your finished product with a drizzle of olive oil, lemon zest, a sprinkle of cumin, and sesame seeds. Serve with your favorite chopped up veggies and some homemade pita slices!

Nutrition per 2 Tbsp: 72 calories; 4g Fat; 2.4g Protein; 7.4g Carbohydrates; 2g Fiber; 12mg Sodium



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Better Than Potatoes- Cauliflower Mash

Makes 2 cups

Recipe adapted from ibreatheimhungry.com

1 head of cauliflower

2 Tbsp 2% Milk

2 Tbsp Butter

2 oz Dubliner or other sharp cheese

Salt and Pepper to taste



Start by cleaning and removing stems from the cauliflower. Then break it into bite sized pieces and place in a microwave safe bowl with the butter and milk. Microwave uncovered, on high, for six minutes. Stir and then microwave for an additional 4 minutes or until fork tender. Remove from the microwave and transfer into a high-speed blender or food processor. Add the cheese and puree until smooth. Season with salt and pepper and adjust the milk or butter to your preference.

Nutrition per ½ cup: 63 calories; 2.6g Fat; 5g Protein; 2g Carbohydrates; 0.8g Fiber; 80 mg Sodium



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Blackberry Mint Spritzer

Ingredients:

5-6 mint leaves, plus more for garnish
5-6 blackberries, plus more for garnish
1 tsp honey or agave
½ lime, cut in wedges, plus more for garnish
8-12 oz seltzer water, plain or berry flavored
Ice cubes



Directions:

Tear the mint in half and place in a glass or tumbler. Add the blackberries, sweetener and lime wedges and muddle or mash with a spoon. Add ice cubes and top with seltzer. Stir and garnish. Enjoy!



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Butternut Squash and Wild Rice “Stuffing”

Recipe Adapted from *Cookie and Kate*

Makes about 6-12 servings



Ingredients (For Rice and Toppings):

2 cups wild rice, rinsed
2 cups kale, ribs removed and chopped small
 $\frac{1}{4}$ cup chopped cup chopped green onion
 $\frac{1}{2}$ cup crumbled goat cheese
 $\frac{1}{2}$ cup dried cranberries, chopped
 $\frac{1}{2}$ cup raw pepitas (green pumpkin seeds)
1 tsp olive oil
 $\frac{1}{4}$ tsp salt
 $\frac{1}{4}$ tsp ground cinnamon

For the Butternut Squash:

1 small-to-medium butternut squash, cut into 3/4-inch cubes
1 $\frac{1}{2}$ T olive oil
 $\frac{1}{4}$ tsp salt

Directions:

- Preheat the oven to 425 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper.
- **Cooking the rice:**
 - Bring a large pot of water to a boil. Add the rinsed rice and continue cooking, reducing heat as necessary to maintain a lively simmer, for 40-55 minutes. The rice is done when it is tender, but still had a light resistance to the bite. Drain the rice and return the rice to the pot.
- **Roasting the squash:**
 - Place the cubed butternut squash on the baking sheet that is lined with parchment paper. Drizzle the squash with olive oil and sprinkle with salt. Toss until the cubes are evenly coated in the oil. Arrange the cubes in a single layer on the baking sheet and roast for 35-50 minutes, tossing after 20 minutes, until they are golden on the edges and tender when pierced with a fork.
- While the wild rice and butternut squash cook, prepare the remaining components.
- Chop the kale, green onion, and dried cranberries.
- Whisk together the dressing ingredients in a small bowl.
- **Toast the pepitas:**
 - Combine the pepitas, 1 teaspoon olive oil, $\frac{1}{4}$ tsp salt and $\frac{1}{4}$ tsp cinnamon in a small skillet. Stir to combine and cook over medium heat until they are golden brown on the edges, about 3-5 minutes. Remove the skillet from the heat and set aside.
- Stir the kale, half the green onions and all of the ginger dressing into the cooked wild rice. Spread the mixture over a large serving platter or in a large serving bowl.
- Arrange the butternut squash over the wild rice mixture. Crumble goat cheese on the top with a fork.
- Top with the chopped dried cranberries, toasted pepitas and remaining green onions. Serve at warm or at room temperature.

Ginger Dressing

1/4 cup olive oil
2 T apple cider vinegar
1 T Dijon mustard
1 T maple syrup
1 T grated fresh ginger
 $\frac{3}{4}$ tsp salt

Whisk ingredients together until well combined.

Nutrition per Serving (Divided into 12 servings): 273 calories; 12.3 g total fat (2.9 g sat); 4.4 mg cholesterol; 296.5 mg sodium; 35.7 g carbohydrates; 4.8 g fiber; 9 g protein

Caprese Salad Bites

Makes 15 servings

Original recipe by Megan Ellison, MS, RDN, CDE

1 pound mini bell peppers, stems cut off
4 ounces fresh mozzarella
1 packet fresh basil
1 pound cherry tomatoes, halved
Fresh ground pepper
1 bottle balsamic vinegar reduction



Slice mozzarella into $\frac{1}{2}$ -inch thick strips (about 1 Tablespoon each). Stuff each mini bell pepper with a mozzarella strip. Slice each pepper into 3-4 bite-sized pieces. Dust with fresh ground black pepper (try smoked pepper for added flavor).

Layer each pepper round with a small piece of basil and $\frac{1}{2}$ cherry tomato. Drizzle with balsamic vinegar reduction.

Nutrition per Serving (3 bites): 45 calories; 2g Fat; 2g Protein; 5g Carbohydrates; 1g Fiber; 52mg Sodium



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Easy Pantry Marinara Sauce

Ingredients:

- 3 T olive oil
- 1 cup finely diced onion
- ½ cup shredded carrot
- 4 cloves garlic or 1 T powdered garlic
- 2 T dried Italian herb blend
- 28 oz crushed tomatoes – rinse can with ¼ cup water
- 14 oz tomato sauce — rinse can with ¼ cup water
- 2 T tomato paste
- 1 T balsamic vinegar
- 1 tsp sugar
- Salt and Pepper to taste



Directions:

Heat olive oil in large sauce pan and sauté onion and carrot until translucent and slightly caramelized. Add remaining ingredients and let simmer over medium-low heat until flavors meld and preferred consistency is reached. You can blend for more smooth consistency using an immersion blender or transferring to a standing blender, or you can leave slightly chunky depending upon your preference.

Nutrition Facts per ¼ cup Serving: 53 calories; 1g Protein; 1.4g Fat; 3.5g Carbohydrates; 1g Fiber; 104mg Sodium

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Ginger Spiced Granola

As an alternative to gingerbread cookies or spice cake, try some homemade ginger spiced granola. These warming flavors and aromas will get you in the holiday spirit! Enjoy over baked apples, vanilla yogurt, ice cream, or on its own.

Yield: 8 cups (16 servings)

Ingredients:

- 1/3 cup mild-flavored vegetable oil, such as grapeseed, avocado, or canola
- 1/4 cup maple syrup
- 1/4 cup molasses
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon nutmeg (optional)
- 1 teaspoon salt

- 4 cups old fashioned rolled oats
- 3/4 cup unsalted raw nuts of choice: walnuts, pecans, pistachios, cashews, etc.
- 3/4 cup unsalted raw seeds of choice: pepitas (pumpkin seeds), sunflower, flax, hemp, etc.

- 1/3 cup unsweetened coconut flakes – optional
- 1/3 cup chopped dried fruit of your choice: cranberries, raisins, apricots, cherries, apples, etc.
- 1/3 cup chopped crystallized (candied) ginger – optional



Directions:

1. Pre-heat oven to 325° F. Line a rimmed baking sheet with parchment paper.
2. In a small bowl, mix together oil, maple syrup, molasses and vanilla.
3. In a large bowl, mix together dry spices, oats, nuts and seeds.
4. Drizzle wet mixture over dry, stirring to coat evenly.
5. Spread granola mixture onto prepared sheet pan into an even layer.
6. Bake for 10 minutes then remove and stir to break up chunks. Add coconut flakes at this point if using.
7. Bake for another 10 minutes or until golden brown.
8. Remove from oven and stir in chopped dried fruit and candied ginger.
9. Let cool. Then transfer into sealable jars or gift bags for sharing. Use within a couple weeks or refrigerate for longer enjoyment.

Nutrition (per 1/2 cup serving): 215 calories, 9g Fat; 4 g protein; 30 g carbohydrates; 3 g fiber; 138mg sodium

Recipe adapted from: <https://cookieandkate.com/gingerbread-granola/>

Maple Pumpkin Pie Bites

Makes 16 bites

Recipe adapted from www.lorizanini.com

Nonstick cooking spray

2 cups cooked or canned navy beans,
rinsed and drained

1 cup canned 100% pumpkin puree (not
pumpkin pie filling)

3 large eggs

½ cup pure maple syrup

1 teaspoon baking powder

1 teaspoon ground cinnamon

½ teaspoon ground ginger

¼ teaspoon ground nutmeg

¼ teaspoon salt



Preheat oven to 350°F and lightly grease an 8" square cooking dish with spray. Combined all ingredients in a food processor and blend until smooth. Pour batter into the prepared dish and bake until a knife comes out clean when inserted in the center (about 45 minutes). Let cool and then chill in the refrigerator for 2 hours before serving. Serve topped with sliced strawberries.

Nutrition per Bite: 69 calories; 1g Fat; 4g Protein; 12g Carbohydrates; 1g Fiber; 80mg Sodium



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Goat Cheese, Fig, and Rosemary Crostini

Makes 20 Crostini
Recipe adapted from www.chowhound.com



1 whole-grain baguette
1/8 cup olive oil (~2 T)
5 ounces goat cheese
1/3 cup fig jam
One sprig fresh rosemary, finely chopped

Preheat oven to 400°F. Slice baguette into 1/2-inch thick slices. Brush each piece lightly with olive oil. Bake in the oven until lightly toasted, about 8 minutes. Spread 1 1/2 teaspoons goat cheese and 1 teaspoon fig jam on each slice. Sprinkled with fresh rosemary. Enjoy warm or room temperature.



Nutrition per Crostini: 60 calories; 2g Fat; 2g Protein; 8g Carbohydrates; 1g Fiber; 55mg Sodium

Roasted Beet Hummus

Makes 2 1/2 cups
Recipe adapted from www.bluezones.com

2 medium beets, washed & destemmed	3 Tablespoons tahini
~14 ounces no-salt-added chickpeas	1/4 cup olive oil
1/4 cup lemon juice (~1 large lemon)	1/2 teaspoon white pepper
3 cloves garlic	1/2 teaspoon salt



Rub beets with a small amount of olive oil, wrap in foil, and roast at 375°F until very soft. When beets are cooled, place in the food processor. Drain the chickpeas, reserving the chickpea liquid. Add chickpeas and remaining ingredients to the food processor. Blend until smooth, scraping down the sides between processing as needed. If hummus is too thick, add reserved chickpea liquid 1 Tablespoon at a time until desired consistency is reached. Enjoy with raw veggies or with whole grain crackers. For a crostini, use 1.5 tsp hummus and top with brightly colored microgreens.

Nutrition per 1/4 cup Serving: 110 calories; 9g Fat; 3g Protein; 6g Carbohydrates; 2g Fiber; 70mg Sodium



Caprese Salad Bites

Makes 15 servings

Original recipe by Megan Ellison, MS, RDN, CDE

1 pound mini bell peppers, stems cut off

4 ounces fresh mozzarella

1 packet fresh basil

1 pound cherry tomatoes, halved

Fresh ground pepper

1 bottle balsamic vinegar reduction



Slice mozzarella into $\frac{1}{2}$ -inch thick strips (about 1 Tablespoon each). Stuff each mini bell pepper with a mozzarella strip. Slice each pepper into 3-4 bite-sized pieces. Dust with fresh ground black pepper (try smoked pepper for added flavor).

Layer each pepper round with a small piece of basil and $\frac{1}{2}$ cherry tomato. Drizzle with balsamic vinegar reduction.

Nutrition per Serving (3 bites): 45 calories; 2g Fat; 2g Protein; 5g Carbohydrates; 1g Fiber; 52mg Sodium



Cranberry-Pomegranate Holiday Spritzer

Original recipe by Megan Ellison, MS, RDN, CDE

Makes One Serving

4 oz sparkling water

1 oz 100% pomegranate juice

1 oz 100% cranberry juice

1 Tablespoon fresh pomegranate seeds

Optional Garnishes: Slice of Lime, Fresh Rosemary Sprig

Ice



Nutrition per 6 oz Spritzer: 30 calories; 7g Carbohydrates; 1mg Sodium

Makes 16 Servings

64 oz (~2 liters) sparkling water

16 oz 100% pomegranate juice

16 oz 100% cranberry juice

16 Tablespoon fresh pomegranate seeds (~1 whole pomegranate)

Optional Garnishes: Slice of Lime, Fresh Rosemary Sprig

Ice



Ginger Plum Molasses Cookies

Makes about 40 cookies

Original recipe by Megan Ellison, MS, RDN, CDE

2 1/4 cups whole-wheat pastry flour

1 teaspoon baking soda

1/4 teaspoon salt

1/2 teaspoon ground cinnamon

1/4 teaspoon ground clove

3 Tablespoons grated/minced fresh ginger
(or 3 teaspoons powdered)

1/2 cup unsalted butter, softened

3/4 cup packed brown sugar

2/3 cup dried plum puree
(1 cup whole prunes makes
about 2/3 cup puree)

1 egg

1/2 cup dark molasses

1 teaspoon vanilla extract

Extra sugar for rolling/dusting, if desired



1. Puree prunes in a food processor until smooth.
2. In a large mixing bowl, combine flour, soda, salt, cinnamon and clove.
3. In a separate bowl, beat ginger, butter, prune puree, brown sugar, molasses, egg, and vanilla until fluffy.
4. Blend dry mixture to wet mixture until just combined. Wrap in plastic wrap or parchment paper and chill for 1 hour for thicker cookies. For thinner cookies, skip the chill phase.
5. Preheat oven to 350 degrees F (175 degrees C).
6. Roll dough into 1 1/2-inch balls and place 2 inches apart on ungreased baking sheets. For outside crunch and glitz, roll the balls in granulated sugar before baking.
7. Bake until edges start to brown, about 10 minutes. Transfer to wire racks to cool completely.



Nutrition per cookie: 80 calories; 3g Fat; 1g Protein; 15g Carbohydrates; 1g Fiber; 50mg Sodium



Tips and Tricks to Healthfully Navigate the Holidays

Bring a Dish

Bring a low calorie dish that you know you'll enjoy. Try a green salad, vegetable or fruit platter, or a whole grain dish.



Don't "Save Up" Your Calories

Don't starve yourself all day in preparation for one meal. This method often leads to overeating. Instead, enjoy light meals during the day and have a snack before the party.

Scan Your Options Before Grabbing a Plate

Be picky! Look at your options before loading up your plate. Choose your treats and make healthier choices for the rest of your plate.

Use a Smaller Plate

Research shows that using a smaller plate (i.e. salad plate or appetizer plate) leads to a lower calorie intake with just as much satisfaction.

Be Present

It's easy to mindlessly eat at holiday events. Appetizers and other treats make it especially easy to chow down before the main event. Move your conversations away from the buffet and focus on the people.

Lighten Up Your Drink

High calorie drinks are plentiful during the holidays. Alternate higher calorie drinks with water or sparkling water.

Keep Moving

It all adds up! Take the stairs and park your car at the end of the lot. Start active holiday traditions, such as going for walks to look at Christmas lights.

Three Bites

Can't live without it? Try the three bite rule! First bite, introduce the flavors. Second bite, savor. Third bite, say goodbye! Research shows that our taste buds become desensitized to flavor in just 3 bites.

Look for Nutrient Density

Fill up on fruits, vegetables, and whole grains. These are lower calorie than many of the calorie-rich holiday foods and are packed with nutrients. Aim to fill $\frac{1}{2}$ of your plate with vegetables.

Enjoy Yourself!

The holidays come once a year. Don't get discouraged by one or two days of calorie-rich meals. Remember what really matters to you and enjoy the season!

Get a Jump Start on the New Year! If you would like an individual consultation with a Registered Dietitian Nutritionist, contact us at 425-409-3544 or visit us online at www.sounddietitians.com.



Holiday Beverage Swaps

Beverages during this time of year can be high in calories, saturated fat, and sneaky sugars. Below are some tips for healthier sips this holiday season.

Flavored Syrup



Add herbs, spices, and fruit to your drinks for flavor and some extra nutrients.

Sprite/soda



Sparkling water or club soda adds the carbonation without the sugar and extra calories.

Cream / Bailey's



Low fat milk, hemp or cashew milk will add the creaminess but cut down on the fat. Or try Bailey's Almande.

Alcoholic Drinks



The holidays don't have to be all about the alcoholic drinks, try kombucha for a bubbly festive alternative.



GRAPEFRUIT & ROSEMARY MOCKTAIL

Rosemary Simple Syrup

- 1 cup water
- 1 cup granulated sugar
- 3 sprigs of rosemary

Ingredients

- 2 cups fresh pink grapefruit juice
- 1/4 cup of the rosemary simple syrup
- 4 cups sparkling water

Instructions

To make the syrup: add equal parts sugar and water to a saucepan on medium heat. Dissolve the sugar for about 5 minutes being careful that your mixture doesn't come to a boil. Pour your simple syrup into a glass jar and add rosemary sprigs. Let steep for at least 1 hour. Store in the refrigerator for up to 10 days.

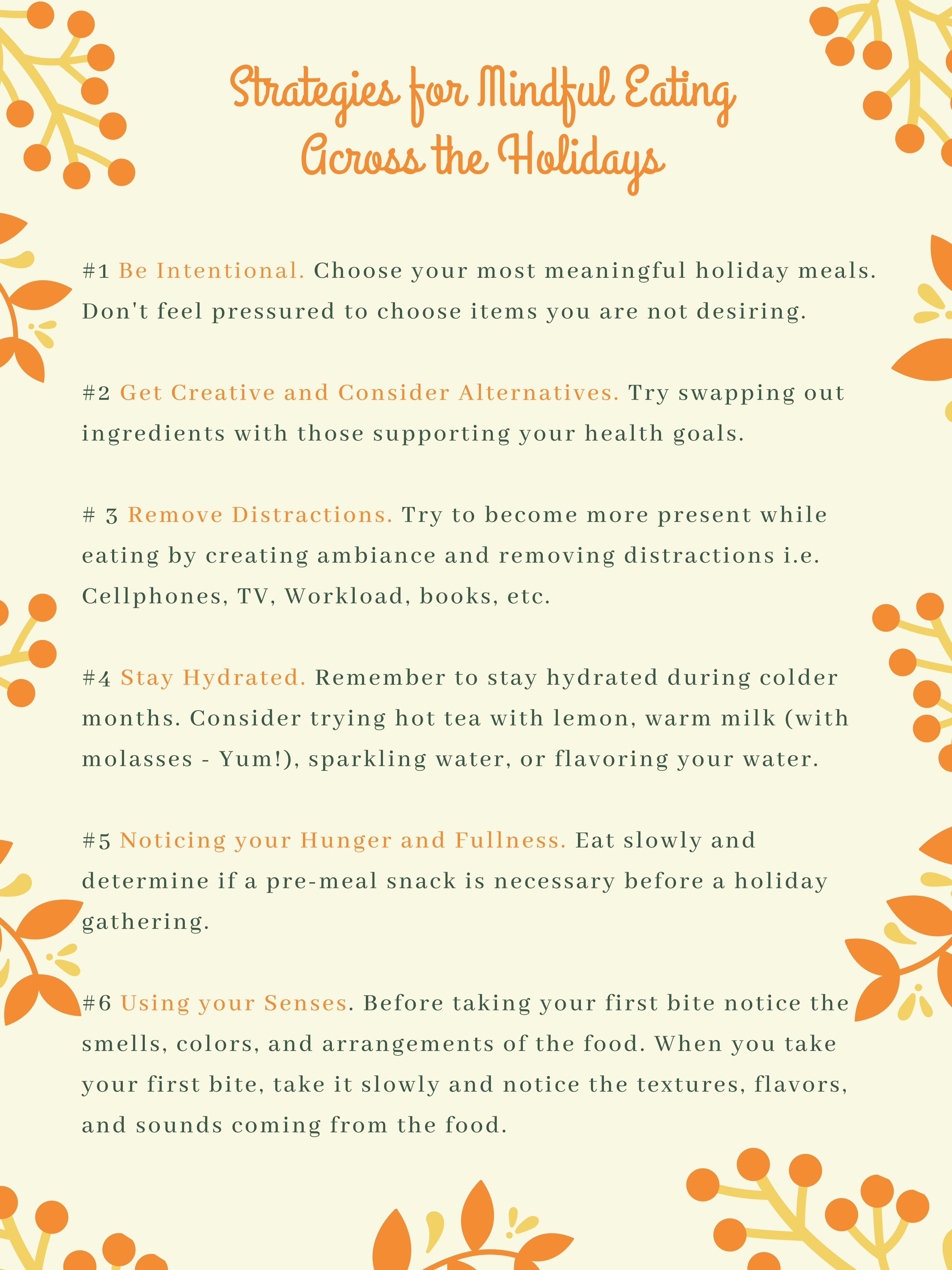
To assemble the drinks: Add 1/2 cup fresh pink grapefruit into a serving glass. Add 1 Tablespoon (1/2 oz) of rosemary simple syrup. Stir. Fill the remainder of the glass with sparkling water (about 1 cup) Garnish with a rosemary sprig. Serve chilled.

Nutrition

91 calories, 22g CHO, <1g PRO, 0g Fat, 9g Sodium

Recipe adapted from <https://placeofmytaste.com>





Strategies for Mindful Eating Across the Holidays

#1 **Be Intentional.** Choose your most meaningful holiday meals. Don't feel pressured to choose items you are not desiring.

#2 **Get Creative and Consider Alternatives.** Try swapping out ingredients with those supporting your health goals.

3 **Remove Distractions.** Try to become more present while eating by creating ambiance and removing distractions i.e. Cellphones, TV, Workload, books, etc.

#4 **Stay Hydrated.** Remember to stay hydrated during colder months. Consider trying hot tea with lemon, warm milk (with molasses - Yum!), sparkling water, or flavoring your water.

#5 **Noticing your Hunger and Fullness.** Eat slowly and determine if a pre-meal snack is necessary before a holiday gathering.

#6 **Using your Senses.** Before taking your first bite notice the smells, colors, and arrangements of the food. When you take your first bite, take it slowly and notice the textures, flavors, and sounds coming from the food.

Strategies for Mindful Eating Across the Holidays

#7 **Have a Strategy.** Bring your own favorite dish and try using a smaller plate to help your portion sizes and satisfaction factor. Develop a well-balanced plate and look over all your options before making a choice.

#8 **Create a New Holiday Tradition to Be Active.** Plan ahead to try new ways for being active such as going for a group walk, playing a game of charades, or looking at Christmas lights after dinner.

#9 **Manage Stress.** Identify the true source of your stress in order to respond appropriately. Try breathing techniques, get outside, go for a walk, journal, or have a stretch break.

#10 **Be Present & Practice Gratitude.** Remember to enjoy yourself, the holidays only come once a year. Try to be in the moment and cherish them. Acknowledge everyone surrounding you and the meals placed in front of you. Recognize the time it took to prepare for the holidays. Practice gratitude with your friends and family.

Happy Holidays

Healthy Holiday Swaps

Cream Cheese Dip



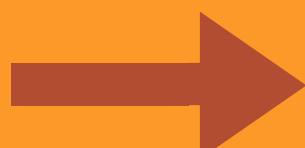
Hummus - it's full of protein, fiber, & calcium. Serve with a colorful tray of veggies.

Mashed Potatoes



Mashed Cauliflower- Same flavor but significantly lower in calories and carbohydrates.

Green Bean Casserole



Steamed or sautéed green beans- Roast in the oven or sauté on low with olive oil, salt and pepper.

Sweet Potato Casserole



Baked Sweet Potatoes - candied toppings and marshmallows make a dessert not a side dish. Enhance their natural sweetness with a drizzle of maple syrup and pumpkin pie spice.

Pumpkin Pie or Fruit Pies



Pumpkin Pudding- removes saturated fat and refined carbs from a crust. Grilled Fruit- releases the natural sugars in fruit for a delicious dessert

