

HOLIDAY RECIPES

from

 healthy
simple life



Roasted Balsamic Turkey with Apple Stuffing



Prep time: 30 min

Cook time: 3-4 hours

Servings: 12

Ingredients:

- 1 turkey (10-15 pounds)
- 10 apples, peeled, cored, sliced in half
- 2/3 cup balsamic vinegar
- 1/2 cup butter, melted
- 5 rosemary sprigs
- Salt & pepper

Preparation:

- Preheat oven to 325 degrees.
- Remove the gizzards from the inside of the turkey.
- Tie both legs of the turkey together with a string.
- Place turkey breast side up in a roasting pan and place rosemary sprigs inside.
- Drizzle with melted butter, balsamic vinegar, salt and pepper.
- Wedge apples around roasting pan to prop turkey up evenly—place 2 apple halves in cavity of bird.
- Place turkey on the lowest rack of the oven. Roast at 325 degrees, 15 minutes per pound (e.g. a 15 pound turkey requires 3 hours and 45 minutes).
- Roast until the internal temperature of the bird is 165 degrees.
- Remove turkey from oven and allow to sit for about 30 minutes before carving.

Modifications:

- If skin begins to brown too soon, cover with foil.
- This has Protein (turkey), Fat (butter) and Carbs (apples). To make it a little more PFC balanced, add a side of vegetables and an extra tablespoon or so of fat per serving!

Garlic & Herb Cauliflower Mash



Prep time: 20 minutes

Cook time: 12 min

Servings: 3-4

Ingredients:

- 1 head of cauliflower, washed and cut into florets
- 1 onion, chopped
- 4 gloves of garlic, minced
- 2 Tbsp. butter, unsalted
- 2 tsp. fresh thyme
- 2 tsp. fresh rosemary
- Salt & pepper, to taste
- Rosemary sprigs (optional)

Preparation:

- Steam cauliflower in a large soup pot until soft (about 10-12 minutes).
- Heat 1 Tbsp. butter in a non-stick pan on medium heat.
- Sauté onion and garlic until onions are translucent. Set aside.
- Place steamed cauliflower into a high speed blender or food processor. Add the sautéed onion, garlic, remaining 1 Tbsp. butter, thyme and rosemary. Process until smooth. Add salt and pepper to taste.
- Place mixture in a beautiful serving bowl and garnish with a sprig of rosemary. :)

Modifications:

- This has Carbohydrates (cauliflower) and Fat (butter). Serve with a Protein (Roasted Balsamic Turkey, anyone!?) for a complete PFC balanced meal.

Maple Bacon Butternut Squash



Prep time: 20 min

Cook time: 35-40 min

Servings: 6

Ingredients:

- 6 cups butternut squash, peeled and cubed
- 8 pieces of bacon
- 1 cup pecans, chopped
- 1/4 cup maple syrup
- 3 Tbsp. bacon fat (rendered from cooking bacon)
- 1 tsp. cinnamon

Preparation:

- Preheat oven to 400 degrees.
- Place strips of bacon on a foil lined baking sheet and cook in the oven for 20 minutes. Bacon should be slightly soft (not crispy) when removed from oven.
- Place bacon on a paper towel to dry. Chop into small pieces once cooled. Set aside.
- Place the rendered bacon fat in a large bowl. Add the cubed butternut squash, pecans, maple syrup, and cinnamon.
- Mix together to coat the squash well. Add pieces of bacon and mix.
- Place mixture on a 9x11 glass baking dish.
- Place dish in the oven to bake for 35-40 minutes, or until squash is soft.
- Serve immediately.

Modifications:

- This has Carbohydrates (butternut squash) and Fat (bacon fat). Pair with a Protein for a complete PFC balanced meal.



Prep time: 20 min

Cook time: 0 min

Servings: 24 pieces

Ingredients:

- 1 cup almonds
- 1 cup dates, pits removed (about 10-12 large dates)
- 3/4 cup cocoa powder
- 2/3 cup unsweetened coconut
- 1/2 cup coconut oil, melted
- 1 tsp. peppermint extract

Preparation:

- In a food processor, combine cocoa powder, almonds, and unsweetened coconut. Pulse until well combined.
- Next, add in the melted coconut oil, peppermint extract, and half the amount of dates. Blend until well combined. Add remaining dates, and additional coconut oil if needed. Pulse until smooth.
- Place mixture in a large bowl. *Note: mixture may seem crumbly, but it will stick together once you mix it with your hands.*
- Roll into 1-inch balls (1 tablespoon size) and chill in the refrigerator for at least an hour before serving. You can also place mixture in an 8x8 pan and cut into squares for “truffle bars.” :)

Modifications:

- This has Fat (coconut oil & almonds) and Carbohydrates (dates).
- These will keep in the fridge for 2-3 weeks. You can freeze ‘em too!



Holly Jolly Cranberry Cocktail

Prep time: 5 min

Cook time: 0 min

Servings: 1

Ingredients:

- Club Soda
- Ice
- 1 lime, cut into wedges
- 1 oz. Vodka or Tequila
- 1 oz. Cranberry Liqueur
- Fresh or dried cranberries for garnish

Preparation:

- Fill a 12 oz. glass with ice.
- Pour vodka or tequila and cranberry liqueur into glass. Top with club soda to your liking (more for a weaker drink and less for a stronger drink!).
- Squeeze several lime wedges into drink and mix well.
- Top with cranberries for a garnish.

Modifications:

- This doesn't count as a P, F or C, so enjoy on the side of your meal, and, while they are tasty, don't go too crazy! ;)