



**NOURISH
AND THRIVE**
NUTRITION CENTER

Winter Holiday Recipes

This collection of healthy, satisfying recipes includes simple, delicious creations with quality ingredients for your holiday table!



Welcome!

We are so glad you're here.

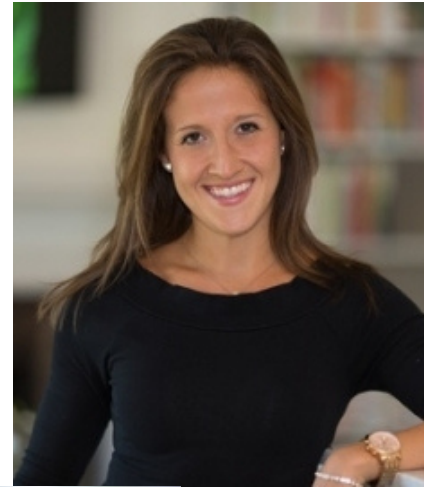
Our team of credentialed nutrition professionals and culinary facilitators have created these healthy recipes to help you meet your health goals. All are extensively tested and feature whole food ingredients with easy-to-follow directions for people of all cooking levels.

The recipes in this e-book are available on our digital meal plans +1,000s more. You can build your ultimate meal plan with our search-click-and-drag technology with automatic nutrition facts calculation and grocery list generation.

Access your FREE trial of our meal plans [here](#).

Now, let's get cooking!

Elisa and Ellen



Recipes

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DESSERT

- Pumpkin Pie Bars with Pecans
- Dark Chocolate Truffles



Low Carb Stuffing Bites

Serves 8

Prep: 30 mins. | Total: 90 mins.

Ingredients

- 3 cup onion, sweet, chopped
- 2 cup celery, chopped
- 8 oz mushrooms, sliced
- 1 apple, chopped
- 1/4 cup parsley, chopped
- 3 Tbs olive oil
- 2 cup almond flour
- 1 tsp thyme, dried
- 1 tsp sage, dried
- 1 tsp rosemary, dried
- 3 eggs, whisked

Per serving:

223 calories

14g carbohydrates

14g total fat

10g protein

Prep

1. Prepare all vegetables, apple, and parsley according to the instructions.
2. Preheat oven to 350° F.
3. Grease 8 muffin cups or a 9 x 9 baking dish.

Make

1. Add oil to skillet and over medium heat, sauté the onion, celery, mushrooms, and apple until soft and fragrant. Cook long enough that the fluid released from mushrooms has evaporated. Stir in parsley and dried herbs.
2. Add mixture to mixing bowl a set aside to cool slightly
3. Stir in almond flour to coat all the vegetables.
4. Add whisked eggs and stir to create a batter.
5. Scope batter into muffin cups or spread batter into a 9 x 9 greased baking dish.
6. Bake in the center of the oven for about 20 minutes for individual servings or 45 minutes to 1 hour for the dish.
7. Remove from oven and let stand to cool.



Braised Red Cabbage with Apples

Serves 8

Prep: 15 mins. | Total: 30 mins.

Ingredients

- 1 head red cabbage, shredded about 2 lbs
- 1 sweet onion, thinly sliced
- 2 granny smith apples, unpeeled and cut into slivers or other tart apple
- 2 Tbs olive oil
- 1/3 cup balsamic vinegar
- 1/4 tsp allspice
- 1/2 tsp salt
- Pepper, to taste

Per serving:

121 calories

21g carbohydrates

4g total fat

3g protein



Prep

- 1.Shred cabbage.
 - 2.Slice onion and apple.
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Make

- 1.Place oil in a large sauce pot over medium heat. Sauté onion until soft. Add 3 tablespoons of vinegar and simmer until the mixture has thickened a bit.
- 2.Add apples and cook for an additional 3 minutes.
- 3.Add cabbage, allspice, and rest of vinegar and simmer gently until cabbage has softened and liquid has reduced- about 30 minutes- adding some water if needed to keep cabbage from sticking.
- 4.Season with salt and pepper to taste.



Shaved Brussels Sprouts Salad

Serves 8

Prep: 15 mins. | Total: 20 mins.

Salad Ingredients

- 2 lb Brussels sprouts, shaved
- 2 pears, chopped
- 1 cup pomegranate arils (1 small pomegranate)
- 1/3 cup pecans, raw, roughly chopped

Dressing

- 1/4 cup olive oil
- 1/4 cup tahini
- 1 lemon, juiced (for 1/2 Tbs juice)
- 2 tsp Dijon mustard
- 2 tsp maple syrup
- 2 Tbs cold water
- salt & pepper to taste

Per serving:

308 calories

34g carbohydrates

19g total fat

8g protein



Prep

1. Using a food processor, shave the Brussels sprouts.
2. Seed the pomegranate (if necessary).
3. Roughly chop the pecans and pears.

Make

1. Combine the shaved Brussels sprouts, pears, pomegranates, and pecans in a bowl.
2. To make the dressing, combine all ingredients in a mason jar and shake to emulsify. If necessary add more water to thin the dressing. Season to taste with salt.
3. When ready to serve the salad, drizzle the dressing over the salad ingredients and toss to combine.



Acorn Squash and Kale Salad with Turmeric Dressing

Serves 4

Prep: 15 mins. | Total: 25 mins.

Ingredients

- 1 acorn squash, sliced into half moons
- 8 cup kale, spines removed and chopped
- 2 apples, diced
- 1 Tbs olive oil
- 1/2 cup sunflower seeds, raw

Dressing:

- 1/4 cup olive oil
- 1 tsp turmeric, ground
- 2 Tbs vinegar, red wine
- 1 lemon, juiced
- 1 tsp ginger root, fresh, grated
- 1 cloves garlic

Per serving:

299 calories

29g carbohydrates

13g total fat

17g protein



Prep

1. Chop off the stem of the squash, slice in half then use a spoon to scoop out the seeds and flesh. Cut each side into 1/2-inch slices.
2. Remove stems from kale, chop into bite-sized pieces.
3. Dice apple.
4. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
5. Add dressing ingredients to blender and process until smooth or whisk in a bowl.

Make

1. Toss squash slices with 1 tablespoon olive oil to coat. Arrange slices on the baking sheet, sprinkle with salt & pepper. Bake for 12 minutes on each side until light golden brown.
2. Put kale in a large bowl. Massage with fingers for 30 seconds until kale turns bright green. Add diced apple and roasted squash. Toss with enough dressing to coat and top with sunflower seeds.



Herb Mushroom Salad with Wild Rice

Serves 4

Prep: 15 mins. | Total: 35 mins.

Ingredients

- 1 cup wild rice
- 8 cup water
- 1 lb baby portabello mushrooms
- 1/2 onion, sweet
- 2 Tbs fresh dill, chopped
- 2 Tbs fresh parsley, chopped
- 2 Tbs fresh thyme, chopped
- 1 lemon
- 1 Tbs olive oil
- salt, to taste

Per serving:

217 calories

39g carbohydrates

4.3g total fat

9g protein



Prep

1. Add rice and cool water to a saucepot. Bring to a boil then reduce heat and simmer rice for about an hour until it is tender.
2. Preheat oven to 350°F.
3. Cut off stems and quarter each mushroom.
4. Dice onion into small pieces.
5. Chop dill, parsley, and thyme into fine pieces.
6. Cut lemon into wedges.

Make

1. Add mushrooms and onions into a mixing bowl. Add olive oil and toss together until mushrooms and onions are completely coated and place on a parchment-lined baking sheet.
2. Bake for 15 to 20 minutes, or until mushrooms and onions are slightly browned.
3. Once the rice is cooked, toss with mushrooms, onions, dill, parsley, and thyme together to complete salad.
4. Add salt and pepper to taste and serve with lemon wedge.



French Onion Soup

Serves 4

Prep: 10 mins. | Total: 50 mins.

Ingredients

- 4 onions, sliced
- 3 cloves garlic, chopped
- 1 Tbs thyme, fresh, chopped
- 1/4 cup parsley, fresh, chopped
- 4 French bread rounds, toasted
- 1/2 cup Swiss cheese, shredded
- 1/4 cup Olive Oil
- 2 tsp black pepper, ground
- 6 cups beef broth, no added salt

Per serving:

290 calories

23g carbohydrates

19g total fat

8g protein

Prep

1. Slice onions.
2. Chop garlic.
3. Remove parsley and thyme leaves from stems and chop.

Make

1. Add the olive oil to a large pot over medium-low heat. Add the onions and cook until caramelized, about 20 minutes. Add the garlic and black pepper and cook for an additional 3 minutes.
2. Add the thyme and beef broth. Bring to a boil then reduce to a simmer and cook for 25 minutes.
3. Place toasted bread round in individual bowls and top with cheese.
4. Cover each bowl with a plate to condense heat and melt the cheese. Alternatively, you could use a kitchen torch to brown and melt the cheese.
5. Serve topped with fresh parsley.



Roasted Carrot Ginger Soup

Serves 4

Prep: 30 mins. | Total: 45 mins.

Ingredients

- 8 carrots, peeled and cut into 1-inch rounds
- 2 Tbs ginger, peeled and cut into 4 pieces 1-inch knob
- 1/2 onion, sweet, chop
- 2 Tbs olive oil
- 2 tsp thyme, fresh (or 1/2 the amount dried)
- 6 cup vegetable stock, low-sodium
- salt, to taste
- pepper, to taste
- 2 Tbs pepitas, raw

Per serving:

169 calories

20g carbohydrates

9g total fat

4g protein



Prep

1. Preheat oven to 400°F. Line a roasting pan with parchment paper.
2. Chop carrots, ginger, and onion.

Make

1. Place carrots on a baking sheet lined with parchment paper, drizzle with one tablespoon of the oil and toss to coat. Roast in the oven for 15–20 minutes, until just browned and tender.
2. Meanwhile, in a large soup pot, heat the rest of the olive oil over medium heat. Sauté onions until translucent and tender. Add thyme and ginger and sauté gently until fragrant.
3. Add roasted carrots and broth and bring to a boil and then turn down to a simmer for 10 minutes.
4. Use an immersion blender, or blender to purée the soup. Add more stock if needed to reach the desired thickness.
5. Season with salt and pepper. Garnish with pepitas.



Pumpkin Pie Bars with Pecans

Serves 8

Prep: 10 mins. | Total: 70 mins.

Crust Ingredients

- 1 cup almond flour, packed
- 1 tsp ground cinnamon
- 1/8 tsp salt
- 1 Tbs raw sugar
- 1 Tbs flax meal
- 1/4 cup coconut oil, melted and cooled

Per serving:

280 calories

19g carbohydrates

21g total fat

7g protein

Filling Ingredients

- 15 oz pumpkin purée, canned
- 4 eggs, large
- 1/3 cup maple syrup
- 2 tsp pumpkin pie spice
- 1/2 tsp ground cinnamon
- 1 cup raw pecans, roughly chopped



Prep

1. Melt the coconut oil and allow to cool.
2. Preheat oven to 350°F and lightly grease an 8x8 baking dish.
3. To make the crust, combine all ingredients in a mixing bowl and using your hands, mix until evenly blended.
4. Transfer the dough to the baking dish and spread into an even layer, about 1/4" thick.
5. Bake in the oven for 15-20 minutes or until edges start to turn slightly brown. Remove from oven and allow to cool slightly.
6. While the crust is baking, assemble the pumpkin filling.

Make

1. Roughly chop pecans.
2. In a large mixing bowl or an electric mixer with a whisk attachment, combine all filling ingredients --except for the pecans. Mix until mixture is smooth and slightly fluffy, about 4 minutes.
3. Pour the pumpkin mixture over the crust and shake a little to spread it evenly in the pan. Top with chopped pecans. Bake for 50-60 minutes or until the center is no longer giggly. Remove from oven and allow to cool before serving.



Dark Chocolate Truffles

Serves 20

Prep: 15 mins. | Total: 3 hrs.

Ingredients

- 1 3/4 cups dark chocolate chips
- 1 cup coconut cream
- 1/4 cup cocoa powder, unsweetened
- 1/4 cup coconut flakes, finely shredded, unsweetened

Per serving:

162 calories

11g carbohydrates

12g total fat

2g protein

Prep

1. Place cocoa powder and coconut flakes into separate, small bowls.
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Make

1. Add chocolate chips to a glass mixing bowl.
2. In a small saucepan, heat coconut cream until it just simmers. Pour over chocolate chips and stir until chips are completely melted.
3. Cover and place in refrigerator for at least 3 hours.
4. Using a small ice cream scoop, drop the mixture into either cocoa powder or coconut and gently use your hands to form a ball. Do not over-handle as chocolate will begin to melt again.
5. Place truffles on a parchment-lined plate and return to refrigerator until ready to serve.

- Notes:**
- Coconut cream is different from coconut milk - it has a higher fat content necessary to make the truffles solid
 - Dark chocolate is typically dairy-free but please check the ingredient label to be certain [look for 70%+ cocoa]
 - A variety of coatings work well here - our other favorites: peanut butter powder and finely crushed nuts

