

Sweet Curried Edamame Crunchers

3 cups frozen shelled edamame

1½ tbsp. extra-virgin olive oil

2 tbsp. coconut sugar

- 1 tbsp. curry powder

- 1 tsp. cinnamon

- ¼ tsp. sea salt

- ⅛ tsp. ground black pepper

- Pinch of cayenne pepper (optional)

1. Preheat oven to 300°F (149°C).
2. Place edamame in a strainer and run under warm water for 30 seconds. Spread edamame on a paper towel and pat dry.
3. In a medium bowl, stir together edamame, olive oil, sugar, curry, cinnamon, salt, pepper and cayenne.
4. Spread seasoned edamame on a baking sheet in a single layer.
5. Bake for 1 hour 15 minutes, until light brown. Stir every 15 minutes to ensure even roasting. Let cool before serving.

139 calories, 7g total fat, 0g saturated fat, 0mg cholesterol, 203mg sodium, 11g carbohydrate, 5g fiber, 6g sugar, 10g protein, 462mg potassium

Golden Sweet Potato Hummus

1 medium sweet potato

1 cup hummus

1 garlic clove, minced

- ½ tsp. ground cumin

- 1/8 tsp. salt

- 1/8 tsp. pepper

- 1 green onion, sliced

1. Pierce potato with a fork, then place in microwave on a piece of paper towel

2. Microwave on high until very soft, 4-6 minutes

3. When cool enough to handle, cut in half

4. Using a spoon, scrape flesh into a bowl – mash with fork until smooth

5. Stir in hummus, garlic, and cumin, add salt and pepper

6. Spoon into serving bowl and sprinkle with onion

7. Serve with celery sticks, toasted pita triangles, or bread sticks.

Dip will keep well, covered and refrigerated, up to 2 days

68 calories, 3g total fat, 0.5g saturated fat, 0mg cholesterol, 164.3mg sodium,
8.1g carbohydrate, 2.4g fiber, 0.7g sugar, 2.8g protein

Pumpkin Oatmeal Breakfast Cups

- 2 ½ cup rolled oats
- 1 ¼ cup pumpkin puree
- 1 tsp. cinnamon
- ½ tsp. pumpkin pie spice
- ½ tsp. salt
- 2 ½ tbsp. pure maple syrup or honey
- 1 cup plus 2 tbsp. water
- 2 tbsp. oil or almond butter
- 1 tsp. pure vanilla extract
- Chocolate chips or other add-ins

Preheat the oven to 380 F. Line a muffin tin. In a large bowl, stir together all dry ingredients. Add remaining ingredients, pour into the liners, and bake 21 minutes on the center rack. If you wish, you can then broil for up to two additional minutes, watching so they do not burn. Take out and let cool.

(Note: If you let the cupcakes sit overnight, the liners peel off easily the next day.)

Leftovers should be refrigerated for optimum freshness, or you can freeze them for another day.

73 calories, 1.2g total fat, 0.2g saturated fat, 0mg cholesterol, 99mg sodium, 13.6g carbohydrate, 2.5g fiber, 1g sugar, 2.5g protein

Greek Yogurt with Warm Berry Sauce

- 2/3 cup frozen blueberries
- 2/3 cup frozen blackberries
- 1/2 cup water
- 1/4 cup sugar
- 2 tbsp. fresh lemon juice
- 1 tbsp. butter
- 2 cups plain 2% reduced-fat Greek yogurt

1. Combine blueberries, blackberries, water, sugar, and lemon juice in a small saucepan. Bring mixture to a boil. Reduce heat to medium-low; gently boil 10 minutes or until sauce thickens. Stir in butter.
2. Spoon ½ cup yogurt into each of 4 bowls, top each serving with about ¼ cup sauce.

192 calories, 5.8g total fat, 3.8g saturated fat, 14.3mg cholesterol, 64mg sodium, 25.7g carbohydrate, 2g fiber, 11.8g protein

Balsamic Parmesan Roasted Cauliflower

- 8 cups 1 inch thick slices cauliflower florets
- 2 tbsp. extra-virgin olive oil
 - 1 tsp. dried marjoram
 - ¼ tsp. salt
 - Freshly ground pepper, to taste
 - 2 tbsp. balsamic vinegar
 - ½ cup finely shredded parmesan cheese

1. Preheat oven to 450°F
2. Toss cauliflower, oil, marjoram, salt and pepper in large bowl. Spread on large baking sheet and roast until starting to soften and brown, 15-20 minutes.
3. Toss cauliflower with vinegar and sprinkle with cheese. Return to oven and roast until cheese is melted and any moisture has evaporated, 5-10 minutes more.

152 calories, 10g total fat, 3g saturated fat, 7mg cholesterol, 362mg sodium, 10g carbohydrate, 3g fiber, 7g protein

Baked Mac & Cheese

- 3 tbsp. plain dry breadcrumbs
- 1 tsp. extra-virgin olive oil
- ¼ tsp. paprika
- 1 16-oz frozen spinach, thawed
- 1 ¾ cup low-fat milk, divided
- 3 tbsp. all-purpose flour
- 2 cup shredded extra-sharp cheddar cheese
- 1 cup low-fat cottage cheese
- 1/8 tsp. ground nutmeg
- 1/4 tsp. salt
- Freshly ground pepper, to taste
- 8 oz. (2 cup) whole-wheat elbow macaroni

1. Put a large pot of water to boil. Preheat oven to 450°F. Coat 8-inch-square (2-quart) baking dish with cooking spray.
2. Mix breadcrumbs, oil, and paprika in small bowl. Place spinach in a fine-mesh strainer and press out excess moisture.
3. Heat 1 ½ cup milk in large saucepan over medium-high heat until steaming. Whisk ¼ cup milk and flour in a small bowl until smooth; add to the hot milk and cook, whisking constantly, until the sauce simmers and thickens, 2-3 minutes. Remove from heat and stir in cheddar until melted. Stir in cottage cheese, nutmeg, salt and pepper.
4. Cook pasta 4 minutes. Drain and add cheese sauce, mix well. Spread half the pasta mixture into prepared baking dish. Spoon spinach on top. Top with remaining pasta. Sprinkle with breadcrumb mixture.
5. Bake casserole until bubbly and golden, 25-30 minutes.

584 calories, 24g total fat, 13g saturated fat, 65mg cholesterol, 907mg sodium, 60g carbohydrate, 9g fiber, 38g protein

Bevs Chocolate Chip Cookies

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| ¾ cup rolled oats | • ¼ cup butter, softened | • 1/3 cup brown sugar |
| 1 cup whole-wheat flour | • ¼ cup canola oil | • 1 large egg |
| ½ tsp. baking soda | • 1/3 cup granulated sugar | • 1 tsp. vanilla extract |
| ½ tsp. salt | | • 1 cup chocolate chips |

1. Preheat oven to 350°F. Coat 2 baking sheets with cooking spray.
2. Grind oats in a blender or food processor. Transfer to a medium bowl and stir in flour, baking soda and salt. Beat butter in a large bowl with an electric mixer until fluffy. Add oil, granulated sugar, brown sugar, egg and vanilla; beat until smooth and creamy. With the mixer running, add the dry ingredients, beating on low speed until just combined. Stir in chocolate chips.
3. Drop the dough by heaping teaspoonfuls, at least 1 inch apart, onto the prepared baking sheets. Bake cookies, 1 sheet at a time, until firm around the edges and golden on top, about 15 minutes. Cool the cookies for 2 minutes on the baking sheets, then transfer to wire racks to cool completely.

Per cookie: 99 calories, 5g total fat, 2g saturated fat, 10mg cholesterol, 64mg sodium, 12g carbohydrate, 1g fiber, 1g protein

Broccoli Cheese Chowder

- 1 tbsp. olive oil
- 1 large onion, chopped
- 1 large carrot, diced
- 2 stalks celery, diced
- 1 large potato, peeled, diced
- 1 tbsp. all-purpose flour
- ½ tsp. dry mustard
- 8 oz. broccoli cut into 1-inch pieces, stems and florets separated
- 2 cloves garlic, minced
- 1c. shredded cheddar cheese
- 1/2 cup sour cream
- 1/8 tsp. salt
- 1/8 tsp. cayenne pepper
- 2 14oz cans veg. broth

1. Heat oil in large saucepan over medium-high heat. Add onion, carrot, celery; cook, stirring often, until onion and celery soften (5-6 minutes). Add potato and garlic; cook, stirring, for 2 minutes. Stir in flour, mustard, and cayenne; cook, stirring, for 2 minutes.
2. Add broth and broccoli stems; bring to boil. Cover, reduce heat to medium. Simmer, stirring occasionally, for 10 minutes. Stir in florets; simmer, covered, until broccoli is tender, about 10 minutes. Transfer 2 cups of chowder to bowl and mash; return to pan.
3. Stir in cheddar and sour cream, cook over medium heat, until cheese is melted and chowder is heated through, about 2 minutes. Season with salt.

Per cup: 199 calories, 9g total fat, 4g saturated fat, 21mg cholesterol, 623mg sodium, 23g carbohydrate, 4g fiber, 9g protein

Radicchio Pear Gorgonzola Pomegranate Walnut Salad

- 2 tbsp. balsamic vinegar
- 2 tsp. fresh lemon juice
- $\frac{3}{4}$ tsp. Dijon mustard
- 2 tbsp. toasted walnut oil
- 2 tbsp. extra-virgin olive oil
- 1 garlic clove
- 3 pinches salt
- Freshly ground black pepper
- 1 head radicchio
- 2.5 oz. mixed baby greens
- 2 bosc pears, cored, quartered, sliced into $\frac{1}{2}$ -inch chunks
- $\frac{3}{4}$ cup toasted walnuts, roughly chopped
- $\frac{1}{2}$ cup fresh pomegranate arils
- 3 oz. gorgonzola cheese, crumbled

1. In small bowl, whisk balsamic vinegar, lemon juice, Dijon mustard. Slowly pour in walnut oil, followed by olive oil, whisking continuously until mixture is emulsified. Smash garlic clove with a side of a knife and add to vinaigrette. Season with salt and pepper to taste. Set aside.
2. Slice radicchio in half, remove core, slice perpendicularly into $\frac{3}{4}$ -inch-thick ribbons. Combine with mixed greens in large salad bowl. Add pear chunks, walnuts, and pomegranate arils. Slowly add vinaigrette to lightly coat greens. Gently toss salad. Top with crumbled gorgonzola cheese and serve immediately.

One Pan Healthy Sausage and Veggies

- 2 cup (~1 small) red potato
- ¾ lb. green beans
- 1 large head broccoli
- 1 ½ cup chopped bell peppers
- 9 oz. smoked sausage (chicken or turkey)
- 6 tbsp. olive oil
- ¼ tsp. red pepper flakes, optional
- 1 tsp. paprika
- ½ tsp. garlic powder
- 1 tbsp. dried oregano
- 1 tbsp. dried parsley
- ¼ tsp. salt
- ¼ tsp. pepper

1. Preheat oven to 400°F. Line large sheet pan with foil or parchment paper.
2. Prep veggies: chop potato, trim green beans and halve, chop broccoli, chop peppers into thick squares, coin sausage into thick slices.
3. Place all veggies and sausage on sheet pan. Pour olive oil and spices on top. Toss to evenly coat.
4. Bake 15 minutes, remove and flip/stir, return to oven and cook 10-15 minutes more.
5. If desired, sprinkle with freshly grated parmesan cheese. Enjoy with rice or quinoa.

429 calories, 36.5g total fat, 44.7mg cholesterol, 495mg sodium
15.8g carbohydrate, 4.3g fiber, 12.9g protein

Skippy Buffalo Chicken Dip

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| 4 oz. reduced-fat cream cheese | • ½ cup hot sauce |
| 1 cup plain Greek yogurt | • ½ cup crumbled light blue cheese |
| 1 cup shredded part-skim Mozzarella cheese | • 1 tbsp. ranch seasoning |
| | • 3 cup shredded cooked chicken |

To make in oven:

1. Preheat oven to 350°F.
2. In large bowl, stir all ingredients together until well-mixed. Transfer to small greased baking dish and bake for 30 minutes, until cheese is melted and edges begin to slightly brown.
3. Remove and serve immediately.

To make in slow cooker:

1. Stir all ingredients in slow cooker until combined.
Heat on low for 4 hours or until cheese is melted.

White Christmas Chili

4 skinned, boned chicken breast halves

5 cups water

1 large onion, chopped

2 tbsp. butter or margarine

- 2 celery ribs, chopped
- 3 16-oz. cans great northern beans, rinsed, drained

- 3 4.5-oz. cans chopped green chiles
- 1 cup canned chicken broth
- 1 tsp. ground cumin
- 1 bay leaf
- 1 tsp salt
- 1/8 tsp. ground red pepper
- 1 tbsp. chopped fresh cilantro
- Toppings: tortilla chips, shredded Colby-jack cheese, salsa, sour cream

1. Place chicken, water, and half of onion in large Dutch oven over medium-high heat, cook 15-18 minutes. Remove chicken, reserving broth in Dutch oven. Cut chicken into bite-size pieces, set aside.
2. Melt butter in a skillet, add celery and remaining onion, sauté until tender.
3. Stir chicken, celery mixture, 2 cans beans, and remaining ingredients (except cilantro and toppings) into broth in Dutch oven, bring to a boil. Reduce heat to medium-low, cook 1 hour, stirring frequently, until thickened.
4. Process remaining 1 can beans in blender until smooth. Stir bean puree into chili.
5. Remove and discard bay leaf, stir in cilantro just before serving with desired toppings.

One Pan Cranberry Balsamic Roasted Chicken

2.5 lb. chicken thighs or breasts

Fresh thyme

Dried Italian herbs (optional)

1/3 cup fresh cranberries

- 1 tbsp. each maple syrup and balsamic vinegar, mixed together

For the Marinade:

- 1/3 cup cranberries
- 2 tbsp. olive oil
- 2 tbsp. gluten free tamari sauce (optional)
- 2 tbsp. maple syrup
- ¼ cup balsamic vinegar
- ¼ tsp sea salt
- ¼ tsp black peppers
- 2 garlic cloves, minced

1. Place chicken in roasting or baking dish. Set aside.
2. Blend all marinade ingredients in food processor or blender until liquified and smooth. Pour marinade over chicken thighs, coating evenly. Cover and place in fridge for 30 minutes or up to 24 hours.
3. Once marinated, preheat oven to 375°F. Remove chicken from fridge. Add extra 1/3 to 1/2 cup cranberries, thyme, and Italian herbs to dish, spread out evenly on and around chicken. Bake skin side down for 25-30 minutes.
4. Remove and turn skin side up. Check for doneness. Brush each chicken skin with maple syrup/balsamic vinegar combo. Add more seasoning if desired. Bake additional time if needed, then broil for 3-4 minutes until skin is crispy. Remove from oven. Spoon sauce from pan onto each thigh/breast and add a pinch of black pepper. Serve with roasted cranberries on top and fresh herbs if desired.

Peppermint Fudge No Bake Energy Bites

- 1/2 cup raw almonds
- 1/3 cup pitted dates, about 6
- 1 tbsp. cocoa powder
- 3/4 tsp. vanilla extract
- 1/8 tsp. peppermint extract
- 1 tbsp. coconut oil
- 1 tbsp. mini dark chocolate chips
- 1/2 cup crushed peppermint

1. Put almonds in food processor and chop. Add dates and blend well.
2. Add coconut powder, vanilla extract, peppermint extract, and coconut oil. Blend until starting to combine. Add a couple drops of water if necessary to help move.
3. Add chocolate chips and pulse a few final times to combine well (don't pulverize the chocolate).
4. Take a heaping teaspoon of mixture in your hand and roll into ball. Coconut oil will soften and it will be very messy. You will end up pushing it together more than actually rolling it. While coconut oil is warm, press ball into the peppermint.
5. Allow finished bites to set in fridge 30 minutes.

Quinoa Stuffing

2 cup tri-color quinoa
4 cup vegetable broth
6 cup finely diced sweet potato

- 1 large shallot, diced
- 3 garlic cloves, minced

- 2 tbsp. olive oil
- 1 tbsp. dried thyme
- 1 tbsp. dried rosemary
- 2 tsp. dried sage
- 1 tsp. ground cinnamon
- 1 tsp. chili flakes, optional

- 1 tsp. salt & pepper
- ½ cup chopped pecans
- 2 tbsp. apple cider vinegar
- 1 tbsp. fresh rosemary, chopped
- 1 tbsp. fresh thyme, chopped

1. Add quinoa and broth to large pot. Bring to boil, cover, reduce to simmer 10-15 minutes until all broth has been absorbed. Remove from heat, fluff with fork, set aside to cool.
2. While quinoa is cooking, preheat oven to 400°F. Toss diced sweet potatoes, shallot, and garlic in large bowl. Add spices, salt, pepper, and a drizzle of oil, toss to combine. Transfer to baking sheet and roast 15-20 minutes, flipping half way through.
3. Assemble stuffing by combining cooked quinoa, potatoes, and pecans in large mixing bowl. Stir together and add apple cider vinegar, rosemary and thyme. Toss to combine.