

Healthy Holiday

RECIPES



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Healthy Holiday Tips

The holidays are meant for spending quality time with family and friends, but food often takes center stage. Whether it's honey glazed ham, sweet potato casserole, or grandma's classic pecan pie—there is no reason to deprive yourself of your favorite holiday dishes or take your treats with a side order of guilt. Instead, follow our top 5 healthy eating tips to survive the holidays without wanting to make “go on a diet” one of your New Year's resolutions.

Tip #1: Don't go hungry. Contrary to popular belief, it's not a good idea to skip meals and snacks in preparation of a big holiday meal. Fasting before feasting is a guaranteed way to overindulge at the feast. Instead, eat small balanced meals and snacks throughout the day, and be sure to fill up on something high in protein and fiber about an hour before the event, like a plain Greek yogurt with berries, apple slices with nut butter, or a clementine with a handful of pistachios.

Tip #2: Veggies first. Fill up at least half of your plate with raw, baked, roasted, and steamed veggies, that aren't slathered in cream sauces, and eat them first. Veggies are packed with fiber, which can help fill you up so that there's less room for the indulgences.

Tip #3: Take 10 before taking seconds. It takes at least a few minutes for your stomach's “I'm getting full” signal to get to your brain. After finishing your first helping, take at least a 10-minute break – make conversation, chug some water, and then recheck your appetite. You might realize you are full or only want a small portion of seconds.

Tip #4: Be prepared at work. The fat and sugar-heavy holiday goods aren't limited to just outside of work holiday gatherings. In fact, they're often more available to you at the office, lurking in empty cubicles and break rooms. Make sure you're always armed at the office with some protein-and-fiber rich snacks, like hard-boiled eggs, string cheese, fruit, nuts, air-popped popcorn, and seasoned roasted chickpeas.

Tip #5: Modify holiday favorites to make them a bit healthier. You can easily lighten up your appetizers, sides, and desserts so that they're easier on the waistline but still tasty. Heavy mashed potatoes can be turned into 'fauxtatoes' using mashed cauliflower, peppermint brownies can be made more nutritious using black beans (and without anyone even knowing), and so much more! Check out the recipes in this e-book for some healthy holiday inspiration!

Eggplant Rollatini

Serves: 6



Ingredients:

- 2 large eggplants, cut lengthwise ¼-inch thick slices
- 1 (15-oz.) container part-skim ricotta cheese
- 1 egg
- 1 cup reduced-fat, shredded mozzarella
- ½ cup grated Parmesan
- ½ cup fresh basil leaves, finely chopped, plus more basil for serving
- ½ teaspoon black pepper
- ½ tsp salt
- 1 ½ cups marinara sauce

Directions:

1. Preheat oven to 400°F.
2. Sprinkle eggplant slices on both sides with a little salt, and place in a colander to drain for 15 minutes. Rinse well, and press dry between paper towels.
3. Arrange eggplant slices in a single layer on lightly-greased, foil-lined baking sheets. Spray eggplant slices with olive oil-based cooking spray. Bake in preheated oven until just beginning to brown, about 15 minutes. Remove eggplant from oven and keep oven on.
4. While eggplant is baking, stir together ricotta, egg, ½ cup mozzarella, ¼ cup Parmesan, chopped basil, pepper, and salt in a medium bowl. Pour ½ cup of the marinara into a 9x13-inch baking dish. Place ~2 tablespoons ricotta mixture onto each eggplant slice, and roll up from 1 short end. Place roll-ups, seam side down, in baking dish. Top evenly with remaining marinara, and sprinkle with remaining cheeses,
5. Bake until sauce is bubbly and warm and tops of roll-ups are very lightly browned, about 20 minutes. Top with additional basil if desired.

Holiday Honeycrisp Salad

Serves: 8 - 10



Ingredients:

- ¼ cup olive oil
- ¼ cup apple cider vinegar
- ¼ cup unsweetened apple juice
- 1 Tbsp honey
- ½ tsp salt
- Pepper to taste
- 3 medium Honeycrisp apples (about 1 pound), thinly sliced
- Juice of ½ lemon
- 12 oz. salad greens (i.e. spring mix, baby spinach, arugula, or a combo)
- 1 cup pecan halves, toasted
- ½ cup reduced sugar dried cranberries
- 4 oz. crumbled feta or blue cheese

Directions:

1. To prepare vinaigrette, combine first 6 ingredients in a mason jar, secure lid, and shake vigorously.
2. Place apple slices in a large plastic baggie and squeeze the fresh lemon juice. Close bag and shake to coat.
3. In a large salad bowl, layer salad greens, apple slices, pecans, dried cranberries, and cheese. Just before serving, dress with vinaigrette.

Black Bean Peppermint Brownies

Serves: 12 brownies



Ingredients:

- 1 can reduced sodium black beans, rinsed & drained
- ½ cup unsweetened cocoa powder
- ½ cup unsweetened applesauce
- 1/3 cup sugar
- 2 large eggs
- 1 tsp vanilla extract
- 1 tsp baking powder
- ¼ tsp peppermint extract (optional)
- 1/8 tsp salt
- 1/3 cup mini chocolate chips

Directions:

1. Preheat oven to 350 °F.
2. Place beans in food processor, and blend until no longer intact. Add remaining ingredients except for chocolate chips, and blend until smooth.
3. Fold in chocolate chips by hand. Line a muffin pan with liners, and divide batter evenly amongst liners. Bake until mixture is set, about 12 – 15 min (you will need two pans).

Roasted Brussels Sprouts with Bacon & Cranberries

Serves: 6 - 8



Ingredients:

- 2 slices bacon
- 1 lb brussels sprouts, trimmed and cut in half
- 1 small shallot, minced
- 1 tbsp maple syrup
- 1 tbsp balsamic vinegar
- ½ tsp black pepper
- ¼ cup walnuts, roughly chopped
- ½ cup fresh cranberries (you can also use dried cranberries)
- Sea salt to taste

Directions:

1. Preheat oven to 425 °F.
2. Cook bacon until done but not yet crispy on the stove top or in the oven. Chop bacon, and reserve bacon grease.
3. Line a baking sheet with parchment. Place Brussels sprouts and shallot in a large bowl.
4. In a small bowl, whisk together bacon grease, maple syrup, vinegar, and pepper. Pour over brussels sprouts and toss to coat. Spread sprouts over the baking sheet in a single layer. Roast 15 minutes, stirring halfway through.
5. Remove sprouts from the oven and add cooked bacon and walnuts to the baking sheet. Roast an additional 5 to 10 minutes, or until walnuts are toasted and bacon is crisp. Remove from oven, toss in cranberries, and salt to taste.



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Holiday Stuffed Acorn Squash

Serves: 6



Ingredients:

- 3 medium-sized acorn squash
- 2 Tbsp extra-virgin olive oil, divided
- 1 tsp sea salt, dived
- 2/3 cup dry quinoa, rinsed
- 1½ cups water
- ½ cup reduced-sugar dried cranberries
- ½ cup chopped pecans
- 1/3 cup chopped green onion (about medium 3 green onion)
- ¼ cup chopped fresh flat-leaf parsley, plus extra for garnish
- 1 clove garlic, pressed or minced
- Juice of a lemon
- 1 cup fresh grated Parmesan cheese
- 1/2 cup crumbled goat cheese or feta

Directions:

1. Preheat oven to 400 °F.
2. Cut squash in half width-wise. Slice stem off of each top half so that they're able to sit flat. Scoop out seeds and inner strings and discard.
3. Rub insides with 1 tablespoon of the olive oil and sprinkle with half of the salt. Flip over (cut side down) onto a foil-lined baking sheet, and bake until squash is easily pierced with a fork, about 30 to 40 minutes. Keep oven on.
4. Meanwhile, add quinoa and water to a medium-sized saucepan. Bring to a boil, then lower to simmer and cook uncovered until all of the water is absorbed, about 15 to 18 minutes. Remove from heat, stir in dried cranberries, cover, and let steam for 5 to 10 minutes. Uncover and fluff quinoa with a fork.
5. Toast chopped pecans in a small skillet over medium heat until fragrant, about 3 to 5 minutes.
6. In a large bowl, combine quinoa/cranberry mixture, pecans, remaining 1 tablespoon olive oil, remaining ½ tsp salt, green onion, parsley, garlic, lemon juice, and cheeses.
7. Turn cooked squash halves over, and stuff each with quinoa mixtures. Return to over and bake an additional 15 minutes. Sprinkle with parsley and serve.



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Healthy Sweet Potato Casserole

Serves: 12



Ingredients:

- 4 large sweet potatoes, peeled & chopped into large chunks
- 1 cup light canned coconut milk
- ¼ cup maple syrup
- 3 Tbsp coconut oil, melted
- 2 Tbsp ground flaxseed
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1 tsp pumpkin pie spice
- ½ tsp sea salt

Topping:

- 1/3 cup coconut sugar or brown sugar
- ½ cup chopped pecans
- 1/3 cup old-fashioned oats (gluten-free if necessary)
- 1/3 cup almond flour
- 2 Tbsp coconut oil, not melted (leave in solid form)

Directions:

1. Preheat oven to 350 °F.
2. Place sweet potato chunks in a large sauce pot and cover with water, bring to a boil and reduce to simmer. Simmer until the sweet potatoes are fork tender, about 15-20 minutes. Once done, drain well and let cool.
3. Meanwhile, in a large mixing bowl, combine the sugar, pecans, oats, almond flour, and coconut oil. Cut in coconut oil with a fork until in small pea-sized pieces.
4. Place sweet potatoes into a large bowl and mash with a fork. Stir in coconut milk, maple syrup, coconut oil, flaxseed, vanilla, cinnamon, nutmeg, and salt to the bowl. Mix until everything is combined.
5. Spoon the sweet potato mixture into a greased 9x13-inch baking dish and sprinkle on the oat topping. Bake uncovered until the top is golden brown and the sweet potatoes are bubbling, about 40 to 45 minutes.

Healthy Holiday Brunch Bake

Serves: 8



Ingredients:

- 1 large sweet potato, grated
- ½ medium white onion, diced
- 1 large green pepper, diced
- 1 large red pepper, diced
- 3 cloves garlic, minced or pressed
- 6 slices turkey bacon, cooked and chopped
- 8 large eggs + 4 egg whites, beaten
- ½ cup plain, reduced-fat Greek yogurt
- 1 Tbsp hot sauce
- ½ tsp sea salt
- ¼ tsp black pepper
- 1 cup shredded cheddar or Gouda cheese

Directions:

1. Preheat oven to 350 °F. and spray a 9×13-inch casserole dish with cooking spray. Set aside.
2. Grate sweet potato with skin on and place into a lightly-greased 9x13-inch casserole dish. Add white onion, green pepper, garlic, and cooked bacon to the casserole dish. Mix all vegetables and bacon together. Set aside.
3. In a large bowl, whisk eggs, yogurt, salt, pepper, and hot sauce until combined. Stir in half of cheese.
4. Pour egg mixture into the casserole dish.
5. Place casserole dish into the oven and bake for 25 minutes. Then add cheese and bake for an additional 7 to 10 minutes.