



#HealthyEatsHolidays

Recipe

Collection

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Snacks and Appetizers

RWJBarnabas' Latkes

By Molly Fallon Dixon, MS, RDN

<https://youtu.be/-xS5jBAov84>

Ingredients:

2 large russet potatoes, peeled
2 large carrots, peeled
1 small yellow onion, peeled
4 egg whites, beaten
3 tablespoons all-purpose flour
1 teaspoon baking powder
Non-stick cooking spray
 $\frac{3}{4}$ cup unsweetened applesauce, optional

Directions:

1. Grate the peeled potatoes, carrots and onion on the large side of a box grater. Transfer the grated vegetables to a paper towel and squeeze out excess water over the sink. Add the drained vegetables to a large mixing bowl.
2. Add beaten egg whites to potato mixture and combine well.
3. Sprinkle flour and baking powder over potato mixture and stir to combine.
4. Heat a non-stick skillet over medium heat and spray with cooking spray.
5. Drop potato mixture by $\frac{1}{4}$ cup scoops onto skillet leaving a 1 inch space between each pancake. Cook for 3 minutes. Flip and cook for 3 more minutes on remaining side until golden brown. Repeat with remaining potato mixture.
6. Serve pancakes with 1 tablespoon applesauce, if using.

RWJBarnabas' Herb and White Bean Hummus

By Molly Fallon Dixon, MS, RDN

<https://youtu.be/F6QXgNgo-XI>

Ingredients:

1 can (15 ounces) low-sodium cannellini beans, drained and rinsed
3 tablespoons olive oil
2 cloves garlic, chopped
Juice and zest of 1 lemon
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{4}$ cup parsley, finely chopped

¼ cup chives, finely chopped

Directions:

1. Combine beans, olive oil, garlic, lemon juice and zest, and pepper in a food processor or blender until smooth.
2. Transfer bean mixture to a large bowl and fold in chopped parsley and chives.
3. Serve hummus with carrot sticks, cucumber slices and broccoli or cauliflower florets for dipping.

RWJBarnabas' Banana Granola

Molly Fallon Dixon, MS, RDN

<https://youtu.be/630zAZfmYIU>

Ingredients:

3 cups rolled oats
¾ cup walnuts, roughly chopped
½ cup pecans, roughly chopped
1 tablespoon ground flax seeds
2 teaspoons cinnamon
¼ cup coconut oil
1/3 cup pure maple syrup
2 teaspoons vanilla extract
1 large ripe banana, mashed

Directions:

1. Preheat oven to 350°F. Line a rimmed baking sheet with parchment paper.
2. In a large bowl, combine oats, walnuts, pecans, flax seeds and cinnamon. Set aside.
3. Add coconut oil, maple syrup and vanilla extract to a small saucepan over low heat. Warm until the coconut oil is melted and ingredients are combined. Remove from heat and stir in mashed banana.
4. Add banana mixture to bowl with oats and stir to coat. Spread the mixture onto baking sheet and spread into a single layer. Bake for 25-30 minutes, turning once halfway through baking time. Allow to cool store in an air tight container. Serve over yogurt or as a quick snack on-the-go!

Side Dishes

Jefferson Health New Jersey's Warm Farro & Roasted Vegetable Salad

By Lindsay Domino, MS, RDN

https://youtu.be/-yq8lyU_B1o

Ingredients:

Salad

1 head of cauliflower
2 cups Farro (or Quinoa)
16 oz. of Baby Bella mushrooms; quartered
Asparagus, sliced diagonally
Fresh Thyme
1/2 cup Goat cheese (or Feta)
Toasted pine nuts (optional)

Dressing

4 Tbsp. Balsamic Vinegar
3 tsp. Honey Dijon Mustard
2 Tbsp. EVOO
1 garlic clove; minced
1 tbsp. fresh thyme
1/2 tsp. salt
1/2 tsp. pepper

Directions:

1. Chop cauliflower and mushrooms and toss in EVOO, balsamic, salt, and pepper.
2. Roast at 400 degrees for 20-30 minutes.
3. Prepare farro as directed on the package using water or vegetable broth for added flavor.
4. Use fork and 1 tbsp. EVOO to fluff the farro.
5. Combine ingredients with dressing. Garnish with goat cheese, pine nuts and fresh thyme.

Jefferson Health – New Jersey's Super Simple Balsamic Brussels Sprouts with Pomegranate Seeds

By Lindsay Domino, MS, RDN

https://youtu.be/-yq8lyU_B1o

Ingredients:

- 1 1/2 pounds Brussels sprouts
- 3 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1/2 to 2/3 cup pomegranate seeds

Directions:

1. Cut brussels in half. Toss with olive oil, balsamic vinegar, black pepper, and a pinch of salt.
2. Roast at 375 for 20-25 minutes, tossing in between.
3. Garnish with pomegranate seeds.

Lourdes' Roasted Rainbow Carrots**Ingredients:**

- Nonstick Spray
- 2 lbs rainbow carrots
- 3 Tbs extra virgin olive oil
- 1/4 teaspoon ground black pepper

Directions:

1. Preheat oven to 425 degrees F. Spray a baking sheet with cooking spray.
2. Peel and cut carrots into equal-size rounds and wedges, each about a half-inch in size
3. Place carrots on the baking sheet. Drizzle the olive oil over the carrots and mix well. Sprinkle with pepper.
4. Bake for 30 minutes until soft and crinkly.

Jefferson Health New Jersey's Healthy Green Bean Casserole

By Lauren Vierling, RD



Ingredients:

2½ pounds green beans, trimmed and cut into 1- to 2-inch pieces (about 8 cups)
2-3 tablespoons extra-virgin olive oil, divided
1 medium onion, thinly sliced
3 tablespoons all-purpose flour
¾ teaspoon salt
¼ teaspoon white or black pepper
2½ cups low-fat milk
1½ cups fresh whole-wheat breadcrumbs or ½ cup shredded or crumbled cheese

Directions:

1. Position racks in upper and lower third of oven; preheat to 425° F.
2. Toss green beans in a large bowl with 1 tablespoon oil until well coated. Divide between 2 baking sheets and spread in an even layer. Roast, stirring once and rotating the pans top to bottom about halfway through, until tender and beginning to brown, 20 to 25 minutes.
3. Meanwhile, heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until very soft and golden brown, 5 to 8 minutes. Add flour, salt and pepper; cook, stirring, for 1 minute more. Add milk and continue to stir, scraping up any browned bits. Cook, stirring, until the sauce bubbles and thickens enough to coat the back of a spoon, about 4 minutes. Remove from the heat.
4. When the green beans are done, remove from the oven. Preheat the broiler.
5. Transfer half the green beans to a 2-quart, broiler-safe baking dish. Spread half the sauce over the green beans. Add the remaining green beans and top with the remaining sauce.
6. Combine breadcrumbs and the remaining 1 tablespoon oil in a small bowl (skip this step if you are topping with cheese).
7. Sprinkle the breadcrumb mixture (or cheese) over the gratin. Place under the broiler and broil, watching closely, until the gratin is bubbling and beginning to brown on top, 1 to 5 minutes, depending on your broiler. Let stand for 10 minutes before serving.

Jefferson Health – New Jersey’s Healthy Macaroni and Cheese

By Lauren Vierling, RD



Ingredients:

3 cups cubed peeled butternut squash (about 1 [1-pound] squash)
1 1/4 cups fat-free, lower-sodium chicken broth
1 1/2 cups fat-free milk
2 garlic cloves, peeled
2 tablespoons plain fat-free Greek yogurt
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1 1/4 cups (5 ounces) shredded Gruyère cheese
1 cup (4 ounces) grated pecorino Romano cheese
1/4 cup (1 ounce) finely grated fresh Parmigiano-Reggiano cheese, divided
1 pound uncooked cavatappi
Cooking spray
1 teaspoon olive oil
1/2 cup panko (Japanese breadcrumbs)
2 tablespoons chopped fresh parsley

Directions:

1. Preheat oven to 375°. Combine squash, broth, milk, and garlic in a medium saucepan; bring to a boil over medium-high heat. Reduce heat to medium, and simmer until squash is tender when pierced with a fork, about 25 minutes. Remove from heat.
2. Place the hot squash mixture in a blender. Add salt, pepper, and Greek yogurt. Remove the center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Place blended squash mixture in a bowl; stir in Gruyère, pecorino Romano, and 2 tablespoons Parmigiano-Reggiano. Stir until combined.
3. Cook pasta according to package directions, omitting salt and fat; drain well. Add pasta to squash mixture, and stir until combined. Spread mixture evenly into a 13 x 9-inch glass or ceramic baking dish coated with cooking spray.

4. Heat oil in a medium skillet over medium heat. Add panko, and cook for 2 minutes or until golden brown. Remove from heat; stir in remaining 2 tablespoons Parmigiano-Reggiano cheese. Sprinkle evenly over the hot pasta mixture. Lightly coat topping with cooking spray.

5. Bake at 375° for 25 minutes or until bubbly. Sprinkle with parsley, and serve immediately.

Jefferson Health New Jersey's Skinny Mashed Potatoes

By Lauren Vierling, RD



Ingredients:

2 lbs (4 medium) yukon gold potatoes, peeled and cubed
1/4 cup light sour cream
1/2 cup fat free chicken broth (sub vegetable broth for vegetarian)
1/4 cup skim milk
1 tbsp whipped butter
kosher salt to taste
dash of fresh ground pepper
1 tbsp fresh herbs of choice: parsley, thyme, chives

Directions:

1. Put potatoes and garlic in a large pot with salt and enough water to cover. Bring to a boil.
2. Cover and reduce heat. Simmer for 20 minutes or until potatoes are tender.
3. Drain and return potatoes and garlic to pan. Add sour cream and remaining ingredients. Using a masher, mash until smooth.
4. Season with salt and pepper to taste.

Jefferson Health New Jersey's Skinny Sweet Potato Casserole

By: Lauren Vierling, RD



Ingredients:

Cooking spray

3 1/2 pounds sweet potatoes (about 5 medium), peeled and cut into 1-inch chunks

1/3 cup honey

1 large egg

1 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/8 teaspoon ground ginger

Kosher salt

1 tablespoon packed dark brown sugar

1/3 cup finely chopped pecans

Directions:

1. Preheat the oven to 350 degrees F. Mist an 8-inch square baking dish with cooking spray. Bring a few inches of water to a boil in a pot with a large steamer basket in place. Put the sweet potatoes in the basket, cover and steam until tender, 20 to 25 minutes. Transfer the potatoes to a bowl and let cool slightly.

2. Add the honey, egg, 1/2 teaspoon cinnamon, the nutmeg, ginger and 1/2 teaspoon salt; whip with an electric mixer until smooth. Spread the sweet potato mixture in the prepared baking dish.

3. Mix the brown sugar, pecans and the remaining 1/2 teaspoon cinnamon in a bowl; sprinkle over the potatoes. Bake until hot and beginning to brown around the edges, 40 to 45 minutes.

Main Dish

Atlantic Health's Turkey Stuffed with Quinoa and Couscous

By Todd Daigneault, Executive Chef

<https://www.youtube.com/watch?v=lmzKNDROWX4&feature=youtu.be>

Ingredients:

1 each 14 lb. pound Turkey thawed, rinsed, with innards removed
Ingredients' for stuffing:
1 tsp Olive oil
4- 3/4 cups low sodium vegetable or turkey broth
1-1/2 cups red or plain quinoa
1 -1/2 cups Israeli couscous
1 cup diced carrots
1 cup sweet peas
1 - 1/2 cup sundried cranberries
1 tsp chopped thyme
1 tsp chopped parsley

Ingredients' for margarine spread:

1 lb margarine (softened)
1 tsp chopped garlic
1 tsp chopped sage
1 tsp chopped rosemary

Directions:

1. Bring a medium sauce pan to medium heat, add olive oil and toast quinoa. Add broth, carrots, cranberries and herbs. Cover the pan and cook until half the liquid is absorbed, and quinoa is slightly tender. Add couscous and peas; cook additional 3-5 minutes until couscous becomes *al' dente*, then set aside in refrigerator.
2. In small bowl, combine softened margarine with garlic and fresh herbs, mix well. Under turkey skin remove collagen film between skin and meat to form a pocket; smear margarine mixture in pocket and over turkey breast to season. Stuff turkey with quinoa and couscous mixture.
3. Bake turkey, uncovered, at 325° for 3-3/4 to 4-1/2 hours or until a thermometer reads 170° for the turkey and 165° for the stuffing. Cover loosely with foil if turkey browns too quickly.

Desserts

Virtua's Low Calorie Blondies

<https://www.youtube.com/watch?v=orEnI403X0s>

Ingredients:

½ cup light whipped butter
¾ cup brown sugar (not packed)
¼ cup unsweetened applesauce
¼ cup egg substitute
1 tsp. vanilla extract
½ cup whole wheat flour
½ cup all-purpose flour
½ tsp. baking powder
¼ tsp. salt
¼ cup mini semi-sweet chocolate chips

Hackensack Meridian Health's Cranberry Oatmeal Cookies

By David Apostol, RD

<https://www.youtube.com/watch?v=OiOaRDfbXJk>

Ingredients:

½ cup Splenda brown sugar
½ cup canola oil
1 egg
1 teaspoon vanilla
2 medium ripe bananas
1 cup whole wheat flour
2 cups old fashioned, rolled oats
¼ cup milled flax seed
1 ½ teaspoons cinnamon
½ teaspoon baking soda
½ teaspoon salt
½ cup dried cranberries

Directions:

1. Preheat oven to 350 degrees. Spray a large cooking sheet with cooking spray, or line the tray with parchment paper. Set aside.
2. In a medium bowl, mix together brown sugar and oil. Add egg and vanilla. Add bananas and beat well.

3. In a large bowl, combine flour, oats, flax seed, cinnamon, baking soda and salt. Make a well in the center of the dry ingredients and pour in the wet mixture. Fold wet ingredients into dry ingredients. Stir in the cranberries until batter is incorporated.
4. Scoop cookies into 2 inch balls and place on the prepared baking sheet.
5. Put in oven and bake 8 to 10 minutes, until slightly golden on the bottom.
6. Remove from oven and cool on a baking rack.

Jefferson Health's Gingerbread Loaf

By Stephanie Biggs, RD, LDN, CDE



Ingredients

4 eggs
1/3 cup honey
2 tsp pure vanilla extract
1/4 cup melted coconut oil
1/4 cup almond butter
1/4 cup water
2 cups almond flour
2 Tbsp coconut flour
1/2 tsp baking soda
1 tsp ground ginger
1 tsp nutmeg
1 Tbsp cinnamon
1/4 tsp ground cloves
1/4 tsp sea salt

Glaze

1/2 cup coconut butter
1 Tbsp coconut oil
1 Tbsp honey (optional)

Directions:

1. Preheat your oven to 350F and prepare a bread pan by "greasing" it with coconut oil or lining with parchment paper.
2. In a large bowl, mix together the eggs, honey, water, vanilla extract, melted coconut oil and almond butter.
3. In a separate bowl, mix the almond flour, coconut flour, baking soda, ground ginger, nutmeg, cinnamon, cloves, salt and pecans.
4. Mix the wet and dry ingredients and stir until fully combined.
5. Pour the batter into the prepared bread pan and bake for 35-40 minutes.
6. For the glaze, melt the coconut oil, coconut butter and honey in a small pan. When the loaf is done baking, drizzle or spread the glaze on top.

Beverages

CentraState's Eggless Nog

<https://www.centrastate.com/blog/banana-eggless-nog/>

Ingredients:

1 cup nonfat/skim milk
2 bananas, peeled
1/4 teaspoon pinch nutmeg

Directions:

1. Place all ingredients in blender. Blend on high speed until smooth.
2. Pour into 2 small glasses and serve cold.

RWJBarnabas' Peppermint Hot Chocolate

By Molly Fallon Dixon, MS, RDN

<https://youtu.be/Q1qSKrHAfgQ>

Ingredients:

2 cups skim milk
1 tablespoons unsweetened cocoa powder
1 tablespoons honey
1 teaspoon peppermint extract
1/2 teaspoon vanilla extract

Directions:

1. Combine all ingredients in a medium saucepan and whisk continuously over medium-low heat until milk is steaming and warmed through. Transfer to 2 mugs, serve and enjoy!

Decoration**Morristown Medical Center's "Best Gingerbread Ever"**

by CJ Chambers, Executive Chef

**Ingredients:**

- 1 cups Butter
- 1 cups brown sugar
- 1/2 cup molasses
- 3 TBSP Cinnamon
- 3 TBSP Clove
- 2 TBSP Ginger
- 4 cups Flour
- 1/4 cup water

Directions:

1. Cream butter, sugar, spices. Add flour, slowly add water.
2. Bake at 350 for about 15 minutes.

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