

Holiday Gathering

Diabetes Holiday Recipe Book



2023 | Volume II

Notes:



Holiday Beverages



Mexican Hot Chocolate

Low Carb and Gluten Free

Preparation: 10 minutes

Number of servings: 2

Ingredients:

- 1 ¼ cup almond milk
- ½ cup heavy cream
- 2 tbsp unsweetened cocoa powder (gluten-free)
- 1 tbsp Swerve Sweetener or granulated erythritol
- ¼ tsp ground cinnamon
- 1/8 to ¼ tsp chipotle powder
- Dollop whipped cream and sprinkle cinnamon for garnish

Directions:

- In a medium saucepan over medium heat, combine almond milk, cream, cocoa powder, Swerve, cinnamon and chipotle powder.
- Whisk until well combined, then bring to a gentle simmer. Remove from heat, divide between two mugs, and top with whipped cream and cinnamon.
- For an extra kick, add a shot of strong coffee or espresso.

Source: alldayidreamaboutfood.com



Nutrition Facts:

Carbs: 4.8g

Fiber: 1g

Protein: 3g

Fat: 21g

Non-Alcoholic Christmas Punch



Ingredients:

- 2 pears, sliced
- 2 lemons, 1 sliced, 1 juiced
- 2 tbsp sugar substitute (Stevia or Monk fruit)
- 1 tsp mixed spice
- 400ml "Healthy Balance" white grape juice
- 275ml sugar free ginger ale
- 500ml sparkling water
- Ice
- Handful of pomegranate seeds
- Rosemary sprigs, to serve

Directions:

- Put the pear and lemon slices, sweetener and mixed spice in a large punch bowl or jug, and chill for up to 1 hour to infuse.
- Add the lemon juice and grape juice, stirring to dissolve any sweetener.
- Pour in the sugar free ginger ale and sparkling water, then add a few large handfuls of ice. Sprinkle over the pomegranate seeds and drop in a few sprigs of rosemary.

Nutrition Facts:

Calories: 54

Fat: 0g

Carbs: 8g

Sugars: 4

Fiber: 2g

Protein: 1g

Champurrado

Low Carb

Preparation: 5 minutes

Number of servings: 8

Ingredients:

- 3 cups water
- 1 ea. cinnamon stick
- 1 ea. vanilla bean
- 6 oz. milk chocolate, sweetened with Stevia
- 4 cups almond milk, un-sweetened

Masa harina mixture

- ½ cup instant corn masa harina
- 2 cups almond milk, un-sweetened

Sweetener

- Swerve brown sugar, to taste (3/4 cup)

Directions:

- Place a large pot over medium heat. Pour in the water, add in the cinnamon stick. Cut open the vanilla bean, scrape off the seeds. Add the beans and pod into the pot. Also, add in the chocolate and let it melt. Keep an eye on it, we don't want it to burn. Then, mix to dissolve in the water.
- When the mix reaches a low simmer, add in the 4 cups of milk and let it reach a simmer once again.
- Meanwhile, in a bowl whisk the masa harina with the 2 cups of milk. Its not going to dissolve and that's ok, but be sure to break up any lumps. Set aside until needed.
- The chocolate mix should be simmering by now. Gradually and slowly pour in the masa/milk mixture, while whisking to incorporate. Whisking will help break down the chocolate even more. Add sugar to taste and stir to dissolve. Let it reach a gentle simmer once again and cook it for 10-15 minutes or until it slightly thickens. Whisk/stir as needed or continuously.
- When ready, turn off the heat. Serve in a mug and ENJOY!



Nutrition Facts:

Calories: 64

Fat: 4.1g

Carbs: 28.8g

Fiber: 3.1g

Protein: 0.8g

Sugar Free Pumpkin Pie Cocktail



Ingredients:

- ¼ cup pumpkin puree (not pumpkin pie filling)
- 1 oz. vanilla vodka***
- ½ teaspoon pumpkin pie spice
- ¼ cup water
- ¼ cup Torani Sugar Free Brown Sugar Cinnamon Syrup
- 2 tablespoons heavy whipping cream
- Whipped cream (optional)
- 1 cup ice (this is for the slushy version only)

Directions:

- Add ice to the top of two cocktail glasses
- Pour the pumpkin, spices, Torani Sugar Free Brown Sugar Cinnamon Syrup, vodka and a little water to a shaker glass.
- Whisk or shake until it's well combined and then pour into the glasses.
- Pour a tablespoon of heavy cream on the top of each glass and let it seep down.
- Add whipped cream on top if you want as it's optional.

Nutrition Facts:

Calories: 96

Fat: 5.7g

Carbs: 3.9g

Fiber: 1.3g

Protein: 0.8g

Holiday Appetizers



Pear-Pecan Cheese Ball



Cook Time: 15 mins

Additional Time: 1 hr.

Total Time: 1 hr. 15 mins

Servings: 24

Ingredients

- 8 ounces reduced-fat cream cheese, softened
- 1 ¼ cups shredded extra-sharp Cheddar cheese
- 1 medium firm ripe pear, finely chopped
- 1 scallion, white and green separated, finely chopped
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ⅓ cup finely chopped toasted pecans

Directions:

- Stir cream cheese, Cheddar, pear, scallion white, salt, and pepper together in a medium bowl.
- Coat a large piece of plastic wrap with cooking spray. Scoop the cheese mixture onto it. Using the plastic wrap to help you, form the cheese mixture into a ball, then completely wrap in plastic. Refrigerate for at least 1 hour and up to 2 days.
- Just before serving, combine pecans and the reserved scallion greens in a shallow dish. Roll the cheese ball in the mixture, pressing to adhere.

Tips:

- Prepare through Step 2 and refrigerate for up to 2 days.

Nutrition Facts:

Calories: 63

Fat: 5g

Carbs: 2g

Protein: 3g

Loaded Cauliflower Bites

Prep Time: 25 mins

Additional Time: 10 mins

Total Time: 35 mins

Servings: 8

Ingredients

- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 5 cups ¼-inch-thick slices cauliflower (1 ½ pounds/1 medium head, stem trimmed)
- ½ cup shredded Cheddar cheese
- ¼ cup sour cream
- 3 slices cooked bacon, crumbled
- ¼ cup sliced scallion greens

Directions:

- Preheat oven to 450 degrees F.
- Stir oil, salt and pepper together in a large bowl. Add cauliflower slices and gently toss to coat. Transfer to a large rimmed baking sheet and roast until tender, 10 to 14 minutes.
- Top with cheese, return to the oven and roast until the cheese has melted, 1 to 2 minutes.
- Top each cauliflower slice with a dollop of sour cream and sprinkle with bacon and scallion greens.



Nutrition Facts:

Calories: 90

Fat: 7g

Carbs: 4g

Protein: 4g

Keto stuffed mushrooms



Nutrition Facts:

Calories: 114

Fat: 7.8g

Total Carbs: 9.8g

Net Carbs: 7.4g

Protein: 2.4g

Prep Time: 30 mins

Cook Time: 30 mins

Servings 4

Ingredients

- 8 oz. bacon
- 12 mushrooms
- 2 tbsp butter
- 9 oz. cream cheese
- 3 tbsp fresh chives, finely chopped
- 1 tsp paprika powder
- salt and pepper

Directions:

- Preheat the oven to 400°F (200°C). Grease a medium-sized baking dish with butter.
- Start by frying the bacon until really crispy. Let cool and crush into crumbs. Save the bacon fat.
- Remove the mushroom stems and chop them finely. Sauté in the bacon fat, adding butter if needed.
- Place the mushrooms in the greased baking dish.
- In a bowl, mix the crumbled bacon with the fried, chopped mushroom stems and the remaining ingredients. Add some of the mix to each mushroom.
- Bake for 25-30 minutes or until the mushrooms turn golden brown.

Sweet Potato Skins with Guacamole

Prep Time: 25 mins

Additional Time: 1 hr. 35 mins

Total Time: 2 hrs.

Servings: 8

Ingredients

- Potato Skins
- 4 small sweet potatoes
- 1 tablespoon extra-virgin olive oil
- 1/8 teaspoon kosher salt
- 1/2 cup shredded Cheddar cheese
- Guacamole & Toppings
- 1 ripe avocado
- 1 tablespoon lime juice
- 1 clove garlic, minced
- 1/8 teaspoon salt
- 1/4 cup chopped tomato
- 2 tablespoons minced red onion
- Chopped cilantro for garnish

Directions:

- Preheat oven to 400 degrees F.
- Tightly wrap sweet potatoes in foil and place on a baking sheet. Roast until very tender, 50 minutes to 1 hour. Carefully unwrap and set aside to cool.
- Line a baking sheet with parchment paper.
- Cut the potatoes in half lengthwise and scoop out the flesh, leaving a 1/4 inch border (save the scooped-out flesh for another use). Place the sweet potato halves skin-side up on the prepared baking sheet. Brush with oil and sprinkle with kosher salt. Bake until browned and crisp, 20 to 30 minutes.
- Cut each skin in half widthwise and return to the baking sheet, skin-side down. Sprinkle each with 1 tablespoon Cheddar. Return to the oven and bake until the cheese is melted, 8 to 10 minutes
- Meanwhile, make the guacamole: Mash avocado in a medium bowl. Stir in lime juice, garlic and salt.
- Top each sweet potato skin with guacamole, tomato, onion and cilantro, if desired.



Nutrition Facts:

Calories: 90

Fat: 7g

Carbs: 4g

Protein: 4g

Pomegranate, Cranberry & Brie Bruschetta



Nutrition Facts:

Calories: 77

Fat: 4g

Carbs: 8g

Protein: 2g

Prep Time: 30 mins

Additional Time: 15 mins

Servings: 16

Ingredients

- ¾ cup pomegranate seeds
- ½ cup fresh or frozen chopped cranberries, thawed
- 2 tablespoons sugar substitute (Splenda or Stevia)
- 1 teaspoon orange zest
- Dash salt
- 6 ounces baguette-style French bread, cut diagonally into 16 slices
- Cooking spray
- ⅛ teaspoon ground pepper
- 1 (6 ounce) log brie cheese, cut diagonally into 16 slices
- 1 tablespoon finely chopped fresh basil

Directions:

- Combine pomegranate seeds, cranberries, sugar, orange zest, and salt in a small bowl. Cover and chill up to 3 days.
- To serve, preheat oven to 350 degrees F. Place bread slices in a parchment paper-lined 15x10-inch baking pan. Lightly coat both sides of bread with cooking spray; sprinkle with pepper. Bake 8 minutes, turning once. Top with cheese. Bake 4 minutes more or until cheese is softened.
- Stir basil into pomegranate mixture and spoon on top of bruschetta. Serve warm.

Main Dishes



Butterflied Butter-Roasted Lemon and Herb Turkey with Gravy



Nutrition Facts:

Calories: 779

Fat: 44g

Carbs: 9g

Protein: 80g

Prep Time: 1 hr.

Cook Time: 2 hrs. 20 mins

Total Time: 3 hr. 20 min

Servings: 12

Yield: 1 whole turkey

Ingredients:

- 1 cup salted butter, softened
- 2 tablespoons Dijon mustard
- 1 ½ tablespoons chopped fresh thyme leaves
- 1 tablespoon fresh lemon juice
- 1 teaspoon grated lemon zest
- 1 teaspoon chopped fresh rosemary
- 1 teaspoon kosher salt, divided, plus more to taste
- 1 teaspoon ground black pepper, divided, or more to taste
- 3 cups coarsely chopped sweet onion
- 2 cups coarsely chopped carrot
- 2 cups coarsely chopped celery
- 1 (12 pound) turkey, thawed if purchased frozen
- ½ cup dry white wine
- 2 tablespoons finely chopped shallot
- ¼ cup all-purpose flour
- 4 ½ cups chicken stock, or more as needed

Butterflied Butter-Roasted Lemon and Herb Turkey with Gravy -Cont'd

Directions:

- Preheat the oven to 450 degrees F (230 degrees C) with an oven rack in the lower third of the oven. Locate a rack that fits inside a large rimmed baking sheet, and set aside.
- Stir together softened butter, mustard, thyme, lemon juice and zest, rosemary, ½ teaspoon salt, and ½ teaspoon pepper in a medium bowl until mixture is well blended. Set aside. Spread chopped onion, carrots, and celery in an even layer on the baking sheet, and top the baking sheet with the rack. Set aside while you prepare the turkey.
- To spatchcock (or butterfly) the turkey, create a workspace by placing a clean kitchen towel underneath a large cutting board. Place thawed and well-drained turkey on the work surface, and pat as dry as you can with a few paper towels. Arrange bird so backbone is facing up. Use a sharp pair of poultry shears to cut next to the backbone on one side from the tail end to the neck. You will be cutting through bones, so a firm grasp and sharp shears are a must. Use a paper towel or clean kitchen towel to ensure you have a good grasp of the bird if you are having any trouble.
- Grasp the bird with a paper towel on the cut side of the backbone and make another cut with poultry shears along the other side to free the backbone, removing it from the bird. Use your shears to cut the backbone into 3 to 4 pieces crosswise, and place on a plate to use later to make the gravy. Pick the bird up (you will now have a U-shaped turkey), flip it, and place turkey on the work surface with the breast facing up. Use the palms of your hands with fingers interlaced, and press quickly and firmly down on the breast bone of the bird to flatten it. You should hear a slight crack, as the breastbone breaks and bird flattens.
- Place turkey breast side up on the prepared rack above the layer of vegetables on the baking sheet. Pat the outside of the turkey dry with paper towels, and tuck wing tips underneath the bird. Gently slide your hands underneath the skin of the turkey along the breasts, being careful to keep skin intact. With your hands, evenly place half of the herb butter mixture (about ¾ cup) underneath the loosened skin, pressing butter into an even layer by gently smoothing the top of the skin with your other hand to evenly distribute butter.
- Wash your hands, then melt the other half of the herb butter mixture in the microwave on high power for 20 seconds. Using a basting brush, brush some of the melted butter over the surface of prepared turkey, and sprinkle evenly with remaining salt and pepper. Add 1 tablespoon of the remaining herb butter mixture to a large saucepan (for the gravy), and reserve remaining butter for basting while roasting.
- Roast turkey in the preheated oven until the thickest part of the thigh meat registers 165 degrees F (74 degrees C) on a meat thermometer, about 1 hour and 30 minutes. Turn baking sheet halfway through to ensure even browning and baste with the melted herb butter every 30 minutes. Tent with foil if any of the skin begins to brown too much.

Butterflied Butter-Roasted Lemon and Herb Turkey with Gravy -Cont'd

Directions:

- While turkey roasts, begin to prepare the gravy. Place the large saucepan with the reserved butter mixture over medium-high heat. Add reserved cut backbone pieces; cook, stirring often, until browned all over, about 8 minutes. Reduce heat to low and add just enough water to barely cover the backbone pieces (about 2 cups). Cover saucepan and simmer mixture on lowest heat while turkey finishes roasting.
- When turkey is done, carefully transfer the rack with the turkey from the baking sheet to a cutting board to rest, tenting with foil to keep it warm. Spoon vegetables and all drippings from the baking sheet into the saucepan with backbone pieces. Place the baking sheet over two burners of the stove, over medium heat. Carefully pour white wine and ½ cup of the chicken stock onto the baking sheet, and gently scrape surface of baking sheet with a spoon as the liquids bubble to remove any browned bits that have baked on. Carefully pour contents of baking sheet into the saucepan with the roasted vegetables and drippings. Add 2 additional cups of chicken stock to the saucepan, and bring to a boil over medium-high heat. Cook, stirring occasionally, until flavors meld, about 15 minutes.
- Set a fine mesh strainer over a large bowl or measuring cup. Drain gravy through strainer to separate solids from the broth; press on the solids to release as much of the liquid as you can from them. Discard solids. Allow strained liquid to stand for 5 minutes and then skim the fat from the top of the surface. Keep 3 tablespoons of the fat and discard the rest.
- Lightly wipe the same large saucepan clean with a paper towel, then add reserved fat to saucepan over medium-high. Add shallots to saucepan, and cook, stirring often, until softened, about 2 minutes. Add flour to saucepan, and stir constantly until well-combined with fat, about 1 minute. Add strained liquid and enough chicken stock to measure a total of 6 cups liquid (about 2 additional cups of stock) to saucepan over medium-high. Bring mixture to a boil, stirring constantly while boiling, for 1 minute. Reduce heat to medium, and allow mixture to simmer and reduce by half, 25 to 30 minutes. Season gravy with any additional salt and pepper as needed.
- Remove turkey from rack, and place on a work surface to slice as you wish; serve with hot gravy.

Simple Beef Pot Roast

Prep Time 15 mins

Cook Time: 3 hrs. 15 mins

Servings: 6

Ingredients

- 1 tablespoon vegetable oil
- 3 ½ pounds beef chuck pot roast
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 cup diced carrots
- 1 cup diced celery
- 1 cup diced onion
- ¼ cup butter
- 1 teaspoon dried rosemary

Directions

- Preheat the oven to 275 degrees F (135 degrees C).
- Heat vegetable oil into a large oven-safe pot over medium-high heat. Season chuck roast with salt and black pepper, then cook in hot oil until brown on both sides; transfer to a plate.
- Add carrots, celery, and onion into the pot. Cook and stir until vegetables start to release their juices, scraping any brown flavor bits off the bottom of the pot, about 3 minutes. Add butter, and cook until onions are translucent, about 5 minutes. Sprinkle in rosemary; return roast to the pot and cover.
- Roast in the preheated oven until the chuck roast is tender, about 2 ½ to 3 hours. Season vegetables with additional salt and black pepper, if desired.



Nutrition Facts:

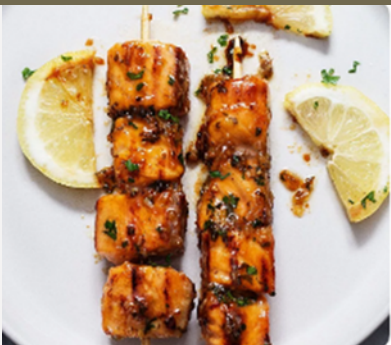
Calories: 507

Fat: 39g

Carbs: 6g

Protein: 32g

Grilled Salmon with Lemon and Garlic Butter Glaze



Prep Time: 30 min

Cook Time: 20 min

Servings: 4

Ingredients

- 1 lb. (450g) salmon fillet (try to find a fillet with an even thickness)
- ¼ cup butter
- ⅓ cup honey (for non-keto diet)
- 4 large cloves garlic, crushed
- 2 tablespoons fresh lemon juice (juice of ½ a lemon)
- Chopped fresh parsley + for topping
- Salt and pepper

DIRECTIONS

- Grease and preheat your grill or griddle if you're cooking on the stove. Remove the skin from the salmon fillet with a sharp knife and cut salmon into 1-inch pieces.

- In a small saucepan, melt the butter over low-medium heat. Remove from heat, add honey, garlic and lemon. Whisk until the honey has melted through the butter and the mixture is well combined. Add one tablespoon chopped parsley, mix well and set aside.
- Marinate salmon cubes in the lemon garlic butter sauce for 10 to 20 minutes. Drain and thread salmon cubes onto soaked wooden skewers (or metal skewers); keep some space between each piece of salmon.
- Grill salmon for 5-10 minutes, turning on each side to ensure even cooking. In the meantime, you can boil the lemon garlic butter sauce to reduce it a bit and brush the salmon while cooking. Remove from heat and drizzle remaining lemon garlic butter sauce over salmon skewers, adjust seasoning with salt and pepper, sprinkle with chopped parsley and serve immediately. Enjoy!
- **Note:** Skip honey if you're on a low-carb or Keto diet

Nutrition Facts:

Calories: 505

Fat: 35g

Carbs: 1.4g

Protein: 43g

Cranberry-Rosemary Stuffed Pork Loin

Prep Time: 3 hrs.

Cook Time: 1 hr.

Servings: 12

Ingredients

- Brine
- ¼ cup packed brown sugar
- ¼ cup kosher salt
- 1 tablespoon chopped fresh rosemary
- 2 cups boiling water
- 12 ice cubes
- Pork Loin & Stuffing
- 1 3-pound pork loin, trimmed
- 2 tablespoons canola oil, divided
- ½ cup chopped pancetta or prosciutto
- 1 ½ cups chopped fresh cranberries (see Tip)
- ½ cup fresh coarse whole-wheat breadcrumbs
- 2 tablespoons packed brown sugar
- 1 tablespoon chopped fresh rosemary
- ¾ teaspoon freshly ground pepper, divided

Directions

- To prepare brine: Place ¼ cup brown sugar, salt and rosemary in a 9-by-13-inch baking dish. Pour in boiling water and stir to dissolve. Stir in ice cubes.
- To butterfly & brine pork: You're going to double butterfly the pork loin so it can be flattened, stuffed and rolled. To do that, you'll make two long horizontal cuts, one on each side, dividing the roast in thirds without cutting all the way through



Nutrition Facts:

Calories: 181

Fat: 9g

Carbs: 6g

Protein: 17g

Cranberry-Rosemary Stuffed Pork Loin -*Cont'd*

- Place the roast on a cutting board. Holding the knife blade flat, so it's parallel to the board, make a lengthwise cut into the side of the roast just above the center, stopping short of the opposite edge so that the flap remains attached. Rotate the tenderloin 180 degrees. Still holding the knife parallel to the cutting board, make a lengthwise cut into the side opposite the original cut, just below the center, taking care not to cut all the way through. Open up the two cuts so you have a large rectangle of meat. Cover with a sheet of plastic wrap and pound to an even thickness of about ½ inch. Place the butterflied pork in the brine, adding more water to cover, if necessary. Cover and refrigerate for at least 2 hours and no more than 4 hours.
- To prepare stuffing: Meanwhile, heat 1 tablespoon oil in a medium skillet over medium heat. Add pancetta (or prosciutto) and cook, stirring, until crisp, about 4 minutes. Transfer to a medium bowl along with any drippings from the pan. Stir in cranberries, breadcrumbs, 2 tablespoons brown sugar and rosemary. Refrigerate until ready to use.
- Remove pork from brine (discard brine); rinse well and thoroughly dry with paper towels. Season the pork with ½ teaspoon pepper. Spread the cranberry stuffing over the pork. Roll tightly and secure in 4 places with kitchen string. Sprinkle with the remaining ¼ teaspoon pepper.
- Preheat oven to 375 degrees F. Line a rimmed baking sheet with foil.
- Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add the pork; brown on all sides, turning often, 5 to 8 minutes total. Place on the prepared baking sheet.
- Roast the pork, turning twice, until an instant-read thermometer inserted into the thickest part of the meat (not the stuffing) registers 140 degrees F, 45 minutes to 1 hour.
- Transfer to a clean cutting board and let rest for 10 minutes. Slice and serve.

Slow-Roasted Rosemary Turkey with Peppercorn Gravy

Prep Time: 1 hr. 15 min

Additional time 6 hr. 45 min

Servings 8

Ingredients:

Turkey-

- 6 tablespoons unsalted butter, softened
- 6 cloves garlic, minced
- 1 shallot, minced
- 1 ½ tablespoons chopped fresh rosemary plus 5 sprigs, divided
- 1 ½ tablespoons whole-grain mustard
- 1 ½ teaspoons grated lemon zest
- 1 teaspoon salt
- 1 (12 pound) turkey
- 1 small onion, quartered
- 1 lemon, halved
- 1 stalk celery, cut into 4 pieces
- 1 carrot, cut into 4 pieces
- 5 sprigs fresh sage
- 5 sprigs fresh thyme

Gravy-

- ¼ cup pan drippings from turkey
- 1 shallot, minced
- 2 cloves garlic, minced
- ¼ cup all-purpose flour
- 3 cups low-sodium chicken broth
- ½ cup dry white wine
- 1 tablespoon chopped fresh sage
- 1 tablespoon chopped fresh thyme
- ½ teaspoon salt
- ¼ cup heavy cream
- 1 teaspoon coarsely ground black pepper



Nutrition Facts:

Calories: 184

Fat: 7g

Carbs: 2g

Protein: 26g

Slow-Roasted Rosemary Turkey with Peppercorn Gravy

Directions

- To prepare turkey: Combine butter, 6 minced garlic cloves, shallot, chopped rosemary, mustard, lemon zest, and 1 tsp. salt in a small bowl.
- Remove giblets and neck from turkey; reserve for another use or discard. Pat the outside and cavity of the turkey very dry with paper towels. Place on a large rimmed baking sheet.
- Starting at the neck cavity, insert two fingers between skin and meat, gently loosening the skin along the breast. Push gently until most of the skin is loosened. Repeat on the other side with the thighs and drumsticks. Rub the butter mixture under the loosened skin, massaging it into the breast and legs. Refrigerate the turkey, uncovered, for 4 hours.
- Remove the turkey from the refrigerator and let stand at room temperature for 1 hour.
- Preheat oven to 450 degrees F.
- Place the turkey, breast-side up, on the rack of a large roasting pan. Stuff the cavity with onion, lemon, celery, carrot, rosemary sprigs, sage sprigs, and thyme sprigs. Lift the wing tips up and over the back; tuck under the turkey. Secure the legs with kitchen string.
- Roast the turkey, uncovered, for 30 minutes. Reduce oven temperature to 350 degrees F. Cover the turkey loosely with Reynolds Wrap foil and roast until a thermometer inserted into the thickest part of the breast and innermost part of the thigh reaches 165 degrees F, 1 ¾ to 2 hours (see Tips). Carefully transfer the turkey to a carving board. Reserve ¼ cup of the pan drippings for making the gravy (discard the remainder). Let the turkey stand for 30 to 45 minutes before carving.
- Meanwhile, to prepare gravy: Heat the drippings in a large skillet over medium-high heat. Add shallot and garlic; cook, stirring, until tender, about 3 minutes. Whisk in flour and cook until it turns golden and the mixture begins to look like a brown, crumbly paste (almost like crumbled cooked sausage), 1 to 2 minutes. Whisk in wine; cook until almost evaporated, about 1 minute. Whisk in broth, sage, thyme, and salt; cook, whisking occasionally, until thickened, 10 to 14 minutes.
- Strain the gravy through a sieve into a medium bowl. Discard the solids. Wipe the pan clean and return the gravy to it. Add cream and peppercorns; cook over low heat until heated through, 2 to 3 minutes.
- Carve the turkey and serve with the gravy.

Beef Tenderloin with Cabernet-Mushroom Sauce

Prep Time: 30 mins

Additional Time 40 mins

Servings 12

Ingredients:

- 1 3-pound beef tenderloin, trimmed
- 1 ½ teaspoons kosher salt, divided
- ¾ teaspoon ground pepper, divided
- 3 teaspoons extra-virgin olive oil, divided
- 1 large shallot, chopped
- 12 ounces mixed mushrooms, sliced (6 cups)
- ¾ cup cabernet sauvignon
- 1 ½ cups low-sodium beef broth
- 3 tablespoons cold butter

Directions:

- Preheat oven to 400 degrees F. Coat a large rimmed baking sheet with cooking spray.
- Tie kitchen string around beef in 4 places. Season with 1 teaspoon salt and ½ teaspoon pepper.

Source: eatingwell.com

- Heat 1 teaspoon oil in a large skillet over medium-high heat. Add the beef and cook, turning occasionally, until browned on all sides, 6 to 8 minutes. Transfer to the prepared pan.
- Roast the beef until an instant-read thermometer inserted in the thickest part registers 130 degrees F for medium-rare, 35 to 40 minutes. Let rest 10 minutes before slicing.
- Meanwhile, heat the remaining 2 teaspoons oil in the skillet over medium-high heat. Add shallot and cook for 30 seconds. Stir in mushrooms and the remaining ½ teaspoon salt and ¼ teaspoon pepper; cook, stirring occasionally and scraping up any browned bits, until the mushrooms are lightly browned, 3 to 5 minutes. Pour in wine, bring to a boil and cook until nearly evaporated, about 3 minutes. Stir in broth, return to a boil and cook until reduced by a third, 3 to 5 minutes. Remove from heat, add butter and swirl until melted.
- Remove the string and slice the beef. Serve with the mushroom sauce.



Nutrition Facts:

Calories: 212

Fat: 10g

Carbs: 3g

Protein: 24g

Holiday Side Dishes



Green Beans with Creamy Mushroom Sauce

Prep Time: 40 mins

Total Time: 40 mins

Servings: 8

Ingredients:

- 3 tablespoons olive oil
- 1 cup thinly sliced shallots
- 1 pound fresh green beans, trimmed
- 2 tablespoons water
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 cups sliced fresh cremini mushrooms
- 1 tablespoon fresh thyme leaves
- 2 to 3 cloves garlic, minced
- 1 tablespoon all-purpose flour
- 1 cup low-fat milk (1%)
- ½ cup crumbled goat cheese (chèvre) (2 ounces)

Directions:

- In a 12-inch nonstick skillet heat 2 tablespoons of the oil over medium-high. Add shallots; cook 4 to 5 minutes or until deep golden, stirring occasionally. Drain shallots on paper towels, reserving drippings in skillet.
- Add green beans, the water, 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper to reserved drippings. Cook, covered, over medium-high 2 minutes. Cook, uncovered, 6 minutes more or until beans are crisp-tender and starting to blister, stirring occasionally. Transfer to a platter; keep warm.
- For mushroom sauce, add the remaining 1 tablespoon oil to skillet. Add mushrooms; cook and stir over medium 1 minute. Add thyme, garlic and the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. Cook 2 minutes more or until mushrooms are golden, stirring frequently. Stir in flour; gradually stir in milk. Cook and stir until thick and bubbly. Cook and stir 2 minutes more. Pour mushroom sauce over beans and top with shallots and cheese.



Nutrition Facts:

Calories: 119

Fat: 7g

Carbs: 11g

Protein: 5g

Cauliflower “Potato” Salad



Prep Time: 25 min

Cook Time 10 min

Additional 20 min

Servings: 8

Ingredients:

- 4 quarts water
- 2 tablespoons salt
- 1 head cauliflower, cut into bite-sized pieces
- 1 cup mayonnaise
- ½ cup thinly sliced celery
- 3 slices cooked bacon, crumbled
- 4 tablespoons minced onion
- 3 tablespoons minced sweet pickles
- 1 teaspoon spicy mustard, or to taste
- ⅛ teaspoon ground turmeric
- 2 hard-boiled eggs, diced

Directions:

- Bring water and salt to a boil over medium-high heat. Add cauliflower; bring back to a boil.
- Cook for 3 minutes. Remove from heat and drain.
- Spread cauliflower pieces onto a metal tray and freeze until cool, 20 to 25 minutes.
- Meanwhile, combine mayonnaise, celery, bacon, onion, pickles, mustard, and turmeric in a large bowl. Add cooled cauliflower and eggs; toss to combine.
- Season with salt and pepper.

Nutrition Facts:

Calories: 242

Fat: 23g

Carbs: 6g

Protein: 3g

Crispy Ranch Brussels Srouts

Prep Time: 15 min

Cook Time : 20 min

Servings: 6

Ingredients

- 1 pound Brussels sprouts
- 2 tablespoons olive oil
- 1 ½ tablespoons Hidden Valley® Original Ranch® Salad Dressing, Seasoning and Recipe Mix Shaker
- 1 tablespoon lemon juice
- sea salt

Directions:

- Preheat the oven to 425°F. Spread the Brussels sprouts out on two baking sheets.
- Drizzle with the olive oil and sprinkle on the seasoning mix. Toss well to coat with your hands.
- Roast for 10 minutes. Sprinkle on the lemon juice and flip with a spatula to toss with the juice and turn the sprouts over.
- Cook for another 10 minutes or so, until browned and crisp. Remove from oven, drizzle with a little bit of oil and season with sea salt. Serve hot.
- THIS RECIPE IS AIR FRYER-FRIENDLY
- Simply reduce the cooking time and temperature on your air fryer as shown here.*
- Timing
- Set air fryer timer for half the cooking time of a conventional oven. Add extra time for doneness if needed.
- Temperature
- Reduce regular oven temperature by 25° to 50° (not going below 350°) on your air fryer. If food is getting too dark, reduce by another 25°.



Nutrition Facts:

Calories: 129

Fat: 13g

Carbs: 2g

Protein: 1g

Cranberry-Lemon Relish



Nutrition Facts:

Calories: 35

Fat: 0g

Carbs: 9g

Protein: 0g

Cholesterol: 0g

Potassium: 75mg

Prep Time: 10 mins

Cook Time: None

Servings: 8

Serving Size: ¼ cup

Ingredients:

- 2 cups fresh cranberries
- 1 lrg red apple (diced)
- 1 small lemon, unpeeled, quartered and seeded
- 4 Tbsp granulated sugar substitute (such as Splenda)
- ¼ tsp nutmeg
- ¼ tsp cinnamon
- ¼ tsp mace

Directions:

- Chop cranberries, apple and lemon in food processor or by hand until chunky. Do not overblend.
- Add sugar substitute and spices and stir (by hand) until the sugar substitute is dissolved.
- Chill before serving.

Winter Salad with Toasted Walnuts

Prep Time: 20 mins

Total Time: 20 mins.

Servings: 4 servings, 2 cups

Ingredients:

Walnut Vinaigrette-

- 1 medium shallot, finely diced
- 1 tablespoon red-wine vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon salt
- ¼ cup walnut oil

Salad-

- 4 cups mixed salad greens, such as watercress, Boston, escarole and/or curly endive, torn into bite-size pieces
- 1 Belgian endive, cut crosswise into thin slices
- 1 small fennel bulb, trimmed and cut into 2-inch slivers
- 4 ounces white mushrooms, sliced
- ¼ cup chopped walnuts, toasted

Source: eatingwell.com

Directions:

- To prepare vinaigrette: Combine shallot, vinegar, mustard and salt in a small bowl. Let stand for 5 minutes, then whisk in oil.
- To prepare salad: Combine salad greens, endive, fennel and mushrooms. Drizzle with the vinaigrette and toss to coat well. Sprinkle with walnuts and serve immediately.



Nutrition Facts:

Calories: 211

Fat: 19g

Carbs: 10g

Protein: 4g

Mini Quiches with Sweet Potato Crust



Nutrition Facts:

Calories: 218

Fat: 14g

Carbs: 8g

Protein: 14g

Prep Time: 25 mins

Additional Time: 5 mins

Servings: 6

Ingredients:

- 1 ½ cups shredded peeled sweet potato
- 1 tablespoon avocado oil
- ½ cup diced ham
- ½ cup diced red pepper
- 1 cup shredded Cheddar cheese
- 6 eggs
- ½ cup nonfat milk
- ¼ teaspoon salt
- ¼ teaspoon pepper

Directions:

- Preheat oven to 350 degrees F. Generously coat a muffin tin with cooking spray.
- Toss sweet potato and oil in a medium bowl. Divide among the 12 muffin cups, pressing into the bottom and up the sides to create a crust.
- Divide ham and red pepper among the cups. Top with cheese, keeping it away from the edges to minimize sticking.
- Whisk eggs, milk, salt and pepper in a large measuring cup. Carefully pour the mixture into the cups, dividing evenly.
- Bake until set and cooked through, 22 to 28 minutes. Run a knife around the edges of the quiches and remove from the tin while still hot. Serve warm.

Holiday Desserts



Cranberry Phyllo Cheesecake Tarts



Nutrition Facts:

Calories: 92

Fat: 3g

Carbs: 3g

Protein: 3g

Prep Time: 20 mins

Cook Time: 20 mins

Servings: 12

Ingredients:

- 1 cup of fresh or frozen cranberries
- ¼ cup of Splenda or Stevia sugar substitute
- 2 Tbsp orange juice
- 1 tsp grated orange peel
- ¼ tsp ground allspice
- 6 sheets frozen phyllo dough, thawed
- 8 oz. reduce fat whipped cream cheese
- 8 oz. vanilla fat free yogurt
- 1 Tbsp sugar substitute , divided
- 1 tsp vanilla

Directions:

- Preheat oven to 350 F . Combine cranberries, ¼ cup of sugar substitute, orange juice, orange peel and allspice in small saucepan; cook and stir over medium heat until berries pop and mixture thickens. Set aside to cool.
- Lightly spray 12 standard (2 ½ inch) muffin cups with butter-flavored cooking spray. Cut phyllo sheets in half lengthwise, then crosswise into thirds. Spray 1 phyllo square lightly with cooking spray. Top with second square, slightly offsetting corners; spray lightly. Top with third square. Place stack of phyllo squares into one prepared muffin cup, pressing into bottom and up side of cup. Repeat with remaining phyllo squares. Bake 3 to 4 minutes or until golden. Cool completely in pan on wire rack.
- Beat cream cheese, yogurt, 1 tablespoon sugar substitute and vanilla in medium bowl with electric mixer until smooth. Divide mixture evenly among phyllo cups; top with cranberry mixture.

Low Carb Cinnamon “Sugar” Bunuelos Chips

Prep Time: 5 mins

Cook Time 10 mins.

Servings: 4

Ingredients:

- 3 Tbsp HEB Zero Calorie Granulated Sweetener Blend
- 1 tsp cinnamon
- 2 lrg low carb flour tortillas (cut in pieces)
- 2-3 Tbsp butter (melted)

Directions:

- Preheat oven to 400°F (200°C). Prepare a baking sheet with parchment and a wire baking rack.
- Combine sugar and cinnamon in a bowl.
- Spread melted butter onto both sides of tortilla pieces and place onto wire baking rack.
- Sprinkle on top with cinnamon sugar to cover.
- Bake 10-12 minutes until crisp.



Nutrition Facts:

Calories: 70

Fat: 3g

Carbs: 7g

Cholesterol: 0

Chocolate Nut Bark



Nutrition Facts:

Calories: 74

Fat: 5g

Carbs: 7g

Protein: 1g

Cook Time: 10 mins

Additional Time: 25 mins

Total Time: 35 mins

Servings: 36

Ingredients:

- 2 cups semisweet, bittersweet or milk chocolate chips, melted (see Tip)
- 1 ½ cups assorted nuts, such as hazelnuts, almonds and cashews, plus more for garnish

Directions:

- Line a rimmed baking sheet with foil. (Take care to avoid wrinkles.) Combine melted chocolate and nuts in a medium bowl. Scrape the mixture onto the foil and spread it into an approximate 12-by-9-inch rectangle. Sprinkle with additional finely chopped nuts, if desired. Refrigerate until set, about 20 minutes.
- Transfer the bark and foil to a cutting board. Use a sharp knife to cut into 1 1/2-inch pieces.

Arroz con Leche (Rice Custard)

Prep Time: 30 mins

Cook Time: 20 mins

Servings: 4, **Serving size** ¾ cup

Ingredients:

- 1 cup uncooked instant brown rice
- 2 cups fat-free milk
- 1 cup water
- 2 tbsp granulated zero-calorie sweetener
- 1 strip orange peel (3-inch)
- 1 cinnamon stick
- 1 tbsp whole flax seeds
- 3 whole cloves
- 1 tsp vanilla extract
- ½ ground cinnamon

Directions:

- Prepare the rice according to the package directions. Combine the cooked rice, milk, water, sugar substitute, orange peel, cinnamon stick, flaxseeds, and cloves in a medium saucepan; bring to a boil.
- Reduce the heat to medium low and simmer, stirring often, until the rice pudding is thick and creamy, about 20 minutes.
- Remove from the heat. Remove and discard the orange peel, cinnamon stick, and cloves. Stir in vanilla and ground cinnamon.



Nutrition Facts:

Calories: 140

Fat: 2g

Carbs: 24g

Cholesterol: 2mg

Protein: 6g

Sodium: 55mg

Fiber: 2g

Banana Cranberry Bread



Nutrition Facts:

Calories: 94

Fat: 2g

Carbs: 20g

Protein: 2g

Cholesterol: 4mg

Sodium: 105 mg

Sugar: 6g

Prep Time: 1 hr. 15 min

Servings: 16

Ingredients:

- 1 cup fresh or frozen cranberries
- 2 tbsp Stevia
- 2 tbsp water
- baking spray
- 1 ¼ cups white whole wheat flour
- ¾ tsp baking soda
- ¼ tsp salt
- 2 tbsp butter (softened)
- ½ cup Splenda/ Stevia light brown sugar (not packed)
- 2 large egg whites
- 3 ripe medium bananas (lightly mashed)
- 1 ½ tsp vanilla extract
- ½ tsp turbinado sugar

Directions:

- In a small saucepan combine the cranberries, water and sugar and bring to a boil. Simmer over medium heat until the cranberries burst, about 4 minutes.
- Preheat oven to 350°F. Lightly spray a loaf pan with baking spray.
- In a medium bowl, combine flour, baking soda and salt with a wire whisk. Set aside.
- In a large bowl cream butter and brown sugar with an electric mixer. Add egg whites, bananas, and vanilla, and beat at medium speed until thick. Scrape down sides of the bowl.
- Add flour mixture and blend at low speed until combined, do not over mix.
- Fold in cranberries and pour batter into the prepared loaf pan; sprinkle with turbinado sugar on top and bake in the center rack for about 60 minutes, or until a toothpick inserted in the center comes out clean.
- Transfer the pan to a wire rack and let the pan cool at least 25 minutes, bread should be room temperature before slicing.

Keto Pecan Pralines

Prep Time: 5 mins

Cook Time: 10 mins

Servings: 10

Ingredients:

- 1 cup pecans (toasted)
- 5 tbsp butter (divided)
- 6 tbsp light cream (or heavy cream)
- ⅓ cup of Artificial Sweetener of your choice
- ¼ tsp vanilla
- pinch salt

Directions:

- Combine 4 tbsp of the butter with the sweetener and cream over medium heat. Stir until sweetener is dissolved.
- Cook until it is a deep golden brown. As soon as it reaches that deep color (right before burning) remove from the heat and immediately add the other 1 tbsp butter and vanilla. Stir until smooth.
- Add the salt and toasted pecans. Drop by spoonful onto wax paper. Refrigerate just until firm.



Nutrition Facts:

Calories: 145.2

Fat: 15.6g

Carbs: 1.7g

Protein: 1.2g

Sodium: 53mg

Notes:





Tips for a Healthy Holiday Season

- **Don't skip meals the day of the party or special event**
- **Pre-plan what food you will eat to avoid temptation and bad choices**
- **Eat a light snack before going to the party, don't arrive hungry or you will overeat**
- **Make only one trip to the buffet**
- **Be selective and eat in moderation**
- **Eat only small portions, a taste is all you need**
- **Skip fried foods; eat fruit, veggies and protein**
- **Choose white meat over dark meat - dark meat has more fat**
- **Eat only one roll and leave off the margarine**
- **Bring a low fat healthy treat for everyone to try**
- **Avoid alcohol, try wine spritzer or seltzer**
- **Watch out for high fat cheese, dips and sugary desserts**
- **If you decide to eat a second plate, have vegetables or a salad**
- **Make low fat gravy and put on the side and not over your food**
- **Leave off whipped cream if it is not sugar free, as well as ice cream when having pie**
- **Focus on good conversation, not the food on the table. Enjoy family and friends as much as you do the food**
- **Exercise the day of the party**
- **Check your blood sugars more often than normal**



By: *Terrie Boyd*