

*happy & healthy*

HOLIDAY GUIDE



*a gift to you from*

SUMMERFIELD CUSTOM WELLNESS



# creating a healthy holiday



The holidays can be a tricky time to eat healthfully and mindfully. While the holidays may present us with a challenge, the season of turkey dinners and decorated pine trees does not need to take control of our decisions. Make a plan for this holiday before the festivities begin and revisit your goals throughout the holiday season.

Some dietitians may recommend reducing all of the fat, carbs, and calories in your meals this holiday season—but that's not our style! Check out our recipes and tips to enjoy a delicious and nutritious holiday.

## **IN THIS GUIDE YOU'LL LEARN HOW TO...**

- Construct a balanced plate using The Plate Method
- Prep ingredients for the best recipe success
- Create a plan for a holiday party or meal
- Make empowered decisions around holiday treats

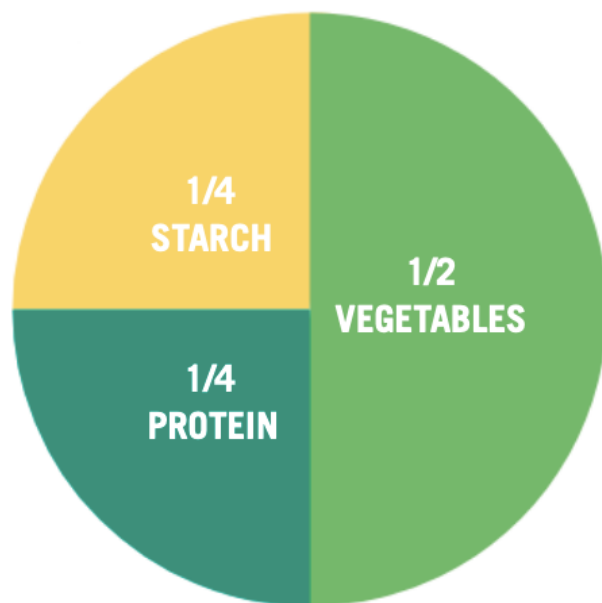
*... as well as create some favorite seasonal recipes!*

# plating your way Through The holidays

Use **The Plate Method** to balance your plate while enjoying your favorite holiday dishes.

## Starch

Baked Sweet Potato Falafel,  
Pumpkin Hummus, Creamy  
Garlicky Cauliflower-Potato  
Mash, Cinnamon Roasted  
Sweet Potatoes & Cranberries,  
Pumpkin Pie Bars, Slow  
Cooker Baked Apples, Corn,  
Stuffing, Mac & Cheese,  
Pasta, Potato Latkes, Dinner  
Rolls, Cakes, Pies, Desserts,  
Hot Cocoa, Healthified  
Peppermint Mocha, Spiced  
Cider Spritzer, Holiday  
Beverages



## vegetables

Warm Ribbioned Root  
Vegetable Salad, Fall Harvest  
Salad, Cauliflower Stuffing,  
Mushroom Jicama Stuffing,  
Roasted Asparagus with Garlic  
Bacon Aioli, Honey-Dill  
Sautéed Carrots, Green Bean  
Casserole, Mixed Green Salad,  
Collards, Roasted Vegetables,  
Broccoli Casserole, Cabbage,  
Sauerkraut, Coleslaw

## protein

Turkey, Ham, Kielbasa, Pork,  
Brisket, Fish, Chicken, Beef,  
Deviled Eggs



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# Kitchen basics

Not familiar with knife skills? Use these tips to ensure your recipe prep sets you up for recipe success!

## SLICE



A **SLICE** is a cross section. Slicing is a single cut either horizontally or vertically. Slice ingredients the same size and thickness for even cooking.

## DICE



A **DICE** is a square or cube shape. Start by cutting a slice. Then cut each slice again horizontally and vertically, forming cubes. Adjust the size of your dice depending on the ingredient and the recipe.

## CHOP



**CHOP** means cutting without any specific shape or pattern. Sometimes dice and chop are used interchangeably, but technically, dice is used for smaller pieces and chop is used for larger pieces.



# baked Sweet potato falafel

## INGREDIENTS

- 2 medium sweet potatoes
- 1 ½ tsp ground cumin
- 2 small cloves of garlic, chopped (or 1 tsp minced garlic from jar)
- 1 ½ tsp ground coriander
- Juice of ½ lemon
- 1 C chickpea flour (Bob's Red Mill makes this and can be found in the baking aisle)
- 1 Tbsp olive oil
- 1 Tbsp sesame seeds
- Salt & pepper, to taste
- Fresh cilantro, coarsely chopped for plating (optional)

### **\*Reduce time in an Instant Pot:**

Add 1 C water and trivet to Instant Pot. Stab each potato with a fork a few times and cook on high pressure for 18 minutes with 10 minute natural steam release.

## DIRECTIONS

1. Preheat oven to 425°F. Rinse sweet potatoes, stab each with a fork a few times, and roast whole until just tender, about 45 minutes to 1 hour\*. Remove from the oven, let potatoes cool, then peel.
2. Put the peeled sweet potatoes, cumin, garlic, ground coriander, lemon juice, and chickpea flour into a large bowl. Season with salt and pepper, and mash until smooth with no large chunks.
3. Place mixture in the freezer for 20-30 minutes to firm. When you take it out, the mixture should be sticky. You can add a tablespoon or so more of chickpea flour if necessary.
4. Reheat the oven to 400°F. Line a baking sheet with foil and drizzle with olive oil to coat.
5. Place mixture by the spoonful onto the baking sheet. Sprinkle sesame seeds on top and bake in the oven for around 15 minutes, until the bases are golden brown.





# *pumpkin hummus*

## **INGREDIENTS**

- 15 oz can of chickpeas, drained and rinsed well
- 15 oz can of pumpkin puree (not pie filling!)
- 2 Tbsp tahini or plain but butter of your choice
- 2 cloves garlic (or 1 tsp minced garlic from jar)
- 2 Tbsp lemon juice (approx. 1 lemon)
- 2 Tbsp extra virgin olive oil
- 1 tsp cumin
- 1 tsp ground cinnamon
- ¼ tsp paprika

## **DIRECTIONS**

Place all ingredients in a food processor or high speed blender and blend until smooth. If too thick, add water or more olive oil, one tablespoon at a time, and blend again until your preferred consistency is reached.



# warm ribboned root vegetable salad

## INGREDIENTS

### Salad

- 2 large carrots
- 1 medium/large parsnip
- 1 sweet potato
- 2 Tbsp unsalted butter
- 2 handfuls of kale, chopped
- 1 Tbsp goat cheese crumbles
- 2 Tbsp dried cranberries

### Dressing

- 2 Tbsp olive oil
- 2 Tbsp apple cider vinegar
- 2 Tbsp ginger paste (or ½ tsp ground ginger)
- 1 tsp spicy brown mustard
- ¼ tsp poultry seasoning
- 1 tsp maple syrup
- 2 cloves garlic, minced (or 1 tsp minced garlic from jar)
- Dash of salt

## DIRECTIONS

1. Wash carrots, parsnip, and sweet potato, and peel outside layer of each with a vegetable peeler.
2. Continuing to use the vegetable peeler, make large “ribbons” with carrots, parsnip, and sweet potato.
3. In a large pan, melt butter on medium heat. Add the ribboned vegetables and sauté until softened (about 8-10 minutes). Add kale to ribboned vegetables and cook until slightly tender (1-2 minutes).
4. In a medium bowl, whisk all dressing ingredients together. Pour dressing over veggies and cook for 1 minute.
5. Remove from heat and top with goat cheese crumbles and cranberries.







# fall harvest Salad

## INGREDIENTS

- 2 medium Delicata Squash (scrubbed clean)
- 4 Tbsp olive oil, divided
- 1 tsp salt
- Freshly ground pepper
- 2 Tbsp fresh sage, chopped (or 1 Tbsp ground sage)
- 6 C kale, rinsed, stems removed & torn into bite-sized pieces
- 2 C baby arugula
- 1 C walnuts, toasted
- Seeds from ½ pomegranate (or 2/3 C prepped pomegranate seeds ready for purchase, found in produce section)
- 4 clementines, peeled & split into segments
- 2 Tbsp balsamic reduction or balsamic vinegar
- 2 Tbsp maple syrup
- Additional freshly ground pepper, to taste

## DIRECTIONS

1. Preheat oven to 425°F. Slice squash lengthwise and remove seeds. Cut into moon-shaped slivers, about ½ inch thick. Place in large bowl and add 2 Tbsp olive oil, salt and pepper, tossing well to coat.
2. Line a large baking sheet with foil and arrange sliced squash in a single layer. Do not rinse bowl. Roast for 20-25 minutes, or until golden brown.
3. Remove squash from oven and return to unrinsed bowl. While squash is still hot, add chopped sage and kale and toss to combine well. Let cool to room temperature.
4. Once cooled, add baby arugula, toasted walnuts, pomegranate seeds, and clementine segments.
5. In a small bowl, whisk together remaining 2 Tbsp olive oil with balsamic reduction, maple syrup, and freshly ground pepper. Serve on the side or drizzle over salad and toss to coat.



# cauliflower Stuffing

## INGREDIENTS

- 4 Tbsp butter
- 1 large onion\*, chopped
- 2 large carrots\*, peeled & chopped
- 2 celery stalks\*, chopped
- 1 small head of cauliflower, chopped
- 1 C mushrooms, chopped
- Salt & pepper, to taste
- ¼ C fresh parsley, chopped (or 2 Tbsp dried parsley)
- 2 Tbsp fresh rosemary, chopped (or 1 Tbsp dried rosemary)
- 2 Tbsp fresh sage, chopped (or 1 Tbsp ground sage)
- ½ C vegetable or chicken broth

## DIRECTIONS

1. In a large skillet over medium heat, melt butter. Add onion, carrot, and celery, and sauté until soft, 7-8 minutes.
2. Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 8-10 minutes more.
3. Add parsley, rosemary, and sage and stir until combined, then pour over vegetable broth and cover with a lid. Cook until tender and liquid is completely absorbed, 15 minutes.

**\*Hate chopping?** Replace starred ingredients with 14.5 oz container mirepoix from refrigerated section of Trader Joes or 1 ½ bags of frozen mirepoix (10 oz each) from Whole Foods!







# mushroom jicama Stuffing

## INGREDIENTS

- 5 C water
- 1 large jicama, peeled & diced\*
- 1 stick of unsalted butter
- ½ small yellow onion, diced\*
- 2 large carrots, diced\*
- 2 celery stalks, diced\*
- 1 ½ lb mushrooms, chopped
- 5 Tbsp unsalted chicken broth
- 1 large egg
- 1 ½ tsp poultry seasoning
- 1 ½ tsp salt (or to taste)
- Pinch of black pepper
- 2 slices of bread, cubed

**\*Hate chopping?** Replace starred ingredients with 9.5 oz carton jicama sticks (cut into cubes) and 14.5 oz container mirepoix from refrigerated section of Trader Joes!

## DIRECTIONS

1. Preheat oven to 350°F.
2. Bring water to a boil in a large sauce pan. Add diced jicama, reduce to low heat, and simmer for 15 minutes.
3. While jicama is boiling, melt the stick of butter in a large oven-safe pan on medium heat. Add onions, carrots, and celery, and cook until softened, 7-8 minutes. Add mushrooms and cook until soft, 3-4 minutes.
4. When jicama is done, drain well and add to pan with other vegetables. Cook an additional 5 minutes.
5. In a small bowl, whisk together broth, egg, seasoning, salt, and pepper.
6. Add bread cubes to pan. Pour broth mixture over pan ingredients and stir.
7. Place on middle rack in oven and bake for 45 minutes. (If you did not use an oven-safe pan, transfer ingredients to a greased 9x13 pan before baking.)



# roasted asparagus

## with garlic bacon aioli

### INGREDIENTS

#### Roasted Asparagus

- 1 lb asparagus, washed with ends removed
- 2 Tbsp olive oil
- Salt & black pepper, to taste

#### Garlic Bacon Aioli

- 1/3 C real mayonnaise
- 2 tsp lemon juice
- 2 garlic cloves, minced (or 1 tsp minced garlic from jar)
- 2 strips of bacon, finely chopped (reserve a small amount for serving)
- 1 tsp horseradish mustard
- 1 tsp fresh thyme leaves (or 1/2 tsp dried)

### DIRECTIONS

1. Pre-heat oven to 425°F.
2. Place asparagus in large bowl, drizzle with oil, salt, and pepper, and toss to coat then transfer to large baking sheet.
3. Roast in oven for 8-10 minutes or until slightly browned, tossing halfway through.
4. While asparagus is roasting, combine the aioli ingredients in a small bowl and mix well. Set aside in refrigerator until ready to serve.
5. When asparagus is golden brown, remove from oven and transfer to serving dish. Serve with Garlic Bacon Aioli topped with a few bacon crumbles and cracked black pepper.





# honey-dill carrots & parsnips

## INGREDIENTS

- 1 lb large carrots
- 2 medium/large parsnips
- Cooking spray
- $\frac{1}{4}$  C orange juice
- 1  $\frac{1}{2}$  Tbsp honey
- 2 Tbsp fresh dill, chopped (or 2 tsp dried dill weed)
- Salt & black pepper, to taste

## DIRECTIONS

1. Preheat oven to 375°F.
2. Peel and slice carrots and parsnips on an angle to form small discs.
3. Spray a sheet pan with cooking spray. Place sliced carrots and parsnips on sheet pan.
4. Combine orange juice and honey in small bowl. (Tip: Microwave for 20 seconds for easy mixing.) Pour liquid over the veggies and mix to coat evenly.
5. Bake for 20 minutes on top rack, stirring halfway through.
6. Remove from oven, sprinkle dill on top of vegetables. Add salt and pepper, as desired. Serve immediately.



# creamy garlicky cauliflower-potato mash

## INGREDIENTS

- 1 head cauliflower, coarsely chopped
- 2 large Russet potatoes, peeled & cubed
- 4 Tbsp unsalted butter
- ½ C unsalted chicken broth
- 1 tsp salt
- 1 tsp garlic powder

## DIRECTIONS

1. Add cauliflower and potatoes to large pot with enough water to cover by 1 inch. Bring to a boil, then reduce to simmer for 20 minutes, or until tender. Drain cauliflower and potatoes well.
2. Add cauliflower, potatoes, butter, broth, salt, and garlic powder to food processor or high speed blender.\*
3. Process on high for 30 seconds to 1 minute, or until smooth consistency is reached. May need to blend in batches.

**\*No food processor/blender?** No problem! Add cooked ingredients to a large mixing bowl and blend with a hand mixer.





# *cinnamon roasted sweet potatoes & cranberries*

## **INGREDIENTS**

- 5 large sweet potatoes, skin on and scrubbed well, cut into ½ inch cubes
- 1 C dried cranberries
- 3 Tbsp coconut oil, melted
- 2 Tbsp maple syrup
- 2 Tbsp cinnamon
- 1 tsp salt, divided
- 2 Tbsp pecan pieces

## **DIRECTIONS**

1. Preheat oven to 400°F.
2. In a large bowl combine sweet potatoes, cranberries, coconut oil, maple syrup, cinnamon, and ½ tsp salt. Toss to coat.
3. Line a large baking sheet with foil. Spread potato mixture in a single layer and roast for 35 40 minutes or until a fork easily pierces through the sweet potatoes.
4. Remove from oven and sprinkle with remaining ½ tsp of salt and pecan pieces.



# pumpkin pie bars

## INGREDIENTS

### Crust

- 3/4 C all-purpose flour  
(or 1 1/2 C almond flour)
- 2 Tbsp coconut oil, melted
- 2 Tbsp maple syrup
- 1 tsp vanilla extract
- 1/8 tsp salt
- 2 Tbsp white beans, mashed  
(or omit and add additional 1 Tbsp coconut oil)

### Filling

- 1/2 C sugar
- 1 C unsweetened pumpkin puree  
(or 1 C baby carrots, steamed & pureed)
- 3 large eggs, beaten
- 1 tsp vanilla extract
- 2 tsp pumpkin pie spice
- 3 Tbsp milk or milk alternative
- Dash of salt

## DIRECTIONS

1. Preheat oven to 350°F.
2. Add all the crust ingredients into a medium bowl, mix well with hands, and form into a ball.
3. Press crust mixture evenly into the bottom of a 9x9 baking pan. Place crust in the oven on top rack and bake for 20 minutes.
4. Combine all filling ingredients into food processor/blender or whisk together in a bowl until smooth.
5. Pour filling into baking pan over cooked crust and bake for another 45 minutes on top rack or until toothpick or fork comes out clean. Serve warm or chill overnight.
6. Store bars in airtight container in fridge for up to 5 days.



# Slow cooker baked apples

## INGREDIENTS

- ¼ C brown sugar
- ¼ C rolled oats
- ¼ C all-purpose flour (or ½ C almond flour)
- 1 tsp cinnamon
- ¼ tsp nutmeg
- 1/8 tsp ground cloves (optional)
- 4 Tbsp butter, chilled and cubed
- 6 baking apples, such as Granny smith or Honeycrisp
- ½ C water

### **\*Reduce time in an Instant Pot:**

Add 1 C water and trivet to Instant Pot. Place apples on trivet and cook on high pressure for 5 minutes with 5 minute natural steam release.

## DIRECTIONS

1. Combine the brown sugar, oats, flour, cinnamon, nutmeg, and cloves in a medium size bowl.
2. Add the diced butter and gently combine by squishing the butter between your fingers. Small chunks of butter are fine. Set aside.
3. Core the apples using an apple corer or pairing knife. Make sure you don't cut all the way through the bottom, so the filling doesn't leak out. The bigger the hole the more filling you can add inside.
4. Add water to the bottom of a slow cooker, followed by the apples. Stuff each apple to the top with the filling.
5. Let cook for 2 hours on high or 4 hours on low. Half way through, add more filling to each apple if desired.
6. Once the apples are soft to the touch, they're ready to serve.





# healthified peppermint mocha

## INGREDIENTS

### For Peppermint Creamer

- 1 C unsweetened almond milk (or milk of choice)
- 3 Tbsp maple syrup
- ¼ tsp peppermint extract
- 2 Tbsp unsweetened cocoa powder
- 1 Tbsp coconut oil

### For Peppermint Mocha

- ¼ C peppermint creamer
- 1 C brewed coffee

## DIRECTIONS

1. Add creamer ingredients to a blender. Blend until coconut oil is emulsified.
2. Combine ¼ C creamer with 1 C of coffee to make a single serving peppermint mocha.
3. Store the remaining creamer in a sealed container in the fridge for up to 5 days.

**Optional:** If planning to prepare creamer and coffee in bulk, add all creamer ingredients and 4 cups of coffee to blender. Blend until emulsified. **Be careful when blending hot liquids!**



# Spiced cider Spritzer

## INGREDIENTS

- 1 medium orange
- 20 whole cloves
- 2 C apple cider
- 1 cinnamon stick
- 2 one-inch pieces of fresh ginger
- 2 C club soda
- Orange slices and cinnamon sticks, for garnish

## DIRECTIONS

1. Slice orange into quarters. Place 5 whole cloves in quarter, spacing evenly.
2. In large saucepan, place apple cider, cinnamon stick, ginger pieces, and orange quarters studded with cloves. Bring to a boil, reduce to low heat, cover, and simmer for 30 minutes.
3. Remove from heat and place in a glass jar or pitcher to refrigerate overnight.
4. To make the spritzer, add  $\frac{1}{2}$  cup spiced cider to  $\frac{1}{2}$  cup club soda or unflavored seltzer water and garnish with an orange slice and cinnamon stick.





# healthy holiday swaps

## *Traditional favorites*

Mashed Potatoes

Stuffing

Collards with Fatback

Biscuits

Green Bean Casserole

Sweet Potato Casserole

Pumpkin Pie

Apple Pie

Egg Nog

## *Summerfield alternatives*

Creamy Garlicky  
Cauliflower-Potato Mash

Cauliflower Stuffing or  
Mushroom Jicama Stuffing

Fall Harvest Salad

Baked Sweet Potato Falafel

Roasted Asparagus with Garlic Bacon Aioli  
or Honey-Dill Carrots & Parsnips

Cinnamon Roasted Sweet  
Potatoes & Cranberries

Pumpkin Pie Bars

Slow Cooker Baked Apples

Healthified Peppermint Mocha or  
Spiced Cider Spritzer

# *a goal without a plan is just a wish*

## **STEP 1: HOLIDAYS PAST**

Write down how you historically treated your health habits over the holidays. Did you stay consistent with your nutrition, exercise, and sleep? If one or more of these fell to the wayside, what has that looked like for you in years past? How did previous holidays make you feel about your health/weight/energy/etc.? How did you feel in January? How do you wish you had felt differently?



## **STEP 2: HOLIDAY PRESENT**

Now that you have reflected on holiday seasons of the past, write about how you feel in the present about your health. Have you been working towards a health goal recently? Do you feel equipped to work towards that goal over the holiday or is maintenance a more realistic goal? How will you feel if you let the holidays ruin your progress? How will you feel if you devise a holiday strategy to stay on course?



## **STEP 3: HOLIDAY FUTURE**

Time to make your plan for this year! After thinking about your holiday past and holiday present, write out your vision for your health and happiness this upcoming holiday season. Come up with your own plan, or choose from our tips on the next page.



# PLAN TO PLAN

## *indulgence with balance*

### THE DAY BEFORE

Review your options:

Do you know the menu so you can plan ahead?

Are you bringing anything with you?

Where will you get your veggies?

Which indulgences are “worth it” to you?

### THE DAY OF

Maintain your usual meal and snack pattern throughout the day instead of “saving up” for the big event.

Stay hydrated before the event so you don’t confuse thirst cues with hunger.

If you are contributing to the holiday meal, prep and bring a healthy dish with you!

### PARTY TIME

Balance your meal with **The Plate Method**.

Add colorful veggies to your plate for a nutritious boost.

Pace yourself. Be mindful, remember to chew each bite well, and enjoy your meal.

Have a vice? Make it a seasonal one! Skip store bought items that are available year round.

*embrace* & **FUEL WITHOUT FEAR**

*Taste*

Eat throughout the holidays with empowered confidence that feeds a healthy body AND mind! Recognize consistency as being the backbone to success. Do not give a single meal or treat the power to derail your whole day, month, or holiday season.

*These healthy tips and recipes  
are a gift to you from*



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