

THANKSGIVING 2020 RECIPE ROUNDUP!

“Like” the **NHRMC Employee Fitness Center Facebook Page** to receive recipe videos and nutrition tutorials specific to the recipes below. Please contact Ana Evans at ana.evans@nhrmc.com with any questions at all. Stay well!



Side Dishes

-Sweet & Tart Cranberry Sauce

-Cranberry, Sage Goat Cheese Biscuits

-Brussels, Pancetta + Cran Medley

-Simply Sweet Potato Casserole



Sweet Treats

-Pumpkin Spice Parfaits

-Dark Chocolate Holiday Fudge Bites

-Cheesecake Bites



Festive Appetizers/Snacks

-Cranberry Cheddar Sausage Bites

-Warm Herbed Olives & Almonds

-Citrus + Herb Marinated Feta
Skewers

SWEET & TART CRANBERRY SAUCE

Serves 6

Source: ENS Teaching Kitchen

INGREDIENTS

- 12 ounces fresh or frozen unsweetened cranberries
- $\frac{3}{4}$ cup fresh orange juice
- 1 tablespoon orange zest or 1 slice fresh orange
- $\frac{1}{2}$ cup honey
- $\frac{1}{2}$ teaspoon corn or potato starch
- 1 teaspoon chia seeds

INSTRUCTIONS

1. Combine all ingredients in sauce pan over medium heat until they thicken. Stir continuously, and everything should thicken in about 10 - 15 minutes
2. Cool completely and refrigerate
3. Serve at room temperature with orange zest or slice of fresh orange for garnish

Nutrition Facts: 125 calories, 33g carbohydrates, 28g sugar, 3g fiber

CRANBERRY, SAGE & GOAT CHEESE BISCUITS

Serves 12

Source: ENS Teaching Kitchen

INGREDIENTS

Dry

- 1 cup blanched almond flour
- 2 tablespoons coconut flour
- ½ cup tapioca flour
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 tablespoon fresh sage
- ½ cup fresh cranberries

Wet

- 1/3 cup canned pumpkin puree
- 1 egg
- 3 tablespoons butter, cold or room temp
- 1 tablespoon honey
- 1/5 cup soft goat cheese

INSTRUCTIONS

1. Preheat oven to 375*
2. In a bowl combine all dry ingredients, reserving the cranberries to fold in last
3. Cut in the goat cheese and butter and then make a well in the middle
4. Add in pumpkin and egg and whisk together to combine
5. Fold in the cranberries, until mixture is well combined
6. Line a baking sheet with baking liner or parchment paper
7. Roll dough into balls (they do not have to be perfect shapes)
8. Bake for about 15 minutes or until cooked through and flakey
9. Serve warm with a dash of butter

Nutrition Facts: 115 calories, 8g fat, 130mg sodium, 8g carbohydrates, 1g sugar, 1g fiber, 4g protein

BRUSSELS SPROUTS, PANCETTA & CRAN MEDLEY

Makes 10 (1/3 cup servings)

Source: ENS Teaching Kitchen

INGREDIENTS

Salad Ingredients:

- 1 pound brussels sprouts, rinsed and ends trimmed, then halved lengthwise and thinly sliced crosswise
- 2 cups cooked quinoa
- 1 cup dried cranberries (sweetened with apple juice, if possible)
- 2/3 cup chopped pecans, toasted
- 2 ounces minced pancetta
- Orange vinaigrette (see below)

Orange Vinaigrette:

- 1/4 cup orange juice
- 1/4 cup olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon honey
- Pinch of salt and pepper

INSTRUCTIONS

1. In a deep sauté pan, sauté the pancetta on low-medium heat until fat melts and pancetta becomes crispy, about 5 minutes.
2. Add olive oil, garlic and brussels sprouts and sauté for 4-5 minutes until brussels halves are tender.
3. Combine all other salad ingredients in a medium bowl, and mix until well combined.
4. Allow pancetta and brussels to cool, and add to salad bowl
5. To make the vinaigrette, whisk all ingredients together until well combined.
6. Toss dressing over salad and enjoy!

Nutrition Facts: 201 calories, 13g fat, 210mg sodium, 20g carbohydrates, 10g sugar, 3g fiber, 4g protein

SIMPLY SWEET POTATO CASSEROLE

Makes 10 (1/2 cup servings)

Source: thegraciouspantry.com

INGREDIENTS

Topping Ingredients:

- 1 cup pecans, chopped into pieces
- 1/4 cup maple syrup
- 2 tablespoons whole wheat pastry flour
- 1 tablespoon coconut oil
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 tablespoon butter, melted

Filling Ingredients:

- 3 pounds' sweet potatoes, about 6 medium sweet potatoes
- 1/4 cup orange juice
- 1/4 cup unsweetened almond milk
- 2 teaspoons cinnamon
- 1/2 teaspoon ground nutmeg
- 2 tablespoons maple syrup
- 1/4 teaspoon salt

Nutrition Facts: 146 calories, 5g fat, 96mg sodium, 25g carbohydrates, 12g sugar, 3g fiber, 2g protein

INSTRUCTIONS

1. In a large mixing bowl, combine all topping ingredients together using a wooden spoon. It will be clumpy and sticky. Set aside
2. Wash the sweet potatoes and rub with oil. Place on a parchment lined cookie sheet and bake until easily pierced with a fork (about 30-40 minutes). You can also microwave them until soft, about 5-6 minutes.
3. Remove from oven and allow to cool until you can handle them without burning yourself.
4. Peel the potatoes and place them inside the bowl of a mixer or food processor.
5. Add all other filling ingredients and process until smooth and creamy
6. Transfer the potato mixture to a medium casserole dish. Sprinkle the pecan topping evenly over the potatoes, and bake for 15 minutes at 350.
7. Remove casserole. Drizzle with melted butter and broil on high for 3-5 minutes. Enjoy!

PUMPKIN SPICE PARFAITS

Makes 12 small or 5 large parfaits

Source: ENS Teaching Kitchen

INGREDIENTS

For the filling:

- 2 cups pureed pumpkin
- 1 cup plain nonfat Greek yogurt
- 5 tbs maple syrup
- 3 tsp pumpkin pie spice (*adjust to taste*)
- 3 tbs milk (*any variety*)
- 1 tsp vanilla extract

For the Crust:

- 1 cup unsweetened coconut flakes
- ½ cup chopped pecans
- ½ cup pitted dates, soaked for about 10 minutes
- ¼ tsp salt

For Whipped Topping:

- ½ can of full fat coconut milk (*use the solid cream, discard or repurpose liquid; make sure the coconut cream has been chilled overnight*)
- ½ tsp vanilla extract

Nutrition Facts: 170 calories, 10g fat, 66mg sodium, 20g carbohydrates, 5g fiber, 3g protein

INSTRUCTIONS

1. Place the filling ingredients into a food processor or blender and puree until creamy. Remove from blender and put into a bowl.
2. Place the coconut, walnuts, dates, and sea salt into a food processor, and mix until combined and crumb-like. Do not over process; it should be like coarse breadcrumbs.
3. To make the whipped coconut cream, remove chilled coconut cream from the can and discard any liquid. Using either an electric mixer or blender beat the coconut cream until fluffy and whipped.
4. For each serving, press about 2 tbs of the crust mixture into the bottom of a bowl or glass. Spoon ¼ cup of the mousse mixture on top. Optional: Serve each cup topped with 2 TBLS. whipped coconut cream or substitute with Greek yogurt. Dust with pumpkin pie spice or shaved dark chocolate and enjoy!

DARK CHOCOLATE FUDGE BITES

Makes 32 bites, serving size: 2

Source: rawmanda.com

INGREDIENTS

- 2 cups pitted dates (It helps to soak in water for 1-2 hours before using them)
- 2-3 tbsp unsweetened cocoa powder (we like special dark)
- 2 tbsp coconut oil
- 1 tsp vanilla, raspberry, peppermint or any flavor extract (try to purchase alcohol free version)
- Optional toppings (see instructions)

INSTRUCTIONS

1. Use food processor or blender to combine the dates, cocoa powder, coconut oil and flavor extract. Combine until very soft
2. Coat your hands with coconut oil and roll into small balls
3. Roll or dust with cocoa powder or other toppings (like coconut flakes or hemp seeds)
4. Chill for 30 minutes before serving. Enjoy!

Nutrition Facts: 79 calories, 2g fat, 17g carbohydrates, 14g sugar, 1g protein

GOAT CHEESE CHEESECAKE BITES

Makes 15 bites

Source: cookinglight.com

INGREDIENTS

Cheesecake Ingredients

- ¼ cup powdered sugar
- 1/3 cup plain 2% reduced-fat Greek yogurt
- ½ teaspoon vanilla extract
- 2 ounces goat cheese, softened
- 15 mini phyllo shells

Raspberry Sauce Ingredients

- 6 oz. package raspberries
- 1 tablespoon coconut sugar
- ½ teaspoon lemon juice
- 1 tablespoon red wine (optional)

INSTRUCTIONS

1. Combine raspberries, coconut sugar, lemon juice and red wine (if using) in a small bowl. Mash with a fork to break up the berries and distribute ingredients. Set aside.
2. Meanwhile, combine powdered sugar, yogurt, vanilla and goat cheese in a mixing bowl. Beat with an electric mixer at medium speed until smooth.
3. Spoon about 1 ½ teaspoons filling into each phyllo shell.
4. Top each cheesecake bite with a small dollop of reserved raspberry sauce.*

* For a smoother sauce, press the raspberry mixture through a fine sieve and discard the solids.

Nutrition Facts: 49 calories, 0.5g fat, 6g carbohydrates, 4.5g sugar

CRANBERRY CHEDDAR SAUSAGE BITES

Makes 16 bites

Source: runningtothekitchen.com

INGREDIENTS

- 1 pound sweet Italian sausage
- 1/3 cup fresh cranberries, chopped
- 1 cup grated sharp white cheddar (2%)
- 2 tbsp minced shallots
- 1 tbsp Dijon mustard
- 1 tsp baking powder
- ½ cup whole wheat white flour
- Salt and Pepper to taste

INSTRUCTIONS

1. Preheat oven to 350 degrees F and line baking sheet with foil
2. Combine all ingredients in large bowl and mix with spatula or your hands until ingredients fully incorporated
3. Roll mixture into balls and place on baking sheet
4. Bake for 25 minutes

Nutrition Facts: 71 calories, 4g fat, 233mg sodium, 2g carbohydrates, 6.5g protein

WARMED HERBED OLIVES & ALMONDS

Makes 8-10 servings

Source: meritandfork.com

INGREDIENTS

- 1 cup green olives
- $\frac{3}{4}$ cup raw, unsalted almonds
- 1 teaspoon olive oil
- $\frac{1}{4}$ teaspoon thyme
- $\frac{1}{4}$ teaspoon rosemary
- Pinch of sea salt
- Pinch of black pepper

INSTRUCTIONS

1. Heat oil in skillet over med low to med heat
2. Add remaining ingredients and toss until warmed & almonds just become fragrant.

Nutrition Facts: 90 calories, 8g fat, 348mg sodium, 2g carbohydrates, 2g protein

CITRUS AND HERB MARINATED FETA SKEWERS

Makes 12 Skewers

Source: gourmadeinthekitchen.com

INGREDIENTS

- 8oz Feta Cheese, pat dry and cut into 12 cubes
- 1 tbsp chopped fresh thyme leaves
- 1 tbsp chopped fresh chives
- Zest of one small lemon
- Zest of half an orange
- 1 garlic clove, thinly sliced
- ¼ tsp ground black pepper
- 1 tbsp finely chopped green olives
- ¼ cup Extra Virgin Olive Oil (or enough to cover cheese cubes)
- 1-2 medium zucchini, cut into 24 1" cubes
- 24 grape tomatoes
- Sea salt, to taste
- Small Wooden skewers (for serving)

INSTRUCTIONS

1. In medium-sized bowl mix together the thyme, chives, lemon and orange zest, garlic, pepper, olives and olive oil. Toss feta cubes in mixture and refrigerate for 30 minutes-1 hour (or longer).
2. Slice zucchini or cucumbers lengthwise into quarters and then again into 1 inch pieces. Place into a colander over a bowl and sprinkle with sea salt and let sit for 15 minutes. Drain and pat dry, wiping off excess salt.
3. Thread 2 tomatoes, 2 zucchini cubes and 1 cheese cube onto each skewer. Serve chilled or at room temp.

Nutrition Facts: 139 calories, 9g fat, 251mg sodium, 12g carbohydrate, 3.5g fiber, 8g sugar, 5.5g protein