



EAT THIS, NOT THAT: HOLIDAY EDITION

EAT THIS

Low-Calorie Fruit Juice & Sparkling Water
Cinnamon Tea
Frozen Grapes
Pumpkin Pie
Greek Yogurt Based Dip
Roasted Sweet Potatoes
Cocoa-Dusted Walnuts
Veggies & Hummus
Teaspoon of Almond Butter w/ Cinnamon
Dark Chocolate
Shrimp Cocktail
Green Bean Almondine
Baked Apples
Mashed Cauliflower
Roasted, White Meat Turkey
Veggies
Zucchini Noodles

NOT THAT

Egg Nog (1 cup has 350 calories)
Hot Chocolate with Whipped Cream
Candies
Pecan Pie
Sour Cream Based Dip
Sweet Potato Casserole
Fudge
Cheesy Dips
Holiday Cookies
Milk Chocolate
Brie
Green Bean Casserole
Apple Pie
Mashed Potatoes
Deep-Fried, Dark Meat Turkey
Dinner Rolls
Pasta

Holidays aren't supposed to be for healthy eating, so don't deprive yourself of your holiday favorites to lose weight. Eat mindfully and pick healthier options, such as sweet potatoes over mashed or dark chocolate over milk chocolate. A single piece of pie never made anybody overweight so a single day of indulgence isn't going to completely derail your diet. Choose your portions and food choices wisely and enjoy the holiday season.

Source: <https://www.eatthis.com/avoid-holiday-weight-gain/>



HOLIDAY RECIPES

CLASSIC CRANBERRY SAUCE

- 1 1/2 cups sugar
- 3/4 cups fresh orange juice (about 3 oranges)
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- Dash of ground cloves
- 1 (12 oz) package fresh cranberries
- 1 Tbsp grated orange rind

1. Combine the first 6 ingredients in a medium saucepan.
2. Bring to a boil over medium-high heat.
3. Reduce heat to medium.
4. Cook 12 minutes or until cranberries pop.
5. Remove from heat and stir in orange rind.
6. Cool completely and serve chilled at room temperature

Serving Size: 2 Tablespoons (Makes 3 cups)

Calories: 59

Fat: 0g

Carbohydrates: 15g

Sodium: 0g



RED CABBAGE, CRANBERRY & APPLE SLAW

- 5 cups thinly sliced red cabbage (about 1 1/2 lbs)
- 1/2 cup dried cranberries
- 1/3 cup rice vinegar
- 1/3 cup sugar
- 2 Tbsp white wine vinegar
- 2 tsp olive oil
- 3/4 tsp salt
- 1/2 tsp freshly ground pepper
- 2 1/4 cups thinly sliced Granny Smith apple
- 1/4 cup chopped pecans, toasted

Combine cabbage and cranberries in a large bowl. Combine vinegar and next 5 ingredients (vinegar through pepper), stirring with a whisk; drizzle over cabbage mixture, tossing gently to coat. Cover and chill 2 hours. Add apple, and toss well to combine. Sprinkle with pecans.

Serving Size: 1 cup (Makes 8 cups)

Calories: 131

Fat: 4.2 g

Carbohydrate: 23.6g

Fiber: 3.8g

Protein: 1.7g

Sodium: 236mg



ROASTED GARLIC, SUN-DRIED TOMATO, AND WHITE BEAN DIP

- 1 whole garlic head
- 1 cup water
- 1 (3.5 oz) package sun-dried tomatoes, packed without oil
- 2 Tbsp extra virgin olive oil
- 1/2 tsp chopped fresh rosemary
- 1/4 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1 (15.8 oz) can Great Northern beans, rinsed and drained

Preheat oven to 375°F.

Remove white peppery skin from garlic head (do not peel or separate the cloves). Wrap head in foil. Bake at 375°F for 45 minutes; cool for 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.

Bring 1 cup water to a boil in a saucepan. Add tomatoes; cover and remove from heat. Let stand 10 minutes. Drain tomatoes in a colander over a bowl, reserving 1/4 cup liquid.

Place garlic pulp, tomatoes, 1/4 cup reserved liquid, oil, and remaining ingredients in a good processor; process until smooth.

Serving Size: 2 Tablespoons (Makes 2 cups)

Calories: 43

Fat: 1.7g

Saturated Fat: 0.2g

Monounsaturated Fat: 1.2 g

Polyunsaturated 0.2g

Carbohydrate: 6.1g

Fiber: 1.6g

Protein: 1.2g

Sodium: 94mg



GARLICKY GREEN BEANS

2 pounds green beans, trimmed
3 Tbsp extra-virgin olive oil
3 Tbsp minced garlic
3 Tbsp minced fresh parsley
1 Tbsp chopped fresh tarragon, or 2 tsp dried
1/2 tsp salt
Freshly ground pepper, to taste

Bring a large pot of water to a boil. Place a large bowl of ice water next to the stove. Add half the green beans to the boiling water and cook until tender-crisp, about 4 minutes.

Transfer the beans with a slotted spoon to the ice water to cool. Repeat with the remaining beans. Place a kitchen towel on a baking sheet and use a slotted spoon to transfer the beans from the ice water; blot dry with another towel.

Just before serving, heat oil in a large Dutch oven or large skillet over medium heat. Add garlic and cook, stirring constantly, until fragrant, about 30 seconds. Add the green beans and stir. Add parsley, tarragon, salt and pepper and cook, stirring, until heated through, 1–3 minutes.

Serving Size: 1 cup (Makes 8 cups)

Calories: 92

Fat: 6g

Saturated Fat: 1g

Carbohydrate: 10g

Protein: 2g

Sodium: 148mg

