

**Healthy Holiday Cooking
Webinar – 12/11/17
Recipes**

DIY Instant Oats

1/2 cup instant (quick cooking) oats

1 tsp brown sugar

Dash of cinnamon and nutmeg

Nuts – Walnuts, sliced almonds,

Scoop - Dates, raisins, cranberries

Add 1/2 cup of hot water. (or add water and heat in microwave for about a minute and a half.)

Mix and add to jars or baggies.

Spinach, Bacon, and Gruyère Breakfast Strata

Serves 6 – 20 minutes to throw together

4 center-cut bacon slices (Can use turkey bacon)
1 1/2 cups chopped yellow onion (about 1 medium onion)
4 garlic cloves, thinly sliced
6 ounces fresh spinach, chopped
6 ounces crusty whole-grain bread, cut into 1-in. cubes
3 ounces Gruyère cheese, shredded (3/4 cup)
Cooking spray
3/4 cup 1% low-fat milk
3/4 cup plain reduced-fat Greek yogurt
4 large eggs
2 large egg whites
1 tablespoon Dijon mustard
1/2 teaspoon freshly ground black pepper
1/4 teaspoon kosher salt

Cook bacon in a large skillet over medium until crisp, about 6 minutes. Transfer bacon to a paper towel-lined plate, reserving 1 1/2 tablespoons drippings in skillet; discard any remaining drippings. Finely chop bacon; set aside.

Add onion and garlic to drippings in skillet over medium-high heat; cook, stirring occasionally, until onion is browned and tender, about 10 minutes. Add spinach; cook until spinach wilts, about 2 minutes, stirring constantly. Toss together chopped bacon, onion mixture, bread cubes, and cheese in a large bowl. Arrange mixture evenly in an 8-inch square glass or ceramic baking dish coated with cooking spray.

Combine milk, yogurt, eggs, egg whites, mustard, pepper, and salt in a large bowl; stir with a whisk until well combined. Pour evenly over bread mixture. Cover and chill 8 hours or overnight.

Preheat oven to 350°F. Uncover baking dish; let strata stand at room temperature as oven preheats. Bake strata in preheated oven until top of strata is browned and a knife inserted in center comes out clean, about 1 hour. Let strata stand for 5 minutes before serving.

Shakshuka

Serves 6

1 tablespoon olive oil
1 1/2 cups thinly sliced onion
1 cup thinly sliced red bell pepper
1 cup thinly sliced yellow bell pepper
3 garlic cloves, minced
1 1/2 cups unsalted crushed tomatoes
1/3 cup chopped fresh cilantro
2 tablespoons chopped fresh flat-leaf parsley
1/2 teaspoon freshly ground black pepper
3/4 teaspoon kosher salt
1 teaspoon paprika
Cooking spray
6 large eggs

Heat a large skillet over medium heat. Add oil; swirl to coat. Add onion, bell peppers, and garlic. Cook 10 minutes or until vegetables are very soft, stirring occasionally. Add tomatoes and next 6 ingredients (through paprika); cook 10 minutes, stirring occasionally. Divide mixture evenly among 6 (8-ounce) ramekins coated with cooking spray. This is your make ahead part

Working with 1 ramekin at a time, make a slight well in sauce. Crack 1 egg into well; pierce yolk with tip of a knife. Cover loosely with a paper towel. Bake at 350 until the egg is as done as you like it – about 8 minutes.

To freeze: Place ramekins in refrigerator until cool. Remove; cover tightly with plastic wrap and heavy-duty aluminum foil. Transfer ramekins to freezer; freeze for up to 6 months.

To heat: Remove ramekins from wrapping. Microwave 1 ramekin, covered loosely with a damp paper towel, at HIGH for 2 minutes. Remove from microwave, and stir. Make a slight well in sauce. Add 1 large egg; pierce yolk with the tip of a sharp knife. Cover loosely with paper towel. Microwave an additional 2 1/2 minutes or to desired degree of doneness.

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Cinnamon-Orange Rolls

Serves 18 (serving size: 1 roll)

You can make ahead, they freeze really well and reheat in about 25 minutes. They make the house smell wonderful. This is even something you could take to a neighbor or friend. It's a great gift, just deliver it with reheating instructions and a container of icing.

2 pkg. rapid-rise yeast	2 large egg yolks
1/3 cup warm water	16 ounces white whole-wheat flour (about 4 cups)
1/2 cup granulated sugar	1 teaspoon salt
1/2 cup 2% reduced-fat milk	Cooking spray
1/2 cup unsalted butter, melted	2/3 cup packed light brown sugar
3 tablespoons plus	2 teaspoons ground cinnamon
1 tsp. grated orange rind, divided	1 cup powdered sugar
2 teaspoons vanilla extract	2 tablespoons fresh orange juice
2 large eggs	

Dissolve yeast in 1/3 cup water in the bowl of a stand mixer fitted with the paddle attachment; let stand 5 minutes or until foamy. Add granulated sugar, milk, butter, 2 tablespoons rind, vanilla, eggs, and egg yolks; beat at low speed 1 minute.

Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and salt in a bowl. Add half of flour mixture to milk mixture, and beat at low speed until combined, scraping down sides of bowl with spatula as needed. Remove paddle attachment; insert dough hook. Add remaining half of flour mixture; beat at medium-low speed for 5 minutes (dough will be soft and sticky).

Turn dough out onto a well-floured work surface; knead 2 to 3 minutes or until smooth. Shape dough into a ball. Place in a large bowl coated with cooking spray, turning to coat. Cover and let rise in a warm place (85°F), free from drafts, for 1 hour and 30 minutes or until doubled in size.

Coat 2 (8-inch) square baking dishes with cooking spray. Combine 1 tablespoon rind, brown sugar, and cinnamon in a bowl. Turn dough out onto a well-floured work surface. Gently press dough into an 18- x 8-inch rectangle; sprinkle with brown sugar mixture. Gently roll up dough, jelly-roll fashion, starting with a long end. Pinch seam to seal. Cut dough into 18 (1-inch) slices using a serrated knife. Place 9 slices, cut side up, in each of the prepared pans. Cover; let rise 45 minutes.

Preheat oven to 350°F. Uncover dough. Bake in preheated oven for 17 minutes. Cool rolls slightly, or follow freezing instructions. Combine remaining 1 teaspoon rind, powdered sugar, and orange juice in a bowl, stirring with a whisk. Spoon icing evenly over both pans.

How to Reheat: Remove plastic wrap. Bake in foil at 350°F for 25 minutes. Remove foil. Prepare icing as directed in step 7, halving the amount if icing just one pan.

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Nutritional Information: Calories 232, Fat 6.8g, 0.4g Protein, 5g Carbohydrate, 37g Fiber, 3g Cholesterol, 55mg Iron, 1mg Sodium, 145mg Calcium

Lemony Herbed Ricotta and Roasted Tomato Bruschetta

Serves 8 (serving size: 1 toast)

1 (4-ounce) whole-wheat French bread baguette
1 pint cherry tomatoes
1 tablespoon olive oil
1/4 teaspoon kosher salt
1/4 teaspoon black pepper
1/4 teaspoon granulated sugar
2 tablespoons chopped fresh basil (dried – 2 tsp.)
1 tablespoon fresh thyme leaves (dried – 1 tsp)
1 tablespoon chopped fresh oregano (dried – 1 tsp.)
1 teaspoon grated lemon rind
1 tablespoon lemon juice
3/4 cup part-skim ricotta cheese
1/8 teaspoon kosher salt

Slice baguette into 8 thin slices; arrange on a baking sheet coated with cooking spray. Toast bread under broiler 3 minutes or until golden brown, turning slices halfway through. Remove from oven.

Reduce oven temperature to 450°. Toss cherry tomatoes with olive oil, 1/4 teaspoon kosher salt, pepper, and sugar; bake at 450° on a jelly-roll pan 20 minutes. Using a rubber spatula, fold basil, thyme leaves, oregano, lemon rind, and lemon juice into ricotta cheese. Spread 1 1/2 tablespoons ricotta mixture over each toast; top with roasted tomatoes. Sprinkle toasts evenly with 1/8 teaspoon kosher salt.

Nutritional Information: Calories 85, Fat 3.9g, Sodium 193mg

Spinach Cheese Balls

Makes 20 balls

You can make them ahead of time and freeze before baking. Then just pop in the oven at 350 for about 20 minutes.

1 frozen package of spinach (10 oz), thawed and thoroughly drained

2 cups of shredded mozzarella

1/4 cup parmesan cheese, shredded

1/4 cup all-purpose flour

1/4 cup bread crumbs

1/2 teaspoon garlic salt

2 teaspoon Italian seasoning

1 egg, beaten

fresh ground pepper

Marinara sauce for dipping

Preheat oven to 400F. Spray a rimmed baking sheet with nonstick spray or line with parchment paper. Mix all ingredients (except marinara dipping sauce) in a medium bowl. Shape into 1 inch balls. Place on baking sheet and bake for 15 to 20 minutes.

Calories – 40

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Camembert Mashed Potatoes

12 servings (serving size: about 2/3 cup)

1 1/2 (8-ounce) rounds Camembert cheese

11 cups cubed peeled Yukon gold potato (about 4 1/2 pounds)

1/2 cup 1% low-fat milk

3/4 teaspoon salt

3/4 teaspoon freshly ground black pepper

Chopped fresh chives (optional)

Freshly ground black pepper (optional)

Cut cheese into 6 wedges. Carefully remove rind from cheese; discard rind. Chop cheese; let stand at room temperature while potato cooks.

Place potato in a large Dutch oven; cover with water. Bring to a boil. Reduce heat; simmer 12 minutes or until tender. Drain in a colander; return potato to pan. Add cheese, milk, salt, and 3/4 teaspoon pepper; mash with a potato masher until smooth. Garnish with chives and additional pepper, if desired.

Nutritional Information: Calories 198, Fat 4.4g, Protein 7.9g, Carbohydrate 30.7g, Fiber 2g
Cholesterol 13mg, Iron 1.5mg, Sodium 310mg, Calcium 82mg

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Ultimate Ginger Cookie

Yield: 16 cookies

2 1/4 cups all-purpose flour
1 teaspoon baking soda
2 teaspoons ground cinnamon
1/4 tsp ground cloves
1/2 teaspoon ground nutmeg
1/2 teaspoon ground ginger
1/4 teaspoon kosher salt
1 cup dark brown sugar, lightly packed
1/4 cup applesauce
1/3 cup molasses
2 egg whites, at room temperature
1/2 cup chopped crystallized ginger
Granulated sugar, for rolling the cookies

Preheat the oven to 350 degrees F. Line 2 sheet pans with parchment paper.

In a large bowl, sift together the flour, baking soda, cinnamon, cloves, nutmeg, ginger, and salt and then combine the mixture with your hands. In the bowl of an electric mixer fitted with the paddle attachment, beat the brown sugar, oil, and molasses on medium speed for 5 minutes. Turn the mixer to low speed, add the egg, and beat for 1 minute. Scrape the bowl with a rubber spatula and beat for 1 more minute. With the mixer still on low, slowly add the dry ingredients to the bowl and mix on medium speed for 2 minutes. Add the crystallized ginger and mix until combined.

Scoop the dough with 2 spoons or a small ice cream scoop. With your hands, roll each cookie into a 1 3/4-inch ball and then flatten them lightly with your fingers. Press both sides of each cookie in granulated sugar and place them on the sheet pans. Bake for exactly 13 minutes. The cookies will be crackled on the top and soft inside. Let the cookies cool on the sheets for 1 to 2 minutes, then transfer to wire racks to cool completely.

120 Calories – no Fat (can make smaller)