



Greater Philadelphia Business
Coalition on Health

2020
HEALTHY
HOLIDAY
COOKBOOK



"Building Bridges to Better Healthcare"



Happy Holidays!

This is the fourth annual edition of the Healthy Holiday Cookbook, brought to you by the Employee Health and Well-being Interest Group of the Greater Philadelphia Business Coalition on Health (GPBCH). Each year, we ask the committee's members to contribute their favorite healthy recipes for you and your loved ones to enjoy during the holiday season.

We know that the COVID-19 pandemic has disrupted lives in many ways, including our ability to gather in groups for holiday celebrations. We hope that you, your family, and friends will still find ways to celebrate together, safely, whether virtually or in-person. Keep wearing your masks in public settings, maintaining a safe physical distance of 6 feet or more, and washing hands (or using hand sanitizer) frequently. And, if you haven't already done so, get your flu shot!

GPBCH is committed to helping our member companies, and their employees and employees' families, live healthy lives. The holidays present challenges to eating sensibly, and we know that this year there will be even more temptation to over-indulge on less healthy options. We hope that the recipes and tips presented here will help you!

On behalf of the GPBCH Staff and Health and Well-being Interest Group members, we wish you the best for a happy holiday season and a year of health and well-being in 2021!

Appetizers

- Creamy Spinach Feta Dip
- Red & Green Bell Pepper Bites
- Sweet Potato Crostini

Side Dishes

- Acorn Squash Wedges with Walnuts
- Carrot Crunch
- Cauliflower "MAC" & Cheese
- Kelli's Curried Kale
- Mashed Potatoes & Cauliflower
- Mashed Sweet Potatoes Brulee
- Rosemary Balsamic Roasted Vegetables

Entrees

- Beet & Bean Veggie Burger
- Mini Meatloaves with Low-Fat Creamed Spinach
- Organic Green Lentil Vegetable Lasagna
- Spinach, Poblano & Cheese Enchiladas
- Sweet Potato & Black Bean Chili
- Turkey Meat Loaf with Sun Dried Tomatoes

Desserts

- Apple Bread Pudding
- Avocado Mint Gluten Free Cheesecake with Brownie Bottom
- Baked Pumpkin Oatmeal
- Fudge-Dipped Almond Cookies
- Low Fat Eggnog
- Pumpkin Pie Crumb Bars

Appetizers

CREAMY SPINACH FETA DIP

INGREDIENTS

10.5 ounces frozen, chopped, packaged spinach
1/2 cup fat-free, plain yogurt
1/2 cup reduced-fat sour cream
1/2 cup fat-free feta cheese (crumbled)
1 tsp. garlic (minced, from jar)
1/3 cup fresh, chopped parsley or dill (or 2 tsp. dried parsley or dill)
1/2 tsp. black pepper
6 whole-wheat pitas (quartered)

INSTRUCTIONS

1. Cook the spinach according to the package directions. Drain well, pressing down with a fork to remove as much liquid as possible.
2. In a medium bowl, stir together the spinach and all the remaining ingredients except the pita. Refrigerate for 1 hour. Serve with the pita.

Recipe Submitted by Jennifer Litchman-Green - American Heart Association

RED & GREEN BELL PEPPER BITES

INGREDIENTS

1 medium green bell pepper
1 medium red bell pepper
1/4 cup unsalted sliced almonds
4 ounces fat-free or low-fat cream cheese, softened
1 tsp. no-salt-added lemon pepper seasoning blend
1 tsp. fresh lemon juice

Recipe Submitted by Jennifer Litchman-Green - American Heart Association

INSTRUCTIONS

1. Cut both peppers in half lengthwise. Discard the stems, ribs, and seeds. Cut each half into six pieces. Arrange the pieces with the skin side down on a decorative serving platter. Set aside.
2. In a medium skillet, dry-roast the almonds over medium heat for 3 to 4 minutes, or until golden brown, stirring occasionally. Transfer 1 Tbsp. of the almonds to a small plate, reserving for garnishing. Process the remaining almonds in a food processor or blender for 15 to 20 seconds, or until finely ground.
3. In a medium mixing bowl, beat the cream cheese, lemon pepper seasoning blend, and lemon juice with an electric mixer for 1 to 2 minutes, or until creamy. Add the ground almonds and beat for 10 seconds, or until combined.
4. Spoon the mixture into a piping bag fitted with a wide star or round tip. Or snip the corner off a resealable plastic bag (a plastic freezer bag works well) and spoon in the mixture. Pipe about 1 tsp. of the mixture on each bell pepper piece. Garnish with the reserved 1 Tbsp. almonds.

SWEET POTATO CROSTINI

INGREDIENTS

2 lbs. sweet potatoes, about 2-inches in diameter
1/4 tsp. salt
1 lb. Bosc pears, skin on, sliced thinly
2 Tbsp. lemon juice
1/3 cup fig spread
2 cups arugula
1/2 cup crumbled goat cheese

Recipe Submitted by Diana Gulick - Merck

INSTRUCTIONS

1. Place a wire cooling rack on top of a sheet tray and spray with non-stick cooking spray (if you don't have a wire rack, prepare a parchment-lined sheet tray with non-stick cooking spray and flip potatoes halfway through cooking). Trim ends from sweet potato (do not use parts of sweet potato less than 2" in diameter); do not peel. Cut potatoes into rounds about 1/3" thick.
2. Lay sweet potatoes on prepared sheet tray/rack and sprinkle with salt. Cook in 350 F oven until just tender, about 25 minutes. Cool "crostini".
3. Toss sliced pears with lemon juice to prevent from browning.
4. To assemble each crostini, layer the following on each sweet potato "crostini" slice: 1/2 tsp. fig spread, about 3 arugula leaves, 2 pear slices, 1 tsp. goat cheese.



Focus on what you can do instead of what you can't do

While parades, caroling, and the office holiday party might be on the chopping block this year, there are plenty of safe ways to celebrate your favorite holiday. Here are just a few ideas to consider provided by Carebridge Corporation:

- Decorate your home and your outdoor space and yourself. Just because you may not be ringing in the New Year with neighbors this year doesn't mean you can't dress up in silly hats or put on your best evening wear to ring in 2021!
- As enjoyable as the holiday season can be for many of us, it can also be a stressful time. Add-in the current environment of what has been the year of 2020 and the stress can only increase. Be sure to make time to take care of your personal health by setting aside time each day for physical activity which helps to relieve stress!
- Give back to those in need. Unfortunately, many families, whether it be illness and death or financial hardship, have been negatively impacted this year. Charity is meant to help those in need - donate food or money to area food banks, send cards or arrange virtual visits with elderly friends and neighbors, and even give blood if you are able.

Side Dishes

ACORN SQUASH WEDGES WITH WALNUTS

INGREDIENTS

Cooking spray
1 tsp. canola oil (or 1 teaspoon corn oil)
1 medium diced onion
1/4 cup water
2 Tbsp. chopped walnuts
3/4 tsp. ground cinnamon
1/4 tsp. ground nutmeg
1 large acorn squash (about 1 1/2 lbs.), seeds and strings discarded, cut into 4 wedges
1 Tbsp. plus 1 tsp. firmly packed dark brown sugar
1 Tbsp. light tub margarine
1 tsp. vanilla extract
1/8 tsp. salt
2 tsp. canola or corn oil

INSTRUCTIONS

1. Lightly spray the slow cooker with cooking spray. Set aside.
2. In a large nonstick skillet, heat 1 tsp. oil over medium-high heat, swirling to coat the bottom. Cook the onion for 3 to 4 minutes, or until beginning to lightly brown, stirring frequently. Transfer to the slow cooker.
3. Stir in the water, walnuts, cinnamon, and nutmeg.
4. Arrange each squash wedge with a cut side down on top of the onion mixture, making sure that a cut side of each squash wedge touches the onion mixture. Cook, covered, on low for 4 hours or on high for 2 hours, or until the squash is tender when pierced with a fork.
5. Place the squash wedges on plates. Stir the remaining ingredients into the onion mixture. Spoon over the squash.

Recipe Submitted by Jennifer Litchman-Green - American Heart Association

CARROT CRUNCH

INGREDIENTS

6-8 carrots
1/2 tsp. salt
1 1/2 Tbsp. butter
1 1/2 Tbsp. brown sugar
1 1/2 tsp. ground orange rind
1/4 cup toasted slivered almonds

INSTRUCTIONS

1. Cut carrots into julienne.
2. Cook in small amount of salted water, or steam. When barely tender remove from pan, drain water.
3. In pan stir together butter, sugar, rind, and almonds. Mix well and return carrots to pan.
4. Simmer 5 minutes, turning to coat carrots with almond mixture.

Recipe Submitted by Neil Goldfarb - GPBCH

CAULIFLOWER "MAC" & CHEESE

INGREDIENTS

8 cups chopped cauliflower florets, 1/2 inch pieces (26 oz.)
1 Tbsp. butter
2 tsp olive oil
1/4 cup minced onion
3 Tbsp. flour, use gluten-free flour for GF
2 cups fat free milk
7 ounces freshly grated sharp cheddar, about 2 cups total
1/2 tsp. Kosher salt



INSTRUCTIONS

1. Preheat oven to 400F.
2. Place 1 inch of water in a large pot with 1 tsp. salt and bring to boil. Add the cauliflower and cook until tender crisp, 6 to 7 minutes. Drain and set aside in large bowl.
3. Heat butter and oil in a large saucepan over medium heat. Add onions and cook 2 minutes.
4. Stir in flour. Reduce heat to low and cook, stirring continually 3-4 minutes to cook out the flour.
5. Add the milk and continue whisking raising heat to medium high until it comes to a boil and becomes smooth and thick, about 2 minutes stirring: season with 1/2 tsp. salt and black pepper.
6. Once it becomes thick, remove from heat completely and add cheddar cheese, 1/4 cup at a time mixing until cheese is all melted.
7. Stir in cooked cauliflower, then pour into the baking dish and bake until bubbly and golden, about 15-20 minutes, or until the top is slightly browned.

Recipe Submitted by Peggy Schubert - Gallagher

KELLI'S CURRIED KALE

INGREDIENTS

1-2 vegetable bouillon cubes
3-4 cloves of garlic
1 large shallot (diced)
1 large red pepper (diced)
2-4 Tbsp. of curry powder
Olive oil
1 cup of quinoa (cooked)
1 bunch Kale cleaned and chopped
1 can chick peas (drained and rinsed)
1 can light coconut milk
1 avocado diced (for garnish)

INSTRUCTIONS

1. Start with peppers, shallot, garlic, vegetable bouillon, olive oil and curry powder in a large skillet. Cook together on medium until the curry is fragrant and vegetables begin to soften.
2. Add chick peas and stir together.
3. Add kale and coconut milk. Mix together to incorporate.
4. Add quinoa, cover, and let simmer for about 10 minutes until kale is cooked.
5. Serve with diced avocado and fried plantains.

Recipe Submitted by Kelli McIntyre - Philadelphia Department of Public Health

HEALTHY QUICK TIPS:

Take 10 before taking seconds. It takes a few minutes for your stomach's "I'm getting full" signal to get to your brain. After finishing your first helping, take a 10-minute break then recheck your appetite. You might realize you are full or want only a small portion of seconds. Click here to read other healthy holiday tips from Harvard University.

Make time for yourself. Forbes.com suggests to take some time off to relax and unwind - go for a walk, meditate, watch your favorite movie or read a good book. Do at least one thing every day that makes you truly happy.

Boost your immune system. Eating a variety of colorful fruits and vegetables is one of the best things you can do to bolster your immune system. Per Forbes.com, eating a handful of nuts and seeds daily is also a great way to fight illness as they contain immune-boosting minerals such as zinc and selenium. Adding these foods to your diet will give you a foundation for a healthy immune system at a very important time of the year!

Choose healthy substitutes. With a few simple diet tweaks, you can indulge in your favorite holiday foods without packing serious pounds. A few suggestions from Forbes.com: replace sour cream with Greek yogurt and opt for lighter cheeses like cottage cheese, soft goat cheese and feta cheese instead of calorie-dense blue cheese, cream cheese or reduced-fat cheddar cheese.

Handwashing is one of the best ways to protect yourself and your family from getting sick, per the CDC. Help prevent the spread of germs by washing often and use soap!

Side Dishes

MASHED POTATOES & CAULIFLOWER

INGREDIENTS

2 medium russet potatoes about 1 lb., scrubbed clean with skin on and cubed
4 cups cauliflower
1/2 cup Greek yogurt I use Fage
1 cup unsweetened almond milk or milk of choice
2 Tbsp. dried parsley
Salt & pepper to taste

Recipe Submitted by Brad Springer - Optum

INSTRUCTIONS

1. Preheat oven to 375 F. Prepare a baking sheet with parchment paper.
2. Bring a large pot to a boil. Add cubed potatoes and let them boil 30 minutes or until tender.
3. Place cauliflower on baking sheet and sprinkle with salt & pepper.
4. Bake at 375 F 20-25 minutes until cauliflower is roasted.
5. Then remove from the oven and let it cool on the baking sheet.
6. Drain potatoes from the pot of water and add them to a food processor or blender. Depending on the size of your food processor, you may need to do this in batches.
7. Add cauliflower and remaining ingredients. Process on high until smooth.
8. Transfer to a bowl and serve immediately.

MASHED SWEET POTATOES BRULEE

INGREDIENTS

5 1/2 lbs. sweet potatoes, peeled and boiled until soft
3/4 cup 1 percent milk
3 Tbsp. whipped butter, softened
1/2 tsp. kosher salt
1/2 tsp. ground cinnamon
1/4 tsp. ground nutmeg
1/2 cup light brown sugar

Recipe Submitted by Peggy Schubert - Gallagher

INSTRUCTIONS

1. When the potatoes are cooked and soft, combine with milk, butter, salt, cinnamon and nutmeg in a large bowl and mash or puree until smooth.
2. Spoon into a 9 x 9 or 11x 7 inch baking dish. Bake at 350 covered, until heated through, about 20 minutes.
3. Preheat Broiler.
4. Optional: lightly sprinkle brown sugar on top. Broil about 6 inches from the flame until the sugar melts and becomes caramelized, careful not to burn. About 2 to 3 minutes. Let it stand until the melted sugar hardens (about 5 minutes). For a healthier flavoring use cinnamon instead of sugar.

ROSEMARY BALSAMIC ROASTED VEGETABLES

INGREDIENTS

Cooking spray
1/2 lb. Brussels sprouts, brown ends trimmed off and cut in half
1/2 medium cauliflower (cut into florets)
4 medium carrots (sliced)
1/2 lb. turnips (peeled, cut into 1/2-inch cubes)
1/2 lb. beets (peeled, cut into 1/2-inch cubes)
1/3 lb. sweet potatoes (peeled, cut into 3/4-inch cubes, optional)
3 Tbsp. balsamic vinegar
3 tsp. extra-virgin olive oil
2 tsp. no-calorie sweetener (granulated)
2-3 Tbsp. fresh, chopped rosemary (or 2-3 tsp. dried rosemary)
2 medium garlic cloves, minced
1 tsp. onion powder
1/2 tsp. pepper
1/4 tsp. salt

INSTRUCTIONS

1. Preheat the oven to 375 F.
2. Lightly spray 13 x 9 x 2-inch baking dish with cooking spray.
3. Place all the vegetables in a large bowl.
4. In a small bowl, whisk together the vinegar, oil, no-calorie sweetener, rosemary, garlic, onion powder, pepper and salt. Pour over the vegetable mixture, tossing to coat.
5. Pour the vegetable mixture into the baking dish. Bake for 30 to 35 minutes, stirring once, or until all the vegetables are tender when easily pierced with a fork.

Recipe Submitted by Jennifer Litchman-Green - American Heart Association

Main Dishes

BEET & BEAN VEGGIE BURGER

INGREDIENTS

1 lb. cooked brown rice, about 2 1/2 cups
1 lb. shredded red beets (raw, not peeled), about 3 cups
1 lb. black beans (cooked no sodium or fat), about 2 cups
1/2 lb. chopped onion, about 1 cup
1 ounce garlic, about 4 cloves or 2 tablespoons
3/4 tsp. salt
1 tsp. pepper
1.5 lb. whole wheat low sodium breadcrumbs (about 2 cups)
6 ounces whisked egg

INSTRUCTIONS

1. In a food processor, add rice, beets, beans, onions, garlic, salt, pepper and oil. Process until combined and a paste forms.
2. Transfer to a bowl and fold in breadcrumbs and eggs. Cover and let rest overnight.
3. Portion into 4 ounce patties.
4. Cook on a griddle or non-stick pan with olive oil. Sear for about 4 minutes per side. Serve with traditional toppings.

Recipe Submitted by Catherine Bartoli - Philadelphia Department of Public Health

MINI MEATLOAVES WITH LOW-FAT CREAMED SPINACH

INGREDIENTS

For the Creamed Spinach:

32 oz. packaged, frozen, chopped spinach (thawed)
4 clove fresh minced garlic (or 2 tsp. jarred, minced garlic)
4 Tbsp. fat-free cream cheese
3/4 cup fat-free, plain yogurt

For the Mini Meatloaves:

Non-stick Cooking spray
1 lb. extra-lean, ground turkey breast (95%)
10 oz. packaged, frozen corn - thawed (or 15 1/4 oz. canned, no-salt-added, or, low-sodium whole kernel corn, drained & rinsed)
15 1/4 oz. canned, no-salt-added, or, low-sodium carrots (or 12 oz. packaged, frozen, cooked winter squash, thawed)
1 egg
1/4 tsp. black pepper
1 tsp. garlic powder
1 tsp. onion powder
1 Tbsp. dried parsley leaves (or 1 tsp. salt-free, dried Italian spice blend)
3/4 cup quick-cooking oats (or 3/4 cup crushed, whole-grain cereal)
2 Tbsp. low-sodium ketchup
1 tsp. dried mustard
1 Tbsp. balsamic vinegar or red wine vinegar
1 Tbsp. water
1/2 tsp. honey

INSTRUCTIONS

For the Creamed Spinach:

1. In a medium pot over medium-high heat, add spinach, garlic, and cream cheese.
2. Stir and cook until the water from the spinach has evaporated, about 5 minutes. Stir in yogurt and cook until warm, about 1 more minute.

For the Mini Meatloaves:

1. Preheat oven to 400° F.
2. In a large bowl, add ground turkey breast, corn, carrots or winter squash, egg, black pepper, garlic powder, onion powder, parsley or Italian spice blend and oats or multigrain cereal and stir together.
3. Coat a 12-cup nonstick muffin pan with cooking spray (or use two 6-cup muffin pans). Divide meat evenly between each cup. Cook mini meatloaves in the oven for 10 minutes.
4. In a small bowl, combine ketchup, dry mustard, water, vinegar and honey. Remove meatloaves from oven and use a spoon to top each mini meatloaf with glaze. Return to oven and cook for 10 more minutes.
5. Run a knife around the edge of each muffin cup to loosen the meatloaves.

Recipe Submitted by Jennifer Litchman-Green - American Heart Association



ORGANIC GREEN LENTIL VEGETABLE LASAGNA

INGREDIENTS

1 package of green lentil oven ready lasagna noodles
1 Tbsp. olive oil
1-1/2 lbs. (25oz) fresh vegetables, diced (e.g. eggplant, pepper, onion, spinach, or any of your favorite vegetables)
1 can (14oz) chopped tomatoes
1 to 2 cans (14oz) plain tomato sauce, as needed
2oz of your favorite grated cheese (regular or vegan)

Recipe Submitted by Jill Hutt - GPBCH

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Heat the oil in a pan and saute the vegetables for 5 minutes or until tender. Add the tomatoes and cook for another 4-5 minutes. Season to taste.
3. Layer the lasagna sheets with the ingredients in an oven-safe dish, starting and ending with plenty of tomato sauce.
4. Sprinkle with cheese.
5. Bake for 35-40 minutes until golden and tender.

SPINACH, POBLANO & CHEESE ENCHILADAS

INGREDIENTS

1 poblano pepper, diced
1 chili pepper, minced
1 clove garlic, minced
10 ounces of spinach
12 ounces queso quesadilla, or other mild melting cheese, shredded
12 6-inch corn tortillas
1 jar of enchilada sauce

Recipe Submitted by Dan Poch - Naturally Slim

INSTRUCTIONS

1. Add peppers and garlic to a large frying pan over medium-high heat. Cook for 5 minutes, or until the peppers begin to slightly soften. Remove from heat. Combine peppers, spinach, and cheese in a large bowl and toss to combine.
2. Spoon a little bit of enchilada sauce into the bottom of a baking dish - just enough sauce to create a very thin coating.
3. To form the enchiladas: Place a small hand full of the spinach and cheese mixture onto each tortilla, then roll. Place in the baking pan and repeat with other tortillas. Cover with the rest of the sauce, and top with a light sprinkle of cheese if you didn't need it all for the filling.
4. Bake at 350 for 30 minutes.

SWEET POTATO & BLACK BEAN CHILI

INGREDIENTS

2 tsp. extra virgin olive oil
1 onion finely diced
1 sweet potato, peeled and diced
2 cloves garlic, minced
1 Tbsp. chili powder
2 tsp. ground cumin
1/8 tsp. salt
1 1/3 cups of water
1 15-ounce can black beans drained
1 15-ounce can diced tomatoes
2 tsp. lime juice
2 Tbsp. chopped fresh cilantro

INSTRUCTIONS

1. Heat oil in skillet over medium-high heat. Add onion and sweet potato and cook, stirring often, until the onion is slightly softened.
2. Add garlic, chili powder, cumin, and salt, stirring constantly about 1 minute.
3. Add water, bring to a boil, cover, reduce heat to maintain a gentle simmer and cook until the potato is tender, about 12-15 minutes.
4. Add beans, tomatoes, and lime juice; increase heat to high and return to a boil, stirring often. Reduce heat to maintain a simmer and cook until slightly reduced, about 4 minutes.
5. Remove from heat and stir in cilantro

Recipe Submitted by Cheryl Bettigole - Philadelphia Department of Public Health

TURKEY MEAT LOAF WITH SUN DRIED TOMATOES

INGREDIENTS

1 1/2 Tbsp. olive oil
1 chopped onion
3 chopped celery stalks
1 1/2 lb. turkey
1 1/2 cup breadcrumbs
2/3 cup drained sun dried tomatoes
1/2 C milk
2 eggs
2 tsp. each dried sage, oregano, salt, pepper, ketchup

INSTRUCTIONS

1. Sauté onion and celery.
2. Mix all ingredients except ketchup.
3. Place in greased loaf pan. Bake 1 hour at 375.
4. Brush with ketchup and bake about 15 min more. Cool slightly

Recipe Submitted by Neil Goldfarb - GPBCH

Desserts

APPLE BREAD PUDDING

INGREDIENTS

Cooking spray
1 large egg
1 large egg white
1 cup fat-free milk
2 Tbsp. brown sugar blend
1 tsp. vanilla extract
1 tsp. ground cinnamon
1/2 tsp. ground cloves or allspice
6 slices light, whole-grain bread, cubed
3 medium apples (cored, cut into 1/2-inch cubes)
1/2 cup of any one of the following (optional): raisins, unsweetened dried cranberries, fresh or unsweetened dried blueberries, chopped walnuts, pecans, or almonds

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Lightly spray a 9-inch square baking dish with cooking spray.
3. In a large bowl, whisk together the egg, egg white, milk, brown sugar blend, vanilla, cinnamon, and cloves.
4. Stir in the bread, apples, and raisins, cranberries, blueberries, and/or nuts.
5. Pour the mixture into the baking dish. Bake for 40 to 45 minutes, or until the bread cubes are golden brown.

Recipe Submitted by Jennifer Litchman-Green - American Heart Association

AVOCADO MINT GLUTEN FREE CHEESECAKE WITH BROWNIE BOTTOM

INGREDIENTS

For The Brownie Bottom:

8 ounces dark chocolate roughly chopped
1 cup lightly heaping ripe avocado mashed (250g or about 3 avocados)
2 Tbsp. Honey
2 large eggs at room temperature
1 tsp. Vanilla extract
Pinch of salt

For The Cheesecake:

16 ounces reduced-fat cream cheese at room temperature
1 cup ripe avocado mashed (225g or about 2 1/2 avocados)
2/3 cup raw organic cane sugar (regular granulated works too)
1 cup non-fat vanilla Greek yogurt
3 eggs at room temperature
1 tsp. pure peppermint extract
1/3 cup dark chocolate minced
Dark chocolate sauce for garnish (optional)

Recipe Submitted by Eric Croft - GPBCH

INSTRUCTIONS

1. Preheat your oven to 350 degrees and tightly wrap the bottom of a 9 inch spring-form pan with tinfoil, about half way up the sides, also trace the bottom of the pan on parchment paper, and line it with the paper. *

Make the Brownie Bottom:

2. In a medium, microwave safe bowl, melt the 8oz of chocolate using half power and 20 second intervals, stirring between each interval, until the chocolate is smooth and melted.
3. While the chocolate melts, add the avocado, honey, eggs, vanilla and a pinch of salt to a large food processor and blend until smooth. Add in the melted chocolate and blend until smooth and well combined.
4. Pour the batter into the prepared spring-form pan and smooth out evenly. Bake until the brownie begins to rise and the top feels set, about 22-23 minutes. Let cool while you begin making the cheesecake topping. Additionally, reduce the oven temperature to 325 degrees.
5. In a large bowl, beat together the cream cheese, avocado and raw cane sugar using an electric hand mixer, JUST until combined.
6. Add in the Greek yogurt, eggs and pepper mint extract and beat again, just until combined. It's very important to not over-beat cheesecake, or it will crack when cooling. Gently stir in the minced chocolate.
7. Pour the batter over top of the lightly cooled brownie and place the whole pan into a large roasting pan.
8. Place into the oven and pour about 1 inch of very hot water into the roasting pan. ** Bake until the cheesecake feels mostly set, but the center is still a little jiggly, about 1 hour and 10 minutes.
9. Let the cheesecake cool in the water bath on the counter for 30 minutes and then remove the pan from the bath, removing the tinfoil as well, and cool until room temperature. Then, cover the cheesecake with tinfoil and refrigerate for at least 6 hours - overnight.
10. Once chilled, drizzle with chocolate sauce (if desired) and enjoy!

* Don't skip the parchment. The brownie is very rich and dense and sticks to the pan without it.

** Don't skip the water bath. Without it, the cheesecake will crack. This really ensures nice, even cooking.



BAKED PUMPKIN OATMEAL

INGREDIENTS

2 cup old-fashioned rolled oats, uncooked (not quick cooking)
1/4 cup brown sugar substitute
1 tsp. ground cinnamon
1/8 tsp. ground nutmeg
1 teaspoon baking powder
1 cup fat-free milk
1 tsp. vanilla extract
1 cup pureed pumpkin
1 Tbsp. canola oil
1 egg, beaten
Non-stick cooking spray

INSTRUCTIONS

1. Preheat oven to 375° F. Spray a 1.5-quart baking dish with cooking spray.
2. In a large bowl, combine oats, brown sugar substitute, cinnamon, nutmeg and baking powder.
3. In a medium bowl, combine the milk, vanilla extract, pumpkin, oil and egg.
4. Add the pumpkin mixture to the oat mixture; stir well.
5. Pour oat mixture into dish and bake for 20 minutes.
6. Optional: Add fruit and/or chocolate chips.

Recipe Submitted by Kim Pinkerton - United Concordia Dental

FUDGE-DIPPED ALMOND COOKIES

INGREDIENTS

1 cup almond flour
2 Tbsp. coconut flour
1/2 tsp. baking soda
Pinch salt
2 Tbsp. coconut oil, divided
2 Tbsp. almond butter
1/4 cup + 1/2 Tbsp. pure maple syrup, divided
1 small handful almonds, chopped
2 Tbsp. cocoa powder

Recipe Submitted by Eric Croft - GPBCH



INSTRUCTIONS

1. Make the cookies: Set the oven to 350 degrees F. Line a baking sheet with parchment paper.
2. Combine almond flour, coconut flour, baking soda, and salt in a small bowl. Whisk to combine, making sure to remove all clumps.
3. In another small bowl, melt 1 Tbsp. coconut oil. Add almond butter and 1/4 cup maple syrup, and stir well to combine.
4. Add wet ingredients into the dry, and mix until combined. The dough will be sticky. Add chopped almonds and mix.
5. Measure out tablespoon-sized mounds of cookie dough and roll into balls. Stick cookies on the prepared baking sheet, and place in the freezer for 10 minutes.
6. Bake for 8 minutes. Remove cookies from oven and flatten them slightly with a measuring cup. Bake 1-2 additional minutes. Cool on the baking sheet for 10 minutes, then move to a cooling rack. Cookies will harden slightly as they cool.
7. While the cookies are cooling, make the fudge: Melt 1 Tbsp. coconut oil. Add cocoa powder and 1/2 Tbsp. maple syrup. Mix until smooth.
8. Assemble your Fudge-Dipped Almond Cookies: Dip cooled cookies in fudge. Place on cooling rack to set.

LOW FAT EGGNOG

INGREDIENTS

4 cups skim milk
12 ounce can evaporated skim milk
8 ounce carton frozen egg product, thawed
1/2 cup sugar
1/3 cup light rum
1 tsp. vanilla
Nutmeg

INSTRUCTIONS

1. Over medium heat stir milks, eggs and sugar, 10 minutes until slightly thickened (do not boil).
2. Stir over a bowl of ice water, 2 minutes.
3. Cover and chill, 4 to 24 hours.
4. Stir in rum and vanilla. Thin with more skim milk, if desired. Sprinkle with nutmeg

Recipe Submitted by Neil Goldfarb - GPBCH

PUMPKIN PIE CRUMB BARS

INGREDIENTS

For the Crust:

1 cup blanched almond flour
1/2 tsp. baking soda
1/4 tsp. salt
1 tsp. cinnamon
1/3 cup coconut oil, softened
2 Tbsp. creamy almond butter
1/3 cup coconut sugar
1 cup gluten-free rolled oats
1/2 cup pecans, chopped

For the Filling:

3/4 cup (183 grams) organic pumpkin puree, make sure it's not canned pumpkin pie filling, which is already sweetened and spiced
1/2 cup canned coconut milk, don't stir it, and only use the coconut cream on top
2 Tbsp. maple syrup
2 Tbsp. coconut sugar
2 Tbsp. creamy almond butter
2 Tbsp. tapioca starch
2 tsp. vanilla extract
1/4 tsp. sea salt
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. ginger
1/4 tsp. allspice

INSTRUCTIONS

1. Preheat oven to 350 F. Line an 8x8-inch pan with parchment paper or foil and grease lightly.
2. In large bowl, combine all crust ingredients; mix at low speed until crumbly but combined.
3. Reserve 1 cup of crumb mixture for the topping. Press remaining crumb mixture evenly into the bottom of greased pan. Bake at 350 F for 10 minutes.
4. While it bakes, make the filling: in a blender, combine all of the ingredients for the filling and blend until fully combined.
5. Remove partially baked crust from the oven. Pour on the pumpkin filling. Top with remaining crumb mixture.
6. Return to oven and bake for another 30 minutes or until lightly browned on top and a toothpick comes out clean.
7. Let cool completely before cutting into 16 squares. Store in an airtight container in the refrigerator.

Recipe Submitted by Eric Croft - GPBCH



Bonus Tips!



Virtual holiday party ideas for toasting your team. In many ways, 2020 has been a year unlike any other—and that's true at work as well. Whether your team is back in the office with safety measures in place or still fully remote and juggling childcare and virtual learning, COVID-19 has put a strain on our schedules, our budgets, and frankly, our sanity. But that doesn't mean a holiday office party is out of the question. In fact, it may be more essential than ever to stay connected with coworkers or celebrate the year (or at least the fact that it's ending). You just may need to adapt to the times this year - **check out other ideas on Paperlesspost.com!**



The COVID-19 pandemic has been stressful and isolating for many people. Gatherings during the upcoming holidays can be an opportunity to reconnect with family and friends. This holiday season, consider how your holiday plans can be modified to reduce the spread of COVID-19 to keep your friends, families, and communities healthy and safe. The Centers for Disease Control and Prevention have updated their website to provide recommendations on holiday gatherings, travel & overnight stays, and general suggestions to remain healthy this holiday season. To access the *Holiday Celebrations & Small Gatherings* article, **visit the CDC website.**



Move more together! With the holiday season so quickly upon us, it may become more difficult to set aside time to remain active, especially when the temperatures drop. The American Heart Association has put together free virtual workout programs available to the public! All you need is a few minutes and just a few feet to spread out and move. You can either participate by yourself or feel free to get the kids involved too! It's so important that we remain active this winter to help relieve stress, keep your muscles moving, and get your heart rate up each day. To access these free workout programs, **visit the American Heart Association's website!**



With most of us having time off during the holiday seasons, it's a great time to shut off the computer, silence the phone, and spend time with the family. Many of us are spending more time at home these days but work and family time can tend to blend together. Be intentional and set aside a few afternoons or evenings to get the family together for a fun family activity. A few suggestions: board game night, movie night, go for a walk together, prepare dinner together, etc. It doesn't much matter the activity, as long as you are together as a family and focused on building your relationships!

The Greater Philadelphia Business Coalition on Health (GPBCH) seeks to increase the value of health benefit spending for its employer members, by improving workforce and community health, increasing healthcare quality and safety, and reducing health care costs. The Coalition represents employer interests in working with health plans, health care providers, benefits consultants, suppliers and other system stakeholders to address population health priorities and to ensure that when health care is needed it is accessible, affordable, high-quality, and safe.



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