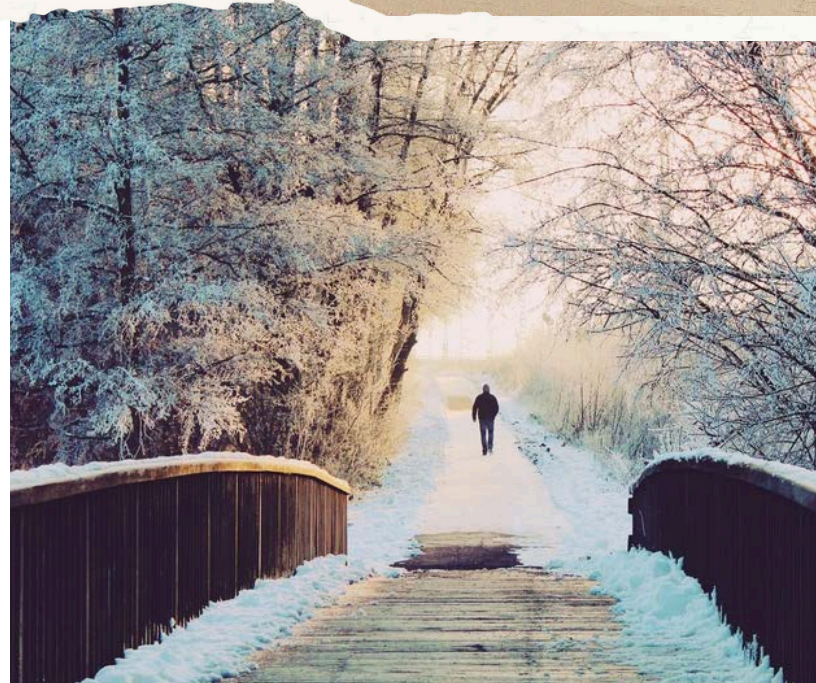




2024 HEALTHY HOLIDAY COOKBOOK

HEALTHY MEALS & MORE!



HAPPY HOLIDAYS!

The GPBCH Health & Well-being Interest Group is excited to release and share our 2024 Healthy Holiday Cookbook! Special thanks to our members who contributed content for this great resource, and made it possible to create our eighth annual edition. During the holiday season, it can be difficult to maintain a habit of healthy eating as we are exposed to all sorts of tasty sweets and treats. If your goal is to live a healthy lifestyle, enjoying these sweets and treats is okay here and there but it is important to have healthier recipes to choose from. The purpose of this document is exactly that - to help provide healthier options to the standard recipes that can be high in sugar and fat content! We encourage you to look inside for this year's healthy recipes and hope that you find new favorites to add to your "repeat" recipe list for years to come. On behalf of the GPBCH staff and the Health & Well-being Interest Group, Happy Holidays!



APPETIZERS

- Cranberry-Brie Bites**
- Mushroom Spinach Soup**
- Sweet Potato Skins with Guacamole**
- Szechuan Carrot Soup**

SIDES

- Balsamic Maple Brussel Sprouts**
- Caramelized Onion & Apple Stuffing**
- Fall Bliss Salad**
- Holiday Cranberry Cornbread Cobbler**
- Low-fat Chanukah Latke**
- Roasted Brussels Sprouts w/Zest**
- Sweet Potato Salad**
- Vegan Saffron Risotto**

ENTREES

- Baked Tuna Steaks**
- Cranberry-Balsamic Chicken Thighs**
- Orange Glazed Turkey w/Potatoes & Carrots**
- Sausage Soufflé**
- Turkey Medallions w/Sweet Potato-Walnut Mash**
- Vegetable Lasagna**

DESSERTS

- Heart-Healthy Maple-Spiced Pecans**
- Healthy Peach Cobbler**
- Snickerdoodles**
- Sweet Potato Cookies**

BEVERAGES

- Banana Coffee**
- Raspberry Basil Iced Tea**

Appetizers

Cranberry-Brie Bites

Ingredients:

1 (7 to 8 ounce) prepared pie crust (1/2 of a 14 ounce package)
1/2 cup prepared cranberry sauce or homemade
3 ounces Brie cheese, cut into 24 pieces, divided
1 Tbsp. chopped fresh chives (Optional)

Recipe Submitted by Eric Croft, GPBCH

Directions:

1. Preheat oven to 450°F. Lightly coat a mini muffin tin with cooking spray.
2. Unroll pie crust onto a cutting board or clean surface. Flatten dough to about 12 inches in diameter. Cut 24 2-inch circles out of the dough with a biscuit cutter, rerolling scraps if needed. Place the dough circles in the prepared muffin cups, gently pressing on the bottom and sides. Prick the dough with a fork. Bake until lightly browned, 5 to 7 minutes. Remove from the oven.
3. Add 1 teaspoon cranberry sauce to each cup, then top with a piece of Brie. Return to the oven and bake until the sauce is hot and the cheese has melted, about 5 minutes more. Let cool for 10 minutes. Sprinkle with chives, if desired, and serve warm.



Mushroom Spinach Soup

Ingredients:

1/4 cup oil
1 minced onion
2 minced garlic cloves
1 1/2 lbs assorted mushrooms, sliced
1 tsp. dried thyme
4 cups chicken or vegetable stock
2 cups spinach leaves
1 Tbsp. parsley.

Directions:

1. Sauté garlic and onion, 8 minutes. Increase heat to high. Add mushrooms and thyme, sauté 5 minutes.
2. Add stock and boil.
3. Reduce, cover, and simmer 20 minutes.
4. Add spinach and parsley, to wilt. Season with salt and pepper.

Recipe Submitted by Neil Goldfarb, GPBCH

Sweet Potato Skins with Guacamole

Ingredients:

Potato Skins
4 small sweet potatoes
1 Tbsp. extra-virgin olive oil
1/8 tsp. kosher salt
1/2 cup shredded Cheddar cheese

Guacamole & Toppings

1 ripe avocado
1 Tbsp. lime juice
1 clove garlic, minced
1/8 tsp. salt
1/4 cup chopped tomato
2 Tbsp. minced red onion
Chopped cilantro for garnish

Recipe Submitted by Eric Croft, GPBCH

Directions:

1. Preheat oven to 400 degrees F.
2. Tightly wrap sweet potatoes in foil & place on a baking sheet. Roast until very tender, 50 minutes to 1 hour. Carefully unwrap & set aside to cool.
3. Line a baking sheet with parchment paper.
4. Cut the potatoes in half lengthwise & scoop out the flesh, leaving a 1/4-inch border (save the scooped-out flesh for another use). Place the sweet potato halves skin-side up on the prepared baking sheet. Brush with oil & sprinkle with kosher salt. Bake until browned & crisp, 20 to 30 minutes.
5. Cut each skin in half widthwise & return to the baking sheet, skin-side down. Sprinkle each with 1 Tbsp. Cheddar. Return to the oven and bake until the cheese is melted, 8 to 10 minutes.
6. Meanwhile, make the guacamole: Mash avocado in a medium bowl. Stir in lime juice, garlic and salt.
7. Top each sweet potato skin with guacamole, tomato, onion & cilantro.



Szechuan Carrot Soup

Ingredients:

1 chopped onion
1 chopped celery stalk
1 minced garlic clove
1 tsp. veg oil
1 lb carrots, cut up
3/4" ginger root, peeled and sliced thin
1/8 tsp. red pepper flakes
3 cups chicken broth
1 1/2 Tbsp. reduced-sodium soy sauce
1 1/2 Tbsp. creamy peanut butter
1 tsp. sugar
1 tsp. sesame oil
1 cup milk

Directions:

1. Sauté onion, garlic, celery in oil over low.
2. Add carrots, ginger, pepper, broth, and simmer, covered, 45 min until carrots are tender.
3. Stir in remaining ingredients.

Recipe Submitted by Neil Goldfarb, GPBCH

Sides

Balsamic Maple Brussel Sprouts

Ingredients:

1 lb Brussel sprouts, timed & cut in half
2 Tbsp. olive oil or avocado oil
3/4 tsp. salt, more to taste
1/2 tsp. black pepper
2 Tbsp. maple syrup (or honey)
2 Tbsp. balsamic vinegar
Optional additions: toasted hazelnuts, toasted almonds, or crushed peanuts

**Recipe Submitted by Beth McMahon,
Beebe Healthcare**

Directions:

1. Preheat oven to 400F, grab large rimmed baking sheet.
2. Make the glaze by mixing together balsamic vinegar and maple syrup in small bowl, set aside.
3. Prepare the Brussel sprouts by trimming ends off & cut in half.
4. In a medium bowl, toss Brussel sprouts with olive oil, salt, and pepper until fully coated.
5. Spread them across large making sheet in a single layer cut-side down.
6. Roast for 20-25 minutes.
7. As soon as Brussel sprouts are done roasting, toss them immediately in balsamic maple mixture. Mix them, so they are coated on baking sheet.
8. Roast for 5-10 minutes until everything is tender, golden, and crispy.
9. Sprinkle a dash of salt or chopped-up almonds or hazelnuts on top.

Caramelized Onion & Apple Stuffing

Ingredients:

Caramelized Onions

3 Tbsp. extra-virgin olive oil
8 cups halved and thinly sliced yellow onions (2-3 large)
2 tsp. chopped fresh thyme
1/4 tsp. kosher salt
1/4 tsp. ground pepper
1/4 cup red wine
2 Tbsp. cider vinegar

Stuffing

8 cups cubed rustic multigrain bread (1/2 inch; about 1 pound)
3 Tbsp. extra-virgin olive oil
1/2 tsp. ground black pepper
2 Tbsp. butter
2 cups diced celery
1 cup diced onion
2 medium red apples, chopped
2 Tbsp. chopped fresh sage
2 Tbsp. chopped fresh thyme
1 tsp. kosher salt
1 1/2 cups low-sodium chicken broth

Directions:

1. To prepare onions: Heat oil in a large skillet over medium heat. Add sliced onions, 2 teaspoons thyme and 1/4 teaspoon each salt and pepper. Cook, stirring occasionally, until golden, 20 to 25 minutes. Add wine and cook, stirring occasionally and reducing heat if necessary, until the onions are deep golden brown, 20 to 25 minutes more. Add vinegar, increase heat to high and cook, scraping up the browned bits, until the vinegar evaporates, about 1 minute. Transfer to a large bowl.
2. To prepare stuffing: preheat oven to 425 degrees F. Coat a 9-by-13-inch baking dish with cooking spray.
3. Toss bread with oil and pepper on a large rimmed baking sheet. Bake, stirring once, until crispy, about 15 minutes. Add to the bowl with the onions.
4. Reduce oven temperature to 400 degrees.
5. Heat butter in the skillet over medium-high heat. Add celery and diced onion; cook, stirring, until the onion starts to brown, 6 to 8 minutes. Add apples, sage, thyme and salt. Reduce heat to medium and cook, stirring occasionally, until the apples start to soften, about 5 minutes. Transfer to the bowl with the onions and bread. Add broth and gently stir until well combined. Transfer to the prepared baking dish. Cover with foil.
6. Bake for 20 minutes. Uncover and continue baking until the top is crispy, about 15 minutes more.



Recipe Submitted by Eric Croft, GPBCH

Fall Bliss Salad

Ingredients:

Olive Oil
Kosher salt & freshly ground pepper
1 lb (500g) honeynut squash, peeled, seeded & thinly sliced
2 medium shallots, halved lengthwise & peeled
3/4 tsp. smooth Dijon mustard
3 Tbsp. sherry vinegar or balsamic vinegar, plus more to taste
1 to 2 Tbsp. water, as needed
8 oz. kale or spinach leaves, torn or chopped into bite-size pieces
1/4 cup fresh pomegranate arils
2 oz. soft goat cheese, crumbled
1/2 cup toasted, salted pepitas

Recipe Submitted by Pam Braun

Directions:

1. Preheat oven to 400F. Line large baking sheet with parchment paper & drizzle parchment with olive oil, sprinkle oil with salt & pepper. Arrange squash slices in one layer on paper, then coat with more olive oil, salt, and pepper.
2. Place shallot halves on aluminum foil. Drizzle lightly with olive oil, sprinkle with salt. Tightly seal foil around them into packet, place on the baking sheet with the squash.
3. Roast squash & shallots until squash is lightly brown underneath, about 15 minutes. Flip squash pieces & carefully open foil packet with shallots. Return baking sheet to oven & roast until squash is evenly brown (5-10 minutes). The shallots will not be brown or look caramelized but will be tender, which is all you need.
4. Dressing: in a blender, whiz the warm shallots with 4 Tbsp. olive oil until smooth, scraping down the bowl as needed. With the machine running, add mustard and 3 Tbsp. vinegar, blending until smooth. Season w/salt & pepper, blend again.
5. To serve: In a large bowl or salad plate, toss the greens with half of the dressing and season with additional salt and pepper. Arrange the roasted squash over the greens, fanning out the slices if you wish. Sprinkle salad with pomegranate arils, goat cheese and pepitas and drizzle some of the remaining dressing over, to taste. Serve immediately, with extra dressing on the side. Serves 2 as a main, 6 as a side.

Sides

Holiday Cranberry Cornbread Cobbler

Ingredients:

Cranberries

4 cups fresh cranberries, rinsed and drained, add sugar or sweetener to balance tartness
10-20 pitted Medjool dates (depending on how sweet you want your cobbler - or substitute with 1/2 to 1 cup brown sugar)
2 Tbsp. cornstarch
2 Tbsp. orange juice
1 tsp. vanilla extract

Cornbread

1/2 cup cornmeal
1/2 cup flour
2 tsp. baking powder
1/4 tsp. salt
1/2 cup unsweetened almond milk
1 tsp. apple cider vinegar
2 Tbsp. applesauce
1 Tbsp. maple syrup

Directions:

1. Preheat oven to 350° F.
2. To make the date paste - soak 10 Medjool dates in hot water for at least 1 hour or until softened. Remove the pits and then using a blender or small food chopper, blend into a paste by adding up to 1/4 cup water.
3. In a large bowl, combine all of the cranberry ingredients, including the date paste, and mix well.
4. Transfer cranberries to a 8 x 8 baking pan.
5. Using the same bowl, add the dry cornbread ingredients and mix well.
6. In a small measuring cup, whisk all of the wet cornbread ingredients together then scrape into the bowl with the dry ingredients.
7. Mix well and then spread the batter on top of the cranberries evenly.
8. Bake for 45 minutes, then allow to cool.

Recipe Submitted by Tanika Smith, GPBCH



Low-fat Chanukah Latke

Ingredients:

2 lbs russet or yukon gold potatoes, grated
1 onion, grated
2 eggs
1 tsp. salt
1/2 tsp. pepper (or to taste)
1/4 cup matzo meal or all-purpose flour
1/2 tsp. baking powder

Directions:

1. Grate potatoes, in a bowl of water, to prevent oxidation (browning). Drain well, and lightly squeeze. Stir in all remaining ingredients. Add a little more flour or matzo meal, if the batter is too loose.
2. Lightly grease a baking sheet with cooking spray or oil. Drop spoonfuls of batter onto sheet to form pancakes. Spray lightly with cooking spray (for browning the tops).
3. Bake in a 425 degree oven until golden brown, roughly 40 minutes.
4. Serve with natural (sugar free) applesauce or low fat sour cream.

Recipe Submitted by Neil Goldfarb, GPBCH

Roasted Brussels Sprouts With Lime Zest, Orange Zest, And Walnuts

Ingredients:

1 1/4 lbs Brussels sprouts, trimmed and halved
2 Tbsp. extra virgin olive oil
Himalayan salt and freshly ground black pepper
1/2 cup coarsely chopped walnuts
Finely grated zest of 1 lime
1 Tbsp. finely grated orange zest

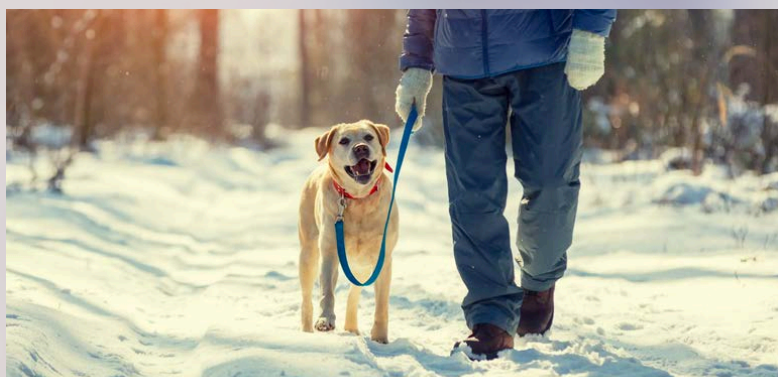
Directions:

1. Preheat the oven to 375 degrees F.
2. Put the Brussels sprouts in a medium roasting pan; toss with the extra virgin olive oil and season with salt and pepper. Roast in the oven until light golden brown and a knife inserted into the centers goes in without any resistance, about 40 minutes.
3. Add the chopped walnuts to the Brussels sprouts roasting pan and bake for about 5 minutes.
4. Transfer everything to a large bowl and add lime and orange zest. Season with salt as needed.



Recipe Submitted by

Elzbieta Dziekonski, GPBCH



Sides

Vegan Saffron Risotto

Ingredients:

1 large leek
1 small bulb fennel

Stock:

1 cup dry white wine
2 medium carrots, roughly chopped
1 celery stalk, roughly chopped
3 cloves garlic, smashed
Three 3-inch strips of peel from 1 orange
4 sprigs parsley
2 sprigs thyme
1 bay leaf
Kosher salt
5 whole black peppercorns

Risotto:

Large pinch saffron
2 Tbsp. extra-virgin olive oil
Kosher salt
1 Tbsp. tomato paste
1 Tbsp. low-sodium soy sauce
1 clove garlic, finely chopped
Pinch cayenne pepper
2 cups Arborio rice
1 cup dry white wine
One 14.5-ounce can whole peeled plum tomatoes, drained and roughly chopped
1 cup loosely packed fresh parsley leaves, chopped
4 Tbsp. nutritional yeast

Recipe Submitted by Kim Gillenwater, WellWorks

Directions:

1. Separate the white and green (light and dark) portions of the leek, and cut each in half lengthwise; rinse well to remove any soil. Roughly chop the green top, and set aside for the stock. Thinly slice the white portion into half circles, and set aside for the risotto. Cut the tops off the fennel, and roughly chop for the stock. Finely chop the fennel bulb, and set aside for the risotto.

2. For the stock: Put the wine, leek greens, fennel tops, carrots, celery, garlic, orange peel, parsley, thyme, bay leaf, 1 teaspoon salt and peppercorns in a large pot. Bring to a simmer, and cook, stirring occasionally, until most of the wine has evaporated, 6 to 7 minutes. Add 10 cups of water, and bring to a boil; reduce to a gentle simmer, and cook until the stock has reduced by about one third (7 to 8 cups), about 30 minutes. Strain, then use the back of a ladle to squeeze out any excess liquid from the vegetables; discard the vegetables, and keep the stock warm (or cool the stock and refrigerate for up to 3 days).

3. For the risotto: Add a splash of water to the saffron in a small bowl, and set aside to bloom.

4. Heat the oil in a large saucepan over medium heat. Add the sliced leeks, chopped fennel and a pinch of salt, and cook, stirring frequently with a wooden spoon, until soft, 6 to 7 minutes. Add the tomato paste, soy sauce, garlic, 1 teaspoon salt and cayenne, and stir for 1 minute. Add the rice, and stir until coated. Add the wine, and simmer, stirring constantly, until it is absorbed, about 1 minute. Add 3 cups of the warm stock, the saffron and the blooming water to the rice. Bring to a simmer, and cook, stirring constantly, until most of the liquid is absorbed, 7 to 8 minutes. Add 3 more cups of stock, bring back to a simmer and cook, stirring constantly, until the rice is tender but slightly toothsome, 10 to 12 minutes more. In the last few minutes of cooking, add the tomatoes.

5. Remove the saucepan from the heat. Stir in half the parsley and 3 tablespoons of the nutritional yeast, and season to taste with salt and pepper. Adjust the consistency of the risotto by adding more of the stock as necessary. Pour into a serving dish, and sprinkle with the remaining parsley and 1 tablespoon nutritional yeast.



Sweet Potato Salad

Ingredients:

3 large sweet potatoes, peeled and cubed (about 2 lb.)
1 small red onion, thinly sliced into half-moons
2 Tbsp. extra-virgin olive oil
Salt
Freshly ground black pepper
1/2 cup dried cranberries
1/2 cup crumbled feta
1/4 cup freshly chopped parsley

For the dressing:

2 Tbsp. apple cider vinegar
1 Tbsp. Dijon mustard
1 Tbsp. honey
1/2 tsp. ground cumin
1/4 tsp. ground paprika
1/4 cup extra-virgin olive oil

Directions:

1. Preheat the oven to 400°. On a large rimmed baking sheet, toss the sweet potatoes and red onion in oil and season with salt and pepper.

2. Distribute them evenly on a sheet in a single layer. Bake until tender, about 20 minutes. Let cool for 10 minutes then transfer to a large bowl.

3. Meanwhile, make the dressing: In a small bowl or in a medium liquid measuring cup, whisk together vinegar, mustard, honey, and spices. Gradually pour in oil, whisking constantly until emulsified. Season with salt and pepper.

4. Toss sweet potatoes with dressing, cranberries, feta, and parsley. Serve warm or at room temperature.

Recipe Submitted by Elzbieta Dziekonski, GPBCH



Entrees

Baked Tuna Steaks

Ingredients:

4 lbs tuna steaks
1 onion
1 green pepper
4 stalks celery
6 sprigs parsley
2 garlic cloves
1/4 cup olive oil
1/2 tsp. salt
1 tsp black pepper
1/2 tsp. oregano
1/4 tsp. basil
Dash rosemary
1 cup red wine
1 large can crushed tomatoes

Directions:

1. Chop and sauté onion, pepper, celery, parsley, and garlic, in olive oil. Season with pepper and oregano and add wine and tomatoes.
2. Place fish on a greased baking dish, and cover with sauce.
3. Bake at 350 until fish registers 140 degrees, and flakes with fork, about 20-25 minutes.
4. Baste often during cooking.

Recipe Submitted by Neil Goldfarb, GPBCH



Cranberry-Balsamic Chicken Thighs

Ingredients:

4 bone-in chicken thighs (about 11/2 pounds)
1/2 tsp. salt, divided
1/4 tsp. pepper
1 Tbsp. extra-virgin olive oil
1 1/2 cups cranberries, thawed if frozen
1/4 cup balsamic vinegar
2 Tbsp. honey
1 tsp. chopped fresh thyme, plus more for garnish

Recipe Submitted by Eric Croft, GPBCH

Directions:

1. Sprinkle chicken with 1/4 teaspoon each salt and pepper. Heat oil in a large skillet over medium-high heat. Add the chicken, skin-side down, reduce heat to medium and cook, undisturbed, until golden brown, about 7 minutes. Remove all but 1 tablespoon fat from the pan.
2. Turn the chicken over and add cranberries, vinegar, honey and thyme to the pan. Bring to a simmer over high heat, then reduce heat to maintain a simmer. Partially cover and cook, stirring occasionally, until an instant-read thermometer inserted in the thickest part without touching bone reaches 165 degrees F, 10 to 12 minutes.
3. Transfer the chicken to a serving platter. Increase heat to high, add the remaining 1/4 teaspoon salt and cook uncovered, stirring, until the sauce is thickened, about 1 minute. Serve the chicken with the sauce.



Orange Glazed Turkey with Potatoes & Carrots

Ingredients:

Cooking spray
1 1/2- to 1 3/4 lbs boneless, skinless turkey breast, all visible fat discarded
2 teaspoons dried mixed herbs (a combination of any/all, including rosemary, basil, parsley, tarragon, chives, thyme, and sage)
3/4 tsp. salt
1/2 tsp. pepper
1/2 tsp. garlic powder
3 Tbsp. sugar-free orange marmalade
1 lbs. potatoes (any type), cut into 2-inch cubes
4 medium carrots, peeled and cut into 2-inch pieces
1 Tbsp. olive oil (extra virgin preferred)

Directions:

1. Preheat the oven to 375°F.
2. Lightly spray a 13 x 9 x 2-inch casserole dish with cooking spray. Place the turkey in the dish.
3. In a small bowl, stir together the herbs, salt, pepper, and garlic powder. Rub half the mixture all over the turkey.
4. Spread the marmalade over the turkey.
5. In a large bowl, stir together the potatoes, carrots, and oil with the remaining herb mixture. Place the vegetables around the turkey in the dish. Roast for 1 hour.
6. Remove from the oven. Let stand for 5 to 10 minutes to allow the juices to redistribute.

**Recipe Submitted by Jeff Salvatore,
American Heart Association**



Entrees

Sausage Souffle

Ingredients:

1 lbs bulk sausage
6 slices whole grain bread (crust and all, cubed)
1/4 cup cheese, grated
1 tsp. dry mustard
1/2 to 1 tsp. salt
4 eggs
2 cups milk

**Recipe Submitted by Connie Kisinger,
Currax Pharmaceuticals**

Directions:

1. Heat oven to 350F.
2. Brown sausage and grain. Add bread, cheese, mustard and salt.
3. Beat eggs with milk. Mix together and pour into greased 10x6 1/2x2-inch casserole. Set in refrigerator overnight.
4. Bake for 45 minutes, covered with foil and 15 minutes at 325F uncovered.



Turkey Medallions with Sweet Potato-Walnut Mash

Ingredients:

1/4 tsp. salt and 1/4 teaspoon salt, divided use
1/4 tsp. pepper, 1/4 teaspoon pepper, and pinch of pepper, divided use
1 lbs. turkey tenderloin, all visible fat discarded, cut crosswise into 8 medallions
2 tsp. olive oil
2 medium sweet potatoes, peeled and thinly sliced
1 medium onion, thinly sliced
1 large Granny Smith apple, peeled and thickly sliced
1/4 tsp. ground cinnamon
2/3 cup unsweetened apple cider or 100% apple juice and 1/4 unsweetened apple cider or 100% apple juice, divided use
1/4 cup chopped walnuts, dry-roasted
1 Tbsp. coarse-grain mustard (lowest sodium available)
2 Tbsp. minced green onions (green part only)

Recipe Submitted by Amy Colucci, SEPTA

Directions:

1. Sprinkle 1/4 teaspoon salt and 1/4 teaspoon pepper over both sides of the turkey.
2. In a large skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the turkey for 2 minutes on each side, or until browned. (The turkey won't be done at this point.) Transfer to a large plate.
3. In the same skillet, stir together the sweet potatoes and onion. Reduce the heat to medium. Cook for 7 minutes, or until the onion is golden, stirring frequently.
4. Stir in the apple, cinnamon, and the remaining 1/4 teaspoon salt and 1/4 teaspoon pepper. Cook for 5 minutes, stirring frequently.
5. Place the turkey medallions among the sweet potato and apple slices. Pour in 2/3 cup cider. Bring to a boil, still over medium heat. Reduce the heat and simmer, covered, for 3 to 5 minutes, or until the turkey is no longer pink in the center and the sweet potatoes are tender. Remove from the heat. Transfer the turkey to a separate large plate, leaving the sweet potato mixture in the skillet. Cover the turkey loosely to keep warm.
6. Using a potato masher, mash the sweet potato mixture. Stir in the walnuts. Transfer the sweet potato mixture to plates.
7. Quickly pour the remaining 1/4 cup cider into the skillet, scraping to dislodge any browned bits. Stir in the mustard, green onions, and final pinch of pepper. Remove from the heat.
8. Serve the turkey on the sweet potato mixture. Drizzle the sauce over the turkey.



Vegetable Lasagna

Ingredients:

3 cups chopped vegetables (broccoli, carrots, cauliflower, red peppers)
1/2 cup chopped onion
3 Tbsp. minced garlic
1 Tbsp. olive oil
1 cup low fat ricotta cheese
1 egg
2 cups fresh spinach
2 cups tomato sauce
12 uncooked oven-ready whole grain lasagna noodles
1 cup mozzarella cheese, shredded

Directions:

1. Sauté the chopped onion and minced garlic in olive oil over medium high heat. Add the vegetables and sauté until tender. Set aside.
2. Whisk the egg and ricotta cheese in a large bowl. Stir in fresh spinach.
3. Pour a bit of the tomato sauce into the bottom of a lightly greased 9 x 13 inch pan. Top with 4 lasagna noodles, 1/2 cup of the ricotta mixture, 1/2 of the sautéed vegetables, and 3/4 cup of tomato sauce. Repeat. Top entire pan with the noodles, remaining sauce, and mozzarella cheese.
4. Cover with aluminum foil and bake for 40 minutes at 375 degrees. Remove foil and bake for an additional 10 minutes or until cheese is bubbly.

**Recipe Submitted by Andrea Bagnell,
PAISBOA Health Benefit Trust**



Desserts

Healthy Peach Cobbler

Ingredients:

Filling

1 1/4 lbs. fresh peaches (3-4 large), peeled, if desired, and thinly sliced, or 4 cups sliced frozen peaches, thawed
1/4 cup sugar
1 Tbsp. cornstarch
1/4 tsp. freshly grated lemon zest
1 Tbsp. lemon juice
Pinch of salt

Topping

1 cup white whole-wheat flour
1/2 cup cornmeal
1 1/2 tsp. baking powder
1/4 tsp. baking soda
1/4 tsp. salt
1 large egg
1/2 cup buttermilk
1/4 cup canola oil
3 Tbsp. sugar, divided
1/2 tsp. ground cinnamon

Directions:

1. Preheat oven to 375°F.
2. To prepare filling: Combine peaches, 1/4 cup sugar, cornstarch, lemon zest, lemon juice and a pinch of salt in a large bowl; toss to coat. Transfer to a 9-inch shallow glass or ceramic baking dish.
3. To prepare topping: Whisk flour, cornmeal, baking powder, baking soda and salt in a large bowl until well blended. Whisk egg, buttermilk, oil and 2 tablespoons sugar in a small bowl. Add the wet ingredients to the dry ingredients and stir to blend.
4. Stir the remaining 1 tablespoon of sugar and cinnamon together in a small bowl and set aside.
5. Evenly spoon the batter over top of the peach mixture. Sprinkle the cinnamon sugar evenly over the topping. Place the baking dish on a baking sheet to catch any drips. Bake until the peaches are bubbly, the topping is golden brown and a toothpick inserted in the center of the topping comes out clean, 40 to 50 minutes. Let cool for about 20 minutes before serving.

Recipe Submitted by Eric Croft, GPBCH



Heart-Healthy Maple-Spiced Pecans

Ingredients:

1 egg white
2 Tbsp. pure maple syrup
2 tsp. ground cinnamon
1 tsp. ground ginger
1/2 tsp. cayenne
1/4 tsp. salt
1/2 lbs. pecan halves
Cooking spray (optional)

Recipe Submitted by Amy Colucci, SEPTA

Directions:

1. Preheat the oven to 325°F.
2. In a large glass or metal bowl, whisk the egg white until frothy.
3. Whisk in the maple syrup.
4. Whisk in the cinnamon, ginger, cayenne, and salt.
5. Using a spatula, gently fold the pecans into the egg whites, coating them evenly.
6. To prevent the nuts from sticking, line a baking sheet with a silicone baking mat, or lightly spray the baking sheet with cooking spray. Spread the pecans onto the baking sheet in a single layer, separating any nuts that stick together.
7. Bake for 8 minutes.
8. Remove the baking sheet from the oven. Using a spatula or spoon, break up any clumps. Bake for 7 minutes.
9. Remove the baking sheet from the oven. Stir the nuts so they do not stick together. Cool the nuts completely before storing them in an airtight container.



Snickerdoodles

Ingredients:

1 cup trans-fat-free tub margarine
1/4 cup stevia sugar blend plus 1 tablespoon stevia sugar blend, divided use
1 large egg
1 tsp. vanilla extract
2 cups all-purpose flour
3/4 tsp. baking powder
3/4 tsp. salt
1 1/2 tsp. ground cinnamon

**Recipe Submitted by Jeff Salvatore,
American Heart Association**

Directions:

1. Preheat the oven to 400°F.
2. In a large bowl, using an electric mixer on medium speed, beat the margarine, 1/4 cup stevia sugar blend, egg, and vanilla until smooth.
3. In a medium bowl, stir together the flour, baking powder, and salt.
4. Using the electric mixer on medium speed, gradually beat the flour mixture into the stevia sugar blend mixture just until moistened but no flour is visible.
5. In a small bowl, stir together remaining 1 Tbsp. stevia sugar blend & the cinnamon.
6. Using your hands, shape the dough into 1 1/4-inch balls to make 24 cookies. Gently roll in the stevia sugar blend cinnamon mixture, coating lightly. Place about 2 inches apart on a large baking sheet or two small baking sheets. With the palm of your hand or a fork, lightly flatten each ball.
7. Bake for 8 to 10 minutes, or until the bottoms are browned.



Desserts

Sweet Potato Cookies

Ingredients:

2 1/2 cups all-purpose flour
1 1/2 tsp. baking powder
1 tsp. ground cinnamon
1/2 tsp. baking soda
1/4 tsp. ground nutmeg
1/4 tsp. ground allspice
1/4 tsp. ground ginger
1/4 tsp. salt
3/4 cup butter
1/4 cup white sugar
1/4 cup brown sugar
1/4 cup honey
1 egg
1 Tbsp. lemon zest
1 cup mashed cooked sweet potato

Directions:

1. Preheat oven to 350 degrees F.
2. Sift flour, baking powder, cinnamon, baking soda, nutmeg, allspice, ginger, and salt into a bowl.
3. Beat butter, white sugar, and brown sugar in a bowl until smooth and creamy. Mix in honey, egg, and lemon zest until well blended. Fold in sweet potato. Stir in flour mixture with a large spoon until dough is just blended.
4. Shape tablespoonfuls of dough into balls and place 2 inches apart on ungreased baking sheets.
5. Bake in the preheated oven until edges start to brown, about 8 minutes. Cool on the baking sheets for 5 minutes; transfer to wire racks to cool completely, about 10 minutes.

**Recipe Submitted by Andrea Bagnell,
PAISBOA Health Benefit Trust**



Beverages

Raspberry Basil Iced Tea

Ingredients:

8 cups unsweetened decaffeinated iced tea
2 cups raspberries and 1/2 cup raspberries (optional), divided use
1/4 cup low-calorie sweetener
8 fresh basil leaves and 16 (or more) fresh basil leaves (optional), divided use
4 cups ice cubes (optional)

Recipe Submitted by Amy Colucci, SEPTA

Directions:

1. In a 2-quart water pitcher, gently stir together the tea, 2 cups raspberries, sweetener, and 8 basil leaves. Refrigerate for several hours or overnight.
2. To serve, using a slotted spoon, remove and discard the raspberries and basil leaves.
3. Garnish each glass with 1 tablespoon raspberries and 2 basil leaves (or more). Pour the infused tea into glasses over ice.



Banana Coffee

Ingredients:

3/4 cups brewed coffee
1 1/2 cups milk
1 ripe banana
1 teaspoon ground cinnamon and nutmeg for dusting

Recipe Submitted by Eric Croft, GPBCH

Directions:

1. Brew the coffee as you prefer and save 3/4 cup to make the drink.
2. In a large flat plate, add the bananas without skin and press with a fork until a smooth paste forms.
3. Add the banana and clove to a medium saucepan over low heat and gradually pour half of the milk. When starts to steam, remove immediately from the heat, add the cinnamon and nutmeg, if using and stir.
4. Remove the clove, add the mixture to a blender and blend for 30 to 40 seconds until smooth. Add the other half cup of milk when blending.
5. Return the mixture to the saucepan quickly over medium heat and reheat again until steaming, stirring frequently.
6. Divide the hot coffee into two mugs and top with the banana milk, sprinkle more nutmeg and cinnamon and serve.



Interested in more healthy beverages?

Check out Life Around The Table's, [23 Nourishing Hot Drinks](#), for a collection of comforting and nourishing hot drinks to enjoy in the colder months of the year. Not only are the recipes naturally and lightly sweetened, but you'll also find recipes with supportive ingredients that are beneficial to your health.

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



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