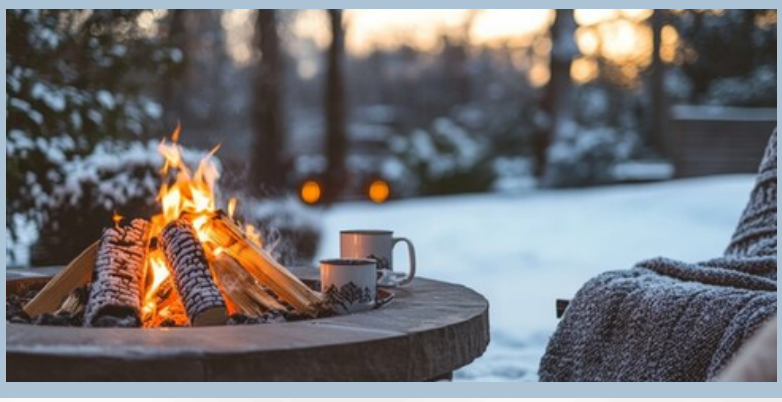






2026

# Healthy Holiday Cookbook

*Tenth Edition*

Look inside for Healthy Holiday Recipes, Tips, & Resources!

GPBCH
Greater Philadelphia
Business Coalition on Health
DRIVING INNOVATION AND VALUE IN HEALTHCARE

# HAPPY HOLIDAYS!

The GPBCH team is excited to collaborate with our members on the 2026 Healthy Holiday Cookbook, as this marks the 10th edition of this valued resource! For the past ten years, GPBCH employer and affiliate members, along with partnering organizations, have come together to provide our communities with healthier holiday recipes, wellness tips, and activities, all with the goal of encouraging healthy living. Thank you to everyone who has contributed to the success of the Healthy Holiday Cookbook over the past decade. Your support, creativity, and dedication have helped make this resource a meaningful tradition for our community. We hope you enjoy this year's edition and we encourage you to share it with your family, friends, and colleagues. Special thanks to **FareRx** for their contributions to this year's cookbook! The GPBCH wishes you a happy, healthy, and joyful holiday season!







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# APPETIZERS

## Chicken Parmesan Dip



**Ingredients:**

- 1 Tbsp. extra-virgin olive oil
- 1/2 cup finely chopped onion
- 3 cloves garlic, minced
- 1/2 tsp. crushed red pepper
- 1 14-ounce can fire-roasted diced tomatoes
- 3/4 tsp. Italian seasoning
- 1 1/2 cups shredded mozzarella cheese, divided
- 1 cup part-skim ricotta cheese
- 3 Tbsp. chopped fresh basil, divided
- 1 cup diced cooked chicken (about 5 ounces)
- 1/4 cup grated Parmesan cheese

**QUICK TIP!**

Have leftover turkey from your Thanksgiving meal? **Substitute** the chicken in the **Chicken Parmesan Dip** above with your leftover turkey!

**Directions:**

**1.** Preheat oven to 375 degrees F. Coat a shallow 6-cup baking dish with cooking spray.
**2.** Heat oil in a medium skillet over medium heat. Add onion, garlic and crushed red pepper; cook, stirring occasionally, until just starting to brown, 2 to 4 minutes. Stir in tomatoes and Italian seasoning and remove from heat.
**3.** Meanwhile, combine 1/2 cup mozzarella, ricotta and 2 tablespoons basil in a medium bowl. Set aside.
**4.** Spread 1/2 cup of the tomato mixture in the prepared baking dish. Top with the ricotta mixture, then sprinkle evenly with chicken. Spoon the remaining tomato mixture on top and sprinkle with the remaining 1 cup mozzarella and Parmesan.
**5.** Bake until bubbly and the cheese has melted, 25 to 30 minutes. Let stand for at least 5 minutes. Serve hot or warm, topped with the remaining 1 tablespoon basil.

## Easy Stuffed Mushrooms



**Ingredients:**

- Cooking spray
- 1 1/2 lbs medium-size fresh button mushrooms (about 30 mushrooms)
- 1 Tbsp. olive oil
- 1 Tbsp. chopped garlic
- 1/2 tsp. kosher salt
- 1/2 tsp. black pepper
- 1/4 cup plus 3 Tbsp. whole-wheat panko, divided
- 4 ounces 1/3-less-fat cream cheese
- 2 Tbsp. chopped fresh flat-leaf parsley
- 1 Tbsp. chopped fresh thyme
- 1/4 cup Parmesan cheese, grated & divided

**Directions:**

**1.** Preheat oven to 400ºF. Lightly coat large, rimmed baking sheet with cooking spray. Remove stems from 1½ lbs of mushrooms and reserve. Lightly brush any dirt from mushroom caps and stems. Arrange mushroom caps, stemmed sides up, on a prepared baking sheet. Chop stems.
**2.** Heat 1 tablespoon oil in a large nonstick skillet over medium-high. Add chopped mushroom stems, 1 tablespoon garlic, ½ teaspoon salt and ½ teaspoon pepper; cook, stirring often, until mushrooms soften and turn golden brown and moisture has evaporated, about 6 minutes. Add ¼ cup of the panko; cook, stirring often, until panko is light golden, about 1 minute. Add 4 ounces cream cheese, 2 tablespoons parsley, 1 tablespoon thyme and 2 tablespoons of the Parmesan; remove from heat and stir until combined.
**3.** Spoon 1 heaping teaspoon mushroom mixture into each mushroom cap. Stir together remaining 3 tablespoons panko and 2 tablespoons Parmesan in a small bowl. Working with one at a time, gently dip the stuffed tip of each mushroom cap in panko-Parmesan mixture to lightly coat; return to baking sheet. Lightly coat tops of stuffed mushrooms with cooking spray. Bake in oven until mushrooms tops are golden brown and mushrooms are soft, 20 to 22 minutes.

## Smashed Chickpea Crostini w/Bruschetta

**Ingredients:**

- 4 roma tomatoes, diced
- 1 garlic clove, minced
- 1/3 cup fresh basil, chiffoned
- 1 Tbsp. olive oil
- 1 Tbsp. white balsamic vinegar
- salt & pepper to taste
- For the Smashed Chickpeas:
- 14 oz. can low sodium chickpeas, drained and rinsed
- 1 tsp. tahini
- 1 Tbsp. fresh lemon juice
- 1/2 tsp. cumin
- For the Crostini:
- 1 loaf french bread, sliced
- 2 Tbsp. olive oil

**Directions:**

**1.** Preheat oven to 350 degrees. Place sliced french bread on baking sheet. Drizzle with olive oil. Bake for 15-20 minutes, until the bread is slightly browned and crispy.
**2.** To a medium bowl add roma tomatoes, garlic clove, fresh basil, olive oil, white balsamic vinegar, salt and pepper. Stir to mix everything together and set aside.
**3.** To another medium bowl add chickpeas. Smash the chickpeas until

# APPETIZERS

## Whipped Feta w/Cranberries & Walnuts



**Ingredients:**

- 4 ounces crusty whole-wheat baguette, thinly sliced on the bias
- 2 Tbsp. unsalted butter, melted
- 1 (6-ounce) package feta cheese in brine, drained and crumbled (1½ cups)
- 1/3 cup reduced-fat cream cheese
- 1 Tbsp. extra-virgin olive oil
- 1 large clove garlic
- 1/4 cup canned whole-berry cranberry sauce
- 2 tsp. cold water
- 1/4 cup chopped walnuts, toasted (see Tip)
- 1 Tbsp. honey
- 1 tsp. fresh rosemary leaves
- Flaky sea salt (optional)
- Freshly ground black pepper (optional)

**Directions:**

**1.** Preheat oven to 350°F. Brush both sides of baguette slices with melted butter; place in a single layer on a large rimmed baking sheet. Bake, flipping halfway, until golden brown and crispy, 10 to 12 minutes.

**2.** Meanwhile, add feta, cream cheese, oil and garlic to a food processor; process until a smooth whipped dip forms, 2 to 4 minutes, stopping to scrape down sides as needed. Transfer to a serving bowl.

**3.** Whisk cranberry sauce and water together in a small bowl until smooth; spoon over the feta. Sprinkle with walnuts, drizzle with honey and sprinkle with rosemary. Season with salt and pepper, if desired. Serve with the crostini.

# SIDES

## Citrus-Roasted Cauliflower with Pomegranate & Pistachios



**Ingredients:**

- 1 large head cauliflower (about 2 pounds), cut into bite-size florets
- 1 large orange
- 1 tsp. ground cumin
- 1/2 cup pomegranate seeds
- 1/4 cup shelled unsalted pistachios, roughly chopped
- 1 small handful fresh parsley or mint, chopped
- 2 Tbsp. olive oil
- 1/4 tsp. salt
- black pepper

**Directions:**

**1.** Heat the oven to 425°F. Zest the orange. On a large sheet pan, toss the cauliflower with the olive oil, cumin, orange zest, salt, and a few grinds of pepper. Spread it out in a single layer.

**2.** Roast for 25 to 30 minutes, turning once, until the cauliflower is tender and deep golden at the edges.

**3.** Squeeze the juice of half the orange over the hot cauliflower and toss. Move to a platter and top with the pomegranate seeds, pistachios, and herbs. Serve warm or at room temperature.

**Recipe Submitted by FareRx**

## Cranberry-Almond Broccoli Salad



**Ingredients:**

- 1/4 cup finely chopped red onion
- 1/3 cup canola mayonnaise
- 3 Tbsp. 2% reduced-fat Greek yogurt
- 1 Tbsp. cider vinegar
- 1 Tbsp. honey
- 1/4 tsp. salt
- 1/4 tsp. freshly ground black pepper
- 4 cups coarsely chopped broccoli florets (about 1 bunch)
- 1/3 cup slivered almonds, toasted
- 1/3 cup reduced-sugar dried cranberries
- 4 center-cut bacon slices, cooked and crumbled

**Directions:**

**1.** Soak red onion in cold water for 5 minutes; drain.

**2.** Combine mayonnaise, yogurt, vinegar, honey, salt and pepper, stirring well with a whisk. Stir in red onion, broccoli almonds, dried cranberries and bacon. Cover and chill 1 hour before serving

## BONUS RESOURCES!

The **American Diabetes Association** offers FREE Healthy Eating Blogs which provide resources on Healthy Eating Tips, How-To Videos, Holiday Survival Guides, and more! Explore easy-to-follow recipes that cater to your health needs without sacrificing flavor.

# SIDES

## Creamy Apple Salad



**Ingredients:**

- 1/4 cup mayonnaise
- 2 Tbsp. sour cream
- 1 1/2 Tbsp. honey
- 1 1/2 Tbsp. lemon juice
- 2 tsp. Dijon mustard
- 1/2 tsp. salt
- 2 medium Gala apples, cut into 1/2- to 1-inch pieces
- 1 medium Golden Delicious apple, cut into 1/2- to 1-inch pieces
- 1 cup seedless red grapes, halved
- 1 cup thinly sliced red cabbage
- 1 cup thinly sliced celery
- 1/2 cup dried cranberries
- 1/3 cup chopped walnuts, toasted

**Directions:**

**1.** Whisk ¼ cup mayonnaise, 2 tablespoons sour cream, 1½ tablespoons each honey and lemon juice, 2 teaspoons mustard and ½ teaspoon salt together in a large bowl. Gently stir in apples, halved grapes, 1 cup cabbage, 1 cup celery, ½ cup dried cranberries and the toasted walnuts.

**2.** Cover and refrigerate for at least 1 hour. Toss well before serving.

## Honey-Mustard Smashed Carrots



**Ingredients:**

- 1 lb medium (not skinny) carrots, cut into ½-inch rounds
- 2 Tbsp. extra-virgin olive oil
- 1 Tbsp. honey
- 2 tsp. Dijon mustard
- 1/4 tsp. salt
- 1/4 tsp. ground pepper
- Chopped fresh herbs, such as basil or cilantro, for garnish (optional)

**Directions:**

**1.** Position oven rack 6 inches from broiler.

**2.** Bring a few inches of water to a boil in a large pot fitted with a steamer basket. Arrange carrot pieces in the basket; cover and steam until tender, 14 to 16 minutes.

**3.** Preheat broiler to high. Coat a large rimmed baking sheet with cooking spray. Transfer the carrots to the baking sheet. Space the carrot pieces evenly on the pan; flatten each piece with the bottom of a Mason jar or sturdy glass.

**4.** Combine 2 tablespoons oil, 1 tablespoon honey, 2 teaspoons mustard and ¼ teaspoon each salt and pepper in a small bowl; drizzle the mixture over the carrot rounds. Broil until hot and starting to brown on the edges, about 4 minutes. Sprinkle with herbs before serving, if desired.

# ENTREES

## Baked Eggs in Tomato Sauce w/Kale



**Ingredients:**

- 1 Tbsp. extra-virgin olive oil
- 3 10-ounce packages frozen chopped kale, thawed, drained and squeezed dry (9 cups)
- 1/2 tsp. salt, divided
- 1/4 tsp. ground pepper, divided
- 1 25-ounce jar low-sodium marinara sauce
- 8 large eggs

**Directions:**

**1.** Preheat oven to 350 degrees F.

**2.** Heat oil in a 10-inch cast-iron skillet or nonstick ovenproof skillet over medium heat. Add kale, season with 1/4 teaspoon salt and 1/8 teaspoon pepper, and sauté for 2 minutes. Stir in marinara (or tomato) sauce and bring to a simmer.

**3.** Make 8 wells in the sauce with the back of a spoon and carefully crack an egg into each well. Season the eggs with the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper.

**4.** Transfer the pan to the oven and bake until the egg whites are set and the yolks are still soft, about 20 minutes.

## BONUS RESOURCES!

The **American Heart Association** also provides FREE resources to the public! Check out their website for Healthy Recipes, Cooking Skills Education, Weight Loss Tips, Smart Eating Strategies, and more! When healthy habits become part of everyday life, they can nourish you, your family, and your community.

# ENTREES

## Creamy Lemon Chicken Skillet w/ Spinach & Peas



**Ingredients:**

- 4 (4-ounce) chicken cutlets
- 3/4 tsp. salt, divided
- 1/4 tsp. ground pepper
- 1 Tbsp. extra-virgin olive oil
- 1 small yellow onion, chopped
- 3 medium cloves garlic, minced
- 1/4 tsp. crushed red pepper
- 1 1/4 cups unsalted chicken broth
- 2 (8.8-ounce) packages precooked microwaveable brown rice
- 1 (5-ounce) package baby spinach
- 1 cup frozen peas, thawed
- 1/2 cup half-and-half, warmed
- 2 Tbsp. grated lemon zest
- 2 Tbsp. lemon juice
- 2 Tbsp. chopped fresh flat-leaf parsley, plus more for garnish
- 1/2 cup goat cheese

**Directions:**

**1.** Pat dry 4 chicken cutlets with paper towels; sprinkle both sides with ¼ teaspoon each salt and pepper. Heat 1 tablespoon oil in a large cast-iron skillet over high heat. Add the chicken; cook, undisturbed, until deeply golden brown, 2 to 3 minutes. Reduce heat to medium-high; flip the chicken and cook, undisturbed, until an instant-read thermometer inserted into the thickest portion registers 160°F, 3 to 4 minutes. Transfer to a clean cutting board and tent with foil to keep warm. Do not wipe the skillet clean.

**2.** Reduce heat to medium-low and add chopped onion; cook, stirring often, until softened, about 3 minutes. Add minced garlic, ¼ teaspoon crushed red pepper and the remaining ½ teaspoon salt; cook, stirring constantly, until fragrant, about 1 minute. Add 1¼ cups broth, scraping up any browned bits. Stir in 2 packages rice; bring to a lively simmer over medium-high heat. Cook until most of the liquid has been absorbed, about 4 minutes. Remove from heat and stir in 5 ounces spinach in batches until wilted, 3 to 5 minutes. Stir in thawed peas, warmed half-and-half, 2 tablespoons lemon zest, 2 tablespoons lemon juice and 2 tablespoons parsley.

**3.** Sprinkle with ½ cup goat cheese. Slice the chicken and arrange over the rice mixture in a single layer. Cover the skillet and let stand until the chicken is warmed through and registers 165°F, about 3 minutes. Garnish with additional parsley, if desired.

## Chickpea Casserole w/Spinach & Feta



**Ingredients:**

- 2 tablespoons extra-virgin olive oil
- ½ cup chopped yellow onion
- 3 cloves garlic, finely chopped (about 1 tablespoon)
- ½ teaspoon crushed red pepper
- 1 (16-ounce) package baby spinach
- ½ cup lower-sodium vegetable broth
- 2 (15-ounce) cans no-salt-added chickpeas, rinsed
- 2 cups precooked brown rice (from 2 8.8-ounce packages)
- 2 ounces reduced-fat cream cheese
- ¼ cup chopped fresh dill, plus more for garnish
- 1 teaspoon grated lemon zest
- 3 tablespoons lemon juice
- ⅛ teaspoon ground nutmeg
- 6 ounces feta cheese, crumbled

**Directions:**

**1.** Preheat oven to 400°F. Heat 2 tablespoons oil in a large oven-safe skillet over medium heat. Add ½ cup onion, the chopped garlic and ½ teaspoon crushed red pepper; cook, stirring often, until the onion softens, 2 to 3 minutes.

**2.** Add 16 ounces baby spinach in batches; cook, stirring frequently, until wilted, about 7 minutes. Continue cooking, stirring occasionally, until the liquid reduces slightly, about 1 minute.

**3.** Add ½ cup broth; bring to a boil over medium-high heat, scraping up browned bits from the pan. Remove from heat; stir in rinsed chickpeas, 2 cups rice, 2 ounces cream cheese, ¼ cup dill, 3 tablespoons lemon juice and ⅛ teaspoon nutmeg until combined. Sprinkle with crumbled feta and stir gently once or twice.

**4.** Cover and bake until bubbling around the edges, 20 to 22 minutes. Let rest for 5 minutes. Sprinkle with 1 teaspoon lemon zest. Garnish with additional dill, if desired.

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FOOD IS MEDICINE

**FareRx** is a Philadelphia-based, food-first healthcare company. They deliver medically tailored groceries to people living with chronic conditions and pairs every delivery with registered dietitians, care management, and remote monitoring, so that eating well becomes part of the care plan and not an afterthought. They believe healthy eating only works when it is simple, affordable, and good enough to want again tomorrow. That holds during the holidays more than any other time of year. The recipes they are sharing in the 2026 Healthy Holiday Cookbook comes from their Teaching Kitchen in Northern Liberties and follow the same rules as everything they cook: a handful of ingredients, a few clear steps, and a lot of flavor. Find 160+ more healthy recipes at **farerx.com/recipes**.

# ENTREES

## Ground Turkey & Sweet Potato Skillet



**Ingredients:**
- 1 Tbsp. extra-virgin olive oil
- 1/2 medium yellow onion, diced
- 2 cloves garlic, minced
- 1 pound lean ground turkey
- 2 medium sweet potatoes, scrubbed and diced
- 1 cup sliced mushrooms
- 1/2 tsp. salt
- 1/4 tsp. ground pepper

**Directions:**
**1.** Heat 1 tablespoon oil in a large cast-iron skillet over medium heat. Add diced onion and minced garlic; cook, stirring frequently, until softened, 2 to 3 minutes. Add 1 pound ground turkey; cook, stirring occasionally and breaking it apart, until no longer pink, 5 minutes.
**2.** Stir in diced sweet potatoes, 1 cup mushrooms, ½ teaspoon salt and ¼ teaspoon pepper. Cover and cook, stirring occasionally, until the sweet potatoes are tender, 10 to 12 minutes.

# DESSERTS

## Chocolate Clementines w/Pistachio Crunch



**Ingredients:**
- 4 clementines
- 3 ounces dark chocolate (70% cocoa or higher), chopped
- 2 Tbsp. unsalted pistachios, finely chopped

**Directions:**
**1.** Line a plate or tray with parchment paper. Peel the clementines, pull the segments apart, and pat them dry with a towel so the chocolate sticks.
**2.** Put the chocolate in a small microwave-safe bowl. Microwave in 20-second bursts, stirring each time, until smooth. This takes about 1 minute.
**3.** Dip each segment halfway into the chocolate and lay it on the parchment. Sprinkle with pistachios while the chocolate is still wet. Chill for 10 minutes, until set.

**Recipe Submitted by FareRx**

**Dietitian's Note:**

Make these the same day you plan to serve them and keep them in the fridge until then.

**Need Nut-Free?**

Swap the pistachios for unsweetened coconut chips for a nut-free version!

## Chocolate-Covered Cranberry Saucers



**Ingredients:**
- 1 (14-ounce) can jellied cranberry sauce
- 3 (3 1/2-ounce) bars 70% dark chocolate, chopped
- Orange zest strips for garnish (optional)
- Finely chopped pistachios for garnish (optional)

**Directions:**
**1.** Remove cranberry sauce from can; cut into 8 (½-inch-thick) slices. Arrange the slices on a parchment paper–lined baking sheet. Freeze until solid, at least 2 hours.
**2.** Place chopped chocolate in a medium microwavable bowl. Microwave on High, stirring every 20 seconds, until melted, about 1 minute 20 seconds.
**3.** Remove the frozen cranberry rounds from the freezer. Working quickly, dip each round in the chocolate; use 2 forks to turn and coat both sides. Return to the baking sheet. Repeat with the remaining cranberry rounds. As the chocolate hardens, use the forks to drizzle with additional chocolate, if desired. Sprinkle with orange zest and/or pistachios, if desired.
**4.** Freeze until the chocolate is completely firm, at least 30 minutes.

**Stay Active during the Holiday Season!**

Even a few minutes of moderate-intensity physical activity can deliver some health benefits and count toward reaching the recommendations. For adults, the many benefits of physical activity include reduced short-term feelings of anxiety and better sleep. Here are a few tips from the CDC:

- When friends and family gather, go for a group walk.
- Bundle up and take a walk instead of a drive to see holiday lights.
- Rather than hunting for the closest parking spot, park farther away & walk briskly to your destination.

# DESSERTS

## Pear Crisps



**Ingredients:**

- 2 ripe pears, Anjou or Bosc preferred, halved and seeded

Crisp Mixture

- Coconut oil cooking spray
- 1/4 cup raw walnuts
- 1/4 cup raw pecans
- 1/4 cup almond flour
- 2 Tbsp. ground flaxseed
- 2 Tbsp. unsweetened coconut flakes
- 1/4 teaspoon ground cinnamon, plus more for sprinkling
- 2 tsp. coconut oil, melted and cooled
- 2 Tbsp. honey
- 1/2 tsp. vanilla extract

**Directions:**

**1.** Preheat oven to 350°F. Grease an 8 x 8" baking dish with cooking spray and set aside.
**2.** In a food processor, pulse together the walnuts, pecans, almond flour, ground flaxseed, coconut, and cinnamon a few times to create a mixture with a rough, crumbly texture.
**3.** In a medium sized bowl, stir together the coconut oil, honey, and vanilla. Transfer the nut mixture to the bowl, and mix well with a silicone spatula to combine.
**4.** Lay the pear halves cut-side up in the prepared baking dish. Feel free to leave the stem on one of the pear halves if you wish (this provides more of a rustic appearance). Also, pro tip: I like to cut a small slit at the bottom of the pear halves to allow them to easily lay flat in the baking dish.
**5.** Divide the nut topping between the pears, sprinkle with additional cinnamon, and spray once more with coconut oil.
**6.** Bake for 20 minutes, until the pears are tender, and the topping is golden brown and fragrant. Let cool for five minutes before serving.

## Peanut Butter Blossoms



**Ingredients:**

- 1 egg
- 1/2 cup creamy peanut butter
- 1/2 cup room temp butter
- 3 Tbsp. maple syrup
- 2/3 cup coconut sugar, plus more for rolling
- 1 tsp vanilla extract
- 1 3/4 cup gluten-free flour
- 1 tsp. baking soda
- Few pinches sea salt
- Pinch cinnamon
- 1/2 cup dark chocolate chunks, dairy-free

**Directions:**

**1.** Preheat the oven to 350 degrees F. Whisk together the egg, peanut butter, butter (make sure it's room temp and not too cold), maple syrup, coconut sugar and vanilla until smooth. Add in dry ingredients and mix thoroughly.
**2.** Add about 1/3 cup coconut sugar to a wide, deep plate. Add parchment paper to a baking sheet. Roll dough into 1.5-inch balls, then roll in the coconut sugar. Add to the baking sheet. Bake for 9 minutes.
**3.** *Break or cut chocolate into large chunks and set aside. Remove the cookies from the oven after 9 minutes, then gently press a piece of chocolate into the center of each cookie. Bake in the oven for 1 additional minute.
**4.** Remove the cookies from the oven and let them cool for 10+ minutes. Optional: once the chocolate has been added and the cookies are out of the oven, sprinkle a pinch of sea salt over top of the cookies while they cool.






# BEVERAGES

## Citrus Cold Flu Fighter



**Ingredients:**

- 2 cups fresh organic orange juice
- 1/2 lemon, squeezed
- 3 garlic cloves
- 3 Tbsp. white onion, chopped
- 2 Tbsp. raw honey

**Directions:**

**1.** Heat orange juice and squeezed lemon over the stove in a small saucepan on medium heat for 2 minutes.
**2.** Add remaining ingredients, minus the honey, and let come to a simmer. Heat for 10 minutes.
**3.** Pour into a high-powered blender, lifting the center lid just slightly to allow steam to escape, and blend for 1 minute until smooth.
**4.** Finally, stir or blend in the honey.
Serve hot or add ice for a chilled drink.

## Sparkling Cranberry-Orange Spritzer



**Ingredients:**

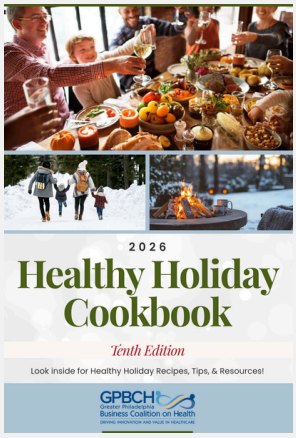
- 1/4 cup 100% unsweetened cranberry juice
- 1 small orange
- 3/4 cup plain seltzer, chilled
- 1 small sprig fresh rosemary
- Optional: a few fresh or frozen cranberries for the glass

**Directions:**

**1.** Fill a glass with ice. Squeeze in the juice of the orange (about 1/4 cup).
**2.** Add the cranberry juice, then top with the seltzer and give it one gentle stir.
**3.** Add the rosemary sprig and a few cranberries, if using. Serve right away.

**Recipe Submitted by FareRx**

# *A Look Back on 10 Years of GPBCH Cookbooks*



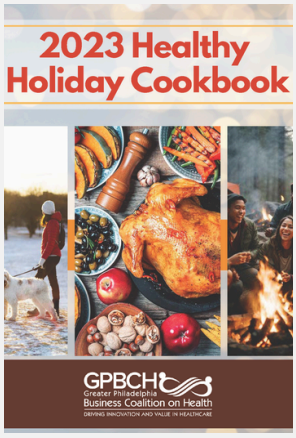

2026




2025




2024



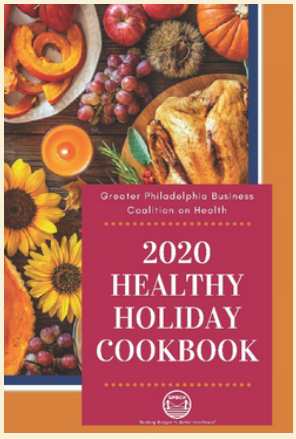

2023



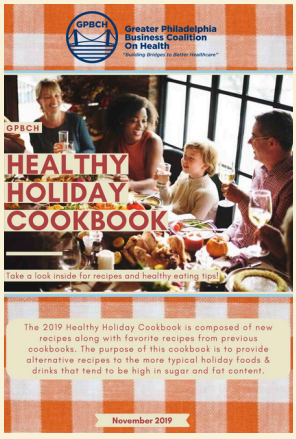

2022




2021




2020




2019




2018




2017

GPBCH
Greater Philadelphia
Business Coalition on Health
DRIVING INNOVATION AND VALUE IN HEALTHCARE

**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.


Boathouse Row, Philadelphia, PA



Collingswood, NJ


Yuletide Tour, Winterthur, DE

*Serving Southeastern Pennsylvania, Southern New Jersey, and Delaware*