

Healthy Holiday Recipes

Presented by BRMH Nutrition Services & Jackson In Action

Stuffed Chicken Breast with Cranberries

Ingredients:

Serves 8

- 8 Skinless chicken breasts (approx. 3-4 oz. ea.)
- 1 package herb stuffing mix (12 oz.)
- 2 c. fresh cranberries

Preheat oven to 350 degrees

Method:

1. Prepare stuffing with vegetables per package directions.
2. Stir cranberries into prepared stuffing (Optional: Steam cranberries for 2 minutes to soften if desired)
3. Slice a pocket into each chicken breast and insert approx. 1/2 c. stuffing per serving.
4. Bake for approx. 35 minutes or until instant-read meat thermometer reads 160 degrees.

Serve with cranberry grapefruit sauce.



More recipes and videos at www.JacksonInAction.org
 And www.BRMH.net/Recipes

Nutrition Facts	
servings per container	
Serving size	(170g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 480mg	21%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 98mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Harvest *of the Month*

Roasted Brussels Sprouts with Bacon, Walnuts & Cranberries

Serves: 6

Ingredients

22-24 (about 2 pounds) fresh Brussels sprouts
1 med. red onion, sliced thin
1 Tbsp. minced garlic
1 Tbsp. extra virgin olive oil
3 bacon strips, cooked (not fully crisp), cut in small pieces
Salt and freshly ground black pepper
¼ cup walnuts, roughly chopped
1 tsp maple syrup (optional)
¼ cup dried cranberries

Instructions

Preheat oven to 375F°.

Clean and trim Brussels sprouts and cut them in half.

Add Brussels sprouts to a cooking tray lined with parchment paper.

Add remaining ingredients except the cranberries.

Bake for 25-30 minutes until Brussels sprouts are tender and golden brown on edges.

Cool and stir in the dried cranberries--enjoy!

Nutrition Information: Per 1 c. Approx. 150 Calories, 9g Fat, 16g Carb., 5g Fiber, 6g Protein

Harvest of the Month is a national movement that highlights fruit and vegetable choices. Local participants include Black River Memorial Hospital, schools, Jackson County Public Health, Women Infants and Children Program, Ho-Chunk Health Care Center and area organizations. www.JacksonInAction.org



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Photo credit: Pickled Plum.com



Harvest of the Month

NOVEMBER – WINTER
SQUASH



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Roasted Squash Apple Bake with Sage

Ingredients:

Makes 8 Servings – approx. 18g Carb per ½ c. serving

5 c. butternut squash

4 c. Granny Smith apples

¼ c. butter, melted

1/2 c. brown sugar, packed

1 T. flour

1 tsp. salt

½ tsp. ground mace (or allspice)

½ t. dried sage or 1 Tbsp. fresh sage (very finely-chopped)

Peel and cut squash and apples into pieces like you would for apple pie. Place in a large bowl. Melt butter and add rest of ingredients. Stir well. Put in a large casserole. Cover and bake at 350 until squash and apples are soft. Stir. May take up to one hour. Check at 45 min. with the tip of a small sharp knife.



Per ½ c. Serving (Makes 8)

Nutrition Facts	
servings per container	
Serving size	(200g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 320mg	14%
Total Carbohydrate 34g	12%
Dietary Fiber 6g	21%
Total Sugars 20g	
Includes 12g Added Sugars	24%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 1mg	6%
Potassium 431mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

MORE RECIPES:

www.JacksonInAction.org/recipes

BWELLthy recipe videos:

www.BRMH.net/recipes

photo: Katie Schmidt

Holiday Roasted Turnip & Potato Mash

Prep Time:10 Min **Cook Time:**40 Min **Total Time:**50 Min.

Traditional homemade mashed potatoes are jazzed-up by roasting them with garlic and the addition of turnips. The result is tasty mash that's lower in carbs yet still full of flavor. Season with fresh thyme.

Serves 4

Ingredients

10 Red Potatoes (medium in size), Quartered, skin on
2 Turnips, peeled and cubed
2 Tablespoons Olive Oil
2 teaspoons minced fresh garlic
Salt & Pepper – sprinkle lightly
½ t. fresh thyme leaves (or rosemary), fine chop
½ Cup low fat milk, warmed
2 Tablespoons Butter, melted
1 Sprig fresh thyme, leaves removed from stem and finely chopped or fresh rosemary
Red pepper or tomato for garnish

Instructions

Preheat the oven to 350°.

- Place the turnips and potato on a baking sheet in a single layer and drizzle with olive oil and season with salt and pepper. Roast the vegetables for 20 minutes. Then, remove the pan from the oven, stir the veggies and continue roasting for 15- 20 minutes longer. The potatoes and turnips will be tender and lightly golden brown when finished. Test with a fork so they are tender. Do not over bake.
- Transfer to a bowl. Add the milk, melted butter and thyme and mash using a hand-held potato masher (for a lumpier mash) or use a stand mixer fitted with the paddle attachment and blend on medium speed until creamy, but so you still have some chunks. Turn the mixer down to low speed and add in the milk, melted butter, and thyme leaves. Taste the mash and season with additional salt and pepper to taste, if necessary.



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Photo: Katie Schmidt

Harvest Grapefruit *of the Month*

GRAPEFRUIT-CRAN RELISH

2 c. fresh cranberries
1/2 c. water
1/2 c. sugar (or substitute)
1 grapefruit, sectioned

COOKED SAUCE: Combine cranberries, water, and sugar in saucepan. Bring to a boil; cook until berries pop. Remove from heat. Dice grapefruit sections; stir into cranberry mixture. Chill. Makes 2 1/3 cups.

RAW RELISH option:

2 c. fresh cranberries
1 c. sugar (or substitute)
1 grapefruit, sectioned

Coarsely chop cranberries. Add sugar; mix well.

Dice grapefruit sections; stir into cranberry mixture. Chill.

Makes 3 1/3 cups. (NOTE: For gift-giving, the raw relish may be turned into grapefruit shells and covered with transparent food wrap.)



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Photo credit: Katie Schmidt



Harvest of the Month

Cranberries – November

Creamy Fresh Cranberry Fluff

Light and tasty-sure to be the star of Thanksgiving or as a treat anytime throughout the month!

INGREDIENTS:

- 3 cups fresh or frozen cranberries, thawed and coarsely chopped (1 (12) oz. bag)
- 1 can (20 oz.) unsweetened crushed pineapple, drained very well
- 3 medium apples, chopped
- ½ cup regular granular sugar or granular sugar- free sweetener (stevia; sucralose) equal to ½ c. regular sugar
- 1 carton (8 oz.) light whipped topping (or vanilla Greek yogurt)
- ¼ cup fine chopped walnuts (optional)

1) In a large bowl, combine the cranberries, pineapple, apple, and sweetener. Cover and refrigerate overnight if desired.

2) Just before serving, gently stir in cool whip and walnuts.

Makes 16 servings, each 1/2 cup, for 100 calories, 3 g. fat w/ walnuts, and 18 g. carbohydrate (1 carbohydrate choice) per serving.

Nutrition Analysis (made with regular sugar and Greek Yogurt: 98 calories, 1.5g fat, 20g carbohydrate, 2 g protein, 2.25 g fiber.

www.BRMH.net/recipes

www.JacksonInAction.org



Photo: Katie Schmidt



RED & GREEN Kale Salad Yield: 12 Serv.

Dressing:

- ¼ c. rice vinegar (or apple cider)
- 2 T apple juice
- 4 T pure maple syrup
- 1 T minced red onion
- 1 tsp. salt
- ½ t black pepper
- ½ c. olive oil
- ¼ c. light sour cream

Salad:

- 2 bunches green kale (approx. 8 cups)
- 4 apples (cut bite size)- Cortland or other crispy apple works well
- ½ c. red onion small dice
- ¼ cup fennel minced (optional but makes it better)
- ¾ c. roasted pecans or walnuts
- ½ c. blue cheese crumbles (or feta cheese)
- ½ cup golden raisins (or craisins)

Method:

Mix dressing well, coating kale fully with dressing. Utilize hands for full coating effect with “massage” technique.

Toss with salad items. Can still be good the next day!



Per 1 c. Serving. Make 12 servings

Nutrition Facts	
servings per container	
Serving size	(163g)
Amount per serving	
Calories	250
<small>% Daily Value*</small>	
Total Fat 17g	22%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 340mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	14%
Total Sugars 16g	
Includes 4g Added Sugars	8%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 121mg	10%
Iron 1mg	6%
Potassium 310mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Nutrition notes: Kale is a vibrant dark green leafy vegetable that is packed with nutrition. Kale is similar to spinach and is one of the healthiest vegetables around. You'll want to include kale as one of the cruciferous vegetables you eat on a regular basis. At a minimum, include cruciferous vegetables like cauliflower, broccoli, Brussels sprouts and cabbage as part of your diet 2-3 times per week, and make the serving size at least one cup.

Harvest of the Month Cauliflower



Roasted Cauliflower Chick Pea Salad

Serves 8

Preheat the oven to 400°F and set the rack in the middle

Stir together the dressing:

- ¼ cup extra virgin olive oil
- 2 tablespoons freshly squeezed lemon juice (or bottled)
- 1 Tablespoon Dijon mustard
- 1 Tablespoon whole grain/stone ground seeded mustard
- Optional ½ t. ground black pepper

In a roasting pan toss together:

- 14-ounce can chickpeas, rinsed/drained and dried in a kitchen towel
- 1 head (3-4 c.) of cauliflower, outer leaves removed and discarded, cut into bite sized pieces
- 2 tablespoons olive oil for drizzling
- 1/4 t. ground black pepper
- 1/4 t. curry powder
- 1/4 t. turmeric
- Pinch of salt (optional)

Toss the chickpeas and cauliflower together in a large roasting pan with 3 tablespoons of olive oil and optional pinch of salt. Roast for 35-40 minutes or until slightly brown on edges.

Once mixture has cooled slightly, stir in the dressing plus:

- ⅓ cup golden raisins
- ¼ c. chopped fresh parsley

Serve warm or chilled. Use additional amounts of spices if desired.

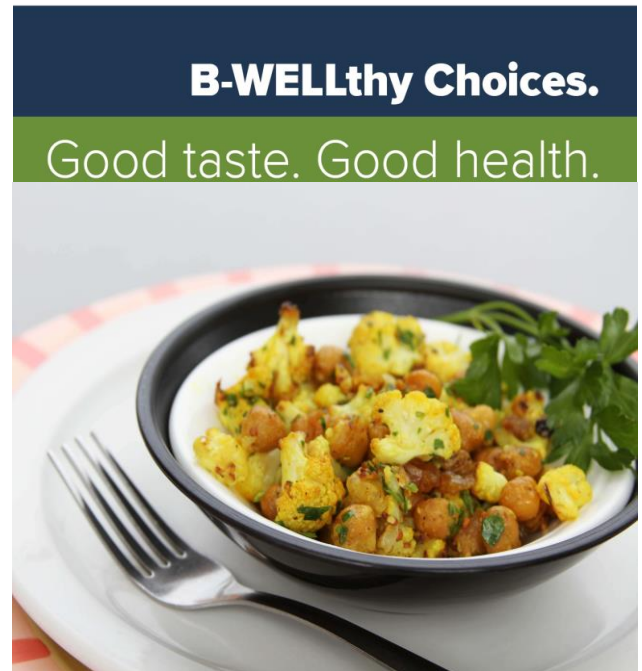


Photo: Katie Schmidt

Per 1 cup Serving:

Nutrition Facts	
servings per container	
Serving size	(137g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 18g	7%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 346mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

VIEW THE VIDEO at [www. BRMH.net/Recipes](http://www.BRMH.net/Recipes)

Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, local school districts, and the community. www.JacksonInAction.org



FUDGY WALNUT BROWNIES(PLANT-POWERED)

Here's the perfect scenario: A dense, moist brownie packed with cocoa, polyphenols and bean nutrition--protein, fiber, and even antioxidants! The beans replace the grains and some of the fat in this gluten-free, egg-free brownie. We guarantee that nobody will guess the **magic ingredients (black beans)** in this delicious treat.

What a great way to get kids (and grownups) to eat their beans.

~From Plant *Powered for Life* by Sharon Palmer

Serves: 16

Ingredients

- Nonstick cooking spray
- One 15-ounce can black beans, no salt added, rinsed and drained (or 1¾ cup cooked)
- ½ cup honey or agave nectar (or maple syrup)
- ½ cup unsweetened cocoa powder (dark or regular)
- 2 tablespoons chia seeds
- 1 teaspoon pure vanilla extract
- 3 tablespoons canola oil, expeller pressed or melted coconut oil
- ½ teaspoon baking powder
- ½ cup chocolate chips (semi-sweet or dark)
- ½ cup chopped walnuts (or pecans)
- Seasonal Option: ½ c. dried cranberries

Instructions

1. Preheat the oven to 350 degrees F (180 degrees C). Spray an 8 by 8-inch baking dish with nonstick cooking spray.
2. Place the black beans, honey, cocoa powder, chia seeds, vanilla, canola oil, and baking powder in a blender. Process until smooth. Scrape down the sides halfway through blending if needed.
3. Pour the batter into the prepared baking dish.
4. Stir in the optional dried cranberries and sprinkle the chocolate chips and walnuts evenly across the top of the brownies.
5. Bake for 45 to 50 minutes, until the edges pull away from the side of the pan and the brownies are firm.
6. Cool for a few minutes, and slice into 16 squares.



Serves 16

Per Serving:

Nutrition Facts	
servings per container	
Serving size	(58g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 21g	8%
Dietary Fiber 4g	14%
Total Sugars 13g	
Includes 9g Added Sugars	18%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 1mg	6%
Potassium 63mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Holiday Steamed Cranberry Pudding

Six Servings:

Ingredients:

1-1/3-c. flour
1/2-tsp. salt
1/4-tsp. ground cloves
1-tsp. soda
1/4-tsp. cinnamon
1/4-tsp. mace
1/3-c. hot water
1/2-c. light molasses (or 1/4 c. molasses and 1/4 c. corn syrup)
2-c. coarse chopped cranberries



Photo: www.eastewart.com

Mix dry ingredients. Add water, molasses and fresh or frozen cranberries. Spray non-stick spray in baking dish or mold and dust with flour. Fill with the mixture--should be about 2/3 full. Steam for 1 1/2 - 2 hours. If using an institutional steamer the time is reduced to 1 hour. This can also be made in a double boiler. Whatever container you use, be sure the lid is very tight. Put tinfoil under lid and press down on sides of pan. Allow to cool, un-mold and serve with the warmed sauce below:

Sauce:

1 c. sugar (half Splenda if desired)
1 c. light cream (Half & Half)
1/4 c. butter
1 Tbsp. flour
1/2 tsp. vanilla
Mix sugar and flour in a small saucepan. Add butter and cream. Cook on low temperature until slightly thick. Add vanilla. Serve warm. This can be lower in calories if you limit the amount of sauce used.



Photo credits: [ourladyofsecondhelpings](http://ourladyofsecondhelpings.com); [landoflakes](http://landoflakes.com)

Carrot Cookies

Incorporating a vegetable into holiday cookies is an innovative way to eat more veggies. These cookies are a personal favorite and a family tradition.

Cookie batter:

3/4-c. sugar

3/4-c. butter

3/4-c. cooked, mashed carrot

1 egg

2 c. unbleached flour

2-tsp. baking powder

1/2-tsp. salt

1-tsp. vanilla



Frosting:

2 Tbsp. fresh squeezed orange juice

1 Tbsp. fresh grated orange rind

1 Tbsp. butter, melted

Powdered sugar (approx., 1 c. or enough to make it spreadable)

Combine and blend sugar and butter. Add carrots and eggs. Combine dry ingredients and add to batter. Add vanilla. Place spoonfuls on parchment paper covered cookie sheet and bake at 400 degrees for approx. 8 minutes. Only bake until they are no longer shiny and slightly brown on edges (tops do not get brown.) Test with a toothpick. Cool on racks. Mix icing ingredients and spread on cooled cookies. These are soft and luscious – the orange and carrots are perfect partners. Freezes well. Enjoy!

Carrot Granita

2 Cups 100% Carrot Juice or other 100% Juice

1/4 Cup Granulated Sugar or 3 Tablespoons Agave Nectar

1 Tablespoon Fresh Mint Leaves, Finely Minced

Simply combine all the ingredients and stir until your sweetener of choice has fully dissolved. Pour the mixture into 9 by 13-inch baking pan and place on stable, flat surface in the freezer. Allow it to rest for half an hour.



Use a dinner fork to scrape any ice crystals that have begun to form on the sides and bottom of the pan. Place the pan back in the freezer and repeat this procedure, scraping and mixing every 20 – 30 minutes for a total of 3 – 4 hours.

Once mixture is thoroughly frozen, you should end up with light, fluffy flakes that look like dry orange crystals. Scoop into glasses and enjoy right away.

Photo credits: www.Healthyaperture.com, .kitchenconfidante

Harvest of the Month

PUMPKIN MAPLE NUT GRANOLA

Ingredients

- 1/2 cup pumpkin puree
- 2 egg whites
- 3/4 cup maple syrup (or half sugar-free, half regular)
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon ginger
- pinch of cloves
- pinch of salt
- 4 1/2 cups oats
- 3/4 cup pecans, roughly chopped or walnuts
- 1/2 cup coconut
- 1/3 cup pumpkin seeds or almonds
- 2 tablespoons chia seeds (or flax seed)
- 3/4 cup dried cherries or raisins

Instructions: Preheat oven to 325 degrees and line a large baking sheet with parchment paper. In a big mixing bowl whisk together all of the first 8 ingredients (pumpkin through salt). Stir well to combine. Add in the oats, pecans, coconut, pumpkin seeds or almonds and chia seeds or flax seed, leaving only the dried cherries (or raisins) out. You'll add the dried fruit after the granola is cooked so they don't get hard and dried out. Pinch the oat mixture together to form little clumps on top of the baking sheet (this helps form more chunky granola). Bake at 325 degrees for 20 minutes, stir then bake another 20 minutes. If the granola is still not crisp after 40 minutes then turn the heat down to 275 and bake for another 10-15 minutes. Note that it will crisp more as it cools down. Let cool completely before storing in an air tight container. Mix in dried cherries or dried cranberries. Serve over yogurt, with milk, or as a snack.

Note: Sugar Free syrup can lose its sweetness in baking. Recommend using half sugar-free and half regular.

Nutrition info per 1/2 cup using half SF syrup and half regular: 230

Calories, 9g Fat, 31g Carb., 6g Fiber, 6g Protein

Notes: VIEW this recipe in VIDEO format: www.brmh.net/recipes

Black River Memorial Hospital is a member of www.JacksonInAction.org



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Weight gain during the holidays isn't a given- -it can be prevented by maintaining a balanced diet all year round, in addition to practicing a few simple tips during the holiday season. With just a few strategies, you can avoid holiday weight gain while still enjoying friends, family and the holiday feast!

Tips for Success

1. **Don't skip meals.** Cutting out meals in the days or weeks leading up to the holiday in an attempt to lose weight before the holidays come will only make you more likely to overeat when the holiday meals do come along. Instead, practice well-balanced and healthful eating leading up to the holidays, including adequate fruits, vegetable, lean proteins, high fiber foods and whole grains.
2. **Avoid overeating.** Remember, you can over eat even the healthier options, as they still have calories. Try to balance portions of everything on your plate at the holiday meal.
3. **Veggies first.** To avoid overeating, try using a smaller plate, first filling your plate with the vegetable and salad options before adding the entrees and desserts to the plate. Eating a salad or vegetable first can help you eat fewer calories overall, stay fuller longer, and feel more satisfied overall. This way you are more likely to get a larger amount of the vegetables and smaller portions of the higher-calorie entrees and desserts.
4. **Slowly savor.** Enjoy every bite. Before continuing to eat, take a few seconds to pause and feel if you really are still hungry, or if your stomach is full.
5. **Play your part.** If you are bringing a snack or dish to the holiday gathering, make it a healthier option. Bring something like a fruit or vegetable tray, roasted vegetable side dish, salad, lean meat option, whole grain pasta salad, or a health-conscious entrée. This will allow you and your family members to have a healthy option, and they don't even have to know it!
6. **Be mindful of beverages.** Beverages can be a sneaky way of adding extra calories to your diet, without adding substance. Avoid sugar-sweetened and high-calorie beverages, to allow you to enjoy more of the food options, while avoiding excessive calorie intake. Try drinking water with lemon, tea, or coffee instead of punch or hot cocoa at the holiday gathering.
7. **Moderation, moderation, moderation!** You don't necessarily need to completely avoid desserts and treats, but choose smaller portions, and eat these foods in moderation. Try only one dessert option, or if you really want to try two options, choose half of each piece to equal a whole piece.
8. **Exercise is key.** Avoiding holiday weight gain isn't all about the food, however. Physical activity is an essential part of maintaining a healthy weight and lifestyle. Activity is a useful tool for staying healthy during the holidays just as it is during all times of the year. In addition to getting adequate exercise leading up to and after the holidays, try getting extra activity on the actual holiday. After the holiday meal, get moving! This would be a great time to gather up the family and going outside to playing a game of football, or simply going out for a walk with the whole crew. Stay mindful of your eating during the holidays, as well as your activity level!

**More information, Contact BRMH Nutrition Services at
715-284-1348** Photo credit <https://unsplash.com/@heftiba>