



2015



HOLIDAY



RECEPTION



RECIPE BOOK



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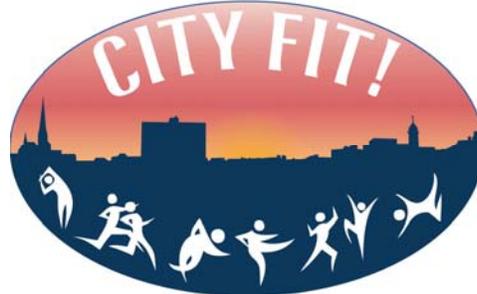


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Beverages

Healthy Holiday Punch

Serves 10-12

4 cups cranberry juice
6 cups seltzer water
1/3 cup lime juice
Fresh sliced limes for garnish

Directions:

Mix ingredients together in a large punch bowl. serve over ice (or add ice to punchbowl).



Lightened-Up Egg Nog

Recipe credit: Cooking Light

Eggnog is very similar in texture and flavor to melted low-fat vanilla ice cream. Using this recipe you can save yourself hundreds of calories, and loads of saturated fat!

More than 1/3 of the calories in eggnog come from saturated fat—this is like eating 2 heaping tablespoons of butter. Once you add alcohol to your drink, it will be over 400 calories!!



Directions:

Let 1/2 cup of light ice cream (such as Edy's Slow Churned Vanilla) melt at room temperature. Stir in 1 tablespoon bourbon and 1/2 tablespoon brandy, sprinkle with nutmeg, and garnish with cinnamon. Voila, a 150-calorie holiday treat. Whipped cream adds an extra 2 grams of saturated fat per serving. Instead, choose whipped topping.

Snacks

Healthy Trail Mix

Yield: 9 servings (1 serving = 1/2 cup)

- 2 cups popcorn (air popped, or a healthy/plain packaged option such as SkinnyPop Original)
- 1 cup Whole Natural Almonds
- 1/4 cup dried blueberries
- 1/4 cup dried cherries
- 1/4 cup raisins
- 1/4 cup dried bananas
- 1/4 cup dried cranberries (Craisins)
- 1/4 cup dark chocolate chips

Directions:

1. Pour all ingredients in to a bowl.
2. Mix together and serve!



Dips

Beet Hummus

8 oz. roasted beets
1 can (15 oz.) chickpeas, drained and rinsed
1/4 cup almonds
2 tsp minced garlic
1/2 cup olive oil
1/4 cup red wine vinegar
salt and pepper to taste

To roast beets:

Pre-heat oven to 425 degrees F. Clean and scrub beets, drizzle with olive oil and wrap tight in tinfoil. Place a baking sheet underneath the beets, as they can drip during cooking in the oven. Roast for 45-60 minutes (time may be more or less depending on size of beets). You can test whether they are done by slicing beets with a sharp knife. Once beets are cool enough to handle, you can remove the skins by running under cold water. Allow to cool before using in this recipe. Alternatively, canned beets can be used, but the flavor and color is much better with fresh beets.

Put garlic and almonds into a food processor, and pulse until chopped. Add chickpeas, roasted beets, olive oil, and vinegar - process until smooth. Add salt and pepper to taste. Serve with pita chips, whole grain crackers, or raw veggies.



Mexican Spinach Dip

1 block frozen chopped spinach, thawed
1 cup frozen corn
1 bag (8oz) 2%-Mexican blend shredded cheese
1 block reduced-fat cream cheese
1/4 cup light sour cream
1/4 cup parmesan cheese
1 can (15oz) black beans, rinsed
1 1/2 cups salsa
baked tortilla chips or whole grain crackers

Directions:

1. Combine all ingredients into an oven-safe baking/serving dish (or crockpot).
2. Heat in oven until cheese is melted, mix to blend ingredients, and continue baking until hot.
3. Serve with baked tortilla chips or whole grain crackers.



Main Dish

Sweet Potato & Black Bean Chili (slow-cooker)

Yields 4 servings, about 2 cups each (Note: this recipe doubles well, and can be frozen in Ziploc bags for thawing/serving later!)

Active Time: 10 minutes

Total Time: 6 hours

2 large sweet potatoes, diced into 1-inch cube
2 cans (15 oz. each) black beans, drained and rinsed
1 can (14oz) Mexican stewed tomatoes w/ green chilies
1 can (14 oz.) diced tomatoes
2 cans (4.5 oz. each) diced green chilies
1 1/2 cups frozen corn
4 green onions, sliced thinly (white part and 2 inch of light green)
1 1/2 tsp minced garlic
1 Tbsp. chili powder
1 tsp ground cumin
Light sour cream (or plain light/fat-free Greek yogurt for a healthier choice) for serving

Directions:

Add all ingredient to crockpot and stir to combine spices.
Cover and cook on low for 6 hours, or until sweet potatoes are done.
Serve with a dollop of light sour cream
(or Light/fat-free plain Greek yogurt)



Chickpeas and Spinach with Smoky Paprika

Yield: 10 servings (serving size: about 2/3 cup)

Recipe Credit: Cooking Light, December 2010

- 1 tablespoon olive oil
- 4 cups thinly sliced onion
- 5 garlic cloves, thinly sliced
- 1 teaspoon Spanish smoked paprika
- 1/2 cup dry white wine
- 1/4 cup organic vegetable broth
- 1 (14.5-ounce) can fire-roasted diced tomatoes, undrained
- 1 (15-ounce) can chickpeas (garbanzo beans), rinsed and drained
- 1 (9-ounce) package fresh spinach
- 2 tablespoons chopped fresh flat-leaf parsley
- 2 teaspoons sherry vinegar

Directions :

Heat olive oil in a large Dutch oven over medium heat. Add onion and garlic to pan; cover and cook for 8 minutes or until tender, stirring occasionally. Stir in smoked paprika, and cook for 1 minute. Add white wine, vegetable broth, and tomatoes; bring to a boil. Add chickpeas; reduce heat, and simmer until sauce thickens slightly (about 15 minutes), stirring occasionally. Add spinach; cover and cook for 2 minutes or until spinach wilts. Stir in parsley and vinegar.



Spiced Pork Tenderloin with Sautéed Apples

Recipe credit: Cooking Light, November 2012

3/8 teaspoon salt
1/4 teaspoon ground coriander
1/4 teaspoon freshly ground black pepper
1/8 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1 pound pork tenderloin, trimmed and cut crosswise into 12 pieces
Cooking spray
2 tablespoons butter
2 cups thinly sliced unpeeled Braeburn or Gala apple
1/3 cup thinly sliced shallots
1/8 teaspoon salt
1/4 cup apple cider
1 teaspoon fresh thyme leaves

Directions:

1. Heat a large cast-iron skillet over medium-high heat. Combine first 5 ingredients; sprinkle spice mixture evenly over pork. Coat pan with cooking spray. Add pork to pan; cook 3 minutes on each side or until desired degree of doneness. Remove pork from pan; keep warm.
2. Melt butter in pan; swirl to coat. Add apple slices, 1/3 cup shallots, and 1/8 teaspoon salt; sauté 4 minutes or until apple starts to brown. Add apple cider to pan, and cook for 2 minutes or until apple is crisp-tender. Stir in thyme leaves. Serve apple mixture with the pork.



Dessert

Pumpkin Chocolate Chip Oatmeal Cookies

Yields 30 cookies

2 cups quick cook oats
1 1/2 cups whole wheat flour
1 Tbsp. baking powder
4 tsp ground cinnamon
1/2 tsp ground nutmeg
3/4 tsp ground ginger
1/2 tsp salt
1/4 cup (1/2 stick) butter, melted and cooled
(or coconut oil)
1 can (15 oz.) pumpkin puree (not pumpkin pie mix)
1 Tbsp. pure vanilla extract
1 cup pure maple syrup
1/2 cup dark chocolate chips



Directions

Preheat oven to 325 degrees F. Line a baking sheet with parchment paper, or use non-stick cooking spray.

Mix oats, flour, baking powder, cinnamon, nutmeg, ginger and salt in a bowl.

In a separate bowl, blend the butter (or coconut oil), pumpkin puree, vanilla, and maple syrup.

Add the flour mixture to the wet ingredients, stirring with a spoon or spatula until items are mixed evenly.

Add the chocolate chips and stir to mix.

Drop cookie dough by rounded spoonful's onto prepared baking sheet, and flatten to the desired thickness.

Bake for 12-14 minutes

Allow baked cookies to set for 15 minutes before transferring to wire cooling rack.

Black Bean Brownies

1 can (15 oz.) black beans, drained and rinsed
3 eggs
3 tablespoons vegetable oil or coconut oil
3/4 cup sugar
1/4 cup dark cocoa powder (unsweetened)
1 teaspoon vanilla
1/2 tsp baking powder
1 pinch salt
1/2 cup dark chocolate (or semi-sweet) chips

Directions:

Preheat oven to 350 degrees F. Grease base and sides of an 8x8 baking dish (nonstick cooking spray or oil)

Add beans to food processor and process until smooth

Add eggs, oil, sugar, cocoa powder, vanilla, baking powder, and salt. Blend/process until smooth

Pour into prepared baking dish, and sprinkle chocolate chips on top

Bake for 32-35 minutes, until top is dry.



Ten Tips for Healthy Holiday Eating

1. **Be realistic.** Don't try to lose pounds during the holidays, instead try to maintain your current weight.
2. **Plan time for exercise.** Exercise helps relieve holiday stress and prevent weight gain. A moderate and daily increase in exercise can help partially offset increased holiday eating. Try 10- or 15-minute brisk walks twice a day.
3. **Don't skip meals.** Before leaving for a party, eat a light snack like raw vegetables or a piece of fruit to curb your appetite. You will be less tempted to over-indulge.
4. **Survey party buffets before filling your plate.** Choose your favorite foods and skip your least favorite. Include vegetables and fruits to keep your plate balanced.
5. **Eat until you are satisfied, not stuffed.** Savor your favorite holiday treats while eating small portions. Sit down, get comfortable, and enjoy.
6. **Be careful with beverages.** Alcohol can lessen inhibitions and induce overeating; non-alcoholic beverages can be full of calories and sugar.
7. **If you overeat at one meal go light on the next.** It takes 500 calories per day (or 3,500 calories per week) above your normal/maintenance consumption to gain one pound. It is impossible to gain weight from one piece of pie!
8. **Take the focus off food.** Turn candy and cookie making time into non-edible projects like making wreaths, dough art decorations or a gingerbread house. Plan group activities with family and friends that aren't all about food. Try serving a holiday meal to the community, playing games or going on a walking tour of decorated homes.
9. **Bring your own healthy dish** to a holiday gathering.
10. **Practice Healthy Holiday Cooking.** Preparing favorite dishes lower in fat and calories will help promote healthy holiday eating. Incorporate some of these simple-cooking tips in traditional holiday recipes to make them healthier.