



HEALTHIER

holiday

RECIPES



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Brined Turkey Breast



Makes 12 servings

Container Equivalents: 1 Red, ½ tsp.

2B Mindset Plate It: A great protein as part of lunch or dinner.

ingredients

- Large brining bag or extra-large freezer bags (optional)
- 3 quarts water
- ½ cup raw honey
- 1 cup coarse kosher salt
- 1 medium orange, quartered
- 1 medium lemon, quartered
- 3 sprigs fresh thyme, coarsely chopped
- 2 sprigs fresh rosemary, coarsely chopped
- 4 lb raw turkey breast, boneless, washed
- 2 Tbsp olive oil
- 4 cloves garlic, finely chopped
- ½ tsp sea salt (or Himalayan salt)
- ½ tsp ground black pepper

instructions

- Line large saucepot (or roasting pan or bowl) with two bags if desired.
- Combine water, honey, and kosher salt in saucepot; mix until salt is dissolved.
- Add orange, lemon, thyme, rosemary, and turkey breast. Seal bags. Refrigerate for 8 to 12 hours.
- Remove turkey breast from water; discard brining liquid. Dry turkey breast carefully with paper towels. Set aside.
- Set oven rack to lowest position. Place baking stone on rack if desired. Preheat oven to 500°F. (Allow oven to preheat for at least 45 minutes before adding turkey.)
- Combine oil and garlic in a small bowl; mix well. Set aside.
- Set turkey breast on a rack in large roasting pan. Brush with oil mixture. Sprinkle with sea salt and pepper.
- Place roasting pan (with turkey breast) on baking stone. Immediately close oven and reduce oven temperature to 325°F.
- Bake for 1 hour 20 minutes to 1 hour 40 minutes, or until golden brown and deepest part of breast registers 150°F on an instant read thermometer.
- Remove turkey breast from oven; let rest at least 30 minutes before carving. Remove skin before serving.



Herb-Roasted Turkey



Makes 24 servings

Container Equivalents: 1 Red

2B Mindset Plate It: A great protein as part of lunch or dinner.

ingredients

- 1 18 lb. raw whole turkey
- 1½ tsp sea salt, (or Himalayan salt)
- 2 Tbsp coarsely ground black pepper
- 1½ tsp dried thyme leaves
- 1½ tsp dried ground sage
- 1½ tsp dried oregano leaves
- 1½ tsp dried basil leaves
- 6 cups low-sodium organic chicken (or turkey) broth, divided use
- 2 cloves garlic, finely chopped
- 18 fresh marjoram sprigs, leaves removed and finely chopped, stems discarded
- 18 fresh parsley sprigs, finely chopped
- 2 medium onions, cut into ¼-inch slices
- 2 medium carrots, cut into ¼-inch slices
- 2 medium celery stalks, cut into ¼-inch slices
- 2 medium leeks, cut into ¼-inch slices | garlic head, halved crosswise
- cooking string/twine

instructions

- Preheat oven to 450° F. Place rack in lowest position in oven.
- Remove turkey neck and giblets from inside turkey; rinse turkey and pat dry with paper towels. Set aside.
- Combine salt, pepper, thyme, sage, oregano, and basil in a small bowl; mix well.
- Slide your hand under the skin of the turkey breast to loosen. Rub the pepper mixture inside turkey cavity, under skin, and on skin. Pour ¼ cup broth into turkey cavity
- .Combine ¾ cup broth and chopped garlic in a small bowl; pour over turkey.
- Combine marjoram, parsley, onions, carrots, celery, and leeks in a large bowl; mix well. Place in turkey cavity with garlic head.
- Tie turkey legs together with cooking string. Place turkey breast side up on cooking rack set in a large, heavy roasting pan. Pour 2 cups broth into bottom of roasting pan. Tent aluminum foil over turkey and sides of the pan. Bake for 30 minutes.
- Reduce heat to 325° F. Bake for an additional 3 to 3½ hours, basting with remaining 3 cups broth and pan juices every 20 minutes. Remove aluminum foil after 2½ hours. Bake until a meat thermometer inserted in the thickest part of the thigh reads 180° F, and juices run clear. Let turkey sit for 20 minutes before carving. Discard skin and vegetables before serving.



Quinoa Stuffing

Makes 16 servings

Container Equivalents: ½ Green, 1 Yellow, ½ Blue, ½ tsp.

2B Mindset Plate It: Makes a great FFC side as part of breakfast or lunch.

ingredients

- 2 Tbsp. olive oil
- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- 8 medium celery stalks, chopped (about 4 cups)
- 2 medium green apples, with peel (about 2 cups)
- 4 cups low-sodium organic vegetable broth
- 2 cups dry quinoa, rinsed
- 1 tsp. sea salt
- 1 tsp. ground cumin
- ½ tsp. ground black pepper
- ½ cup dried cranberries
- ½ cup chopped fresh cilantro
- ½ cup pine nuts

instructions

- Heat oil in medium saucepan over medium-high heat.
- Add onion and garlic; cook, stirring occasionally, for 2 minutes, or until fragrant.
- Add celery and apple; cook, stirring frequently, for 8 to 10 minutes, or until tender.
- Add broth, quinoa, salt, cumin, and pepper. Bring to a boil. Reduce heat to medium-low; cook, covered, for 15 minutes, or until most of liquid is absorbed. Remove from heat.
- Add cranberries. Cover and let stand for 5 minutes.
- Add cilantro and pine nuts; fluff with fork and serve.

Apple and Chestnut Stuffing

Makes 6 servings

Container Equivalents: ½ Green, 1 Yellow, ½ Blue, ½ tsp.

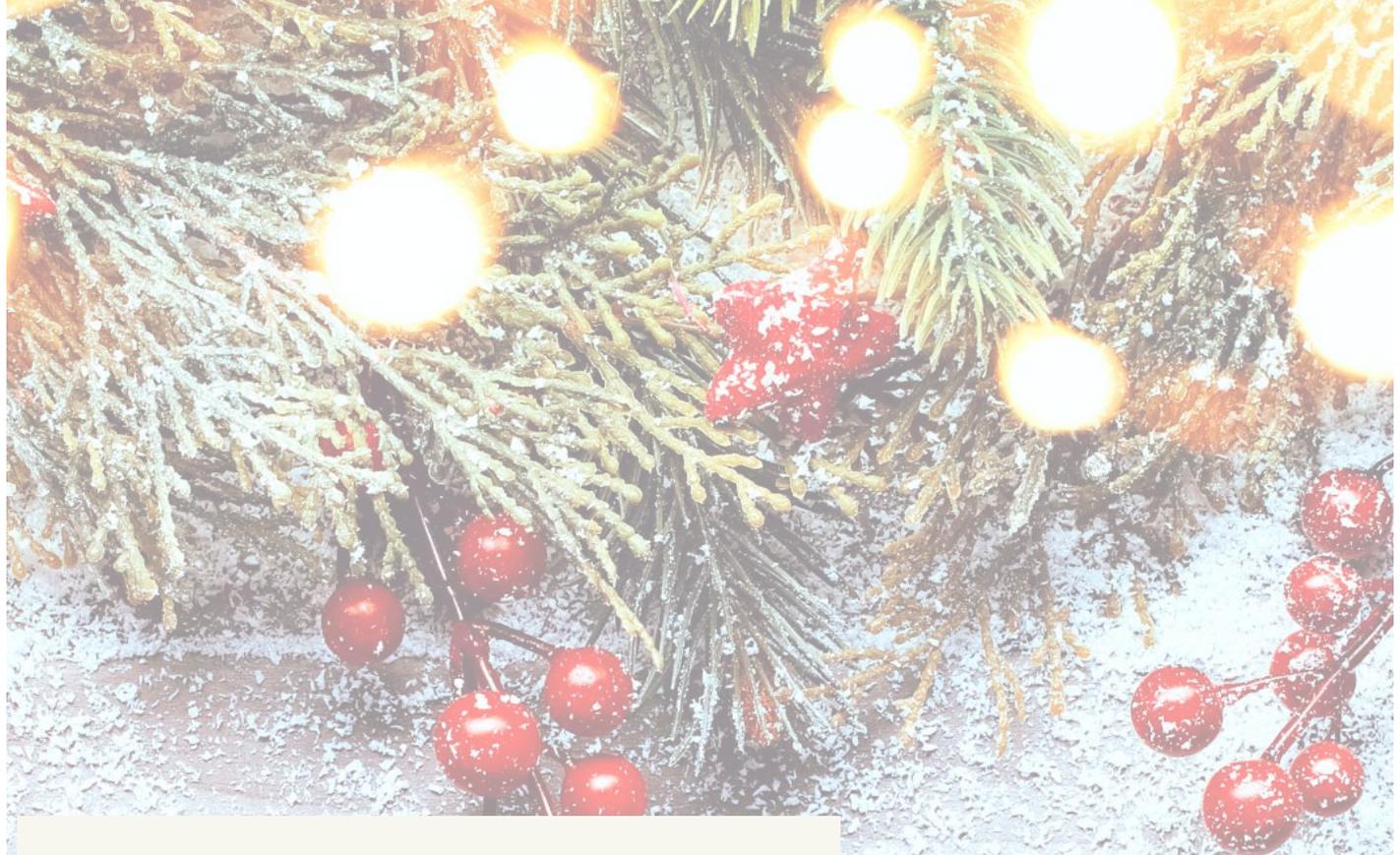
2B Mindset Plate It: Makes a great FFC side as part of breakfast or lunch.

ingredients

- Nonstick cooking spray
- 6 cups whole-grain bread cubes
- 1 Tbsp. olive oil
- 1 medium onion chopped
- 2 medium celery stalks chopped
- 3 cups coarsely chopped apples (about 3 medium apples)
- ¼ cup finely chopped fresh sage or thyme
- ½ tsp. sea salt or Himalayan salt
- ½ tsp. ground black pepper
- 2 cups low-sodium organic vegetable or chicken broth
- ¾ cup chopped chestnuts roasted, approx. 4 oz.

instructions

- Preheat oven to 375° F.
- Lightly coat a 3-quart baking dish with spray. Set aside.
- Spread bread evenly on large, rimmed baking sheet. Bake for 15 minutes, rotating pan half-way through. Set aside.
- Heat oil in large nonstick skillet over medium-high heat.
- Add onion and celery; cook, stirring frequently, for 5 to 6 minutes, or until onion is translucent.
- Add apples; cook for 3 to 4 minutes, or until apples are tender-crisp.
- Combine onion mixture, bread, sage, salt, pepper, broth, and chestnuts in a large bowl; mix well.
- Place stuffing in prepared baking dish. Bake for 30 to 35 minutes, or until cooked through.



Roasted Cauliflower Mash



Makes 8 servings

Container Equivalents: 1 Green, 1/2 tsp

2B Mindset Plate It: Makes a great veggie side as part of lunch or dinner.

ingredients

- 1 (2-lb.) cauliflower, cut into small florets, discard stem
- 1 Tbsp. +1 tsp olive oil
- 1 tsp sea salt (or Himalayan salt)
- ¼ tsp granulated garlic (optional)
- 2 Tbsp. low-sodium organic vegetable broth

instructions

- Preheat oven to 400° F.
- Wash cauliflower and pat dry.
- Place cauliflower in large baking pan. Drizzle with oil; toss gently to coat.
- Season with salt and garlic.
- Bake, stirring halfway through, for 40 to 45 minutes, or until tender.
- Place in food processor; add vegetable broth. Pulse until smooth.



Greek Yogurt and Scallion Mashed Potatoes

Makes 9 servings

Container Equivalents: 1 Yellow

2B Mindset Plate It: A great FFC as part of lunch..



ingredients

- $\frac{3}{4}$ cup unsweetened almond milk
- $\frac{3}{4}$ cup reduced-fat (2%) plain Greek yogurt
- $\frac{1}{4}$ cup + 2 Tbsp. green onions, sliced, divided use
- 2 lbs. medium red potatoes cut into cubes
- $\frac{1}{2}$ tsp. sea salt (or Himalayan salt), divided use
- ground black pepper (to taste; optional)

instructions

- Heat almond milk, yogurt, and 2 Tbsp. green onions in small saucepan over medium heat. Bring to a boil. Turn off heat. Set aside.
- Place potatoes in medium saucepan. Cover with water. Add $\frac{1}{4}$ tsp. salt. Bring to a boil over medium-high heat. Reduce heat to medium-low; gently boil for 15 to 20 minutes, or until tender. Remove from heat.
- Strain green onions from almond milk mixture; discard onions. Set aside.
- Drain water from potatoes. Return potatoes to heat. Gradually add almond milk mixture, mashing potatoes as milk is added; cook over low heat for 1 to 2 minutes. Remove from heat.
- Add remaining $\frac{1}{4}$ cup green onions, remaining $\frac{1}{4}$ tsp. salt and pepper (if desired).
- Serve warm.



Maple and Turkey Bacon- Wrapped Brussels Sprouts

Makes 6 servings

Container Equivalents: 1 Yellow

2B Mindset Plate It: A great FFC as part of lunch..



ingredients

- aluminum foil
- 1 Tbsp. pure maple syrup
- 1 Tbsp. balsamic vinegar
- 24 medium Brussels sprouts
- 12 slices nitrite-free turkey bacon, cut in half
- 24 wooden toothpicks, soaked in water
- ½ tsp. ground black pepper

instructions

- Preheat oven to 400° F. Line large baking sheet with foil. Set aside.
- Combine maple syrup and vinegar in a small bowl; mix well. Set aside.
- Wrap each Brussels sprout tightly with half slice of bacon. Secure with a toothpick.
- Arrange Brussels sprouts on prepared baking sheet so that they are not touching.
- Brush bacon with maple syrup mixture. Sprinkle with pepper.
- Bake for 30 to 35 minutes, or until Brussels sprouts are tender-crisp and bacon is crisp.
- Remove toothpicks before serving.

Roasted Green Beans With Garlic



Makes 6 servings

Container Equivalents: 2 Green, 1/2 tsp

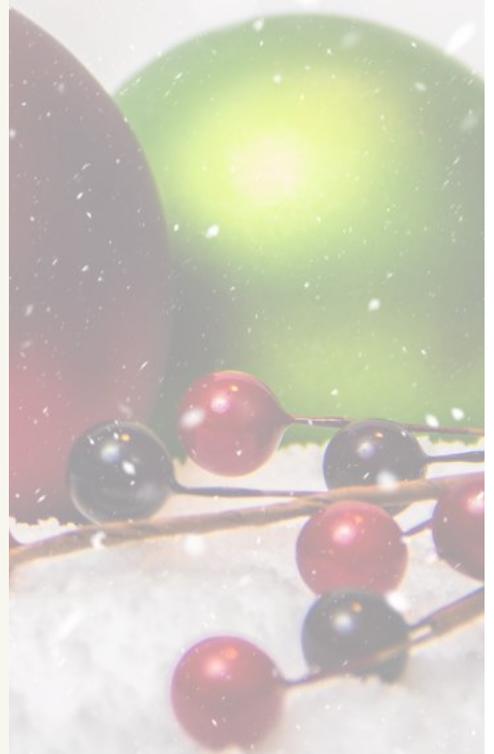
2B Mindset Plate It: Enjoy this veggie as part of lunch or dinner.

ingredients

- 3 lbs. thin green beans, ends trimmed
- 4 cloves garlic, finely chopped
- 1 Tbsp. olive oil

instructions

- Preheat oven to 375° F.
- Combine green beans, garlic, and oil in a large bowl; toss gently to coat.
- Place green beans on a baking sheet.
- Bake, shaking pan occasionally, for 20 to 25 minutes, or until tender-crisp.



Green Bean Casserole



Makes 8 servings

Container Equivalents: ½ Green, ½ Yellow, ½ tsp.

2B Mindset Plate It: A great veggie side as part of lunch or dinner.

ingredients

- 5 Tbsp. whole-wheat flour, divided use
- ½ tsp. paprika
- ½ tsp. garlic powder
- 1 medium onion, (½ onion thinly sliced, ½ onion chopped), divided use
- 3 tsp. olive oil, divided use
- 8 oz. sliced mushrooms
- ½ tsp. onion powder
- 3 fresh thyme sprigs, leaves removed and chopped, stems discarded
- ½ tsp. sea salt
- ½ tsp. ground black pepper
- ½ cup reduced-fat (2%) milk
- 2 Tbsp. dry sherry wine
- 1 lb. frozen French-cut green beans 1 cup reduced-fat (2%) plain yogurt

instructions

- Preheat oven to 400° F.
- Combine 2 Tbsp. flour, paprika, and garlic powder in a medium bowl; mix well.
- Add sliced onion; mix until well coated. Set aside.
- Heat 2 tsp. oil in large nonstick skillet over medium-high heat.
- Add sliced onion mixture; cook, turning once or twice, for 3 to 5 minutes, or until golden brown and crisp. Remove from skillet and place on a paper towel. Set aside. Wipe skillet clean.
- Heat remaining 1 tsp. oil in skillet over medium-high heat. Add chopped onions; cook, stirring frequently, for 2 to 4 minutes, or until translucent.
- Add mushrooms; cook, stirring frequently, for 5 to 6 minutes, or until the liquid released from mushrooms is almost completely evaporated.
- Add remaining 3 Tbsp. flour, onion powder, thyme, salt, and pepper; mix until vegetables are coated.
- Add milk and sherry; cook, stirring frequently, for 4 to 5 minutes, or until bubbly and slightly thickened.
- Add green beans; cook, stirring frequently, for 2 to 3 minutes, or until heated through.
- Add yogurt; mix until combined. Place green bean mixture in casserole dish. Top with onion mixture. Bake for 10 to 15 minutes, or until casserole is bubbly.





Cauliflower Pumpkin Casserole

Makes 6 servings

Container Equivalents: 1 Green, ½ Blue

2B Mindset Plate It: Makes a great veggie side as part of lunch or dinner.

ingredients

- 1 large cauliflower, cut into florets
- Nonstick cooking spray
- Sea salt (or Himalayan salt) and ground white pepper (to taste; optional)
- ¾ cup unsweetened almond milk
- ⅓ cup shredded sharp cheddar cheese
- ½ cup pure pumpkin puree
- 1 tsp. Dijon mustard
- ¼ cup whole-wheat panko breadcrumbs

instructions

- Preheat oven to 425° F.
- Place cauliflower on baking sheet that has been lightly coated with spray. Season with salt and pepper if desired.
- Bake for 24 to 28 minutes, or until golden brown. Set aside.
- While cauliflower is cooking, bring almond milk to a boil in medium saucepan over medium-high heat, stirring frequently. Reduce heat to medium-low.
- Add cheese, pumpkin, and mustard; cook, stirring frequently, for 3 to 4 minutes, or until well blended.
- Add cauliflower; mix well.
- Pour cauliflower mixture into 8 x 8-inch casserole dish that has been lightly coated with spray. Top with bread crumbs.
- Bake for 18 to 20 minutes, or until hot and bubbly.



Cranberry Sauce

Makes 32 servings

Container Equivalents: 1/2 Purple

2B Mindset Plate It: Enjoy occasionally as an FFC as part breakfast or lunch.

ingredients

- ½ cup 100% orange juice
- ½ cup unsweetened apple juice
- 1 tsp. finely chopped orange peel
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ¼ tsp. ground ginger
- 1 (12 oz) bag fresh cranberries, rinsed
- 1 cup chopped raw pecans
- ½ cup raisins
- ⅔ cup canned crushed pineapples packed in juice
- 2 Tbsp. pure maple syrup

instructions

- Bring orange juice, apple juice, orange peel, cinnamon, nutmeg, and ginger to a boil in medium saucepan over medium-high heat.
- Add cranberries. Reduce heat to medium-low; cook, uncovered, for about 10 to 12 minutes.
- Add pecans, raisins, and pineapple; cook for 2 minutes, or until heated through. Remove from heat.
- Add maple syrup; mix well.
- Cool before serving.

Mini Pumpkin Pie Cups



Makes 6 servings

Container Equivalents: 1 Yellow

2B Mindset Plate It: An FFC as part of breakfast or lunch or occasional snack.

ingredients

- Nonstick cooking spray
- 1 cup pumpkin puree
- 1 large egg , lightly beaten
- ½ tsp . pure vanilla extract
- 2 Tbsp. pure maple syrup (or raw honey)
- ¼ tsp . ground cinnamon
- 1 dash ground ginger
- 1 dash ground cloves
- ¼ tsp . fine sea salt (or Himalayan salt)
- ⅓ cup unsweetened almond milk
- 12 wonton wrappers

instructions

- Preheat oven 325° F.
- Lightly coat a mini muffin pan with spray. Set aside.
- Combine pumpkin, egg, extract, and maple syrup in a medium bowl; whisk to blend.
- Add cinnamon, ginger, cloves, salt, and almond milk; mix until just blended. Set aside.
- Place a wrapper in each muffin cup. Press down so that wrapper fits snugly and forms a cup shape.
- Pour approx. 2 Tbsp. pumpkin mixture into each cup (or fill each cup about ¾ full).
- Bake for 15 to 20 minutes, or until knife inserted in the center of one cup comes out almost clean.
- Cool completely on wire rack.
- Refrigerate until ready to serve.



Holiday Eggnog



Makes 6 servings

Container Equivalents: 1 Yellow, 2 tsp.

2B Mindset Plate It: Enjoy as an occasional treat

ingredients

- 4 cups raw almonds
- Filtered water for soaking almonds
- 8 cups filtered water
- ⅓ cup pure maple syrup
- ¼ cup raw almond butter
- 1½ tsp. pure vanilla extract
- 2 tsp. rum extract (or to taste)
- 1 tsp. ground cinnamon
- ½ tsp. ground nutmeg
- 1 dash ground cloves

instructions

- Soak almonds overnight in water.
- Rinse and drain soaked almonds.
- Place soaked almonds and 6 cups of filtered water in blender or food processor (may need to do in 2 batches). Blend on highest speed for 1 to 2 minutes.
- Strain milk through a fine mesh strainer or cheese cloth; discard solids.
- Place almond milk back into blender; add almond butter, extracts, cinnamon, nutmeg, and cloves.
- Blend for 30 seconds; pour into large pitcher with cover.
- Cover and refrigerate until cold.

Peppermint Martini



Makes 2 servings

Container Equivalents: 1 1/2 Yellow

2B Mindset Plate It: Enjoy as an occasional treat

ingredients

- 1 fl. oz. vanilla vodka
- 2 tsp. raw honey
- 1½ cups unsweetened almond milk
- 1 fl. oz. peppermint schnapps
- Mint leaves (for garnish; optional)

instructions

- Place vodka, honey, almond milk, and peppermint schnapps in a cocktail shaker filled with ice; shake vigorously for at least 10 seconds, or until well mixed.
- Strain evenly into two martini glasses. Garnish with mint leaves if desired; serve immediately.

