



Holiday Menu

Healthy Foods for a Festive Party

- Appetizer: Cranberry jalapeno dip
Drinks: Hot seasonal tea & Seasonal shrub (flavored vinegar spritzer)
Salad: Spinach salad with pomegranate vinaigrette
Entrée: Pan-seared halibut over black rice
Dessert: Chocolate walnut tartlets
Gift idea: Taco-spice packets

HOLIDAY MENU

Drinks:

Hot Crock of Seasonal Tea

Serves 10

Try this low-calorie alternative to hot cider or hot chocolate that adds a lovely aroma to the room.



Ingredients

6-8 bags Celestial Seasonings Apple Cinnamon Spice tea
10 cups water
1 apple, sliced horizontally
1 cup fresh cranberries, washed

Instructions

In a crockpot, heat water on high with the tea bags. Once tea has steeped, remove the tea bags. Add apple slices and cranberries to float on top. Keep the crockpot on low.

Alternate Flavor: Celestial Seasonings Candy Cane Lane tea w/ slices from one medium orange. *Optional: Mini candy cane to garnish the mug.*

HOLIDAY MENU

Drinks:

Seasonal Shrub (Flavored Vinegar Spritzer)



Ingredients Per 12 oz. glass

3 medium ice cubes

1 ounce concentrated or full strength drinking vinegar
(try Som Pomegranate by Pok Pok, 16 oz. bottle)

8 ounces no-calorie natural flavored seltzer
(try La Croix Cran-Raspberry, 8 pack of cans)

1 sprig fresh rosemary, with bottom leaves stripped to release aromatics

Optional: float 5 pomegranate seeds on top

Instructions

Combine all in glass and stir. (Refrigerate commercially made drinking vinegars after opening.)

Calories vary based on drinking vinegar used, but most range from 40-80 calories per ounce.

Interested in making your own drinking vinegar?

Check out these websites:

- <http://imbibemagazine.com/homemade-drinking-vinegars/>
- <https://food52.com/blog/13831-how-to-make-shrubs-aka-drinking-vinegars-without-a-recipe>

HOLIDAY MENU

Appetizer:

Cranberry-Jalapeno Cream Cheese Dip

Serves 24



Ingredients

12 oz. fresh cranberries, rinsed, picked through, towel dried
5-6 green onions (or ½ cup sweet onion), chopped
1/3 cup fresh cilantro, clean and pat dry
1 jalapeno pepper, large, seeded and finely diced
½ cup sugar
½ to 1 tsp. cumin (or to taste)
1/8 tsp. salt
2 Tbsp. fresh lemon juice (about 1 med-large lemon)
1 (12oz.) tub of whipped cream cheese

1 medium jicama, sliced ¼ inch thick, cut into cracker-size pieces or cut with cookie cutters
1 large English cucumber, sliced.

Instructions

Chop the cranberries by hand or in a food processor or blender until coarsely cut. Add the green onions, cilantro, jalapeno, sugar, cumin, salt and lemon juice and pulse until ingredients are well combined and finely chopped. Transfer mixture to covered container bowl and refrigerate for 4 hours (or up to overnight) so the flavors can develop and cranberries lose some of their tartness.

When ready to serve, spread the cream cheese in an even layer on a serving plate or 9-inch pie plate. Top with cranberry-jalapeno mixture, spreading evenly over the top of the cream cheese.

Refrigerate up to 1 hour before serving.

Arrange jicama and cucumber slices around or next to the serving plate.

Adapted from recipe by melskitchencafe.com

1 serving = 1/24 of recipe with vegetables; 59 calories, 2 gm total fat, 1 gm sat fat, 8 mg cholesterol, 80 mg sodium, 9 gm total carb, 1 gm fiber, 6 gm sugar, 1 gm protein.

HOLIDAY MENU

Salad:

Spinach Salad with Pomegranate Vinaigrette

Serves 4



Ingredients

1 package (5 ounces) baby spinach
1/2 cup pomegranate seeds (arils)
1/4 cup crumbled goat cheese
2 Tbsps. chopped walnuts, toasted*
1/4 cup pomegranate juice
2 Tbsps. olive oil
1 Tbsp. red wine vinegar
1 Tbsp. honey
1/4 teaspoon salt
1/4 teaspoon black pepper

Instructions

Combine spinach, pomegranate seeds, goat cheese, and walnuts in large bowl.

Whisk pomegranate juice, oil, vinegar, honey, salt, and pepper in small bowl until well blended. Pour over salad; gently toss to coat. Serve immediately.

***Note:** To toast walnuts, spread in single layer in heavy-bottomed skillet. Cook over medium heat 1 to 2 minutes, stirring frequently, until nuts are lightly browned. Remove from skillet immediately. Cool before using.

Tip: For easier removal of pomegranate seeds, cut a pomegranate into pieces and immerse in a bowl of cold water. The membrane that holds the seeds in place will float to the top; discard it and collect the seeds. For convenience, you can find containers of ready-to-use pomegranate seeds in the refrigerated produce section of some supermarkets.

Calories: 161, Carbohydrates: 12 g, Protein: 4 g, Fat: 11 g, Saturated Fat: 3 g, Cholesterol: 4 mg, Sodium: 210 mg, Fiber: 1 g

Source: <http://www.diabetesselfmanagement.com/recipes/salads/spinach-salad-with-pomegranate-vinaigrette/>

HOLIDAY MENU

Entrée:

Pan-seared Halibut over Black Rice

Serves 6

Ingredients:

6 Tbsps. olive oil
4 medium garlic cloves, peeled and minced or pressed
1-2 tsps. dried basil
1 tsp. salt
1 tsp. black pepper (fresh cracked best)
Zest of one lemon
2 Tbsp. fresh lemon juice
6 (4-oz.) halibut fillets, skin removed
1 Tbsp. canola or avocado oil (higher temp oil)
Optional garnish: parsley or cilantro



Instructions

In a large sealable plastic bag, combine the 6 tablespoons olive oil, garlic, basil, salt, pepper, lemon zest and lemon juice. Add fish, seal bag and turn to coat. Refrigerate for at least 30 minutes and up to 2 hours.

In a large flat skillet (do not use a ridged pan), pour in high temp oil and tilt to coat pan evenly. Warm over medium high heat until shimmering but not smoking, add fish fillets. Brush top and sides of fillets with marinade. Cook until seared, about 3 minutes; turn and sear other side, about 3 more minutes. Reduce heat to medium. Cook until centers of fillets are just opaque, 2-4 minutes more on each side depending on thickness. Garnish with parsley or cilantro, if desired. *Adapted from: Alex Witchel <http://cooking.nytimes.com/recipes/1013187-pan-seared-marinated-halibut-fillets>*

Halibut nutrition: (per serving not including rice) 249 calories, 16 gm total fat, 2 gm sat fat, 449 mg sodium, 1 gm carbohydrate, 23 gm protein.

Jendy's serving suggestion:

Serve over 3/4 cup bed of cooked black rice. To prepare rice bring 3 cups of water and 1 1/2 c. rinsed and drained black rice to boil, cover and reduce heat to simmer. Cook 35-45 minutes.

HOLIDAY MENU

Dessert:

Chocolate Walnut Tartlets

Makes 30 tartlets
(10 servings)



A delicious, bite size “no-bake” dessert that looks impressive on a cake plate with some fresh fruit. It is also gluten free.

Ingredients

4 ounces dark bar chocolate (50-60% cacao)
1 ½ cups crispy brown rice cereal (like Nature’s Path Crispy Rice with one serving containing 24 gm carb and 2 gm sugar)
½ cup fresh fruit of choice (thin slices of strawberry or kiwi, or small raspberries)
½ cup walnuts, chopped and toasted
Mint leaves, optional

Instructions

Arrange mini cupcake papers in muffin pan. Toast walnuts. Combine cereal and toasted walnuts in medium-size bowl. Melt chocolate slowly in microwave or using double boiler, drizzle over cereal and nuts. Stir to coat all with chocolate.

Divide evenly among 30 mini cupcake papers using two teaspoons. Top with a bit of fruit while chocolate is still warm.

If desired, garnish with a sprig of mint. Refrigerate 30 minutes.

May be made up to 48 hours before serving. If holding longer than 4 hours, it’s best to use the small whole berry so tarts don’t get soggy and wait to add the mint garnish just before serving.

Serving size= 3 mini tartlets: 123 calories; 7 g fat (2 g saturated fat, 0 g trans fat); 1 mg cholesterol; 4 mg sodium; 13 g carbohydrates (2 g fiber; 7 g sugars); 2 g protein

Taco Lime Spice Mix with Jar Labels for Gifts

(makes 6 standard size spice jars- About 1/3 cup each)

Clean and fully dry reused or new spice jars. Cut out labels and adhere to jar with clear packing tape.

Measure all into a quart size bag:

- 1 cup plus 2 Tbsp. salt-free Fiesta Chili Powder (Fred Meyer bulk spices)
- 6 Tbsps. ground cumin
- 3 Tbsps. garlic granules
- 3 Tbsps. True Lime Crystals (in spice section at grocery)
- 3 Tbsps. salt



Seal bag and shake well to mix. Snip a corner of the bag and pour into each spice jar. Seal lid tightly on jar. (1/2 tsp of mix contains approx. 105 mg sodium)

Taco Lime Spice Mix

- 3 Tablespoon salt-free Fiesta chili powder
(from Fred Meyer in bulk spices)
- 1 Tablespoon ground cumin
- 1 1/2 teaspoons garlic granules
- 1 1/2 teaspoons True Lime crystals
- 1 1/2 teaspoons salt

Measure into small jar or baggie, shake to mix. Store in a cool dry place. Use to season popcorn or as a taco seasoning. Use in 6 months.

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