

HOLIDAY RECIPE BOOKLET

~

Nourish the Whole Self this
Holiday Season!



FOOD + SPIRIT™

Nourish the whole self

Breakfast

Vegetable Hash and Sunny Side Up Delight

(Serves 4)

Ingredients

- 4 eggs
- 2 sweet potatoes, peeled and diced
- 2 butternut squash, peeled and diced
- 2 parsnips, peeled and diced
- 2 TBSP coconut oil
- 1 tsp. cumin
- 1 tsp. paprika
- 1sp. pepper
- 1 tsp. chili powder
- 1 avocado, sliced

Directions

1. Preheat oven for 400° F
2. Combine vegetables in a large bowl. Add coconut oil and spices. Toss until all the vegetables are coated.
3. Cook for 30- 40 minutes. Toss every 15 minutes. Roast in the oven until the sweet potatoes are soft.
4. When the vegetables are close to being done, begin to prepare the eggs.
5. Spray a large non-stick skillet with coconut oil spray and heat over medium.
6. Once pan is heated, add cracked eggs one at a time. Make sure the yoke does not break.
7. Continue cooking for about 2 minutes or until the egg white turns opaque and there is no clear egg white remaining. If needed, cover pan for a minute. Remove pan from heat. Gently slip spatula around the edges to loosen.
8. Plate vegetables and add eggs. Top with avocado slices.

FOOD SPIRIT

Warming Oatmeal

(Serves 1)

Ingredients

- ½ cup gluten free rolled oats, dry
- 1 cup unsweetened vanilla almond milk
- 2 pitted dates, finely chopped
- ½ blueberries, washed
- 1 tsp. ground cinnamon
- 1 tsp raw honey
- ½ TBSP chai seeds
- 2 TBSP shredded unsweetened coconut
- Small handful unsalted nuts of choice, chopped

Directions

1. Add oats and almond milk in a bowl and soak overnight. Another option is to combine the oats and milk into a pot over medium heat. Bring to a simmer and stir frequently. Continue until desired texture.
2. Stir in honey, spices, chai seeds and coconut. Top with nuts and blueberries.

Pumpkin Smoothie

(Serves 1)

Ingredients

- 2 cups of organic spinach
- 3 ice cubes
- 2-3 dates, pits removed, chopped
- ¼ cup organic pumpkin puree or sweet potato (cooked & skin removed)
- ¼ cup unsweetened almond milk
- ¼ cup filtered water
- 1 TBSP chai seeds
- 1 TBSP flax meal
- 1 tsp. cinnamon
- 1 TBSP unsweetened coconut flakes
- Optional: 1 scoop Vega vanilla protein powder or protein powder of choice

Directions

1. Place all ingredients besides the coconut flakes in a food processor. Blend until desired consistency. Top with coconut.

Lunch

Roasted Butternut Squash Soup

(Serves 4-5)

Ingredients

- 1 medium butternut squash, roasted
- 2 parsnips
- 2 TBSP coconut oil
- 1 small yellow onion, chopped
- 1-1/2 tsp. cinnamon to taste
- 2 cups chicken broth, free range, organic
- 1/4 cup full fat coconut milk
- Pinch Celtic sea salt
- 2 TBSP water (slowly add more for thinner soup)

Direction

1. Pre heat oven for 400° F
2. Combine the butternut squash and parsnips in a glass dish. Sprinkle with salt and drizzle with 1 TBSP coconut oil.
3. Bake for about 30 minutes, tossing every 10 minutes until the vegetables are soft.
4. In a medium pan, sauté onions with 1 TBSP coconut oil until the onions begin to brown on the edges.
5. Add chicken stock, coconut milk, sea salt, and water and stir for a few minutes.
6. Puree soup in a food processor or high- speed blender until smooth. Slowly add water if you want a thinner consistency.
7. Garnish with cinnamon and chopped nuts of choice (optional).

Kale Salad with Maple Glazed Pecans

(Serves 4)

Ingredients

- 4-5 large organic kale leaves, chopped
- 1 head of radicchio, shredded
- 1 green apple, organic, sliced into thin matchstick
- ½ ripe avocado
- ¼ cup pecans
- 1 TBSP maple syrup
- ½ tsp. cayenne pepper
- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- Large pinch of Celtic sea salt
- Juice of 1-2 lemons

Directions

Kale

1. Rinse and de-steam the kale leaves.
2. In a large bowl, combine the kale, juice of 1 lemon, avocado, and pinch of Celtic sea salt.
3. Begin to massage the avocado into the kale leaves. The oil from the avocado, citric acid from the lemon, and grinds of the salt will help break down the cellular wall of the kale, making it easier to eat.
4. Continuing massaging until the leaves are soft and turn a vibrant green. The juice and avocado make a light dressing. If you want more, slowly add the second lemon until desired consistency.
5. Add the radicchio and green apple.

Pecans

1. Pre heat the oven for 400° F.
2. Combine maple syrup, cayenne pepper, cinnamon, nutmeg, and a pinch of salt.
3. Stir in pecans until evenly coated.
4. Spread out evenly on a lined baking sheet.
5. Bake for 10 minutes until golden brown. Toss every few minutes so the nuts do not burn.
6. Add pecans to salad.

Rosemary Chicken and Herbed Quinoa

(Serves 2)

Ingredients

- 2 organic free-range chicken breasts
- 1 cup quinoa (red, black, or white)
- ½ cup of organic low sodium vegetable stock
- 1 cup water
- ¼ cup macadamia nut, chopped (optional, or other nuts of choice)
- 1 ½ tsp. fresh thyme
- 2 TBSP olive oil or grass fed butter melted
- 1 TBSP fresh parsley
- 1 TBSP fresh sage
- TBSP fresh rosemary
- 1TBSP juice from an orange
- 1 clove garlic, minced
- Pinch of ground black pepper

Directions

1. Preheat oven to 350° F
2. Combine rosemary, salt and pepper in a small bowl. Rub on both sides of the chicken breast.
3. In a medium sized skillet, heat up the butter. Not too high to burn the butter.
4. Add the chicken breasts to the skillet and cook until gold brown on both sides. About 5 minutes total.
5. Transfer breasts to a cookie sheet and bake for about 20 minutes. Cut into strips when cool.
6. While the chicken is cooking, rinse quinoa in a fine-meshed strainer, rubbing the seeds with your fingers. This helps remove the saponin coating on the outer hull that sometimes remains after processing.
7. Bring vegetable stock and water to a boil and add quinoa. Cook for 20 minutes at a simmer or until quinoa is fluffy.
8. In a large mixing bowl, add cooked quinoa, thyme, parsley, sage, olive oil, salt, pepper, garlic, and juice from an orange. Toss until evenly mixed.
9. Combine chicken and quinoa and top with chopped nuts.

Entrées

Panko Crusted Rack of Lamb

(Serves 4)

Lamb

Ingredients:

- 2 racks of lamb

Panko

Ingredients

- ¼- ½ cup almond meal
- ¼-½ cup golden flaxseed meal
- 1 tsp. salt and pepper, to taste
- 3 garlic cloves, minced
- 3 TBSP fresh parsley, chopped
- 4 TBSP Dijon mustard

Directions:

1. Preheat oven for 500 °F
2. Prepare lamb racks by removing fascia. Season with salt and pepper to taste.
3. Place on roasting pan with foil and bake for 8 minutes.
4. Without opening oven door, lower to 400° F for 14 minutes
5. While the lamb is cooking, combine almond meal, golden flaxseed meal, garlic, and parsley.
6. Spread Dijon mustard onto both sides of the lamb. Sprinkle on panko until evenly coated.
7. Broil for 2 minutes. Then flip racks over and broil for another minute.

Beef Tenderloin

(Serves 4)

Ingredients

- 2 pounds of beef tenderloin
- ¼ cup olive oil
- ½ cup coconut aminos or Bragg's liquid aminos
- 2 shallots, minced
- 2 TBSP raw honey
- 2 TBSP apple cider vinegar
- 1-2 tsp. ginger, grated
- 2 garlic cloves, minced

Directions

- Preheat oven to 400° F
- Combine all ingredients in a medium sized bowl.
- Place the tenderloin on a baking pan lined with foil. Drizzle marinade over the meat.
- Roast 20-30 minutes. Check internal temperature for desired cook between 135°F-140° F.

**Tip: Marinade the beef tenderloin several hours prior to cooking.

Stuffed Turkey Breast

(Serves 4)

Ingredients:

- 2lb turkey breast, boneless
- 1 cup sweet yellow onion, peeled and chopped
- 1 ½ cup organic spinach, chopped
- 1 cup mushrooms, chopped
- ½ cup panko (see above)
- 1-2 TBSP olive oil
- 1 TBSP fresh rosemary, minced
- 1 TBSP fresh sage, minced
- 2-3 cloves garlic, minced
- Salt and pepper to taste
- Kitchen string

Directions

1. Preheat oven to roast at 400°F.
2. In a medium non-stick skillet, sauté mushrooms, onions, garlic, baby spinach, sage, and rosemary in 1 TBSP olive oil until mushrooms have softened slightly. Season with salt and pepper to taste. Remove from heat.
3. Carefully slice the breast lengthwise almost to the other edge. Open the breast along the fold (like a book).
4. Cover turkey breast with parchment paper. Using a mallet, pound the meat in a “down and away motion” until about ¼ inch thick. Trim the pounded breast until it is roughly a rectangle.
5. In a medium sized bowl, prepare panko. Add sautéed vegetables. You want a paste consistency, if not; add a little olive oil until desired texture.
6. Spread a thin layer of the stuffing over the turkey breast. Tightly roll the breast lengthwise. Using kitchen twine, secure the roll in three evenly spaced intervals.
7. Lay stuffed breast in a roasting pan or baking dish, seam side down.
8. Roast at 400°F for about 20 minutes. Reduce heat to 325° F and roast for another 12-15 minutes, or until internal temperature reads 165° on a meat thermometer.

Side Dishes

Shredded Brussels Sprouts

(Serves 4-6)

Ingredients

- 1 pound of Brussels sprouts, ends removed
- 1 small head radicchio, quartered and cored
- 1/3 thin sliced almonds
- 1/3 cup dried cherries
- 1/4 cup olive oil
- 2 Tbs. apple cider vinegar
- 1 Tbs. fresh lemon juice
- 1-2 Tbs. whole-grain mustard
- 2-3 Tbs. maple syrup
- Fresh salt and pepper to taste

Directions

1. Shred Brussels sprouts and radicchio in a food processor. Put on “chop” setting. If you do not have one, slice them as thin as possible
2. In a small bowl, combine vinegar, maple syrup, lemon, and mustard. Slowly whisk in olive oil and season with salt and pepper.
3. Add half the dressing to the Brussels sprouts and radicchio. Toss until evenly coated and add more dressing as needed. Top with almonds and cherries.

FOOD SPIRIT

Roasted Winter Salad

(Serves 4)

Ingredients:

- 1 sweet yellow onion, sliced
- 1 sweet potato, peeled and cubed
- 1 carrot, peeled and cubed
- 1 parsnip, peeled and cubed
- 1 cup Brussels sprouts, cut in half
- 1 beet, cubed
- 1 small butternut squash, peeled and cubed
- 2 TBSP coconut oil
- ¼ cup walnuts (or nuts of choice)
- Pinch of Celtic salt and pepper
- 1 ½ TBSP balsamic vinegar
- 1 ½ TBSP fresh lemon juice
- ½ tsp. Dijon mustard (gluten-free)
- 1-2 TBSP fresh parsley
- ¼ cup goat cheese

Directions:

1. Pre-heat oven to 425° F
2. In a large roasting pan, combine the onion, sweet potato, carrot, parsnip, Brussels sprouts, beet, and butternut squash with 2 TBSP coconut oil.
3. Season the vegetables with salt and pepper. Roast for 30-40 minutes, tossing vegetables every 10 minutes.
4. Toast walnuts in a non-stick skillet for 3-5 minutes then chop and set aside.
5. In a large bowl, whisk balsamic vinegar, lemon juice, and Dijon mustard together. Add in parsley.
6. Add vegetables and walnuts to the dressing and toss until all the vegetables are evenly coated.
7. Top with crumbled goat cheese. Serve warm or at room temperature.

FOOD SPIRIT

Whipped Carrots

(Serves 4-5)

Ingredients

1. 1 pound of carrots, peeled and cubed
2. 3 parsnips, peeled and cubed
3. 1 ½ cups water
4. ¼ cup organic chicken broth
5. ½ cup full fat coconut milk
6. 3 TBSP grass-fed butter
7. Salt and pepper to taste

Directions

1. In a medium pot, melt 2 TBSP of butter. Add the carrots, parsnips, water, and broth.
2. Bring the water to a boil. Then reduced the heat and simmer covered for 30 minutes. Vegetables should be soft.
3. Strain the vegetables into a bowl using a medium sized strainer. Add vegetables and 1 TBPS of butter into the food processor and blend.
4. Pour in coconut milk and blend.
5. Slowly add in the broth the vegetables were cooked in until desired consistency.

Desserts

Midnight Bites

Ingredients:

- 1 bag of Enjoy Life chocolate chips, melted
- ¼ - ½ cup unsweetened shredded coconut
- 1 cup pomegranate seeds
- ¼ macadamia nuts, finely chopped (or nut of choice)
- 1 TBSP orange zest

Directions:

1. Melt chocolate chips in double boiler.
2. Remove pot from heat and fold in orange zest.
3. Spread melted chocolate on a baking sheet lined with parchment paper to desired thickness.
4. Sprinkle coconut, macadamia nuts, and pomegranate seeds on top
5. Place in freezer for 30 minutes until hard.
6. Cut or break into pieces.

Bon-Bons

(Makes 12 balls)

Ingredients:

- 7 dates, pitted and halved
- 1-2 TBSP almond butter
- 1 TBSP flax meal
- ¼ cup shredded unsweetened coconut
- ¼ cup sweet cacao nibs
- 1 TBSP cocoa powder (to taste)
- ½-1 TBSP honey
- 1 tsp. cinnamon
- 1 tsp. vanilla

Directions

1. Combine dates and 1 TBSP almond butter in food processor. Mix until it all starts to clump together.
2. Add ½ TBSP honey, flax meal, cinnamon, cocoa and vanilla. You want this to be sticky so add more honey or almond butter to desired taste and consistency.
3. Roll dough into 12 balls.
4. On a small plate sprinkle coconut and sweet cacao nibs. Roll balls in either topping until evenly coated.
5. Put on a baking sheet and freeze for 15 minutes (or refrigerate for ~ 30 minutes).

Coconut- Cherry Macaroons

(Makes 1 ½ dozen)

Macaroon

Ingredients:

- 6 egg whites
- 1/4 tsp. sea salt
- 1/4 cup honey
- ¼ cup dried cherries
- 1 TBSP vanilla
- 3 cups unsweetened shredded coconut

Directions:

1. Preheat oven to 350°F.
2. In a medium bowl, whisk egg whites together until stiff peaks form.
3. Slowly add in honey and vanilla and continue to whisk.
4. Fold in coconut 1 cup at a time using a spatula. Then fold in dried cherries.
5. Make into tablespoon size balls and drop on baking sheet lined with parchment paper.
6. Bake for 15-17 minutes, or until coconut is lightly browned on top.
7. Drizzle with chocolate

Chocolate Drizzled

Ingredients

- 1/2 cup Enjoy Life Chocolate Chips (or dark chocolate chips)

Directions

1. Melt chocolate chips in double broiler.
2. Using a spoon drizzle over the cookies as desired.

FOOD SPIRIT



ABOUT THE AUTHOR

Sara Cooper is a graduate student at Maryland University of Integrative Health, working towards her M.S. in Nutrition and Integrative Health. Prior to living near the beach in North Carolina, she attended Maryland University for her B.S. in Kinesiology. A former collegiate athlete and NCAA National Champion, health and fitness have always been her passion. She is eager to spread her knowledge about a holistic approach to nutrition to help others reach optimum health and vitality.