

Healthy Holiday Recipes

Dr. Hausman-Cohen's Stuffing

This stuffing is not any different from the stuffing I have made for years except that now I don't use oil to sauté the vegetables and started making my own bread crumbs from whole wheat bread for it. By adding in all these vegetables you have improved the nutritional content of your stuffing and can keep it moist without oil. If you prefer to use a stuffing cube mix, Pepperidge Farm makes both a cornbread mix and a savory mix of bread cubes. Amounts of ingredients depend on how much stuffing you want and whether you want to have more veggies or bread.

1-2 carrot shredded
1-2 sticks celery finely chopped
1 small to medium onion minced
1 small pkg mushrooms finely chopped (optional)
½-¾ cup raisins, craisins or dried chopped fruit (look for a mix with apricots and apples)
¾-1 loaf of whole wheat bread toasted and put in food processor to make crumbs of various sizes and some "pieces"
Low sodium vegetable broth (as needed)

Saute vegetables in a small amount of the broth till onions are translucent and then add bread crumbs and dried fruit and stir. Add broth till moist. Bake at 350° for 40-45 minutes till heated through.

Sweet and Spicy Pumpkin Soup (adapted from [Vegan Table](#))

Serve with toasted whole grain bread "croutons" or greens or the parsley garnish. Serves 4, so double (or triple) if company is coming.

3 T water
1 med. onion coarsely chopped
2 garlic cloves finely minced
½ tsp ground turmeric
½ tsp ground ginger
½ tsp ground cumin
¼- ½ tsp cinnamon
¼ tsp cardamom (or can use 1 ½ tsp garam masala instead of ginger, cumin, cinnamon and cardamom)
¼ tsp cayenne pepper
2 c. low sodium veggie broth
1 can pumpkin puree
2 T real maple syrup
Juice from ½ lemon
2 c. non dairy milk of choice (unsweetened)
Parsley for garnish

Sauté onion and garlic in the water till onion is soft (about 5 minutes). Add everything but the milk (pumpkin, lemon juice, broth, spices) and heat on low for 15 minutes. Stir in milk. Remove from heat and puree soup in a blender or food processor to desired consistency. Heat until hot but not boiling and serve.

Sweet Potato Bisque (adapted from Forks Over Knives)

This recipe is very similar to the pumpkin soup above. Sweet potatoes are of course a classic thanksgiving food. Having them as your soup is a great way to leave more room on the plate for some other delicious foods. Potatoes are also very high in potassium and sweet potatoes have lots of other nutrients and vitamins as well. Serves 6.

1 large onion peeled and diced
2 cloves garlic minced
1 T grated ginger
1 T thyme
½ tsp ground nutmeg
1 tsp cinnamon
3 Large sweet potatoes peeled and diced
6 c. vegetable stock or low sodium vegetable broth
Zest and juice of 1 orange
1 ½ c. unsweetened original almond milk
Pepper to taste, salt if needed at the table or add some Ms Dash or other non salt seasoning.

Sauté onion in a few T of water for 10 min. Add garlic, ginger and other spices and cook for 1 minute. Add sweet potatoes, orange juice and zest, and stock. Bring mixture to a boil then reduce heat to medium and cook for 25 minutes or until sweet potatoes are tender. Puree the soup in batches with tight fitting lid and maybe even a towel over top to avoid leakage or use immersion blender. Add almond milk and cook an additional 5 minutes. Add seasonings per taste.

Ari's Garlic Green Beans

We have been making these in our family for years and this is one of my son, Ari's, favorite vegetable dishes. The only modification from the original is that we no longer add the dash of sesame oil. Colleen Patrick Goodreau (author of Vegan Table) puts herbs like marjoram in hers and a bit of maple syrup and lemon and tops with toasted sesame seeds or nuts but I have not tried it with marjoram or lemon added. –Dr. Hausman-Cohen

1 lb green beans (fresh), stems and tips removed
1 can water chestnuts (sliced), drained
3 cloves fresh garlic minced or pressed or 2 tsp or so of jarred chopped
Dash to 1 T of low sodium soy sauce
Water or broth for stir-frying

In a wok or deep fry pan put garlic in a small amount of broth and let simmer till has garlic flavor. Add beans and water chestnuts and cook with small amounts of broth or water till turning bright. Add a few dashes (probably a few tsp of low sodium soy sauce (Kikkoman) or Bragg's liquid aminos if you are trying to make the recipe very low on sodium (use less if using this, just spray on to taste). Simmer until the beans are firm but hot all the way through. The garlic will get a toasted brown appearance (this adds to the flavor).

Roasted Red Pepper Spread (adapted from Vegan Table)

2-3 whole, roasted red bell peppers
2/3 c whole wheat or other whole grain bread crumbs
1/2 c. raw or toasted walnuts OR if not eating nuts then use 1 c. drained white beans or cannelli beans instead of 1/2 c.
1/2 can to 3/4. white beans or cannelli beans (use only 1/2 c beans for stronger pepper flavor)
4 large cloves garlic
1 T lemon juice (fresh)
2 tsp agave nectar
1 tsp ground cumin
1/4 tsp red pepper flakes (more or less to taste)

Roasting peppers: roast over open fire on gas stove or grill by using metal tongs and holding close to the flame till skin becomes blackened and blistered. When pepper has blackened completely place in closed paper bag to steam for 15-20 min. Peel off the discard the blackened skin and then remove and discard seeds and stem. Store bought generally have oil.

Make spread: Blend all of above in blender or food processor. Serve with pita bread or veggies as dip or over veggies as a topping. Flavor improves if make day before and let sit.

Cranberry Sauce

1 bag cranberries
1 c orange juice
1/2 c sugar or agave
Optional apple, peeled and chopped

Wash cranberries, heat over low heat with all of above ingredients until cranberries pop (about 30 minutes). Cool and serve.

Cranberry Relish (adapted from Vegan Table)

1 c. water
1/2 c. sugar or slightly less than 1/2 c agave
1/4 c. orange juice
1 package cranberries (12 oz)
1 apple peeled and diced
1 pear peeled and diced
1 c chopped dried mixed fruit
1 tsp ground cinnamon
1/2 tsp ground nutmeg
Zest from 1 orange (be careful not to get white part or will make bitter)

Mix sugar and water and juice and stir over low heat till sugar dissolved. Add everything other than orange zest and heat over low till berries start to pop (20-25 min). Add orange zest for last 10 minutes or so and cool and serve.

Healthy Crustless Pumpkin Pie

1/3 package silken firm or extra firm tofu (1/2 cup - 4 oz)
1 can pumpkin
1 1/2 cups almond milk
2 tsp vanilla extract
2 T cornstarch
1/2 c. brown sugar
2 tsp baking powder
1/4 tsp salt
1 T cinnamon
1 tsp allspice
1/2 tsp nutmeg
1/2 tsp cloves
1/2 cup whole wheat flour or oat flour (i.e., put oats in blender to make oat flour)

Put cornstarch, pumpkin, almond milk, baking powder, salt, spices and vanilla in blender and blend till smooth. Add pumpkin, sugar and flour. Bake at 350 for 1 hour. Healthy and delicious. Can eat warm but cuts better if chilled. Adapted from Happy Herbivore (with more spices added!).

Ginger Snap Bean Cookies

I like these cookies because they have no added oil, have a low glycemic index for a cookie (i.e., they won't raise your blood sugar much due to having oat flour rather than wheat flour) and they are relatively high in protein because they include beans. I hate to admit it, but I often use these cookies in place of a breakfast bar – grabbing a few on the way out the door if I don't have time for a green smoothie. (My husband says, don't think of them as cookies, as they are in some ways more the texture of a breakfast bar, but they're still delicious!)

3 c oat flour (you make this by putting oats in the blender; I usually use the “quick/minute” variety for this but either is fine)
3 T. cornstarch
½-1 T baking soda (higher amount for softer cookie)
pinch of salt
1 T cinnamon
1 ½ tsp ground ginger
1 tsp allspice
1 tsp nutmeg
1 tsp cloves
1 can white beans-drained (navy or cannellini or great northern or other white bean)
¾ c molasses
½ cup applesauce (4 oz), unsweetened
¼ c brown sugar (optional)
raisins (optional) or chocolate chips if feeling decadent

- Mix flour, cornstarch, baking soda, and salt together in mixing bowl until well combined.
- Put beans and molasses and applesauce and spices and sugar if desired into blender and combine on low to medium till smooth.
- Mix together flour mixture, bean mixture and raisins or chocolate chips.

- Preheat oven to 350 degrees for about 12-15 minutes
- Place balls of dough on air bake cookie sheet or parchment lined cookie sheets and flatten with hand to make cookie shape. Makes about 50 cookies to 80 cookies depending on size.

Apple-Pear Almond Crisp (by Dr. Hausman-Cohen)

The almond paste really adds a tremendous amount of flavor. Also, I buy almond powder at the Asian Market on McNeil and Spicewood. You can find it in the powdered tea section in a canister as it is used in parts of Asia as a drink mixed with hot water. You can also buy it in grocery stores in a bag labeled "almond flour." It will cost approximately \$10, but will last a long time.

- 2 pears peeled and sliced thin
- 4-5 apples peeled and sliced thin
- 2 cups of oats
- cinnamon
- ¼ cup brown sugar (more or less depending on tastes)
- ½ roll almond paste (can use more but is calorically dense)
- ½ cup almond powder or almond flour (optional but delicious)

Mix oats and brown sugar and if can get almond flour/ almond powder and ½ of the cut up almond paste. Put ½ of this mixture in bottom of baking dish (I have an oval one but you can also use a 13x9 pan).

Sprinkle cut fruit with 1-2 tsp water and then liberally with cinnamon (maybe 2-4 tsp of cinnamon) Put fruit in baking dish (on top of ½ of oats mixture) and then put other ½ of oats and remaining almond paste (cut in small pieces). Bake for 30-40 minutes depending on how thick you made the fruit. This recipe can be made with only apples but the pears add quite a bit of moisture. In the summer I sometimes do a pear berry crisp which is also delicious. You may need to cover the top with tin foil during last half of baking to avoid it getting too dark.

Berry Cobbler (from Forks Over Knives)

Filling:

- 5 c blackberries or can used mixed berries such as blueberries, raspberries as well)
- 2 T lemon juice
- 1/3 c sugar or other dry sweetener or ¼ c agave nectar (or Stevia or Splenda or other equivalent if diabetic)
- 3 T cornstarch, use an extra tsp if using frozen berries which tend to be wetter

Biscuit topping:

- ½ c unsweetened almond or soy milk
- 1 tsp apple cider vinegar
- 1 tsp vanilla extract
- 1 ½ c oat flour (put oatmeal in blender to make this)
- 1 T baking powder
- ¼ c sugar or slightly less if using agave nectar
- ¼ tsp salt (to make this rise so at least put a dash or two in)
- 3 T unsweetened applesauce
- 2 T almond butter

Cinnamon for sprinkling

Preheat oven to 425. Use non stick or glass 8x8 pan.

Make filling: in large bowl mix together berries, lemon juice, sweetener, cornstarch and combine well. Place in pan and cover with foil and bake for 25 minutes. In large measuring cup, whisk together the milk and apple cider vinegar and set aside to let curdle for a few minutes and then add the vanilla.

Make topping: In a separate bowl sift together or mix well the oat flour, baking powder, sweetener and salt. In a small separate bowl mix almond butter and apple sauce together. Cut applesauce mixture into the flour mixture with a fork until crumbly. Add the milk mixture and stir until just moistened. DO NOT over mix. Reduce oven to 350 and remove foil. Plop spoonfuls of batter over the berry filling. Sprinkle top if desired with some cinnamon. Bake uncovered for 20 more min. Serve warm.