



HEALTHY HOLIDAY EATS

SIMPLE & FRESH CRANBERRY SAUCE

by Tanya Jarrett, MPH

Ingredients

- 1 bag of fresh cranberries
- 1/3 cup maple syrup
- 2 tsp of orange zest
- 1/3 cup of fresh pressed orange juice
- 1/2 cup water
- 1-2 TBSP fresh grated ginger (optional)

PREPARATION: 10 MIN

COOKING: 10 MIN

READY IN: 20 MIN

Directions

1. Rinse fresh cranberries in a strainer and throw away any that are soft.
2. Zest and juice your orange and fresh ginger.
3. In a saucepan, combine cranberries and water and bring to a boil. Add the maple syrup and orange juice and reduce the heat to medium, stirring occasionally, until the cranberries have popped and the mixture has thickened to your preference.
4. Turn off the heat and add the orange zest and grated ginger. Taste the mixture and if it is too tart, add a bit more maple syrup.
5. As the sauce cools, it will thicken. Your cranberry sauce will keep up to 14 days in the refrigerator.



HEALTHY HOLIDAY EATS

CHORIZO & SWEET POTATO STUFFING

by Tanya Jarrett, MPH

Ingredients

- 1 pound of fresh chorizo sausage
- 2 medium sweet potatoes, peeled and diced
- 1 onion, diced
- 2 stalks celery, diced
- 1 apple, diced
- 4-5 cloves garlic, minced
- 1/2 cup chopped walnuts
- 1/4 cup chopped fresh herbs (thyme, rosemary, sage, parsley)
- 6 cups diced stale bread (1 use sprouted grain bread)
- 2 1/2 cups stock
- 2 eggs

PREPARATION: 30 MIN

COOKING: 60 MIN

READY IN: 90 MIN

Directions

1. Preheat oven & spray baking dish.
Heat oven to 350 F and grease a large baking dish (9x13 inch) with oil or cooking spray.
2. Saute chorizo.
Remove the chorizo from the casing and brown in a non-stick pan over medium heat. Once sausage is cooked through, transfer it with a slotted spoon to another plate.
3. Saute sweet potatoes and veggies
Using the fat from the chorizo, saute the sweet potatoes for 10 minutes or until tender. Add the remaining veggies (onion, celery, apple, garlic) and saute for another 10 minutes.
4. Combine it together
In a small bowl, whisk stock and egg together. In a large bowl combine the chorizo, sauteed veggies and potatoes, walnuts, bread and herbs. Pour the stock and egg mixture over the stuffing mixture and toss with clean hands until all of the ingredients are evenly combined. Pour the mixture into the greased baking dish and loosely cover with foil.
5. Bake & Serve
Bake covered for 40 minutes. Remove the foil and bake for 15 minutes until lightly brown (make sure the stuffing doesn't burn! Serve

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PUMPKIN/SQUASH MAC & CHEESE

by Tanya Jarrett, MPH

Ingredients

- 2.5 cups of canned pumpkin or steamed butternut squash
- 2 small cloves of garlic, minced
- 1/2 tsp salt
- 1 cup of unsweetened almond milk or organic whole milk
- 2 tbsp butter, vegan or grass-fed
- 1 cup of nutritional yeast
- 1/2 cup shredded cheese, optional
- 1 tbsp, dijon mustard, optional

Directions

1. In a blender, puree pumpkin/squash, garlic, salt, milk and nutritional yeast together.
2. Scrape mixture into a medium pot and bring to a simmer over medium-low heat. Add butter, cheese, and mustard.
3. Taste the sauce and adjust as needed. The sauce will thicken as it cools.

PREPARATION: 10 MIN

COOKING: 5 MIN

READY IN: 15 MIN