

LIVE LIFE NOURISHED

#alkalignnourish



Holiday Recipes

nourish your body and soul this season

Small cheer and great welcome makes a merry feast

- William Shakespeare

HOLIDAY

Be Festive and Nourish

Holiday gatherings typically center around rich and unhealthy foods. Holiday parties often leave you feeling sluggish with a side of self loathing, but no need to feel that way! Nourishing your body during this time is so doable! Here are cleaned up versions of some holiday dishes that will leave you feeling energized and festive.

BREAKFAST

Chard & Zucchini Frittata

Serves 6

Adapted from Against All Grain by Danielle Walker

The best way to start a day full of holiday cheer is with a filling and nutrient-dense breakfast. Coffee cake isn't going to do the trick! Try a frittata filled with Omega-3 fatty acids from pastured eggs and essential vitamins and minerals in the chard, onions and zucchini. You'll set a healthy tone for the rest of your holiday celebrations.

- 1 tbsp butter or ghee (and extra for greasing the baking dish)
- 3 cups stemmed and chopped Swiss chard
- 1 medium zucchini, halved lengthwise and sliced
- 1/2 cup diced yellow onion
- 10 large eggs
- 1/2 cup almond milk
- 3/4 tsp sea salt
- 1/4 tsp cracked black pepper

Preheat oven to 350°F. Lightly grease a 10-inch pie plate with butter or ghee

Melt the butter in a sautee pan over medium heat. Cook the zucchini, chard and onion in the butter for 8 minutes. Transfer to the pie plate and spread evenly.

In a bowl, beat the eggs with the almond milk, salt and pepper. Pour over the vegetables.

Bake for 30-40 minutes until the center is set but ever-so-slightly soft.

Allow the frittata to cool for 15 minutes before serving.

TIPS & TRICKS

- + Let this frittata recipe serve as a base for any combination of vegetables you'd like in your breakfast. Spinach, peppers, mushrooms, etc...get creative! Choose your favorites or go with whatever is in your fridge.
- + This frittata is intentionally meat free because the rest of your Thanksgiving will be full of turkey and pork (see stuffing recipe), but you can easily add bacon or sausage.
- + Cook the vegetables the night before and throw the eggs in the morning for less work and cleanup that day!



Egg Skillet with Brussel Sprouts and Black-Eyed Peas

Serves 1-2

This quick and colorful egg skillet comes together so quickly, it's a healthy and simple start to your day!

1 tbsp olive oil
 1/4 cup sliced red onion
 6 ounces Brussel sprouts, shredded
 1/2 cup cooked black-eyed peas
 salt & pepper to taste
 2 large eggs
 Hot sauce for serving

Heat an 8-10" skillet over medium-low heat. Add olive oil, followed by red onions. Cook for 4-5 minutes or until onions are translucent. Stir in Brussel sprouts. Continue to cook until the sprouts are tender and starting to brown, about 6-8 minutes.

Add the black-eyed peas, salt and pepper. Stir until combined, then create a well in the center. Crack the eggs into the well, cover, reduce heat to low and cook until egg whites are set and the yolk is your desired doneness, 8-9 minutes for over easy. Serve with a drizzle of hot sauce if desired.

Banana Muffins

From Sweet Laurel

Batter ingredients:

1 ½ cup almond flour or almond meal
 2 tablespoons coconut flour
 1 ½ teaspoon baking soda
 1 tablespoon cinnamon
 1 teaspoon Himalayan pink salt
 ¼ cup melted coconut oil
 4 eggs
 ¼ cup maple syrup

Filling ingredients:

¼ cup plus 2 tablespoons almond butter
 1 tablespoon honey
 1 teaspoon cinnamon

Garnish (optional) - 1 banana sliced
 1 tablespoon melted coconut oil

Preheat oven to 350°F. Line muffin tins with parchment or use a silicone jumbo muffin tin.

In a large bowl, stir together all dry ingredients. Whisk together melted coconut oil, eggs, and maple syrup, stir into dry ingredients, and then fold in the banana.

Meanwhile, combine all filling ingredients in a small bowl and stir well.

Pour ¼ cup (if using jumbo muffin pan) of batter into muffin tins.

Pour one tablespoon of filling over batter then pour one more ¼ cup of batter over filling.

Bake muffins for 20-25 minutes at 350°F. Garnish if desired. Allow to cool in pans about 15 minutes before eating.



Pumpkin Hummus

From What Grandma Ate

- 1/2 cup raw cashews
- 1/2 cup pumpkin puree
- 2 tbsp tahini
- 2 tbsp lemon juice
- 1 tbsp extra virgin olive oil
- 1/4 tsp salt
- 1/4 tsp cumin
- 1/8 tsp cayenne
- 1/2 tsp pumpkin pie spice
- 1 garlic clove

Soak raw cashews in water for 2 or more hours. Drain and wash the cashews.

Place cashews and pumpkin into a food processor and process until smooth. Add the rest of the ingredients then process until smooth.

Drizzle a little bit of olive oil on top before serving. Dip your favorite vegetables and enjoy!



Pear & Bacon Bites

Serves 8

From PaleOMG by Julie Bauer

- 6 pieces bacon
- 1 pear (Asian or bosc work well with a slightly crispy texture)
- 2 tbsp maple syrup
- 1 tsp cinnamon
- 1 tsp smoked paprika
- Toothpicks

Preheat oven to 400 degrees. Cut your bacon into one inch pieces. Line a baking pan with parchment paper or aluminum foil.

Line up the bacon pieces on the pan. Place in the oven and cook for 18-20 minutes, depending on the thickness. Remove from oven and place on a paper towel lined plate and pat off any excess grease with a paper towel.

Slice up your pear into slices about 1/2 inch thick by 1 inch.

Put a piece of bacon on top of each pear slice and secure them together with a toothpick. Repeat until you are out of pears and bacon, placing the complete pieces on a serving platter. You can also make a pear sandwich, with a slice of bacon between two pieces of pear.

Sprinkle lightly with cinnamon and paprika. Pour a little drop of maple syrup on each piece.

Harvest Stuffing

Serves 8

From PaleOMG by Julie Bauer

Who says a stuffing is for Thanksgiving only? Serve with roast chicken, lamb, prime rib or as a main dish. Ditch the old-school bread cubes and opt for a filling and tasty version with pork sausage and nutritious vegetables!

1lb ground pork sausage
5 pieces of bacon, diced
5 stalks of celery, diced
1 sweet potato
1 yellow onion, diced
1 container of mushrooms, diced
2 apples, diced
2 tablespoons of white wine vinegar
1 cup dried cranberries
1 cup pecans, chopped
2 eggs, beaten
1/3 cup chicken broth

Preheat oven to 375°. Cover a baking sheet with foil, throw diced sweet potatoes on it and sprinkle with olive oil, salt and pepper. Bake for about 15-20 minutes or until sweet potatoes are tender. Set aside.

While the potatoes cook, in a large skillet, cook bacon over medium-high heat. When some of the fat has seeped out and the bacon has begun to cook, add chopped apples, celery and onions to the cooking bacon.

When the onions begin to become translucent, add ground pork, mushrooms and white wine vinegar. Continue to sautee over medium heat until pork is cooked through. Add salt and pepper to taste. Add mixture to a bowl and let cool.

In a separate bowl, beat the eggs and add to the sausage mixture. Add chicken broth, sweet potatoes, pecans and dried cranberries. Mix well.

Place in a 9x13 baking dish or on a foil-lined baking sheet and bake for 15-20 minutes, until everything is a bit brown.

TIPS & TRICKS

+ This is fantastic as leftovers. For breakfast, warm it up in the oven and serve under 2 fried eggs. For lunch, enjoy it over a bed of steam spinach or wilted kale.





Cranberry Sauce

From Raising Generation Nourished

The perfect sweet and tart side dish with less sugar than store bought!

8 cups fresh cranberries
 2 cups water
 3/4 cup organic pure cane sugar or coconut sugar
 3/4 cup honey (optional)

Put the cranberries, water, and sugar into a large, high walled skillet, or soup pot and bring to a simmer.

Low simmer the cranberry mixture, stirring occasionally for about 10 minutes. You will hear the cranberries start to pop and you can squish some of them with the back of your wooden spoon if you like. The mixture will start to thicken after about 10 minutes.

Add the honey to the cranberry sauce, combine, and turn the heat off. The cranberry sauce will continue to thicken as it cools.



Perfect Roasted Veggies

From Lexi's Clean Kitchen

10-15 rainbow carrots
 3 cups Brussels sprouts, sliced
 1 large red onion, sliced
 1 acorn squash or squash of choice, sliced
 2 cups purple seedless grapes
 1/4 cup extra-virgin olive oil
 6 garlic cloves, crushed
 2 sprigs thyme
 4 sprigs of sage
 1-2 teaspoons fine pink sea salt
 1/2 teaspoon pepper
 Optional: 2 tablespoons raw honey

Preheat oven to 400°F. In a bowl, combine sliced onion, Brussels sprouts, carrots, squash, and grapes. Add in oil, garlic, salt, and pepper. Toss to evenly combine.

Line a baking sheet and spread out veggies across it. Top with thyme and sage. Roast for 45-50 minutes, tossing halfway through.

Once soft and tender, remove from the oven and remove any stems (from grapes and herbs). If adding honey, add while veggies are warm and toss. Add additional salt and pepper as desired and serve hot.



Easy Apple Crisp

From Living Well Mom

Apple Crisp is a great dessert to bake because it's so delicious and easy to make. It has all the goodness of apple pie without the hassle of a pie crust! Just a few modifications make this traditional holiday dessert a healthier and happier option!

4 apples
 2 tsp lemon juice
 1 Tbsp vanilla extract, divided
 1 Tbsp cinnamon, divided
 1/2 tsp nutmeg
 1 cup almond flour - I use this
 1/4 cup coconut oil
 1/2 cup pecans, chopped

Preheat your oven to 400 degrees.

Core, peel, and thinly slice the apples. Toss the apples with the lemon juice and 2 tsp vanilla extract. Add 2 tsp cinnamon, and nutmeg and toss again. Place in an 8×8" baking dish.

Melt the coconut oil, then mix in the almond flour, pecans, and 1 tsp cinnamon. Sprinkle over the apples, then sprinkle the remaining 1 tsp vanilla extract over everything.

Bake at 400°F degrees for 20 minutes covered, then another 10-20 uncovered. The apples should be somewhat soft and bubbling when it's finished.



Whipped Cream

From Tastes Lovely

1 (14 ounce) can full fat Coconut Cream, chilled in the fridge overnight
 1 tablespoon (or more to taste) coconut sugar or honey, optional

Scoop the cold coconut cream into a small bowl, leaving any excess moisture/coconut water in the can. Whip it up with a fork until fluffy. Use a mixer for 2 minutes for a fluffier whipped cream!

Pumpkin Pie Custards

Serves 4

From Practical Paleo by Diane Sanfillipo

After your nutrient-rich meal, keep the Nourish party going with a healthy dessert! Traditional pumpkin pie is so close to being clean and healthy, this recipe simply takes out the crust and modifies some of the filling! This dessert will give you something to be thankful for - a good night of sleep without the sugar high.

1 tsp ground cinnamon

1/4 tsp ground ginger

2 pinches of grated nutmeg

Pinch of sea salt

1 cup canned pumpkin puree

2 eggs, beaten

1/4 cup maple syrup

1 tsp vanilla extract

1 cup full-fat coconut milk

Preheat oven to 350°F. Boil a pot of water (enough water to fill the baking pan as directed below).

In a small mixing bowl, combine the cinnamon, ginger, nutmeg and sea salt. In a medium-sized mixing bowl, combine the pumpkin puree, eggs, maple syrup, vanilla extract and coconut milk. Whisk the dry ingredients into the liquid mixture until well combined.

Pour the custard into small ramekins (oven-safe ceramic or glass dishes). Place the ramekins in a roasting pan and add enough boiling water to the pan to come halfway to the top of the ramekins. Carefully place the dish with ramekins and water into the oven.

Bake for 45-60 minutes or until a knife inserted into the center of the custard comes out clean.

Serve warm or chilled.

TIPS & TRICKS

+ Water baths can be tricky. Use a teapot to boil your water. Place the roasting pan with the filled ramekins into the oven before pouring the boiling water into the pan. Pull the oven rack partially out of the oven to give you enough space to hold the teapot, then pour the boiling water into the pan. When removing from the oven, take the ramekins out one by one. Turn the oven off and let the water bath cool before removing the pan from the oven.





FESTIVUS FOR THE REST OF US

1 oz vodka (we like deep eddy cranberry)
 sparkling water
 Splash of organic cranberry juice (just juice, no added sugar)
 Garnish with fresh cranberries and a sprig of rosemary or spiced ginger pieces

SPIKED AND SLOW COOKER APPLE CIDER

From Rubies and Radishes

2 quarts organic apple cider
 1 orange, thinly sliced
 4 cinnamon sticks
 6 allspice berries
 10 whole cloves
 3 star-anise
 2 inch pieces of ginger, cut into slices
 1 cup dark rum (optional)

Place all ingredients in a slow-cooker and cook on high for 2 hours.

Strain mixture, add rum (if using).

Garnish with orange slice, apple and/or star anise.

APPLE PLUM SANGRIA

From Real Everything

2 medium apples, peeled and cored
 2 red plums pit removed, diced
 1 cinnamon stick
 1 quart apple cider
 2 750 ml bottles of dry white wine
 1 pint of gin

In a gallon jug or pitcher, place cinnamon and fruit in the bottom. Pour your cider, wine and gin in the pitcher, cover and place in the refrigerator overnight. Before serving, thinly slice skin-on apples for decoration on glass edge and to the top of the sangria.

The plums will sink and apples will float – so keep a stirring spoon nearby for guests to fish out some of each as they pour their drinks!

