



Easy to Prepare  
**Healthy Holiday  
Recipes**



**Allied Wellness**



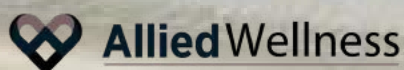
# Welcome!

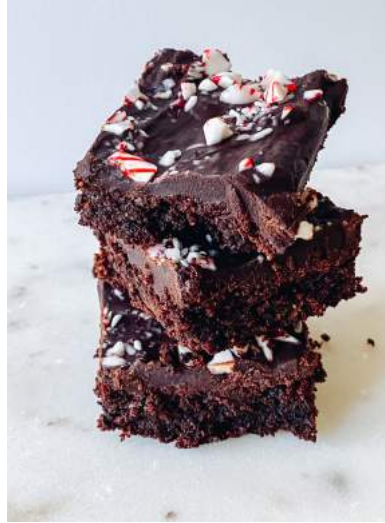
If you are reading this, chances are you are a member of the Allied Wellness family. Our commitment to your health and wellbeing goes beyond what you imagine, it is for this reason that we've decided to gift this quick guide on healthy eating. This is for you, to change the way you think about food and start enjoying it with flavor and freedom without sacrificing your health around the holiday season.

With you, our dear member, in mind, we want to show that health can be sustainable, doable and shared with others. From our Allied Wellness family to yours, we wish you the warmest and joyous moments this Holiday Season.

**Julia Coulon**

Director of Allied Wellness





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\*Abbreviations: Calories- cal; Carbohydrates - c; Fat-f; Protein - p.



# Cheese & Spinach Stuffed Mushrooms

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Nutrition Facts: 196 cal, 14 c/10f/13p\*

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## Ingredients

- 4 large portobello mushroom caps
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper, divided
- 1 cup part-skim ricotta cheese
- 1 cup finely chopped fresh spinach
- ½ cup finely shredded Parmesan cheese, divided
- 2 tablespoons finely chopped kalamata olives
- ½ teaspoon Italian seasoning
- ¾ cup prepared marinara sauce

## Instructions

- Preheat oven to 450 degrees F. Coat a rimmed baking sheet with cooking spray.
- Place mushroom caps, gill-side up, on the prepared pan. Sprinkle with salt and 1/8 teaspoon pepper. Roast until tender, 20 to 25 minutes.
- Meanwhile, mash ricotta, spinach, 1/4 cup Parmesan, olives, Italian seasoning and the remaining 1/8 teaspoon pepper in a medium bowl.
- Place marinara sauce in a small bowl, cover and microwave on High until hot, 30 seconds to 1 1/2 minutes.
- When the mushrooms are tender, carefully pour out any liquid accumulated in the caps. Return the caps to the pan gill-side up.
- Spread 1 tablespoon marinara into each cap; cover the remaining sauce to keep warm. Mound a generous 1/3 cup ricotta filling into each cap and sprinkle with the remaining 1/4 cup Parmesan. Bake until hot, about 10 minutes.
- Serve with the remaining marinara sauce.



Serves  
4 person



Total Time  
40 Mins



Prep Time  
5 Mins

**DIFFICULTY  
LEVEL**

2

# Healthy Mashed Potatoes

Nutrition Facts: 190 cal, 41 c/1f/7p\*



Serves  
8 people



Total Time  
25 Mins

**DIFFICULTY  
LEVEL**

1

## Ingredients

- Add 5-6 medium Russet or Yukon gold potatoes about 3 lb
- 1/3 cup plain Greek yogurt or light sour cream
- 1/2-2/3 cup skim milk or as needed to reach your desired consistency
- 1/2 tsp seasoning kosher salt or to taste
- 1/4 tsp ground pepper
- 1/2 tsp dried parsley
- 1/2 tsp dried chives
- 1/8 tsp garlic powder
- 1/8 tsp onion powder
- To garnish: fresh chives fresh thyme

## Instructions

- Peel and chop the potatoes into big chunks.



- Place potatoes into a large soup pot and cover with water.
- Place the pot over high heat and bring to a boil. Once boiling, reduce the heat to a simmer and cook until the potatoes are tender, about 15 minutes.
- Carefully drain the potatoes, keeping them in the same pot. Add in the remaining ingredients.
- Using a potato masher, mash until smooth. Taste and adjust the seasonings.
- Top with herbs and chopped green onion.



# Green Bean Casserole

Nutrition Facts: 125 cal, 11 c /8f /4p\*



Serves  
8 people



Prep Time  
5-10 Mins



Total Time  
5-10 Mins

**DIFFICULTY  
LEVEL**

1

## Ingredients

- 2 lb. green beans
- 2 tbsp. olive oil
- 1 clove garlic, finely chopped
- 1 tsp. chopped fresh rosemary
- 1/2 c. roasted almonds, roughly chopped
- 1 tsp. orange zest
- 1/2 c. flat leaf parsley, chopped

## Instructions

- Bring a large pot of water to a boil. Fill a large bowl with ice water.
- Add 1 tablespoon salt to boiling water, then in batches, cook green beans until just tender, 3 to 4 minutes. Transfer green beans to the ice water to cool; drain and set aside.
- In a small skillet, heat oil, garlic, and rosemary on medium heat until garlic sizzles around the edges and begins to turn golden, about 2 minutes. Remove from heat and toss with almonds and orange zest, then parsley.
- Serve over warm or room temperature green beans.

# Roasted Turkey

Nutrition Facts: 225 cal, 0c / 9f / 40p\*

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## Ingredients

- 1 12- to 14-lb turkey, thawed if frozen
- 4 small onions, quartered
- 8 sprigs fresh sage
- 2 Tbsp olive oil
- Kosher salt
- 2 large carrots, cut into 2-inch pieces
- 2 stalks celery, cut into 2-inch pieces
- 2 fresh bay leaves
- 3/4 c. low-sodium chicken broth, if needed
- Fresh herbs and clementines, for serving

## Instructions

- Heat oven to 375°F. Working on baking sheet, remove giblets and neck of turkey from cavities. Reserve neck and discard giblets. Using paper towels, pat turkey dry. Stuff half of onions and 6 sprigs sage into main cavity
- Tie legs together with kitchen twine. Tuck wing tips underneath body. Rub turkey with oil and season with 1 teaspoon salt.





- Place turkey neck, carrots, celery, bay leaves and remaining onions and sage in large roasting pan. Place roasting rack in pan and put turkey on top.



- Roast turkey until thermometer inserted into thickest part of thigh registers 165°F, 2 ½ to 3 hours.
- (Cover bird loosely with foil if it browns too quickly and add broth to pan if vegetables begin to scorch.)
- Carefully tilt turkey to empty juices from cavity into pan. Transfer turkey to carving board. Cover loosely with foil and let rest for at least 25 minutes. Reserve pan and its contents for gravy. Carve turkey and garnish as desired.



Serves  
8 people



Prep Time  
Mins



Total Time  
3 hours & 45 Mins

**DIFFICULTY  
LEVEL**

3

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# Chocolate Pumpkin Bread

Nutrition Facts: 196 cal, 27c /8f /4p\*

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## Ingredients

- 1¼ cups white whole-wheat flour
- ¼ cup cocoa powder
- 1½ teaspoons pumpkin pie spice
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup unseasoned pumpkin puree
- ⅔ cup light brown sugar
- ¼ cup melted butter
- ¼ cup buttermilk
- 2 large eggs
- 1 teaspoon vanilla extract
- ½ cup bittersweet chocolate chips



## Instructions

- Preheat oven to 350 degrees F. Coat a 9-by-5-inch baking pan with cooking spray.
- Whisk flour, cocoa, pumpkin pie spice, baking powder, baking soda and salt in a medium bowl.
- Whisk pumpkin puree, brown sugar, butter, buttermilk, eggs and vanilla in a large bowl. Add the dry ingredients and stir with a wooden spoon until just combined. Fold in chocolate chips.
- Transfer the batter to the prepared baking pan, spreading evenly. Bake until a toothpick inserted into the center of the bread comes out clean, 40 to 50 minutes.
- Let cool in the pan on a wire rack for 10 minutes. Run a knife around the edges and remove to the wire rack. Let cool at least 20 minutes before slicing.
- Tips: To make ahead: Store, well-wrapped, at room temperature for up to 2 days or freeze for up to 3 months.



Serves  
12 person



Prep Time  
15 Mins



Total Time  
1 hr & 30 min

**DIFFICULTY  
LEVEL**

3

# Peppermint Brownies



Serves  
12 brownies



Prep Time  
510Mins



Total Time  
35 Mins

**DIFFICULTY  
LEVEL**

2



Nutritional Facts: 156 cal, 15c/10f/2p\*

## Ingredients

- 2 eggs
- 1/2 cup coconut sugar
- 1/4 cup maple syrup
- 1/2 cup melted coconut oil
- 1/2 tsp peppermint extract
- 3/4 cups almond flour
- 2/3 cup cocoa powder
- 1/4 tsp baking soda
- 1/4 tsp sea salt
- Chocolate for drizzling  
(melted with 1 tsp coconut oil)
- crushed candy canes  
(optional)

## Instructions

- Preheat oven to 350F and prepare an 8×8 baking dish with parchment paper or oil.
- In a large bowl, beat together eggs, coconut sugar, maple syrup, coconut oil, and peppermint extract.
- In a separate small bowl, stir together almond flour, cacao powder, baking soda and salt.
- Add dry ingredients to wet, stirring until fully combined.
- Pour batter into prepared dish and bake for 20-25 minutes or until toothpick comes out clean.
- Let cool completely before drizzling with chocolate and sprinkling with candy canes. Store on counter or in fridge.

# Festive Punch

Nutrition Facts: 137 cal, 13 c/ of/ op\*



Serves  
20 people



Total Time  
10 Mins

**DIFFICULTY  
LEVEL**

1



## Ingredients

- 1 large bag of ice
- 5 cups 100% cranberry juice\* 40 ounces, *NOT cranberry juice cocktail*
- 2 bottles very dry sparkling wine (750 ml bottles) , such as *champagne, cava, or Prosecco (I used a brut Prosecco)*
- 2 cups apple cider
- 1 1/2 cups diet ginger ale (12 ounces) (*from 1 can or poured from a liter bottle*)
- 1 1/2 cups dark rum or brandy (12 ounces)
- 2 oranges *thinly sliced into rounds*
- 1 cup fresh cranberries

## Instructions

- Make sure all of the ingredients are well chilled. Fill a large punch bowl with ice. Top with the cranberry juice, sparkling wine, apple cider, ginger ale, and rum.
- Stir gently to combine. Top with the orange slices and fresh cranberries. Enjoy!

\*IMPORTANT NOTE ON CRANBERRY JUICE: Look for a juice that is marked 100% cranberry but that has a blend of other juices, usually apple, to prevent a tart drink.

\*Nutritional information assumes no ice melt. Since realistically, some ice will melt into the glasses, the drink will have less calories.



## **About Allied Wellness**

Allied Wellness is a unique wellness program that consolidates multiple services and benefits focused on identifying health risk factors, implementing preventive care and managing chronic diseases. Our main goals are that you reach your health goals and ultimately become the best version of yourself.

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Thank you for taking the time to explore some of my recipes! I believe there's something in here for everyone. If you want something tasty, easy to make, and healthy, now's the chance.

*- Madison Pierce*

