

# 21 HEALTHY HOLIDAY RECIPES



CREATED BY  
**DIANA KEUILIAN**

# 21 Holiday Recipes

The holidays are a time of warmth, laughter, family gatherings and, of course, delicious food. Most holiday traditions center around food, which can make it tricky when you decide to lighten the menu. The experience of eating a particular dish may be an event that one of your family members looks forward to all year long.

How do you balance fitting in new, healthier options with preserving family tradition?

- 1) Grant one pardon. As a family, decide which holiday dish has the most sentimental value, then make that dish true-to-tradition. Think of it like when the president pardons a turkey for Thanksgiving every year, giving it a free pass from being served up on a platter. Whichever dish your family looks forward to the most each year gets an official pardon, and will be made and enjoyed without modification.
- 2) Real Healthy makeovers. Now get to work giving your other family favorites Real Healthy makeovers. Make modifications to lessen the negative impact of heavy dishes by replacing dairy, gluten, grains, potatoes, legumes and refined sugars. I'm always tweaking our favorite recipes to see how much healthier I can get them—and most of the time no one even notices! Use these ingredient substitution guide in your favorite holiday recipes:

- Instead of cream...use canned coconut milk
- Instead of wheat flour...use 3 parts almond flour, 1 part flax meal
- Instead of vegetable oil...use coconut oil
- Instead of sugar...use coconut sugar
- Instead of corn syrup...use raw honey
- Instead of potatoes...use sweet potatoes

3) Find New Favorites. Traditions have to start somewhere, right? Flip through this book and visit [www.RealHealthyRecipes.com](http://www.RealHealthyRecipes.com) to find new, healthy recipes to enjoy during the holidays. When finding recipes from elsewhere, check that it follows the Real Healthy Recipes Guidelines, to make sure you're eating the best:

- Veggies, Eggs, Lean Meats and Fish (unlimited)
- Fruit (limited)
- Nuts (limited)
- Dairy (very limited)
- No Grain
- No Legumes or Soy
- No White Potato
- No Refined Sugar

I wish you a magical, happy holiday season! Enjoy the following 21 Holiday Recipes...from my holiday table to yours!

Happy Cooking :)

Diana Keuilian

PS - Don't forget to visit [www.RealHealthyRecipes.com](http://www.RealHealthyRecipes.com) for hundreds of quick and delicious recipes.

#### DISCLAIMER:

The information contained in this book is for educational purposes only. This content is meant to supplement, not replace, medical advice. Always consult your physician prior to starting a new nutrition plan.

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## Whole Roasted Chicken and Veggies

**Prep:** 30 minutes **Bake:** 2 hours **Oven:** 350 - 400 **Makes:** 5 servings

**One serving equals:**

251 calories, 14g fat, 113mg sodium, 19g carbohydrate, 7g fiber, and 17g protein



One of the most satisfying things to make for a holiday dinner is a whole roasted organic chicken, flanked with organic, herb-coated veggies. It looks super impressive without being difficult at all to make. And best of all it only takes very little actual prep time.

Here's what you need:

- 3 bulbs garlic
- 1/4 cup olive oil
- salt and pepper
- 4 Tablespoons coconut oil, gently melted
- 1 Tablespoon each minced, fresh rosemary, oregano, tarragon
- 1 teaspoon minced garlic
- zest and juice from one lemon
- 4 large organic carrots, cut into 1 inch pieces
- 3 organic zucchini, cut into 1 inch half-moons
- 1 cup pearl onions, ends trimmed
- 1 cup Brussels sprouts, halved
- 1 hormone-free, organic chicken
- 2 cups chicken broth
- 1 Tablespoon coconut flour

1. Preheat the oven to 400 degrees F. Cut off the tips of each section of the garlic bulbs. Place the bulbs in a small glass pan. Brush the tops with the olive oil and sprinkle with salt and pepper. Cover the pan with aluminum foil and set aside.
2. In a small bowl combine the melted coconut oil, fresh herbs, minced garlic, lemon zest and lemon juice. Set 1/3 of the mixture aside for the veggies.

3. In a large bowl combine the carrots, zucchini, pearl onions & Brussels sprouts with 1/3 of the herb mixture. Season with salt and pepper. Set aside.
4. Rinse your chicken and pat dry. Carefully slide your hand between the skin and the breast and liberally rub some of the herb mixture. Rub the rest of the herb mixture over the top of the chicken. Season the chicken with salt and pepper and tie the legs together with kitchen string. Place the chicken on a large roasting pan, and surround it with the veggies.
5. Roast the chicken and veggies for 30 minutes. Reduce the oven temperature to 350 degrees F, pour 1/2 cup of chicken broth over the chicken and veggies, and place the garlic pan in the oven off to the side.
6. For the next 90 minutes, pour 1/2 cup of broth over the chicken and veggies every 30 minutes as it cooks at 350 degrees F. To see if the chicken is done, poke the tip of a sharp knife between the leg and body and see that the juices run clear. Transfer the chicken and veggies to a large platter. Add a couple of the roasted garlic bulbs to the chicken platter, reserving one for the gravy.
7. To make gravy: Pour all of the roasting pan juices into a skillet and bring to a simmer. Remove the garlic cloves from one of the roasted bulbs and smash with a fork. Add garlic to skillet. Mix in the tablespoon of coconut flour, and whisk the gravy as it simmers. Cook for 10 minutes, or until desired thickness. Season with salt and pepper.

## Sweet Potato Roasted with Thyme

**Prep:** 20 minutes **Bake:** 40 minutes **Oven:** 400 **Makes:** 8 servings

**One serving equals:**

98 calories, 3g fat, 120mg sodium, 17g carbohydrate, 3g fiber, and 1g protein



Here's a stunning way to serve up sweet potatoes. A mixture of orange and purple, thinly sliced into rounds, tossed with olive oil, garlic and fresh thyme then roasted to sweet, tender perfection.

Here's what you need:

- 2 orange sweet potatoes, peeled and cut into thin rounds
- 2 purple sweet potatoes, peeled and cut into thin rounds
- 2 Tablespoons olive oil
- 4 garlic cloves, minced
- 1/4 cup fresh thyme
- 1/2 teaspoon salt

1. Preheat the oven to 450 degrees F. Lightly grease a baking dish with olive oil
2. In a large bowl combine all of the ingredients together. Toss until evenly coated.
3. Spread the sweet potato rounds onto the prepared baking dish in a single layer. Bake for 40 minutes, or until tender and golden.

## Garlic Roasted Broccoli & Cauliflower

**Prep:** 10 minutes **Cook:** 25 minutes **Oven:** 425 **Makes:** 6 servings

**One serving equals:**

143 calories, 10g fat, 302mg sodium, 9g carbohydrate, 4g fiber, and 2g protein



It's not often that you come across a recipe for something as healthy as broccoli that tastes as good as this one! There's something about the roasting process, along with the garlic, that makes plain old broccoli and cauliflower taste divine.

Here's what you need:

- 2 heads broccoli
- 1 head cauliflower
- 5 Tablespoons olive oil
- 1 teaspoon sea salt
- 1/2 teaspoon pepper
- 4 garlic cloves, minced
- juice from 1 lemon

1. Preheat your oven to 425 degrees F. Lightly grease a large baking sheet with olive oil.
2. Wash the broccoli and cauliflower heads and then pat dry. It's important to dry thoroughly so that it will roast properly. Cut into small florets. In a medium bowl combine the florets, olive oil, salt, pepper and garlic cloves. Toss until well combined and then spread over the prepared baking sheet.
3. Roast for 25 minutes, stirring halfway through. Remove from oven once the florets are tender with crispy bottoms.
4. Drizzle the lemon juice over the cooked florets and serve immediately

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## Real Healthy Stuffing

**Prep:** 20 minutes **Bake:** 55 minutes **Oven:** 350 **Makes:** 24 servings

**One serving equals:**

355 calories, 28g fat, 256mg sodium, 18g carbohydrate, 8g fiber, and 16g protein



The holidays aren't complete without a side of stuffing, but who needs all that grain? Here's an amazing recipe for grain-free stuffing. The almond bread cubes are hearty with a great nutty flavor. Fresh herbs put this dish over the top!

Here's what you need:

- 2 loaves Almond Bread, cut into cubes (See 110 Fat Burning Meal Recipes Page 34)
- 1 Tablespoon Olive oil
- 4 cloves garlic, minced
- 1 large yellow onion, diced
- 5 celery stalks, diced
- 3 large carrots, peeled and diced
- 1 Tablespoon fresh rosemary
- 1 Tablespoon fresh thyme
- 1 Tablespoon fresh sage
- 1/2 cup fresh parsley, chopped
- 1/4 cup golden raisins
- 1/2 cup walnuts, chopped
- 1/2 cup pecans, chopped
- 2 cups vegetable broth
- salt and pepper to taste

1. Preheat oven to 350 degrees.
2. Dice the bread and spread it over 2 baking sheets. Bake for 15 minutes, until crisp. You may also do this and leave the cubes out overnight for crispier stuffing.

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3. Warm the olive oil in a sauté pan. Add garlic, onion, celery and carrots. Cook until tender.
4. Place the bread in a large bowl. Add the onion mixture, rosemary, thyme, sage, parsley, raisins, walnuts and pecans. Mix until fully incorporated. Drizzle with vegetable broth and toss gently. Season with salt and pepper.
5. Bake in a casserole dish, uncovered for 40 minutes.

## Real Healthy Sweet Potato Casserole

**Prep:** 15 minutes **Cook:** 25 minutes **Makes:** 8 servings

**One serving equals:**

193 calories, 7g fat, 78mg sodium, 28g carbohydrate, 4g fiber, and 3g protein



Why do sweet potatoes always seem to get saddled with marshmallows during the holidays? This recipe is the perfect alternative to extra-sugary sweet potato casseroles. I cook this in a large skillet, which is nice when the ovens are taken up with so many other holiday dishes.

Here's what you need:

- 1 Tablespoon coconut oil
- 6 sweet potatoes, peeled and cut into small cubes
- 1 cup vegetable broth
- 1/4 cup pure maple syrup
- dash of salt and pepper
- Juice from 1 lime
- 1 cup ground walnuts

1. Heat the coconut oil in a large skillet.
2. Add the sweet potato cubes and cook, stirring occasionally, until lightly browned – about 10 minutes.
3. Add the broth, maple syrup salt, pepper and lime juice. Bring to a boil.
4. Reduce to a simmer and cover for 10 minutes. Remove cover and continue to cook, stirring occasionally until all liquid is absorbed.

5. Transfer to a casserole dish. Evenly sprinkle the ground walnuts on top.
6. \*Optional\* If you want the walnuts to be toasty then place in the oven on broil for a few minutes.

## Fruity Cranberry Relish

**Prep:** 20 minutes **Cook:** 30 minutes **Makes:** 10 servings

**One serving equals:**

181 calories, 8g fat, 127mg sodium, 26g carbohydrate, 5g fiber, and 2g protein



Cranberry relish is such a holiday tradition that it'd hardly be Christmas without it. This relish is almost more like a fruit salad than strictly a relish. It's wonderful to spread on crackers or to accompany your mashed potatoes and stuffing.

Here's what you need:

- 1 cup water
- 1/3 cup Coconut crystals
- 1/4 cup fresh squeezed orange juice
- 1 package (12 oz) fresh cranberries
- 1 apple, peeled and diced
- 1 pear, peeled and diced
- 1 cup chopped dried mixed fruit
- 1 cup chopped pecans
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg

1. In a medium saucepan combine the water and coconut crystals and boil until it dissolves. Reduce to a simmer and add orange juice, cranberries, apple, pear, dried fruit, pecans, salt cinnamon and nutmeg.
2. Cover and simmer for 30 minutes, stir occasionally, until cranberries burst.
3. Remove from heat and allow to cool to room temperature.

## Roasted Brussels Sprouts & Caramelized Green Apples

**Prep:** 15 minutes **Bake:** 40 minutes **Oven:** 425 **Makes:** 4 servings

**One serving equals:**

233 calories, 7g fat, 81mg sodium, 41g carbohydrate, 13g fiber, and 7g protein



This recipe combines roasted Brussels Sprouts with tender green apples for a truly wonderful flavor. If you're not sure how you feel about Brussels Sprouts, this is a great recipe to try – but don't be surprised if you get hooked!

Here's what you need:

- 40 Brussels Sprouts (about 1.5 lbs) trimmed and halved
- 1 Tablespoon olive oil
- Dash of salt and pepper
- 1 Tablespoon coconut oil
- 1 large yellow onion, thinly sliced
- 4 green apples, thinly sliced
- 1 teaspoon pure maple syrup

1. Preheat oven to 425 degrees. In a large mixing bowl combine Brussels sprouts, olive oil, salt and pepper. Spread over a baking sheet and place in the oven for 20 to 40 minutes. Mix the sprouts every 10 minutes to ensure even roasting. You'll know the sprouts are done when they turn a dark brown and are tender.
2. Meanwhile in a large skillet, melt the coconut oil over low-medium heat. Add the onions, apples and maple syrup. Cook, stirring occasionally for about 30 minutes, until the onions and apples are golden brown and caramelized.
3. Combine the Brussels sprouts and the apple mixture in a large bowl. Enjoy!

## Maple-Glazed Green Beans

**Prep:** 10 minutes **Cook:** 20 minutes **Makes:** 4 servings

**One serving equals:**

144 calories, 11g fat, 227mg sodium, 13g carbohydrate, 3.2g fiber, and 2.7g protein



Green beans are a wonderful source of vitamin K, vitamin C, vitamin A, magnesium, potassium, folate and iron. This dish give the beans a sweet and garlic flavor that is complimented by buttery pecans. I like to cook the beans until tender with a slight crisp.

Here's what you need:

- 2 teaspoons olive oil
- 1 pound organic green beans, tips removed
- 1 Tablespoon minced garlic
- 1 teaspoon dried marjoram leaves
- 1 Tablespoon tamari soy sauce
- 2 Tablespoons pure maple syrup
- 1/4 cup chopped, toasted pecans (feel free to use walnuts or pine nuts instead)
- Dash of pepper
- 1 Tablespoon fresh squeezed lemon juice

1. In a large sauté pan, heat the olive oil over medium heat. Add the beans and sauté for 5 minutes, until they begin to brown.
2. Add the garlic and marjoram and sauté for another minute. Add the tamari, maple syrup and pecans. Cover, reduce heat to medium and cook for 10-15 minutes until the beans are tender.
3. Season with pepper and add fresh lemon juice.

## Roasted Harvest Veggies

**Prep:** 30 minutes **Bake:** 40 minutes **Oven:** 450 **Makes:** 8 servings

**One serving equals:**

162 calories, 4g fat, 36mg sodium, 26g carbohydrate, 6g fiber, and 9g protein



Here's a great recipe for fall vegetables that's quick and easy. This works as a delicious side dish for Holiday meals, or just as a way to get more veggies into your life.

Here's what you need:

- 2 cups sweet potato, peeled and cubed
- 2 cups butternut squash, peeled, seeded and cubed
- 5 green onions, thinly sliced
- 2 rosemary sprigs, leaves stripped from stem
- 2 cups frozen, shelled edamame
- 2 cups fresh corn kernels
- 1 garlic clove, minced
- 1 Tablespoon olive oil plus 1 teaspoon
- 1 Tablespoon lime juice
- 1 Tablespoon agave nectar
- 1/8 cup yellow onion, minced
- dash of salt and pepper

1. Preheat oven to 450 degrees F. Lightly grease a rimmed baking pan with olive oil.
2. In a medium bowl combine the sweet potatoes, butternut squash, green onions, fresh rosemary, 1 teaspoon of olive oil and a dash of salt and pepper. Spread over the prepared baking pan. Cook, uncovered, for 35-40 minutes, stirring halfway through.



3. While the veggies roast, bring a pot of water to boil. Add the edamame for 2 minutes. Remove from water.
4. In a small bowl whisk together the garlic, remaining 1 Tablespoon of olive oil, lime juice, minced onion, agave nectar and a dash of salt and pepper.
5. In a casserole dish, combine the roasted veggies, edamame, fresh corn kernels. Toss with the dressing and serve.

## Chicken Sausage, Cauliflower and Kale Casserole

**Prep:** 20 minutes **Bake:** 20 minutes **Oven:** 425 **Makes:** 6 servings

**One serving equals:**

238 calories, 10g fat, 584mg sodium, 14g carbohydrate, 4g fiber, and 18g protein



What I love about this casserole is that the ricotta cheese gives you the creamy cauliflower experience, while also sneaking in kale – which is high in calcium and has loads of vitamins – and some chicken sausage for protein. This nutritional jackpot takes home cooked comfort food to a real healthy place.

Here's what you need:

- 1 teaspoon olive oil
- 1 yellow onion, diced
- 2 garlic cloves, minced
- 3 cups kale, chopped
- dash of salt and pepper
- Pinch of each, dried: thyme, rosemary, tarragon, and parsley
- 4 links nitrate-free, chicken sausage, sliced into half moons
- 1 head cauliflower, cut into small florets
- 1/2 cup chicken broth
- 1 teaspoon lemon juice
- 1 cup fat free ricotta cheese
- 1/2 cup Parmesan cheese, shredded and divided

1. Preheat oven to 425 degrees F. Lightly grease a casserole dish with olive oil. Place a large pot of water to boil with a pinch of salt.
2. In a large skillet over medium heat, sauté the olive oil, onion, garlic, salt and pepper, dried herbs and chicken sausage. Mix well, then add kale. Cover for about 3 minutes,

until kale gets bright green and wilted, then remove cover. Sauté for an additional 3 minutes until everything is tender. Set aside.

3. Place the cauliflower florets in the pot of boiling water. Boil for 5 minutes, then remove from heat, drain, and return cauliflower to pot.
4. Add the kale mixture to the pot as well as the chicken broth, lemon juice, ricotta cheese and half of the Parmesan cheese. Mix well over medium heat until all has been incorporated.
5. Transfer to prepared casserole dish. Top with remaining Parmesan cheese. Cover with foil and bake for 15 minutes. Remove foil and bake for an additional 5 minutes. Remove from oven and serve.

## Roasted Veggie Salad with Couscous

**Prep:** 45 minutes **Bake:** 40 minutes **Oven:** 375 **Makes:** 20 servings

**One serving equals:**

211 calories, 13g fat, 271mg sodium, 18g carbs, 5g fiber, and 6g protein



When is a salad not just a salad? When it has gorgeous presentation. This recipe not only looks beautiful, it tastes amazing and works as a filling main dish.

### For the Dressing:

- 1 lemon, juiced
- 1 Tablespoon tomato paste
- 2 teaspoons ground coriander seed
- 2 teaspoons ground cumin
- dash of salt and pepper
- 1/2 cup olive oil
- 1/2 cup minced fresh parsley

### For the Veggies:

- 1/4 cup olive oil
- 4 garlic cloves, minced
- 2 medium eggplants, cut into small cubes
- 2 green zucchini, halved and sliced
- 2 yellow zucchini, halved and sliced
- 1 small bunch carrots, sliced
- 1 red, 1 orange and 1 yellow bell peppers, seeded and cut into strips
- 1 large red onion, cut into large half-moons
- 1 cup pearl onions, halved
- dash of salt and pepper

### For the Couscous:

- 1 Tablespoon olive oil
- dash of salt
- 1 cube veggie bouillon
- 5 oz package whole wheat couscous

### For the Salad:

- 1 1/2 cups crumbled goat cheese
- 1 cup cherry tomatoes, halved
- 1/2 cup kalamata olives, pitted and halved
- 5oz baby arugula
- 2 Tablespoons balsamic vinegar

1. Make the dressing: In a small bowl whisk the lemon juice, tomato paste, coriander and cumin. Add the oil and parsley and season with salt and pepper. Set aside.
2. Make the veggies: Preheat oven to 375 degrees F, and position a rack at the center and one in the top third of the oven. Oil 2 large rimmed cookie sheets. Mix all the prepared veggies in a bowl, toss with the olive oil and minced garlic. Season with salt and pepper. Spread the veggies out over the two prepared sheets. Place in preheated oven for 20 minutes, then mix the veggies and switch the pan positions. Roast for an additional 20 minutes or until all the veggies are tender.
3. Make the Couscous: Bring 2 cups of water to a boil, add the oil, salt and bouillon. Add the couscous, stir, cover tightly and remove from heat. Allow to sit for 5 minutes, then fluff the couscous with a fork.
4. Assemble the salad: Use a large glass bowl to layer the ingredients in an artful way. Spread the couscous on the bottom of the bowl, drizzle with a few tablespoons of dressing. Top with the goat cheese, cherry tomatoes and olives. Add the roasted veggies and drizzle with more of the dressing. In a separate bowl, mix the arugula with balsamic vinegar then place on the top of the roasted veggies.

## Fluffy Egg White Biscuits

**Prep:** 20 minutes **Bake:** 15 minutes **Oven:** 350 **Makes:** 20 servings

**One serving equals:**

186 calories, 14g fat, 64mg sodium, 8g carbohydrate, 4g fiber, and 6g protein



This recipe uses beaten egg whites to create a fluffy, delicate biscuit that not only tastes amazing but is amazing for you. These are also really quick to whip together, you could start just 30 minutes before dinner and have them hot on the table.

Here's what you need:

- 2 cups blanched almond flour
- 2 cups flax meal
- 1 teaspoon baking soda
- 2 Tablespoons raw honey, melted
- 1/2 cup coconut oil, melted
- 8 egg whites

1. Preheat the oven to 350 degrees F. Lightly grease a baking sheet.
2. In a medium bowl combine the almond flour, flax meal and baking soda. Mix well and set aside.
3. Using an electric mixer, beat the egg whites until stiff peaks form.

4. Mix the honey and oil into the flax mixture, then quickly fold in the egg whites. Be careful not to over mix the egg whites, so the fluffiness remains.
5. Use an ice cream scooper to drop mounds of the batter on prepared baking sheet. Bake for 15 minutes, or until the tops are golden brown. Enjoy!

## Herb and Cheese Almond Bread

**Prep:** 30 minutes **Bake:** 45 minutes **Oven:** 300 **Makes:** 16 servings

**One serving equals:**

264 calories, 19g fat, 190mg sodium, 10g carbohydrate, 4g fiber, and 12g protein



The classic Real Healthy Recipes Almond Bread just got tastier! I create this version of the bread as a holiday treat.

Here's what you need:

- 5 cups almond meal (buy at Trader Joe's- 4 cups in each bag, or grind raw almonds in food processor)
- 1 cup shredded cheese, separated
- 1 heaping teaspoon baking soda
- 3 Tablespoons fresh rosemary, minced and separated
- 1/2 teaspoon salt
- 3 Tablespoons fresh thyme, minced and separated
- 6 omega-3, free range eggs
- 2 Tablespoons raw honey
- 2 teaspoons apple cider vinegar

1. Preheat oven to 300 degrees F. Generously grease a loaf pan with coconut oil.
2. In a large bowl combine all of the dry ingredients.
3. In a separate bowl, whisk eggs then add honey, vinegar, 1/2 cup shredded cheese, and 2 Tablespoons of each rosemary and thyme. Add the wet ingredients to dry ones and mix until fully combined.



4. Fill prepared loaf pan, smooth the top of the dough and sprinkle with cheese and remaining herbs. Bake for 45 mins or until golden brown.
5. Loosen side of bread immediately after removing from oven, then allow to cool completely before removing from pan.

## Gourmet-Stuffed Acorn Squash

**Prep:** 30 minutes **Bake:** 1 hour **Oven:** 375 **Makes:** 6 servings

**One serving equals:**

302 calories, 12g fat, 241mg sodium, 46g carbohydrate, 7.6g fiber, and 6g protein



This dish is truly bursting with flavor. The wild rice mixture is filled with onions, celery, pecans, dried apricots and a plethora of spices. Serving the rice in acorn squash bowls makes it fun and gives you sweet, tender squash to enjoy after you've eaten the rice.

Here's what you need:

- 4 acorn squash, halved and seeded
- 1 Tablespoon coconut oil
- 1 large yellow onion, chopped
- 5 celery stalks, diced
- 2 1/2 cups cooked quinoa
- 1 cup toasted pecans, chopped
- 3/4 cup dried apricots, diced
- 2 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon ground cloves
- 1/2 teaspoon salt
- fresh ground pepper to taste

1. Preheat oven to 375 degrees. Place squash halves on a baking sheet, cut side down and bake for 30 minutes. When you take the squash out of the oven flip them over, to prevent them from sticking.
2. In a sauté pan, heat the margarine and cook onions over medium heat. Once tender, add celery and sauté for a few more minutes.

3. Remove from heat and place the onion mixture in a large bowl. Add the cooked quinoa, pecans, apricots, ginger, cinnamon, cardamom, cloves, salt and pepper.
4. Spoon out some of the cooked squash, creating a space for the rice mixture while still leaving a nice amount on the shell. Press quinoa mixture into each squash, feel free to mound it up. Place leftover rice in a serving bowl as a delicious side dish.
5. Cover with aluminum foil and bake for 30 minutes, or until the squash is tender. Remove the foil for the last 10 minutes of baking.

## Endive Harvest Salad

**Prep:** 10 minutes **Makes:** 8 servings

**One serving equals:**

238 calories, 8g fat, 209mg sodium, 37g carbohydrate, 19g fiber, and 8g protein



I made this salad to compliment Thanksgiving dinner, and it was a hit! The unique lettuce types and the fall fruit are phenomenal. Try it with maple roasted pine nuts...yum.

Here's what you need:

- 1/2 cup pine nuts
- 1 Tablespoon pure maple syrup
- 8 organic endives
- 2 heads organic radicchio
- 2 cups organic arugula
- 2 organic pears
- 2 organic fuyu persimmons
- 2 tbsp dijon mustard
- 2 tbsp lemon juice
- 2 tbsp white wine vinegar
- 1/4 cup Olive oil
- Dash of salt and pepper
- 2 Tablespoons dried cranberries

1. For Maple Pine Nuts: You could easily do this step the night before if you want. Warm a skillet over medium heat. Add pine nuts and cook, stirring often until lightly golden. Add maple syrup. Cook for another couple of minutes, stirring constantly, until the liquid is gone and nuts are deep golden color. Transfer nuts to a piece of wax paper to cool.
2. Chop the endives and radicchio and mix into a large bowl with arugula. Chop the pears and persimmons and add to bowl. In a small bowl whisk the mustard, lemon juice, vinegar, olive oil and salt and pepper.
3. Toss the salad with dressing and sprinkle with maple pine nuts and dried cranberries.

## Real Healthy Butternut Squash Soup

**Prep:** 20 minutes **Bake:** 40 minutes **Oven:** 400 **Makes:** 6 servings

**One serving equals:**

146 calories, 9g fat, 446mg sodium, 12g carbohydrate, 2g fiber, and 3g protein



Butternut squash soup is a very comforting soup. The squash is delicately creamy with a touch of sweetness.

Here's what you need:

- 1 butternut squash, peeled, seeded and chopped
- 4 Tablespoons coconut oil, divided
- 1 yellow onion, chopped
- 4 garlic cloves, minced
- 1/2 teaspoon salt
- 1/2 teaspoon dried sage
- Dash of black pepper
- 16 ounces chicken broth
- Juice from one orange
- Sage leaves for garnish

1. Preheat oven to 400 degrees F. Grease a roasting pan, toss the cubed butternut squash with 1 tablespoon melted coconut oil. Bake for 40 minutes.
2. In a large soup pot, heat 2 tablespoons coconut oil and sauté the onion until browned. Add the garlic, salt, sage and pepper. Cook for another 2 minutes.
3. Add the chicken broth, cooked butternut squash and orange juice. Heat for 5 minutes. Remove from heat, use an immersion blender to blend the soup until smooth (is using a regular blender, allow soup to cool first.)
4. Heat a tablespoon of coconut oil in a small skillet, add the sage leaves until crispy. Remove and use to garnish each bowl of soup.

## Dates Stuffed and Wrapped

**Prep:** 20 minutes **Bake:** 20 minutes **Oven:** 375 **Makes:** 10 servings

**One serving equals:**

171 calories, 4g fat, 241mg sodium, 32g carbohydrate, 3g fiber, and 10g protein



With only three ingredients these dates are a quick and delicious way to impress your guests—or to treat yourself. Plump dates are stuffed with creamy goat cheese then wrapped in smoky turkey bacon. It's the perfect combination of sweet and salty. If you're not into bacon then try the variation below with dates, goat cheese and ground walnuts.

Here's what you need:

- 20 dates, pits removed
- 1/2 cup organic goat cheese, any flavor
- 10 slices uncooked organic, nitrate-free turkey bacon
- \*optional\* ground walnuts

1. Preheat oven to 375 degrees F.

2. Remove the pits from each date. Fill each date with a spoonful of goat cheese.
3. Cut each turkey bacon in half. Wrap on piece around each stuffed date, and secure with a toothpick through its center. Line the stuffed and wrapped dates on a baking sheet.
4. Bake for 20 minutes. Once cooked, remove the tooth picks. The bacon will maintain its shape and will hold the date together.

## Roasted Sliced Squash

**Prep:** 15 minutes **Bake:** 20 minutes **Oven:** 375 **Makes:** 6 servings

**One serving equals:**

93 calories, 2g fat, 121mg sodium, 15g carbohydrate, 1g fiber, and 5g protein



I've never tasted butternut squash with so much flavor before. This recipe is quick and easy to throw together.

Here's what you need:

- 1 butternut squash
- olive oil cooking spray
- 1 slice gluten-free bread
- 1/2 cup Parmesan cheese
- 6 Tablespoons fresh parsley, chopped
- 1 Tablespoon fresh thyme, chopped
- zest from 2 lemons
- dash of salt and pepper
- 2 garlic cloves

1. Preheat the oven to 375 degrees F.
2. Wash and peel the squash. Cut in half the long way and clean out all the seeds. Slice the squash into pieces about half an inch thick.
3. Prepare a baking sheet with nonstick spray. Arrange the squash slice in a single layer on the sheet. Spray the tops of the squash.
4. Toast the slice of sprouted grain bread. Use a food processor to grind into crumbs – a mini food processor works great. Add the cheese, herbs, lemon zest, seasoning, and garlic to the food processor and grind until well combined.
5. Sprinkle the crumb mixture evenly over the prepared squash. Bake for 20 minutes, or until the squash is tender and the topping is crispy.



## Real Healthy Lebkuchen Cookies

**Prep:** 30 minutes **Bake:** 12 minutes **Oven:** 350 **Makes:** 30 servings

**One cookie equals:**

135 calories, 7g fat, 121mg sodium, 14g carbs, 2g fiber, and 4g protein



My childhood Christmases were filled with plates of sugar-glazed Lebkuchen cookies. Biting into one of those sweet-spiced treats is all it takes to light up my holiday spirit. The problem is that traditional Lebkuchen is made with white flour and is topped with a sugar glaze. Those ingredients leave me feeling sluggish and sick, so I played around with the ingredients until I came up with this flour and sugar free version that takes just like the real thing.

Here's what you need:

- 1 1/2 cups slivered blanched almonds
- 2 cups blanched almond flour
- 1 3/4 teaspoon baking powder
- 2 teaspoons ground cinnamon
- 1 1/2 teaspoons ground ginger
- 1 teaspoon ground cloves
- 1 teaspoon allspice
- 1 teaspoon salt
- dash of nutmeg
- 1 1/2 cup coconut crystals
- 1/2 cup fruit-only orange marmalade
- 1/4 cup candied ginger, chopped
- 1/4 cup molasses
- 5 eggs

For the Glaze:

- 3/4 cup coconut oil, softened
- 1/4 teaspoon almond extract
- 1 teaspoon vanilla extract
- 1 Tablespoon maple syrup

➤ 1 Tablespoon raw honey, softened

1. Preheat oven to 350 degrees F. Spread the almonds on a rimmed cookie sheet and toast for 10 minutes, until lightly golden. Let cool completely.
2. In a medium bowl, combine the blanched almond flour, baking powder, cinnamon, ground ginger, cloves, allspice, salt and nutmeg.
3. In a food processor, pulse the cooled almonds until coarsely chopped. Add the coconut crystals and pulse until fully mixed. Add marmalade, candied ginger and molasses and pulse until just incorporated. Add the eggs all at once. Add the dry ingredients and pulse until the batter is uniform in color.
4. Scrape the batter into a bowl, cover and freeze for at least 4 hours.
5. Preheat oven to 350 degrees F. Grease cookie sheets with coconut oil. Scoop the frozen batter by rounded tablespoon and press into a flattened circle on the prepared baking sheet. Bake for 10 to 12 minutes, until fully set. Once cooled place the cookies back in freezer. You want them really cold before you apply the glaze.
6. To make glaze: beat the softened coconut oil until fluffy. Add remaining ingredients and beat until fully incorporated.
7. Spread some glaze on each cookie, then keep in the refrigerator until ready to serve. The glaze stays nice and hard as long as the cookies are cold.

## Real Healthy Apple Pie

**Prep:** 30 minutes **Bake:** 55 minutes **Oven:** 350 **Makes:** 12 servings

**One serving equals:**

123 calories, 7g fat, 49mg sodium, 13g carbohydrate, 3g fiber, and 3g protein



This recipe for apple pie is probably different than any you've tried in the past. It's wheat and gluten free, and calls for no sugar. Technically it's a clafoutis, but that sounds a little too pretentious for a pan of baked apples.

This pie is lightly sweet and filled with nutritious ingredients. Try it with a dollop of plain or vanilla Greek yogurt.

Here's what you need:

- 4-6 medium green apples, cored and sliced
- 4 omega-3, free range eggs
- 2 Tablespoons agave nectar
- 1/2 cup full fat coconut milk, from can
- 2 Tablespoons coconut oil, melted over low heat
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1/3 cup blanched almond flour
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon plus more for garnish
- Pinch of ground nutmeg

1. Preheat oven to 350 degrees F. Grease a 9-inch pie pan with coconut oil, then dust with blanched almond flour.
2. Arrange the apple spices in concentric circles, fanning out from the center of the pan.

3. In a medium bowl whisk together the eggs, agave nectar, coconut milk, coconut oil, vanilla and almond extracts. In another bowl combine the almond flour, salt, cinnamon and nutmeg.
4. Stir the wet ingredients into the flour mixture until fully combined. Pour over the arranged apples.
5. Bake for 45-55 minutes, until the pie is set and the top is golden. Allow to cool for 30 minutes before slicing.
6. Add a dollop of plain of vanilla Greek yogurt and a sprinkle of cinnamon to each slice.

## Fresh Persimmon Pie

**Prep:** 30 minutes **Makes:** 12 servings

**One serving equals:**

356 calories, 21g fat, 0mg sodium, 49g carbohydrate, 6g fiber, and 4g protein



This no-bake pie is the perfect way to enjoy perfectly ripe persimmons. Serve this instead of pumpkin pie at Thanksgiving or Christmas.

Here's what you need:

- 3 cups raw pecan pieces
- 2 Tablespoons raw honey
- 20 pitted dates
- 6 ripe persimmons

1. Lightly grease an 8 inch pie pan with olive oil. Set aside
2. Place the pecans and dates in a food processor and process together.
3. Pour the raw honey over the nut mixture and process until fully incorporated.
4. Press the nut mixture evenly into prepared pie pan.
5. Peel and pit the persimmons, then puree in food processor until smooth. Pour over the crust and smooth out. Garnish with chopped pecans and freshly ground cinnamon.
6. Optional: Rather than a large pie, press the crust mixture into individual serving dishes and top with the persimmon mixture. Garnish and serve

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Happy Cooking :)

Diana Keulian