

# Healthy Holiday Recipe Ideas

GetWellWithUs is a collaboration between Tammy Gutierrez, MD, Functional Medicine Doctor, and Gloria Treister, HHP, Certified Holistic Health Practitioner and Coach. Together we created "Your Wellness Your Way" to help make the health choice the easy choice. We love to help people get and stay well through health empowerment.

Below we share healthy holiday recipes to help make your holidays inspirational to all those you love and feed. Enjoy!

Please ***join our Get Well With Us community!***
***We encourage you to*** share the recipes you tried and how you liked them.
This forum is designed to connect people who are wanting to improve their lives.

## MEAT:

**Turkey**: https://cooking.nytimes.com/article/how-to-cook-thanksgiving-turkey - here is a thorough step-by-step guide to options for making a basic turkey. With a few modifications, it becomes easily adaptable to any healthy diet:

- **Source your turkey** as well as you can – conventional birds are not only less flavorful, they are also more contaminated and less nutritious. The old adage "you are what you eat" applies to other animals, not just us.
- **Consider using other birds**, if the cost or size of a turkey is just too much. Chicken, game hens, pheasant, quail, chucker, duck, goose – you do what works best for you and your family.
- **Oil and temperature:** You have several choices for healthy oils, but your choice may be limited by the temperature you intend to use to cook:
    - Up to 350F – can use olive oil, avocado oil, or ghee
    - Up to 425F – avocado oil or ghee
    - 450 or above - use ghee (clarified butter)
    - ***even if you are avoiding dairy, ghee is okay, b/c the proteins (whey and casein) are removed, and the proteins are the part that the immune system does not like. Ghee can be found in the butter section of your larger supermarkets. It is more expensive, but worth it if you want to cook hot or want a buttery flavor. Earth Balance is another option if you are vegan, but want a buttery taste. Unlike some margarines, Earth Balance does tolerate the cooking process without any funny aftertaste.

- **Liquids:** Water is adequate, but broth or apple/orange/grapefruit/lemon juice can also be added to enhance flavor. If you want an alcoholic base, hard apple cider or wine are better choices than beer, because beer has gluten. I have yet to find a gluten-free beer that I would actually recommend, but if you know one that you like, just read the label and make sure it is okay for the people coming to your feast☺
- **Unstuff the Stuffing** – see below for some wonderful ideas for breadless stuffing, but regardless of how you make the stuffing, it is not really recommended to put it inside the bird. The bird will be done faster, taste better, and there is less risk of bacterial contamination if you just put some spices in the bird cavity and cook your stuffing separately.

**Stuffing**:



➢https://www.sujaorganic.com/blogs/recipes/breadless-stuffing – this one is egg-free, if needed. Consider chestnuts instead of hazelnuts if you are not a fan.

➢https://www.allrecipes.com/recipe/133589/breadless-stuffing/ (**Tips:** Use avocado oil or ghee to grease the pan instead of cooking spray, use poultry seasoning instead of sage alone, consider adding water chestnuts/nuts/cranberries/ apples/whatever is in your family's recipe ;-)

- https://40aprons.com/best-paleo-stuffing/ - This one has a more bread-like texture, but it uses almond flour and eggs to avoid needing any actual bread. Feel free to modify with your family's traditional spice concoction, and consider adding a touch of applesauce if you like a more moisture. (or just serve it with gravy)

**Gravy**:



- If you need a grain-free gravy option: https://cookeatpaleo.com/easy-paleo-gravy/.
- I Can't Believe it's Vegan Gravy | Jane's Healthy Kitchen (janeshealthykitchen.com) – vegan and paleo, can be prepared ahead of time.

## OTHER MEATS:



***Make sure you source your meats as well as you can.
(grassfed or grass-finished beef, humanely raised pork, wild Pacific salmon)

Crown Roast of Pork with Mushroom Dressing Recipe: How to Make It (tasteofhome.com)

- To make it dairy-free, sub in ghee or olive oil for the butter, to make it gluten-free (or just healthier), sub in cauliflower for the bread cubes.

Beef Tenderloin with Pomegranate Chutney Recipe: How to Make It (tasteofhome.com) – already gluten- and dairy-free

Standing Rib Roast Recipe: How to Make It (tasteofhome.com) – already gluten- and dairy-free

**Salmon** – a personal favorite for a special holiday meal, salmon is a fast, easy, and delicious protein source that is so healthy! It can be seasoned in so many different ways, but here is a great resource with oodles of recipes PLUS tips about sourcing, preparing salmon: 20 Quick and Easy Salmon Recipes that are Paleo - Cook Eat Well (cookeatpaleo.com)

## VEGAN:

**Vegan main dish options**:

- **Vegan lentil loaf**: https://www.staceyhomemaker.com/vegan-meatloaf/
- **Stuffed sweet potatoes**: Instead of mashing them up, try baking the sweet potatoes most of the way, then scoop out some of the center and coat the outside of each half with 50/50 balsamic vinegar and oil (olive/avocado).

  Then stuff it full of your favorite nuts or seeds and some complementary veggies (I like raw pumpkin seeds, pine nuts, onion, celery, and mushrooms – all mixed in the balsamic vinegar/oil with added spices (garlic, Italian seasoning). Bake in the oven with whatever else you are serving until the veggie filling is browning nicely, and serve.
- **Autumn Harvest Quinoa Salad:** This is an amazing blend of your favorite fall vegetables and apples, roasted into yummy perfection and topped with a lemony parsley dressing. This is a favorite in my house as soon as the leaves start to turn, so make a large serving to savor the leftovers as well ☺ (see full recipe below – it is my original, so I don't have a web-link for it!)
- **Wild rice with cranberries, walnuts, green onion** – Cook your wild rice mix, with seasonings (see below), then just at the end, when you are turning off the fire under the pan, add in chopped craisins, walnuts, and green onions. Let the hot rice sit with these added in for 5-10 minutes before serving to meld the flavors.
  - **Seasonings**: Dr. G's family always used Uncle Ben's wild rice, but the seasoning packet is not okay for many people on an elimination or food sensitivity diet. You can certainly buy plain rice and wild rice, then season it yourself. Here is a suggested recipes to mimic the flavor of boxed wild rice ☺ https://www.geniuskitchen.com/recipe/seasoned-long-grain-wild-rice-mix-uncle-bens-style-359690 - I use Better Than Boullion organic vegetable, which is free of everything but soy, and I also add a small amount of nutritional yeast, to taste. Like the turkey, you can replace the butter with ghee, or just sub it out for olive oil.

## STARCHES & SIDES:

**Potatoes**:



- **Mashed**: I personally like mix of cauliflower and celeriac root, (https://cookeatpaleo.com/roasted-garlic-cauliflower-celery-root-mash/), but there are lots of options. Here are some others you might consider: https://janeshealthykitchen.com/6-healthy-alternatives-to-mashed-potatoes/ Feel free to make them your own with your traditional seasonings, and you can mix and match to temper the flavor variants (for example, the parsnip is slightly sweeter than a potato, which can be moderated by the cauliflower or celeriac root).
- If you really want to have potatoes on your table, try to find a more nutritious version, such as the purple potatoes or Russet potatoes (both are higher in anti-oxidants than your traditional white potatoes). Choose a recipe that includes the skin, to keep the fiber and more of the nutrients. For example you could cut them into bite-sized pieces and roast them in rosemary and olive oil and sea salt (at 350F) or with ghee and dill (can go up to 485F, if cooking alongside the turkey). Depending on the heat and size of your pieces, time usually is about 25-35min to roast.

**Sweet potatoes**:

- **Maple-pecan sweet potatoes** – replace those marshmallows with maple and pecan! Mash your sweet potatoes with a bit of full-fat coconut milk to make them creamy and then top with pecans coated with maple syrup (or don't worry about the mashing at all: pre-bake your sweet potatoes the day before, then just cut the yam in half, top with the maple pecans and bake them until they are hot and the nuts are caramelizing a bit at whatever temp your turkey/etc is baking (likely 15-20min max, depending on how full your oven is).
- **Casserole option**: https://joyfoodsunshine.com/healthy-sweet-potato-casserole/ - this one chops up the pecans and adds more spices to the sweet potatoes, if that is more similar to your family's recipe. You could still use maple syrup on the pecans in place of cinnamon sugar.
- **Roast chunks of sweet potato in the oven** – I use rosemary, thyme, sea salt and olive oil (max temp 350 – if you need it hotter b/c of other foods use avocado oil, coconut oil, or ghee), but here is a maple option for those who want it a bit sweeter: https://joyfoodsunshine.com/maple-cinnamon-roasted-sweet-potatoes/





**Easy Cranberry Sauce**:

➢https://cookeatpaleo.com/paleo-cranberry-sauce/

**Rolls**:

➢Here is a **savory muffin idea** that works great to replace dinner rolls: https://www.paleorunningmomma.com/paleo-sweet-potato-savory-muffins/

**VEGETABLES:** here are some favorites:

- **Green beans**:
  - Lemony green beans almandine – Cook 2 cans French-cut green beans in a pan until boiling. In separate pan, melt ¼ - ½ cup ghee and toast ¾ - 1 cup slivered almonds until just starting to brown (do not burn them!). Then add ¼ - ½ cup fresh lemon juice (depending on how lemony you want it) and sea salt to taste (usually ¼ - ½ tsp). Drain the green beans, put them in your warmed serving bowl, and then top the beans with the almond mixture, and serve immediately! Yum ☺ I use the ¼ cup ghee and ½ cup lemon juice, but I do love lemon!
  - Garlic green beans with pine nuts - https://www.realsimple.com/food-recipes/browse-all-recipes/garlicky-green-beans-pine-nuts
  - Fresh green beans with crisp shallots – you can sub the butter for ghee or Earth Balance: https://www.menusandmusic.com/Articles.asp?ID=453&mc_cid=3b9d8c9ed5&mc_eid=7953738191



- **Brussels sprouts:** These are the easiest vegetable sides EVER!
  Wash the Brussels sprouts and cut the hard stem-part off. Then you will have several options for a delicious and healthy veggie side dish.

- Cut the sprouts in quarters, lightly coat them in olive or avocado or coconut oil, then sprinkle liberally with your favorite seasonings (thyme, rosemary, balsamic vinegar, garlic, old bay, seasoning salt, lemon pepper, whatever you like) and bake on 350F for 12-15 min, or 8-12 min if 400+F (cauliflower can be prepared the same way, by the way!)
- Slice the sprouts into 1/8 inch thick disks, then stir-fry on medium in mix of half olive oil, half lemon juice with fresh garlic and onion (or fresh ginger) until just starting to brown a little. (about 10-15 min). Sprinkle with a little bit of sea salt and fresh ground black pepper before serving.

➢ **Collard greens:** - here are a variety of healthy collard options if you feel your current recipe is not meeting your dietary needs: 10 Best Healthy Collard Greens Recipes | Yummly

➢ **Spinach-artichoke dip** – here is a sample vegan recipe https://simple-veganista.com/vegan-spinach-artichoke-dip/ that you can try, with celery or sliced veggies (cucumber, carrots, thin-sliced radishes/sweet potatoes/zucchini/yellow squash as the "chips." If you really want a chip, From the Ground Up makes a delicious Paleo tortilla chip that also goes well with dips.

- Dr. G version: Here is how I modify it in my kitchen to make it even healthier:



  - I sub out the cashews for pine nuts for a more parmesan flavor, grinding them to a paste with the garlic and onion powder in my coffee grinder before I mix them in.
  - The nutritional yeast is optional, b/c the pine nuts taste cheesy by themselves.
  - I also sub frozen kale for spinach, because of the higher nutrient value. Once frozen, the taste and texture are very similar.
  - I tend to use olive oil to get the texture I want rather than adding water or nut milk, because I like a thicker consistency and the healthy omega 9 fats the olive oil provides.
  - I don't bake it much – just warm it through IF I want, but sometimes I just throw the whole thing (artichokes included) into the Vitamix and blend it until it is heated up. My kids eat it better when it is not hot enough to burn you, and you don't have to melt the "cheesy pine nuts"

➢ **Salad** – You never go wrong with a delicious salad! Add some seasonal toppings to make it extra special.

- Kale salad: pepitas (raw pumpkin seeds), cranberries, red onion, apple with balsamic or orange dressing
- Add more veggies to make it colorful – peppers, radishes, carrots, tomatoes, cucumber, yellow squash, beets, purple cabbage are all common salad additions in my house!
- Dressings: keep it simple. Here are some of my favorites:
  - Balsamic vinaigrette: To make it more special on holidays, I get flavored balsamic (my fave is blackberry ginger) from a local store (usually The Olive Scene in Chagrin Falls), then mix it 50:50 with olive oil and pour it over the greens. You can add black pepper and/or salt if you wish, but a good balsamic doesn't necessarily need it.

- Lemon-dijon dressing (1/3 lemon juice, 2/3 olive oil, then add Dijon or stone-ground mustard. You can also add tarragon or other herbs if you wish, or substitute red wine or apple cider vinegar for the lemon. To make it creamy you can add blend in pine nuts or soaked cashews.

- Ok to sub romaine or baby greens if don't like kale, but many people like kale if you

## DESSERT:

➢ **Apple crisp** – this is a healthy, easy, prepare-ahead alternative to apple pie. It is delicious with a little coconut whipped cream 😊 https://www.paleorunningmomma.com/paleo-maple-pecan-apple-crisp/

➢ **Pumpkin pie bars** – Another great make-ahead option with less sugar and more nutrients without sacrificing taste: https://www.paleorunningmomma.com/paleo-pecan-pumpkin-pie-bars/

➢ **Whipped cream** – you can make your own with canned full-fat coconut milk (remember to put it in the fridge the night before) or you can buy SoDelicious brand coconut whipped cream in the freezer section at Heinen's or similar grocery stores.



➢ **Additional ideas:**

- https://beamingbaker.com/15-gluten-free-vegan-healthy-holiday-dessert-recipes-v-gf-dairy-free-paleo/

## COMMON SUBSTITUTIONS:

➢ **DAIRY:**

- **MILK**: There are so many good milk substitutes now, try some and see which you like best. Personally, I have found that almond and cashew milk seem to be the favorites of most people, but everyone is different. Try to get the unsweetened ones if you are worried about calories and sugar, or consider the vanilla coconut milk if you just can't handle the unsweetened versions b/c of taste. For some reason, the SoDelicious brand coconut milk tastes the least like coconut, and has the least sugar of all the sweetened/flavored milk substitutes. I

  f you are currently drinking skim or 1% milk, you likely will transition easily to a milk alternative. If you drink 2% or whole milk, then you might want to start with organic soy milk, as it is the only nut milk that has much fat in it. If you are avoiding soy, or just don't like the flavor, then try buying your favorite nut milk and getting a can of coconut milk from the canned foods aisle. Canned coconut milk is really coconut cream, so you can add small amounts of it to your other milk until the texture feels okay to you. Canned coconut milk can also be used to make a delicious whipped cream or non-dairy chocolate ganache.

- **YOGURT**: SoDelicious coconut milk yogurt tastes like regular yogurt to me. They also make ice cream, and maybe sour cream, but I have not tried those. There are other brands out there as well, check your grocery store. There are also yummy almond or cashew-based yogurts available, so see what options your favorite store carries. ***Rice alert – if you have to avoid rice, the So Delicious coconut yogurt has a small amount of rice in it, but the ice cream does not. I am not sure about the sour cream.

- **BUTTER/MARGARINE:** Ghee (clarified butter) is ok for dairy allergy, and has three advantages: ghee is safe for high temp cooking (up to 485F, compared to 350 for olive oil or 415 for avocado), it tastes like real unsalted butter in your baked goods, and it is a great source of butyrate, a short-chain fatty acid that helps heal your gut. It is more expensive, but you don't have to eat a lot of it ;-) Coconut oil can be used for baking, as well. Sometimes I use half ghee, half coconut oil to get the flavor of butter with a little less cost. For margarine: Earth Balance makes a whole line of allergen-free margarines that you can actually eat, cook with, and bake with, and they taste like normal margarine.

- **CHEESE**: This is the toughest, I won't lie. In general, I recommend using other foods (avocado on sandwiches or salads, cashew cream cheese on crackers/veggies/bread), rather than spending all your money on fake cheese. Sometimes, though, you just want something that has cheese in it! Our favorite cheeses are Follow Your Heart cheese slices (the American tastes like Colby to me, and it is great in sandwiches!) and Miyoko's Mozz fresh mozzarella ball (awesome on pizza, crackers, but expensive so we don't eat a lot of it). Daiya brand shredded cheese (mozzarella is our preference) is ok for nachos or cooked into/ onto something like lasagna, but it is not really that cheesy by itself. If you have to stay off the dairy long-term, then I think it is worth trying to hunt down a cheese alternative you like, but if it is only temporary, to see if you react, I would mostly suggest just avoiding cheesy foods for the three weeks, and make cheese the first thing you put back. The bad guy in dairy is the protein for most people (whey, casein), and so lactose-free milk products or goat cheese products are not a solution, sorry.

- **CREAM CHEESE**: can be made with cashews, and it is delicious! My favorite cashew cream cheese recipe is in *Crazy Sexy Kitchen*, by Kris Carr, but you can find any number of options online. All you need is a good blender. If soy is ok for you, Tofutti is a commercially available cream cheese that tastes exactly like dairy cream cheese.

- **CHOCOLATE**: Enjoy Life makes wonderful dairy-free chocolate. We use their chocolate chips to make homemade chocolate candies full of fresh fruit preserves or nuts to replace our kids' treats at Halloween and Easter. It tastes and melts like real chocolate, and I like all their products. Cocoa powder is non-dairy, so feel free to use that in recipes, as well, for example hot chocolate as the weather gets cold!

- **ICE CREAM**: So Delicious and Nada Moo are our two favorites, but most sorbets are also already dairy-free.
- **WHIPPED CREAM**: If you put a can of coconut milk (cream) in the fridge for a day, you can whip up old-fashioned homemade whipped cream. https://www.allrecipes.com/recipe/240475/whipped-coconut-cream-vegan-whipped-cream/ If you don't want to make it, So Delicious makes a coconut whipped cream that is very similar to cool whip.

## ➢ GLUTEN:

There are many gluten-free all purpose flours that are a direct 1:1 substitution, including King Arthur and Bob's Red Mill. I also often use a blend of almond flour and freshly ground flax for thickening or breading things, but you do need a more complex mix such as the all-purpose or baking blends in most baked goods. For gravy you can use arrowroot powder or organic corn starch.

➢ GF Beer suggestion if you are cooking with beer:
One of my patients recommends Sibling revelry - GF beer - tastes like an IPA

**Basic all-purpose flour mix that is gluten, rice, and corn-free:**

➢ 2 1/3 Cups Sorghum flour (or 2 c sorghum and 1/3 c buckwheat or amaranth flour if you prefer)

➢ ¼ c tapioca starch

➢ 2/3 cup potato starch (NOT potato flour) OR 2/3 c arrowroot if avoiding potato

➢ 3 ½ tsp xanthan gum

## ➢ BEEF SUBSTITUTES:

- Ground beef: ground turkey, (if soy ok: extra firm tofu crumbled up), black beans or pinto. The Beyond Burger tastes nearly exactly like a regular hamburger – it even bleeds!
- Steak: Some fish is very meaty, but be aware that tuna and swordfish are highly contaminated and not very sustainable. I use portabello mushroom caps
- Stir-fry: If soy ok: Extra-firm tofu, marinated in combo of Tamari, small amt stone ground mustard, and sesame oil gets pretty close for most Asian dishes. If not soy, then slices of portabello caps works pretty well, too.

## ➢ PORK SUBSTITUTES:

- Bacon: duck bacon is the closest, but expensive.
- Ham: turkey bacon pretty close to ham.
- Sausage: Bilinski chicken sausages are our favorites – check the freezer section.
- Stir-fry: chicken or turkey
- Roast: Duck, turkey legs.

## ➢ SOY SUBSTITUTES:

Ume vinegar works for soy sauce. Need to get online at jet.com or at Whole Foods, b/c most grocery stores don't carry it. An Asian market might.

## SALADS:

Brianna's brand salad dressings are often allergen-free – have to read the labels, b/c not all flavors equal. Poppy seed makes a great coleslaw, and the blush wine vinaigrette makes for a nice slightly sweet marinade for veggies or chicken.

Easy to make your own vinaigrettes with an acid plus olive oil and spices. Acid can be your favorite vinegar, lemon juice, orange or grapefruit juice, etc. Feel free to add honey or mustard to enhance the flavor, as well as fresh herbs, black pepper, pinch of salt, etc. My favorite is to mix 55% fresh lemon juice with 45% olive oil, salt and pepper and just toss it over my salad or slaw or quinoa tabbouleh. Fancy balsamic vinegars also come in all kinds of amazing flavors, which is nice to have to dress up that special occasion salad.

**Autumn Harvest Salad:**

- **Base:** I use a mix of quinoa and lentils (usually 2 parts quinoa and 1 part lentils), cooked together in my Instant Pot on the rice setting, but you can do it on the stove top as well. If I have bone broth, I use that. Otherwise, plain old water works fine ;-) ***Make sure the quinoa is rinsed until it is not soapy any more (some are sold pre-rinsed, but check your package to be sure).
- Choose at least 4 or 5 autumn **veggies**: cauliflower, sweet potato, butternut squash, acorn squash, brussels sprouts, celeriac root, kohlrabi, onion, mushroom, etc.
- Chop them up into bite-sized pieces, **coat them in avocado oil,** then spread them onto a baking sheet. Sprinkle them with thyme, garlic, sea salt or any other seasoning of your choice.
- **Roast the veggies** in the oven at 350F for about 25-30min (depending on how small you cut them). They should be tender and smell yummy, but not totally browned on the outside.
- In small mixing bowl, **combine juice from 2 fresh lemons with olive oil** (about 60%lemon:40% extra virgin olive oil), then add salt, pepper, and thyme or rosemary to taste. (It should taste as salty as a typical italian vinaigrette). Then add finely chopped fresh parsley, approx ½ cup (but you can do more, if you like), and let the parsley-lemon mix sit for at least 2-3 minutes. (I generally let it sit while the veggies roast.)
- **Chop up one small-medium apple** (peeled if not organic).
- **Mix** the roasted veggies, apple and the quinoa-lentil base together in a large bowl. I usually aim for approx 2/3 veggies and 1/3 base, but you can tailor that to your preference. You can add walnuts if you like, as well.
- **Pour** the lemon-parsley dressing over top right before you serve it, and mix well.
- *** I generally serve this warm, and I only put the lemon dressing on the part I am eating right away. I find that the intensity of the lemon and parsley flavor fades from the dressing in the fridge, so when I have leftovers, I heat them up and make a new batch of the lemon dressing to put on fresh with that new serving.
  The veggies and base, though, keep really well up to a week in the fridge, so it is a great make-ahead dish when you have company coming or just to have a yummy side dish with dinner all week!
  The lemon dressing takes only a few minutes to make each night, so it is a breeze!

**Pan roasted pumpkin seeds:** Delicious option for croutons/other toppings as well as just a snack!



-**Mix** 50:50 oil (olive or avocado) and coconut aminos/tamari/ume vinegar to cover bottom of sauté pan.

-**Add** in enough pumpkin seeds to be lightly coated in the oil/flavor mixture.

-**Heat** on med-low, stirring often, until they are mildly toasted.

-Let them **cool off and eat** them. 😊

-**Store** in a cool, dry area in a glass jar for weeks at room temp.

***You can also sub in other flavors if you don't want this Asian flavor.
Rosemary and thyme make a delicious combo, chili powder and lime, or invent your own.


good
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health
wellbeing
sound
advantage
success
spirits
euphoria
fortune
robust
contentment
happiness
hale
vigor
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hardy
informal
formal
cheer
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