

NOVEMBER & DECEMBER

WELLNESS NEWSLETTER

FALL FUN SERIES

SIDE DISH SERIES

CUT THE TURKEY, IT'S ALL ABOUT SIDE DISHES!

Don't forget to spice up the dinner table with some healthy side dishes everyone is sure to love.



CARAMELIZED BRUSSELS SPROUTS WITH PANCETTA

Step 1: Cook the brussels sprouts in boiling salted water until crisp-tender, about 5 minutes. Drain and pat dry, and cut the Brussels sprouts in half lengthwise.

Step 2: In a deep skillet or pot, heat 2 teaspoons of oil. Add onion slices or “shallots” and cook until lightly brown. Scrape into a bowl.

Step 3: Add the remaining ¼ cup of oil, brussels sprouts, and pancetta to the skillet. Season with salt and cook over high heat. Add sun dried tomatoes and shallots and cook, stirring until warm. Add more salt if desired and serve.

IT'S THE HOLIDAY SEASON...

As every holiday comes around, our spirits are high, and so are the cravings. While some of us do not celebrate the traditional holidays, we all surrender to the buffets we see at a family gathering undeniably. To stay on track with a healthy eating strategy during tempting times, try these tips...

6 HEALTHY HOLIDAY-EATING STRATEGIES

1. Eat the healthier dinner foods first. For example, reach for a broth-based soup to avoid eating too much during the main course.
2. Stand or sit more than an arm's length away from munchies like chips
3. Focus on chewing your food well and enjoy the smell, taste, and texture of each item. Research has shown that mealtime multitasking can make you eat extra calories mindlessly.
4. Plan in advance when to eat a little more and choose your indulgences wisely, like unique seasonal treats.
5. Eat a healthy snack before going to a party to curb your appetite.
6. Maintain a food diary to keep track of your goals and foods you eat throughout the day.



GINGERED GREEN BEANS

Step 1: Fill a large bowl with ice water. In another large pot of boiling salted water, cook the beans until crisp-tender, about 4 minutes. Drain the beans and transfer them to the ice water to cool. Drain and pat dry.

Step 2: In a large skillet, heat the olive oil. Add the garlic and cook over high heat for 30 seconds. Stir in the ground ginger and crushed red pepper, then add the beans. Season with salt and stir fry until the garlic is lightly browned and the beans are tender



BEET AND APPLE SALAD

Step 1:

Preheat oven to 375 degrees. In a baking dish, lightly drizzle the beets and thyme with olive oil. Season with salt and pepper. Cover with foil and roast until the beets are tender, about 1 hour and 45 minutes. Let cool, then peel the beets and cut them into 3/4-inch dice.

Step 2:

In a large bowl, whisk the vinegar with the mustard. Whisk in the remaining 1/2 cup of oil until emulsified. Add the horseradish and season with salt and pepper; toss with the beets and pistachios. Transfer the beets to a platter, top with the apple and serve.



CRAVING CARBS?

TRY ROASTED BUTTERNUT SQUASH, ONIONS AND RED POTATOES WITH FRESH HERBS



HOW TO MAKE IT

Step 1: Preheat oven to 450 degrees F. Line 2 shallow baking pans with foil and set aside.

Step 2: Dice butternut squash, potatoes and onion in small pieces. Place in a large bowl. Sprinkle with fresh rosemary, sage and thyme.

Step 3: Drizzle olive oil over vegetable/herb mixture. Distribute evenly between two pans in a single layer. Sprinkle with salt and pepper.

Step 4: Roast for about 20-25 minutes in the oven, rotating pans after 10 minutes. The vegetables are ready when begin to turn brown. Pierce the potatoes with a fork to see if ready.

Sources

www.realsimple.com
www.foodandwine.com
www.tastykitchen.com