

# SWEET POTATO KALE & POMEGRANATE SALAD

## Salad Ingredients

- 3 cups baby kale or spring mix \_\_\_\_\_
- 2 medium sweet potatoes \_\_\_\_\_
- 2 tablespoons extra virgin olive oil (to toss sweet potatoes) \_\_\_\_\_
- 1/2 teaspoon cinnamon \_\_\_\_\_
- 1 cup pomegranate arils \_\_\_\_\_
- 1/2 cup crumbled goat cheese \_\_\_\_\_

## Salad Dressing Ingredients

- 1/3 cup olive oil \_\_\_\_\_
- 1/4 cup lemon juice \_\_\_\_\_
- 2 teaspoons garlic powder \_\_\_\_\_
- 2 teaspoons maple syrup \_\_\_\_\_
- 2 tablespoons dijon mustard \_\_\_\_\_
- Salt & pepper to taste \_\_\_\_\_

## Instructions

1. Preheat your oven to 400 degrees.
2. Wash and dry sweet potatoes, then chop into 1/2 inch pieces, leaving the skin on.
3. Toss the sweet potato chunks in olive oil and cinnamon. Spread on a baking sheet and transfer to the oven for 30 minutes, until tender and brown. Set aside.
4. Chop kale, lengthwise, into strips. Place the chopped kale into a large mixing bowl.
5. In a small bowl, whisk together olive oil, lemon juice, garlic, maple syrup, dijon mustard, salt, and pepper. Pour over kale and massage with hands.
6. Add the roasted sweet potato chunks, pomegranate arils, and crumbled goat cheese to the kale. Mix well. You may also add chilled leftover turkey to the salad for added protein.



*Yields 4 servings*

*Calories 265, Carbohydrate 25g, Fat 16g, Protein 5g, Fiber 5g*

# WILD RICE STUFFING

## Ingredients

- 1½ cups wild rice
- 2¼ cups low sodium chicken broth
- 2 tablespoons olive oil
- 1 small onion, chopped
- 8oz mushrooms, chopped
- 3 cloves garlic, minced
- 2 stalks celery, finely chopped
- 1 large carrot diced
- ½ teaspoon dried thyme
- ½ teaspoon rosemary
- 1 tablespoon chopped fresh sage
- ¼ cup slivered almonds
- ¼ cup dried cranberries
- ¼ cup freshly grated parmesan cheese, optional



## Instructions

1. Add wild rice, chicken broth to a 2-quart saucepan then bring to a boil. Once boiling, cover and simmer for 15 minutes or until rice is fluffy and soft Remove from heat and let pan sit with the lid on for 5 minutes. Fluff rice with a fork and set aside.
2. Next, add olive oil to large saucepan over medium-high heat and add onions, garlic, celery and carrots. Cook over medium-high heat until vegetables soften (about 8 minutes). Turn down to medium heat add chopped mushrooms, thyme, and rosemary. Cook an additional 5 minutes. Add fresh sage then cook an additional 2 minutes.
3. Turn heat to low then add wild rice, almonds, dried cranberries, and parmesan cheese. Add 2T chicken broth to skillet then stir well to combine. Salt and pepper to taste, then serve warm.

*Yield: 5; ½ Cup servings*  
*Calories 220, Carbohydrate 23g, Fat 9.5g, Protein 6.5g, Fiber 2.8g*

# BAKED PEARS WITH WALNUTS & HONEY

## Ingredients

- 2 large ripe pears
- 1 teaspoon ground cinnamon
- 1 tablespoon honey
- 1/4 cup crushed walnuts
- Optional 1/3 cup low fat Greek yogurt



## Instructions

1. Preheat oven to 375 degrees.
2. Halve the pears and then core using a small spoon or melon baller. Slice a small part off of the backside of each pear half to create a flat surface so the pear sits flat when laid on the pan.
3. Place the pear halves on a large baking sheet or baking pan, cored side up. Sprinkle each pear half with about 1/2 tbsp of the walnuts and then sprinkle each pear half with the cinnamon. Drizzle each pear half with honey.
4. Bake at 375 for 25-30 minutes or until the pears are tender.
5. Serve with Greek yogurt, if desired.

*Yield: 4 servings*  
*(Without Yogurt) Calories 94, Carbohydrate 18g, Fat 2.5g, Fiber 3g*

# PUMPKIN PIE SMOOTHIE

## Ingredients

- 1 frozen banana \_\_\_\_\_
- 1/3 cup pumpkin puree \_\_\_\_\_
- 1t cinnamon \_\_\_\_\_
- 1/4t cloves \_\_\_\_\_
- 1/4 cup oats \_\_\_\_\_
- 1/3 cup skim milk \_\_\_\_\_
- 1-2t honey \_\_\_\_\_



## Instructions

1. Blend all ingredients in blender until smooth and creamy. If you choose not to use a frozen banana add 3-4 ice cubes and blend.

*Calories 240, Protein 8g, Fat 2g, Carbohydrate 50g, Fiber 8g*

# HYDRATING APPLE CIDER PUNCH

## Ingredients

- 5 cups apple cider \_\_\_\_\_
- 12oz ginger beer \_\_\_\_\_
- ½ cup lemon juice \_\_\_\_\_
- 5 cups sparkling water \_\_\_\_\_
- 2 apples \_\_\_\_\_
- 2 oranges \_\_\_\_\_



## Instructions

1. Place all ingredients in a large punch bowl or pitcher and stir well.
2. Serve over ice and garnish with apple and orange slices.

*Yields 5, 6oz servings  
Calories 154, Protein 1g, Carbohydrate 36g, Sodium 63mg*