QUICK, EASY, FRESH HEALTHY HOLIDAY RECIPES

CELEBRATION SALAD WITH CHAMPAGNE VINAIGRETTE

RICH IN POTASSIUM AND VITAMINS

NUTRITIONAL INFORMATION: Serving Size: 1.5 cups; Calories 291; Fat 25g; Fiber 1g; Carbohydrate 14g; Protein 3g; Cholesterol 8mg; Sugar 11g; Calcium 72mg; Sodium 401mg; Potassium 124mg

FARRO AND CRANBERRY SALAD WITH SPINACH & FETA

GOOD SOURCE OF FIBER

NUTRITIONAL INFORMATION: Serving size: 1 cup; Calories 370; Total fat 19g; Sat Fat 4.5g; Carbohydrate 40g; Protein 9g; Cholesterol 0mg; Sodium 180mg

STRAWBERRIES WITH LEMON CREAM TOPPED WITH DARK CHOCOLATE

LOW IN ADDED SUGARS

NUTRITIONAL INFORMATION: Serving Size: 1.5 cups; Calories 144; Fat 5g; Fiber 2g; Carbohydrate 21g; Protein 5g; Cholesterol 18mg; Sugar 17g; (Added Sugar 5g); Calcium 126mg; Sodium 133mg sodium; Potassium 230mg

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QUICK, EASY, FRESH HEALTHY HOLIDAY RECIPES

CELEBRATION SALAD WITH CHAMPAGNE VINAIGRETTE - SERVES 6

INGREDIENTS:

4 cups spring mix lettuce greens
1/4 cup red grapes, halved
1/4 cup pomegranate seeds
1/4 cup crumbled blue cheese (or substitute goat cheese)
1/2 cup candied pecans
1 ripe pear, thinly sliced

FOR THE VINAIGRETTE:

1 tablespoon sugar
1 teaspoon Dijon mustard
1/2 teaspoon minced garlic
1/2 teaspoon salt
1/4 teaspoon pepper
2 tablespoons champagne vinegar
1/2 cup olive oil

PREPARATION: In a small bowl, whisk together sugar, Dijon, garlic, salt, pepper and champagne vinegar. Continue whisking and slowly stir in olive oil until dressing emulsifies.

In a large bowl, toss together all salad ingredients. Drizzle with Champagne Vinaigrette to taste.

FARRO AND CRANBERRY SALAD WITH SPINACH & FETA – SERVES 4

INGREDIENTS:

2 cups farro (uncooked)
2 cups spinach, chopped
1/2 cup dried cranberries
1/4 cup feta cheese crumbles

FOR THE DRESSING:

2 tablespoons honey
1 tablespoon Dijon mustard
1 tablespoon minced shallot
1/4 cup balsamic vinegar
1/3 cup olive oil
salt and pepper, to taste

PREPARATION: Cook your farro according to package directions. Drain and set aside to cool. Meanwhile, you can cut up your spinach and make the dressing. In a small bowl, mix the honey and Dijon until well-combined. Add the diced shallot, balsamic and olive oil and whisk until slightly thickened. Taste and season with salt and pepper.

Combine the farro, spinach, dried cranberries, and feta in a serving bowl. Drizzle with dressing and toss to combine.

STRAWBERRIES WITH LEMON CREAM TOPPED WITH DARK CHOCOLATE - SERVES 4

INGREDIENTS:

4 ounces reduced-fat cream cheese (Neufchâtel), softened
¾ cup low-fat vanilla Greek yogurt
1 teaspoon honey
2 teaspoons freshly grated lemon zest
2 cups fresh strawberries, sliced
dark chocolate pieces or shavings for garnish

PREPARATION: Using a fork, break up cream cheese in a medium bowl. Drain off any liquid from the yogurt; add yogurt to the bowl along with honey. Using an electric mixer, beat at high speed until light and creamy. Stir in lemon zest. Layer the lemon cream and strawberries in dessert dishes or wineglasses. Top each with a piece of dark chocolate or chocolate shavings. If not serving immediately, cover and refrigerate for up to 8 hours.

QUICK, EASY, FRESH HEALTHY HOLIDAY RECIPES

EQUIPMENT NEEDED

2 small mixing bowls or mason jars
2 large mixing bowls
Electric mixer or electric whisk

INGREDIENTS

Produce

- 4 cups spring mix lettuce greens
- 1/4 cup red grapes
- 1/4 cup pomegranate seeds (look for fresh pom arils or frozen pomegranate seeds)
- 1 pear
- 2 cups spinach
- 1 garlic clove
- 1 small shallot
- 1 lemon
- 2 cups strawberries

Dairy

- ¼ cup crumbled blue cheese (or goat cheese)
- ¼ cup feta cheese crumbles
- 4 ounces Neufchâtel cheese
- ¾ cup low-fat vanilla Greek yogurt

Freezer

- 2 cups frozen raspberries

Baking, Canned, and Non-perishables

- 2 cups farro (uncooked)
- 1 tablespoon sugar
- 1 teaspoon + 1 tablespoon Dijon mustard
- 2 tablespoons + 1 teaspoon honey
- ¼ cup balsamic vinegar
- 2 tablespoons champagne vinegar
- ½ cup + 1/3 cup olive oil
- ½ cup candied pecans
- ½ cup dried cranberries
- Dark chocolate bar or chips
- Black Pepper
- Salt

MISE EN PLACE

Cooking along? Have the following items prepped in advance of the demo. Arrange all other ingredients at your workspace so they are readily accessible and have measuring utensils and equipment handy.

PRO TIP! Arrange your ingredients from left to right in order they appear in the recipe

CELEBRATION SALAD WITH CHAMPAGNE VINAIGRETTE:

- Slice the grapes in half
- If using a whole pomegranate, cut and remove the seeds
- Slice the pear
- Mince the garlic

FARRO AND CRANBERRY SALAD WITH SPINACH & FETA:

- Cook the farro
- Chop the spinach
- Mince the shallot

STRAWBERRIES WITH LEMON CREAM TOPPED WITH DARK CHOCOLATE:

- Remove Neufchâtel cheese from fridge at least 1 hour prior to preparation to soften
- Zest the lemon
- Slice the strawberries

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