

Get Looking: Healthy Holiday Recipes

Cranberry Blueberry Sauce

Ingredients

- 1 12 ounce bag cranberries
- 1 cup water
- 1 pint fresh blueberries
- 1 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg
- 1/8 teaspoon cloves

Directions

- 1. Pick through cranberries and toss any that are shriveled or rotten. In a medium saucepan, mix water, and cranberries and simmer over medium heat until cranberries burst, about 10 minutes.
- 2. Add blueberries and spices and cook for another 5 minutes. Use the back of a wooden spoon to smash some of the berries.
- 3. Set sauce aside to cool, cover with plastic wrap and refrigerate until use.

Makes 2-3/4 cups • Serving size = 1/4 cup 30 calories • Og fat • Omg sodium 8g carbohydrate • 2g fiber • Og protein



Makes 1 large baking dish • Serving size = 1/12 of baking dish 170 calories • 4g fat • 5mg cholesterol

260mg sodium • 22g carbohydrate • 4g fi ber • 8g protein

Broccoli Casserole

Ingredients

- 2 teaspoons olive oil
- 2 cloves garlic, minced
- 1 small onion, diced
- 1-1/2 cups quinoa
- 1 cup water
- 1 cup low-sodium vegetable broth
- 1 cup unsweetened cashew or almond milk
- 2 16 ounce bags frozen broccoli florets
- 1 10.5 ounce can cream of celery soup, 98% fat free
- 1-1/2 cups low-fat shredded cheddar cheese

Directions

- 1. Preheat oven to 350°F.
- 2. In a large pan, sauté garlic and onion in olive oil for 10 minutes over medium heat.
- 3. Add quinoa, water, broth and milk. Bring mixture to a boil, cover and reduce heat to simmer for 15 minutes.
- 4. In a food processor, pulse half of the frozen broccoli until you have small pieces. Repeat with other half of broccoli.
- 5. Fold in chopped broccoli, cream of celery soup and cheese to quinoa mixture.
- 6. Scoop mixture into large sprayed baking dish and spread evenly. Bake for 30-40 minutes.
- 7. Divide into 12 and serve.

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