



Get Cooking: Healthy Holiday Recipes

Cranberry Blueberry Sauce

Makes 2-3/4 cups • Serving size = 1/4 cup
30 calories • 0g fat • 0mg sodium
8g carbohydrate • 2g fiber • 0g protein

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.



Broccoli Casserole

Makes 1 large baking dish • Serving size = 1/12 of baking dish
170 calories • 4g fat • 5mg cholesterol
260mg sodium • 22g carbohydrate • 4g fiber • 8g protein

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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