



THE

# Eat Well for the Holidays GUIDE

---

So grateful for the friends, family and celebrated traditions this time of year.

Enjoy this fresh, healthy spin on classic holiday recipes with all joy of the wonderful spices, aromas and tastes of the season... and none of the guilt.

So grateful for you!  
Kathy Basel



For more great tips, check out [www.thevitalitycode.com](http://www.thevitalitycode.com)



## Kathy Basel

Transformation Life Coach, Energy Healer

Welcome to the holiday season!

I love rounding up these holiday recipes each year as my gift of thanks for YOU being in my world. You truly make the world a better place, just being in it!

I'm all about living life fully and enjoying the rich sensual pleasures the season has to offer. Dive in unabashedly and enjoy the feast with gratitude and gusto!

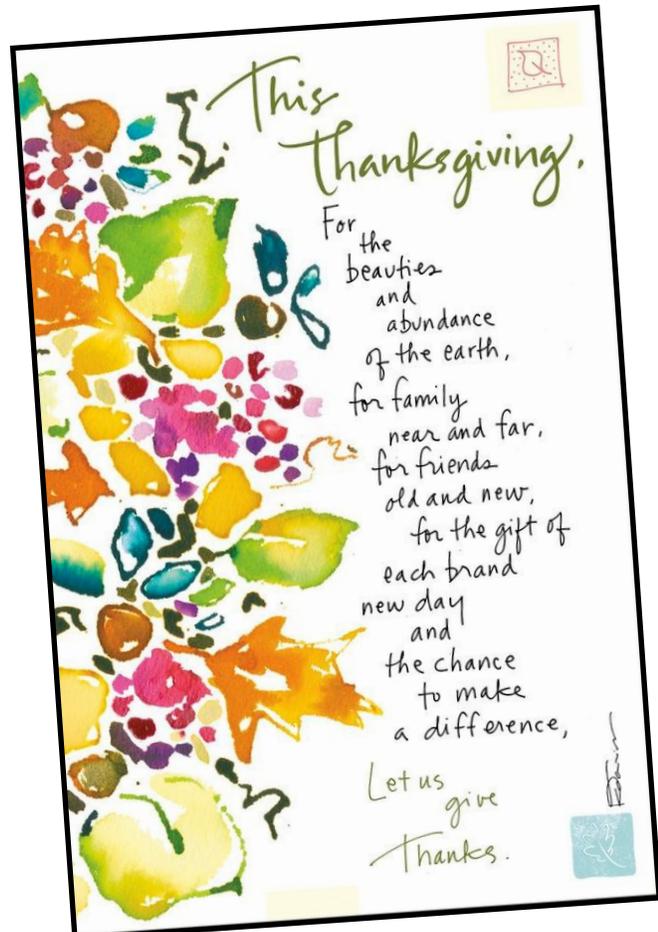
This collection is the best ever — full of the best flavors and fragrances of the autumn season that you can indulge in whole-heartedly (without the feeling of gluttony and guilt.)

I hope you find yourself with much to be grateful for, sharing with friends and family (whether they are near or far)... and eager for a new year approaching with new opportunities to enjoy your one wild and precious life.

Savor these recipes. Pass them along to others. And enjoy your holidays whole-heartedly.

Live well!

-Kathy





## Healthy Pumpkin Spice Latte

Nothing signifies the start of Fall quite like a pumpkin spice latte, but skip the sugary coffee house latte that's hiding 200 calories and 37 grams of sugar for this healthier all-natural version.

### Ingredients:

- 1/2 cup unsweetened vanilla almond milk
- 3 tbsp pumpkin puree
- 1 tsp pumpkin pie spice
- 1/2 tsp vanilla
- 2-3 drops of liquid stevia  
(or sweetener of choice)
- 8 ounces brewed coffee  
(or 1-2 shots of espresso)
- sprinkle of cinnamon

### Directions:

- In a cup or saucepan, mix together almond milk and pumpkin. Cook on medium heat on the stovetop or microwave for 30-45 seconds.
- Remove from heat, stir in vanilla, spices, and sweetener, place in a cup and use a frother to foam the milk. You can also use a blender — just process for 30 seconds or until foamy.
- Pour coffee into a large mug, add the foamy milk mixture on top. Sprinkle with cinnamon. Enjoy!



## Green Vitality Smoothie

I like to start the day with a little something to help my gut prepare for the absolutely gluttonous meal ahead, because I plan to FEAST! Here's a nice combo — because I love apple and the ginger root will help super power my digestion for later. As you drink this down, love on that body of yours and say “YUM” and “Vitality!”

### Ingredients:

- 1 organic apple (red or green), cored
- 1 organic carrot
- 1 organic celery stalk
- 1/2-inch ginger root
- 1/2 whole lemon
- 1 handful organic spinach leaves or kale
- Pinch cayenne pepper

### Directions:

Simple! Put all ingredients into the blender and blend until smooth.



## Warm Spiced Olives

In just 10 short minutes you can turn a bowl of mixed olives into elegant party fare. These are fragrant and fancy, and sure to impress. This recipe gives you two hors d'oeuvres in one — fragrant spiced olives and an infused oil that's perfect for dipping crusty bread.

### Ingredients:

- 2 cups large green olives with pits, such as Cerignola (11 ounces)
- 2 cups large black olives with pits, such as Kalamata (11 ounces)
- Zest of 1 orange, peeled in large strips
- 4 large garlic cloves, smashed
- 2 teaspoons whole fennel seeds
- 2 teaspoons chopped fresh thyme leaves
- 3/4 teaspoon crushed red pepper flakes
- Kosher salt and freshly ground black pepper
- 2/3 cup good olive oil
- 4 sprigs fresh thyme

### Directions:

Drain the green and black olives from the brine or oil that they're packed in and place them in a medium bowl. Add the orange zest, garlic, fennel seeds, thyme leaves, red pepper flakes, 1/2 teaspoon salt and 1/2 teaspoon black pepper. Pour the olive oil over the mixture, add the thyme sprigs and toss to combine.

Transfer the mixture, including the olive oil, to a medium (10-inch) sauté pan. Heat over medium heat until the oil begins to sizzle. Lower the heat and sauté for 4 to 5 minutes, stirring occasionally, until the olives and garlic are heated through and fragrant.

Serve warm right from the pan or transfer to a serving dish. Offer a small dish for the pits.

*\*adapted from a finecooking recipe*



## Simple, Tasty Herb-Roasted Turkey

This recipe received a 5-star rating. I especially love the description of this turkey as “love in your mouth.” This year, simple is good. The secret is taking a few moments to garnish your serving plate with fresh herb sprigs and citrus wedges for an A+ presentation.

### Ingredients:

1 10- to 12-pound turkey

¼ cup fresh herbs, plus 20 whole sprigs, such as thyme, rosemary, sage, oregano and/or marjoram, divided

2 tablespoons canola oil

1 teaspoon salt

1 teaspoon freshly ground pepper

Aromatics, onion, apple, lemon and/or orange, cut into 2-inch pieces (1 1/2 cups)

3 cups water, more as needed

\* from myrecipes.com

### Directions:

Position a rack in the lower third of the oven; preheat to 475 degrees F.

Remove giblets and neck from turkey cavities and reserve for making gravy. Place the turkey, breast-side up, on a rack in a large roasting pan; pat dry with paper towels. Mix minced herbs, oil, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat. Place aromatics and 10 of the herb sprigs in the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Add 3 cups water and the remaining 10 herb sprigs to the pan.

Roast the turkey until the skin is golden brown, 45 minutes. Remove from the oven. Cover the breast with a double layer of foil, cutting as necessary to conform to the breast.

Reduce oven temperature to 350° and continue roasting until an instant-read thermometer inserted into the thickest part of a thigh without touching bone registers 165°, 1 1/4 to 1 3/4 hours more. If the pan dries out, tilt the turkey to let juices run out of the cavity into the pan and add 1 cup water.

Transfer the turkey to a serving platter and cover with foil.



## Turkey Roulade

Juicy turkey breast swirled around sausage and herb cornbread stuffing packs the best fall flavors into a single bite.

### Ingredients:

- 2 medium stalks celery
- 1 medium yellow onion
- 1 medium sweet-tart apple, such as Honeycrisp or Gala
- 3 cloves garlic
- 2 T fresh parsley leaves, plus more for garnish
- 1 T fresh sage leaves, plus more for garnish
- 1 T fresh thyme leaves, plus more for garnish
- 3 T unsalted butter, divided
- 3 teaspoon kosher salt, divided
- 8 ozs uncooked pork sausage
- 4 ozs store-bought or homemade cornbread
- 1 whole skin-on, boneless turkey breast (about 5 pounds)
- 1 c low-sodium chicken broth
- 2 T olive or vegetable oil
- 1/4 t freshly ground black pepper

\* from [www.thekitchn.com](http://www.thekitchn.com)

### Directions:

Preheat oven to 350°F. Prepare the following, placing each in the same large bowl as you complete it: Finely chop 2 medium stalks celery (about 3/4 cup), 1 medium yellow onion (about 1 cup), and 1 medium sweet-tart apple (no need to peel, about 1 cup). Mince 3 garlic cloves.

Prepare the following, piling each on the side of the cutting board as you complete it: Finely chop 2 tablespoons fresh parsley leaves, finely chop 1 tablespoon fresh sage leaves, and pick 1 tablespoon fresh thyme leaves and finely chop. Chop more fresh herbs for garnish if desired and set aside.

Melt 2 tablespoons of the unsalted butter in a large skillet or cast iron pan over medium-high heat. Add the onion mixture and 1 teaspoon of the kosher salt. Cook, stirring occasionally, until tender, about 10 minutes. Return to bowl.

Add the remaining 1 tablespoon unsalted butter to the pan and melt over medium-high heat. Add 8 ounces pork sausage (remove casings first if needed) and cook, breaking up the sausage with a wooden spoon into small pieces, until browned and just cooked through, 6 to 8 minutes. Transfer to the bowl. Crumble 4 ounces cornbread into very small pieces about the size of bread-crumbs (about 1 1/2 cups) into the bowl. Add the herbs on the cutting board and toss with a spatula to combine. If you are not planning to roast the turkey roulade immediately after stuffing, let the stuffing cool to room temperature before using.

Place 1 whole boneless, skin-on turkey breast skin-side down on a large cutting board with a longer side closer to you. Cover the turkey with 2 slightly overlapping sheets of plastic wrap. Use the flat side of a meat mallet or the bottom of a small frying pan to pound the meat until it is an even 1/2-inch thickness. Season the meat on both sides with the remaining 2 teaspoons kosher salt.

Position the turkey so it is skin-side down again with a longer side closer to you. Transfer the filling onto the turkey and spread into an even layer, leaving a 1/2-inch border all around. Roll the turkey from the bottom up tightly into a log and arrange seam-side down, tucking the ends in. Tie with kitchen twine once down the length of the roast and then around the width at 2-inch intervals.

Pour 1 cup chicken broth into a 9x13-inch baking dish. Place the roulade seam-side down in the center the dish. Pat the skin dry with paper towels, then rub 2 tablespoons olive or vegetable oil over the top of the roulade, focusing on the exposed areas of meat not covered by skin. Sprinkle with 1/4 teaspoon black pepper.

Roast until the skin is golden-brown and the internal temperature registers at least 160°F, 70 to 80 minutes.

Transfer to a clean cutting board and let rest for at least 10 minutes. Use the broth and pan juices to prepare gravy or discard. Cut off and remove the kitchen twine, then cut crosswise into 1/2-inch-thick slices. Garnish with the reserved chopped fresh herbs.



## Date & Orange Couscous Salad

This dish is just as much a treat for the eyes as it is for the palate! Pomegranate seeds serve as the crown jewels. Tender couscous soaks up the zesty vinaigrette, which bursts with warming cinnamon, coriander, and cumin. Sensational!

Makes 6 cups

### Ingredients:

- 1½ C dry whole wheat couscous
- 4 C fresh baby spinach
- 4 navel oranges, peeled and sectioned (1⅔ cups)
- ½ C chopped pitted dates
- ½ C sliced red onion
- 2 T tahini
- 2 T lemon juice
- 1 T red wine vinegar
- ½ t ground cumin
- ¼ t ground coriander
- ⅛ t ground cinnamon
- Sea salt, to taste
- Freshly ground black pepper, to taste
- ½ C pomegranate seeds

### Directions:

In a medium saucepan bring 2⅔ cups water to boiling. Stir in couscous and cover. Remove from heat and cool 5 minutes, then spread in a shallow baking pan to cool completely.

In a large bowl combine cooled couscous, the spinach, oranges, dates, and onion. In a small bowl whisk together the next six ingredients (through cinnamon) and 2 tablespoons of water. Add to couscous mixture; toss to coat. Season with salt and pepper. Top with pomegranate seeds.



## Cranberry-Raspberry Relish with Walnut

Most cranberry sauce recipes are loaded with sugar to calm down the uber-tart taste of cranberries. In this simple cranberry sauce that you can whip together in just 15 minutes or so, the sweetness comes monk fruit extract. The raspberries and walnuts add delicious twist on an old family classic.

### Ingredients:

- 2 cups fresh or frozen cranberries
- 1/2 cup fresh or frozen raspberries
- 3/4 cup water
- 3 tbsp monk fruit extract
- 1/3 cup walnuts, coarsely chopped
- 1 tbsp grated orange zest

### Directions:

Combine the berries, water, and monk fruit extract in a medium saucepan over medium-high heat, and bring to a boil.

Immediately reduce the heat to medium and cook, stirring occasionally, until all the cranberries have popped and the mixture has thickened slightly, about 8 minutes.

Remove from the heat and stir in the walnuts and orange zest.

Let cool completely, then chill for at least 3 hours before serving. This is a great recipe to make ahead and allow the flavors to co-mingle.

*\*adapted from a [jjvirgin.com](http://jjvirgin.com) recipe*



## Chorizo, Apple, Chestnut & Brussel Sprout Stuffing

Bread doesn't always have to dominate the stuffing. Check out the treasure trove of veggies in this unique combination. Chorizo gives it a little kick, apples add a touch of sweet and brussels add a surprising element of YUM! It's a great make-ahead alternative to your traditional stuffing.

### Ingredients:

- 8 piece (blank)s cups cubed rustic multigrain bread (about 1 pound; 1/2-inch pieces)
- 12 ounces fresh Mexican chorizo sausage, casing removed, crumbled
- 3 tablespoons extra-virgin olive oil
- 4 cups Brussels sprouts, quartered
- 2 cups diced celery, plus chopped celery leaves for garnish
- 1 cup diced onion
- 2 medium red apples, chopped
- 2 tablespoons chopped fresh sage
- 2 tablespoons chopped fresh thyme
- 2 1/2 cups unsalted chicken broth, divided
- 1 cup chopped jarred or vacuum-packed roasted chestnuts
- 1 teaspoon kosher salt
- 2 tablespoons cold butter, cut into 1/4-inch cubes

*\* source eatingwell.com*

### Directions:

Preheat oven to 375 degrees F. Coat a 9-by-13-inch baking dish with cooking spray. Spread bread on a large rimmed baking sheet. Bake until it feels dry, about 15 minutes.

Meanwhile, cook chorizo in a large skillet over medium-high heat, stirring occasionally, until cooked through, about 5 minutes. Transfer to a large bowl with a slotted spoon.

Add oil, Brussels sprouts, celery and onion to the drippings in the pan and cook, stirring occasionally, until tender, 8 to 10 minutes. Stir in apples, sage and thyme; cook, stirring occasionally, for 1 minute. Stir in 1/2 cup broth, scraping up any browned bits.

Add the vegetable mixture, the bread and chestnuts to the bowl with the chorizo; gently stir to combine. Add the remaining 2 cups broth and salt and stir until evenly moistened. Transfer the stuffing to the prepared pan and press down on it with the back of a spoon. Dot with butter. Bake until the stuffing is crispy on top, 30 to 40 minutes. Garnish with celery leaves, if desired.



## Butternut Squash Risotto with Leeks and Spinach

Squash is a quintessential autumn delight. This recipe was contributed by our wine expert, Nina Anderson. What I like about this recipe is the variety of different ways you can spin it — include rices or pastas or go without! And everyone enjoys cooking with wine! A dash of this adds a special lightness to this fall recipe.

### Ingredients:

- 2 Tbsp Olive Oil or Butter
- 2 Cups sliced Leeks (one extra large leek)
- 4 Garlic Cloves, rough chopped
- 8 Sage Leaves, chopped
- 1 Cup Arborio Rice, or a short grain Spanish Rice
- 2 Heaping Cups Butternut Squash Cubed
- 1/4 Cup White Wine (optional)
- 2 Cups Vegetable stock or substitute with Chicken stock, Broth or 1 Tsp vegetable bouillon cube and water
- 1/2 tsp Salt
- 1/8 tsp White Pepper or substitute Black Pepper to taste
- 1/2 tsp Nutmeg
- 2 - 3 Handfuls of vegetables like Leeks, Baby Spinach or Chopped Kale

### Directions:

In a large pot heat the oil and add the leeks, stirring until they are soft

Add the garlic, sage and Arborio Rice, sautéing the rice until translucent, about 2 - 3 minutes. Add the raw butternut squash that has been cut into cubes.

Add in the salt and other spices. Add in the white wine and allow the rice to absorb the liquid and scrape up all the browned bits Stir in the broth and cook until the liquid is absorbed and the rice and squash is tender and breaks down a bit. It will add a nice creaminess

Toss in the spinach and stir until just wilted

Optional Add-ins: pecans for extra flavor and top with your favorite cheese — parmesan, Pecorino, Manchego, Goat or even Vegan or Cashew Cheese



## Green Beans with Bacon, Bacon, Bacon!

How's this for an update on the ole green bean casserole with the Durkee onions? And a bonus is that it doesn't require use of the oven, so you can time the prep perfectly with the completion time of your turkey. Bacon makes everything delish — and you can always add the Durkee onions as a nod to tradition!  
Serves 8

### Ingredients:

- 8 cups fresh green beans, trimmed
- 4 bacon strips, chopped
- 1/2 cup chopped onion
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- Optional: Durkee Onions

### Directions:

Place beans in a large saucepan and cover with water. Bring to a boil. Cook, uncovered, until beans are crisp-tender, 8-10 minutes; drain.

In a large skillet, cook bacon and onion over medium heat until bacon is crisp and onion is tender, stirring occasionally, 3-5 minutes.

Add beans to bacon mixture. Sprinkle with salt and pepper; toss to coat.

Feel free to sprinkle on the Durkee Onions for a touch of the classic approach.

Easy prep tip: Fry up your bacon a day in advance to free up the stove-top space day of.



## Green Beans with Shiitake Mushrooms & Scallots

Back by popular demand! So delicious your family will never even miss your old green bean casserole.

Serves 4

### Ingredients:

- 12 ounces green beans, trimmed
- 2 tablespoons macadamia nut oil or palm fruit oil
- 2 large shallots, thinly sliced
- 8 ounces shiitake mushrooms, stemmed and sliced
- ½ medium red bell pepper, thinly sliced
- 2 teaspoons coconut aminos
- ⅛ teaspoon sea salt
- ⅛ teaspoon freshly ground black pepper

### Directions:

Bring a large saucepan of lightly salted water to a boil over high heat. Add the green beans, cover the pan, and return to a boil; cook 2 minutes. Drain and rinse under cold water to stop the cooking; drain again.

Heat the oil in a large nonstick skillet over medium-high heat. Add the shallots and cook, stirring occasionally, until they begin to soften, 2 to 3 minutes.

Add the mushrooms and bell pepper and cook, stirring occasionally, until mushrooms are slightly browned, 6 to 7 minutes.

Add the green beans and cook for 1 minute. Add the coconut aminos, salt and pepper; cook, stirring, until hot, about 1 minute.



## William Sonoma Gluten-Free Holiday Stuffing

Stuffing is one of the great treats of the holiday season. Here's a delicious, easy to prepare recipe that gives you all the taste and comfort satisfaction of holiday stuffing, without the heaviness and blood sugar spiking from bread.

Serves 10-12

### Ingredients:

- 2 firm, tart apples, such as Granny Smith
- 1 lb. (500 g) Italian sausage, casings removed
- 2 Tbs. olive oil
- 1 small yellow onion, chopped
- 1 large bunch dinosaur kale, slivered (4 to 5 cups)
- Kosher salt and freshly ground pepper
- 1 package gluten-free stuffing
- 3 to 4 cups (750 ml to 1 l) chicken or turkey stock, warmed
- For the garnish (optional):
- 2 Tbs. olive oil
- 12 to 14 fresh sage leaves
- Kosher salt

### Directions:

Core the apple and cut into wedges 1/2 inch (12 mm) thick, then halve each wedge cross-wise. Set aside.

Brown the sausage, stirring occasionally, approximately 8 to 10 minutes. Pour off extra fat & set aside in a bowl. Using the hot pan, cook the apples and onion in the olive oil until the onions are translucent but not browned, about 8 minutes. Add the kale, stirring it wilts, about 6 minutes more. Season with salt and pepper.

In a large bowl combine the gluten-free stuffing with the sausage and the apple, onion and kale mixture. Add the stock 1/2 cup (125 ml) at a time, tossing until croustons are moist throughout but not soggy.

Transfer the stuffing mixture to a buttered baking dish, cover with foil and bake for 25 minutes. Remove foil and brown for another 20 minutes.



## Parmesan Balsamic Roasted Brussel Sprouts

These roasted Brussels sprouts might just become your new favorite side dish. They get so beautifully brown and crispy in the oven. The combination of the parmesan cheese and balsamic vinegar delight the craving for salty/savory flavors. Did you know brussels are packed with Vitamin C? Yep, a 3/4 cup serving of these has 163% of the daily recommended amount! Serves 4

### Ingredients:

- 1 pound Brussels sprouts, trimmed and halved
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ½ cup sliced shallots
- ¼ cup finely grated Parmesan cheese
- 1 tablespoon balsamic vinegar

### Directions:

- Preheat oven to 425°F.
- Toss Brussels sprouts, oil, salt and pepper in a large bowl. Spread in an even layer on a large rimmed baking sheet.
- Roast for 8 minutes. Remove from the oven, add shallots to the pan and stir to combine.
- Roast for 8 more minutes.
- Remove from the oven and sprinkle the vegetables with Parmesan and vinegar; toss to combine. Turn off the oven and return the pan to the warm oven until the cheese is melted, about 2 minutes.

\* source [eatingwell.com](http://eatingwell.com)



## Roasted Rainbow Carrots with Sage Brown Butter

These multi-colored carrots are going to be the topic of conversation and roasting them brings out unexpected sweetness. The fun part is, the recipe couldn't get any simpler than this! They only take 15 minutes to roast, so pop them in the oven while you carve the turkey and they'll be ready just in time to eat. Serves 4

### Ingredients:

2 pounds small carrots, preferably multicolored

2 teaspoons extra-virgin olive oil

$\frac{3}{4}$  teaspoon salt

3 tablespoons butter

2 tablespoons chopped fresh sage or 2 teaspoons dried, plus more for garnish

### Directions:

Position racks in upper and lower third of oven; preheat to 450°F.

Trim carrots and cut in half lengthwise. Toss with oil and salt in a large bowl. Divide between 2 large rimmed baking sheets and spread in an even layer.

Roast the carrots, stirring once and switching the pans top to bottom halfway through, until tender, about 15 minutes.

Meanwhile, melt butter in a small skillet over medium-high heat. Cook until just starting to brown, 2 to 3 minutes. Remove from heat. When the butter stops bubbling, stir in sage. Transfer the carrots to a serving dish and drizzle the sage brown butter over them.

Garnish with fresh sage, if desired.

\* source [eatingwell.com](http://eatingwell.com)



## How to Roast Winter Vegetables

Get adventurous with your selection of root vegetables — like potatoes, parsnips, beets, turnips, fennel, sweet potatoes, and carrots. I'll throw just about anything into the oven and roast 'em up. Anything from crucifers like broccoli and brussels sprouts to classics like mushrooms, zucchini, onions, bell peppers, squash, sweet potatoes and cabbage.

### Ingredients:

2 pounds of veggies

1 or 2 whole peeled cloves garlic  
(halved if they are large)

1-1/2 tbsp extra-virgin olive oil  
or avocado oil

Salt

Freshly ground black pepper

1/4 cup balsamic vinegar

### Optional:

1/4 cup hazelnuts, lightly roasted and  
coarsely chopped

### Directions:

Preheat the oven to 425°F.

Cut veggies into small squares, and toss them in a generous amount of oil — either olive oil or my favorite, avocado oil.

Mix in other seasonings like garlic, salt, pepper, balsamic vinegar, Italian herbs and even nuts... like hazelnut.

Spread the veggies in a single layer in a small baking pan and roast until toasty brown. Cooking times will vary based on the type of vegetable and how small you cut them.

Here's a rough estimate — and keep in mind you can also cook them in stages if you've got various types of vegetables:

Root vegetables (beets, potatoes, carrots): 30 to 45 minutes

Winter squash (butternut squash, acorn squash): 20 to 60 minutes

Crucifers (broccoli, cauliflower, Brussels sprouts): 15 to 25 minutes

Soft vegetables (zucchini, summer squash, bell peppers): 10 to 20 minutes



## Garlic Mashed Cauliflower

They'll never know these aren't mashed potatoes! Top with chopped herbs and grated cheese if you like.  
Serves 8

### Ingredients:

2 medium head cauliflower, trimmed and cut into small florets (about 6 to 7 cups)

2 tbsp extra-virgin olive oil

1 tsp minced garlic

Fine sea salt and ground black pepper,  
to taste

### Directions:

Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower, cover, and steam until tender, about 10 minutes.

Meanwhile, heat olive oil in a small skillet over medium heat; cook and stir garlic until softened, about 2 minutes. Remove from heat.

Transfer half the cauliflower to a food processor; cover and blend on high. Add remaining cauliflower florets, one at a time, until vegetables are creamy. Blend in garlic,

Season with salt and pepper and serve.

Hint: Try adding a little fresh rosemary or parmesan cheese for a whole new taste.

\*source allrecipes.com



## Crispy Smashed Beets with Feta

Make this dish ahead of time by roasting and then refrigerating the cauliflower for up to two days. Before guests arrive, bring to room temperature and then toss the salad together.  
Serves 8

### Ingredients:

- 2 large beets (1 1/2 pounds), trimmed, peeled and cut into 1/2-inch slices
- 2 tablespoons extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/3 cup water
- 2 tablespoons balsamic vinegar
- 5 tablespoons crumbled feta cheese
- 2 tablespoons finely chopped fresh oregano

\*source [eatingwell.com](http://eatingwell.com)

### Directions:

Preheat oven to 425°F and place the oven rack in upper and the lower third of oven.

Toss beets, oil, salt and pepper together in a large oven-safe pot. Arrange the beets in a single layer in the pot. Combine water and vinegar in a measuring cup; pour over the beets. Cover the pot and place on the lower oven rack. Bake, flipping the beets halfway through, until very tender, about 1 hour. Remove from the oven and turn broiler to high.

Transfer the beets to a large rimmed baking sheet, arranging them in a single layer. Press on each beet with the bottom of a mason jar or glass to flatten it, but keep it intact. Sprinkle with feta. Broil on the upper rack until the beets are crisped on the edges and the feta is browned in spots, 4 to 5 minutes. Sprinkle with oregano and serve.



## Vanilla Sweet Potatoes

This has been a favorite in my house for years. The vanilla brings out the natural sweetness of the potatoes — so sweet it almost tastes like pie! Super convenient to make while your turkey is roasting because you can whip this up 100% in the microwave — or it's an easy make-ahead type of dish! Trust me, your guests will be requesting this recipe from you every time!  
Serves 8

### Ingredients:

2 pounds sweet potatoes  
3/4 cup of almond milk  
1/4 cup packed brown sugar  
2 tbsp vanilla extract  
2 tbsp butter

### Directions:

Pierce potatoes with a fork, and arrange in a circle on paper towels in microwave oven. Microwave at HIGH 10 minutes or until tender, rearranging potatoes after 5 minutes.

Wrap in a towel; let stand 5 minutes. Peel and mash potatoes. Combine with milk and remaining ingredients.

Place in a 1-quart casserole; cover and microwave on MEDIUM for 7 minutes or until thoroughly heated.

\*source [cookinglight.com](http://cookinglight.com)



## Creamy Pumpkin Cheesecake

Gotta have my pumpkin! And who knew such flavorful pumpkin & spices are low-carb enough to delight even your keto-friendly friends. This pumpkin cheesecake is low-sugar too, using just a bit of erythritol or stevia as sweetener. Pour it into a pie pan or make into bars as pictured. Makes 8 slices.

### Ingredients:

#### Base

- 2 Tbsp Erythritol or 1 packet Stevia
- 2 Tbsp butter
- 1 cup almond flour or ground walnuts
- 1/2 tsp pumpkin spice

#### Filling

- 2 cups (16 oz) cream cheese at room temperature
- 1 cup powdered Erythritol or 2 packets Stevia or drops
- 1 cup pumpkin puree canned or steamed pumpkin
- 2 large eggs at room temperature
- 1 tsp vanilla extract
- 1 tsp pumpkin spice mix

Recommended by Dr. Erin Foley,  
adapted from Gimmdelicious.com

### Directions:

#### To make the base:

Preheat oven to 325F. Line an 8x8 pan with parchment paper or grease with butter; set aside. In a medium mixing bowl, combine melted butter and erythritol, mix until fully blended. Add almond flour and pumpkin spice; stir until combined. Transfer mixture to 8x8 pan and press evenly mixture on the bottom of the pan. Cook in the oven for 10 mins, then set aside to cool.

#### To make the filling:

In a large mixing bowl, beat cream cheese and Erythritol until smooth. Add pumpkin puree, eggs, vanilla, and spices. Beat together until well combined. Pour into crust. Spread out evenly and bake for 40 minutes or until the edges are firm but the middle still jiggles slightly (it will appear dry completely across the top).

Remove from the oven and let sit for 10-15 minutes then cover with plastic wrap or foil and refrigerate for at least 4-6 hours before slicing.



## Caramel Apple Crisp for Two

The perfect amount of decadence, without having to worry about having a half a pie left over that you're bound to eat. Caramel adds a sweet and salty note to this classic apple crisp designed just for two. Store-bought caramel sauce works well here, but I dare you to try making your own. Drizzle it over the warm apple crisp right before serving if you want to make this easy dessert an extra-special treat. This recipe works great with just about any fruit you have on hand! And with the minimal prep, you'll be popping this beauty into the oven in only 15 minutes. Serves 2

### Ingredients:

#### Filling

- 2 cups chopped apples, such as Honeycrisp, Granny Smith or Pink Lady
- 2 tablespoons caramel sauce (see Tip), plus more for garnish
- ½ teaspoon cornstarch
- ¼ teaspoon cinnamon
- Pinch of salt
- Pinch of nutmeg

#### Topping

- 3 tablespoons rolled oats
- 1 tablespoon white whole-wheat flour or spelt flour
- 1 tablespoon light brown sugar
- 1 tablespoon chopped toasted pecans
- ⅛ teaspoon cinnamon
- Pinch of salt
- 1 tablespoon cold unsalted butter, cubed

### Directions:

Preheat oven to 350°F.

To prepare filling: Combine apples, caramel sauce, cornstarch, ¼ teaspoon cinnamon, salt and nutmeg in a medium bowl. Divide between 2 6- to 8-ounce ramekins.

To prepare topping: Combine oats, flour, brown sugar, pecans, cinnamon and salt in a medium bowl. Using a fork, pastry cutter or your fingers, cut butter into the mixture until combined. Sprinkle the topping over the apples.

Place the ramekins on a baking sheet and bake until the topping is crisp and the apples are bubbling, 35 to 40 minutes. Let cool for about 15 minutes. Drizzle with additional caramel sauce, if desired.

**Tip: To Make Caramel Sauce:** Heat 1/3 cup sugar and 1 1/2 Tbsp. water in a medium saucepan over medium heat. Cook, without stirring, until the mixture is amber brown, about 5 minutes. Swirl the pan, if necessary, to ensure even coloring. Remove from heat. Carefully whisk in 1/3 cup heavy cream. (Be careful, the caramel may sputter.) Return the pan to medium heat and cook, stirring, until smooth, about 30 seconds. Remove from heat and stir in 2 tsp. butter and a pinch of salt. Cover and let stand for 5 minutes.