

Healthy Holiday Recipes

With Thanksgiving right around the corner, here are some fun gluten-free, and just overall healthy recipes that you can use to make your Thanksgiving both healthy and tasty!

While these three recipes are a perfect for the Thanksgiving holiday, they can be used for any other time of the year you like. Don't feel the need to limit yourself to enjoying healthy meals to only one day a year!

The first recipe is for a delicious gluten-free stuffing recipe. Most stuffing is commonly made with bread, but this recipe uses either wild or brown rice as the base. This makes it both tasty and exotic!

Wild or Brown Rice Stuffing

Servings: 4

Ingredient:

1 onion, finely chopped
2 Tb. Vegetable oil
1 1/2 cups wild or brown rice
4 cups chicken or vegetable stock
Salt, pepper
1/2 cup toasted hazelnuts, walnuts, pine nuts, or pecans, chopped
1/3 cup currants, dried cherries, raisins, or dried apricots
1 Tb. Chopped thyme
4 scallions, thinly sliced

Instructions:

1. Saute the onion in the oil in a medium saucepan for about three minutes until tender.
2. Add the rice and sauté 2 minutes while stirring.
3. Add the stock and a good pinch of salt then cover.

4. Bring to a boil over med-hi heat.
5. Reduce heat to low and cook until tender. Wild rice this takes about 45-55 minutes while brown rice should take about 25 to 30 minutes.
6. Drain any remaining liquid and transfer to serving dish.
7. Add remaining ingredients (nuts and berries, etc.) and toss well.
8. Season for taste and serve warm.

The next recipe is a desert recipe, but it contains no sugar, gluten, or dairy. This banana bread recipe, though technically a dessert, is also great for breakfast or snacks.

Banana Bread

Servings: 10

Ingredients:

1/3 cup safflower
2/3 cup Sweet Spot® sugar substitute
2 large eggs
1 tsp. Vanilla extract
1 3/4 cups baking flour (Use Bob's Red Mill All-Purpose Gluten-Free Baking Flour, found at Whole Foods)
2 tsp. Baking powder
1 1/4 tsp. Cinnamon
1 tsp. Xanthum gum
1 1/2 cups ripe banana, mashed
1/2 cup chopped pecans, walnuts, or sunflower seeds
1/2 cup raisins or mulberries

Instructions:

1. Preheat oven to 350 degrees.
2. Take a 9 in. x 5 in. bread pan and coat inside with thin layer of safflower oil.

3. In a large bowl, mix together the eggs, Sweet Spot®, safflower oil, vanilla extract and baking flour.
4. Add the xantham gum and baking powder to the mixture.
5. Add cinnamon and mashed bananas.
6. Stir in nuts and berries.
7. Beat the resulting batter until mixture is soft.
8. Place the finished batter in the bread pan and bake in oven for 1 hour.
9. Remove from oven and let cool until safe to touch bare handed.
10. Turn pan upside down and retrieve loaf, then slice and serve.

The third recipe is a traditional European holiday recipe perfectly complimentary to a complete Thanksgiving meal. This red cabbage recipe is quite delicious and requires a simple Dutch oven to make.

German Red Cabbage

Ingredients:

- 1 medium head red cabbage, cored and sliced
- 2 large tart apples, peeled, sliced, and cubed
- 1 medium sweet onion, sliced and separated into rings
- 1 1/2 cups water
- 1 cup (organic) apple cider vinegar
- 1/2 cup Sweet Spot® sugar substitute
- 1 tsp. salt
- 6 whole peppercorns
- 1 cinnamon Stick
- 2 whole cloves
- 2 tsp. Potato starch

Directions:

1. In a Dutch oven, toss cabbage, apples and onion.
2. Add water, vinegar, Sweet Spot®, and salt.
3. Place the peppercorns, cloves, and cinnamon stick on a double thickness of cheesecloth; bring up corners of cloth and tie with kitchen string to form a bag.
4. Add to Dutch oven and bring to a boil.
5. Reduce heat; cover and simmer for 1-1/4 hours.
6. Remove and discard spice bag.
7. To thicken, combine potato starch and cold water in a small bowl and stir until smooth.
8. Add starch mix into Dutch oven then cook and stir for 1-2 minutes, or until thickened.

These recipes should add a nice healthy touch to your Thanksgiving and save you from some of the unwelcome after effects of less health oriented dinner choices. Enjoy!



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