



Healthy Holiday Recipes from Harmony Nutrition

HARMONY NUTRITION



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The holidays are a time to enjoy good food with friends and family. It is important during this time that we find ways to enjoy holiday favorites while being mindful of our hunger fullness cues and allowing ourselves to enjoy any and everything in moderation. It is also a good time to get rid of our feelings of "guilt" around foods we enjoy. Food is meant to bring joy and not guilt or shame. Check out these nutrient dense, delicious recipes that you can feel good about enjoying with your friends and family.

-Happy holidays from your friends at Harmony Nutrition and Harmony Wellness Partners.

Pumpkin Pie Spiced Pecans

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Pecans
2 tsps Maple Syrup
1/4 tsp Sea Salt
1/2 tsp Pumpkin Pie Spice

NUTRITION

AMOUNT PER SERVING

Calories	190	Vitamin D	0IU
Fat	18g	Vitamin E	0mg
Saturated	2g	Vitamin K	1µg
Carbs	8g	Thiamine	0.2mg
Fiber	2g	Riboflavin	0.1mg
Sugar	5g	Niacin	0mg
Protein	2g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	6µg
Sodium	296mg	Vitamin B12	0µg
Potassium	118mg	Phosphoro...	69mg
Vitamin A	15IU	Magnesium	32mg
Vitamin C	0mg	Zinc	1mg
Calcium	27mg	Selenium	1µg
Iron	1mg		

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 02 In a bowl, toss together all the ingredients. Transfer to the baking sheet and spread evenly. Bake for five minutes, remove from the oven and stir, then bake for another five minutes.
- 03 Let the pecans cool down before serving and enjoy!

NOTES

LEFTOVERS

Store in an airtight container for up to two weeks.

SERVING SIZE

One serving size is equal to 1/4 cup pecans.

ADDITIONAL TOPPINGS

Top with flakey salt.

Pomegranate Glazed Salmon

2 SERVINGS 45 MINUTES



INGREDIENTS

1/2 cup Pomegranate Juice (unsweetened)
1/2 cup Orange Juice (freshly squeezed)
2 tbsps Raw Honey
12 ozs Salmon Fillet (with skin)
Sea Salt & Black Pepper (to taste)
1/4 cup Pomegranate Seeds
2 tbsps Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	361	Vitamin D	957IU
Fat	9g	Vitamin E	2mg
Saturated	1g	Vitamin K	69µg
Carbs	35g	Thiamine	0.3mg
Fiber	1g	Riboflavin	0.4mg
Sugar	31g	Niacin	15mg
Protein	39g	Vitamin B6	1.3mg
Cholesterol	87mg	Folate	50µg
Sodium	141mg	Vitamin B12	8.0µg
Potassium	943mg	Phosphoro...	456mg
Vitamin A	720IU	Magnesium	64mg
Vitamin C	38mg	Zinc	1mg
Calcium	37mg	Selenium	51µg
Iron	1mg		

DIRECTIONS

- 01 Combine the pomegranate juice, orange juice, and honey in a saucepan. Bring the sauce to a boil, stirring, then reduce to a simmer. Cook for 15 to 20 minutes, stirring occasionally, until the sauce thickens and reaches a syrupy consistency.
- 02 Preheat the oven to 300°F (150°C). Line a baking sheet with parchment paper.
- 03 Place the salmon on the prepared baking sheet, skin-side down. Season with salt and pepper. Brush the sauce generously over the salmon to coat.
- 04 Bake for 20 to 25 minutes, or until the salmon is cooked through. The cooking time may vary depending on the size of the salmon fillet.
- 05 Transfer the salmon to a serving platter. Garnish with pomegranate seeds and parsley. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add garlic and orange zest.

SERVE IT WITH

Quinoa, rice, farro, roasted vegetables, mixed greens, or over salad.

ADDITIONAL TOPPING

Green onions and orange slices.

Roasted Brussels Sprouts with Pomegranate & Tahini Dressing

2 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 cups Brussels Sprouts (trimmed and halved)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
1/2 tsp Sea Salt (divided)
2 tsps Tahini
1 tbsp Lemon Juice
2 tbsps Water
1 tbsp Parsley (minced)
1/4 cup Pomegranate Seeds

NUTRITION

AMOUNT PER SERVING

Calories	165	Vitamin D	0IU
Fat	13g	Vitamin E	2mg
Saturated	2g	Vitamin K	154µg
Carbs	11g	Thiamine	0.2mg
Fiber	4g	Riboflavin	0.1mg
Sugar	4g	Niacin	1mg
Protein	3g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	50µg
Sodium	614mg	Vitamin B12	0µg
Potassium	337mg	Phosphoro...	84mg
Vitamin A	662IU	Magnesium	22mg
Vitamin C	63mg	Zinc	1mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 02 Toss the Brussels sprouts with 2/3 of the oil and half of the salt. Spread them out on the baking sheet and roast for 15 to 20 minutes, flipping them halfway through until crispy and browned.
- 03 Make the dressing by mixing the tahini, lemon juice, water, and remaining salt together. Drizzle it over the Brussels sprouts and garnish with the parsley and pomegranate seeds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 3/4 cup.

MORE FLAVOR

Add maple syrup or honey, and/or garlic to the tahini dressing.

ADDITIONAL TOPPINGS

Top with chopped nuts or seeds.

Calcium	56mg	Selenium	3µg
Iron	2mg		

Pomegranate Yogurt Bark

9 SERVINGS 2 HOURS



INGREDIENTS

1 cup Plain Greek Yogurt
1/3 cup Pomegranate Seeds
1 tbsp Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	30	Vitamin D	11IU
Fat	1g	Vitamin E	0mg
Saturated	0g	Vitamin K	0µg
Carbs	2g	Thiamine	0mg
Fiber	0g	Riboflavin	0mg
Sugar	1g	Niacin	0mg
Protein	3g	Vitamin B6	0mg
Cholesterol	4mg	Folate	1µg
Sodium	16mg	Vitamin B12	0µg
Potassium	19mg	Phosphoro...	11mg
Vitamin A	139IU	Magnesium	5mg
Vitamin C	2mg	Zinc	0mg
Calcium	57mg	Selenium	0µg
Iron	0mg		

DIRECTIONS

- 01 Line a baking sheet with parchment paper, wax paper or a silicone mat.
- 02 Spread the yogurt evenly onto the lined baking sheet, about 1/4-inch thick. Sprinkle the pomegranate and pumpkin seeds otop.
- 03 Place in the freezer until very firm, about 2 hours. Slice or break apart into pieces.

NOTES

LEFTOVERS

Keep frozen in an airtight container or freezer bag for up to two months. Line with parchment paper between the pieces if needed.

SERVING SIZE

Each serving equals approximately one 3 x 2.5" piece.

DAIRY-FREE

Use coconut yogurt instead.

MORE FLAVOR

Add vanilla extract and your sweetener of choice.

ADDITIONAL TOPPINGS

Add in strawberry slices, blueberries, crushed pistachios, sliced almonds, hemp seeds, shredded coconut or chocolate chips.

Sweet Potato & Pomegranate Salad

4 SERVINGS 35 MINUTES



INGREDIENTS

2 Sweet Potato (cubed)
1 tbsp Extra Virgin Olive Oil (divided)
1/8 tsp Sea Salt (to taste)
1 tbsp Lemon Juice
1 tsp Maple Syrup
2 cups Pomegranate Seeds
1/2 cup Red Onion (diced)
1/4 cup Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	160	Vitamin D	0IU
Fat	4g	Vitamin E	1mg
Saturated	0g	Vitamin K	66µg
Carbs	30g	Thiamine	0.1mg
Fiber	5g	Riboflavin	0.1mg
Sugar	14g	Niacin	0mg
Protein	2g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	17µg
Sodium	113mg	Vitamin B12	0µg
Potassium	442mg	Phosphoro...	39mg
Vitamin A	9542IU	Magnesium	21mg
Vitamin C	17mg	Zinc	0mg
Calcium	41mg	Selenium	1µg
Iron	1mg		

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Toss the sweet potato with 1/3 of the oil and salt. Arrange on a baking sheet and bake in the oven for 30 minutes.
- 02 In a small bowl, whisk together the remaining oil, lemon juice, and maple syrup.
- 03 Add the pomegranate seeds, red onion, and parsley to a large bowl. Add the sweet potato and pour on the dressing. Mix well to coat. Season with additional salt if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately 3/4 cup.

MORE FLAVOR

Add mixed greens or romaine and your protein of choice to turn this into a main dish.

Roasted Beets & Parsnips with Chestnuts

3 SERVINGS 35 MINUTES



INGREDIENTS

2 Beet (medium, peeled, cubed)
1 Parsnip (large, peeled, cubed)
2 tsps Extra Virgin Olive Oil
1 Garlic (clove, large, minced)
2 tsps Herbes de Provence
1/3 cup Chestnuts (roasted, deshelled)
2 tbsps Chives (finely chopped)
1/4 Lemon (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	130	Vitamin D	0IU
Fat	4g	Vitamin E	1mg
Saturated	1g	Vitamin K	8µg
Carbs	23g	Thiamine	0.1mg
Fiber	4g	Riboflavin	0.1mg
Sugar	8g	Niacin	1mg
Protein	2g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	105µg
Sodium	49mg	Vitamin B12	0µg
Potassium	482mg	Phosphoro...	79mg
Vitamin A	109IU	Magnesium	35mg
Vitamin C	17mg	Zinc	0mg
Calcium	37mg	Selenium	2µg
Iron	1mg		

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 02 Toss the beets, parsnips, oil, garlic, and Herbes de Provence together. Spread the vegetables out on the baking sheet and roast for 25 to 30 minutes or until they are browning around the edges.
- 03 Add the roasted vegetables to a bowl and toss with the chestnuts and chives. Squeeze the lemon juice over the vegetables and toss well to combine. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is 3/4 cup.

Potato Latkes

4 SERVINGS 45 MINUTES



INGREDIENTS

2 Russet Potato (large, peeled)
1/2 Yellow Onion
3/4 tsp Sea Salt
2 tbsps All Purpose Gluten-Free Flour
1 Egg (whisked)
1/4 cup Avocado Oil (for frying)

NUTRITION

AMOUNT PER SERVING

Calories	247	Vitamin D	10IU
Fat	15g	Vitamin E	0mg
Saturated	2g	Vitamin K	2µg
Carbs	24g	Thiamine	0.1mg
Fiber	3g	Riboflavin	0.1mg
Sugar	2g	Niacin	1mg
Protein	4g	Vitamin B6	0.3mg
Cholesterol	47mg	Folate	28µg
Sodium	473mg	Vitamin B12	0.1µg
Potassium	513mg	Phosphoro...	86mg
Vitamin A	76IU	Magnesium	27mg
Vitamin C	7mg	Zinc	0mg
Calcium	28mg	Selenium	4µg
Iron	2mg		

DIRECTIONS

- 01 Carefully grate the potato and onion with a box grater (or use the grater blade of a food processor). In batches, transfer the grated potato and onion to a clean kitchen towel or piece of cheesecloth. Squeeze as much liquid as possible from the grated vegetables.
- 02 Transfer the dry potatoes and onions to a mixing bowl and add the salt, flour, and egg. Mix well until combined. Allow the potato mixture to rest for five to 10 minutes.
- 03 Meanwhile, heat half of the oil in a cast-iron pan (or another heavy frying pan) over medium heat.
- 04 Stir the potato mixture well before dropping spoonfuls (approximately two to three tablespoons) of the potato mixture into the pan (do not overcrowd the pan). Use a spoon to flatten the potato mixture into flat patties, approximately three-inches in diameter.
- 05 Cook for three to five minutes per side, or until golden brown. Transfer cooked latkes to a plate lined with a paper towel and season with additional salt if needed.
- 06 Repeat with the remaining potato mixture adding more oil to the pan as needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Reheat in a dry pan or enjoy cold.

SERVING SIZE

One serving is equal to three latkes.

MORE FLAVOR

Add fresh garlic or garlic powder.

ADDITIONAL TOPPINGS

Serve with apple sauce, sour cream or other condiments, like ketchup, for dipping.

NO AVOCADO OIL

Use extra virgin olive oil or coconut oil instead.

POTATO

Two large potatoes is approximately equal to 680 grams (24 oz) and yields three cups of grated potato.

Spiced Pears with Pomegranate

4 SERVINGS 10 MINUTES



INGREDIENTS

3 Pear (peeled, cored, diced)
1 tbsp Lemon Juice
1 tbsp Maple Syrup
1/4 tsp Cardamom
1/2 tsp Cinnamon
1/4 cup Pomegranate Seeds

NUTRITION

AMOUNT PER SERVING

Calories	99	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Saturated	0g	Vitamin K	6µg
Carbs	26g	Thiamine	0mg
Fiber	5g	Riboflavin	0.1mg
Sugar	17g	Niacin	0mg
Protein	1g	Vitamin B6	0mg
Cholesterol	0mg	Folate	10µg
Sodium	2mg	Vitamin B12	0µg
Potassium	193mg	Phosphoro...	17mg
Vitamin A	35IU	Magnesium	11mg
Vitamin C	8mg	Zinc	0mg
Calcium	22mg	Selenium	0µg
Iron	0mg		

DIRECTIONS

01 Combine all ingredients into a large mixing bowl. Mix well, then divide into cups. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving equals approximately 3/4 cup.

MORE FLAVOR

Broil in the oven until tender and slightly charred.

ADDITIONAL TOPPING

Top with maple syrup, coconut whipped cream, yogurt, crushed nuts, coconut butter or nut butter.

Pecan Pie Squares

16 SERVINGS 35 MINUTES



INGREDIENTS

- 2 cups Pitted Dates (divided)
- 1 1/2 cups Cashews (soaked for 1 hour and drained)
- 1 cup Unsweetened Coconut Flakes
- 3/4 cup Water
- 2 cups Pecans

NUTRITION

AMOUNT PER SERVING

Calories	245	Vitamin D	0IU
Fat	18g	Vitamin E	0mg
Saturated	5g	Vitamin K	5µg
Carbs	21g	Thiamine	0.1mg
Fiber	4g	Riboflavin	0.1mg
Sugar	13g	Niacin	1mg
Protein	4g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	15µg
Sodium	4mg	Vitamin B12	0µg
Potassium	244mg	Phosphoro...	109mg
Vitamin A	9IU	Magnesium	57mg
Vitamin C	0mg	Zinc	1mg
Calcium	23mg	Selenium	3µg
Iron	1mg		

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 Create the crust by combining half of the dates and all of the cashews and coconut flakes together in a food processor. Process until a thick, evenly distributed mixture forms.
- 03 Line a square baking dish with parchment paper. Press the crust mixture down evenly into the dish. Take some time to really pack it in there so the crust doesn't crumble.
- 04 Take the remaining dates and finely chop them into pieces. Place chopped dates in a saucepan with the water. Place over medium-low heat and stir continuously until a thick goeey mixture forms. Remove from heat and stir in about 3/4 of the pecans. Then transfer mix into the baking dish over top of the crust. Press the remaining pecans evenly into the top to make it pretty.
- 05 Place in the oven and bake for 20 minutes.
- 06 Remove from oven and let cool completely before lifting the parchment paper out of the dish and cutting into squares. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container for up to four days. Freeze for up to three months.

SERVING SIZE

One serving is one square. An 8 x 8-inch baking dish was used for 16 servings.

Pomegranate & Beet Salad

4 SERVINGS 35 MINUTES



INGREDIENTS

3 cups Water
2 Beet (peeled, chopped)
2 tbsps Avocado Oil
2 tbsps Apple Cider Vinegar
3 cups Mixed Greens
2 Clementines (peeled, sectioned)
1/4 cup Pomegranate Seeds
1/4 cup Feta Cheese

NUTRITION

AMOUNT PER SERVING

Calories	136	Vitamin D	2IU
Fat	9g	Vitamin E	0mg
Saturated	2g	Vitamin K	0µg
Carbs	11g	Thiamine	0.1mg
Fiber	2g	Riboflavin	0.1mg
Sugar	7g	Niacin	0mg
Protein	3g	Vitamin B6	0.1mg
Cholesterol	8mg	Folate	57µg
Sodium	156mg	Vitamin B12	0.2µg
Potassium	299mg	Phosphoro...	56mg
Vitamin A	53IU	Magnesium	19mg
Vitamin C	24mg	Zinc	0mg
Calcium	98mg	Selenium	2µg
Iron	1mg		

DIRECTIONS

- 01 Bring the water and beets to a boil. Cook for 25 minutes or until soft. Set aside to cool.
- 02 While the beets cook, make the dressing. Combine the oil and apple cider vinegar in a jar and shake vigorously until combined.
- 03 Divide the mixed greens evenly between plates. Top with the cooled beets, clementines, pomegranate seeds and cheese. Add the dressing and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

DAIRY-FREE

Use nutritional yeast instead of feta cheese, or simply omit the cheese.

ADDITIONAL TOPPINGS

Add nuts and seeds.

Maple Balsamic Roasted Beets & Pears

4 SERVINGS 45 MINUTES



INGREDIENTS

2 Pear (medium, chopped)
3 Beet (medium, chopped)
2 tbsps Balsamic Vinegar
2 tbsps Maple Syrup
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	110	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Saturated	0g	Vitamin K	4µg
Carbs	28g	Thiamine	0mg
Fiber	4g	Riboflavin	0.2mg
Sugar	20g	Niacin	0mg
Protein	1g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	73µg
Sodium	347mg	Vitamin B12	0µg
Potassium	333mg	Phosphoro...	37mg
Vitamin A	43IU	Magnesium	23mg
Vitamin C	7mg	Zinc	0mg
Calcium	30mg	Selenium	1µg
Iron	1mg		

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 02 In a large bowl, toss the pears and beets with the balsamic vinegar, maple syrup, and salt, until well coated. Transfer to the baking sheet. Bake in the oven for 40 minutes, or until fork tender. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 1/2 cup.

MORE FLAVOR

Add fresh sage or rosemary.

ADDITIONAL TOPPING

Goat cheese, feta cheese, pecans, walnuts, and/or hazelnuts.

Smoked Salmon Latkes

4 SERVINGS 35 MINUTES



INGREDIENTS

2 Russet Potato (medium, peeled)
1/2 White Onion (medium)
1 Egg
Sea Salt & Black Pepper (to taste)
3 tbsps Extra Virgin Olive Oil
7 1/16 ozs Smoked Salmon (sliced)
1/3 cup Cream Cheese, Regular
1/4 cup Red Onion (thinly sliced)
3 tbsps Capers
1/2 Lemon (juiced)
2 tbsps Fresh Dill

NUTRITION

AMOUNT PER SERVING

Calories	315	Vitamin D	353IU
Fat	19g	Vitamin E	3mg
Saturated	6g	Vitamin K	10µg
Carbs	21g	Thiamine	0.1mg
Fiber	2g	Riboflavin	0.2mg
Sugar	2g	Niacin	4mg
Protein	15g	Vitamin B6	0.5mg
Cholesterol	76mg	Folate	37µg
Sodium	605mg	Vitamin B12	1.8µg
Potassium	634mg	Phosphoro...	192mg
Vitamin A	151IU	Magnesium	42mg
Vitamin C	11mg	Zinc	1mg

DIRECTIONS

- 01 In a medium bowl, grate the potatoes and onion. Transfer to a clean kitchen towel or a piece of cheesecloth. Squeeze as much liquid as possible from the grated vegetables.
- 02 Transfer to another bowl and add the egg, salt, and pepper. Mix well until combined.
- 03 Heat the oil in a large pan over medium heat. In batches, carefully drop two tablespoons of the potato mixture into oil for each latke, pressing to flatten. Cook until crisp and golden, about four minutes per side.
- 04 Drain on paper towel. Top each latke with smoked salmon, cream cheese, red onion, and capers. Squeeze the lemon juice on top and garnish with dill. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is three latkes with toppings.

MORE FLAVOR

Top with avocado and/or cucumber.

DAIRY-FREE

Use dairy-free cream cheese instead.

Calcium	49mg	Selenium	21µg
Iron	2mg		

Rosemary Lamb Chops with Sweet Potato Mash

4 SERVINGS 35 MINUTES



INGREDIENTS

1 lb Lamb Shoulder Chop
2 tsps Sea Salt (coarse)
2 tsps Dried Rosemary
2 Sweet Potato (medium, peeled and chopped)
2 tbsps Extra Virgin Olive Oil
6 cups Baby Spinach
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	313	Vitamin D	6IU
Fat	17g	Vitamin E	3mg
Saturated	4g	Vitamin K	223µg
Carbs	15g	Thiamine	0.2mg
Fiber	3g	Riboflavin	0.3mg
Sugar	3g	Niacin	5mg
Protein	26g	Vitamin B6	0.3mg
Cholester...	67mg	Folate	96µg
Sodium	1344mg	Vitamin B12	2.9µg
Potassium	839mg	Phosphoro...	267mg
Vitamin A	13484IU	Magnesium	77mg
Vitamin C	15mg	Zinc	4mg
Calcium	102mg	Selenium	9µg
Iron	3mg		

DIRECTIONS

- 01 Generously season both sides of each lamb chop with sea salt. Let sit for 15 to 20 minutes to tenderize.
- 02 Bring a large pot of water to a boil.
- 03 After the chops have sat for 15 to 20 minutes, rinse them with cold water and pat dry. No need to add more salt, as they should still be seasoned. Sprinkle rosemary over both sides of each chop.
- 04 Heat a grill pan over medium-high heat. Add lamb chops to the pan and cook about 5 minutes per side, for medium rare. At the same time, add the sweet potatoes to the boiling water and cook for about 10 minutes until soft.
- 05 Remove chops from pan and place on a cutting board to rest a few minutes. Drain the sweet potatoes and mash with olive oil, salt and pepper.
- 06 Place spinach in the grill pan over medium heat and saute 1 to 2 minutes until wilted. Season with salt and pepper to taste.
- 07 Divide chops onto plates with sweet potato mash and wilted spinach. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container up to 3 days.

Pecan Pie Bites

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Pitted Dates

1/4 cup Pecans

NUTRITION

AMOUNT PER SERVING

Calories	275	Vitamin D	0IU
Fat	18g	Vitamin E	0mg
Saturated	2g	Vitamin K	2µg
Carbs	31g	Thiamine	0.2mg
Fiber	5g	Riboflavin	0.1mg
Sugar	24g	Niacin	1mg
Protein	3g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	12µg
Sodium	1mg	Vitamin B12	0µg
Potassium	343mg	Phosphoro...	91mg
Vitamin A	18IU	Magnesium	46mg
Vitamin C	0mg	Zinc	1mg
Calcium	32mg	Selenium	2µg
Iron	1mg		

DIRECTIONS

01 Slice each date in half and stuff with pecans. Enjoy!

NOTES

SERVING SIZE

One serving is equal to approximately four to five stuffed dates.

LEFTOVERS

Refrigerate in an airtight container for up to two weeks.

ADDITIONAL TOPPINGS

Top with cinnamon, flaky salt or nut butter.

Beet & Arugula Salad

4 SERVINGS 50 MINUTES



INGREDIENTS

4 Beet (skin on, washed)
3 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Balsamic Vinegar
1 1/2 tsps Raw Honey
Sea Salt & Black Pepper (to taste)
4 cups Arugula (packed)
1 Apple (thinly sliced)
1/2 cup Goat Cheese (crumbled)
1/4 cup Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	246	Vitamin D	0IU
Fat	17g	Vitamin E	2mg
Saturated	4g	Vitamin K	30µg
Carbs	19g	Thiamine	0.1mg
Fiber	4g	Riboflavin	0.1mg
Sugar	14g	Niacin	1mg
Protein	6g	Vitamin B6	0.1mg
Cholesterol	5mg	Folate	115µg
Sodium	137mg	Vitamin B12	0µg
Potassium	461mg	Phosphoro...	149mg
Vitamin A	528IU	Magnesium	79mg
Vitamin C	9mg	Zinc	1mg
Calcium	63mg	Selenium	1µg
Iron	2mg		

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Wrap the beets in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beets from the oven, let them cool then peel and slice into quarters.
- 02 While the beets cook, make the dressing in a small bowl by whisking together the olive oil, balsamic, honey salt and pepper. Set aside.
- 03 Add the arugula to a salad bowl and top with the beets, apple, goat cheese, and pumpkin seeds. Drizzle the dressing on top. Toss and enjoy!

NOTES

DAIRY-FREE

Omit the goat cheese, or use a plant-based cheese instead.

NO PUMPKIN SEEDS

Omit or use sunflower seeds instead.

NO APPLE

Use a pear instead.

NO HONEY

Use maple syrup instead.

SAVE TIME

Roast the beets ahead of time.

Rosemary Roasted Grapes

8 SERVINGS 30 MINUTES



INGREDIENTS

5 cups Grapes (seedless)
2 tbsps Extra Virgin Olive Oil
3 tbsps Rosemary (fresh, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	69	Vitamin D	0IU
Fat	4g	Vitamin E	1mg
Saturated	1g	Vitamin K	10µg
Carbs	10g	Thiamine	0.1mg
Fiber	1g	Riboflavin	0mg
Sugar	9g	Niacin	0mg
Protein	0g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	3µg
Sodium	1mg	Vitamin B12	0µg
Potassium	114mg	Phosphoro...	6mg
Vitamin A	76IU	Magnesium	3mg
Vitamin C	2mg	Zinc	0mg
Calcium	10mg	Selenium	0µg
Iron	0mg		

DIRECTIONS

- 01 Preheat the oven to 450°F (232°C).
- 02 Break apart the branches and place the grapes onto a baking sheet. Gently toss in oil and rosemary. Roast for 20 to 30 minutes, stirring halfway, or until soft and slightly charred. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one week.

SERVING SIZE

One serving equals approximately half a cup.

MORE FLAVOR

Add salt, black pepper, and/or balsamic vinegar.

SERVE IT WITH

Enjoy as a snack, as a side dish, or over top of coconut ice cream for a sweet and savory dessert.

Winter Kale Salad

4 SERVINGS 20 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
1 tsp Dijon Mustard
1 tsp Maple Syrup
1/8 tsp Sea Salt
6 cups Kale Leaves (thinly sliced)
1/2 cup Pomegranate Seeds
1 Pear (cored and thinly sliced)
1/4 cup Pumpkin Seeds
1/4 cup Unsweetened Coconut Flakes (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	196	Vitamin D	0IU
Fat	15g	Vitamin E	1mg
Saturated	5g	Vitamin K	129µg
Carbs	15g	Thiamine	0.1mg
Fiber	5g	Riboflavin	0.2mg
Sugar	8g	Niacin	1mg
Protein	4g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	27µg
Sodium	107mg	Vitamin B12	0µg
Potassium	274mg	Phosphoro...	122mg
Vitamin A	1528IU	Magnesium	62mg
Vitamin C	33mg	Zinc	1mg

DIRECTIONS

- 01 Add the extra virgin olive oil, apple cider vinegar, mustard, maple syrup and sea salt into a small bowl and whisk together.
- 02 Add the kale to a large bowl and drizzle the dressing over top. Massage with your hands to ensure it is evenly coated.
- 03 Top the massaged kale with pomegranate seeds, sliced pear, pumpkin seeds and toasted coconut flakes. Toss before serving. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to two days.

SERVING SIZE

One serving equals approximately two cups.

NO PEAR

Use sliced apple instead.

NO KALE

Use Swiss chard or collard greens instead.

Calcium	92mg	Selenium	1µg
Iron	2mg		

Celery Root Latkes

3 SERVINGS 20 MINUTES



INGREDIENTS

6 cups Celery Root (shredded)
3 Egg
1 tsp Dried Dill
Sea Salt & Black Pepper (to taste)
2 tsps Extra Virgin Olive Oil
1/2 cup Unsweetened Coconut Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	248	Vitamin D	41IU
Fat	10g	Vitamin E	2mg
Saturated	3g	Vitamin K	130µg
Carbs	31g	Thiamine	0.2mg
Fiber	6g	Riboflavin	0.4mg
Sugar	5g	Niacin	2mg
Protein	11g	Vitamin B6	0.6mg
Cholesterol	186mg	Folate	48µg
Sodium	392mg	Vitamin B12	0.9µg
Potassium	1016mg	Phosphoro...	460mg
Vitamin A	290IU	Magnesium	70mg
Vitamin C	25mg	Zinc	2mg
Calcium	251mg	Selenium	18µg
Iron	3mg		

DIRECTIONS

- 01 In a large bowl, combine the shredded celery root, eggs, dill, salt, and pepper. Mix until well combined.
- 02 Heat the oil in a large pan over medium heat. Form the celery root mixture into patties with your hands, about 1/2 cup per latke. Transfer to the frying pan and cook for five minutes on each side or until golden.
- 03 Top the latkes with coconut yogurt. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

SERVING SIZE

One serving is equal to two latkes.

MORE FLAVOR

Add garlic and onions.

NO COCONUT YOGURT

Use plain Greek yogurt, sour cream, and/or goat cheese instead.

Slow Cooker Baked Apples

4 SERVINGS 2 HOURS



INGREDIENTS

1/4 cup Apple Cider Vinegar
1/4 cup Water
1 tbsp Maple Syrup (divided)
3/4 cup Granola
1 tbsp Coconut Oil (melted)
1 tsp Cinnamon
4 Apple (medium, cored, leaving 1/2 inch at the bottom)

NUTRITION

AMOUNT PER SERVING

Calories	255	Vitamin D	0IU
Fat	9g	Vitamin E	3mg
Saturated	4g	Vitamin K	5µg
Carbs	41g	Thiamine	0.2mg
Fiber	7g	Riboflavin	0.2mg
Sugar	27g	Niacin	1mg
Protein	4g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	25µg
Sodium	9mg	Vitamin B12	0µg
Potassium	342mg	Phosphoro...	120mg
Vitamin A	105IU	Magnesium	50mg
Vitamin C	9mg	Zinc	1mg
Calcium	42mg	Selenium	6µg
Iron	1mg		

DIRECTIONS

- 01 In a small bowl, combine apple cider vinegar, water and half the maple syrup. Add mixture to the slow cooker and set to high.
- 02 In the same bowl, combine granola, coconut oil, cinnamon and remainder of maple syrup. Mix well. Fill the apples with the granola filling and set aside any leftovers.
- 03 Add apples to the slow cooker and cook for 2 hours, or until the apples are soft.
- 04 Top with any leftover granola before serving. Enjoy!

NOTES

SERVE IT WITH

Coconut cream, cashew cream, yogurt, or ice cream.

NO SLOW COOKER

Place apples in a foil-lined pan and cook at 350 degrees F for 45 to 60 minutes.

LEFTOVERS

Refrigerate in an air-tight container up to 3 days.

Citrus Beet Salad

4 SERVINGS 1 HOUR



INGREDIENTS

4 Beet (medium, cut into quarters)
1/2 cup Quinoa (uncooked, dry)
2 tbsps Extra Virgin Olive Oil
1/2 Navel Orange (juiced)
1 tbsp Apple Cider Vinegar
1 tsp Dijon Mustard
Sea Salt & Black Pepper (to taste)
2 cups Baby Spinach
1/4 cup Radishes (finely sliced)
2 Carrot (medium, peeled into ribbons)
1 cup Chickpeas (cooked, from the can)
1/4 cup Goat Cheese (crumbled)
1/2 cup Mint Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	288	Vitamin D	0IU
Fat	11g	Vitamin E	2mg
Saturated	2g	Vitamin K	82µg
Carbs	39g	Thiamine	0.2mg
Fiber	9g	Riboflavin	0.2mg
Sugar	11g	Niacin	1mg
Protein	10g	Vitamin B6	0.3mg
Cholesterol	3mg	Folate	245µg
Sodium	151mg	Vitamin B12	0µg
Potassium	754mg	Phosphoro...	225mg

DIRECTIONS

- 01 Preheat the oven to 375°F (190°C). Wrap the beets in foil and bake for 35 to 45 minutes, or until tender when pierced with a fork.
- 02 Remove the beets from the oven and once they have cooled, rinse them under cold water and peel them. Once they are peeled, thinly slice them.
- 03 Cook your quinoa on the stove according to package directions, and set aside.
- 04 Make the dressing by combining the olive oil, orange juice, apple cider vinegar, dijon, salt and pepper in a jar. Mix well.
- 05 Add the baby spinach to a bowl and top with beets, quinoa, radishes, carrots, chickpeas, goat cheese, and mint. Drizzle dressing over top and enjoy!

NOTES

PREP AHEAD AND SAVE TIME

The beets and quinoa can be prepped in advance to make assembling this salad much faster.

DAIRY-FREE

Omit the goat cheese

NO CHICKPEAS

Use another protein instead such as tofu or cooked, diced chicken breast.

NO QUINOA

Use rice instead.

LEFTOVERS

Store in an airtight container in the fridge up to 3 to 4 days and enjoy cold.

Vitamin A	6723IU	Magnesium	101mg
Vitamin C	23mg	Zinc	2mg
Calcium	91mg	Selenium	4µg
Iron	4mg		

Apple & Beet Quinoa Salad

4 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Quinoa (uncooked)
1 Apple (julienned)
2 Beet (small, peeled, grated)
2 Carrot (small, peeled, grated)
1 cup Kale Leaves (chopped)
1/3 cup Dried Unsweetened Cranberries
1/4 cup Orange Juice
2 tbsps Apple Cider Vinegar
1 tbsps Dijon Mustard
2 tbsps Hemp Seeds
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	204	Vitamin D	0IU
Fat	4g	Vitamin E	1mg
Saturated	0g	Vitamin K	26µg
Carbs	36g	Thiamine	0.2mg
Fiber	6g	Riboflavin	0.2mg
Sugar	17g	Niacin	1mg
Protein	6g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	104µg
Sodium	394mg	Vitamin B12	0µg
Potassium	514mg	Phosphoro...	218mg
Vitamin A	5421IU	Magnesium	96mg
Vitamin C	19mg	Zinc	1mg

DIRECTIONS

- 01 Cook the quinoa according to package directions. Once it has finished cooking, set it aside to cool.
- 02 Combine the cooled quinoa and all remaining ingredients in a large bowl and mix until well combined. Divide evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately one cup.

MAKE IT A MEAL

Serve with your favorite protein on top.

Calcium	48mg	Selenium	2µg
Iron	2mg		

Sweet Potato Soup

4 SERVINGS 50 MINUTES



INGREDIENTS

1/2 Yellow Onion (large, chopped)
3 Garlic (large cloves, minced)
1 1/2 tbsps Ginger (fresh, minced or grated)
7 cups Water (divided)
1 tsp Sea Salt
1 1/2 tps Turmeric
2 Sweet Potato (large, peeled and cubed)
1/2 head Cauliflower (small, cut into florets)
2 Carrot (medium, peeled, and chopped)

NUTRITION

AMOUNT PER SERVING

Calories	101	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Saturated	0g	Vitamin K	17µg
Carbs	23g	Thiamine	0.1mg
Fiber	5g	Riboflavin	0.1mg
Sugar	7g	Niacin	1mg
Protein	3g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	55µg
Sodium	679mg	Vitamin B12	0µg
Potassium	598mg	Phosphoro...	81mg
Vitamin A	14317IU	Magnesium	43mg
Vitamin C	40mg	Zinc	1mg

DIRECTIONS

- 01 Heat a large pot over medium-high heat. Add the onion, garlic, and ginger along with enough water to cover the bottom of the pot. Cook for five to six minutes until the onions begin to soften. Stir in the salt and turmeric and continue to cook for another minute.
- 02 Add the sweet potato, cauliflower, carrot, and the remaining water to the pot and stir to combine. Increase the heat slightly to bring the soup to a gentle boil then reduce the heat and simmer for 25 to 30 minutes or until the vegetables are very tender.
- 03 Remove the pot from the heat and use an immersion blender to blend until smooth. Season the soup with additional salt if needed. Divide the soup between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately equal to two cups of soup.

MORE FLAVOR

Use vegetable broth instead of water. Add other dried herbs and spices.

SWEET POTATO

Two large sweet potatoes yields approximately five cups of sweet potato cubes.

CAULIFLOWER

Half a small cauliflower yields approximately three cups of florets.

Calcium	99mg	Selenium	1µg
Iron	2mg		

Pumpkin Pancakes

3 SERVINGS 30 MINUTES



INGREDIENTS

1 cup Whole Wheat Flour
1 1/2 tsps Baking Powder
1 tsp Pumpkin Pie Spice
1 cup Cow's Milk, Whole
1/2 cup Pureed Pumpkin
1 Egg
2 tsps Maple Syrup
3 tsps Butter (melted, divided, plus extra for optional serving)

NUTRITION

AMOUNT PER SERVING

Calories	374	Vitamin D	55IU
Fat	17g	Vitamin E	1mg
Saturated	9g	Vitamin K	8µg
Carbs	47g	Thiamine	0.1mg
Fiber	7g	Riboflavin	0.4mg
Sugar	14g	Niacin	0mg
Protein	11g	Vitamin B6	0.1mg
Cholesterol	101mg	Folate	17µg
Sodium	308mg	Vitamin B12	0.5µg
Potassium	250mg	Phosphoro...	170mg
Vitamin A	6933IU	Magnesium	24mg
Vitamin C	2mg	Zinc	1mg
Calcium	295mg	Selenium	9µg
Iron	3mg		

DIRECTIONS

- 01 In a medium mixing bowl, combine the flour, baking powder and pumpkin pie spice. Stir well.
- 02 In a separate bowl, combine the milk, pumpkin purée, egg, maple syrup, and 2/3 of the melted butter. Whisk thoroughly until blended.
- 03 Add the wet ingredients into the dry and stir until no big lumps remain.
- 04 Heat a pan over medium-low heat. Brush the pan lightly with melted butter. Scoop the batter onto the pan using roughly 1/4 cup for each pancake. Cook for two to three minutes, until small bubbles form on the surface of the pancakes.
- 05 Flip each pancake and cook on the opposite sides for one to two minutes, or until lightly golden brown.
- 06 Repeat the process with the remaining batter, brushing the pan with butter as needed. Serve the pancakes immediately with butter, if using, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to two pancakes.

ADDITIONAL TOPPINGS

Serve with fresh berries, maple syrup, or your choice of jam.

NO BUTTER

Use coconut oil instead.

NO MAPLE SYRUP

Use brown sugar instead.

FREEZER MEAL

After the pancakes have completely cooled, line a baking sheet with parchment paper and spread the pancakes out on it. Freeze them for two to three hours then place them in a large freezer bag or airtight container for up to two months. You can reheat them from frozen by heating them in the toaster or oven.

Chocolate Nutty Baked Pears

6 SERVINGS 35 MINUTES



INGREDIENTS

3 Pear (sliced in half, cored)
1/4 tsp Cinnamon
1/4 cup Walnuts (chopped)
1 1/2 tps Maple Syrup
2 tbsps Pomegranate Seeds
1 tbsps Dark Chocolate Chips (for drizzling)
1/2 tsp Coconut Oil (for drizzling)

NUTRITION

AMOUNT PER SERVING

Calories	109	Vitamin D	0IU
Fat	5g	Vitamin E	0mg
Saturated	1g	Vitamin K	4µg
Carbs	17g	Thiamine	0mg
Fiber	3g	Riboflavin	0.1mg
Sugar	11g	Niacin	0mg
Protein	1g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	11µg
Sodium	1mg	Vitamin B12	0µg
Potassium	136mg	Phosphoro...	28mg
Vitamin A	23IU	Magnesium	15mg
Vitamin C	4mg	Zinc	0mg
Calcium	16mg	Selenium	0µg
Iron	0mg		

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Cut a small piece off of the bottom of each pear half so that it can lay flat on the baking sheet. Sprinkle each pear half with cinnamon and add the walnuts to each cored pear. Drizzle with maple syrup and bake for 30 to 35 minutes or until cooked through.
- 03 In a small bowl, add the chocolate chips and coconut oil. Microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to mix into a chocolate drizzle.
- 04 Remove the pears, top with pomegranate and drizzle with melted chocolate mixture. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven and serve while warm.

SERVING SIZE

One serving is equal to one pear half.

NUT-FREE

Omit the walnuts and top with nut-free granola or use pumpkin seeds.

NO POMEGRANATE

Use fresh cranberries instead.

Farro & Beet Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Farro (uncooked, rinsed)
4 Beet (medium, cubed small)
2 Garlic (cloves, unpeeled)
1 cup Vegetable Broth (divided)
Sea Salt & Black Pepper (to taste)
1/2 Lemon (small, juiced and zested)
1/4 cup Fresh Dill (chopped)
1 cup Microgreens

NUTRITION

AMOUNT PER SERVING

Calories	269	Vitamin D	0IU
Fat	1g	Vitamin E	0mg
Saturated	0g	Vitamin K	1µg
Carbs	54g	Thiamine	0.1mg
Fiber	9g	Riboflavin	0.1mg
Sugar	15g	Niacin	1mg
Protein	11g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	183µg
Sodium	466mg	Vitamin B12	0µg
Potassium	587mg	Phosphoro...	75mg
Vitamin A	404IU	Magnesium	41mg
Vitamin C	26mg	Zinc	1mg
Calcium	68mg	Selenium	2µg
Iron	2mg		

DIRECTIONS

- 01 Cook the farro according to the package directions. Set aside to cool.
- 02 Meanwhile, preheat the oven to 425°F (220°C) and line a rimmed baking sheet with parchment paper.
- 03 Place the beets and unpeeled garlic on the baking sheet. Drizzle with 3/4 of the broth and season with salt and pepper. Toss to coat and spread into a single layer. Bake in the oven, flipping once, until tender for about 15 to 18 minutes. Set aside to cool.
- 04 Remove the garlic from the peels and mash with the remaining broth, lemon zest, and lemon juice in a small bowl.
- 05 Add the garlic mixture, beets, dill, and microgreens to the farro. Stir until combined. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

MORE FLAVOR

Use extra virgin olive oil instead of broth.

ADDITIONAL TOPPING

Chives, parsley, and/or basil leaves. Goat or feta cheese. Pumpkin or sunflower seeds.

Potato Kugel

8 SERVINGS 1 HOUR 15 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil (divided)
4 Russet Potato (medium)
1/2 Yellow Onion (large)
2 Egg
1 tbsp Potato Starch
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	123	Vitamin D	10IU
Fat	3g	Vitamin E	0mg
Saturated	1g	Vitamin K	3µg
Carbs	21g	Thiamine	0.1mg
Fiber	2g	Riboflavin	0.1mg
Sugar	2g	Niacin	1mg
Protein	4g	Vitamin B6	0.3mg
Cholesterol	47mg	Folate	28µg
Sodium	30mg	Vitamin B12	0.1µg
Potassium	503mg	Phosphoro...	86mg
Vitamin A	76IU	Magnesium	27mg
Vitamin C	7mg	Zinc	0mg
Calcium	25mg	Selenium	4µg
Iron	1mg		

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Use half of the oil to grease a baking dish and place in the oven while it preheats.
- 02 In a medium bowl, grate the potatoes and onion. Transfer to a clean kitchen towel or a piece of cheesecloth. Squeeze as much liquid as possible from the grated vegetables.
- 03 In a large bowl, whisk the eggs very well.
- 04 Transfer the shredded potato and onion into the bowl with the eggs. Add the potato starch, salt, and pepper. Mix well until combined.
- 05 Remove the hot baking dish from the oven and add the potato mixture to it. Press down with a spatula until the top is smooth. Drizzle on the remaining oil. Transfer to the oven and bake for 55 to 65 minutes, until browned and crispy on top and a fork inserted easily pierces through. Cover with foil if needed to prevent too much browning on top.
- 06 Let cool slightly and then cut into squares. Divide onto plates, season with more salt and pepper if needed and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

A 6 x 9-inch baking dish was used to make eight servings. One serving is one square.

EXTRA CRISPY

Broil for one to two minutes at the end to brown and crisp the top more. Watch carefully to avoid burning.

SHORT ON TIME

Use a food processor with the grating attachment to easily grate the potatoes and onion.

Pomegranate Rosemary Chicken

2 SERVINGS 35 MINUTES



INGREDIENTS

1 tsp Extra Virgin Olive Oil
1 lb Chicken Drumsticks
1/2 cup Pomegranate Juice
1 1/2 cups Chicken Broth, Low Sodium
1 tbsp Raw Honey
1 tsp Rosemary (fresh)
Sea Salt & Black Pepper (to taste)
1 tbsp Cilantro (optional for garnish)

NUTRITION

AMOUNT PER SERVING

Calories	478	Vitamin D	5IU
Fat	24g	Vitamin E	1mg
Saturated	6g	Vitamin K	15µg
Carbs	19g	Thiamine	0.2mg
Fiber	0g	Riboflavin	0.5mg
Sugar	16g	Niacin	14mg
Protein	45g	Vitamin B6	0.8mg
Cholesterol	209mg	Folate	22µg
Sodium	300mg	Vitamin B12	1.4µg
Potassium	771mg	Phosphoro...	431mg
Vitamin A	146IU	Magnesium	47mg
Vitamin C	0mg	Zinc	4mg
Calcium	33mg	Selenium	46µg
Iron	2mg		

DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Add the chicken to the pan and cook for eight to ten minutes or until brown on all sides.
- 02 Add the pomegranate juice, chicken broth, honey, rosemary, salt and pepper. Stir well, cover the pan with a lid and let simmer on low heat for about 20 minutes or until the chicken is cooked through. Flip the chicken occasionally.
- 03 Uncover the pan, turn the heat to medium and let simmer for three to four minutes or until the sauce reduces slightly.
- 04 Top the chicken with cilantro if using and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two drumsticks.

LIKES IT SWEET

Add more honey to the sauce, one teaspoon at a time, to desired taste.