

Wonders of Wellness
Healthy Holiday
Appetizers, Soups & Gravies
Recipes
2013



Appetizers (Soups, Sauces & Gravies):

- a. Zesty Orange-Cranberry Sauce (Relish)*
- b. Creamy Butternut Squash and Apple Soup*
- c. Curried Butternut Squash Soup*
- d. Vegan Gravy*
- e. Spiced Cranberry Sauce*

Zesty Orange-Cranberry Sauce (Relish)

Prep Time: 5 minutes

Cooking Time: 5 minutes

Servings: 18

Ingredients:

¾ cup sugar

½ lemon, juiced

2 oranges, zest and fruit, discard pith and membrane

2 cups cranberries, fresh or frozen

¼ teaspoon cinnamon, ground

Pinch cloves, ground

Directions:

Remove the zest from the two oranges using a zester or a small knife. Place the zest, sugar, and ¾ cup of water into a saucepan. Bring to a simmer and cook for 5 minutes. Add cranberries and continue to cook until the cranberries start to pop, about 2 minutes. Transfer entire mixture to the bowl of a food processor. Add the oranges and spices to the mixture.



Process until mixture is combined. Transfer to a plastic or glass container and refrigerate, covered, for 12 hours.

A serving is 2 tablespoons.

Nutritional Facts:

Calories = 42.3

Fat = 0.0 g

Cholesterol = 0.0 mg

Sodium = 0.3 mg

Total Carbs = 11.2 g

Dietary Fiber = 0.9 g

Protein = 0.2 g

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=770700>

Creamy Butternut Squash and Apple Soup

Servings: 12

Ingredients:

2 tablespoons butter, unsalted

1 medium yellow onion, chopped

1 butternut squash, about 3 lbs., peeled, seeded and cut into 1 inch cubes

6 cups low-sodium chicken broth

4 medium Granny Smith apples, peeled, cored and chopped

¼ teaspoon freshly ground nutmeg

2 cups fat-free half and half

Salt and freshly ground pepper (to taste)

4 pinches of Spanish saffron threads, about 1 teaspoon (optional) or 1 teaspoon sweet curry (optional)

Directions:

In a large soup pot, over medium heat, melt butter and sauté onion, stirring occasionally, until tender, about 4 to 6 minutes.



Add the squash and broth, bring to a boil and reduce heat to medium-low.

Simmer, stirring occasionally, until the squash is tender when pierced with a fork.

Add chopped apples, saffron or curry (if desired) and nutmeg.

Simmer until the apples are tender, stirring occasionally.

Using a food processor or blender, puree the soup in batches until smooth.

(Note: Be extremely careful not to overfill the processor/blender container which could cause severe burns.)

Return the soup to the pot and stir in half and half. Season, to taste with salt and pepper.

Nutritional Facts:

Calories = 135.2

Fat = 3.1 g

Cholesterol = 7.9 mg

Sodium = 709.8 mg

Total Carbs = 25.8 g

Dietary Fiber = 1.5 g

Protein = 3.9 g

[*http://recipes.sparkpeople.com/recipe-detail.asp?recipe=18775*](http://recipes.sparkpeople.com/recipe-detail.asp?recipe=18775)

Curried Butternut Squash Soup

Prep Time: 10 minutes

Cooking Time: 26 minutes

Servings: 12 (1 cup)

Ingredients:

1 tablespoon olive oil

1 medium onion, chopped

2 cloves garlic, finely chopped

1 thin slice fresh ginger, peeled, grated

10 cups butternut squash, cubed (about 3 ½ lbs.)

1 teaspoon sea salt

2 teaspoons yellow curry powder

6 cups low-sodium organic vegetable broth

1 cup coconut milk



Directions:

- 1. Heat oil in large saucepan over medium heat.*

2. *Add onion, garlic, and ginger, cook stirring frequently, for 3 to 5 minutes, or until soft and fragrant.*
3. *Add squash, salt, and curry powder, cook stirring frequently, for 3 minutes.*
4. *Add broth. Bring to a boil. Reduce heat to low; cook, stirring occasionally, for 10 to 15 minutes, or until squash is soft.*
5. *Place soup in a blender or food processor, in small batches; cover with lid and kitchen towel. Blend until smooth.*
6. *Place blended soup back into saucepan. Add coconut milk; cook over medium heat for 2 to 3 minutes, or until heated through.*

Nutritional Facts:

Calories = 113

Fat = 5 g

Cholesterol = 0 mg

Sodium = 268 mg

Total Carbs = 17 g

Dietary Fiber = 3 g

Protein = 2 g

http://www.beachbody.com/product/newsletters/nl_539-13-healthy-thanksgiving-recipes.do

Vegan Gravy

Prep Time: 5 minutes

Cooking Time: 20 minutes

Servings: 20 (2 tablespoons)

Ingredients:

¼ cup olive oil

½ medium onion, chopped

2 cloves garlic, finely chopped

½ cup arrowroot (white powdery starch used as thickener)

4 teaspoons nutritional yeast

¼ cup reduced-sodium soy sauce

2 cups low-sodium organic vegetable broth

¼ teaspoon ground black pepper

Directions:

- 1. Heat oil in medium saucepan over medium heat.*
- 2. Add onion and garlic; cook, stirring frequently for 3 to 5 minutes, or until translucent.*

3. *Add arrowroot, nutritional yeast, and soy sauce; mix well to form a smooth paste.*
4. *Slowly add broth; whisking constantly to blend. Season with pepper.*
5. *Bring to a boil. Reduce heat to low; gently boil, stirring frequently for 8 to 10 minutes or until thickened.*

Nutritional Facts:

Calories = 42

Fat = 3 g

Cholesterol = 0 mg

Sodium = 120 mg

Total Carbs = 4 g

Dietary Fiber = 0 g

Protein = 0 g

http://www.beachbody.com/product/newsletters/nl_539-13-healthy-thanksgiving-recipes.do

Spiced Cranberry Sauce

Prep Time: 10 minutes

Cooking Time: 15 minutes

Servings: 32 (2 tablespoons)

Ingredients:

½ cup 100% orange juice

½ cup unsweetened apple juice

1 teaspoon orange peel, finely chopped

½ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

¼ teaspoon ground ginger

1 (12 oz.) bag fresh cranberries, rinsed

1 cup raw pecans, chopped

½ cup raisins

2/3 cup canned crushed pineapple, packed in juice

2 tablespoons pure maple syrup

Directions:

1. Bring orange juice, apple juice, orange peel, cinnamon, nutmeg, and ginger to a boil in medium saucepan over medium-high heat.
2. Add cranberries. Reduce heat to medium-low; cook, uncovered for about 10 to 12 minutes.
3. Add pecans, raisins, and pineapple; cook for 2 minutes, or until heated through. Remove from heat.
4. Add maple syrup; mix well.
5. Cool before serving.

Nutritional Facts:

Calories = 46

Fat = 3 g

Cholesterol = 0 mg

Sodium = 1 mg

Total Carbs = 6 g

Dietary Fiber = 1 g

Protein = 0 g

http://www.beachbody.com/product/newsletters/nl_539-13-healthy-thanksgiving-recipes.do