

COOKING FOR WELLNESS

December 2020 Recipes



Sauteed Radishes with Spinach



Recipe courtesy of Food Network Kitchen

From: Food Network Magazine

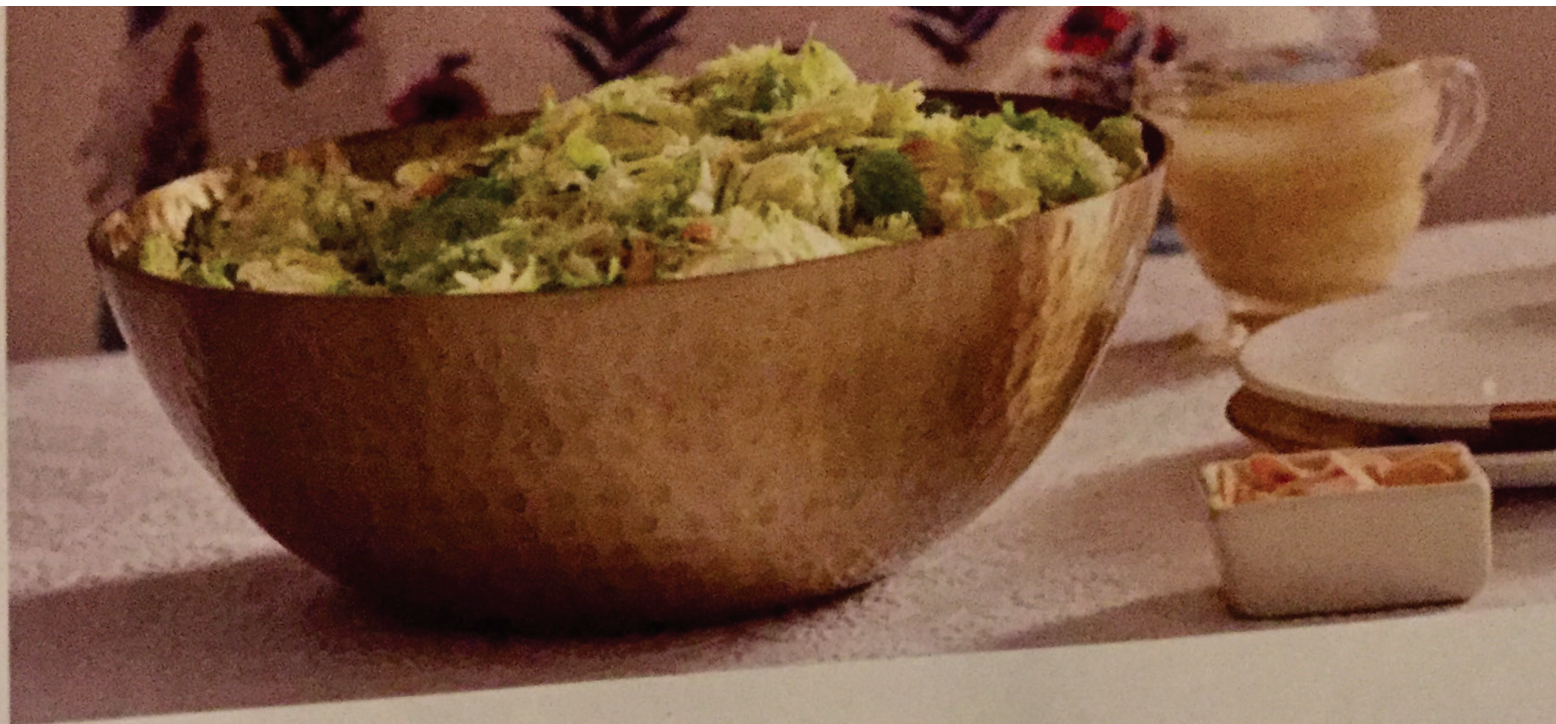
Directions:

Cook 2 bunches trimmed and halved radishes and 1 sliced red onion in a skillet with olive oil over medium-high heat, stirring, until tender, about 8 minutes; season with salt and pepper. Stir in 5 ounces baby spinach, the juice of 1/2 lemon and a pinch each of salt and pepper; cook until wilted, about 1 minute.



Photograph by Justin Walker

Recipe Courtesy of Food Network Magazine



Shaved Brussels Sprout Salad

This is a thoroughly modern reboot of the traditional Brussels sprout side dish — served raw for major crunch and sliced paper-thin for a fabulous texture.

HANDS-ON TIME: 25 MIN

TOTAL TIME: 25 MIN

SERVES: 6

- 2 Tbsp. sherry vinegar
- 1 tsp. Dijon mustard
- 1 garlic clove, minced
- ¼ cup canola oil
- 1½ lbs. Brussels sprouts
- 1 cup blanched almond slices, toasted
- ¼ cup grated Manchego cheese
- Salt and pepper, to taste

Extra ingredients
for nutrition and
color (added by
Linn):
Pomegranate
Kale

› In a large mixing bowl, combine the sherry vinegar, Dijon mustard and garlic. Whisk well to blend. Add the canola oil

in a thin stream, whisking constantly to emulsify the dressing. Set aside.

› Using a mandoline or the grating disk of a food processor, slice the Brussels sprouts thin. Add to the dressing and toss well to coat, making sure all the layers of the Brussels sprouts are separated. Add the almonds and Manchego cheese, and toss once more. Season to taste with salt and pepper, and serve immediately, refrigerating any leftovers.

Per Serving: 289 Cal; 11 g Protein; 23 g Fat; 16 g Total Carb; 7 g Fiber; 4 g Sugar; 109 mg Sodium; 4 mg Cholesterol

Butternut Squash and Apple Crumble



Photography by Scott Payne | Food Styling by Suzy Skoog

This dessert showcases the versatility of butternut squash — roasted and gooey in the company of sweet apples — with a whole-grain, high-fiber, low-sugar topping.

Butternut Squash and Apple Crumble

Developed by McKenzie Hall

Ingredients

- [940 grams] 1 medium butternut squash, peeled, seeded and cubed (about 5 ½ cups)
- [740 grams] 4 small sweet apples, peeled, seeded and cubed (about 4 ½ cups)
- [150 grams] 1 cup golden raisins
- [35 grams] ¼ cup coconut sugar
- [60 grams] ¼ cup (60 milliliters) apple juice
- [6 grams] 2 teaspoons ground cinnamon

- [2 grams] ½ teaspoon ground nutmeg
- [2 grams] ¼ teaspoon sea salt
- [5 grams] 1 teaspoon (5 milliliters) vanilla extract
- [100 grams] 1 cup whole rolled oats
- [65 grams] ½ cup chopped walnuts
- [25 grams] ¼ cup ground flaxseeds
- [55 grams] ¼ cup unsalted butter, room temperature

Directions

1. Preheat oven to 400°F (205°C). In a large mixing bowl, combine butternut squash, apples, raisins, coconut sugar, apple juice, cinnamon, nutmeg, salt and vanilla extract. Use a wooden spoon to toss ingredients together until evenly coated with spices. Pour mixture into a 9-by-13-inch casserole dish.
2. In a medium mixing bowl, combine oats, walnuts and flaxseeds. Use hands to knead butter into the mixture until it resembles coarse breadcrumbs. Spread evenly over the spiced butternut squash and apple mixture.
3. Cover casserole dish with foil, place on center oven rack and bake for 50 minutes. After 50 minutes, remove foil and continue to bake an additional 15 minutes or until the top is golden and the butternut squash and apples are tender. Allow to rest on cooling rack for at least 40 minutes before serving. Serves 12.

Note:

- Nutrition information for potassium and phosphorus in coconut sugar, sea salt and flaxseed not available.

Nutrition Information:

Serving size: ¾ cup (120 grams)

CALORIES 134; TOTAL FAT 2g; SAT. FAT 0g; CHOL. 1mg; SODIUM 74mg; CARB. 31g; FIBER 4g; SUGARS 17g; PROTEIN 2g; POTASSIUM N/A; PHOSPHORUS N/A

McKenzie Hall



McKenzie Hall and Lisa Samuel, registered dietitians and nutritionists, are co-founders of Nourish RDs. You can find more of their non-diet advice on their blog and connect with them on Facebook, Twitter, Instagram and Pinterest!

