

--- PFC --- *Holiday Recipes*



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Happy Holidays! This is by far my most favorite time of year!

And let's be real, the holidays are a PERFECT STORM. With an overabundance of highly addictive comfort foods, potentially uncomfortable social situations, sugary drinks, multiple gatherings, parties and feasts, they provide a set of conditions where emotional and mindless eating both THRIVE. On top of the parties, the busy nature of the holidays paired with the chilly weather make it almost justifiable to stay inside next to the fireplace and sip hot cocoa instead of warming yourself up through exercise. If ever we needed an excuse to fall off our healthy living regimen, the holidays are it.

So, why not get a jump start on those New Year's resolutions and embrace healthy NOW?

The reality is, most people who overindulge during the holiday season end up feeling guilty, icky and filled with regret. Good news: It doesn't NEED to be this way!

Here I've put together some of my most favorite holiday recipes that'll keep your blood sugar balanced, satisfy your cravings, and they're so delicious they may make you feel like you're being naughty! You'll notice all of the recipes in this PFC Holiday Guide are made with real food, and I even included tips at the end of each recipe that will help you make a PFC-balanced meal or snack.

This PFC Holiday Recipe Guide is my gift to you this season. My team and I are blessed and honored to have you with us on this journey!

Have a happy, healthy Christmas holiday, and cheers to real food!

♡ Cassie



Roasted Balsamic Turkey with Apple Stuffing



Prep time: 30 minutes

Cook time: 3-4 hours

Servings: 12

Ingredients:

- 1 turkey (10-15 pounds)
- 10 apples, peeled, cored, sliced in half
- 2/3 cup balsamic vinegar
- 1/2 cup butter, melted
- 5 rosemary sprigs
- Salt & pepper

Preparation:

- Preheat oven to 325 degrees.
- Remove the gizzards from the inside of the turkey.
- Tie both legs of the turkey together with a string.
- Place turkey breast side up in a roasting pan and place rosemary sprigs inside.
- Drizzle with melted butter, balsamic vinegar, salt and pepper.
- Wedge apples around roasting pan to prop turkey up evenly—place 2 apple halves in cavity of bird.
- Place turkey on the lowest rack of the oven. Roast at 325 degrees, 15 minutes per pound (e.g. a 15 pound turkey requires 3 hours and 45 minutes).
- Roast until the internal temperature of the bird is 165 degrees.
- Remove turkey from oven and allow to sit for about 30 minutes before carving.

Modifications:

- If skin begins to brown too soon, cover the bird with foil.
- This has protein (turkey), fat (butter) and carbs (apples). To make it a little more PFC balanced, serve with a side of vegetables and an extra tablespoon or so of fat per serving!

Avocado Stuffed Eggs



Prep time: 25 minutes

Cook time: 12 minutes

Servings: 12

Ingredients:

- 1 dozen eggs
- 2 medium ripe avocados
- 2 tablespoons minced onions
- 2 tablespoons lemon juice
- 1/4 teaspoon salt
- 1/2 teaspoon paprika

Preparation:

- Hard boil your eggs. (Tried and true method: put them in cold water on the stove top, bring the water to a boil, then remove the pan from the burner, cover and let the sit for 20 minutes.)
- Peel and slice each egg in half the long way.
- Remove egg yolks and place the egg white halves on a serving platter.
- Mash avocados and egg yolks together.
- Fold in the minced onions, lemon juice and salt.
- Spoon the mixture into the egg whites. Sprinkle paprika over the tops of the eggs.

Modifications:

- Have two halves (1 egg) with a carbohydrate (like half a cup of berries, half of a banana or a cup of raw veggies) for a balanced PFC snack. (You can also try topping these with slices olives or a dollop of your favorite salsa!)

Garlic & Herb Cauliflower Mash



Prep time: 20 minutes

Cook time: 12 minutes

Servings: 3-4

Ingredients:

- 1 head of cauliflower, washed and cut into florets
- 1 onion, chopped
- 4 gloves of garlic, minced
- 2 Tbsp. butter, unsalted
- 2 tsp. fresh thyme
- 2 tsp. fresh rosemary
- Salt & pepper, to taste
- Rosemary sprigs (optional)

Preparation:

- Steam cauliflower in a large soup pot until soft (about 10-12 minutes).
- Heat 1 Tbsp. butter in a non-stick pan on medium heat.
- Sauté onion and garlic until onions are translucent. Set aside.
- Place steamed cauliflower into a high speed blender or food processor. Add the sautéed onion, garlic, remaining 1 Tbsp. butter, thyme and rosemary. Process until smooth. Add salt and pepper to taste.
- Place mixture in a beautiful serving bowl and garnish with a sprig of rosemary.

Modifications:

- This has Carbohydrates (cauliflower) and Fat (butter). Serve with a Protein (Roasted Balsamic Turkey, anyone!?) for a complete PFC balanced meal.



Braised Cabbage with Bacon & Apple

Prep time: 15 minutes

Cook time: 1 hour

Servings: 6+

Ingredients:

- 1/2 of a large red cabbage, sliced into 1/2 inch pieces (about 4 cups)
- 1/2 cup onion, sliced
- 3 slices of bacon (the thicker the better!) cut into 1 inch pieces
- 1 small apple, peeled and sliced into 1/2 inch pieces
- 1/4 cup apple cider vinegar
- 1/4 cup dry red or white wine (or broth)
- 1/3 cup water
- 1 Tbsp. brown sugar (optional)
- Salt & Pepper

Preparation:

- In a large Dutch oven or soup pot, heat the prepared bacon over medium heat until the bacon begins to get crispy, about 7-8 minutes depending on thickness.
- Add the sliced onions to the pot and cook them with the bacon until they're translucent, about 4 minutes.
- Add the sliced red cabbage, vinegar, wine/broth, water and about 3/4 tsp. salt.
- Stir everything in the pot. Try and distribute the bacon and onion as much as you can! Bump up the heat a little bit and cover the pot.
- Once the cabbage has cooked down some (check after about 7 minutes), turn the heat down to medium-low and cook for about 30 minutes, stirring occasionally.
- Add the apple and cover the pot again. Cook until the apple is tender, about 20 more minutes. Add pepper and additional salt (if needed!) to taste!

Modifications:

- To make this dish PFC balanced, pair it with some protein. (You may also want to add some more fat, depending on how fatty your bacon is!)

Maple Bacon Butternut Squash



Prep time: 20 minutes

Cook time: 35-40 minutes

Servings: 6

Ingredients:

- 6 cups butternut squash, peeled and cubed
- 8 pieces of bacon
- 1 cup pecans, chopped
- 1/4 cup maple syrup
- 3 Tbsp. bacon fat (rendered from cooking bacon)
- 1 tsp. cinnamon

Preparation:

- Preheat oven to 400 degrees.
- Place strips of bacon on a foil lined baking sheet and cook in the oven for 20 minutes. Bacon should be slightly soft (not crispy) when removed from oven.
- Place bacon on a paper towel to dry. Chop into small pieces once cooled. Set aside.
- Pour the rendered bacon fat into a large bowl. Add the cubed butternut squash, pecans, maple syrup, and cinnamon.
- Mix together to coat the squash well. Add pieces of bacon and mix.
- Place mixture in a 9x11 glass baking dish and bake for 35-40 minutes, or until squash is soft.
- Serve immediately.

Modifications:

- This has Carbohydrates (butternut squash) and Fat (bacon fat). Pair with a Protein to make a PFC balanced meal!

Soaked & Seasoned Roasted Nuts

Prep time: 5 minutes

Cook time: 24-36 hours

Servings: many!

Ingredients:

- 1 lb. raw nuts of your choice. They can be all different kinds!
- 1 teaspoon salt
- Seasonings of your choice

Preparation:

- Put the nuts in a jar, making sure it's no more than 2/3rd's full because the nuts will expand.
- Fill the jar with warm water and add about a teaspoon of salt. Shake the jar a little.
- Let nuts soak overnight. In the morning, drain and rinse the nuts in clean water.
- Spread the nuts out on a sheet pan and season them with salt, pepper or whatever flavors you might like. (Suggested combos: chili powder with lime juice and dried cilantro or cinnamon with cardamom and nutmeg.)
- Place sheet pan in the oven on the lowest temperature your oven goes, probably 170°. Bake until nuts are completely dried out and crispy, about 24-36 hours. Check every 8 hours or so and shake them up.

Modifications:

- This recipe is 100% healthy Fat! Balance these nuts with some Protein and Carbohydrates for a PFC balanced snack!



Chocolate Mint Holiday Truffles

Prep time: 20 minutes

Cook time: none

Servings: 24

Ingredients:

- 1 cup almonds
- 1 cup dates, pits removed (about 10-12 large dates)
- 3/4 cup cocoa powder
- 2/3 cup unsweetened coconut
- 1/2 cup coconut oil, melted
- 1 tsp. peppermint extract

Preparation:

- In a food processor, combine cocoa powder, almonds, and unsweetened coconut. Pulse until well combined.
- Next, add in the melted coconut oil, peppermint extract, and half the amount of dates. Blend until well combined. Add remaining dates, and additional coconut oil if needed. Pulse until smooth.
- Place mixture in a large bowl. Note: mixture may seem crumbly, but it will stick together once you mix it with your hands.
- Roll into 1-inch balls (1 tablespoon size) and chill in the refrigerator for at least an hour before serving. You can also place mixture in an 8x8 pan and cut into squares for "truffle bars."

Modifications:

- These contain Fat (coconut oil & almonds) and Carbohydrates (dates), which make them an excellent bedtime snack on their own, or pair with some protein to make a PFC balanced snack!
- These will keep in the fridge for 2-3 weeks. You can freeze 'em too!



Holly Jolly Cranberry Cocktail

Prep time: 5 minutes

Cook time: none

Servings: 1

Ingredients:

- Club Soda
- Ice
- 1 lime, cut into wedges
- 1 oz. Vodka or Tequila
- 1 oz. Cranberry Liqueur
- Fresh or dried cranberries for garnish

Preparation:

- Fill a 12 oz. glass with ice.
- Pour vodka or tequila and cranberry liqueur into glass. Top with club soda to your liking (more for a weaker drink and less for a stronger drink!).
- Squeeze several lime wedges into drink and mix well.
- Top with cranberries for a garnish.

Modifications:

- This doesn't count as a P, F or C, so enjoy on the side of your meal, and, while they are tasty, don't go too crazy! ;)

Our 10-Day Reset is coming up!

Right after the holidays, we're leading another group through our *10-Day Reset Program*, to get you back on track! The reality is that our bodies can benefit from doing a reset at least a couple times a year.

Think of detoxing like hitting the reset button and establishing a clean canvas so that your organs can direct more focus toward things you want, like generating **great energy levels** and **shedding pounds**!

That's why I created a step-by-step program that's doable (it's only 10 days!), trustworthy (we're dietitians and we've put 1000s of clients through this program over the years!), natural and based on real food (like everything here at Dietitian Cassie!).

I invite you to join us in the next round!

CLICK HERE to join us
for the 10-Day Reset!



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