

Healthy Holiday Cooking



by Coach Kela Robinson Smith

Holiday's were always hard for us because I always wanted to enjoy family dinner and cook a huge meal for everyone, however, I love eating healthy and didn't want to compromise my values or my waistline during the holidays, especially when I was trying to get pregnant because what I was eating was playing such a huge role in being able to conceive.

These are the ones I used during that trying time in our lives of trying to conceive. You know what surprised me, **EVERYONE LOVED THEM.** I wanted to share some of my favorites here with you in the hopes that your family will love them as much as we do. Happy cooking!



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Herb Roasted Turkey with Garlic Butter and Gravy

[Main Course]

Ingredients:

- 1 12-14-pound whole turkey, giblets + neck removed, rinsed + patted dry
- 6 fresh sage leaves, divided
- 5 fresh thyme sprigs, divided
- 2 sprigs fresh rosemary
- 3 medium organic onions, cut into wedges
- 5 medium organic carrots, cut into 2-inch pieces
- 4 organic celery ribs, cut into 2-inch pieces
- 1 organic lemon, halved
- 4 cups low-sodium chicken broth or homemade chicken bone broth

Garlic Herb Butter:

- ¾ cup unsalted grass-fed butter, at room temperature
- 1-½ TBSP chopped fresh rosemary
- 1-½ TBSP chopped fresh sage
- 1-½ TBSP chopped fresh thyme leaves
- 1 TBSP chopped fresh parsley
- 5 cloves garlic minced
- 2-3 tsp Himalayan sea salt
- 1 tsp black pepper

Instructions:

Thaw turkey (if using frozen):

Allow 2 to 3 days for it to fully defrost in the refrigerator. Remove giblets & neck, rinse & pat dry.

Make the garlic herb butter:

In a medium bowl, combine butter, rosemary, sage, thyme, parsley, garlic, salt, and black pepper. Stir together until smooth and combined.

Prep the outside of the turkey:

Carefully loosen the skin from the turkey breast with your hands lifting and separating the meat. Do the same for

the neck as well as the thighs and legs. Gently rub half of the butter under the skin using your hands and fingers and place 3 sage leaves and 2 thyme sprigs under the skin. Tie the legs together and tuck the wings underneath the turkey, using small skewers to secure, if necessary.

Prepare the inside of the turkey:

Place ⅓ of the onions, celery, carrots, 2 sage leaves, 2 thyme sprigs, 1 rosemary sprigs and lemon halves inside the cavity of the turkey. Place turkey, breast side up in a large roasting pan. Melt the remaining butter in the microwave and brush an even layer over the skin of the turkey. Arrange remaining carrots, celery and herbs in the pan around the turkey. Pour chicken broth in the bottom of the roasting pan (will be using liquid to baste turkey).

Cook the turkey:

Preheat oven to 425°F and position rack in the lower third of the oven. Once the oven is ready, place the roasting pan with the turkey into the oven and cook for 45 minutes uncovered.

After 45 minutes, reduce the oven temperature to 350°F and continue to roast until a meat thermometer (inserted deep into the thigh but away from the bone) reads 180°F and juices in the thigh run clear when pierced with a fork, about 2 to 2.5 hours (or longer depending on your oven and size of your turkey), basting with pan broth & drippings every 30 minutes.

Tent with foil the last 30 minutes of cooking:

Cover loosely with foil during the last 30 minutes of cooking or if turkey browns too quickly. Once the turkey is done, remove the pan from the oven. Carefully transfer turkey from the pan onto a baking sheet and allow to rest for 15 minutes before carving. Strain and reserve pan juices for gravy, if desired, and discard vegetables.



Creamy Mashed Potatoes

[Side Dish]

Ingredients:

- 5-6 large yellow potatoes cut into 1-inch cubes
- 3 TBSP grass fed butter
- 1 whole garlic clove, minced
- Milk or coconut milk to consistency

Instructions:

Boil potatoes until fork tender

Place potatoes in a bowl with all ingredients except milk and blend while slowly adding milk until a creamy consistency is reached.

The skin on or off is your preference

Top with desired toppings- cheese, chives, bacon, mushrooms, etc.



Melt in your mouth Roasted Sweet Potatoes

[Side Dish]

Ingredients:

- 4 sweet potatoes peeled and cubed
- 2 tsp minced garlic
- 1 TBSP olive oil
- 2 TBSP grass fed butter melted
- 4 TBSP grated Parmesan cheese
- 1 TBSP brown sugar
- ½ tsp garlic salt
- ½ tsp Italian Seasoning
- dried parsley

Instructions:

Preheat oven to 400°F.

Peel and cube sweet potatoes into 1-inch cubes.

Place garlic, oil, butter, salt, Parmesan cheese, brown sugar and Italian seasoning in a Ziploc bag and mix well.

Throw in sweet potatoes and shake until well coated.

Place aluminum foil on a cookie sheet and lightly spray.

Place coated sweet potatoes onto a cookie sheet and spread out evenly.

Bake for 18-22 minutes.

Serve warm and sprinkle with dried parsley and more parmesan if desired.



Butternut Squash Salad

[Side Dish]

Roasted Brussels Sprouts:

- 3 cups Brussels sprouts ends trimmed, yellow leaves removed
- 3 TBSP olive oil
- ¼ tsp Salt to taste

Roasted Butternut Squash:

- 1½ lb butternut squash peeled, seeded, and cubed into 1-inch cubes (Yields about 4 cups of uncooked cubed butternut squash)
- 2 TBSP olive oil
- 3 TBSP pure maple syrup
- ½ tsp ground cinnamon
- ½ tsp ground ginger
- 1 TBSP brown sugar

Add all ingredients in a bowl, stir to combine, bake on 375°F for 20 minutes until slightly browned.

Toppings:

- 2 cups pecan halves, pumpkin seeds or walnuts
- 1 cup dried cranberries

Pull from the oven and let cool slightly then put in a serving bowl, top with toppings, stir to combine and enjoy.



Easy, Delicious Scalloped Potatoes

[Side Dish]

Ingredients:

- 2 TBSP grass fed butter melted
- 6 yellow potatoes peeled and sliced into
- 1/8 inch thick slices
- 1/2 tsp Himalayan salt
- 4 garlic cloves minced
- 1 1/4 cups Parmesan and cheddar cheese shredded
- 3 TBSP Thyme; fresh
- 1 cup of canned coconut milk

Instructions:

Preheat oven to 400°F.

Grease the bottom of the medium casserole pan with melted butter.

Spread 1/4 of the sliced potatoes in an even layer on the bottom of the pan. Sprinkle the potatoes with 1/8 tsp salt, then top with 1 minced garlic clove, 1/4 cup of grated Parmesan cheese, 1/4 amount of thyme leaves (removed from sprigs). Top with 1/4 cup of canned coconut milk, pouring it evenly over the potatoes.

Repeat layers 3 more times (total of 4 layers of potatoes). For the last layer, use 1/2 a cup of shredded Parmesan cheese (or more).

Bake at 400 F, uncovered, for about 1 hour, or until the potatoes are cooked through.



Happy Holiday Beet Salad

[Side Dish]

Ingredients:

- 5 large organic carrots peeled & sliced
- 4 medium organic beets peeled & diced
- 2 TBSP olive oil
- Salt & pepper to taste
- 2 TBSP grass fed butter
- 3 TBSP pure maple syrup
- 2 TBSP of brown sugar

Instructions:

Preheat oven to 425°F and move the rack to the middle position.

Cut the beets and carrots into pieces that are roughly the same size and place the pieces on a large baking sheet.

Drizzle the olive oil onto the beets and carrots and add salt, pepper, & brown sugar. Toss until coated. Spread them out in an even layer.

Roast for about 15 minutes, or until the vegetables are tender-crisp (this will vary depending on how big the pieces are).

Take the baking sheet out of the oven and add the butter and maple syrup directly to the baking sheet. Let the butter melt then toss it again until everything is coated.

Return the baking sheet to the oven for another 5 minutes.

Serve immediately.



Gorgeous Green Beans

[Side Dish]

Ingredients:

- 1 ½ lbs fresh green beans, ends trimmed
- 1 shallot, minced
- 1 TBSP olive oil
- ½ tsp kosher salt
- ⅛ – ¼ tsp garlic powder
- ¼ tsp paprika
- ¼ tsp chili powder
- ¼ tsp freshly ground black pepper
- ¼-⅛ tsp of red pepper (optional)

Instructions:

Preheat oven to 425°F.

Place green beans and shallots on a rimmed sheet pan. Drizzle with olive oil, then sprinkle with salt, garlic powder, paprika, chili powder, pepper and red pepper (if using). Toss beans to coat evenly with oil and seasoning.

Roast green beans for 20 minutes.

Serve warm.



Pumpkin Pie Mousse

[Dessert]

Ingredients:

- 15 oz pumpkin, canned
- 3 can coconut milk, unsweetened
- ½ cup raw honey
- 1 TBSP pure vanilla extract
- 2 ½ TBSP pumpkin pie spice
- ¼ tsp Himalayan salt

Instructions:

REFRIGERATE ALL 3 CANS OF COCONUT MILK OVERNIGHT.

CHILL the bowl of a stand mixer and whisk attachment in the fridge (20+min) or freezer (10 min).

Remove 1 can of coconut milk from the fridge, turn it upside down and open the can. Pour out the clear liquid into a container to store in the refrigerator for later (use in smoothies, soups, etc.). Scoop out the cream with a spoon and place in a medium saucepan.

Add the pumpkin, honey, vanilla, pumpkin pie spice, and salt to the saucepan with the coconut cream. Cook on medium heat until mixture simmers. Reduce heat to low and simmer for 5 minutes, stirring occasionally. Remove from heat and pour into a large bowl that has been placed inside an ice-water bath (another bowl with ice and water). Stir the mixture to cool it faster. Let the bowl of pumpkin sit in the ice-water bath while you work on the next step. It's

important to keep everything cold so the pumpkin mousse is stiff instead of soupy.

Once the pumpkin mixture has cooled, prepare the coconut whipped cream. Remove the remaining 2 cans of coconut milk from the refrigerator, turn them upside down and open the cans. Pour out the clear liquid into a container to store in the refrigerator for later.

Scoop out the cream with a spoon and place it in the chilled mixing bowl. Attach the whisk to the stand mixer and whip until stiff peaks form, adding 2 stevia packets to sweeten the whipped coconut cream, if desired.

Gently fold in $\frac{2}{3}$ to $\frac{3}{4}$ of the whipped coconut cream into the pumpkin mixture, being careful not to over-mix.

Fill a pastry bag that has been fitted with a star tip with the pumpkin mixture, and pipe it into 6 to 8 small dessert dishes. Do a little at a time, so you don't warm the mousse too much in the pastry bag with your hands. (You may scoop the mousse into dishes if you don't have a pastry bag.)

Top with a little swirl or dollop of the remaining whipped coconut cream, and a sprinkle of cinnamon, if desired. Chill the pumpkin mousse in the refrigerator for an hour or two before serving. Store in refrigerator up to 1 week in a container with a lid.



Healthy Buckeye Cookies

[Dessert]

Ingredients:

- 1 cup almond flour packed
- ½ cup coconut flour, packed
- ½ cup coconut or brown sugar
- ¾ cup peanut butter (for paleo-friendly or peanut-free sub any nut/seed butter of choice)
- 4 Tbsp coconut oil, melted
- 1 ½ tsp pure maple syrup
- 1½ tsp pure vanilla extract
- pinch of salt

For the melted chocolate:

- ½ – ⅔ cup dark chocolate chips or raw cacao powder
- 1 Tbsp Coconut oil
- Coarse Himalayan sea salt for topping

Instructions:

In a bowl, combine all the dough ingredients. If peanut butter or nut butter is on the thicker side, heat slightly over medium-low heat along with coconut oil until it achieves a smooth flowing consistency.

Once the dough is mixed well, place in the fridge for 15 minutes.

Roll dough into 24 balls, about 1 heaping Tbsp. of dough per ball.

Place on a sheet pan or plate lined with parchment paper

Place dough balls back into the fridge for another 15 minutes.

Over medium-low heat, add the chocolate and coconut oil. Stir continuously until chocolate is melted and smooth.

Remove dough balls from the fridge and dip all but the top of the ball into the chocolate. A toothpick works great for dipping.

If desired, drizzle with leftover melted chocolate and top with a little coarse sea salt.

Serve chilled if possible.



Coconut Date Balls

[Dessert]

Ingredients:

- 2 cups walnuts (or other favorite nuts)
- 2 cups Medjool dates, pitted (about 20-24 dates)
- ½ cup unsweetened shredded coconut
- 2-3 TBSP coconut oil
- 1 tsp Pink Himalayan salt or sea salt
- 1 tsp pure vanilla extract

Instructions:

In a food processor, add all ingredients and process until well blended. *Note you may have to stir up a bit to get all ingredients equally processed.

Using a small ice cream scoop, roll balls in your hand and arrange on a wax paper/parchment paper lined cookie sheet, or place directly in a storage container.

* Optional: Roll in shredded coconut if you are taking these to a party or event. *

Store in the refrigerator or freezer until gone! The freezer will give these a much firmer consistency when you bite into the ball, which I prefer.





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