

HEALTHY HOLIDAY RECIPES!

I hope you enjoy these recipes!
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info@thenourishcenter.com.
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Facebook group to get more
ideas, recipes, and nutrition tips!
I am always keeping an eye on
the Facebook group to answer
any questions!

*I hope these recipes help you to
nourish your body.*



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POMEGRANATE, AVOCADO, AND CITRUS SALAD

#Appetizer

INGREDIENTS

- 2 navel oranges
- 1/2 cup pomegranate arils
- 2 tablespoons olive oil
- 2 tablespoons chopped shallot
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 (12-oz.) pkg. shaved fresh Brussels sprouts
- 1 cup diced avocado

DIRECTIONS

1. Peel and section oranges over a medium bowl; reserve sections. Squeeze remaining membranes over bowl; reserve juice. Add pomegranate arils, olive oil, shallot, salt, and pepper to juice, stirring with a whisk.
2. Step 2
3. Add reserved orange sections, shaved fresh Brussels sprouts, and avocado to juice mixture; toss gently to coat



TIPS & TRICKS

- Don't like brussels sprouts? Swap for romaine lettuce or spinach!
- Don't like pomegranate? Swap for another fruit of choice such as raspberries!
- Don't have avocado? Swap for apples for a sweet twist!

BENEFITS OF BRUSSEL SPROUTS	BENEFITS OF AVOCADOS	BENEFITS OF POMEGRANATE
High in fiber, vitamin A, vitamin k, minerals and antioxidants, making them a nutritious addition to your diet. T	High in vitamins C, E, K, and B-6, as well as riboflavin, niacin, folate, pantothenic acid, magnesium, and potassium.	They are rich in fiber, vitamins, minerals and bioactive plant compounds, but they also contain some sugar.

SPINACH, HUMMUS AND FETA WRAP

#Appetizer

INGREDIENTS

- 2 flatbreads (each about 2-ounces)
- 1/2 cup hummus
- 1 small red bell pepper, thinly sliced
- 1 cup firmly packed baby spinach
- 2 ounces crumbled feta cheese (we like tomato-basil)
- 1/4 cup basil, optional

DIRECTIONS

1. Spread each flatbread with 1/4 cup of the hummus, leaving a 1/2-inch border around the edge.
2. Divide the bell pepper evenly between the flatbreads
3. Top each with 1/2 cup of the spinach and 2 tablespoons of the cheese.
4. Starting from one short side, roll up the wraps. Cut each wrap in half.



TIPS & TRICKS

- Not a fan of wrap? Make this recipe with whole wheat toast instead!

Coconut Chickpea Curry

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium yellow onion, finely chopped
- 3 garlic cloves, minced
- 1 tablespoon grated ginger
- 1 teaspoon of cayenne pepper
- 2 teaspoons paprika
- 2 teaspoons on turmeric
- 1 teaspoon ground cumin
- 1 can chickpeas, drained & rinsed
- 1 cup canned dice tomatoes
- 1/2 -1 cup coconut milk
- 12 ounces baby spinach
- 1/4 cup chopped cilantro leaves
- Salt & pepper to taste



DIRECTIONS

1. Heat olive oil in a large saucepan over medium heat.
2. Add onion and sauté until tender; about 5 minutes. Add cumin, cayenne pepper, and paprika until fragrant; about 1 minute
3. Add garlic and ginger until fragrant; about 2 minutes. Add diced tomatoes. Stir.
4. Add chickpeas; cook for 1 minute. Add 1/2 can coconut milk. Reduce pan to medium low and simmer for 20 minutes.
5. Season with a pinch of salt and pepper to taste. Taste to see if you'd like more coconut milk for creaminess.
6. Add spinach. Stir to combine. Simmer until spinach is wilted.
7. Season with additional salt and pepper to taste. Garnish with cilantro.

TIPS & TRICKS

- Best served with brown rice!
- Feel free to add in more vegetables of your choice such as kale, spinach, or a variety of different bell peppers!

Chicken Thighs with Roasted Chickpeas

#Main Protein

INGREDIENTS

- 2 Chicken thighs
- Salt & Pepper to taste
- 2 cloves chopped garlic
- 1 (15 oz) can chickpeas, drained & rinsed
- 1 head of kale, washed, stems removed & chopped
- 4 Tbsp cooking oil
- 1 tsp cumin
- 1/2 tsp cayenne Lemon, cut into wedges

DIRECTIONS

1. Preheat oven to 400o F and line a baking sheet with foil. Rinse and pat dry 4 chicken thighs. Season with salt, pepper, and garlic. Set aside.
2. Add chickpeas and kale to bowl. Drizzle with 1 Tbsp oil and sprinkle with salt, black pepper, cumin, and cayenne. Mix to coat. Place on baking sheet and roast for approx. 7 minutes or until crispy. .
3. While kale and chickpeas roast, add 1 Tbsp oil to a large pan over medium heat. Once hot, place chicken thighs skin side down in pan. Cook 4-5 min. per side, or until skin is crispy and internal temperature reaches 165o. Serve chicken thighs with roasted kale, chickpeas, and lemon wedges. Enjoy!



TIPS & TRICKS

- Canned chickpeas are already cooked and ready to use! But if you have dry chickpeas on hand, cut down on prep time by cooking a batch and storing in the fridge or freezer to add to recipes all week long.
- **Dry chickpeas?** *Store Time: Up to 1 Year !* If stored for longer, chickpeas may require longer cooking times to soften.

Ranch Roasted Potato Wedges

#Side

INGREDIENTS

- 4 medium-sized potatoes, washed
- 1 Tbsp Ranch mix
- 2 tsp oil

DIRECTIONS

4. Pre-heat the oven to 400°F (200°C).
5. Cut the potatoes into wedges but cutting in half along the length, then cutting each length in half again. Repeat if needed, if the wedge is thick (we like to keep the skin on for extra fibre!).
6. Spread the potatoes out in a single layer on a parchment lined baking sheet. Drizzle with the olive oil, and mix to coat.
7. Sprinkle the Ranch mix over the potatoes and toss to coat. Place the tray in the oven to roast.
8. Roast for 25 - 35 minutes, turning the potatoes at the halfway mark, until the potatoes are golden and crispy.
9. Remove from oven and enjoy!



TIPS & TRICKS

- For crispier potatoes, turn the wedges so that the cut edge is up.
- Store in an airtight container in the fridge for up to 3 days!

Loaded Cauliflower Rice

#Side

INGREDIENTS

- 2 cauliflower heads chopped into small pieces
- 1 tablespoon reduced sodium soy sauce (or coconut aminos if gluten-free)
- 1 tablespoon sesame oil
- 1 tablespoon freshly grated ginger
- 1/4 teaspoon white pepper (black pepper is fine, too!)
- 1 tablespoons vegetable oil
- 2 carrots, peeled and chopped
- 1/2 cup frozen corn
- 1/2 cup frozen peas
- 2 green onions, thinly sliced
- Salt to taste (or 1/2 tsp)



DIRECTIONS

1. Pulse cauliflower in the bowl of a food processor until it resembles rice, about 2-3 minutes; set aside.
2. In a small bowl, whisk together sesame oil, ginger and white pepper; set aside.
3. Heat 1 tablespoon vegetable oil in a large skillet over medium high heat.
4. Add garlic and onion to the skillet, and cook, stirring often, until onions have become translucent, about 3-4 minutes.
5. Stir in carrots, corn and peas, and cook, stirring constantly, until vegetables are tender, about 3-4 minutes.
6. Stir in cauliflower, green onions and soy sauce mixture. Cook, stirring constantly, until heated through and the cauliflower is tender, about 3-4 minutes.
7. Serve immediately, garnished with sesame seeds, if desired.

TIPS & TRICKS

- This is a vegan recipe so it all can enjoy it!
- Feel free to add in more protein options! You can do a tofu cauliflower fried rice or even chicken cauliflower rice version.

EASY FRUIT PARFAIT

#Desert

INGREDIENTS

- 2 Cups Strawberries, washed, sliced
- 1 Cup Greek Vanilla Yogurt
- 1 Cup Granola

DIRECTIONS

1. Layer 2 tablespoons of granola on the bottom of the glass.
2. Next add 2 tablespoons of Greek yogurt on top of the granola.
3. Then top with $\frac{1}{4}$ cup strawberry slices.
4. Add 2 tablespoons of granola on top of the strawberries.
5. Layer 2 tablespoons of yogurt on top of the granola.
6. Finally, top with $\frac{1}{4}$ cup strawberries! Enjoy!



TIPS & TRICKS

**Have fun with this recipe and switch the layers! Get creative!*

**Try switching out the strawberries for other fruit like berries, peaches, pineapples, pears or raisins!*

**Use frozen berries in this recipe! They are cheaper and more nutritious because they are frozen right after they are picked.*

**Try making your own granola by mixing oats with honey, cinnamon and butter or oil and baking at 350 degrees for 20 minutes (stir halfway through).*

**Use Greek yogurt because of its high protein content. You can also use Greek yogurt as a substitute for sour cream in popular recipes! (Sour Cream and Onion Dip, Tzatziki Dip)*

PECAN PIE SQUARES

#Desert

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

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. 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.
3. 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.
4. 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 gooey 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.
5. Place in the oven and bake for 20 minutes.
6. Remove from oven and let cool completely before lifting the parchment paper out of the dish and cutting into squares. Enjoy!



TIPS & TRICKS

- These freeze really well and actually taste super yummy when you eat them frozen. Just store in an air tight container in the freezer and take them out as you are ready to eat!