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FOOD AS MEDICINE: Whole Foods for the Holidays

Recipes by Collette Keller



CENTER FOR
Health &
Wellbeing



Winter Park
Health Foundation



Roasted Cranberry & Kale Salad

Ingredients:

Serves: 4

Lemon Vinaigrette Ingredients:

- ¼ cup apple cider vinegar
- 1 small shallot, minced
- 3 tablespoons extra virgin olive oil
- Pinch Himalayan pink salt
- 1 lemon, zested

Kale Salad Ingredients:

- 1 ½ bunches curly kale, washed and rough chopped
- ½ cup toasted sliced almonds -or- walnuts
- ½ cup roasted fresh cranberries * -or- ½ cup no sugar-added dried cranberries
- ¾ cup freshly grated pecorino cheese
- 1 honey crisp apple, cored and thinly sliced

Instructions:

STEP 1:

In a small mixing bowl add the apple cider vinegar, shallot, and pinch of salt and allow the shallot to marinate in the vinegar for about 3 to 5 minutes. Once the shallot has marinated in the vinegar, slowly whisk in the olive oil to form an emulsion.

STEP 2:

In a large serving bowl or serving platter begin to build your salad. First, lay down the clean, dry kale. Then we are going to put on the almonds, roasted cranberries, pecorino, and apple slices.

STEP 3:

Drizzle the vinaigrette over the greens and gently toss. Serve and enjoy!

*To make the roasted cranberries, preheat the oven to 425 degrees F. Once preheated, take the cranberries and drizzle with a little avocado oil, salt, and pepper. Place on baking sheet and roast for about 10 minutes.



Lentil (or Turkey) Pot Pie

Ingredients:

Serves: 6

Pastry Crust Ingredients:

- 2 cups whole grain flour (I use Jovial Einkorn flour) plus a little more for rolling the dough out
- ½ teaspoon Himalayan salt
- 4 garlic cloves, microplaned
- 2 whole farm fresh eggs
- 1/3 cup ghee, chilled
- 1 tablespoon cold water (you may need a little more)

Pie Filling Ingredients:

- 12 ounces cooked lentils (I like to use beluga lentils) - OR - 12 ounces cooked turkey, chopped
- 1 tablespoon avocado oil
- 1 cup shallot, diced
- 6 garlic cloves, microplaned
- 8 ounces mushroom of choice (I like to use shiitake) sliced
- 1 cup creamer potatoes (baby potatoes or red potatoes found in the produce section)
- 3 cups chicken bone broth (or vegetable stock to keep it vegetarian)
- 1 10-ounce bag frozen peas & carrots
- 3 tablespoons Einkorn flour
- 1 tablespoon fresh thyme, chopped
- 1 teaspoon fresh sage, chopped
- ½ teaspoon Himalayan salt
- ¼ teaspoon freshly cracked pepper



Lentil (or Turkey) Pot Pie

Instructions:

MAKE THE CRUST

STEP 1:

In the bowl of a food processor add the flour, salt, and garlic and pulse a few times.

STEP 2:

Once the flour is combined, add the chilled ghee and pulse again until the flour looks like wet sand.

STEP 3:

Add the chilled water to the dough while pulsing the food processor until a dough forms. Once the dough forms, wrap in cling wrap and refrigerate for about 20 minutes while you make the filling.

MAKE THE FILLING

STEP 1:

Preheat oven to 375 degrees.

STEP 2:

While the oven is preheating, let's make the filling. Preheat a large skillet on medium-high heat. Once hot, add the avocado oil, shallots, and garlic. Sauté until the shallot and garlic become aromatic, about 2 to 3 minutes.

STEP 3:

Next, add the mushrooms and sauté for about 5 minutes. While the mushrooms are cooking do not stir them around too much as too much agitation will make the mushrooms release a lot of liquid and we don't want that right now. Once the mushrooms get golden brown, add the potatoes and cook for about 2 to 3 minutes.

STEP 4:

Once the potatoes get a little bit of color on them, add the Einkorn flour. Slowly stir in the bone broth and let it thicken. Simmer for 10 minutes. Add the herbs, lentils (or turkey), peas & carrots, salt, and pepper.



Lentil (or Turkey) Pot Pie

Instructions: Continued

STEP 5:

Place in casserole baking dish and set aside while we roll out the top dough.

STEP 6:

On a floured surface roll the top crust out until $\frac{1}{4}$ inch thick and place it on top of the pot pie. Cut slits in the dough to allow the pot pie to vent.

STEP 7:

Cook for about 20 to 25 minutes, or until the crust is golden brown.

STEP 8:

Once the pie is cooked, remove it from the oven and allow it to rest for 15 minutes before enjoying!



Baked Apples with Streusel Topping

Ingredients:

Serves: 8

Apple Ingredients:

- 4 medium honey crisp or golden delicious apples
- Cinnamon for sprinkling the apples

Streusel Ingredients:

- 1 cup sprouted rolled oats (I use One Degree Organic Sprouted Rolled Oats)
- ½ cup whole wheat flour
- ¼ cup chopped walnuts
- 3 tablespoons pure maple syrup
- 4 tablespoons coconut oil, melted
- 1 teaspoon pure vanilla extract
- 1 teaspoon cinnamon
- 1/8 teaspoon ground nutmeg
- pinch salt

Instructions:

STEP 1:

Preheat the oven to 375 degrees. While the oven is preheating cut the apples in half and take the cores out. Once cut, place the apples in a baking dish cut side up and sprinkle with cinnamon.

STEP 2:

In a medium sized mixing bowl mix the oats, whole wheat flour, walnuts, maple syrup, coconut oil, vanilla, cinnamon, nutmeg and salt. Stir well so that everything is coated.

STEP 3:

Divide the oat topping evenly over all of the apples and cover the baking dish with foil.

STEP 4:

Bake this dish for 30 minutes covered, then take the cover off and bake for another 20 to 25 minutes, or until the apples are cooked through and the topping is golden brown.

STEP 5:

The apples are ready to be served by themselves or with frozen yogurt. Enjoy!



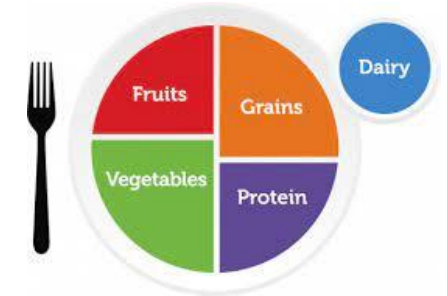
Whole Foods for the Holidays

Nutrition Analysis



Calories and nutrients (per serving)

Recipe	Serving size	Kcal	Protein (g)	Fat		Carbohydrate		Micronutrients		
				Total Fat (g)	Saturated fat (g)	Total Carbohydrate (g)	Fiber (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)
 Baked apples	½ apple	220	4	10	0	30	5	135	183	17
 Kale salad	1/8 salad	244	6	21	1.5	3.5	3.6	420	95	226
 Lentil pot pie	1/6 pot pie	395	13	14.5	8	37	10	728	581	43
Meal total		859	23	45.5	9.5	70.5	18.6	1283	859	286



Nutrient recommendations for adults
(2,000 kcal/day)

Nutrient	Relative Amount	Total Amount
Protein	1.0 g/kg body weight	68 g for 68 kg person (150 lb)
Saturated fat	<10% total fat	8 g or 70 kcal if consuming 35% kcal from fat
Fiber	14 g/1,000 kcal	28 g
Sodium (mg)	N/A	≤2,300
Potassium (mg)	N/A	3,400 (men) 2,600 (women)
Calcium (mg)	N/A	1,000 (19-50 y) 1,200 (50+ y)

Example foods rich in fiber & micronutrients

Nutrient	Food	Amount
Fiber	Lentils	16 g per cup cooked
	Black beans	6 g per ½ cup cooked
Potassium	Lentils	730 mg
	Potatoes	600 mg per ½ cup boiled
	Broccoli	300 mg per 1 cup chopped
Calcium	Spinach	250 mg per 1 cup cooked
	Plain yogurt	490 mg per 1 cup
	Unsweetened almond milk	440 mg per cup

