

Health-Full Eating & Nutrition



Mindful Eating

November is full of good food, family, and fun! We have tailgating, football get-together's, picnics and bonfires, and of course Thanksgiving! With all of these great opportunities to get outdoors and see friends and family, there is also a common downside, all of the fall food options! How can we stay on track with being healthy when there are s'mores around a bonfire, stuffing and goodies at Thanksgiving, and chili and cracker trays each week for football? Here are some tips to keep you on track while you are still enjoying all of the fall activities as long as you stay mindful.

S'Mores- You can substitute this yummy treat with dark chocolate and nuts. A mixture of 1 serving of salted almonds and 1 serving of dark chocolate pieces still allows for satisfying a sweet tooth while staying a bit healthier!

Cheese and Cracker Platter- You can substitute cheese and crackers for a veggie platter. Both can be easily found premade at most grocery stores. The fiber in the veggies will also help you digest any other foods that may not have been on your diet for the day.

Thanksgiving Stuffing: Substitute traditional Stuffing with Herbed Wild Rice and Quinoa Stuffing. See recipe on next page.



Healthy Recipe

HERBED WILD RICE AND QUINOA STUFFING

From Kitchen Treaty



INGREDIENTS:

2 tablespoons olive oil + more for greasing the baking dish + more for drizzling over the top
1 large yellow onion, finely chopped
2 stalks celery, chopped (about 1/2 cup)
2 medium Granny Smith apples, peeled and diced
2 medium cloves garlic, peeled and finely minced
2 tablespoons fresh thyme leaves, minced
1 teaspoon kosher salt + more to taste
1/2 cup dry-ish white wine (I like Sauvignon Blanc for both cooking and drinking; Chardonnay would work well too)
4 cups low-sodium vegetable broth
2 cups uncooked wild rice blend (I prefer a blend of 50% wild rice and 50% brown rice)
1 cup uncooked quinoa, rinsed well
1 1/2 cups dried cranberries
1 cup raw pecans, chopped
1/2 cup chopped fresh Italian parsley + 1/4 cup more for topping after baking
1/4 cup fresh sage leaves, minced

DIRECTIONS:

Place a large pot over medium heat. Add the oil. When hot, add the onions and celery and cook, stirring occasionally, until soft, about 5 minutes. Add the apples, garlic, thyme, and salt. Cook, stirring frequently, for one more minute. Stir in wine, then add broth. Bring to a boil. Stir in the wild rice blend and reduce the heat to medium-low. Simmer, covered, until the rice is tender, about 35 minutes. Stir in the quinoa and cover again. Cook until the quinoa is tender, about 15 more minutes. Stir in the cranberries, pecans, 1/2 cup parsley, and sage. Taste and add additional salt if desired. Remove from heat.

Preheat oven to 350 degrees Fahrenheit. Rub a large (9-inch x 13-inch is best) casserole dish with a little olive oil. Lightly scoop the rice mixture into the casserole dish, lightly mounding it instead of mashing it down.

Bake until golden brown, 25-30 minutes. Drizzle with a little more olive oil and sprinkle with remaining chopped parsley. Serve.

Eating healthy while having fun might take a more mindful approach, but with so many delicious substitutions, it is easy to make the switch!

References:

<https://www.kitchentreaty.com/herbed-wild-rice-and-quinoa-stuffing/>