

Takeout Takeover: Healthy Holidays



These recipes may have had a healthy makeover, but are still chock full of flavor!

Amazon Bean Soup with Winter Squash and Greens

Ingredients:

- ☐ 1 tbsp. butter
- ☐ 4 cloves garlic, minced
- ☐ 2 carrots, chopped
- ☐ 1 medium onion, chopped
- ☐ 6 cups reduced-sodium chicken broth
- ☐ 3 pounds buttercup squash, peeled and diced (about 6 cups)
- ☐ 1 plum tomato, chopped
- ☐ 1/4 tsp. crushed red pepper
- ☐ 1/4 tsp. salt
- ☐ 1/8 tsp. freshly ground pepper
- ☐ 2 (15-oz.) cans pinto or other brown beans, rinsed
- ☐ 10 oz. spinach, stemmed and coarsely chopped
- ☐ 1 lime, cut into wedges

✓ Step 1

Melt butter in a Dutch oven over medium-high heat. Add garlic, carrots and onion and cook, stirring occasionally, until vegetables are tender and lightly browned, 5 to 7 minutes.

✓ Step 2

Add broth and scrape up any browned bits with a wooden spoon. Add squash, tomato, crushed red pepper, salt and pepper and bring to a boil. Reduce heat to a simmer and cook until the squash is very soft and almost breaking apart, about 20 minutes.

✓ Step 3

Transfer 3 cups of the soup to a blender and puree until smooth. Return the pureed soup to the pot. Stir in the beans and spinach and cook over medium heat until the beans are heated through and the spinach is wilted, about 5 minutes. Serve with lime wedges.

✓ Step 4

To make squash bowls: Preheat oven to 425 degrees F. Slice about an inch off the top of each buttercup squash. Scoop out seeds and loose flesh. Pour 1/2-inch water into a glass baking dish (or two) large enough to hold the squash. Place squash cut-side down in the water. Bake until the flesh is tender when gently poked with a knife and the squash still holds its shape, about 30 minutes.



Roasted Brussels Sprouts with Goat Cheese and Pomegranate

Ingredients:

- ❑ 1 pound Brussels sprouts, trimmed and halved
- ❑ 1 large shallot, sliced
- ❑ 1 tbsp. extra-virgin olive oil
- ❑ 1/4 tsp. salt
- ❑ 1/4 tsp. ground pepper
- ❑ 2 1/2 tsp. white balsamic vinegar
- ❑ 1/3 cup crumbled goat cheese
- ❑ 1/4 cup pomegranate seeds

✓ Step 1

Preheat oven to 400 degrees F. Toss Brussels sprouts with shallot, oil, salt and pepper in a medium bowl. Spread on a large rimmed baking sheet.

✓ Step 2

Roast the Brussels sprouts until tender, 20-22 minutes. Return to the bowl and toss with vinegar to taste. Sprinkle with goat cheese and pomegranate seeds.



Chocolate Mint Frozen Yogurt Cupcakes

Ingredients:

- ❑ 1 1/2 cups chocolate snaps (about 4 oz.)
- ❑ 2 tbsp. butter, melted
- ❑ 2 pints nonfat chocolate frozen yogurt, softened (4 cups)
- ❑ 1/4 tsp. pure peppermint extract
- ❑ 12 small mint sprigs, for garnish

✓ Step 1

Generously coat a 12-cup muffin tin with cooking spray.

✓ Step 2

Place chocolate snaps in a food processor and process until fine crumbs form. Transfer to a medium bowl and stir in melted butter. Press about 1 tbsp. of the mixture into the bottom of each muffin cup.

✓ Step 3

Combine frozen yogurt and peppermint extract in a medium bowl, stirring until well combined. Fill each muffin cup with a generous quarter cup of the mixture. Press a mint leaf on top, if desired. Freeze until firm, at least 3 hours.

References:

- <http://www.eatingwell.com/recipe/249116/amazon-bean-soup-with-winter-squash-greens/>
- <http://www.eatingwell.com/recipe/277561/roasted-brussels-sprouts-with-goat-cheese-pomegranate/>
- <http://www.eatingwell.com/recipe/258228/chocolate-mint-fro-yo-cupcakes/>