

Health-Full Eating & Nutrition



The Foods that Make us Happy: Holiday Comfort Recipes

There's always more to eating food than simply eating it believe it or not! The foods we consume can bode happiness around the holidays with friends or families. Try this twist on a classic for some of your left-over favorites.

Vegan Holiday Shepherd's Pie

Ingredients

- 2 cups roasted veggies (Brussels sprouts, carrots, potatoes, and onion)
- 1 cup chopped thin-sliced Tofurky or other vegan holiday roast
- 1 1/2 cups mushroom gravy
- 2 1/2 cups mashed potatoes



Directions

1. Preheat oven to 375F.
2. Chop vegetables and vegan holiday roast into bite-sized or smaller pieces.
3. Layer vegetables and chopped holiday roast into a 5"x7" casserole dish.
4. Top with mushroom gravy, ensuring all vegetables and roast are well coated,
5. Spoon mashed potatoes over the top of the base, starting with the edges to form a seal and working inwards.
6. Place casserole dish on a baking sheet or layer of aluminum foil to prevent a messy cleanup if the filling boils over.
7. Bake for 35 minutes or until the gravy is bubbling and the mashed potatoes are slightly browned and crisp on top. If necessary, brown the mashed potato topping under the broiler for a couple of minutes. Let sit for 5-10 minutes before serving.

Maple Roasted Sweet Potatoes

Directions

- Step 1** Preheat oven to 400°F.
- Step 2** Arrange sweet potatoes in an even layer in a 9-by-13-inch baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in a small bowl. Pour the mixture over the sweet potatoes; toss to coat.
- Step 3** Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

Equipment

9-by-13-inch baking dish

To make ahead

Cover and refrigerate for up to 1 day. Just before serving, reheat at 350°F until hot, about 15 minutes.

Nutrition Facts

Serving Size:

about 1/2 cup

Per Serving:

92 calories; protein 1.2g; carbohydrates 18g; dietary fiber 1.9g; sugars 9.1g; fat 2g; saturated fat 1.3g; cholesterol 5.1mg; vitamin a iu 11108.3IU; vitamin c 11.8mg; folate 3.8mcg; calcium 31.7mg; iron 0.4mg; magnesium 17.6mg; potassium 294.1mg; sodium 118.9mg; thiamin 0.1mg; added sugar 5g.

Ingredients

- 1/2 lb sweet potatoes, peeled and cut into 1 1/2-inch pieces
- 1/3 cup pure maple syrup
- 2 tablespoons butter, melted
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- Freshly ground pepper, to taste



References:

<https://www.eatingwell.com/recipe/252258/maple-roasted-sweet-potatoes/>

<https://ilovevegan.com/vegan-holiday-shepherds-pie/>