



ACE HEALTHY COOKING tips

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RING IN HEALTHIER HOLIDAYS

Who says food that's good for you can't taste great? Give your favorite holiday recipes a healthy twist with simple substitutions and additions that will help your entire family eat well this season.



KALE, APPLE AND CHICKEN SAUSAGE WHOLE GRAIN STUFFING

- 2 cups chopped kale
- 2 small apples (any variety), chopped
- 1 ½ cups chicken sausage
- 1 small onion, chopped
- 2 celery ribs, chopped
- 4 cups whole grain bread, cubed (preferably day-old bread)
- 2 sprigs rosemary leaves
- 1 ½ cups low-sodium chicken or vegetable stock
- Olive oil

Preheat oven to 375°F. Heat a pan over medium heat and drizzle with 1 tablespoon of olive oil. Place kale into pan and sauté for 4-5 minutes or until soft, and then place into a large mixing bowl. In the same pan, sauté chopped onion, celery and apples for 4-5 minutes. Once slightly browned, pour the onion/celery/apple mixture into the same bowl with the kale. If chicken sausage is not pre-cooked, use the same pan to cook the chicken sausage, approximately 6-7 minutes, and then pour into bowl.

Place whole grain bread cubes into the bowl with vegetables and chicken sausage. Pour in chicken or vegetable stock and mix all ingredients well. Pour mixture into a 9x13 baking pan. Bake for 45 minutes, until top is brown and crispy.



SPICY SWEET POTATO SOUP

- 4 medium sweet potatoes
- 1 small onion, diced
- 1 carrot, peeled and diced
- 2 celery ribs, diced
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 4 cups water or chicken broth
- 1 teaspoon chipotle pepper (optional)

Wash and peel sweet potatoes. Cut into approximately 1-inch pieces.

Heat a large pot over medium heat with 2 tablespoons of olive oil. Add onion, carrot, celery, garlic, pepper (if using) and cumin to pot and stir well. Cook until vegetables are soft, about 5 minutes. Add sweet potatoes and broth (or water) and bring to boil. Reduce heat to low-medium and cook for 30-40 minutes. Let the soup cool for 15-20 minutes and puree in 2-3 batches.

Serve with a dollop of plain yogurt or roasted pumpkin seeds.



GREEN BEAN AND ALMOND SALAD WITH FETA AND CRANBERRIES

- 1 pound green beans, ends trimmed
- ¼ cup feta cheese, crumbled
- ½ cup dried cranberries
- ½ cup almonds, chopped
- Olive oil

Bring a medium-sized pot of water to boil. Place the green beans in the water for 2 minutes. Remove from pot and rinse well with cold water. Arrange green beans on plate. Sprinkle feta cheese on top, then cranberries and chopped almonds. Drizzle with olive oil and serve.

