

Healthy Holiday Cooking

Salmon with Orange Vinaigrette



Serving Size: 4 servings

Total Time: 30 minutes

Ingredients

- 1 cup orange juice
- 4 1/2 teaspoons finely chopped red onion
- 4 1/2 teaspoons lime juice
- 1 teaspoon chili powder
- 1 teaspoon honey Dijon mustard
- 1/2 cup fat-free Italian salad dressing
- 4 salmon fillets (6 ounces each)
- 1 tablespoon olive oil
- 4 teaspoons minced fresh cilantro
- Salt and pepper to taste

Directions

1. Place orange juice in a small saucepan. Bring to a boil; cook until liquid is reduced to 1/4 cup. Cool slightly.
2. Transfer to a blender. Add the onion, lime juice, chili powder and mustard; cover and process until blended. While processing, gradually add salad dressing in a steady stream; process until blended.
3. Season fillets with salt and pepper. In a large skillet, cook fillets in oil over medium-high heat for 2 minutes on each side or until golden brown.
4. Transfer to a greased 15-in. x 10-in. x 1-in. baking pan. Bake at 400° for 5-10 minutes or until fish flakes easily with a fork. Serve with orange vinaigrette. Garnish with cilantro.

Nutrition

Nutrition Facts Per Serving:

Calories	397
Carbohydrates	12 g
Cholesterol	101 mg
Fat	22 g
Fiber	1 g
Protein	35 g
Sodium	547 mg



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Out of this World Stuffing



Serving Size: 6-8 servings

Total Time: 55 minutes

Ingredients

- 1 large onion, chopped
- 3 celery stalks, chopped
- 1 tablespoon oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 cloves fresh garlic, minced
- 4 pieces sage, chopped
- 6-8 pieces of thyme, chopped
- 1/2 pound turkey sausage (choose flavor)
- splash of good white wine
- Vegetable stock
- 1 teaspoon butter
- 1 pound assorted fresh mushroom, sliced
- 1/2 loaf regular size 9-grain or multi-grain bread, toasted and chopped
- 1 egg, beaten

Directions

1. Sauté chopped onion and stalks of celery in oil in a nonstick pan. Add salt, pepper, and minced garlic.
2. Add sage and thyme. Break turkey sausage into small pieces and sauté in pan. Add a good splash of wine and butter.
3. Add mushrooms and 9-grain or multi-grain bread. If the mixture is dry, add more vegetable stock, white wine or another flavored liquid. Add salt and pepper to taste.
4. Add 1 beaten egg to bind.



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Sautéed Kale, Mushrooms, and Cranberries



Serving Size: About 4 servings

Total Time: 30 minutes

Ingredients

- 2 tablespoons Unsalted butter; at room temperature
- 1 tablespoon Olive oil
- 1 large or 2 small Shallots; thinly sliced
- 1 medium leek (white and pale green parts only); thinly sliced and rinsed
- 8 ounces cremini or button mushrooms; sliced (4 cups)
- Kosher Salt
- Freshly ground pepper
- 12 ounce Kale; stemmed and coarsely chopped
- 1/4 cup low-sodium chicken or vegetable broth
- 1/3 cup dried cranberries

Directions

1. In a large skillet, heat butter and oil over medium-high heat.
2. Add shallots, leek, mushrooms, 1 1/2 teaspoons salt, and 1/2 teaspoon pepper.
3. Cook, stirring frequently, until vegetables are soft (about 8 minutes).
4. Add the kale and cook until wilted (about 6 minutes), then add the broth and cranberries.
5. Bring to a boil, and with a wooden spoon, scrape up the browned bits that cling to the bottom of the pan.
6. Season to taste with salt and pepper, and serve.



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Cinnamon Apple Crisp



Serving Size: 8 servings

Total Time: 40 minutes

Ingredients

For the Filling:

- 5 medium apples, peeled and diced
- 1.5 oz raisins (small box)
- 1/2 tsp cinnamon
- 1/2 lemon, juiced
- 3 tsp cornstarch
- 1/4 cup agave nectar

For the Topping:

- 1 cup Quaker quick rolled oats
- 1/3 cup whole wheat flour
- 1/2 cup light brown sugar (not packed)
- 1 tsp cinnamon
- 1/4 cup (half stick) butter, melted

Directions

1. Heat oven to 375 degrees.
2. Combine apples, raisins, cinnamon, agave nectar and lemon juice in large bowl.
3. Sprinkle with cornstarch. Toss until fruit is coated.
4. Place fruit in an ungreased baking dish.
5. Mix remaining ingredients. Sprinkle over fruit.
6. Bake about 40 minutes or until topping is golden brown and fruit is tender

Nutrition

Nutrition Facts Per Serving:

Calories	242
Carbohydrates	49.5 g
Fat	6.8 g
Fiber	4.5 g
Protein	2.3 g
Sodium	10.1 mg



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