

# St. Lucia Day, Our Lady of Guadalupe Day, & Saint Nicholas Day

## St. Lucia Day (Scandinavian)

- December 13<sup>th</sup>
- Celebrated in Scandinavia
- St. Lucia was a Christian who was killed for her religious beliefs
- Each town would elect its own St. Lucia (wearing a crown of candles) who would lead a procession followed by young girls and boys dressed in white
- Festival is meant to bring hope and light during the darkest time of the year

## Our Lady of Guadalupe Day (Mexican)

- December 12<sup>th</sup>
- Dedicated to Jesus' mother, the Virgin Mary who is also Mexico's patron saint
- Made an appearance to Juan Diego at Tepeyac (now Mexico City) and requested him to build a church
- She left an image of herself on his cloak that cannot be scientifically explained
- Mary promises to protect all mankind with her love and compassion
- Ceremonies and feast to honour the Virgin Mary

## St. Nicholas Day (Christian)

- December 6<sup>th</sup>
- Popular occasion in Europe for children
- St. Nicholas is the bearer of gifts
- Celebrate through gift-giving, parades, feasts, and festivals
- Children put their shoes in front of fireplace or front door on the days leading up to December 6 for the arrival of gifts



## Shredded Chicken Burrito Bowl

Serves 4

### Ingredients:

- 3 cups of cooked brown rice (or quinoa)
- 1 lime, juiced
- 1/3 cup chopped fresh cilantro
- 1 can of black beans, rinsed and drained
- 2 cups shredded chicken
- 2 avocados, lightly mashed
- 3/4 cup salsa
- 1/2 cup plain Greek yogurt

### Directions:

1. Stir lime juice and cilantro into rice
2. Divide rice between four bowls, top with black beans
3. Pile with chicken, add avocado, top with salsa and Greek Yogurt. (Optional: can add tortilla chips)



## Swedish Meatballs

Serves 6-8

### Ingredients:

- 500 g (18 oz) ground (minced) beef/pork mixture
- 250 ml milk
- 75 g (3/4 cup) breadcrumbs
- 1 egg
- 1 onion
- salt, white pepper
- ground allspice

### Directions:

1. Finely dice the onion and sauté gently in a little butter without browning. Soak the breadcrumbs in milk.
2. Blend the ground meat, preferably in a food processor, with the onion, egg, milk/breadcrumb mixture and the spices to the proper consistency and taste. Add a little water if the mixture feels too firm. Check the taste by test-frying one meatball.
3. Then shape small meatballs with the aid of two spoons and place on water-rinsed plates. Grease pan with butter, coconut or avocado oil. Place the meatballs in the pan and let them brown on all sides. Shake the frying pan often. Serve with potato purée or rice or quinoa.

