

HAPPY HEALTHY HOLIDAYS

WEEK 4: RECIPE VARIATIONS

Rather than getting the typical pizza or making the classic green bean casserole dish, try these alternatives!

Green Bean Fries (4 servings)

Ingredients:

- 12 oz. green beans
- 1 large egg
- 2/3 cup grated parmesan
- 1/2 tsp pink Himalayan salt
- 1/4 tsp black pepper
- 1/2 tsp garlic powder (optional)
- 1/4 tsp paprika (optional)

Directions:

1. Preheat the oven to 400F and make sure your green beans are snapped on each side and dried.
2. Combine parmesan cheese with seasonings on shallow plate and mix.
3. Whisk egg in large bowl. Drench green beans in beaten egg and let excess drop off.
4. Gently press green beans in cheese mixture and sprinkle some cheese over. Toss gently with hands.
5. Place green beans on greased baking sheet to bake for 10 minutes or until cheese has become slightly golden.
6. Serve with ketchup, spicy mayo, or any sauce if desired.

Nutritional Information (1 serving)

Calories:	113	Protein:	9 g
Total Fat:	6 g	Carbs:	2.5 g

Source: www.tasteaholics.com



Roasted Cranberry and Goat Cheese Flatbreads (16 servings)

Ingredients:

- 1 ½ cup fresh cranberries
- 3 tablespoons pure maple syrup
- 1 tablespoon finely chopped shallot
- 1/2 teaspoon chopped dry thyme
- 1/4 teaspoon salt
- 2 flatbreads
- Around 100 g of fresh goat cheese, crumbled

Directions:

1. Preheat oven to 375 F.
2. Mix cranberries, maple syrup, shallot, thyme and salt in an 8 by 8-inch baking dish. Roast, stirring once or twice, until the cranberries burst and the mixture is bubbling and caramelizing along the edge, about 15 minutes. Remove from oven and stir until the cranberries are broken down and the mixture is thick. Set aside.
3. Lay flatbreads out on work surface. Spread the hot cranberry mixture over the flatbreads, dividing evenly. Top with the goat cheese. Bake directly on the oven rack until the cheese is softened and flatbread is crispy, 8 to 10 minutes. Cut into 8 small wedges or strips.

Nutritional Information (1 serving = 2 slices)

Calories:	93	Protein:	3 g
Total Fat:	3 g	Carbs:	14 g

Source: www.healthyseasonalrecipes.com

