



Holiday

HONEYCRISP SALAD

SERVINGS: 8-10 SERVINGS

CALORIES: 280 CALORIES

TIME: 20 MIN

INGREDIENTS

- 1/2 cup light vegetable oil such as sunflower or safflower OR extra-virgin olive oil
- 1/4 cup apple cider vinegar
- 1/4 cup unsweetened apple juice OR apple cider
- 2 to 3 tbsp honey
- 1 tbsp lemon juice
- 1/2 tsp salt
- Freshly ground black pepper to taste
- 3 medium Honeycrisp apples (about 1 pound) thinly sliced
- Juice of 1/2 lemon
- 12 ounces salad greens spring mix, baby spinach, arugula baby romaine, OR a combo of your favorites
- 1 cup pecan halves toasted or candied
- 3/4 cup dried cranberries or dried cherries
- 4 ounces cotija cheese

INSTRUCTIONS:

1. To prepare Apple Cider Vinaigrette, measure oil, apple cider vinegar, apple juice/cider, honey, lemon juice, salt, and pepper into a mason jar. Tightly screw on lid and shake vigorously until everything is thoroughly combined. Alternatively, you may briskly whisk the ingredients together in a medium bowl, or blend them in a blender or mini food processor.

2. Place apples slices in a large plastic baggies and squeeze the fresh lemon juice (from the lemon half) over them. Close bag and shake to coat. In a large salad bowl, layer salad greens, apple slices, pecans, dried cranberries, and blue cheese. Just before serving, dress with desired amount of Apple Cider Vinaigrette and toss until salad ingredients are evenly coated.



HOMEMADE CHOCOLATE BARK

SERVINGS: 16 pieces **PREP TIME:** 15 minutes

INGREDIENTS

- 12 ounces milk, semi-sweet, or dark chocolate
- 12 ounces white chocolate
- 1/2 cup dried cherries, roughly chopped
- 1/2 cup sea salt macadamia nuts, roughly chopped
- 1/2 cup salted pepitas
- 1/2 cup coconut chips

INSTRUCTIONS:

1. **Prep:** Line a large cookie sheet with a piece of parchment paper.

2. **Melt Chocolate:** For dark, milk, or semi-sweet chocolates, melt the chocolate in the microwave, in 30 second intervals, stirring between each, until almost melted. Stir until the residual heat melts the remaining chocolate. For white chocolate, only use intervals of 15 seconds at a time – white chocolate tends to seize up more easily. You can also do this in a double boiler, or in a heat-proof bowl over a saucepan with 2 inches of simmering water. Make sure the bowl doesn't touch the water, and remove from the heat when 75% melted. Use the residual heat to stir and melt the remaining chocolate.

3. **Make the Chocolate Bark:** Pour the melted chocolate, starting with your darker chocolate, onto the prepared pan. Spread to desired thinness. Pour the white chocolate (if using) on top, and spread it so it's just within the edges of the darker chocolate. Use a butter knife or toothpick to create beautiful swirls! Then, sprinkle on your mix-ins – dried fruits, seeds, nuts, candy, etc. Remember – you can use any dried fruits, nuts, etc. that you like! No need to follow what I used exactly.

4. **Chill:** Chill the chocolate bark in the fridge for about 30 minutes to an hour – or until the chocolate has set.

5. **Serve + Store:** Once completely set, break the chocolate bark into pieces and dig in! Store in the fridge or at room temp in an airtight container. This will keep for a few weeks at room temp, and even longer in the fridge.



HEALTHY TURKEY WRAP

SERVING: 4 SERVINGS

INGREDIENTS

- 1/4 cup mayonnaise
- 2 tablespoons plain Greek yogurt
- 2 green onions chopped
- 1/4 teaspoon each salt and pepper
- 1.5 cups cubed cooked turkey breast
- 1/2 cup thinly sliced celery
- 1 cup halved red grapes
- 2 tablespoons dried cranberries
- 2 tablespoons chopped pecans
- 4 large whole-grain tortillas (or sub in your favourite type of wrap)
- Large handful of baby spinach

INSTRUCTIONS:

1 In a bowl, mix the mayonnaise, Greek yogurt, green onion, salt and pepper until combined. Stir in the turkey, celery, grapes, dried cranberries and pecans and toss until well coated.

2 Place the tortillas on a flat surface. Add a strip of spinach down the centre of each wrap. Top each tortilla with equal amounts of turkey salad mixture.

3 Roll tightly, tucking in all of the ingredients if they start to fall out. Cut in half, if desired. Serve immediately.