health net

Healthy Holiday Swaps

A Wellness Cooking Workshop

With Chef Britta Kramer
Nutrition Facts By
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LEMON THYME ROASTED CHICKEN
SERVES 4

INGREDIENTS

- 1 Tbsp olive oil
- 1 1/2 tablespoons thyme leaves
- 3 tablespoons fresh lemon juice + zest from 1 lemon
- kosher salt
- freshly ground black pepper
- 4 chicken thigh, bone-in, skin-on (organic, pasture raised)

INSTRUCTIONS

1. Preheat oven to 425F.
2. In a small bowl, combine olive oil, thyme and 2 tablespoons of the lemon juice. Season with salt and pepper.
3. Rub or brush the herbed butter all over the chicken. Season with salt and pepper. Place on cookie sheet.
4. Roast for 30 to 35 minutes, until an instant-read thermometer inserted in the inner thigh registers 165°F. Place chicken on serving platter.
5. Enjoy!

EQUIPMENT

- mixing bowl
- measuring spoons
- citrus juicer (optional)
- sheet tray or roasting pan
- silicone brush (optional)
- tongs

SUPERFOOD HIGHLIGHT

Thyme contains thymol, a compound with antibacterial and antifungal properties. It also supports respiratory health.

Nutrition Facts

Servings per recipe: 4

Serving size **1 chicken thigh (about 4 oz / 112g)**

Amount per serving

Calories **210**

	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 125mg	**42%**
Sodium 170mg	**7%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 26g	**52%**
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 307mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ROSEMARY SALT

INGREDIENTS

Sage

Rosemary

Salt

Lemon zest

EQUIPMENT

- small cuisinart
- small bowl or Mason jar

INSTRUCTIONS

Blitz all ingredients in a small cuisinart **or** chop herbs and mix with salt and lemon zest.

ROSEMARY ROASTED GRAPES

INGREDIENTS

1 bunch red grapes

Pinch of Rosemary salt

Drizzle of Olive Oil

EQUIPMENT

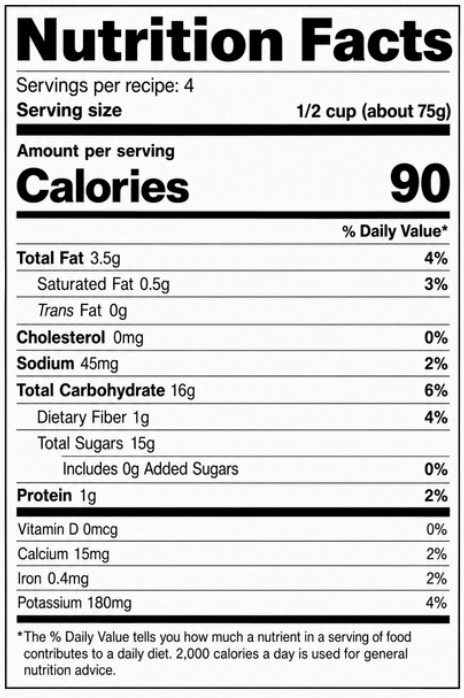
sheet tray

INSTRUCTIONS

1,.Preheat the oven to 425 F.

2. Spread the grapes across a baking sheet and sprinkle with rosemary salt. Drizzle with oil and toss the grapes until evenly coated. Season with salt and pepper.

3. Roast the grapes until they have just started to burst, 12-15 minutes.



Nutrition Facts

Servings per recipe: 4

Serving size	**1/2 cup (about 75g)**
Amount per serving	
Calories	**90**
	% Daily Value*
Total Fat 3.5g	**4%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 45mg	**2%**
Total Carbohydrate 16g	**6%**
Dietary Fiber 1g	**4%**
Total Sugars 15g	
Includes 0g Added Sugars	**0%**
Protein 1g	**2%**
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0.4mg	2%
Potassium 180mg	4%

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OLIVE OIL YUKON GOLD PUREE
SERVES 4

INGREDIENTS

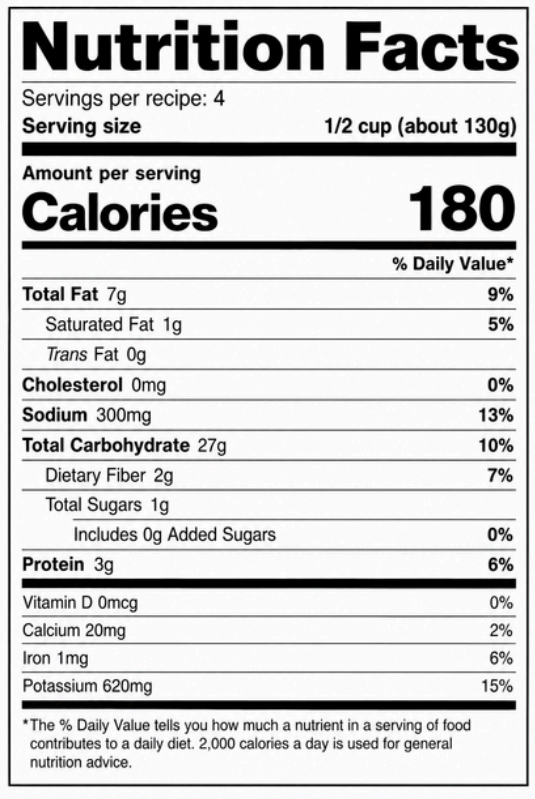
4 Yukon Gold potatoes, peeled and quartered
2 tsp salt
11 tsp Olive oil
water

INSTRUCTIONS

1. Bring water to a boil in a large saucepan. Add potatoes, garlic and 2 teaspoons salt and cook at a brisk simmer until potatoes are tender, about 15 minutes.
2. Drain potatoes and garlic, reserving 1 cup of cooking liquid. Mash potatoes and garlic. Beat in olive oil and then thin to desired consistency with reserved cooking liquid. Check seasoning and serve.

EQUIPMENT

- potato masher or whisk
- medium pot
- vegetable peeler
- chef knife
- ladl or measuring bowl with spout



Nutrition Facts

Servings per recipe: 4

Serving size	**1/2 cup (about 130g)**
Amount per serving	
Calories	**180**
	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 300mg	**13%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 2g	**7%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 3g	**6%**
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 620mg	15%

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APPLE GINGER HONEY SPRITZ

INGREDIENTS

- 1/4 cup honey
- 1 inch fresh ginger
- 6 fresh sage leaves, plus more for serving
- 1 1/2 cups high quality apple juice or apple cider
- 1 lemon
- splash sparkling water
- 1 apple sliced, for serving
- Water

INSTRUCTIONS

1. In a small pot, bring 1/2 cup water, the honey, and ginger, to a boil over high heat. Boil 5 minutes, add the sage, then remove from the heat. Let cool. Remove the sage and ginger.
2. In a pitcher, combine apple cider and squeeze of 1/2 lemon. Drizzle the sage, ginger syrup to taste starting with 1 oz.
3. Pour into glass with ice and top with sparkling water.
4. Garnish with apple slices.

EQUIPMENT

- medium sauce pan
- cocktail shaker
- cocktail glass

SUPERFOOD HIGHLIGHT

Apples are rich in fiber, vitamins, and antioxidants like quercetin, which boosts immunity and reduces inflammation.

Nutrition Facts

Servings per recipe: 6

Serving size 6 oz (about 180ml)

Amount per serving

Calories 60

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 5mg	**0%**
Total Carbohydrate 16g	**6%**
Dietary Fiber 0g	**0%**
Total Sugars 15g	
Includes 5g Added Sugars	**10%**
Protein 0g	**0%**
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.1mg	0%
Potassium 60mg	2%

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CHOCOLATE POT WITH CHERRY COMPOTE

SERVES 3

INGREDIENTS

Chocolate Pot

5.5 Oz. Dark Chocolate (or plant based- chocolate), finely chopped

1 Tbsp olive oil

1/4 tsp salt

5 fl oz. milk or plant based milk

Maple syrup to taste

Cherry Compote

1 cup frozen cherries

1 tbsp maple syrup

INSTRUCTIONS

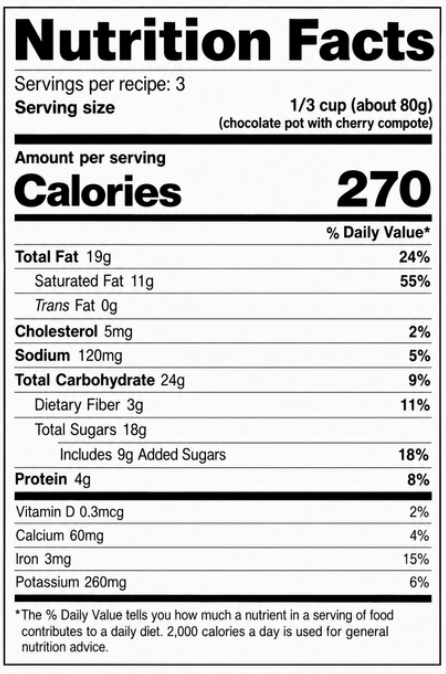
1. Place chocolate in a heatproof bowl with the olive oil.
2. Heat the milk in a saucepan and bring it to a boil, then pour the milk over the chocolate and stir until very well combined. As you continue to stir, the mixture will gradually get smoother.
3. Add salt and taste.
4. Pour the chocolate mixture into small glasses and store in fridge to set for atleast 3 hours.
5. Place cherries and maple syrup in a saucepan over medium heat and simmer for 10 minutes.
6. Once chocoalte is set, add cherry compote and enjoy.

EQUIPMENT

- heatproof bowl
- medium saucepan
- small saucepan
- whisk
- 3 glass cups
- storage container for cherry compote

SUPERFOOD HIGHLIGHT

Dark chocolate is high in antioxidants like flavonoids, which support heart health and reduce stress. It's also a natural mood booster.



Nutrition Facts

Servings per recipe: 3

Serving size	**1/3 cup (about 80g) (chocolate pot with cherry compote)**
Amount per serving	
Calories	**270**
	% Daily Value*
Total Fat 19g	**24%**
Saturated Fat 11g	**55%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 120mg	**5%**
Total Carbohydrate 24g	**9%**
Dietary Fiber 3g	**11%**
Total Sugars 18g	
Includes 9g Added Sugars	**18%**
Protein 4g	**8%**
Vitamin D 0.3mcg	2%
Calcium 60mg	4%
Iron 3mg	15%
Potassium 260mg	6%

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GROCERY LIST

Produce

2 lemons

sage

thyme

rosemary

1 bunch red grapes

4 Yukon Gold potatoes, peeled and quartered

1-inch ginger

1 apple

Grocery

olive oil

high-quality apple juice or cider

honey

sparkling water or NA sparkling wine

maple syrup

5.5 Oz. Chocolate (or plant-based- chocolate), finely chopped

Meat

4 chicken thigh, bone-in, skin-on (organic, pasture-raised)

Dairy

5 fl oz. milk or plant-based milk

Freezer

frozen cherries