

Cooking Demonstration

HOLIDAY MAKEOVER

720
WELLNESS
available

Butternut Squash & Sweet Potato Casserole

(Vegetarian and Gluten-Free)

INGREDIENTS

- 1 lb butternut squash, peeled and cut into small chunks
- 1 lb sweet potatoes, peeled and cut into small chunks
- 1 tbsp butter
- 1/8 tsp cinnamon
- 1 pinch nutmeg
- 1 tsp chili powder
- 1/8 tsp smoked paprika
- 1 cup candied pecans, chopped



DIRECTIONS

1. Heat a large pot of water over medium-high heat until boiling. Cook the butternut squash and sweet potatoes by either placing them in a steamer basket in the pot or placing directly into boiling water for 10 to 20 minutes. They're done when soft and can easily be pricked with a fork.
2. Carefully discard the boiling water. Using an immersion blender (or a regular blender), puree the cooked butternut squash and sweet potatoes until completely smooth.
3. Mix in butter, cinnamon, nutmeg, chili powder and smoked paprika. Taste and season with salt as needed.
4. Transfer mixture to a serving dish or serve directly from the pot. Top with chopped candied pecans and enjoy.

Healthy Holiday Pumpkin Pie



INGREDIENTS

- 1 (15 oz) can pumpkin purée (NOT pie filling)
- 3/4 cup nonfat milk
- 1/4 cup plain nonfat Greek yogurt
- 3/4 cup granulated Splenda (or granulated sugar)
- 2 egg whites, lightly beaten
- 2 tsp Truvia
- 1 egg, lightly beaten
- 1 Tbsp cornstarch
- 2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp ground ginger
- 1 Tbsp vanilla extract
- Optional: If you can't do without a crust, add a whole wheat crust!

DIRECTIONS

1. Preheat oven to 350°F, and coat a 9"-round pie plate with nonstick cooking spray.
2. In a large bowl, stir together the pumpkin, milk, yogurt, Splenda, and Truvia. Mix in the remaining ingredients.
3. Pour mixture into the prepared pie plate, and bake for 35-40 minutes, or until the center barely jiggles when gently shaken.
4. Cool to room temperature on a wire rack, and chill at least 2 hours before serving.



Cauliflower Mashed "Potatoes"

INGREDIENTS

- 2 large heads cauliflower, cut into florets
- 1 slice free-range bacon, diced
- 1 1/2 tablespoons butter
- Salt and pepper, to taste
- 1 scallion, sliced thin

DIRECTIONS

1. Place large pot or skillet with a fitted cover on stove top, add 1 to 2 inches of water (depending on size of pot), and set to medium-high heat. Place the cauliflower florets into a steamer basket, and lower into pot, making sure the water doesn't cover vegetables. Cover and cook until very tender (about 10 minutes).
2. Meanwhile, cook bacon on medium-high heat until crispy. Set aside on paper towels.
3. Once the cauliflower is easily pierced with a fork, remove hot florets from steamer, and place in a food processor.
4. Add butter to food processor, and blend until smooth. Season with salt and pepper to taste. Remove from food processor and place in a serving dish.
5. Sprinkle diced bacon and scallions on top, and enjoy hot.