



simply healthy

from your Hannaford Dietitian

Try our Healthy Holiday Recipes

Orange & Port Glazed Turkey Meatballs

Yields: 16 servings • Prep Time: 5 minutes

Ingredients:

- 4 Tbsp. I Can't Believe It's Not Butter!® Spread, divided
- 1/2 cup finely chopped onion
- 1 rib celery, finely chopped (about 1/4 cup)
- 1 lb. lean ground turkey
- 1 egg
- 1/4 cup plain dry bread crumbs
- 1/4 cup dried cranberries, chopped
- 1/8 tsp. McCormick's® dried thyme leaves, crushed
- 1/2 tsp. salt
- 1/8 tsp. McCormick's® ground black pepper
- 1/2 cup orange marmalade
- 2 Tbsp. port wine or grape juice
- 1 tsp. apple cider vinegar
- 1/4 tsp. McCormick's® ground cinnamon



Directions:

1. Melt 2 tablespoons I Can't Believe It's Not Butter!® Spread in 12-inch nonstick skillet over medium-high heat and cook onion and celery, stirring frequently, 5 minutes or until vegetables are tender. Remove from heat and cool slightly.
2. Combine ground turkey, egg, bread crumbs, cranberries, onion mixture, thyme, salt and pepper in medium bowl; shape into 44 (1- inch) meatballs.
3. Melt 1 tablespoon Spread in same skillet and brown 1/2 of the meatballs over medium heat, turning frequently, 7 minutes or until golden brown and almost cooked. Remove meatballs and set aside; repeat with remaining Spread and meatballs.
4. Return meatballs to skillet, then stir in marmalade blended with port, vinegar and cinnamon. Cook over medium heat, stirring gently, 5 minutes or until sauce is thickened and meatballs are cooked.

Recipe courtesy of Unilever.



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Pear & Parmesan Stuffed Mushrooms

Ingredients:

- 1 package (16 oz.) white mushrooms
- 1/4 cup I Can't Believe It's Not Butter!® Spread
- 1 large pear, peeled, cored and finely chopped
- 1 large shallot, finely chopped
- 1/4 cup shredded Cabot® cheddar cheese
- 1 Tbsp. finely chopped fresh parsley (optional)
- 1/8 tsp. McCormick's® ground black pepper

Directions:

1. Preheat oven to 400°. Remove and finely chop mushroom stems (about 1-1/4 cups); reserve mushroom caps.
2. Melt I Can't Believe It's Not Butter!® Spread in 12-inch nonstick skillet over medium-high heat and cook chopped stems, pear and shallot, stirring occasionally, 5 minutes or until tender. Stir in cheese, parsley, and pepper.
3. Evenly stuff reserved mushroom caps with pear mixture, then arrange on baking sheet. Bake 15 minutes or until mushrooms are tender. Garnish, if desired, with cheddar cheese shavings.

Recipe courtesy of Unilever



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Holiday Orange Nog

Ingredients:

2 1/2 cups Tropicana Pure Premium® orange juice
or Dole® 100% orange juice
2 cups Hood® Light Eggnog
Lightly sweetened whipped cream (optional)
Ground nutmeg, as desired

Directions:

1. Whisk together juice and eggnog in pitcher until well blended.
2. Pour into glasses. Top with whipped cream, if desired. Sprinkle with nutmeg. Serve immediately.
Makes about nine 1/2-cup servings.

Recipe courtesy www.dolejuice.com

Cranberry Lime Sparkler

Ingredients:

8 ounces Ocean Spray® Cranberry Juice Cocktail with Lime, chilled
2 ounces sparkling water
Lime wedge

Directions:

Fill a tall glass with ice. Add cranberry juice drink and top with sparkling water. Garnish with a lime wedge.
Makes one serving.

Recipe courtesy of www.oceanspray.com



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Holiday Toasting Cup

Ingredients:

- 1 can (6 oz.) frozen limeade juice concentrate, thawed
- 3 cups cold water
- 2 bottles Welch's® Sparkling White Grape Juice Cocktail, chilled
- Orange slices, kiwi fruit slices or purple grapes

Directions:

1. In a punch bowl, combine limeade and water. Gently stir in Sparkling White Grape Juice Cocktail. Garnish with fruit.
2. Serve immediately in ice-filled glasses. Makes about twenty 1/2-cup servings.

Recipe courtesy www.welchs.com

Almond Hot Chocolate

Ingredients:

- 2 cups Original Almond Breeze®
- 6 oz. bittersweet or semi-sweet chocolate, chopped
- 1 tsp. unsweetened cocoa, plus more for garnish
- 1 tsp. vanilla extract

Directions:

1. Place the chocolate and cocoa in a mixing bowl. Heat Original Almond Breeze® in a saucepan.
2. Pour over chocolate and cocoa and whisk well to melt and make frothy. Stir in vanilla. If available, use a hand blender or hand mixer to make it even more frothy on top.
3. Pour into mugs and serve immediately. Dust with cocoa to garnish and serve with Chocolate-Covered Almonds.

Recipe courtesy of www.almondbreeze.com



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