

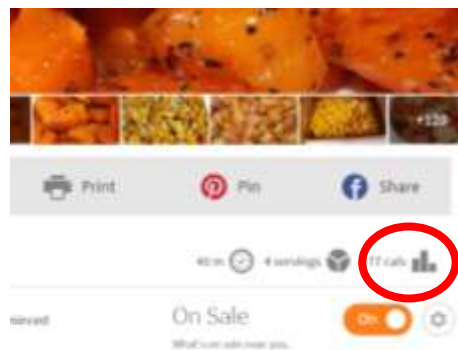


Recipes for the Holidays from AllRecipes.com

I use AllRecipes often because you can search for categories like heart-healthy, high fiber, diabetic, vegetarian, slow cooker, etc. as well as by cuisine (Mexican, Italian, Southern, etc.) or the ingredients you want to use, plus you can adjust the number of servings to automatically adjust to fit your needs AND they give you the nutrition facts! Just click bar chart show full Nutrition Facts

Sides

- ▶ [Simple Roasted Butternut Squash](#)
- ▶ [Beets n Sweets](#)
 - ▶ Use 6 beets & 1-2 sweet potatoes
- ▶ [Acorn Squash](#)
 - ▶ Use ¼ to ½ the butter/brown sugar
- ▶ [Baked Miniature Pumpkins](#)
- ▶ [Pear & Pomegranate Salad](#)
- ▶ [Roasted Brussel Sprouts](#)
 - ▶ Use ½ the oil
- ▶ [Roasted Asparagus & Mushrooms](#)
- ▶ [Green Bean Almondine with Cranberries](#)
 - ▶ ↑ to 2-3 c green beans
- ▶ [Slow Cooker Dressing](#)
 - ▶ Use ½ to 2/3 the oil & use higher fiber bread



Desserts

- ▶ [Applesauce Bars](#)
 - ▶ Use confectioner's sugar instead of frosting
- ▶ [Simple Baked Apples](#)
 - ▶ Use ½ the nuts, raisins, & sugar; use skim milk

These are the two types of dishes that provide the most unhealthy options this time of year. The meats are not typically as unhealthy as these two categories. Having fruit & veggie trays around helps encourage healthy snacking too.