

Healthier holiday recipes



Appetizer

Antipasto skewers (makes 10 servings)



Ingredients

- 1 jar marinated artichokes
- 10 grape tomatoes
- 10 mozzarella balls
- 10 marinated olives
- ½ cup fresh basil leaves
- 1 Tbsp extra-virgin olive oil
- 10 wooden or metal skewers

Preparation

Assemble artichokes, tomatoes, mozzarella, olives and basil onto skewers. Drizzle with olive oil.

Nutrition information (serving size is 1 skewer)

Calories	Total fat	Sat. fat	Sodium	Cholesterol	Total carbs	Fiber	Sugars	Protein	Potassium
42	2 g	1 g	176 mg	60 mg	3 g	1 g	1 g	2 g	36 mg

Side dish

Sheet pan roasted veggies (makes 10 servings)



Ingredients

- 3 Tbsp olive oil
- 2 Tbsp whole grain mustard
- 1 Tbsp chopped fresh thyme
- 1 Tbsp apple cider vinegar, divided
- ¾ tsp kosher salt
- ½ tsp freshly ground black pepper
- 1 lb peeled, cubed butternut squash (about 3 cups)
- 1 lb parsnips, peeled and cut into 1-inch pieces (about 2¼ cups)
- 1 lb brussels sprouts, trimmed and halved
- 8 oz small Yukon Gold potatoes, halved
- Cooking spray

Preparation

Preheat oven to 450°F. Combine oil, mustard, thyme, 2 teaspoons vinegar, salt and pepper in a bowl, stirring with a whisk.

Combine butternut squash, parsnips, brussels sprouts and potatoes in a large bowl. Add mustard mixture to squash mixture; toss to coat.

Spread vegetable mixture in a single layer on a foil-lined baking sheet coated with cooking spray.

Bake for 35 minutes or until browned and tender, stirring gently with a spatula after 25 minutes. Remove pan from oven. Drizzle with remaining 1 teaspoon vinegar; toss.

Nutrition information (1 serving)

Calories	Total fat	Sat. fat	Sodium	Cholesterol	Total carbs	Fiber	Sugars	Protein	Potassium
132	5 g	1 g	221 mg	0 mg	22 g	6 g	5 g	3 g	569 mg

Drink

Holiday pear cosmo cocktail (makes 1 serving)



Ingredients

- 1 tsp maple syrup
- ¼ cup pear juice
- 1 cup sparkling water
- 1½ oz vodka
- 1 pear slice as garnish

Preparation

Pour maple syrup, pear juice, sparkling water and vodka into a glass and give it a stir. Add a few cubes of ice and garnish with a pear slice.

Mocktail version: Just leave out the vodka! (47 calories, 11 g total carbs).

Nutrition information (1 serving)

Calories	Total fat	Sat. fat	Sodium	Cholesterol	Total carbs	Fiber	Sugars	Protein	Potassium
144	0 g	0 g	6 mg	0 mg	11 g	1 g	10 g	0 g	33 mg

Dessert

Sweet potato cobbler (makes 12 servings)



Ingredients

- 2 lbs sweet potatoes
- 4 cups water
- ½ cup sugar
- 1 tsp cinnamon
- 1 tsp ground ginger
- Nonstick cooking spray

For the dough

- 1½ cups self-rising flour
- 1 tsp cinnamon
- ¼ cup firmly packed brown sugar, plus 1 Tbsp for the topping
- 3 Tbsp cold, unsalted butter
- ½ cup 1% milk

Preparation

Preheat the oven to 350°F. Peel, halve and slice the sweet potatoes into about ¼-inch-wide half circles. Place the potatoes in a medium saucepan and add the water.

Stir in the sugar, cinnamon and ginger. Bring to a boil, then reduce the heat to a simmer and cook uncovered until the potatoes are still firm but tender, about 10-12 minutes. Do not drain.

In another bowl, make the dough by mixing together the flour, cinnamon and brown sugar. Cut the butter into the flour mixture with a pastry blender or two large dinner forks. Slowly pour the milk into the flour mixture while stirring. Stir until the mixture is combined. The dough will be crumbly and slightly sticky.

Spray a 9-by-13-inch baking dish with nonstick cooking spray. Crumble about ⅓ of the dough into the bottom of the baking dish. Remove the potatoes from the pan with a slotted spoon and place them evenly in the baking dish. Measure 1 cup of the cooking liquid and pour it over the potatoes. Crumble the remaining dough over the potatoes and sprinkle the top with about 1 tablespoon of brown sugar.

Bake for about 40 minutes or until golden brown and the dough is cooked through. Allow to rest for about 10 minutes for the sauce to thicken before serving.

Nutrition information (1 serving)

Calories	Total fat	Sat. fat	Sodium	Cholesterol	Total carbs	Fiber	Sugars	Protein	Potassium
149	3 g	2 g	21 mg	8 mg	31 g	1 g	14 g	2 g	343 mg

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