

'Tis the Season for Healthy Holiday Eating

How perfect pairings* with grains and plant-proteins
can drive consumption of fruits and veggies

Wendy Bazilian, DrPH, MA, RDN
December 15, 2020

**no social distancing required*

Session partner:



Please be in touch! Happy Holidays!

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Wendy Bazilian's Luscious Lazy Lasagna

from Wendy Bazilian, DrPH, MA, RDN

INGREDIENTS:

2, 28-ounce cans diced tomatoes (or 2 jars, low sodium, low sugar tomato sauce)*

*See note below if you want a plant-based or traditional Bolognese-style tomato sauce
4 cloves garlic, finely chopped or 2 tablespoons bottled minced garlic

1 tablespoon dried oregano

2 teaspoons dried thyme

3/4 teaspoons sea salt

3/4 teaspoons + 1/2 teaspoon fresh ground black pepper

1, 10 oz. bag of baby spinach

1-1/2 cup sliced mushrooms (~12-15 button mushrooms)

1, 14.5 ounce can of low sodium Great White Northern Beans, rinsed and mashed slightly (or 2 cups cooked white beans)

1/3 cup parmesan, grated

1 cup part-skim ricotta

1/8 cup (handful) chopped parsley or 1 tablespoon dried parsley

3/4 cup part-skim mozzarella (shredded)

Uncooked lasagna noodles (about 10 sheets for 4 layers)



If you make one of my recipes, please take a pic...it doesn't have to be fancy! And tag me on Instagram! I would love to see and share in the good cheer and occasion! @bazilians

INSTRUCTIONS:

1. Rub lightly the inside of slow cooker (crockpot) with butter to help with sticking and cleanup.
2. In a bowl, combine the tomatoes, dried oregano, thyme fresh or minced garlic, salt and pepper.
3. In another bowl, combine the ricotta, parmesan, parsley and 1/2 tsp black pepper.
4. Building the lasagna:
 - Into the slow cooker, spoon a modest layer of tomato sauce (about 8 ounces).
 - Add a layer of lasagna noodles, breaking into pieces to fit the shape of the slow cooker and cover a single layer.
 - Add two large handfuls of spinach (about 3 cups) and press down.
 - Spoon about half of the ricotta and parmesan blend and press and spread with a spatula or wooden spoon. (You can also use a pastry bag or plastic zip-top bag with the tip cut off to spread across the spinach.)
 - Add another layer of lasagna noodles, breaking pieces to fit and create a single layer.
 - Add about 1 cup (8-12 ounces) of the tomato sauce. Add the beans as a layer, then repeat the spinach, followed by ricotta and parmesan.
 - Add a layer of noodles and then about 1 cup (8-12 ounces) of the tomato sauce.
 - Add sliced mushrooms as a layer, then a final layer of noodles and the remaining sauce.
 - Top with shredded mozzarella and sprinkle with dried oregano.
5. *Optional step:* I like to 'press down' on my lasagna layers to make them all mingle and really stick together...*better together.* Use a large spatula (or your clean fingers.)
6. Cook on high for 2-1/2 hours or low for 4 hours.
7. Remove lid, let sit for 15-20 minutes and serve.
8. For leftovers, allow the lasagna cool in the slow cooker (no more than about 90 minutes for food safety), then remove in portions and refrigerate for up to 5 days. Reheat in the oven or microwave.

Substitutions: You can swap in other vegetables like sliced bell peppers, zucchini and summer squash or change up the greens to swiss chard. You can alternate beans to kidney beans or black beans.

* Bolognese-style tomato sauce:

- You can also include lean ground beef or turkey by browning ground meat in a pan before adding it to the tomato mixture before layering.
- For a plant-based and lazy Bolognese-style tomato mixture, try vegetarian crumbles, like **Morningstar Farms® Veggie Grillers Crumbles** or **Veggie Chorizo Crumbles**, found in the freezer section. Defrost the bag just long enough for the pre-cooked crumbles to be easy to break apart (10-15 minutes) and combine with the tomatoes sauce before building your lasagna in the pot.

Special note: While this lasagna is delicious fresh out of the slow cooker, many think it's even better the next day!

Dr. Wendy's Super Spice Snack Mix

from Wendy Bazilian, DrPH, MA, RDN



I developed this recipe quite a few years ago and have since shared it in person with literally thousands of people - friends and family, audiences at conferences and culinary festivals, fitness events, as spontaneous treats to strangers, and at holidays and other celebrations. And I'm often asked for the reciperather, I'm often 'first' asked with a grin if I would be willing to send 'refills' or show up in person to make it for someone! (I would love if I could do that more often! smile.) Enthusiastically, I share this recipe. Here it is for you..... It's easy and I hope it finds a place among your favorites!

Enjoy in good health!
With warm WELL-wishes,

Wendy

Prep Time: 10 minutes

Cook Time: 30 minutes

Makes 24 (~1/4-cup)
servings.

INGREDIENTS:

1/4 cup firmly packed brown sugar
2 teaspoons cinnamon, ground
2 teaspoons ginger, ground
2 teaspoons paprika
1/2-1 teaspoon cayenne—Optional 'heat'
1 cup rolled oats
1 cup unsalted whole almonds
1 cup unsalted walnut halves
1 cup roasted salted pepitas (shelled pumpkin seeds)
1 cup salted shelled pistachios
1/4 cup thawed apple juice concentrate
1/2 cup golden raisins
3/4 cup dried cherries
1 cup cereal (favorites include Kashi® Heart to Heart Cinnamon, Kashi® Island Vanilla Wheat Biscuits, Kashi® Dark Cocoa Karma Wheat Biscuits, Kashi® Go Peanut Butter Crunch)



INSTRUCTIONS:

1. Preheat oven to 250°F.
2. Mix brown sugar, cinnamon, ginger and paprika in small bowl. Cayenne—optional, too. Set aside.
3. Place oats, almonds, walnuts, pepitas and pistachios in large bowl. Add thawed apple juice concentrate; toss until nuts are evenly coated. Sprinkle with spice mixture, tossing to coat well. Spread evenly on two 15x10x1-inch baking pans.
4. Bake 30 minutes, stirring halfway through cook time.
5. Cool completely on the same or another baking pan on a wire rack. Stir in raisins, dried cherries and cereal..
6. Store in airtight container.

Wendy Bazilian's Boosted Crispy Rice Cereal Treats

from Wendy Bazilian, DrPH, MA, RDN

TRADITIONAL RECIPE CALLS FOR:

6 cups Kellogg's® Rice Krispies®
4 cups marshmallows
3 Tbsp butter

NUT BUTTER AND MAPLE SYRUP ALTERNATIVE:

6 cups Kellogg's® Rice Krispies®
1 1/4 cup creamy peanut butter
2/3 cup maple syrup



ADD-INS:

- 1 cup fresh blueberries (rinse, pat dry and put in freezer in a bowl for 10-15 minutes while you're preparing the rest of the recipe)
- 1 cup chopped apple (~1/4-1/2 inch), squeeze with a little lemon juice to minimize browning
- 1/2 cup dried cherries (rough chopped) + 1/2 cup sliced almonds
- 1/2 cup dried fruit (chopped) + 1/4-1/2 cup nuts or seeds
- 3/4 cup chopped dried fruit (~1/4 inch) like dried mango, dried apricots, tart cherries, raisins
- 3/4 cup chopped nuts like walnuts, pecans, pistachios, sliced or slivered almonds, cashews
- 3/4 cup seeds like sunflower seeds or pepitas



INSTRUCTIONS:

1. **Traditional (per cereal box):** Measure out cereal in a large bowl. In a saucepan over medium heat, melt butter and then add marshmallows and stir until fully melted. Remove from heat and pour over cereal and working fairly quickly, mix well until cereal is all covered.

Nut butter variation: Measure out cereal in a large bowl. In a saucepan over low heat, combine peanut butter and maple syrup and stir until warm and thinned. You can also do this in the microwave in a bowl covered with a paper towel. It's important to warm and melt the peanut butter or it will be hard to stir into the cereal. Remove from heat and pour over cereal and working fairly quickly, mix well until cereal is all covered.

2. Stir in the fruit, nut, seed add-ins until evenly incorporated.
3. Spoon into a buttered 8x8 or 9x12 baking pan and press down using a piece of parchment or wax paper or a buttered wooden spoon until very well-packed and evenly distributed, about 1 1/2-2 inches thick.
3. Place in refrigerator to set for about an hour. Slice into squares with a buttered or heated (hot sink water works well) knife.
4. Store in refrigerator

Blackberry Scrumble

from Wendy Bazilian, DrPH, MA, RDN

It's not a scone, it's not a crumble...it's a *scrumble*!
Mini scones topped on cooked berries. In the wintertime, use fresh or frozen berries and bake it in the oven, while enjoying the warmth and aroma. In the summertime, bring the cast iron on the grill and you won't heat up the kitchen!

SCONES

1 cup all-purpose flour
1 cup whole wheat flour*
1 teaspoon cinnamon
1/2 teaspoon ginger
1/2 teaspoon salt
3 Tbsp sugar
1/2 teaspoon baking soda
2 teaspoons baking powder
1 stick (8 Tbsp) butter
1 large egg
1/4 cup Greek yogurt
3-4 Tablespoons milk

BERRIES

24-30 oz frozen
Blackberries (or other
fresh or frozen berries)
2 Tablespoons sugar
1/2 teaspoon
cinnamon
1/4 teaspoon ginger
3 Tablespoons
cornstarch or tapioca
Flour

Optional:

1/4 cup milk for
brushing scones
White sugar for topping



Kitchen equipment:

10-12 inch cast iron pan
2 mixing bowls
Cutting board
Liquid and dry measuring
cup
Measuring spoons
Pastry brush (optional)
Mixing spoons/utensils
Knife or box grater

INSTRUCTIONS:

1. Turn on the grill to medium heat or pre-heat oven to 365 degrees Fahrenheit. Lightly butter the cast iron pan.
2. In a mixing bowl, add dry ingredients: flour, cinnamon, ginger, salt, sugar, baking soda and baking powder. Stir well to incorporate the ingredients evenly.
3. Grate frozen butter or slice butter into small cubes and then cut in the butter into the dry mix until it is a crumbly texture.
4. In a small bowl or glass measuring cup, mix the wet ingredients: egg, yogurt and milk.
5. Add the wet mix into the dry and stir until a dough forms. The dough should come together nicely into a ball but not be overly wet. Different climates and measuring techniques can make small adjustments necessary to bring the dough together. Adjust with flour or milk until you have a nice dough.
6. On a lightly floured board, press the dough down to create a rectangle or square that is about 1/2 inch thick. Slice across the dough to create approximately 2-inch strips. Then slice the strips into triangles. These are the scones to top the berries.
7. In a mixing bowl, add the blackberries, sugar, cinnamon and ginger. Add cornstarch or tapioca flour if you wish (it will make the berries set up more but is also optional). Pour berries into the cast iron pan.
8. Top with scones in a pattern, touching corners, that leaves a little space between the scones.
Optional: Brush the scones with milk and sprinkle with sugar.
9. Bring to the grill (or oven) and bake for 35-40 minutes until the scones are golden.

Serve scrumble on its own, with whipped cream or with a scoop of ice cream. You can also enjoy this at breakfast with a portion of Greek yogurt.

** Whole wheat flour adds more protein and fiber and works beautifully in this recipe, but you can substitute in all-purpose if you need, too.*

Cranberry Walnut Ginger Compote

from Wendy Bazilian, DrPH, MA, RDN

A colorful and flavorful topping for a lovely holiday brunch. Easy to make ahead of time, too, and enjoy in many ways!

INGREDIENTS:

- 1/2 cup toasted walnuts, coarsely chopped
- 2 cups cranberries
- 1/2 cup orange juice (juice from 2 oranges)
- 1/2 cup maple syrup
- 1/4 teaspoon ground ginger
- Zest from 1 orange



INSTRUCTIONS:

1. To toast walnuts: Preheat oven or toaster oven to 350 degrees. Place walnuts on a baking sheet and toast for 8 minutes. Remove from heat and chop coarsely.
2. Add cranberries, orange juice, maple syrup, ginger and orange zest to a medium sauce pan.
3. On medium heat, bring to a boil and stir frequently for 12-15 minutes until the cranberries pop and the liquid starts to reduce.
4. Stir in toasted walnuts.
5. Serve warm or transfer to container and refrigerate once cooled.

Serve with overnight French toast or pancakes, along with Greek yogurt, topped on ricotta on crackers, in oatmeal and more.

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Med Spread

from Wendy Bazilian, DrPH, MA, RDN

In my home, we call this a *Med Spread* – for Mediterranean – inspiring pairings that take us on a virtual trip overseas to the crystal blue sapphire seas where some of the healthiest eating patterns are found. Take a trip to the Mediterranean in your own home by building a beautiful board of vegetable crudités and crackers or breads, fruits, nuts, seeds, olives and cheeses, meats and dipping sauces and other spreadables. Savory and sweet, as an app or a meal...a tasty Med Spread is hard to beat!

WENDY'S DIY INGREDIENT INSPIRATION:

Grains:

- Crackers
- Pita
- Tortilla
- Sliced baguette

Proteins:

- Plant-based meatballs
- Edamame
- Bean salads
- Hardboiled eggs
- Your favorite charcuterie: ham, turkey, bacon, etc.

Nuts, seeds and olives:

- Walnuts, almonds, pistachios, pecans, Brazil nuts, cashews, hazelnuts
- Pepitas, roasted pumpkin seeds, sunflower seeds
- Olives

Fruits:

- Dried fruits: apricots, mango, raisins, dried cherries, dates
- Fresh: sliced pear, sliced apple, berries, grapes, figs, mandarin oranges, orange slices, avocado

Vegetables:

- Crudités: Carrots, bell peppers, celery, broccoli florets, cauliflower florets, jicama, green beans, radishes, young asparagus, mushrooms, zucchini, pattypan squash, teardrop/ cherry tomatoes
- Roasted: sweet potato, carrot, potato wedges
- Pickles: cucumber, vegetables

Cheeses:

- Hard and sharp
- Soft and pungent
- Smooth and creamy
- Herby and salty
- Spreadable

Dipping:

- Yogurt dips
- Bean dips
- Cheesy dips
- Chocolate
- Honey



Find these boards pictured and more inspiration at:
https://www.kelloggsfamilyrewards.com/en_US/find-diy-recipes.html

Pancake Balloons

courtesy of Kellogg's®

https://www.kelloggsfamilyrewards.com/en_US/recipes/pancake-balloons-recipe.html

INGREDIENTS:

1/2 cup toasted walnuts, coarsely chopped
3 Kellogg's® Eggo® Minis Buttermilk pancakes
3 to 5 slices frozen Dole® Ready-Cut Fruit™ Sliced Strawberries
9 frozen Dole® Blueberries
7 frozen Dole® Raspberries
1 frozen Dole® Tropical Gold® Pineapple Chunk
2 tablespoons low-fat vanilla yogurt or low-fat plain yogurt (divided)



INSTRUCTIONS:

1. Prepare Kellogg's® Eggo® Minis Buttermilk pancakes according to package directions. Let fruit stand at room temperature for 5 to 10 minutes or until easy to cut. Thinly slice strawberry pieces. Horizontally cut pineapple chunk in half. Set aside.
2. Place pancakes on serving plate about 1 inch apart. Spread 1 teaspoon of the yogurt on one of the pancakes. Top with blueberries. Spread 1 teaspoon of the remaining yogurt on a second pancake. Top with raspberries. Arrange strawberry pieces on third pancake. Spread 1 teaspoon of the remaining yogurt on top of strawberry slices.
3. Pipe remaining yogurt onto plate for balloon strings. Place pineapple pieces on plate as bow.

Avocado Tostadas with Huevos Rancheros

With permission from Wendy Bazilian, DrPH, MA, RDN and PREVENTION

This Tex-Mex-inspired scramble, served over crispy corn tortillas and mashed avocado, is an easy, flavor-packed way to start your day. In a rush? Warm the tortillas in the microwave for 30 seconds instead of toasting them and fold the avocado and egg mixture inside to make mini tacos that you can eat on the go.

Active Time: 10 minutes

Total Time: 10 minutes

Makes 2 servings

2 corn tortillas (5" diameter)

½ medium avocado, mashed

¼ teaspoon ground cumin

1 teaspoon fresh lime juice

⅛ teaspoon sea salt

⅛ teaspoon freshly ground black pepper

4 large eggs, beaten

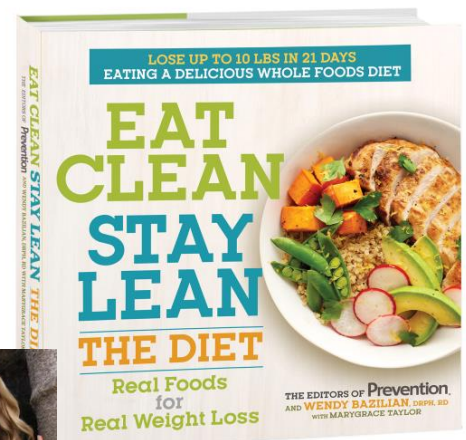
2 plum tomatoes, diced

½ cup diced red onion

2 tablespoons chopped fresh cilantro

Pickled or fresh jalapeño slices (optional)

1. Heat the oven to 350°F or set the toaster oven on the medium cycle. Toast the tortillas in the oven or toaster until they're crisp around the edges. In a medium bowl, combine the avocado, cumin, lime juice, a pinch of the salt, and a pinch of the pepper. Spread the mixture over the tortillas.
2. In a medium nonstick skillet over medium heat, combine the eggs, tomatoes, onion, the remaining salt, and the remaining pepper. Cook, stirring constantly, for about 4 minutes, or until large, soft curds form. Divide the egg mixture between the 2 tortillas.
3. Top with the cilantro and jalapeños, if using.



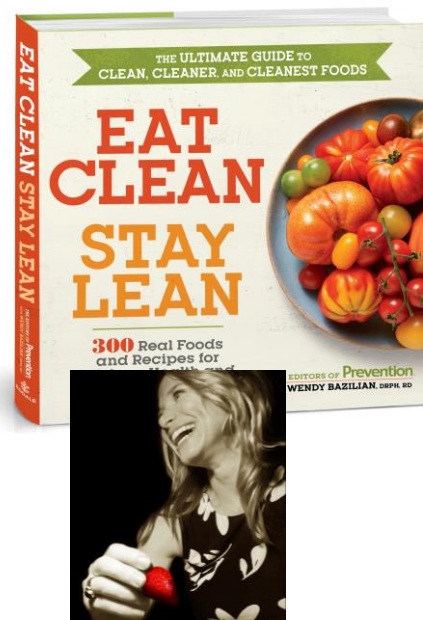
Four Bean Quinoa Chili

With permission from Wendy Bazilian, DrPH, MA, RDN and PREVENTION

- ¾ cup dried beans: a mixture of black, kidney, white, and pinto**
- 1 tablespoon olive oil**
- ½ medium yellow onion, chopped**
- 1 large bell pepper, chopped**
- 1 clove garlic, minced**
- ½ fresh jalapeño, minced**
- ½ cup dark beer**
- 1 cup canned fire-roasted diced tomatoes (undrained)**
- ½ teaspoon ground cumin**
- ½ teaspoon smoked paprika**
- ½ teaspoon fine sea salt**
- 2½ cups vegetable broth**
- ½ cup quinoa**
- Chopped cilantro (optional)**

- 1. PLACE** the beans in a saucepan with water to cover by 1 or 2 inches and bring to a boil. Boil for 10 minutes. Turn off the heat, cover, and let soak for 1 hour. Drain.
- 2. HEAT** the olive oil in a large saucepan over medium heat. Add the onion, bell pepper, garlic, and jalapeño and cook until softened and browned, 5 to 7 minutes. Stir in the beer and simmer until the liquid is nearly gone.
- 3. STIR** in the tomatoes, cumin, paprika, salt, broth, and soaked beans. Bring to a boil. Reduce to a simmer, cover, and cook until the beans are tender, about 1 hour. Add more water if the mixture looks dry.
- 4. ADD** the quinoa and cook until cooked through, another 15 minutes.
- 5. SERVE** garnished with cilantro, if desired.

MAKES 2 SERVINGS ||| Prep time: 30 minutes ||| **Total time: 2 hours 40 minutes**



Dried Tart Cherry Chia Jam and Ricotta on Toast

With permission from Wendy Bazilian, DrPH, MA, RDN and PREVENTION

Take a simple jam made from phytonutrient-rich dried tart cherries and nutrient-dense chia seeds and pair it with creamy ricotta cheese and whole wheat toast. It's sweet, tart, creamy, and crunchy—in other words, everything you could want in a fast breakfast or anytime snack.

Active Time: 10 minutes

Total Time: 20 minutes

Makes 6 servings, 2 toasts per serving

¾ cup dry red wine

¾ cup dried tart cherries

1 tablespoon honey

1 tablespoon chia seeds

6 tablespoons part-skim ricotta cheese

2 tablespoons chopped fresh mint (optional)

12 slices, each ½"-thick, whole wheat or multigrain baguette, lightly toasted

1. In a small saucepan, combine the wine, cherries, and honey, and bring the mixture to a simmer over medium-low heat. Cook for about 6 minutes, until the cherries have softened and plumped and are beginning to break down. Stir in the chia seeds and let the jam cool to room temperature.

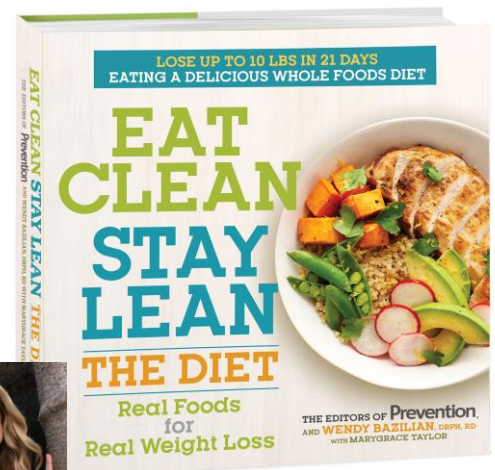
2. In a small bowl, combine the ricotta and mint, if using. Spread 1 tablespoon of ricotta on each piece of toast and add a 1-tablespoon dollop of cooled jam on top.

Make it ahead! The jam will keep in an airtight container in the refrigerator for up to 2 weeks.

Change it up! Use a gluten-free sandwich bread to make this snack gluten-free.

This can also be served on crackers, swirled into Greek yogurt, in oatmeal and more.

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Dr. Wendy Bazilian's

ANATOMY OF A GRAIN BOWL



1

Pick a grain (or 2!):

- Quinoa
- Brown Rice
- Wild rice (a grass)
- Corn
- Farro, freekeh, barley
- Mixed grains: amaranth, millet, oats
- Pearled sorghum
- Whole grain noodles/ Enriched pasta

2

Pick some vegetable(s):

- Kale, spinach, romaine, arugula
- Avocado
- Asparagus
- Carrots
- Bell peppers
- Broccoli / Cauliflower
- Zucchini / squash
- Squash
- Green beans

3

Choose a protein(s):

- Mock (plant) 'chorizo'
- Nuts and seeds
- Beans (black, garbanzos, white)
- Edamame
- Tofu
- Lentils
- Cheese
- Fish
- Chicken
- Egg

4

Add seasonings and a sauce:

- Herbs, spices
- Mustard-yogurt dressing
- Olive oil, lemon, vinegar or a vinaigrette or dressing
- Salsa

5

Extra Flavor:

- Fresh fruit (berries, cut melon, etc.)
- Dried fruit (raisins, cherries, apricots)
- Sundried tomatoes



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See you in 2021!

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