

Festive Season: Healthy Holiday Recipes to Try



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Grilled Turkey Breast with Roasted Vegetables

A healthier take on the traditional holiday feast.

- 1 x 2 kg turkey breast
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp pepper
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 4-6 cups mixed roasted vegetables (such as Brussels sprouts, carrots, and sweet potatoes)

Preheat your oven to 180°C. Season the turkey breast with salt, pepper, thyme, and rosemary. Grill the turkey breast for 5-7 minutes per side, or until cooked through. Serve with roasted vegetables.



Quinoa and Black Bean Salad with Grilled Chicken

A healthy and flavourful salad perfect for a light holiday meal.

- 1 cup cooked quinoa
- 1 cup cooked black beans
- 1 cup diced grilled chicken breast
- 1 cup diced mixed bell peppers
- 1/2 cup chopped fresh cilantro
- 2 tbsp olive oil
- 1 tsp lime juice
- Salt and pepper to taste

Combine all ingredients in a bowl and toss to combine.

Baked Salmon with Quinoa and Roasted Vegetables

Ingredients:

- 4 salmon fillets (120g each)
- 1 cup quinoa, rinsed and drained
- 2 cups water or vegetable broth
- 2 tbsp olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 large carrots, peeled and chopped
- 2 large Brussels sprouts, trimmed and halved
- Salt and pepper to taste
- Fresh parsley, chopped (optional)

Instructions:

1. Preheat oven to 200°C (400°F).
2. In a medium saucepan, bring quinoa and water or broth to a boil. Reduce heat to low, cover, and simmer for 15-20 minutes or until quinoa is tender and fluffy.
3. In a large bowl, toss onion, garlic, carrots, and Brussels sprouts with olive oil, salt, and pepper. Spread on a baking sheet and roast for 20-25 minutes or until tender and lightly browned.
4. Season salmon fillets with salt and pepper. Place on a separate baking sheet lined with parchment paper and bake for 12-15 minutes or until cooked through.
5. Serve salmon with quinoa and roasted vegetables. Garnish with chopped parsley, if desired.





Spinach and Feta Stuffed Chicken Breast with Sweet Potato Mash

Ingredients:

- 4 boneless, skinless chicken breasts (120g each)
- 1/4 cup chopped fresh spinach
- 1/4 cup crumbled feta cheese
- 2 cloves garlic, minced
- 1 tsp dried thyme
- 1 large sweet potato, peeled and chopped
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Preheat oven to 200°C (400°F).
2. In a medium bowl, mix spinach, feta cheese, garlic, and thyme.
3. Lay chicken breasts flat and make a horizontal incision in each breast to create a pocket. Stuff each breast with the spinach mixture.
4. Place chicken breasts on a baking sheet lined with parchment paper and bake for 20-25 minutes or until cooked through.
5. Meanwhile, boil sweet potato chunks in a large saucepan of salted water until tender. Drain and mash with olive oil, salt, and pepper.
6. Serve stuffed chicken breast with sweet potato mash.

Grilled Turkey Burger with Avocado Salsa and Mixed Greens Salad

Ingredients:

- 4 lean turkey burgers (120g each)
- 1 ripe avocado, diced
- 1/2 red onion, diced
- 1 jalapeño pepper, seeded and finely chopped
- 1 lime, juiced
- 2 cups mixed greens
- 1 cup cherry tomatoes, halved
- 1/4 cup chopped fresh cilantro

Instructions:

1. Preheat grill or grill pan to medium-high heat.
2. Grill turkey burgers for 5-6 minutes per side or until cooked through.
3. Meanwhile, mix avocado, red onion, jalapeño pepper, and lime juice in a medium bowl.
4. In a large bowl, combine mixed greens, cherry tomatoes, and chopped cilantro.
5. Serve grilled turkey burger on top of the salad with avocado salsa on the side.

These recipes are not only delicious but also packed with nutrients and can help support weight loss. Remember to stay hydrated and control portion sizes to maintain a healthy and balanced diet during the festive season.



Dark Chocolate-Dipped Fresh Fruit

A healthier take on traditional holiday desserts.

- 1 cup fresh fruit (such as strawberries, bananas, or cranberries)
- 1/2 cup dark chocolate chips
- 1 tsp shortening (such as coconut oil or vegetable shortening)

Melt the chocolate chips in a double boiler or in the microwave in 30-second increments, stirring between each interval. Dip fresh fruit into the melted chocolate and let cool on a baking sheet lined with parchment paper.

Cranberry Oatmeal Crisp

Ingredients:

- 2 cups fresh or frozen cranberries
- 1/2 cup rolled oats
- 1/4 cup almond flour
- 1/4 cup honey or natural sweetener
- 1/4 cup chopped nuts (optional)
- 1/2 teaspoon cinnamon powder
- 1/4 teaspoon nutmeg powder

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a bowl, mix together cranberries, honey or natural sweetener, cinnamon powder, and nutmeg powder.
3. In another bowl, mix together oats, almond flour, and chopped nuts (if using).
4. Transfer the cranberry mixture to a baking dish and top with the oat mixture.
5. Bake for 35-40 minutes or until the topping is golden brown.
6. Serve warm or chilled.

Calories per serving: approximately 220



Chocolate Avocado Mousse

Ingredients:

- 3 ripe avocados
- 1/2 cup unsweetened cocoa powder
- 1/4 cup honey or natural sweetener
- 1/2 cup Greek yogurt
- 1 teaspoon vanilla extract
- Pinch of salt
- Fresh berries or chocolate shavings for garnish (optional)

Instructions:

1. Peel and pit the avocados and place them in a blender or food processor.
2. Add cocoa powder, honey or natural sweetener, Greek yogurt, vanilla extract, and salt to the blender.
3. Blend until smooth and creamy.
4. Spoon the mousse into individual serving cups or a large serving dish.
5. Chill in the refrigerator for at least 2 hours.
6. Garnish with fresh berries or chocolate shavings (if using).
7. Serve chilled.

Calories per serving: approximately 200

