



JillFit Holiday Recipe Booklet

JillFit Holiday Recipes

Happy Holidays! The holidays are supposed to be a joyous time spent with friends and family. But often the holidays bring stress, weight gain, financial concerns and being overcommitted. Though you might not be able to do much about lots of holidays parties on your calendar, one thing you *can* do to help you through the holidays is continue with a solid exercise and nutrition plan. Yes, it is fun to indulge a little and have that once-a-year treat, but it is important to try to exercise and eat well consistently to help with the common holiday weight gain.

Here at JillFit, we always are tinkering with recipes and coming up with great dishes to help you follow the lean lifestyle. In this booklet, you will find 20 delicious holiday recipes that follow our fat loss principles of high protein, moderate fat and low sugar/carbs.

We did not include main dishes, as these higher-protein meals are often not the problem with holiday meals, since they are generally meat-centric. We suggest selecting lean turkey, beef or chicken for a main dish. The appetizers, side dishes and dessert are often calorie-laden and high in sugar and fat. Therefore this booklet focuses on those three areas of diet pit falls.

Most of the appetizers are made for about 20 servings; while the side dishes serve approximately 4 and the desserts vary. Many of the recipes can be altered slightly for more spice or sweetness. We have also listed many optional add-ins for variations on the recipes.

These are great recipes if you are hosting a party or are looking for something healthy to bring to a friend's party that fits into your eating principles. We hope you enjoy these recipes and enjoy the holidays!

Happy Holidays from all of us at JillFit.

Appetizers:

Hummus
Greek Yogurt, Feta and Dill Dip
Caprese Skewers with Balsamic Reduction
Eggplant or Zucchini and Goat Cheese Roll-ups
Coconut Shrimp
Roasted Maple Chili Spiced Nuts
Smoked Salmon and Cream Cheese Wrapped Asparagus

Side Dishes:

Sweet and Spicy Sweet Potatoes
Rosemary Red Potatoes
Mashed Garlic Cauliflower
Roasted Brussels Sprouts with Garlic and Onions
Green Beans with Citrus Vinaigrette
Asparagus with Garlic and Sliced Almonds
Garlicky Sautéed Spinach

Desserts:

Low Carb Chocolate Chip Pecan Bars
Baked Stuffed Apples
Low Carb Pumpkin Cheesecake
Chocolate Peanut Butter No Bakes
Cherry Almond Biscotti
Low Carb Peanut Butter Cookies

APPETIZERS

Hummus

1-15 oz. cans no sodium garbanzo beans

2 cloves of garlic

½ tbsp. sesame oil

¼ c. olive oil

1 tbsp. lemon juice

½ tsp. sea salt

1 tbsp. water

Hot sauce and black pepper to taste

Optional add-ins: cilantro, parsley, roasted red peppers, sun dried tomatoes

Combine all ingredients in a blender or magic bullet. Puree until smooth. If too thick, add water at very small amounts at a time until desired consistency is achieved. Serve with raw veggies.

Servings: Approximately 1-1 ½ c. hummus

Greek Yogurt, Feta and Herb Dip

6 oz. plain Greek yogurt

¼ c. crumbled feta cheese

2 tsp. dried dill

1 tsp. parsley (dried or fresh)

2 green onions, chopped

1/8 tsp. black pepper

Sea salt to taste

Optional: few drops of hot sauce

Combine all ingredients through black pepper. Mix well, taste and add salt and hot sauce as needed. Serve with raw veggies or crackers.

Servings: Approximately 1 c. dip

Caprese Skewers with Balsamic Reduction

1 pint of cherry tomatoes

1 container of small mozzarella balls

1 package of basil

Balsamic vinegar

Salt and Pepper to taste

Slice basil leaves in half. Place one cherry tomato on toothpick or small skewer. Add mozzarella ball and ½ basil leaf. Repeat if using skewers until skewer is filled. Add ½ cup balsamic vinegar to a small sauce pan and bring to a slight simmer, cook until reduced by half or thickened. Salt and pepper skewers. Drizzle balsamic reduction over skewers or serve on the side as a dipping sauce.

Servings: Varies based on amount of mozzarella balls

Eggplant Goat Cheese Roll-ups

1 1lb eggplant

½ tsp. dried oregano

3 medium tomatoes, seeded and chopped

1 small green onion, minced

½ tsp. garlic powder

1 tsp. lemon juice

3 tbsp. goat cheese (log, not crumbled)

Sea salt

Pepper

Cooking spray

Preheat broiler. Cut eggplant lengthwise into ¼ inch thick slices (discard two outer slices). If eggplant is really large, cut slices in half. Lightly spray both sides of each inner slice, then season with oregano, salt and pepper. Place slices on rack of a broiler pan. Broil eggplant 2-4 minutes or until tender and lightly golden. While eggplant is in the oven, mix tomatoes, green onion, garlic powder, lemon juice and cheese. Mix well until blended. Remove eggplant from oven and top each with cheese mixture. Roll each slice and secure with toothpick if needed. Serve immediately.

Servings: Varies based on size of eggplant

Coconut Shrimp

1 lb. medium shrimp, peeled and deveined

1/3 c. coconut flour

2 eggs

½ c. shredded unsweetened coconut

¼ tsp. sea salt

1/8 tsp. black pepper

Preheat oven to 350. Spray rimmed baking sheet with cooking spray. Place coconut flour in small bowl. Lightly beat eggs in a separate bowl. Place coconut, sea salt and black pepper in another bowl and stir to combine. Pat shrimp dry with paper towel. Dip one shrimp in flour, then in egg and lastly in the coconut mixture. Place on baking sheet. Continue with the remaining shrimp. Bake for 5 minutes, turn shrimp over and bake for another 5 minutes or until golden brown.

Serve with any type of Asian dipping sauce (apricot lime, sweet chili sauce etc.)

Servings: 20 appetizers

Roasted Maple Chili Spiced Nuts

2 c. raw unsalted mixed nuts

1 large egg white

3 tbs. sugar free maple syrup

½ tbs. paprika

1 tsp. cumin

1 tsp. chile powder or chipotle chili powder

1 tsp. sea salt

1/8-1/4 tsp. cayenne pepper (depending on desired spiciness)

Preheat oven to 325 degrees. Coat large baking sheet with parchment/wax paper and spray with cooking spray. Mix egg white and maple syrup with handheld mixer until frothy. Add nuts and stir well to coat. In a small bowl, combine all spices. Sprinkle spices over nut mixture and mix well. Spread nuts on baking sheet in even layer, attempting to separate all nuts from each other. Bake for 15 min. Stir and return to oven and bake until coating is dry (approximately 10 more minutes, be careful not to burn!) Remove from oven and cool.

Servings: 2 cups nuts

Smoked Salmon and Cream Cheese Wrapped Asparagus

4 oz. thinly sliced smoked salmon

¼ c. whipped cream cheese

20 small sprigs fresh dill

6-8 asparagus spears

Lightly cook asparagus (steam, microwave, stovetop) until still crisp. Cut asparagus spears into thirds. Carefully separate large slices of salmon. Spread slices with thin layer of cream cheese. Cut salmon into about 3 x 1 inch strips. Top each salmon piece with dill sprig and place piece of asparagus spear crosswise on salmon. Roll up and serve.

Servings: 20 appetizers

SIDE DISHES

Sweet and Spicy Sweet Potatoes

This side dish is different than your typical overly sweet potato casserole. You can serve these potatoes mashed or cubed.

2 medium sweet potatoes

½ tsp. cumin

½ tsp. coriander

¼ tsp. salt

¼ tsp. cayenne pepper

¼ tsp. ground cinnamon

½ tbsp. honey

1 tbsp. olive oil

Cook sweet potato in microwave or on stovetop until soft. Combine all spices in bowl. Add oil and honey and mix well. Cube or mash cooked potato. Add spice/oil/honey mixture to potatoes and mix until coated. Serve warm.

Servings: Approximately 4.

Rosemary Garlic Red Potatoes

4-5 small red potatoes

1 tbsp. olive oil

2 cloves of garlic, chopped

½-1 tbsp. rosemary (dried or fresh)

¼ tsp. coarse sea salt

1/8 tsp. black pepper

Cut potatoes into even thin slices using knife or mandolin. Place potatoes in microwave safe bowl. Cook potatoes until just slightly tender. Heat sauté pan over medium to high heat. Once hot, add olive oil. Sauté garlic for 1-2 min. Add potatoes, salt and pepper. (If potatoes seem really dry, add a little bit more olive oil.) Stirring fairly frequently, cook until slightly brown and crisping around the edges (about 10 minutes). Add rosemary the last 1 min of cooking and stir. Serve warm.

Servings: Approximately 4

Garlic Mashed Cauliflower

1 head of cauliflower

4 cloves of garlic

½ cup unsweetened almond milk

1 tbsp. Butter

¼ tsp. coarse Sea salt

¼ tsp. pepper

Optional add-ins: cheese, chives, green onions.

Steam cauliflower and garlic in vegetable steamer or steamer basket over boiling water until very tender, 12-15 min. Place cooked cauliflower and garlic in large mixing bowl. Add almond milk, butter and salt and pepper. Using food processor or blender, mix until smooth and creamy. Add optional add-ins and stir to mix well. Serve hot.

Servings: 4-6

Roasted Brussels Sprouts with Garlic and Onions

2 cups brussel sprouts (if frozen, defrost before using)

2 cloves of garlic, chopped

½ onion, sliced

1 tbsp. olive oil

1 tbsp. lemon juice

Sea salt and pepper to taste

Optional: 2 tbsp. of whole wheat bread crumbs or panko and 2 tbsp. freshly grated parmesan cheese

Preheat oven to 350 degrees. Slice Brussels sprouts in half. Combine all ingredients through salt and pepper in a large bowl. Mix to coat sprouts evenly. Lay sprouts in single layer on baking sheet or in a glass dish, sprayed with cooking spray. Roast for 30 minutes or until sprouts are slightly tender and brown around the edges. Option: Combine bread crumbs and cheese. Sprinkle over roasted sprouts, serve immediately.

Servings: Approximately 4.

Green Beans with Citrus Vinaigrette

1 lb. green beans

1 medium sized shallot

1 tbsp. olive oil, divided

1 tsp. fresh lemon juice

1 tsp. fresh lime juice

2 tbsp. orange juice

Zest of 1 small lime

Fresh cracked black pepper and sea salt to taste

Wash and trim green beans. Cook green beans via microwave or stovetop. Set aside. Heat ½ tbsp. of olive oil in pan over medium to high heat. Add shallots, stir constantly, cook until lightly browned. Combine all juices, zest, remaining ½ tbsp. oil and shallots in small bowl. Whisk to combine. Add salt and/or pepper as needed. Drizzle vinaigrette over green beans and stir to coat.

Servings: Approximately 4.

Asparagus with Garlic and Sliced Almonds

1 1lb asparagus, trimmed

3 cloves of garlic, chopped

1 tbsp. olive oil

1/8 tsp. sea salt

Black pepper to taste

1/4 cup slivered almonds

Heat stove on medium to high heat. Add olive oil and swirl to coat pan. Add garlic and turn down heat to medium, sauté for 1-2 min. Add asparagus. Add salt and pepper and mix well so olive oil and garlic cover asparagus. While asparagus is cooking, place almonds in small pan. Slightly toast almonds until fragrant or slightly browned, be careful not to burn. Cook asparagus until desired tenderness. Remove from heat. Top asparagus with almonds and serve!

Servings: Approximately 4

Simple Spicy Sautéed Spinach

2 tbsp. olive oil

3-4 cloves of garlic, sliced

1/8 tsp. pepper

1/8 - 1/4 tsp. coarse sea salt

12 c. washed, raw spinach

1/4 tsp. red pepper flakes

Heat sauté pan on medium to high heat. Add garlic and sauté until starting to turn golden brown. Add spinach. Stir frequently to mix spinach with oil and garlic. Add salt, pepper and red pepper flakes. Cook until wilted. Drain excess fluid. Serve hot.

Servings: Approximately 4

DESSERTS

Chocolate Chip Pecan Bars

2 ½ cups almond flour

½ tsp. sea salt

¼ tsp. baking soda

1 c. pecans, toasted and coarsely chopped

1/3 c. dark chocolate chips

1/3 c. xylitol

¼ c. water

2 eggs

1 tablespoon vanilla extract

Preheat oven to 350 degrees. Spray 8 x 8 pan with cooking spray. Mix add dry ingredients in large bowl. In separate bowl, lightly beat eggs, water and vanilla. Add wet ingredients to dry ingredients and mix well. Spread dough in pan. Bake for 30 min or until lightly browned. Let cool and cut into squares.

Servings: 16-20 bars

Stuffed Baked Apples

2 apples

½ c. walnuts, chopped

1 tbsp. xylitol

¼ tsp. cinnamon

3 tbsp. oats

1 tbsp. butter, melted

1 tbsp. almond flour

Preheat oven or toaster oven to 350 degrees. Slice apples in half. Remove core and seeds using paring knife, creating a small well. Mix all remaining ingredients in a small bowl and stir to combine. Divide walnut/oat mixture and top 4 halves of apples. Bake for 30 minute or until apples are tender. Top with sugar free maple syrup if added sweetness is desire.

Serve warm alone or with sugar free ice cream/yogurt. Also great for breakfast alongside protein!

Servings: 2

Low-Carb Pumpkin Cheesecake:

Crust:

1 2/3 cup almond flour

1 tsp. cinnamon

1/2 tsp. ginger

1/2 stick butter (melted)

Preheat oven 375 degrees. Combine all ingredients and press into bottom and sides of a large spring form pan. Bake for 10-11 minutes until golden brown, set aside

Filling:

3-8 oz. packages of cream cheese (regular or low fat)–softened

1-15 oz. can pumpkin

1 cup alternative sweetener (xylitol or erythritol)

2 tbsp. cinnamon

1 tbsp. ground nutmeg

1 tsp. ground ginger

1/2 tsp. allspice

1/2 tsp. sea salt

1 tbsp. vanilla extract

5 eggs

1/3 c. heavy cream

Preheat oven to 350 degrees. Place cream cheese in large mixing bowl and beat until fluffy (scraping sides down often). Add pumpkin and sweetener, beat well. Add spices and vanilla, beat well. Add eggs one by one, beating throughout. Add heavy cream and beat another 1-2 minutes. Pour mixture into pan over crust

Bake 80-90 minutes until center is no longer jiggly in the center, remove and let cool 1-2 hours.

Remove sides from pan and place in refrigerator to chill until ready to serve (preferably overnight)

Chocolate Peanut Butter No Bakes

½ c. unsweetened vanilla almond milk

¼ c. unsweetened cocoa

3 tbs. butter

¼ c. xylitol

1 c. oats (old fashioned or quick cooking)

¼ c. natural peanut butter

¼ c. chocolate chips

In sauce pan, combine milk, cocoa, butter and xylitol, bring to a small boil. Reduce heat to medium and stir in oats, peanut butter and chocolate chips. Stir and cook until thick. Drop spoonfuls onto wax paper and refrigerate until hardened.

Servings: 15 cookies

Cherry Almond Biscotti

¼ c. butter

¼ c xylitol

2 large eggs

1 tbsp. vanilla extract

3 c. almond flour

¼ tsp. sea salt

1 tsp. baking soda

½ c. dried cherries, chopped

½ c. slivered almonds

Preheat oven to 350 degrees. Line baking sheet with parchment/wax paper. In large bowl, blend butter, xylitol, eggs and vanilla extract with handheld mixer until frothy. In a separate bowl, combine the almond flour, salt, baking soda, dried cherries and almonds. Stir the wet ingredients into the flour mixture and stir until dough consistency is achieved. Form the dough into 2 (9x 3 inch) logs on the baking sheet. Bake for 25 minutes, until logs are brown around the edges. Let the logs cool for 1 hour.

Transfer logs to cutting board and cut into ½ inch slices using serrated knife. Return biscotti to baking sheets. Bake until crisp, about 12-15 minutes, turning over halfway through. Let biscotti cool and then serve.

Servings: Approximately 28 biscotti

Low Carb Peanut Butter Cookies

1 c. low salt natural peanut butter

3/4 c. erythritol or xylitol granulated sweetener

1 egg

Preheat oven 350 degrees and spray baking sheet with cooking spray. Beat all ingredients in a bowl. Place 1-inch-wide cookies on baking sheet, press gently flat with a fork. Bake for 10-12 minutes or until slightly browned.

Servings: 10 cookies