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Holiday Recipes Easy And Healthy
Find healthy, delicious holiday recipes including Christmas, Thanksgiving, Easter, and 4th of July recipes from the food and nutrition experts at EatingWell. Just because you're away from your

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Your 2014 Holiday Table
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kitchen, doesn't mean you can't enjoy some delicious food. These recipes are easy to make and will keep you ...

Healthy Holiday & Occasion Recipes - EatingWell

Holidays Thai Chicken Zucchini Noodles with Spicy Peanut Sauce. 10 Minute Easy Asian Cucumber Salad Recipe (Dairy Free). The Best Healthy Cilantro Lime Chicken with Avocado Salsa. Shares: 800176 Garlic Herb Roasted Shrimp with Homemade Cocktail Sauce.

Easy & Healthy Holiday Recipes | Joyful Healthy Eats

Goat Cheese, Lentil and Brown Rice Rolls. Giada stuffs steamed Swiss chard leaves with a flavorful mixture of goat cheese, lentils, brown rice and herbs for a vegetarian main dish that even meat ...

Healthy Holiday Recipes : Food Network | Holiday Recipes ...

These easy shrimp look impressive on a

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buffet table and taste even better! The zesty sauce has a wonderful spicy citrus flavor. I especially like this recipe because I can prepare it ahead of time.
—Mary Jane Guest, Alamosa, Colorado

45 Healthy Holiday Appetizers | Taste of Home

These easy tips and recipes will help you stay healthy and mindful as you celebrate the holidays with friends and family. You can eat well and be well this holiday season, with these tasty treats, party tricks and simple strategies. Enjoy in moderation. Is it even possible to eat healthy during the holidays? Yes!

Holiday Healthy Eating Guide | American Heart Association

Roasted Garlic Clove Chicken. Juicy, herb-crusted chicken thighs make a comforting yet perfectly elegant main dish for a holiday celebration. The soft, roasted garlic cloves are excellent spread ...

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We know what's on your gift list: Easy holiday desserts like cookies, cakes, and bars that taste great, are healthy (OK, not as sugary or fattening as traditional seasonal treats), and make ...

37 Healthy Holiday Desserts | Health.com

Healthy Christmas Holiday Recipes. Crudit  Vegetable Wreath with Ranch Dip. This vegetable appetizer is a stunner with white cauliflower, red tomatoes and green broccoli, green beans, ... How to Make Candy Cane Peppermint Bars. 23 Showstopping Christmas Salad Recipes. Gochujang Sour Cherry-Glazed ...

Healthy Christmas Holiday Recipes - EatingWell

Celebrate with top-rated holiday cookies, appetizers, and desserts. Find the right recipe for any holiday.

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Find trusted recipes for eating healthy: start the day with a wholesome breakfast, cut the carbs or calories, find the perfect main dish for your special diet.

Healthy Recipes | Allrecipes

Smoked Salmon and Cheese Mini Twice-Baked Potatoes Recipe The entire recipe can be prepared ahead and then baked just before serving. These two-bite, stuffed potatoes are a great way to satisfy your craving for cheesy, high-fat potato skins without blowing your healthy eating plan.

Healthy Holiday Appetizers Under 100 Calories | MyRecipes

Celebrate the season with holiday recipes for main courses, desserts, drinks, and more. ... Easy Homemade Carpet Cleaners to Tackle Every Stain Made with products you probably have on hand Organizing ... Healthy Eating

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Holiday Recipes | Real Simple

Lemon Green Bean Almondine: Skip the canned mushroom soup this

Thanksgiving and swap in this healthier green bean dish that's ready in less than 5 minutes. (via The Food Poet)

12 Healthy Holiday Recipes to Keep You on Track - Brit + Co

So we have many easy holiday recipes to help make the holidays doable. All our recipes are created with a healthy flair, so most in this list are healthy holiday recipes too. Christmas cookie recipes.

Many Christmas cookie recipes are straight up flour and sugar bombs! Instead, we try to make lighter Christmas cookie recipes with an eye toward ...

Holiday Recipes | Healthy, Whole Food, & Vegetarian Recipes

Choose comforting recipes, like Zucchini Lasagna and Vegetable Paella, or take a lighter approach with a dish like Tempeh

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with Sweet Potato Medallions with Almond Sauce and Chickpea Salad. Either way, these vegan Thanksgiving main dish recipes are sure to satisfy even the heartiest of meat-eaters.

Ultimate Holiday Cookbook | Cooking Light

This is one of those go-to dishes for busy weeknights—it's fast, easy, and filling. It also happens to be a vegan recipe where legumes and whole grains take center stage. Loads of garlic build a savory flavor base, while Swiss chard contributes a decidedly earthy flavor.

Quick Holiday Recipes | Cooking Light

Healthy eating doesn't mean you have to give up your holiday favorites — all they need are a few modifications. You can use less butter and bacon in green bean casseroles, yogurt instead of...

Healthy Holidays: Tips and Recipes for Healthy Eating

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When it comes to the holidays, we jingle all the way for Christmas. With traditional Christmas recipes ranging from appetizers to dinner to dessert, entertaining ideas and Christmas cookie recipes galore, we've got everything you need to make merry.

Christmas Recipes - Holiday Recipes | Taste of Home

Stay slim through the holidays with tips for avoiding holiday weight gain, plus recipes for low-calorie appetizers, desserts, and more. Our Best Christmas Cakes Impress your holiday guests with a show-stopping cake that tastes as great as it looks on the dessert table.

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