



# BALANCED CELEBRATIONS

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A TOPS Club Holiday Recipe Collection

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# BEVERAGES

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Sip & Celebrate



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# EGG-LESS NOG

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A simple take on a classic drink.



Prep Time: 5 min. | Chill Time: 2 hours | Servings: 4

## Ingredients

- 1/2 gallon nut or soy milk
- 1/2 cup blue agave sweetener, light  
(can substitute with regular sugar)
- 1 teaspoon ground nutmeg



## Directions

- 1 Blend cashew milk, agave sweetener and nutmeg in a food processor until smooth. Adjust flavor by adding more agave and nutmeg as desired. Pour contents into a container and chill for 2 hours.
- 2 Pour mixture into 4 cups. Serve chilled or warm.

**Per Serving (1 cup):** 149 calories (37 from fat), 4 g total fat (0 g saturated fat), 0 mg cholesterol, 336 mg sodium, 24 g carbohydrates, 0 g fiber, 19 g sugar, 2 g protein

**Exchanges:** 1 milk, 1 fat, 1 other carbs





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# SPICED PUMPKIN CHAI

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Get cozy this season wrapped in a blanket with a mug, or invite your friends over for a glass!

## Ingredients

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1 tea bag regular or decaf spiced chai  
1/2 cup plain, unsweetened almond milk  
2 tablespoons pumpkin puree  
1/2 tablespoon honey  
1/4 teaspoon vanilla extract  
1/8 teaspoon ground cinnamon  
1/8 teaspoon ground ginger  
1/8 teaspoon ground nutmeg  
1/2 teaspoon cornstarch  
2 cinnamon sticks for garnish

**Per Serving (12 oz.):** 74 calories (9 from fat), 1 g total fat (0 g saturated fat), 0 mg cholesterol, 87 mg sodium, 11 g carbohydrates, 1 g fiber, 11 g sugar, 1 g protein

**Exchanges:** 1/2 milk, 1 other carbs, 1 free



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Prep Time: 5 min. | Cook Time: 5 min. | Servings: 1

## Directions

- 1 In a medium saucepan, bring 1/2 cup water to a gentle boil. Add tea bag and let steep for 5 minutes. Remove tea bag and squeeze tea into water. Discard tea bag.
- 2 In a separate bowl, mix almond milk, pumpkin, honey, vanilla, cinnamon, ginger and nutmeg. Add to tea water and mix.
- 3 Add cornstarch to tea and whisk vigorously until mixed and creamy.
- 4 Pour into a cup, add cinnamon sticks for garnish and serve while still hot.



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# ICED HORCHATA

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A creamy, spiced mocktail inspired by a traditional Mexican drink to enjoy with friends.



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Prep Time: 15 min. | Servings: 4



## Ingredients

1 (32 oz.) container of unsweetened almond milk  
1/3 of 13.5 oz. can lite coconut milk  
5 tablespoons ground cinnamon  
1 tablespoon vanilla  
1 tablespoon nutmeg  
1/4 cup honey (substitute agave or maple syrup)

## Directions

- 1 Whisk the honey, nutmeg and vanilla together in a small bowl.
- 2 Combine all remaining ingredients in a large pitcher with a lid.
- 3 Add the sweetener mixture and stir vigorously for 3-4 minutes. Whisk well to blend.
- 4 Blend well with 1-2 cups of ice, then serve.

**Per Serving (12 oz.):** 165 calories (50 from fat), 6 g total fat (2 g saturated fat), 0 mg cholesterol, 170 mg sodium, 28 g carbohydrates, 3 g fiber, 18 g sugar, 2 g protein

**Exchanges:** 1 milk, 1 fat, 1 other carbs



# MULLED WINE & ORANGE SPRITZER

Don't be intimidated by making your own mulled wine - you'll love the simplicity of this seasonal sipper.

## Ingredients

1 cup apple cider  
3/4 cup orange juice  
1/4 cup lemon juice  
375 ml red wine  
2 tablespoons honey  
1 cinnamon stick  
zest of one medium orange  
zest of one medium lemon  
4 whole cloves  
1 star anise  
1 liter soda water or club soda  
2 medium oranges and 1 medium lemon,  
peeled and sliced for garnish



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Prep Time: 15 min. | Servings: 12

## Directions



- 1 Place apple cider, orange juice, lemon juice, red wine, honey, cinnamon stick, orange zest, lemon zest, cloves and star anise in a large pot and simmer on low heat for 10 minutes.
- 2 Remove from heat and cool completely.
- 3 Add soda water or club soda to chilled wine.
- 4 Refrigerate or serve over ice.
- 5 Garnish with orange and lemon slices.

**Per Serving (1 cup):** 70 calories (0 from fat), 0 g total fat (0 g saturated fat), 0 mg cholesterol, 20 mg sodium, 10 g carbohydrates, 1 g fiber, 7 g sugar, 0 g protein

**Exchanges:** 1/2 fruit, 1/2 fat



# APPETIZERS

SAVOR, SNACK, NOURISH







# BUTTERNUT SQUASH STUFFED MUSHROOMS

Fill your home with savory smells of the holidays and enjoy this flavor-packed bite.



Prep Time: 15 min. | Cook Time: 45 min. | Servings: 6

## Directions

- 1 Preheat oven to 350°F.
- 2 Clean mushrooms with a wet paper towel, break off stems and chop into pieces. Set aside stems and caps separately.
- 3 Evenly spread squash on a sprayed baking sheet, spritz with cooking spray, and sprinkle with salt and pepper. Bake for 15 minutes.
- 4 Spray a frying pan and place over low heat. Simmer chopped stems for 2-3 minutes, then add garlic, rosemary, and thyme. Turn to medium heat, stir, and add bread crumbs for 2-3 minutes until mixed and aromatic.
- 5 Mix squash with ingredients for 2-4 minutes on medium-low heat. Add salt and pepper to taste. Remove from heat.
- 6 Arrange mushroom caps on the baking sheet. Fill mushrooms, mounding about ¾-inch above the cap.
- 7 Bake for 15-20 minutes until caps are soft and tops are lightly browned.

## Ingredients



12 fresh whole white mushrooms  
(approximately a 12 oz. package)  
20 oz. frozen or fresh butternut  
squash cubes (1/2 - 3/4 inch pieces)  
1/4 cup bread crumbs  
1/2 teaspoon thyme  
1 teaspoon rosemary  
2-4 garlic cloves, crushed or minced  
salt and pepper to taste

**Per Serving (2 mushrooms):** 55 calories (4 from fat), 0.5 g total fat (0 g saturated fat), 0 mg cholesterol, 64 mg sodium, 12 g carbohydrates, 1 g fiber, 2 g sugar, 2 g protein

**Exchanges:** 1/2 vegetable, 1/2 starch

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# SEVEN-LAYER DIP DONE LIGHT

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This seven-layer dip will keep your guests and your body happy!

## Ingredients

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1 14 oz. can reduced-sodium black beans,

drained and rinsed

1 cup fat-free Greek yogurt

1/2 teaspoon ground cumin

1/4 teaspoon salt

1 medium avocado, peeled and pit removed

1 cup peas (thawed if frozen)

juice of 1/2 a medium lime

1 cup tomato, chopped

1/2 cup fat-free shredded cheddar cheese

1/3 cup scallion, chopped

1/3 cup cilantro, chopped

24 celery sticks

24 thin jicama wedges



Photo by Dominic Perri

Prep Time: 20 min. | Servings: 12

## Directions



- 1 Using a fork or potato masher, mash the beans well. Spread evenly into the bottom of your serving dish.
- 2 In a small bowl, stir the yogurt together with cumin and salt. Spread evenly over the beans.
- 3 Use the same bowl to make your guacamole. Mash the avocado together with the peas until a chunky puree forms. Stir in the lime juice and spread carefully over the yogurt layer.
- 4 Top the guacamole layer with layers of chopped tomato, cheese, scallion and cilantro.
- 5 Serve dip with celery sticks and jicama wedges.

**Per Serving** (2 1/2 tablespoons w/ 2 celery sticks and 2 jicama wedges): 90 calories (15 from fat), 2 g total fat (0 g saturated fat), 2 mg cholesterol, 126 mg sodium, 12 g carbohydrates, 4 g fiber, 2 g sugar, 6 g protein

**Exchanges:** 1/2 starch, 1/2 vegetable, 1 protein, 1/2 fat





# MAIN DISHES

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BALANCED FEAST FARE



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# TURKEY CHILI

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In the mood for something hearty?  
Serve on top of mashed potatoes or a  
baked potato!

## Ingredients

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2 tablespoons olive oil  
1 large onion, chopped  
1 poblano pepper, chopped (substitute  
with green pepper)  
3-4 cloves garlic, finely chopped  
2 cups turkey meat, shredded  
2 tablespoons chili powder  
1 1/2 teaspoons smoked paprika  
1 1/2 teaspoons ground cumin  
1 28 oz. can fire-roasted diced tomatoes  
with juices  
1 4 oz. can diced green chiles with juices  
1 6 oz. can tomato paste  
2 14 oz. cans beans (your choice)  
1 1/2 cups chicken or vegetable broth  
salt and pepper to taste



Photo by Zak Paulus

Prep Time: 15 min. | Cook Time: 1 hour | Servings: 6

## Directions

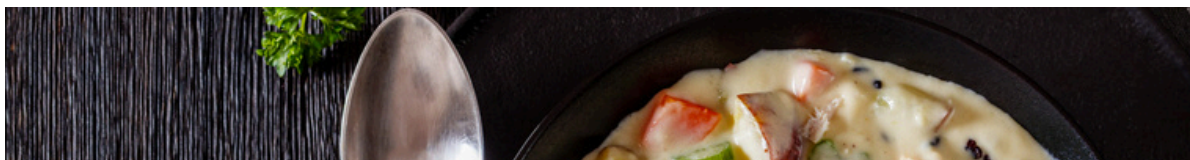


- 1 Heat olive oil in a large pot over medium/high heat.
- 2 Add the onions and pepper; sauté until onions are translucent. Add garlic and cook for 1 to 2 minutes or until fragrant.
- 3 Add shredded turkey, chili powder, smoked paprika, cumin, salt, and pepper. Mix so the turkey is coated evenly with the spice mixture.
- 4 Add the tomatoes, green chiles, tomato paste, beans and broth. Bring to a boil and then reduce to a simmer for at least 30 minutes.

**Per Serving (1 cup):** 267 calories (65 from fat), 8 g total fat (0 g saturated fat), 16 mg cholesterol, 805 mg sodium, 33 g carbohydrates, 12 g fiber, 7 g sugar, 17 g protein

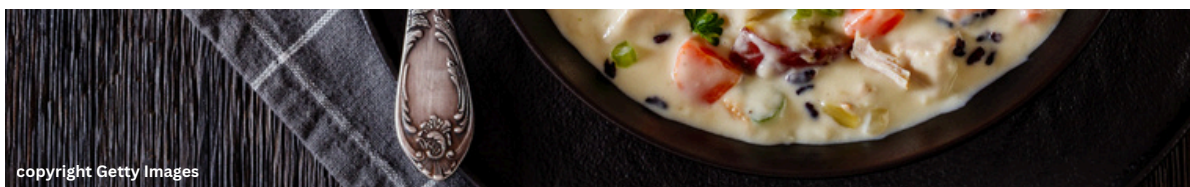
**Exchanges:** 1 starch, 1 1/2 vegetable, 3 protein, 1 1/2 fat





# TURKEY, VEGETABLE & WILD RICE SOUP

Nothing satisfies like soup on a cold day!



Prep Time: 10 min. | Cook Time: 1 hour 45 min. | Servings: 6

## Directions

- 1 Make turkey broth in a slow cooker using your leftovers: Add turkey, vegetable scraps, bay leaves, peppercorns, and thyme. Cover with water, cook on low for 8-12 hours. (Not included in prep or cook time).
- 2 In a soup pot, sauté onions, carrots and celery over medium heat in olive oil until onions are soft and translucent.
- 3 Add the garlic and mushrooms, cooking for 3-5 minutes until the garlic is fragrant and the mushrooms have cooked slightly.
- 4 Mix in tamari, bay leaf, and 4 cups of broth. Bring to a boil, then simmer covered for 25-30 minutes.
- 5 Stir in wild rice; simmer for 35 minutes.
- 6 Add turkey, thyme, salt, and pepper. Cook for an additional 25 minutes or until wild rice is cooked through.

**Per Serving (1 1/2 cups):** 232 calories (80 from fat), 10 g total fat (0.5 g saturated fat), 20 mg cholesterol, 881 mg sodium, 24 g carbohydrates, 5 g fiber, 9 g sugar, 12 g protein

**Exchanges:** 1 starch, 2 vegetable, 2 protein, 2 fat

## Ingredients



- 5 cups homemade turkey broth  
(substitute with store-bought)
- 2 cups leftover turkey, cubed
- 3 tablespoons olive oil
- 1 large onion, diced
- 3 carrots, sliced
- 6 stalks of celery, sliced
- 3 cloves garlic, finely chopped
- 6 ounces mushrooms, sliced
- 1 1/2 tablespoons low-sodium tamari
- 2 bay leaves
- 1/2 cup wild rice
- 1 tablespoon fresh thyme, chopped
- salt & pepper to taste

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# MUFFIN TIN BUTTERNUT SQUASH MACARONI & CHEESE

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You can easily increase the recipe and freeze the individual cups for future dinners!



Prep Time: 15 min. | Cook Time: 10 min. | Servings: 2



## Ingredients

1/2 cup chopped broccoli  
1/2 cup raw elbow pasta  
3/4 cup butternut squash puree\*  
1/3 cup fat-free milk  
1/4 cup reduced-fat cheddar cheese  
1 teaspoon sweet paprika  
1/2 teaspoon salt

**\*DIY Butternut Puree:** Halve squash, remove seeds, spray and roast with cut side down at 375°F for 45 minutes. Cool, scoop and mash. Portion into freezer bags to store.

## Directions

- 1 Preheat the oven to 350°F.
- 2 Boil pasta until tender. Drain the pasta into a strainer containing the broccoli and set aside.
- 3 Make the sauce by combining squash puree, milk, cheese, paprika and salt in a bowl.
- 4 Add pasta and broccoli to the sauce, stir gently.
- 5 Spray 4 muffin tin wells, distribute the mixture, and bake for 10 minutes until heated through.

**Per Serving (2 muffins):** 165 calories (25 from fat), 2 g total fat (1 g saturated fat), 5 mg cholesterol, 337 mg sodium, 14 g carbohydrates, 1 g fiber, 1 g sugar, 7 g protein

**Exchanges:** 2 starch, 1/2 vegetable, 1 protein, 1/2 fat

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# LEFTOVER TURKEY HASH W/ BRUSSELS SPROUTS & POTATOES

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Change up what you do with your leftovers for a quick and easy breakfast.

## Ingredients

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2 large eggs

4 oz. leftover turkey breast, cut into  
medium slices

1/2 cup leftover roasted Brussels sprouts

1/2 yellow onion, sliced thin

1 large Yukon Gold potato, sliced into  
thin, bite-sized pieces

1 tablespoon olive oil

salt & pepper to taste



**Per Serving (1/2 the veggies, 1 egg):** 224 calories (140 from fat), 16 g total fat (3.5 g saturated fat), 229 mg cholesterol, 179 mg sodium, 32 g carbohydrates, 6 g fiber, 7 g sugar, 27 g protein

**Exchanges:** 2 starch, 1 vegetable, 4 protein, 3 fat



Prep Time: 10 min. | Cook Time: 25 min. | Servings: 2

## Directions

- 1 Preheat pan, toss potatoes in oil with salt and pepper. Cover and cook for 10 minutes until almost fork-tender.
- 2 Reduce to medium-low heat and add onions. Cook 5-10 minutes or until caramelized.
- 3 Add Brussels sprouts and turkey, cook until warmed through. Season with salt and pepper.
- 4 Remove the vegetables from the pan and keep warm. Heat the pan to medium and add more oil if needed. Add the eggs and fry til the whites are solid (or however you like your eggs!)
- 5 Divide vegetables onto two plates, top each with an egg. Add salt and pepper as needed.





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# BUTTERNUT SQUASH & APPLE SOUP

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A creamy, nutritious fall and winter soup.



Prep Time: 15 min. | Cook Time: 10 min. | Servings: 6

## Ingredients

1 tablespoon olive oil  
1 medium sweet onion, roughly chopped  
1 medium tart apple  
3 cloves of minced garlic  
1-2 tablespoons fresh thyme, chopped  
1-2 tablespoons fresh sage, chopped  
1 small to medium butternut squash, chopped  
2 carrots, chopped  
4 cups low-sodium vegetable stock  
1 can light coconut milk  
1 teaspoon sea salt  
Black pepper to taste

**Exchanges:** 2 vegetable, 1 fat, 1 other carbs

## Directions

- 1 In a large pot over medium heat, saute the onion in oil until slightly translucent. Add the apple and cook for 4 to 5 minutes until the apple has softened slightly.
- 2 Add the garlic, thyme and sage; stir for 1 minute. Add the carrots, butternut squash, broth, coconut milk, salt and pepper.
- 3 Bring to a boil, then simmer covered for 10-12 min until the squash and carrots are tender.
- 4 Puree with an immersion blender until smooth and creamy. Adjust salt and pepper to taste.
- 5 Serve immediately or store in the fridge for up to four days, or freeze for up to one month!



**Per Serving (1 cup):** 103 calories (45 from fat), 5 g total fat (1.5 g saturated fat), 4 mg cholesterol, 94 mg sodium, 11 g carbohydrates, 3 g fiber, 5 g sugar, 1 g protein



# BUTTERNUT SQUASH STEAKS W/ HERB SAUCE & QUINOA

A hearty and festive vegetarian dish.



Prep Time: 20 min. | Cook Time: 30 min. | Servings: 4

## Directions

- 1 Preheat oven to 375°F.
- 2 Blend cilantro, parsley, garlic, lemon juice, paprika, cumin, pepper flakes, and salt in a food processor until a thick green puree forms.
- 3 Slowly pour olive oil and water into the processor while running to create a well-blended sauce (should be like a very heavy salad dressing). Adjust thickness with water if needed. Set the finished chermoula (sauce) aside.
- 4 Peel and cut butternut squash into ¾-inch "steaks." Rub with ¼ cup chermoula and roast for 30 minutes or until tender and golden brown.
- 5 While the squash is roasting, prepare the quinoa per the package directions.
- 6 Serve by placing quinoa on a platter, layering squash slices, and garnishing with chermoula. Optionally, add pomegranate seeds and cilantro or parsley leaves.



## Ingredients

1 cup packed cilantro leaves and tender stems  
1/2 cup packed flat-leaf parsley  
1 clove garlic, peeled  
1 tablespoon lemon juice  
1 teaspoon paprika  
1 teaspoon ground cumin  
pinch red pepper flakes  
1/4 teaspoon salt  
2 tablespoons olive oil  
2 tablespoons water  
1 large butternut squash  
1 cup quinoa

**Per Serving (3/4 cup squash, 3/4 cup quinoa, 1 tablespoon sauce):** 287 calories (85 from fat), 10 g total fat (1 g saturated fat), 43 mg cholesterol, 159 mg sodium, 43 g carbohydrates, 6 g fiber, 9 g sugar, 8 g protein

**Exchanges:** 2 1/2 starch, 1 vegetable, 1 protein, 2 fat

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# JICAMA “HASHBROWN” CASSEROLE

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A cheesy and delightful dish for a gluten-free brunch.



Prep Time: 10 min. | Cook Time: 10 min. | Servings: 2



## Ingredients

2 cups jicama, peeled and grated with the large holes on a box grater  
2 tablespoons onion, grated  
1/2 cup fat-free sour cream  
1/2 teaspoon salt  
1/4 teaspoon ground pepper  
1 tablespoon flat-leaf parsley, minced  
pinch cayenne pepper, optional  
1/4 cup grated light sharp cheddar

## Directions

- 1 Preheat the broiler. Spray two 6-8 oz. baking dishes with cooking spray; set aside.
- 2 Spread jicama on a microwave-safe plate and spray with cooking spray. Microwave at high power for 5 minutes or until the shreds of jicama start to soften.
- 3 In a bowl, mix jicama, onion, sour cream, salt, pepper, parsley and cayenne (if using).
- 4 Spoon into dishes and sprinkle each dish with 2 tablespoons of cheese.
- 5 Broil 3-5 minutes until golden and bubbly.

**Per Serving (1 cup):** 145 calories (17 from fat), 2 g total fat (1 g saturated fat), 12 mg cholesterol, 356 mg sodium, 22 g carbohydrates, 6 g fiber, 3 g sugar, 10 g protein

**Exchanges:** 1 starch, 1, milk, 1 vegetable, 1 protein, 1/2 fat



# DESSERTS

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SMART INDULGENCES, BIG FLAVOR





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# CRUSTLESS PUMPKIN PIE

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A member favorite of this lighter alternative.



Prep Time: 15 min. | Cook Time: 1 hour | Servings: 8

## Ingredients

- 2 tablespoons chopped pecans
- 2 medium eggs
- 1/2 cup brown sugar, loosely packed
- 1 1/2 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 1/4 teaspoon ground ginger
- 1/4 teaspoon salt
- 1 1/4 cups fat-free evaporated milk
- 1 15 oz. can pumpkin puree

**Per Serving (3/4 cup slice):** 112 calories (21 from fat), 3 g total fat (0 g saturated fat), 47 mg cholesterol, 133 mg sodium, 32 g carbohydrates, 2 g fiber, 15 g sugar, 5 g protein

**Exchanges:** 1 fruit, 1/2 milk, 1/2 fat, 2 other carbs, 1 free

## Directions

- 1 Preheat the oven to 400° F.
- 2 Toast pecans for 6 minutes on a parchment-lined pan; set aside to cool.
- 3 In a bowl, beat eggs, brown sugar, spices and salt until blended. Stir in evaporated milk and pumpkin until smooth.
- 4 Lightly coat an 8x8 baking dish with cooking spray and pour in mixture. Add toasted pecans.
- 5 Bake at 400°F for 15 minutes, then reduce heat to 350°F and bake for 1 hour or until set.
- 6 Cool for several hours or overnight before serving.





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# PUMPKIN BREAD PUDDING

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The perfect end to any holiday meal  
and for brunch the next morning.

## Ingredients

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5 large eggs  
1 15 oz. can pumpkin puree  
1 1/2 cup half-and-half  
1 1/2 cup low-fat milk  
1/2 cup brown sugar  
1/2 cup sugar  
1/4 teaspoon salt  
1 teaspoon cinnamon  
1/4 teaspoon ground cloves  
1/2 teaspoon ground ginger  
2 teaspoons vanilla  
8 cups white bread, cut into half-inch  
pieces



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Prep Time: 15 min. | Cook & Chill Time: 2 hours | Servings: 12

## Directions

- 1 Combine and mix all ingredients except the bread in a large bowl.
- 2 Coat a 9x13-inch pan with cooking spray. Add the bread and pour pumpkin mixture on top. Cover and refrigerate for 1 hour.
- 3 Preheat oven to 350°F.
- 4 Stir and press the bread to absorb any of the extra mixture. Cook for 1 hour. Serve warm, but not hot.

**Per Serving (3/4 cup or 1/12 the dish):** 212 calories (57 from fat), 6 g total fat (3 g saturated fat), 90 mg cholesterol, 228 mg sodium, 32 g carbohydrates, 2 g fiber, 20 g sugar, 7 g protein

**Exchanges:** 1 1/2 starch, 1 fat, 1 other carbs



# CHOCOLATE PEPPERMINT BARK

Enjoy this festive dessert!



Prep Time: 30 min. | Chill Time: 1 hour | Servings: 24

## Directions

- 1 Line an 8x8-inch pan with parchment paper.
- 2 Melt dark chocolate in a double boiler, stirring constantly until smooth and melted. Pour on parchment paper and freeze to set.
- 3 Clean the double boiler and melt white chocolate, heating until melted. Mix in nut butter and vanilla extract; cool for 10 minutes.
- 4 Once cooled, add the peppermint extract and whisk.
- 5 Pour the white chocolate mix over the set dark chocolate; top with crushed candy canes. Refrigerate 1 hour.
- 6 Break into pieces by hand or cut into pieces with a knife. Keep stored in the refrigerator or freezer.

**Per Serving (1 inch x 1 inch piece):** 94 calories (62 from fat), 7 g total fat (4 g saturated fat), 0 mg cholesterol, 10 mg sodium, 8 g carbohydrates, 0 g fiber, 6 g sugar, 0 g protein

**Exchanges:** 1 1/2 fat, 1/2 other carbs

## Ingredients

### Dark Chocolate

6 oz. vegan dark chocolate

### White Chocolate

6 oz. vegan white chocolate

1 tablespoon almond butter

1/2 teaspoon pure vanilla extract

1/4 teaspoon peppermint extract

### Toppings

2 candy canes, crushed





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# CHOCOLATE CHIP & OATMEAL WALNUT COOKIES

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A hearty chocolate chip cookies with a walnut crunch.



Prep Time: 15 min. | Cook Time: 10 min | Servings: 24



## Ingredients

2/3 cup sugar  
1/3 cup soy milk  
2 tablespoons canola oil  
1 teaspoon pure vanilla extract  
1 medium egg  
1 cup whole-wheat flour  
1 cup rolled oats  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 cup semisweet chocolate chips  
(reserve 2 tablespoons for melting)  
1/2 cup walnut pieces

## Directions

- 1 Preheat oven to 425°F.
- 2 In a bowl, combine sugar, milk, oil, vanilla and egg.
- 3 In a separate bowl, mix flour, oats, baking soda and salt. Add to the sugar mixture and combine well. Add the chocolate chips and walnuts.
- 4 Drop batter by medium spoonfuls on a greased baking sheet. Bake for 10-12 minutes and cool.
- 5 Melt 2 tablespoons chocolate chips and drizzle on cookies.

**Per Serving (1 cookie):** 107 calories (43 from fat), 5 g total fat (1 g saturated fat), 7 mg cholesterol, 79 mg sodium, 15 g carbohydrates, 2 g fiber, 8 g sugar, 2 g protein

**Exchanges:** 1 starch, 1 fat

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# CHOCOLATE MERINGUE COOKIES

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With a light and airy texture and chocolatey taste, they're a festive delight.

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## Ingredients

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3 egg whites

1/8 teaspoon cream of tartar

1/2 teaspoon vanilla extract

1/2 cup sugar

2 tablespoons unsweetened cocoa  
powder

1/4 cup mini semisweet chocolate  
chips



**Per Serving (2 cookies):** 86 calories (28 from fat), 3 g total fat (2 g saturated fat), 0 mg cholesterol, 14 mg sodium, 15 g carbohydrates, 0 g fiber, 13 g sugar, 2 g protein

**Exchanges:** 1/2 fat, 1 other carbs



Prep Time: 15 min. | Cook Time: 30 min. | Servings: 24

## Directions

- 1 Preheat the oven to 300°F.
- 2 Combine room-temperature egg whites with cream of tartar and vanilla extract. Beat until soft peaks form, about 2-3 minutes.
- 3 Slowly add sugar; beat until stiff peaks form and mixture becomes glossy. Fold in cocoa and chocolate chips.
- 4 Line baking sheets with parchment paper and drop mixture by teaspoonfuls on the sheets.
- 5 Bake 25-30 minutes. Once cooled, store cookies in an airtight container.



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# BAKED APPLE “CHIPS”

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You know what they say about an apple a day!



Prep Time: 5 min. | Cook Time: 60-75 min. | Servings: 4

## Ingredients

2 apples

cinnamon (optional)

apple pie spice (optional)



**Per Serving (1 apple):** 95 calories (0 from fat), 0 g total fat (0 g saturated fat), 0 mg cholesterol, 2 mg sodium, 25 g carbohydrates, 4 g fiber, 19 g sugar, 0 g protein

**Exchanges:** 1 fruit

## Directions

- 1 Preheat the oven to 225°F.
- 2 Using a mandolin or knife, cut apples into very thin slices and remove any seeds. Arrange on parchment-lined cookie sheets. Sprinkle with spices, if using.
- 3 Bake 60-75 minutes until edges curl. It's OK if they're not fully crisp yet; they'll get crunchy as they cool.
- 4 Transfer to a wire rack to cool completely. Enjoy!





# CHOCOLATE-DIPPED ORANGES

A sweet and tangy snack or dessert!



Prep Time: 10 min. | Chill Time: 20 min. | Servings: 24

## Directions

- 1 Peel orange and pull apart into sections.
- 2 Melt chocolate using a double boiler. To make your own double boiler, you'll need a medium saucepan and a slightly smaller metal or glass bowl that will fit in the pan without touching the water. Fill the pan with roughly 2 inches of water. Place chocolate in the bowl and heat water until chocolate starts to melt. Slowly whisk until smooth.
- 3 Dip orange slice into chocolate.
- 4 Place the slices on parchment paper and chill in the freezer for 20 minutes.

## Ingredients

1 medium orange

1 oz. dark chocolate



**Per Serving (1 orange):** 222 calories (96 from fat), 10 g total fat (6 g saturated fat), 20 mg cholesterol, 3 mg sodium, 30 g carbohydrates, 4 g fiber, 22 g sugar, 1 g protein

**Exchanges:** 1 fruit, 1 other carb, 2 fats



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# MULLED WINE POACHED FRUIT

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Have it for dessert and leftovers on yogurt!



Prep Time: 5 min. | Cook Time: 15 min. | Servings: 4

## Ingredients

- 1 1/2 cup red wine\*
- 1 1/2 cup water
- 1/4 cup honey
- 8 peppercorns
- 1 strip of orange zest (use a vegetable peeler)
- 1 cinnamon stick
- 1 firm-ripe pear, quartered and cored
- 8 pitted prunes

\*While most alcohol will evaporate during reduction, for those with medication or alcohol concerns, consider substituting 1 1/2 c. grape juice for the red wine for a nonalcoholic option.

## Directions



- 1 In a small saucepan, combine the wine, water, honey, peppercorns, zest and cinnamon. Bring to a simmer.
- 2 Add pears and prunes; poach for 15 minutes until tender.
- 3 Remove the fruit and increase heat. Boil the liquid until reduced to about 1 cup.
- 4 Serve fruit with 1 tablespoon of the poaching liquid spooned over the top.

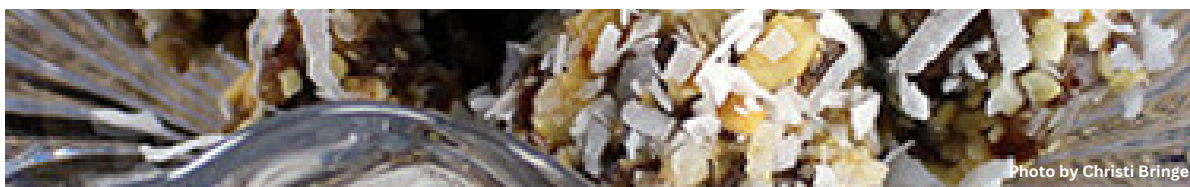
**Per Serving (1/4 fruit with 1 tablespoon liquid):** 353 calories (0 from fat), 0 g total fat (0 g saturated fat), 0 mg cholesterol, 5 mg sodium, 38 g carbohydrates, 4 g fiber, 30 g sugar, 0 g protein

**Exchanges:** 1 fruit, 1 other carbs, 1 free



# NO-BAKE CASHEW COCONUT BITES

Satisfy even the sweetest of sweet tooths!



Prep Time: 10 min. | Chill Time: 15 min. | Servings: 15

## Directions

- 1 Toast cashews in a skillet over low-medium heat for about 5 minutes or until brown, stir or shake pan constantly.
- 2 Pulse toasted cashews in a food processor until very finely chopped. Add dates, 1/4 cup shredded coconut, 1 tablespoon coconut oil and water and process for 30-60 seconds or until mixture forms with no large chunks. Add extra 1/2 tablespoon of coconut oil if needed for moist texture.
- 3 Roll the mixture into 15 balls, coat each in the remaining shredded coconut and place in mini cupcake papers.
- 4 Refrigerate for at least 15 minutes before serving.

**Per Serving (1 bite):** 100 calories (65 from fat), 5 g total fat (2 1/2 g saturated fat), 0 mg cholesterol, 20 mg sodium, 15 g carbohydrates, 1 g fiber, 12 g sugar, 1 g protein

**Exchanges:** 1/2 starch, 1 fat

## Ingredients



1/2 cup salted cashews  
10 dates, pitted and coarsely chopped  
1/2 cup sweetened, shredded coconut, divided  
1 1/2 tablespoons coconut oil, divided  
1 tablespoon water





# NUTRITION INFO

**GLUTEN-FREE** recipes are prepared without any wheat, barley, rye or triticale. Check the label on each ingredient to make sure the brand you are using does not contain these grains in any form (flour, bread, stuffing, bran germ, malt, starch, etc.).

**VEGETARIAN** recipes are prepared without any meat, poultry or seafood. Check the label on each ingredient to make sure the brand you are using does not contain these items. TOPS vegetarian recipes may contain animal products, including foods with animal fats, milk or eggs.

**VEGAN** recipes are prepared without any animal products including fats, milk or eggs. Check the label on each ingredient to make sure the brand you are using does not contain these items in any form.

**LOW-SODIUM** recipes have 140 mg of sodium or less per serving.

**HIGH-SODIUM** recipes include more sodium than our usual recommendations. You may want to reduce your sodium consumption throughout the rest of the day to balance your intake.

All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.

For simplicity's sake, count other carbohydrates (other carbs) as starches.





# SAVOR THE MOMENTS

May your kitchen be filled with joy and your table with laughter. Here's to delicious moments and the joy of sharing. Happy cooking and happy eating!

Find more recipes on [www.tops.org](http://www.tops.org)

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## BALANCED CELEBRATIONS

A TOPS Club Holiday Recipe Collection