



THE KURBO COOKBOOK: HOLIDAY EDITION

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The holiday season seems to start as early as September when Halloween candy and decorations first appear in our grocery stores. The temptations during this season are overwhelming, making it very difficult for families to stay committed to their health goals. However, we know that if you put health on the back-burner until January 2nd, chances are you will be frustrated, regretful, and overwhelmed by the effort required to get back on track.

Also, it's important that you know that we love our red light foods at Kurbo, and family events will always have special red light foods. But we also know how easy it is to get carried away and lose sight of long-term health and wellness goals when completely giving into these temptations.

In an effort to help families stick with their health and wellness goals during the long holiday season and to make sure no one feels deprived of their favorite foods or traditions, we have collected favorite healthy holiday recipes from our Kurbo families and coaches.

Happy Holidays,

Thea and Arielle



Holiday Do's and Don'ts

It is hard to stay on track during the holiday season if you aren't prepared. Try some of these simple behavior tricks to help you stay committed to your health goals!

Do:

- **Serve plenty of green lights next to reds.** You will be amazed at how many greens are eaten.
- **Introduce active traditions.** Get moving! Plan a family hike or soccer game.
- **Focus on presentation.** Make it fun! If it looks good, it will get eaten.
- **Start with soup.** This is a great way to start a meal to help make you feel more full and less tempted by other unhealthy sides. Just make sure it is broth based!
- **Put less candy in stockings.** Try toys, sugar free gum, nail polish, trading cards, chapstick...the non-food options are endless.
- **Re-gift red lights.** No one needs multiple boxes of chocolates. Save yourself and your family and give them to a neighbor or the crossing guard at school.
- **Bake your favorites but then give them away.** Enjoy this family tradition but rather than keep them in the house, give them away to family and friends.

Don't:

- **Serve too many different types of red light desserts.** Studies show that the more varieties served, the more you will eat. Keep your temptation in check and limit it to one or two types of dessert so you are less interested to try them all.
- **Skip meals.** Contrary to popular belief, this common practice of not eating until the big dinner will cause you to overeat and especially overeat the unhealthy stuff. You will thank us in the morning.
- **Drink your calories.** There are so many high calorie options. A simple solution to keeping the calories and sugar in check is to make sure to serve low-calorie beverages.
- **Prepare a ridiculous amount of food.** This will result in overeating and too many leftovers.
- **Keep reds in the house after events.** If it is in the house, you will eat it! Send leftovers home with guests. They will love it!

Red Light Guide

| Food Categories | Fruit | Vegetables | Grains | Meats, Poultry, Fish Tofu | Eggs, Beans, Nuts | Condiments | Sweets and Snacks | Milk and Dairy | Beverages |
|------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| Green Light Good to Go! | Fresh, frozen (no added sugar) | Fresh, frozen (no added sugar or fat) | | | | Herbs, vinegar, tomato sauce, mustard | Whole or cut fruits and vegetables | Nonfat milk | Water, sparkling water, nonfat milk, unsweetened tea, broth, coffee |
| Yellow Light Watch... | Fruit cups in juice, 100% fruit popsicles, 100% fruit smoothies, unsweetened applesauce | Avocado (1/5th), corn, potato, sweet potato | Whole grains, pasta, rice, couscous, quinoa, oatmeal, cereal (≤6g sugar, ≤3g fat/ serving), whole wheat & corn tortillas, bread and whole wheat muffins, whole wheat flour | Lean ground beef, turkey & chicken, Canadian bacon, ham, this in water, chicken and turkey (no skin), lunch meats (<3g fat/serving), fish (baked, grilled, steamed or broiled), low fat sausages and hot dogs, lean beef grilled or broiled hamburgers, tofu, lean/ trimmed steak (flank, filet mignon), trimmed pork chops and tenderloins | Eggs: "fried" without oil/ butter, hardboiled, poached, scrambled, beans, lentils, garbanzo, hummus (low oil), split peas, almonds (23) | Soy sauce, ketchup, fat-free salad dressing, olive oil (1 tsp/6 serving), low fat hummus, light salad dressing | 100% fruit popsicles, nonfat yogurt popsicles, air popped popcorn, 100% fruit smooths, nonfat yogurt, string cheese | 1% milk, nonfat/lowfat plain yogurt, Greek yogurt, nonfat or light cottage cheese, light or reduced fat cheese, string cheese | 1% milk, drink with <10 cal/ serving |
| Red Light Reduce | Fruit cups with added sugar, fruit dummies, fruit rolls, fruit juice, fruit leathers, applesauce with added sugar | Fried vegetables, tempura, french fries, tater tots, onion rings, etc. | White bread, chips, pastries, crackers, doughnuts, muffins, bagels, pancakes/ waffles with oil, cereal (>6g, >3fat/ serving), cakes, cookies | Bacon, fried meat (chicken, fish, pork, beef), untrimmed meat and steaks, hot dogs, pepperoni, sausage, beef & pork ribs, salami, foie gras, pancetta | Fried eggs with oil/ butter, nuts, candy coated nuts blended and 100% nut butters, hummus (full fat) | Mayonnaise, butter, margarine, regular salad dressing, syrup | Ice cream, cookies, chocolate crackers, crackers, milkshakes, cake, chips, cheetos, granola, bars, candy, pretzels, buttered popcorn, protein bars | 2% and whole milk, 2% and higher milk/ dairy products, half&half, sour cream, cream cheese (all), cheese, ice cream, flavored yogurt | Sodas, juice (All), sport drinks, sweetened tea, lemonade, chocolate milk, condensed milk |







Plan your meals using the Kurbo Plate.



To learn more visit kurbo.com

Portions: Measuring by Hand

A quick and easy way to estimate portion size!

| Food | 1 Serving Size = | Measure | Explanation |
|--------------------------|------------------|---------------------------------------------------------------------------------------|----------------------------|
| Bread | 1 slice |  | Open hand |
| Rice/Pasta | ½ cup cooked |  | Fist |
| Cold Cereal | ¾-1 cup |  | Fist |
| Pretzels/Chips | ¼ cup |  | Cupped hand |
| Meat, poultry | 3 oz |  | Size and thickness of palm |
| Cheese/ Peanut butter | 2 Tablespoons |  | Base to tip of thumb |

The Kurbo Grocery Shopping List

We have created a basic green and yellow light pantry list for you and your family. We hope this is a helpful start to your shopping and encourage you to explore new foods and recipes!

Fruit

- Bananas
- Berries
- Melon
- Apples
- Oranges
- _____
- _____
- _____

Vegetables

- Carrots
- Celery
- Broccoli
- Cauliflower
- Spinach
- Bell peppers
- Cucumber
- Sweet Potato/Potato
- Onion
- _____
- _____

Dairy

- Yogurt/Greek Yogurt, Low Fat or Fat Free
- (Lowest sugar content)
- Non-Fat Milk
- Cheddar Cheese, Low Fat
- String Cheese, Low Fat
- Shredded Cheese blend, Low Fat/Non Fat
- Cottage Cheese, Low Fat/Non Fat

Protein

- Chicken
- Fish/Salmon
- Lean Ground Turkey
- Lean Ground Beef
- Steak
- Turkey Bacon
- Chicken Sausage
- Canned Tuna (in water, not oil)
- Eggs

Lunch Meat

- Turkey
- Pastrami
- Ham
- Roast Beef

Grains/Starches

- Rice (white or brown is preferable)
- Whole Grain Bread (Whole "grain" is the 1st ingredient!)
- Whole Wheat English Muffins
- Whole Wheat Tortilla
- Eggo Nutri-Grain Low Fat Whole Wheat Waffles

Cereal (<6g, <3g fat)

- Cinnamon Puffins
- Kashi Heart to Heart
- Cheerios
- Life
- Rice Crispy's
- Kix
- _____
- _____

Condiments/Pantry Staples

- Mayonnaise, Low Fat/Non Fat
- Ranch Dressing, Low Fat/Non Fat
- Spaghetti/Marinara sauce (without sugar)
- Olive Oil Spray
- Spices (Cinnamon, black pepper, paprika, garlic powder, basil, thyme, rosemary, etc)
- Mustard
- Soy Sauce
- Extra Virgin Olive Oil
- _____
- _____

Snacks

- Plain popcorn
- Rice cakes (no flavoring)
- Ak-Mak Crackers
- Wasa Crackers
- Applesauce, unsweetened
- _____
- _____

Kurbo tips: stick to the perimeter of the grocery store, visit a local farmer's market, and buy enough until your next trip!

Chapter 1

Appetizers

When planning appetizers we recommend always serving a crudité's platter with cucumber, celery, carrots and jicama along with a low-fat, nutrient packed dip. The more green lights during hors d'oeuvre time, the better and dips are always a hit! Filling up on green lights is also a good way to stay on track with your health goals, especially during the holidays. And one more tip: stay away from appetizers with meat so that you don't feel painfully stuffed by the time you are done with your holiday meal.

Section 1

Spinach Artichoke Dip

*A cheesy dip that doesn't give you that sluggish feeling after. The yogurt and green veggies give it a nutritious bonus without compromising flavor.
Make enough because this will go fast.*



1 thumbs = 1 yellow light, 1 green light

Ingredients

- 1 can artichoke hearts, drained and chopped
- 1 package frozen spinach, thawed, drained and chopped
- 1 container low fat plain Greek yogurt
- 1 cup low fat mozzarella cheese, shredded
- ¼ cup green onion, thinly sliced
- 1 garlic clove, finely chopped or pressed
- Salt and pepper to taste

Directions

Step 1:

Mix all the ingredients together until well blended.

Step 2:

Pour in a casserole dish and bake in a 350° oven for 20 minutes, or until heated thoroughly.

Perfect pairings: whole-wheat tortilla chips, baby carrots or radishes.

Section 2

Un-Fried Potato Latkes

Traditional potato latkes are a good way to go over your red light budget so we found a way to make them yellow lights instead! These little babies are gluten-free and are baked rather than fried. Your kids are sure to want these for every family holiday.

Ingredients

- 4 potatoes (you can use russet potatoes or half sweet potatoes)
- 1 large onion
- 1 leek
- 2 tablespoons potato starch or potato flour
- 1 egg
- 1 egg yolk
- Olive oil cooking spray
- Salt and ground pepper to taste



1 palm = 1 yellow light

Perfect pairings: unsweetened apple sauce, plain yogurt

Directions

Step 1:

Preheat the oven to 375°. Line a baking sheet with parchment paper.

Step 2:

Grate the potatoes into a large bowl. If you use a food processor the texture will be different than if you grate by hand. Grate the onion and leek (white part only).

Step 3:

Add the egg, egg yolk, potato starch (or flour) and 1 teaspoon of salt and pepper.

Step 4:

Thoroughly mix everything together with your hands.

Step 5:

Start to form small pancakes (hockey puck size) and place on the baking sheet. Make sure to spray lightly with olive oil cooking spray before.

Step 6:

Bake for about 12 minutes or until golden brown.

Step 7:

Serve hot and sprinkle with a little salt.

Section 3

Turkey Meatballs

Ground turkey is a lean meat so we recommend using it in recipes that call for ground meat. Lean meat tends to be less flavorful, due to less fat, so spices will jazz up your dish and keep people coming back for seconds.



Ingredients

- 1 egg
- 1/3 cup whole wheat bread crumbs
- 1 lb lean ground turkey
- 1 small onion, chopped
- 6 mushrooms, chopped
- 1 tablespoon light soy sauce
- 1 tablespoon tomato paste
- 1/2 teaspoon Italian seasoning
- 1 teaspoon crushed garlic
- 1/8 teaspoon pepper
- 1 jar tomato basil pasta sauce
- 2 tablespoons parmesan cheese

1 palm (about 3 meatballs) = 1 yellow light

Directions

Step 1:

Prepare a baking sheet or 9x12 pan with parchment paper or cooking spray. Preheat the oven to 350°.

Step 2:

Mix all the ingredients, except for the cheese in a large bowl. Use your hands or a spoon to make sure that everything is well mixed.

Step 3:

Roll into 1 inch balls. Remember to wash hands before touching anything else because you are handling raw meat.

Step 4:

Place meatballs on pan and cover with the tomato sauce. Sprinkle with cheese and bake for 30-45 minutes.

Step 6:

Serve with a toothpick!

Section 4

Caramelized Onion Dip

Rich, creamy and an instant party favorite. Greek yogurt is also a great source of protein and calcium. Kids flip for this stuff!



Photo from thekitchn.com

2 thumbs = 1 yellow light

Perfect pairings: celery sticks, carrot sticks and homemade pita chips

Ingredients

- 3 onions, halved and thinly sliced
- 2 cups low fat plain Greek yogurt
- ¼ cup goat cheese
- 1 tablespoon Italian parsley, chopped
- ½ teaspoon onion powder
- ½ teaspoon Worcestershire sauce
- ¼ cup olive oil
- Salt and pepper to taste

Directions

Step 1:

In a skillet over medium heat, heat the olive oil and then add the sliced onions. Cook down until onions brown. Add 2 tablespoons water and cook until water has evaporated. About 2 minutes. Let the onions cool.

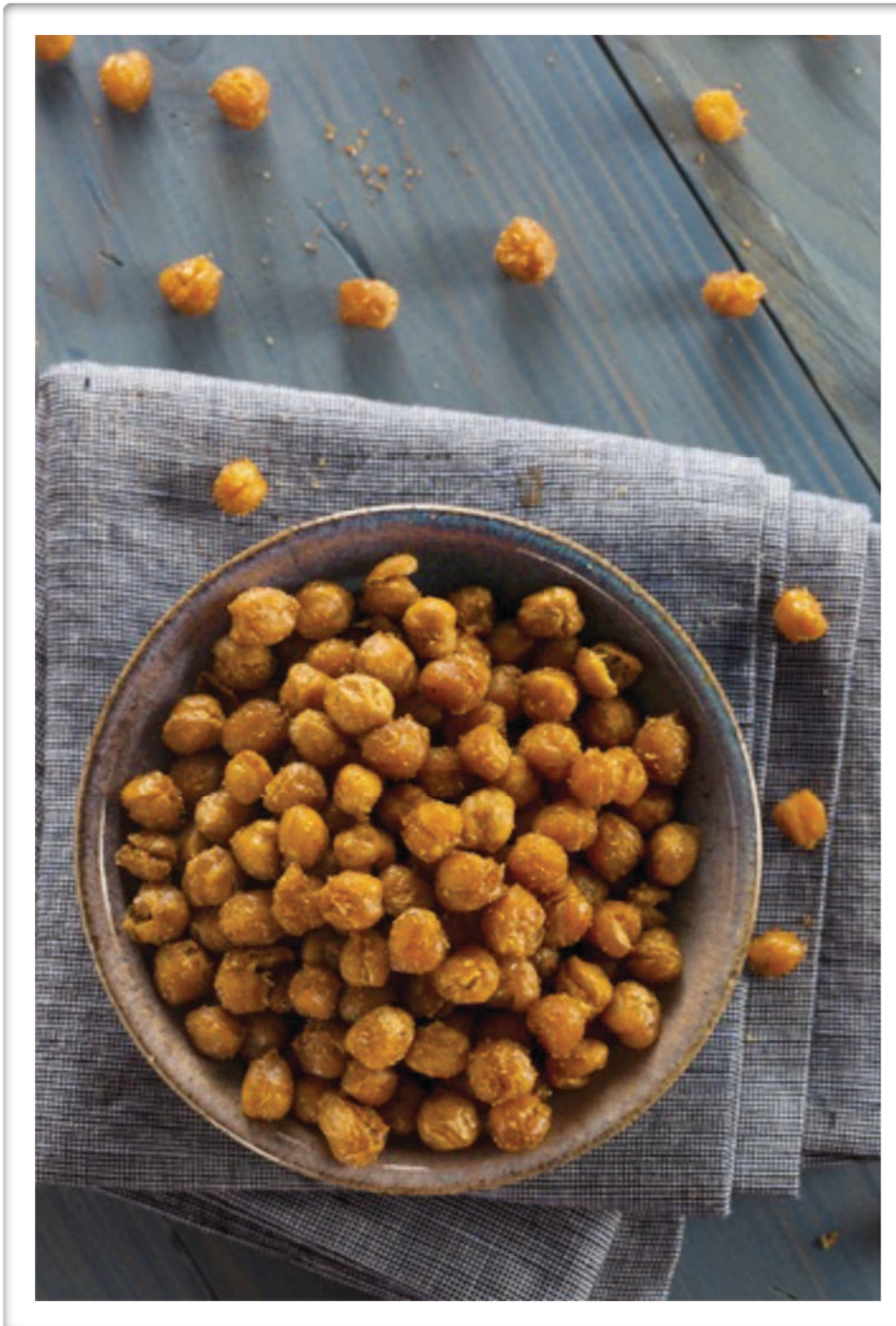
Step 2:

Mix onions, yogurt, cheese, parsley, onion powder, Worcestershire sauce, salt and pepper until well blended.

Section 5

Roasted Chickpeas

Crunchy with a nutty flavor, chickpeas are packed with protein and fiber, making them a surprisingly pleasing snack. The flavor combos can be endless so don't be shy to get experimental.



1 cupped hand = 1
yellow light

Ingredients

- 2 cans chickpeas
- 2 tablespoons olive oil
- 1 teaspoon salt
- 2 teaspoons chili powder
- 2 teaspoons garlic powder
- Olive oil cooking spray

Directions

Step 1:

Preheat oven to 400°.

Step 2:

Rinse the chickpeas with water and pat dry.

Step 3:

Spread on a baking sheet and spray with olive oil spray.

Step 4:

Sprinkle with salt then toss to evenly coat all chickpeas.

Step 5:

Roast for 20 to 30 minutes until lightly browned. Stir or shake pan every 10 minutes.

Step 6:

Toss with the spices then serve warm.

Section 6

Cauliflower and Kale Frittata

A great appetizer to serve warm or at room temperature. Make them in a mini muffin tin for convenient bite size servings.



1 palm = 1 yellow light, 1 green light

Ingredients

- 2 tablespoons extra-virgin olive oil, divided
- 2 cups small cauliflower florets
- 3 cloves garlic, minced
- 1/2 teaspoon salt, divided
- 8 large eggs
- 1/2 cup crumbled goat cheese or shredded Manchego cheese
- 1 small onion, sliced
- 1/4 cups kale, chopped
- 1 teaspoon fresh thyme, chopped
- 1/2 teaspoon ground pepper, divided
- 1/2 teaspoon smoked paprika

Directions

Step 1:

Position a rack in upper third of oven. Preheat broiler to high.

Step 2:

Heat 1 tablespoon of oil in a large cast-iron skillet over medium heat. Add onion and cook, stirring occasionally, until starting to brown, 2 to 4 minutes. Add cauliflower and water. Cover and cook until tender, about 6 minutes.

Step 3:

Add kale, garlic, thyme and 1/4 teaspoon of both salt and pepper. Cook, stir often, until kale is wilted, 2 to 3 minutes.

Step 4:

Whisk eggs, paprika and the remainder of salt and pepper in large bowl. Add the vegetables to the egg mixture. Gently stir to combine and add the remaining oil and heat over medium heat.

Step 5:

Pour in the egg mixture and top with cheese. Cover and cook until edges are set and bottom is brown, 4 to 5 minutes.

Step 6:

Transfer the pan to the oven and broil until the top of the frittata is just cooked, 2 to 3 minutes.

Let sit and cool for a few minutes before serving!

Chapter 2

Holiday Dinners

An abundance of delicious food is a hallmark of a holiday meal so this year focus on making each dish simple and tasty rather than decadent and unhealthy. All of our holiday dinner recipes conjure feelings of warmth, festivity, and great flavor without the excessive calories.

Section 1

Roasted Chicken

Chicken has never pleased so many people with such little effort. Use this recipe all year as a staple to keep in the fridge all week. Feel free to deviate from our suggestions and be creative with the herbs and spices.



Ingredients

- Cut up whole chicken
- Fresh rosemary sprigs (about 7 per chicken)
- Leftover red wine
- Paprika, garlic powder, pepper (about 1.5 teaspoon each)
- 1 tablespoon sea salt

Directions

Step 1:

Preheat the oven to 350°. Place chicken pieces in a baking pan. Sprinkle the salt, pepper, paprika and garlic salt on the chicken so that it is thinly coated.

Step 2:

Pour wine over the chicken so that there is about ½ inch of wine up the side of the pan. This gets the chicken juicy!

Step 3:

Add the rosemary sprigs to the pan. Then cover with tin foil and bake for 1 hour.

Step 4:

Uncover and bake for another hour and 20 minutes, or until the chicken skins are browned and crisp. (If you don't have time to cook for this long, turn the oven up to 450 and bake for 45 minutes to an hour, covered for half the time.

Step 5:

Serve with your favorite sides and toss leftovers in a big green salad.

1 palm = 1 yellow light

Section 2

Acorn Squash with Kale and Sausage

Full of nutrients and flavor, this hearty dish is not to be missed on your holiday table. You can leave out the sausage to make this dish vegetarian.

Ingredients

- 2 medium acorn squash, halved down the middle, seeds removed
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- Olive oil cooking spray
- 3 teaspoons olive oil, divided
- 8 ounces hot Italian turkey sausage, casings removed
- 1 large leek, white and light green parts only, halved and sliced
- 2 cloves garlic, finely chopped
- 4 cups tightly packed torn kale
- 1/3 cup reduced-sodium chicken broth or vegetable broth
- 2 tablespoons grated Parmesan
- 2 tablespoons Panko breadcrumbs



*1 palm = 2 yellow lights, 1 green light
(only 1 yellow is you skip the turkey
sausage)*

Photo from epicurious.com

Directions

Step 1:

Heat oven to 375°. Cut a thin slice off the round side of each squash half to create a stable base. Sprinkle with salt and pepper; coat with cooking spray. Place squash flesh side down on a baking sheet lined with tin foil; bake until golden and tender, about 30 minutes.

Step 2:

Remove squash from oven, flip squash and set aside.

Step 3:

Heat broiler. In a large nonstick skillet over medium heat, heat 1 teaspoon oil. Add sausage; cook, breaking into coarse pieces, until brown, about 6 minutes; transfer to a bowl.

Step 3:

In same skillet, add remaining 2 teaspoons oil and leek. Cook until leek is soft, 3 minutes. Add garlic and cook, 30 seconds. Add kale and toss; add broth. Cover and cook until kale is tender, 5 minutes and stir in sausage.

Step 4: Divide kale-sausage filling among squash. In a bowl, combine Parmesan and Panko; sprinkle evenly over squash bowls and coat with cooking spray.

Step 5:

Broil until Panko is golden, about 2 minutes.

Section 3

Middle Eastern Chicken and Chickpea Stew

If your child has never had chickpeas and likes chicken this the perfect recipe to get them to try a new food. Kids are more likely to enjoy a new food when it is accompanied by something they are already familiar with.



1 palm = 1 yellow light

1 cupped hand of chickpeas = 1 yellow light

Ingredients

- 4 cloves garlic, finely chopped
- 3/4 teaspoon salt, divided
- 1/4 cup lemon juice
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon ground pepper
- 1 pound, about 4 chicken breasts, boneless, skinless chicken breasts, trimmed, cut into 1-inch pieces
- 1 tablespoon extra-virgin olive oil
- 1 large yellow onion, chopped
- 1 14-ounce can no-salt added diced tomatoes
- 1 15-ounce can chickpeas, rinsed
- 1/4 cup chopped flat-leaf parsley

Directions:

Step 1:

Mash garlic and 1/2 teaspoon salt on a cutting board with the back of a fork until paste forms. Transfer to a medium bowl and whisk in lemon juice, cumin, paprika and pepper. Add chicken and stir to coat.

Step 2:

Heat oil in a large cast-iron skillet over medium-high heat. Add onion and cook, stirring occasionally, until golden brown, 6 to 8 minutes.

Step 3:

Using a slotted spoon, transfer the chicken to the pan (reserve the marinade) and cook, stirring occasionally, until opaque on the outside, about 4 minutes. Add tomatoes with their juice, chickpeas, the reserved marinade and the remaining 1/4 teaspoon salt.

Step 4:

Reduce heat to medium and cook, stirring occasionally, until the chicken is cooked through, 5 to 7 minutes more. Serve sprinkled with parsley.

Section 4

L' Chaim Brisket

Typically a Jewish holiday tradition, brisket fills the belly with love and a sense of home. Regardless of the holidays you celebrate, you will love this recipe.

Directions

Step 1:

Preheat oven to 325°.

Step 2:

Heat a dutch oven, and while you wait go ahead and trim off some of the meat fat. When the dutch oven is hot add 2 teaspoons olive oil. If you don't have a dutch oven, use a skillet then transfer the meat to a slow cooker for cooking.

Step 3:

Put the brisket in on one side to brown a few minutes and then turn to brown on the other side. This seals in the juices!

Step 4:

Remove brisket and set aside. Then cook the onions in the same dutch oven (or skillet) until soft.

Step 5:

Put the brisket back in the dutch oven, fat side up. If using a slow cooker, add the onions and meat. Then add the carrots, celery, garlic, rosemary, bay leaves, thyme, and basil.

Step 6: Crush tomatoes with your hands into the pot. This can be messy so have fun with it! Add all the juices in the can too.

Step 7:

Add wine and broth to cover the meat. Sprinkle generously with salt. Cover well and place in the oven for 4 to 5 hours. If using a slow cooker, cook on high for 4-5 hours. When the meat is soft and practically falls with the touch of a fork, you know it is done.

Step 8:

Let cool completely before refrigerating. Save the juices for serving. Slice the brisket against the grain into ¼ inch slices then put in a casserole dish for reheating.



1 palm= 1 yellow light

Ingredients

- 6 lbs brisket meat
- 2-3 carrots, coarsely chopped
- 2-3 stalks celery with leaves, coarsely chopped
- 2-3 cloves peeled garlic, whole
- 2-3 stems of fresh thyme (optional)
- 1 28oz. can whole peeled tomatoes
- Salt, a generous 2 tablespoons
- Extra virgin olive oil
- 2 onions, coarsely chopped
- 2-3 branches of rosemary
- 2 bay leaves
- 5-6 fresh basil leaves (optional)
- 1/2 bottle wine
- Chicken broth, enough to cover the brisket, about 2 cups

Section 5

Honey Baked Pork Tenderloin

We don't want to take away the tradition of your sweet holiday glazed ham but we do want to help you find a healthier holiday indulgence. This recipe has the sweetness you look forward to but without all the extra red lights.



1 palm= 1 yellow light

Ingredients

- Pork tenderloin, 1 pound
- 3 tablespoons, whole grain Dijon mustard
- 2 tablespoons honey (preferably raw)
- 2 teaspoons fresh or dried thyme
- 1 white onion, sliced very thin
- Salt and pepper to taste

Directions

Step 1:

Preheat the oven to 400°.

Step 2:

Spread onions on pan before placing the tenderloin on top. Sprinkle the pork with some salt and pepper.

Step 3:

In a small bowl, mix together honey, mustard and thyme. Then brush half the this mixture on the pork before coving it with foil. Bake for 30 minutes.

Step 4:

Remove from the oven and switch to the broil setting. Brush the rest of the mixture on the pork. Place under the broiler for about 5 minutes or until a crust forms.

Step 5:

Let sit for 10 minutes. Slice and serve!

Section 6

Dissapearing Shrimp Scampi

This is easily one of the most popular dishes amongst kids. The shrimp are juicy and a great low calorie dense protein option for your holiday meal. If you can't get fresh shrimp, the uncooked frozen kind is just as tasty.



1 palm= 1 yellow light

Ingredients

- 1 1/2 pounds large shrimp, peeled and deveined, tails left on, patted dry
- 1 tablespoon olive oil
- 2 cloves garlic, minced or crushed
- Salt and ground pepper
- 2 tablespoons lemon juice
- 2 tablespoons chopped fresh parsley

Directions

Step 1:

Spread shrimp on a baking sheet that can withstand the broiler.

Step 2:

Toss the shrimp with the oil and garlic. Sprinkle generously with salt. Add pepper to taste.

Step 3:

Broil until opaque, about 3-4 minutes.

Step 4:

Toss with lemon juice and parsley and serve hot!

Chapter 3

Holiday Favorites Makeover

The holidays are notorious for family traditions that include rich foods, and come the new year, we want you to feel your best. So, to support your traditions and your health, we have made-over your favorite holiday dishes. This year you are going to make it through the holiday season feeling your best!

Section 1

Rosemary Mashed Sweet Potatoes with Shallots

Play around with the ratio of sweet potato to cauliflower. The great thing about cauliflower is that it has a similar texture to potatoes, without leaving you the “stuffed” or “heavy” feeling after.



1 fist = 1 yellow light

Ingredients

- 4 teaspoons olive oil
- ½ cup shallots, thinly sliced
- 3 sweet potatoes
- 1/2 head of cauliflower
- 2 teaspoons fresh rosemary, finely chopped
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

Directions

Step 1:

Heat 3 teaspoons oil in pan over low heat. Add the shallots and cook for 5 minute, stirring occasionally. Cook until golden brown.

Step 2:

Boil the potatoes and cauliflower and until tender, about 10 minutes. Since cauliflower cooks quicker, add in a few minutes after potatoes.

Step 3:

Drain both and beat with a mixer at medium speed until smooth.

Step 4:

Add rosemary, salt and pepper and beat until well mixed.

Step 5:

Arrange in a bowl, top with shallots and drizzle with remaining oil.

Section 2

Fall Pumpkin Bread

Nothing says the holidays like fresh, warm pumpkin bread. This recipe is a healthier red light and feel free to swap regular flour for alternative flours. However, be sure to add more wet ingredients if you use alternative flours so that the bread doesn't come out dry.

Ingredients

- 4 eggs
- 1 teaspoon vanilla
- ¼ cup honey or maple syrup
- ½ cup melted coconut oil
- 1 cup pumpkin puree
- ½ cup whole wheat, coconut or almond flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 teaspoon ground nutmeg
- ½ teaspoon ground cloves
- ½ teaspoon ground ginger
- *Optional: chocolate chips*

Directions

Step 1:

Heat oven to 350°.

Step 2:

Beat the eggs in a medium sized bowl. Add the vanilla, honey, and oil to the eggs, mixing thoroughly. Add the pumpkin puree and mix until you have a smooth batter.

Step 3:

Add flour of choice, baking soda, and all of spices to the pumpkin batter and mix until combined making sure there are no lumps.

Step 4:

Grease loaf pan with cooking spray, or line with parchment paper and scoop batter into the pan. *Optional: sprinkle on a small handful of chocolate chips.*

Step 5:

Place in the oven and bake for 45-50 minutes, or until a knife is poked in the center and comes out clean.

Step 6:

Let cool before serving.



1 palm = 1 red light

Section 3

Can't Get Enough of That Cranberry Sauce

Don't fool yourself into thinking that all cranberry sauce is made equal. In fact, most recipes are chock full of sugar which translates into excessive red lights. This recipe is lightly sweetened with honey, and the zest of the orange will give you a whole new perspective on cranberry sauce.

Ingredients

- 1 bag, (12-16 oz) fresh cranberries, organic if possible
- 1 orange, washed and seeded (unpeeled and cut in fourths)
- 2 tablespoons honey (preferably raw)

Directions

Step 1:

Place all the ingredients in a food processor.

Step 2:

Pulse until well combined and slightly chunky.
Make sure to not turn this into a puree!



1 fist = 1 green light

honey = 1 red light

Section 4

Kid Approved Whole Wheat Mushroom Stuffing

Stuffing is one of those dishes that is so easily transformed from a red light to a yellow light that you will wonder why you hadn't made the change sooner! By using whole wheat bread rather than white, and leaving out the sausage, you have a flavorful and still satisfying holiday dish. You won't miss the old way at all.

Ingredients

- 10 slices whole what sourdough or whole wheat bread, diced into any size you like
- 2 tablespoons olive oil
- 1 celery stalk, chopped
- 1 carrot, chopped
- 1 cup mixed mushrooms, chopped
- ½ yellow onion
- ½ teaspoon rosemary
- ½ teaspoon thyme
- 2 teaspoon parsley
- 1 cup chicken broth
- Salt and pepper to taste

Directions

Step 1:

Preheat the oven to 350°. Spray a casserole dish with cooking spray.

Step 2:

Spread bread on a baking sheet and toss with 1 tablespoon of oil, rosemary, thyme and parsley. Toast in the oven until golden brown. About 15 minutes.

Step 3:

While the bread is toasting, heat 1 tablespoon of olive oil over medium heat in a sauté pan. Add the onions, mushroom and carrot. Sauté until soft, about 10 minutes.

Step 4:

Combine the toasted bread and veggies in the casserole dish. Add the chicken stock so that the bread is moist but not soggy.

Step 5:

Cover with foil and bake 20-30 minutes.

1 fist = 1 yellow light



Section 5

Kurbo Kid's Shepherd's Pie

This shepherd's pie has all the coziness of what you are used to but without the traditional red light ingredients. This recipe represents all the components of a balanced plate in one casserole dish!



Directions

Step 1:

Preheat oven to 425°.

Step 2:

Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower; cover and steam until tender, 10 to 12 minutes.

Step 3:

Heat olive oil in a skillet over medium heat; cook and stir garlic until softened, about 2 minutes.

Step 4:

Blend cauliflower, garlic, Parmesan cheese, cream cheese, salt and pepper in a blender until smooth.

Step 5:

Heat a large skillet over medium-high heat. Cook and stir ground turkey in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease. Stir water, peas, and soup mix into turkey; simmer until water is mostly evaporated, about 15 minutes.

Step 6:

Pour rice mixture into a 9x13-inch baking dish. Spread cauliflower mixture over rice mixture. Sprinkle paprika over the top.

Step 7:

Bake in the preheated oven until lightly browned, about 20 minutes.

Ingredients

- 1 head cauliflower, cut into florets
- 1 tablespoon olive oil
- 2 cloves garlic, mashed
- 1/4 cup Parmesan cheese
- 1 tablespoon reduced-fat cream cheese
- 1/2 teaspoon sea salt
- 1/8 teaspoon freshly ground black pepper
- 1 pound ground turkey
- 1/4 cup water
- 1/2 cup cooked brown rice
- 1/2 cup frozen peas
- 1 envelope dry onion soup mix (or 1/2 teaspoon onion flakes, 2 1/2 teaspoon onion powder, 1/4 teaspoon parsley flakes and 1/8 ground celery seed)
- 1/2 teaspoon paprika

1 fist = 2 yellow lights, 1 green light

Section 6

Pass the Seconds Green Bean Casserole

Typical green bean casserole is laden with cream, sodium and not much nutrition. This recipe is reinvented with healthy ingredients but keeps the familiar flavor intact.

Ingredients

- 4 cups cooked cut green beans
- 8 ounces mushrooms, sliced
- 3 tablespoons potato starch or whole wheat flour
- 1 cup non fat or low fat milk
- 1 cup water
- 2 tablespoons low fat cottage cheese
- 1/4 cup Parmesan cheese, grated
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

For Onion Topping

- 1 tablespoon extra virgin olive oil
- 1 small onion, thinly sliced into circles
- 1/2 cup whole wheat or Panko breadcrumbs
- 1/3 cup Parmesan cheese, grated
- 3 tablespoons water



Photo from baked-in.com

1 fist = 1 green light, 1 yellow
low light

Directions

Step 1:

Preheat oven to 375°.

Step 2:

In a pan, sauté onions in olive oil until browned. Place these aside.

Step 3:

In the same pan, add mushrooms and sauté until soft. Add in enough potato starch or flour to coat the mushrooms.

Step 4:

Pour the milk slowly, and make sure to whisk consistently. Add water, cottage cheese, Parmesan, salt and pepper and stir until the cottage cheese melts.

Step 5:

Add the green beans into the mushroom sauce and stir to combine.

Step 6:

In a bowl, mix onions with breadcrumbs, Parmesan and water and stir to combine.

Step 7:

Spray a casserole dish with non-stick spray and pour in the green bean mixture. Top it with the onions and bake uncovered, about 25 minutes.

Adapted from smilesandwich.com

Chapter 4

Sides

Side dishes are a great place to ensure your meal is rounded out with plenty of green lights. Vegetables can be transformed from bland to exciting with different cooking techniques and spices. We are sharing our kid-approved sides that are sure to keep everyone's bellies happy and your meal balanced.

Section 1

Creamy Caesar Salad Dressing

Salad dressing is a cinch to make and the advantage is that unlike supermarkets brands, you know exactly what is in it.



1 thumb= 1 yellow light

Ingredients

For salad:

- 1 head, Romaine lettuce
- 2 tablespoons parmesan cheese
- ¼ cup Caesar dressing

For dressing:

- 4 garlic cloves, peeled and minced
- ¼ cup greek yogurt
- 2-3 anchovy fillets, drained and rinsed
- ½ teaspoon Dijon mustard
- ¼ cup lemon juice
- ½ teaspoon salt and pepper
- ¼ cup red wine vinegar
- ¼ cup extra virgin olive oil

Directions

Step 1:

Put everything in the blender, except oil and vinegar. Process until it looks thoroughly combined. Push the ingredients down, off the wall of the processor.

Step 3:

While the machine is running, slowly add the olive oil and vinegar. Process until creamy. Toss with Romaine lettuce and parmesan cheese.

Section 2

Roasted Root Vegetables

Who says vegetables aren't exciting? This side is ideal for people of all ages and will surely entice even the little ones.



1 fist = 1 green light, 1 yellow light

Ingredients

- 3 cups parsnips, peeled and sliced diagonally, 1/2 inch thick
- 3 cups carrots, peeled and sliced diagonally, 1/2 inch thick
- 3 cups rutabaga, peeled and sliced in wedges or chunks
- 6 thyme sprigs
- 1 tablespoon extra virgin olive oil
- 2 tablespoons fresh squeezed lemons
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon sea salt

Directions

Step 1:

Preheat oven to 400°. Place vegetables in a microwavable dish with 1/2 inch water, cover loosely with plastic wrap, and microwave for 4 minutes.

Step 2:

Drain vegetables and toss with thyme, olive oil, lemon juice, pepper and salt. Spread on a rimmed baking sheet and roast for 35 minutes, until browned and tender.

Section 3

Roasted Broccoli with Garlic

When the goal is to have a colorful plate, broccoli does the job. Plus, even picky kids seem to love this vitamin-rich vegetable. This is our favorite preparation. Also, can substitute Brussels sprouts or use a combination of the two.



Ingredients

- 1 bunch broccoli (about 1 1/2 pounds), cut into florets, stems peeled and sliced or diced
- 2 tablespoons extra virgin olive oil
- 3 cloves garlic, sliced
- Kosher salt and ground pepper to taste

Directions

Step 1:

Preheat oven to 450°. Toss the florets with the olive oil, garlic, salt and pepper.

Step 2:

Spread them on a baking pan and then roast without stirring, until the edges are crispy and the stems are crisp yet tender, about 20 minutes.

1 fist = 1 green light, 1 yellow light

Section 4

Thea's Butterless Mashed Potatoes

Ever wonder why butter tastes so good? It's actually because fats, like the ones in butter, dissolve more flavor, making them seem more tasty. This recipe is missing the excess fat while bringing out flavor from the olive oil.



Ingredients

- 3-4 Russet potatoes, diced into 1 inch pieces
- ½ cup chicken broth
- 1 tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon pepper
- *Optional: 4 garlic cloves peeled and quartered*

Directions

Step 1:

Boil or steam potatoes (and optional garlic) until all are soft all the way through. Then drain water.

Step 2:

Heat the chicken broth on the stove or microwave.

Step 3:

Add oil, salt and pepper into a pot before adding the rest of the ingredients. Mash until desired texture.

Do you have recipes that you want to try but haven't because they contain butter? Try substituting with olive oil instead: 1/4 cup butter = 3 tablespoons of olive oil.

1 fist = 1 yellow light

Section 5

Oven Roasted Rosemary Fingerling Potatoes

Create memorable traditions for your kids with fun holiday games. Pass out notecards and let everyone guess how many potatoes are on the plate and then the winner gets a fun prize!



Ingredients

- Fingerling potatoes
- Garlic cloves
- Rosemary sprigs
- Olive oil
- Salt and pepper to taste

1 fist = one yellow light

Directions

Step 1:

Depending on how much garlic oil you want to make, use the ratio of 1/3 cup of oil to 2 garlic cloves. Blend the garlic and olive oil together in a food processor. Stop when garlic is finely chopped.

Step 2:

In a roasting pan, toss the potatoes with the oil so they are lightly coated. Sprinkle with salt and pepper to taste. Add fresh rosemary sprigs to the roasting pan.

Step 3:

Place in a 425° oven for 30 minutes. Occasionally toss the potatoes so that they cook evenly.

Step 4:

When the potatoes are done roasting, serve on a large platter.

Section 6

Cauliflower Rice

Many stores are now carrying bagged riced cauliflower but if you can't find it, it's easy to do at home. Simply place a head of cauliflower in a food processor and pulse until riced. You can get inventive with cauliflower rice, so try substituting it for white rice in any recipe. Here is a simple version that goes with anything!



Ingredients

- 2 cups of cauliflower rice
- ½ onion, chopped
- 2 garlic cloves, finely minced
- 1 teaspoon olive oil
- 2 tablespoons soy sauce

Directions

Step 1:

In a large skillet over medium high heat, add the olive oil then sauté the garlic and onion together until translucent.

Step 2:

Add the cauliflower rice and cook for about 5 minutes.

Step 3:

Add the soy sauce and stir until well combined.

1 fist = 1 green light

Soups

Soup is a great way to start a meal and a secret of healthy people everywhere. By filling your tummy with soup, you keep yourself from overeating later on. Soup is also a great meal to have the day of a festivity so that you get plenty of nutrients without feeling stuffed before the main event.

Section 1

Arielle's Slow Cooker Super Simple Carrot Ginger Soup

Creamy and light at the same time, you never knew that nutrition could taste so luxurious. The best part is that for your kids who think they don't like vegetables, they will actually slurp this up.



Ingredients

- 8 large carrots, cut into 2 inch pieces
- 1 can light coconut milk or 1.5 cup nonfat/low fat milk
- 2 teaspoons, sea salt
- Vegetable or chicken broth, 1 quart
- Ginger root, 3-4 inches
- 2 bay leaves
- Water, 1/3 cup
- 1 teaspoon ground black pepper

Directions

Step 1:

Place all the ingredients except for the coconut milk/milk in a slow cooker for 7 hours on high. If you do not have a slow cooker, bring the ingredients to a boil over the stovetop then move to a simmer. Let the ingredients simmer together for an hour.

Step 2:

If you aren't afraid of hot ingredients you can start blending them as soon as they are done cooking. It is recommended that you let them cool for about 30 minutes, just to be safe. You can also cook it one day, put it in the fridge, and then blend another day.

Step 3:

In batches, place the cooked veggies in a food processor or blender to puree. If you try putting all the ingredients in at once, you will likely have a big mess! If you are using milk, add to each batch. Blend until smooth.

Perfect pairings: Toss in shredded chicken or tofu or with a baked potato.

One fist = 1 yellow light, 1 green light

Section 2

Broccoli Soup

The color of broccoli soup is just as shocking as the delicious flavor. You won't believe how much your guests will enjoy this.

Ingredients

- 4 cups broccoli
- ½ onion, diced
- 1 celery stalk, chopped
- 1 garlic clove, chopped
- 1 quart, vegetable or chicken stock
- ½ cup water
- 2 tablespoons olive oil
- Salt and pepper to taste

Directions

Step 1:

Put all the ingredients in a slow cooker. Let cook for 7 hours on high.

Step 2:

If you are using a stovetop, heat the olive oil over medium heat in a dutch oven then add the onion, celery and garlic. Stir until lightly browned.

Step 3:

Add the broccoli and then the broth and water. Turn heat up to bring to a heavy simmer. Cook until tender, about 10 minutes.

Step 4:

When the veggies are done cooking, puree in batches in a blender until smooth. Use caution when pureeing hot liquids!



*Perfect pairings: Oven baked sweet potato fries
or baked chicken fingers*

One fist = 1 green light

Section 3

Max's Favorite Split Pea Soup

Max is a Kurbo kid who reinvented his favorite soup so he could track it as a yellow light rather than a red.

Blurb



Ingredients

- 1 pound split peas, sorted, rinsed and dried
- One onion, diced
- 2 celery stalks, diced
- 2 carrots, diced
- 1 garlic clove, finely chopped
- Water or vegetable stock (enough to cover)
- Lean ham, chopped
- Salt and pepper to taste

Directions

Step 1:

Cook until vegetables are cooked and peas are soft and emulsified.

Step 2:

Can be served hot or cold.

Perfect pairings: quinoa, whole wheat bread, rice

1 fist = 1 yellow light

Section 4

Autumn Minestrone

Ingredients

- 2 medium carrots, diced
- 1 medium yellow onion, chopped
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 6 cups vegetable broth
- 2 1/2 cups 3/4-inch Yukon gold potatoes, diced
- 2 1/2 cups 3/4-inch butternut squash, diced
- 1 medium zucchini, ends trimmed, sliced into half moons or quarters
- 1 (14.5 oz) can tomatoes, diced
- 2 1/2 teaspoons fresh rosemary or oregano, finely minced (or 1 tsp dried)
- 2 1/2 teaspoons fresh thyme, minced (or 1 teaspoon dried)
- 2 bay leaves
- Salt and freshly ground black pepper to taste
- 2/3 cup dry Ditalini pasta (optional)
- 2 cups packed chopped kale (thick ribs removed)
- 1 (14.5 oz) can red or white kidney beans, drained and rinsed
- *Optional: Shredded parmesan cheese for serving*

Directions

Step 1:

Heat olive oil in a large pot over medium-high heat.

Step 2:

Add onions and carrots and sauté 3 minutes. Then add garlic and sauté 1 minute longer.

Step 2:

Stir in vegetable broth, potatoes, squash, zucchini, tomatoes, rosemary, thyme, bay leaves and season with salt and pepper to taste.

Step 3:

Bring to a boil then and stir in pasta if using. Then cover, reduce heat to medium low and and simmer until veggies are nearly tender, about 15 minutes.

Step 4:

Stir in kale and kidney beans and cook until kale is tender, about 5 minutes longer.

Step 5:

Remove bay leaves, serve warm with optional parmesan cheese.

This veggie-full soup is a great way to stay warm this winter. And since there are a lot of ingredients, why not get the whole family involved? Make a list and bring it to the farmer's market for a weekend morning scavenger hunt.



1 fist = 1 green light, 1 yellow light

Section 5

Fresh Tomato Soup

Tomato soup is loved by kids and adults everywhere. You get so much bang for the buck, meaning lots of flavor for only one green light. Plus, it's so easy to make.

Ingredients

- 1 28oz can of whole tomatoes or 2 pounds of fresh tomatoes
- 1 onion peeled and chopped
- 2 garlic cloves, chopped
- 2 tablespoons tomato paste
- 1 1/2 cup chicken stock
- 1 teaspoon olive oil
- 1 teaspoon salt
- pepper
- 1/4 cup fresh basil (optional)



1 fist = 1 green light

Directions

Step 1:

In a pot over medium heat, sauté the garlic and onion in the olive oil.

Step 2:

Add the tomatoes, chicken stock, and salt and pepper to taste.

Step 3:

Once the soup is boiling, turn down the heat and let simmer for about 10 minutes.

Step 4:

Remove from heat. Using either an immersion blender or food processor to puree the soup until smooth.

Step 5:

To serve, reheat on the stovetop and top with basil.

Section 6

Butternut Squash Soup

Butternut squash soup is creamy, warm, and the epitome of cozy fall foods. Make a batch of this to serve as a first course and make plenty of leftovers to freeze for a day you have hungry kids and no time to cook.



1 fist = 1 green light

Ingredients

- 1 butternut squash (about 2-3 pounds), peeled and seeded
- ½ onion chopped
- 1 carrot
- 6 cups of chicken or vegetable stock
- 2 teaspoons salt
- 2 sage leaf
- Pepper to taste

Directions:

Step 1:

Place all the ingredients in a slow cooker on high for 6 hours. If you don't have a slow cooker you can place all the ingredients on the stovetop over medium heat. Bring to a boil then turn down to a simmer. Cover and cook for 45 minutes or until the squash is soft.

Step 2:

Let the chunky soup cool then place in a food processor, blender or use an immersion stick. Puree until smooth.

Step 3:

Serve warm!

Chapter 6

Dessert

Dessert is an important component to a complete holiday meal. In lieu of sugar and fat filled desserts, we encourage you to make desserts that have at least some nutritional value so that even if you are consuming a red light, it doesn't completely throw off your and your family's blood sugar levels . While these desserts are on the healthier side, keep in mind that they should be consumed in moderation.

Section 1

Cinnamon Ginger Fruit Salad

Fruit is a refreshing way to satisfy that after dinner sweet tooth without the heaviness of red lights. Adding spices makes it feel fancy for the holiday.

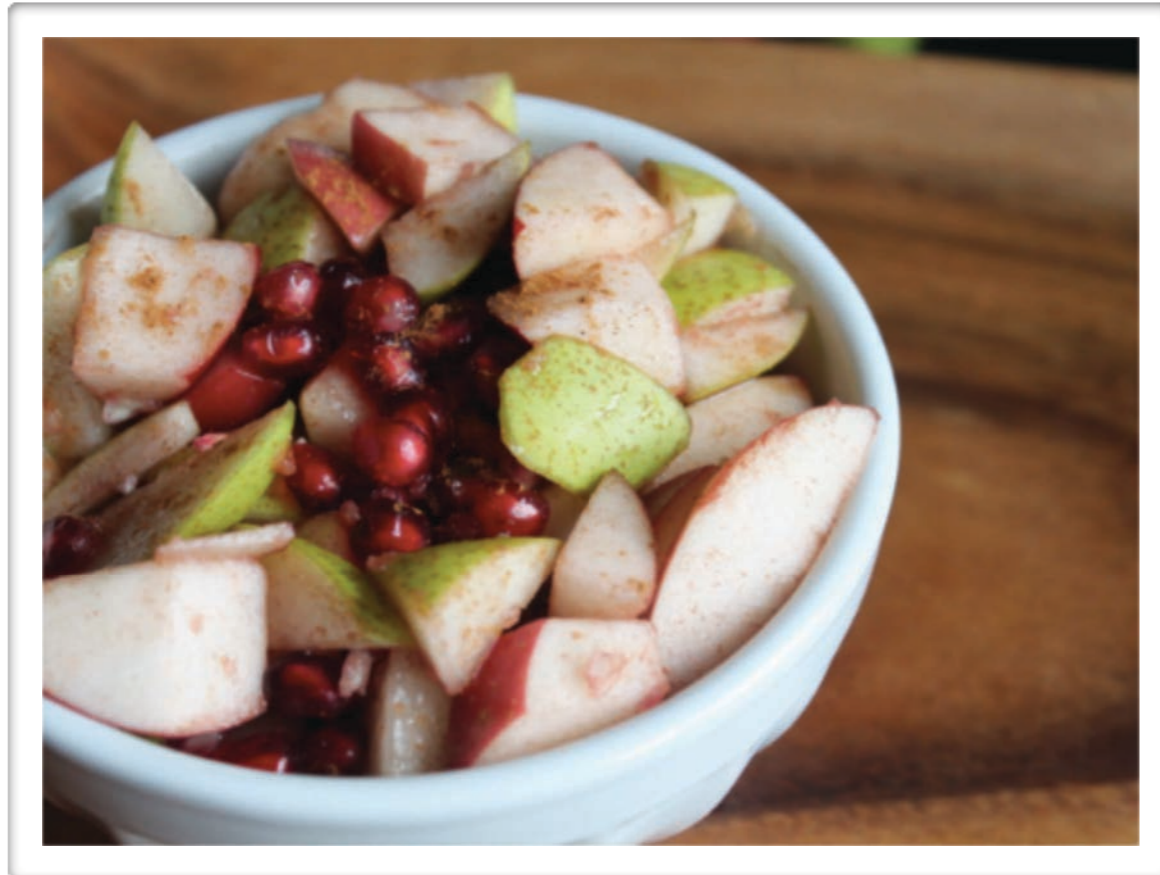


Photo from healthycrush.com

1 fist = 1 green light, 1 pink light

Ingredients

- 2 apples, any red-skinned variety
- 2 pears
- Seeds of 1 pomegranate
- Juice of 1/2 orange
- 1 tablespoon chopped fresh ginger
- 2 teaspoon maple syrup
- 1 teaspoon lemon juice
- 2 teaspoon cinnamon

Directions

Step 1:

Chop fruit and toss together with lemon juice to prevent browning.

Step 2:

Stir together orange, juice, maple syrup, ginger and cinnamon.

Step 3:

Pour sauce over fruits and mix.

Step 4:

Serve or let sit in fridge for a few hours to let fruit soak up flavors.

Section 2

Not Your Granny's Fruit Crisp

A holiday meal needs a fruit pie. Luckily, we found a familiar flavor that leaves out the buttery crust. The crumble offers healthy fiber and whole grain nutrition as well.



1 fist = 1 green light, 1 yellow light

Ingredients

- 2 apples, cored and diced
- 1 banana, sliced
- 1 pear, cored and diced
- 1 cup frozen or fresh berries
- 1 orange (you will want the zest and the juice)
- 1 inch ginger root, grated
- 1 1/2 cups of rolled oats
- 5 graham crackers
- 3/4 cup almonds
- 1/4 cup coconut oil
- 5 dates, pitted
- 1 tablespoon cinnamon

Directions

Step 1:

Spray a 9x13 baking pan with cooking spray. Preheat the oven to 350°.

Step 2:

In a bowl, toss all of the fruit together including the ginger, cinnamon, zest of the orange and its juice.

Step 3:

In a food processor, blend the oats, graham crackers, almonds, coconut oil, and dates.

Step 4:

Pour the fruit into the pan. Sprinkle the newly made oat topping over the fruit evenly.

Step 5:

Bake for about 30 minutes or until lightly browned.

Step 6:

Serve warm and top with plain yogurt if desired.

Section 3

Avocado Chocolate Mousse

This dessert is full of whole nutritious ingredients making it one of the healthier desserts you will eat, maybe ever! Don't be fooled into thinking that you can eat as much of this as you want though...it is still a rich food that should be enjoyed in small quantities. For extra deliciousness, try dipping berries in the mousse!

Ingredients

- ½ avocado
- ½ banana, preferably frozen
- 5 dates, pitted
- 1 cup cocoa powder
- 1 tablespoon vanilla
- ½ teaspoon sea salt
- ¼ cup cacao nibs
- Unsweetened almond milk or nonfat/low fat milk for thinning

1 fist = 1 red light

Directions

Step 1:

Place all the ingredients except for the cacao nibs and milk in a food processor.

Step 2:

Blend well, until smooth. If you prefer a less thick texture, add milk, one tablespoon at a time.

Step 3:

Once you've reached the desired consistency, add the cacao nibs. Portion into custard cups and refrigerate for a couple hours before serving.



Section 4

Goosey Apple Nachos

Kids flip for apple nachos. Go easy on the caramel sauce though; it's indulgent, but a better dessert alternative to most of the junk food you find in the stores.

Ingredients

- Apples, cored and thinly sliced
- Pumpkin Caramel Sauce
- ¼ cup blueberries
- 1 tablespoon crushed almonds
- 1 tablespoon shredded coconut
- ½ teaspoon cinnamon

Pumpkin Caramel Sauce

- 1 cup coconut sugar
- ¾ cup coconut crème
- 1 ½ teaspoon salt
- ¼ cup pumpkin puree
- ½ teaspoon pumpkin pie spice
- *Optional: mini chocolate chips*



Photo from veggiesdontbite.com

Directions

Step 1:

Place ingredients into a small pot and whisk together well.

Step 2:

Heat until you get a rolling boil, whisking the whole time.

Step 3:

Allow to boil, while whisking, for about 10 minutes until you see it thicken. Stove tops vary so begin checking at 5 minutes.

Step 4:

Test thickness by taking some out with a small spoon and cooling. It will thicken more as it cools.

Assembling Nachos:

Step 1: Place sliced apples on a plate.

Step 2: Drizzle lightly with caramel sauce (keep in mind that one thumb of caramel is one red light).

Step 3: Sprinkle with almonds, coconut, blueberries and cinnamon.

1 small apple = 1 green light

Toppings = 1 red light

Section 5

Frozen Christmas Raspberries

These little cuties are perfect to set out in a bowl after the end of a meal. They satisfy a sweet tooth and have quality nutrient content.



Photo from superhealthykids.com

Ingredients

- 1 container of plain greek yogurt
- 1 carton of raspberries

Directions

Step 1: Fill pastry bag or Ziploc bag with yogurt and put in fridge for a few minutes to harden up.

Step 2:

Trim the corner of the Ziploc bag or assemble the pastry bag and you are good to go! Just squeeze a little in each raspberry

1 fist: = 1 green light, 1 yellow light

Section 6

Pumpkin Tart with Almond-Shortbread Crust

We've eliminated the traditional crust with shortening for a nutty nutrient packed crust. Then we filled the pie with good for you ingredients. This pie is also gluten-free and perfect for healthy conscious foodies.



1 palm = red light, yellow light

Ingredients

Crust

- 1 1/2 cups almonds, toasted
- 1 1/2 cups oat flour
- 3/4 cup coconut oil
- 10 dates, pitted
- 1/2 teaspoon fine salt

Filling

- 1 15-ounce can pumpkin puree
- 2 large eggs
- 3/4 cup low-fat plain Greek yogurt
- 1/2 cup honey or maple syrup
- 2 tablespoons pumpkin pie spice
- 1 teaspoon vanilla extract
- 1/2 teaspoon fine sea salt
- optional: plain yogurt and cinnamon

Directions

Step 1:

To prepare crust: preheat oven to 350°. Coat a 10-in tart pan with removable bottom with cooking spray.

Step 2:

Process almonds in a food processor until finely ground. Add oat flour, coconut oil, dates and salt. Pulse until well combined. Transfer to the prepared pan and firmly press into the bottom and up the sides.

Step 3:

Bake the crust until set but not browned, 12 to 14 minutes. Let cool on a wire rack for 15 minutes.

Step 4:

To prepare filling: blend pumpkin puree, eggs, yogurt, honey, pumpkin pie spice, 1 teaspoon vanilla and salt in a food processor or blender. Place the crust on a baking sheet and spread the filling evenly to the edges.

Step 5:

Bake the tart until the filling is just set (the center may still appear soft, but will become more solids as it cools), about 35 min. Let cool on stove to room temperature. Loosely cover and refrigerate until chilled, 2 to 3 hours.

Step 6:

Remove the pan sides from slicing the tart. Serve with a dollop of yogurt and cinnamon.

Chapter 7

Holiday Drinks for the Whole Family

There are so many ways to spend your red lights this holiday season and typical holiday drinks like egg nog and apple cider will easily tip you over the edge. Now there is a way to drink the holidays up and stay within your health goals. These recipes are sure to please everyone in the family. (Just add spirits for the adult version!)

Section 1

Mint Lemonade

Kids feel special when there is a drink just for them. The problem is store bought lemonade or fizzy fruit drinks are loaded with sugar. This lemonade is the perfect compromise and eating the mint leaves is good for digestion, too!

Ingredients

- 6 lemons
- 2 cups diet lemon-lime soda
- 6 cups cold water
- 30-40 mint leaves
- Ice



Directions

Step 1:

Juice the lemons and discard the seeds.

Step 2:

Add the lemon juice to flat or sparkling water and mix. Add the honey and stir if using.

Step 3:

Put 6-10 mint leaves into each cup and muddle for a few seconds using a pestle.

Step 4:

Pour into some ice cube filled glasses and sip away!

Recipe and photo from pickledplum.com

4oz-6oz = 1 green light

Section 2

Candy Cane Fizz

Adding fun straws, shaped ice cubes, frozen fruit or cup decorations makes a difference in how much your child will enjoy what they are drinking. (The same goes for food too!)



Photo and recipe from culinaryhill.com 4oz- 6oz= 1 yellow light

Ingredients

- 1 (2 Liter) bottle diet lemon-lime soda or diet ginger ale
- 1 splash of your favorite red 100% juice (pomegranate, cherry or cranberry)
- Optional: garnish with frozen cherries or fresh lime
- Ice

Directions

Step 1:

Add a splash of juice to your soda and pour over ice! Enjoy!

Section 3

Vanilla Spiced Milk

This drink makes everyone feel warm and cozy and unlike hot chocolate, there are no red lights involved. Use milk substitute if desired for a non-dairy version.



4oz- 6oz= 1 green light

Ingredients

- 1 cup nonfat milk
- 1/2 teaspoon vanilla extract
- Pinch of ground cloves
- 1/8 teaspoon cinnamon
- 1/8 teaspoon ginger
- 1/8 teaspoon nutmeg

Directions

Step 1:

In a small saucepan over low heat, combine and heat all ingredients. Stir over low heat, 10 minutes.

Step 2:

Remove from heat and strain before serving.

Section 4

Apple Cider Lite

Many store bought ciders are full of preservatives, but we know convenience is important, which is why we have included such an easy recipe. Enjoy this lighter version as soon as the leaves begin to change and throughout the entire holiday season.



4oz- 6oz= 1 red light

Ingredients

- 2 cups freshly made apple juice, approximately 2-3 apples depending on the quality of your juicer
- 2 cups of water
- 5 whole cloves
- 4 cinnamon sticks
- 1-inch piece of fresh ginger
- ½ teaspoon fresh lemon zest
- ½ orange, thinly sliced

Directions

Step 1:

Place juice in a medium-sized saucepan.

Step 2:

Add cloves, cinnamon sticks, ginger and lemon zest.

Step 3:

Cover and heat on medium-low heat for 20 minutes. The mixture doesn't need to boil, just heat to around 170°.

Step 4:

Add orange slices during the last 5 minutes.

Step 5:

Remove from heat and strain to remove spices and fruits.

Eating at Holiday Work Parties

As social beings we are wired to want to eat whenever we see people around us eating, which makes it difficult to resist food at parties. Our goal is to give you tools so you can enjoy the party and feel good the next day.

Holiday Work Party Tips

- **You bring the party.** Rather than munching passively on the red lights others bring, make a good yellow dish to share.
- **Prepare your tummy.** If the party is during lunch, eat a healthy breakfast followed by a mid-morning snack, such as an apple or a small handful of almonds. You never want to arrive at a party too hungry because temptation will be too easy to indulge on. If the party is after work, enjoy a protein-packed lunch like grilled fish or chicken with a salad and then later in the afternoon have another smart snack.
- **Survey the buffet.** Check out all the food before grabbing anything and avoid piling on foods that are fried, buttered or have a lot of cheese and cream. Even though the portions may be small, they are dense in red lights. Look for fruit, veggies and dip, whole grain crackers, and baked or grilled items and decide ahead of time how many reds will you indulge in.
- **Go splitsies.** Splitting a dessert with someone not only helps with limiting red light portions but also allows you the indulgence that Kurbo supports. We know holidays come with tasty treats so just be mindful in your choices.
- **Mix it up.** If you are choosing to drink alcohol pour a glass of water between each beverage. This will help reduce your thirst while filling your stomach and you'll consume fewer calories. Keep in mind that holiday alcohol drinks contain as much sugar as dessert, so think of them as a treat.



Section 1

Pre-Party Snacks

- Low fat Greek yogurt with fresh berries or pineapple
- Hard boiled egg
- String cheese and fruit
- Veggies with hummus or low fat dip
- 23 almonds
- Toasted whole wheat English muffin with melted light cheese and sliced tomato
- 1 to 2 cups air pooped popcorn, seasoned
- 1 cup of yellow light cereal trail mix (see previous cookbook for recipe)
- Rice cake with light cheese or hummus
- Yellow light smoothie (banana, non fat plain greek yogurt, frozen berries, spinach, and non-fat milk or water)
- Water! Dehydration ramps up sugar and salt cravings and makes you feel hungrier that you actually are so drink water all day long



Section 2

Angelic Deviled Eggs

By swapping the mayo with Greek yogurt you can turn this party food into something everyone will devour.



2 halves= 1 yellow light

Ingredients

12 hard-cooked large eggs, peeled
2 tablespoons spring onion, finely chopped
1/2 cup plus 2 tablespoon low-fat Greek yogurt
3/4 teaspoon country Dijon mustard
1 tablespoon chives, finely chopped

Directions

Step 1:

Cut eggs in half lengthwise and pop yolks into a food processor add yogurt and salt to food processor and whirl until smooth.

Step 2:

Transfer yolk mixture into medium bowl then stir in mustard, chives and onions.

Step 3:

Scoop mixture into hollow egg whites or use a piping bag.

Topping options: parsley, olives, jalapeños or cayenne pepper

New Healthy Holiday

The holidays are a special time to make family memories and the best thing you can do is steer your family towards looking forward to non-food traditions. Making the holiday festive can be done with activities, games, crafts, stories, songs, and physical activity.

Whatever you do, make it your own.

Section 1

Make it Fun

It is so easy to get caught up in the food aspects of a holiday that we often forget the other activities that make the holidays fun, special, and memorable. This year, try some non-food activities that your family can look forward to in the years to come.

A few of our favorite ideas:

- 1. Get active.** Go on a family bike ride or hike in the morning before your guests arrive. This is a great way to get energized and feel good the whole day. You could also make it a family tradition to sign up for your local Turkey Trot.
- 2. Decorate.** Engage the kids in decorating and setting the table. Have them make place cards, or festive center pieces. Get fun stickers, glitter, markers and puff paints; the kids will feel more integrated into the holiday in a non-food related way.
- 3. Create playful competition.** Build a game into your holiday meal and you are going to get everyone's attention. You could have everyone guess how many baby potatoes you've roasted, or fill a jar with cranberries and have them guess how many there are, then the winner gets a prize!
- 4. Get your game on.** Clear dessert and pull out a game that everyone is going to have fun participating in. Maybe Charades, Apples-to-Apples, Monopoly, or finish the story (one person starts a sentence and then go around the table adding on).



Meet the Authors



Thea Runyan Co-Founder, Head of Coaching and Curriculum

Thea is the co-founder of Kurbo, the first mobile weight management program designed especially for children, teens and their parents. For 15 years, Thea served as the Lead Behavior Coach for the Pediatric Weight Control Program at Lucile Packard Children's Hospital at Stanford, where her expertise in this field helped thousands of families manage their weight and lead healthier lifestyles. Thea is a certified fitness instructor, yoga teacher, soccer coach, runner, and activist for healthy communities. Her proudest accomplishment is being a mom to three daughters.



Arielle Adelman, Coach Training and Development

Arielle is a Master coach at Kurbo and head of coach development. She hires, manages, and trains all coaches across the US and Singapore. Arielle mentors Kurbo coaches to help them improve their technique and effectiveness with the people they coach. Arielle completed Advanced Coaching certification with the International Coaching Federation and is currently pursuing a PhD in mind-body medicine at Saybrook University with an emphasis in functional nutrition.

Kurbo Health & Your Health

More than anything, we hope these recipes bring your family together and sparks conversation. Conversation, not just about healthy eating, but about your day, your dreams, your lives, and anything and everything that promotes warmth and togetherness.

If you have not already signed up for health coaching and want to go deeper into the work to make your dreams and goals a reality, we are here and waiting to talk to you!

Our coaches are trained to work with kids and families to motivate, challenge, and inspire healthy changes that positively affect the whole family system.

To view our various coaching packages visit: my.kurbo.com/plans or call: 1800.444.7158

Happy Holidays!