

## Holiday Goodies to Make and Share (or enjoy for yourself)

### ✂ Maple Cayenne Pecans ✂



Having healthy snacks on hand can help fight hunger throughout the workday. This easy, portable mix is quick to make and lasts all week. Pecans pack healthy fatty acids and protein that keep you full longer. This hot and sweet spice blend adds a kick of flavor to satiate your midday cravings.

**1 tsp coconut oil**  
(or other oil, like olive or walnut oil)  
**1 cup raw pecan halves**  
**1 Tbsp pure maple syrup**  
**1/8 tsp cinnamon**  
**1/4 tsp Himalayan sea salt (or regular salt)**  
**1/8 tsp cayenne**

Preheat oven to 325 degrees F. Grease pan lightly with oil. In a medium bowl, combine all other ingredients. Spread pecans evenly on baking sheet. Bake for 15 minutes, stirring every 5 minutes. Remove sheet from oven and transfer to a platter or plate, allowing the pecans to cool fully for 30 minutes before eating.

**Makes 4 servings. Per (1/4 cup) serving:** 194 calories, 19 g fat (1 saturated), 7 g carbohydrate, 3 g fiber, 146 mg sodium, 2 g protein.

### ✂ Gingersnaps ✂



If you make cookies during the holidays or get involved with cookie swap parties, you'll want to try this versatile gingersnap recipe.

**3/4 cup unbleached all-purpose flour**  
**1/2 cup whole-wheat pastry flour**  
**1/2 tsp. baking soda**  
**1 1/4 tsp ground ginger**  
**1/2 tsp. ground cinnamon**  
**1/8 tsp. freshly ground black pepper**  
**1/4 tsp. salt**  
**1/3 cup dairy-free buttery shortening sticks**  
**1/2 cup sugar, plus 2 tablespoons**  
**2 Tbsp. unsulphured molasses**

**1 large egg white**  
**1/3 cup confectioners' sugar**  
**2 tsp. fresh lemon juice**

Preheat oven to 350 degrees F. In mixing bowl, whisk together both flours, baking soda, ginger, cinnamon, pepper and salt.

In another bowl, use electric mixer on medium-high speed to beat non-dairy shortening sticks with 1/2 cup of the sugar for 2 minutes. Add molasses and egg white and beat for 3 minutes. Set mixer on low speed and mix in dry ingredients just to combine – leaving white streaks is better than over-mixing. Batter will form soft ball.

Place remaining 2 tablespoons sugar in wide, shallow bowl. Pinch off about 1 tablespoon batter and roll it between your palms, forming 1-inch ball. Place ball in bowl with sugar and roll to coat it, and then place on light-colored, ungreased baking sheet. Discard leftover sugar. Repeat, spacing balls 2-inches apart. Using back of a glass, press to flatten each ball into 3-inch disk.

Bake cookies for 10 minutes. While cookies bake, for glaze, in small bowl, combine confectioners' sugar with lemon juice, mixing until sugar is completely dissolved.

When cookies are done, immediately use spatula to transfer to wire cooling racks. Using tip of a knife, spread 1/4 teaspoon glaze on top of each warm cookie. Cool completely. Store in cookie tin for up to 1 week.

**Per (1 cookie) serving:** 75 calories, 3 g total fat (1 g saturated fat), 12 g carbohydrate, 1 g protein, <1 g dietary fiber, 80 mg sodium.

### ✂ Seared Salmon with Blackberry-Date Chutney ✂



Not crazy about turkey or ham? This fresh take on seared salmon is simply seasoned with tangy mustard, bright turmeric and zesty lemon juice. Medjool dates and fresh blackberries make the perfect combination for the lightly sweet chutney. This entrée is low in fat and calories, but packed with protein and beneficial omega-3 fatty acids. Enjoy atop a large leafy green salad for a beautifully simple meal.

#### Salmon

**1 tsp. black mustard seed**  
**3/4 tsp. salt**  
**1 tsp. ground turmeric**  
**1/2 tsp. coarsely ground black peppercorns**

**1 lb. wild salmon (if wild not available, use sustainably farmed)**  
**1 Tbsp. extra virgin olive oil, divided**  
**1 Tbsp. lemon juice**

Toast mustard seeds in dry skillet over medium heat, moving skillet to prevent burning, for 5 minutes or until lightly toasted.

In small bowl, place mustard seeds, salt, turmeric, and black peppercorns. Rub salmon skin side with 1/2 Tbsp. oil, and turn salmon over. Drizzle lemon juice over top, and use your fingers to spread spice rub all over the flesh side of salmon. Cut salmon into four equal sized filets. Coat skillet with remaining oil and heat over high heat. Sear salmon, flesh-side down, until flesh turns opaque about halfway up the fish, 5 to 10 minutes. Use a spatula to turn fish over. Continue cooking until fish is opaque throughout but still very moist, about 5 to 10 minutes. Serve with blackberry-date chutney and garnish with lemon wedges.

#### Blackberry-Date Chutney

**10 Medjool dates, pitted**  
**1/4 cup blackberries**  
**2 Tbsp. freshly grated ginger**

**Dash red pepper flakes**  
**Dash salt**  
**2 Tbsp. fresh cilantro, roughly chopped**

Place dates in bowl of food processor and process until finely chopped.

Add blackberries and ginger to food processor.

Add 2/3 cups boiling water, or enough to make the mixture a spreadable consistency. Process until smooth.

Add cilantro, salt and red pepper flakes. Pulse briefly.

Store for up to 5 days in the fridge, or serve directly on the salmon. Makes 1 cup or 16 servings. (Serves 4.)

**Per serving (Salmon with 1 Tbsp. chutney):** 235 calories, 12 g total fat (2 g. saturated fat), 11 g carbohydrate, 23 g protein, 1 g dietary fiber, 490 mg sodium. Prep Time: 10 minutes. Cook Time: 20 minutes.

### ✂ No-Knead Rustic Bread with Fruit & Nuts ✂

Bring the comfort of homemade bread to your kitchen without the hours of kneading. This easy rustic bread is filled with whole grain goodness, naturally sweet dried fruits and a flavorful assortment of nuts.

**2 1/4 cups white whole-wheat flour or whole-wheat flour**  
**2 cups all-purpose flour**  
**1 cup dried fruit (dried cranberries, raisins, currants, cherries, chopped apricots, chopped dates)**  
**1 cup coarsely chopped nuts (walnuts, pecans, almonds, pistachios)**  
**1 Tbsp. cinnamon, optional**

**2 tsp salt**  
**1/2 tsp instant/rapid rise yeast (not active)**  
**1/4 cup honey**  
**1 3/4 - 2 cups water, plus 1/4 cup**

In large mixing bowl, stir all ingredients together until sticky dough forms, about 30 seconds. If dough is not sticky to touch, add water in 1-tablespoon increments. Dough should be somewhat tacky when touched and loose, known as being shaggy.

Cover bowl with plastic wrap and let dough sit at room temperature (about 70 degrees F) in draft free spot anywhere from 8 to 24 hours. After first rise, dough surface will be dotted with bubbles and dough will have doubled in size.

Line baking pan with parchment paper or grease pan with oil. Using your hands, gently fold in sides toward center, like closing box top flaps. Shape dough into a round loaf, similar to a French boule. Dough should feel tight and not completely spring back when poked. Lift dough from bowl in one piece and place seam side down on baking pan. Cover dough with a dishtowel and let sit 2 hours. After second rise, dough will be puffy. Preheat oven to 350 degrees F. Place top baking rack in middle of oven and bottom rack on lowest level. In casserole dish add 1cup hot water and place on bottom rack for steam while baking.

Bake bread 55-70 minutes. Insert cooking thermometer in thickest part of loaf. Bread is done when thermometer reads 205 degrees F. If not using thermometer, tap bread with finger. If bread sounds hollow, it is done. Place bread on cooling rack. Let cool for easier slicing.

To store, wrap cooled bread in plastic or place in plastic bag for a few days. Bread may be sliced and frozen for quick toasting later or made into French toast. Makes 1 (9-inch x 3-inch) boule, 22 servings.

**Makes 1 (9-inch x 3-inch) boule, 22 servings:** 149 calories, 4 g total fat (<1 g saturated fat), 27 g carbohydrate, 4 g protein, 2.5 g dietary fiber, 214 mg sodium.

SOURCE: The American Institute for Cancer Research [www.aicr.org](http://www.aicr.org)