



# Winter Inspired Meals (December 2020)

KRISTIN KABAY



Kristin Kabay, MS, RD, CSSD, LD

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RUNNING GREEN RD

## HOLIDAY INSPIRED MEALS

The rich seasonal produce of winter is deep in red, orange, and yellow hues. These vegetables and fruits are loaded with nutrients, antioxidants, and some of the most potent anti-inflammatory compounds to benefit your health.

Add some color to your next meal with these simple recipes!

Sincerely,  
Kristin Kabay, MS, RD, CSSD, LD

**FOR A MORE PERSONAL PLAN, BOOK A ONE-ON-ONE NUTRITION CONSULTATION WITH ME.**

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**PLEASE NOTE ALL SESSIONS ARE VIRTUAL.**



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# Sweet Potato Crostini with Pomegranate & Goat Cheese

8 SERVINGS 35 MINUTES



## INGREDIENTS

2 Sweet Potato (medium, sliced into even rounds)  
1 1/2 tsps Extra Virgin Olive Oil  
1/8 tsp Sea Salt  
1/2 cup Goat Cheese (crumbled)  
1/2 cup Walnuts (toasted and chopped)  
1/4 cup Pomegranate Seeds  
1 1/2 tsps Thyme (fresh, removed from the stem)  
1 tbsp Raw Honey

## NUTRITION

### AMOUNT PER SERVING

Calories	113	Cholesterol	3mg
Fat	7g	Sodium	87mg
Saturated	2g	Potassium	154mg
Polyunsat...	4g	Vitamin C	2mg
Monounsatu...	1g	Calcium	23mg
Carbs	11g	Iron	0mg
Fiber	2g	Magnesium	20mg
Sugar	4g	Zinc	0mg
Protein	3g		

## DIRECTIONS

- Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- Add the sweet potato slices to a bowl and drizzle the extra virgin olive oil and sea salt over top. Mix well. Place them in a single layer on the sheet and bake for 15 minutes. Flip and roast for 5 to 10 minutes more.
- Remove the sweet potato slices from the oven and top with goat cheese, walnuts, pomegranate, thyme and drizzle with honey. Serve immediately. Enjoy!

## NOTES

### SERVING SIZE

There are approximately two sweet potato crostini per serving.

### DAIRY-FREE

Use a cashew cheese instead of goat cheese.

### NUT-FREE

Use toasted pumpkin seeds instead of walnuts.

### NO POMEGRANATE SEEDS

Use dried cranberries instead.

### NO THYME

Use rosemary, or another herb of your choice instead.

### PREP AHEAD

Bake the sweet potatoes ahead of time and then reheat before topping and serving them.

# Pomegranate & Beet Salad

4 SERVINGS 35 MINUTES



## INGREDIENTS

- 3 cups Water
- 2 Beet (peeled, chopped)
- 2 tbsps Avocado Oil
- 1/4 cup Apple Cider Vinegar
- 3 cups Mixed Greens
- 2 Clementines (peeled, sectioned)
- 1/4 cup Pomegranate Seeds
- 1/4 cup Feta Cheese

## NUTRITION

### AMOUNT PER SERVING

Calories	137	Cholesterol	8mg
Fat	9g	Sodium	156mg
Saturated	2g	Potassium	305mg
Polyunsat...	1g	Vitamin C	24mg
Monounsat...	5g	Calcium	99mg
Carbs	11g	Iron	1mg
Fiber	2g	Magnesium	19mg
Sugar	7g	Zinc	0mg
Protein	3g		

## DIRECTIONS

- 01 Bring the water and beets to a boil. Cook for 25 minutes or until soft. Set aside to cool.
- 02 While the beets cook, make the dressing. Combine the oil and apple cider vinegar in a jar and shake vigorously until combined.
- 03 Divide the mixed greens evenly between plates. Top with the cooled beets, clementines, pomegranate seeds and cheese. Add the dressing and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### DAIRY-FREE

Use nutritional yeast instead of feta cheese, or simply omit the cheese.

### ADDITIONAL TOPPINGS

Add nuts and seeds.

# Roasted Winter Salad with Halloumi

4 SERVINGS 50 MINUTES



## INGREDIENTS

- 2 tbsps Avocado Oil
- 2 Garlic (cloves, minced)
- 1 Delicata Squash (medium, seeds removed and sliced into rings)
- 3 cups Purple Cabbage (cut into 1" pieces)
- 1 cup Red Onion (roughly chopped into large wedges)
- Sea Salt & Black Pepper (to taste)
- 4 ozs Halloumi (cut into large pieces)
- 1 tsp Ground Sumac
- 1 tbsp Lemon Juice
- 1/3 cup Mint Leaves (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	259	Cholesterol	25mg
Fat	16g	Sodium	378mg
Saturated	7g	Potassium	622mg
Polyunsat...	1g	Vitamin C	55mg
Monounsat...	5g	Calcium	339mg
Carbs	21g	Iron	2mg
Fiber	4g	Magnesium	53mg
Sugar	4g	Zinc	0mg
Protein	10g		

## DIRECTIONS

- Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- In a large bowl add the avocado oil, minced garlic, squash, cabbage, red onion, salt and pepper and toss to combine. Add to the baking sheet and roast for 20 to 25 minutes.
- Remove the baking sheet and add the halloumi. Place back in the oven for an additional 15 minutes.
- Remove the baking sheet and sprinkle the sumac on top of everything. Drizzle the lemon juice on top. Divide between plates and top with mint leaves. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to about 3/4 cup.

### DAIRY-FREE

Omit the halloumi.

### NO MINT

Use parsley or basil.

### NO SUMAC

Use another spice blend such as za'atar.

# Winter Buddha Bowl

4 SERVINGS 40 MINUTES



## INGREDIENTS

1 head Cauliflower (cut into florets)  
1 Carrot (chopped into 1 inch rounds)  
1 Beet (chopped into 1 inch pieces)  
1 Turnip (chopped into 1 inch pieces)  
1 Parsnip (chopped into 1 inch pieces)  
2 cups Chickpeas (cooked, drained and rinsed)  
1 cup Quinoa (uncooked)  
1 1/2 cups Water  
1/4 cup Tahini  
3 tbsps Extra Virgin Olive Oil  
1 Lemon (juiced)  
1 Garlic (clove, minced)  
1/4 tsp Sea Salt  
4 cups Kale Leaves

## DIRECTIONS

- 01 Preheat oven to 420°F (216°C).
- 02 Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of extra virgin olive oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
- 03 Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 04 Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
- 05 Place the kale in a bowl and massage with a bit of extra virgin olive oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
- 06 Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
- 07 Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	570	Cholesterol	0mg
Fat	24g	Sodium	281mg
Saturated	3g	Potassium	1389mg
Polyunsat...	7g	Vitamin C	110mg
Monounsat...	12g	Calcium	253mg
Carbs	74g	Iron	7mg
Fiber	17g	Magnesium	191mg
Sugar	13g	Zinc	4mg

## NOTES

### MAKE IT 'CHEESY'

Use the 'cheese sauce' from our Mac n' Cheese recipe.

Protein 21g



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Nutrition & Health Consulting

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# Spiced Pears with Pomegranate

4 SERVINGS 10 MINUTES



## INGREDIENTS

3 Pear (peeled, cored, diced)  
1 tbsp Lemon Juice  
1 tbsp Maple Syrup  
1/4 tsp Cardamom  
1/2 tsp Cinnamon  
1/4 cup Pomegranate Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	99	Cholesterol	0mg
Fat	0g	Sodium	2mg
Saturated	0g	Potassium	193mg
Polyunsat...	0g	Vitamin C	8mg
Monounsatu...	0g	Calcium	22mg
Carbs	26g	Iron	0mg
Fiber	5g	Magnesium	11mg
Sugar	17g	Zinc	0mg
Protein	1g		

## DIRECTIONS

01 Combine all ingredients into a large mixing bowl. Mix well, then divide into cups. Enjoy!

## NOTES

**LEFTOVERS**  
Refrigerate in an airtight container for up to five days.

**SERVING SIZE**

One serving equals approximately 3/4 cup.

**MORE FLAVOR**

Broil in the oven until tender and slightly charred.

**ADDITIONAL TOPPINGS**

Top with maple syrup, coconut whipped cream, yogurt, crushed nuts, coconut butter or nut butter.