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holiday recipe remix 2013

COOKBOOK



FEATURING

A Fresh Green
Bean Casserole,
Sweet Potato Pecan Tart
and other holiday favorites!

Seasons Greetings!

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Hello!

I'm Elle, the MyFitnessPal Registered Dietitian.

This Holiday Recipe Remix Cookbook is our gift to you this holiday season. It includes the six iconic holiday recipes that I made healthier as part of our Holiday Recipe Remix contest, as well as some other favorites from our friends at CookingLight. I hope you enjoy the recipes inside. I know my family and I sure do!



Remember, it's perfectly okay to indulge on occasion, especially around the holidays. Logging with MyFitnessPal simply helps you be more mindful about your eats, treats and exercise - which is the key to maintaining a healthy balance this time of year.

Wishing you happy and healthy holidays!

Elle

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Sausage Egg Nests

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Elle Penner | MyFitnessPal

Serving Size: 2 Sausage Egg Nests

Serves: 6

Ingredients

- 2 medium Russet potatoes (to provide 3 cups shredded, cooked potato)
- 2 Sweet Chicken Italian Sausages
- 2 slices of bacon
- 1/2 medium yellow onion, finely chopped
- 3 cups potato, cooked
- 6 eggs, beaten
- 1/2 cup shredded cheddar cheese, divided

- 1/3 cup green onion, sliced + extra for garnish
- 1 teaspoon canola oil or canola oil spray
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Preparation

1. Preheat oven to 425°F and bake potatoes for 25-30 minutes, until halfway baked. Note: Potatoes must not be fully cooked before shredding, otherwise they will fall apart when shredded. When poked with a knife, potatoes should still be somewhat firm in the middle. Let cool. Grate until you have 3 cups of shredded potato and set aside. This step can be done a day ahead of time. Just store potatoes, covered, in the refrigerator.
2. Cook the bacon until crispy. Transfer to a paper towel-lined plate and dice once cool. Drain off the bacon fat and sauté the yellow onion in the same hot pan for 3-5 minutes. Combine onion, ground pepper and salt to the potatoes. Toss until combined. Decrease oven temperature to 400°F.
3. Lightly rub or spray a 12-cup muffin tin with canola oil and press a generous 1/4 cup of the potato mixture into each cup, distributing potatoes around the bottom and up the sides. The potatoes will shrink, thus a little overflow is okay. Apply a very light brushing of oil or spray of oil over the potatoes and bake for 20-25 minutes, until golden brown on the edges.
4. Cook sausage in a skillet over medium-high heat until browned. Add green onions, cook for an additional 1-2 minutes and remove from heat.
5. Lightly beat eggs, add sausage, green onions and 1/4 cup cheddar cheese.
6. Allow potato cups to cool for a few minutes and then add 3 tablespoons of egg mixture to each until hash brown nests are nearly full. Sprinkle tops with remaining cheddar cheese, about 1 teaspoon per nest, and place back into oven for 15-20 minutes, until set.
7. Garnish with bacon and finely chopped green onions if you have extra. Once slightly cooled, remove egg cups from tins using a fork and a spoon.

Nutrition Facts

Serving Size 2 Sausage Egg Nests
Serving Per Container 6

Amount Per Serving

Calories 242 Calories from Fat 135

% Daily Values*

Total Fat 15g **23%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 201mg **67%**

Sodium 594mg **25%**

Total Carbohydrate 9g **3%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 17g **34%**

*Percent Daily Values are based on a 2,000 calorie diet.

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Monkey Bread

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Oxmoor House | Cooking Light

Serving Size: 4 Pieces and 1 teaspoon sauce

Serves: 16

Ingredients

- 13.5 ounces all-purpose flour (about 3 cups)
- 4.75 ounces whole-wheat flour (about 1 cup)
- 1 teaspoon salt
- 1 package quick-rise yeast (about 2 1/4 teaspoons)
- 1 cup very warm fat-free milk (120° to 130°)
- 1/4 cup very warm orange juice (120° to 130°)

- 1/4 cup honey
- 2 tablespoons butter, melted
- Cooking spray
- 1/2 cup granulated sugar
- 1/2 cup packed brown sugar
- 2 teaspoons ground cinnamon
- 4 1/2 tablespoons fat-free milk, divided
- 2 tablespoons butter, melted
- 1/2 cup powdered sugar
- 1 tablespoon 1/3-less-fat cream cheese
- 1 teaspoon vanilla extract

Preparation

1. Weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine flours, salt, and yeast in the bowl of a stand mixer with dough hook attached; mix until combined. With mixer on, slowly add 1 cup milk, juice, honey, and 2 tablespoons butter; mix dough at medium speed 7 minutes or until smooth and elastic. Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.)
2. Combine granulated sugar, brown sugar, and cinnamon in a shallow dish. Combine 3 tablespoons milk and 2 tablespoons butter in a shallow dish, stirring with a whisk.
3. Punch dough down; divide into 8 equal portions. Working with one portion at a time (cover remaining dough to prevent drying), roll into an 8-inch rope. Cut each dough rope into 8 equal pieces, shaping each piece into a 1-inch ball. Dip each ball in milk mixture, turning to coat, and roll in sugar mixture. Layer balls in a 12-cup Bundt pan coated with cooking spray. Repeat procedure with remaining 7 dough ropes. Sprinkle any remaining sugar mixture over dough. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until almost doubled in size.
4. Preheat oven to 350°.
5. Bake at 350° for 25 minutes or until golden. Cool 5 minutes on a wire rack. Place a plate upside down on top of bread; invert onto plate. Combine powdered sugar, remaining milk, and remaining ingredients in a small bowl, stirring with a whisk. Microwave at HIGH 20 seconds or until warm. Drizzle over bread.

Nutrition Facts

Serving Size 4 Pieces Money Bread and 1 tsp sauce

Serving Per Container 16

Amount Per Serving

Calories 234

% Daily Values*

Total Fat 3g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 9mg **3%**

Sodium 184mg **8%**

Total Carbohydrate 47g **16%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 5g **10%**

*Percent Daily Values are based on a 2,000 calorie diet.

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CookingLight

Sidney Fry, MS, RD, **Cooking Light** | OCTOBER 2011

Also featured in: Cooking Light Lighten Up, America!, Oxmoor House, 2013

Spinach Goatichoke Dip

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Elle Penner | MyFitnessPal

Serving Size: ¼ cup

Makes: 3 cups

Serves: 12

Ingredients

- 1 (14 ounce) can artichoke hearts, drained and rinsed
- 12 ounces fresh, baby spinach
- 5 ounces Goat cheese, Chevre
- ¾ cup plain 2% Greek yogurt

Preparation

1. In a large skillet, wilt spinach over medium-low heat, covered and stirring every few minutes. When wilted, remove from heat. Gently press excess water from leaves and set aside.
2. Blend up the artichoke hearts using a food processor, reserving one small heart for a garnish if you like. Add goat cheese, spinach and pulse until incorporated.
3. Combine everything into one bowl, add Greek yogurt and mix well. If you prefer to serve it warm, simply heat in a saucepan over low heat, stirring frequently until warm, about 5 minutes. Serve with bagel or pita chips, crackers or baby carrots.

Note: This recipe can be prepared ahead of time if stored in the refrigerator. If serving cold, let it sit out for 20 minutes and give it a good stir before serving to allow it to soften.

Nutrition Facts

Serving Size 1/4 cup Goatichoke Dip
Serving Per Container 12

Amount Per Serving

Calories 88

Calories from Fat 41

% Daily Values*

Total Fat 5g **8%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 13mg **4%**

Sodium 98mg **4%**

Total Carbohydrate 5g **2%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 7g **14%**

*Percent Daily Values are based on a 2,000 calorie diet.

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Honey Glazed Almonds

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COOKBOOK



John Autry | Cooking Light

Serving Size: 16 almonds

Serves: 10

Ingredients

- 1 1/2 cups raw, unblanched almonds
- 1 tablespoon sugar
- 1 1/2 tablespoons honey
- 1/2 teaspoon ground chipotle chile powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt

Preparation

1. Line a large baking sheet with parchment paper.
2. Place the almonds in a medium nonstick skillet; cook over medium heat for 6 minutes or until lightly toasted, shaking pan frequently. Combine the remaining ingredients in a 2-cup glass measure. Microwave at HIGH for 30 seconds. Add honey mixture to pan, and cook 2 minutes, stirring constantly. Arrange almond mixture on prepared baking sheet in a single layer; let stand 10 minutes. Break apart any clusters.

Bruce Weinstein and Mark Scarbrough, **Cooking Light** | NOVEMBER 2011

Nutrition Facts

Serving Size 16 Honey Glazed Almonds
Serving Per Container 10

Amount Per Serving

Calories 138

% Daily Values*

Total Fat 11g **17%**

Saturated Fat 1g **5%**

Trans Fat 0g

Sodium 63mg **3%**

Total Carbohydrate 9g **3%**

Dietary Fiber 3g **12%**

Sugars 0g

Protein 5g **10%**

*Percent Daily Values are based on a 2,000 calorie diet.

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Cooking Light

Herb and Citrus Roasted Leg of Lamb

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COOKBOOK



Johnny Autry | Cooking Light

Serving Size: about 3 ounces

Serves: 16

Ingredients

- 3 tablespoons chopped fresh flat-leaf parsley
- 3 tablespoons chopped fresh shallots
- 2 tablespoons chopped fresh oregano
- 1 tablespoon grated lemon rind
- 1 tablespoon grated orange rind
- 2 tablespoons balsamic vinegar
- 2 tablespoons extra-virgin olive oil

- 2 tablespoons fresh lemon juice
- 2 tablespoons fresh orange juice
- 1 teaspoon ground cumin
- 2 tablespoons minced fresh garlic (about 6 medium cloves)
- 1 (6-pound) bone-in leg of lamb, trimmed
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- Cooking spray

Preparation

1. Combine the first 11 ingredients in a small bowl, stirring well. Place lamb in a roasting pan; rub with garlic mixture. Cover with plastic wrap, and refrigerate for 8 hours or overnight.
2. Remove lamb from the refrigerator. Sprinkle lamb with 1 teaspoon salt and black pepper. Place lamb on the rack of a roasting pan coated with cooking spray, and place rack in pan. Let lamb stand for 1 hour at room temperature.
3. Preheat oven to 425°.
4. Roast lamb at 425° for 30 minutes. Reduce oven temperature to 375° (do not remove lamb from oven); bake an additional 45 minutes or until a thermometer inserted into thickest portion of roast registers 135° or until desired degree of doneness. Let stand for 20 minutes; slice.

David Bonom, *Cooking Light* | DECEMBER 2011

Nutrition Facts

Serving Size 3 ounces of Herb and Citrus Roasted Leg of Lamb
Serving Per Container 16

Amount Per Serving

Calories 241

% Daily Values*

Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 109mg	36%
Sodium 255mg	11%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 35g	70%

*Percent Daily Values are based on a 2,000 calorie diet.

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CookingLight

Butternut Squash Lasagna

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COOKBOOK



Karry Hosford | Cooking Light

Serving Size: 12 (makes 2 lasagnas, 6 servings each)

Serves: 1/6 of Lasagna

Ingredients

- Cooking spray
- 3 cups chopped onion
- 10 cup fresh spinach
- 3/4 cup (3 ounces) shredded sharp provolone cheese
- 1/2 cup chopped fresh flat-leaf parsley
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

- 2 large eggs
- 1 (15-ounce) carton part-skim ricotta cheese
- 1 (15-ounce) carton fat-free ricotta cheese
- 3 cups diced peeled butternut squash
- 6 cups [Smoky Marinara](#)
- 12 oven-ready lasagna noodles (such as Barilla)
- 1 cup (4 ounces) grated fresh Parmesan cheese

Preparation

1. Preheat oven to 375°.
2. Heat a large Dutch oven coated with cooking spray over medium-high heat. Add onion; sauté 4 minutes or until tender. Add spinach; sauté 1 1/2 minutes or until spinach wilts. Combine provolone, parsley, salt, pepper, eggs, and ricotta cheeses in a large bowl.
3. Place squash in a microwave-safe bowl. Cover and cook on high 5 minutes or until tender.
4. Coat the bottom and sides of 2 (8-inch-square) baking dishes with cooking spray. Spread 1/2 cup Smoky Marinara in the bottom of one prepared dish. Arrange 2 noodles over sauce; spread 1 cup cheese mixture over noodles. Arrange 1 1/2 cups squash over cheese mixture; spread 3/4 cup sauce over squash.
5. Arrange 2 noodles over sauce; spread 1 cup cheese mixture over the noodles. Arrange 1 1/2 cups onion mixture over cheese mixture; spread 3/4 cup sauce over spinach mixture.
6. Arrange 2 noodles over sauce; spread 1 cup Smoky Marinara evenly over noodles. Sprinkle with 1/2 cup Parmesan. Repeat procedure with remaining ingredients in remaining pan. Cover each pan with foil.
7. Bake at 375° for 30 minutes. Uncover and bake an additional 30 minutes.
8. To freeze unbaked lasagna: Prepare through Step 6. Cover with plastic wrap, pressing to remove as much air as possible. Wrap with heavy-duty foil. Store in freezer for up to 2 months.
9. To prepare frozen unbaked lasagna: Thaw completely in refrigerator (about 24 hours). Preheat oven to 375°. Remove foil; reserve foil. Remove plastic wrap; discard wrap. Cover lasagna with reserved foil; bake at 375° for 1 hour. Uncover and bake an additional 30 minutes or until bubbly.

Nutrition Facts

Serving Size 1/6 of Butternut Squash Lasagna (recipe makes 2 lasagnas)
Serving Per Container 12

Amount Per Serving

Calories 254

% Daily Values*

Total Fat 9g	14%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 69mg	23%
Sodium 560mg	23%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 19g	38%

*Percent Daily Values are based on a 2,000 calorie diet.

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Fresh Green Bean Casserole

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COOKBOOK



Elle Penner | MyFitnessPal

Serving Size: 1 cup

Serves: 8

Ingredients

- 1 1/2 pounds fresh green beans, ends trimmed and chopped into 1-inch pieces
- 2 teaspoons olive oil
- 8 ounces white or baby bella mushrooms, diced
- 6 cloves garlic, chopped
- 1 tablespoon thyme, dried or fresh
- 1 1/2 cups 1% milk

- 3/4 cup 2% Greek yogurt
- 3 tablespoons all-purpose flour
- 1/2 cup finely chopped fresh parsley
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup French Fried Onions

Preparation

1. Preheat oven to 350F and lightly spray a 2-quart baking dish with cooking oil.
2. For crunchy beans, steam over a pot of boiling water until bright green and still crisp, about 3 minutes. For more tender beans, blanch in boiling water for 2-3 minutes and submerge in an ice bath.
3. Heat olive oil in a large nonstick skillet over medium-high heat. Add the mushrooms and cook for about 12 minutes, until liquid has evaporated and they begin to brown. Add the garlic and thyme and cook for an additional 1 minute.
4. Combine mushroom mixture, salt, pepper and parsley in a food processor and process until smooth, about 1 minute.
5. Whisk the milk and flour together in a small saucepan until the flour has dissolved. Bring to a simmer over medium heat while whisking constantly until the mixture has thickened to a yogurt consistency, about 8-10 minutes. Remove the pan from the heat. Allow to cool for 5-10 minutes before combining with Greek yogurt and mushroom mixture.
6. Toss green beans in sauce and spoon into the prepared dish. Sprinkle the top with French fried onions. Bake uncovered for 15-20 minutes. Serve warm.

Nutrition Facts

Serving Size 1 cup Fresh Green Bean Casserole

Amount Per Serving

Calories 139 Calories from Fat 52

% Daily Values*

Total Fat 6g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 3mg **1%**

Sodium 244mg **10%**

Total Carbohydrate 17g **6%**

Dietary Fiber 4g **16%**

Sugars 3g

Protein 7g **14%**

*Percent Daily Values are based on a 2,000 calorie diet.

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Brussels Sprouts Gratin

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COOKBOOK



Johnny Valiant | Cooking Light

Serving Size: 3/4 Cup

Serves: 6

Ingredients

- Hickory-smoked bacon slices
- 4 large shallots, thinly sliced
- 2 pounds Brussels sprouts, trimmed and halved
- 1 cup water
- 1/2 teaspoon kosher salt, divided
- 1/4 teaspoon freshly ground black pepper
- Cooking spray
- 1 (2-ounce) slice French bread baguette
- 3 tablespoons butter

Preparation

1. Preheat broiler.
2. Cook bacon in a large skillet over medium heat until crisp. Remove bacon from pan, reserving drippings; crumble. Increase heat to medium-high. Add shallots to drippings in pan; sauté for 2 minutes or until tender, stirring occasionally. Add Brussels sprouts and 1 cup water; bring to a boil. Cover pan loosely with aluminum foil; cook 6 minutes or until Brussels sprouts are almost tender. Uncover and remove from heat. Sprinkle with 1/4 teaspoon salt and pepper; toss to combine. Spoon Brussels sprouts mixture into a 2-quart broiler-safe glass or ceramic baking dish coated with cooking spray.
3. Place bread in a food processor, and process until finely ground. Melt butter in skillet over medium-high heat. Add breadcrumbs and remaining 1/4 teaspoon salt to pan; sauté for 2 minutes or until toasted, stirring frequently. Add cooked, crumbled bacon to toasted breadcrumb mixture. Sprinkle the breadcrumb mixture over Brussels sprouts mixture. Broil 3 minutes or until golden and thoroughly heated.

Julianna Grimes, *Cooking Light* | NOVEMBER 2010

Nutrition Facts

Serving Size 3/4 cup Brussels Sprouts Gratin

Serving Per Container 6

Amount Per Serving

Calories 133

% Daily Values*

Total Fat 6g **9%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 14mg **5%**

Sodium 280mg **12%**

Total Carbohydrate 18g **6%**

Dietary Fiber 5g **20%**

Sugars 0g

Protein 6g **12%**

*Percent Daily Values are based on a 2,000 calorie diet.

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CookingLight

Sweet Potato Pecan Tart

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COOKBOOK



Elle Penner | MyFitnessPal

Serving Size: 1/8th of 9-inch tart

Serves: 8

Ingredients

- 1 large egg yolk
- 2 tablespoons unsalted butter, melted
- 3 tablespoons canola oil
- 2 tablespoons water
- 1 1/2 cups pecan halves, divided
- 1 tablespoon granulated sugar
- 1 cup + 2 tablespoons flour
- 1/2 teaspoon salt, divided

- 1 1/2 cups sweet potato, roasted or microwaved and skins removed
- 1/4 cup + 2 tablespoons brown sugar, divided
- 1/4 cup + 1 tablespoon maple syrup, divided
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ginger
- 1/4 teaspoon nutmeg
- 3 eggs, lightly beaten, divided
- 2 tablespoons + 1 teaspoon bourbon, divided (optional)

Preparation

1. Preheat oven to 400F and very lightly grease a 9-inch tart pan.
2. Combine egg yolk, melted butter, oil and water in a small bowl. Process 1/2 cup pecans and 1 tablespoon sugar in a food processor to the consistency of coarse meal. Transfer to a small mixing bowl and add flour and 1/4 teaspoon of salt. Mix to combine. Slowly drizzle the yolk mixture into the pecan mixture while stirring. Mix with hands until crumbly and just combined. Spread evenly into the prepared pan, pressing it firmly into the bottom and all the way up the sides to form a crust. Place on a baking sheet and bake until dry and just beginning to brown on the edges, about 12 minutes. When done, remove crust from oven. Fill any cracks with a sprinkle of flour and a dry pastry brush, sealing the flour into the cracks. Reduce oven temperature to 350F.
3. Using a stand or hand mixer, mix together the sweet potato, 1/4 cup brown sugar, 1/4 cup maple syrup, 1 teaspoon vanilla, 1/2 teaspoon cinnamon, 1/4 teaspoon ginger, 1/4 teaspoon nutmeg, 1/4 teaspoon salt and 2 tablespoons bourbon until smooth. Add 2 beaten eggs and mix until just incorporated. Evenly spread the filling in the crust.
4. In a separate bowl, mix remaining 2 tablespoons brown sugar, 1 tablespoon maple syrup, 1 lightly beaten egg and 1 teaspoon bourbon. Toss remaining 1 cup of pecans in mixture until well coated. Arrange the pecans decoratively on top and drizzle any remaining maple mixture on top of the tart.
5. Bake for 30 minutes, until the tart is set and the crust has browned. Let cool on a wire rack for about 20 minutes. Remove the sides of the pan and let cool completely, about 45 minutes to 1 hour before serving. Can be made one day ahead of time and chilled in the refrigerator overnight.

Notes: Nutrition information in MyFitnessPal includes bourbon.

Nutrition Facts

Serving Size 1/8 of 9" Sweet Potato Pecan Tart

Serving Per Container 8

Amount Per Serving

Calories 415 Calories from Fat 227

% Daily Values*

Total Fat 25g **38%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 95mg **32%**

Sodium 209mg **9%**

Total Carbohydrate 41g **14%**

Dietary Fiber 4g **16%**

Sugars 19g

Protein 7g **14%**

*Percent Daily Values are based on a 2,000 calorie diet.

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Pistachio Pine Nut Brittle

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Serving Size: 1 ounce

Serves: 10

Ingredients

- 2/3 cup sugar
- 1/3 cup light-colored corn syrup
- 1/4 cup water
- 1/2 cup unsalted dry-roasted pistachios, coarsely chopped
- 1/3 cup pine nuts, lightly toasted
- 1/4 cup dried cranberries, coarsely chopped
- 1 1/2 tablespoons unsalted butter, softened

- 3/4 teaspoon baking soda
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon salt

Preparation

1. Line a baking sheet with parchment paper.
2. Combine first 3 ingredients in a medium, heavy saucepan over medium-high heat, stirring just until combined; bring to a boil. Cook, without stirring, until a candy thermometer registers 335° or until syrup is dark golden brown. Remove from heat; stir in pistachios and remaining ingredients (mixture will bubble). Quickly pour mixture onto prepared pan; spread to about 1/2-inch thickness. Cool completely (about 2 hours). Break brittle into bite-sized pieces.

Note: Make-ahead tip: Cool the brittle completely, break into chunks, and store them in an airtight container at room temperature for up to one week.

Ann Taylor Pittman, *Cooking Light* | DECEMBER 2011

Nutrition Facts

Serving Size 1 ounce Pistachio and Pine Nut Brittle

Serving Per Container 10

Amount Per Serving

Calories 176

% Daily Values*

Total Fat 8g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 162mg **7%**

Total Carbohydrate 27g **9%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 2g **4%**

*Percent Daily Values are based on a 2,000 calorie diet.

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Spicy, Not Sinful, Pumpkin Spice Latte

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Elle Penner | MyFitnessPal

Homemade Pumpkin Spice Syrup

Ingredients

- 3/4 cups water
- 3/4 cup brown sugar, unpacked
- 1/4 cup pumpkin puree
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 3 dashes cloves

Preparation

1. Combine water and brown sugar in a small saucepan over medium heat. Stir until sugar has dissolved and reduce heat to low.
2. Add spices and pumpkin puree, stirring until well combined. Simmer for 5 minutes and strain the mixture through a fine mesh strainer.
3. Store in an air-tight container in the refrigerator for up to 2 weeks—just be sure to give the syrup a good shake as it will separate while sitting in the fridge.

Spicy, Not Sinful Pumpkin Spice Latte

Ingredients

- 16 ounces 1% milk
- 2 ounces espresso, freshly brewed
- 1 tablespoon Pumpkin Spice Syrup (see recipe above)
- Cinnamon or Pumpkin Pie spice for garnish

Preparation

1. Steam milk, or warm in the microwave for about 1 minute, until very warm. Froth using a milk frother or a wire whisk.
2. In a coffee mug, combine freshly brewed espresso and pumpkin spice syrup. Pour steamed or frothed milk into the mug and sprinkle with a dash of cinnamon or pumpkin pie spice.

Nutrition Facts

Serving Size 16 oz Spicy Not Sinful

Pumpkin Latte

Serving Per Container 1

Amount Per Serving

Calories 228

Calories from Fat 40

% Daily Values*

Total Fat 4g **6%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 23mg **8%**

Sodium 210mg **9%**

Total Carbohydrate 32g **11%**

Dietary Fiber 0g **0%**

Sugars 32g

Protein 15g **30%**

*Percent Daily Values are based on a 2,000 calorie diet.

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Not So Naughty Eggnog

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Serving Size: ½ cup

Serves: about 8

Ingredients

- 3 1/2 cups 1% milk
- 1/3 cup fat-free sweetened condensed milk
- 1 tablespoon all-purpose flour
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon salt
- 2 large egg yolks
- 1/4 cup bourbon (optional)
- 2 tablespoons brandy (optional)
- 1 1/2 teaspoons vanilla extract
- Ground cinnamon (for garnish)

Preparation

1. Combine milk, condensed milk, flour, nutmeg and salt in a medium saucepan. Bring to a boil over medium heat, stirring constantly with a whisk.
2. Place egg yolks in a medium bowl. While whisking, slowly pour 1 1/2 cups of hot milk mixture into egg yolks. Then, add all of the yolk mixture back to remaining hot milk while stirring with a whisk. Cook over medium heat until slightly thickened, about 1-2 minutes.
3. Pour into a pitcher. Stir in vanilla, and if adding alcohol, bourbon and brandy.
4. Cover and refrigerate until thoroughly chilled, at least 4 hours though overnight is best. Garnish with additional nutmeg or cinnamon before serving.

Note: Nutrition information includes bourbon & brandy.

Nutrition Facts

Serving Size 1/2 cup Not-So-Naughty Eggnog

Amount Per Serving

Calories 129 Calories from Fat 30

% Daily Values*

Total Fat 3g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 62mg **21%**

Sodium 100mg **4%**

Total Carbohydrate 13g **4%**

Dietary Fiber 0g **0%**

Sugars 13g

Protein 5g **10%**

*Percent Daily Values are based on a 2,000 calorie diet.

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myfitnesspal 

Hot Mulled Cider

myfitnesspal

holiday recipe remix 2013

COOKBOOK



Randy Mayor | Cooking Light

Serving Size: ¾ cup

Serves: 4

Ingredients

- 4 cups apple cider
- 1/4 cup fresh orange juice
- 10 black peppercorns
- 6 whole cloves
- 5 whole white cardamom pods, crushed
- 4 star anise
- 3 (1/4-inch) thick lemon slices
- 3 cinnamon sticks
- 1 (1/2-inch) piece peeled fresh ginger, thinly sliced

Preparation

1. Combine all ingredients in a medium saucepan over medium heat; bring to a simmer. Cook for 30 minutes. Strain cider mixture through a fine sieve over a bowl, and discard solids. Serve cider hot.

Mary Lou Heiss, Green Tea, *Cooking Light* | OCTOBER 2006

Nutrition Facts

Serving Size ¾ cup Hot Mulled Cider
Serving Per Container 4

Amount Per Serving

Calories 127

% Daily Values*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Sodium 0mg **0%**

Total Carbohydrate 11g **4%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 0g **0%**

*Percent Daily Values are based on a 2,000 calorie diet.

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