

FALL / WINTER

# Holiday Recipes

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**Dr. Delilah Renegar DC, MD**  
Director of Functional Medicine  
& Director of Physical Medicine

# Letter from Our Director of Functional Medicine

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At Aligned Modern Health, we believe that nutrition, celebration, and gratitude are the most essential ingredients for a happy holiday! This season, let your celebrations be an expression of thankfulness for your body with our annual recipe guide!

Here you will find delicious, nutritionally focused holiday recipes curated by our team.

As Dr. Alan Wolfelt the world renowned grief counselor states “Food is symbolic of love when words are inadequate.” Please enjoy these recipes as symbols of our love to you, your family and friends. May you enjoy them in continued good health!

Cheers!  
Dr. Renegar

# Garlic White Bean Basil Hummus

## Ingredients

- 1 (15 ounce) can** cannellini beans, rinsed and drained
- 2 cloves** garlic\*, chopped
- 2 Tbsp** fresh lemon juice
- 1/2 tsp** salt
- Freshly ground black pepper**
- 6 large** basil leaves
- 3 tablespoons** olive oil, plus extra for drizzling on top
- Water to thin, if necessary**

## Directions

1. Make your hummus: add beans, garlic, lemon juice, basil, salt and pepper in the bowl of a food processor. Pulse a couple of times until the mixture looks somewhat chopped. Add in the 3 tablespoons of olive oil while the machine is still running. Let process until the mixture is creamy.
2. If the mixture appears to be too thick, add in a tablespoon of water at a time to thin it out. Add more salt and pepper to taste, as necessary. Drizzle the top with a tiny bit of olive oil. Serve with extra basil on top and pita chips.

Recipe selected by:  
**Sarah Elster, RDN, LDN**  
(Licensed Dietitian Nutritionist)

Recipe sourced from:  
[ambitiouskitchen.com](http://ambitiouskitchen.com)



# Cranberry Salsa

## Ingredients

- 1 (12 ounce) bag fresh cranberries
- 3/4 cup white sugar
- 1 bunch cilantro, chopped
- 1 bunch green onions, cut into 3 inch lengths
- 1 medium jalapeno pepper, seeded and minced
- 2 medium limes, juiced
- 1 pinch salt

## Directions

1. Combine cranberries, sugar, cilantro, green onions, jalapeño, lime juice, and salt in the bowl of a food processor fitted with a medium blade; process to medium consistency.



Recipe selected by:  
**Michelle Staudt**  
(Patient Advocate Team)

Recipe sourced from:  
[allrecipes.com](https://www.allrecipes.com)



# Sausage Stuffed Butternut Squash

## Ingredients

### Roasted Butternut Squash

2 butternut squash

2 Tbsp olive oil

1/4 tsp salt or more

**Black pepper freshly ground**

### Sausage Filling

1 **tablespoon** olive oil

1 **onion** small, diced

14 **oz** Italian sausage spicy, crumbled

4 **cloves** garlic minced

1 **tablespoon** Italian seasoning

4 **oz** spinach fresh

1/2 **cup** dried cranberries

1/2 **cup** pecans chopped

## Directions

1. Preheat oven to 400 F.
2. Prepare the butternut squash. Slice each one in half lengthwise. Keep fingers away from the knife to avoid injury. Use a spoon to scoop out the seeds and fleshy strands tangled with the seeds.
3. Place butternut squash cut sides up on a baking sheet. Drizzle the cut sides of the butternut squash halves with olive oil and rub the oil into the squash. Season generously with salt and pepper.
4. Turn the squash halves over, and place it cut sides down on a baking sheet. Tip: you can line the baking sheet with parchment paper for easy clean-up.
5. Roast in the preheated oven at 400 F for 30 or 40 minutes. (Cont. on next page)

### **Make sausage filling:**

1. Make the sausage filling while the squash is being roasted in the oven.
2. In a large skillet, heat olive oil, add diced onion, and cook it on medium-high heat for about 2 minutes until cooked and a bit charred.
3. Add crumbled sausage, minced garlic, and Italian seasoning and cook for about 5 minutes or more on medium heat until the sausage is completely cooked through.
4. Add fresh spinach and cook for another 5 minutes on medium heat until the spinach wilts.
5. Add dried cranberries and chopped pecans and mix everything.
6. Season with salt and pepper. Probably not necessary since the sausage is already usually salty (unless you use sweet sausage which I do not recommend).

### **Assembly:**

1. By this time, you have roasted the butternut squash for 30 or 40 minutes. Remove them from the oven and turn the cooked squash halves cut sides up.
2. Let it cool slightly. Using a spoon, scoop out the flesh leaving about a 1-inch border along the sides. (For reference, I provide the step-by-step photos for this step above the recipe card).
3. Reheat the sausage mixture in the same skillet in which you made it to warm it up.
4. Divide the sausage filling among the 4 halves and stuff the squash until the mixture is leveled or a little bit higher.
5. Top with freshly ground black pepper and fresh thyme.



*Recipe selected by:*

**Alexis Farrahi**  
**(Clinic Manager)**

*Recipe sourced from:*

**[juliesalbum.com](http://juliesalbum.com)**

LUNCH / DINNER

# Paula Deen's Roasted Carrots



Recipe selected by:  
Dr. Kamryn Kimmel, DC  
(Chiropractic Physician)

Recipe sourced from:  
food.com

## Ingredients

- 1 lb baby carrots
- 2 Tbsp olive oil
- 1 tsp house seasoning\*
- 2 Tbsp butter
- 2 Tbsp parsley

\* House seasoning consists of: 1 cup of salt, 1/4 cup of Pepper, 1/4 cup of Garlic Powder. It can be kept in a labeled shaker on your spice rack!

## Directions

1. Preheat oven to 350 degrees.
2. In a large bowl, coat the carrots with the olive oil. Toss with the House Seasoning and place in a roasting pan. Roast until tender, approximately 30 minutes. Remove from the oven and toss the carrots with butter and chopped parsley.
3. Enjoy!

LUNCH / DINNER

# Maple Sourdough Stuffing

## Ingredients

### Sourdough Croutons

**One large loaf stale** (or at least day old) sourdough bread

\*Bonus points if its homemade!

**1-2 tsp** dried herb spice blend

**2-4 Tbsp** avocado oil

### Stuffing

**1/4 cup** unsalted butter or ghee

**1 lbs** ground maple sausage \*Bonus points if its organic & local!

**2 large carrots**, chopped \*Bonus points if the veggies are organic & local!

**½ head** of celery, chopped

**1 small** onion, chopped

**4-6 cups** chicken stock \*Bonus points for organic, extra bonus points for homemade!





## Directions

1. Gently heat chicken stock, leave on low
2. Brown sausage, set aside
3. In sausage drippings, add butter, salt, and veggies over medium heat until onions are translucent & carrots are soft. Taste test for salt.
4. In a large mixing bowl combine croutons, sausage, & veggies (and the drippings). Gently pour  $\frac{1}{4}$  of hot stock over mixture, mix well, cover with tea towel and let sit & soften for 5 minutes.
5. Repeat pouring small portions of stock over stuffing, covering with towel, and letting sit until you have reached desired consistency. Keep stock warm while waiting.
6. Enjoy! The flavors will continue to build the longer it all sits together!
7. Reserve extra stock for reheating.



Recipe by:  
Dr. ZoAnn Mader, DC  
(Functional Medicine  
Physician)

# Red Lentil Pomodoro with Spinach and White Beans

## Ingredients

- 1 Tbsp** olive oil
- 3** garlic cloves, thinly slices or chopped
- Salt**, to taste
- 1/4 tsp** dried oregano
- 1/4 tsp** crushed red pepper
- 6 oz** spinach leaves (about 4 cups, tightly packed)
- Freshly ground black pepper**
- 1 can** beans (white beans), undrained
- 1/2 cup** red lentils, rinsed, cooked until soft, and drained
- 1 (28-oz) can** whole peeled tomatoes
- Extra-virgin olive oil**, for serving



Recipe selected by:  
Sarah Elster, RDN, LDN  
(Licensed Dietitian Nutritionist)

Recipe sourced from:  
Don't Panic Pantry Cookbook  
by Chef Noah Galuten



Photo sourced from: [dishingouthealth.com](http://dishingouthealth.com)

## Directions

1. In a medium soup pot or saucepan, heat oil over medium heat until shimmering. Add the garlic and pinch of salt. Stir the garlic and when it has begin to brown around the edges, add the oregano, basil, and crushed red pepper and allow them to toast for 30 seconds. Add the spinach, season with salt and black pepper, and cook until it is just wilted; about 1 minute. Add the beans, along with their juices, season them with salt and black pepper, and stir them until they are simmering and the liquid has thickened up, about 2 minutes.
2. Add the cooked and drained red lentils and stir them to combine. Allow them to come back up to a summer. Meanwhile, pour the canned tomatoes and their juices into a bowl and crush them by hand until they have a coarse, rustic texture. Add the tomatoes and their juices to the pot and season again with some pepper.
3. Bring the pomodoro to a simmer, then cover the pan and reduce the heat to low. Allow it to simmer on low for 5 minutes, then remove it from the heat, tasting it for seasoning and adjust as needed.
4. Serve the pomodoro ladled into bowls and topped with cheese if you desire (I often do not) and a drizzle of extra-virgin olive oil.

# Garlic Roasted Chicken

(40 cloves & a chicken)

## Ingredients

- 1 whole** chicken (broiler/fryer) cut into 8 pieces
- 1/2 cup** plus 2 tablespoons olive oil
- 10 sprigs** fresh thyme
- 40 peeled** cloves garlic
- Salt and pepper**

## Directions

1. Preheat oven to 350 degrees F.
2. Season chicken with salt and pepper. Toss with a 2 tablespoons olive oil and brown on both sides in a wide fry pan or skillet over high heat. Remove from heat, add oil, thyme, and garlic cloves. Cover and bake for 1 1/2 hours.
3. Remove chicken from the oven, let rest for 5 to 10 minutes, carve, and serve.



Recipe selected by:  
Victoria DeMatteo  
(Clinic Manager)

Recipe sourced from:  
[food.com](https://www.food.com)

# Cranberry Sauce

(Low Fodmap)

## Ingredients

**12 oz** fresh cranberries

**3/4 cup** water

**1/2 - 1 Tbsp** stevia

**1 tsp** orange zest

**1/2 Tbsp** cinnamon

## Directions

1. In medium saucepan, combine cranberries, water, stevia and orange zest. Bring to a boil, then reduce to low heat and gentle simmer for 10-15 minutes, until the cranberries pop and sauce forms.
2. Remove from heat, stir in cinnamon. Allow sauce to cool and thicken before serving. It will continue to thicken as it cools.



Recipe by:

Dr. Caitlin Painchaud, DC, CCSP  
(Chiropractic Physician)

# Miso Pumpkin Risotto with Crispy Sage



Recipe selected by:  
Dr. Blake Butler, DC  
(Functional Medicine Physician)

Recipe sourced from:  
[minimalistbaker.com](http://minimalistbaker.com)

## Ingredients

### Miso Pumpkin Broth:

4 cups water

2 Tbsp chickpea miso paste (regular soy miso works as well, yellow or white is best here)

1 (15-oz.) can pumpkin purée (Libby's brand for best flavor // not pumpkin pie mix // or sub ~1 ¾ cups homemade)

### Rice & Veggies:

2 Tbsp olive oil (or vegan butter)

1 cup thinly sliced leeks (well cleaned and dried)

6 cloves garlic, minced

1 Tbsp freshly chopped sage

1 cup arborio rice

¾ tsp sea salt

¼ cup dry white wine (such as sauvignon blanc or pinot gris)

1-2 tsp maple syrup (optional)

### Crispy Sage (optional):

1.5 – 2 Tbsp olive oil

¼ cup chopped fresh sage

1 healthy pinch sea salt

## Directions

- 1. BROTH:** In a medium saucepan, bring water to a simmer over medium heat. Once simmering, reduce heat to low to keep the water warm.
- Add miso to a small mixing bowl and scoop out ~1/2 cup (120 ml) of water from the saucepan. Add to the miso and whisk/stir until mostly dissolved (this allows the miso to fully blend with the water and not clump). Add the miso mixture and pumpkin purée to the pot of warm water and stir to dissolve. Turn off the heat, but leave the pot on the stovetop to keep warm.
- 3. RISOTTO:** Heat a large rimmed skillet over medium-high heat. Add the olive oil (or vegan butter) and leek and cook, stirring occasionally, until somewhat browned and caramelized — about 3-5 minutes. Add the garlic and sauté for 1 minute until fragrant.
- Reduce heat to medium and add sage, arborio rice, and salt and cook for 1 minute, stirring to coat. Add dry white wine and cook for 1-2 minutes, stirring frequently, or until the liquid is absorbed.
- Using a ladle or measuring cup, add warmed miso pumpkin broth 1/2 cup (120 ml) at a time, stirring almost constantly, giving the risotto little breaks to come back to a simmer. The heat should be medium, and there should always be a slight simmer. You want the mixture to be cooking but not boiling, or it will get gummy and cook too fast.
- Continue to add miso broth, stirring to incorporate, until the rice is al dente — cooked through but still has a slight bite. This whole process should only take 15-20 minutes (time based on original batch size // adjust if altering to make more or less).
- Taste and adjust flavor as needed, adding more salt to taste or maple syrup (optional) to enhance the pumpkin flavor.
- 8. CRISPY SAGE (optional):** Heat oil in a small skillet or saucepan over medium heat. Add sage and a healthy pinch of salt and sauté for a few minutes to brown the sage slightly (this allows the flavor to deepen). Be careful not to let it burn.
- To serve, divide risotto between serving bowls and garnish with crispy sage (optional).
- Best when fresh, though leftovers will keep covered in the refrigerator for 2-3 days. Reheat in the microwave or on the stovetop over medium heat, adding vegetable broth or water as needed to rehydrate. Not freezer friendly.

# Paleo Dark Chocolate Cookies

Gluten Free, Dairy Free



## Ingredients

### Chocolate Cookies

- 1  $\frac{3}{4}$  cup** almond flour
- $\frac{3}{4}$  cup** coconut sugar
- $\frac{1}{2}$  cup** cacao powder
- $\frac{1}{4}$  cup** arrowroot or tapioca starch
- 1 tsp** baking powder
- $\frac{1}{2}$  tsp** sea salt
- $\frac{1}{4}$  cup** maple syrup
- $\frac{1}{4}$  cup** coconut oil
- $\frac{1}{8}$  cup** water
- 1 tsp** vanilla extract

### Chocolate Coating

- 1 cup** chocolate chips
- 1 tsp** coconut oil
- Chopped nuts, dried fruit, or crushed peppermint candies for garnish (pictured is chopped pistachios with sea salt flakes)



Recipe by:  
Dr. Alexandra Mackillop, DC

Recipe adapted from:  
[sarahbakesgfree.com](http://sarahbakesgfree.com)



## Directions

1. Preheat oven to 350 degrees. Line baking sheets with parchment paper.
2. In large mixing bowl, whisk together almond flour, coconut sugar, cacao powder, arrowroot starch, baking powder and salt.
3. Add maple syrup, melted coconut oil, water and vanilla extract to flour mixture. Stir until combined.
4. Using cookie scoop, place rounds of cookie dough onto cookie sheet and flatten slightly.
5. Bake cookies 13 minutes, until edges are golden brown. Allow to cool on cookie sheet at least 5 minutes before transferring to cooling rack.
6. Remove cookies from pan and place on cooling rack to finish cooling.
7. When cookies are cooled, melt chocolate. Place chocolate chips and 1 teaspoon coconut oil in microwave safe bowl. Melt on medium heat 30 seconds, stir, microwave additional 15 seconds. Stir until chocolate chips are completely melted and smooth.
8. Line large platter with parchment paper. Dip half of cookie in melted chocolate. Place on parchment paper. Sprinkle toppings over chocolate. Repeat with remaining cookies.
9. Place cookies in refrigerator to allow chocolate to set, 10-15 minutes. Remove cookies from refrigerator. Store cookies in airtight container.





DESSERTS

# Pumpkin Cheesecake

Gluten Free, Vegan

## Ingredients

### Crust

- 2 1/2 cups raw almonds
- 1/2 cup coconut oil, melted
- 1 Tbsp sugar
- 1 tsp ground cinnamon

### Pumpkin filling

- 2 cups raw unsalted cashews, soaked for at least 1 hour in hot water or overnight
- 1 1/4 cups pumpkin puree
- 1/2 cup unsweetened almond milk
- 1/2 cup sugar
- 2/3 cup coconut oil, melted
- 3 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 2 tsp agar agar powder
- 1/4 cup water
- Pecans, for topping (optional)

## Directions

1. Grease and line a small round springform pan with parchment paper (I used a 7-inch pan, but feel free to use a larger pan. Just note that the cake will be less tall if you use a wider pan).
2. Process the almonds in a high-speed blender or food processor until you get a fine meal. In a large bowl, mix the almond meal with melted coconut oil, sugar, and cinnamon until ingredients are evenly distributed.
3. Press the almond meal mixture down firmly onto the base of the prepared springform pan with the back of a spoon to form a level crust. Place the pan in the freezer and let the crust set until firm for 30 minutes.
4. While the crust is freezing, prepare the filling: process the soaked cashews, pumpkin puree, almond milk, sugar, melted coconut oil, ground cinnamon and nutmeg in the electric blender until you get a thick, creamy mixture.
5. Dissolve the agar agar powder in 1/4 cup of water and then pour the agar agar mixture into the blender. Process all the ingredients together until you get a homogeneous filling.
6. Pour the filling mixture over the crust and let the filling chill for 2 to 3 hours in the freezer (or 4 to 6 hours in the refrigerator) until firm.
7. Top gluten-free vegan pumpkin cheesecake with pecans before slicing and serving.



Recipe selected by:  
**Virginia Materese**  
(CEO of Aligned Modern Health)

Recipe sourced from:  
[dishbydish.net](http://dishbydish.net)

# Peppermint Chocolate Cake

Gluten-Free

## Ingredients

- 2 1/2 cups** of your favorite gluten-free flour
- 2 cups** cane sugar
- 1 cup** cocoa powder
- 2 tsp** baking powder
- 1 tsp** baking soda
- 1 tsp** sea salt
- 1 cup** Silk Brand unsweetened coconut milk
- 1 cup** water
- 2/3 cup** canola or sunflower seed oil
- 2 Tbsp** white vinegar
- 1 Tbsp** vanilla extract

## Peppermint Buttercream

- 3/4 cup** organic non-hydrogenated shortening (I like Spectrum Brand best)
- 4 Tbsp** Good & Gather Brand vegan butter, softened \*not melted
- 3 1/2 cups** powdered sugar, sifted
- 2-3 Tbsp** So Delicious coconut milk coffee creamer (Not milk, use the creamer I promise makes a difference)
- 1 tsp** vanilla extract
- 1/4 tsp** peppermint extract



## Directions

1. Preheat oven to 350 degrees (325 if your oven runs hot). Prepare 3 8-inch round cake pans by spraying with cooking spray. (I like Chosen Foods Pure Avocado Oil Spray)
2. In large mixing bowl, sift together flour, sugar, cocoa powder, baking powder, baking soda and salt. Set aside. In a separate bowl, mix together coconut milk, water, oil, vinegar, and vanilla. Pour over flour mixture and beat on med-high for 1 minute. Evenly divide cake batter between 3 prepared 8-inch cake pans. Bake for 26-28 minutes or until toothpick inserted in center comes out clean. Cool in pans for 10 minutes, then invert onto cooling rack to cool completely.
3. To make buttercream: Beat together shortening and vegan butter for 1 minute in large bowl of standing mixer. Add sifted powdered sugar, 2 tablespoons coffee creamer, vanilla and peppermint extract. Beat for an additional 2 minutes. Add another tablespoon of coffee creamer if needed. Beat buttercream until light and fluffy.
4. Place one layer of cooled cake on serving platter or cake stand. Top with 1/3 of buttercream and smooth out to edges. Repeat with second cake layer. Top with final cake layer and smooth out buttercream on sides with offset spatula. Sprinkle crushed candy canes on top edge.



Recipe by:  
**Nicole Kress**  
(Vice President of Operations  
at Aligned Modern Health)

# Healthy Flourless Brownies

Gluten Free, Nut Free, Paleo



Recipe selected by:  
Dr. Jessica Sabo, DC  
(Chiropractic Physician)

Recipe sourced from:  
[rachlmansfield.com](http://rachlmansfield.com)

## Ingredients

- 1 **cup** tahini or creamy nut butter
- 1/4 **cup** maple syrup
- 1/2 **cup** coconut sugar
- 2 pasture-raised eggs
- 1 **tsp** vanilla extract
- 1/3 **cup** + 2 **Tbsp** cacao powder
- 1 **tsp** baking powder
- 1/2 **cup** dark chocolate chips

## Directions

1. Preheat oven to 350 degrees and line an 8x8 baking dish with parchment paper and grease well
2. Cream together the tahini, maple syrup, coconut sugar, eggs and vanilla
3. Mix in the cacao powder and baking powder until well combined (it will be thick!)
4. Fold in dark chocolate gems then add batter to baking dish
5. Bake in oven for 22-25 minutes (or until toothpick comes out clean when you poke the brownies)
6. Allow the brownies to cool for a few minutes (this is key so they set!) then slice and enjoy!

# Chocolate Cake

## Ingredients

- 2 cups** white sugar
- 1 3/4 cups** all-purpose flour
- 3/4 cup** unsweetened cocoa powder
- 1 1/2 tsp** baking powder
- 1 1/2 tsp** baking soda
- 1 tsp** salt
- 2 large** eggs
- 1 cup** milk
- 1/2 cup** vegetable oil
- 2 tsp** vanilla extract
- 1 cup** boiling water

## Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease and flour two 9-inch round baking pans.
2. Stir sugar, flour, cocoa, baking powder, baking soda, and salt together in a large bowl.
3. Add eggs, milk, oil and vanilla; mix for 2 minutes on medium speed with an electric mixer.
4. Stir in the boiling water. The batter will be thin.
5. Pour evenly into the prepared pans.
6. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 30 to 35 minutes. Cool in the pans for 10 minutes, then transfer to a wire rack to cool completely.



Recipe selected by:  
**Dr. Hailey Spencley, DC**  
(Chiropractic Physician)

Recipe sourced from:  
[allrecipes.com](https://www.allrecipes.com)

# Cinnamon Walnut Apple Cake Baked with Olive Oil

## Ingredients

- 4 eggs
  - 1 **cup** brown sugar (plus 2 Tbsp for apples)
  - 1 **cup** extra virgin olive oil
  - 1 **cup** milk
  - 2 **1/2 cups** wheat flour
  - 2 **tsp** baking powder
  - 1 **tsp** vanilla extract
  - 4 apples, peeled, halved, cored, and thinly sliced
  - 1/2 **cup** walnuts, chopped
  - 1/2 **cup** raisins
  - 1 **1/2 tsp** ground cinnamon
  - 3 **Tbsp** sesame seeds
- 3. Add milk, wheat flour, baking powder and vanilla. Beat for 2 minutes.
  - 4. Brush a 9" cake pan with olive oil. Add half the batter to the pan.
  - 5. In a bowl, mix apples, 2 tablespoons of brown sugar, walnuts, raisins and cinnamon . Pour apple mixture on top of batter in cake pan.
  - 6. Add remaining batter to pan and sprinkle with sesame seeds.
  - 7. Bake for 45-50 minutes until inserted knife comes out clean.

## Directions

- 1. Preheat oven to 375 degrees.
- 2. Beat eggs and sugar with a hand mixer for 10 minutes. Add olive oil and beat for an additional 3 minutes.

*Recipe selected by our partners at Modify Health*

*Recipe sourced from:  
[mediterraneanliving.com](http://mediterraneanliving.com)*

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