Welcome to the December Statewide Wellness Virtual Lunch and Learn

Hosted by: OSHR Worksite Wellness

If you participate in the State Health Plan, you can find a nutritionist close to you by logging into your BCBSNC account or calling BCBS. Dietitian visits are covered at 100% when an in-network provider is used. Visit www.shpnc.org to learn more.

For future wellness lunch and learn events, or recordings of previous events, visit https://oshr.nc.gov/wellness-webinars.

Let’s LUNCH AND LEARN!
Healthy additions to your plate this season!

By Katie Godin, RD, LDN
Lifestyle Medical Centers offers Nutrition Counseling to assist with educating you on how to make positive lifestyle changes alongside continual support and encouragement.

- Services offered:
  - Weight Management
  - Women’s Health
  - Sports Nutrition
  - Chronic Disease Counseling
  - Bariatric Support
  - Smoking Cessation
  - Sleep Assessment and Stress Management
Homemade Cranberry Sauce

- Replacement OR Compliment to Gravy!
- If you haven’t tried homemade cranberry sauce – you are truly missing out!
- This nutrient dense swap is loaded with Vitamin C and Fiber!
Roasted Root Vegetables

- Holiday dishes can be loaded with breading / sauces - so incorporating some roasted root vegetables can be a nice addition to your Holiday plate this year!
- Veggies to try: Cauliflower, Brussels Sprouts, Sweet Potato, Carrots.
Green Bean Almandine

- As a swap for Green Bean casserole (Or compliment!)
- If you desire Green Bean Casserole – you must try this recipe!
Mashed Cauliflower and Potato Blend

- For a lower glycemic option (better blood sugar control), blending cauliflower with your mashed potatoes can be a healthy twist on this classic.

- [https://bowl-me-over.com/cauliflower-mashed-potatoes/](https://bowl-me-over.com/cauliflower-mashed-potatoes/)
Sweet Potato Casserole

- Try swapping marshmallows and brown sugar for healthy seeds, nuts and rich spices.
- If you do desire Sweet Potato Casserole try this recipe!
- [https://www.eatingwell.com/recipe/268408/no-sugar-added-sweet-potato-casserole/](https://www.eatingwell.com/recipe/268408/no-sugar-added-sweet-potato-casserole/)
Lightened up Spinach Dip

- Dips are such a fun and easy side item for various parties and family gathering’s over the Holiday’s. However they can come with a lot of unnecessary calories. Try this lightened up Spinach dip that packs more of a nutritious punch!


- Also – this dip from Trader Joes is one of my absolute favorites!

- Serve with whole grain toasted bread and/or vegetables.
Veggie Tray

- An easy way to add veggies to your Holiday meal plan is with a veggie tray. Try making it fun and festive!
Winter Charcuterie Board

• A nice addition to loaded dips and other heavy appetizers is a Charcuterie board. A recipe isn’t necessary but sometimes having inspiration helps!

• https://www.eatingwell.com/recipe/268786/winter-meat-cheese-board/
Lightened Up Pumpkin Pie

• This pumpkin pie can provide all the flavor needed for less than 200 calories a slice.

Other dessert recipes to try:

• Apple Crisp: A nice healthy twist to a seasonal favorite!
  https://therealfooddietitians.com/paleo-apple-crisp/

• Peppermint – Chocolate Greek Yogurt Bark: A simple yet delicious alternative to traditional Peppermint Bark!
  https://www.eatingwell.com/recipe/277502/peppermint-chocolate-greek-yogurt-bark/
Holiday Drink Features

• Holiday beverages can be loaded with calories, especially coming from sugar. These are some lower-sugar alternatives to include at your Holiday parties or gatherings this year if desired!

• Cranberry Prosecco Cocktail: https://www.eatingwell.com/recipe/268051/cranberry-prosecco-cocktail/

• Pomsettia: https://shawsimpleswaps.com/pomsettia-skinny-festive-cocktail/
Let’s Cook!
Today’s Features..
Roasted Cauli and Cheese
Creamy Apple and Pear Salad