




island scene e-cookbook:
season's greetings



time to
celebrate



Happy Holidays! Merry Christmas!
Happy Hanukkah! Happy Kwanzaa!

However you celebrate this holiday season, food will likely serve as a central backdrop and bring you and your loved ones together. Here are 10 recipes that will help cut down on your time in the kitchen so you can spend it with the people who matter most.



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budget holiday roast tri-tip

If your holiday meal isn't complete without a beef roast, here's a budget-friendly alternative. Tri-tip is flavorful, tender, and doesn't have any gristle or a layer of fat.

INGREDIENTS

2 lb. tri-tip roast
Steak seasoning
Garlic salt

INSTRUCTIONS

Preheat oven to 425 degrees F. Season roast on both sides.

Heat a cast iron or other ovenproof skillet on the stovetop over medium-high heat. When drops of water sprinkled in skillet immediately evaporate, place roast in skillet. Sear 4 minutes. Turn roast over and place skillet in oven. Cook 10 minutes per pound for medium doneness. Remove from oven and let stand 10 minutes before carving against the grain (the long strands of muscle). Makes 4-6 servings.

coconut mashed sweet potatoes

Swap out the traditional sweet potato casserole for these easy mashed sweet potatoes that are rich, savory, and perfectly creamy. It's a simple, delicious side dish for your holiday spread.

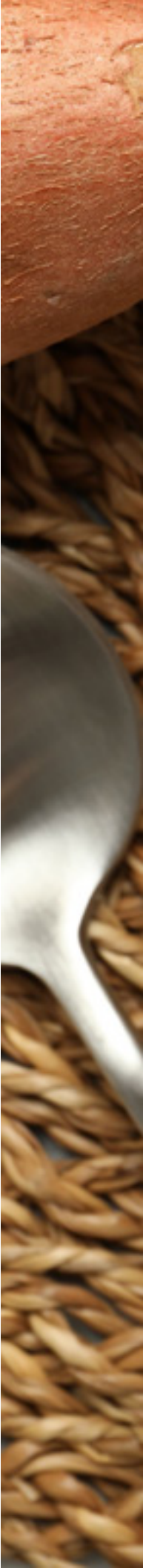
INGREDIENTS

- 5 medium sweet potatoes (about 3 pounds), peeled and cut into 1-inch cubes
 - 1 cup regular or low-fat canned coconut milk
 - 1 tsp. ground cinnamon
 - 1 tsp. salt (optional)
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INSTRUCTIONS

Place the sweet potatoes in a large pot and add enough water so they're submerged by 1 inch. Bring to a boil over high heat, then reduce the heat to medium and cook until potatoes are soft, about 25 minutes. Drain.

In a large bowl, add the cooked sweet potatoes and coconut milk. Mash with a potato masher or use an electric mixer at medium-low speed until potatoes are creamy and smooth. Stir in cinnamon and salt if desired. Makes 4 servings.









gluten-free apple crisp

If you want a great apple dessert but don't want to go through the effort of making a pie, try this apple crisp instead. Most of the ingredients are naturally gluten-free, so you just need to swap regular flour for gluten-free flour and use gluten-free oats. You won't be able to tell the difference, and your friends with celiac disease will love you for it.

INGREDIENTS

Filling

- 4 cups peeled and chopped apples
- 3 Tbsp. melted butter
- 2 Tbsp. gluten-free all-purpose flour with xanthan gum
- 1 Tbsp. lemon juice
- 3 Tbsp. milk (we used oat)
- 1 tsp. pure vanilla extract
- ¼ cup packed light brown sugar
- ½ tsp. ground cinnamon
- ⅛ tsp. salt

Crumble topping

- ½ cup gluten-free all-purpose flour with xanthan gum
- ½ cup gluten-free rolled oats
- ½ cup packed light brown sugar
- ½ tsp. gluten-free baking powder
- ¼ tsp. ground cinnamon
- ⅛ tsp. salt
- ⅓ cup butter, softened

INSTRUCTIONS

Preheat oven to 375 degrees F. Spray an 8x8-inch baking dish with nonstick cooking spray.

In a large bowl, mix all filling ingredients until combined.

In a medium bowl, mix crumb topping ingredients with a fork until it forms chunky crumbs.

Pour filling into baking dish and spread in an even layer. Sprinkle crumb topping on top. Bake for 30-35 minutes or until golden brown. Remove from oven and let cool for 5-10 minutes. Makes 6 servings.

healthier corn pudding

Spread holiday cheer with this souffle-like dish! Our healthier version substitutes plain Greek yogurt for sour cream and eggs and uses reduced-fat cheese and half the amount of butter than traditional recipes.

INGREDIENTS

- 1 8.5-oz. box corn muffin mix
- 1 14.75-oz. can cream style corn
- 1 10-oz. bag sweet corn
- ½ cup Greek yogurt
- 4 Tbsp. butter, melted
- 2 cups reduced-fat cheddar cheese, divided

INSTRUCTIONS

Preheat oven to 350 degrees F.

Mix all the ingredients including 1 cup of cheese in a bowl until incorporated. Add to baking vessel of choice. It should fit in an 8x8-inch, but we opted to bake half the batter in a 5.5x8-inch baking dish and make muffins out of the rest of the batter. Sprinkle the rest of the cheese on top.

Bake for 15-20 minutes or until the middle is cooked through. Cool before serving. Makes 4 servings.









mulled apple cider

Get in the cozy holiday spirit with mulled apple cider. With just seven ingredients and four steps, this holiday liquid gold takes just 10 minutes to prepare. Then, sit back and relax as the slow cooker does the rest.

INGREDIENTS

- 2 red apples
- 2 Tbsp. whole cloves
- 1 orange
- 4 cups apple juice
- 1 12-oz. can apple juice concentrate
- 4 cups cranberry juice
- 6 cinnamon sticks

INSTRUCTIONS

Poke the cloves into the apples about a ½-inch apart.

Slice the orange into rounds.

Add all ingredients into a large slow cooker. Cook on low for at least two hours before serving hot. Keep cooking on low for as long as you like so the spices continue to mull. Makes 10-12 servings.

no-bake pumpkin cheesecake

Smooth, creamy, light, and airy – this pumpkin cheesecake is simple to whip up with no oven required! We recommend refrigerating overnight before digging in to allow the flavors to mix and mingle even more.

INGREDIENTS

- 1 15-oz. can pumpkin pie filling
 - 8 oz. low-fat cream cheese, at room temperature
 - 2 cups frozen whipped topping, thawed and divided
 - 1 cup powdered sugar
 - 1 9-in. prepared pie crust
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INSTRUCTIONS

Mix pumpkin pie filling, cream cheese, 1 cup frozen whipped topping, and powdered sugar in a bowl until smooth. Fill pie crust and top with the rest of the whipped topping. Cover with foil and refrigerate at least four hours. Makes 6-8 servings.







paleo (grain-free) gingerbread cookies

Whether it's muffins, baked in a pan like a cake, or rolled out and cut into reindeer, gingerbread is synonymous with the holidays. With this recipe, your gluten-free friends can share in the joyous spirit.

INGREDIENTS

- 1 egg, plus 1 egg yolk
- $\frac{2}{3}$ cup smooth almond butter
- 2 Tbsp. coconut oil, softened
- $\frac{1}{4}$ cup molasses
- $\frac{1}{4}$ cup coconut sugar, plus more for topping
- 1 tsp. vanilla extract
- $\frac{2}{3}$ cup coconut flour
- 1 tsp. baking soda
- Pinch of sea salt
- 1 tsp. cinnamon
- 1 tsp. ginger
- $\frac{1}{4}$ tsp. allspice

INSTRUCTIONS

Preheat oven to 350 degrees F. Line baking sheet with parchment paper.

In a medium bowl, whisk egg, egg yolk, almond butter, and coconut oil until smooth. Add molasses, coconut sugar, and vanilla. Mix well.

In another bowl, combine coconut flour, baking soda, salt, and spices.

Add dry ingredients to wet ingredients. Mix until well combined. If the dough is runny, place in the freezer for about 10 minutes.

Scoop dough in heaping tablespoons onto prepared baking sheet. Gently flatten and sprinkle with coconut sugar. Bake 8 to 10 minutes until tops crack. Makes about 14 cookies.

pumpkin fluff

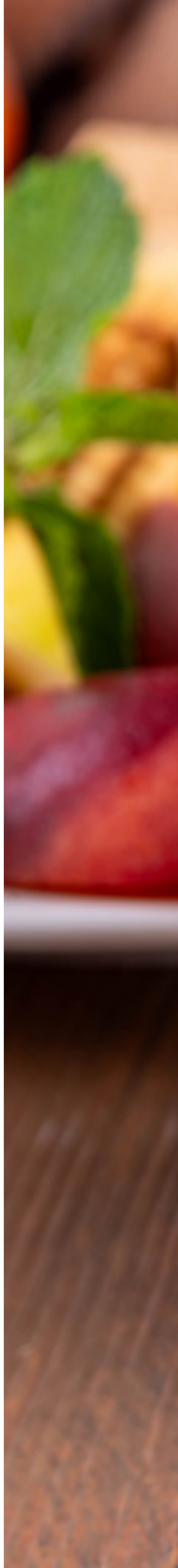
Pumpkin pie may traditionally be dessert, but this pumpkin fluff dip could easily be an appetizer at a holiday gathering. It's creamy, fluffy, and delicious served with apple slices or graham crackers.

INGREDIENTS

- 15-oz. can pumpkin puree
 - 8-oz. container frozen whipped topping, thawed
 - 3½ oz. instant vanilla pudding mix
 - 1 tsp. pumpkin pie spice
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INSTRUCTIONS

In a medium bowl, combine pumpkin and whipped topping. Stir in pudding mix and pumpkin pie spice. Cover and refrigerate at least 2 hours. Makes 6 servings







quinoa and cranberry stuffed acorn squash

This holiday season, try some buttery acorn squash baked and stuffed with a savory quinoa filling flecked with sweetened dried cranberries. Perfect for vegetarians and omnivores alike, it's festive in its own way!

INGREDIENTS

2 acorn squash
1 cup uncooked quinoa
2 cups water
1 tsp. salt, divided
1 Tbsp. olive oil
½ cup chopped green onion
2 celery stalks, chopped
½ cup dried cranberries
½ tsp. dried sage
⅓ cup pumpkin seeds
½ cup fresh orange juice
¼ tsp. pepper
¼ cup chopped dried apricots

INSTRUCTIONS

Preheat oven to 350 degrees F.

Cut squash in half lengthwise. Place cut-side down on a rimmed baking sheet lined with parchment paper. Bake until tender, about 30 to 40 minutes. Transfer cut-side up to serving platter.

Meanwhile, rinse quinoa until water runs clear. Drain and transfer to a medium saucepan. Add water and ¼ teaspoon of the salt and bring to a boil. Cover, reduce heat to medium-low, and simmer until water is absorbed, 15 to 20 minutes. Remove from heat and let stand 5 minutes. Fluff with a fork.

Heat oil in a large nonstick skillet over medium heat. Sauté green onion and celery until tender, about 3 minutes. Add cranberries, sage, cooked quinoa, pumpkin seeds, orange juice, remaining salt, and pepper. Stir constantly until mixture is heated through, about 2 minutes.

Fill acorn squash halves with quinoa mixture. Garnish with dried apricots. Makes 4 servings.

slow cooker turkey with local-style stuffing

Turkey breast is infamous for drying out easily but preparing it in the slow cooker is a game changer since you can set it and forget it with juicy results.

We deemed our stuffing “local-style” since we added Portuguese sausage, giving it a hearty boost. And cooking it with the turkey gives you one fewer side dish to think about. It’s a win-win situation.

INGREDIENTS

- 1 whole onion, chopped
- 1 5-oz. package Portuguese sausage, chopped
- 1 6-oz. box stuffing
- 2 Tbsp. butter, melted
- 1½ cups low-sodium chicken broth
- 3 lb. turkey breast, bone-in
- 1 12-oz. jar gravy of choice
- 1 tsp. poultry seasoning
- 1 tsp. sage
- Salt and pepper to taste

INSTRUCTIONS

Add onions, Portuguese sausage, stuffing mix, butter, and chicken broth to slow cooker. Mix. Place turkey breast on top. Cover with gravy. Sprinkle poultry seasoning, sage, salt, and pepper.

Cook on high (if your slow cooker has that option) for 8 hours or until the internal temperature of the thickest part of the turkey is 165 degrees F.

Once your turkey is done, remove from the slow cooker and let rest for 10 minutes before carving and serving. Makes 6 servings.





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