

NY Common Pantry's

HEALTHY HOLIDAY

Cookbook



NY
**COMMON
PANTRY** 
LIVE HEALTHY!

STAY HEALTHY DURING THE HOLIDAYS

Does maintaining a balanced diet during the season of food-focused celebrations seem impossible? We agree - it's not easy, and many of us struggle with eating healthy during the fall and winter months. To help, we've remixed holiday favorites to make your festivities more nutritious and just as delicious. It's our hope you love the recipes we've come up with so much that they will spark new traditions for you and your loved ones. Happy cooking!

The Live Healthy! team





COOKBOOK GUIDE

Resources

- What You Will Need
- How to Safely Thaw Your Turkey
- Live Healthy! Nutrition Resources
- How to Stay Connected

Recipes

- Savory Turkey Meatballs
- Turkey Meatball Soup
- Herbed Turkey Gravy
- Creamy Mashed Cauliflower
- Sweet Potato Spinach Stew
- Cranberry Sauce
- Oatmeal Cookies
- Homemade Oat Milk





WHAT YOU WILL NEED

to make every recipe in this cookbook, and where to find it!

From The Pantry

Dry Package

- Turkey
- Egg
- Oats
- Brown Rice or White Rice
- Canned Cranberry

Produce Package

- Cauliflower
- Celery
- Garlic
- Carrot
- Onion/Shallot
- Sweet potato
- Spinach

Herbs & Spices

- Cilantro
- Thyme
- Sage
- Salt & Pepper
- Cinnamon

From Your Kitchen

Additional Items

- Tomato
- Cabbage
- Dry Raisins
- Orange or Orange Juice
- Mushroom
- Tomato paste

Home Staples

- Brown Sugar
- Vanilla Extract
- Olive /Vegetable Oil
- Baking powder
- All-purpose flour or Whole Wheat flour
- Low-sodium Chicken or Vegetable broth





HOW TO

3 Ways to Safely Thaw Your Turkey



1. Cold Water Thawing

- Submerge frozen turkey in cold water.
- Change water every 30 minutes until thawed.
- Cook immediately after thawing.



2. Refrigerator Thawing

- Place frozen turkey in refrigerator.
- For every 4–5 lbs. of turkey, allow 24 hours to thaw.
- Safe to store in fridge for 1–2 days before cooking.



3. Microwave

- Place frozen turkey on microwave-safe plate.
- Use defrost function on microwave based on weight.
- Cook immediately after thawing.

SAVORY TURKEY MEATBALLS



Ingredients

- 4 cups cooked turkey
 - 4 large eggs
 - 1/8 cup all-purpose flour
 - ½ tablespoon cilantro
 - 1 cup celery, finely chopped
 - 1 medium onion, finely chopped
 - 1 teaspoon salt
 - ½ teaspoon pepper
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Directions

1. Preheat oven to 350 degrees F (175 degrees C) and line a baking sheet with parchment paper or coat with non-stick cooking spray.
2. If using a food processor, pulse the leftover turkey until fine in consistency. Add eggs, all-purpose flour, parsley, salt and pepper then pulse to combine.
3. To make it by hand, finely chop the leftover turkey meat and combine ingredients in a medium-size bowl.
4. Portion using a tablespoon and shape into 12, 1-inch meatballs. Place onto the prepared baking sheet, leaving about an inch between each.
5. Place the baking sheet into the oven and cook for 20 - 25 minutes, until lightly golden on the outside and meatballs are firm.
6. Serve!

TURKEY MEATBALL SOUP



Ingredients

- Cooked turkey meatballs
 - 2 Tbsp. vegetable oil
 - 2 large onions, diced
 - 6 cloves garlic, smashed
 - 3 small tomatoes, diced
 - 2 Tbsp. tomato paste
 - 10 cups water
 - 2 large carrots, sliced
 - ¼ head of cabbage, diced
 - 5 bay leaves
 - 2 large potatoes, cubed
 - 2 tsp. salt
 - 1 tsp. black pepper
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Directions

1. In a large pot over medium heat, heat oil. Add onions and garlic to the pot and cook until the onions soften. Add tomatoes.
2. Clear a space in the center of the pot and add tomato paste, letting it fry lightly. Stir and cook until the tomatoes are slightly dissolved.
3. Add water and increase heat to high. Add the carrots, cabbage, bay leaves, and pepper. Cover and bring to a boil, then reduce to a simmer for 1 hour.
4. After 1 hour, add potatoes to the soup. Bring back to a boil until the potatoes are tender. Add turkey meatball and cook for another 5 minutes.
5. Add salt to taste before serving.

HERBED TURKEY GRAVY



Ingredients

- Drippings from cooked turkey
 - 1–1½ cups low-sodium chicken broth
 - ¼ cup all-purpose flour
 - ¼ tsp. dried thyme
 - ¼ tsp. sage
 - ¼ tsp. pepper
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Directions

1. After cooking the turkey, reserve the drippings and loosened browned bits from the pan into a large measuring cup.
2. Skim off additional fat and put to the side, reserve ¼ cup of the liquid.
3. Add enough broth to the liquid until you measure 2 cups.
4. In a small saucepan over low heat, combine flour and fat and stir until smooth.
5. Gradually stir in the broth mixture. Stir in thyme, sage and pepper.
6. Bring to a boil. Cook and stir until thickened, about 2 minutes.
7. Serve with turkey or turkey meatballs

CREAMY MASHED CAULIFLOWER



Ingredients

- 1 head of cauliflower (about 3 lbs.), trimmed and cut into florets
 - 3 cloves garlic
 - 1 Tbsp. olive oil
 - ½ tsp. salt
 - ⅛ tsp. black pepper
 - Optional garnishes: chopped fresh thyme, olive oil, salt, and pepper
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Directions

1. Bring a large pot of salted water to a boil. Add the cauliflower and garlic and cook for 10 minutes or until the cauliflower is tender.
2. Drain, return it to the hot pan, and let stand covered for 2–3 minutes.
3. Transfer the cauliflower and garlic to a food processor. Add the oil, salt, and pepper and purée until smooth. (You can also use a potato masher or hand blender.)
4. If desired, garnish with chopped fresh thyme, salt, pepper, and a drizzle of olive oil before serving.

SWEET POTATO SPINACH STEW



Ingredients

- ½ cup wheat berries or brown rice, cooked
 - ½ cup low-sodium vegetable broth
 - ¾ cup water
 - A handful of baby spinach or low-sodium canned spinach
 - 1 Tbsp. olive oil
 - ½ sweet potato, cubed
 - 1 shallot, diced
 - 2 cloves garlic, minced
 - 3–4 mushrooms
 - Salt and pepper to taste
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Directions

1. Add the cooked wheat berries or rice, broth, and ¾ cup of water to a small saucepan. Bring to a boil, then reduce to a simmer for 15 minutes.
2. After 15 minutes, add the spinach. Cover for 5–10 minutes to wilt it, then fluff with a fork.
3. In a hot pan, add the oil, sweet potato, shallots, and mushrooms. Season to taste with salt and pepper and cook for 3–4 minutes, stirring infrequently so the veggies can caramelize.
4. Add the garlic and continue cooking another 3–4 minutes.
5. Add the rice to the veggies.
6. Serve!

CRANBERRY SAUCE



Ingredients

- 1 bag (12 oz.) fresh or frozen cranberries
 - ½ cup honey or maple syrup
 - ½ cup water
 - Zest of 1 medium orange or 1 tsp. orange juice
 - Optional: ½ tsp. ground cinnamon
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Directions

1. Rinse the cranberries well and discard any squishy ones.
2. In a saucepan over medium-high heat, add cranberries, honey, and water. Bring the mixture to a boil, then reduce heat to medium-low. Cook, stirring occasionally, until the cranberries have popped and the mixture has thickened (about 5–10 minutes).
3. Remove from heat and stir in the orange zest. If desired, add cinnamon.
4. Let it cool. The sauce will continue to thicken as it cools.
5. Serve with oatmeal cookies

A top-down view of a rustic wooden surface. On the left, several golden-brown oatmeal cookies are scattered, some whole and some broken into pieces. In the center-right, a clear glass bowl is filled with rolled oats. The background shows a checkered cloth with more cookies and a white plate with cranberries.

OATMEAL COOKIES WITH CRANBERRY SAUCE



Ingredients

- ½ cup whole wheat flour
 - ½ cup all-purpose flour
 - 1 tsp. baking powder
 - ⅓ cup vegetable oil
 - ⅔ cup dark brown sugar
 - 1 large egg
 - 1 tsp. vanilla extract
 - ½ cup rolled oats
 - ½ cup dried currants or raisins
 - Cranberry sauce
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Directions

1. Preheat oven to 350°F.
2. In a medium bowl, whisk together flours and baking powder.
3. In a large bowl, whisk together oil, sugar, egg, and vanilla. Add flour mixture and stir to combine. Mix in oats and currants or raisins.
4. Roll dough into small balls (about 2 Tbsp. of dough per cookie) and place on parchment-lined baking sheets 1½ inches apart.
5. Bake at 350°F for 15–17 minutes.
6. Once cooled, spread cranberry sauce on top of each cookie.

HOMEMADE OAT MILK



Ingredients

- 1 cup rolled oats
- 3–4 cups water
- 1 pinch salt

Optional

- 1 pitted date or 1 Tbsp. maple syrup
 - ½ tsp. vanilla extract
 - 2 Tbsp. cocoa or cacao powder (for chocolate milk)
 - ¼ cup fresh berries (for berry milk)
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Directions

1. Add oats, water, salt, and any optional add-ins to a high-speed blender. (3 cups of water will make milk thicker; 4 cups will make milk thinner.)
2. Top with lid and cover with a towel to ensure it doesn't splash. Blend for 30–60 seconds until well-combined.
3. Cover a large mixing bowl with a very thin towel and slowly pour in the mixture to strain out any oat remnants.
4. Transfer to a sealed container and refrigerate. The oat milk will keep for up to 5 days.

NUTRITION RESOURCES

3 Ways to Get Support



1. Nutrition Workshops

- Learn about healthy eating
- Gain tips to increase physical activity
- Make the most of your food dollars

SCAN ME



2. Recipe Club

- Live cooking demos with Nutritionists
- Delicious and easy recipes
- Recipe videos and time saving tricks



3. Farm Share

- Receive local seasonal produce
- Affordable and EBT accepted
- Recipes to help make eating healthy easy!



STAY CONNECTED

Scan to join the Live Healthy! Facebook group: [The Missing Ingredient](#)

Pantry members can request access to our private Facebook community where we share healthy recipes to inspire each other, post distribution updates, and virtual cooking demonstrations hosted by our nutrition experts.





HAPPY HOLIDAYS

from the Live Healthy! team

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