



BalanceHealthSM Newsletter

December 2013 | Written by the wellness experts at eni



Healthy Holiday Recipes

The holiday season is filled with decadent meals. While holiday treats are delicious they are also notoriously packed with empty calories. Furthermore, skipping nutrient packed foods in favor of sweet treats can leave you feeling run down from lack of essential vitamins and minerals.

To counteract the indulgence of the holiday season, our wellness experts offer a few healthy eating tips and healthy alternatives to traditional holiday recipes.

For more information or advice about healthy holiday recipes, contact your Wellness Coordinator by calling:

1.800.327.2255

eni's BalanceHealth program is a confidential service provided by your employer to help you achieve and maintain a healthy lifestyle.

Healthy Eating Tips

Eat a small nutritious meal before heading to holiday parties. This will ensure you eat something healthy and will prevent overeating at the gathering.

Limit yourself to one sweet treat per day.

If you eat one decadent meal, be sure your other two meals are healthy.

At buffets be sure to eat healthy options like salad or fruit first and then take a small serving of rich foods like mashed potatoes and stuffing.

Drink plenty of water throughout the season to keep hydrated.

Commit to eating something packed with nutrients each day – a fruit & veggie smoothie for breakfast, a salad with grilled chicken for lunch, or baked salmon for dinner.

Roasted Cauliflower with Fresh Herbs and Parmesan

A Healthy Side Dish Courtesy of Cooking Light

Ingredients:

- 12 cups cauliflower florets (about 2 heads)
- 1 1/2 tablespoons olive oil
- 1 tablespoon chopped fresh parsley
- 2 teaspoons chopped fresh thyme & tarragon
- 3 garlic cloves, minced
- 1/4 cup (1 ounce) grated fresh Parmesan cheese
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Preparation:

1. Preheat oven to 450°.
2. Place cauliflower in a large roasting pan or jelly-roll pan. Drizzle with oil; toss well to coat.
3. Bake at 450° for 20 minutes or until tender and browned, stirring every 5 minutes.
4. Sprinkle with parsley, thyme, tarragon, and garlic. Bake 5 minutes.
5. Combine cauliflower mixture, cheese, and remaining ingredients in a large bowl; toss well

Nutritional Information:

89 Calories
3.5 Grams Fat



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Roast Chicken with Pomegranate Glaze

A Healthy Main Course Courtesy of Eating Well

Ingredients:

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| 1 tablespoon ground sumac | 2 teaspoons extra-virgin olive oil |
| 1 tablespoon kosher salt | 1/2 cup pomegranate molasses |
| 1 4-pound chicken | 2 tablespoons honey |
| 6 cups sliced cored fennel (2-3 large bulbs) | 1 teaspoon freshly ground pepper |
| 1 large yellow onion, chopped | Pomegranate seeds for garnish |

Preparation:

1. Preheat oven to 425°F.
2. Combine sumac and salt in a small bowl. Remove giblets from chicken (if included) and trim any excess skin; pat dry. Loosen the skin over the breast and thigh meat and rub the spice mixture under the skin plus a little on the skin. Tuck the wings under and tie the legs together with kitchen string, if desired.
3. Combine fennel and onion in a large roasting pan and toss with oil to coat. Place the chicken, breast-side up, on the vegetables.
4. Combine pomegranate molasses, honey and pepper in a small bowl. Transfer half the mixture to a small saucepan and set aside to serve with the chicken.
5. Roast the chicken and vegetables for 20 minutes. Turn the chicken over, stir the vegetables and cook for 20 minutes more.
6. Turn the chicken over one more time (so it is breast-side up) and stir the vegetables again. Reduce oven temperature to 400°. Brush the chicken all over with the remaining pomegranate mixture, and continue to roast until an instant-read thermometer inserted into a thigh without touching bone reaches 165°, 20 to 30 minutes more.
7. Transfer the chicken to a clean cutting board and let rest for 10 minutes. Meanwhile, heat the pomegranate glaze in the saucepan over low heat. Remove the string from the chicken, if necessary, and carve the chicken. Serve with the fennel and onion, drizzled with the warm glaze. Sprinkle with pomegranate seeds, if desired.

Apple Spice Cake

A Healthy Dessert Courtesy of Health Magazine

Ingredients:

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| 1 cup packed dark brown sugar | 1 teaspoon baking soda |
| 1/3 cup block-style fat-free cream cheese, softened | 1 teaspoon cinnamon |
| 1/4 cup vegetable oil | 1/2 teaspoon salt |
| 1 teaspoon vanilla extract | 1/2 teaspoon ground cloves |
| 2 large eggs | 1/2 teaspoon ground nutmeg |
| 1 1/2 cups all-purpose flour | 1 cup low-fat buttermilk |
| | 1 cup chopped peeled Braeburn apple |
| | 2 teaspoons powdered sugar |

Preparation:

1. Preheat oven to 350°.
2. Place the first 4 ingredients in a large bowl, and beat with a mixer at medium speed until well blended (about 3 minutes). Add eggs, 1 at a time, beating well after each addition.
3. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and the next 5 ingredients, stirring with a whisk. Add flour mixture and buttermilk alternately to sugar mixture, beginning and ending with flour mixture; beat well after each addition. Stir in the apple. Spoon mixture into an 8-inch square baking pan coated with cooking spray.
4. Bake at 350° for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack for 10 minutes. Remove from pan; cool completely on wire rack. Sprinkle with powdered sugar.

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Nutritional Information:

330 calories
10 g fat

Nutritional Information:

205 calories
5.8 g fat