

# Natural Health News

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EVERGREEN SPA & WELLNESS  
ELY, MN

## NOURISHING TRADITIONS

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**Happy Thanksgiving!** Chances are, eating healthfully is about the furthest thing from your mind at Thanksgiving. It is, after all, the start of the season that turns our attention toward celebrating and indulging. It is a chance to enjoy holiday dishes that connect us with our past and the loved ones around us, and of course, to simply eat for the pure pleasure of it. But you might be surprised to know that while you are doing all that delicious celebrating, you are also getting a powerful nutritional boost. A closer look at the key ingredients of the traditional Thanksgiving table reveals some remarkable health benefits. **TURKEY** The star of the feast does more than make a glorious presentation and feed an extended family. It is a nutritional prize too—just a 3-ounce serving provides nearly half a day's worth of lean protein and is packed with minerals like selenium and zinc, which are key for a strong immune system. It could be just what we need to help us through the cold and flu season. **SWEET POTATOES** These hearty, sweet, and fragrant spuds get their deep orange color from the antioxidant beta-carotene. This form of vitamin A helps protect every cell in our bodies, but especially targets the skin, eyes, and immune system. On top of that, sweet potatoes have more potassium than a banana, so they help keep blood pressure in check, and they are good source of vitamin C and fiber. All in all, a pretty sweet package. **SQUASH** Beta-carotene is the orange-hued star of the squash family, too, and its disease-preventing properties extend across all varieties, from pumpkin to any kind of winter squash. Eating it could also make you more attractive by imparting a warm hue to your skin. Research from the University of Bristol, in England, found that people given a diet high in beta-carotene were found to have more attractive skin tones than those who were suntanned. So enjoy squash throughout the holiday season; it might help keep that winter pallor from setting in. **BRUSSELS SPROUTS** It's probably not news that Brussels sprouts are healthy, but this holiday staple offers more healing power than you may realize. Not only do they provide a sizable dose of essential nutrients like vitamin C, fiber, folate, potassium, and beta-carotene, but they also contain powerful anti-cancer and anti-inflammatory properties. **NUTS** Besides providing a sumptuous crunch and nutty flavor, holiday favorites like almonds, walnuts, and pecans have heart-healthy monounsaturated and omega-3 fats, essential minerals like magnesium and zinc, and plenty of antioxidants. **CRANBERRIES** These tart little wonders have antioxidants called proanthocyanidins, which act like Teflon, preventing bacteria from sticking to our cells and causing disease. Scientists think this anti-stick benefit is the main reason cranberries prevent urinary tract infections and could also work to protect the stomach and gums. On the next page you will find recipes and ideas on how to enjoy these healthful foods. Make sure to try the Cranberry Sauce recipe which has cranberries simmering with orange juice and maple syrup to make a healthful, tasty treat that is sure to become a holiday favorite. Serve it as part of your holiday meal and enjoy the many nutritional benefits cranberries have to offer. The only thing that can enhance the effect further, for pleasure and health, is to slow down and savor every bite.

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**ORANGE-MAPLE CRANBERRY SAUCE:** Yields about 2 cups. Combine 12 ounces fresh or frozen cranberries (about 3 cups; picked over and rinsed), 1 cup pure maple syrup, and 1/3 cup fresh orange juice in a 3-quart saucepan and bring to a boil over medium heat. Reduce the heat to low and simmer, stirring occasionally, just until the cranberries burst, about 5 minutes. Remove from the heat, stir in 1 tsp. finely grated orange zest, and let cool to room temperature, about 1 hour. (The sauce will thicken as it cools. It may be made up to 3 days ahead and stored in an airtight container in the refrigerator.)

**APPLE CIDER PUNCH:** In a punch bowl or large pitcher combine 6 cups apple cider, 2 cups orange juice or cranberry-raspberry juice, and 1/2 cup lemon juice. Slowly add a bottle (750ml) sparkling white grape juice or sparkling wine. Serve immediately. Makes 11 1/2 cups (about 16 six-oz. servings).

**TWICE-BAKED SWEET POTATOES:** Preheat oven to 325 degrees F. Scrub sweet potatoes and pierce all over with fork. Place on oven rack and bake until tender. Set aside to cool slightly. Cut potato in half lengthwise. Using a spoon, scoop pulp from potato half, leaving a 1/4-to-1/2-inch shell. Place pulp in a bowl. Set aside shell. Using a potato masher or fork, mash potato pulp until smooth. Stir in some cranberry relish, chopped cranberries, a little bit of butter, and a pinch of salt. Spoon potato mixture into potato shell. Place, filled side up, in a baking pan, sprinkle with toasted walnuts and bake for 25 to 35 minutes until heated through.

**CREAMY BRUSSELS SPROUTS:** Preheat oven to 350 degrees F. Lightly grease a 1 1/2-quart oval gratin baking dish. In a 12-inch skillet cook 1 medium onion (quartered and thinly sliced) and 3 cloves minced garlic over medium heat until softened. Stir in 2 lbs. Brussels sprouts (trimmed and halved) and 1 tsp. fresh thyme or 1/4 tsp. dried thyme. Cook for 4 minutes or until onions begin to brown. Add 3/4 cup chicken broth. Bring to boiling. Cook, stirring occasionally, until broth is nearly evaporated. Add 3/4 cup whipping cream and 1/4 tsp. ground nutmeg. Cook for 4 minutes or until mixture begins to thicken. Transfer to prepared baking dish. Stir in 1/4 cup finely shredded Parmesan cheese, 1/4 tsp. salt and 1/8 tsp. ground black pepper. Sprinkle with more parmesan cheese and bake, uncovered, 20 to 25 minutes or until Brussels sprouts are tender. Makes 8 to 10 servings.

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**CRAN-TURKEY ENCHILADAS**

A great recipe to use up your Thanksgiving dinner leftovers.

**Preheat oven to 350 degrees. Lightly grease a 3-quart baking dish; set aside.**

**In a large bowl stir together 2 cups shredded cooked turkey, 1 cup cranberry sauce, 1 cup cooked black beans, 1/2 cup salsa, 3/4 cup shredded Colby and Monterey Jack Cheese, 1/2 cup sour cream, 3 sliced green onions, 1/4 cup snipped fresh cilantro, 1 tsp. ground cumin, 1/2 tsp. salt and 1/2 tsp. ground black pepper. Fill 8 7-to 8-inch whole wheat tortillas with 2/3 cup filling each. Roll up tortillas. Place, seam sides down, in prepared dish; set aside.**

**For the sauce, in bowl stir together 1 cup cranberry sauce, 1 cup salsa, and 1 tsp. hot pepper sauce. Spoon sauce over filled tortillas. Cover with foil. Bake for 45 minutes.**

**Uncover; sprinkle with 1/4 cup shredded Colby and Monterey Jack cheese. Bake 5 to 10 minutes longer or until heated through and cheese is melted. Sprinkle with additional fresh chopped cilantro and green onions. Makes 8 servings.**

**Enjoy!**



will be closed through December 5th for seasonal maintenance. We apologize for any inconvenience. Thank you for your patronage. We look forward to serving you again in December.