

Nutritious Holiday Dishes

List compiled by: Christian Fell, UNC dietetic intern completing his food service management at Carolina Meadows.

Spice up your holidays with some new recipes!

Sides

[Brussel Sprouts with Bacon, Pecans and Cranberries](#)

[Brussel Sprouts with Balsamic Vinegar and Cranberries](#)

[Roasted Garlic Mushrooms](#)

[Savory and Sweet Carrots](#)

[Christmas Salad with Creamy Poppy Seed Dressing](#)

[Holiday Honeycrisp Salad](#)

[Christmas Green Beans with Toasted Pecans](#)

[Roasted Cauliflower with Red Pepper, Green Olives and Pine Nuts](#)

[Roasted Broccoli with Parmesan](#)

[Maple Roasted Beets and Carrots](#)

[Roasted Beets with Goat Cheese and Walnuts](#)

[Roasted Butternut Squash](#)

[Butternut Squash Soup](#)

[Sautéed Spinach](#)

[Creamy Spinach](#)

[Garlic Roasted Potatoes](#)

[Crispy Roasted Potatoes](#)

[Mashed Potatoes with Skins](#)

[Roasted Sweet Potatoes](#)

[Sweet Potatoes with Honey and Cinnamon](#)

[Sweet Potato Hash](#)



[Seeded Multigrain Sandwich Bread](#)

[Deviled Eggs](#)

Desserts

[30 Minute Chocolate Cake](#)

[Chocolate Cake](#)

[Angel Food Cake with Lemon](#)

[Gingerbread Cookies](#)

[Lemon Bars](#)

[Gingerbread Loaf](#)

[Fudge Paleo Brownies](#)

[Chocolate Cuties](#)

[Baked Apples](#)

[Cheesecake Stuffed Apples](#)

[Frozen Fruit and Nut Salad](#)

Mocktails

[Moscow Mule Mocktail](#)

[Ginger-Cinnamon Apple Cider Mocktail](#)

[Cosmopolitan Mocktail](#)

[Cranberry Fizz Mocktail](#)

[Grapefruit Paloma Mocktail](#)

[Paloma Fizz Mocktail](#)

[Cinnamon Rosemary Old Fashioned](#) – Replace bourbon with Barley Tea



References

First Image: [Brussel Sprouts. Julia's Album.](#)

Second Image: [Honeycrisp Salad. Five Heart Home.](#)

Third Image: [Roasted Beets. Chef John.](#)

Fourth Image: [Sweet Potato Hash. Lauren Miyashiro.](#)

Fifth Image: [Baked Apples. Sally's Baking Addiction.](#)

Sixth Image: [30 Minute Chocolate Cake. Helen.](#)

Seventh Image: [Moscow Mule. Like Mother Like Daughter.](#)

Eighth Image: [Paloma Fizz. Cheeky Kitchen.](#)