

In the Kitchen with LiveWELL



Healthy Holiday Progressive Dinner

A progressive dinner is where guests follow a set path through multiple homes or locations, eating a specific course or food offering at each, this cookbook is a virtual progressive dinner where teammates across the Southeast prepare a different course. Enjoy!



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Dates Stuffed with Blue Cheese

Meghan Donovan – Atrium Health Greater Charlotte

From Food52

Ingredients

- 30 good Medjool dates
- 1/3-pound good quality sharp blue cheese
- 3/4 cup pecans
- 2 tablespoons aged balsamic vinegar
- 2 tablespoons honey

Preparation

1. Get the blue cheese to room temperature.
2. Roast the pecans in a dry pan for about 7 min in low hit.
3. Chop the pecans to small pieces.
4. Mix the pecans with the blue cheese to a paste.
5. Take out the date seed and open it up without breaking it up to two halves.
6. Stuff each date with about full teaspoon of the blue cheese mixture.
7. Serve at room temperature and drizzle balsamic vinegar and honey on top.

Alternative Cheeses	Alternative Nuts
Ricotta	Pistachios
Marscapone	Almonds
Goat cheese	Walnuts
Whipped Feta	Macadamia nuts
Sharp Cheddar	



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Spinach Pomegranate Salad

Cindy Vice – Atrium Health Floyd

Simplyhomecooked.com



Ingredients

Salad ingredients:

- 8-10 oz Baby Spinach
- 3-4 oz Arugula
- 2 cups pomegranate seeds
- 1 drained can mandarin oranges
- 1 fuji apple
- ½ red onion
- ½ cup feta cheese
- ½ cup roasted pecans

Dressing ingredients:

- ¾ cup olive oil
- ½ cup balsamic vinegar
- 2 tsp honey
- Salt & pepper

Preparation

Mix all salad ingredients, toss with dressing right before serving. This salad needs to be served immediately, liquid from the apples and pomegranate seeds cause it to wilt quickly.

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Sheet Pan Balsamic Chicken with Carrots and Potatoes

Gretchen Bayne – Atrium Health Wake Forest Baptist

*Sheet Pan Balsamic Chicken with Potatoes and Carrots -
Creme De La Crumb (lecremedelacrumb.com)*



Ingredients

4 boneless chicken breast
1-pound carrots – peeled and chopped
2 pounds red or gold potatoes – chopped
3 tablespoon olive oil
Salt and pepper to taste
1 teaspoon garlic powder
½ teaspoon dried basil
½ teaspoon dried thyme
1 cup balsamic vinegar

1/3 cup honey
2 tablespoon grated parmesan cheese

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Preparation

1. Preheat oven to 400 degrees. Arrange potatoes in a single layer on one third of a greased sheet pan chicken on one third of the pan, and carrots on the remaining third.
2. In a medium saucepan bring balsamic vinegar and honey to a boil. Cook for about 5 minutes until reduced by half, then remove from heat and pour into a heat-safe bowl.
3. Drizzle oil over the potatoes, chicken, and carrots. Rub the oil over the chicken with your fingertips. Season potatoes, chicken and carrots with salt and pepper to taste, garlic powder, basil, and thyme.
4. Spoon half of the balsamic sauce over the chicken. Sprinkle parmesan cheese over the potatoes.
5. Bake for 20-25 minutes until chicken is cooked through and carrots and potatoes are tender. Drizzle remaining balsamic sauce (it should be slightly thickened now after cooling) over the chicken and carrots and serve.

Roasted Vegetables

Tara Cox – Atrium Health Greater Charlotte



Preheat oven to 425F. Transfer chickpeas to a baking sheet and drizzle with 1 tbsp of oil and 1/3 of spice blend. Toss to coat, bake 30 mins until crispy.

1

Use pre-cut butternut squash or carefully cut, peel and remove seeds of whole squash. Transfer to a separate baking sheet and drizzle with 1 tbsp of oil and 1/3 of spice blend, then toss to coat. On other half of the same tray add the brussels sprouts. Top with 1 tbsp of oil, 1/3 of spice blend and toss to coat. Spread vegetables out in a single layer then bake on the bottom rack for 25 mins. Sprinkle with a pinch of salt when out of the oven.

2

While everything is roasting, make the dressing. Whisk together the tahini, maple syrup, garlic, mustard, lemon zest and juice, and a generous pinch of salt. The sauce will thicken at which point you can whisk in 3-4 tbsp of water to thin it out.

3

To serve, add the veggie mix to a bowl, top with chickpeas and drizzle with dressing and enjoy. You can serve with grain of your choice (brown rice, quinoa, faro etc.) for a heartier meal.



Ingredients

- 15 oz can chickpeas, rinsed and drained
- 1 lb. butternut squash or squash of your choice (acorn, delicata)
- 1 lb. brussels sprouts, thinly sliced
- 3 tbsp. avocado oil

Spice Blend

- 2 tsp. garlic powder
- 1 tsp. ground coriander
- 1 tsp. dried thyme

Garlic Lemon Tahini Sauce

- 1/4 cup tahini
- 1 tbsp. maple syrup or more
- 1 clove garlic, grated
- 1 tsp. Dijon mustard
- Juice and zest of 1 lemon
- 3-4 tbsp cold water
- Kosher salt to taste

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Baked Apples

Lisa Seneker – Atrium Health Navicent



1 Hollow out centers of apples. Grease bottom of pan and place apples in pan with hollow or cut part down.



2 Melt 3-1/2 tablespoons butter, honey, cinnamon, chopped pecans, and lemon juice in another pan.

Pour the ½ cup of apple juice in pan with apples. Pour melted butter with nuts mixture over the apples. Make sure to cover all apples.



3 Cover and cook for approximately 30-40 minutes over low to medium heat until apples are soft. (Baking may vary depending on type and size of apples.)

Enjoy!



Ingredients

6 Medium to large Granny Smith or Pink Lady apples

½ Cup of honey

3-1/2 Tablespoons butter – softened

1 Tsp Cinnamon

1 Cup finely chopped pecans

Juice of 1 lemon

½ Cup of Apple Juice

Butter/Oil to grease baking pan

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