

Healthy &  
Heartful



2024  
SEASONAL  
RECIPES

# Happy Holidays!

In this special collection of recipes, the Aligned Modern Health Functional Medicine and Clinical Nutrition team prove healthy eating and celebratory meals can coexist beautifully throughout the holiday season.

By choosing nutrient-dense ingredients and mindful preparation methods, you may fully embrace the all the joys of the season without sacrificing your commitment to a healthy lifestyle!

As always, thank you for allowing Aligned Modern Health to be a part of your wellness journey. We are honored to serve, and wish you and yours a very happy and healthy holiday season.

For more information about Aligned Modern Health, Functional Medicine and Clinical Nutrition, or to request a Free 15-Minute Consultation, please call (773) 598-4387 or visit us online at [alignedmodernhealth.com](http://alignedmodernhealth.com)

*Cheers!*

# Table of Contents

- 04** Festive Stuffed Bell Peppers with Quinoa and Spinach
- 06** Hearty Lentil and Sweet Potato Stew
- 08** Roasted Vegetable and Quinoa Stuffed Acorn Squash
- 10** Festive Spiced Apple and Chai Parfait
- 12** Cranberry Ginger Sparkler
- 14** Savory Immune Boosting Turmeric Ginger Broth

# Festive Stuffed Bell Peppers

## with Quinoa and Spinach

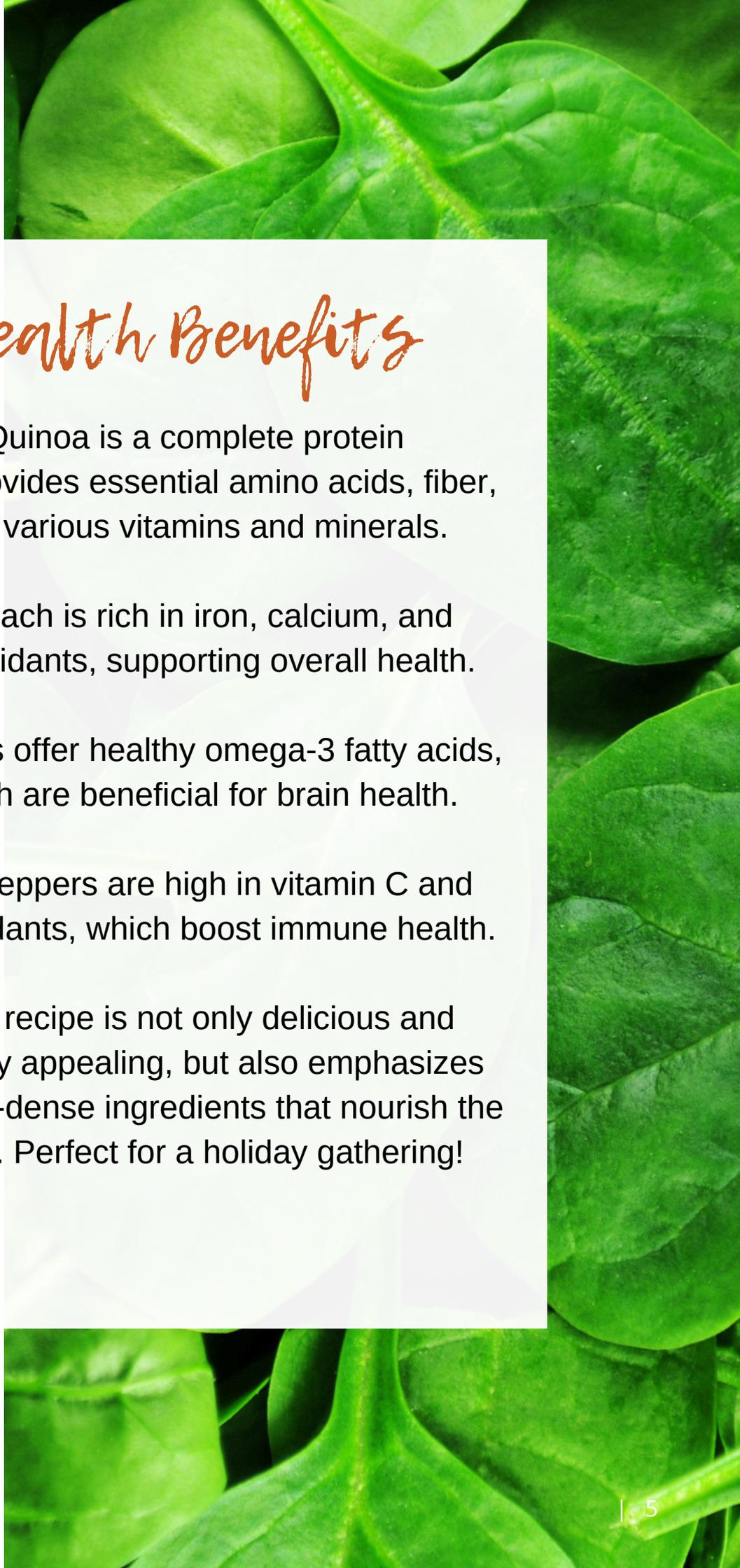
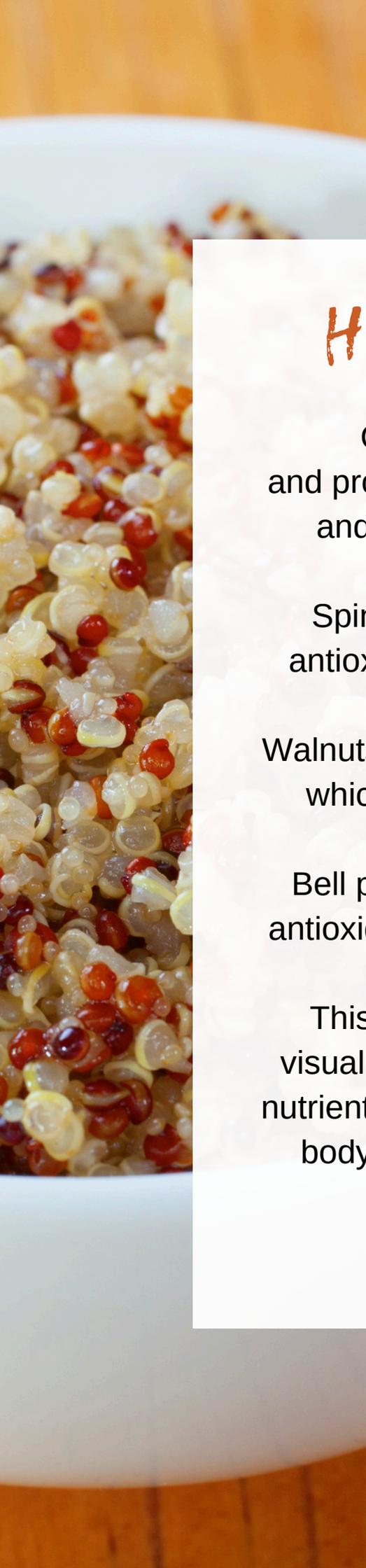
### Ingredients

- 6 mini bell peppers, halved and seeded
- 1 cup quinoa, rinsed and cooked
- 1 cup fresh spinach, chopped
- 1/2 cup cherry tomatoes, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup walnuts, toasted and chopped
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon garlic powder
- Salt and pepper to taste
- Optional: crumbled feta cheese for topping

### Instructions

1. Preheat the oven to 375°F (190°C).
2. **Prepare the Quinoa:** Cook the quinoa according to package instructions. Once cooked, fluff with a fork and set aside to cool slightly.
3. **Mix the Filling:** In a large mixing bowl, combine the cooked quinoa, chopped spinach, diced cherry tomatoes, red onion, walnuts, and parsley. Drizzle with olive oil and lemon juice. Add garlic powder, salt, and pepper, then mix well until all the ingredients are evenly combined.
4. **Stuff the Peppers:** Place the halved mini bell peppers on a baking sheet lined with parchment paper. Fill each pepper half generously with the quinoa mixture.
5. Bake in the preheated oven for 15-20 minutes or until the peppers are tender and the filling is heated through.
6. Allow to cool slightly before serving. If desired, sprinkle with crumbled feta cheese for an extra burst of flavor!





## Health Benefits

Quinoa is a complete protein and provides essential amino acids, fiber, and various vitamins and minerals.

Spinach is rich in iron, calcium, and antioxidants, supporting overall health.

Walnuts offer healthy omega-3 fatty acids, which are beneficial for brain health.

Bell peppers are high in vitamin C and antioxidants, which boost immune health.

This recipe is not only delicious and visually appealing, but also emphasizes nutrient-dense ingredients that nourish the body. Perfect for a holiday gathering!

# Hearty Lentil and Sweet Potato Stew

## Ingredients

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 large sweet potato, peeled and cubed
- 1 cup green or brown lentils, rinsed
- 6 cups vegetable broth
- 1 can (14 oz) diced tomatoes
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1/2 teaspoon turmeric
- 1/4 teaspoon cayenne pepper (optional, for heat)
- 2 cups kale and/or spinach, chopped
- Fresh parsley, chopped for garnish
- Salt and pepper to taste

## Instructions

1. In a large pot, heat the olive oil over medium heat. Add the onion and garlic, sautéing until fragrant and translucent, about five minutes.
2. Add the carrots, celery, and sweet potato to the pot, stirring occasionally, and cook for another five minutes.
3. Stir in the lentils, cumin, smoked paprika, turmeric, cayenne pepper, salt, and pepper, ensuring the spices coat the vegetables and lentils evenly.
4. **Simmer the Stew:** Pour in the vegetable broth and tomatoes, bringing the mixture to a boil. Reduce the heat to low, cover, and let it simmer for about 30-35 minutes, or until the lentils and sweet potatoes are tender.
5. Stir in the kale and/or spinach and cook for an additional five minutes until the greens are wilted.
6. Ladle the stew into bowls, garnishing with fresh parsley. Enjoy warm as a nourishing winter meal!





## Health Benefits

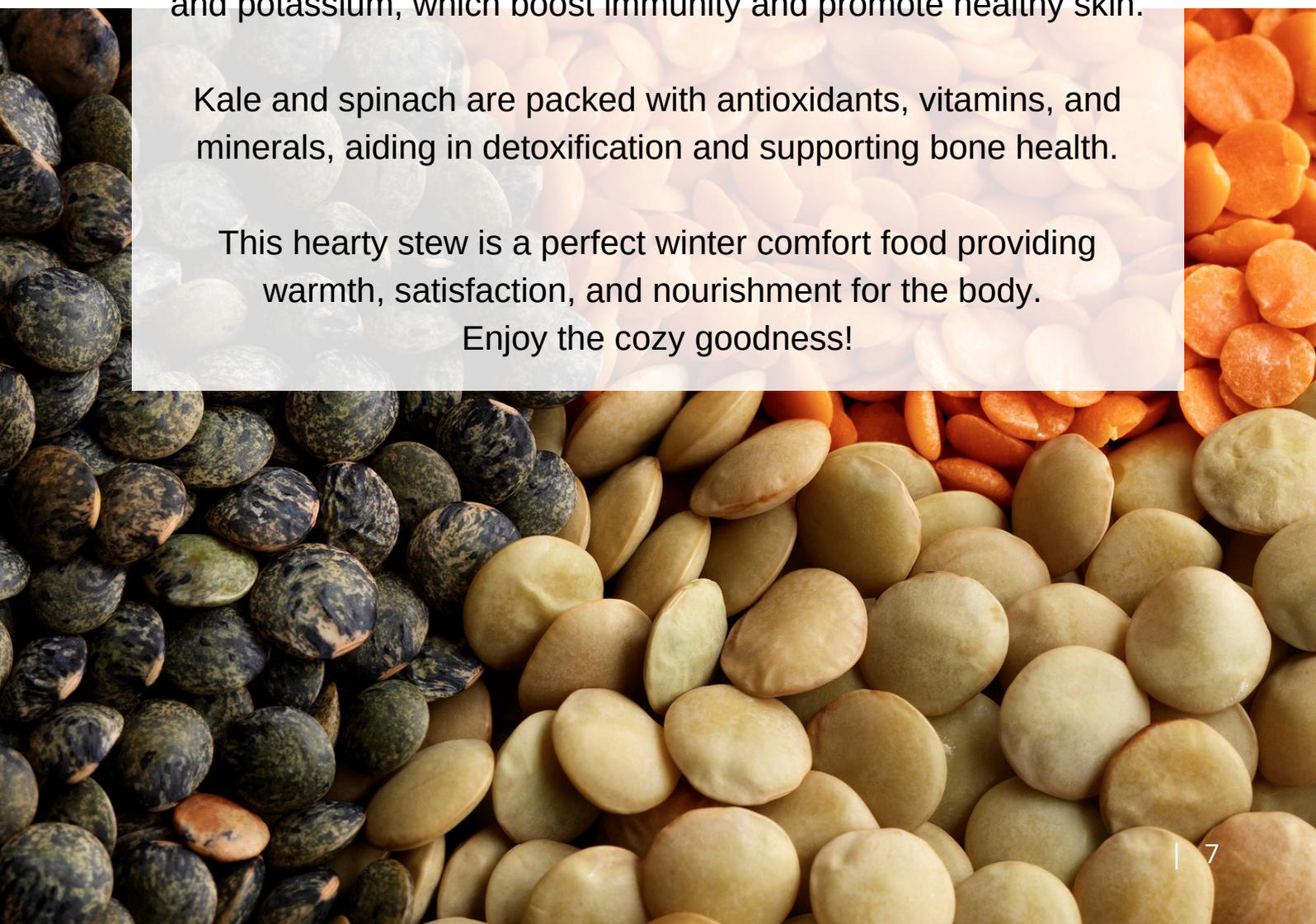
Lentils are a great source of plant-based protein, fiber, and essential minerals, supporting digestion and heart health.

Sweet potatoes are high in beta-carotene, vitamin C, and potassium, which boost immunity and promote healthy skin.

Kale and spinach are packed with antioxidants, vitamins, and minerals, aiding in detoxification and supporting bone health.

This hearty stew is a perfect winter comfort food providing warmth, satisfaction, and nourishment for the body.

Enjoy the cozy goodness!



# Roasted Vegetable and Quinoa Stuffed Acorn Squash

## Ingredients

- 2 acorn squashes, halved and seeds removed
- 1 cup quinoa, rinsed
- 2 cups vegetable broth
- 1 tablespoon olive oil
- 1 red bell pepper, diced
- 1 cup broccoli florets, chopped
- 1 small red onion, diced
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper (optional)
- 1/4 cup dried cranberries
- 1/4 cup chopped walnuts
- Fresh parsley, chopped for garnish
- Salt and pepper to taste

## Instructions

1. Preheat your oven to 400°F (200°C).
2. Brush the cut sides of the acorn squash halves with a little olive oil and season with salt and pepper.
3. Place the squash halves, cut side down, on a baking sheet lined with parchment paper.
4. Roast in the oven for about 25-30 minutes, or until the squash is tender and easily pierced with a fork.
5. In a medium saucepan, bring the vegetable broth to a boil. Add the rinsed quinoa, reduce the heat to low, cover, and simmer for about 15 minutes, or until the quinoa is fluffy and the broth is absorbed. Remove from heat and set aside.
6. In a large skillet, heat the olive oil over medium heat. Add the red onion and garlic, sautéing until the onion is translucent. Stir in the bell pepper and broccoli, cooking for an additional five minutes until slightly tender. Add the thyme, cumin, cayenne pepper, salt, and pepper, stirring to combine.
7. In a large bowl, combine the cooked quinoa with the sautéed vegetables. Mix in the dried cranberries and chopped walnuts for added texture and flavor.
8. Taste and adjust seasonings as needed.
9. Remove the roasted acorn squash from the oven and turn them cut side up. Spoon the quinoa and vegetable mixture into each squash half, packing in gently.
10. Return the stuffed squash to the oven and bake for an additional 10 minutes to heat through.
11. Remove from the oven and let cool slightly. Garnish with fresh parsley before serving.



## Health Benefits

Acorn Squash: Rich in vitamins A and C, supporting immune health and skin vitality.

Quinoa is a complete plant-based protein, providing essential amino acids and fiber for digestion.

Broccoli and red bell peppers are high in antioxidants, aiding in detoxification and reducing inflammation.

Walnuts are packed with omega-3 fatty acids which support brain health and reduce inflammation.

Enjoy this nutritious and satisfying dish, perfect to delight the senses and support overall wellness!

# Festive Spiced Apple and Chia Parfait

## Ingredients

- 4 medium apples, peeled, cored, and diced
- 1 cup unsweetened almond milk
- 1/4 cup chia seeds
- 1 tablespoon maple syrup
- 1 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ground ginger
- 1/4 cup walnuts, chopped
- 1/4 cup pomegranate seeds
- 1 teaspoon vanilla extract
- Pinch of sea salt

## Instructions

1. In a bowl, combine the almond milk, chia seeds, maple syrup, vanilla extract, and a pinch of salt. Stir well. to combine and let it sit for about 15-20 minutes, stirring occasionally until the mixture thickens to a pudding-like consistency.
2. In a medium saucepan over medium heat, add the diced apples, cinnamon, nutmeg, and ginger. Cook while stirring for about 8-10 minutes, until the apples are soft and fragrant. Allow them to cool slightly.
3. In serving glasses, layer the chia pudding, followed by a layer of spiced apples. Repeat the layers until the glasses are filled. Top with chopped walnuts and pomegranate seeds for a festive touch.
4. Refrigerate the parfaits for at least 30 minutes, or until ready to serve. Enjoy this nourishing dessert as a delightful end to your holiday meal!





## Health Benefits

Chia seeds are rich in omega-3 fatty acids, fiber, and protein, supporting heart health and digestion.

Apples provide antioxidants and dietary fiber, aiding in digestion and promoting a healthy gut.

Walnuts offer healthy fats, protein, and various vitamins, helping to support brain and heart health.

Pomegranate seeds are loaded with antioxidants and vitamin C, boosting immunity and reducing inflammation.

This Festive Spiced Apple and Chia Parfait is not only delicious and eye-catching, but also a nutritious option for dessert or a holiday snack!

# Cranberry Ginger Sparkler

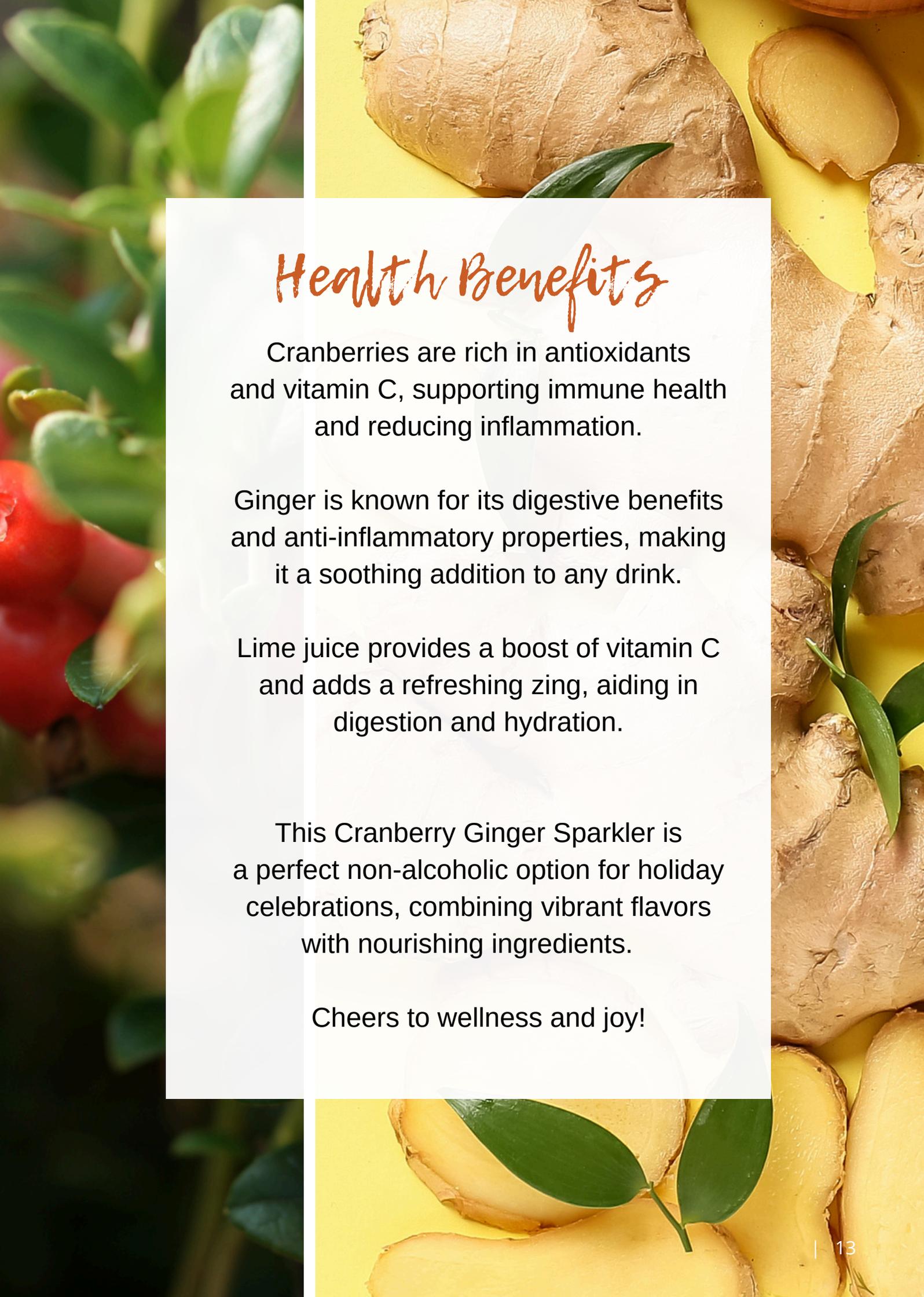
## Ingredients

- 1 cup fresh cranberries
- 1 tablespoon grated ginger
- 1/4 cup honey or maple syrup
- 1 cup water
- 1/2 cup fresh lime juice
- 2 cups sparkling water
- Lime slices and fresh mint leaves for garnish
- Ice cubes

## Instructions

1. **Prepare Cranberry Ginger Syrup:**  
In a small saucepan, combine the cranberries, grated ginger, honey or maple syrup, and water. Bring to a simmer over medium heat, stirring occasionally, until the cranberries burst and the mixture thickens slightly (about 10 minutes). Strain the syrup through a fine mesh sieve, pressing on the solids to extract as much liquid as possible. Let cool.
2. In a large pitcher, combine the cranberry ginger syrup and fresh lime juice. Stir well to blend the flavors. Add the sparkling water and stir gently to combine.
3. Fill glasses with ice cubes and pour the mocktail over the ice. Garnish with lime slices and fresh mint leaves for a festive touch.
4. Serve immediately as a refreshing and healthy holiday beverage!



The background of the page is a collage of fresh ingredients. On the left, there are vibrant red cranberries with green leaves. On the right, there are pieces of ginger, some whole and some sliced into thin rounds, with green leaves. The central text is set against a white background that has a faint, circular watermark of a glass filled with a drink.

## Health Benefits

Cranberries are rich in antioxidants and vitamin C, supporting immune health and reducing inflammation.

Ginger is known for its digestive benefits and anti-inflammatory properties, making it a soothing addition to any drink.

Lime juice provides a boost of vitamin C and adds a refreshing zing, aiding in digestion and hydration.

This Cranberry Ginger Sparkler is a perfect non-alcoholic option for holiday celebrations, combining vibrant flavors with nourishing ingredients.

Cheers to wellness and joy!

# Savory Immune Boosting Turmeric Ginger Broth

## Ingredients

- 4 cups vegetable broth
- 1 tablespoon fresh ginger, grated
- 1 tablespoon turmeric powder
- 2 cloves garlic, minced
- 1 tablespoon miso paste
- 1 tablespoon tamari or soy sauce
- 1 teaspoon black pepper
- 1 tablespoon lemon juice
- 1/4 cup chopped fresh parsley
- A pinch of cayenne pepper (optional)

## Instructions

1. In a large saucepan, bring the vegetable broth to a gentle simmer over medium heat.
2. Stir in the grated ginger, turmeric powder, and minced garlic. Allow the mixture to simmer for about five minutes to let the flavors meld.
3. Reduce the heat to low and whisk in the miso paste and tamari. Stir until the miso is fully dissolved.
4. Add black pepper and optional cayenne pepper to taste. Simmer for another two minutes.
5. Remove from heat and stir in the lemon juice and chopped parsley.
6. Pour the broth into mugs or bowls and enjoy this warming, savory beverage.



The background of the page is a collage of fresh ingredients. At the top, there are several heads of garlic and a piece of ginger. Below that, there are pieces of turmeric and more ginger. At the bottom, there is a large amount of fresh green parsley. The text is overlaid on a semi-transparent white background.

## Health Benefits

Ginger has powerful anti-inflammatory and antioxidant effects, helping to support the immune system.

Turmeric contains curcumin, known for its anti-inflammatory properties, which can enhance immune function.

Garlic is known for its immune-boosting properties, thanks to its high allicin content.

Miso is rich in probiotics which support gut health, and in turn, can boost immune health.

Lemon juice provides vitamin C, which is crucial for maintaining a strong immune system.

Parsley is high in vitamins and antioxidants, further supporting immune function and overall health.

This Savory Turmeric Ginger Broth is a comforting and healthy beverage, perfect for boosting your immune system during the winter months. Enjoy its warmth and nourishing properties as part of your winter wellness routine!

# Healthy Body, Healthy Mindset

Tips and tricks to mindfully enjoy the holiday season

**Embrace Hygge:** Create a cozy, inviting atmosphere at home with warm blankets, candles, and soothing music to enhance comfort and joy.

**Connect with Loved Ones:** Schedule regular calls or virtual hangouts with friends and family to nurture relationships and share joy.

**Volunteer or Help Others:** Give back to the community through volunteering or practicing small acts of kindness, which can boost happiness and purpose.

**Set Realistic Expectations:** Acknowledge that not everything has to be perfect and focus on meaningful moments rather than perfection.

**Get Outside:** Spend time outdoors, even in cold weather, to enjoy the fresh air and natural beauty, which can uplift mood.

**Limit Negative News Consumption:** Choose to consume uplifting content or limit news intake to stay informed without feeling overwhelmed.

**Reflect on the Year's Positives:** Take time to reflect on personal achievements and positive events from the past year to cultivate gratitude.

**Practice Deep Breathing:** Use deep breathing exercises to manage stress and bring a sense of calm and relaxation.

**Focus on What You Can Control:** Accept what you cannot change and focus energy on areas where you can make a positive impact.

**Engage in Physical Activity:** Exercise regularly to release endorphins and improve mental health and well-being. Movement is medicine!

# Meet the Team



**Dr. Delilah Renegar, DC**  
Medical Director of  
Functional Medicine  
and Clinical Nutrition



**Dr. Jeff Gelband, DC, DABCI**  
Associate Director  
of Functional Medicine



**Dr. Blake Butler, DC**  
Associate Director  
of Training



**Sarah Elster, RDN, LDN**  
Associate Director  
of Clinical Nutrition



**Dr. Alexis Mikrut, DC, MS**  
Functional Medicine



**Dr. Justin Campos, DC, MS**  
Functional Medicine



**Dr. Todd Roach,  
DC, FIAMA, C-FMP**  
Functional Medicine



**Dr. Angelica Clark,  
MAC, ND, DC**  
Functional Medicine



**Dr. Nickcold Nicholson,  
DC, MS**  
Functional Medicine



**Dr. Hovig Vartanian,  
DC, DACBN**  
Functional Medicine



**Dr. ZoAnn Mader, DC**  
Functional Medicine



**Dr. Akilah Spencer, DC**  
Functional Medicine



**Dr. Marina Phillips, DC, MS**  
Functional Medicine



**Dr. Michael Alden, DC**  
Functional Medicine



**Dr. Remington Rodela, DC, ND**  
Functional Medicine



**Dr. James W. Mattison, Jr,  
DC, RTP**  
Functional Medicine



**Dr. Robert Richart, DC**  
Functional Medicine



**Dr. Colton Hoffenbacker,  
DC, MS**  
Functional Medicine



**Dr. Ioana Manahilova, DC**  
Functional Medicine



**Dr. Carrie Santore,  
DC, MS, CFMP**  
Functional Medicine



**Dr. Timothy Fetter, DC, MSW**  
Functional Medicine



**Dr. Christopher Douglas, DC**  
Functional Medicine



**Dr. Joe Glowiak, DC, MS**  
Functional Medicine



**Dr. Elisabeth Toth, DC**  
Functional Medicine



**Dr. Ronald Bouffard, BS,  
DC, DABCI, DACBN**  
Functional Medicine



**Dr. Ryan Dorough, DC**  
Functional Medicine



**Dr. Alexandra MacKillop, DC**  
Functional Medicine



**Dr. Tiffany Mullen, DO**  
Doctor of Osteopathic Medicine



**Melissa Yarbrough, MSN, FNP-C**  
Registered Nurse



**Dr. Kristal Richardson,  
ND, MSAC, CNS, LDN**  
Licensed Dietitian Nutritionist



**SPECIAL  
OFFER**

# Holiday Savings



Receive a  
**\$25 bonus card**  
for every \$100  
in gift cards purchased  
(ONLINE ONLY)

Purchase gift cards online:  
[alignedmodernhealth.com/shop](https://alignedmodernhealth.com/shop)



OFFER IS AVAILABLE DEC 1 - DEC 31