

# Wellness NEWSLETTER

Your quarterly resource for health and wellness news.

This mini-issue of *Wellness Newsletter* is all about healthy living over the holidays. It's always possible to enjoy your time with family and friends while keeping your health a priority!



## Sweet Potato-Pecan Casserole

### Healthy Holiday Recipe

- Olive oil
- 3.5 lb. sweet potatoes
- 1/3 cup honey
- 1 large egg
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger
- Kosher salt
- 1 tablespoon packed dark brown sugar
- 1/3 cup finely chopped pecans

#### PREPARATION

Preheat the oven to 350 degrees F. Lightly grease 8-inch square baking dish with olive oil.

Bring a few inches of water to a boil in a pot with a large steamer basket in place. Put the sweet potatoes in the basket, cover and steam until tender, 20 to 25 minutes. Transfer the potatoes to a bowl and let cool slightly. Add the honey, egg, 1/2 teaspoon cinnamon, the nutmeg, ginger and 1/2 teaspoon salt; whip with an electric mixer until smooth. Spread the sweet potato mixture in the prepared baking dish.

Mix the brown sugar, pecans and the remaining 1/2 teaspoon cinnamon in a bowl; sprinkle over the potatoes. Bake until hot and beginning to brown around the edges, 40 to 45 minutes.

Makes 6 servings.

Per serving: Calories 160; Fat 4 g (Saturated 1 g); Cholesterol 25 mg; Sodium 180 mg; Carbohydrate 31 g; Fiber 3 g; Protein 3 g



## A Happy & Healthy Holiday

### Tips for Prioritizing Health During the Holidays

As we approach the holidays, it's easy to let the priority of personal health take a backseat to the the hustle and bustle that seems ever-pressing during these months. Here are some helpful tips to consider as you seek to stay as healthy as possible in the midst of holiday pitfalls like stress and high-calorie food options. Remember that health and happiness go hand in hand!

1. **Focus on the positive.**
2. **Practice forgiveness.**
3. **Eat more raw fruits and vegetables.**
4. **Eat less meat and stay away from processed foods.**
5. **Exercise.**
6. **Connect with friends/family.**
7. **Have purpose.**
8. **Enjoy the food of the season, but eat smaller portions.**  
*Take more time between bites. As mentioned before, eat more raw foods, stay away from processed foods, and try to eat less meat overall.*
9. **Practice the 10-minute rule.**  
*If you want to eat something you know is a bad food choice for you, find your personal "10-minute pause button": go for a walk, make a phone call to a friend, meditate, read something... if you still need it after the 10 minutes, go ahead and have it but in a smaller portion.*
10. **Give more kindness and love versus breaking the bank for tangible gifts.**

Wishing you and yours a happy and healthy holiday season!