



Recipes for the Holidays: JTA Wellness Favorites

The holiday season is a special time to gather around the table and share food with loved ones. At JTA Wellness, we have hand-crafted numerous recipes using delicious and nutritious fall/winter ingredients, such as: cinnamon, cranberries, apples, pears, sage, winter squash, sweet potatoes, peppermint and more. 😊

Beverages

Peppermint Hot Cocoa:

<https://www.jtawellness.com/2014/12/peppermint-hot-cocoa/>

Sleepy London Fog:

<https://www.jtawellness.com/2016/01/sleepy-london-fog/>

Sleigh Driver:

<https://www.jtawellness.com/2014/12/sleigh-driver/>

Warm Peppermint Mocha:

<https://www.jtawellness.com/2017/12/warm-peppermint-mocha/>

Wellness Wassail:

<https://www.jtawellness.com/2018/11/wellness-wassail/>



Sides

Asparagus Pea Au Gratin:

<https://www.healthbyjan.com/asparagus-green-pea-gratin/>

Borracho Beans:

<https://www.healthbyjan.com/borracho-beans/>

Brown Sugar Butternut Squash with Toasted Pecans:

<https://www.healthbyjan.com/brown-sugar-butternut-squash-with-toasted-pecans/>

Butternut Squash with Brussels Sprouts, Pecans & Cranberries:

<https://www.healthbyjan.com/butternut-squash-with-brussels-sprouts-pecans-cranberries/>

Orange Glazed Sweet Potatoes with Cranberries:

<https://www.healthbyjan.com/glazed-sweet-potatoes-wth-cranberries/>

Roasted Brussels Sprouts with Bacon & Pecans:

<https://www.jtawellness.com/2015/11/roasted-brussels-sprouts/>

Steamed Broccoli with Browned Butter-Pecan Sauce:

<https://www.jtawellness.com/2011/01/broccoli-with-browned-butter-pecan-sauce/>



Entrées

Broiled Beef Tenderloin with Pears & Blue Cheese:

<https://www.itawellness.com/2015/10/broiled-beef-tenderloin-with-pears-blue-cheese/>

Creamy Turkey & Rice Soup:

<https://www.itawellness.com/2017/11/creamy-turkey-rice-soup/>

Crockpot Beef Vegetable Stew:

<https://www.itawellness.com/2014/02/crock-pot-beef-vegetable-stew/>

Crockpot Posole:

<https://www.healthbyjan.com/crockpot-posole/>

Mini Turkey Pot Pies:

<https://www.itawellness.com/2018/11/mini-turkey-pot-pies-recreate-your-holiday-leftovers/>

My Papa's Chili:

<https://www.healthbyjan.com/papas-chili/>

Orange Glazed Spiral Ham:

<https://www.itawellness.com/2011/12/orange-glazed-spiral-ham/>

Pear, Arugula and Feta Salad w/ Turkey:

<https://www.itawellness.com/2018/11/pear-arugula-and-feta-salad-w-turkey/>

Roast Pork with Apples & Mushrooms:

<https://www.itawellness.com/2012/10/roast-pork-w-new-potatoes-apples-mushrooms/>

Sherried Chicken with Mushrooms & Artichokes:

<https://www.healthbyjan.com/sherried-chicken-with-mushrooms-artichokes/>

Spaghetti Squash Bake:

<https://www.healthbyjan.com/spaghetti-squash-bake/>

Toasted Turkey and Brie Sandwich with Cranberry and Sage:

<https://www.itawellness.com/2017/12/toasted-turkey-cranberry-brie-sandwich/>

Turkey Cranberry Stuffed Acorn Squash:

<https://www.itawellness.com/2015/11/turkey-acorn-squash/>

Turkey Panini with Basil Pesto:

<https://www.itawellness.com/2012/07/turkey-panini-with-basil-pesto/>



Sweets:

Cranberry Apple Crisp:

<https://www.healthbyjan.com/cranberry-apple-crisp/>

Cranberry Blondies:

<https://www.itawellness.com/portfolio-items/cranberry-blondies/>

Cranberry Pistachio Biscotti:

<https://www.healthbyjan.com/cranberry-pistachio-biscotti/>

Cranberry-Walnut Streusel Muffins:

<https://www.itawellness.com/2011/11/cranberry-walnut-stru/>

Crumb Top Apple Pie:

<https://www.healthbyjan.com/crumb-top-apple-pie/>

Overnight Baked Apples:

<https://www.healthbyjan.com/overnight-baked-apples/>

Peppermint Bark:

<https://www.itawellness.com/2015/12/peppermint-bark/>

Perfect Pumpkin Pie:

<https://www.healthbyjan.com/perfect-pumpkin-pie/>

Pumpkin Pecan Muffins:

<https://www.itawellness.com/2015/10/pumpkin-pecan-muffins/>

The Very Best Pumpkin Bread:

<https://www.itawellness.com/2016/09/best-pumpkin-bread/>

