In the Kitchen – A Beautiful Balance – by Marcy Lytle

December is here, and we might just eat and eat until we hurt. Or, maybe not! Here are some fun recipes to try this month, to balance the fudge and cookies and cakes!

In the Morning

My daughter-in-law told me about pumpkin bagels and I have been making homemade peanut butter. The two combined with dark chocolate and fortified orange juice – the perfect combo.

Ingredients

- Pumpkin bagels
- Homemade peanut butter (one can of honey roasted peanuts, just processed until smooth!)
- Dark chocolate (I like Lindt 70%)
- Fortified orange juice (with calcium and vitamin D)

So good…honestly…so good. Sometimes I sprinkle on granola as well.

At Lunch

Ever tried okra as croutons on a salad? It works beautifully.

What about chopped herbs on top as a garnish?

Ingredients

- Greens
- Chopped herbs (I used rosemary, mint, oregano, thyme)
- Scallions
- Cucumbers
- Broccoli
- Fried okra (slice okra, cover in cornmeal and shake, then fry in hot oil and drain on paper towel. Sprinkle salt.)

All of the above was so good! I the added equal parts olive oil and lemon juice, with lemon zest and a bit of Dijon and garlic, salt and pepper for the dressing.

For Dinner

What about a colorful bowl of the yummiest of yums? Just anything healthy works, but this combo looked AND tasted so good. You could make all of these ingredients and make a few bowls out of it all!

Ingredients

- Cooked quinoa
- Roasted potato slices
- Tomatoes
- Cooked green beans
- Kalamata olives
- Scallions

- Greens
- Drained and rinsed chickpeas

Just arrange the well-seasoned ingredients and enjoy every bite. Add a dressing if you wish!

For a Snack

The Christmas Junior Mints.

Enough said.

Take them to the movies on Christmas night, and enjoy.