

*Cooking in the Gesundheit Kitchen with Chef Hans Rueffert*

**Episode 43: Gesundheit Kitchen Live Holiday Special**

**From Chef Hans:** “Three times the charm!” When you are going through treatment, or you are a caregiver, sometimes we only have a limited amount of time or energy to cook. Any time that you can make these recipes ahead and enjoy them in multiple applications later is a *win-win-win* on all fronts, especially during the holidays!

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**Blueberry Cranberry Sauce**

*This healthy cranberry sauce is great served cold as a side dish at your holiday feasts, in a breakfast parfait with yogurt & granola, or served warm over your favorite plant-based vanilla ice cream for a quick dessert. Serves 4-6*

**INGREDIENTS:**

- 1 cup fresh or frozen cranberries
- 1 cup fresh or frozen blueberries
- 1 cup sugar OR Purecane
- 1 cup Prosecco OR sparkling wine, juice, or water

**DIRECTIONS:** Combine all ingredients into a pot and bring to a boil. Once the berries begin to burst then remove from heat. Serve as desired!

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**Braised Red Cabbage with Apples**

*This is a great recipe as a warm side dish or even as a cold salad or slaw. The apple and cabbage give added fiber benefits to any holiday feast. Serves 4-6*

**INGREDIENTS:**

- 2 tablespoons olive oil
- ½ onion, chopped
- Pinch of salt & pepper
- ½ teaspoon allspice
- ½ teaspoon ground ginger
- 1 organic apple, cored & chopped
- 4 cups red cabbage, shredded
- ¼ cup rice wine vinegar

**DIRECTIONS:** In a skillet on medium heat, add your olive oil and heat until aromatic. Add the onion, salt & pepper, allspice, and ginger. Stir and sauté for one minute until flavors combine. Next, add the chopped apple and sauté one more minute. Finally, add the red cabbage & stir to combine then add the vinegar and sauté for about 2 minutes so that the crunch of the cabbage remains intact. Enjoy hot or cold!

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**Vegan Quinoa Stuffing**

*As bread can be difficult to digest, I like to use quinoa in this recipe as it has great nutritional benefits and is easy on the GI system. This is also another recipe that can be used on multiple occasions: as a warm side dish at your holiday feast, as a cold salad topper with kale or spinach (add a splash of vinegar for dressing), or you can even use the leftovers for a great autumnal soup by adding vegetable stock & white beans (combine everything in a large pot until hot). Serves 4-6*

**INGREDIENTS:**

- 2 tablespoons olive oil
- 1 teaspoon Garam Masala spice blend
- 3 cups cooked quinoa
- 2 cups roasted butternut squash\*
- 2 cups roasted cauliflower\*
- 1 cup tempeh
- Pinch of salt & pepper

**DIRECTIONS:** Drizzle the olive oil into a large pan on medium heat. Once warm, about a minute, add the spice blend in order for the flavors to truly embellish this dish. Continue to combine the quinoa, squash, cauliflower, and tempeh in the pan. Season with the salt and pepper. Slowly stir together until the stuffing is hot and all flavors are combined, about 5 minutes. Enjoy!

\*For roasted vegetables: spread bite size pieces onto parchment lined baking sheet, drizzle & toss with olive oil, add a pinch of salt & pepper, and bake in a 375° F oven until knife tender.