



Citrin Foundation



Holiday Recipes

**FESTIVE FOOD AND
DRINK**



Appetizer and Salad

Stuffed mushrooms

Ingredients

- Large mushrooms, cleaned and stems removed
- 1/2 cup cream cheese, softened
- 2 cloves garlic, minced
- 1/4 cup grated Parmesan cheese
- 1 teaspoon dried herbs (such as parsley, thyme, or rosemary)
- Salt and pepper, to taste
- Olive oil, for drizzling



Instructions

1. Preheat your oven to 375° F (190° C).
2. In a bowl, mix the softened cream cheese, minced garlic, grated Parmesan cheese, dried herbs, salt, and pepper until well combined.
3. Stuff each mushroom cap with the cream cheese mixture.
4. Place the stuffed mushrooms on a baking sheet. Drizzle with olive oil.
5. Bake in the preheated oven for 18-20 minutes or until the mushrooms are tender and the filling is golden brown. Serve hot.

Citrus Avocado Salad

For the Salad

- 4 cups mixed salad greens (such as arugula, spinach, and watercress)
- 2 ripe avocados, peeled, pitted, and sliced
- 1 large grapefruit, peeled and segmented
- 1 large orange, peeled and segmented
- 1/4 red onion, thinly sliced
- 1/4 cup chopped fresh cilantro or parsley
- 2 tablespoons sliced almonds, toasted (optional)



For the Citrus Vinaigrette

- Juice of 1 lime
- Juice of 1 lemon
- 3 tablespoons extra virgin olive oil
- 1 teaspoon Dijon mustard
- Salt and pepper, to taste

Instructions

1. In a large bowl, combine the mixed salad greens, sliced avocados, grapefruit segments, orange segments, thinly sliced red onion, and fresh cilantro or parsley.
2. In a small bowl, whisk together the lime juice, lemon juice, extra virgin olive oil, Dijon mustard, salt, and pepper until well emulsified.
3. Drizzle the citrus vinaigrette over the salad just before serving.
4. Toss gently to coat the salad ingredients evenly with the vinaigrette.
5. If using sliced almonds, toast them in a dry skillet over medium heat until they are golden brown and fragrant. Keep a close eye on them, as they can burn quickly.
6. Sprinkle the toasted almonds over the salad.

Main

Baked Lemon Garlic White Fish

Ingredients

- 4 white fish fillets (such as cod, haddock, or tilapia)
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- Zest and juice of 1 lemon
- 1 teaspoon dried oregano
- Salt and pepper, to taste
- Fresh parsley, chopped, for garnish
- Lemon slices, for garnish



Instructions

1. Preheat your oven to 375°F (190°C).
2. Place the fish fillets in a baking dish lined with parchment paper.
3. In a small bowl, whisk together olive oil, minced garlic, lemon zest, lemon juice, dried oregano, salt, and pepper.
4. Pour the lemon-garlic mixture over the fish fillets, ensuring they are well coated.
5. Cover the baking dish with foil and bake in the preheated oven for 15-20 minutes or until the fish is cooked through and flakes easily with a fork.
6. Remove the foil and broil for an additional 2-3 minutes to lightly brown the top.
7. Garnish with chopped fresh parsley and lemon slices before serving.

Sides

Keto Stuffing

Ingredients

- 2 cups almond flour
- 1/2 cup unsalted butter
- 1 cup celery, diced
- 1/2 cup onion, diced
- 2 teaspoons poultry seasoning
- Salt and pepper, to taste
- 1/2 cup chicken or vegetable broth



Instructions

1. In a skillet, melt the butter over medium heat. Add diced celery and onion. Cook until softened, about 5 minutes.
2. Stir in almond flour and poultry seasoning. Cook, stirring constantly, for 2-3 minutes.
3. Gradually add chicken or vegetable broth while stirring until the stuffing reaches your desired consistency.
4. Season with salt and pepper to taste.

Garlic Parmesan Green Beans

Ingredients

- Fresh green beans, trimmed
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- Salt and pepper, to taste
- Grated Parmesan cheese, for garnish

Instructions

1. In a skillet, heat olive oil over medium heat. Add minced garlic and sauté until fragrant.
2. Add green beans to the skillet and toss to coat in the garlic oil.
3. Cook the green beans, stirring occasionally, until they are tender yet still crisp, about 5-7 minutes.
4. Season with salt and pepper.
5. Transfer to a serving dish and sprinkle with grated Parmesan cheese before serving.



Cauliflower Mash

Ingredients

- 1 head cauliflower, cut into florets
- 2-3 cloves garlic, minced
- 2 tablespoons butter
- 1/4 cup heavy cream
- Salt and pepper, to taste
- Instructions:
- Steam or boil the cauliflower until very tender.
- Drain the cauliflower and transfer it to a food processor.
- Add minced garlic, butter, heavy cream, salt, and pepper.
- Blend until smooth and creamy, resembling the texture of mashed potatoes.
- Adjust seasoning to taste and serve hot.



Drinks

Citrus Mint Sparkler

- Fresh citrus slices (lemons, limes, or oranges)
- Fresh mint leaves
- Sparkling water or soda water
- Ice cubes

Instructions

1. In a glass, muddle a few citrus slices and mint leaves to release their flavors.
2. Add ice cubes to the glass.
3. Pour sparkling water over the citrus slices and mint.
4. Sweeten if desired.
5. Stir gently and garnish with a mint sprig.
6. Serve chilled.



Ginger and Lemon Sparkler

- Lemons
- Sugar-Free Ginger Infusion (homemade)
- Sparkling water or soda water
- Ice cubes

Instructions

1. Peel and thinly slice or grate fresh ginger for the infusion.
2. In a saucepan, combine the ginger with some water.
3. Bring the mixture to a simmer over medium heat.
4. Let it simmer for about 15-20 minutes to extract the ginger flavor into the water.
5. Remove from heat and let it cool.
6. Strain the ginger from the liquid.
7. In a glass add 25 ml of lemon juice
8. Add ice cubes to the glass.
9. Pour sparkling water over the lemon.
10. Add a splash of sugar-free ginger infusion to taste.
11. Stir gently to blend the flavors.
12. Garnish with a lemon wheel.



We hope that this festive season brings you lots of joy, warmth and good food!

We are always looking for ways to improve our resources. If you have any suggestions or contributions you wish to make please email patients@citrinfoundation.org

