

NUTRITION BITES

December 2022



CARE MANAGEMENT

Merry Munchies, Moments and Memories With the AON Registered Dietitians

Valaree Williams, MS, RD, CSO, LDN, CNSC, FAND

To brighten up this holiday season, the AON Registered Dietitians want to highlight the dishes, events and memories that make their holidays a special time of year.

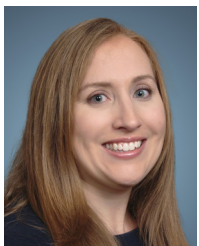


Caitlin Benda

Caitlin's favorite "naughty" holiday food is Christmas cookies. Don't worry, she balances out the sweets with her favorite "nice" holiday food: a festive salad made with greens, pomegranate seeds, apples, pears, goat cheese and

pecans to match the colors of the season.

She breaks a sweat to burn off those cookie calories during her favorite holiday tradition of visiting the Christmas tree farm on the day after Thanksgiving to cut down the family tree.



Hillary Buch

Hillary loves the sweet and cool combination of mint and chocolate, especially during the holidays. Crème de menthe brownies, specifically her mom's recipe that combines a moist chocolate brownie covered with

green crème de menthe frosting and topped with melted chocolate, are her favorite "naughty" holiday food.

Her favorite "nice" holiday food is sweet and spicy roasted nuts. This recipe can be made with any combination of nuts, but pumpkin seeds, pecans and almonds are her

favorite. The sweet and spicy combination of maple syrup and cayenne pepper keeps her coming back for more.

Hillary's favorite holiday memory, and now tradition, involves decorating her house for Christmas. When she was a child, her family would have homemade pizza while decorating together and finish up the night by watching a movie under the glow of twinkling lights. She keeps this tradition alive today with her husband.



Nicole Franklin

Nicole is admittedly addicted to decorating for the holidays and whipping up Pinterest-worthy food items and gift baskets. Her favorite "naughty" holiday food is not one but three dishes. Her list includes salted

Christmas pecans, homemade pimento cheese and her mom's homemade monkey bread.

Her pimento cheese must have hand-grated cheese and jalapeños to really wow on the holiday cheese board. To go along with her three favorite treats, her "nice" holiday food choice is fruit salad. This sweet and juicy choice helps to add nutrients and fiber to her diet.

Nicole's favorite holiday tradition revolves around her mom's monkey bread. Each year, the smell of warm cinnamon, pecans and baked bread floats down the hall to wake up the whole family for the holiday festivities.





Karen Randall

Karen does not hesitate to declare rum balls as her favorite “naughty” holiday food. Her favorite “nice” holiday food, a Christmas tree vegetable platter, is both nutritious and festive. She uses broccoli florets

to form the tree, cherry tomatoes for the ornaments, sliced yellow peppers for the star at the top, pretzel sticks for the tree trunk and cauliflower as the snow.

Karen’s favorite holiday memory is watching her kids race around the house on a scavenger hunt searching high and low for their bigger gifts. Another of Karen’s favorite holiday activities is visiting her sister-in-law’s house, which is always decorated top to bottom for the holidays, playing games and sledding.



Susie Young

Susie joins Caitlin in naming homemade cookies and bars as her favorite “naughty” holiday treat. She likes to wash down the cookies with homemade hot chocolate. Before her sweet tooth is satisfied, she

starts with her “nice” holiday treat of eating tamales on Christmas Eve.

Susie’s favorite holiday season activity of cross-country skiing on a full-moon night allows her to take advantage of the snowy Colorado weather and make room to eat a few more cookies.



Happy holidays from the AON Registered Dietitians.



Featured Recipe

Sweet and Salty Roasted Nuts

For complete recipe and nutrition facts: [Eating Well](#)

Preparation time: **10 minutes**

Total time: **45 minutes**

Servings: **16**



INGREDIENTS

1 egg white

1 **tbsp** water

4 **cups** raw whole cashews,
whole almonds, walnut halves
and/or pecan halves

3 **tbsp** packed brown sugar

1 **tbsp** ground cumin

2 **tsp** chili powder

1 **tsp** garlic salt

1/8 **tsp** cayenne pepper

Nutritional Information:

Serving Size: ¼ cup

Calories: 206

Protein: 7g

Carbohydrates: 13g

Sugars: 4g

Fat: 16g

Saturated Fat: 3g

Sodium: 72mg

INSTRUCTIONS

1. **Preheat** oven to 300°F.
2. In a medium bowl, **combine** egg white and water, and **beat** with a fork until frothy.
3. **Add** nuts and then **toss** to coat. Let stand for five minutes.
4. Meanwhile, in a large plastic bag, **combine** brown sugar, cumin, chili powder, garlic salt and cayenne pepper. **Add** nuts; **shake** well to coat.
5. **Spread** nuts evenly in a 15x10x1-inch baking pan.
6. **Bake** for 35 to 40 minutes or until nuts are toasted and the coating is dry, **stirring** twice.
7. **Transfer** to a large sheet of foil, and let it **cool** completely.
8. **Store** in an airtight container at room temperature for up to five days or freeze for up to three months.

