



# THE GIRLFRIENDS GUIDE FOR MOMS

*Holiday Help Edition*



# 'Tis the season for family, feasting and festivity!

Everyone at Mann's is excited the holidays are finally here. We've created some fast, easy, healthy holiday recipes that you and your family will love.

We know holidays can be a stressful time when already time-starved parents are extra busy with holiday obligations, decorating, cooking/baking, shopping, family activities and entertaining. It can be exhausting just making your "to do" list! But the joy on our children's faces and the warmth in our hearts when we connect with friends and family make all the effort worthwhile.

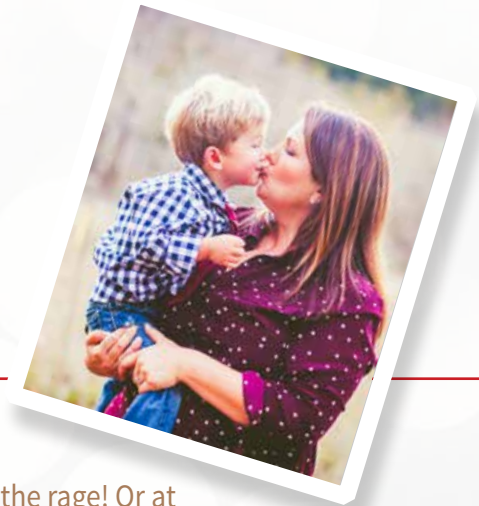
Please enjoy these fun and festive holiday-inspired recipes that we hope become part of your family's favorites. All of our recipes start with Mann's pre-packaged, ready-to-eat/use premium fresh vegetables that help you incorporate the best-tasting ingredients into every meal.

So, bon appétit and happy holidays to you. We'll get through this holiday season together, and create beautiful new memories along the way!

Happy holidays, from our family to yours!

Gina Nucci

*Director of Healthy Culinary Innovation,*  
Mann Packing



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## *Keeping Healthy Holiday Tips!*

- Entertain so it's more fun than work. Potluck parties are all the rage! Or at least prepare food ahead and reheat. Buy premade cookie dough. Add veggies to store bought spinach dip (see cauliflower spinach dip recipe). Use paper plates. Anyway to save time = time well spent.
- Remember to drink lots of water, particularly at night before you go to bed.
- On that note, go to bed early! Keeping your ZZZ's during the busy season will keep you healthy and happy.
- Don't spend too much! Keeping within your budget will let you start off the New Year right. No one will notice if you bought the gift on clearance.





## Broccoli Cole Slaw with Apple and Pancetta

### Ingredients

- 1 pkg (12 oz/340 g) Mann's Broccoli Cole Slaw®
- 1 red skinned apple, thinly sliced
- 1/3 cup cubed pancetta, cooked
- 1/4 cup dried cranberries
- 1/4 cup chopped toasted pecans

### Honey Mustard Dressing

- 2 tbsp mayonnaise
- 1 tbsp Dijon mustard
- 1 tbsp honey
- 2 tbsp apple cider vinegar
- 1 clove garlic, minced
- 1/2 tsp salt
- 1/4 tsp freshly ground pepper

### Directions

Toss Broccoli Cole Slaw with Honey Mustard Dressing, apple, pancetta, cranberries and pecans.

Honey Mustard Dressing: Stir mayonnaise with mustard, honey, vinegar, garlic, salt and pepper.

**Servings 4**



### *Beyond Salads*

*Broccoli Cole Slaw not only makes a delicious and nutritious salad, but it's a wonderful ingredient cooked into dishes. Add it to ground turkey for enchiladas, or sauté it into pasta sauce or any sort of casserole!*



## Broccoli Salad with Blueberry and Feta

### Ingredients

- 2 pkg (6 oz/170 g each) Mann's Broccolini®
- 1/3 cup blueberries
- 1/4 cup finely crumbled feta
- 2 tbsp sliced almonds, toasted

### Lemon Vinaigrette

- 1/4 cup extra virgin olive oil
- 2 tbsp lemon juice
- 1 tbsp minced shallot
- 1 tsp honey
- 1 tsp grainy mustard
- 1/4 tsp salt and freshly ground pepper

### Directions

Add Broccolini to boiling salted water. Cook for 2 to 3 minutes or until tender crisp. Drain and plunge into ice water to stop the cooking process. Drain well and pat dry.

Toss Broccolini with Lemon Vinaigrette. Stir in blueberries, feta and almonds.

Lemon Vinaigrette: Whisk olive oil with lemon juice, shallot, honey, mustard, salt and pepper.

### Servings 6



### *Broccolini® on Demand*

*Blanch Broccolini on Sunday night to use all week in salads, sides or on pizza. Wrap with sliced turkey or ham for a lunchtime roll up!*



## Hot Roasted Cauliflower and Spinach Dip

### Ingredients

1 pkg (10oz/284 g) Mann's Cauliflower  
2 tbsp olive oil, divided  
1/4 tsp each salt and freshly ground pepper  
4 cups baby spinach  
8 oz cream cheese, room temperature  
2 tbsp lemon juice  
1/2 tsp dried oregano  
2 cloves garlic, minced  
1/2 cup sour cream  
1/2 cup mayonnaise  
1/2 cup grated Parmesan cheese  
2 tbsp finely chopped chives  
2 tbsp finely chopped parsley  
1/3 cup grated aged white cheddar cheese  
Assorted crackers, for serving  
Assorted crudité, for serving

### Directions

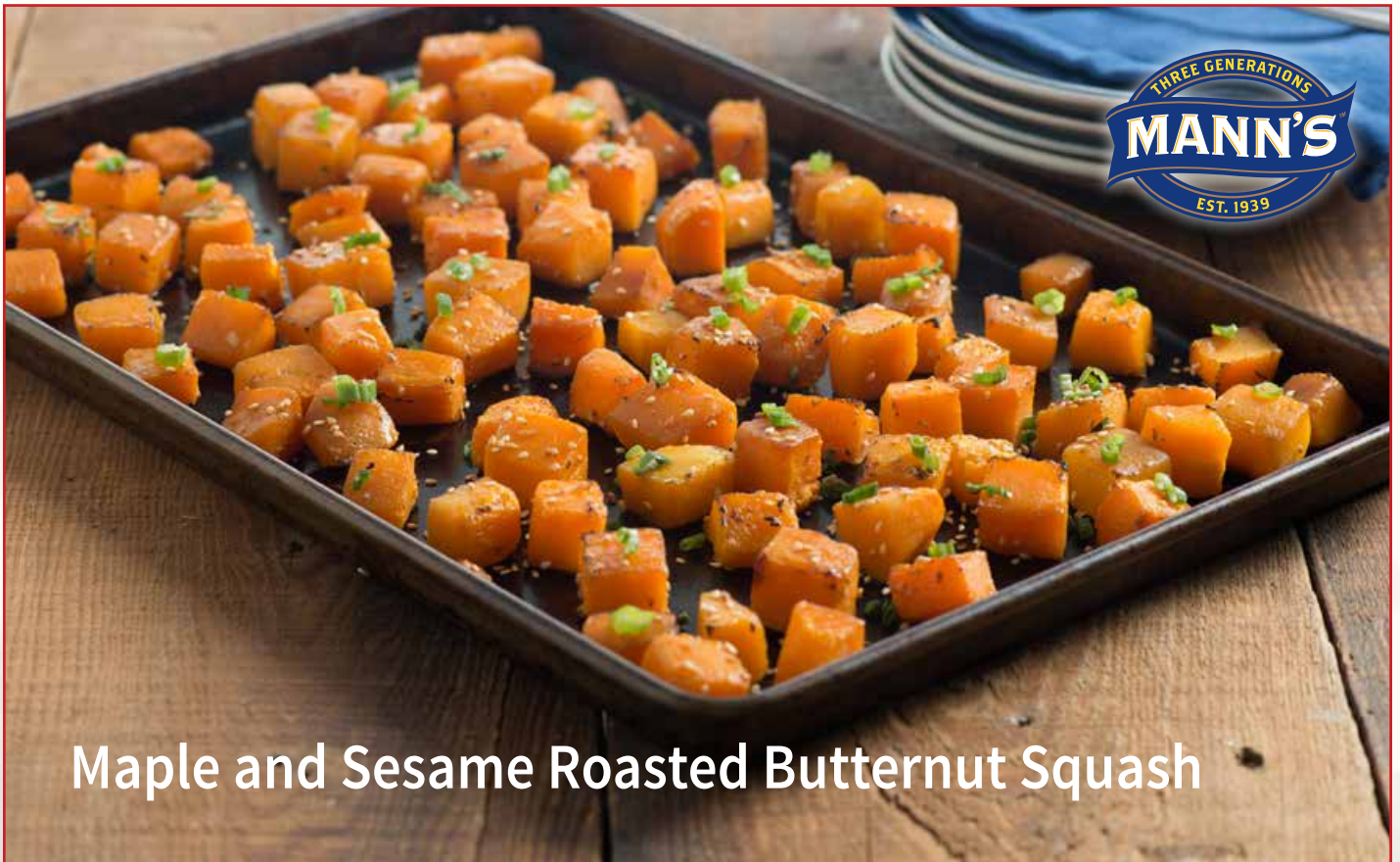
Preheat oven to 425°F. Toss cauliflower with half the oil and half the salt. Arrange on a small baking sheet. Roast, turning occasionally, for 20 to 25 minutes or until tender and golden brown. Cool and roughly chop; set aside.

Meanwhile, heat remaining oil in a skillet set over medium-high heat. Sauté spinach for 1 to 2 minutes or until wilted. Cool completely, squeeze dry and chop.

Reduce oven temperature to 400°F. Beat cream cheese with lemon juice, oregano and garlic until light and fluffy with electric beaters. Beat in sour cream, mayonnaise and Parmesan cheese until smooth. Stir in cauliflower, spinach, chives and parsley until blended.

Scrape into a small (2-3 cup) baking dish. Sprinkle with cheddar cheese. Bake for 15 to 20 minutes or until filling is bubbling and top is lightly golden brown. Serve warm with crackers and crudité.

**Servings 6**



## Maple and Sesame Roasted Butternut Squash

### Ingredients

1 pkg (20oz/567 g) Mann's Butternut Squash  
2 tbsp maple syrup  
1 tbsp soy sauce  
1 tsp sesame oil, divided  
1 clove garlic, minced  
1 tsp minced ginger  
1/4 tsp salt  
Pinch cayenne pepper (optional)  
2 tbsp finely chopped green onions  
2 tsp toasted sesame seeds  
Lime Wedges

### Directions

Preheat oven to 400°F. Line baking sheet with foil and coat generously with cooking spray. Toss butternut squash with maple syrup, soy sauce, half the sesame oil, garlic, ginger, salt and cayenne pepper. Transfer to prepared sheet.

Bake, turning occasionally, for 40 to 45 minutes or until tender and golden brown. Drizzle with remaining sesame oil. Garnish with green onion and sesame seeds.

### Servings 4



### *Butternut Squash Ideas*

Serve roasted Butternut Squash on skewers for an instant veggie finger food. Or chill and serve cold on salads instead of chicken or shrimp.