



Dr. Misa

## Holiday Potluck Recipes

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## Smoked Salmon Wrapped Avocado

2 servings

5 minutes

### Ingredients

- 1 Avocado
- 3 1/2 ozs Smoked Salmon (sliced)

### Directions

1

Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!

### Nutrition

Amount per serving	
Calories	219
Fat	17g
Carbs	9g
Fiber	7g
Sugar	1g
Protein	11g
Sodium	343mg





## Sweet Potato Nachos with Creamed Corn & Bacon

4 servings

45 minutes

### Ingredients

2 Sweet Potato (medium)  
1 tbsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
2 cups Corn  
1 cup Chickpeas (cooked)  
1 cup Canned Coconut Milk  
1/4 cup Cilantro (finely chopped)  
4 slices Bacon  
1/4 Lemon (juiced)

### Nutrition

Amount per serving	
Calories	441
Fat	27g
Carbs	42g
Fiber	7g
Sugar	9g
Protein	12g
Sodium	265mg

### Directions

- 1 Preheat oven to 375°F (191°C) and line two baking sheets with parchment paper.
- 2 Cut sweet potato into rounds as thinly as possible. Try to be consistent with how thin you slice them so they bake evenly. Toss the rounds with olive oil and sea salt.
- 3 Place bacon strips on one baking sheet, and sweet potato rounds on the other in a single layer.
- 4 Place both baking sheets in the oven and bake for 10 minutes, then flip the bacon. Bake for another 5 to 10 minutes, until bacon is cooked through. Remove the bacon from the oven and set aside. At this time, flip the sweet potato chips and bake for an additional 10 to 15 minutes, or until golden brown. Keep a close eye to prevent burning.
- 5 Meanwhile, in a saucepan, add corn, chickpeas, coconut milk, salt and pepper. Bring to a simmer, then reduce the heat to low and whisk occasionally until creamy (about 15 to 20 minutes). Stir in cilantro and set aside.
- 6 Divide sweet potato chips between plates or bowls and top with creamed corn, chopped bacon and any leftover cilantro. Drizzle with lemon juice before serving. Enjoy!

### Notes

**Vegan:** Omit the bacon all together, or use coconut bacon instead.

**Leftovers:** Store the ingredients separately. Store sweet potato chips in an airtight container or bag. Re-crisp in oven at 350 for 3-5 minutes before serving. Refrigerate creamed corn in an airtight container up to 3 days.

**No Cilantro:** Use parsley instead.



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**No Sweet Potato:** Use tortilla chips or brown rice chips instead.



## Cheesy Cauliflower & Broccoli Casserole

4 servings

1 hour

### Ingredients

2 cups Butternut Squash (peeled, seeded and cubed)  
1 Yellow Onion (medium, diced)  
2 Garlic (cloves, minced)  
1/2 cup Water  
1 head Cauliflower (medium, chopped into florets)  
4 cups Broccoli (chopped into florets)  
1/2 cup Cashews  
1/2 cup Nutritional Yeast  
1/2 tsp Sea Salt  
1/4 tsp Paprika

### Nutrition

Amount per serving	
Calories	280
Fat	9g
Carbs	36g
Fiber	12g
Sugar	9g
Protein	19g
Sodium	427mg

### Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 3 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 4 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
- 5 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 6 Bake for 40 minutes. Serve immediately. Enjoy!

### Notes

**Save Time:** Buy frozen, pre-sliced butternut squash cubes.

**More Protein:** Serve with roasted chicken or top with bacon.

**More Carbs:** Serve with brown rice macaroni or quinoa.





## Strawberry Balsamic Salad with Maple Walnuts

2 servings

15 minutes

### Ingredients

1/2 cup Walnuts  
1 tbsp Maple Syrup  
4 cups Baby Spinach  
1 cup Strawberries (sliced)  
1/4 cup Goat Cheese (crumbled)  
1 1/2 tsps Balsamic Vinegar  
1 1/2 tsps Extra Virgin Olive Oil  
1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	387
Fat	33g
Carbs	20g
Fiber	5g
Sugar	12g
Protein	9g
Sodium	264mg

### Directions

- 1 Toast walnuts in a pan over medium heat. When slightly browned, coat with maple syrup. Turn heat to low and stir until sticky (about 2 minutes). Remove from heat.
- 2 Divide spinach into bowls. Top with strawberries, goat cheese and toasted walnuts.
- 3 Whisk together the balsamic vinegar, olive oil and salt. Drizzle desired amount of dressing over your salad and enjoy!

### Notes

**More Protein:** Add quinoa, edamame, chickpeas or strips of chicken breast.

**Save Time:** Leave the walnuts raw and add maple syrup to the dressing.

**No Goat Cheese:** Use feta or cashew cheese instead.

**Storage:** Refrigerate in an airtight container with dressing in a separate container up to 2 to 3 days.



## Creamy Artichoke Salad with Cauliflower Rice

4 servings

15 minutes

### Ingredients

3 cups Artichoke Hearts (roughly chopped and divided)  
1/4 cup Extra Virgin Olive Oil  
1 tbsp Apple Cider Vinegar  
1 1/2 tsp Maple Syrup  
1 tbsp Dijon Mustard  
1 tsp Sea Salt  
1 head Cauliflower (chopped into florets)  
1 Avocado (cubed)  
2 cups Frozen Corn (thawed)  
1/4 cup Red Onion (finely chopped)

### Nutrition

Amount per serving	
Calories	355
Fat	22g
Carbs	36g
Fiber	16g
Sugar	12g
Protein	9g
Sodium	1264mg

### Directions

- 1 In a food processor or blender, blend half the artichoke hearts, oil, vinegar, maple syrup, dijon and salt until smooth. Transfer the dressing to a salad bowl and set aside.
- 2 Pulse the cauliflower florets in the same food processor or blender in small batches until the mixture becomes a rice-like consistency.
- 3 Add the cauliflower rice, remaining artichoke hearts, avocado, corn and red onion to the salad bowl and toss with the dressing until well coated. Enjoy!

### Notes

**No Artichoke Hearts:** Use cooked asparagus instead.

**Serve it Warm:** Lightly saute the cauliflower rice, artichoke hearts and corn before combining with the remaining ingredients.

**Serve it With:** Our 15-Minute Grilled Steak, Marinated Baked Tofu, Sweet and Crunchy Chickpeas, or Marinated Chickpeas recipe.



## Winter Kale Salad

4 servings

20 minutes

### Ingredients

2 tbsps Extra Virgin Olive Oil  
1 tbsp Apple Cider Vinegar  
1 tsp Dijon Mustard  
1 tsp Maple Syrup  
1/8 tsp Sea Salt  
6 cups Kale Leaves (thinly sliced)  
1/2 cup Pomegranate Seeds  
1 Pear (cored and thinly sliced)  
1/4 cup Pumpkin Seeds  
1/4 cup Unsweetened Coconut Flakes (toasted)

### Nutrition

Amount per serving	
Calories	188
Fat	14g
Carbs	15g
Fiber	5g
Sugar	8g
Protein	3g
Sodium	108mg

### Directions

- 1 Add the extra virgin olive oil, apple cider vinegar, mustard, maple syrup and sea salt into a small bowl and whisk together.
- 2 Add the kale to a large bowl and drizzle the dressing over top. Massage with your hands to ensure it is evenly coated.
- 3 Top the massaged kale with pomegranate seeds, sliced pear, pumpkin seeds and toasted coconut flakes. Toss before serving. Enjoy!

### Notes

**Leftovers:** Store in an airtight container in the fridge for up to two days.

**No Pear:** Use sliced apple instead.

**No Kale:** Use Swiss chard or collard greens instead.





## Spinach Quiche with Sweet Potato Crust

4 servings

50 minutes

### Ingredients

1 Sweet Potato (sliced into thin rounds)  
3/4 tsp Coconut Oil  
7 Egg  
3 Garlic (cloves, minced)  
8 stalks Green Onion (chopped)  
4 cups Baby Spinach (chopped)  
1 Tomato (diced)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	182
Fat	9g
Carbs	11g
Fiber	2g
Sugar	3g
Protein	13g
Sodium	181mg

### Directions

- 1 Preheat oven to 425°F (218°C). Grease a glass pie plate with a bit of coconut oil. Cover the base and sides of the plate with the sweet potato rounds. Layer the rounds until no glass is showing. Bake in the oven for 15 minutes.
- 2 Meanwhile, crack eggs into a mixing bowl and whisk well. Set aside.
- 3 Heat coconut oil in a skillet over medium heat. Add in minced garlic and green onions. Sautee for 3 to 5 minutes. Add in chopped spinach and saute just until wilted. Remove from heat.
- 4 Add spinach mix and diced tomatoes into the egg mix. Season with salt and pepper. Stir well.
- 5 Remove sweet potato crust from the oven. Pour egg mixture over top of the crust. Reduce the temperature of the oven to 375°F (191°C). Place quiche in the oven and bake for 30 to 40 minutes or until the top is golden brown.
- 6 Remove from oven and cut into slices. Enjoy!



## Honey Chili Meatballs

4 servings

30 minutes

### Ingredients

1 lb Extra Lean Ground Chicken  
1/2 Yellow Onion (medium, chopped)  
2 Garlic (cloves, minced)  
1 Egg  
1 tsp Sea Salt (divided)  
1/4 tsp Black Pepper  
2 tbsps Coconut Oil  
1/2 cup Chicken Broth  
1/3 cup Tomato Paste  
1/4 cup Raw Honey  
1 tbsp Apple Cider Vinegar  
1 1/2 tsps Chili Powder  
1/4 tsp Paprika  
1/4 tsp Ground Mustard

### Nutrition

Amount per serving	
Calories	332
Fat	17g
Carbs	24g
Fiber	2g
Sugar	20g
Protein	23g
Sodium	833mg

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 In a large bowl, combine ground chicken, onion, garlic, egg, half the salt, and black pepper. Form mixture into meatballs, about 1 1/2 inches thick.
- 3 Melt coconut oil in a large oven-safe pan or skillet over medium-high heat. Add meatballs and cook until browned, about 5 minutes. Transfer to oven and bake for an additional 20 minutes or until cooked through.
- 4 Meanwhile in a medium saucepan, combine chicken broth, tomato paste, honey, apple cider vinegar, chili powder, paprika, ground mustard and remaining salt. Bring to a boil then reduce heat and simmer for 5 minutes, stirring occasionally. Adjust seasoning if needed.
- 5 Remove meatballs from the oven. Evenly coat meatballs with sauce and divide into bowls. Top with chopped green onions (optional). Enjoy!

### Notes

**Likes it Spicy:** Add more chili powder to the tomato sauce or sprinkle with red pepper flakes.

**Serve Them With:** Brown rice pasta, quinoa, couscous, rice or rye bread to make it a meal. Or serve them alone as an appetizer.

**Leftovers:** Refrigerate in an air-tight container up to 3 days or freeze up to 2-4 months (cooked or uncooked).

**Slow Cooker Version:** Add formed meatballs with sauce and cook on low for 6-8 hours.

**Serving Size:** A 4-serving recipe yields about 16 meatballs. This can be stretched to 8 servings if using as an appetizer.



## Meatloaf Muffins with Mashed Cauliflower Frosting

6 servings

30 minutes

### Ingredients

1 1/2 lbs Extra Lean Ground Beef  
1 Yellow Onion (medium, chopped)  
2 tbsps Dijon Mustard  
1 tsp Ground Sage  
1 1/2 tsps Sea Salt (divided)  
1 head Cauliflower (chopped into florets)  
1/2 cup Canned Coconut Milk (full fat)  
1/4 cup Tomato Sauce

### Nutrition

Amount per serving	
Calories	275
Fat	15g
Carbs	8g
Fiber	3g
Sugar	4g
Protein	25g
Sodium	756mg

### Directions

- 1 Preheat oven to 350°F (177°C) and grease your muffin tray with oil.
- 2 In a mixing bowl, combine the beef, onion, mustard, sage and half the salt until well combined. Divide evenly into muffin cups and bake for 20 minutes or until cooked through.
- 3 Meanwhile, place cauliflower florets in a steaming basket over boiling water. Steam for 8 minutes or until tender.
- 4 Transfer cauliflower, remaining salt and coconut milk to a blender and blend until smooth.
- 5 When the meatloaf muffins are ready, top each one with about a teaspoon of tomato sauce. Then, top it with cauliflower mash and spread evenly using the back of a spoon. Enjoy!

### Notes

**Serving Size:** Each serving is equal to two muffins.

**Leftovers:** Refrigerate in an airtight container up to 3 days.

**No Cauliflower:** Use potato instead.

**No Coconut Milk:** Use water or any alternative milk.

**More Veggies:** Add spinach, mushrooms or chopped bell pepper to the meatloaf mixture.





## Pesto Chicken Stuffed Peppers

4 servings

50 minutes

### Ingredients

8 ozs Chicken Breast  
1/2 cup Quinoa (dry, uncooked)  
4 Yellow Bell Pepper (large)  
2 tbsps Water  
2 stalks Green Onion  
1/2 cup Pesto  
3 tbsps Lemon Juice  
1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	332
Fat	15g
Carbs	30g
Fiber	4g
Sugar	3g
Protein	21g
Sodium	295mg

### Directions

- 1 Bring a pot of water to a boil. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15 to 20 minutes. Remove chicken and shred into pieces using two forks.
- 2 While your chicken cooks, cook your quinoa according to the directions on the package. Fluff with a fork and set aside.
- 3 Preheat your oven to 375°F (191°C).
- 4 Cut the tops off of the peppers and discard the seeds and ribs. Place peppers upside down in baking dish and add water. Cover with foil and bake for 25 minutes.
- 5 While peppers are baking, combine the cooked quinoa, shredded chicken, green onion, pesto, lemon juice and sea salt. Mix well and set aside.
- 6 Remove the peppers from the oven. Carefully remove the foil and turn right-side up. Drain any excess water from the baking dish.
- 7 With the peppers sitting upright, spoon equal amounts of the pesto chicken filling into each. Cover with foil again, then bake for an additional 20 minutes, or until filling is warmed through and peppers are very tender.
- 8 Remove the stuffed peppers from the oven and enjoy!

### Notes

**Additional Toppings:** Parmesan cheese, nutritional yeast, fresh herbs, a pinch of red chili flakes or more pesto.

**Tipsy Bell Peppers:** If your bell peppers are tipsy and do not stand upright on their own,

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try slicing the bottom of them to create a flat surface.

**More Carbs:** Serve over a bed of rice or quinoa.

**Make it Vegetarian:** Swap out the chicken for cooked lentils.



## Slow Cooker Apple Cinnamon Pork Tenderloin

4 servings

4 hours

### Ingredients

- 1 lb Pork Tenderloin
- 2 Apple (sliced and divided)
- 3 Carrot (medium, sliced into rounds)
- 1 Yellow Onion (diced)
- 3 tbsps Raw Honey
- 1 tbsp Cinnamon

### Nutrition

Amount per serving	
Calories	251
Fat	3g
Carbs	34g
Fiber	5g
Sugar	26g
Protein	25g
Sodium	94mg

### Directions

- 1 Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
- 2 Add remaining apple, carrots and onion to the bottom of the slow cooker. Lay the pork tenderloin on top. Drizzle honey and sprinkle cinnamon over everything. Cook on low for 4 hours.
- 3 Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

### Notes

**Make it Tender:** Brine your pork tenderloin the night before for more flavour and tenderness.

**More Greens:** Serve on a bed of spinach or add your choice of veggies to the slow cooker.

**More Carbs:** Serve with rice, quinoa or mini potatoes.





## Cauliflower Shepherd's Pie

4 servings

50 minutes

### Ingredients

1 head Cauliflower (chopped into florets)  
2 tbsps Extra Virgin Olive Oil (divided)  
1 Yellow Onion (diced)  
2 Garlic (cloves, minced)  
1 lb Extra Lean Ground Turkey  
3 cups Mushrooms (sliced)  
2 Carrot (diced)  
2 stalks Celery (diced)  
1 tbsp Italian Seasoning  
1/4 tsp Sea Salt

### Nutrition

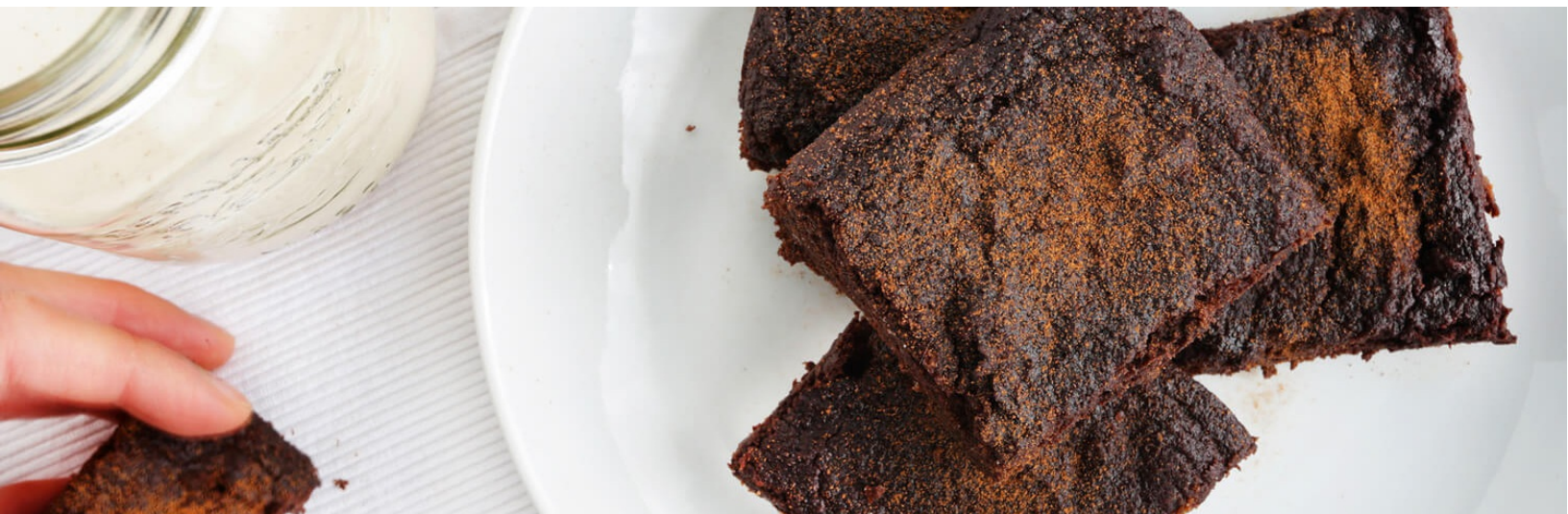
Amount per serving	
Calories	311
Fat	17g
Carbs	16g
Fiber	6g
Sugar	8g
Protein	27g
Sodium	312mg

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
- 3 While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
- 4 Add the meat, and cook until browned.
- 5 Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
- 6 Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
- 7 Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
- 8 Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

### Notes

**Vegan and Vegetarian:** Use cooked lentils instead of ground meat.



## Gingerbread Brownies

9 servings

35 minutes

### Ingredients

1/2 cup Pitted Dates  
3 Egg  
2 2/3 tbsps Fancy Molasses  
1/2 cup Coconut Oil  
2 tsps Vanilla Extract  
1 cup Unsweetened Almond Milk  
1/2 cup Coconut Flour  
1/4 cup Cocoa Powder  
2 tsps Ground Ginger  
1/4 tsp Ground Cloves  
1 tsp Baking Soda  
3/4 tsp Baking Powder  
1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	213
Fat	15g
Carbs	17g
Fiber	4g
Sugar	11g
Protein	4g
Sodium	370mg

### Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 Place dates in a food processor and pulse until pureed, or chop the dates finely.
- 3 In a large bowl, blend the dates, eggs, molasses, melted coconut oil, vanilla extract and almond milk until thoroughly combined.
- 4 Combine the remaining dry ingredients in a separate bowl.
- 5 Slowly add the dry ingredients to the wet ingredients and combine thoroughly, scraping down the sides until you have a smooth batter.
- 6 Line a 9x9 baking pan with parchment paper, pour in the batter and spread evenly. Bake for 30 minutes or until a toothpick comes out clean.
- 7 Sprinkle with a little cocoa powder and let cool for at least 10 minutes. Slice, serve and enjoy!

### Notes

**Storage:** Refrigerate in an air-tight container up to 4 days. To freeze, wrap brownies tightly with aluminum foil or plastic freezer wrap, or place in a heavy-duty BPA-free freezer bag.

**Make it as a Cake:** Cut out parchment paper to line a 9" cake pan. Cook per instructions above and let cool. Top with whipped coconut cream.



## Coconut Brownie Bites

14 servings

15 minutes

### Ingredients

1 cup Almonds  
1/4 cup Cocoa Powder  
1/2 cup Unsweetened Coconut Flakes  
(divided)  
1 cup Pitted Dates (soaked and  
drained)  
1 1/2 tbsps Coconut Oil  
1 tbsp Raw Honey

### Directions

- 1 Combine the almonds, cocoa powder, and half of the shredded coconut together in a food processor. Process into a fine powder.
- 2 Add in the soaked dates, coconut oil and honey. Pulse until a dough-like consistency forms.
- 3 Roll batter into small bite-sized balls. Then roll balls through a bowl with the remaining coconut flakes to coat. Betcha cant eat just one!

### Nutrition

Amount per serving	
Calories	129
Fat	9g
Carbs	13g
Fiber	3g
Sugar	8g
Protein	3g
Sodium	2mg





## Chocolate Crunch Bars

8 servings

2 hours

### Ingredients

1/3 cup Almond Butter  
1/4 cup Coconut Oil (melted)  
1/4 cup Cocoa Powder  
2 tbsps Hemp Seeds  
2 tbsps Ground Flax Seed  
1/4 cup Maple Syrup  
2 1/2 cups Rice Puffs Cereal

### Nutrition

Amount per serving	
Calories	197
Fat	15g
Carbs	15g
Fiber	3g
Sugar	7g
Protein	4g
Sodium	3mg

### Directions

- 1 Stir together all ingredients except the cereal in a mixing bowl. Once combined, gently fold in the cereal until well coated.
- 2 Transfer to a loaf pan or square pan lined with parchment paper and pack it down. Freeze for at least two hours.
- 3 Slice into bars and enjoy!

### Notes

**Serving Size:** One serving is equal to one bar.

**No Almond Butter:** Use peanut butter, hazelnut butter or cashew butter instead.

**Storage:** After slicing, transfer to a freezer-safe bag and keep in the freezer until ready to eat.



## Honey Cinnamon Chips

4 servings

15 minutes

### Ingredients

4 Brown Rice Tortilla  
2 tbsps Raw Honey  
2 tsps Cinnamon

### Nutrition

Amount per serving	
Calories	183
Fat	3g
Carbs	37g
Fiber	4g
Sugar	11g
Protein	3g
Sodium	170mg

### Directions

- 1 Preheat oven to 415°F (213°C). Line a baking sheet with parchment paper.
- 2 Defrost brown rice tortillas if frozen. Place 1/2 tbsp of raw honey into the middle of each tortilla and spread around using a butter knife. Sprinkle each tortilla with cinnamon. Use a pizza cutter to slice into 1/8's. Place on the baking sheet and bake in the oven for 6 minutes (or until crispy).
- 3 Remove from oven. Let cool. Enjoy!

### Notes

**Storage:** Store in an airtight container at room temperature for up to 5 days.