

Discover great tastes this Christmas



We all like to indulge a little over the festive season, and why not! We've worked hard all year; it's time for that well needed break and some quality time with loved ones. Instead of frantically searching for those elastic pants before Christmas dinner and worrying about the after dinner sluggishness, why not make it that bit easier on your delicate digestive system with some easy to apply changes to popular trimming. Below here are a few of my favourite simple side.

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If you would like to know more about cooking and eating well this Christmas why not drop Mairéad a message at [mlyonsnutrition@gmail.com](mailto:mlyonsnutrition@gmail.com) or call 087 9929 564

*Wishing you a happy and healthy Christmas from all the team at Harbour Clinic!*

### **Cranberry sauce**

#### **Ingredients**

12 oz cranberries

¼ inch fresh ginger

½ whole orange

¼ tsp orange zest

2 to 3 tbsp raw sugar

Juice the orange. Chop up the zest. Mix together all the ingredients plus half cup of water. Bring to a boil. Then lower heat. Simmer uncovered until jam like. As cranberries soften, mash with a potato masher.



**Cauliflower mash**

1 head of cauliflower, trimmed and cut into florets  
25 g butter, cubed  
1 clove garlic, finely chopped  
Nutmeg, ground  
½ tsp sea salt  
¼ tsp of freshly ground black pepper  
Steam cauliflower florets until tender- transfer into colander and drain excess liquid.  
Combine cauliflower, garlic, butter, salt and pepper. Use a potato masher or food processor to mash together.  
Sprinkle lightly with nutmeg



**Sweet potato mash with rosemary**

Sweet potatoes are a powerhouse vegetable packed with flavor and nutrition. Simply simmer until tender, then drain, mash and add a little butter or olive oil. Fresh chopped rosemary is a nice addition. Mashed sweet potatoes make a healthy side dish any time of the year.

One of the oldest vegetables known to mankind, sweet potatoes (really a tuber, not a potato) are filled with magnesium, potassium, vitamin C, iron, copper and the antioxidant beta-carotene, not to mention fiber. Sweet

## **Broccoli with toasted walnuts and soya sauce**

Serves 6

25g walnuts

1 head broccoli

Sunflower or olive oil

2 spring onions

Soya sauce

Wash and cut broccoli into florets- leaving on some stalks- drizzle with olive oil, salt and pepper, place in oven at 180 degrees C for half hour and turning half way

Place the nuts on a baking tray and toast in oven for 15 minutes. Chop roughly

Place the broccoli and nuts into a bowl, add in a drizzle of soy sauce and finely chopped spring onion.

Goats cheese is a nice addition also.

potatoes are a healthy carb to add to your diet.

After peeling the potatoes cut them in half down the middle and then into quarters for more manageable size

Place in a saucepan with cold water and add a little salt. Bring to a simmer and cook until potatoes are very soft- maybe 10 minutes

Drain and leave to steam dry in pot for a few minutes

Mix with an electric hand blender until creamy and smooth. Add a small knob of butter or drizzle of olive oil and rosemary. Season with salt and pepper and serve.

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