

## Holiday Guacamole

- ½ white onion, minced
- 4 serrano chile peppers, minced
- 1 teaspoon kosher salt
- 4 avocados – peeled, pitted and diced
- 2 ½ tablespoons fresh lime juice
- 1 pear- peeled, cored and diced
- 1 cup seedless green grapes, halved
- 1 cup pomagranate seeds



### Directions

Mix the onion, chile peppers, and salt in a bowl. Fold in the avocados and lime juice. Stir in pear, grapes, and pomegranate. Chill until serving.

## Holiday Pomegranate Pound Cake

- |               |                                   |
|---------------|-----------------------------------|
| ¾ cup         | Sugar                             |
| 6 tablespoons | Butter                            |
| 2             | Large Eggs                        |
| 1             | Large Egg White                   |
| ¾ cup         | Buttermilk                        |
| 1             | Lemon (grated zest of)            |
| 2 teaspoons   | Vanilla Extract                   |
| ½ teaspoon    | Baking Soda                       |
| 2 ½ cups      | All-Purpose Flour                 |
| ¼ teaspoon    | Salt                              |
| ¾ cup         | Pomegranate Seeds (about 1 large) |



## English Pretzel Toffee

- ½ cup butter
- ½ cup sugar
- 1 tablespoon water
- ½ teaspoon pure vanilla extract
- 1 scant cup pretzels, slightly crushed
- 2 ounces chocolate



### Instructions

- Line a 9x9 baking pan with foil and set aside.
- In a heavy-bottomed saucepan fitted with a candy thermometer, boil butter, sugar and water, whisking occasionally. Continue to cook until temperature reaches 305°F, watching carefully. The toffee will go from pale yellow to dark golden about this time. Remove from heat, stir in vanilla and pour into the lined pan. The toffee will not cover the entire pan. Quickly top with pretzels and let cool until set and hard.
- Melt chocolate and drizzle over toffee. Break into chunks before serving. Store in an airtight container.

## Healthy Breakfast Sandwich

- ½ cup liquid egg whites
- 2 whole-wheat english muffins, split
- ½ cup baby spinach leaves
- 2 slices fresh tomato



### Instructions

Cook egg whites in a nonstick skillet over medium heat until opaque, about 4 minutes.

Toast english muffins. Divide cooked egg whites between 2 muffin bottoms. Top with spinach, 1 tomato slice, and muffin tops.