No-Stress Holiday Recipes with a Wild Twist
Cooking around the holidays can be a little crazy, so go wild for easy recipes featuring the little berry that packs big flavor and nutrition. Don’t be fooled by their small size—Wild Blueberries have more intense blueberry flavor and double the antioxidants of regular blueberries! Borne 10,000 years ago of the thin, glacial soils of Maine, Eastern Canada and Quebec, these tiny, potent wild berries will help give your holidays more yum and less stress.

Feed your wild side with this collection of wonderful, easy Wild Blueberry holiday recipes and stress-free entertaining tips from two of our favorite health and nutrition bloggers—Danielle Omar of Food Confidence and Kara Lydon of The Foodie Dietitian.

stock up on **Wild Blueberries** from your supermarkets’ frozen fruit section!
Kara Lydon, RD, LDN, RYT is a nationally recognized food and nutrition expert and yoga teacher based in Boston, MA. Kara offers nutrition and culinary coaching, consults with corporate wellness clients, and partners with like-minded food brands and organizations on recipe development, food photography, and nutrition communications and marketing. Often sought after for her passion and expertise for various media and speaking opportunities, Kara has most recently been featured in Fitness, Shape, Today’s Dietitian, Environmental Nutrition, and Food & Nutrition magazines. Her food and healthy living blog, The Foodie Dietitian, features delicious seasonal vegetarian recipes and simple strategies to bring more yoga and mindfulness into your life, and has been featured on The Kitchn, BuzzFeed, TODAY, and SELF. Prior to starting her own private practice and consulting business, Kara led health communication strategy for Chobani, Inc., where she pioneered an integrated program targeting health professionals, and served as the key nutrition spokesperson for America’s #1 selling Greek Yogurt brand.

**Kara’s Wild and Easy Holiday Recipes:**

**APPETIZER**  Wild Blueberry and Pomegranate Bruschetta

**ENTREE SIDE DISH**  Stuffed Acorn

**DESSERT**  Wild Blueberry Pear Galette
Wild Blueberry and Pomegranate Bruschetta

“Try a whole-grain baguette for extra fiber and nutritional punch! No Greek yogurt but plenty of cream cheese on hand? You can easily substitute cream cheese for Greek yogurt here.” - Kara Lydon

APPROXIMATELY 24 SERVINGS

INGREDIENTS

1 French baguette, cut into ½ inch slices
1 ½ tablespoons olive oil
¼ teaspoon salt
¼ teaspoon pepper
1 cup pomegranate aerials
2 teaspoons honey

1 tablespoon chopped mint leaves
(about 8 mint leaves)
1 ½ teaspoon orange zest
1 cup plain Greek yogurt
½ cup goat cheese
1 cup frozen Wild Blueberries
Optional: Extra mint and orange zest for garnish

INSTRUCTIONS

1. In a small-medium mixing bowl, add pomegranate aerials, mint, orange zest, honey and stir to combine. Let sit in the refrigerator for at least 1 hour or until ready to use.

2. Preheat oven to 375°. Lightly brush both sides of bread with olive oil and sprinkle with salt and pepper. Transfer bread to two baking sheets and bake for 8-10 minutes, flipping slices over halfway through.

3. In a medium mixing bowl, blend goat cheese and yogurt together using a hand mixer or transfer to a food processor and pulse until creamy and smooth.

4. Remove pomegranate mixture from refrigerator and fold in Wild Blueberries.

5. To assemble the baguettes, spread yogurt mixture on top of bread (approximately 1 tablespoon) and add a spoonful of fruit mixture over top [being careful to avoid juices at the bottom of the bowl]. Serve immediately.

6. Optional: Garnish with orange zest and mint.

For more Wild Blueberry recipes visit wildblueberries.com
Wild Blueberry & Stuffed Acorn Squash with Farro

“Make life a little easier by preparing the farro mixture ahead of time and refrigerating until ready to use. No farro on hand? You can easily substitute brown rice, wild rice, barley, or quinoa for the farro.” - Kara Lydon

8 SERVINGS

INGREDIENTS

2 large acorn squash, quartered and seeded
2 teaspoons olive oil
½ teaspoon salt, divided
½ teaspoon pepper, divided
⅔ cup farro
2 cups vegetable stock
1 tablespoon olive oil
½ cup diced onion
(approximately ½ medium onion)
1 medium garlic clove, minced
⅓ tablespoon chopped fresh thyme
⅓ tablespoon chopped fresh rosemary
¼ cup chopped walnuts
1 cup frozen Wild Blueberries, thawed and drained
½ cup grated Parmesan cheese

INSTRUCTIONS

1. Preheat oven to 375°. Brush squash with olive oil and sprinkle with ¼ teaspoon salt and pepper. Place squash cut side down on a lightly sprayed baking sheet and bake for 40-50 minutes, or until fork-tender.

2. Add farro and vegetable stock to a medium saucepan and bring to a boil. Reduce heat to a simmer, cover, and cook for about 30-40 minutes, or until farro is chewy but no longer tough. Drain excess liquid.

3. In a sauté pan, add olive oil over medium heat. Add onions and let cook for about 5 minutes, or until translucent. Add garlic and let cook for another minute. Stir in cooked farro. Remove from heat. Add in thyme, rosemary, walnuts, Wild Blueberries, ¼ teaspoon salt and pepper.

4. Fill squash with about ¼ cup farro mixture. Reduce oven temperature to 325°. Bake for another 15 minutes, or until filling is heated through. Top with Parmesan cheese.

For more Wild Blueberry recipes visit wildblueberries.com
Wild Blueberry Pear Ginger Galette

“Busy? Galettes can be made ahead of time and will keep in the refrigerator for up to three days. Or, you can make the dough ahead of time and freeze it until ready to use!” - Kara Lydon

8 SERVINGS

INGREDIENTS

- 1 cup all-purpose flour
- ¾ cup whole-wheat pastry flour*
- ¾ cup cold butter (1 ½ sticks)
- 1 tablespoon sugar
- ¼ teaspoon salt
- ½ cup ice cold water
- 2 pears, peeled, cored and cut into ¼ inch slices
- 1 teaspoon lemon juice

- 1 cup frozen Wild Blueberries, thawed and drained
- 1 teaspoon grated fresh ginger
- 3 tablespoons cornstarch
- ¼ cup maple syrup
- 1 teaspoon cinnamon
- 1 egg, beaten
- ½ tablespoon turbinado sugar for dusting**

Optional: whipped cream for serving

INSTRUCTIONS

1. In a large mixing bowl, add flours, sugar and salt, and stir to combine. Cut cold butter into the flour using a pastry cutter, two knives, or a food processor, until the mixture resembles coarse meal.

2. If using a food processor, add cold water while machine is running, until the dough holds together (about 15-30 seconds). Otherwise, add water to the bowl and using a fork or your hands, mix together until dough forms.

3. Turn the dough out onto a sheet of plastic wrap. Press into a flat, round disc, wrap tightly, and refrigerate for 30-60 minutes.

4. Meanwhile, prepare the fruit. In a medium mixing bowl, toss pears with lemon juice after slicing to avoid browning. Add cornstarch, ginger, cinnamon, and maple syrup and mix until evenly coated.

5. Preheat oven to 400° and line a baking sheet with parchment paper.

6. Roll out dough onto a lightly floured surface, about 12 inches in diameter, 1/8 inch thick. Transfer dough to parchment paper. Arrange pears in a spoke pattern on the dough, leaving a 4-inch border all around.

7. Add Wild Blueberries to the mixing bowl with cornstarch mixture and stir to coat with the remaining mixture. Distribute Wild Blueberries evenly on top of pears.

8. Fold the border of dough over the fruit, pressing gently to adhere the folds.

9. Thin out the beaten egg with a splash of water and brush egg mixture over the dough edges and sprinkle edges with sugar.

10. Bake at 400° for 45-60 minutes, or until crust is golden brown and fruit is tender.

11. Transfer the galette with parchment paper onto a cooling rack. Gently pull parchment paper out from underneath while keeping the galette on the cooling rack. Let cool briefly before serving warm or at room temperature.

NOTES:

*If you don’t have whole-wheat pastry flour, use whole-wheat flour instead. Or, you can simply omit whole-wheat flour and use 2 cups all-purpose flour.

**You can substitute any type of sugar for dusting.

For more Wild Blueberry recipes visit wildblueberries.com
Danielle Omar is a registered dietitian, clean-eating coach, teacher and cookbook author. She is a passionate food and nutrition educator and founded Danielle Omar Nutrition to support busy men and women on their journey to becoming their healthiest self. An avid cook, she also enjoys sharing plant-based recipes and nutrition strategies on her Food Confidence blog.

Danielle has a Master’s degree in Nutrition and has been teaching nutrition at the college level for over 10 years. She has contributed to local and national media outlets such as The Washingtonian, The Washington Post, The New York Times, Shape Magazine, and Women’s Health Magazine. Through her private nutrition practice, media work, and group programs, Danielle has successfully motivated hundreds of busy professionals and families to eat confidently and live a healthy life.

**Danielle’s Three Wild and Easy Holiday Recipes**

**APPETIZER**  Wild Blueberry Baked Brie

**ENTREE SIDE DISH**  Wild Blueberry and Ginger Relish

**DESSERT**  Wild Blueberry and Apple Crisp
Wild Blueberry Baked Brie

SERVES 6 TO 8

INGREDIENTS

- 1 frozen pie crust
- 1 small wheel of brie
- 1 cup frozen Wild Blueberries
- 1 teaspoon flax seed
- 1 teaspoon honey
- ¼ cup dry roasted, salted pistachios
- 1 egg, beaten (for brushing on top of crust)

“Downsize your menu and remember that quality trumps quantity. Create a standout holiday menu that is polished, but concise: one fantastic appetizer, a lively green salad, one grain or potato side, and a top notch main dish. Top off this great meal with just one memorable dessert.”

- Danielle Omar

INSTRUCTIONS

Preheat oven to 375°. Heat Wild Blueberries in a small saucepan until boiling. Turn heat down to medium high and let simmer 1-2 minutes. Remove from heat and drain off Wild Blueberry juice. Place Wild Blueberries back into sauce pan and stir in 1 teaspoon chia seeds and honey. Unroll pie pastry onto parchment paper. Place brie in center. Cover with Wild Blueberries and top with pistachios. Fold over the top of the brie until covered. Place brie pastry with parchment onto cookie sheet. Beat egg in small bowl and brush top of pastry with egg wash. Bake 20-25 minutes or until crust is golden brown.

For more Wild Blueberry recipes visit wildblueberries.com
Wild Blueberry and Ginger Relish

SERVES 4 TO 6

INGREDIENTS

3 cups + ½ cup Wild Blueberries
2 teaspoon orange zest
2 tablespoon freshly squeezed orange juice
2 teaspoon freshly grated ginger
½ teaspoon lime juice
1-2 tablespoon sugar

“Focus on what really matters and not what you think you ‘have’ to do. Say no to events or parties that are not meaningful to you and ask yourself often, ‘am I trying to have it all or is this what really matters to me?’”

- Danielle Omar

INSTRUCTIONS

Bring Wild Blueberries, ginger, orange juice, orange zest, lime juice and 1 tablespoon sugar to a boil in a small saucepan. Boil for about 3 minutes. Reduce heat and simmer for about 5 minutes more. Taste for sweetness, and add more sugar if desired. Remove from heat and allow to cool. Once cooled, stir in chia seeds and refrigerate for at least an hour or overnight. Mix in ½ cup frozen Wild Blueberries 30 minutes before serving.
Wild Blueberry and Apple Crisp

SERVES 8 TO 10

INGREDIENTS

- 4 apples, peeled and sliced
- 3 cups frozen fresh Wild Blueberries, thawed (plus more for the garnish)
- 2 tablespoon brown sugar (I used stevia brown sugar blend)
- 1 cup oatmeal (I used 2 Nature’s Own Coconut Oatmeal flavored packets)
- 1 cup pecan pieces
- 2 tablespoon chia seeds
- 1 teaspoon cinnamon
- 2 tablespoon coconut oil
- Dash salt

INSTRUCTIONS

Preheat oven to 350°. Slice up the apples and place in a large bowl with the thawed frozen Wild Blueberries. Stir in the chia seeds. Blend the pecan pieces in your blender until they look like course sand. In a separate bowl, mix together the oatmeal, pecans, cinnamon, brown sugar, and salt. Using your fingers, incorporate the coconut oil.

Grease the bottom of the baking dish with coconut oil. Pour the fruit into the dish. Cover with the oatmeal pecan mixture. Bake for 30 minutes, cover with foil, and bake an additional 10 minutes. Serve with thawed Wild Blueberries on top.

“Stock up on holiday baking basics like flour, oats, sugar, brown sugar, powdered sugar, butter and eggs. Freezer must-haves include Wild Blueberries and ready-made pastry dough. Don’t forget to restock the spice cabinet and do a nut inventory, too.”

- Danielle Omar

For more Wild Blueberry recipes visit wildblueberries.com
More Tips for Easy Holiday Entertaining

**Plan ahead!** Don’t try to fit all the prep, cooking, cleaning and decorating into one day. Instead, schedule different tasks for each day of the week leading up to the big day—one day is for menu planning, another is for grocery list making and shopping, one day is for food prep, etc. By designating certain tasks to specific days, you can tackle one thing at a time, which will feel less overwhelming. —Kara Lydon

**Ask for help!** Don’t feel like you have to take on all the responsibilities of entertaining yourself. Divvy up the menu/tasks between family members—children, spouses, siblings, parents, etc. You could even invite family members to come over early to help with food prep and cooking. This way you can spend quality time with your loved ones and get some extra help in the kitchen. —Kara Lydon

**Outsource Grocery Shopping** Even though I love grocery shopping, the grocery stores are a madhouse during the holidays! In an effort to avoid them as much as possible, I utilize grocery delivery services like Peapod, Amazon, and Thrive market to do some of the heavy lifting for me. This not only saves me valuable time, but a little of my sanity as well. —Danielle Omar
Make this holiday season one to remember. Pick Wild.

For more recipes and other good stuff, visit wildblueberries.com