

*Cheers to
a healthy,
happy
holiday
season!*



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THE RECIPES!

ON AN OPEN FIRE CHESTNUTS

PHOTOGRAPHY: JEN ALTMAN
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For most of us, the entire month of December is a winter whirlwind of cocktail parties, decked-out events, celebratory dinners, and holiday treats galore. And we love every ounce of it, but we also love finding a fresh angle for just about everything, particularly delicious dishes that cause a stir, and, at their core, happen to be healthful and balanced. After all, it's pretty nice to feel fabulous before, during and after the holidays, no?

So, as always, we're culling inspiration from seasonal ingredients, which make even the simplest of meals shine. To keep things interesting

and fitting for cold weather, pomegranates and chestnuts top our wishlist this year. Pomegranates are bold in flavor, color and health, and drip with heart-healthy antioxidants, vitamin C and fiber. We've tossed the seeds into a lovely starter salad and used a quick puree for a holiday cocktail as gorgeous as it tastes!

Chestnuts, tried and true for the season, can be had elsewhere, aside from roasting on an open fire. These starchy nuts are actually lower in calories than most others and are high in fiber and vitamin C. For an easy entrée that's just as perfect for a large group or romantic dinner for two, roast chestnuts and then toss them into a risotto. They'll add a slightly sweet, naturally creamy richness guaranteed to melt any guest's heart.