**Broccoli Caesar**

**Yield:** 4 servings

- 2 medium heads of broccoli (1 ½ lbs approx.)
- ½ lb shredded red cabbage
- 1/8 c Caesar dressing
- 3 Tbs shredded parmesan

---

**RECIPE NUTRITION SNAPSHOT ~ 1 serving**

| Calories | 78 | Total Fat | 2.5g | Total Carbohydrate | 10g | Protein | 3g | Cholesterol | 6.5mg | Fiber | 3.5g | Sodium | 187mg |

---

1. Peel any thick stems of broccoli to expose the tender inner core.
2. Slice the broccoli head into ¼” slices.
3. Cut into bite-size pieces. Place in bowl.
4. Cut red cabbage into ribbons (shredded).
5. Add cabbage to broccoli.
6. Fold in Caesar dressing and parmesan.
7. Let sit for ½ hour prior to serving.
8. Keep chilled.

---

**Enjoy the Holiday Season to the Fullest**

The holidays are quickly approaching, and many will struggle to maintain a healthy lifestyle with the extra demands financially, professionally and socially. Here are a few tips on how to enjoy the holiday season to the fullest, while looking out for your health:

- **Take care of yourself** – slow down, place a priority on sleep, avoid taking on too much, make private time and spend time with people you love.
- **Let the holiday spirit move you** – make family time active, fit regular exercise in even if it’s less than usual and reduce calories throughout the week (cut soda daily for a week = 980 calories).
- **Keep realistic holiday health goals** – don’t expect to lose weight, maintenance is realistic.
- **Continue to eat nutritious foods** – avoid getting into the fast-food routine, remember moderation is key, socialize away from the buffet table and enjoy the holiday’s best offering.
- **DON’T save the best for last** – even if you fill up on appetizers, you’ll rarely have the strength to say no to the holiday treat you’ve been anticipating all night.

Let’s enjoy everything wonderful the holiday season has to offer, while maintaining a healthy lifestyle!

**Melanie Wirth, RDN, LD, MBA**

**Corporate Dietitian, Taher, Inc.**