



# Healthy Recipe Ideas for a Delicious Christmas Dinner

The festive season is upon us, and it's time to indulge in some delicious food and enjoy some quality family time together. However, it's also important to maintain a healthy lifestyle, even during the holidays. With that in mind, we've compiled a list of healthy recipe ideas for a delicious Christmas dinner. From appetizers to entrees to desserts, we've got you covered.

## Appetizers:

- a) [Roasted Beetroot and Carrot Hummus](#) - This colorful appetizer is packed full of nutritious veggies and is a great alternative to traditional hummus. Simply roast beets and carrots, blend them with tahini, garlic, and lemon juice, and serve with pita chips or crudites.
- b) [Cranberry Salsa](#) - This vibrant salsa combines the sweetness of cranberries with the freshness of cilantro and lime juice. Serve with whole-grain crackers or baked tortilla chips for a healthy and festive appetizer.

## Entrees:

- a) [Herb-Roasted Turkey Breast](#) - Skip the whole turkey and go for a roasted turkey breast instead. Rub it with a mixture of herbs, garlic, and olive oil, and roast until tender and juicy. Serve with a side of roasted vegetables for a complete and healthy meal.
- b) [Baked Salmon with Pesto](#) - Salmon is rich in healthy omega-3 fats and pairs perfectly with fresh pesto. Simply coat the salmon fillets with pesto and bake until cooked through. Serve with a side of quinoa or brown rice for complete and healthy nourishment.

## Sides:

- a) [Roasted Brussels Sprouts with Dried Cranberries and Walnuts](#) - Roasting Brussels sprouts in the oven brings out their natural sweetness and makes them crispy on the outside. Toss them with dried cranberries and

walnuts for a festive touch.

b) [Garlic Mashed Sweet Potatoes](#) - Swap out traditional mashed potatoes for mashed sweet potatoes. Roast the sweet potatoes with garlic and butter, mash them with almond milk and seasonings, and you have a healthier and more flavorful version of the classic side dish.

## Desserts:

a) [Apple Cranberry Crumble](#) - A mix of tart cranberries and sweet apples, coupled with a crumbly oat topping, this dessert screams 'Christmas'. Serve with a dollop of vanilla Greek yoghurt or low-fat ice-cream for added satisfaction.

b) [Chocolate Avocado Mousse](#) - Chocolate lovers, take note! This rich and creamy mousse is made with avocados, cocoa powder, and maple syrup. It's a delicious and guilt-free way to indulge your sweet tooth.

And there we have it! A complete roundup of healthy recipe ideas for your upcoming Christmas dinner. With these wholesome and delicious dishes, you can enjoy the holiday festivities without worrying about derailing your healthy lifestyle. Eat, be merry, and Happy Holidays!