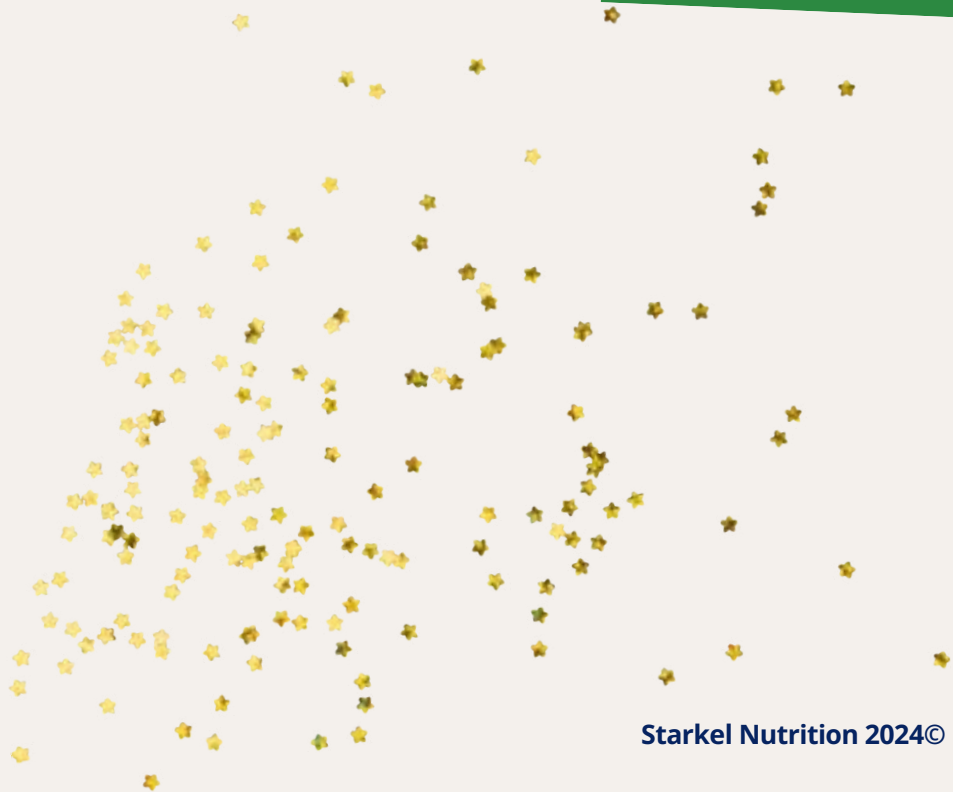




Holiday

RECIPE

GUIDE





The Starkel Nutrition team loves to gather for good food and conversation, which is a wonderful part of the holiday season! We've rounded up a collection of favorite festive recipes from our providers to help you decide what to serve at gatherings with loved ones this season. We made sure to include recipes that can help you incorporate more color to your holiday plates as well as a few indulgent favorites!

We all know that the holidays can look pretty different from our usual routines! Oftentimes there is travel, busier social calendars, more time with loved ones, guests in our homes, and plenty of festive food and drinks. We love to encourage our clients to integrate self-care into the season to help with feeling good and enjoying the holidays to the fullest!

Need more personalized support this season?

[Book an appointment here](#) to get personalized tips, recipes, and strategies to keep you healthy and happy through the holidays. **Let us help you navigate the season with ease and joy!**



- **Balance Your Plate:**

Aim to include a source of protein, fat and carbohydrates on your plate to help keep blood sugar stabilized. Adding fiber sources like vegetables, colorful fruits, nuts, seeds, and beans will also support blood sugar regulation and healthy digestion. This will help create a satisfying meal and support you in feeling more energized and stable throughout the holiday season.

- **Stay Hydrated:**

With all of the festive drinks, it can be challenging to remember to stay hydrated! Try to drink plenty of water throughout the day, perhaps adding festive garnishes like pomegranate seeds, orange wedges, or a rosemary sprig! We've also included a couple of mocktail recipes in this guide to provide fun non-alcoholic beverage options for your gatherings.

- **Move Your Body:**

With family time, travel, and holiday parties, it can be difficult to stick to your typical movement routine. Rather than waiting until January to restart your movement habits, try incorporating enjoyable movement when you can. Take a walk outside with your family or use it as an opportunity to have a moment to yourself. Have a dance party while you wait for the cookies in the oven – any movement counts!

- **Practice Gratitude:**

The holidays can bring up a variety of emotions and they can be an incredibly busy and hectic time! Taking small moments to pause and practice gratitude can help with savoring the season and calming the nervous system. This can be especially helpful to do before a meal to aid digestion. Try thinking of 1-3 things that you're grateful for during these gratitude pauses. You can write them down or simply reflect on them for a moment.



RECIPES

Appetizers

- Avocado Tartare (**Chelsea**)
- Apple and Brie Crostini with Hot Honey

Salads

- Roasted Delicata Squash, Pomegranate, and Arugula Salad (**Riana**)
- Shaved Brussels Sprout Salad with Apples and Dates

Sides

- Best Ever Green Beans (**Emina**)
- Sweet Potato Unstuffing

Mains

- Roast Chicken with Maple Butter and Rosemary (**Maddie**)
- The Best Buttermilk-Brined Southern Fried Chicken (**Emmilia**)
- Pesto Salmon

Desserts

- Easy Vegan Matcha Crinkle Cookies (**Rachel**)
- Pumpkin Pie Coffee Cake

Beverages & Mocktails

- Sangria (sans alcohol)
- Pomegranate Margarita



Appetizers



AVOCADO TARTARE

Looking for an interesting and fun appetizer? Our practitioner, Chelsea Hemmenway, loves this creative Avocado Tartare appetizer. This crowd pleaser can help avoid blood sugar spikes, and will keep you and your guest satisfied until dinner!



PREP TIME
10 MIN



COOK TIME
10 MIN



YIELDS
6 SERVINGS

Ingredients

- ¼ cup red onion, finely diced
- 2 tablespoons capers, drained and minced
- ¼ cup fresh flat-leaf parsley, minced (plus more for garnish)
- 1 teaspoon Dijon mustard
- 2 teaspoons lemon juice
- ½ teaspoon tamari or soy sauce
- 1 teaspoon extra virgin olive oil
- salt and pepper to taste
- 1 medium just-ripe avocado
- 4-5 drops hot sauce (optional)
- crackers or crostini, for serving

Directions

- 1** In a medium bowl, combine the diced red onion, capers, parsley, Dijon mustard, lemon juice, tamari, olive oil, salt and pepper.
- 2** Cut the avocado down the middle and remove the pit. Carefully peel the exterior, trying to preserve the integrity of the flesh. Dice the flesh somewhat small and add it to the medium bowl. Toss everything to combine. Add the hot sauce, if using, and toss again. Check the tartare for seasoning and adjust accordingly.
- 3** Garnish with the extra chopped parsley. Serve the avocado tartare immediately, on top of the crackers or crostini.

Recipe from The first mess retrieved October 2024.



APPLE AND BRIE CROSTINI WITH HOT HONEY

This easy apple and brie appetizer is sure to please a crowd with its sweet and savory notes packed into a perfect bite!



PREP TIME
25 MIN



COOK TIME
7 MIN



YIELDS
20 SERVINGS

Ingredients

For the crostini:

- 1 French baguette, cut diagonally into 1/2 inch slices
- 8 ounces brie cheese, sliced (you'll need as many slices as crostini slices you have)
- 1 large honeycrisp or granny smith apple, thinly sliced
- 2 ounces prosciutto, cut into 20 pieces and rolled
- 1 cup arugula

For the hot honey:

- 2 tablespoons honey
- ½ teaspoon hot sauce (or sub a pinch of cayenne pepper)

Storage suggestions:

Store in the refrigerator. Enjoy leftovers cold, room temperature, or reheated in the oven.

Directions

- 1** Preheat the oven to 375 degrees F. Line a large baking sheet with parchment paper and place baguette slices on top. If you can't fit them all, you'll need to use two baking sheets.
- 2** Add slices of brie cheese to each crostini and bake for 7-9 minutes or until the cheese is nice and melted. Top with an apple slice, a piece of prosciutto and a few leaves of arugula.
- 3** Make the hot honey: add honey and hot sauce to a small bowl, microwave for 10-15 seconds. Drizzle honey over the crostini. Serve immediately. Makes approximately 20-24 crostini.

Notes:

Best served warm, same day.
Not a fan of brie? Use fontina, havarti or gruyere.
Alternatives to apples: Pears, figs, pomegranate seeds, or even your favorite jam.

Recipe from Ambitious kitchen retrieved October 2024.



Salads



ROASTED DELICATA SQUASH, POMEGRANATE, AND ARUGULA SALAD

This is our practitioner Riana Giusti's favorite holiday salad! It's fun, festive, and packed with nutrients! And it's vegetarian!



PREP TIME
15 MIN



COOK TIME
30 MIN



YIELDS
6 - 10 SERVINGS



Ingredients

Salad:

- 2 medium delicata squash
- 1 tablespoon extra virgin olive oil
- Pinch of fine salt
- ½ cup raw pepitas (green pumpkin seeds) or chopped pecans
- 5 ounces (about 5 heaping cups) arugula or mixed baby greens
- Arils from 1 pomegranate (about 1 cup) or a generous handful of dried cherries or cranberries
- 3 - 4 ounces (about ¾ cup) crumbled feta cheese or goat cheese

Maple-balsamic vinaigrette:

- 3 tablespoons extra virgin olive oil
- 1 ½ tablespoons balsamic vinegar
- 2 teaspoons maple syrup
- 1 teaspoon Dijon mustard
- ¼ teaspoon fine salt
- Freshly ground black pepper, to taste

Directions

- 1** Preheat the oven to 425 degrees F. Wash the squash and scrape off any tough bits of skin with a knife. Slice the squash into ½-inch wide rounds. Use a spoon to scoop out the seeds from each round. Drizzle the squash with a generous tablespoon of olive oil and a sprinkle of salt. Use your fingers to lightly coat all surfaces of the squash with olive oil. Bake for about 30 to 35 minutes or until the squash is tender and golden, flipping halfway.
- 2** In a medium skillet over medium-low heat, toast the pepitas or pecans, stirring frequently, until they are fragrant and lightly golden on the edges, about 3 to 5 minutes. Remove from heat.
- 3** To prepare the dressing: In a small bowl, whisk together the olive oil, balsamic vinegar, maple syrup, Dijon mustard and salt. Season generously with black pepper, to taste.
- 4** Once the squash has cooled for a few minutes, combine the arugula, pomegranate, pepitas, crumbled feta and squash in a large serving bowl. When you're ready to serve, drizzle in the dressing and gently toss to combine. Serve promptly.

Recipe from Cookie + kate retrieved October 2024.



SHAVED BRUSSEL SPROUT SALAD WITH APPLES AND DATES

This super simple salad is fun, festive, and full of nutrients! It's crunchy, and full of sweet and savory flavors in every bite!



PREP TIME
20 MIN



COOK TIME
20 MIN



YIELDS
6 SERVINGS

Ingredients

Dressing:

- 4 tablespoons olive oil
- 2 ½ tablespoons apple cider vinegar
- 2 teaspoons maple syrup
- ¼ teaspoon sea salt
- 2 tablespoons finely chopped shallot

Salad:

- 4 cups thinly sliced Brussels sprouts
- 2 cups finely chopped kale, stems removed (purple kale is pretty! or sub more Brussels sprouts)
- 1 cup chopped apple (Pink Lady or other crunchy, sweet-tart apples are best. 1 medium apple yields ~1 cup)
- 4 pitted medjool dates, finely chopped (4 medjool dates yield ~1/2 cup)
- ¼ cup chopped roasted hazelnuts (see instructions if using raw)

Directions

- 1** If using raw hazelnuts, roast whole hazelnuts on a bare baking sheet at 350 F. (176 C.) for 12-15 minutes or until fragrant.
- 2** Prepare dressing by adding olive oil, apple cider vinegar, maple syrup, salt, and shallot to a small jar with a lid and shaking to combine. Or, add to a bowl and whisk. Set aside.
- 3** Trim the Brussels sprouts, halve them lengthwise, and slice very thinly with a knife or the slicing disc on a food processor.
- 4** Add the Brussels sprouts and kale to a large mixing / serving bowl, shake or whisk the dressing again, and add about half of it. Then massage with clean hands for 1-2 minutes to infuse the Brussels sprouts and kale with the dressing and make them easier to chew and digest.
- 5** Add the remaining salad ingredients and the remaining dressing. Toss to coat, breaking any clumps of dates up into small pieces. Enjoy!

Recipe from Minimalist baker retrieved October 2024.



Sides



BEST EVER GREEN BEANS

This is a side dish you will come back to again and again! Our practitioner Emina Suta absolutely loves these French-inspired green beans and you will too!



PREP TIME
5 MIN



COOK TIME
25 MIN



YIELDS
4 SERVINGS

Ingredients

- 2 tablespoons unsalted butter, sliced into several pieces
- ½ cup sliced almonds
- ¼ cup thinly sliced shallot (about 1 small)
- 1 pound haricots verts or slender green beans, trimmed
- 2 teaspoons lemon juice, to taste
- 1 tablespoon + ½ cup water, divided
- ½ teaspoon fine salt, to taste
- Freshly ground black pepper, to taste

Emina's Tip:

Best cooked right before serving.

Storage suggestions:

Leftover green beans will keep the fridge, covered, for about 4 days.

Directions

- 1** In a large skillet over medium-low heat, melt the butter. Once it's completely melted, add the almonds. Cook, stirring constantly with a heatproof spatula or wooden spoon, until the butter has browned and the almonds are beginning to brown, about 7 to 8 minutes.
- 2** Add the shallot and cook, while stirring constantly, for 1 minute. Stir in the lemon juice and 1 tablespoon water. While stirring, cook until the liquid thickens enough that your spatula leaves an open trail on the pan behind it, about 1 more minute.
- 3** Use your spatula to scoop all the mixture into a bowl, and set it aside for now. Return the empty skillet to the stovetop, and add the green beans, ½ cup water and ½ teaspoon salt. Cover and cook over medium heat, stirring occasionally, until the beans are nearly tender, about 9 to 10 minutes.
- 4** Remove the lid and cook over medium-high heat until the liquid evaporates, about 2 to 4 minutes.
- 5** Off the heat, add the reserved almond mixture to the skillet and toss to combine. Season with salt and pepper, to taste, and serve. Leftover green beans will keep the fridge, covered, for about 4 days.

Recipe from Cookie + kate retrieved October 2024.



SWEET POTATO UNSTUFFING

This hearty plant-based stuffing is sure to please a crowd! It can also be a part of a weeknight meal. This flavorful stuffing is made without bread, which makes it gluten-free!



PREP TIME
20 MIN



COOK TIME
60 MIN



YIELDS
8 SERVINGS

Ingredients

- 1 sweet potato, peeled and cubed (1 ½ to 2 cups, cut into ¼-½ inch cubes)
- 1 ½ cups halved or quartered Brussels sprouts
- 2 medium carrots, chopped (¾ to 1 cup)
- 2 celery ribs, chopped (¾ to 1 cup)
- 8 ounces sliced mushrooms
- ½ medium yellow onion, chopped
- 3 cloves garlic, minced
- 1 medium apple, cored and diced
- 2 teaspoons fresh thyme (or 1 teaspoon dried)
- 2 teaspoons fresh rosemary or sage (or 1 teaspoon dried)
- ½ teaspoon chili powder
- 1 teaspoon sea salt
- 2 tablespoons avocado oil or oil of choice
- ½ cup dried cherries or cranberries, unsweetened if possible
- ⅓ cup chopped pecans

Directions

- 1** Preheat the oven to 375 degrees F.
- 2** Combine all of the ingredients (except for dried cherries and pecans) in a large baking dish (9×13 or similar size). Toss with oil. Cover with foil.
- 3** Bake for 20 minutes. Remove foil, add the dried cherries and pecans, toss and then bake for an additional 20-25 minutes longer or until sweet potatoes are cooked through.
- 4** Remove from the oven and serve.

Notes:

Chop all of the ingredients the day before serving. You may also bake this dish ahead of time (before it's ready to be served) and keep warm in a slow cooker set on low.

Storage suggestions:

Leftover sweet potato unstuffing will keep the fridge covered, for about 4 days.

Recipe from The real food dietitians retrieved October 2024.



Mains



ROAST CHICKEN WITH MAPLE BUTTER AND ROSEMARY

The perfect alternative to a turkey when serving a smaller crowd during the holidays. It is also a year-round favorite for practitioner Maddie Hays, who likes to make it without maple syrup. She also adds sage and thyme to the butter for an extra flavor boost.



PREP TIME
5 MIN



COOK TIME
60 MIN



YIELDS
4 SERVINGS



Ingredients

- 1 (3½-pound) whole chicken
- Kosher salt
- Black pepper
- 2 - 3 rosemary sprigs, plus 2½ teaspoons finely chopped rosemary
- 4 tablespoons unsalted butter
- 2 tablespoons maple syrup

Maddie's Tip:

Add sage and thyme to the butter.

Directions

1 Heat the oven to 375 degrees. Pat the chicken dry and season it well with salt and pepper, both inside and out. Place the chicken breast-side up in a 10-inch cast-iron or ovenproof skillet and stuff the rosemary sprigs into the bird's cavity.

2 In a saucepan, melt the butter over medium-low heat. Add the chopped rosemary and the maple syrup, and cook together until the rosemary is fragrant and the mixture has thickened slightly, about 1 to 2 minutes. Spoon all of the mixture over the chicken, making sure it is evenly covered. A decent amount will end up on the bottom of the pan, and that's O.K.

3 Roast the chicken, basting with the pan juices every 15 to 20 minutes or so, until the chicken is glossy and golden brown and registers 165 degrees with an instant thermometer in the thickest part of the thigh, about 55 to 60 minutes. Remove from the oven and baste an additional time, if desired. Allow the chicken to rest for 10 minutes before carving. Whisk remaining juice and pass at the table.

Recipe from Cooking / NYtimes retrieved October 2024.



THE BEST BUTTERMILK-BRINED SOUTHERN FRIED CHICKEN

Although fried chicken is not a traditional holiday dish, this one is spectacular! It is mouth-watering and bursting with flavor. Practitioner Emmilia Smith makes this at the request of her family every holiday season!



PREP TIME
45 MIN



COOK TIME
40 MIN



YIELDS
4 SERVINGS

4 HOURS TO BRINE

Ingredients

For the spice mix:

- 2 tablespoons paprika
- 2 tablespoons freshly ground black pepper
- 2 teaspoons garlic powder
- 2 teaspoons dried oregano
- ½ teaspoon cayenne pepper

For the buttermilk brine:

- 1 cup buttermilk
- 1 large egg
- 1 tablespoon Kosher salt

For finishing the chicken:

- 1 whole chicken, about 4 pounds, cut into 10 pieces or 3 1/2 pounds bone-in, skin-on breasts, legs, drumsticks, and/or wings
- 1 ½ cups all-purpose flour
- ½ cup cornstarch
- 1 teaspoon baking powder
- 4 cups vegetable shortening

Directions

- 1 Prepare Spice Mix:** Combine paprika, black pepper, garlic powder, oregano, and cayenne in a small bowl.
- 2 Marinate Chicken:** In a large bowl, whisk together buttermilk, egg, salt, and 2 tablespoons of the spice mix. Add chicken pieces, coat thoroughly, transfer to a large zip-lock bag, and refrigerate for at least 4 hours (up to overnight).
- 3 Create Breading:** Mix flour, cornstarch, baking powder, salt, and remaining spice mix in a large bowl. Add 3 tablespoons of marinade from the bag and mix with your fingertips.
- 4 Coat Chicken:** Remove chicken from the marinade, let excess drip, then coat each piece in the flour mixture, pressing to adhere a thick layer.
- 5 Fry Chicken:** Preheat oil in a pan to 425°F, then add chicken, skin side down, reducing heat to maintain 300°F. Fry until golden (6 minutes on one side, 4 on the other).
- 6 Finish in Oven:** Bake at 350°F until the breast reaches 150°F and thigh/drumstick 165°F (5-10 minutes).
- 7 Optional Double-Fry for Extra Crispiness:** Refrigerate cooked chicken for at least 1 hour. Reheat oil to 400°F, then fry chicken for 5 min, until extra crispy.

Recipe from Serious eats retrieved October 2024.



PESTO SALMON

This simple pesto salmon is nourishing and festive! It is a great alternative to traditional holiday main dishes.



PREP TIME
5 MIN



COOK TIME
15 MIN



YIELDS
4 SERVINGS

Ingredients

- 1 pound salmon, cut into 4 (4 oz) salmon filets
- $\frac{3}{4}$ teaspoon sea salt, divided
- Sprinkle of pepper
- 1 (16.5) oz container cherry tomatoes, about 2 $\frac{1}{2}$ cups
- 1 shallot, chopped
- $\frac{1}{2}$ tablespoon olive oil
- 4 tablespoons_pesto
- 1 $\frac{1}{2}$ tablespoons shaved Parmigiano-Reggiano or parmesan cheese, about 8 grams
- Fresh basil, for topping

Directions

- 1** Preheat the oven to 400°F.
- 2** Pat salmon dry then season with $\frac{1}{4}$ teaspoon of salt and a sprinkle of pepper.
- 3** Toss tomatoes, shallot, olive oil, $\frac{1}{2}$ teaspoon salt and sprinkle of pepper in a small bowl. Add to a 9x13 baking dish.
- 4** Nestle salmon between the tomatoes in the baking dish. Top each piece of salmon with about 1 tablespoon of pesto, spreading to cover. Sprinkle a bit of shaved parmesan cheese on each.
- 5** Bake prepared filets in a preheated oven for 12-15 minutes or until fish is cooked through and flakes easily with a fork.
- 6** Serve salmon and tomatoes topped with fresh basil if desired and with a side pasta, rice or roasted veggies.

Recipe from Eating bird food retrieved October 2024.



Desserts



EASY VEGAN MATCHA CRINKLE COOKIES

These vegan and gluten-free matcha crinkle cookies are delicious and easy! Our provider, Rachel Hungerford loves to make these! Adding a drizzle of red icing, some decorative sugar or sprinkles makes these cookies extra festive!



 PREP TIME
20 MIN
3 HOURS TO CHILL

 COOK TIME
10 MIN

 YIELDS
12 SERVINGS

Ingredients

Cookies:

- 1 cup granulated sugar
- ⅓ cup vegan butter room temp, softened
- ¼ cup aquafaba (chickpea brine)
- 1 tsp vanilla bean paste or vanilla extract
- 1 ½ cups gluten free flour
- 2 tbsp matcha powder ceremonial grade
- 1 tsp baking powder
- ¼ tsp salt

Sugar Coating:

- ¼ cup powdered sugar
- ¼ cup granulated sugar

Directions

- 1** In a mixing bowl, whip together softened butter and sugar until smooth.
- 2** Whisk aquafaba until frothy, then add to the bowl with vanilla. Stir with a spatula until combined (some chunkiness is okay).
- 3** Stir in flour, matcha, baking powder, and salt until a dough forms. Cover and chill the dough for at least 2 hours in the fridge (or 30 minutes in the freezer).
- 4** Preheat oven to 350°F. Line a baking sheet with parchment paper or a baking mat. Roll dough into balls, coat each with granulated sugar, then powdered sugar, and place on the baking sheet with 2-3" spacing.
- 5** Optionally flatten the dough balls for uniform cookies, or bake as is for puffier cookies. Bake for 8-10 minutes, until edges are crisp. Let cool on the sheet.

Recipe from Veggiekins retrieved October 2024.



PUMPKIN PIE COFFEE CAKE

This pumpkin pie coffee cake is ridiculously easy to make! It is a blood sugar balancing holiday treat! It's amazing on its own, topped with almond butter or paired with a scoop of vanilla ice cream.



PREP TIME
10 MIN



COOK TIME
60 MIN



YIELDS
8 SERVINGS

Ingredients

Crumble:

- 1 cup pecans, finely chopped
- ½ cup almond flour
- ⅓ cup coconut sugar
- 2 teaspoons pumpkin pie spice
- ⅛ teaspoon fine grain sea salt
- 3 tablespoons avocado oil

Cake:

- 2 cups almond flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon sea salt
- ¼ teaspoon pumpkin pie spice
- 4 eggs
- ⅔ cup coconut sugar
- ⅔ cup canned pumpkin puree
- 1 teaspoon lemon zest (from 1 lemon)

Directions

- 1** Line a 10 x 5 inch loaf pan with parchment paper, leaving it to hang over the edges a bit.
- 2** Preheat the oven to 350 F.
- 3** Mix together all crumble ingredients until a shaggy sand forms.
- 4** Mix together all of the cake ingredients until a smooth batter forms. In a parchment lined loaf pan (definitely line it with parchment—it helps the final outcome a LOT!), add in half the batter.
- 5** Layer in ¼ of the crumble topping, then top with remaining half of batter. Top with remaining crumble.
- 6** Bake for one hour, or until a toothpick inserted in the center comes out clean.

Recipe from Liz Moody retrieved October 2024.



Beverages & Mocktails



SANGRIA (SANS ALCOHOL)

This sangria is perfect when you want to enjoy a festive beverage without the alcohol!



PREP TIME
10 MIN



YIELDS
6 SERVINGS

Ingredients

- 8 ounces pomegranate juice (unsweetened, cold-pressed, not from concentrate)
- 4 ounces cranberry juice (unsweetened)
- Juice and zest from 1 orange
- Juice and zest from 1 lemon or lime
- ½ teaspoon ground cinnamon
- 1 pinch ground nutmeg
- 1 large lemon, sliced and pitted
- 1 cup pomegranate seeds or whole cranberries
- 8 ounces sparkling water
- Ice (optional)
- Lemon rind curls (optional for garnish)

Directions

- 1** In a large pitcher, mix the pomegranate, cranberry, orange and lemon or lime juices together.
- 2** Stir in zests from fruit, cinnamon and nutmeg.
- 3** Add in lemon slices and pomegranate seeds or whole cranberries. Stir.
- 4** Chill in the refrigerator for 2 hours and up to overnight. When ready to serve, add sparkling water and ice (if using) to the sangria.
- 5** Stir to combine and garnish with lemon curls.

Recipe from dr Mark Hyman retrieved October 2024.



POMEGRANATE MARGARITA

This pomegranate margarita is a festive spin on a classic cocktail. It can also be made without alcohol for a festive mocktail!



PREP TIME
15 MIN



YIELDS
4SERVINGS

Ingredients

- 5–6 medium limes, juiced (about ½ cup juice)
- 1 medium orange, juiced (about ¼ – ⅓ cup)
- 1 teaspoon honey or agave nectar (optional)
- 6 ounces tequila of choice* (omit if making mocktail version)
- 4 ounces pomegranate juice
- Pinch of salt
- Ice
- Sparkling water (plain or lime flavored)
- **Optional:** turbinado sugar for rim, lime wedges or slices for serving, pomegranate seeds (arils)

Directions

- 1** In a quart-sized mason jar or small pitcher, combine the lime juice, orange juice, honey, tequila* (omit if making mocktail version), pomegranate juice, and salt. Stir well and set aside.
- 2** **Optional:** To sugar glass rim
 - Add turbinado sugar to a small, shallow bowl or small plate.
 - Press a lime wedge onto the rim of a glass and drag it all around the rim to distribute a little lime juice around the rim of the glass.
 - Turn the glass upside down and dip the rim into the bowl of sugar, turning the glass a few quarter turns back and forth to ensure the entire rim is sugared. Repeat for the remaining glasses.
- 3** Fill each glass ¾ full with ice cubes. Pour ¼ of the margarita mixture into each glass. Top off with a bit of sparkling water.
- 4** Garnish each glass with a lime slice and a few pomegranate seeds. Serve immediately.

Recipe from The real food dietitians retrieved October 2024.