



OCTOBER-DECEMBER 2015 ARTICLES

[WEEK OF 12/28/15](#) - Ring in Healthier Habits in 2016 (Recipes: Chicken Parm Meatballs & White Bean Dip)

[WEEK OF 12/21/15](#) - Mangos Make Your Holidays Lighter and Brighter (Recipes: Mango Almond Butter Toast & Vanilla-Mango Fruit Dip)

[WEEK OF 12/14/15](#) - Make Over Holiday Meals with Simple Everyday Swaps (Recipe: Parsley Smashed Potatoes)

[WEEK OF 12/7/15](#) - During the Holidays, Give Homemade Food Gifts That are Sure to Please. (Recipe: Tomato Salsa Fiesta)

[WEEK OF 11/30/15](#) - Sensational Sweet Potatoes (Recipe: Honey Glazed Sweet Potatoes)

[WEEK OF 11/23/15](#) - Economical Use of Leftovers (Recipe: Turkey Jambalaya)

[WEEK OF 11/16/15](#) - Thanksgiving (Recipe: Herb Rubbed Turkey with Au Jus)

[WEEK OF 11/9/15](#) - November is Diabetes Awareness Month (Recipe: Baked Cinnamon Stuffed Apples)

[WEEK OF 11/2/15](#) - Visit the Deli for a Carb Conscious Lunch (Recipe: Healthy Bagel Sandwich)

[WEEK OF 10/26/15](#) - Have a Happy & Healthy Halloween with these Snack Ideas

[WEEK OF 10/19/15](#) - Fall for Veggies (Recipe: Stuffed Acorn Squash)

[WEEK OF 10/12/15](#) - STOCK UP - California Cling Peaches are on Par with Fresh! (Recipe: Tilapia Peach Packets)

[WEEK OF 10/5/15](#) - Celebrate National Kale Day! (Recipe: Red Bell Pepper Boats with Garbanzo Beans and Kale)