



Holiday Gift Ideas – Without the Calories

Like many of you, I have wonderful neighbors and at this time of year I usually begin thinking about neighbor gifts as a way of saying I appreciate the many things that make them special. Homebaked gifts are popular neighbor gifts in Utah, but I have been thinking about other things this year as I have had my mind on weight maintenance (I know when I bake cookies I always have to “sample” a few) and healthier living in general. Here are some ideas that I’ve had just in case you are also considering healthier (but still fun alternatives) this year.

- ❖ A rosemary “tree”. This smells so good and can be decorated or used now, but it can also be planted so that your foodie neighbor can use this for many years to come.
- ❖ A pound of gourmet coffee, Dagoba Authentic Drinking Chocolate (a gourmet hot chocolate lower in sugar than many others), or some Christmas tea along with some mugs. Hot drinks are so comforting at this time of year!
- ❖ Good quality olive oil and balsamic vinegar. These are delicious on either salad or used as a dip for crusty bread.
- ❖ A basket with a variety of fruit will delight almost anyone. Try adding some fruits that your neighbor might not normally purchase like pomegranates or feijoa (which I tried for the first time recently and loved!) and a citrus peeler.
- ❖ Movie package. A popcorn bowl filled with popcorn, popcorn seasoning and a DVD for your neighbors who love to watch movies.
- ❖ A gift box of nuts is a great gift as they are delicious and nutritious. Just make sure your neighbor does not have a nut allergy.
- ❖ Some wine classes, wine charms or wine stoppers for your neighbor who enjoys wine.



Jonnell Masson,
Harmons Bangerter Crossing Dietitian

If you prefer to go the homemade route, consider making a craft item like a Christmas ornament or giving a busy neighbor a homemade jar of dry soup mix or a frozen casserole for those nights when they are too busy to cook.

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Red Peppers Stuffed With Gruyere, Olives and Raisins



8 large red bell peppers - roasted, peeled & seeded
4 large tomatoes - halved
1 large onion - quartered
5 cloves garlic
1 pinch red pepper flakes
1 tablespoon fresh rosemary - chopped
1/3 cup raisins - plumped
1/2 cup Delallo Green Olives - chopped
3 cups Gruyere Cheese - grated

Place tomatoes, onion, and garlic on a sheet pan and place under a broiler for 5 minutes to caramelize. Transfer to a saucepan with the rosemary and pepper flakes. Puree with a stick blender and set aside. Combine the cheese, olives, and raisins and stuff into the peppers. Place into a casserole dish. Cook in a 350 degree oven for 15 minutes. Add the sauce and cook for 20 more minutes. Serve with the sauce on the side.

Prep Time: 30 Minutes
Ready In: 1 Hour
Serves: 8



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Sugarplum Challenge: Sneak in an exercise break

- Jessica LaRoche, Harmons Station Park
Registered Dietitian

Holiday shopping, baking and parties seem to disrupt our normal schedules, and our exercise routines pay the biggest price. Holiday indulgence and decreased physical activity is a formula for weight gain. But, it is possible to avoid the extra pounds with some planning. Here are four ways to get in a few extra steps.

Energize holiday shopping

Park the car farther away and add an extra 10 minutes for a pre-shopping stroll around the store. The brisk air will give you a boost and you'll get a chance to check out all of the sales. Remember, it's just as beneficial to break physical activity into shorter segments as it is to exercise for 30 minutes all at once.

De-stress with a walk

While your cookies or pie are baking, grab a spouse, child or neighbor and sneak in a power-walk around the neighborhood. This will give you a chance to unwind from a busy day with someone who knows just how hectic the holidays can be.

Holiday-themed exercise

It's always easier to fit in exercise when you have an event to train for. There are plenty of winter 5K and 10K fun runs or walks in the Salt Lake Valley throughout December. Check with a running store for a calendar of upcoming events, such as Santa runs and snowman shuffles.

Enjoy winter weather

Instead of hibernating indoors for the season, try a new winter activity that the whole family will enjoy. Snowshoeing, cross-country skiing or even sledding are great ways to get moving during the snowy winter months. And when the snow starts accumulating, grab a shovel for some calorie-burning activity!

Read more installments of the Sugarplum Challenge by Harmons' Registered Dietitians Jessica LaRoche and Jonnell Masson.
Week 1: Maintain Your Weight
Week 3: Surviving the Office Temptations

Feeding Utah Families: Gift for a Gift and Food for Families



Food Drive



According to the Utah Food Bank, one in 10 Utahns, and one in eight children, live below the poverty income level. An estimated 400,000 Utahns risk missing one meal every day, more than 134,000 Utahns receive food stamps and 63,000 eat dinner at a soup kitchen.

Again this year, Harmons customers have stepped up to the challenge and showed the true spirit of giving during this holiday season. During the annual Gift for a Gift campaign in November, customers donated more than \$124,000 to help Utah families throughout the state have a Thanksgiving meal.

Customers have a continued opportunity to meet the increasing demand to fill emergency food supplies. Food for Families is a program designed to make it easy for customers to give the most needed food items by purchasing a pre-filled bag of groceries. For just \$10 customers can help the Utah Food Bank acquire the food needed to help families in our local communities during this critical time of year.

Food for Families bags are available at all Harmons locations.

Kids Christmas Ornament Cookies



2 pounds Harmons Sugar Cookie Dough
Lifesavers candy - lightly crushed in different colors
non stick pan spray
baking parchment
butchers twine

On a floured surface, roll out the cookie dough with a rolling pin to about 1/8" thickness. Cut cookies out with a large cookie cutter, then cut with a smaller one of the same shape. Transfer the cookies to a baking sheet lined with parchment sprayed with pan spray. If using for tree ornaments, loop a 2" piece of twine and press into the top of the cookie. Sprinkle crushed candy in the middle of the cookie to the top of the resulting space. Bake at 350 degrees for 8-10 minutes, until golden and the candy is melted. Let cool before trying to remove from the parchment.

Prep Time: 10 Minutes
Ready In: 35 Minutes
Makes: 36