



## OCTOBER-DECEMBER 2014 ARTICLES

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- [WEEK OF 12/29/14](#) - Celebrate a Healthy YOU Year with 5 changes (Recipe: Garden Pinwheels)
- [WEEK OF 12/22/14](#) - Merry Meal Makeovers (Recipe: Mashed Sweet Potatoes with Pineapple)
- [WEEK OF 12/15/14](#) - Who doesn't love a sweet treat during the holidays? (Recipe: Cranberry Oatmeal Bars)
- [WEEK OF 12/8/14](#) - Bite Size is the Right Size for Happy & Healthy Holidays (Recipe: Red Potato Bites)
- [WEEK OF 12/1/14](#) - Protect Your Health in a Sweet Way (Recipe: Orange Glazed Chicken with Pears)
- [WEEK OF 11/24/14](#) - Give Your Leftovers a Reason to WOW You this Thanksgiving (Recipes: Turkey & Grape Wraps AND Turkey & Corn Enchiladas)
- [WEEK OF 11/17/14](#) - Happy Thanksgiving-Tips to Avoid Tipping the Scale (Recipe: Green Beans with Bacon Vinaigrette)
- [WEEK OF 11/10/14](#) - The Power of Pomegranates (Recipe: Cranberry Pomegranate Sauce)
- [WEEK OF 11/3/14](#) - November is Diabetes Awareness Month (Recipe: Mac & Cheese Made Over)
- [WEEK OF 10/27/14](#) - Trick 'Em Treats for a Hauntingly Healthy Halloween (Recipes: Frozen Ghosts, Mummy Pizza Bites, Monster Mix)
- [WEEK OF 10/20/14](#) - October 26th is National Pumpkin Day (Recipes: Pumpkin Seeds, Slow Cooker Pumpkin Oatmeal, & Pumpkin Turkey Chili)
- [WEEK OF 10/13/14](#) - October is Vegetarian Diet Awareness Month (Recipe: Black Bean Croquettes with Fresh Salsa)
- [WEEK OF 10/6/14](#) - Stock up on fresh, frozen, boxed or canned ingredients to make a quick Italian dinner in no time (Recipe: Italian Flag Stuffed Chicken)