



3 Delicious Holiday Recipes for the Whole Family

The holiday season often involves celebrations of some sort: Parties, feasting with family and friends, and festive gatherings. If you want to ensure that there will be at least one healthy dish for you and your family to enjoy at a gathering, bring it yourself! Check out **3 Delicious Holiday Recipes for the Whole Family**, available through the *Health & Wellness Centre** Health Library.

The article includes 3 simple, healthy recipes that the whole family can enjoy:

- Roast turkey breast with holiday herbs
- Butternut squash-rutabaga gratin
- Colourful holiday salad

*Access the Health & Wellness Centre through your [My Canada Life at Work](#) profile today.