

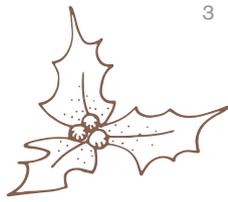


WILD OATS
MARKETPLACE™

Holiday Recipe Book

Find out how some of our favorite bloggers are using affordable products from Wild Oats to make delicious traditional and untraditional dishes for the holidays!





DIANE'S FESTIVE BLACK BEAN AND CORN SALSA

This simple salsa is great to have handy if family is staying over for the holidays or if you want something to munch on watching all that football. Serves 4.

INGREDIENTS

- 1 can Wild Oats Marketplace Organic Black Beans
- 1 can Wild Oats Marketplace Organic Whole Kernel Corn
- 3 Tbs Wild Oats Marketplace Organic Salsa (You choose temp)
- 1/4 cup cilantro
- 1 tsp lemon juice
- 1 tsp Wild Oats Organic Extra Virgin Olive Oil
- 1 bag Wild Oats Marketplace Organic Yellow or White Corn Tortilla Chips
- Jalapeños (optional, depending on hotness level desired)
- Red onion (optional, may add if desired)
- Diced avocado (optional, may add if desired)

1. Pour Wild Oats Marketplace Organic Black Beans and Whole Kernel Corn into a small colander and drain and rinse.
2. Mix all additional ingredients (except chips) together in large bowl.
3. Serve alongside Wild Oats Marketplace Organic Yellow or White Corn Tortilla Chips.

RECIPE FROM:



DIANE FROM SOUTHERN KRAZED

www.southernkrazed.com

Diane Holland from Southern Krazed is all about getting back to the basics with green living. Her site features simple living in a more organic, natural and eco-friendly way, along with gardening, recipes and food preservation.

"Wild Oats is quality wholesome food at an affordable price! I am also excited that it is now available in your local Walmart stores! This can be a real game changer in what we serve our families!"





DINA'S TURKEY TIPS

"On Thanksgiving day, I get up around 6 am and unpack the turkey, rub spices on it (I usually use poultry seasoning and a little butter). Then I put a cut up onion and celery in the cavity for flavoring. I put the turkey in the roasting pan, breast side down (so all the juices stay in the breast and keep it moist) add a cup of water to the bottom of the pan and put the lid on. If your turkey is too big put a piece of aluminum foil on the turkey where it will touch the lid and let the lid sit on the turkey. If the lid will not fit at all (or you don't have a roasting pan) then put a tent of foil over it so that the bird stays moist. I leave it cooking on 350 degrees until 11 am or when the temperature thing pops out (real technical speaking, no?). The last 20 minutes I take the lid off and let the oven finish roasting the outside of the bird. It makes one of the most beautiful birds you will ever see. I do not do anything to the legs (don't understand the whole trussing thing honestly).

It will be a moist delicious turkey each and every time. Try it and let me know how you liked it. I prefer this type of turkey to the fried, rotisser-ied, or any other kind of turkey. This turkey will be so moist and yummy you will be so proud of yourself for making your first turkey! It really is so easy...and it's a good thing!"

Dina

TIP FROM:



DINA FROM MY UN-ENTITLED LIFE

www.myunentitledlife.com

Dina is a wife, mom, crafter, writer, teacher, fur mommy and blogger. Her site offers tips on eating better, frugal living, adopting children, saving money, simple living, books, reviews, giveaways and dealing with life.

"I am always trying to squeeze buying organic into our budget. With me working and bringing in an income now it has become easier. When Wild Oats told me they were now making organic products to stock the shelves of our Walmart, I was super excited."

CALLIE'S CAJUN DEVILED EGGS



Looking for a zesty dish to add some Cajun flare to your festivities? Check out this easy take on deviled eggs that is a hit with adults and kids alike! Serves 4.

INGREDIENTS

4 to 6 hard boiled eggs cooked and de-shelled

1 to 2 Tbs mayo

1 tsp mustard

1 tsp dill relish

Salt and pepper to taste

Wild Oats Marketplace Organic Paprika

1. Cook your eggs for 10 minutes. Then take the shells off.
2. Cut in half and scoop out yokes.
3. Put yokes in bowl.
4. Add rest of ingredients except Wild Oats Marketplace Organic Paprika.
5. Stir until well mixed.
6. Scoop mixture and put into egg shells.
7. Top with Wild Oats Marketplace Organic Paprika.

RECIPE FROM:



CALLIE FROM A SWEET POTATO PIE

www.asweetpotatopie.com

Callie is a mom to three and a couponing expert who has appeared on national TV. Her blog is all about saving money and living fabulously frugal without giving up the finer things in life. She posts recipes, product reviews and giveaways mixed in with mommy ramblings along the road.

"I know lots of my friends say they want to eat organic foods but they are just too expensive, but with the help of Wild Oats and Walmart, that is going to be a thing of the past!"



CENSIE'S EASY CUCUMBER SALAD



This refreshing cucumber salad makes a great side dish or substitute for classic salad. It also makes a great light dish to eat after consuming an abundance of heavier foods during the holidays. (We all do it!)

Serves 4.

INGREDIENTS

3 avocados - cubed

3-4 cucumbers - cubed

1 cup fresh tomatoes or Wild Oats Organic Diced Tomatoes, rinsed

1 cup fresh Mozzarella cheese - cubed

1/4 cup Wild Oats Organic Extra Virgin Olive Oil

1. Mix all of the vegetables and Mozzarella cheese into large serving bowl.
2. Drizzle the Wild Oats Organic Extra Virgin Olive Oil over the salad just minutes before serving.

RECIPE FROM:

CENSIE FROM BUILDING OUR STORY

www.buildingourstory.com

Censie is part of a happy family of 4 living in Colorado, which she considers "the best state." Her blog features write-ups about events in her area, funny kiddo stories, parenting tips, milestones, gear reviews, giveaways and much more!

"Currently, we can enjoy Wild Oats products by heading to either Walmart or Fresh and Easy Neighborhood Market. Now you CAN afford to eat right! The products are high quality and yummy!"





BRINGING GOODNESS TO ALL

True to our founding mission, Wild Oats still believes that everyone has a right to great-tasting, high-quality products that are affordable and easy to find without having to make an extra trip to a specialty store.

Our promise is to create a wide range of these items for the natural and organics arena...so that you and your loved ones can enjoy better living, starting from the inside.

LEILA'S HOLIDAY ROSETTES

Making delicious rosettes may seem too fancy or difficult, but with this easy recipe even the culinary challenged can whip them up in no time flat! Serves 4.

INGREDIENTS

- | | |
|---|---|
| <ul style="list-style-type: none"> 2 eggs 1 Tbs sugar 1/4 tsp salt 1 cup all-purpose flour, sifted 1 cup Wild Oats Marketplace Organic Vitamin D Milk 1 tsp vanilla | <ul style="list-style-type: none"> 1 Tbs Wild Oats Marketplace Organic Ground Nutmeg One inch piece of Wild Oats Organic Vanilla Bean, remove and scrap beans from inside of pod 1 Tbs Wild Oats Marketplace Organic Ground Cinnamon |
|---|---|
1. Combine eggs, sugar, and salt; beat well. Add remaining ingredients; beat until smooth.
 2. Heat the rosette iron in deep, hot oil (350-375 F) for two minutes.
 3. Drain excess oil from the iron (blot onto paper towel).
 4. Dip the iron into the batter (but do not cover the iron! Cover approximately 1/4 inch from the top of the iron) and then immediately place the battered iron into hot oil.
 5. Fry the rosette until golden (10-30 seconds). Lift out and tip upside to drain.
 6. Using a fork, push the rosette off of the iron and onto paper towels to dry.
 7. Reheat the iron as you did in the beginning and repeat the process.
 8. Sprinkle Rosettes with Wild Oats Marketplace Organic Ground Cinnamon and sugar.

RECIPE FROM:



LEILA FROM LIFE AS LEELS

www.lifeasleels.com

Leila has 20+ years experience working with atypical children, as well as special needs children. She shares much of her experience—both personal and professional—in Life as Leels in hopes of helping others who have experienced similar situations. She also shares money saving tips and tricks, parenting/pregnancy stories and product reviews.

"Organic typically means a high price tag, but not with Wild Oats! Can you believe it!? I am so excited!"

GREEN GRANDMA'S SUGAR-FREE APPLE CHEESECAKE DIP



Here's a simple and healthy alternative to sweet holiday dips that are sometimes loaded with sugar. Serves 4.

INGREDIENTS

- 2 cups cottage cheese (regular or low fat)
- 1 cup Wild Oats Marketplace Organic Unsweetened Applesauce
- 2 tsp Wild Oats Marketplace Organic Ground Cinnamon
- ½ Tbsp raw organic unfiltered apple cider vinegar
- ½ tsp Stevia Extract

TOPPING

1 bag of Wild Oats Marketplace Organic Honey Wheat Mini Pretzels, Wild Oats Marketplace Organic Oat Bran Pretzel Sticks, or Wild Oats Marketplace Organic Cinnamon Graham Teddy Bears depending on preference.

1. Blend ingredients (except topping) in food processor or blender until smooth.
2. Place in bowl, cover, and refrigerate for at least 4 hours (overnight is ideal).
3. Serve with sliced organic apples and top with Wild Oats Marketplace Organic Honey Wheat Mini Pretzels, Wild Oats Marketplace Organic Oat Bran Pretzel Sticks, or Wild Oats Marketplace Organic Cinnamon Graham Teddy Bears.

RECIPE FROM:

HANA FROM GREEN GRANDMA

www.greengrandma.org

As Green Grandma, Hana Haatainen-Caye blogs about common sense greener and healthier living. From cloth diapers to breastfeeding to healthy choices in the products we buy, the food we eat, and the attitudes we foster, the Green Grandma blog is a supportive venue for a community of people who simply want to do better for their families. Hana's book, *Vinegar Fridays*, is available online.



"Walmart and Wild Oats are removing the price premium associated with organic groceries. If you are a Walmart shopper, this is one line you do not want to pass up. Take some home, try them, and let me know what you think. I'd love to hear your review!"



TRACY'S MINI PUMPKIN CHEESECAKES WITH PUMPKIN WHIPPED TOPPING

This delicious recipe is a new twist on classic pumpkin pie. Once your loved ones taste these mini treats, it will become a new family tradition! Serves 6.



INGREDIENTS

GRAHAM CRACKER CRUST INGREDIENTS

- ¾ cups finely ground graham cracker crumbs
- 2 Tbs and 2 tsp of white sugar
- 3 Tbs butter, melted
- Pumpkin Whipped Topping Ingredients**
- 5 oz of pumpkin
- ½ box vanilla instant pudding
- 8 oz of lite or fat free cool whip
- ½ Tbs of vanilla extract
- ½ Tbs of pumpkin pie spice
- ½ Tbs of Wild Oats Marketplace Organic Ground Cinnamon

PUMPKIN CHEESECAKE FILLING INGREDIENTS

- 12 oz of Cream Cheese
- ¾ cup pumpkin puree
- ¼ cup brown sugar
- ¼ cup sugar
- 1 tsp Wild Oats Marketplace Organic Ground Cinnamon
- ¼ tsp Wild Oats Marketplace Organic Ground Nutmeg
- ¼ teaspoon salt
- 1 egg
- TOPPING**
- 1 Bag Wild Oats Marketplace Organic Honey Graham Teddy Bears
- Holiday Sprinkles

GRAHAM CRACKER CRUST INSTRUCTIONS

1. Mix graham cracker crumbs, sugar, and melted the butter.
2. Line muffin pan with baking cups.
3. Press equal amounts of graham cracker mixture baking cups and bake at 375 degrees 7 minutes.
4. Let cool.

PUMPKIN WHIPPED TOPPING INSTRUCTIONS

1. Mix all together and chill covered for about an hour.

PUMPKIN CHEESECAKE FILLING INSTRUCTIONS

1. Add Cream Cheese to mixing bowl and gently mix.

IN A SEPARATE BOWL, MIX:

- | | |
|----------------------|------------------------|
| pumpkin puree | teaspoon nutmeg |
| brown sugar | teaspoon salt |
| sugar | egg |
| cinnamon | |

FINALLY

1. Add the pumpkin mixture to the cream cheese and mix until well blended.
2. Spoon the mixture into the baking cups that have the graham cracker crust.
3. Put the muffin pan INTO a larger roasting pan and fill the roasting pan with hot tap water until it is about half way up the muffin pan.
4. Bake at 325 degrees for 45 minutes, if the center is not firm put back in for up to 15 minutes.
5. Remove immediately from the water and let cool for 45 min - 1 hour.
6. Refrigerate for 4-6 hours (or overnight) before serving.
7. Top with Wild Oats Marketplace Organic Honey Graham Teddy Bears and holiday sprinkles.



RECIPE FROM:



TRACY FROM HAVING FUN SAVING

www.havingfunsaving.com

Tracy has been blogging since September 2010. She started Having Fun Saving because she wanted to share her passion for helping others learn new ways to save. Her blog focuses on sharing savings tips with local moms groups, churches, friends, family, and of course her fabulous readers.

"You can now find affordable Organic Wild Oats Products at Walmart! I was really excited to get the opportunity to review a few of their products and am looking forward to trying more soon! Finally, organic foods for everyone!"



CRISTEN'S KID-FRIENDLY TURKEY PASTA

During the holidays, it's always great to serve a side dish that even the pickiest kids will gobble up. Why not prepare an easy pasta you can make in mere minutes for little ones that don't go for traditional holiday fare? Serves 6.

INGREDIENTS

- 1 package Wild Oats Marketplace Organic Elbow Macaroni**
- 1 jar Wild Oats Marketplace Organic Marinara Pasta Sauce**
- 1 Tbs Wild Oats Marketplace Organic Garlic Powder**
- 3 Tbs Wild Oats Organic Extra Virgin Olive Oil**
- ½ pound ground turkey (you can use leftover turkey for this, too!)**

1. Brown ground turkey in pan over medium heat.
2. Prepare Wild Oats Marketplace Organic Elbow Macaroni on the al dente side.
3. Combine ground turkey and pasta in a large pan and pour in Wild Oats Marketplace Organic Marinara Pasta Sauce. Cook over medium heat to warm through.
4. Add Wild Oats Marketplace Organic Garlic Powder and Wild Oats Organic Extra Virgin Olive Oil and stir to combine.

RECIPE FROM:



CRISTEN FROM THE NAPTIME REVIEWER

www.thenaptimereviewer.com

The Naptime Reviewer site is a parenting and lifestyle resource site that offers gift guides and reviews on all things baby, tots, fashion, beauty, family, travel and more! On the site, Cristen aims to feature and promote products that she feels that are truly worth purchasing.

"Let's face it. It's not always easy to eat organic. And frankly, it's not always cheap. Until now! I'm so excited that Wild Oats has partnered with Walmart and Fresh and Easy to bring us budget-friendly, wholesome and organic products."



1. Preheat oven to 375 degrees.
2. Spray 9"x13" casserole dish with non stick cooking spray.
3. In large skillet, heat ½ Tbs Wild Oats Organic Extra Virgin Olive Oil mushrooms and garlic.
4. Cook for 7-10 minutes on medium high heat or until mushrooms have cooked down and begin to caramelize.
5. In large bowl combine Wild Oats Marketplace Organic Cut Green Beans, yogurt, mushrooms, garlic, chicken stock and seasonings. Mix until all beans well coated.
6. Pour into casserole dish and set aside.
7. In same skillet used for mushrooms/garlic mixture, heat 1 Tbs Wild Oats Organic Extra Virgin Olive Oil and cook sliced onions for 10-15 minutes on high, until caramelized.
8. Pour onions over top of green bean mixture.
9. Top with crackers.
10. Bake at 375 degrees for 35 minutes.

KATIE'S MEMORABLE GREEN BEAN CASSEROLE

Yes, we've all had green bean casserole at the holidays, but this recipe really stands out! The fresh ingredients and rich flavors make this a super delicious dish. Serves 6.

INGREDIENTS

2 cans Wild Oats Marketplace Organic Cut Green Beans, rinsed and drained

1 cup greek yogurt

1 cup button mushrooms, chopped fine

1 glove garlic chopped

1 tsp salt

1 tsp black pepper

1 tsp Wild Oats Marketplace Organic Onion Powder

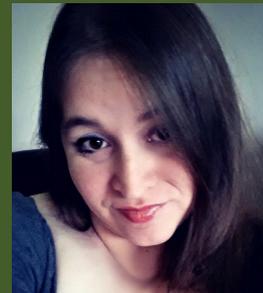
1/2 cup Wild Oats Marketplace Organic Chicken Broth

1 small onion, sliced thin

1 1/2 Tbs Wild Oats Organic Extra Virgin Olive Oil, divided

1 sleeve butter crackers, crushed (approximately 15 crackers)

RECIPE FROM:



KATIE FROM YOU BREW MY TEA

www.youbrewmytea.com

Katie aka "Belle" is an author, homeschooling mother, plus size wannabe fashionista and woman on a mission to change her life for the better. Whether you are looking for a great recipe, a listening ear or some advice on how to deal with a rowdy boy – Katie and You Brew My Tea has you covered.

"While I am still fairly new to the organic food scene, I do realize the importance of brand quality versus brand affordability. Our family has definitely been able to see a true difference in some of the brands we have tried, and on occasion we have had to work hard to stay within our budget, while getting the things we wanted and loved. Wild Oats brings a whole new world of organics to the table."



CHELSEA'S HOLIDAY STYLE QUINOA

It wouldn't be surprising to see quinoa at more holiday tables. Not only is it nutritious, it also has a mild, nutty flavor that pairs well with turkey and traditional holiday side dishes.

Serves 6.

**1 bag Wild Oats Marketplace
Organic Red Quinoa**
**1 can Wild Oats Marketplace
Organic Sweet Peas**
**2 Tbs Wild Oats Organic Extra
Virgin Olive Oil**
2 green squash, diced

1 small yellow onion, diced
3 carrots, diced
Salt and pepper to taste
**1 can condensed Mushroom Soup
(Get one without artificial flavors)**
2 cups grated Swiss cheese

INGREDIENTS

1. Preheat oven to 400 degrees.
2. Prepare Quinoa according to package directions so it is light and fluffy.
3. Heat Olive Oil over medium heat and then add veggies and salt and pepper.
4. Lightly saute, then add Quinoa and stir together.
5. Transfer to baking dish and stir in condensed mushroom soup.
6. Top with grated swiss cheese and bake in oven for 20 minutes.

RECIPE FROM:



CHELSEA FROM THE NATURAL PRODUCTS NETWORK

www.naturalproductsnetwork.com

The Natural Products Network aims to connect natural companies with consumers searching for standout products. It also features reviews, giveaways, TV segments and easy strategies for better health.

"Wild Oats is a game-changer when it comes to organics. Now more people can find organic products at an affordable price point!"

