

Winter Holiday Food Traditions

The winter holiday season provides many opportunities to expose children to a wide range of eating traditions. Below are recipes and explanations about a few of these. Kids can watch as you grate potatoes and roll out empanada dough. They will want to unroll their tortilla pin wheel and twirl the cinnamon stick in the Wassail punch. All the while you can explain to them, how people celebrate their holidays with different foods. For more background information about holiday food traditions, visit these links: [Winter Solstice Foods From Around the World](#) and [Delicious International Holiday Food Traditions](#).

- [Latkes](#) are a traditional Jewish potato pancake made during Hanukkah to commemorate the miracle of oil when one day's worth fuel burned for 8 days. This classic recipe should be served with applesauce! (Makes a perfect 2 component snack!)
- [Empanadas](#), the South American comfort food. Eaten every day and on special days. Fillings vary and can be simple and bland or rich and spicy. Lots of holiday leftovers...consider "[After Christmas Empanadas](#)" which call for leftover turkey, stuffing and cranberries using pre-made refrigerated pie pastry!
- [Festive Spinach Tortilla Roll-ups](#). Although not necessarily a Mexican tradition, these festive rollups are made with flour tortillas, frozen spinach and red bell peppers and are the traditional winter holiday colors of green and red. They can be cut into pinwheels and served for snack or into 1/3s and served for breakfast.
- [Italian Lentil and Vegetable Winter Stew](#) In Italy, legumes symbolize money and prosperity. New Year's Eve celebrations include a legume dish and this hearty lentil stew is a favorite. It is quick and easy too.



- ["Here we go a Wassailing"...](#) It is a British winter solstice tradition for carolers to receive a hot spiced beverage after singing in the cold. This recipe is naturally sweet and savory and fills the house with smells of cinnamon.

Traditional Winter Wassail (makes 9 – 10, ½ cup servings)

Adopted from: www.raisinggenerationnourished.com

Ingredients

- 4 cups organic apple cider
- 1 cups organic cranberry juice
- 5 whole cloves
- 5 allspice berries or 1 tsp of allspice
- 2 cinnamon sticks
- 1 orange, sliced into thin rounds

Instructions

1. Tie up the cloves and allspice in a cheesecloth using kitchen twine. You can also just add the spices to the pot and then strain off the liquid into a pitcher when ready.
2. Put everything into a large soup or stock pot and cook at a low simmer for about ½ hour. Pour into small mugs or cups and serve with a cinnamon stick.