



Healthy Holiday Eating Tips and Recipes

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If the thought of all that holiday feasting leaves you worried about eating too much, here are some tips to help you enjoy the holidays without worry of an expanding waistline. Remember, many of the traditional foods served during the holidays are perfectly healthy. It's what we do to them that load them with extra calories and fat. Let's start with the basic foods at the center of the feast.

Turkey: This traditional holiday bird is great for dieters. Turkey breast has very little fat, is full of protein, and is an important source of B vitamins. Avoid eating the skin (too many fat deposits). Dark meat is higher in fat and cholesterol than white meat.

Stuffing: Keep stuffing low in fat by sautéing onions, celery, and sage in just a tablespoon of olive or canola oil; using egg whites or egg substitutes for whole eggs, omitting extra butter and adding fat free broth. Lean turkey sausage could also be added for flavor. Use a low-sodium boxed stuffing mix and added sautéed onions, celery, apples, cooked rice, cooked wheat, etc. Add a little more broth if needed.

Gravy: Low-fat gravy is simple when you start ahead of time. Make a rich broth with the giblets, onion, celery, and herbs. Refrigerate and then skim off fat that rises to the top. Heat, season, and thicken with a paste of cornstarch and water (2 T. cornstarch and ½ cup water thickens 1 pint of broth).

Mashed Potatoes: Lose the butter and heavy cream. Use low-sodium, fat-free chicken broth or fat-free milk and low-fat sour cream instead. Flavor with garlic and ground pepper.

Baked Yams or Sweet Potatoes: Season with nutmeg and cinnamon, or use apple or orange

juice to sweeten. Skip the butter or margarine and sprinkle with butter flavoring. Omit marshmallows--use orange juice and a sprinkling of brown sugar for flavor instead.

Pumpkin: Pumpkin and pumpkin seeds are high in many nutrients, such as Vitamin A, protein, fiber, iron, and zinc. Use egg whites or egg substitute and fat-free evaporated milk filling when making pie.

Cranberries are a great source of Vitamin C and contain compounds that are believed to block certain bacteria that cause infections. Add oranges to make cranberry orange sauce for even more Vitamin C.

Homemade Rolls: Choose a recipe without eggs or cream and with minimal shortening, butter, or margarine. Use skim milk instead of whole milk or cream. For a shiny low-fat crust, brush rolls with a mixture of egg whites and water (1 egg white whisked with 1 T. water). Use whole wheat flour or part whole wheat flour in place of white flour.

Vegetables: Stir fry, sauté, or microwave vegetables with minimal oil. Have a variety of veggies on the table. Try healthy hummus as a dip, or fat-free ranch.

Baked Goods: Limit recipes that call for lots of cream, eggs, butter or other fats. Or, try substituting with non-fat alternatives, such as applesauce, mashed beans and pumpkin.

Sugary Sweets: No need to eliminate the traditional homemade treats that you and your family look forward to each holiday season. Try reducing the amount of sugar called for in your fudge, peanut brittle, toffee and other homemade favorites. Also, consider purchasing sugar free ingredients, such as sugar-free gelatins.

Foods Rich in Fat: There are multiple ways to reduce and substitute fat in multiple recipes. One of the simplest ways is to purchase fat-free and low-fat products instead of their full-fat counterparts. These include salad dressings, sour cream, cream cheese, crackers, yogurts, milk, and more.

Finally, here are a few more tips to help stay healthy through the holidays.

- Remember to be physically active to help control blood glucose levels and to lower stress levels. Plan time for it.
- Don't starve yourself before eating—you will likely eat more if you are super hungry. Offer regularly scheduled meals.
- Don't skip breakfast; but do nibble on whole grain crackers, fruit, and raw vegetables if hunger pangs strike before the big feast, and drink plenty of water.
- Get adequate amounts of sleep.
- Be careful with alcohol. It packs calories and can destroy your resolve to resist food temptations.
- Even if your host insists on you eating, remember that resisting is not rude.
- Wait 10-15 minutes before eating seconds.
- Savor your food. Ask yourself if the food is really worth it.

RECIPES

FRESH PUMPKIN SOUP

8 cups chopped fresh pumpkin
4 cups low sodium chicken broth
3 small tart apples, chopped
1 medium onion, chopped

2 tablespoons lemon juice
2 teaspoons minced fresh ginger root
2 garlic cloves, minced
one-half teaspoon salt

In a 5-quart slow cooker, combine all ingredients and cook for 8 hours. Can be served chunky, or cooled slightly, blended and reheated.

PUMPKIN OR ACORN SQUASH SOUP

½ cup chopped onion
¼ cup chopped celery
2 T. butter
2 T. flour
1 tsp. chicken bouillon granules
¼ tsp. dill weed
¼ tsp. curry powder

Dash cayenne pepper
2 cups chicken broth
1 can (12 oz.) evaporated milk
3 cups mashed cooked pumpkin or acorn squash
Optional: potatoes

In a large saucepan, sauté onion and celery in butter until tender. Stir in the flour, bouillon, dill, curry and cayenne until blended. Gradually add broth and milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in squash; heat through. Optional: in a blender, process soup in batches until smooth.

Yields: 7 servings

NO CREAM CREAMY BROCCOLI SOUP

1 cup chopped carrots (about 2 medium)	1/2 tsp. pepper
1 cup chopped celery (about 2 stalks)	4-1/2 cups broccoli florets (about 2 small bunches)
3/4 cup chopped onions (about 1 medium)	1/2 cup instant white rice, uncooked
3 Tbsp. oil	2 cups milk
2 cans (14-1/2 oz. each) fat-free reduced-sodium chicken broth	1/4 cup 100% Grated Parmesan Cheese

COOK and stir carrots, celery and onions in hot oil in large saucepan on medium-high heat 5 min. Add broth and pepper; stir. Bring to boil.

STIR in broccoli and rice. Reduce heat to medium-low; simmer 10 to 15 min. or until vegetables are tender, stirring frequently.

ADD soup, in batches, to blender or food processor; cover. Blend until pureed. Return soup puree to saucepan. Add milk and cheese; cook until heated through, stirring occasionally.

If desired, substitute 4 cups frozen or drained canned peas, chopped asparagus or chopped leeks for the broccoli.

Nutritional Information:

Serving: 1 cup, Yield: 8 servings, Calories: 160, Total fat: 8g, Saturated fat: 2g, Cholesterol: 10mg, Sodium: 370mg, Carbohydrate: 14g, Dietary fiber: 2g, Sugars: 6g, Protein: 9g.

Diet Exchange: 1/2 Starch, 1 Vegetable, 1 Meat (L), 1 Fat

HOME-MADE CRANBERRY SAUCE

1 bag fresh (or frozen) cranberries
1 whole orange (peel and all)
1 cup white grape juice concentrate or 1 cup sugar

Place all ingredients in a blender and blend until mixed well. Heat up and serve over turkey, ice-cream, sandwiches, etc.

CRANBERRY SALAD

1 cup crushed pineapple, drained	2 cups diced celery
¼ cup sugar	¾ cups walnuts
2 Tbsp. lemon juice	4 cups water
1 can cranberry sauce	3 pkgs. (3 oz.) sugar-free strawberry or raspberry gelatin
1 orange peel rind, grated	

Make gelatin and refrigerate until partially set. Beat cranberry sauce. Grate orange peel into sugar and add to cranberry sauce with rest of ingredients. Fold mixture into partially set gelatin. Refrigerate until set. Serve with a mixture of lemon pudding and low-fat whipped topping.

HOLIDAY HAM & CHEESE BAKE

4 cups frozen ready-to-eat hash brown potatoes with peppers and onions, thawed
3 cups (8 ounces) small broccoli florets
1 cup (8 ounces) diced, cooked lean ham
2 cups reduced fat shredded cheddar cheese
Egg substitute equivalent to four eggs (you may use eight egg whites, but egg substitute works much better in this dish)
2/3 cup skim milk
½ tsp. salt
½ tsp. pepper

Coat an 8x8 baking dish with cooking spray. Combine potatoes, broccoli, and ham in a large bowl. Toss well. Arrange half of potato mixture in baking dish; top with half the cheese, remaining potato mixture and remaining cheese. Beat egg substitute in a medium bowl. Add milk, salt and pepper, mix well. Pour evenly over potato mixture. Bake in preheated 375-degree oven for 40 minutes. Let stand five minutes before serving.

Note: use red and green peppers to make this festive.

LOW-FAT MOCK DEVILED EGGS

6 hard-boiled eggs	2 T. nonfat mayonnaise
1 tsp. sugar	2 T. yellow mustard
1 T. white vinegar	¼ tsp. ground red pepper
1 can (16-oz) garbanzo beans (chickpeas), rinsed and drained	2 T. minced green onion
	¼ tsp. ground paprika

Remove shells from eggs. Halve eggs lengthwise; remove and discard the yolks. In a small bowl, dissolve sugar in vinegar. Rinse the chickpeas and drain thoroughly. In a food processor or blender, combine chickpeas, sugar mixture, mayonnaise, sour cream, mustard, pepper, and onions and blend until smooth. Spoon mixture into egg whites or fill using a fluted pastry bag. Sprinkle with paprika, if desired, and refrigerate until ready to serve.

This recipe removes 3 grams of fat and add 6 grams of protein and 7 grams of dietary fiber compared to “real” deviled eggs. Nutritional information:

Serving: ½ egg (or one deviled egg). Yield: 12 servings. Calories 151, Total fat 2 grams, Saturated fat: trace, Cholesterol: trace, Sodium: 70 mg, Carbohydrate: 24 grams, Protein: 9 grams, Dietary fiber: 7 grams.

ROAST TURKEY BREAST with ROSEMARY, SAGE, and THYME

1 3-lb. turkey breast half (with skin and bones)	1 tsp. dried thyme
	1 tsp. rosemary
1 large onion, quartered	3 Tbsp. olive oil
1 large carrot, quartered	Salt and pepper to taste
1 tsp. dried sage	Chicken broth and margarine for basting

Preheat oven to 400 degrees. Place turkey breast in roasting pan along with onion and carrot. Mix spices with olive oil. Rub turkey with olive oil. Roast turkey at 400 degrees for 15 minutes. Baste with

margarine and chicken broth. Reduce turkey temperature to 350 degrees and roast turkey basting every 20 minutes with pan juices or margarine and chicken broth, about 1 hour, 15 minutes or until meat thermometer inserted in thick part of meat registers 160 degrees. Remove to carving board and let rest for 10 minutes. Remove the skin from the turkey before slicing and serving.

CHOCOLATE CHIP PUMPKIN BREAD

Prep time: 20 minutes

Makes 3 loaf pans, about 36 servings

3 cups white sugar (or SLENDA)*	1 Tbsp. ground cinnamon
15-oz can pumpkin puree	1 Tbsp. ground nutmeg
1 cup vegetable oil**	2 tsp. baking soda
¾ cup water	1½ tsp. salt
4 eggs	1 cup miniature semi-sweet chocolate chips
3½ cups all-purpose flour	½ cup chopped walnuts (optional)

1. Preheat oven to 350 degrees. Grease and flour three 1 pound size coffee cans or three 9x5 inch bread pans.
2. In a large bowl, combine sugar, pumpkin, oil, water, and eggs. Beat until smooth. Blend in flour, cinnamon, nutmeg, baking soda, and salt. Fold in chocolate chips and nuts. Fill cans ½ to ¾ full.
3. Bake for 1 hour, or until an inserted knife comes out clean. Cool on wire racks before moving from cans or pans.

Gift Idea: wrap a loaf in colored cellophane and give to neighbors or co-workers. Also, this recipe freezes well.

*Try reducing amount of sugar to make healthier

**Replace vegetable oil with more pumpkin to eliminate or reduce amount of fat

Featured within *Thanksgiving & Christmas: Top 200 Recipes (Allrecipes Tried & True)*. For more information, go to <http://www.allrecipes.com/>

WHOLE WHEAT PASTRY

3 cup whole wheat pastry flour	1 egg, slightly beaten
½ tsp. salt	1 Tbsp. vinegar
1 cup butter	5 Tbsp. cold water

Combine flour, salt, and butter. Blend together until crumbly. Combine egg, water, and vinegar. Stir into flour with fork until ingredients are moistened. With hands mold into a ball. Chill at least 15 minutes before rolling. Divide pastry in half and press into a ball. Roll out between 2 squares of waxed paper. Remove top sheet of paper and invert pastry over a pie pan, easing the pastry gently into the pan. Remove waxed paper and fit pastry into a pan without stretching. Roll out second half secure bond. Press top and bottom pastries together along rim; trim off along edge and flute. Moisten top with back of a spoon dipped in milk to aid browning. Make a few vents in top to allow steam to escape. Bake according to directions. Makes enough pastry for a 2-crust 9" pie or for 2 single crust pies. For pie shells,

fit pastry into 2 pans, flute, and prick entire surface with fork. Bake at 450 for 8-10 minutes or until lightly browned.

--Mrs. Urie R. Miller, Shippshewana, IN

From the recipe book: *Wholesome Sugarfree Cooking* from www.wholesomesugarfreecooking.com item: WSCC

Cost: \$16.95

THE BEST LIGHT PUMPKIN PIE

This pumpkin pie save 151 calories and 12 grams of fat per slice from the traditional version and it tastes identical!

1 cup ginger snaps	2 tsp. pumpkin pie spice (cinnamon, ginger, cloves)
15 oz. can pumpkin	
½ cup egg whites (about 4)	12 oz. can evaporated skim milk
½ cup sugar	

Preheat oven to 350. Grind the cookies in a food processor. Lightly spray a 9" glass pie pan with vegetable cooking spray. Pat the cookie crumbs into the pan evenly. Mix the rest of the ingredients in a medium-sized mixing bowl. Pour into the crust and bake until knife inserted in center comes out clean, about 45 minutes. Store in the refrigerator.

Allow to cool and slice in 8 wedges. Optional: serve each wedge with fat free whipped cream.

Serves 9. Each slice: 165 calories, 1.5 g fat, .5 g saturated fat, 1.5 mg cholesterol, 170 mg sodium, 32 g carbohydrate, 2 g fiber, 6 g protein. Diabetic exchange: 2 bread.

WASSAIL (hot cider)

1 gallon apple juice	2 cinnamon sticks
1 orange juice concentrate	3 whole cloves

Combine all in large saucepan or crockpot. Dissolve orange juice and simmer low until ready to serve. Garnish with orange slices and fresh cranberries, if desired.

CRANBERRY PUNCH

1 quart fresh cranberries	1 tsp. grated orange rind
1 quart water	2 T. lemon juice
Sweetener to equal 1 cup sugar	1 quart apple juice
5 whole cloves	Thin slices of oranges
1 tsp. grated lemon rind	

Cook cranberries and water in covered kettle until skins pop. Puree the berries. Add sweetener, cloves, rinds, and stir thoroughly. Chill. Add lemon and apple juice and stir to blend. Serve chilled. Garnish with thin slices of orange. 16 servings.

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