

Healthy Holidays



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THE HOLIDAY ACRONYM

To encourage and motivate you and your family to focus on a Healthy Holiday, we have included a HOLIDAY acronym that highlights some health wisdom to remember.

H O L I D A Y

Happy. The holidays are about time with family and friends, sharing memories from the past and creating new memories together. Focus on those things that spark joy. Food is just part of the time together. Stories, hugs, games, laughter, being together...these are all part of the holiday gatherings also.

Open. A healthy holiday will mean doing some things differently. Being open to new ideas and new ways is an important step to a healthier holiday. Be open to think, "what if?" What if I did try to cook the traditional dishes healthier? What if I did try out some new recipes or add in some healthier choices to the meal? "What if" can become a powerful question to produce change.

Love. Laugh. Live. Attitude is 90% of our success. Learn to see the positives. Live intentionally. Grab the opportunities of each day. Don't put off for tomorrow, what you can do today.

Identify. What are your triggers for unhealthy behavior? Overeating. Not exercising or moving. Stress. Create a list identifying the unhealthy behaviors you struggle with in the holiday season. Then identify what triggers these behaviors. Awareness is the first step to change.

Daily. Be consistent. Schedule healthy habits into your day. Schedule daily activity or exercise. Schedule daily healthy eating habits (making time to prepare a healthy snack for work, etc.). Schedule time for rest and relaxation. Be consistent and change will happen. A healthier you will emerge.

Accountability. Ask for and accept support. Have a health buddy. Have someone you can be accountable to. Have someone who will encourage you in your goals. Have someone who will listen and not judge your mistakes. Have one person or have a team of people.

You. Take care of yourself. There are others who are depending on you. There are others who need you. First, take care of yourself. Then, you can be ready to take care of the others in your life.

HOLIDAY HEALTH ANCHORS

Important points to know about health anchors:

- Life brings difficulties and events. Storms can come into our lives.
- In the difficulties, we may have the tendency to “let go” of health goals or health changes we have made. We may think we have no energy or time to focus on health.
- We can engage anchors or tools that will secure and stabilize our health goals.
- There are 5 HEALTH ANCHORS that can help us.
- We identify these anchors in our personal lives through five questions.
- Remember, these anchors are personalized. There is no “one-size” fits all.

Questions to Identify YOUR Anchors:

- 🌀 What is one health behavior that impacts other health behaviors for me?
Focus on maintaining that key behavior (i.e., getting 8 hours of sleep).
- 🌀 Who is on my side?
Reach out and ask for the support and accountability you need.
- 🌀 What inspires me?
Remember your “whys” for your health goal(s).
- 🌀 How do I refuel or energize myself?
Make time for the things that help you unplug and charge yourself back up.
- 🌀 Where is my compass set?
Stay aware and accountable. Take your blood pressure. Step on the scales. Log it.

QUICK AND EASY TIPS FOR MANAGING HEALTHY BEHAVIORS DURING THE HOLIDAY SEASON

The average holiday weight gain is 1-2 pounds per year. Typically, these pounds are rarely lost which results in accumulated weight gain over the years. Through the years, seven pounds may become 10, 20, and 30 pounds. Simply maintaining one's weight during the holidays is a huge accomplishment.

Special events throughout the year such as holidays, birthdays, graduations, anniversaries, Super Bowls, potlucks, promotions, office parties, and picnics tend to derail our best intentions. Choose one or two of the following tips to try during your next event in this holiday season.

DAMAGE CONTROL

1. Don't decide that the next few weeks don't count because you'll resume your diet after the holidays. Your resolution should BEGIN NOW.
2. Determine it is a holiday, not a one-and-a-half-month break from your plan.
3. Plan in "treat times"- total deprivation can lead to overindulgence.
 - Pick the times you will treat yourself prior to the events.
 - Avoid the starve-and-binge approach.
4. Don't put your fitness goals on hold during the holidays.
 - Keep a record of your activities.
 - Reward yourself at special milestones.
 - Share your workouts with a family member, friend, or coworker.
 - Get out and power walk together.

PARTY SUGGESTIONS

1. Eat regular meals prior to the party.
2. Eat a snack before going to the party.
3. Pay attention to your hunger level. How hungry do you feel?
4. Socialize more and eat less.
5. Position yourself away from the buffet table and snacks.

6. Take just 3 bites of your favorite indulgence.
7. Plan healthy snacks if you are the hostess.
8. Take healthy snacks if it is potluck.
9. Bring a fruit tray with unusual fruits or veggies.
10. Eat small amounts of various foods.
11. Compliment the food-pushing host/hostess and ask for a doggie bag when the party is over, because "you are too full now."
12. Substitute sparkling water, seltzer, or flavored waters for high calorie beverages.
13. Use alcohol sparingly as it can decrease your self-control.
14. If you are cooking, prepare healthier versions of traditional dishes.
15. Be aware of what you are eating. Don't get carried away in conversation and eat thoughtlessly.
16. Plan ahead. Think about how you will approach eating prior to special occasions.
17. Don't plan on dieting after the New Year. The anticipation of a diet can set you up for binge-type eating through the holidays.

TAKE STEPS TO AVOID OVEREATING

1. Make one plate of food that you really want.
2. Eat slowly, savoring each bite.
3. Drink a glass of water before each meal.
4. Pop a mint or piece of gum in your mouth immediately after you eat.
5. Sip on a tall glass of water all evening.
6. Maintain perspective: Overeating at one meal need not break your eating plan. Plan to get back to your usual routine the next day without guilt or despair.
7. When you eat a scrumptious piece of pie, leave the crust.
8. Use a small plate.
9. If you hosted the party, donate the leftovers to a homeless shelter or send them home with guests.

THE HALT METHOD

This is a tool that can help us stop the overeating cycle. It is easy to remember. It can be used anywhere and anytime. When you get the urge to eat or snack outside of mealtimes, HALT! Before you eat anything, ask yourself if you are Hungry, Angry, Lonely, or Tired.

H

HUNGRY: Ask yourself if you are hungry or thirsty. Get a drink of water and see how that satisfies your urge to eat. If you are still hungry, choose a small healthy snack (apple slices with 1 Tbsp. of peanut butter, ½ sandwich on whole grain bread, etc.).

A

ANGRY: Is your urge to eat prompted by an emotion? Could you be angry or stressed? Are you trying to feel better by eating a food that tastes good and makes you feel better or distracts your attention? Focus on coping with the emotion without food. Take some deep breaths. Go for a brisk walk. Listen to some soothing music. Call a friend.

L

LONELY: Is your urge to eat prompted by a need? Could you be lonely, depressed, or bored? Instead of grabbing a snack to distract you, find a healthier coping method. Find something that addresses your need. Find an activity to do. Call a friend. Read a book. Go for a walk. Create a gratitude list. Chew a piece of gum until you work through the problem.

T

TIRED: If you are tired, the best thing to do is rest. When tired, many have an urge to eat to try to get a quick energy burst. Allow yourself to sit down and enjoy the view, read a book, take a nap, or go to bed early.

*****Remember: a drink of water is a helpful way to delay the urge to eat and assess the "WHY" of the urge.***

RECIPE SUBSTITUTIONS FOR HEALTHIER MEALS

Instead Of:	Try:
<i>1 whole egg</i>	<i>2 egg whites or ¼ cup egg substitute</i>
<i>1 cup whole milk</i>	<i>1 cup skim milk, 1% milk, soy milk, ½ cup canned evaporated milk plus ½ cup water, or substitute with almond/soy milk</i>
<i>wine, juice, or cola</i>	<i>glass of water or sparkling water</i>
<i>regular cheese</i>	<i>low-fat cheese</i>
<i>mayonnaise</i>	<i>low-fat or fat-free mayonnaise, avocado, or hummus as a spread</i>
<i>sugar</i>	<i>½ sweetener + ½ sugar or sweetener only</i>
<i>1 oz. chocolate</i>	<i>3 Tbsp. cocoa</i>
<i>whipped cream</i>	<i>frozen low-fat yogurt for topping on pies or well-chilled fat-free evaporated milk or fat-free Cool Whip™</i>
<i>oil</i>	<i>sauté meats or veggies in beef or chicken broth, also baste meats and poultry with fat-free ingredients, such as wine, fruit juice or defatted beef or chicken broth.</i>
<i>for part of the bread in stuffing</i>	<i>add chopped veggies or water chestnuts</i>
<i>oil and salt in pasta</i>	<i>add a few drops of lemon juice to the water</i>
<i>creamy dressings</i>	<i>non-fat or low-fat plain yogurt, blended cottage cheese</i>
<i>usual pastry</i>	<i>a meringue shell or crushed graham cracker</i>
<i>whipping cream</i>	<i>well-chilled fat-free evaporated milk</i>
<i>biscuit</i>	<i>wheat biscuit, low-fat corn muffin or English muffin</i>
<i>cream in soups and sauces</i>	<i>non-fat dry milk prepared triple strength, evaporated skim milk, fat-free half and half, or soy milk</i>
<i>cooking with lard, butter, or hard white shortening</i>	<i>healthy oils such as canola, olive, corn, or soybean</i>
<i>oils in baking</i>	<i>applesauce or other fruit purees to replace most of the oil</i>
<i>regular sour cream</i>	<i>low-fat or fat-free sour cream or low-fat cottage cheese plus low-fat or fat-free yogurt</i>

10 TIPS FOR A HEALTHIER HOLIDAY MEAL

We are bringing you a round-up of our newest waist-watching tips. Making these changes and substitutions in your holiday dining will go a long way in helping you have a healthier season. Plus, when you find out how easy these tactics are, why not make permanent changes? These are the kinds of changes we can stick to, and if we do, we will reap significant results in the long run. Good luck and happy holidays!

- 1. Grains are Good**
Go for whole grains. Choose whole wheat rolls and bread for sandwiches. Choose brown rice instead of using white rice. Choosing whole wheat instead of white may even help you feel fuller longer. White bread digests faster than whole grain breads, which leaves you feeling hungry earlier.
- 2. Get Steamy**
Serve steamed vegetables instead of heavy casseroles. Use herbs and spices as seasonings instead of loading them with butter, oil, or cheese. Reduce the amount of oil you use if you sauté them or use fat-free broth. Serve raw veggies and low-fat dip as appetizers instead of meat and cheese with crackers or finger sandwiches.
- 3. Fruit is Fab Fare**
Instead of multiple selections of pies and cakes lining your dessert table, offer fruit-based finishers like fondue, fruit cocktail, yogurt parfaits, and fresh fruit. Fruit can be a refreshing and lighter option.
- 4. Trim Up that Turkey**
If you're the one preparing the turkey, why not cook the stuffing separate from the turkey? This will reduce the fat content since it won't be absorbing the turkey fat. Use less butter or margarine when you're preparing the stuffing. Don't forget to skim the fat off the gravy by refrigerating it. Trim the skin off your serving of turkey, saving on calories and fat. Choose light meat rather than dark meat and you will save quite a few calories.
- 5. Limit Alcoholic Beverages**
Moderation is key. Alcoholic drinks are calorie-heavy and can increase your appetite. Plus, alcoholic drinks lower your self-control. Even if you were completely focused on not overeating when you arrived, after you have had a few cocktails, there may be no stopping you! To save calories, choose a wine spritzer or a light beer.
- 6. Choose Vegetables for Seconds**
If you're still hungry after the main course, go for seconds, but choose vegetable side dishes, rather than meat- or bread-based dishes. Try to choose healthier options like steamed or boiled veggies instead of casseroles or those topped off with butter or cheese.
- 7. Make Smart Substitutions**
See the list for recipe substitutions included on page 9 of this Holiday Packet.
- 8. Focus on Your Family — Be Intentional**
Holidays are about getting together with family and friends and enjoying your time with them, right? Don't rush your meal. Savor the flavor and texture of each dish and take small bites. Don't worry about measuring portion sizes down to the ounce today. Allow yourself to relax and enjoy the day. Plus, it takes 20 minutes for your brain to realize that you're full, so taking it slow will help prevent you from overeating. ***Eat slowly and enjoy the company.***

Jot Down Other Ideas You Find for a Healthier Holiday Meal:

1.

2.

3.

4.

5.

6.

7.

RING IN A HEALTHY HOLIDAY SEASON WITH SOME INSPIRATIONAL QUOTES

"Act as if what you do makes a difference. It does."
William James

"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."
Maria Robinson

"The first step toward success is taken when you refuse to be a captive of the environment in which you first find yourself."
Mark Caine

"The greatest barrier to success is the fear of failure."
Sven Goran Eriksson

"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."
Michael Jordan

HOLIDAY STRESS MANAGEMENT

The holidays often mean increased stress and pressure. These stressors come from many directions (schedules, relationships, finances, extra expectations, etc.)

Here are some “grab and go” ideas to help you manage the stress and pressure of the season.

These are designed to be simple actions or tips that you can easily adjust and adapt to your situations.

RELEASING JOY

Take time for a joyful activity. When we engage in joy, endorphins are released from our brain which boost our sense of well-being. When we engage in joy, we will find our mind becoming clearer with a better ability to focus. Moments to enjoy: **moments of beauty** (a sunrise, a painting); **moments of humor** (finding jokes, funny videos, etc.); **moments of connection** (call a friend, meet someone for coffee); **moments of quietness** (journaling, reading, listening to music); **moments of gratitude** (counting your blessings).

MINI RELAXATION—DEEP BREATHING

As you inhale, count very slowly up to four; as you exhale, count slowly back down to one. As you inhale, you say to yourself "one, two, three, four," as you exhale, you say to yourself "four, three, two, one." Do this several times.

STRESS BUSTER STRETCH

Stretching helps to release tension and gives us a sense of relaxation. This is an easy stretch to use in the holiday season. **Lower Back Stretch:** • Sit in a chair with your knees apart. • Slowly bend forward and reach between your legs. • Hold the stretch. • Return to the sitting position and repeat.

RELAXATION ON ONE HAND

The following activity is a way for you to relax any time you feel stress or tension. It is a self-guided imagery exercise that you can use to focus on positive thoughts and images. Start with slower deep breaths to relax. Then use one hand to touch each finger on the other hand. As you touch one finger at a time, you will focus on the thoughts assigned to that finger. You can close your eyes or not. Do what is comfortable for you. Take about 10 to 15 minutes to complete.

- **Touch your Thumb:** Imagine a beautiful and peaceful place you find relaxing.
- **Touch your Index Finger:** Imagine a positive interaction with another person.
- **Touch your Middle Finger:** Imagine a physical activity where you felt energy and joy.
- **Touch your Ring Finger:** Imagine yourself floating in space. You are fully relaxed.
- **Touch your Pinky Finger:** Imagine something that is fun. Imagine something that makes you laugh.

TIPS FOR VIRTUAL HOLIDAY CELEBRATIONS

We can find ourselves in situations where we can't travel or gather in one physical location. Facetime, Zoom, and other video/audio apps are becoming more useful to us daily. Many families are scattered across cities, states, and countries. A virtual holiday celebration may not be our first preference, and at the same time, these types of celebrations may be our only option in some situations of life. Here are some tips if you and your family find yourselves having a Virtual Holiday Celebration.

- Schedule a holiday gathering using a technology platform (Facetime, Zoom, Facebook, Skype, and the list can go on). Family and friends can gather in several locations and connect by a video call or video conference platform.
- Send invitations to the guests you are inviting. Email is fine and mailing a special card or invitation can add another level of connection and personal touch.
- Share a food event or meal. Each household prepares their meal and sets a laptop on the table in a place so all can see the table and be in the conversations. You could use this same idea to decorate cookies or share other traditions even when miles apart.
- Mail or use a delivery service to send something special to each person (gifts, packaged food, game items, a homemade card, a homemade ornament, or craft). Create a Virtual Holiday Package.
- Play games. The internet is filled with game ideas to play over Zoom. Keep it simple and fun.
- Share stories and memories. Have pictures that you can share (use the screen share option). Each person can recall their memory of the event. See how many different twists to the story there will be.
- Open gifts together online. Send the gifts to each other in enough time for everyone to have their gift(s). Each person takes a turn in opening their gift(s).
- Share a wish. Each person gives a Holiday Wish to each other.
- As a family, find a charity that you will give to. Have one member collect the money or gifts and give the gift of love as a family. If you can, take pictures of giving the gift and share them with everyone.
- Be creative. Be flexible. Keep it personalized and authentic. Stay connected. Focus on the connection and share the joy of the holiday season.

HOLIDAY TIPS FOR DESSERTS

THE DISH ON PIE

Try these tricks for lightening up the classic holiday dessert.

Pumpkin, pecan, lemon meringue, caramel apple, and chocolate cream are just some of our favorite pies. Almost everyone has at least one favorite pie and some of us have five. Many of us have fond memories of eating homemade pies, or even memories of *making* pies with our family.

Nothing says "pie" like Thanksgiving and the holiday season that follows, but those holiday delights can really pack on the calories. There are some foolproof ways to lighten almost any pie, from top to bottom. You can still get your pie fix, but with fewer calories and grams of fat. Sometimes these tricks help you get more fiber and nutrients into your meal, too.

Baking a lighter pie is as easy as 1-2-3. We'll start with the crust and work our way up.

TIPS FOR LIGHTER PIE CRUST

Do you know that nice, flaky pie crust you love so much? It's flaky because of the particles of fat layered in-between particles of wheat flour. Some recipes call for shortening, some use butter, and others call for vegetable oil.

With health in mind, you have a few options when it comes to pie crust:

- **Use one crust, not two.** Look for pie recipes that only call for a bottom pie crust, instead of two crusts. This will save you at least 120 calories and 8 grams of fat per slice if you get 8 slices per 9-inch pie.
- **Embrace the brown.** Add fiber and nutrients to your pie crust by using half whole-wheat pastry flour and half white flour. This adds about 1½ grams of fiber per slice for a one-crust pie serving 8.
- **Switch to a better fat.** Use a crust recipe that calls for oil instead of shortening like the one in the Healthy Holiday Recipes that follow. Choose a healthier oil like canola, which contributes the more desirable monounsaturated fats and plant omega-3s.
- **Use less fat.** Add a little less fat (5 tablespoons instead of 8) to your pie crust dough. Substitute an equal amount of something else, like low-fat buttermilk or fat-free or light cream cheese.
- **Lose the crust and add crumbs.** For some pies, you can eliminate the crust. First, choose a filling that stands well on its own (nothing too gooey). Then, coat your pie dish with canola cooking spray or light margarine. Add about ½ cup of crumbs and tilt the dish to cover the inside well. What kind of crumbs should you use? If you are making quiche, use wheat and herb cracker crumbs or seasoned, crushed croutons. For lemon or lime pie, use gingersnap or shortbread cookie crumbs. For chocolate cream pie, use graham cracker or chocolate cookie crumbs.

For an oil pie crust recipe that boosts the fiber and takes the amount of oil down as far as possible, check out the recipe in the following section.

Keep in mind, though, since the crust is part whole wheat and lower in fat, it boasts a brown color and a slightly tougher texture than your typical crust. The benefit is that you can pat the dough straight into the pan, no rolling required!

TIPS FOR PIE FILLING

Pie fillings range from tart (lemon or Key lime), to fruity (apple, berries, etc.), to nutty (pecan), to creamy (chocolate cream), to veggie-like (pumpkin and sweet potato).

When you are trying to lighten pie filling, you have two things to look out for: sugar and fat.

Many pie filling recipes call for a cup of sugar. That adds up to about 100 calories per serving, just from the sugar in your filling. You can cut the sugar calories in half either by using half the sugar the recipe calls for (this usually works well in a fruit filling) or by substituting a sweetener for half the sugar.

Then there's butter. One sweet potato pie recipe calls for a ½ cup of butter. That's a tablespoon per serving, adding about 100 calories and 12 grams of fat per serving -- and that doesn't even include the crust! You can usually trim the butter in fillings to 2 tablespoons, then add in a few tablespoons of orange juice or maple syrup (especially if you've cut the sugar in half).

Some fruit pie recipes don't include butter *in* the filling but call for dotting the top of the filling with butter. This is unnecessary. Don't dot and save yourself the fuss and calories.

Creamy and custard pie fillings usually call for evaporated milk -- not to be confused with sweetened condensed milk, which pops up in fancier pies like Key lime and Kahlua cream pie. You can use evaporated skimmed milk in recipes that call for evaporated milk, and fat-free sweetened condensed milk in recipes that call for sweetened condensed. Either switch will trim about 25 calories per slice if you get eight slices per 9-inch pie. Every little bit helps.

Cream cheese is another creamy filling ingredient that can be replaced with a lower-fat variety. If you find the color and texture of fat-free cream cheese unappetizing, you may want to go for low-fat or light cream cheese instead. If your filling calls for an 8-ounce package of cream cheese, you can shave about 37 calories and 5.5 grams of fat per serving (when cutting 8 servings per 9-inch pie) by using light cream cheese.

TIPS FOR PIE TOPPING

Now for pie toppings!

When it comes to topping options, you're looking at more crust, whipped cream, meringue, crumb topping, whipped toppings (such as Cool Whip™), and of course, the *a la mode* option with ice cream.

All these toppings will cost you calories. Some are high in sugar, some are high in fat, and some are high in sugar and fat. You can switch to a lighter option, like fat-free or light whipped topping, or you can use half as much of the real thing.

Here are a few more light topping options:

- If the recipe calls for meringue (egg white and sugar), cover the pie with a nice, modest blanket of the white stuff. You don't have to make a mountain of meringue!
- Instead of a top crust, top your fruit pie with a higher-fiber, lower-fat crumb topping. See the recipe in the Healthy Holiday Recipes section that follows.
- If ice cream takes the cake for your pie, choose one of those great-tasting light vanilla ice creams on the market with around 4 grams of fat per ½ cup serving. Use a cookie-dough size scoop, about ¼ cup of ice cream when rounded.

This completes our "pleased as pie" trilogy! We've covered pie crust, filling, and topping. Let pie season begin!

HEALTHY HOLIDAY RECIPES: THE CLASSICS

HEALTHIER THANKSGIVING TURKEY

Ingredients	Quantity
Whole turkey	1 (12 pounds)
Margarine, divided	5-6 Tbsp.
Low-sodium chicken broth	4 cups
Salt-free seasoning blend	2 Tbsp.
Salt or light salt	2 Tbsp.
Dried parsley	2 Tbsp.
Ground sage	1 Tbsp.

Instructions

1. Preheat oven to 350°. Rinse and wash turkey. Discard the giblets or add to pan if they are anyone's favorite.
2. Place turkey in a roasting pan. Separate the skin over the breast to make little pockets (do not pull off). Put 3 Tbsp. of the margarine on both sides between the skin and breast meat.
3. In a small bowl, combine the seasonings. Add the 4 cups chicken broth to this. Pour over the top of the turkey.
4. Cover with foil and bake in oven until the internal temperature of the turkey reaches 180°. For the last 45 minutes, remove the foil. The turkey will brown nicely.
5. Let turkey rest 30 minutes before carving.

Nutrition Facts	
Serving Size: 4 oz.	
Number of Servings: 15	
Component	Amount
Calories	190
Calories from Fat	64
Total Fat	7.1 g
Saturated Fat	1.5 g
Trans-Fat	0 g
Cholesterol	86 mg
Sodium	764 mg
Total Carbohydrate	0.5 g
Dietary Fiber	0.1 g
Sugars	0.2 g
Protein	30 g

HEALTHIER GREEN BEAN CASSEROLE

Ingredients	Quantity
Green beans, fresh or frozen	1 pound
Cream of mushroom soup, low-sodium or reduced-fat	10 ½ oz.
Skim milk	¾ cup
Pepper, ground	½ tsp.
Onion, large, thinly sliced	1
Flour, all-purpose	¾ cup
Salt or light salt	1 tsp.
Cooking spray	To coat

Instructions

1. For fresh green beans, clean, trim, and cut.
2. Add some water to a pan and cook beans until almost tender. While they are cooking make the crispy onions.
3. Peel onion and cut in half. Slice very thin.
4. Spread out and salt. Let set 1 minute but no longer.
5. Put some flour in a bag; add onions and shake until they are all coated; shake off excess. Spray skillet; add onions and spray again, turning frequently until brown and crisp.
6. Drain green beans and mix with the soup, milk, pepper, and half of the crisp onions. Bake at 350°F for about 10 minutes then top with the rest of the onions and cook another 5 minutes.

Nutrition Facts	
Serving Size: 1/6 of a casserole	
Number of Servings: 6	
Component	Amount
Calories	70
Calories from Fat	9
Total Fat	1 g
Saturated Fat	0.3 g
Trans-Fat	0 g
Cholesterol	2.1 mg
Sodium	215.7 mg
Total Carbohydrate	13.1 g
Dietary Fiber	2.9 g
Sugars	3 g
Protein	3.1 g

SWEET POTATO CASSEROLE

Ingredients	Quantity
Sweet potatoes, peeled	2 pounds (about 5 medium)
Raisins	½ cup
Agave	1 tsp.
Ground cinnamon	¼ tsp.
Nutmeg	⅛ tsp.
Allspice	⅛ tsp.
Pineapple, drained, unsweetened, crushed	1 8-oz. can
Pecans, chopped	2 Tbsp.
Marshmallows, mini	1 cup

Instructions

1. Cut sweet potatoes into large chunks, boil potatoes in a large pot covered with water until potatoes are soft when pierced with a fork. Drain and return to the pot.
2. Preheat oven to 400°.
3. Mash the sweet potatoes and add in raisins, agave, spices and pineapple.
4. Lightly spray a pie dish, casserole dish and spoon in sweet potatoes. Sprinkle with pecans and marshmallows. Bake for 15 minutes.

Nutrition Facts	
Serving Size: ⅓ casserole	
Number of Servings: 10	
Component	Amount
Calories	135
Calories from Fat	10.8
Total Fat	1.2 g
Saturated Fat	0.1 g
Trans-Fat	0 g
Cholesterol	0 mg
Sodium	30 mg
Total Carbohydrate	31 g
Dietary Fiber	3 g
Sugars	17 g
Protein	1.9 g

FLAVORFUL MASHED POTATOES

Ingredients	Quantity
Red potatoes	4 pounds
Garlic cloves, peeled and thinly sliced	5-6 cloves
Fat-free milk	½ cup
Reduced-fat sour cream	½ cup
Butter, melted	2 Tbsp.
Minced, fresh thyme or dried thyme	2 Tbsp. fresh or 2 tsp. dried
Minced, fresh rosemary or dried rosemary	1 Tbsp. fresh or 1 tsp. dried
Salt	1 tsp. salt

Instructions

1. Scrub and quarter potatoes; place in a large cooking pot and cover with water. Add garlic. Bring to a boil. Reduce heat, cover, and cook for 15-20 minutes or until potatoes are tender. Drain.
2. In a large bowl, mash the potato mixture and stir in the remaining ingredients.

Nutrition Facts	
Serving Size: ¾ Cup	
Number of Servings: 12	
Component	Amount
Calories	142
Calories from Fat	32
Total Fat	3.6 g
Saturated Fat	2.1 g
Trans-Fat	0 g
Cholesterol	8.6 mg
Sodium	273 mg
Total Carbohydrate	31 g
Dietary Fiber	2.9 g
Sugars	3 g
Protein	4.6 g

HEALTHIER STUFFING

Ingredients	Quantity
Butter, light	1 Tbsp.
Stuffing bread	14 oz.
Onion, chopped	½ cup
Celery, diced	½ cup
Carrots, diced	½ cup
Mushroom, diced	½ cup
Garlic	3 cloves
Chicken broth, low-sodium	2½ cups
Poultry seasoning to taste	1-2 tsp.
Pepper to taste	1 tsp.
Cooking spray	To coat

Instructions

1. Preheat oven to 350°.
2. Heat a large pan for sautéing. Once heated, add butter and spray with cooking spray and sauté carrots. Add celery, onion, garlic, and mushroom and continue cooking until vegetables are tender. Remove from heat and transfer to bowl to cool slightly.
3. In a large bowl, add bread stuffing and vegetables. Toss together with pepper and poultry seasoning. Add chicken broth and mix until moist.
4. Spray casserole dish with cooking spray and add stuffing mixture. Cover with foil and bake 20-25 minutes. Uncover and cook an additional 10 minutes, or until slightly crispy on top.

Nutrition Facts	
Serving Size: ½ Cup	
Number of Servings: 16	
Component	Amount
Calories	109
Calories from Fat	14
Total Fat	1.5 g
Saturated Fat	0.5 g
Trans-Fat	0 g
Cholesterol	2 mg
Sodium	409 mg
Total Carbohydrate	20.3 g
Dietary Fiber	1.1 g
Sugars	2.7 g
Protein	2.3 g

LOWER-CALORIE PUMPKIN PIE

Ingredients	Quantity
Egg	1
Egg whites	2
Solid-pack pumpkin	1 can
Sugar substitute	Equivalent to $\frac{3}{4}$ cup of sugar
Reduced-fat biscuit/baking mix	$\frac{1}{2}$ cup
Vanilla extract	1 $\frac{1}{8}$ tsp.
Ground cinnamon	1 tsp.
Ground ginger	$\frac{1}{2}$ tsp.
Ground cloves	$\frac{1}{4}$ tsp.
Evaporated milk, fat-free	1 12-oz. can
Whipped topping, reduced-fat	1 cup

Instructions

1. In a large bowl, combine the egg, egg whites, pumpkin, sugar substitute, biscuit mix, vanilla, and spices until smooth. Gradually stir in evaporated milk.
2. Pour into a 9-inch pie plate coated with cooking spray. Bake at 350° for 35-40 minutes or until knife inserted comes out clean.
3. Cool on a wire rack. Top with a serving of whipped topping before serving.

Nutrition Facts	
Serving Size: 1 slice	
Number of Servings: 8	
Component	Amount
Calories	195
Calories from Fat	23
Total Fat	2.6 g
Saturated Fat	1.4 g
Trans-Fat	0
Cholesterol	28 mg
Sodium	152 mg
Total Carbohydrate	36.5 g
Dietary Fiber	1.7 g
Sugars	19 g
Protein	6.8 g

VEGETABLE OIL PIE CRUST

Ingredients	Quantity
Flour, all-purpose, unbleached	1½ cup
Salt	¾ tsp.
Sugar	1½ tsp.
Baking powder	¼ tsp.
Vegetable oil	½ cup
Water or milk	3-4 Tbsp.

Instructions
1. Whisk together the flour, salt, sugar and baking powder in the pie pan.
2. Whisk together the oil and water and pour over the dry ingredients.
3. Stir with a fork until the dough is evenly moistened.
4. Pat the dough across the bottom of the pie pan and up the sides.
5. Press the dough up the sides of the pan with your fingers and flute the top.
6. Fill and bake.

Nutrition Facts	
Serving Size: ⅛ of 9-inch round pie	
Number of Servings: 8	
Component	Amount
Calories	144
Calories from Fat	67
Total Fat	9 g
Saturated Fat	0.6 g
Trans-Fat	0 g
Cholesterol	0.2 mg
Sodium	133 mg
Total Carbohydrate	13 g
Dietary Fiber	1 g
Sugars	12 g
Protein	2 g

Commented [AE1]: The box that says 'Nutrition Facts' should have an outline line on the top of the box. I couldn't figure out how to make that change.

LIGHT CINNAMON WHIPPED CREAM TOPPING

Ingredients	Quantity
Light whipping cream, liquid	8 oz.
Powdered sugar	½ cup
Whipped topping, fat-free	2 cups
Ground cinnamon	1¼ tsp.

Instructions

1. Add chilled liquid whipping cream to cold, small, mixing bowl. Beat on medium-high until thickened.
2. Add powdered sugar, fat-free whipped topping and cinnamon and fold together using a spoon or spatula.
3. Keep chilled in covered container until ready to serve.

Nutrition Facts	
Serving Size: 2 Tbsp.	
Number of Servings: 32	
Component	Amount
Calories	36
Calories from Fat	23
Total Fat	2.5 g
Saturated Fat	1.6 g
Trans-Fat	0
Cholesterol	9 mg
Sodium	3 mg
Total Carbohydrate	3 g
Dietary Fiber	0.1 g
Sugars	2.8 g
Protein	0.3 g

LOW-FAT GINGERBREAD COOKIES

Ingredients	Quantity
Unsalted butter, softened	2 Tbsp.
Brown sugar, firmly packed	$\frac{3}{4}$ cup
Applesauce, unsweetened	$\frac{1}{2}$ cup
Egg	1
Dark molasses	$\frac{1}{8}$ cup
Flour, all-purpose	3 cups, plus more for dusting
Baking soda	1 tsp.
Ground ginger	2 tsp.
Ground cinnamon	1 $\frac{1}{8}$ tsp.
Allspice	$\frac{1}{2}$ tsp.
Ground cloves	$\frac{1}{4}$ tsp.
For the Icing:	
Egg whites	1 $\frac{1}{2}$ Tbsp.
Lemon juice	$\frac{1}{4}$ tsp.
Powdered sugar	1 cup
Cream of tartar	$\frac{1}{8}$ tsp.

Instructions

For the cookies:

1. In a large mixing bowl, beat the butter, sugar and applesauce until smooth. Add the egg and molasses; mix well.
2. In another bowl, combine flour, baking soda and spices. Add to sugar and molasses mixture, stirring well.
3. Divide the dough into 2 flat balls; cover with plastic wrap and chill in the refrigerator for at least 2 hours.
4. Preheat oven to 350°. Dust the surface of your work area with flour before rolling out the dough. Work with one ball of dough at a time, and keep the rest refrigerated while you do so.
5. Roll the dough out to $\frac{1}{4}$ - or $\frac{1}{8}$ -inch thickness, sprinkle a little flour on top of dough if it's a little sticky. Cut the gingerbread with a cookie cutter.
6. Place cookies 1-2 inches apart on a baking sheet. Bake 10-12 minutes.

For the icing:

7. Mix the egg whites with lemon juice. Combine with powdered sugar, mixing well. If the icing is too thin, add more powdered sugar. If it is too thick, add a drop of lemon juice. Add to a piping bag to decorate cookies after they are cooled.

Nutrition Facts	
Serving Size: 1 cookie (with icing)	
Number of Servings: Approx. 48 (depending on size of cookie cutter)	
Component	Amount
Calories	64
Calories from Fat	5
Total Fat	0.7 g
Saturated Fat	0.4 g
Trans-Fat	0 g
Cholesterol	5.6 mg
Sodium	30.4 mg
Total Carbohydrate	13.6 g
Dietary Fiber	0.3 g
Sugars	7.4 g
Protein	0.1 g

SUGAR COOKIES

Ingredients	Quantity
Margarine, heart-healthy	1 cup
Sugar	1½ cups
Egg substitute	½ cup
Vanilla extract	1 tsp.
Lemon extract	1 tsp.
Flour, all-purpose	2 cups
Baking powder	1 tsp.
Salt	⅛ tsp.

Nutrition Facts	
Serving Size: 1 cookie	
Number of Servings: 48 servings	
Component	Amount
Calories	60
Calories from Fat	16
Total Fat	1.8 g
Saturated Fat	0.5 g
Trans-Fat	0 g
Cholesterol	0 mg
Sodium	46 mg
Total Carbohydrate	10.4 g
Dietary Fiber	0.1 g
Sugars	6.3 g
Protein	0.8 g

Instructions
1. In a large bowl, cream together butter and sugar until fluffy. Beat in egg substitute a little at a time, then stir in the vanilla and lemon extracts. Combine the flour, baking powder and salt; gradually blend into the creamed mixture to form a soft dough. Cover or wrap dough and refrigerate overnight.
2. Preheat oven to 400°. On a floured surface, roll the dough out ¼-inch thick. Cut into desired shapes using cookie cutters. Place cookies 2 inches apart on ungreased cookie sheets.
3. Bake for 10 minutes in oven, or until lightly browned. Cool on wire racks.

Commented [AE2]: Nutrition Facts box also missing top line of the box here too.

CRANBERRY SAUCE

Ingredients

Cranberries, fresh	1 12-oz. package
Sucralose sweetener	1 cup
Water	2-2½ cups

Quantity

Instructions

1. Mix sweetener and water in a small saucepan. Bring to a boil.
2. Add cranberries and boil gently for 10 minutes. Cool to serve.

Nutrition Facts	
Serving Size: ¼ recipe	
Number of Servings: 8	
Component	Amount
Calories	30
Calories from Fat	0.9
Total Fat	0.1 g
Saturated Fat	0 g
Trans-Fat	0 g
Cholesterol	0 g
Sodium	1 mg
Total Carbohydrate	7.9 g
Dietary Fiber	2 g
Sugars	4 g
Protein	0.2 g

HEALTHIER EGGNOG

Ingredients	Quantity
Egg substitute, fat free	½ cup
Skim milk	2 cups
Creamer, fat-free	½ cup
Sugar substitute	2 Tbsp.
Vanilla	1¼ tsp.
Nutmeg, cinnamon, or pumpkin spice	½ tsp. (to taste)
Rum, brandy or bourbon (optional)	2 Tbsp. (or to taste)

Instructions

1. Pour ingredients into a container, mixing until thickened.
2. Cover eggnog and allow to chill for at least 2 hours.
3. Serve in individual glasses topped with nutmeg, cinnamon, or pumpkin spice.

Nutrition Facts	
Serving Size: ½ of eggnog	
Number of Servings: 3	
Component	Amount
Calories	153
Calories from Fat	9 g
Total Fat	1 g
Saturated Fat	0.5 g
Trans-Fat	0 g
Cholesterol	5.3 mg
Sodium	206 mg
Total Carbohydrate	19 g
Dietary Fiber	0.2 g
Sugars	16.6 g
Protein	11 g

HEALTHY HOLIDAY RECIPES: NEW FEATURES

ASPARAGUS WITH LEMON SAUCE

Ingredients	Quantity
Asparagus, rinsed, trimmed	20 medium spears
Fresh lemon, rinsed	1 whole
Mayonnaise, reduced-fat	2 Tbsp.
Parsley, dried	1 Tbsp.
Black pepper, ground	$\frac{1}{8}$ tsp
Salt	$\frac{1}{16}$ tsp

Instructions

1. Place 1 inch of water in a 4-quart pot with a lid. Place a steamer basket inside the pot, and add asparagus. Cover and bring to a boil over high heat. Reduce heat to medium. Cook for 5–10 minutes, until asparagus is easily pierced with a sharp knife. Do not overcook.
2. While the asparagus cooks, grate the lemon zest into a small bowl. Cut the lemon in half and squeeze the juice into the bowl. Use the back of a spoon to press out extra juice and remove pits. Add mayonnaise, parsley, pepper, and salt. Stir well. Set aside.
3. When the asparagus is tender, remove the pot from the heat. Place asparagus spears in a serving bowl. Drizzle the lemon sauce evenly over the asparagus (about $1\frac{1}{2}$ teaspoons per portion) and serve.

Nutrition Facts	
Serving Size: 5 spears, 1 $\frac{1}{2}$ tsp sauce	
Number of Servings: 4	
Component	Amount
Calories	39
Calories from Fat	-
Total Fat	0 g
Saturated Fat	0 g
Trans-Fat	- g
Cholesterol	0 mg
Sodium	107 mg
Total Carbohydrate	7 g
Dietary Fiber	2 g
Sugars	- g
Protein	2 g

CANDIED YAMS

Ingredients	Quantity
Yams	1 ½ cups
Brown sugar, packed	¼ cup
Flour, sifted	1 tsp.
Salt	¼ tsp.
Cinnamon, ground	¼ tsp.
Nutmeg, ground	¼ tsp.
Orange peel	¼ tsp.
Margarine, unsalted	1 tsp.
Orange juice	½ cup

Instructions

1. Preheat oven to 350°F.
2. Cut yams in half and boil until tender, but firm (about 20 minutes). When cool enough to handle, peel and slice into ¼-inch thickness.
3. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
4. Place half of sliced yams in medium-sized casserole dish. Sprinkle with spiced sugar mixture.
5. Dot with half the amount of margarine.
6. Add second layer of yams, using the rest of the ingredients in the order above. Add orange juice.
7. Bake uncovered for 20 minutes.

Nutrition Facts	
Serving Size: ¼ cup	
Number of Servings: 6	
Component	Amount
Calories	81
Calories from Fat	-
Total Fat	1 g
Saturated Fat	0 g
Trans-Fat	- g
Cholesterol	0 mg
Sodium	118 mg
Total Carbohydrate	18 g
Dietary Fiber	1 g
Sugars	12 g
Protein	1 g

CLASSIC MACARONI AND CHEESE

Ingredients	Quantity
Macaroni	2 cups
Onion, chopped	½ cup
Evaporated milk, non-fat	½ cup
Large egg, beaten	1 whole
Black pepper	¼ tsp
Low-fat sharp cheddar cheese, finely shredded	1 ¼ cups
Cooking oil spray	

Instructions

1. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.
2. Spray a casserole dish with nonstick cooking oil spray.
3. Preheat oven to 350 degrees.
4. Lightly spray saucepan with nonstick cooking oil spray.
5. Add onions to saucepan and sauté for about 3 minutes.
6. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly.
7. Transfer mixture into casserole dish.
8. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Nutrition Facts	
Serving Size: ½ cup	
Number of Servings: 8	
Component	Amount
Calories	170
Calories from Fat	-
Total Fat	3 g
Saturated Fat	1 g
Trans-Fat	- g
Cholesterol	28 mg
Sodium	136 mg
Total Carbohydrate	25 g
Dietary Fiber	1 g
Sugars	3 g
Protein	11 g

HOMESTYLE BISCUITS

Ingredients	Quantity
All-purpose flour	2 cups
Baking powder	2 tsp.
Baking soda	¼ tsp.
Salt	¼ tsp.
Sugar	2 Tbsp.
Buttermilk, low-fat (1%)	¾ cup
Vegetable oil	3 Tbsp. + 1 tsp.

Instructions

1. Preheat oven to 450 °F.
2. In medium bowl, combine flour, baking powder, baking soda, salt, and sugar.
3. In small bowl, stir together buttermilk and oil. Pour over flour mixture and stir until well mixed.
4. On lightly floured surface, knead dough gently for 10-12 strokes. Roll or pat dough to ¾-inch thickness. Cut with a 2-inch round biscuit or cookie cutter, dipping cookie cutter in flour between cuts. Transfer biscuits to an ungreased baking sheet.
5. Bake for 12 minutes or until golden brown. Serve warm.

Nutrition Facts	
Serving Size: 1 biscuit	
Number of Servings: 15	
Component	Amount
Calories	99
Calories from Fat	-
Total Fat	3 g
Saturated Fat	0 g
Trans-Fat	- g
Cholesterol	0 mg
Sodium	72 mg
Total Carbohydrate	15 g
Dietary Fiber	1 g
Sugars	- g
Protein	2 g

ROASTED ROOT VEGETABLES

Ingredients	Quantity
Root vegetables, variety (potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.)	4 medium
Carrots, chopped	2 whole
Onion, chopped	1 medium
Vegetable oil	¼ cup
Parmesan cheese	3 Tbsp.

Instructions

1. Preheat oven to 350 °F.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

Nutrition Facts	
Serving Size: ¼ recipe	
Number of Servings: 4	
Component	Amount
Calories	323
Calories from Fat	-
Total Fat	15 g
Saturated Fat	2 g
Trans-Fat	- g
Cholesterol	3 mg
Sodium	87 mg
Total Carbohydrate	43 g
Dietary Fiber	6 g
Sugars	4 g
Protein	6 g

MEDITERRANEAN QUINOA SALAD

Ingredients	Quantity
Quinoa, dry	1 cup
Chicken broth, low-sodium	2 cups
Lemon juice	2 Tbsp.
Red wine vinegar	2 Tbsp.
Fresh garlic, minced	1 tsp.
Extra virgin olive oil	1½ Tbsp.
Salt	½ tsp.
Ground white pepper	1/8 tsp.
Fresh red bell peppers, seeded, diced	¼ cup
Fresh green onions, diced	2 Tbsp.
Fresh red onion, peeled, diced	2 Tbsp.
Fresh cherry tomato, halved	½ cup
Black olives, sliced	2 Tbsp.
Feta cheese, crumbled	2 Tbsp.
Fresh parsley, chopped	1 Tbsp.

Instructions

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
2. Combine quinoa and chicken broth in a small pot. Cover and bring to a boil. Turn heat down to low and simmer until broth is completely absorbed, about 10-15 minutes. When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff with a fork. A rice cooker may be used with the same quantity of quinoa and water. Cover and refrigerate.
3. In a small mixing bowl, combine lemon juice, vinegar, garlic, olive oil, salt, and ground pepper to make dressing.
4. Combine red peppers, green onions, red onions, tomatoes, and olives in a large mixing bowl. Mix well.
5. Add dressing to vegetable mixture. Mix in cooled quinoa. Fold in feta cheese and parsley.
6. Cover and refrigerate for about 2 hours. Serve chilled.

Nutrition Facts	
Serving Size: ¼ cup	
Number of Servings: 6	
Component	Amount
Calories	166
Calories from Fat	-
Total Fat	6 g
Saturated Fat	1 g
Trans-Fat	- g
Cholesterol	3 mg
Sodium	278 mg
Total Carbohydrate	23 g
Dietary Fiber	3 g
Sugars	- g
Protein	7 g

RAINBOW FRUIT SALAD

Ingredients	Quantity
For fruit salad:	
Mango, peeled, diced	1 large
Fresh blueberries	2 cups
Bananas, sliced	2 whole
Fresh strawberries, halved	2 cups
Seedless grapes	2 cups
Nectarines, unpeeled, sliced	2 whole
Kiwi fruit, peeled, sliced	1 whole
For honey-orange sauce:	
Unsweetened orange juice	⅓ cup
Lemon juice	2 Tbsp.
Honey	1½ Tbsp.
Ginger, ground	¼ tsp.
Nutmeg	Dash

Instructions

1. Prepare the fruit.
2. Combine all ingredients for sauce and mix.
3. Just before serving, pour honey–orange sauce over fruit.

Nutrition Facts	
Serving Size: 4-oz. cup	
Number of Servings: 12	
Component	Amount
Calories	96
Calories from Fat	-
Total Fat	1 g
Saturated Fat	<1 g
Trans-Fat	- g
Cholesterol	0 mg
Sodium	4 mg
Total Carbohydrate	24 g
Dietary Fiber	3 g
Sugars	- g
Protein	1 g

CRANBERRY CHUTNEY

Ingredients	Quantity
Fresh cranberries, whole	3 cups
Water	1 cup
Juice of orange	1 whole
Sugar	½ cup
Granny Smith apple, chopped	1 whole
Onion, chopped	1 small
Apple cider vinegar	¼ cup
Red pepper flakes	¼ tsp.
Garam masala	¼ tsp.
Walnuts, chopped	½ cup

Instructions

1. Combine all ingredients in a pot and bring to a boil.
2. Cover with a lid and reduce heat to low.
3. Simmer for about 30 minutes, stirring occasionally.
4. Remove from heat and let chutney cool slightly.
5. Place in the refrigerator to cool completely.

Nutrition Facts	
Serving Size: 2 Tbsp.	
Number of Servings: 12	
Component	Amount
Calories	90
Calories from Fat	-
Total Fat	3 g
Saturated Fat	0 g
Trans-Fat	- g
Cholesterol	0 mg
Sodium	2 mg
Total Carbohydrate	15 g
Dietary Fiber	2 g
Sugars	12 g
Protein	1 g

CINNAMON-GLAZED BABY CARROTS

Ingredients	Quantity
Baby carrots, rinsed, split lengthwise, if thick (or frozen presliced carrots)	4 cups
Soft tub margarine	2 Tbsp.
Brown sugar	2 Tbsp.
Cinnamon, ground	$\frac{1}{2}$ tsp.
Salt	$\frac{1}{8}$ tsp

Instructions

1. Place the carrots in a small saucepan. Add just enough water to barely cover the carrots. Cover. Bring to a boil. Reduce heat to medium. Cook for 7–8 minutes, just until the carrots are easily pierced with a sharp knife.
2. While the carrots are cooking, combine margarine, brown sugar, cinnamon, and salt in a small saucepan, and melt together over low heat (or put in a microwave-safe bowl and microwave for a few seconds on high power, until margarine is mostly melted). Stir well to combine ingredients.
3. Drain carrots, leaving them in the saucepan. Pour cinnamon mixture over carrots. Cook and stir over medium heat for 2–3 minutes, just until the carrots are thoroughly coated, and the glaze thickens slightly. Serve warm.

Nutrition Facts	
Serving Size: 1 cup	
Number of Servings: 4	
Component	Amount
Calories	67
Calories from Fat	3
Total Fat	0 g
Saturated Fat	0 g
Trans-Fat	- g
Cholesterol	0 mg
Sodium	149 mg
Total Carbohydrate	10 g
Dietary Fiber	2 g
Sugars	- g
Protein	1 g

CRAN-APPLE CRISP

Ingredients	Quantity
Apple, cored, thinly sliced	4 whole
Cranberry sauce	1- 14 ounce can
Margarine, soft, melted	2 Tbsp.
Oatmeal, uncooked	1 cup
Brown sugar	½ cup
Cinnamon	1 tsp.

Instructions

1. Preheat oven to 400 °F.
2. Wash apples, remove cores and slice thinly, keeping peel on.
3. In a bowl, combine the cranberries and apples. Pour into an 8x8 inch pan.
4. Combine melted margarine with oatmeal, brown sugar, and cinnamon until well blended. Sprinkle over apple/cranberry mixture.
5. Cover and bake for 15 minutes.
6. Uncover and bake 10 more minutes until the topping is crisp and brown.
7. Serve warm or cold.

Nutrition Facts	
Serving Size: ¼ cup	
Number of Servings: 8	
Component	Amount
Calories	204
Calories from Fat	-
Total Fat	2 g
Saturated Fat	0 g
Trans-Fat	- g
Cholesterol	0 mg
Sodium	30 mg
Total Carbohydrate	47 g
Dietary Fiber	3 g
Sugars	38 g
Protein	2 g

NOTE: FOR GLUTEN-FREE, USE OATMEAL THAT IS GLUTEN-FREE.

POCKET FRUIT PIES

Ingredients	Quantity
Flour tortillas, 8"	4 whole
Peaches, pears, or apples	2 medium
Cinnamon, ground	¼ tsp.
Brown sugar, packed	6 tsp.
Nutmeg, ground	1/8 tsp.
Milk, fat-free	2 Tbsp.
Sugar (optional)	

Instructions

1. Warm tortillas in microwave or oven to make them easier to handle.
2. Peel and chop fruit into pieces.
3. Place ¼ of the fruit on half of each tortilla.
4. In a small bowl, stir together brown sugar, cinnamon, and nutmeg. Sprinkle over fruit.
5. Roll up the tortillas, starting at the end with the fruit.
6. Place on a greased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
7. Heat at 350 °F in oven for 8-12 minutes or until lightly brown.
8. Serve warm or cool.

Nutrition Facts	
Serving Size: 1 prepared fruit pie	
Number of Servings: 4	
Component	Amount
Calories	218
Calories from Fat	-
Total Fat	4 g
Saturated Fat	1 g
Trans-Fat	- g
Cholesterol	0 mg
Sodium	330 mg
Total Carbohydrate	41 g
Dietary Fiber	3 g
Sugars	14 g
Protein	5 g

CAFÉ MOCHA

Ingredients	Quantity
Milk, non-fat, dry (or skim milk)	⅓ cup (1 cup)
Water	1 cup
Coffee, brewed	1 cup
Hot chocolate mix	4 Tbsp.
Whipped topping, non-fat (optional)	
Cinnamon (optional)	

Instructions

1. Heat reconstituted non-fat dried milk in saucepan until warm; do not boil.
2. Add coffee and hot chocolate mix. Stir well and heat to desired temperature.
3. Divide coffee mixture between two mugs. Top with non-fat whipped topping and cinnamon, if desired.

Nutrition Facts	
Serving Size: ½ of recipe	
Number of Servings: 2	
Component	Amount
Calories	155
Calories from Fat	-
Total Fat	1 g
Saturated Fat	1 g
Trans-Fat	- g
Cholesterol	2 mg
Sodium	212 mg
Total Carbohydrate	30 g
Dietary Fiber	1 g
Sugars	25 g
Protein	6 g

SPARKLING NEW YEAR'S CIDER

Ingredients	Quantity
100% apple juice	2 cups
Star anise	½ tsp.
Cloves, whole	2 whole
Cinnamon	¼ tsp.
Nutmeg	¼ tsp.
Sparkling water (unsweetened)	4 cups

Instructions

1. Combine the first five ingredients in a pot and cook over medium-high heat for about 5 minutes, stirring the liquid intermittently.
2. Place a strainer over a large glass, bowl, or pitcher. Carefully pour the liquid into the container. Discard the star anise and cloves.
3. Place the container in the refrigerator to cool for about 30 minutes.
4. Once the apple juice mixture is cool, combine it with the sparkling water and serve.

Nutrition Facts	
Serving Size: 1 cup	
Number of Servings: 6	
Component	Amount
Calories	39
Calories from Fat	-
Total Fat	0 g
Saturated Fat	0 g
Trans-Fat	- g
Cholesterol	0 mg
Sodium	3 mg
Total Carbohydrate	9 g
Dietary Fiber	0 g
Sugars	8 g
Protein	0 g

HEALTHY HOLIDAY RECIPES: LEFTOVERS

LEFTOVER TURKEY CASSEROLE

Ingredients	Quantity
Whole wheat bread	8 slices
Turkey, cubed	4 ounces
Onion, chopped	½ cup
Celery, chopped	½ cup
Black pepper	½ tsp.
Eggs, lightly beaten	2 whole
Milk, 1%	1 ½ cups
Cream of mushroom soup, low- sodium	1 10.75-oz. can
Margarine	2 tsp.
Cheddar cheese, low-fat, shredded	½ cup
Mayonnaise, light	½ cup

Instructions

1. Lightly coat a 9x9x2-inch baking dish with vegetable spray. Cut 6 slices of bread (fresh or day-old) into 1-inch cubes and place half into the bottom of a baking dish.
2. In a bowl, combine turkey, onion, celery, mayonnaise, and pepper. Spoon mixture over breadcrumbs.
3. Place remaining bread cubes over turkey mixture and press down slightly with spoon.
4. Combine eggs and milk and pour mixture over cubes. Cover and refrigerate overnight.
5. When ready to bake, preheat oven to 325°F
6. Spoon soup over top of casserole.
7. Spread one teaspoon margarine on side of 2 slices of bread. Cut buttered bread into ½-inch cubes and sprinkle on top of casserole.
8. Bake for 60 minutes or until knife inserted in middle comes out clean. Remove from oven and sprinkle cheese over top. Let stand 15 minutes before cutting and serving.

Nutrition Facts	
Serving Size: 1/6 of recipe	
Number of Servings: 6	
Component	Amount
Calories	277
Calories from Fat	-
Total Fat	11 g
Saturated Fat	3 g
Trans-Fat	- g
Cholesterol	79 mg
Sodium	747 mg
Total Carbohydrate	27 g
Dietary Fiber	3 g
Sugars	7 g
Protein	17 g

HOMEMADE TURKEY SOUP

Ingredients	Quantity
Turkey breast with bones	6 lbs. (with at least 2 cups of meat)
Onion	2 medium
Celery	3 stalks
Thyme, dried	1 tsp.
Rosemary, dried	½ tsp.
Sage, dried	½ tsp.
Basil, dried	1 tsp.
Marjoram, dried	½ tsp.
Tarragon, dried	½ tsp.
Salt	½ tsp.
Black pepper, ground	To taste
Italian pastina or pasta	½ lb.

Instructions

1. Place turkey breast in large 6-quart pot. Cover with water until at least threequarters full.
2. Peel onions, cut into large pieces, and add to pot. Wash celery stalks, slice, and add to pot.
3. Simmer covered for about 2 1/2 hours.
4. Remove carcass from pot. Divide soup into smaller, shallower containers for quick cooling in refrigerator.
5. After cooling, skim off fat.
6. While soup cools, remove remaining meat from turkey carcass. Cut into pieces.
7. Add turkey meat to skimmed soup, along with herbs and spices.
8. Bring to boil and add pastina. Continue cooking on low boil for about 20 minutes, until pastina is done. Serve at once or refrigerate for later reheating

Note: For gluten-free, substitute pasta for gluten-free pasta.

Nutrition Facts	
Serving Size: 1 cup	
Number of Servings: 16	
Component	Amount
Calories	201
Calories from Fat	-
Total Fat	2 g
Saturated Fat	1 g
Trans-Fat	- g
Cholesterol	101 mg
Sodium	141 mg
Total Carbohydrate	11 g
Dietary Fiber	1 g
Sugars	- g
Protein	33 g

POTATO CAKES (CAN USE LEFT OVER POTATOES)

Ingredients	Quantity
Potatoes, cold, mashed	2 cups
All-purpose flour, sifted	½ cup
Onion, finely chopped	2 Tbsp.
Vegetable oil	2 Tbsp.

Instructions

1. Put mashed potatoes into a bowl.
2. Add flour and onion. Mix well.
3. Pat potato mixture on a lightly floured board until 1/2 inch thick.
4. Cut with a 3-inch-round cutter.
5. Place on a baking sheet, cover and refrigerate until just before cooking.
6. Heat oil in a frying pan or griddle.
7. Fry cakes over medium heat, turning to brown on both sides. Serve immediately.

Nutrition Facts	
Serving Size: 1 3" pancake	
Number of Servings: 7	
Component	Amount
Calories	101
Calories from Fat	-
Total Fat	4 g
Saturated Fat	1 g
Trans-Fat	- g
Cholesterol	0 mg
Sodium	3 mg
Total Carbohydrate	15 g
Dietary Fiber	1 g
Sugars	0 g
Protein	2 g

CREATING A GLUTEN-FREE HOLIDAY

If you are one who is eating gluten-free it can be a challenge during special events and holidays. What can I eat? What can I serve others and myself and still enjoy holiday foods and festivities? Let's first look at some general understanding of gluten-free eating, and then there are some tips that can be used for special events and holidays.

Gluten-Free Eating

Gluten occurs naturally in certain grains, including:

- wheat and types of wheat, such as durum, emmer, semolina, and spelt
- barley, which may be found in malt, malt extract, malt vinegar, and brewer's yeast
- rye
- triticale, a cross between wheat and rye

Gluten is found in foods that contain ingredients made from these grains, including baked goods, baking mixes, breads, cereals, and pastas. Drinks such as beer, lagers, ale, flavored liquors, and malt beverages may also contain gluten.

Many food ingredients and additives—such as colorings, flavorings, starches, and thickeners—are made from grains that contain gluten. These ingredients are added to many processed foods, including foods that are boxed, canned, frozen, packaged, or prepared. Therefore, gluten may be found in a variety of foods, including candy, condiments, hot dogs and sausages, ice cream, salad dressing, and soups.

Gluten-Free Food

Many foods, such as meat, fish, fruits, vegetables, rice, and potatoes, without additives or some seasonings, are naturally gluten-free. Flour made from gluten-free foods, such as potatoes, rice, corn, soy, nuts, cassava, amaranth, quinoa, buckwheat, or beans are safe to eat.

You can also buy packaged gluten-free foods, such as gluten-free types of baked goods, bread, and pasta. These foods are available from many grocery stores, restaurants, and at specialty food companies. Packaged gluten-free foods tend to cost more than the same foods that have gluten, and restaurants may charge more for gluten-free types of foods.

Talk with your doctor or a registered dietitian about whether you should include oats in your diet and how much. Research suggests that most people with celiac disease can safely eat moderate amounts of oats. If you do eat oats, make sure they are gluten-free. Cross-contact between oats and grains that contain gluten is common and can make oats unsafe for people with celiac disease.

Tips for Gluten-Free Holiday and Special Events Eating

If you need more help with planning a gluten-free holiday or special event, ask your personal health coach for more tips and ideas.

Party snacks and foods options:

- Hummus served with a veggie tray and/or rice cakes
- Bowl of roasted pumpkin seeds
- Bowl of popped popcorn (be aware of the seasoning or coating used)
- Apple slices or chunks served with nut butter
- Cheese and fruit tray (look for gluten-free products as alternatives for bread or crackers)
- Mixture of nuts, dried fruit, rice and/or corn cereal (example, rice or corn Chex cereal)

Recipe:

Mini Muffin Egg Frittatas

Ingredients:

6 eggs; 4 egg whites; ½ cup chopped vegetables of choice – spinach, tomato, zucchini, peppers, onions, broccoli, mushrooms; ½ cup breakfast chicken sausage or turkey bacon; ½ cup cheese of choice – feta, cheddar, Swiss, American (optional)

Directions:

1. Preheat oven to 350 degrees. 2. Lightly coat muffin tin with nonstick spray. 3. Divide vegetables of choice evenly among the cups. 4. Cook sausage or bacon and add to cups evenly. 5. In a large bowl, whisk eggs, season with salt, pepper and paprika. 6. Carefully fill each tin three quarters full of the egg mixture. If using cheese, sprinkle cheese on top of each tin. 7. Bake 25 minutes until egg muffins are set. 8. Remove from pan and enjoy once cooled.

Store leftover egg muffins in the fridge for up to 4 days or freeze in an airtight container and reheat in the microwave.

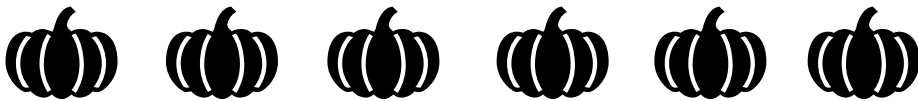
Source: Adapted from National Institute of Diabetes and Digestive and Kidney Diseases

COUNT YOUR BLESSINGS

It's strange but true that common things,
Like sunshine, rain and snow,
The happy little bird that sings,
The fragrant flowers that grow;
The meals with which we're blessed each day,
The sweet sleep of the night,
The friends who ever with us stay,
The shadows and the light,
The tender care of mother dear,
The kiss of loving wife,
The baby prattle that we hear—
The best things in our life—
Are not loved by us half so well
As things that seem more rare.

For instance, some old, broken bell,
Or stone picked up somewhere;
An ancient coin with unknown date,
An arrow head of stone,
Or piece of broken armor plate
Worn by someone unknown.
Exclusive ownership we crave,
No matter what the prize—
True from the cradle to the grave,
Of foolish and of wise.
Oh, selfish mortal, don't you know
'Twould better be, by far,
If you would train your love to grow
Among the things that are
Just common to your daily life?
You've blessings by the score,
Then why engage in constant strife
For *more*, and *more*, and *more*?

- William Henry Dawson



A RECIPE FOR A MERRY CHRISTMAS

Take a cup of thoughtfulness,
Take a cup of love,
Take the herbs that cheer and bless,
Drawn from stores above.

Take a pinch or two of pains,
And an ounce of wit,
And of secrecy two grains,
Just to flavor it.

Cook it at the fire of zest,
Seeking not your own;
You will have the merriest
Christmas ever known.

- Amos Russel Wells



HAPPY NEW YEAR

The holiday season is not complete without the ringing in of a new year!

A new year is a great time to examine what you liked and didn't like about the year being left behind.

A new year is a time to find inspiration to look ahead and think about change.

Here are some inspirations and tips to help you as you are ringing in this new year. May it be your best yet!

INSPIRATION FOR A NEW YEAR

- "On the way to success, the rule is always to look ahead. May you reach your destination. May your journey be outstanding." - *Anonymous*
- "And now we welcome the New Year. Full of things that have never been!" - *Rainer Maria Rilke*
- "If you stumble, make it part of the dance." – *Author Unknown*
- "Don't be the same. Be better." - *Anonymous*

TIPS FOR SUCCESSFUL RESOLUTIONS

Some of the most common New Year's resolutions are losing weight, getting more physical activity, eating more nutritious foods, quitting cigarettes, cutting back on alcohol, reducing stress, and sleeping better. No matter which healthy resolution you choose, research suggests that some common strategies can boost your chance of making the change a habit, a part of your daily lifestyle.

- **Set realistic goals:** Think baby steps versus giant leaps.
- **Create an action plan:** Get specific. Lay out steps to make the change and steps to get back on track.
- **Plan for obstacles:** Think ahead. What could derail or challenge the plan? Create a back-up plan.
- **List specific benefits:** How will this change make your life and your health better in small and big ways?
- **Create a supportive environment:** Remove temptations. Put in view inspirational quotes, pictures, etc.
- **Track your progress:** Use a journal, apps, logs. Jot down your thoughts as well as numbers, foods, etc.
- **Ask for help:** Social support is key. Ask family and friends for their help. Keep your health coach visits.
- **Celebrate:** Celebrate and reward your successes...the small and the big ones.

HAPPY NEW YEAR --- HAPPY NEW YOU!

