



# Healthy Holiday Eating Tips and Recipes

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Adapted from: Adrie Roberts, M.S., USU Extension Associate Professor, Cache County Eat Healthy Stay Healthy

If the thought of all that holiday feasting leaves you worried about eating too much fat-laden food, or simply overeating, here are some tips to help you enjoy the holidays without expanding your waistline. Remember, many of the traditional foods served during Thanksgiving and Christmas are perfectly healthy. It's what we do to them that loads 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. Avoid eating the skin (too many fat deposits). Dark meat is higher in fat and cholesterol than white meat. Turkey breast has very little fat, is full of protein, and is an important source of B vitamins.

**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 (save around 56 grams of fat per cup!). Use a gravy separator to separate out fat or use clear broth and skim milk with seasonings. Heat, season, and thicken with a paste of cornstarch and water. (2 T. cornstarch and ½ cup water thickens 1 pint of broth).

**Baked Yams or Sweet Potatoes:** Pre-treat cooking pan by brushing or spraying with a

light coat of oil. Bake or boil yams (or mash, if desired), then season with nutmeg and cinnamon or pumpkin pie spices, or use apple or orange juice to sweeten. Skip the butter or margarine and sprinkle with butter flavoring. Sweet potatoes are a rich source of beta-carotene, Vitamin C, Vitamin E, potassium and fiber. Omit butter and excess sugar (marshmallows). Use orange juice and a sprinkling of brown sugar for flavor instead.

**Regular Potatoes:** A good source of vitamins and minerals. Lose the butter and heavy cream in mashed potatoes, and use sodium, fat-free chicken broth or fat-free milk and low-fat sour cream instead. Flavor with garlic and ground pepper.

**Pumpkin:** Pumpkin and pumpkin seeds are high in vitamin A, protein, fiber, zinc, iron and monounsaturated and polyunsaturated fat. Health benefits of eating pumpkin include: healthy cardiovascular system (mono and polyunsaturated fats), healthy skin (vitamin A), healthy vision (vitamin A), decreased osteoporosis (zinc), decreased arthritis, decreased prostate enlargement and decreased colon cancer (fiber). Use egg whites or egg substitute and fat-free evaporated milk in the 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 to add 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. Baking sheets can be sprayed with non-stick spray or dust baking sheet with cornmeal instead.

**Vegetables:** Stir fry, sauté, or microwave vegetables with minimal oil. Top vegetables with a little lemon-butter mixture. (Mix 1 tsp. of canola-oil based margarine with ½ tsp. of lemon juice and a bit of grated lemon rind) instead of high-fat sauces. Have a variety of veggies on the table at all times. Try healthy hummus as a dip, or fat-free ranch.

**Appetizers:** Have plenty of fresh vegetables on hand. Use low-fat or fat-free sour cream and yogurt for dips. Nuts and dried fruits make great snacks, too.

**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. Some recipes may not turn out as well if you change ingredients. But others may not even seem different. 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. Also, in many recipes, simply reduce the amount of fat called for.

**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 fill up with 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

### Tip: CHOCOLATE PUMPKIN CAKE

In a chocolate cake mix recipe, replace water and half the oil with pumpkin.

### 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
$\frac{2}{3}$ cup water	1½ tsp. salt
4 eggs	1 cup miniature semi-sweet chocolate chips
3½ cups all-purpose flour	$\frac{1}{2}$ 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  $\frac{1}{2}$  to  $\frac{3}{4}$  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.

\*Featured within Tried and True Thanksgiving and Christmas cookbook. For more information, go to <http://allrecipes.com/holiday/>

### HOLIDAY ORANGE PUMPKIN LOAF

2 cups cooked pumpkin	2 teaspoons baking soda
1 cup orange juice	1 teaspoon nutmeg
1 cup butter, softened	1 teaspoon cinnamon
3 cups sugar	4 cups flour
4 eggs, beaten	1 cup chopped nuts, optional
1 teaspoon salt	1 cup raisins, optional

Beat together pumpkin, orange juice, butter, sugar and eggs. Stir in dry ingredients and blend well. Pour into 3 greased loaf pans and bake 1 hour at 350F.

### FRESH PUMPKIN SOUP

8 cups chopped fresh pumpkin	2 tablespoons lemon juice
4 cups low sodium chicken broth	2 teaspoons minced fresh ginger root
3 small tart apples, chopped	2 garlic cloves, minced
1 medium onion, chopped	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	Dash cayenne pepper
¼ cup chopped celery	2 cups chicken broth
2 T. butter	1 can (12 oz.) evaporated milk
2 T. flour	3 cups mashed cooked pumpkin or acorn squash
1 tsp. chicken bouillon granules	Optional: potatoes
¼ tsp. dill weed	
¼ tsp. curry powder	

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.

Healthy Living Information: Good source of calcium. Good source of fiber. Generally Nutritious.

**Diet Exchange:**

1/2 Starch, 1 Vegetable, 1 Meat (L), 1 Fat

Nutrition Bonus: This savory soup is rich in vitamin A, thanks to the carrots, and an excellent source of vitamin C from the broccoli.

**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.) 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 instant lemon pudding mix and low-fat whipped topping.

**HOLIDAY HAM & CHEESE BAKE**

- Cooking spray
- 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 large onion, quartered	1 tsp. rosemary
1 large carrot, quartered	3 Tbsp. olive oil
1 tsp. dried sage	Salt and pepper to taste
	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.

### ADRIE'S STUFFING

1 onion, chopped	2 cans chicken broth
1 lb. fresh mushroom, sliced	4 cups (approx.) multi-grained bread
3 cups celery	crumbs

Sauté onions and mushrooms in olive oil. Boil celery in chicken broth. Add dry bread crumbs to celery and chicken broth. Add mushrooms and onions. Bake until stuffing is heated throughout.

### 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, Shipshewana, IN

From the recipe book: *Wholesome Sugarfree Cooking* from [www.wholesomesugarfreecooking.com](http://www.wholesomesugarfreecooking.com) item: WSCC  
Cost: \$16.95

### FEATHER ROLLS

8 cups whole wheat flour	⅔ cup oil
1-2 cups white flour	⅓ cup honey or sugar
2-3 Tbsp. dry yeast	4 large eggs or 8 egg whites
1 cup nonfat dry milk powder	2 tsp. salt
3 cups warm water	

Mix 5 cups flour, dry yeast, and nonfat dry milk in large mixer bowl. Add water, oil, and honey or sugar. Mix well 1 to 2 minutes. Turn off mixer, cover and let dough "sponge" for 10 minutes. Add eggs and salt. Turn on mixer. Add remaining flour, 1 cup at a time, until dough begins to clean the sides of the bowl. Knead for 5 to 6 minutes. Dough should be very soft and manageable. Stiff dough produces heavy, dry rolls. If dough stiffens while mixing, drizzle a little warm water over dough as it kneads. Dough may be used immediately or covered and stored in the refrigerator for several days. Lightly oil hands and counter top if needed. Shape

immediately into rolls. Let rise until very light. Don't over bake. Bake at 350 degrees for 18 to 20 minutes. Yield: 5 dozen large rolls.

### LOW-FAT SUGAR COOKIES

1 cup sugar	2 ½ cups flour
1/3 cup olive or vegetable oil	½ tsp. salt
1 T. vanilla	½ tsp. baking soda
2 egg whites or egg substitute equivalent to 1 egg	¼ cup skim milk

Whisk together first four ingredients. Stir in remaining ingredients until thoroughly mixed. Chill dough at least 1 hour. Roll out on floured surface to 1/8<sup>th</sup> inch thick. Cut with cookie cutters. Place on non-fat cooking sprayed cooking sheet and bake at 375 degrees 10-12 minutes or until lightly browned. Frost with powdered sugar with milk stirred in until desired consistency and colored sugars or other decorations of choice.

Number of cookies depends on the size of cookie cutters used, as does the amounts in the nutrition analysis.

### APPLE CRISP

Don't let a sweet tooth put a cramp in your healthy lifestyle. Some desserts are satisfying without excess sugar and fat. With this baked apple crisp, you can enjoy the potential cancer-fighting power of apples without sacrificing flavor. According to evidence from AICR's second expert report, a diet that features foods containing dietary fiber – like the apples and rolled oats used here – probably decrease your risk of developing colorectal cancer.

Canola oil cooking spray	1/4 cup old-fashioned rolled oats
4 Granny Smith apples, cored and cut into thin slices or bite-size pieces	1/4 cup brown sugar
1/2 cup raisins	3/4 tsp. ground cinnamon
3 Tbsp. apple juice	3/4 tsp. ground nutmeg
1/4 cup whole-wheat flour	1 Tbsp. cold butter, cut into small pieces

Preheat oven to 375 degrees. Coat 8 inch square baking dish with cooking spray. Combine apples, raisins and apple juice in bowl; toss well. Transfer apple mixture to baking dish. In another bowl, combine flour, rolled oats, brown sugar, cinnamon and nutmeg. With pastry blender or knife and fork, cut in butter until mixture resembles coarse meal. Sprinkle the mixture evenly over surface of apples. Lightly coat top with cooking spray. Cover and bake 30 minutes. Uncover and bake for 20 minutes more or until apples are tender. Remove from oven and let stand on wire rack at least 20 minutes. Cut into squares and serve warm or at room temperature.

**Makes 6 servings.** Per serving: 170 calories, 2.5 g fat (1 g saturated fat), 39 g carbohydrate, 2 g protein, 4 g dietary fiber, 10 mg sodium



Courtesy of: The American Institute for Cancer Research's Weekly Health-e-Recipe e-mail. Sign up for free weekly healthy recipes from: [www.aicr.org](http://www.aicr.org)

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

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.

### **GREATEST PUMPKIN PIE (with splenda)**

*Yields: 1 9-inch Pie*

½ package refrigerated piecrust	½ tsp. salt
15-oz can pumpkin	⅛ tsp. ground cloves
¾ cup SLENDA granular	¾ cup half-and-half
⅓ cup brown sugar	3 large eggs, lightly beaten
2 tsp. ground cinnamon	1 tsp. vanilla extract
2 tsp. ground ginger	

1. Preheat oven to 350 degrees.
2. Unfold piecrust; press out fold line, fit the piecrust into a 9-inch pie plate according to the package directions; fold edges under and crimp.
3. Stir together pumpkin, SLENDA, brown sugar, cinnamon, ginger, salt, cloves, and half-and-half. Add the eggs and vanilla, stirring until blended. Pour filling into piecrust. Bake for 50-60 minutes or until set in the center. Cool completely on a wire rack.

**WASSAIL (hot cider)**

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

Combine all in large saucepan or crockpot. Dissolve orange juice and simmer low until ready to serve.

**CRANBERRY PUNCH**

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

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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