

HEALTHY HOLIDAY RECIPES

Breakfast or Brunch Ideas

Flaxseed muffins.

Waffle Bar with fruit toppings and powdered sugar.

Fruit and low-fat granola parfait.

Breakfast Burritos (tortilla, egg-plus-egg-whites-scramble, fresh peppers and onions and Mozzarella cheese).

Crunchy Munchies

A lower-fat version of the popular holiday favorite “Chex Mix”. The apple juice caramelizes the ingredients nicely. Think outside the box and add as many healthy favorites as you’d like. Besides or instead of the following basics, try adding roasted soy nuts, pumpkin seeds, sunflower seeds, almonds, chopped walnuts, or mini Shredded Wheat to power pack this holiday treat with antioxidants, omega three fatty acids, and fiber.

2 cups Cheerios

2 cups Wheat Chex

2 cups Rice Chex

4 cups Corn Chex

4 cups pretzels

1 cup peanuts

½ to ¾ cup apple juice

4 Tbs Worcestershire Sauce

1 tsp garlic powder

1 tsp onion powder

1 tsp celery salt

Combine all dry cereals, nuts and pretzels. In a separate bowl combine apple juice and Worcestershire Sauce and seasonings (adjust to suit your tastebuds). Toss with the cereal mixture. Place on lightly oiled baking sheets. Bake at 275 for one hour. Stir every ten minutes. Cool.

Tom Turkey

When baking your turkey, do so in a roasting pan that allows the fat and drippings to gather at the bottom without the turkey resting in them. Basting with butter or oil is absolutely not necessary; you can use wine or apple juice or broth instead if you would like. Do NOT purchase a self basting bird as they are higher in fat and calories because of the addition of butter or coconut or corn oil.

Cornbread Dressing

¼ cup fat free chicken broth
1 ½ cup chopped celery
1 cup chopped onion (about 1 medium)
1 tsp sage
¼ cup chopped parsley
1 tsp poultry seasoning
3 cups cornbread crumbs
4 slices dry whole grain bread, cubed
1 ½ cup fat free chicken broth
1 Tbs margarine

Sauté celery and onion in ¼ cup chicken broth. Add all seasonings. In a 2 quart casserole dish, toss the sauté mixture with the bread crumbs and cubes, and add the rest of the chicken broth to achieve the correct consistency. Dot with margarine. Bake at 350, covered, for 30 minutes. Remove cover to allow to crisp if desired. Makes 7 servings.

Creamy Mashed Potatoes

Instead of using cream and butter to moisten and flavor your mashed potatoes, use evaporated skim milk. It adds a thick texture and a rich taste without any fat. If you really want to spice things up, roast heads of garlic in foil for 45 minutes at 325 until soft, and then squeeze the meat of the garlic into your potatoes.

Holiday Gravy

Pour the drippings from your turkey into a large glass measuring cup. After the fat rises to the top, skim it off and discard it, reserving the broth. Mix one tablespoon of corn starch with one tablespoon of broth (making a slurry), then stir this mixture into the rest of the broth and simmer in a small pan until thickened. Add more cornstarch in slurry form if needed for thickening.

Sweet Potato Bites

Peel sweet potatoes. Slice into rounds approximately 1/3 inch thick, and then slice the rounds in half to make smaller pieces. Toss these pieces with olive oil to coat, and sprinkle with your favorite seasonings (for sweet flavors, use pumpkin pie spice or brown sugar; for savory flavors try Cajun seasoning or salt and pepper). Bake at 350 until cooked through, approximately 45 minutes. Broil for a few minutes just before serving to caramelize the natural sugars of the potato.

Spiced Pumpkin Pie

Reduced Fat Pie Pastry (see below)

1 can (16 oz) pumpkin
1 can (12 oz) evaporated skim milk
3 eggs
18 packets or $\frac{3}{4}$ cup Splenda sweetener
 $\frac{1}{4}$ tsp salt
1 tsp ground cinnamon
 $\frac{1}{2}$ tsp ground ginger
 $\frac{1}{4}$ tsp ground nutmeg
 $\frac{1}{8}$ tsp ground cloves

Roll pastry n flour surface into a circle 1 inch larger than inverted pie pan. Ease pastry into pan; trim and flute edge. Beat pumpkin, evaporated milk and eggs in medium bowl; beat in remaining ingredients. Pour into shell. Bake in preheated 425 oven 15 minutes; reduce heat to 350 and bake until knife inserted near center comes out clean, about 40 minutes. Cool on wire rack. Makes 8 servings.

Reduced Fat Pie Pastry

Makes pastry for 9-inch pie

1 $\frac{1}{4}$ cups all-purpose flour
3 packets or 2 tbsp Splenda sweetener
 $\frac{1}{4}$ tsp salt
4 Tbs cold margarine or butter, cut into pieces
5 – 5 $\frac{1}{2}$ Tbs ice water

Combine flour, Splenda, and salt in medium bowl; cut in margarine with pastry blender until mixture resembles coarse crumbs. Mix in water, 1 tablespoon at a time, mixing lightly with a fork after each addition. Refrigerate until ready to use.

(Adapted from Diabetes Dialog, Nov 2001)

Hot Spiced Cider

Heat in crock pot or enamel pan:

8 cups apple cider
 $\frac{1}{2}$ cup orange, lemon, or lime slices (or any combination) with peel
2 cinnamon sticks (approx 2 inches long each)
 $\frac{1}{4}$ tsp nutmeg
4-6 whole cloves

Strain, and serve with fruit slices in mugs. Serves 8.