

Healthy Holiday Recipe Ideas 2012



1. *Appetizers:*

a. *Sweet Potato Crisps/Jalapeno-Cilantro Yogurt Spread*

2. *Salads:*

a. *Pomegranate and Walnut Salad with Balsamic Vinaigrette*

3. *Side Dishes:*

a. *Lighter Hash Brown and Green Bean Casserole*

b. *Maple Glazed Carrots*

c. *Healthy Holiday Stuffing*

d. *Apple-pecan Holiday Stuffing*

e. *Classic Turkey/Bread Stuffing*

4. *Entrees:*

a. *Turkey and Cranberry Wrap*

b. *Classic Roast Turkey*

5. *Desserts:*

a. *Pumpkin Angel Food Cake*

b. *Cherry Angel Food Cake*

c. *Oatmeal Cranberry Cookies*

6. *Recipe Modifications: (tables followed by 2 recipes not modified)*

a. *Classic Turkey/Bread Stuffing*

b. Classic Roast Turkey

7. Additional Holiday Recipe Websites

8. Nutrition Facts & Health Benefits for the following foods:

a. Cranberries

b. Pomegranates

c. Sweet Potatoes

d. Turkey

Appetizers

Sweet Potato Crisps

Difficulty: Easy

Total Time: 30 minutes

Number of servings: 2 to 3

Ingredients:

1 medium sweet potato (8 oz.), scrubbed

2 tsp. olive oil

½ tsp. smoked paprika

¼ tsp. kosher salt

Jalapeno-cilantro yogurt spread for dipping (optional)

Directions:

Preheat oven to 375 degrees and arrange a rack in the middle.

Slice the sweet potato into very thin rounds (1/16 in. thick; use a mandolin if you have one) and place in a large bowl. Add the oil, paprika, and salt, and then toss with your hands until thoroughly coated.

Place the slices in a single layer on 2 baking sheets - the rounds can be touching but should not overlap.

Bake one sheet at a time until the edges of the chips curl up, the centers are just golden brown, and the tops are dry to the touch, about 12 minutes. Place the baking sheet on a wire rack

and let the chips cool until crisp to a serving dish. Repeat with the second sheet. Serve immediately with Jalapeno-Cilantro Yogurt Spread, if using.

Nutritional Facts:

Calories = 340

Calories from Fat = 243

Fat = 27 g

Sodium = 155 mg

Total Carbs = 26 g

Dietary Fiber = 3 g

Sugars = 5 g

Protein = 2 g

Jalapeno-Cilantro Yogurt Spread

Difficulty: Easy

Makes: 1/3 cup

Ingredients:

¼ cup plain Greek yogurt

1 Tbsp. minced jalapeno pepper (could substitute Serrano pepper)

1 Tbsp. minced fresh cilantro

1 tsp. freshly squeezed lime juice

Generous pinch kosher salt

Directions:

Combine all ingredients in a small, nonreactive bowl and stir until smooth.

Nutritional Facts:

Calories = 40

Fat = 0 g

Total Carbs = 3 g

Sugars = 2.8 g

Calories from Fat = 0

Sodium = 155 mg

Dietary Fiber = 0 g

Protein = 6 g

Salads

Pomegranate and Walnut Salad with Balsamic Vinaigrette

Serves: 8 x4 =32

Vinaigrette:

1 small shallot minced x4 =4 [100 grams]

Balsamic Vinegar x4 =8 Tbsp.

Fresh Lemon Juice x4 =8 Tbsp.

Extra-virgin olive oil x4 =2 cups

Salt & Freshly ground pepper

You can substitute orange or tangerine juice for the lemon juice in the dressing. As for the lemon juice, if your balsamic vinegar isn't especially sweet, you might want to add a spoonful of honey to the vinaigrette to temper the sourness. Also shallots can be substituted with diced onions (+) with chopped garlic. 1 shallot is 25 grams.

Preparation:

Place the vinaigrette, place the minced shallot, vinegar, and lemon juice in a small bowl. Slowly whisk in the olive oil, then season to taste with salt and pepper.

Place salad greens in a large bowl and toss with the vinaigrette. Add half the pomegranate seeds and walnuts, and then toss again. Sprinkle the remaining seeds and walnuts over the salad.

Salad:

10-12 cups mixed salad greens, washed and dried.

x4 =40-48 cups

1 pomegranate, seeds extracted

x4 =4

$\frac{3}{4}$ cup walnuts toasted and coarsely chopped

x4 =3

Preparing a pomegranate:

A heavy pomegranate indicates that is full of juice so pick the heaviest. Make sure the fruit has a smooth, leathery finish with no tears. Cut off the top with a sharp knife cut down on the fruit to reveal some of the white inside.

Score the skin from top to bottom making four sections and being careful to not cut into the seeds. Place the fruit in a large bowl of cold water and pull the four sections apart separating the white pithy part and skin. Strain the seeds from the water. Store seeds in a plastic bags and frozen.

Nutritional Facts:

Calories = 170

Calories from Fat = 126

Fat = 14 g

Sodium = 193 mg

Total Carbs = 10 g

Dietary Fiber = 2 g

Sugars = 6.8 g

Protein = 2 g

Side Dishes

Lighter Hash Brown and Green Bean Casserole

Baking Time: 45 minutes

Broiling Time: 5-10 minutes

Number of servings: 12

Ingredients:

1 (20 oz.) bag shredded hash browns, thawed

1 onion, chopped

1 (10 oz.) can 98% fat-free cream of mushroom soup

1-2 French style green beans, drained well

½ cup fat-free sour cream

4 Tbsp. melted margarine (Smart Balance sticks)

½ cup reduced-fat sharp cheddar cheese, divided or

1 (10 oz.) can 98% fat-free cheddar cheese soup

¼ tsp. salt

1/8 tsp. pepper (optional)

Directions:

Preheat oven to 350 degrees

Mix soup(s), sour cream, butter, ¼ cup cheese and salt/pepper together.

Add hash browns, green beans and mix thoroughly.

Spread in a greased 9in X 13in pan. Cook for 45 minutes and then add rest of cheeses and broil for 5-10 minutes or until browned.

Nutritional Facts:

Serving size = 1

Sodium = 284.8 mg

Calories = 171.8

Total Carbs = 17.7 g

Calories from Fat = 90

Dietary Fiber = 1.6 g

Total Fat = 10 g

Sugars = 1.1 g

Cholesterol = 0.9 mg

Protein = 2.7 g

Maple Glazed Carrots

Ingredients:

3 pounds carrots, sliced ¼ inch thick on the diagonal

¼ cup maple syrup

2 Tbsp. unsalted butter

Kosher salt & black pepper

Directions:

In a large skillet, combine the carrots, syrup, butter, 1/3 cup water, ½ tsp. salt, and ¼ tsp. pepper. Cook until carrots are tender.

Nutritional Facts:

Calories = 113

Fat = 3 g

Saturated Fat = 2 g

Cholesterol = 8 mg

Sodium = 226 mg

Total Carbs = 21 g

Dietary Fiber = 4 g

Sugars = 13 g

Protein = 1 g

Healthy Holiday Stuffing:

Total Time: 45 minutes

Number of servings: 10

Ingredients:

1 loaf whole wheat bread, cut into cubes

1 yellow onion, chopped

1 cup celery, chopped

2 Tbsp. olive oil

2 apples, chopped

½ cup cranberries

½ cup walnuts, chopped

½ cup fresh parsley, chopped

1 tsp. dried ground sage

1 tsp. dried Italian seasoning

1 ½ cups low-sodium chicken stock

Directions:

- 1. Spread bread cubes on a cookie sheet and toast in a 350 degree oven for 10 minutes.*
- 2. Meanwhile, sauté onion and celery with olive oil in a skillet for 5 minutes.*

3. When the bread and vegetables are done, mix all ingredients in a 9 X 13" baking pan. Cover with aluminum foil and bake in the 350 degree oven for 20 minutes. Remove foil and bake for another 10 minutes or until the top is golden brown.

Nutritional Facts:

Calories = 261.4

Calories from Fat = 76.5

Total Fat = 8.5 g

Sodium = 261.3 mg

Total Carbs = 34.7 g

Dietary Fiber = 6.1 g

Sugars = 9.3 g

Protein = 5.8 g

Apple-pecan Holiday Stuffing

Total Time: 1 hour

Number of servings: 9

Ingredients:

1 small onion, finely chopped

1 cup finely chopped celery

1 Gala or golden delicious apple, chopped

1 can (14.5 oz.) fat free reduced sodium chicken broth

¾ cup apple cider

1 package (12 oz.) seasoned or unseasoned cube stuffing mix

1 Tbsp. finely chopped fresh parsley (optional)

¼ cup Country Crock Spread

¼ cup finely chopped pecans

Preparation:

- 1. Melt Country Crock Spread in 12-inch skillet over medium-high heat and cook onion and celery, stirring occasionally, until tender, about 5 minutes. Stir apple and cook, stirring occasionally, until apple is tender, about 4 minutes.*

2. Stir in broth and apple cider. Bring to a boil over high heat. Remove from heat and stir in stuffing mix until moistened. Garnish with pecans and parsley.

Nutritional Facts:

Calories = 220

Saturated Fat = 1 g

Cholesterol = 0 mg

Total Carbs = 34 g

Sugars = 7 g

Total Fat = 7 g

Trans Fat = 0 g

Sodium = 540 mg

Dietary Fiber = 3 g

Protein = 6 g

Entrees

Turkey and Cranberry Wrap:

Prep Time: 5 minutes

Total Time: 5 minutes

Number of servings: 1

Ingredients:

1 Tbsp. dried cranberries

2 Tbsp. fat-free cream cheese, at room temperature

1 8-inch whole grain tortilla

2 oz. deli-style roasted turkey breast

½ cup shredded romaine lettuce

Preparation:

- 1. Place the cranberries in a small microwave-safe bowl. Cover them with a small amount of water, and microwave on high for 15 seconds, just to soften the skins. Drain the water off. Mix the cranberries with the cream cheese.*
- 2. Spread the cranberry and cream cheese mixture down the center of the tortilla. Next layer the turkey and the lettuce on the tortilla.*

3. Beginning with one end of the tortilla, wrap into a tube, folding the ends in towards the middle to keep the turkey and lettuce in place. Slice in half if you wish.

Nutritional Facts:

Calories = 286

Calories from Fat = 107

Total Fat = 13.4 g

Sodium = 1609 mg

Total Carbs = 18 g

Dietary Fiber = 9 g

Sugars = 10 g

Protein = 24 g

Desserts

Pumpkin Angel Food Cake Recipe (Healthy & Diabetic Friendly)

Prep Time: 15 minutes

Baking Time: 40 minutes + Cooling

Servings: 14

Ingredients:

1 cup canned pumpkin

1 tsp. vanilla extract

½ tsp. ground cinnamon

½ tsp. ground nutmeg

¼ tsp. ground cloves

1/8 tsp. ground ginger

1 package (16 ounces) angel food cake mix

14 Tbsp. reduced fat whipped topping

Direction:

In large bowl, combine the pumpkin, vanilla, cinnamon, nutmeg, cloves & ginger. Prepare cake mix according to package directions. Fold a fourth of the batter into pumpkin mixture; gently fold in the remaining batter. Gently spoon

into an ungreased 10-in. tube pan. Cut through batter with a knife to remove air pockets.

Bake on the lowest oven rack at 350 degrees for 38-44 minutes or until top is golden brown and cake springs back when lightly touched and entire top appears dry. Immediately invert pan; cool completely, about 1 hour.

Run a knife around side and center tube of pan. Remove cake to a serving plate. Garnish each slice with 1 Tbsp. whipped topping; sprinkle with cinnamon if desired.

Nutritional Facts:

Serving size = 1 slice

Calories = 151

Cholesterol = 0 g

Fat = 1 g Fat

Sodium = 264 mg

Saturated Fat = 1 g

Total carbs = 33 g

Dietary Fiber = 1 g

Protein = 3 g

Diabetic Exchanges: 2 starch

Cherry Angel Food Cake

Prep Time: 5 minutes

Baking Time: 20 minutes

Number of servings: 15

Ingredients:

1 box of Betty Crocker Angel Food Cake Mix

1 20 oz. can of Comstock NO SUGAR added Cherry Pie Filling

Optional: Cool Whip Lite/Free

Directions:

Preheat oven to 350 degrees

Mix Angel Food Cake mix and 20 oz. can of Comstock Cherries into one large mixing bowl. (DO NOT Add Water!!).

Pour contents into 1 13in X 9in cake pan.

Bake for 20 minutes, and then let cool for 10 minutes.

Add dollop of Cool Whip Lite or Free for some extra flavor.

Nutritional Facts:

Calories = 56.9

Total Fat = 0 g

Cholesterol = 0 mg

Sodium = 25.3 mg

Total Carbs = 13.7 g

Dietary Fiber = 0.3 g

Protein = 0.4 g

Oatmeal Cranberry Cookies

Baking Time: 10-12 minutes

Number of servings: 60

Ingredients:

1 cup unsalted butter

¾ cup granulated sugar

¾ cup brown sugar

2 eggs

1 tsp. vanilla extract, imitation, no alcohol

1 ½ cups flour

1 tsp. baking soda

1 tsp. cinnamon

½ tsp. nutmeg

3 cups rolled oats

1 cup dried cranberries (or other dried fruit)

Directions:

Preheat oven to 350 degrees. Cream butter and sugars until fluffy. Add eggs and vanilla. Combine dry ingredients. Add butter mixture and stir until well blended. Add dried cranberries. Drop by teaspoonful onto parchment covered

baking sheet. Bake about 10 to 12 minutes, or until lightly golden. Cool.

Nutritional Facts:

Calories = 74

Saturated Fat = 1.6 g

Cholesterol = 14 mg

Total Carbs = 9.6 g

Sugars = 4.4 g

Total Fat = 3.5 g

Trans Fat = 0 g

Sodium = 65 mg

Dietary Fiber = 0.5 g

Protein = 1.2 g

Recipe Modifications (all recipes following these modifications have not been modified)

<i>White Bread</i>	<i>Whole Grain Bread</i>
<i>Butter, margarine, shortening or oil in baked goods</i>	<i>Applesauce or prune puree for half of butter</i>
<i>Butter, margarine, or oil to prevent sticking</i>	<i>Cooking spray or nonstick pans</i>
<i>Eggs</i>	<i>Egg whites</i>
<i>All-purpose flour</i>	<i>Whole wheat flour</i>
<i>Ground beef</i>	<i>Extra lean or lean ground beef, chicken, or turkey</i>
<i>Meat as a main ingredient</i>	<i>3x as many vegetables</i>
<i>Evaporated milk</i>	<i>Evaporated skim milk</i>
<i>Whole milk</i>	<i>Reduced fat or fat free milk</i>
<i>Oil based marinades</i>	<i>Wine, balsamic vinegar, fruit juice, or fat free broth</i>
<i>White enriched pasta</i>	<i>Whole wheat pasta</i>
<i>White rice</i>	<i>Brown rice, wild rice, bulgur or pearl barley</i>
<i>Salad dressing</i>	<i>Fat free or reduced-calorie dressing or flavored vinegars</i>
<i>Seasoning salts</i>	<i>Herb only seasonings</i>
<i>Creamed soups</i>	<i>Fat free milk based soups, mashed potato flakes, or pureed carrots, potatoes or tofu to thicken</i>
<i>Sugar</i>	<i>Reduce amount of sugar by one half, intensify sweetness by adding vanilla, nutmeg, or cinnamon</i>
<i>Syrup</i>	<i>Pureed fruit such as:</i>

	<i>applesauce, or low-calorie sugar free syrup</i>
<i>Table salt</i>	<i>Herbs, spices, citrus juices, rice vinegar, salt free seasoning mixes or herb seasonings</i>
<i>Cream</i>	<i>Fat free half and half, evaporated skim milk</i>
<i>Fruit canned in heavy syrup</i>	<i>Fruit canned in its own juices or in water or fresh fruit</i>

Classic Turkey/Bread Stuffing:

(total time goes with the classic roast turkey which is found under Entrees)

Ingredients:

¼ cup butter or margarine

1 medium onion, chopped (1/2 cup)

2 medium stalks celery, chopped

8 cups dry bread cubes (about 11 slices bread)

2 Tbsp. finely chopped fresh parsley, if desired

2 Tbsp. poultry seasoning or dried sage leaves

1 tsp. salt

¼ tsp. pepper

About ½ cup Progresso chicken broth (from 32 oz. carton) or water

Directions:

Follow Steps 2 & 4 from Classic Roast Turkey directions.

Nutritional Facts:

(Found under Classic Roast Turkey nutritional facts)

Classic Roast Turkey:

(total time goes with the classic bread stuffing which is found under Side Dishes)

Prep Time: 25 minutes

Total Time: 4 hrs. 45 minutes

Number of servings: 18

Ingredients:

1 whole turkey (14 to 18 lb.), thawed if frozen

½ tsp. salt

3 Tbsp. butter or margarine, melted

Directions:

Step 1: Move oven rack to lowest position. Heat oven to 325°F. In 10-inch skillet, melt 1/4 cup butter over medium-high heat. Add onion and celery; cook, stirring occasionally, until tender.

Step 2: In large bowl, mix bread cubes, parsley, poultry seasoning, 1 teaspoon salt and pepper. Add broth and butter-onion mixture, stirring until desired moistness (stuffing will become a little more moist during roasting because it absorbs juices from turkey). Set aside. (Stuff turkey just before roasting).

Step 3: Remove and discard neck and giblets from turkey. Rinse turkey inside and out with cold water; pat dry with paper towels. Sprinkle cavity of turkey with 1/2 teaspoon salt.

Step 4: Spoon stuffing loosely into neck cavity; turn wings back to hold neck skin in place, or fasten neck skin to back with skewers. Spoon stuffing into body cavity; refasten drumsticks with metal piece or tuck under skin at tail. (Drumsticks can also be tied together with cotton string.)

Step 5: After stuffing turkey, place any remaining stuffing in 1- or 2-quart casserole dish sprayed with cooking spray; cover and refrigerate. Bake stuffing in casserole dish with turkey at 325°F for last 35 to 40 minutes of roasting time or until thoroughly heated (165°F).

Step 6: Place turkey, breast side up, in roasting pan. Insert ovenproof meat thermometer so tip is in thickest part of inside thigh and does not touch bone. Brush 3 tablespoons melted butter over turkey. Do not add water or cover turkey.

Step 7: Roast uncovered 4 hours or until thermometer reads 165°F and drumsticks move easily when lifted or twisted. Thermometer inserted in center of stuffing should read 165°F. If necessary, cover turkey breast with tent of heavy-duty foil during last 1 hour 30 minutes to 2 hours of baking to prevent excessive browning

Step 8: Let turkey stand 15 to 20 minutes for easier carving. Remove skewers. Remove stuffing; place in serving bowl.

Nutritional Facts: (Classic Roast Turkey/Classic Turkey/Bread Stuffing)

Servings: 1

Calories = 440

Total Fat = 23 g

Saturated Fat = 9 g

Tran Fat = 0.5 g

Cholesterol = 145 mg

Sodium = 570 mg

Total Carbs = 11 g

Dietary Fiber = 1 g

Sugars = 1 g

Protein = 46 g

Additional Holiday Recipe Websites:

<http://www.thedenverchannel.com/lifestyle/healthy-holiday-substitutions>

<http://therounds.stanfy.org/2010/12/recipe-modification-tips-for-a-healthier-holiday/>

http://www.eatingwell.com/recipes_menus/collections/holiday_collection_1

http://www.eatingwell.com/recipes_menus/recipe_slideshows/christmas_appetizer_recipes?slide=11#leaderboardad

http://www.dining.ucla.edu/housing_site/dining/SNAC_pdf/GiftOfGoodHealth.pdf

cranberries:

http://www.eatingwell.com/recipes_menus/collections/healthy_recipes_for_cranberries

<http://www.tasteofhome.com/Healthy-Cooking-Magazine/5-Healthy-Cranberry-Recipes>

pomegranates:

<http://www.huffingtonpost.com/news/pomegranate->

sweet potatoes:

<http://www.gimmesomeoven.com/oven-roasted-sweet-potato-fries/>

turkey/stuffing:

<http://www.bettycrocker.com/recipes/roast-turkey/ec0e12a2-2f7f-4f94-99ba-6ef33eda7c10>

Nutrition Facts:

<i>Food</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Fat</i>	<i>Carbohydrate</i>	<i>Protein</i>
<i>Cranberries</i>	<i>1 cup whole</i>	<i>50</i>	<i>0g</i>	<i>13g</i>	<i>0g</i>
<i>Pomegranates</i>	<i>½ cup seeds</i>	<i>72</i>	<i>1g</i>	<i>16g</i>	<i>1g</i>
<i>Sweet Potatoes</i>	<i>1 cup</i>	<i>180</i>	<i>0g</i>	<i>41g</i>	<i>4g</i>
<i>Turkey</i>	<i>4 oz.</i>	<i>180</i>	<i>4.5g</i>	<i>0g</i>	<i>32g</i>

<i>Health Benefits</i>	
<i>Cranberries</i>	<i>High in antioxidants, fights heart disease, fights cancer, helps fight urinary tract infections, helps prevent gingivitis, possess anti-aging properties, strengthen immune system, improve mental health</i>
<i>Pomegranates</i>	<i>High in antioxidants, increase oxygen levels to the heart, over time may help combat erectile dysfunction, lower risk of heart disease, lower risk of prostate and breast cancer, reduce cholesterol, lessen symptoms of diarrhea</i>
<i>Sweet Potatoes</i>	<i>Fight cancer, contain anti-aging properties, help keep blood sugar levels balanced; preventing fatigue and sustaining energy, prevent illness, help red and white blood cell production,</i>

	<i>improved resistance to stress</i>
<i>Turkey</i>	<i>Quality source of protein to help support lean muscle mass, full of B vitamins, contains selenium which is linked to cancer prevention and healthy immune function</i>