



Healthy Holiday Recipe Guide

Special Thanksgiving
Message

11/20/2012

HEALTHY HOLIDAY RECIPE GUIDE

*Recipes created in the kitchen of Erin Egan, R.D., L.D.,
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This holiday season, use recipes full of fruits and vegetables, lower in fat and sodium, and full of flavor.

For lactose-intolerant modifications of the following recipes, use fortified soy milk in place of evaporated skim milk or low-fat milk. Use soy cheese or additional seasonings in place of regular cheese. Use olive oil instead of margarine or butter. For vegetarian recipes or modifications for special diets, refer to the Holiday Eating Guide linked in the Special Thanksgiving Message.

Nutrition information is approximate and was estimated using Bowe's and Church's *Food Values of Portions Commonly Used*, 19th Edition.

HOLIDAY ROAST TURKEY WITH VEGETABLES

Yield: 8 to 10 pounds of turkey meat (40 to 50 servings)

Ingredients

12 to 15-pound turkey
4 carrots, cut into 1-inch slices
4 stalks of celery, cut into 1-inch slices
4 apples, cored, peeled and cut into 1-inch cubes
2 onions, quartered
5 cloves garlic, chopped
1 tablespoon fresh thyme, chopped
1 tablespoon fresh rosemary, chopped
¼ cup dark brown sugar
1 cup white wine
1 cup low-sodium chicken broth
Juice and zest of 1 lemon
2 teaspoons salt
2 teaspoons black pepper
4 bay leaves
Extra virgin olive oil

Nutrition Information

3 ounces of turkey:
170 calories
7 grams fat
24 grams protein
1 gram carbohydrates
75 milligrams sodium
*Dark meat is approximately 20 additional calories
and 2 to 3 additional grams of fat per serving.

½ cup roasted vegetables and apples:
120 calories
2 grams fat
1 gram protein,
21 grams carbohydrates
50 milligrams sodium

Directions

1. Remove the giblets from the turkey cavity and discard.
2. Combine carrots, celery, apples, onions and garlic in a large bowl.
3. In a small bowl, mix together the thyme, rosemary, dark brown sugar, white wine, chicken broth, lemon juice, lemon zest, salt and pepper. Reserve 1 cup of mixture and set aside.
4. Pour the seasoning mixture over the vegetables and apples. Toss to coat.
5. Stuff the turkey cavity with about ¼ of the vegetable and apple mixture and 2 bay leaves.
6. Tie the turkey's legs together with cooking twine, closing the turkey cavity.
7. Place the turkey into a roasting pan coated with olive oil.
8. Coat the outside of the turkey in olive oil and the reserved seasoning mixture.
9. Place the remaining apples and vegetables around the outside of the turkey. Add the remaining bay leaves to this mixture.
10. Roast the turkey at 400 F for 30 minutes. Then, reduce the temperature to 325 F and cook until the turkey reaches an internal temperature of 165 F. Baste the turkey often using the liquid that accumulates in the bottom of the roasting pan. If the turkey starts to get too brown, cover it loosely with aluminum foil.
11. When the turkey is finished, let rest approximately 15 minutes before carving.
12. Using a slotted spoon, remove the vegetables and apples from the roasting pan and turkey cavity. Remove the bay leaves. Set aside.
13. Pour the remaining liquid into a medium saucepan. Simmer over medium-high heat until mixture is thick enough to coat the back of a spoon. Adjust seasonings as desired and serve as gravy or a sauce for the vegetables and apples. You can also serve light turkey gravy (recipe follows) for a reduced-fat, low-sodium option.
14. Serve the turkey with the roasted vegetables and apples.

LIGHT TURKEY GRAVY

Yield: 10 servings, about 2½ cups

Ingredients

- 2 tablespoons olive oil
- 3 tablespoons flour
- ¼ teaspoon salt or salt-free seasoning
- ¼ teaspoon black pepper
- 2 cups low-sodium chicken broth
- ¼ cup liquid from the turkey roasting pan
- 1 teaspoon chopped fresh thyme or ¼ teaspoon dried thyme
- ¼ cup evaporated skim milk (optional)

Directions

1. Heat olive oil in a skillet over low heat. Stir in flour and heat until flour turns light brown. Be careful not to let the flour burn. Add salt and pepper.
2. Add broth slowly, ¼ cup at a time, stirring constantly.
3. Add the turkey drippings slowly, a few tablespoons at a time, stirring constantly.
4. Add the thyme.
5. Season with additional salt and pepper.
6. Skim off any fat droplets on the top of the gravy using a spoon. Discard.
7. Simmer mixture over medium-high heat until thick enough to coat the back of a spoon.
8. For creamier gravy, add the evaporated skim milk. Stir to incorporate and heat through.
9. Serve hot with turkey, mashed potatoes and stuffing.

Nutrition Information

- ¼ cup gravy:
- 55 calories
- 3.4 grams fat
- less than 1 gram protein
- 1 gram carbohydrates
- 125 milligrams sodium

HEARTY MASHED POTATOES

Yield: 12 to 14 servings

Ingredients

2 pounds baking potatoes, peeled and cut into
2-inch chunks
15-ounce can garbanzo beans, drained and rinsed
¾ cup nonfat milk
¼ cup plain, nonfat Greek yogurt
½ cup shredded Parmesan cheese
½ teaspoon garlic powder
¼ teaspoon onion powder
¼ teaspoon salt
¼ teaspoon black pepper

Directions

1. Combine potatoes and garbanzo beans in a large saucepan. Cover with water. Bring to a boil over high heat.
2. Reduce heat and simmer until potatoes are fork-tender, 20 to 25 minutes.
3. Drain water and place the saucepan back on the stove. Mash the beans and potatoes using a potato masher or hand mixer.
4. Add the milk, Greek yogurt, Parmesan cheese and seasonings.
5. Serve hot with ¼ cup turkey gravy.

Nutrition Information

½ cup mashed potatoes:
102 calories
1½ grams fat
5 grams protein
17 grams carbohydrates
90 milligrams sodium

SEASONAL ROASTED VEGETABLES

Yield: 6 servings

Ingredients

- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- ½ teaspoon dried herbs (thyme, rosemary or sage)
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 3 cups fresh vegetables, washed and cut into 1-inch chunks (potatoes, broccoli, carrots, cauliflower, eggplant or other favorites)

Directions

1. Preheat the oven to 450 F.
2. Spread vegetables into a baking pan.
3. In a small bowl, mix the olive oil, lemon juice, herbs, onion powder, garlic powder, salt and pepper.
4. Coat the vegetables with the oil and spice mixture.
5. Bake for 20 to 25 minutes, stirring every 10 minutes until vegetables are fork-tender.
6. Serve hot.

Nutrition Information

- ½ cup vegetables:
- 78 calories
- 2.4 grams fat
- 1.2 grams protein
- 10 grams carbohydrates
- 98 milligrams sodium

BETTER-FOR-YOU MACARONI AND CHEESE

Yield: 8 servings

Ingredients

1 pound whole-wheat elbow macaroni or shell pasta, cooked and drained
2 cups low-fat milk
2 cups evaporated skim milk
2 cups extra sharp Cheddar cheese, shredded
½ cup Parmesan cheese, shredded
½ cup part-skim ricotta cheese
1 teaspoon salt
1 teaspoon black pepper
¾ teaspoon dry mustard
1 teaspoon dried herbs, such as thyme and sage (optional)
Cooking spray
½ cup breadcrumbs (optional)
¼ cup shredded cheese (optional)

Directions

1. Heat milk and evaporated milk in a medium saucepan over medium-high heat.
2. When the milk mixture begins to bubble, add Cheddar cheese ½ cup at a time, stirring constantly. Ensure each addition is melted before adding more.
3. Add the Parmesan cheese and ricotta cheese separately, letting each cheese melt into the sauce. Sauce should be thick enough to coat the back of a spoon.
4. Add salt, black pepper and mustard. Add dried herbs, if desired. Adjust seasonings to taste.
5. Spread macaroni noodles into a 9-by-13-inch baking dish coated with nonstick cooking spray. Cover with cheese sauce, stirring to incorporate.
6. Top with breadcrumbs and additional cheese if desired.
7. Bake for 30 minutes or until the top is brown.
8. Let rest 5 minutes before serving. Serve hot.

Nutrition Information

½ cup macaroni and cheese:
136 calories
4 grams fat
16 grams protein
20 grams carbohydrates
321 milligrams sodium

JEWELLED SPINACH SALAD WITH CRISPY SHALLOTS

Yield: 6 servings

Ingredients

2 tablespoons extra virgin olive oil
2 cloves garlic, minced
6 medium shallots, sliced into thin rings
(about 1 cup)
12 ounces fresh spinach leaves
½ cup roasted sunflower seed kernels
(without shells)
1 cup dried cranberries
½ cup balsamic vinaigrette
Salt and pepper, to taste

Directions

1. Heat olive oil in a skillet over medium-high heat.
2. Add garlic and cook over medium heat until golden. Reduce heat if garlic browns too quickly. Do not burn.
3. Add ¼ cup sliced shallots, spreading out in the pan. Cook until crispy and golden brown, about 2 minutes. Remove shallots with a slotted spoon and drain on paper towels.
4. Cook the remaining shallots.
5. Shred spinach with your hands, breaking leaves in half or into bite-size pieces. Add to serving bowl.
6. Add sunflower seed kernels and cranberries, and half of the crispy shallots. Stir to incorporate.
7. Add balsamic vinaigrette and toss salad to coat.
8. Season with salt and pepper.
9. Add remaining shallots for garnish.
10. Serve cold.

Nutrition Information

Per cup:
228 calories
8 grams fat
4 grams protein
24 grams carbohydrates

WHOLESOME HERBED STUFFING

Yield: 10 to 15 servings

Ingredients

6 cups whole-wheat bread, cut into 1-inch cubes
2 egg whites
1 egg
¼ teaspoon pepper
¼ teaspoon salt
½ teaspoon dried herbs (rosemary and thyme are best)
2 tablespoons olive oil
2 cloves garlic, diced
1 yellow onion, diced
1 cup diced celery (about 2 stalks)
1 cup carrots, diced
1 small can sliced mushrooms, drained
1 cup dried cranberries
2 cups low-sodium chicken broth
1 teaspoon dried sage

Directions

1. Preheat oven to 350 F. Whisk together egg and egg whites.
2. Toss bread cubes in egg mixture to coat. Season with salt, pepper and herbs. Arrange bread cubes on a cookie sheet and toast in the oven until dry and slightly golden brown, 20 to 30 minutes.
3. Heat olive oil in a large saucepan over medium-high heat. Add diced garlic, onion, celery and carrots. Cook about 10 minutes or until onions are translucent. Transfer to a large mixing bowl.
4. Add the bread cubes to the vegetable mixture. Add the mushrooms, cranberries and sage.
5. Heat chicken broth in a medium saucepan over medium-high heat until warm.
6. Slowly add chicken broth to the bread cubes, vegetables and cranberries until moistened as desired.
7. Transfer stuffing mixture to a 9-by-13-inch baking pan or crockery dish. Bake 30 to 40 minutes, or until stuffing is golden brown and warmed through. Serve hot.

Nutrition Information

½ cup stuffing:
121 calories
3.5 grams fat
3.5 grams protein
18 grams carbohydrates
170 milligrams sodium

CINNAMON APPLE CRANBERRY SAUCE

Yield: 8 servings

Ingredients

1 cup cranberry juice
¼ cup sugar
4 cups cranberries
2 apples, peeled, cored and diced
¾ cup raisins
1 tablespoon cinnamon
2 tablespoons cornstarch

Directions

1. Heat the cranberry juice and sugar in a large saucepan over medium-high heat until sugar dissolves.
2. Add cranberries and bring to a boil. Then, lower the heat to a simmer.
3. Add apples, raisins, and cinnamon.
4. Cook until cranberries are tender.
5. In a small cup, mix the cornstarch with 2 tablespoons water. Whisk cornstarch mixture into the cranberries until sauce thickens.
6. Serve hot or cold.

Nutrition Information

½ cup sauce:
78 calories
0 grams fat
0 grams protein
22 grams carbohydrates

LIGHT GREEN BEAN CASSEROLE WITH WHITE WINE MUSHROOM SAUCE

Yield: 8 to 10 servings

Ingredients

1 pound fresh green beans, rinsed and trimmed
3 tablespoons olive oil
3 cloves garlic, minced
1 pound white mushrooms, sliced
½ cup white wine
3 tablespoons flour
1 teaspoon salt
½ teaspoon black pepper
2 cups evaporated skim milk
1 cup low-sodium chicken broth
1 cup shredded Parmesan cheese
Cooking spray
½ cup breadcrumbs

Nutrition Information

½ cup casserole:
130 calories
5 grams fat
7 grams protein
7 grams carbohydrates
300 milligrams sodium

Directions

1. Place the green beans into a large soup pot. Cover with water. Cook on medium-high heat until beans are fork-tender and bright green.
2. Drain green beans and place into a large bowl. Cover with ice cubes and water to chill beans and prevent overcooking. Once beans cool, drain and set aside in a large bowl.
3. Heat olive oil in a large skillet over medium-high heat.
4. Add garlic and cook about 20 to 30 seconds, until golden brown. Do not burn.
5. Add white wine, sliced mushrooms, salt and pepper. Cook mushrooms 4 to 5 minutes, stirring constantly.
6. Remove mushrooms from pan and set aside.
7. Add flour to the skillet, cooking approximately 3 minutes, stirring constantly.
8. Add the evaporated skim milk and chicken broth, stirring to incorporate. Let sauce come to a boil, stirring constantly until sauce thickens enough to coat the back of a spoon.
9. Add half the Parmesan cheese to the sauce. Let cheese melt until incorporated into sauce.
10. Add mushrooms back into the sauce, stirring to incorporate.
11. Pour sauce mixture over green beans and stir to coat.
12. Place green bean and sauce mixture into a 9-by-13-inch baking dish coated with cooking spray.
13. Top green bean mixture with ½ cup breadcrumbs and the rest of the Parmesan cheese.
14. Bake at 375 F until golden and bubbly, approximately 20 minutes.

OAT AND APPLE CRISP

Yield: 8 to 10 servings

Ingredients

4 pounds apples (Granny Smith or McIntosh)
¼ cup granulated sugar
2 teaspoons ground cinnamon
1 teaspoon ground nutmeg
1 teaspoon lemon juice
¼ cup unsweetened applesauce
3 tablespoons honey
Cooking spray
Topping:
¾ cup light brown sugar, packed
¼ cup unsweetened applesauce
3 tablespoons canola oil
1 cup oatmeal
½ cup flour
¼ teaspoon salt

Directions

1. Preheat oven to 375 F.
2. Peel (optional), core and slice apples. Place in a large mixing bowl.
3. Add granulated sugar, cinnamon, nutmeg, lemon juice, applesauce and honey to the apples. Stir to coat evenly.
4. Mix together ingredients for the topping. Set aside.
5. Coat a 9-by-13-inch baking dish with nonstick cooking spray.
6. Spread apple mixture into baking dish. Sprinkle topping evenly over the apple mixture.
7. Bake for 45 minutes to 1 hour, or until apples are cooked and filling is bubbly. Serve warm with frozen yogurt, whipped topping or low-fat vanilla ice cream.

Nutrition Information

½ cup:
178 calories
4.5 grams fat
1 gram protein
35 grams carbohydrates
57 milligrams sodium

PUMPKIN PIE

Yield: 8 servings

Ingredients

9-inch graham cracker pie crust
15-ounce can pumpkin puree
1 tablespoon pumpkin pie spice
½ cup granulated sugar
2 eggs
4 egg whites
1 teaspoon vanilla
1 cup evaporated skim-milk
Low fat or fat-free whipped topping

Directions

1. In a large mixing bowl, blend pumpkin puree, pumpkin pie spice, sugar, eggs and egg whites together using a whisk or electric mixer.
2. Add vanilla and evaporated milk. Stir until incorporated.
3. Pour pie filling into prepared crust.
4. Bake 50 to 60 minutes, or until the center of the pie barely moves when the pan is tapped. Let cool.
5. Serve chilled with 1 to 2 tablespoons whipped topping.

Nutrition Information

1/8 of pie:
132 calories
2 grams fat
7 grams protein
23 grams carbohydrates
70 milligrams sodium