

Quick & Healthy HOLIDAY EDITION RECIPES & TIPS

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If it's tradition you want, without the extra calories and fat, consider some of the following ideas and recipes to lighten the calorie load and make your holiday meals more healthy for your whole family.



Make Fat-Free Gravy! Save calories when making gravy by pouring pan drippings into a glass measuring cup and allowing it to stand until the fat rises. Every one tablespoon skimmed off is 130 calories saved. You can also use canned broth or instant bouillon mixed with water.

#Flour Gravy

1 cup cold fat-free broth*, divided (chicken, turkey, or beef)
2 tablespoons unbleached all-purpose flour
seasonings to taste

Pour 1/4 cup of broth in a covered container. Add flour and shake well to prevent lumps. Follow directions below for microwave or stovetop.

STOVETOP: In a small saucepan, combine remainder of broth with flour mixture. Cook on medium until boiling, while stirring constantly with a wire whisk. Continue stirring until thickened.

MICROWAVE OVEN: In a 4-cup glass measuring cup, combine remainder of broth with flour mixture. Heat on high for 2–3 minutes (stirring well with a wire whisk after each minute) or until thickened.

Note: Use 3 1/2 tablespoons of flour for one 14.5-ounce can of broth.

*Sodium is figured for reduced sodium.

VARIATION: Mushroom Gravy—Add one small can of drained mushrooms gravy is thickened.

Makes 1 cup
8 servings
Each Serving: 2 Tbsps.
Carb Servings: 0
Exchanges
free
Nutrient Analysis
calories 9
total fat 0g
saturated fat 0g
cholesterol 0mg
sodium 47mg
total carbohydrate 2g
dietary fiber 0g
sugars 0g
protein 1g

TIPS

For more recipes, menus and tips go to: www.QuickandHealthy.net

Modify your stuffing recipe: Make a fat-free dressing by substituting broth for the margarine or butter in your recipe. It tastes just as good! You can also add more celery and onion to your recipe to increase the vegetables and further reduce the calories per serving.

Serve lighter appetizers: Change your favorite recipes by substituting lower fat ingredients such as low-fat or fat-free yogurt and sour cream. Use fruits and vegetables with dips and spreads, instead of chips or crackers. Remember portion control!

more ...

Source: *#Quick & Healthy Recipes and Ideas, 3rd Edition*, © Brenda J. Ponichtera, R.D., www.QuickandHealthy.net, Small Steps Press, publishing health conscious books for the general population, a division of the American Diabetes Association. **Ordering:** Individual orders (retail \$18.95): call 1-800-232-6733 or visit www.QuickandHealthy.net. Also available at local and online bookstores. Health professionals: Bulk orders (6 or more) 40% discount - call 703-299-2046 or e-mail: booksales@diabetes.org.



More Tips

Pumpkin Pie Tip: For something more traditional, try lightening your favorite pumpkin pie recipe by using evaporated skim milk and egg substitute. Make it with the traditional single crust or lower the calories even more by eliminating the crust. If you are making a crustless pie, be sure to spray the pan with nonstick cooking spray before pouring in the filling. This will prevent sticking and make it easier to serve. Top each slice with a dollop of fat-free whipped topping. Or try our Pumpkin Cheesecake (recipe below).

Lighten your mashed potatoes: Use fat-free milk or fat-free ranch dressing instead of whole milk or half and half. You can further reduce calories by using butter-flavored sprinkles instead of margarine.

Approach salads with caution: Salads are great as long as they are not made with regular cream cheese, sour cream, mayonnaise or cream. Your best choice would be a fresh green salad or fruit salad. Add your own low-fat dressing sparingly.

Great for a party! Serve with raw vegetables such as cucumber slices, carrot sticks, and celery. This is also good when spread on small slices of whole-grain bread and broiled.

Hot Artichoke and Spinach Dip

1/2 cup light mayonnaise	1/2 teaspoon dried basil
1/2 cup fat-free plain yogurt	1/8 teaspoon ground black pepper
1/2 cup grated Parmesan cheese	1 package (10 ounces) frozen chopped spinach, thawed, drained, and squeezed
2 teaspoons dried or 3 tablespoons fresh minced onion	1 can (14 ounces) artichoke hearts, drained, rinsed, and coarsely chopped
1 teaspoon chopped garlic	

Preheat oven to 350 degrees. Mix together mayonnaise, yogurt, Parmesan cheese, onion, garlic, basil, and pepper. Add spinach and artichoke hearts. Mix until blended. Spread evenly in a pie plate that has been sprayed with nonstick cooking spray. Bake for 25 minutes or until heated throughout.

Makes 3 cups - 12 servings

Each Serving 1/4 cup

Carb Servings: 0

Exchanges

1 vegetable

1 fat

Nutrient Analysis

calories 70

total fat 4g

saturated fat 1g

cholesterol 6mg

sodium 182mg

total carbohydrate 4g

dietary fiber 2g

sugars 1g

protein 3g

This recipe is for a 9" pie pan. The top will crack when cooking, so serve with a dollop of fat-free whipped topping.

Pumpkin Cheesecake (fat free)

24 ounces fat-free cream cheese (bar type) at room temperature	1/2 teaspoon cinnamon
3/4 cup canned pumpkin	1/4 teaspoon ground cloves
1/2 cup granulated sugar	2 tablespoons packaged cornflake crumbs (optional)
1 teaspoon vanilla extract	fat-free whipped topping, optional
3/4 cup egg substitute (equal to 3 eggs)	

Preheat oven to 325 degrees. In a large bowl, combine cream cheese, pumpkin, sugar, and vanilla. Using an electric mixer, beat at high speed until blended. On low speed, beat in egg substitute and spices. Increase speed to high, and continue until well blended.

Spray a 9" pie pan with nonstick cooking spray. Add cornflake crumbs (optional) to the pan and shake lightly to coat bottom and sides. Pour in cream cheese mixture. Bake for 45 minutes or until center is set but not firm. Cool on wire rack. Store in refrigerator for several hours. Serve with whipped topping.

Makes 12 servings

Each Serving

1/12 cheesecake

Carb Servings: 1

Exchanges

1 carbohydrate

Nutrient Analysis

calories 86

total fat 0g

saturated fat 0g

cholesterol 10mg

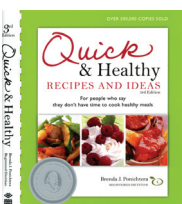
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total carbohydrate 12g

dietary fiber 0g

sugars 8g

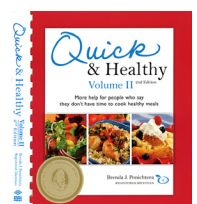
protein 9g



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