

Healthy Holiday Tips & Recipes

November 2010

Tips to keep you Healthy during the Holidays!

1. **Be Realistic!** The holiday season is no time for increased stress by attempting to lose weight. Instead, strive to maintain your weight!
2. **Healthy Snacks!** Enjoy a healthy snack like fruit, low-fat yogurt before leaving home for holiday gatherings. This will help you avoid rushing to the buffet table upon arrival.
3. **Small Plates!** If able choose a smaller plate, this will help with portion control.
4. **Beverages add Calories!** Alcoholic beverages, home-made punches, and creamy beverages tend to have sneaky calories so consume these in moderation! Keep hydrated with water.
5. **Remember, all foods fit!** Enjoy your favorite holiday treats but take a small portion, eat slowly, and savor the taste and texture of the wonderful foods of the season.
6. **Socialize!** Isn't this what the holidays are about? Focus on socializing away from the buffet table to eliminate unconscious nibbling.
7. **Think outside the Chips and Cookie Box!** Whether hosting or bringing a dish, consider serving a delicious dish that taste great yet is a healthy choice.
8. **Keep Active!** Maintain your physical activity throughout the holidays. Break up your exercise in to 10-20 minute increments. And after the large feast instead of plopping on the couch, get up and move. Bundle up and take a family walk, great for adults and children. Be a kid at heart, play favorite games like twister, get out the music and dance, go sledding or try playing the Wii!
9. **Have fun!** With a bit of planning you can enjoy a less stressful, healthy holiday season!
10. **And Remember!** Take the first steps to good health...Eat More Fruits and Vegetables!

Below you will find a variety of elegant and tasty Foot Steps to Health recipes that are 500 Club approved, which will be a huge hit at your next holiday gathering.

Fruit and Vegetable Recipes for your next Holiday Gathering

Appetizer:

Rustic Winter Vegetables on Baquettes

Makes about 3½ cups

4 cups cleaned and diced winter vegetables*
1 pc. thick sliced bacon, cut into 1-inch pieces
1 Tbsp. olive oil
1½ tsp. dried thyme
1 Tbsp. garlic powder
2 oz. feta cheese

Preheat oven to 425 degrees. In a medium-sized bowl, toss together vegetables, bacon, olive oil, thyme and garlic powder. Spread mixture into a shallow baking pan. Roast in oven about 35 minutes, stirring vegetables every 10 minutes, until tender. Remove from oven and sprinkle with feta cheese. Serve hot over toasted baguette slices, pasta or crackers

Note: vegetable mixture may be cooked ahead of time and reheated prior to serving.

*Choose any mixture of winter squash, carrots, parsnips, turnips, sweet potatoes or rutabagas.

Per ½ -cup serving: 130 calories, 7 g fat, 4 g protein, 13 g carbohydrates, 2 g fiber, 250 mg sodium.

Festive Butternut Squash Dip

Serves 24

1 (8oz.) pkg. reduced-fat cream cheese, softened

¾ cup cooked butternut squash

2 Tbsp. taco seasoning mix

⅓ cup chopped dried beef

⅓ cup chopped green bell pepper

⅓ cup chopped red bell pepper

In a mixing bowl, beat cream cheese, until smooth. Slowly beat in squash and taco seasoning until thoroughly blended. Stir in beef and peppers. Cover and refrigerate until served.

**To cook squash: cut in half, lengthwise then using a strong spoon, scoop out seeds. To bake: add about a cup of water to 13x9 inch baking dish; place squash in dish, cut-side down. Cover. Bake at 425 degrees for 40 min or until tender. To microwave: place squash, cut-side down, on a microwave safe plate. Microwave 10 minutes or until soft. Scoop out the cooked squash and mash.*

Per 2-tablespoons: 35 calories, 2 g fat, 2 g protein, 3 g carbohydrates, <1 g fiber, 120 mg sodium

Salad:

Spinach Date Salad

Serves 6

6 cups torn fresh spinach

1 cup chopped apples

1 cup chopped dried dates

¼ cup slivered almonds

½ cup raspberry or red wine vinaigrette

In a bowl, combine spinach, strawberries, dates and almonds. Drizzle with vinaigrette; toss to coat. Serve immediately.

Per serving: 150 calories, 2.5 g fat, 3 g protein, 32 g carbohydrate, 4 g fiber, 65 mg sodium

Soup:

Butternut Squash Soup

Serves 6

1/3 cup chopped onion
3 Tbsp. butter
6 cups peeled and cubed butternut squash
3 cups water
1/4 tsp. ground black pepper
1 (8oz) pkg. reduced-fat cream cheese, softened

In a large saucepan, sauté onions in butter until tender. Add squash, water, and black pepper. Bring to a boil; reduce heat, then simmer 20 minutes or until squash is tender. Puree squash and cream cheese in a blender or food processor in batches until smooth. Return to sauce pan and heat through. Do not boil.

Per 1-cup serving: 130 calories, 7 g fat, 3 g protein, 15 g carbohydrate, 4 g fiber, 140 mg sodium

Creamy Cabbage Soup

12 servings (about 1 cup each)

2 14.5-oz. cans low- sodium chicken broth
2 celery ribs, chopped
1 medium head (3 lbs.) cabbage, shredded or chopped
1 medium onion, chopped
1/3 cup diced carrots
1/4 cup butter
3 Tbsp. all-purpose flour
1 tsp. salt
1/4 tsp. pepper
2 (12-oz.) cans evaporated skim milk
1 cup 1% milk
2 cups lean cooked ham, diced
1/2 tsp. dried thyme

In large stock pot, combine chicken broth, celery, cabbage, onion and carrots. Bring to a boil, then reduce heat and simmer covered 15 to 20 minutes or until vegetables are tender. Meanwhile, in

medium saucepan, melt butter over medium heat. Stir in flour until smooth; cook about 1 minute. In a separate container, mix together evaporated skim milk and milk. Gradually whisk the milk mixture into the flour mixture, stirring constantly to prevent lumps. Cook milk until thickened, plus 1 minute more. Gradually add thickened milk to the cooked cabbage mixture. Add ham and thyme; heat thoroughly.

Per serving: 190 calories, 7 g fat, 14 g protein, 21 g carbohydrate, 3 g fiber, 850 mg sodium

Entrée:

Wild Rice–Stuffed Squash

Serves 4

2 buttercup or acorn squash
2 cups cooked wild rice
½ tsp. seasoned salt
2 tsp. grated orange peel
1 Tbsp. brown sugar
½ cup chopped walnuts
½ cup apricot or orange juice
2 tsp. brown sugar, if desired

Preheat oven to 350 degrees. Wash squash, halve and scoop out seeds. In a bowl, combine wild rice, seasoned salt, orange peel, 1 Tbsp. brown sugar and walnuts; mix well. Fill each squash half with ¼ of the mixture; place in shallow baking dish sprayed with cooking spray. Bake about one hour, basting with a little juice every 10 or 15 minutes until juice is gone. When squash is tender, remove from oven and sprinkle halves evenly with 2 tsp. brown sugar, if desired.

Per serving: 290 calories, 10 g fat, 7 g protein, 50 g carbohydrate, 6 g fiber, 200 mg sodium

Pork Chops with Sweet and Spicy Apples

Serves 4

4 boneless pork loin chops (about 4 oz each)
2 Tbsp. packed brown sugar
salt and pepper, to taste*
⅛ tsp. ground cinnamon
⅛ tsp. ground nutmeg
1 Tbsp. butter
2 apples, peeled, cored and sliced

Preheat oven to 175 degrees. Place a medium-sized dish in the oven to warm. Heat a large skillet coated with cooking spray over medium-high heat; place pork chops in pan and cook 5 to 6 minutes, turning occasionally, until done and internal temperature reaches 145 degrees. Remove from heat and keep warm in the heated dish in the oven.

Meanwhile, in a small bowl, combine brown sugar, salt and pepper, cinnamon and nutmeg. Add butter to the skillet and stir in brown sugar mixture and apples. Cover and cook until apples are tender. Remove apples with a slotted spoon and arrange on top of chops. Keep warm in preheated oven. Continue cooking sauce, uncovered in skillet, until thickened slightly; spoon sauce over apples and chops.

*additional salt and pepper not included in analysis

Per serving: 330 calories, 10 g fat, 39 g protein, 19 g carbohydrate, 2 g fiber, 125 mg sodium

Grilled Stuffed Portobello Mushrooms*

Serves 4

4 (5-inch) Portobello mushroom caps
1 tsp. olive oil, divided
2 Tbsp. lemon juice
2 tsp. low-sodium soy sauce
2 small plum tomatoes
¼ cup shredded part-skim mozzarella cheese
⅛ tsp. rosemary
⅛ tsp. black pepper
½ tsp. minced fresh garlic
½ tsp. dried parsley

Remove stems and gills from the underside of mushroom caps using a spoon and discard. In a small bowl combine ½ tsp. olive oil, lemon juice and soy sauce; brush over both sides of mushroom caps. In a small bowl combine tomato, cheese, ½ tsp. olive oil, rosemary, pepper and garlic. Spray grill rack with cooking spray and place the mushroom caps, stem sides down on grill rack; grill 5 minutes on each side or until soft. Remove from grill and spoon ¼ cup tomato mixture into each mushroom cap. Wrap stuffed mushrooms in foil and grill 3 minutes or until cheese is melted. Sprinkle with parsley. *Mushrooms may also be baked in the oven at 350 degrees for 5-10 minutes. Simply add tomato mixture to uncooked mushroom caps and bake in a pan coated with cooking spray, until cheese is melted and mushrooms are hot.

Per serving: 70 calories, 3 g fat, 4 g protein, 7 g carbohydrate, 2 g fiber, 130 g sodium

Side Dish:

Bacon and Blue Cheese Fingerling Potatoes

Serves 2

1 cup fingerling potatoes
1½ tsp. olive oil
¼ tsp. salt
¼ tsp. ground black pepper
2 Tbsp. crumbled blue cheese
2 Tbsp. bacon crumbles
2 Tbsp. chopped fresh chives

Preheat oven to 425 degrees. Rinse fingerling potatoes, pat dry, and toss with olive oil. Place potatoes in a baking dish, sprinkle with salt and pepper; bake 20 minutes or until tender. Remove potatoes from oven, place in serving dish and sprinkle with blue cheese, bacon and chives.

Per serving: 157 calories, 7 g fat, 6 g protein, 16 g carbohydrate, 1g fiber, 583 mg sodium.

Elegant Cranberry Sauce

Serves 8 (about ¼ cup each)

12 oz. pkg. whole cranberries
1½ cups sugar
2 tsp. grated orange peel
¼ cup chopped pecans
¼ cup water

Preheat oven to 350 degrees; spray a 1½ quart baking pan with cooking spray. In a bowl, combine all ingredients well. Pour into baking dish, cover and bake for 20 minutes. Uncover; stir and bake an additional 30 minutes or until cranberries pop and mixture is slightly thickened. Serve warm or cold.

Per Serving: 190 calories, 2.5 g fat, 1 g protein, 44 g carbohydrate, 2 g fiber, 0 mg sodium

Pecan Delight Sweet Potatoes

Serves 6

2 lbs. sweet potatoes (about 4 medium)
3 Tbsp. amaretto liquor*
¼ cup fat-free half-and-half
1 Tbsp. sugar
1 tsp. orange zest

¼ tsp. ground cinnamon
¼ cup toasted pecan pieces

Microwave sweet potatoes on high for 5 minutes or until soft. Cool. Remove skins and place pulp in a medium sized bowl. Beat in amaretto, half-and-half, sugar, orange zest and cinnamon. Spread sweet potato mixture into a microwave-safe serving dish sprayed with cooking spray. Heat potatoes in microwave 3 to 4 minutes or until heated through. Sprinkle with pecans just before serving.
Per serving: 190 calories, 4 g fat, 3 g protein, 34 g carbohydrate, 4 g fiber, 55 mg sodium
*1-2 tsp. almond extract may be substituted for amaretto liquor

Garlic Mashed Potatoes and Turnips Serves 6 (about ¾ cup each)

1 lb. russet potatoes, peeled and diced
1 lb. turnips, peeled and diced
4 cloves garlic, peeled and sliced
2 Tbsp. butter
2 Tbsp. light sour cream
2 – 4 Tbsp. milk
salt and pepper

Combine the first 3 ingredients in a medium saucepan; cover with water and bring to a boil. Reduce heat, cover and simmer 20 minutes or until very tender. Drain well and return to pan. Add butter, sour cream and 2 Tbsp. milk. Beat with a mixer until smooth. Add additional milk to achieve desired consistency. Salt and pepper, to taste.
Per serving: 220 calories, 4.5 g fat, 4 g protein, 42 g. carbohydrate, 7 g fiber, 45 mg. sodium

Dessert:

Perfect Poached Asian Pear Serves 4

2 Asian pears, peeled
2 cups pomegranate juice*
2 cups plum juice
¼ cup granulated sugar
vanilla ice cream, if desired**

Cut the Asian pears in half vertically; use a spoon to scoop out core. Place pear halves in a large pot and cover with the juices; bring to a boil, then reduce heat and simmer for 20 minutes. Remove from heat, cool then place in a bowl and refrigerate an hour or more. Preheat grill to high. Remove pears from refrigerator and dry thoroughly using paper towels. Dip the flat side of each pear half in sugar

then place flat side down, on a hot grill until the sugar is brown and bubbly. Transfer to plates or bowls flat side up and serve with a small scoop of vanilla ice cream in the middle of each pear.

*cranberry juice or other juice of choice may be substituted for pomegranate juice

**ice cream not included in analysis

Per serving: 100 calories, 0 g fat, 1 g protein, 26 g carbohydrate, 5 g fiber, 0 mg sodium

Pumpkin Pudding Whip

Serves 6

1 (3.12 oz) box instant vanilla pudding mix*

1 ½ cups skim milk

1 cup canned pumpkin

1 tsp. pumpkin pie spice

2 cups fat-free whipped topping

In a mixing bowl, beat pudding mix and milk until well blended and thickened. Blend in pumpkin and pie spice. Fold in whipped topping. Spoon into dessert dishes or hollowed out miniature pumpkins and chill until serving.

* sugar-free instant vanilla pudding mix can be substituted to lower sugar content.

Per serving: 140 calories, 0 g fat, 3 g protein, 26 g carbohydrate, 1 g fiber, 160 mg sodium

Cinnamon Baked Apples

Makes about 6 cups

2 cups dried cranberries

1 ¼ cups coarsely chopped walnuts

1 cup packed brown sugar

2 tsp. ground cinnamon

6 tart apples, cored and chopped*

1 cup water

In a large microwave-safe dish, combine all ingredients. Microwave at high 20 minutes or until apples are soft, stirring occasionally. May be served warm or cold; serve over ice cream, oatmeal, pancakes or enjoyed as is.

* choose tart apples such as gala, Macintosh or granny smith.

Per ½ cup serving: 280 calories, 8 g fat, 2 g protein, 52 g carbohydrate, 5 g fiber, 5 mg sodium

Beverage:

Hot Holiday Cranberry Drink

Makes about 7 cups

6 cups cranberry-apple juice (100% juice)

¼ cup cinnamon imperials candy

½ cup orange juice

7 whole cloves

In a saucepan, mix all ingredients well. Heat through, while stirring to dissolve candies. Remove cloves before serving.

Per ¾-cup serving: 100 calories, 0 g fat, 0 g protein, 26 g carbohydrate, 0 g fiber, 25 mg sodium

Healthy Holidays brought to you by the Foot Steps to Health program. The Foot Steps to Health Program is a partnership between the La Crosse County Health Department, Coulee Region Childhood Obesity Coalition, Gundersen Lutheran's 500 Club, Local Grocery Stores, and Local Universities. This program encourages shoppers at area grocery stores to buy & consume more fruits & vegetables. The Foot Steps to Health Program can be found at participating grocery stores in La Crosse County which include; Festival Foods La Crosse, Onalaska, Holmen; Quillin's Shelby, Village, and Hansen's IGA in West Salem. Visit www.ChildhoodObesityCoalition.org for specific kiosks dates and times.

Local media helps educate Coulee region residents with bi-weekly articles in the La Crosse Tribune, weekly talking tips on WIZM radio's Coulee region cooks every Thursday between 10:30 and 11:00 am, weekly clips every Monday at 12:20 on Magic 105 and 4:00 pm on CC 106.3 and weekly demonstration videos on WXOW News19 Saturday newscast at 6:00 pm.