



Healthy Holiday Swaps!

Holiday recipes often include a lot of sugar and saturated fats and some of the recipes included in this book can be made so they are high in sugar and fat.

High amounts of sugar and fat in your diet are linked to many diseases such as Type 2 Diabetes, Heart Disease, and Obesity. If you have Diabetes or Heart Disease you want to talk to your Doctor about how you should limit your sugar and fat intake.

This cookbook offers alternatives to sugar and saturated fat while not making big compromises in holiday food.

Instead of sugar try...

- Truvia (Stevia) natural sweetener (no calories, no sugar)
 - Also available in packages that include both stevia and sugar blended.
 - Available in the baking aisle with the regular sugar
- Splenda (no calories, no sugar)
 - Also available in packages that include both Splenda and sugar blended.
 - Available in the baking aisle with the regular sugar
- Sugar Free Syrups (like used in coffee).
 - Use for things that are not baked like whip cream.
 - Available in the coffee aisle.
- Using LESS Sugar than your recipe calls for!
- Traditional alternatives like honey and real maple syrup. Be careful because both are sweeter than sugar, so you need to use less.

Instead of butter use...

- Olive or vegetable oils. Much lower in saturated (“bad fat”) and higher in mono-un-saturated fat and poly-un-saturated fat (“good fat”).
- Apple sauce (unsweetened). With this substitution it’s sometimes good to still use a little oil.
- Greek Yogurt or sour cream. Gives things a tangy taste, available in fat-free, reduced fat, and full fat.
- Canned pumpkin puree. With this substitution it’s sometimes good to still use a little oil.
- Avocado. Has the same consistency as butter with a mild flavor, but much lower in saturated (“bad fat”) and higher in mono-un-saturated fat and poly-un-saturated fat (“good fat”).

Instead of white flour use...

- 100% whole grain flour (like whole wheat).
- 100% white whole wheat flour, has the same health benefits of whole wheat flour, but is ground more finely and has a milder taste.

Instead of traditional breadcrumbs use...

- 100% whole grain bread crumbs
- Whole grain rolled oats

Holiday Eating Tips

- During the holidays, we can eat 3 to 4 times more food than we actually need.
- The average Christmas meal consists of over 3,000 calories.
- Don't starve yourself. Fill up on healthy foods before going to parties.
- Bring a dish to pass, so you're sure something healthy will be served.
- Be realistic! Maybe your goal should be to maintain your weight instead of losing it during the holidays.
- If you do lose control, don't beat yourself up. Get back on track immediately.
- Always make time for a healthy breakfast. A good morning meal will help control cravings later.
- Can't resist? Try eating smaller portions of your irresistible holiday favorites (one cookie, not two!).



Selecting Holiday Fruits and Veggies

(American Diabetes Association, 2013)

Use Your Senses

Buy vegetables and fruits that are uniform in color. Avoid buying produce with bruises or discolored areas. Thumping or shaking produce will not indicate ripeness. Instead, experts suggest feeling the product. Avoid produce that is mushy, has soft spots, or has abnormal shriveled areas.

Smell it to be sure there is no sign of mildew or mold. Sniff fruits to determine freshness. A strong scent means the fruit is ripening nicely.

The deeper the color, the more nutritious your vegetable or fruit is. For instance, darker, leafy vegetables, such as spinach, have more nutritional value than iceberg lettuce.

Get the Grade

The United States Department of Agriculture (USDA) has established grade standards for most fresh fruits and vegetables. Not all produce is graded, however. "U.S. Fancy" is the top grade, while "U.S. No.1" is the most common designation. "U.S. No.2" and "U.S. No.3" both mean lower quality.

Shop Seasonally

A good tip for finding great-tasting produce is to buy it when it is in season. Although it depends what region you live in, winter produce usually includes:

- cabbage
- collard greens
- kale
- carrots
- citrus fruits
- leeks
- onions
- pears
- rutabagas
- sweet potatoes
- turnips
- winter squash

Have you tried **Fresh Food Share** for your **fruit and veggie needs**? Make shopping for those healthy options **EASY!** Place your next order with Nina Eusani by calling 313-846-6030. Don't forget to **bring your own bag** when you **pick up your goodies at AIHFS!**

Fitting in Sweets

(American Diabetes Association, 2013)

If you like sweets, one of the most tempting parts of the holidays is the dessert. It is important to remember that most sweets have a lot of carbohydrates in a small portion, so keep portion sizes small.

The holidays are a special occasion, so you should enjoy a small serving of your favorite dessert. Just make sure you work it into your meal plan.

Eating high-sugar foods like cakes, candy, cookies, and pies will make blood glucose rise, so do not just add them to your diet. Instead, substitute small portions of these sweets for other carbohydrate already in your meal plan.

For example, if you want a small serving of pumpkin pie, then pass on eating a dinner roll during the main course.

Revising Recipes

There are ways to revise many dessert recipes so they are healthier and still great-tasting. Many times, you can replace up to half of the sugar in a recipe with a sugar substitute.

You can also try cutting down on sugar and increasing the use of cinnamon, nutmeg, vanilla, and other sweet-tasting spices and flavorings.

Replace half of the fat in your recipe with applesauce or baby-food prunes when making chocolate brownies, cakes, or cookies.

These tricks will help you make your recipes a little bit healthier. However, you still must keep the portion small. Also, keep in mind that replacing fat with fruit ingredients increases the carbohydrate content.

Desserts during the Holidays

Try these tips this holiday season. They can help you manage your sweet tooth when dessert is served:

- Decide ahead of time what and how much you will eat and how you will handle social pressure ("No thank you, I'm too full.").
- Share one portion of dessert with someone else, and scrape off any high-calorie whipped-cream topping or extra frosting.
- Volunteer to bring your favorite dessert to social functions. Some ideas are plain cookies, baked apples, or sugar-free puddings.
- Is there someone else at the party who is trying to watch what they eat? Avoid tempting sweets and ask them to join you for a walk while dessert is out on the table.

Homemade Spaghetti and Meatballs

Ingredients

Meatballs (makes 24 1 oz meat balls)

- 1.5 pounds ground buffalo* or lean ground turkey
- 2 large eggs, lightly beaten
- ¼ cup parmesan cheese (optional)
- 4 cloves garlic (or 1 tablespoon garlic powder)
- ¼ cup dry rolled oats*
- 2 tablespoons olive oil
- 3 tablespoons tomato paste
- ¼ cup chopped parsley
- 1 teaspoon salt

Sauce

- 12 fresh tomatoes (on-the-vine or roma) cut finely* OR 2, 28 ounce cans of diced tomatoes, pureed. You may also use 2 jars of pre-made low sugar or no-sugar added spaghetti sauce.
- 1, 8 ounce cans of canned diced tomatoes
- 1 large onion
- 4 cloves of garlic
- 2 tablespoons olive oil
- 100% whole wheat spaghetti*
- 3 tablespoons Italian seasoning (or use fresh parsley, rosemary, basil, and oregano; if you use fresh oregano use it sparingly, it's very strong)
- 1, 16oz can minus 3 tablespoons tomato paste
- 1 or 2 fresh bell peppers, chopped (optional)
- 1 small box baby portabella mushrooms (optional)

Directions

Sauce

1. Chop the 15 tomatoes and put them in a pot with the tomato paste and canned tomatoes.
2. Turn on heat to medium and bring to a boil and stir frequently, continue to cook until the sauce has thickened.
3. Over very low heat, heat olive oil and add spices and grate garlic with a cheese grater into the pan.
4. Chop onion and mushrooms finely and add them to the oil/spice mixture.
5. Increase heat to medium and stir frequently until onions and garlic are browned.
6. Once onions and/or garlic have browned add to the tomatoes and continue to cook, stirring frequently until the sauce is thickened.

Meatballs

1. Mix all of the meatball ingredients together thoroughly and make them into 1 inch balls.
2. In a pan heat the olive oil and cook the meatballs on high heat (approximately 10 minutes) until they are brown, but not cooked all the way through.
3. Put the meatballs in the pan with the tomato sauce and simmer for 30-40 minutes until sauce is thickened and the meatballs are cooked thoroughly. If needed add chicken stock to keep moist.

Nutritional Analysis

For 1 Meatball: 53 calories, 2g fat, 1.3 carbs (less than 1g sugar and fiber), 7.5g protein

For Sauce (serving size approx. 2 cups): 131 calories, 3g fat, 24g carbs (10g sugar, 15g fiber), 6.7g protein

Spaghetti nutrition facts will vary based on what you buy; make sure to get 100% whole grain!

*Buffalo is a traditional food that is healthy when eaten in moderation (like all meat). It generally has less fat and cholesterol than beef and since all buffalo are grass fed it is higher in Omega-3 fatty acids, which can promote heart health. It is also illegal to use added growth hormones to buffalo, so the meat is more natural.

*Why Whole Grains? Whole grains are an essential part of a healthy diet. They are good sources of important vitamins and minerals, and have been linked to lower risk for Heart Disease, Diabetes, and some cancers and other health problems. Examples of whole grains are flours or breads that say "100% whole grain".

Apple-Zucchini-Pumpkin Bread

Ingredients

- 1 and 1/2 cup 100% whole grain flour*
- 2 teaspoons of baking powder
- ½ teaspoon baking soda
- 2 teaspoons pumpkin pie or apple pie spice
- 1 cup grated zucchini
- ¾ cup canned pumpkin
- ½ cup unsweetened apple sauce
- 2 eggs, lightly beaten
- ¼ cup vegetable oil
- ½ cup of maple syrup or honey OR 2/3 cup sugar or sugar substitute
- 1 teaspoon vanilla
- ½ cup chopped walnuts or pecans (optional)*

Directions

1. Preheat oven to 350 degrees
2. Mix flour, baking powder, baking soda, and spices
3. In a large bowl, mix eggs applesauce, maple syrup/honey/sugar/sugar-substitute, and vanilla and mix until combined.
4. Add zucchini, pumpkin, and walnuts (optional) stirring until combined
5. Mix in the flour
6. Add mixture to a 8 by 4 inch baking pan sprayed with non-stick baking spray
7. Bake for 45 to 60 minutes or until a toothpick in the middle comes out clean.

Nutritional Analysis

For a loaf with 10 slices: 186 calories, 8.6g fat, 23g carbs (7.4g sugar, 1.5g fiber), 4g protein *per slice*

*Eating nuts as part of a healthy diet can be good for you! They are high in unsaturated fats, which can lower your risk for Heart Disease and lower your cholesterol. They are also high in vitamins, minerals, and protein.

Slow Cooked Wild Rice Recipe

Ingredients

- 1 cup uncooked wild rice
- 3 cups fat free, low sodium chicken broth
- 1 package dry French onion soup mix
- 3 slices uncooked turkey bacon

Directions

1. Clean wild rice by rinsing with cold water several times.
2. Put wild rice, chicken broth, the soup mix and the turkey bacon (cut up into quarter size pieces) into the slow cooker and cook 4 to 5 hours on low heat. The rice is done when the kernels pop open. Take the turkey bacon out of the wild rice and serve.

Nutritional Analysis

For 1/5 of the cooked pot: 220 calories, 3g fat, 31g carbs (3.6g fiber, 2.4g sugar), 7.4g protein

Mashed Cauliflower (Mashed Potato Alternative)

Ingredients

- 1 medium head of cauliflower*
- 3 cloves garlic
- 4 cups chicken stock
- ¼ cup parmesan cheese
- 2 tablespoon softened cream cheese
- 1 tablespoon olive oil
- 1 cup chopped kale (optional)*
- Dried cranberries (optional)

Directions

1. Chop cauliflower into small chunks
2. Add cauliflower to a pot with chicken stock and bring to a boil. Cover and cook until cauliflower is very soft.
3. Drain cauliflower pouring stock in a bowl to be reused
4. Put cooked cauliflower into a food processor or blender along with 1 cup of reused chicken broth and blend until chunks are gone.
5. Grate garlic using a cheese grater (and parmesan if you have parmesan in a block)
6. Add garlic, cheese, cream cheese, olive oil, and kale (optional) and blend again until mixed.
7. Add the mixture back into the pot and boil until thick and all of the liquid is gone.
8. Garnish with cranberries (especially if you used the kale) for a nice holiday look

Nutritional Analysis

For a ¼ cup serving: 23 calories, 15.g fat, 2.4g carbs (less than 1 g sugar and fiber)

*Cauliflower is a vegetable that is a good source of vitamins and minerals including Vitamin C, folic acid, and potassium.

*Kale is a leafy green vegetable that is a good source of vitamins and minerals including Vitamin A, Vitamin C, and Calcium.



Roasted Root Vegetables

Ingredients

- 3 Large Fresh Beets*
- 4 large Carrots
- 1 Large White Onion
- 7-10 small redskin potatoes
- ¼ cup olive oil
- 4 sprigs fresh rosemary (can use 2 tablespoons of poultry seasoning)
- 4 cloves garlic
- 3 tablespoons of wine or apple cider vinegar

Directions

1. Preheat a pan on the stovetop over low heat
2. Chop rosemary finely and use a cheese grater to grate garlic into fine pieces.
3. Add olive oil to the heated pan and wait 1 minuet.
4. Add rosemary and garlic.
5. Cook over low heat stirring occasionally for about 10 minutes, or until garlic browns and set aside.
6. Wash vegetables thoroughly, and peel beets, carrots, and onion.
7. Preheat oven to 400 degrees
8. Cut beets and carrots into chunks about 1 and ½ inches, cut onions into large chunks.
9. Pour olive oil and spice mixture and vinegar over the vegetables.
10. Put beets, carrots, onions, and potatoes into a baking dish with a lid (if you don't have a lid use aluminum foil).
1. Bake for 35-40 minutes, or until beets and potatoes are ten

Nutritional Analysis

For 1/6 of a dish: 188 calories, 9.5g fat, 38g carbs (8g sugar, 11.2g fiber), 4.5g protein

*Beets are a root vegetable that is a good source of vitamins and minerals, including Vitamin C, Iron, and Calcium.

Healthy Sliders

We all love our sliders, but they sure can weigh on our health! Try this fun healthier option and don't forget to make half your plate fruits and veggies!

Directions

1. Cut 2 whole wheat dinner rolls down the center
2. Add a half slice of low-fat cheese.
3. Add a slice of low-fat turkey.
4. Add your favorite low-fat mayo or dressing (optional).
5. Add mustard (optional).
6. Heat in non-stick frying pan until cheese melts (optional).
7. Fill half your plate with carrots or your favorite vegetable.



Nutritional Analysis

For 2 sliders with carrots: 402 calories, 9g fat, 62g carbs (17g sugar, 12g fiber), 22g protein

Sugar Free Christmas Cookies

**Gluten Free option on next page*

Ingredients

For the cookies:

- 3 cups 100% White Whole Wheat Flour*
- 3/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup unsalted butter*, softened (can use ½ butter, ½ coconut oil)
- 1 cup Splenda or Truvia
- 1 egg, beaten
- 1 tablespoon milk
- ½ Splenda ½ flour mixture, for rolling out dough

For the icing:

- 4 cups Splenda or Truvia Baking Blend
- ½ cup shortening (can also use butter or avocado)
- 5 tablespoons milk
- 1 teaspoon vanilla extract
- food coloring

Directions

1. In a large bowl, combine flour, baking soda, sugar or sugar-substitute, and salt.
2. Melt butter and stir together with vanilla, milk, and egg.
3. Using an electric mixer beat in the wet ingredients to the dry.
4. Divide the dough into two chunks and wrap in waxed paper.
5. Refrigerate for 2 hours.
6. Preheat oven to 375 degrees
7. Roll out dough, one chunk at a time (leaving the second chunk in the refrigerator while working with the first one) on surface sprinkled with the Splenda/flour blend.
8. If the dough gets warm while you are rolling it out (or cutting out the cookies) put it back in the fridge for 10 minutes.
9. Use cookie cutters to cut out shapes, and a spatula to carefully remove them from the surface onto a cookie sheet.
10. After they are cool, frost using a knife, or fill a plastic sandwich bag with frosting and cut off the tip to do decorations.



Nutritional Analysis

For 1 cookie (in a batch of 45) with frosting: 89 calories, 6.5g fat, 6g carbs (less than 1 g of fiber and sugar), 0g protein

Sugar Free Christmas Cookies

Gluten Free Option

Ingredients

- 1 cup *finely-ground* almond flour/meal*
- 1/8 tablespoon salt
- 1/8 tsp baking soda
- 2 tbsp sugar or sugar substitute
- 1 1/2 tbsp coconut or vegetable oil (may also use butter)
- 1 tsp pure vanilla extract
- Makes about 20 cookies



Directions

1. Combine dry ingredients and wet ingredients in separate bowls
2. Pour the wet ingredients to the dry ingredients and mix well.
3. Make balls out of the dough and flatten them (can use cookie cutters)
4. Preheat the oven to 325, bake for 9 minutes.
5. Let cool for 5 minutes before touching.

Nutritional Analysis

For 1 cookie in a batch of 20: 56 calories, 4.9g fat, 1g carb (less than 1g of fiber and sugar), 0g protein

*Why Whole Grains? Whole grains are an essential part of a healthy diet. They are good sources of important vitamins and minerals, and have been linked to lower risk for Heart Disease, Diabetes, and some cancers and other health problems. Examples of whole grains are flours or breads that say “100% whole grain”.

* Eating nuts as part of a healthy diet can be good for you! They are high in unsaturated fats, which can lower your risk for Heart Disease and lower your cholesterol. They are also high in vitamins, minerals, and protein.

*Butter is a food high in saturated fat and cholesterol. Eating a diet high in saturated fat and cholesterol can increase your risk for many diseases such as obesity, heart disease, and some types of cancer. The American Heart Association recommends limiting the amount of saturated fats you eat to less than 7 percent of total daily calories, or 16 grams per day for someone eating a 2,000 calorie per day diet. If you have a chronic disease like Diabetes, Heart Disease, or High Cholesterol, talk to your doctor about how you should limit your saturated fat and cholesterol intake.



Flourless Peanut Butter Cookies

Nuts, including peanuts and peanut butter are high in calories, try making the cookies small to encourage eating in moderation.

Ingredients

- 1 cup unsalted natural peanut butter (this kind of peanut butter should have only 1 or 2 ingredients: peanuts and maybe oil)*
- ½ cup sugar or sugar substitute like Truvia, Truvia Baking Blend, Splenda, or Splenda-Sugar blend
- 1 teaspoon pure vanilla extract
- 1 large egg, lightly beaten
- Coarse sea salt*, unsweetened coconut, or sprinkles for decoration.
- Makes about 15 cookies

Directions

1. Preheat the oven to 350 degrees F and place the racks in the upper and lower third of the oven.
2. In a medium bowl, mix the peanut butter, sugar or sugar-substitute, vanilla and egg
3. Add Spoon 1 tablespoon of the mixture about 1 inch apart onto ungreased baking sheets. Flatten the mounds with the tines of a fork, making a crosshatch pattern on the cookies
4. Sprinkle with decorations if desired, try coarse sea salt, unsweetened coconut flakes, or sprinkles
5. Put cookies in the oven for about 10 minutes or until golden brown, starting on the bottom rack, then switching to the top rack halfway through the cooking time

Nutritional Analysis

For 1 cookie in a batch of 15 with real sugar: 172 calories, 9g fat, 9g carbs (6g sugar, 1g fiber), 5g protein.
For 1 cookie in a batch of 15 with 0 sugar-free sugar substitute: 146 calories, 9g fat, 5g carbs (2g sugar, 1g fiber), 5g protein.

*If you can't find natural peanut butter, or already have some normal peanut butter, you can use the normal peanut butter, just add only ½ the sugar or sugar-substitute. Eating nuts as part of a healthy diet can be good for you! They are high in unsaturated fats, which can lower your risk for Heart Disease and lower your cholesterol. They are also high in vitamins, minerals, and protein.

*Why Whole Grains? Whole grains are an essential part of a healthy diet. They are good sources of important vitamins and minerals, and have been linked to lower risk for Heart Disease, Diabetes, and some cancers and other health problems. Examples of whole grains are flours or breads that say "100% whole grain".

* You don't want to eat too much salt, if your are under the age of 51, you should limit the salt you eat to less than 2,300 milligrams per day (about 1 TEASPOON), if you are over the age of 51 or have high blood pressure, diabetes, or kidney disease you should limit the salt you eat to 1,500 milligrams per day (LESS THAN ½ of a teaspoon). If you need to limit the salt you eat, try using low-sodium salt, which you can find at most grocery stores with the normal salt.



Wild Rice Corn Muffins

Ingredients

- 2 cups 100% Whole Grain Flour*
- 1 cup whole grain corn meal*
- 1 cup cooked wild rice*
- 5 tablespoons baking powder
- ½ teaspoon salt
- 2 tablespoons canola oil
- 3 tablespoons nonfat Greek yogurt or fat free/reduced fat sour cream*
- ½ cup real maple syrup or honey (or sugar substitute)
- 1.5 cup fat free skim milk
- 2 egg whites

Directions

1. Preheat oven to 400 degrees
2. Use paper baking cups or spray, with nonstick cooking spray, the cups in the cupcake tray
3. In a large bowl mix milk, eggs, oil, and yogurt/sour cream.
4. Mix in flour, cornmeal, baking powder, salt, and maple syrup or honey
5. Fold in wild rice
6. Put in cupcake tin and bake for 20-25 minutes, or until golden brown.

Nutritional Analysis

For 1 muffin in a batch of 24: 121 calories, 1.4g fat, 19g carbs (5g sugar, 1g fiber), 3g protein.

*Why Whole Grains? Whole grains are an essential part of a healthy diet. They are good sources of important vitamins and minerals, and have been linked to lower risk for Heart Disease, Diabetes, and some cancers and other health problems. Examples of whole grains are flours or breads that say “100% whole grain”.

*Greek Yogurt or Sour Cream are good healthier substitutes for oil in baking.

*Wild rice is a traditional healthy food. It is higher in fiber and lower in calories and carbohydrates than other types of rice, making it good for weight loss!



Healthier Cinnamon Rolls

**Includes a diabetic/low-sugar option AND a gluten free option below.*

Ingredients

- 100% Whole wheat bread dough from the frozen isle, thawed*
- Flour for dusting the cooking surface
- ¼ cup chopped hazelnuts or walnuts (optional)*

For the filling

- ½ cup Sugar OR Splenda or Truvia Brand Brown Sugar Blends or regular Splenda or Truvia Brand Sugar substitute
- 1 and 1/2 tablespoon cinnamon or pumpkin pie or apple pie spice
- 1/2 stick of butter
- 3 tablespoons unsweetened apple sauce
- ¼ cup raisins (optional)

For the icing

- 3/4 cup Sugar free vanilla syrup, Splenda, Splenda-sugar blend, or powdered sugar
- 3 tablespoons mascarpone cheese OR a mixture of 2 tablespoons softened fat free or reduced fat cream cheese and 1 tablespoons fat free or reduced fat sour cream
- 1 tablespoon buttermilk (or plain milk)

Directions

1. Preheat oven to 400 degrees
2. Roll out dough on a floured surface so it is in a rectangle
3. In a bowl combined sugar substitute/brown sugar, cinnamon spice, raisins and nuts
4. In a bowl combine softened butter and apple sauce together and spread over dough
5. Sprinkle sugar-substitute/spice mix over dough
6. Starting on the long edge of the dough roll the dough into a cylinder roll
7. Cut into about 16 slices
8. Store roll in a warm place (like on the oven) until it has risen (about 1 hour)
9. Place parchment on a baking sheet (or grease the pan) and place pieces evenly
10. Bake for about 15 minutes, combine icing ingredients while baking
11. Frost and serve warm.

Nutritional Analysis

For 1 bun in a batch of 16 (with real sugar, frosting, raisins and hazelnuts): 179 calories, 6g fat, 28 carbs (16g sugar, 2g fiber), 2.5g protein.

For 1 bun in a batch of 16 (with sugar substitute, raisins and hazelnuts): 133 calories, 6g fat, 16g carbs (4g sugar, 2g fiber), 2.5g protein

Gluten Free Option

Ingredients

- 1 and ¾ cup almond flour*, rice flour, or other gluten free flour
- ¼ cup coconut flour
- ½ teaspoon salt
- ¼ cup butter or softened coconut oil
- 2 eggs (room temperature)
- 1 tablespoon vanilla extract
- 1 teaspoon baking powder
- 2 Tablespoons sugar or sugar substitute



Directions

1. Preheat the oven to 350 degrees
2. In a large bowl, whisk together eggs, butter or coconut oil, vanilla.
3. In another large bowl, combined the flours, salt and baking powder.
4. Knead dough until smooth, set in a warm place for about 10 minutes.
1. Directions and Filling, icing, recipes are all the same as above. Makes about 10 buns.

*Eating nuts as part of a healthy diet can be good for you! They are high in unsaturated fats, which can lower your risk for Heart Disease and lower your cholesterol. They are also high in vitamins, minerals, and protein.

Healthier Brownies (Avocado instead of butter!)

**Includes a diabetic/low-sugar option!*

Ingredients

- 2 ripe (soft) avocados*
- 8 ounces dark chocolate (sugar free/low sugar option use 8 ounces unsweetened bakers chocolate or brand of sugar free chocolate like “Simply Lite” brand)
- 1 cup sugar (Low sugar option use unsweetened bakers chocolate and 1 cup of Truvia Brand “Baking Blend”* which is a mix of stevia natural sweetener and sugar. Sugar Free Option use 1 and ¼ cup Splenda sugar-free sweetener*).
- 2 Large Eggs
- 1 teaspoon vanilla extract
- 1 and ½ cup 100% Whole Grain Flour. If you really don’t like whole wheat flour, you can use 100% White Whole Wheat Flour or 100% Whole Multi-Grain flour*
- ¼ cup unsweetened cocoa powder
- ½ teaspoon baking powder
- ½ teaspoon salt
- 3 tablespoons oil
- 1 cup no sugar added chocolate or vanilla soy milk

You can also make avocado frosting!

- 1 large ripe avocado or 2 regular avocados
- 2 cups powdered sugar or sugar substitute
- ½ cup softened cream cheese, optional (can use fat-free or reduced fat)
- ½ tablespoon vanilla extract

Directions

1. Preheat oven to 350°F (325 degrees for a glass pan). Line an 8 by 8 inch pan with foil or parchment and brush with oil.
2. Melt chocolate over the stove or in the microwave.
3. In a large bowl stir melted chocolate and avocado together with a whisk.
4. Add sugar or sugar-substitute, eggs (one at a time), and vanilla and mix well.
5. Add flour, cocoa, baking powder and salt, mixing with a large spoon until just combined, but careful to not over mix.
6. Stir in oil until it has been distributed and batter is relatively smooth.
7. If the batter is too dry, you may add milk.
8. Bake for about 28 minutes, or until the middle of the pan is solid.

Nutritional Analysis

For 1 brownie in a batch of 20 with real sugar: 222 calories, 7g fat, 26g carbs (16g sugar, 3g fiber), 3g protein.

For sugar free option: 121 calories, 10g fat, 13g carbs (less than 1g sugar, 4g fiber), 4g protein

For the frosting (with real sugar): 92 calories, 4g fat, 14g carbs (12g sugar, 1g fiber), 1g protein.

For the frosting (with sugar substitute): 45 calories, 4g fat, 5g carbs (less than 1g sugar, 1g fiber), 3g protein

*Why Avocados? In this recipe, avocados replace the butter that normally goes into brownies. Avocados are a good source of fiber, vitamins, and “good fat”, specifically monounsaturated fat, which can reduce your risk for heart disease and lower your cholesterol.

* High amount of sugar in your diet (often from sugar-sweetened beverages like soda pop and juice, candy, desserts) is linked to Type 2 Diabetes, Heart Disease, and Obesity. If you have Diabetes or Heart Disease you want to talk to your Doctor about how you should limit your sugar intake. Sugar substitutes like Truvia (which is made from a plant called Stevia) and Splenda can be found in the baking aisle of the grocery store with the normal sugar.

*Why Whole Grains? Whole grains are an essential part of a healthy diet. They are good sources of important vitamins and minerals, and have been linked to lower risk for Heart Disease, Diabetes, and some cancers and other health problems. Examples of whole grains are flours or breads that say “100% whole grain”.

Three Sisters Egg Casserole (Soufflé)

Ingredients

- 1 cup corn meal
- 4 cups low sodium chicken stock (can also use water)
- 4 tablespoons Olive Oil
- 1 bunch green onions, chopped
- 2 cloves garlic, cut small (or 1 tbs powdered garlic)
- 1/4 teaspoon crushed red pepper
- 1 teaspoon salt*
- 1/2 cup parmesan cheese
- 6 egg whites* (may also use yolks)
- 1 cup fresh or frozen cooked squash
- 1 cup fresh or frozen chopped green beans

Directions

1. In a saucepan, bring 4 cups of chicken stock to a boil over high heat and stir in corn meal
2. Return to a boil and reduce heat to low, cover pan and cook, stirring occasionally, until are smooth and creamy, 10 to 20 minutes
3. After the corn meal is done cooking, move into a large bowl and allow to cool, stirring frequently to prevent the top from hardening
4. Cook vegetables
 - a. If using fresh squash: Cut into small cubes and boil in 3 cups of water until very soft
 - b. If using frozen squash: Cook squash in the microwave using package instructions
 - c. If using fresh green beans: Bring 2 cups of water to a boil in a saucepan with a pinch of sea salt. Add beans and cook until crisp and bright green (about 5 minutes)
5. In a heated skillet add Olive Oil and sauté green onions, garlic, cooked squash and beans for about 3 minutes
6. Once corn meal is cooled, stir in sautéed green onions, garlic, olive oil, squash and beans, red pepper, salt and cheese
7. Preheat oven to 350 degrees and with non-stick baking spray, coat a 9 by 13 inch baking pan. You can also use a cupcake baking tray, using cupcake papers
8. In a large bowl beat the 4 egg whites with a pinch of salt with a whisk or electric mixer until they become stiff
9. Without siring too much, mix in the egg whites to the corn meal mixture one-third of the egg whites at a time, don't over mix it!
10. Add everything to the non-stick baking dish
11. Cook for 30-40 minutes or until it's risen and the top is golden brown, serve right away. If using cupcake pan, cook for about 20 minutes or until a toothpick comes out clean.

Nutritional Analysis

For 1 slice in a pan of 6 slices: 257 calories, 12g fat, 26g carbs (2g sugar, 2g fiber), 8g protein.

* You don't want to eat too much salt, if your are under the age of 51, you should limit the salt you eat to less than 2,300 milligrams per day (about 1 TEASPOON), if you are over the age of 51 or have high blood pressure, diabetes, or kidney disease you should limit the salt you eat to 1,500 milligrams per day (LESS THAN ½ of a teaspoon). If you need to limit the salt you eat, try using low-sodium salt, which you can find at most grocery stores with the normal salt.

* Eggs are high in vitamins and protein; however, they are also high in cholesterol and fat. However, all of the fat and cholesterol in eggs are in the yolks. By eating less egg yolk or no egg yolk you can significantly decrease the amount of cholesterol, fat, and calories from your eggs. This recipe uses only egg whites!

Cleansing Squash Soup

This simple, cleansing squash soup recipe is an amazing recipe to rely on this holiday season for two reasons. First, it's the perfect light meal to eat before you go out to your holiday party. You'll make better food choices and will have less room for the fattening foods when you've already filled up on this guilt-free soup. Secondly, this soup makes a wonderful day-after-the-big-party meal, when you want to keep things low-calorie, simple and cleansing. It freezes well, so make lots and save some for later. Makes 6 Servings.

Ingredients

- Nonstick cooking spray
- 1 red onion, chopped
- 6 cups vegan vegetable broth
- 3 green zucchini, chopped
- 3 yellow zucchini, chopped
- dash of salt and pepper
- 12 oz frozen butternut squash, defrosted
- 1 cup unsweetened coconut milk
- juice from 1/2 a lemon
- dab of plain Greek yogurt

Directions

1. Spray the bottom of your soup pot with nonstick spray, and sauté the onion until soft. Add the broth, zucchini, salt and pepper and cook until zucchini is soft
2. Use your hand blender and puree the soup until smooth. Add the butternut squash
3. Remove from heat, add milk and lemon juice
4. Put a dab of yogurt in each bowl and swirl with a spoon.

Nutritional Analysis

One serving equals: 122 calories, 1g fat, 402mg sodium, 26g carbohydrate, 3g fiber, and 5g protein



Gluten Free Vegan Wild Rice, Cranberry, and Nut Stuffing

Ingredients

- 2 cup brown and wild rice, uncooked, mixed, rinsed
- 3 1/2 cups water or gluten free vegetable stock (may use chicken broth for non-vegan recipe)
- 1 onion, chopped
- 1/2 cup celery, chopped
- 1 apple, chopped
- 1/2 cup dried pecans, crushed
- 1/2 cup dried cranberries (suggest: Craisins Reduced-Sugar)
- 1 tsp cooking sage
- 1 tsp rosemary
- Salt and pepper to taste
- 2 TBS olive oil (extra-virgin is best)



Directions

1. In a large pot, sauté onion until soft
2. Add uncooked rice and stir for 1-2 minutes
3. Add in celery and apple and stir 1-2 minutes
4. Add water or vegetable stock and bring to boil
5. Reduce heat to simmer, and cover for 30 minutes
6. Uncover and add pecans, cranberries, rosemary, and sage, and stir once
7. Cover and continue to simmer for 20 minutes or until rice is tender and liquid has evaporated (if there is too much liquid, uncover and stir while cooking to evaporate)
8. Fluff with a fork and add salt and pepper before serving.

Nutritional Analysis

For 1 serving (about 1 cup or 1/6 of dish): 329 calories, 18g fat, 38g carbs (6g sugar, 5g fiber), 7g protein



Braised Chicken with Kale

Ingredients

- 2 tablespoons canola oil, divided
- 4 chicken leg quarters, skinned
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon salt
- 1.1 ounces all-purpose flour (about 1/4 cup)
- 5 garlic cloves, chopped
- 1 (16-ounce) package cut prewashed kale*
- 1 (14.5-ounce) can no-salt-added fire-roasted diced tomatoes, undrained
- 1 (14.5-ounce) can fat-free, lower-sodium chicken broth
- 1 tablespoon red wine vinegar

Directions

1. Preheat oven to 325°.
2. Heat a Dutch oven over medium-high heat. Add 2 teaspoons canola oil. Sprinkle the chicken with black pepper and 1/4 teaspoon salt. Place flour in a dish, and dredge chicken. Place 2 leg quarters in pan, and cook for 1 1/2 minutes on each side. Remove from pan. Repeat procedure with 2 teaspoons oil and remaining 2 leg quarters. Remove from pan.
3. Add remaining 2 teaspoons oil to pan. Add garlic; cook for 20 seconds. Add half of kale; cook for 2 minutes. Add remaining half of kale; cook 3 minutes. Stir in tomatoes and broth; bring to a boil. Return chicken to pan. Cover and bake at 325° for 1 hour and 15 minutes. Remove chicken from pan; stir in vinegar. Serve chicken over kale mixture.

Nutritional Analysis

For ¼ (one chicken quarter and veggies): 468 calories, 27g fat, 43g carbs (1g sugar, less than 1g fiber), 37g protein.



*Kale is a leafy green vegetable that is a good source of vitamins and minerals including Vitamin A, Vitamin C, and Calcium.

Waldorf Salad

Ingredients

- ½ cup walnut halves (raw or toasted)*
- ½ cup non-fat or reduced fat yogurt
- 2 tablespoons light mayo
- ½ cup finely chopped baby spinach
- 1 teaspoon honey
- 1 tablespoon lemon juice (1/2 a lemon juiced)
- black pepper to taste
- 2 large apples (preferably Gala, Figi, Honey Crisp, or McIntosh)
- 2 sticks whole of celery
- ¼ cup dried cherries, raisins, or other dried fruit
- ¼ cup red grapes cut in half
- 1 head of leafy green lettuce (preferably Boston or Romaine)

Directions

1. If you didn't buy toasted Walnuts, toast them yourself: preheat oven to 350 degrees, spread the nuts on a baking sheet and bake for 8 – 10 minutes, cool and cut into pieces
2. Whisk together yogurt, mayo, honey, lemon zest, and pepper together in a bowl
3. Cut apples and celery into bite sized chunks and cut grapes in half, pour lemon juice over the mix
4. Toss apples, celery, and grapes, and walnuts with the dressing
5. Wash lettuce leaves and pull off whole
6. Spoon the salad mixture into the lettuce cups (may also chop lettuce and mix all together)

Nutritional Analysis

For ¼ or about 1 cup: 273 calories, 11g fat, 39g carbs (26g sugar, 8g fiber), 7g protein.

*Eating nuts as part of a healthy diet can be good for you! They are high in unsaturated fats, which can lower your risk for Heart Disease and lower your cholesterol. They are also high in vitamins, minerals, and protein.

Vegetable Salad

Ingredients

- ½ cup Frozen or fresh green beans (cooked and cold)
- 1 cup cherry or grape tomatoes cut in half
- 1 large sweet pepper (red, yellow, orange, or green) cut small
- ½ red onion chopped small
- ½ cucumber, cut into bite sized pieces
- 2 celery stalks cut into chunks
- ¼ cup olive oil
- 3 tablespoons white wine vinegar
- 1 tablespoon balsamic vinegar
- 1 tablespoon dried basil or Italian seasoning
- 1 teaspoon honey, heated (optional)
- 1 ball fresh part-skim mozzarella cheese or 4 oz part-skim block mozzarella, cubed
- salt to taste

Directions

1. Chop vegetables and combine in a large bowl
2. Wisk together olive oil, vinegars, seasoning, and honey (optional)
3. Combine dressing and veggies and salt to taste.

Nutritional Analysis

For about ½ cup: 85 calories, 5g fat, 3g carbs (2g sugar, 1g fiber), 5g protein



Green Salad with Herbs

Ingredients

- 6 cups store-bought herb salad mix (or spring mix lettuce)
- 1 cup cherry or grape tomatoes cut in half
- 2 Yellow Belgian Endive chopped small (may also use chopped cabbage, ¾ cup)
- ½ cucumber cut in slices
- 4 ounces feta cheese, crumbled
- 1 cup broken pita chips (on top)
- 3 tablespoons olive oil
- 1 and ½ tablespoon lemon juice
- pinch of salt and pepper
- 1 clove crushed garlic

Directions

1. Chop vegetables
2. Wisk together oil, lemon, garlic, salt and pepper
3. Mix all ingredients together except pita chips in a large bowl
4. Add pita chips

Nutritional Analysis

For approx. 1 cup: 167 calories, 10g fat, 9g carbs (2g sugar, 2.5g fiber), 3g protein



Alder-Roasted Salmon with Dill and Cranberries

Ingredients

- ¼ cup chopped dried cranberries
- ¼ cup chopped fresh dillweed
- ¼ teaspoon salt
- 6 (8-ounce) king salmon fillets, with skin
- 1 cup unsalted butter, softened
- 2 teaspoons crushed pink and green peppercorns
- 1 tablespoon fresh lemon juice

Directions

1. Combine all the ingredients except salmon
2. Preheat plank in a 400 degree oven
3. Place salmon (skin side down) on plank
4. Cover salmon with butter mixture
5. Bake 10-15 minuets or until done



Nutritional Analysis

For 1 8oz piece of salmon: 763 calories, 60g fat, 5.5g carbs (8.6g sugar, less than 1g of fiber), 46g protein.

10 tips
Nutrition
Education Series

make celebrations fun, healthy & active



10 tips to creating healthy, active events

Eating healthy and being physically active can be a fun part of parties and events. Great gatherings are easy to do when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

1 make healthy habits part of your celebrations

Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.

2 make foods look festive

Decorate foods with nuts or seeds or use new shapes for vegetables. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.

3 offer thirst quenches that please

Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a "float" by adding a scoop of low-fat sorbet to seltzer water.

4 savor the flavor

Take time to pay attention to the taste of each bite of food. Make small changes in your old recipes or try dishes from another culture to liven things up.

5 use ChooseMyPlate.gov to include foods from the food groups for your party

Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.

6 make moving part of every event

Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.

7 try out some healthier recipes

Find ways to cut back on sugar, salt, and fat as you prepare your favorite recipes. Try out some of the recipes on ChooseMyPlate.gov.

8 keep it simple

Have others participate by contributing a prepared dish, helping with the clean up, or keeping the kids active and moving.

9 shop smart to eat smart

Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

10 be a cheerleader for healthy habits

It's never too early for adults to set an example. Keep in mind that children follow what the adults around them do—even at parties.

