



# Healthy Holiday Recipes



Living Well

College of Health and Human Performance

UNIVERSITY OF FLORIDA

# Healthy Gators 2010

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Welcome to the first edition of the Living Well Healthy Holiday Recipe Booklet. The holidays are a wonderful time for colleagues, friends and family to gather and share their appreciation of one another. One of the ways that we often use to let others know we appreciate them and what they bring to our lives is through sharing food. Many times the old family recipes include more fat,

more sugar and more calories than our current more sedentary lifestyles allow us to work off.

During the holiday season, it seems there is always food around; wouldn't it be great if we could eat that wonderful holiday food knowing that it has been prepared using more healthy ingredients while maintaining that same great taste? The recipes in this booklet are a start in that direction. All have been created with healthful eating in mind.

The Healthy Gators 2010 coalition is pleased to endorse the Healthy Holiday Recipe Booklet and encourages you to not only use these recipes, but to think about how you might modify some of your favorites to increase their good health potential.

Happy Holidays!

A handwritten signature in black ink that reads 'Chris'.

Chris Machen  
University of Florida First Lady  
Chair Healthy Gators 2010 Steering Committee

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Going to a holiday party? Eat something healthy before you go. If you are not hungry when you arrive, you will be less tempted to indulge in all sorts of unhealthy but yummy foods.

# Live Well, Eat Well

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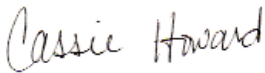
With the holidays quickly approaching, the tendency is to settle into the routine of eating too much and exercising too little. This year Living Well, in conjunction with Healthy Gators 2010, is proud to present the first annual holiday low-fat recipe booklet. This booklet offers low-fat alternatives for a variety of traditional holiday foods.

Living Well is available all year to help you with your wellness needs. Currently we offer convenient group fitness classes during lunch and directly following work. We have qualified trainers to help you begin your fitness program or motivate you to continue working out. The facility is filled with state-of-the-art equipment including Stair Masters, treadmills, strength training machines and free weights.

We hope you find this booklet beneficial as you prepare your holiday menus. Living Well wants to be your resource for healthy solutions. Remember, Living Well is available to help with beginning and maintaining your upcoming New Year's resolutions!

Please enjoy a safe and healthy holiday season.

Happy Holidays!



Cassie Howard  
Living Well Director  
College of Health and Human Performance

Use the busy shopping season and burn some extra calories. If you are heading to the mall, park a little further away. Every few extra steps that you take count.

# Substitute Grocery List

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## Instead Of

1 cup Butter

8 ounces Cream Cheese

1 cup Heavy Cream

1 cup Sour Cream

1 Egg

1 cup Oil or Fat (basting)

## Sugar Substitutes

Sweet One

Equal

Splenda

Sweet 'N Low

## Use

1 cup Applesauce

8 ounces Yogurt Cheese

2 teaspoons Cornstarch or  
1 tablespoon Flour +

1 cup Nonfat Milk  
1 cup lowfat Cottage Cheese +  
2 tablespoons Skim Milk +  
1 tablespoon Lemon Juice

2 Egg Whites

1 cup Fruit Juice or  
1 cup Lowfat Stock

1 packet= 2 teaspoons sugar

1 packet= 2 teaspoons sugar

1 teaspoon= 1 teaspoon sugar

1 packet= 2 teaspoons sugar

Substitute holiday sitting and snacking.  
Grab a friend to walk and talk.

# Turkey Tips

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## How to handle your holiday bird

If you get nervous at the very thought of cooking a Thanksgiving or Christmas turkey, you're not alone. Fortunately, there are many resources available so we can prepare our feasts without fear of giving someone food poisoning, or bringing a burnt offering to the table. As long as you follow basic food-safety rules, monitor the turkey while it's cooking and have a timetable for preparing the rest of the meal, chances are your Turkey Day will go off without a hitch. Here are some helpful tips on how to handle your turkey:

## Thawing a Frozen Turkey

If you are buying a frozen turkey, allow plenty of time for it to defrost. You can defrost the turkey in the refrigerator or in cold water. Never defrost a turkey at room temperature.

- Defrosting the bird in the refrigerator is the safest method, and also requires the least maintenance.
- Leave the turkey in its original wrapping and place it in a baking pan, breast side up. Allow 24 hours of thawing time for every five pounds of turkey.
- If you choose to use the cold water method, put the turkey, still in its original wrapping, in a large sealed bag to prevent contamination. Place the turkey in a basin or bath and cover with cold water. Change the water completely every 30 minutes. You should allow 30 minutes of thawing per pound. Undoubtedly this is a faster (though labor-intensive) method, but there is a risk of bacterial growth near the surface of the bird as the interior continues to thaw. Once thawed this way, the turkey should be cooked immediately.

## Handling a Raw Turkey

Make sure you use a separate cutting board and utensils for the turkey to avoid contaminating other foods. Be sure to wash your hands with hot, soapy water before touching anything else in the kitchen. Wash the cutting boards and utensils used for the turkey as soon as you are done with them. Use paper towels instead of cloths for clean up wherever possible.

## Stuffing the Turkey

If you choose to stuff the turkey rather than cook it separately, stuff the bird just before it goes into the oven. Be sure to remove the giblets and rinse the turkey in and out with cold water first. Place the stuffing loose-

ly into the turkey's cavity. Remember, you will need to allow a longer cooking time if the bird is stuffed.

### Cooking the Turkey

People have different ideas about how to cook a turkey. As long as you roast the bird at a minimum of 325 degrees until the thickest part of the inner thigh registers 180 degrees on an instant-read thermometer, you will be fine. The breast meat should register 170 degrees, and if the bird is stuffed, the stuffing must reach 165 degrees. See below for approximate cooking times.

### Out of the Oven

Once out of the oven, allow the turkey to rest for at least 15-20 minutes to allow the juices to settle. The temperature of the bird will continue to rise. After carving the turkey, allow leftovers to cool slightly (but no more than an hour), then place in an airtight container and store in the refrigerator. Store leftover stuffing separately. Use within three days.

### Turkey Cooking Times

Weight	Unstuffed	Stuffed
8-12 pounds	2 3/4 - 3 hours	3 - 3 1/2 hours
12-14 pounds	3 - 3 3/4 hours	3 1/2 - 4 hours
14-18 pounds	3 3/4 - 4 1/4 hours	4 - 4 1/4 hours
18-20 pounds	4 1/4 - 4 1/2 hours	4 1/4 - 4 3/4 hours
20-24 pounds	4 1/2 - 5 hours	4 3/4 - 5 1/4 hours

Holidays may call for a drink with some friends. This year substitute calorie laden drinks with lower calorie versions.

# How to plan a low-fat Thanksgiving meal

---

1. Try to have a mix of starches and lighter dishes, such as vegetables.
2. Consider serving fewer appetizers, and avoid heavy, cream-based dips. Instead of crackers or chips, offer cut-up vegetables.
3. Make a reduced-fat version of mashed potatoes using chicken stock, skim milk, or even the water the potatoes were boiled in, instead of cream.
4. Consider serving simple steamed vegetables instead of gratin vegetable dishes or other fat-heavy casseroles.
5. Reduce the fat in your homemade gravy by defatting the broth you use.
6. Serve the turkey with the skin removed.
7. Bake the stuffing instead of cooking it inside the bird. (The turkey drippings that seep into the stuffing can be fatty.) Eliminate sausage from your stuffing recipe, or reduce the amount of sausage by half.
8. In all your dishes, reduce the amount of cooking fat (oil, butter, etc.) used to sauté onions and other vegetables. Either use cooking spray in a nonstick pan or use just a tablespoon or two of fat, adding a little water if the vegetables begin to stick. Salting the onions or other vegetables in the beginning of cooking helps to draw water out of them, making it less likely that they'll burn.
9. Serve a fruit dessert instead of, or in addition to, the typical pies. Or serve a pumpkin custard without the crust. (Pie crust has a lot of fat, typically much more than the pie filling.)
10. Ask yourself if the reduced-fat dishes you're planning to serve will be appreciated by those who aren't as concerned about having a low-fat diet. Offer alternatives if possible, such as salad dressing on the side, or both rich and light mashed potatoes.

Source: [http://www.ehow.com/how\\_8512\\_low-fat-thanksgiving.html](http://www.ehow.com/how_8512_low-fat-thanksgiving.html)

Don't forget to keep up with your regular exercise program!

# Baked Ham with Pineapple Glaze

---

1 (5-pound) bone-in, less-sodium ham  
Cooking spray  
2 teaspoons whole cloves (optional)  
3/4 cup pineapple jelly  
2 tablespoons dark rum  
1 tablespoon peach nectar  
1 tablespoon Dijon mustard

Preheat oven to 350°. Trim fat and rind from ham. Score outside of ham in a diamond pattern. Place ham on a broiler pan coated with cooking spray. Bake at 350° for 1 hour. Stud ham with cloves, if desired. Combine jelly, rum, nectar and mustard. Brush ham with jelly mixture. Bake an additional 30 minutes or until meat thermometer registers 140°, basting once. Place ham on a platter; cover with foil. Let stand 10 minutes before slicing.

Yield: 20 servings (serving size: 3 ounces ham)

## **Nutrition Facts:**

Calories 166 (27% from fat); Fat 4.9 g (sat 1.6 g, mono 2.3 g, poly 0.5 g); Protein 18.5 g; Cholesterol 47 mg; Calcium 8 mg; Sodium 882 mg; Fiber 0.0 g; Iron 1.3 mg; Carbohydrate 10.2 g

Source: <http://food.cookinglight.com>

Take a high-potency multivitamin if you are not already doing so. You may want to take extra vitamin C to help boost your immune system.

# Braised Lamb Shanks with Rosemary Polenta

---

## Lamb

6 (3/4 pound) lamb shanks, trimmed  
1/2 teaspoon salt, divided  
1/2 teaspoon freshly ground black pepper, divided  
2 cups diced onion  
1 cup diced carrot  
1/2 cup diced celery  
2 garlic cloves, minced  
3/4 cup dry red wine  
1 (14.5-ounce) can no salt-added petite diced tomatoes, undrained  
1 (14-ounce) can less-sodium beef-broth

1 tablespoon chopped fresh rosemary  
1 teaspoon water  
1/2 teaspoon cornstarch

## Polenta

4 cups fat-free, less-sodium chicken broth  
1 teaspoon chopped fresh rosemary  
1/4 teaspoon freshly ground black pepper  
1 cup finely ground yellow cornmeal  
1/4 cup (1 ounce) grated fresh Parmesan cheese

Preheat oven to 300°. To prepare lamb, sprinkle lamb evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper. Heat a large, wide Dutch oven over medium-high heat. Add lamb, and cook for 12 minutes, browning on all sides. Remove lamb from pan. Add onion, carrot and celery to pan; sauté 8 minutes or until lightly browned. Add garlic, and sauté 1 minute. Add red wine; bring to a boil. Cook 2 minutes or until most of liquid evaporates. Return lamb to pan; stir in tomatoes, beef broth, and 1 tablespoon of chopped rosemary. Bring to a boil. Cover Dutch oven; place in oven. Bake at 300° for 2 hours or until lamb is tender. Remove lamb from pan; set aside and keep warm. Add remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper to pan; bring to a boil over high heat. Cook until sauce is reduced to about 3 1/2 cups (about 30 minutes), stirring frequently. Combine water and cornstarch in a small bowl, stirring with a whisk. Add cornstarch mixture to pan; cook 30 seconds or until sauce thickens, stirring constantly. To prepare polenta, bring chicken broth, 1 teaspoon rosemary, and 1/4 teaspoon pepper to a boil in a large saucepan. Gradually add cornmeal, stirring constantly with a whisk. Reduce heat to medium; cook 4 minutes or until thick, stirring constantly. Remove from heat, and stir in cheese. Serve immediately with lamb and sauce.

Yield: 6 servings (serving size: 1 lamb shank, 2/3 cup polenta, and about 1/2 cup sauce)

**Nutrition Facts:** Calories 447 (20% from fat); Fat 10.1 g (sat 3.9 g, mono 4.2 g, poly 0.7 g); Protein 51.1 g; Cholesterol 151 mg; Calcium 135 mg; Sodium 815 mg; Fiber 4 g; Iron 4.9 mg; Carbohydrate 34.4 g

Source: <http://food.cookinglight.com>

# Low-fat Vegetable Lasagna

---

2 teaspoons olive oil  
1 garlic clove, crushed  
1 medium onion, finely chopped  
1 1/2 cups cremini mushrooms, sliced  
1 celery stalk, chopped  
1 medium carrot, diced  
1 medium zucchini, chopped  
1 yellow squash, chopped  
1 28-ounce can crushed tomatoes  
2 tablespoons tomato paste  
1 teaspoon oregano or mixed Italian herbs  
Freshly ground black pepper  
2 handfuls baby spinach salad leaves, roughly chopped  
1 15-ounce tub fat-free or low fat ricotta  
8-ounces no-cook lasagna noodles  
3/4 cup reduced fat shredded mozzarella cheese

Preheat oven to 375°, and coat an 11 X 7-inch baking dish with nonstick cooking spray. Heat oil in a large saucepan. Sauté garlic for 1 minute, followed by onion, mushrooms, celery, carrots, zucchini and squash.

Gently sauté for 10 minutes until vegetables are softened. Add tomatoes, tomato paste, herbs and some black pepper. Bring to a boil, then reduce to a simmer for 10 minutes. Stir in spinach.

Spread a cup of sauce on the bottom of the baking dish. Top with noodles, followed by half the ricotta cheese; add another layer of sauce, followed by noodles and remaining ricotta cheese. Continue with remaining noodles and sauce, ending with sauce. Top with mozzarella and bake for 30 minutes.

Yield: 8 servings

**Nutrition Facts:** Calories 303; Calories from Fat 37; Total Fat 4.1 g (sat 1.5 g); Cholesterol 42 mg; Sodium 461 mg; Carbohydrate 50.6 g; Fiber 4.6 g; Protein 15.8 g

Source: <http://lowfatcooking.about.com/od/pastaandrice/r/veglasagna.htm>

# Corn Bread

---

2/3 cup all-purpose flour  
1 1/3 cups yellow cornmeal  
1 tablespoon sugar  
2 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1 1/4 cups 1% low-fat milk  
3 large eggs, lightly beaten  
2 tablespoons butter, melted  
Cooking spray

Preheat oven to 400°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 4 ingredients (flour through salt) in a large bowl, stirring with a whisk. Make a well in center of mixture. Combine milk, eggs, and butter in a small bowl, stirring with a whisk. Add to flour mixture, stirring just until moist. Spoon batter into a 13 x 9-inch baking pan coated with cooking spray. Bake at 400° for 20 minutes. Cool in pan 10 minutes. Remove from pan; cool completely on a wire rack.

Yield: 10 servings

## **Nutrition Facts:**

Calories 158 (26% from fat); Fat 4.5 g (sat 2.2g, mono 1.4g, poly 0.5g); Protein 5.3 g; Cholesterol 71 mg; Calcium 115 mg; Sodium 298 mg; Fiber 1.6 g; Iron 1 mg; Carbohydrate 23.8 g

Source: <http://food.cookinglight.com/cooking/>

Don't stress yourself out trying to be everywhere you are invited. Attend the parties you really want to go to, not the ones you just feel obligated to attend.

# Latkes (Potato Pancakes)

12 ounces Idaho potatoes, peeled  
3 tablespoons part-skim ricotta cheese  
2 tablespoons flour  
2 tablespoons sugar  
2 teaspoons finely grated orange peel  
1 teaspoon baking powder  
1/4 teaspoon salt  
1 egg, lightly beaten  
1/3 cup golden raisins  
1/4 cup vegetable oil, such as canola  
4 teaspoons confectioners' sugar (or powdered sugar)

Preheat oven to 350°.

Grate potatoes into a large mixing bowl. Stir in ricotta, flour, sugar, orange peel, baking powder and salt. Add eggs and raisins; mix until well combined.

In a large, heavy, non-stick skillet, heat 1 tablespoon oil over medium heat. Using a tablespoon, spoon potato mixture into skillet, using about 2 tablespoons per pancake (skillet should hold about 4 pancakes at a time). Flatten mixture slightly with a spatula. Cook pancakes 2 minutes, then flip and cook another 2 minutes or until golden brown. Transfer pancakes to a baking sheet while cooking the remaining pancakes.

Place cooked pancakes in the oven and bake 10 minutes or until pancakes are cooked through.

Garnish pancakes with a sprinkling of confectioners sugar and serve with applesauce, if desired.

Variations:

Serve with unsweetened applesauce, if desired (serving suggestion is not included in the nutritional analysis).

**Nutrition Facts:** (per serving) Calories 156; Fat 8 g; Carbohydrates 20 g; Protein 3 g; Sodium 145 mg; Fiber 1.4 g; Calcium 25 mg

Source: <http://www.calorieking.com>

The holidays are a perfect time to stimulate *all* of your senses.

# Green Bean Casserole

---

2 - 9-ounce packages frozen French-style green beans  
1/3 cup chopped onion  
2 teaspoons margarine  
3 tablespoons fine dry bread crumbs  
1 - 10-3/4-ounce can lower-sodium condensed cream of mushroom soup  
1/4 cup plain fat-free yogurt  
2 tablespoons diced pimento  
1/8 teaspoon pepper

Cook the green beans according to the package directions, except omit salt. Drain well.

Meanwhile, in a small saucepan cook the onion in margarine until onion is tender. Stir in the bread crumbs; set aside.

In a large mixing bowl stir together the soup, yogurt, pimento, and pepper. Stir in the beans. Transfer mixture to a 1-quart casserole. Sprinkle bread crumb mixture atop beans in casserole.

Bake in a 350° oven for 25 to 30 minutes or until the mixture is heated through and the crumbs are golden. If desired, garnish with additional pimento pieces.

Yield: 5 servings

**Nutrition Facts:** (per serving) Calories 121; Total Fat 6 g; Carbohydrate 15 g; Fiber 2 g; Protein 4 g

Source: <http://recipes.bhg.com/recipes/>

Take time out of your busy holiday schedule to enjoy some personal favorite activities such as tennis or scrapbooking.

# Roasted Squash

---

5 pounds assorted hard winter squash (butternut, acorn, delicata, or sweet dumpling), seeded and cut into 4-inch chunks  
5 tablespoons (25g) reduced fat margarine, at room temperature  
5 tablespoons (24g) brown sugar  
Refrigerated butter-flavored cooking spray  
Salt  
Freshly ground pepper

Preheat oven to 400°

Arrange squash, cut side up, in two large roasting pans and lightly coat top with cooking spray. Season with salt (if using) and pepper to taste. Roast for 20 minutes. Switch pan positions and continue to roast another 25 minutes, until squash is tender when pierced with the tines of a fork. (Squash may be heated to this point, covered, and refrigerated until next day.)

When ready to serve, preheat broiler. Lightly brush cut surfaces of squash with margarine and sprinkle with brown sugar. Broil until sugar begins to bubble, about 3 to 4 minutes. Transfer squash pieces to a serving platter and serve hot.

Yield: 10 servings

**Nutrition Facts:** Calories 96 (22% Calories from fat); Protein 2 g; Total Fat 3 g (0.5g Saturated Fat); Carbohydrates 1 g; Dietary Fiber 5 g; Cholesterol 0 g; Sodium 29 mg

Diabetic Exchanges: 1 1/2 Carbohydrate (bread/starch), 1/2 Fat

Source: [http://www.diabetic-recipes.com/recipes/nov99\\_5.5.htm](http://www.diabetic-recipes.com/recipes/nov99_5.5.htm)

Be sure to get an adequate amount of sleep. Maintaining a regular sleep schedule will help you feel more relaxed and alert throughout the day.

# Skinny Mashed Potatoes

---

4 medium baking potatoes (such as russet, round white, or yellow)  
(about 1-1/4 pounds)  
1/3 cup light dairy sour cream ranch dip  
1/8 teaspoon salt  
1/8 teaspoon freshly ground black pepper  
1 tablespoon snipped fresh chives or parsley  
1 tablespoon butter or margarine, melted  
Snipped fresh chives or parsley (optional)

If desired, peel potatoes. Cut up potatoes. In a medium covered saucepan cook potatoes in boiling salted water for 20 to 25 minutes or until tender; drain. Transfer potatoes to a large mixing bowl. Beat potatoes with an electric mixer on low speed until mashed. Add sour cream ranch dip, salt, and pepper; beat until well mixed. Fold in the 1 tablespoon snipped chives.

Spoon mixture into four 8-ounce casseroles. Drizzle with melted butter. Bake, uncovered, in a 350° oven for 20 to 25 minutes until heated through. To serve, if desired, garnish with additional snipped chives.

Yield: 4 servings

**Nutrition Facts:** Calories 138; Total Fat 5 g; Carbohydrate 21 g; Fiber 2 g; Protein 4 g

Relieve your holiday stress by pounding the pavement. For extra motivation to get more walking in, consider wearing a pedometer.

# Low Fat Bread Stuffing

---

4 ounces sweet Italian turkey sausage, casings removed  
1 teaspoon canola oil  
1 cup chopped onion  
1 cup chopped celery  
1 cup chopped mushrooms  
1 tablespoon fresh sage, finely chopped  
1 teaspoon dried thyme  
1/4 teaspoon black pepper  
1 pound day-old artisan bread cubes  
1 14 1/2-ounce can fat free, low sodium chicken broth  
1 egg, lightly beaten, or 2 egg whites

Spray a large nonstick skillet with cooking spray. Cook sausage meat until browned, breaking it into chunks with a spatula. Remove from pan and set aside. Add 1 teaspoon canola oil to skillet. Add onion, celery and mushrooms and sauté until tender.

In a large bowl, combine bread cubes with cooked sausage, vegetable mixture, herbs and pepper. Whisk together broth and egg, and pour over stuffing mixture. Toss well to coat.

Spoon stuffing into 13-inch x 9-inch baking dish and bake at 350° for 40-45 minutes, or until browned.

Yield: 12 servings

Nutrition Facts: Calories 134; Calories from Fat 24; Total Fat 2.7 g; Cholesterol 23 mg; Sodium 341 mg; Carbohydrates 21.8 g; Fiber 1.6 g; Protein 6.5 g

Source: <http://lowfatcooking.about.com/od/holidayrecipes/r/breadstuff1104.htm>

Don't cut your favorite holiday treats completely out. If you don't allow yourself the occasional small indulgence, you will be much more likely to break down and binge on all those cookies and treats.

# Low Fat Pumpkin Cheesecake

---

1 cup lowfat graham cracker crumbs  
1/2 cup finely chopped pecans  
2 tablespoons light pancake syrup or maple syrup  
1/2 teaspoon ground cinnamon  
2 tablespoons butter, melted  
2 (8 ounce) packages light cream cheese, softened  
1/2 cup white sugar  
1/2 teaspoon vanilla extract  
1 egg, beaten with  
1/4 cup egg substitute  
1/2 cup pumpkin puree  
1/2 teaspoon ground cinnamon  
1 pinch ground cloves  
1 pinch ground nutmeg  
1/2 cup frozen light whipped topping, thawed

1. Preheat oven to 350°. In a large bowl, stir together the graham cracker crumbs, 1/2 cup finely chopped pecans, 2 tablespoons light pancake syrup, 1/2 teaspoon cinnamon and melted butter; press into the bottom of a 9 inch springform pan. Bake in preheated oven for 10 minutes.

Reduce the oven to 325° .

2. In a large bowl, combine cream cheese, sugar and vanilla. Beat until smooth. Blend in egg and egg substitute, beating well after each addition. Remove 1 cup of batter and spread evenly into bottom of crust; set aside. Add pumpkin, cinnamon, cloves and nutmeg to the remaining batter and stir gently until well blended. Carefully spread over the batter in the crust.

3. Bake in preheated oven for 40 minutes, or until center is almost set. Allow to cool, then refrigerate for 3 hours or overnight. Top with light whipped topping before serving.

Yield: 8 servings

**Nutrition Facts:** Calories 339; Total Fat 20.4 g; Carbohydrates 30.2 g; Fiber 2 g; Protein 9.6 g

# Pumpkin Custard

---

1 can, 16 ounces pumpkin  
½ cup prunes, pitted and finely chopped  
¼ cup frozen apple juice concentrate, thawed  
¼ cup frozen orange juice concentrate, thawed  
2 teaspoons margarine, reduced calorie  
1 cup evaporated skim milk  
½ cup fat-free egg substitute  
1 tablespoon grated orange peel  
2 teaspoon pumpkin-pie spice  
8 Jack-Be-Little pumpkins (3 ½ inches in diameter)

1. In a medium saucepan, stir together the pumpkin, prunes, apple, orange juice concentrate and margarine.
2. Simmer uncovered for 15 minutes, stirring frequently.
3. Transfer to a food processor and add milk, egg substitute, orange peel and spice. Process until smooth.
4. Cut off tops of each pumpkin about an inch down. Scoop out the seeds. Place the pumpkin shells in a 13"x9" baking dish.
5. Bake at 350° for about 30 minutes or until the flesh is tender but the shells are not in danger of collapsing.
6. Spoon the custard mixture into the shells.
7. Bake at 350° for about 30 minutes or until a knife inserted near the center of custard comes out clean.

Yield: 6 servings

**Nutrition Facts:** Calories 106; Fat 0.9 g; Fiber 1.9 g; Cholesterol 1 mg; Sodium 74 mg

Source: [www.low-fatrecipes.com/holiday-recipes/thanksgiving-day/pumpkin-custard.htm](http://www.low-fatrecipes.com/holiday-recipes/thanksgiving-day/pumpkin-custard.htm)

Avoid taking on too much. You cannot do everything; you will become stressed and fatigued if you try.

# Sweet Potato Pie

---

2 large sweet potatoes, cooked and mashed  
1/2 cup skim milk  
1/2 cup maple syrup  
1 teaspoon vanilla  
1/4 teaspoon nutmeg  
2 eggs

1. Boil sweet potatoes until soft.
2. Mash potatoes in a large-mixing bowl.
3. Combine mashed sweet potatoes with eggs, syrup, vanilla, milk and nutmeg. Mix well.
4. Spray 9-inch pie pan with non-fat cooking spray.
5. Pour mixture into the prepared pan and bake at 350° for 1 hour or until knife comes out clean.

Yield: 8 servings

**Nutrition Facts:** (without pie crust) Calories 105; Fat 1.49 g; Cholesterol 46.8 mg; Sodium 20.3 mg; Carbohydrate 20.8 g; Sugars 16.1 g; Protein 2.29 g

Optional: Prepare in a low fat pie crust and top with Cool Whip.

Source: <http://www.low-fat-recipes.com/>

Enjoy the holidays! Rejuvenate and refresh yourself with relaxation. Make time for yourself. Read, relax, take a bath, do whatever it is that helps calm you down and relieve your stress.

# Baked Apples

---

2 cups dried cranberries  
1 1/4 cups coarsely chopped walnuts  
1 cup packed brown sugar  
1 cup water  
2 teaspoons ground cinnamon  
6 Gala apples, cored and chopped (about 3 pounds)  
Ida Red and McIntosh apples also work well

1. Chop the nuts and apples the night before, and combine with the rest of the ingredients in the morning.
2. Combine all ingredients in a large microwave-safe dish. Microwave on high 20 minutes or until apples are soft, stirring occasionally.
3. Serve these juicy baked apples over slices of spiced pumpkin bread, warm bowls of oatmeal, or pancakes.

Yield: 6 servings

**Nutrition Facts:** Calories 126; Fat 4.1 g; Protein 1 g; Cholesterol 0 mg; Calcium 16 mg; Sodium 4 mg; Fiber 2.3 g; Iron .5 mg; Carbohydrates 23.7 g

Source: <http://www.food.cookinglight.com>

Don't starve yourself all day.  
Start your day with a good, healthy breakfast.



## Special thanks to:

Chris Machen

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Aaron Majcen

Healthy Gators 2010

Living Well

Drink some water before you go out. Alternate higher calorie drinks like eggnog with water while at the holiday party. Drinks can have a lot of hidden calories.

