

Simple recipe modifications can help cut down on calories and fat without jeopardizing the taste throughout the holiday season. Here are some tips to make your holiday dishes healthy and yet still delicious!

### *Use healthier substitutions:*

- Offer to bring a favorite low calorie, low fat dish to holiday parties so you know there will be at least one healthy item available.
- Cut the sweetness:
  - When making recipes like pumpkin pie or eggnog, reduce the amount of sugar by half and enhance "sweetness" by adding a bit more vanilla, nutmeg or cinnamon. If recipes call for sugary toppings like frosting, jams and syrup, use fresh fruit instead.
- Shake the salt out:
  - You can reduce salt by half in most recipes too. Also beware of salty condiments, such as pickles, catsup, mustard and soy sauce—use their lower sodium counterparts or offer cucumber slices and fresh tomato or fruit salsas.
- In recipes, try substituting fresh herbs and flavored vinegars for salt.
- Trim the fat:
  - In baked goods, you can cut the fat by about half and replace oil with unsweetened applesauce, prune puree or mashed banana. Instead of full-fat condensed milk, use condensed skim in pumpkin pie and eggnog. In fact, skim milk is always a good substitute for any cream or whole milk ingredient.
  - For gravy, refrigerate the gravy to harden fat. Skim the fat off the top. This will save a whopping 56g of fat per cup.
- Try a skinless turkey:
  - Removing the skin decreases the amount of fat and cholesterol.
- Use these easy substitutions in your favorite recipes to decrease fat:
  - Sub 1 egg for 2 egg whites.
  - Fat-free options for items like sour cream or cream of mushroom.
  - Top casseroles with almonds instead of fried onions or candied pecans or marshmallows.
  - If you have diabetes, try to substitute artificial sweeteners, such as Splenda, for your baked goods.

## *Healthy Recipe Substitutions:*

- **Quick Holiday Nog:**
  - Four bananas, 1-1/2 cups skim milk or soymilk, 1-1/2 cups plain nonfat yogurt, 1/4 teaspoon rum extract, Ground nutmeg.
  - Blend all ingredients except nutmeg. Puree until smooth. Top with nutmeg.
- **Desserts:**
  - Make a crustless pumpkin pie: Substitute two egg whites for each whole egg in baked recipes. Replace heavy cream with evaporated skim milk in cheesecakes and cream pies. Top cakes with fresh fruit, fruit sauce, or a sprinkle of powdered sugar instead of fattening frosting.
- **Gravy :**
  - Refrigerate the gravy to harden fat. Skim the fat off. This will save a whopping 56 gm of fat per cup.
- **Dressing:**
  - Use a little less bread and add more onions, garlic, celery, and vegetables. Add fruits such as cranberries or apples. Moisten or flavor with low fat low sodium chicken or vegetable broth and applesauce.
- **Turkey:**
  - Enjoy delicious, roasted turkey breast without the skin and save 11 grams of saturated fat per 3 oz serving.
- **Green Bean Casserole:**
  - Cook fresh green beans with chunks of potatoes instead of cream soup. Top with almonds instead of fried onion rings.
- **Mashed Potato:**
  - Use skim milk, chicken broth, garlic or garlic powder, and Parmesan cheese instead of whole milk and butter.

## *Substitution Chart:*

Ingredient	Substitution	Calories Saved	Fat Saved
½ cup oil (for baking)	½ c applesauce	925	109g
	Or ¼ cup applesauce + ¼ c buttermilk	922	108g
1 cup heavy cream	1 c evaporated skim milk	744	79g
1 cup sugar	½ c Splenda Sugar Blend Or ½ c of Splenda Brown Sugar Blend	384	N/A

## *Nutritional Breakdown of Holiday Treats:*

Original Food Item	Nutritional Info	Calories	Carbohydrates	Fat	Protein
Peppermint White Chocolate Mocha		520	78	18	14
Regular Egg Nog		380	15	16	10
Cheesecake		460	43	29	7
Turkey (dark meat w/ skin)		232	0	13	27

Modified Food Item	Nutritional Info	Calories	Carbohydrates	Fat	Protein
Skinny Peppermint White Chocolate Mocha		400	75	5	13
Fat Free Egg Nog		210	46	0	6
Sugar Free Cheesecake		285	12	6	31
Turkey ( white meat - no skin)		120	0	1	26

## Sugar Cookies

### **Ingredients:**

1 cup flour blend	¾ cup sugar
½ teaspoon baking soda	¼ cup brown sugar
½ teaspoon salt	1 large egg
¼ rolled oats, finely ground in a food processor	1 teaspoon vanilla extract
2 tablespoons unsalted butter	¼ white bean mixture

Preheat oven to 375degrees. Remove butter from refrigerator to soften.

In a large bowl, whisk flour blend, baking soda, salt, and ground oats. Set aside. In a bowl, beat butter, and both sugars until creamy. Beat in egg, vanilla, and white bean puree. Add dry ingredients and mix on low speed. Make dropping rounded half teaspoons, 2n inches apart bake until golden brown. Decorate with Christmas colored sprinkles or cut with Christmas cookie cutters.

### **Flour Blend:**

- 1 cup all purpose white flour
- 1 cup whole wheat flour
- 1 cup wheat germ

Combine the flours and wheat germ in a bowl. Place in a plastic bag.

### **White Bean Puree:**

- 1 15 oz can of white beans
- 2 -3 tablespoons of water

Rinse and drain beans and put in bowl of your food processor.

Pulsing on/off puree the drained with two tablespoons of water in processor until smooth, stopping occasionally to scrape down sides of bowl.

### **Nutrition Facts: 1 cookie**

Calories 35.8	Protein: 16.1 gm
Carbohydrates: 40.6 gm	Fiber: 18.6 gm
Fat: 1.1 gm	

## Sweet Potato Casserole

### ***Sweet Potato Mixture:***

3 cups mashed sweet potatoes (Bake 3 medium sweet potatoes and remove skins)

½ cup eggs substitute, lightly beaten

1/2 cup Splenda sugar

1/2 teaspoon salt

1/4 cup Smart Balance butter

1/4 cup skim milk

1 1/2 teaspoons vanilla extract

### ***Topping:***

1/4 cup brown sugar

1/4 cup Splenda

1/3 cup flour

1/2 cup chopped walnuts

1/2 cup chopped pecans

3 tablespoons melted smart balance butter

Mix all of the sweet potato mixture together until well blended. Bake at 350 degrees for 20 minutes. Add the topping ingredients to the bake sweet potato mixture and bake for an additional 25-30 minutes.

### ***Nutrition Facts: ½ cup:***

Calories 180

Carbohydrates: 42.9 gm

Fat: 2.2 gm

Protein: 2.0 gm

Fiber: 2

## Amazing Chocolate Chip Cookies

### **Ingredients:**

- 1 cup flour blend
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ rolled oats, finely ground in a food processor
- 2 tablespoons unsalted butter
- ¼ cup sugar
- ¼ cup brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- ¼ white bean mixture
- ½ cup semi sweet chocolate chip or carob morsels

Preheat oven to 375degrees. Remove butter from refrigerator to soften.

In a large bowl, whisk flour blend, baking soda, salt, ground oats, and ground almonds. Set aside. In a bowl, beat butter, and both sugars until creamy. Beat in egg, vanilla, and white bean puree. Add dry ingredients and mix on low speed. Stir on chocolate chips. Make dropping rounded half teaspoons, 2 inches apart bake until golden brown. Decorate with Christmas colored sprinkles or cut with Christmas cookie cutters

### **Flour Blend:**

- 1 cup all purpose white flour
- 1 cup whole wheat flour
- 1 cup wheat germ

Combine the flours and wheat germ in a bowl. Place in a plastic bag.

### **White Bean Puree:**

- 1 - 15 oz white beans
- 2 -3 tablespoons water

Rinse and drain beans and put in bowl of your food processor. Pulsing on/off puree the drained with two tablespoons of water in processor until smooth, stopping occasionally to scrape down sides of bowl.

**Yummy Delicious Egg Nog**

**Ingredients**

1/2 cup egg substitute

2 cups skim milk

1/2 cup fat-free creamer

2 tbsp sugar substitute

1 tsp vanilla

1/2 tsp nutmeg, cinnamon, or pumpkin spice

Alcoholic version: 2 tsp rum extract; or 2 tbsp rum, brandy, or bourbon (or to taste)

**Directions**

Pour ingredients into a container, mixing until thickened.

Cover egg nog and allow to chill for at least 2 hours.