

Healthy

Holiday Recipes



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Appetizers



Rosemary Roasted Almonds

Serves 16

Ingredients

- 1 tablespoon finely chopped fresh rosemary
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon chili powder
- 3/4 teaspoon kosher salt
- Dash of ground red pepper
- 1 (10-ounce) bag whole almonds (about 2 cups)

Directions

1. Preheat oven to 325°.
2. Combine all ingredients in a medium bowl; toss to coat. Arrange nut mixture in a single layer on a baking sheet lined with foil. Bake at 325° for 20 minutes or until lightly toasted.
3. Cool to room temperature.

Nutrition per serving

111 calories, 10 g fat, 4 g carbohydrate, 2 g fiber, 4 g protein, 94 mg sodium

Source: *MyRecipes* (myrecipes.com/recipe/rosemary-roasted-almonds)



Greek Yogurt Ranch Dip

Serves 10

Ingredients

- 1 and 1/2 cups lowfat plain Greek yogurt
- 1/2 teaspoon dried chives
- 3/4 teaspoon dried parsley
- 1/4 teaspoon dried dill weed
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon salt
- 1/4 teaspoon black pepper

Directions

1. In a large bowl combine all of the ingredients together and mix well.
2. Cover the bowl with plastic wrap and refrigerate for at least 2 hours but preferable overnight for the best results.
3. Serve with fresh veggies.

Nutrition per serving

25 calories, 1 g fat, 1 g carbohydrate, 3 g protein, 40 mg sodium

Source: *CenterCutCook* (centercutcook.com/greek-yogurt-ranch-dip)

Dessert

Pumpkin Pudding

Serves 10

Ingredients

- 1/4 cup sugar
- 2 to 4 teaspoons cinnamon
- 1/4 teaspoon ground ginger, optional
- 1/4 teaspoons ground cloves, optional
- 2 large eggs
- One 15 ounce can pumpkin
- One 12-ounce can evaporated nonfat milk

Directions

1. Preheat oven to 350 F.
2. Mix all the ingredients together and pour into an 8 by 8 inch.
3. Bake for about 30 minutes. Don't overbake; the center should be slightly wiggly.
4. Cool and refrigerate for later use.

Nutrition per serving

80 calories, 1 g fat, 13 g carbohydrate, 1 g fiber, 5 g protein, 60 mg sodium

Source: *SuperFoods Rx* (superfoodsrx.com/kitchen/pumpkin/pattys-pumpkin-pudding.html)



Potatoes

Garlic-Yogurt Mashed Potatoes

Serves 4

Ingredients

- 1 1/2 pounds russet potatoes, each peeled and cut into 8 pieces
- 6 cloves garlic, each cut in half
- Salt
- 1 cup lowfat plain Greek yogurt

Directions

1. Put the potatoes and garlic in a pan that is big enough to hold them, but not overly large. Add enough water to barely cover and season with salt.
2. Bring the water to a boil, then reduce the heat to a simmer and cook until the potatoes are soft and just beginning to fall apart. Drain, reserving some of the cooking water.
3. Add the yogurt to the potatoes and mash together. If they are a little too thick, add the reserved cooking water a few tablespoons at a time until it reaches your desired consistency.

Nutrition per serving

200 calories, 1 g fat, 37 g carbohydrate, 3 g fiber, 10 g protein, 200 mg sodium

Source: Barton Seaver (bartonseaver.org/ingredients/garlic-yogurt-mashed-potatoes)



Gravy

Low-fat Turkey Gravy

Serves 8

Ingredients

- 4 cups (32 fluid ounces) unsalted turkey stock, divided
- 2 tablespoons fresh sage, remove from stem and finely chop
- 2 tablespoons fresh thyme, remove from stem and finely chop
- 1 cup (8 fluid ounces) skim milk
- 1/4 cup cornstarch

Nutrition per serving

25 calories, 1 g fat, 5 g carbohydrate, 0 g fiber, 1 g protein, 14 mg sodium

Source: *Mayo Clinic* ([mayoclinic.org/healthy-living/recipes/turkey-gravy/rcp-20049921?p=1](https://www.mayoclinic.org/healthy-living/recipes/turkey-gravy/rcp-20049921?p=1))

Directions

1. After you roast the turkey, place the roasting pan on the stove top over medium heat. Add 2 cups of turkey stock to the pan and stir about 5 minutes or until the drippings and browned bits from bottom dissolve.
2. Place a strainer over a fat separator cup. Pour pan drippings through strainer. Add enough stock to the drippings to make 4 cups total. If you don't have a fat separator cup, you can remove fat from drippings by add several ice cubes to the liquid and placing it in the freezer for 10 minutes. Remove hardened fat with spoon and place stock into a saucepan. You should still have about 4 cups of liquid.
3. Place the saucepan on the stove top over medium heat and bring to a simmer. Add sage and thyme to the simmering stock. Continue to simmer until the stock is reduced by 1/4, or until about 3 cups of stock remain.
4. Pour milk into a small bowl. Add cornstarch and stir to mix evenly. Slowly pour milk mixture into the simmering stock, stirring slowly. Bring sauce to a boil and continue to stir until stock thickens and has a nice shine, about 3 to 5 minutes.
5. Pour gravy into warmed gravy boat and serve.



Stuffing

Stuffing with Cranberries

Serves 6

Ingredients

- 1 cup low-sodium chicken broth
- 1 cup chopped celery
- 1/2 cup chopped onion
- 10 slices whole-wheat bread, toasted and cut into cubes
- 1/4 cup chopped parsley
- 1 teaspoon dried tarragon
- 1/2 teaspoon paprika
- 1/8 teaspoon ground nutmeg
- 1/2 cup chopped fresh cranberries
- 1 cup whole water chestnuts
- 1 cup chopped apple

Nutrition per serving

147 calories, 2 g fat, 29 g carbohydrate, 5 g fiber, 5 g protein, 263 mg sodium

Source: Mayo Clinic ([mayoclinic.org/healthy-living/recipes/stuffing-with-cranberries/rcp-20049719?p=1](https://www.mayoclinic.org/healthy-living/recipes/stuffing-with-cranberries/rcp-20049719?p=1))

Directions

1. Preheat the oven to 350 F. Lightly coat a 2-quart baking dish with cooking spray.
2. In a large skillet, heat the chicken broth over medium heat. Add the celery and onion and saute until the vegetables are tender, about 5 minutes. Remove from heat.
3. In a large bowl, combine the bread cubes, parsley, tarragon, paprika, nutmeg, cranberries, water chestnuts and chopped apples. Add the onion and celery mixture. Stir to mix evenly.
4. Spoon stuffing into the prepared baking dish. Cover with aluminum foil and bake for 20 minutes. Uncover and bake 10 more minutes. Serve immediately.



Vegetables

Green Bean Casserole

Serves 8

Ingredients

- 4 cups fresh green beans, trimmed
- 1 cup onion, diced
- 2 cups mushrooms, diced
- 1½ tablespoons butter
- 2 tablespoons flour
- 1 cup skim milk
- 1 tablespoon Worcestershire sauce
- 1/8 teaspoon black pepper
- 1/8 teaspoon garlic powder
- ¾ teaspoon salt
- 16 low sodium whole wheat crackers
- 1 teaspoon olive oil
- ½ teaspoon onion powder

Nutrition per serving

116 calories, 4 g fat, 17 g carbohydrate, 3 g fiber, 2 g protein, 274 mg sodium

Source: *USDA Center for Nutrition Policy and Promotion* (choosemyplate.gov/healthy-eating-tips/sample-menus-recipes/SarahsGreenBeanCasserole.pdf)

Directions

1. Blanch the green beans in boiling water for about 3 minutes for crisper beans, longer for a softer texture. Then plunge in ice water. Drain and set aside.
2. Place diced onions and mushrooms in a microwavable bowl and microwave for about 1.5 minutes on high to soften. Set aside.
3. Melt the butter over medium heat. Once heated, stir in our with a whisk and cook for about 2 minutes (continuously whisking).
4. Whisk in the milk and cook over low heat until you have a thick white sauce.
5. Stir in Worcestershire sauce, garlic powder, black pepper, and salt.
6. Stir the drained green beans, onions, and mushrooms into the white sauce.
7. Pour into a casserole dish sprayed with nonstick spray.
8. Crush the crackers and toss cracker crumbs with olive oil and onion powder. Sprinkle over the top of the casserole.
9. Bake at 350 °F for about 30 minutes or until crackers are golden brown.



Vegetables

Roasted Broccoli with Garlic

Serves 4

Ingredients

- 1 bunch broccoli (about 1 1/2 pounds), cut into florets, stems peeled and sliced or diced
- 2 tablespoons extra-virgin olive oil
- 3 cloves garlic, sliced
- 1/4 teaspoon salt
- 1/8 teaspoon ground pepper

Directions

1. Preheat oven to 450 degrees F.
2. Toss the broccoli florets with the olive oil, garlic, salt, and pepper on a baking sheet. Spread them out and then roast, without stirring, until the edges are crispy and the stems are crisp tender, about 20 minutes.

Nutrition per serving

111 calories, 8 g fat, 10 g carbohydrate, 5 g fiber, 5 g protein, 150 mg sodium

Source: *Food Network* (foodnetwork.com/recipes/food-network-kitchens/roasted-broccoli-with-garlic-recipe.html)

