

# Holiday Meal Planning

*the healthy way*



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## *navigating the holidays*

Holidays are filled with opportunities for special foods and family favorites. Everyone should be able to enjoy holiday foods. It just takes a little planning ahead! Use the strategies below to help manage your health goals and still enjoy holiday meals.

### **I'M GOING TO A PARTY. WHAT SHOULD I EAT?!**

- First, don't starve before you go. Hunger sets you up for overeating. Continue to eat three meals and snacks according to your meal plan.
- Offer to bring a dish instead of worrying about what will be served. Maybe you have a delicious salad, vegetable or appetizer recipe to share with everyone. Raw vegetables with dip or a light dessert will make a great addition to any menu.
- Before you arrive, decide how you will handle beverages. Alcohol, punch, eggnog and other holiday drinks quickly add up calories and may be loaded with sugars. Set a limit on these drinks and then switch to diet soda, sparkling water with a wedge of lime or unsweetened tea.
- Check out the buffet table selections before you get a plate. Choose your favorites and fill your plate using the plate portions described on page six. To help control temptations to overeat, don't stand near the buffet.
- As for desserts, indulge in a cookie or single serving of something of your choice. The occasional sweet treat won't sabotage your diet. Just be sure to eat a reasonable portion and consider it a special treat.
- A little extra exercise can help compensate for a splurge. Take a walk or play an active game with family or friends.
- And finally, remember that holiday parties aren't just about eating. Focus on enjoying the company of your friends and family too!

## *lighten up your recipes*

Try these helpful tips to reduce calories, fats and sugar.

- Cut sugar by one-fourth in baked goods, or try sweeteners specially made for baking.
- Reduce the fat in a baked recipe by replacing half the oil with an equal amount of applesauce.
- Select low-fat versions of cheese and other dairy products. Use evaporated skim milk instead of heavy cream. Try plain yogurt or fat-free sour cream instead of regular sour cream.
- Use two egg whites instead of one whole egg. This cuts the fat and cholesterol too.
- Reduce butter or oil by one-fourth. Most recipes will still turn out well.
- Sauté vegetables in broth, soy sauce or lemon juice instead of oil or butter.
- Skim the fat off of soups or sauces. Let it cool to allow the fat to rise to the top and then reheat after the fat is removed.

### **SHOULD YOU EXPECT TO GAIN WEIGHT?**

A common myth about the holiday season is that most people gain around 5-10 pounds between Thanksgiving and New Year's Day because of all the tasty treats. However, research shows that the average weight gain in the U.S. during the holidays is 1-2 pounds. Set a goal to maintain your weight or add a little more exercise.

Remember to eat slowly, and stop eating when you're no longer hungry. It takes about 20 minutes from the first bite of food until your brain gets the first signal that you've had enough.





## *traditional holiday food facts*

Use this list to supplement your “everyday-food” nutrition information.

	SERVING SIZE	CALORIES	FAT (GM)	CARB. (GM)
Apple pie	1/8 of 9-in. pie	410	19	58
Cranberry sauce	1/4 cup	110	0	28
Gravy	1/3 cup	70	2	15
Ham, roasted	3 oz.	135	5	0
Mashed potatoes (with whole milk and margarine)	1/2	111	4	18
Mulled apple cider	1/2 cup	80	0	20
Onions, creamed	1/2 cup	60	2	8
Pumpkin pie	1/8 of 9-in. pie	316	14	41
Stuffing	1/2 cup	178	8	21
Sweet potato, baked	1 small	62	0	15
Turkey, cooked, dark meat, no skin	3 oz.	160	6	0
Turkey, cooked, white meat, no skin	3 oz.	135	3	0
Winter squash	1/2 cup	41	0	11

### **TRADITIONAL HANUKKAH FOODS**

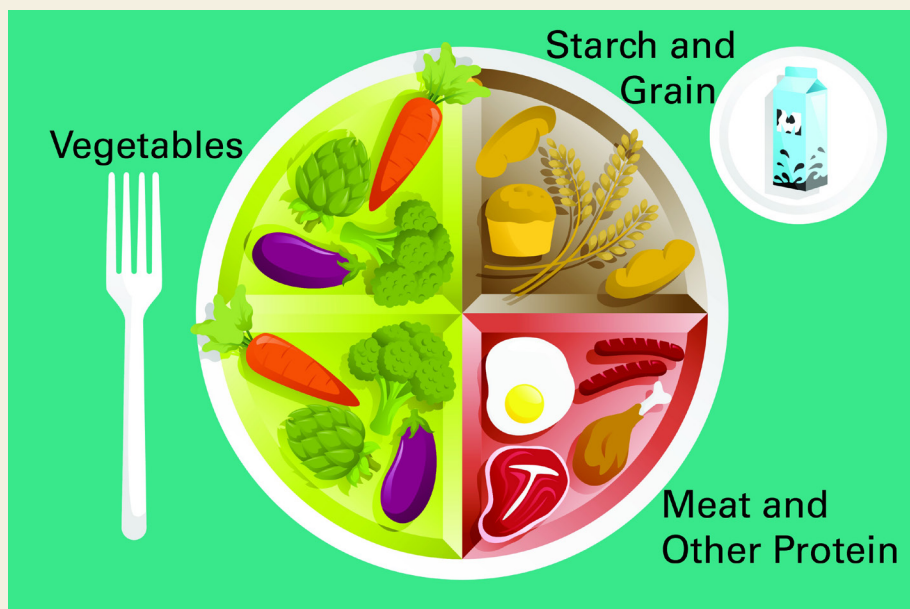
Noodle kugel	1 3-in. square	352	16	45
Cheese blintzes	1 blintz	110	1	14
Potato pancake (latke)	1 3-oz.	206	11	21
Rugulach	1 cookie	102	7	8

## *fill your plate to be healthy*

Portion control is easier if you imagine your dinner plate divided into three sections as illustrated below. Start with a nine-inch plate and fill each section as described for lunch or dinner.

Fill half of your plate with non-starchy vegetables, such as green beans, carrots, broccoli or lettuce salad. Fill the other half of your plate with equal size amounts of a starch, or grain, and a protein.

Include either a serving of milk, bread or fruit to complete the meal. Add fats, such as butter or salad dressing, in small amounts for flavor.





How high should you pile food on your plate? Foods should be no more than ½-inch high in any section, or about the thickness of your index finger. If you choose to go overboard in any of the sections of your plate, go with vegetables.

With some small changes, you can use the plate method for breakfast too. Fill half of your plate with a protein and a starch. For instance, this could be your favorite egg casserole. Then, fill the other half of your plate with a fruit and milk.

Dividing your plate this way works for everyday meals too!

# *holiday recipes*

Try some of these recipes for your holiday meal. This menu totals 539 calories, 9 grams fat and 65 grams carbohydrates as listed.

## **GARLIC & HERB TURKEY BREAST**

- 4-lb boneless turkey breast, skin on
- 1 ½ tsp paprika
- Salt & pepper to taste
- 1 cup low-fat, low-sodium chicken broth
- ½ cup dry white wine
- 1 Tbsp olive oil

### **Turkey Rub:**

- ¼ cup coarsely chopped parsley
- 1 Tbsp minced sage
- ½ Tbsp minced rosemary
- ½ Tbsp minced thyme
- 2 garlic cloves, minced
- 1 Tbsp olive oil

## **INSTRUCTIONS**

1. Two days ahead, combine all the rub ingredients in a food processor and process until finely chopped. Store in refrigerator.
2. One day ahead, set the turkey on a large platter and loosen the skin from the breast. Using your fingers spread the rub underneath the skin and onto the breast meat. Cover with plastic wrap and refrigerate overnight.
3. On meal day, remove the wrap and sprinkle the turkey with paprika, salt and pepper. Preheat the oven to 350° F. Place the turkey breast on a rack inside a roasting pan.



4. In a small saucepan, combine the broth, wine and olive oil. Heat on medium-low heat until the mixture is warmed through. Baste the turkey with half of this mixture. Place the turkey in the oven and cover loosely with foil. Roast for 35 minutes. Remove the foil and baste with the remaining mixture. Continue to roast uncovered until the breast is fully cooked and no pink juices remain, about 1 – 1 ½ hours more.
5. Remove from the oven and allow to stand for 15-20 minutes at room temperature before carving. When it's ready to carve, remove the skin and slice the meat thinly.

Makes 10 servings

Serving size: 4 oz | Calories: 184 | Carbs: 1 gram | Fat: 3 grams



## SWEET 'N' GOLD POTATO MASH

- 2 cups peeled and cubed yellow potatoes (2 medium)
- 2 cups peeled and cubed sweet potatoes (2 small)
- 2Tbsp hot skim milk
- 2 tsp soft margarine
- ½ tsp salt
- ½ tsp ground nutmeg
- ½ tsp freshly ground pepper

### INSTRUCTIONS

1. In large covered saucepan, cook potatoes in boiling water for 15 minutes or until tender.
2. Drain well. Mash with potato masher, then add hot milk, margarine, salt, nutmeg and pepper. Continue to mash until smooth then serve.

Makes 4 servings

Serving size: 2/3 cup | Calories: 152 | Carbs: 32 grams | Fat: 2 grams



## LOW-FAT TURKEY GRAVY

- Turkey pan juices
- Water or vegetable liquid
- 2Tbsp cornstarch
- 2Tbsp water
- Salt
- Freshly ground pepper

### INSTRUCTIONS

1. Pour pan juices through sieve into 2-cup measure. Skim off fat and discard. (See note)
2. Add enough water or vegetable liquid to pan juice to measure 1½ cups. Return juice mixture to roasting pan; bring to boil.
3. Mix cornstarch with 2Tbsp water. Gradually add to boiling liquid. Cook and stir for about 5 minutes or until smooth and thickened. Season to taste with salt and pepper.

**Note:** To remove fat from pan juices: Skim fat from surface with bulb baster or spoon. Or dip ice cubes in strained pan juices, then remove along with hardened fat. Or pour pan juices into a plastic bag and cut off a lower corner to allow liquid to drain into a cup. The fat will rise to the surface and remain in the bag to be discarded.

Makes 6 servings

Serving size: ½ cup | Calories: 32 | Carbs: 4 grams | Fat: 0







## LIGHT CRANBERRY SAUCE

- 2 cups cranberries, fresh or frozen and thawed
- ½ cup water
- 1 tsp shredded orange rind
- 3-4 Tbsp low-calorie sweetener

### INSTRUCTIONS

1. Place cranberries, water, and orange rind in a 2-cup glass measure. Cover loosely with plastic wrap.
2. Microwave on high (100%) for 3 minutes, stir.
3. Microwave on medium (70%) for 2 minutes or until thickened; cool slightly.
4. Stir in sweetener to taste. Cover and refrigerate up to 1 week.

Makes 8 servings

Serving size: 2 Tbsp | Calories: 14 | Carbs: 4 grams | Fat: 0



## GREEN BEANS WITH ROASTED PEPPERS AND TRIPLE HERBS

- 1 medium red pepper
- 1 medium yellow pepper
- 1 lb fresh green beans
- 1 Tbsp olive oil
- 2 tsp Dijon mustard
- 2 Tbsp lemon juice
- 1 Tbsp minced basil
- 1 Tbsp minced chives
- 2 tsp minced thyme

### INSTRUCTIONS

1. Place peppers on a long-handled cooking fork, or place them on a rack and roast directly over an open flame. Char the peppers on all sides, then place in a bowl and cover with plastic wrap. Let the peppers cool.
2. Blanch the green beans in boiling water for 1 minute. Drain, plunge beans into ice water and drain again. Refrigerate.
3. On meal day, whisk together the oil, mustard, juice and herbs. Set aside.
4. Remove the skins, seeds and membranes of the peppers and discard. Slice the peppers into thin strips. Toss the green beans and dressing together. Add the peppers and toss again.
5. Serve at room temperature.

Makes 4 servings

Serving size: ½ cup | Calories: 44 | Carbs: 7 grams | Fat: 2 grams



## BAKED PUMPKIN CUSTARD WITH SHORTBREAD CRUST

### **Crust:**

- 18 sugar-free shortbread cookies
- ½ tsp ground cinnamon
- 3Tbsp light soft tub margarine
- 1Tbsp no-sugar orange marmalade

### **Filling:**

- 1½ cups canned cooked pumpkin
- 1 can (12 oz) evaporated skim milk
- 1 16-oz carton egg substitute
- ⅓ cup fresh orange juice
- 1 tsp vanilla extract
- ½ cup low-calorie sweetener for baking
- 1½ tsp pumpkin pie spice

### **Topping:**

- Fat-free whipped topping (optional)

## **INSTRUCTIONS**

1. Prepare the night before or even 2-3 days in advance. Pre-heat the oven to 350° F. Crush the cookies in a blender until finely crushed. Add cinnamon, margarine and marmalade. Press the crumbs into the bottom of a 2-quart soufflé dish. Bake the crust for 6 minutes. Set aside to cool completely.
2. When crust has cooled, combine the filling ingredients in a blender or food processor. Mix well and pour on top of the crust. Place the dish inside a pan filled with 1 inch of hot water.
3. Bake for 1 hour and 15 minutes or until a knife inserted in the center of the custard comes out clean. Chill until mealtime. Top with a dollop of whipped topping if desired before serving.

Makes 14 servings

Serving: ½ cup | Calories: 113 | Carbs: 17 grams | Fat: 2 grams



## *more recipe ideas*

### **SPINACH-ARTICHOKE DIP**

- ½ cup fat-free sour cream
- ¼ teaspoon black pepper
- 1 can (14 oz) artichoke hearts, drained and chopped
- 1 package (10 oz) frozen chopped spinach, thawed and well-drained
- 1 package (8 oz) reduced fat cream cheese, softened
- 1 package (8 oz) fat-free cream cheese, softened
- 6 ounces (1½ cups) mozzarella cheese, shredded and divided
- 1 ounce (¼ cup) Parmesan cheese, grated and divided

### **INSTRUCTIONS**

1. Preheat oven to 350° F.
2. Combine first seven ingredients until well-blended. Mix in 1 cup mozzarella and 2Tbsp Parmesan.
3. Spoon mixture into a broiler-safe 1½-quart baking dish. Sprinkle with remaining mozzarella and Parmesan. Bake for 30 minutes or until bubbly.
4. Turn setting on oven to broil and leave dish in oven. Broil dip for 3 minutes or until cheese is lightly browned. Serve with raw vegetables or chips.

Makes 20 servings

Serving: ¼ cup | Calories: 73 | Carbs: 3 grams | Fat: 4 grams







## SLOW-COOKER EGG CASSEROLE

- 15 corn tortillas
- 10 oz breakfast sausage patties, cut into fourths
- 12 eggs or 3 cups egg substitute
- 2 cups shredded Mexican cheese blend, divided
- 2 cloves garlic, minced
- ½ onion, chopped
- 6 green onions, chopped
- 1 bell pepper, chopped
- ½ cup low-fat milk
- 1 can diced tomatoes and green chilies

### INSTRUCTIONS

1. Mix together eggs, garlic, onions, bell pepper, milk and tomatoes. Place a liner in the slow cooker.
2. Tear 5 tortillas to fit in the bottom of the cooker.
3. Place half of the sausage and a ½ cup of cheese on top of tortillas, then pour in half of the egg mixture. Repeat layers of tortillas, sausage and cheese.
4. Tear the remaining tortillas to fit on top of the casserole, and top with remaining 1 cup of cheese.
5. Cover and cook on low for 8 hours.

Makes 10 servings

Serving: ¾ cup | Calories: 334 | Carbs: 25 grams | Fat: 18 grams



## GREAT BIG SALAD

- 1 cup fresh baby spinach
- 1 cup spring mix salad greens
- ¼ cup fresh cauliflower pieces
- ¼ cup fresh broccoli pieces
- 1 cup sliced strawberries
- ¼ cup sliced black olives
- ¼ cup each: red bell pepper, yellow bell pepper and orange bell pepper, thinly sliced
- 1 avocado, peeled and sliced
- 2 hard-boiled eggs, sliced

### INSTRUCTIONS

1. Combine and mix all ingredients in a large bowl. Serve with your favorite dressing.

Makes 4 servings

Serving: 1 cup | Calories: 167 | Carbs: 10 grams | Fat: 13 grams





## ROASTED BRUSSELS SPROUTS

- 1 pound frozen Brussels sprouts, thawed
- 2Tbsp olive oil
- ½ tsp ground black pepper
- 3 slices extra lean turkey bacon, cut into 1-inch pieces

### INSTRUCTIONS

1. Preheat oven to 400° F. Spray a baking sheet with cooking spray.
2. Place sprouts in a bowl and toss with oil.
3. Add remaining ingredients and mix well.
4. Arrange sprouts on baking sheet, bake 35-40 minutes or until crisp on the outside.

Makes 6 servings

Serving: ½ cup | Calories: 95 | Carbs: 7 grams | Fat: 6 grams





## BEST BAKED APPLE DESSERT

- 2 medium apples
- 4 large marshmallows
- 1 ounce Mexican chocolate, coarsely chopped
- 3Tbsp unsalted butter
- 2Tbsp water

### INSTRUCTIONS

1. Preheat oven to 400° F. Cut each apple in half lengthwise. Using a melon baller or spoon, scoop out seeds, forming a small crater in center of each half.
2. Fill each crater with 1 marshmallow and  $\frac{1}{4}$  of the chocolate. Cut 2 Tbsp butter into small pieces and place over the chocolate.
3. Put remaining 2Tbsp butter and the water in a baking dish. Place filled apples in dish and bake until tender, about 20-30 minutes.
4. Preheat oven to broil and place dish with apples in oven, broil until golden brown. Drizzle with juices.

Makes 4 servings

Serving:  $\frac{1}{2}$  apple | Calories: 169 | Carbs: 23 grams | Fat: 7 grams



## GINGERBREAD COOKIES

- 2 cups butter or margarine, softened
- ½ cup packed brown sugar
- 2 tsp ground ginger
- 1 tsp baking soda
- 1 tsp ground cinnamon
- ¼ tsp salt
- ¼ tsp ground cloves
- ¼ cup molasses
- 1 egg
- 2 cups all-purpose flour
- ¾ cup whole wheat flour
- Prepared tubes of icing

### INSTRUCTIONS

1. Combine butter with brown sugar, ginger, baking soda, cinnamon, salt and cloves. Beat until well mixed, scraping side of bowl occasionally. Beat in molasses and egg.
2. Add flours, beating just until combined. Divide dough in half. Cover and chill the dough for 2-3 hours or until easy to handle.
3. Preheat oven to 375° F. Line cookie sheets with parchment paper and set aside. On a lightly floured surface, roll dough to  $\frac{1}{8}$ -inch thickness. Using a 2-3 inch gingerbread-person cookie cutter, cut out shapes. Place cutouts on prepared cookie sheets 1 inch apart.
4. Bake 4-6 minutes or until edges are firm and centers are set. Cool on wire racks. Once cooled, decorate cookies with icing.

Makes 36 cookies

Serving: 1 cookie | Calories: 70 | Carbs: 12 grams | Fat: 2 grams





## *questions*

For questions about your diet,  
call an Olathe Health Registered Dietitian:

Olathe Medical Center  
913-791-4371  
913-791-3500 x 4014

Miami County Medical Center  
913-294-6656

**Olathe Medical Center Diabetes Education:**  
913-791-4382



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