

## Holiday Recipes



# Cranberry Apple Salsa

## Ingredients: Makes 8 (1/4 c) servings

- 1 bag (12 oz.) fresh cranberries, or frozen, unsweetened
- 1/2 medium Fuji apple, peeled, cored and chopped
- 1/4 cup chopped red onion
- 2 strips (1-inch x 1/2-inch) lime zest, coarsely chopped
- 1 small jalapeño pepper, without seeds, chopped
- 3 Tbsp. turbinado/raw sugar
- 1 Tbsp. fresh lime juice
- 1/3 cup loosely packed cilantro leaves
- Salt

## Directions

In food processor, pulse cranberries just until coarsely chopped. Add apple, onion, lime zest, jalapeño, sugar and lime juice. Pulse (quick pulses) until salsa is still slightly chunky, about 15-20 times.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1/4 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>35</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 2g	<b>5%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



## Low Fat Chicken and Dumplings

Serves: 10 Serving Size: 1 cup

Recipe from Mechelle Coble MS, RD, LD, CDE, MLDE

3 chicken breasts (boneless and skinless)  
2 - 14.5 ounce cans 98% fat free chicken, reduced sodium chicken broth  
3 cups self-rising flour  
1 teaspoon pepper  
Water



### Directions

1. Place chicken breasts and 2 quarts of water in a large pot and bring up to a boil. Simmer until chicken is tender (about 30 minutes), remove the chicken and set aside, save the cooking liquid.
2. Add 2 cans chicken broth to the cooking water left in the pot and bring up to a boil.
3. Stir in 1 1/2 cups of enriched cooking broth from the pot into 3 cups of flour. Stir in enough cold water until the mixture looks like biscuit dough.
4. Drop the dough mixture into the boiling broth by the teaspoon. Gently stir the dumplings and broth.
5. Shred the cooked chicken and return to the cooking pot. Sprinkle 1 teaspoon black pepper and adjust the seasonings as needed.
6. Simmer for an additional 3-5 minutes and serve.

### Nutrition Facts per serving

Total Calories 250

Carbohydrate 35g

Carbohydrate Choices 2

Protein 21g

Total Fat 2g

Polyunsaturated Fat trace

Monounsaturated Fat 2g

Cholesterol 39mg

Saturated Fat trace

Dietary Fiber 2g

Sodium 653mg



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# Roasted Brussels Sprouts

Serving Size: 6 Brussels sprouts

Submitted by: Julie Steber, RD, LD, CDE, MLDE

Recipe Serves 5

## Ingredients

Cooking spray

1 pound frozen Brussels sprouts, thawed

2 tablespoons olive oil

1/2 teaspoon ground black pepper

3 slices extra lean turkey bacon, cut into 1-inch pieces

## Instructions

1. Preheat oven to 400 degrees F. Spray a baking sheet with cooking spray.
2. Place Brussels sprouts in a bowl and add oil; toss to coat.
3. Add remaining ingredients and mix well.
4. Place Brussels sprouts on a baking sheet and bake for 35-40 minutes or crisp on the outside.

Prep Time: 5 minutes

## Nutrition Facts

* Calories95	* Sugars2 g
* Carbohydrate7 g	* Dietary Fiber4 g
* Protein5 g	* Cholesterol5 mg
* Fat6 g	* Sodium85 mg
* Saturated Fat0.9 g	* Potassium290 mg

- See more at: <http://www.diabetes.org/mfa-recipes/recipes/cooked-vegetables-quick.html#sthash.ETlc76bK.dpuf>



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# Almost Fried Potatoes

Serves: 4 Serving Size: 1/2 cup

Recipe from Paula White, LD, RD, CDE

- 2 whole potatoes (about 1-1/4 pounds), cleaned and sliced
- 1 whole onion, cleaned and sliced
- 1 tablespoon canola oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

## Directions

1. Heat electric skillet to 300 degrees and pour in canola oil. If you do not have an electric skillet use a heavy skillet with a tight fitting lid over medium low heat. When the potatoes are tender, turn the heat up to medium high to crisp and brown the potatoes and onions.
2. Place the potatoes and onions into the hot skillet and season with salt and pepper. Place lid onto skillet, allow the potatoes and onions to steam until tender.
3. Increase heat to 350 degrees, When the vegetable are nearly done, remove the lid and allow the potatoes to brown and crisp. You have to watch the vegetables closely, do not let the vegetables scorch.
4. Remove potatoes to a warmed serving bowl and enjoy.



## Nutrition Facts

Total Calories 163

Total Fat 4g

Saturated Fat trace

Carbohydrate 30g

Polyunsaturated Fat 1g

Dietary Fiber 3g

Carbohydrate Choices 2

Monounsaturated Fat 2g

Sodium 277mg

Protein 4g

Cholesterol 0mg



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## Seasoned Green Beans

Serves: 8

Serving Size: 1/2 cup

Recipe from Paula White, LD, RD, CDE

- 1 quart green beans
- 1 whole onion, peeled and halved
- 2 cloves garlic, peeled
- 1 teaspoon olive oil

### Directions

1. Place all ingredients into a two-quart pot. If you are using frozen green beans add about 1 cup water.
2. Allow the beans to come up to a boil and then turn heat to simmer.
3. Simmer the beans, onion and garlic until all are tender and the onion and garlic have infused their flavors into the beans.
4. Pour into a warmed serving bowl and enjoy.



### Nutrition Facts

Total Calories 28

Total Fat 1g

Saturated Fat trace

Carbohydrate 5g

Polyunsaturated Fat trace

Dietary Fiber 2g

Carbohydrate Choices 0

Monounsaturated Fat trace

Sodium 4mg

Protein 1g

Cholesterol 0mg



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# Tomato, Cucumber, and Onion Salad

Serves: 8

Serving Size: 1/2 cup

Recipe from Mechelle Coble RD, LD, CDE, MLDE

## Salad Ingredients

3 whole ripe tomatoes (about 2 1/2 to 3 pounds)

2-3 medium cucumbers

1 large onion

## Dressing Ingredients

2 tablespoons olive oil

2 tablespoons vinegar

1/2 cup water

3 packets artificial sweetener

1/4 teaspoon salt

1/2 teaspoon black pepper

## Directions

1. Clean and slice the vegetables, layer them onto a serving platter.
2. Combine all ingredients for the dressing and pour over the vegetables.
3. Allow the salad to marinate for at least 2 hours before serving.

## Nutrition Facts

Total Calories 55

Total Fat 4g

Carbohydrate 6g

Polyunsaturated Fat trace

Carbohydrate Choices 0

Monounsaturated Fat 3g

Protein 1g

Cholesterol 0mg



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# Cornbread

Serves: 6      Serving Size: 1 muffin

Recipe from Paula White, LD, RD, CDE

- 1 cup self-rising cornmeal mix (I prefer White Lily™ or Martha White™)
- 1 large egg
- 1 cup low-fat buttermilk



## Directions

1. Place your well-seasoned cast iron cookware in the oven to preheat with the oven at 425 degrees. I like to use muffin or corn stick cast iron.
2. Combine all ingredients in order given. The batter should be thin.
3. Lightly spray the cookware with cooking spray and filling the irons 2/3 with the batter.
4. Bake at 425 degrees for about 20 minutes or until golden brown.
5. Remove the cornbread from the irons and serve.

## Nutrition Facts

Total Calories	112	Total Fat	1g	Saturated Fat	1g
Carbohydrate	20	Polyunsaturated Fat	trace	Dietary Fiber	2g
Carbohydrate Choices	1	Monounsaturated Fat	trace	Sodium	53mg
Protein	4g	Cholesterol	33mg		



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## Holiday Pumpkin Pie With Maple-Ginger Crust



Recipe by Robyn Webb, MS, LN; photograph by Taran Z; food styling by Suzanne Springer

### PER SERVING

#### Holiday Pumpkin Pie With Maple-Ginger Crust

Makes: 8

Serving Size: 1/8 of pie

Calories	115
Fat	2.5 g
Saturated Fat	0.4 g
Trans Fat	0 g
Carbohydrate	22 g
Fiber	1 g
Sugars	11 g
Cholesterol	0 mg
Sodium	135 mg
Protein	2 g

Choices: Carbohydrate 3, Fat 1, Carbohydrate 1.5, Fat 0.5

- Makes: 8
- Serving Size: 1/8 of pie
- Preparation Time: 15 minutes
- Cooking Time: 2 hours, 55 minutes (includes cooling time)

### Ingredients

#### Crust

<b>1 1/2 cups</b>	graham-cracker crumbs (about 24 cracker squares)
<b>3 Tbsp.</b>	pure maple syrup
<b>1 tsp.</b>	canola oil
<b>1</b>	egg white, lightly beaten
<b>1 tsp.</b>	finely minced crystallized ginger
<b>1/2 tsp.</b>	ground ginger

#### Filling

<b>1/2 cup</b>	Splenda Sugar Blend
<b>2 tsp.</b>	ground cinnamon
<b>1/2 tsp.</b>	ground ginger
<b>1/4 tsp.</b>	ground cloves
<b>1/4 tsp.</b>	salt
<b>2</b>	eggs



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**1 tsp.** cornstarch  
**1** can (12 oz.) low-fat evaporated milk  
Garnish  
**1/2 cup** fat-free whipped topping  
Zest of 1 fresh lemon

## Directions

1. Preheat the oven to 425°F. In a bowl, combine all ingredients for the crust. Press into a 9-inch, nonstick pie pan, to form an even crust. Set aside.
2. In a bowl, mix together the Splenda, cinnamon, ginger, cloves, and salt.
3. In another bowl, beat the eggs and vanilla together. Add in the Splenda mixture and stir to combine.
4. Add in the pumpkin and stir until the mixture is well blended. Dissolve the cornstarch in about 2 to 3 Tbsp. of the evaporated milk. Add the cornstarch mixture and the remaining evaporated milk to the pumpkin mixture, and mix until smooth. The mixture will be thin.
5. Pour the pumpkin pie filling into the prepared crust. Place the pie on a baking sheet. Bake for 15 minutes at 425°F. Lower the heat to 350°F, and bake an additional 40 minutes, or until the filling is set when a

Remove the pie from the oven, and let cool for 2 hours before serving. Cut into 8 wedges. Top with whipped topping and sprinkle with lemon zest.

<http://www.diabetesforecast.org/2010/nov/recipes/holiday-pumpkin-pie-with-maple-ginger-crust.html>



# Lower Fat and Sugar Pudding Pie

Serves: 8

Serving Size: 1/8 pie

Recipe from Mechelle Coble RD, LD, CDE, MLDE

- 1 reduced fat graham cracker pie crust
- 1 box sugar free instant pudding mix
- 1 1/2 cups skim milk
- 8 tablespoons fat free whipped topping as garnish

## Directions

1. Combine pudding with milk and stir until thickened.
2. Pour the pudding mixture into the graham cracker pie crust.
3. Chill thoroughly before slicing to serve.
4. Garnish each slice with fat free whipped topping.



## Nutrition Facts

Total Calories 237

Total Fat 10g

Saturated Fat 3g

Carbohydrate 34g

Polyunsaturated Fat 2g

Dietary Fiber trace

Carbohydrate Choices 2

Monounsaturated Fat

Sodium 382mg

Protein 3g

Cholesterol 11mg



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## Roast Turkey with Cranberry Stuffing

MAKES 20 SERVINGS



### Nutrients per Serving:

Calories 220, Total Fat 6g Saturated Fat 2g, Protein 28g, Carbohydrates 12g, Cholesterol 68mg, Dietary Fiber 1g, Sodium 223mg

**Dietary Exchange:** 1 Bread/Starch, 3 Meat

1 loaf (12 ounces) Italian or French bread, cut into ½-inch cubes  
2 tablespoons margarine  
1½ cups chopped onions  
1½ cups chopped celery  
2 teaspoons poultry seasoning  
1 teaspoon dried thyme  
½ teaspoon dried rosemary  
¼ teaspoon salt  
¼ teaspoon black pepper  
1 cup coarsely chopped fresh cranberries  
1 tablespoon sugar  
¾ cup fat-free reduced-sodium chicken broth  
1 whole turkey (about 8 to 10 pounds), thawed if frozen

1. Preheat oven to 375°F. Arrange bread on 2 (15x10-inch) jelly roll pans. Bake 12 minutes or until lightly toasted. Reduce oven temperature to 350°F.
2. Melt margarine in large saucepan over medium heat. Add onions and celery; cook and stir 8 minutes or until vegetables are tender.
3. Remove pan from heat; stir in bread cubes, poultry seasoning, thyme, rosemary, salt and pepper. Combine cranberries and sugar in small bowl; mix well. Stir into saucepan. Gently stir broth into saucepan.
4. Spray roasting pan and rack with nonstick cooking spray. Remove giblets from turkey. Rinse turkey and cavity with cold water; pat dry with paper towels. Fill turkey cavity loosely with stuffing; place any remaining stuffing in casserole sprayed with nonstick cooking spray. Cover and refrigerate until baking time.
5. Place turkey, breast side up, on rack in prepared roasting pan. Bake 3 hours or until thermometer inserted in thickest part of thigh reaches 180°F. Transfer turkey to cutting board; loosely tent with foil.
6. Increase oven temperature to 375°F. Place covered casserole of stuffing in oven. Bake casserole, covered, 25 to 30 minutes or until heated through.
7. Remove and discard turkey skin. Slice turkey and serve with cranberry stuffing.

<http://partmagazine.org/diabetes-self-management-novemberdecember-2016.html>



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## Sweet Potato Casserole with Sweet Oat and Coconut Topping

MAKES 8 SERVINGS (½ CUP PER SERVING)



**Nutrients per Serving:**  
Calories 204, Total Fat 8g, Saturated Fat 2g, Protein 3g, Carbohydrates 32g, Cholesterol 0mg, Dietary Fiber 4g, Sodium 120mg

**Dietary Exchange:** 2 Bread/Starch, 1 Fat

6 cups water  
1½ pounds sweet potatoes, peeled and cut into 1-inch cubes  
½ cup pourable sugar substitute\*  
2 teaspoons ground cinnamon  
½ teaspoon ground nutmeg  
¼ teaspoon salt (optional)  
¼ cup cholesterol-free egg substitute  
¼ cup reduced-fat margarine  
2 teaspoons vanilla  
¼ cup quick-cooking oats  
½ cup flaked coconut  
1½ ounces pecan chips (about ½ cup total)  
3 tablespoons maple syrup

**1.** Preheat oven to 325°F. In large saucepan bring water to a boil over high heat. Add potatoes, return to a boil, then reduce heat, cover and simmer 18 to 20 minutes or until very tender when pierced with fork. Drain in colander, shaking off excess liquid.

**2.** Meanwhile, in small bowl combine topping ingredients, except syrup. Set aside.

**3.** Place potatoes in large bowl. Using an electric mixer on medium-high speed, beat until smooth. Add sugar substitute, cinnamon, nutmeg, salt, if desired, egg substitute, margarine and vanilla. Beat on medium speed until smooth.

**4.** Coat 9-inch glass deep-dish pie pan with cooking spray. Spoon potato mixture into pan. Sprinkle oat mixture evenly over all. Bake 35 minutes or until lightly browned.

**5.** To serve, drizzle syrup evenly over all.

**Take note!** \*This recipe was tested using sucralose-based sugar substitute.



## Garlic Mashed Cauliflower

MAKES 4 SERVINGS



**Nutrients per Serving:**  
Calories 140, Total Fat 7g, Saturated Fat 2g, Protein 7g, Carbohydrates 14g, Cholesterol 0mg, Dietary Fiber 5g, Sodium 260mg

**Dietary Exchange:** 1 Fat, 2 Vegetable, 1 Meat

1 large head cauliflower (about 2 pounds), cut into 1½-inch florets  
1½ tablespoons olive oil  
4 cloves garlic, unpeeled  
1 tablespoon vegetable-oil-and-yogurt spread  
3 tablespoons plain low-fat Greek yogurt  
¾ cup fat-free (skim) milk, warmed  
¼ teaspoon salt

**1.** Preheat oven to 450°F. Place cauliflower and garlic on rimmed baking sheet. Drizzle with oil; toss to coat. Spread in single layer.

**2.** Bake 20 to 25 minutes or until cauliflower is golden brown and tender, tossing halfway through baking time.

**3.** When garlic is cool enough to handle, peel and press into food processor or blender. Add cauliflower, yogurt spread, Greek yogurt, milk and salt; process until smooth and well blended.

**Take note!** For a smoother texture, add more milk until desired consistency is reached.

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## MULLED CRANBERRY CIDER

MAKES 8 (1-CUP) SERVINGS



**Nutrients per Serving:**  
Calories 32, Total Fat 1g, Saturated Fat 1g, Protein 1g, Carbohydrates 8g, Cholesterol 0mg, Dietary Fiber 1g, Sodium 60mg

**Dietary Exchange:** ½ Fruit

8 cups (½ gallon) low-calorie cran-raspberry or cran-apple juice cocktail  
3 cinnamon sticks  
10 whole cloves  
1 cup rum or brandy (optional)

Pour juice cocktail into slow cooker. Tie cinnamon sticks and cloves in cheesecloth. Add spice bundle to slow cooker. Cover and cook on HIGH 2 hours or on LOW 4 hours or until hot. (May be kept warm on LOW up to 3 hours.) Discard cheesecloth bag. If desired, stir in rum or brandy just before serving in mugs. Garnish with additional cinnamon sticks, if desired.

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**EASY-AS-PIE HOLIDAY SOUP**  
**MAKES 6 (½-CUP) SERVINGS**



**Nutrients per Serving:**  
 Calories 84, Total Fat 2g Saturated Fat 1g,  
 Protein 5g, Carbohydrates 15g, Cholesterol  
 2mg, Dietary Fiber 1g, Sodium 160mg

**Dietary Exchange:** 1 Bread/Starch, ½ Milk

1 teaspoon canola oil  
 ½ cup diced onion (½ medium onion)  
 1 cup peeled, diced apple (1 medium apple)  
 ¼ to 1 teaspoon pumpkin pie spice

¼ teaspoon salt  
 ¼ teaspoon black pepper  
 ½ cup fat-free, reduced-sodium chicken  
 broth  
 1 box (12 ounces) frozen, cooked winter  
 squash, thawed (see Tips)  
 1 cup fat-free evaporated milk  
 4 tablespoons fat-free sour cream (optional)  
 Pumpkin pie spice (optional)

**1.** Heat oil in large saucepan over medium-low  
 heat. Add onion. Cook and stir 3 minutes or  
 until onion is translucent. Do not brown. Add  
 apple, spice, salt and pepper. Cook and stir  
 1 minute to coat apples. Add broth. Simmer,  
 uncovered, 8 to 10 minutes or until apples are  
 tender and most stock has evaporated.

**2.** Add thawed squash and milk to apple  
 mixture. Simmer, uncovered, 6 to 8 minutes  
 or until flavors are blended and soup is hot.  
 Ladle into bowls. Garnish with sour cream  
 and pumpkin pie spice, if desired.

**Tips:** To easily thaw frozen box of squash,  
 place in microwavable container. Cover. Mi-  
 crowave on HIGH 3 minutes. Stir. Microwave  
 1 minute more if needed to thaw completely.

**Cook's note:** For added flavor, cook  
 1 clove garlic, minced, and 1 tablespoon  
 minced, peeled, fresh ginger with the onion.  
 Or add ¼ to ½ teaspoon mild curry powder  
 with the pumpkin pie spice.

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