



Healthy Twists to Holiday Fare

Many of the recipe cards in this collection were presented at programs on heart health, nutrition and holiday fare at the Centre for Women's Health at Rush North Shore Medical Center. For more information on heart health and women's services, call Rush North Shore at 847-933-6000.

Recipes included:

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Mulled Cider
Homemade Turkey Soup
Green Bean Casserole
Cranberry-Glazed
Pork Roast

Turkey Chili
Crunchy Pumpkin Pie
Chocolate Meringues
Sweet Potato Pie
Apple Crisp



Low Fat Eggnog

INGREDIENTS:

3/4 cup sugar
1/4 tsp cinnamon
1/4 tsp freshly grated nutmeg
1 egg
4 egg whites
1 1/2 cups fat free milk
1 1/2 cups fat free half-and-half
1 1/2 tsp vanilla extract
1/4 cup rum or brandy (optional)
freshly grated nutmeg to garnish

Per Serving: Calories 272
Calories from Fat 24
Total Fat 2.9g (sat 1.4g)
Cholesterol 60mg
Sodium 249mg
Carbohydrate 51.1g
Fiber 0.1g
Protein 10.9 g

1. Combine sugar, cinnamon and nutmeg in a large bowl. Add egg and egg whites, and beat with a mixer for 3-4 minutes.
2. Gently heat fat free milk in a large saucepan. Gradually stir egg mixture into the hot milk.
3. Heat, stirring constantly, until mixture is slightly thickened. Stir in vanilla extract and remove from heat.
4. Let the milk and egg mixture cool a little before blending with fat-free half-and-half milk. Cover and chill in the refrigerator. Before serving, add rum or brandy if desired and sprinkle with freshly grated nutmeg on top.

Serves 4



Mulled Cider

INGREDIENTS:

6 cups apple cider
3 whole allspice berries
3 whole cloves
6 cinnamon sticks
1 navel orange, peeled and quartered
1 navel orange, unpeeled

Per Serving: Calories 151

Carbohydrate 38 g

Fat 0 g

Fiber 2 g

Protein 1g

Saturated Fat 0 g

Sodium 8 mg

1. Combine the cider, allspice berries, cloves, cinnamon sticks and the peeled, quartered orange in a saucepan and bring to a boil. Turn the heat down and let the mixture simmer for 5 minutes.
2. Slice the remaining orange into half moons.
3. Strain the cider and ladle it into warm mugs. Garnish each mug with a cinnamon stick and a fresh orange slice.

Serves 6



Homemade Turkey Soup

INGREDIENTS:

6 lb turkey breast with bones
(with at least 2 C meat)
2 medium onions
3 stalks celery
1 tsp dried thyme
1/2 tsp dried rosemary
1/2 tsp dried sage
1 tsp dried basil
1/2 tsp dried marjoram
1/2 tsp dried tarragon
1/2 tsp salt
to taste black pepper
1/2 lb Italian pastina or pasta

Per Serving: Calories: 201

Total fat: 2 g

Saturated fat: 1 g

Cholesterol: 101 mg

Sodium: 141 mg

Total fiber: 1 g

Protein: 33 g

Carbohydrates: 11 g

Potassium: 344 mg

1. Place turkey breast in large 6-quart pot. Cover with water until at least three quarters full.
2. Peel onions, cut into large pieces, and add to pot. Wash celery stalks, slice, and add to pot.
3. Simmer covered for about 2 1/2 hours.
4. Remove carcass from pot. Divide soup into smaller, shallower containers for quick cooling in refrigerator.
5. After cooling, skim off fat.
6. While soup cools, remove remaining meat from turkey carcass. Cut into pieces.
7. Add turkey meat to skimmed soup, along with herbs and spices.
8. Bring to boil and add pastina. Continue cooking on low boil for about 20 minutes, until pastina is done. Serve at once or refrigerate for later reheating.

Serves 16



Cranberry-Glazed Pork Roast

INGREDIENTS:

- 1/2 tsp ground sage
- 1/2 tsp ground thyme
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 1 3-pound boneless top-loin pork roast, trimmed
- 1 16-ounce can cranberry sauce
- 1/2 cup apple cider

1. Combine herbs and seasonings to make a rub. Sprinkle mixture over all sides of the meat. Place pork in roasting pan and roast for 1 hour.
2. Combine cranberry sauce and apple cider in a saucepan and bring to a boil.
3. Reduce heat and simmer for 10 minutes until the sauce is slightly thickened. Spoon 1/2 a cup of the sauce over the meat to glaze. Return meat to the oven and roast for a further 30-40 minutes, or until an instant-read thermometer registers 155 degrees. Remove pork from the oven and cover with foil. Let stand for 15-20 minutes. The meat will continue to cook and reach a safe 160 degrees while it rests. Serve with remaining sauce on the side.
Serves 10-12



Turkey Chili

INGREDIENTS:

1 pound lean ground turkey
2 fresh tomatoes, dices
1 cup diced onion
2 cloves garlic, finely chopped
2 (16-ounce) cans kidney, pinto or black beans, drained and rinsed
2-1/2 cups salsa
1 (16-ounce) can corn
1 (4-ounce) can diced green chilies
2 tsp chili powder
1/2 tsp crushed dried oregano
1/2 tsp ground cumin
1/2 cup of shredded mild cheddar or Monterey jack cheese

1. Cook turkey, onion and garlic in large skillet until turkey is browned; drain.
2. Stir in beans, tomatoes, corn, salsa, chilies, chili powder, oregano and cumin.
Bring to a boil. Reduce heat to low; cover. Cook, stirring frequently, for 20 to 25 minutes.
3. Sprinkle shredded cheese on top before serving. (Serve with cornbread)

Serves 12

Per Serving: Calories 171

Protein: 15.3 grams

Carbohydrates: 23
grams

Fiber: 5.9 grams

Fat: 2.8 grams



Crunchy Pumpkin Pie

FOR CRUST

1 C quick cooking oats
1/4 C whole wheat flour
1/4 C ground almonds
2 Tbsp brown sugar
1/4 tsp salt
3 Tbsp vegetable oil
1 Tbsp water

FOR FILLING

1/4 C brown sugar, packed
1/2 tsp ground cinnamon
1/4 tsp ground nutmeg
1/4 tsp salt
1 egg, beaten
4 tsp vanilla
1 C canned pumpkin
2/3 C evaporated skim milk

Per Serving :Calories: 177

Total fat: 8 g

Saturated fat: 1 g

Cholesterol: 24 mg

Sodium: 153 mg

1. Preheat oven to 425 °F. To prepare crust:
2. Mix oats, flour, almonds, sugar, and salt in small mixing bowl.
3. Blend oil and water in measuring cup with fork or small wire whisk until emulsified.
4. Add oil mixture to dry ingredients and mix well. If needed, add small amount of water to hold mixture together.
5. Press into 9-inch pie pan, and bake for 8–10 minutes, or until light brown.
6. Turn down oven to 350 °F. To prepare filling:
7. Mix sugar, cinnamon, nutmeg, and salt in bowl.
8. Add egg and vanilla, and mix to blend ingredients.
9. Add pumpkin and milk, and stir.
10. Pour filling into prepared pie shell.
11. Bake for 45 minutes at 350 °F or until knife inserted near center comes out clean.

Serves 9



Chocolate Meringues

INGREDIENTS:

1/2 cup egg whites (about 4 large eggs)
a pinch of salt
1 cup sugar
1 tablespoon sifted unsweetened cocoa powder

Per Serving: Calories 24

Carbohydrate 6g

Fat 0 g

Fiber 0g

Protein 0 g

Saturated Fat 0g

Sodium 7 mg

1. Preheat the oven to 300°F. Line 2 cookie sheets with parchment or wax paper.
2. With an electric mixer, beat the egg whites and salt on high speed until soft peaks form.
3. Continue mixing on high speed while adding 1/2 cup of the sugar. Add the remaining sugar by the tablespoon. Beat for another 1-2 minutes, until the mixture is stiff and shiny. Gently fold in the cocoa powder until just combined.
4. Drop by the spoonful onto the cookie sheets. Flatten each cookie slightly with the back of a spoon.
5. Bake until meringues are firm and lightly browned, about 30 minutes. Let cool.

Serves 36



Sweet Potato Pie

INGREDIENTS:

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

Per serving (without pie crust):

Calories 105
Fat 1.49 gms
Chol 46.8 mg
Sod 20.3 mg
Carb 20.8 gms
Sugars 16.1 gms
Pro 2.29 gms

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 degrees for 1 hour or until knife comes out clean.
Optional: Prepare in a low fat pie crust and top with Cool Whip
- Serves 8**



Apple Crisp

INGREDIENTS:

4 c. tart apples, sliced
1/4 c. whole wheat flour
1/4 c. water
1/4 c. rolled oats
1 t. lemon juice
1/2 t. cinnamon
1/4 c. brown sugar, packed
3 T. margarine

Place apples in 8x8x2 inch baking pan. Mix water and lemon juice, pour over apples. Mix sugar, flour, oats and spices. Add margarine to dry mixture; mix until crumbly. Sprinkle mixture over apples. Bake at 350 degrees until apples are tender and topping is lightly browned, about 40 minutes.

Serves 4

Per Serving: Calories: 230

Sodium: 182 mg

Fat: 6 g

Calories from fat: 25%

Cholesterol: 3 mg

Online Recipe Sources

- www.deliciousdecisions.org
- www.eatingwell.com/
- www.foodfit.com
- www.jennycraig.com/recipes/
- www.kraft.com

**advanced search, click on nutrient needs and specify: low fat, high fiber, high calcium, low calorie etc

- www.low-fat-recipes.com
- www.wholefoods.com

