Holiday Recipe Makeover

Many traditional American holiday foods are high in salt, sugar and fat. Making a few healthy recipe swaps can help lower your blood pressure, reduce your A1c and prevent weight gain. **recipe to follow*

Gravy*

Use low sodium vegetable broth in place of pan drippings to make gravy. Instead of butter and flour to thicken, puree cooked sauteed mushrooms and vegetables and soaked raw cashews **(see Mushroom Gravy recipe)**

Stuffing*

Herb-Cauliflower stuffing: Stuff turkey with onions, garlic, fresh herbs. Bake stuffing separately so it doesn't absorb fats (less calories).

Green Bean Casserole

- Green beans with sautéed onions and mushrooms
- Green beans with oranges and balsamic dressing*
- Green beans sauteed with cauliflower & red bell pepper

Sweet Potato Marshmallow Casserole

- Roasted Three Color Potatoes*
- Roasted sweet potatoes and brussels sprouts
- Sweet potato soup

Bread

Use thin slices cut in half so portion sizes are small (instead of rolls or biscuits that are whole)
• Choose 100% Whole grain bread

Mashed Potatos

Roasted Three Color Potatoes: Buy very small redskin or Yukon gold potatoes, leave skins on. Dice, boil and mash slightly with salt, pepper and a drizzle of olive oil.

Cranberry Sauce

Cranberry Apple Sauce* (homemade, less sugar). Have wedges of fresh oranges, lemons and limes to squeeze over top.

Cookies, Chips, Salty Snacks

Whole Fresh Fruit (grapes, tangerine wedges, pineapple, melon cubes, berries, etc) • Dole Dippers (frozen fruit dipped in chocolate) • Unsalted toasted nuts and seeds • Chocolate squares, 70% cacao (or higher) • Whole grain crackers

Cakes with Frosting, Pecan Pie, Shoofly Pie

• One-crust fruit pie, tart or crumble (apple crumble, pear tart, cherry crumble) • Fresh cut fruit with whipped cream • Pumpkin pie

Mushroom Gravy

Any kind of mushroom will work with this recipe, but the portabella will give the gravy more brown color.
Yield: 2 cups

2 tsp olive oil
½ cup portabella mushrooms, dicec
1 large onion, diced
2-3 cloves garlic, minced
1 medium carrot, diced
2 Tbsp red wine or tart cherry juice
1 ½ cups low sodium vegetable broth
2 Tbsp low sodium Worcestershire Sauce (use less if not low sodium)
1/3 cup raw cashews, roughly chopped
Few sprigs of fresh sage, rosemary, thyme or a combination of these. Can also use 1 tsp dried herbs)
1/8 tsp pepper

Heat olive oil in a stock pot over medium heat. Add mushrooms, onion, carrot and garlic and saute for about 10 minutes until soft and somewhat dry. Deglaze the pan with the wine or cherry juice. Add the broth, Worcestershire, cashews and herbs, if using. Bring to a boil. Reduce heat to simmer for 15 minutes or until all vegetables are soft. Remove the stems and sprigs of herbs. Remove from heat and puree the mixture in a blender until smooth. Add more broth if needed to thin. Season with fresh pepper. May be made ahead and frozen.

Roasted Three Color Potatoes

Yield: 4-6 servings

2 medium Japanese sweet potatoes or 4 medium Yukon gold potatoes
3 large purple potatoes, scrubbed
2 medium sweet potatoes or yams, scrubbed
1 Tbsp avocado oil or refined coconut oil (use only oils suitable for high heat)
Salt and pepper

Preheat oven to 400 degrees. Cut potatoes into equal sized cubes and toss with oil in a large bowl. Sprinkle with salt and pepper.

Spread potatoes onto a parchment lined baking tray and roast for about 25-30 minutes or until tender and slightly browned.

Cauliflower Stuffing

Yield: about 4 cups

1 Tbsp olive oil
1 small onion, small dice
1 shallot, small dice
2 stalks of celery, small dice
1 Tbsp balsamic vinegar
1-2 cloves garlic, minced
1 head cauliflower, cut into small pieces
1 carrot, small dice (or use sweet potato or butternut squash)
¼ cup water or vegetable broth
1 Tbsp fresh rosemary, minced fine
1 Tbsp fresh sage, minced fine
½ tsp salt
¼ tsp pepper
¼ cup finely minced parsley

Heat a large skillet over medium heat and add in the olive oil, onion, shallot and celery. Saute for 7-8 minutes until the onion is translucent. Add in the balsamic vinegar and garlic, stir well and cover with a lid. Cook the mixture until it is soft, about 5 minutes. Add in the cauliflower, carrot, water, rosemary and sage and toss well.Cover with a lid and reduce heat to medium-low and cook until the vegetables are just tender, about 10 minutes. Sprinkle with salt, pepper and minced parsley, cook another few minutes and then remove from heat and serve immediately. This dish can be made ahead for large holiday meals and then re-heated before serving

Cranberry Apple Sauce

Yield: about 2 cups

1 12 oz package of whole cranberries, rinsed and drained
2 apples peeled, cored and diced
1/3 cup water
2 tbsp maple syrup
1 cinnamon stick
Pinch sea salt

Rinse the cranberries in a colander and pick out any mushy ones. Add the cranberries, apples, water, maple syrup, cinnamon stick, and salt to a medium pot and combine well. Bring to a simmer and cook for 8-10 minutes. Remove the cinnamon stick. Serve warm or cold. Refrigerate for up to 4 days.

Green Beans with Oranges and Balsamic Dressing

Yield: 4-5 servings

2 medium carrots, cut in strips the same size as the green beans
1 tsp olive oil
1 pound of green beans, washed and trimmed
Salt and pepper to taste
1 large orange, cut into small pieces (see below)
1 Tbsp orange juice, squeezed from the cut rinds
1 Tbsp balsamic vinegar
1 Tbsp honey
1 Tbsp toasted, chopped almonds, hazelnuts or sunflower seeds

Add ½ cup of water to a large skillet on over medium heat. When the water boils, add the olive oil and carrot strips and cook 3 minutes. Add the green beans and cook to desired tenderness adding more water if needed. When done, drain and sprinkle with salt and pepper to taste. Arrange in a serving dish.Cut off the top and bottom of the orange. Cut off the skin in small strips following the curve of the orange. Cut the orange into cross sections (like wheels) and then into small pieces and arrange on top of the beans. Squeeze a tablespoon of juice from the leftover rinds of the orange. Mix the juice with vinegar and honey then drizzle over the beans. Sprinkle with the nuts.

LIVE BETTER

TABLE HEALTH