

# HEALTHY HOLIDAY RECIPES



## Christmas Tree Coffee Cake

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*A pretty Christmas yeast cake with oats and diced mixed candied fruits.*

### Recipe Ingredients

1 cake compressed yeast or 1 package dry yeast  
3/4 cup milk; scalded  
1/4 cup sugar  
1 teaspoon salt  
1/3 cup butter or margarine  
3 cups sifted all-purpose flour (plus more as necessary)  
2 eggs; beaten  
1 cup oats, uncooked (quick or old fashioned)  
1/2 cup diced mixed candied fruits

### Recipe Directions

Soften yeast in lukewarm water. (Use warm water for dry yeast.) Pour scalded milk over sugar, salt and butter. Cool to lukewarm. Stir in 1 cup flour and eggs. Add softened yeast and oats.

Combine 1/4 cup flour and candied fruits; stir to coat fruits evenly with flour. Add to dough; mix well. Stir in enough more flour to make a soft dough. Turn out on lightly floured board or canvas; knead until smooth and satiny, about 10 minutes. Round dough into ball; place in greased bowl; brush lightly with melted shortening. Cover and let rise in warm place until double in size, about 1 hour.

Punch dough down; cover; let rest 10 minutes. Divide dough in half. From one half, pinch off 17 pieces of dough; shape to form balls. Arrange balls in the shape of a Christmas tree on greased cookie sheet. Brush lightly with melted butter. Repeat with other half of dough. Cover; let rise in warm place until nearly double in size, about 1 hour.

Bake in preheated moderate oven (375 F.) about 20 minutes. Decorate with confectioner's sugar frosting and candied citron.

Yields: 2 Coffee Cakes

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## Crudites with Savory Cheese Dip

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*Corn grits mixed with chicken broth, seasoned with garlic. Add feta cheese and red bell pepper and broil. These can be served warm or at room temperature.*

### Recipe Ingredients

#### Crudites:

- 4 medium carrots, peeled and cut into sticks
- 4 medium celery ribs, cut into sticks
- 1 large red bell pepper, seeded and cut into strips
- 1 large green bell pepper, seeded and cut into strips
- 2 small zucchini, cut into diagonal slices
- 1 bunch radishes, cleaned, trimmed, and cut in half
- 1 10-ounce bag cocktail cherry tomatoes, rinsed
- 1 medium cucumber, cut into sticks or slices

#### Savory Cheese Dip:

- 3 cups 1 percent low-fat cottage cheese
- 3 tablespoons reduced-fat mayonnaise
- 1-1/2 tablespoons fresh lemon juice
- 6 scallions, white part plus 2 inches green, thinly sliced
- 2 tablespoons chopped parsley
- 1/4 teaspoon crushed red pepper flakes or to taste
- 3/4 teaspoon salt (optional)

### Recipe Directions

Prepare the vegetables. Pack like vegetables in self-sealing plastic bags. Add a few ice cubes and seal. Refrigerate until ready to assemble on a large decorative tray, leaving room for the bowl of dip in the center.

For the dip: Place all dip ingredients in a food processor or blender. Process until smooth using on/off pulses and scraping down the bowl once or twice. Transfer dip to a serving bowl; refrigerate until ready to serve.

To serve, place the dip in the center of the vegetables. Serve at once. (If it's quite hot, place a few ice cubes over the vegetables to keep them cool and crisp.) Recipe makes 3-1/2 cups .

**Nutrition information per 2 tablespoon serving:** Calories: 28; Fat: 1g; Cholesterol: 2mg; Sodium: 130mg



## Winter Fruit Salad

This colorful fruit salad makes a beautiful addition to the holiday table. Serve as a light dessert or as a palate cleanser between courses.

### Ingredients:

- 2 Blood Oranges
- 2 Navel Oranges
- 1 Pink Grapefruit
- 1 Yellow Grapefruit
- 2 Star Fruit
- 1 Pomegranate

### Preparation:

Using a sharp knife, peel and segment oranges and grapefruit. Remove pith, pips and membranes. De-seed pomegranate and slice star fruit. Arrange citrus segments in a bowl with the star fruit and gently mix together. Sprinkle pomegranate seeds on top. Cover and chill until ready to serve. Serves 6



## Horseradish-Crusted Beef Tenderloin

Luxurious beef tenderloin shines when treated to a simple horseradish-mustard rub and roasted for a nicely seared and flavorful crust. Add 5 to 10 minutes to the roasting time for well done.

### 8 servings

**Active Time:** 15 minutes

**Total Time:** 1 hour 10 minutes

### Ingredients

- 2 tablespoons prepared horseradish
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon Dijon mustard

- 2 pounds trimmed beef tenderloin, preferably center-cut (see Note)
- 1 teaspoon kosher salt
- 2 teaspoons freshly ground pepper
- Creamy Horseradish Sauce (recipe follows)

## Preparation

1. Preheat oven to 400°F.
2. Combine horseradish, oil and mustard in a small bowl. Rub tenderloin with salt and pepper; coat with the horseradish mixture. Tie with kitchen string in 3 places. Transfer to a small roasting pan.
3. Roast until a thermometer inserted into the thickest part of the tenderloin registers 140°F for medium-rare, 35 to 45 minutes. Transfer to a cutting board; let rest for 5 minutes. Remove the string. Slice and serve with Creamy Horseradish Sauce.

- **Note:** You'll need 2 pounds of trimmed tenderloin for this recipe. Ask your butcher to remove the extra fat, silver skin and the chain (a lumpy, fat-covered piece of meat that runs along the tenderloin). If you buy untrimmed tenderloin, start with about 2 1/2 pounds, then use a sharp knife to trim the silver skin, fat and chain.

## Nutrition

**Per serving:** 220 calories; 11 g fat ( 5 g sat , 5 g mono ); 76 mg cholesterol; 3 g carbohydrates; 25 g protein; 1 g fiber; 334 mg sodium; 364 mg potassium.

## *Creamy Horseradish Sauce*

**1 1/2 cups**

**Active Time:** 5 minutes

**Total Time:** 5 minutes

## Ingredients

- 1 1/4 cups reduced-fat sour cream
- 1/3 cup prepared horseradish
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground pepper

## Preparation

1. Combine sour cream, horseradish, salt and pepper in a medium bowl. Chill until ready to serve.

## Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 3 days.

## Nutrition

**Per tablespoon:** 19 calories; 2 g fat ( 1 g sat , 0 g mono ); 5 mg cholesterol; 1 g carbohydrates; 0 g protein; 0 g fiber; 62 mg sodium; 24 mg potassium.



## Christmas Turkey

With just a small amount of olive oil, lemon and plenty of fresh herbs, your Christmas turkey will be fragrant and succulent. The [cooking time](#) is for an unstuffed bird. To reduce your fat intake, be sure to remove the skin before eating the meat.

**Cook Time:** 3 hours, 45 minutes

**Total Time:** 3 hours, 45 minutes

### Ingredients:

- 1 12-14-pound turkey, fresh or frozen (thawed)
- 1 medium onion, peeled and quartered
- 1 lemon, halved
- 1 tbsp olive oil
- 6 sprigs fresh rosemary
- 6 sprigs fresh thyme
- 6 sprigs fresh sage
- Freshly ground black pepper

### Preparation:

Preheat oven to 425 degrees. Remove giblets and neck from inside the turkey and reserve to make stock if you wish. Rinse turkey inside and out with cold water. Pat dry with kitchen paper. Place onion, half a lemon and 4 sprigs of each herb inside the bird's cavity. Secure legs with kitchen string. Place turkey breast side up on roasting rack in pan. Squeeze lemon half into a small bowl. Brush bird with lemon juice and olive oil, and add salt and pepper.

Place in oven and roast for 15 minutes at 425 degrees for an initial blast of heat.

Reduce heat to 325 degrees. Baste turkey frequently with pan juices plus lemon and oil, and roast until an instant-read thermometer inserted in the thickest part of the thigh reaches 180 degrees - about 3 to 3 3/4 hours.

Remove turkey from oven and let stand for 15 minutes. Transfer to a warm platter and garnish with remaining herbs.

Serves 12



## Garlic Mashed Potatoes

Garlic mashed potatoes can be creamy and flavorful without all that butter and cream. Try this version for your holiday table, or as a side dish for any occasion.

**Prep Time:** 10 minutes

**Cook Time:** 25 minutes

**Total Time:** 35 minutes

### Ingredients:

- 2 pounds Yukon Gold potatoes, peeled and cut into pieces
- 6 garlic cloves, peeled
- 1/3 cup fat-free milk, warmed
- 1/3 cup fat-free sour cream
- 1/2 tsp black pepper
- Chives, freshly chopped

### Preparation:

Boil potatoes and garlic cloves in a large saucepan for 20 minutes until potatoes are tender. Drain and return to pan. Add heated milk plus sour cream to potatoes and garlic, and mash with a potato masher until smooth. Use a little more milk if you prefer thinner mashed potatoes. Add black pepper to taste. Garnish with some chopped chives.

Serves 6.

**Per Serving** Calories 124, Calories from Fat 1, Total Fat 0.2g (Sat 0g), Cholesterol 1mg, Sodium 36mg, Carbohydrate 26.9g, Fiber 3.5g, Protein 3.8g



## Low Fat Bread Stuffing

This low fat bread stuffing makes a perfect partner for your holiday turkey.

**Cook Time:** 50 minutes

**Total Time:** 50 minutes

## Ingredients:

- 4 ounces chicken or turkey sausage, casings removed
- 1 tsp canola oil
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped mushrooms
- 1 tbsp fresh sage, finely chopped
- 1 tsp dried thyme
- 1/4 teaspoon black pepper
- 1 pound day-old artisan bread cubes
- 1 14 1/2-ounce can fat free, low sodium chicken broth
- 1 egg, lightly beaten, or 2 egg whites

## Preparation:

Spray a large nonstick skillet with cooking spray. Cook sausage meat until browned, breaking it into chunks with a spatula. Remove from pan and set aside. Add 1 tsp canola oil to skillet. Add onion, celery and mushrooms, and sauté until tender. In a large bowl, combine bread cubes with cooked sausage, vegetable mixture, herbs and pepper. Whisk together broth and egg, and pour over stuffing mixture. Toss well to coat.

Spoon stuffing into 13-inch x 9-inch baking dish and bake at 350 degrees for 40-45 minutes, or until browned.

Makes 12 servings

**Per Serving:** Calories 134, Calories from Fat 24, Total Fat 2.7g (sat 0.6g), Cholesterol 23mg, Sodium 341mg, Carbohydrate 21.8g, Fiber 1.6g, Protein 6.5g



## Spiced Cranberry Orange Sauce

Add a little zing to your holiday table and serve this spiced cranberry orange sauce. This can be made a few days ahead.

**Cook Time:** 12 minutes

**Total Time:** 12 minutes

### Ingredients:

- 1 pound fresh cranberries, rinsed and picked through
- 3/4 cup sugar
- juice and zest of 1 large orange
- 1 cinnamon stick
- 4 cloves
- 1/2 tsp ground ginger
- 1/4 cup light red wine (pinot noir is a good choice)

### Preparation:

Combine ingredients in a large saucepan. Bring to a boil; reduce heat and simmer for about 10 minutes, stirring occasionally, until cranberries pop and sauce thickens. Remove from heat and let cool. Remove cinnamon, cloves and zest. Pour sauce into a bowl and chill. Serves 10.



## Holiday Brussels Sprouts

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*This festive red and green side dish is the perfect accompaniment to your Christmas dinner. Brussels sprouts for the green and dried cranberries for the red.*

### Recipe Ingredients

- 1 pound Brussels sprouts, steamed
- 3 tablespoons maple syrup
- 1 tablespoon vegetable oil
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon table salt
- 1/4 teaspoon black pepper
- 1/4 cup(s) dried cranberries

### Recipe Directions

Preheat oven to 375 degrees.

Coat an 8 X 8-inch baking dish with cooking spray.

Place Brussels sprouts in bottom of prepared pan. (Note: If you can't find fresh Brussels sprouts, use frozen ones that have been thawed; just decrease the cooking time below by about 10 to 15 minutes.)

Combine maple syrup, oil, vinegar, mustard, salt and pepper in a small bowl; pour over Brussels sprouts. Stir in cranberries and bake, covered, until tender and bubbly, about 30 minutes.

Yields about 3/4 cup per serving. Recipe makes four servings Holiday Brussels Sprouts.



## Broccoli with Pine Nuts

*Broccoli pairs up with pine nuts for both festivity and nutrition. The broccoli is cooked in olive oil and chicken broth. Add the pine nuts and finish off with Parmesan.*

### Recipe Ingredients

2 pounds broccoli, tough ends trimmed, stems peeled  
3 tablespoons olive oil  
2 cloves garlic, finely chopped  
1/4 cup chicken broth  
1/2 teaspoon salt  
1/4 cup pine nuts, toasted  
Shaved Parmesan cheese for garnish

### Recipe Directions

Cut broccoli stems into coins; cut heads into flowerets.

Heat oil in a large skillet over medium-high heat. Add garlic; cook, stirring constantly, 45 seconds. Add broccoli; cook, stirring constantly, until broccoli is bright green, 2 to 3 minutes. Add broth; cover and cook until broccoli is crisp-tender, about 3 minutes.

Sprinkle with salt and toss.

If serving warm, add pine nuts; toss and serve. If serving cold, cool slightly, place in a tightly sealed container and refrigerate. Just before serving, add pine nuts and toss. Garnish with thin shavings of Parmesan cheese.

Recipe makes four servings Christmas Broccoli with Pine Nuts.

Nutrition information per serving:  
Calories: 138; Fat: 11g; Cholesterol: 0; Sodium: 263



## Roasted Fall Vegetables in Cheddar Crust

This tart starts with a Cheddar cheese crust that's filled with roasted leeks, fennel and broccoli or Brussels sprouts. Beets or cauliflower would stand in beautifully too.

### 8 servings

**Active Time:** 45 minutes

**Total Time:** 1 3/4 hours

### Ingredients

#### Filling

- 2 leeks, white and light green parts only, coarsely chopped and rinsed
- 1 pound small broccoli florets, or Brussels sprouts, trimmed and cut in half
- 2 small or 1 large fennel bulb, cored and thinly sliced lengthwise
- 1/2 cup thinly sliced red onion
- 1 head garlic
- 1 tablespoon chopped fresh rosemary, or 1 teaspoon dried
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon sherry vinegar
- 1/3 cup black olive tapenade, (see Ingredient Note)
- 1/2 cup crumbled goat cheese

#### Crust

- 1 1/4 cups white whole-wheat flour, (see Ingredient Note)
- 1 cup shredded reduced-fat Cheddar cheese
- 1/2 cup cornmeal
- 4 tablespoons cold unsalted butter, cut into small pieces
- 3 tablespoons canola or extra-virgin olive oil
- 3 tablespoons ice water

### Preparation

1. Preheat oven to 400°F.
2. To prepare filling: Spread leeks, broccoli (or Brussels sprouts), fennel and onion in a single layer on a large rimmed baking sheet along with the unpeeled head of garlic. Season the vegetables with rosemary, salt and pepper. Drizzle oil over the vegetables and garlic and toss to coat.
3. Bake, stirring occasionally, until the vegetables are tender when pierced with a knife and the garlic is soft, 35 to 45 minutes. Remove from the oven, set aside the garlic, and toss the vegetables with vinegar. Let cool.

4. To prepare crust: Coat an 8-by-12-inch rectangular or 11-inch round removable-bottom tart pan with cooking spray.
5. Place flour, Cheddar and cornmeal in a food processor; pulse to combine. Add butter one piece at a time, pulsing once or twice after each addition, until incorporated. Add oil and water and pulse just until the dough starts to come together. Turn the dough out into the prepared pan (it will be crumbly), spread evenly and press firmly into the bottom and all the way up the sides to form a crust. Refrigerate until ready to bake.
6. When the vegetables are done, reduce oven temperature to 350°. Bake the crust until set but not browned, about 15 minutes.
7. Place the tart pan on a baking sheet. Spread tapenade over the bottom of the crust. Top with the roasted vegetables. Cut off the top of the garlic and squeeze out the cloves onto the vegetables. Sprinkle with goat cheese.
8. Bake the tart until the edges of the crust are golden brown, about 25 minutes. Let cool for 10 minutes before removing the pan sides and cutting into squares.

### Tips & Notes

- **Make Ahead Tip:** Prepare the crust (Step 4), wrap tightly and refrigerate for up to 3 days. | Equipment: 8-by-12-inch rectangular or 11-inch round removable-bottom tart pan
- **Ingredient notes:** Black olive tapenade is a thick paste made from olives, garlic and other flavorful ingredients. Look for it near jarred olives at the store. Or to make your own for this recipe, puree 1/2 cup pitted Kalamata olives, 1 clove peeled garlic and 1 teaspoon balsamic vinegar in a food processor until it forms a thick paste.
- White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. Available in large supermarkets and in natural-food stores. Store in the freezer.

**Nutrition: Per serving:** 378 calories; 25 g fat ( 8 g sat , 6 g mono ); 28 mg cholesterol; 30 g carbohydrates; 10 g protein; 5 g fiber; 370 mg sodium; 276 mg potassium.



## Low Fat Gingerbread Men

Cut the fat not the flavor. These gingerbread men use half the butter normally used in most gingerbread cookie recipes. Applesauce helps the cookies retain their moisture and gives them a soft texture.

**Cook Time:** 10 minutes

**Total Time:** 10 minutes

### Ingredients:

- 1/4 cup butter, softened
- 3/4 cup firmly packed brown sugar

- 1/2 cup unsweetened applesauce
- 1 egg
- 1/3 cup dark molasses
- 3 cups all-purpose flour
- 1 tsp baking soda
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 1/2 tsp allspice
- 1/4 tsp ground cloves

### Preparation:

In a large mixing bowl, beat butter, sugar and applesauce until smooth. Add egg and molasses and mix well. In another large bowl, combine flour, baking soda and spices. Add to sugar and molasses mixture, stirring well. Divide dough in two; cover with plastic wrap and chill for 2 hours.

Preheat oven to 350 degrees. Roll out dough to 1/4 or 1/8-inch thickness. Cut gingerbread men with a cookie cutter. Add candies or raisins to decorate. Place 1-2 inches apart on a parchment-lined baking sheet. Bake 10-12 minutes. Add frosting or more decorations when cool. Makes 30 cookies.

**Per serving:** Calories 94, Calories from Fat 16, Fat 1.8g (sat 1g), Cholesterol 11mg, Sodium 48mg, Carbohydrate 18g, Fiber 0.4g, Protein 1.5g



## Low Fat Holiday Sugar Cookies

With almost half the butter of most sugar cookies, you can treat yourself to one of these low fat Christmas cookies without feeling too guilty. Top with sprinkles before baking or add a glaze afterwards using confectioner's sugar, lemon juice and some food coloring.

**Cook Time:** 10 minutes

**Total Time:** 10 minutes

### Ingredients:

- 5 tbsp butter, softened
- 3/4 cup sugar
- 1 egg
- 1 tsp vanilla extract
- 1 2/3 cups all-purpose flour

- 1 tsp baking powder
- 1/4 tsp salt

### Preparation:

Using a mixer, beat butter and sugar until creamy. Add egg and vanilla, mixing well. In another bowl, whisk together flour, baking powder and salt. Gradually stir flour mixture into butter and sugar until dough forms. Don't worry if the dough seems a little crumbly at first; it will come together. Wrap dough in plastic and chill for two hours in the refrigerator.

Preheat oven to 350 degrees. On a lightly floured surface, roll out dough to a 1/4-inch or 1/8-inch thickness. Use holiday cookie cutters dipped in flour to make cutouts. Gather scraps and re-roll until all the dough is used.

Place cookies 1 inch apart on a parchment-lined cookie sheet. Bake for 9-10 minutes or until the edges are lightly browned. Transfer to wire rack after 1 minute to cool.

Makes 30 cookies, depending on size of cookie cutters used.

**Per serving:** Calories 65, Calories from Fat 20, Total Fat 2.2g (sat 1.3g), Cholesterol 12mg, Sodium 38mg, Carbohydrate 10.3g, Fiber 0.2g, Protein 1g



## Low Fat Eggnog

If you want to enjoy one of the great sweet treats of the season without feeling guilty, try this low fat eggnog recipe. Since only one egg yolk is used here, the eggnog might look a little pale. You could always add a few drops of yellow coloring to the mixture for the full effect. Finally, if you don't want to add alcohol, try a little rum extract instead.

### 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

### Preparation:

Combine sugar, cinnamon and nutmeg in a large bowl. Add egg and egg whites, and beat with a mixer for 3-4 minutes.

Gently heat fat free milk in a large saucepan. Gradually stir egg mixture into the hot milk. Heat, stirring constantly, until mixture is slightly thickened. Stir in vanilla extract and remove from heat.

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

**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 10.9g