

❄️ Holiday Eating Alternatives ❄️

Holiday Original	Alternative Eats
Turkey Leg (dark meat)	Turkey breast (white meat) – fewer calories and less total fat and cholesterol compared to dark meat
Holiday Ham	Roasted chicken or turkey
Canned Cranberry Sauce ¼ cup = 110 calories and 21 g. of sugar	Homemade Cranberry Sauce ¼ cup = 50 calories and 6 g. of sugar
Traditional Stuffing or Dressing	Mixed greens salad Brown rice and veggie side dish
Mashed White Potatoes	Butternut Squash, steamed and scooped out Acorn Squash, baked and quartered Steamed cauliflower, mashed to “look” like potatoes
Sweet Potato Marshmallow Casserole	Sweet Potato Fries, baked and sprinkled cinnamon Mashed sweet potatoes
Green Bean Casserole ¾ cup = 161 calories, 9 g. fat, and 530 mg. sodium	Fresh Green Beans, steamed ¾ cup = 17 calories, 3 g. fat and 0 mg. sodium
Pumpkin Pie, Pecan Pie or any holiday dessert item	Try canned pumpkin instead of “pumpkin pie filling” Fresh fruit and nuts over low-fat ice cream Baked cinnamon apples Angel Food Cake options
White roll	Whole wheat roll

Other Healthy Holiday Tips:

- ✓ Use Greek yogurt in place of sour cream
- ✓ Use whole wheat flour instead of all-purpose
- ✓ Try applesauce for half the oil that the recipe calls for
 - ✓ Use olive oil when you can in place of butter
 - ✓ Use more spices and less salt
 - ✓ Try reduced fat cheese instead of regular
- ✓ Put out fresh fruit and vegetables for guest to snack on before the meal
 - ✓ Graham cracker crust over traditional pastry crust
 - ✓ Think out of the box (or can), there is too much salt in there

Sweet Potato Fries

Ingredients:

- 1 1/2 pounds sweet potatoes, (2 medium potatoes)
- 1 tablespoon canola oil or olive oil
- 1 teaspoon cinnamon, plus more, to taste
- Cooking spray

Directions

Preheat the oven to 450 degrees F.

Cut the potatoes lengthwise into 1/4-inch thick matchsticks, and toss with the oil and cinnamon. Spray a baking sheet with cooking spray. Arrange the potatoes in a single layer on the baking sheet and bake until the "fries" are tender and crisp, about 30 minutes.

Serve immediately.

Idea: Make your fries spicy with some crushed red pepper or chili powder instead of the cinnamon.

Homemade Cranberry Sauce

Ingredients:

- 1 teaspoon cornstarch
- 1 cup SLENDA® No Calorie Sweetener, Granulated
- 1/2 cup water
- 3 cups fresh or frozen cranberries
- 1 medium orange, peeled and sectioned

Directions:

Combine cornstarch, SLENDA® Granulated Sweetener and water in a medium saucepan, stirring until SLENDA® Granulated Sweetener and cornstarch dissolve. Stir in cranberries and orange sections; bring mixture to a boil, stirring constantly, over medium-high heat. Reduce heat, and simmer, stirring often, 5 minutes or until cranberry skins begin to pop and mixture begins to thicken. Set aside to cool. Cover and chill at least 3 hours.

<http://splenda.tastebook.com/recipes/139712>
1-Homemade-Cranberry-Sauce

Green Beans with Lemon and Garlic

Ingredients:

- 2 pounds green beans, ends trimmed
- 1 tablespoon extra-virgin olive oil
- 3 tablespoons butter
- 2 large garlic cloves, minced
- 1 teaspoon red pepper flakes
- 1 tablespoon lemon zest
- Salt and freshly ground black pepper

Directions:

Blanch green beans in a large stock pot of well salted boiling water until bright green in color and tender crisp, roughly 2 minutes. Drain and shock in a bowl of ice water to stop from cooking.

Heat a large heavy skillet over medium heat. Add the oil and the butter. Add the garlic and red pepper flakes and sauté until fragrant, about 30 seconds. Add the beans and continue to sauté until coated in the butter and heated through, about 5 minutes. Add lemon zest and season with salt and pepper.

<http://www.foodnetwork.com/recipes/neelys/green-beans-with-lemon-and-garlic-recipe/index.html>

Easy Angel Food Trifle

Ingredients:

- 1 angel food cake
- 2 boxes fat-free sugar-free vanilla pudding, prepared with skim milk
- 1 tub cool whip free
- 2-3 pints fresh fruit, such as strawberries, blueberries, or raspberries

Directions:

Cut angel food cake into 1" squares. Place 1/2 in glass trifle dish. Mix pudding according to directions. Pour 1/2 over angel food cake. Spread 1/2 of cool whip over that layer, then place 1/2 of the fruit over cool whip. Repeat in order with remaining ingredients.

1 serving = 80 calories; Number of Servings: 24
<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=43887>