

FOOD FOR FITNESS AND FUN

November - 2006

As the holiday season is upon us, it is a great time to focus upon friends and family. To help you serve healthful foods during your celebration, I've included several this month you may wish to try. Enjoy! Jan

HEALTHFUL HOLIDAYS

The holidays really can be a tasteful reality with the integration of a few healthier solutions into traditional fares. Substitute lower-calorie, reduced-fat and lower-sodium products and leave your worries behind, along with those unwanted pounds.

CHEESE TO PLEASE — 12 SERVINGS

Whip up this healthier solution in just minutes.

- 8 oz. fat-free or light cream cheese
- ½ cup fat-free sour cream
- 1 garlic clove
- 1 Tablespoon dried or 3 Tablespoons fresh herbs such as dill, oregano, basil, thyme and chives.



Combine in a food processor and refrigerate to blend flavors. Serve with an assortment of fresh vegetables and whole grain crackers or pita triangles.

Each 2 Tablespoon serving: 52 calories, 3 g fat, 2 g saturated fat, 103 mg sodium, 10 mg cholesterol, 3 g carbohydrate, 0 g fiber, 2 g protein

Source: Communicating Food for Health, November/December

THE BEST LIGHT PUMPKIN PIE - SERVES 8

Three changes make this a slimmer pie. 1) Use evaporated skim milk instead of evaporated whole milk – removes 10 g fat and 70 calories per half cup; 2) Use egg whites instead of whole eggs – save 50 calories and 5 g fat; and 3) Use Splenda® sugar substitute for a 700 calorie saving per cup. The following pie recipe saves 150 calories per slice from the traditional.

1 cup ginger snaps (~16 cookies)	½ cup Splenda®
12 oz. can evaporated skim milk	2 tsp. pumpkin pie spice
½ cup egg whites (~4)	16 oz. can pumpkin



Heat oven to 350°F. Grind the cookies in a food processor. Lightly spray a 9" glass pie pan with vegetable spray. Pat the cookie crumbs into the bottom of the pan evenly. Mix the remaining ingredients in a medium size bowl. Pour into the crust and bake until knife inserted in center comes out clean – about 45 minutes. Refrigerate. Once cold, slice the pie into 8 wedges. Optional: Serve with fat free whipped topping.

Each slice: 131 calories, 1.6 g fat, (.4 saturated), 2 mg cholesterol, 170 mg sodium, 23 g carb., 2g fiber, 6 g protein.

Source: Communicating Food for Health, November 2004

CRAN-APPLE CRISP — SERVES 8

You will enjoy this flavor combination. If you run short on time, bake it on high for 5-7 minutes in the microwave or until apples are tender.

- 4 cored and thinly sliced apples
- 1 can (16 oz.) whole cranberry sauce
- 2 teaspoons soft melted margarine
- 1 cup uncooked oatmeal
- ½ cup brown sugar
- 1 teaspoon cinnamon



Preheat oven to 400 degrees. Wash apples, remove cores and slice thinly, keeping peel on. In a bowl, combine the cranberries and apples. Pour into an 8x8 inch pan. Combine melted margarine with oatmeal, brown sugar, and cinnamon until well blended. Sprinkle over apple/cranberry mixture. Cover and bake for 15 minutes. Uncover and bake 10 more minutes until the topping is crisp and brown. Serve warm or cold.

Each ¾ cup serving: 220 calories, 2 g fat, .5 g saturated fat, 25 mg sodium, 0 mg cholesterol, 52 g carbohydrate, 4 g fiber, 2 g protein.

Source: University of Massachusetts Extension Nutrition Education Program

BAKED POTATO SOUP — SERVES 6

This soup is easy to prepare and is a winner on flavor. Your family is sure to enjoy it.

- 4 medium (4 oz.) baking potatoes
- 5 cups fat free milk
- ½ cup all-purpose flour
- 1 bunch green onions, sliced
- ¼ cup shredded sharp cheddar cheese
- 4 Tablespoons grated parmesan cheese
- ½ teaspoon black pepper
- ½ cup fat-free sour cream



Scrub dirt off potatoes under cold running water. Pierce them with fork; microwave on high power until tender, about 15 minutes; turn halfway through cooking. Mash potatoes well with peels in large pot using potato masher or hand beaters. Add the rest of the ingredients and stir well. Heat thoroughly over low heat, about 10 minutes. Serve hot.

Garnish with black pepper.

Each 1-1/2 cup serving: 281 calories, 3 g fat, 1.8 g saturated fat, 213 mg sodium, 13 mg cholesterol, 50 g carbohydrate, 3 g fiber, 14 g protein. Diabetic exchange: 5 bread, 1.2 fats, 3.5 vegetable.

Source: Communicating Food for Health, September 2004

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PUMPKIN-APPLE BUTTER - SERVES 8

Use this bread spread on your holiday table. It is also an excellent topping for hot oatmeal, toast, yogurt and English muffins.

2 baking apples, peeled and halved
1-1/2 teaspoon pumpkin pie spice
2 Tablespoons brown sugar, packed
1 cup orange or apple juice
15 oz. canned pumpkin



Place apples, spices and orange juice in a covered glass container and microwave on full power until apples are tender, about 15 to 20 minutes. Mash apples and add pumpkin; microwave an additional 5 minutes. Puree in a food processor if you want the end product to be very smooth. Serve warm or refrigerate for later use or to use as a gift.

Each 1/3 cup serving: 60 calories, 0 g fat, 0 g saturated fat, 3 mg sodium, 0 mg cholesterol, 14 g carbohydrate, 2.5 g fiber, 1 g protein.

Source: *Communicating Food for Health*, November/December

SWEET ACORN SQUASH - SERVES 4

Winter squash counts as one of your orange vegetables in the new Food Guide Pyramid. Persons consuming 1200 or more calories a day should strive to eat 1 to 2.5 cups of orange vegetables each week.

2 acorn squash
1/2 cup orange juice
1 teaspoon cinnamon
1/4 teaspoon nutmeg



Put each squash in the microwave. Heat for 1.5 minutes on high. This will soften the squash and make it easier to cut. Cut each squash in half. Remove the seeds and loose fibers in the middle. Place the squash on an ungreased baking pan. The cut side of the squash should be face-up, and the uncut part of the squash should touch the pan. Pour 2 tablespoons of juice into each half of the squash. Spread it evenly on the inside of each squash. Bake at 400 degrees for 30 to 45 minutes, until tender. Season with cinnamon and nutmeg and serve. NOTE: You may cook acorn squash in the microwave – allow 6-8 minutes at full power for each acorn squash, covered.

One serving: 100 calories, 0 g fat, 0 g saturated fat, 5 mg sodium, 0 mg cholesterol, 27 g carb., 4 g fiber, 2 g protein.

Source: *The Pennsylvania Nutrition Education Program*

FOR MORE INFORMATION

Check past issues of Food for Fitness and Fun for more holiday ideas. All issues since 1999 may be found through the web site:

www.extension.iastate.edu/food

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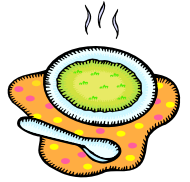
and justice for all

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CREAMY BROCCOLI SOUP — SERVES 4

This delicious soup tastes so good you won't believe it is made with 6 ingredients in about 5 or 10 minutes! White beans add a creamy, thick texture along with fiber and many nutrients.

1 can (15-1/2 oz.) white beans
10 oz. package frozen broccoli, thawed
2 cups fat free milk
1 teaspoon dried oregano
1/2 teaspoon garlic powder



Black pepper to taste

Puree beans and broccoli with fat free milk in blender. Add mixture to large soup pot or microwaveable container along with the rest of the ingredients. Bring to a boil on top of the stove or in the microwave. Stir and serve hot. Optional garnish: sprinkle reduced-fat cheddar cheese on top of the soup.

Each 1.5 cup serving: 160 calories, 1 g fat, 0 g saturated fat, 330 mg sodium, 2 mg cholesterol, 26 g carbohydrate, 7 g fiber, 12 g protein. NOTE: Sodium may be reduced by 30% if you rinse the beans.

Source: *Communicating Food for Health*, April 2003

WAYS NOT TO COOK YOUR TURKEY



Turkey is on the menu for many holiday meals. If you enjoy trying something 'new' do not be tempted to try either of the following methods. These are

NOT SAFE – DO NOT use these methods:

- **Brown Paper Bag Method** – Involves using a grocery bag for cooking. These bags are not intended as a cooking utensil. The glue, ink, chemicals and other materials used in recycling the grocery bags are very unsanitary. Some bags may even contain tiny metal shavings. Instead, you MAY use a turkey size oven-cooking bag. These are available at most grocery stores.
- **Slow-cooking Overnight Method**: This involves cooking the turkey at 190 to 200 degrees overnight for 12 to 13 hours. To make your turkey safe, do not cook it at temperatures lower than 325 degrees.

For more information about Food Safety, go to Iowa State University Extension's web site and click on consumer information:

<http://www.extension.iastate.edu/foodsafety/>