



The Winter Holidays are upon us bringing many opportunities for “poor choices” when it comes to food. (And it’s right in the midst of discussions about health care!) But, you CAN enjoy your holiday favorites – moderation and a little planning will be keys to your success. AND let us not forget the importance of food safety. I’ve included some tips for making holiday meals healthier and keeping them safe. Enjoy! Jan Temple

## FAT AND CALORIE SAVER GUIDE

When baking, save fat and calories with a few key items.

Instead of	Try	Save g fat	Save calories
Butter or margarine (1 Tbsp)	Applesauce (1 Tbsp)	11	50
Sugar (1 cup)	Splenda (1 cup)	0	674
Cream cheese (1 Tbsp)	Nonfat cream cheese (1 Tbsp)	5	37
Whole Egg (1)	Egg whites, egg substitute (1/4 cup)	6	54
Heavy cream (1 Tbsp)	Evaporated skim milk (1 Tbsp)	5	39
Milk (whole) (1 cup)	Fat free skim milk (1 cup)	8	52
Ricotta (whole) (2 Tbsp)	Nonfat skim ricotta (2 Tbsp)	5	40
Sour cream (2 Tbsp)	Nonfat sour cream (2 Tbsp)	5	45
Vegetable oil (2 Tbsp)	Applesauce (2 Tbsp)	28	228

Here are easy ways to lower calories, fat, saturated fat and sodium from baking recipes:

1. Use applesauce in place of half or more of the fat in baked goods like muffins and quick breads. Use tub margarine in place of butter or stick margarine.
2. Eliminate salt.
3. Substitute 1/4 cup egg whites or nonfat egg substitute for each whole egg. 
4. Use white whole wheat flour in place of all-purpose flour. Available in whole-foods markets, it adds the fiber and nutrients from the whole grain.
5. Use light sugar such as Sugar Lite or Splenda Sugar Blend for Baking to help lower calories.
6. Use skim milk in place of whole milk.
7. Use just one pie crust on the top.
8. Eliminate frosting or use sparingly.
9. Bake smaller batches.
10. Cut smaller pieces and make smaller cookies.
11. When buying treats out, remember the hand rule – if an item is as large as your hand it is probably around 400 calories. Keep it the size of a finger and you will have around 100 calories. 

Source: *Communicating Food for Health*

## GINGERSNAP PUMPKIN PECAN PIE

– MAKES 8 SERVINGS

Practice what you know about saving calories; keep the flavor!

12 gingersnap cookies	1/2 cup sugar or Splenda®
1 low fat cereal bar (ex. Kellogg’s Apple Cereal Bars)	1 Tablespoon pumpkin pie spice
1 15 oz. can pumpkin	12-oz. can evaporated skim milk
1/2 cup egg white	2 Tablespoons pecan pieces

Preheat oven to 350°F (even with glass pie plate).

Lightly spray a glass 9-inch pie pan with oil.

Combine gingersnaps and cereal bar in blender or food processor, pulsing until fine.

Form the crust by lining the pie pan with crumbs but not all the way to the top edge. Combine the rest of the ingredients in a medium-sized mixing bowl. Pour into crust, going over the edge of the crust slightly. Bake in the bottom of the oven until a toothpick inserted in center comes out clean, about 30 minutes. Sprinkle the top with the pecan pieces; bake 10 more minutes. Cool. Cut into 8 wedges. Serve. Refrigerate leftovers.

**Each wedge (with sugar):** 190 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 0.5 mg cholesterol, 170 mg sodium, 35 g carbohydrate, 2 g fiber, 7 g protein. **Cost: \$ .55/serving.**

**Each wedge (with Splenda):** 138 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 0.5 mg cholesterol, 170 mg sodium, 23.5 g carbohydrate, 2 g fiber, 7 g protein. **Cost: \$ .59/serving.**

Source: *Communicating Food for Health*




## HEALTHIER HOLIDAY RECIPES

### MAKE A BETTER STUFFING:

- Prepare your favorite stuffing recipe or boxed stuffing mix according to directions except omit butter and/or margarine.
- Add 1 cup each of sautéed apples, onions, celery
- Add 3 cups cooked brown rice and a cup of broth
- Bake and enjoy!

Check out the results: For every half cup of stuffing, you save 86 calories, 4 g fat and 468 mg of sodium compared to most recipes.

### MASH POTATOES FOR YOUR HEART:

- Use trans-free margarine instead of butter; cut amount in half. 
- Use skim milk.
- Season with garlic powder and black pepper to taste. Add chopped fresh herbs, a little bit of Parmesan cheese or fresh cracked black pepper for more flavor. Use paprika on top for more color, too.

Source: *Communicating Food for Health*

## ALTERNATE WAYS TO COOK TURKEY

Circumstances can alter the chosen cooking method for a turkey (oven failure, power outage, more than one large food item needing to be cooked). Below is a summary of some alternate routes. Pay attention to the 'size' column; for the sake of food safety, do NOT exceed the maximum size listed. For more detail, type 'Food Safety Inspection Service' into your internet browser. Go to the site that has the '.gov' in the address. Click on 'Fact Sheets' – especially Seasonal Food Safety. You will find information about all phases of turkey preparation. Check out, "Let's Talk Turkey".

*Note: Whole turkeys must reach 165 °F as measured in the innermost part of the thigh and wing and the thickest part of the breast.*

Method	Size	Estimated Cooking Time	Notes
Electric Roaster Oven	8 to 24 lbs.	Generally same times as for oven roasting. See "Let's Talk Turkey."	Minimum oven temperature 325°F. Check appliance manual.
Covered Charcoal Grill OR Covered Gas Grill	8 to 16 lbs.	15 to 18 minutes per pound. <b>DO NOT STUFF.</b>	Air in grill must maintain 225 to 300°F; use drip pan.
Smoking a Turkey	8 to 12 lbs.	20 to 30 minutes per pound. <b>DO NOT STUFF.</b>	Air in smoker must maintain 225 to 300°F; use drip pan.
Deep Fat Frying	8 to 12 lbs.	3 to 5 minutes per pound. <b>DO NOT STUFF.</b>	Oil must maintain 350°F.
Cooking Turkey Frozen	8 to 24 lbs.	Add 50% additional cooking time per chart.	Do not use oven cooking bag; remove giblets during cooking.
Micro-waving a Turkey	8 to 14 lbs.	9 to 10 minutes per pound on medium (50%) power. <b>DO NOT STUFF.</b>	Use oven cooking bag. Rotate during cooking.
Pressure Cooker	Turkey parts	Times vary by altitude.	Follow manufacturer's directions.

Source: [www.fsis.usda.gov/](http://www.fsis.usda.gov/)



### CAUTION: DO NOT COOK IN BROWN PAPER BAGS

Do NOT use brown paper bags from the grocery or other stores for cooking. They are not sanitary, may cause a fire, and may emit toxic fumes. Intense heat may cause a bag to ignite, causing a fire in the oven and possibly adulterating the turkey. Instead, use commercial oven cooking bags.

Source: [www.fsis.usda.gov/](http://www.fsis.usda.gov/)

## VEGETABLE & TURKEY STIR FRY—SERVES 4

1 Tablespoon vegetable oil	2 cups turkey, cooked, cut into 1/2 inch cubes
1/2 teaspoon salt	1/2 teaspoon sugar
2 thin slices ginger root, minced OR 1/2 teaspoon ground ginger	1 pound chopped vegetables, fresh or frozen
1 peeled and minced garlic clove OR 1/8 teaspoon garlic powder	Water (optional)

Heat fry pan. Add oil and heat on high temperature. Add ginger, garlic, turkey and vegetables. Stir fry about 1 minute to coat with oil. Adjust heat to prevent scorching. Add sugar. If vegetables are tender, stop cooking at this time. If the vegetables are firm, add 1-2 tablespoons of water; cover and cook for 2 minutes or until tender. Serve with brown rice. **Cost: \$.87/serving.**  
**Each serving (1/4 of recipe):** 310 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 125 mg cholesterol, 420 mg sodium, 16 g carbohydrate, 4 g fiber, 49 g protein. **Source: Oregon State University Extension**

## TURKEY WALDORF SALAD – SERVES 4

1/4 cup fat free mayonnaise	2 large apples, peeled, cored, diced
1/4 cup nonfat plain yogurt	1/2 cup each diced celery, halved grapes
3 Tablespoons cider vinegar	1/3 cup raisins
1/2 teaspoon curry powder	3 Tablespoons walnuts, chopped
1 lb. cooked, skinless turkey breast, cubed	4 cups dark green lettuce leaves

Whisk mayonnaise with yogurt, vinegar and curry powder. Add turkey, fruit, celery, and raisins; mix well. Serve over lettuce with walnuts sprinkled over the top. This salad also goes well in a pita. **Cost: \$1.17/serving.**  
**Each serving:** 310 calories, 4.5 g fat, 0.5 g saturated fat, 0 g trans fat, 95 mg cholesterol, 290 mg sodium, 29 g carbohydrate, 1 g fiber, 38 g protein. **Source: Communicating Food for Health**

## QUICK TURKEY RICE SOUP – SERVES 6

2 teaspoons vegetable oil	1 10.75 oz. can reduced sodium cream of chicken soup
1 cup chopped onions	1 cup uncooked instant brown rice
1/4 teaspoon garlic powder	2 cups frozen vegetables
1 15 oz. can diced tomatoes	2 cups diced cooked skinless turkey
3 14 oz. cans low-sodium chicken broth	1/2 teaspoon ground pepper

Heat oil in a large saucepan over medium-high heat. Add onions, stirring often until onion is tender (~5 min.) Add tomatoes, broth, soup, rice, and garlic powder. Cover and cook until rice is nearly tender, ~15-20 min. Stir in vegetables and turkey. Return to boil. Reduce heat and simmer until heated through, ~5 min. Remove from heat. Stir in pepper. **Cost: \$1.57/serving.**  
**Each serving:** 310 calories, 7 g fat, 2 g saturated fat, 0 g trans fat, 40 mg cholesterol, 510 mg sodium, 40 g carbohydrate, 4 g fiber, 23 g protein. **Adapted from: ISU Extension 2009 Nutrition Calendar**

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