

# Eat Healthy and Stay Healthy

## -Healthy Holidays-



*“A man too busy to  
take care of his  
health is like a  
mechanic too busy  
to take care of his  
tools.”*  
- Spanish Proverb -

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# Tips for Healthy Holiday Eating

*If the thought of all that holiday feasting leaves you worried about eating too much fat-laden food, or simply overeating, here are some tips to help you enjoy the holidays without expanding your waistline.*

*Remember, many of the traditional foods served during Thanksgiving and Christmas are perfectly healthy. It's what we do to them that loads them with extra calories and fat.*

*Let's start with the basic foods at the center of the feast:*

**Turkey:** This traditional holiday bird is great for dieters. Don't eat the skin (too many fat deposits). Dark meat is higher in fat and cholesterol than white meat. Turkey breast has very little fat, is full of protein, and is an important source of B vitamins.

**Stuffing:** Keep stuffing low in fat by sautéing onions, celery, and sage in just a tablespoon of oil; using egg whites or egg substitutes for whole eggs, omitting extra butter and adding fat free broth. Lean turkey sausage could also be added for flavor.

**Gravy:** Low-fat gravy is simple when you start ahead of time. Make a rich broth with the giblets, onion, celery, and herbs. Refrigerate, and then skim off fat that rises to the top. Use a gravy separator to separate out fat or use clear broth and skim milk with seasonings. Heat, season, and thicken with a paste of cornstarch and water. (2 T. cornstarch and ½ cup water thickens 1 pint of broth).

**Baked Yams or Sweet Potatoes:** Pre-treat cooking pan by brushing or spraying with a light coat of oil. Bake or boil yams (or mash, if desired), then season with nutmeg and cinnamon or pumpkin pie spices. Skip the butter or margarine and sprinkle with butter flavoring. Sweet potatoes are a rich source of beta-carotene, Vitamin C, Vitamin E, potassium and fiber. Omit butter and excess sugar (marshmallows). Use orange juice and a sprinkling of brown sugar for flavor instead.

**Regular Potatoes:** A good source of vitamins and minerals. Lose the butter and heavy cream in mashed potatoes, and use sodium, fat-free chicken broth or fat-free milk and sour cream instead. Flavor with garlic and ground pepper.

**Pumpkin:** A terrific source of beta-carotene and fiber. Use egg whites or egg substitute and fat-free evaporated milk in the filling when making pie.

**Cranberries** are a great source of Vitamin C and contain compounds that are believed to block certain bacteria that cause infections. Add oranges to make cranberry orange sauce to add more Vitamin C.

**Homemade Rolls:** Choose a recipe without eggs or cream and with minimal shortening, butter, or margarine. Use skim milk instead of whole milk or cream. For a shiny low-fat crust, brush rolls with a mixture of egg whites and water (1 egg white whisked with 1 T. water). Use whole wheat flour or part whole wheat flour in place of white flour. Baking sheets can be sprayed with non-stick spray or dust baking sheet with cornmeal instead.

**Vegetables:** Stir fry, sauté, or microwave vegetables with minimal oil. Top vegetables with a little lemon-butter mixture. (Mix 1 tsp. of margarine with ½ tsp. of lemon juice and a bit of grated lemon rind) instead of high-fat sauces.

**Baked Goods:** Limit recipes that call for lots of cream, eggs, butter or other fats.

**Appetizers:** Have plenty of fresh vegetables on hand. Use low-fat or fat-free sour cream and yogurt for dips. Nuts and dried fruits make great snacks, too.

**Finally:** Don't starve yourself beforehand. You will likely eat more if you're super hungry. Don't skip breakfast; but do fill up with whole grain crackers, fruit, and raw vegetables if hunger pangs strike before the big feast, and drink plenty of water. When the time comes to sit down to

your Holiday meal, you will be ready to enjoy it without overdoing it.

## Recipes

### CRANBERRY SALAD

|                                  |   |
|----------------------------------|---|
| 1 cup crushed pineapple, drained | 2 cups diced celery                             |
| ¼ cup sugar                      | ¾ cups walnuts                                  |
| 2 Tbsp. lemon juice              | 4 cups water                                    |
| 1 can cranberry sauce            | 3 pkgs. (3 oz.) strawberry or raspberry gelatin |
| 1 orange peel rind, grated       |   |

Make gelatin and refrigerate until partially set. Beat cranberry sauce. Grate orange peel into sugar and add to cranberry sauce with rest of ingredients. Fold mixture into partially set gelatin. Refrigerate until set. Serve with a mixture of instant lemon pudding mix and low-fat whipped topping.

Nutritional Information:

Serving: ½ cup, Yield: 15 servings, Calories: 173 kcals, Protein: 2 g, Fat: 4 g, Carbohydrates: 34 g, Cholesterol: 0 mg, Calcium: 19 mg, Sodium: 68 mg, Iron: 0.36 mg

### ROAST TURKEY BREAST with ROSEMARY, SAGE, and THYME

|  |   |
|--|---|
| 1 3-lb. turkey breast half (with skin and bones) | 1 tsp. rosemary                         |
| 1 large onion, quartered                         | 3 Tbsp. olive oil                       |
| 1 large carrot, quartered                        | Salt and pepper to taste                |
| 1 tsp. dried sage                                | Chicken broth and margarine for basting |
| 1 tsp. dried thyme                               |   |

Preheat oven to 400 degrees. Place turkey breast in roasting pan along with onion and carrot. Mix spices with olive oil. Rub turkey with olive oil. Roast turkey at 400 degrees for 15 minutes. Baste with margarine and chicken broth. Reduce turkey temperature to 350 degrees and roast turkey basting every 20 minutes with pan juices or margarine and chicken broth, about 1 hour, 15 minutes or until meat thermometer inserted in thick part of meat registers 160 degrees. Remove to carving board and let rest for 10 minutes. Remove the skin from the turkey before slicing and serving.

Nutritional Information:

Serving: 6 ounces (size of your whole hand), Yield: 30 servings, Calories: 120 kcals, Protein: 16 g, Fat: 5 g, Carbohydrates: 1.6 g, Cholesterol: 40 mg, Calcium: 20 mg, Sodium: 50 mg, Iron: 1.16 mg

### ADRIE'S STUFFING

|                              |                      |
|------------------------------|----------------------|
| 1 onion, chopped             | 3 cups celery        |
| 1 lb. fresh mushroom, sliced | 2 cans chicken broth |

4 cups (approx.) multi-grained bread crumbs

Sauté onions and mushrooms in olive oil. Boil celery in chicken broth. Add dry bread crumbs to celery and chicken broth. Add mushrooms and onions. Bake until stuffing is heated throughout.

Nutritional Information:

Serving: ½ cup, Yield: 20 servings, Calories: 109 kcals, Protein: 5 g, Fat: 2 g, Carbohydrates: 18 g, Cholesterol: 0 mg, Calcium: 60 mg, Sodium: 467 mg, Iron: 1.81 mg

## **CHOCOLATE CHIP PUMPKIN BREAD\***

*Makes 3 loaf pans, about 36 servings*

|                                |  |
|--------------------------------|--|
| 3 cups white sugar (or SLENDA) | 1 Tbsp. ground cinnamon                    |
| 15-oz can pumpkin puree        | 1 Tbsp. ground nutmeg                      |
| 1 cup vegetable oil            | 2 tsp. baking soda                         |
| ⅔ cup water                    | 1½ tsp. salt                               |
| 4 eggs                         | 1 cup miniature semi-sweet chocolate chips |
| 3½ cups all-purpose flour      | ½ cup chopped walnuts (optional)           |

1. Preheat oven to 350 degrees. Grease and flour three 1 pound size coffee cans or three 9x5 inch bread pans.
2. In a large bowl, combine sugar, pumpkin, oil, water, and eggs. Beat until smooth. Blend in flour, cinnamon, nutmeg, baking soda, and salt. Fold in chocolate chips and nuts. Fill cans ½ to ¾ full.
3. Bake for 1 hour, or until an inserted knife comes out clean. Cool on wire racks before moving from cans or pans.

Gift idea: wrap a loaf in colored cellophane and give to neighbors or co-workers. Also, this recipe freezes well.

\*Featured within Tried and True Thanksgiving and Christmas cookbook. For more information, go to <http://allrecipes.com/holiday/>

Nutritional Information:

Serving 1/12 of a loaf, Yield: Makes 3 loaf pans, 36 servings, Calories: 211 kcals, Protein: 3 g, Fat: 9 g, Carbohydrates: 30 g, Cholesterol: 25 mg, Calcium: 21 mg, Sodium: 208 mg, Iron: 1.01 mg

## **FEATHER ROLLS**

|                          |                              |
|--------------------------|------------------------------|
| 8 cups whole wheat flour | 1 cup nonfat dry milk powder |
| 1-2 cups white flour     | 3 cups warm water            |
| 2-3 Tbsp. dry yeast      | ⅔ cup canola oil             |

1/3 cup honey or sugar  
4 large eggs or 8 egg whites

2 tsp. salt

Mix 5 cups flour, dry yeast, and nonfat dry milk in large mixer bowl. Add water, oil, and honey or sugar. Mix well 1 to 2 minutes. Turn off mixer, cover and let dough "sponge" for 10 minutes. Add eggs and salt. Turn on mixer. Add remaining flour, 1 cup at a time, until dough begins to clean the sides of the bowl. Knead for 5 to 6 minutes. Dough should be very soft and manageable. Stiff dough produces heavy, dry rolls. If dough stiffens while mixing, drizzle a little warm water over dough as it kneads. Dough may be used immediately or covered and stored in the refrigerator for several days. Lightly oil hands and counter top if needed. Shape immediately into rolls. Let rise until very light. Don't over bake. Bake at 350 degrees for 18 to 20 minutes.

**Nutritional Information:**

Serving: 1 large roll, Yield: 5 dozen servings, Calories: 110 kcals, Protein: 4 g, Fat: 3 g (2 g mono, 1 g poly), Carbohydrates: 18 g, Cholesterol: 15 mg, Calcium: 34 mg, Sodium: 94 mg, Iron: 0.97 mg