



CREATE BETTER HEALTH

Utah State University Extension

HOLIDAY RECIPE BOOK



CREATE SNAP-ED
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CREATE BETTER HEALTH

Utah State University Extension

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CREATE BETTER HEALTH (SNAP-ED) PROGRAM

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ROASTED SWEET POTATOES AND BRUSSELS SPROUTS

- 1 pound Brussels sprouts, halved
- 1 pound sweet potato, peeled and chopped
- 3 garlic cloves, minced
- 1/3 cup olive oil
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon salt
- 1 tablespoon apple cider vinegar

Preheat oven to 400 °F. Mix all the ingredients in a bowl. Place on baking sheet lined with aluminum foil. Bake for 20-22 minutes, gently toss the vegetables halfway through cooking. Serve immediately.

Yield: 7-9 servings

Shopping for the feast:

As soon as you get home from the store, remember to refrigerate foods that need to stay cold. Double-check to make sure frozen foods make it into the freezer and cold foods don't end up in the pantry.

Budget tip:

Watch grocery store ads to see what items are on sale. Many stores have sales on specialty items throughout the holidays. This can help you stretch your food dollars.



SLOW COOKER SWEET POTATO CASSEROLE

- 4 pounds sweet potatoes
- 2 medium apples
- 1/2 cup water
- 1/4 cup honey or maple syrup
- 2 teaspoons cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon salt
- 1 tablespoon butter
- 1/2 cup milk
- 1/2 cup chopped pecans

Preparing your feast:

As you set food on the table, remember to keep hot foods hot (above 140 °F) and cold foods cold (below 40 °F) until you serve them. Foods that sit out between these temperatures can grow dangerous bacteria. When the meal is finished, put the food away in a timely manner. Don't let food sit out all day.

Chop sweet potatoes into 1-inch cubes. Peel apples and chop them into 1-inch pieces. Place both sweet potatoes and apples in slow cooker. Add the water, honey, cinnamon, nutmeg, and salt. Cover and cook on high for 3 hours, until sweet potatoes are soft. Use a fork or potato masher to mash the sweet potato mixture to your desired consistency. Add butter and milk and mix until well combined. Sprinkle pecans on top and serve.

Alternate: Baked Yams or Sweet Potatoes

Pre-treat a cooking pan by brushing or spraying with a light coat of oil. Bake or boil yams (mash, if desired), then season with nutmeg and cinnamon or pumpkin pie spices. Skip the butter or margarine and sprinkle with butter flavoring. Omit butter and excess sugar (marshmallows). Use orange juice and a sprinkling of brown sugar for flavor instead.





Baked goods tip:

Limit recipes that call for lots of cream, eggs, butter, or other fats. Instead, swap for desserts that use fruit as the main ingredient.

APPLE CRANBERRY CRISP

- 5 cups apples, peeled and thinly sliced
- 1 cup dried cranberries
- 1 teaspoon sugar
- ½ teaspoon cinnamon

Topping:

- ½ cup oats
- 2 tablespoons packed brown sugar
- 2 tablespoons whole-wheat flour
- ½ teaspoon cinnamon
- 1 tablespoon butter, melted

MyPlate makeover tip:

Try to focus dessert around fruits that are in season. These will likely be cheaper and fresher. Eating fruit has many health benefits. Fruits provide nutrients needed to maintain your health and body.

Preheat oven to 375 °F.

Filling: In a 2-quart baking dish, combine apples and cranberries. In a small bowl, stir together sugar and cinnamon. Sprinkle over fruit mixture in baking dish; toss to coat.

Topping: In a small bowl, combine oats, brown sugar, flour, and cinnamon. Using a fork, stir in butter until crumbly. Sprinkle oat mixture evenly over apple mixture. Bake for 30-35 minutes or until apples are tender. Serve warm.

Yield: 6 servings

BAKED APPLE FRIES

Kids Create

Make a turkey out of fruits and vegetables you have on hand. Get creative! Use chocolate chips or raisins for eyes, sliced apples or oranges for feathers and pretzels for tails and pretzels for feet.

- 2 medium apples, sliced
- Nonstick cooking spray
- 2 tablespoons graham cracker crumbs
- ½ teaspoon cinnamon
- ½ teaspoon sugar
- Salt and pepper to taste



Preheat oven to 350 °F. Place sliced apples in a bowl and spray them with nonstick cooking spray. Sprinkle the graham cracker crumbs on top of the apples. Stir. Sprinkle the cinnamon and sugar on top of the apples. Stir. Bake on a cookie sheet for 20-25 minutes until apples are soft and starting to brown.



ROASTED TURKEY BREAST

- 1 turkey breast (4-6 pounds)
- 1 can (15 ounces) low-sodium chicken broth
- 1 large onion, quartered
- 3 large carrots, quartered
- 3 celery stalks, quartered
- 2 teaspoons Italian seasoning
- Salt and pepper to taste

Preheat the oven or an electric roasting pan to 325 °F. Place turkey breast and vegetables in the roasting pan. Pour the chicken broth into the pan. Sprinkle turkey and vegetables with Italian seasoning, salt, and pepper. Roast until a food thermometer inserted in the thickest part of the breast reads 165 °F (about 1 ½ to 2 ¼ hours). Remove the turkey and vegetables from the roasting pan. Serve the turkey sliced with the vegetables on the side.



FOOD SAFETY



Perishable foods, such as poultry, should **not** be out of the refrigerator more than two hours. Do not leave perishable cooked foods out all day for “grazing.” Incidents of food-borne illness increase during the holiday season. Remember that young children, the elderly, and pregnant women are the most at risk for food-borne illness.

There are a few ways to safely thaw your turkey. Make sure to allow enough time to completely thaw it.

Refrigerator thawing:

Thawing time in the refrigerator (40 °F or below) is approximately 24 hours per 5 pounds (whole turkey). After thawing, keep turkey refrigerated for no more than one to two days.

Cold water thawing:

Cold water is approximately 30 minutes per pound (whole turkey). Change water every 30 minutes to maintain cold temperature. Cook immediately after thawing.

Cooking the Turkey

1. Preheat oven temperature to 325 °F or higher.
2. Place turkey breast-side up on a rack in a shallow roasting pan.
3. If you choose to stuff your turkey, fill the cavity loosely. Cook the turkey immediately.
4. Use the following chart for the approximate time to cook your turkey. The times are for thawed turkey in an oven at 325 °F.
5. Test the thickest part of the thigh with a meat thermometer to see that it reaches a minimum of 165 °F. If you do not have a meat thermometer, make sure that the turkey’s pop-up thermometer has popped.

WEIGHT	UNSTUFFED	STUFFED
8 - 12 pounds	2 ¾ - 3 hrs	3 - 3 ½ hrs
12 - 14 pounds	3 - 3 ¾ hrs	4 - 4 ¼ hrs
14 - 18 pounds	3 ¾ - 4 ¼ hrs	4 ¼ - 4 ¾ hrs
18 - 20 pounds	4 ¼ - 4 ½ hrs	4 ¼ - 4 ¾ hrs
20 - 24 pounds	4 ½ - 5 hrs	4 ¾ - 5 ¼ hrs



Vegetable tip:

Stir fry, sauté, or microwave vegetables with minimal oil. Top vegetables with a little lemon-butter mixture instead of high-fat sauces. Mix 1 teaspoon of butter with ½ teaspoon of lemon juice and a bit of grated lemon rind instead of high-fat sauces.

GARLICKY GREEN BEANS

- 1 pound fresh green beans
- 1 tablespoon olive oil
- 2 tablespoons minced garlic
- 2 tablespoons water

Budget tip:

Substitute ingredients in recipes with items you already have. If something calls for red potatoes and baby carrots, but all you have are regular potatoes and large carrots, use them. It will taste similar and give the dish your own personal flair!

Place green beans in a microwave-safe dish with about 2 tablespoons water. Cover with plastic wrap. Microwave on high 3-5 minutes until beans are steamed al dente. Heat oil in a large skillet on medium heat. Add garlic and cook 2-3 minutes until garlic is softened. Add green beans, stir to coat, and cook an additional 3 minutes.

SALT AND VINEGAR ROASTED POTATOES

Shopping for the feast:

Make sure you have cleaning supplies on hand to sanitize cooking and eating spaces. However, make sure these cleaning supplies stay away from the food. Also, don't forget to wash hands!

- 2 pounds potatoes, cut into chunks
- 2 tablespoons olive oil
- 3 tablespoons apple cider vinegar (white and red wine vinegar will also work)
- 1 teaspoon salt
- ¼ teaspoon black pepper

Preheat oven to 400 °F. Cut potatoes into 1½ inch chunks. In a large bowl, add the oil, 2 tablespoons of vinegar, ½ teaspoon salt and pepper. Whisk until well combined. Add potatoes. Stir to evenly coat potatoes in the vinaigrette. Pour the potatoes onto a large baking sheet and spread in an even layer. Cook for 25 minutes. Use a heavy spatula to scrape the potatoes from the baking sheet and flip them over. Cook for 20 minutes more. Again, use the spatula to scrape up the potatoes from the sheet. Drizzle the potatoes with additional tablespoon of vinegar and ½ teaspoon of salt. Stir to evenly coat the potatoes.



Potato tip:

Potatoes are a good source of vitamins and minerals. Lose the butter and heavy cream in mashed potatoes, and use low-sodium, fat-free chicken broth. Or try fat-free milk or low-fat sour cream instead. Flavor with garlic powder, salt, and ground pepper. Roasted potatoes are another great option to change things up.

OVEN ROASTED FALL AND WINTER VEGGIES

- 4-6 cups winter or root vegetables, cut into 1-inch cubes*
- 1-2 tablespoons olive oil
- ¼ teaspoon salt
- ½ teaspoon black pepper
- Other seasonings to taste

* Any root or winter vegetables may be used, such as potato, carrot, beet, rutabaga, parsnip, pumpkin, or squash.

Preheat oven to 425 °F. Wash, peel, and cut chosen vegetables. Line large baking pan with foil and lightly coat with nonstick cooking spray. Place vegetables in a large bowl and add olive oil. Toss to evenly coat with oil. Spread vegetables out onto pan in a single layer, making sure not to crowd them. Roast for 45 minutes or until tender and lightly browned, stirring after the first 10 minutes and occasionally during remaining time.

Yield: 6 servings



ACTIVE HOLIDAY TIP: POTATO RACE



Items needed:

- Uncooked sweet potatoes or regular potatoes
- Big spoons
- Painter's tape

To race the potatoes:

First, build the track by laying two long strips of tape on the floor, about 1 foot apart. (Down a hallway works well.) Next, place one potato on each tape line.

Each potato "driver" must push their potato to the finish line using their spoon to keep the potato on track. It's harder than you might think!



What does it take to create a holiday meal?

A budget: It can be hard to know how much or little to spend on a celebration. For example, to prepare a meal using a few recipes from this book (Roasted Turkey Breast, Apple Cranberry Crisp, Garlicky Green Beans, Roasted Salt and Vinegar Potatoes, and Sweet Potato Casserole), it would cost a little less than \$40 for four people.

A safe kitchen: Make sure your kitchen is clean to prevent spreading bacteria. Have plenty of clean rags, towels, and dishes to prepare your meal.

A great attitude: Cooking a large meal can be stressful. Remember it's about being together; relax and enjoy this special time with family and friends.

SWEET POTATO TOTS

- 1 pound sweet potatoes
- ½ cup grated parmesan cheese
- Salt and pepper to taste

Preheat oven to 425 °F. Wash sweet potatoes and dry thoroughly. Peel and cube into 1-inch pieces. Bring a pot of water to a boil. Carefully add in the sweet potato cubes. Boil about 5 minutes, until sweet potatoes are tender when pierced with a fork but still too firm to eat. Drain water. Place drained sweet potatoes in a blender or food processor. Add half the parmesan cheese. Pulse lightly, leaving sweet potatoes slightly chunky. Transfer to a bowl. Add salt and pepper to taste and stir lightly. Spray a baking sheet with nonstick spray. Use a small spoon or a cookie scoop to form small balls. Place balls on prepared baking sheet. Sprinkle with remaining parmesan cheese. Bake 15 minutes.

Sweet potato facts:

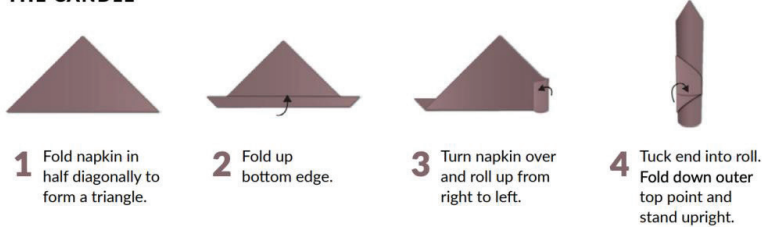
The deep orange sweet potato is loaded with beta-carotene, also referred to as vitamin A. The Dietary Guidelines for Americans recommend we consume more dark orange vegetables for that very reason; many of us need more vitamin A. Additionally, sweet potatoes are high in vitamins C and B6, potassium, and fiber.



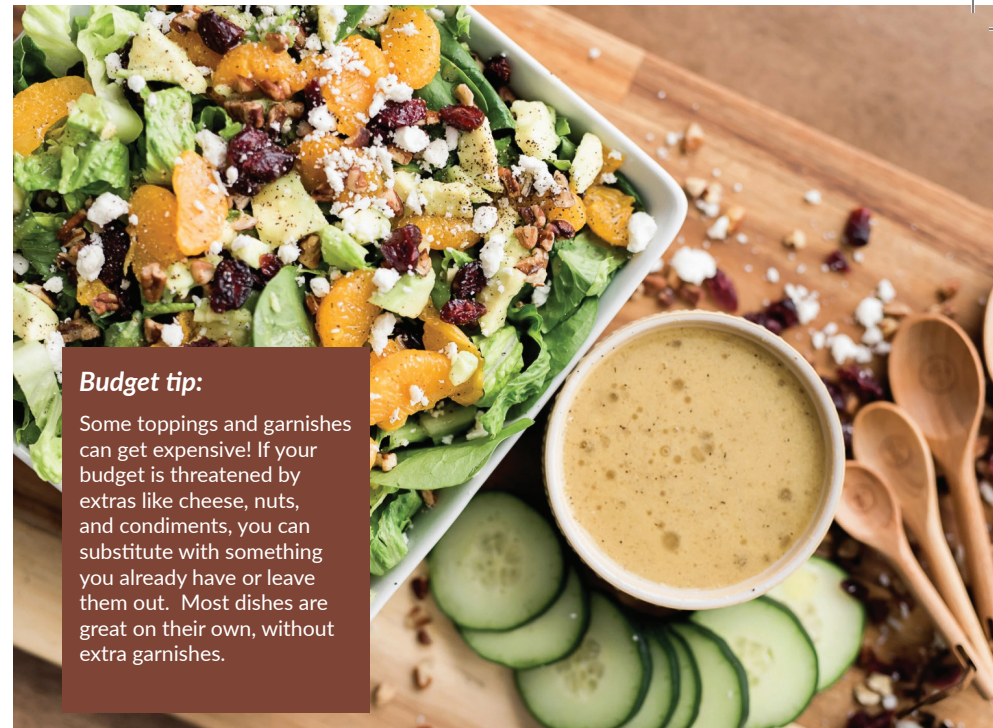
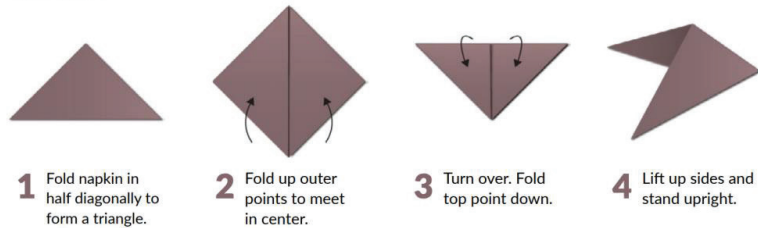
PLACE SETTING

Add flair to a special holiday meal with a fancy folded napkin. This can also be a great job for kids to help with on the big day!

THE CANDLE



THE TENT



Budget tip:

Some toppings and garnishes can get expensive! If your budget is threatened by extras like cheese, nuts, and condiments, you can substitute with something you already have or leave them out. Most dishes are great on their own, without extra garnishes.

MyPlate makeover tip:

Enjoy all the food groups at your celebration. Prepare whole grain, crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

WINTER CRANBERRY SALAD

- 4 cups romaine lettuce or other leafy greens
- 1 cucumber, sliced
- 1 avocado, peeled, pitted, and chopped
- 2 mandarin oranges, peeled and sectioned
- ½ cup dried cranberries
- ½ cup feta cheese
- ⅓ cup pecans, walnuts, or almonds

Place lettuce, cucumber, oranges, cranberries, and nuts in a large bowl. Mix well. Top salad with avocados, feta, and dressing of choice just before serving.

Check out [CreateBetterHealth.org](https://www.createbetterhealth.org) for a variety of delicious dressing recipes.



Shopping for the feast:

Keep raw meat and poultry away from other items in your grocery cart. Meat and poultry contain large amounts of bacteria that can lead to food-borne illness. Most grocery stores offer plastic bags to place meat and poultry in before you put it in your shopping cart. Use these bags to keep your entire cart safe.

APRICOT CHICKEN

- 2 tablespoons olive oil
- 2 pounds boneless, skinless chicken breasts
- Salt and pepper to taste
- 1 large sweet onion, chopped
- 2 cloves garlic, minced
- ½ teaspoon ginger powder
- ¼ cup low-sodium soy sauce
- 2 tablespoons rice vinegar
- ½ cup low-sodium chicken broth
- 1 cup apricot preserves
- ¼ cup green onions, sliced

MyPlate makeover tip:

Make sure you select lean proteins. Examples include turkey, chicken, roast beef, ham, beans, cod, and flounder. Trim fat when cooking meat. Go light on sauces and gravies; they can be high in saturated fat and sodium.

Heat oil in a large skillet over medium-high heat. Season the chicken with salt and pepper. Add chicken to the skillet and cook until browned on both sides, about 4 minutes each side. Remove the chicken from the skillet and set on a plate. Add onions, garlic, and ginger to the skillet. Cook until onions are translucent, about 5 minutes. In a small bowl, combine soy sauce, vinegar, chicken broth, and apricot preserves. Whisk until well combined. Add sauce to the onion mixture and simmer 5-10 minutes until sauce has reduced and thickened slightly. Return chicken to the pan and cook for another 5 minutes. Serve chicken topped with green onions.

FRESH CORN AND RADISH SALAD

- 1 package frozen corn (1 pound)
- 2 green onions, chopped
- 1 jalapeño, seeded and minced
- ¾ cup radishes, thinly sliced
- 3 tablespoons fresh lime juice
- 3 tablespoons olive oil
- ¼ cup cilantro, chopped
- Pepper to taste

Mix corn, green onions, and jalapeño in medium bowl. Toss with lime juice and olive oil. Add radishes and cilantro right before serving.

Yield: 4 cups



BROCCOLI APPLE SALAD

- 4 cups broccoli florets
- 1 cup plain Greek yogurt
- ½ cup shredded carrots
- 2 tablespoons lemon juice
- ½ cup diced red onion
- 1 tablespoon sugar
- 2 large apples, chopped
- Salt & pepper to taste
- ½ cup sunflower seeds or walnuts
- ½ cup dried cranberries or raisins

Nutrition tip:

Try something new this holiday season! Add one or two dishes that aren't usually on your holiday table. You may be surprised by the positive response from family and friends, and perhaps you'll start a new tradition.

In a large bowl, combine broccoli, carrots, onion, apples, sunflower seeds or walnuts, and cranberries or raisins. In a small bowl whisk together yogurt, lemon juice, sugar, salt, and pepper. Add dressing to salad and toss. Chill in refrigerator until serving.

Yield: 4-6 servings

Leftover tip:

When storing leftovers after the meal, make sure to place foods in shallow, smaller containers in the refrigerator so they can cool quickly. Large containers of food take longer to chill and will not reach a safe temperature in a timely manner.



Health tip:

Don't starve yourself beforehand, and don't skip breakfast. If hunger strikes before the big feast, snack on healthy choices, like whole grain crackers, fruit, and raw vegetables. Drink plenty of water before the holiday meal. When the time to eat comes, you will be ready to enjoy it without overeating.

ROSEMARY PARMESAN BREADSTICKS

- 5 ½ cups all-purpose flour
- 2 envelopes active dry yeast
- 2 tablespoons sugar
- 2 teaspoons rosemary leaves, lightly chopped
- 1 teaspoon salt
- 1 ½ cups very warm water
- 1 tablespoon olive oil
- 2 egg whites
- 2-4 tablespoons butter, melted
- ¼ cup parmesan cheese, grated

In a large bowl, combine 2 cups flour, dry yeast, sugar, rosemary, and salt. Add water and olive oil; beat 2 minutes with an electric mixer on medium speed, scraping bowl occasionally. Add 2 egg whites and ½ cup flour. Beat 2 minutes on high speed. Stir in enough remaining flour to make a soft dough. Knead on floured surface until smooth and elastic, about 6-8 minutes. Add more flour to your surface, if needed. Using a rolling pin, roll dough to about ¼ inch thick. Use a pizza cutter to cut dough into 24 breadsticks. Place on 2 large greased baking sheets. Cover; let rise in a warm place for 15-20 minutes. Drizzle or brush melted butter onto breadsticks and sprinkle with parmesan cheese. Bake at 350 °F for 15-20 minutes until lightly browned.



CRANBERRY FETA PINWHEELS

- 1 package reduced-fat cream cheese (8 ounces), softened
- 5-ounce bag reduced sugar dried cranberries
- 6 ounces feta cheese
- 3 green onions, diced
- 4 whole wheat, spinach, or tomato tortillas

Combine the cream cheese, cranberries, feta cheese, and green onions. Spread $\frac{1}{4}$ of the mixture on each tortilla and roll it up. Wrap in plastic wrap and refrigerate for at least one hour. Once the rolled tortillas have set and are firm to the touch, remove from plastic wrap and cut into slices.

THANKSGIVING LEFTOVER CASSEROLE

- 10 slices whole wheat bread*
- 1 egg
- 3 cups chicken broth, divided
- 1 tablespoon butter
- 1 cup onion, chopped
- $\frac{1}{2}$ cup celery, chopped
- 2 teaspoons Herb Blend Seasoning
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{2}$ cup fresh parsley, chopped
- 3 celery stalks, chopped
- 1 cup sweet potatoes, diced and cooked
- 1 cup Brussels sprouts, chopped and cooked
- 2 cups cooked turkey, chopped
- $\frac{1}{4}$ cup cornstarch

Preheat oven to 250 °F. Chop bread into bite-sized pieces. Layer bread on a cookie sheet. Bake for 30 minutes, turning once, until bread is firm. Combine egg and 1 cup chicken broth in a large bowl. Add the toasted bread to the egg mixture. Set aside. In a large skillet over medium heat, melt the butter. Add the onion, celery, Herb Blend Seasoning, and pepper. Sauté until onion and celery are soft, about 5-10 minutes. Add the sweet potatoes, Brussels sprouts, 1 cup chicken broth, and turkey. Stir and simmer 10 minutes, allowing flavors to meld. Mix the remaining 1 cup of chicken broth with the cornstarch and mix well to dissolve. Add the cornstarch mixture to the skillet, stirring until thickened, about 5 minutes. Remove from heat. Place skillet ingredients into a 9x13-inch baking dish. Place the bread mixture on top of the skillet mixture. Bake for 30-40 minutes until the filling is hot and bubbly and the bread is crispy.

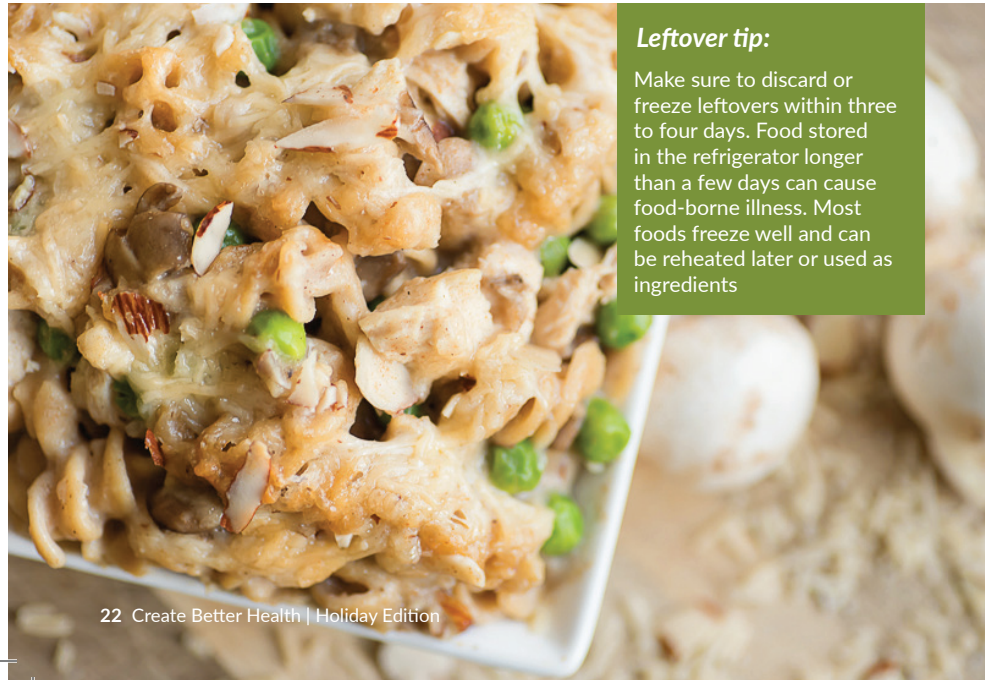
*You may also leave the bread slices out on the counter the night before to dry them instead of using the oven.



TURKEY TETRAZZINI

- 8 ounces whole wheat pasta
- 4 tablespoons butter
- 2 cups mushrooms, sliced
- 1 teaspoon dried thyme
- ½ cup all-purpose flour
- 2 cups reduced-sodium chicken broth
- 1 ½ cups low-fat or skim milk
- 4 cups cooked turkey, chopped
- 1 cup peas (frozen)
- 2 tablespoons grated parmesan cheese
- ¼ cup slivered almonds (optional)

Preheat oven to 400 °F. Lightly grease a 9x9-inch baking dish. Cook pasta in a large pot of boiling water until tender. (Check cooking time for pasta; remove pasta approximately 2 minutes early.) While pasta is cooking, melt butter in a saucepan over medium heat. Add the mushrooms and thyme. Stir and cook until mushrooms are softened, about 5 minutes. Stir in flour until well blended. While whisking, slowly add chicken broth and milk. Bring to a boil, reduce heat, and simmer until sauce is thickened and smooth, about 5 minutes. Add turkey, toasted almonds, frozen peas, and cooked pasta. Gently mix together. Pour into the baking dish and sprinkle with parmesan cheese. Bake until the sauce is bubbly and the cheese is golden brown, 25-35 minutes. Let cool 15 minutes before serving.

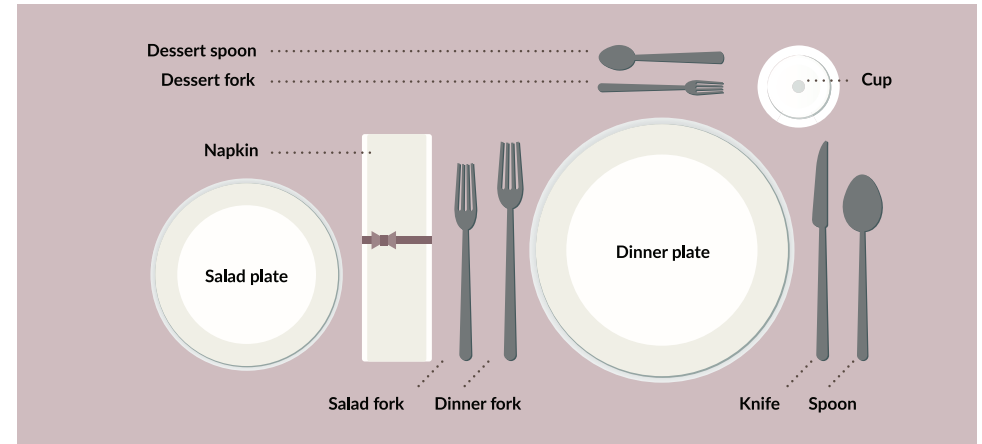


Leftover tip:

Make sure to discard or freeze leftovers within three to four days. Food stored in the refrigerator longer than a few days can cause food-borne illness. Most foods freeze well and can be reheated later or used as ingredients

CASUAL PLACE SETTING

Depending on the menu, this illustration shows the proper layout for your place setting



It can be fun to make holiday meals a little more fancy! Use this place setting guide to dress up your Thanksgiving meal as much or as little as you want.

Family mealtime tip:

Give children a place setting guide and put them in charge of setting the table. This can keep them busy and include them in the holiday meal preparations.



Leftover tip:

According to the Centers for Disease Control and Prevention (CDC), there are roughly 128,000 hospitalizations and nearly 3,000 deaths each year from food-borne illness. It is very important to practice food safety during the holidays to avoid a disastrous outbreak.

MASHED POTATO TURKEY BITES

- 3 cups mashed potatoes
- 1 cup cooked turkey, chopped
- ½ cup green onions, chopped
- ¾ cup shredded cheddar cheese
- 2 large eggs
- 2 cups plain breadcrumbs
- Salt and pepper to taste

Preheat oven to 350 °F. Spray a cookie sheet with nonstick spray. In a large bowl, stir together the mashed potatoes, turkey, green onions, cheese, and eggs until well combined. Place the breadcrumbs in a separate bowl. Use a spoon or ice cream scoop to scoop out about 3 tablespoons of the mashed potato mixture. Use your hands to roll it into a ball. Roll the ball in the breadcrumbs. Place the ball on the prepared cookie sheet. Repeat until the potato mixture is gone. Place in the oven and cook 15-20 minutes until the breadcrumbs start to crisp. Serve with gravy or cranberry sauce.

TURKEY NOODLES

- 1 tablespoon butter
- 1 cup onion, chopped
- 1 cup celery, chopped
- 2 teaspoons garlic powder
- 2 teaspoons Herb Blend Seasoning
- Black pepper to taste
- 2 tablespoons whole wheat flour
- 2 cups cooked pasta
- 3 cups low-sodium chicken broth
- ¼ cup half-and-half
- 2 cups frozen mixed veggies
- 2 cups leftover turkey, chopped
- 1 cup shredded cheddar cheese

In a large skillet, melt butter over medium heat. Add onion and celery and cook until tender, about 5 to 7 minutes. Stir in garlic powder and Herb Blend Seasoning and cook 1 minute more. Season mixture with pepper, then sprinkle with flour and cook 2 minutes. Add pasta, chicken broth, half-and-half, turkey, and veggies. Bring to a boil. Reduce heat and simmer, stirring occasionally, until liquid is mostly absorbed, about 10-15 minutes. Turn off heat and stir in cheese.





HERB BLEND SEASONING

- 1 tablespoon thyme
- 2 teaspoons rosemary
- 1 teaspoon sage
- 1 tablespoon marjoram

HOMEMADE RANCH DRESSING

Seasoning:

- 2 tablespoons dried parsley
- 1 ½ teaspoons dill weed
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons dried onion flakes
- 1 teaspoon ground black pepper
- 1 teaspoon dried chives
- 1 teaspoon salt

Mix the dry ingredients together. Store in an airtight container for up to 3 months.

Dressing:

- ½ cup buttermilk
- ½ cup reduced-fat mayo
- 1 cup reduced-fat sour cream or plain Greek yogurt

To make ranch dressing:

Combine 1 tablespoon seasoning mix with ½ cup buttermilk, ½ cup reduced-fat mayo, and 1 cup reduced-fat sour cream or plain Greek yogurt.



SPINACH ARTICHOKE DIP

- ¼ cup blended cottage cheese
- 1 tablespoon plain low-fat yogurt
- ¼ cup frozen spinach, thawed and drained
- ¼ cup artichoke hearts, drained and chopped
- 1 tablespoon grated parmesan cheese
- 3 tablespoons shredded mozzarella cheese
- ½ teaspoon garlic powder
- Black pepper to taste

Preheat oven to 375 °F. Blend cottage cheese in a food processor until completely smooth. In a medium bowl, combine blended cottage cheese, yogurt, spinach, artichoke hearts, parmesan cheese and 2 tablespoons mozzarella cheese. Season with garlic powder and pepper. Place mixture in an oven-safe, 6- to 8-ounce dish. Top with remaining mozzarella. Bake for 20 minutes or until heated through and cheese on top has melted. Serve with pita chips or cut veggies.



HUMMUS

- 2 cans garbanzo beans (16 ounces), drained and rinsed
- 1 clove garlic, peeled
- ½ cup tahini
- 1 teaspoon salt
- Juice of 1 lemon
- ¼ teaspoon cayenne pepper, ground
- ¼ teaspoon cumin
- ¼ teaspoon black pepper, ground
- ½ cup olive oil
- 1 handful parsley
- 3-4 green onions, diced
- 3 cups water

Place all ingredients in a food processor or blender. Add water as needed to form a smooth paste. Adjust seasonings to taste. To serve, garnish with chopped bell peppers and a sprinkle of cayenne pepper (optional).

Yield: 7-9 servings



TURKEY POTATO SOUP

- 2 cups sweet potatoes, peeled and cubed
- 1 cup celery, sliced
- ¼ cup onion, diced
- 2 cups low-sodium turkey or chicken broth
- 1 teaspoon Italian seasoning
- 1 ½ cups frozen mixed vegetables
- 4 strips cooked bacon, diced
- 2 cups turkey, cooked and diced
- 2 cups mashed potatoes
- 1 can mushrooms (6 ounces), drained
- 2 cups milk
- Salt and pepper to taste

In a large pot, combine the sweet potatoes, celery, onion, and broth. Add the Italian seasoning. Bring the liquid to a boil over medium heat. Reduce the heat and let simmer for 20 minutes, or until the vegetables are tender. Add the frozen vegetables and simmer for 5 more minutes. Add the bacon, turkey, mushrooms, and mashed potatoes. Cook for 5 more minutes. Stir in the milk. Salt and pepper to taste.

Leftover tip:

Make sure there is room in your fridge or freezer to store leftovers. If they are stuffed too full, the air will be unable to circulate properly and temperatures may not stay as low as they need to be.

LEFTOVER TURKEY PIZZA

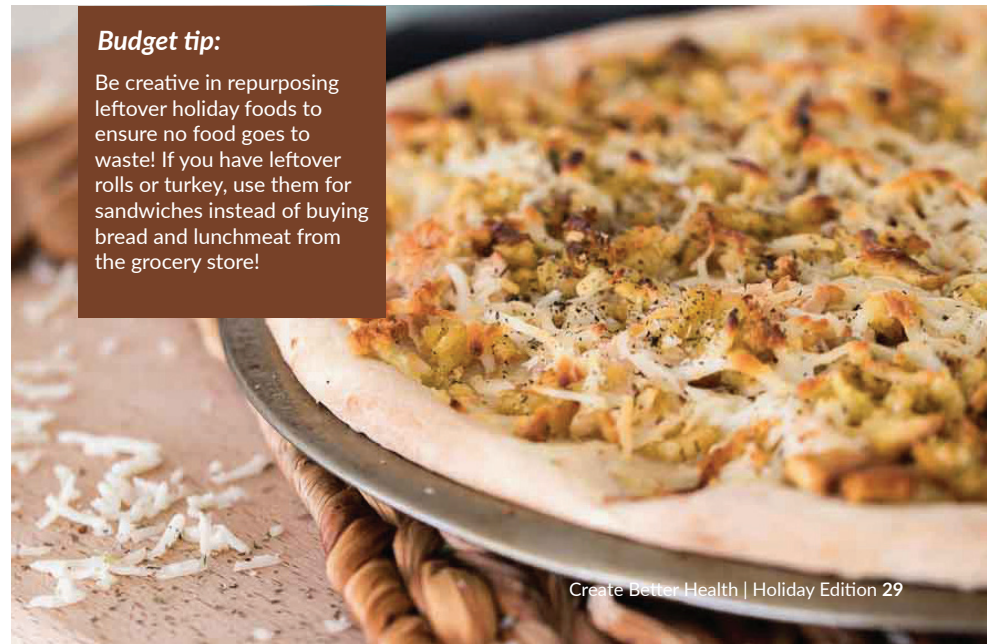
- 1 pizza crust, 9 inches
- 1 cup mashed potatoes
- ½ cup stuffing
- ½-¾ cup chopped or shredded turkey
- 1 cup shredded cheese
- 1 teaspoon Herb Blend Seasoning (optional)
- ¼ cup gravy

Preheat oven to 350 °F. Spray a large cookie sheet or pizza pan with nonstick cooking spray. Place prepared pizza crust on pan. Microwave mashed potatoes to soften. Lay the mashed potatoes over the crust and spread out into an even layer. Add stuffing and turkey, spreading out evenly. Top with cheese. Bake for 15-20 minutes until pizza crust is golden. Slice and serve with a drizzle of warm gravy.

*If using a store-bought pizza crust, follow the directions on the package for temperature and cooking time.

Budget tip:

Be creative in repurposing leftover holiday foods to ensure no food goes to waste! If you have leftover rolls or turkey, use them for sandwiches instead of buying bread and lunchmeat from the grocery store!



THANKSGIVING YOGA

Think of something you are grateful for while you do each pose.



I am grateful for the birds.
WARRIOR 3 POSE



I am grateful for the trees.
TREE POSE



I am grateful for the rain.
STANDING FORWARD BEND



I am grateful for the flowers.
FLOWER POSE



I am grateful for the stars.
RESTING POSE



KIDS CREATE

Make a hummus boat out of bell peppers! Slice the top off a bell pepper and use it as an edible bowl for dipping vegetables or crackers. You can fill the pepper with hummus, ranch, or any other dip. You can even decorate the bell pepper using vegetables and toothpicks to make a more festive veggie tray!





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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
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