

The Full Plate Living

Healthy Holiday Cookbook



Ardmore
Institute of Health™



Every year the holidays flood our lives with joy, love, merriment and a challenge or two. Family and friends connect, with food as an important part of our holiday gatherings.

Eating healthy during the holidays is possible and cooking healthy food can be fun!

This Cookbook was created to help you plan for deliciously, delightful holiday meals. We also share Full Plate Living tips to help guide how you fill your plate and recipes for foods that taste great. If you want to eat well while you maintain your weight, have a guilt-free holiday season, or continue progressing towards your health goal, this Cookbook can show you how to:

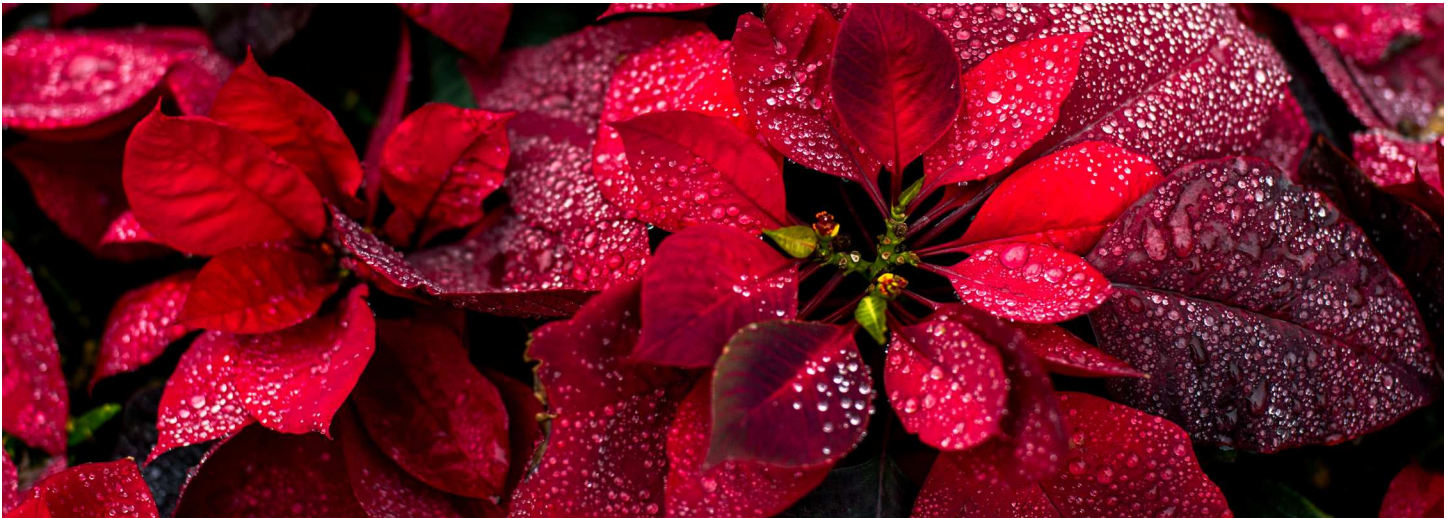
- **Eat a full plate of food.** We've slimmed down traditional holiday recipes, so you don't have to resign yourself to small portions to stay on a healthy path.
- **Skip the overeating guilt trip.** We've added a lot of high-fiber sides - dishes that have veggies, fruit, beans, or cooked whole grains as main ingredients. These foods are lower in calories and filling 75% of your plate with these dishes is a great strategy for warding off holiday weight gain, and the overstuffed feeling after eating a holiday meal.
- **Create a healthy plate anywhere.** Eating at Aunt Ethel's this year? No problem. We share tips on how to create a healthy meal no matter where your meal is served.
- **Enjoy dessert without the guilt.** We've created some lower calorie desserts so you can still indulge without sacrificing your health goals.
- **Serve healthier holiday meals if hosting.** We've created sample healthy menus for the holiday season to serve as inspiration if you're hosting a gathering this year.

Enjoy your holidays. Spend time with loved ones. Get lost in the scent of cedar, the twinkle of merry lights and delightful, delicious health food!

Happy merriment from all of us at Full Plate Living!

Contents & Recipes

A 700 Calorie Thanksgiving Menu	4
Sweet Potato Mash	6
Savory Lima Beans	7
A Berry Cranberry Sauce	7
Thanksgiving Kale Salad.	8
Holiday Pumpkin Pie	11
How to Create Healthier Plates at Thanksgiving	12
Navigate Holiday Pitfalls Like a Pro	13
Creamy Mashed Potatoes	16
Christmas Lentil Loaf	18
Lacy Brussels Sprouts.	19
Mushroom Gravy	19
Cranberry Blueberry Sauce	19
Lightened Up Traditional Holiday Dishes	20
Broccoli Casserole.	22
Savory Brown Rice Stuffing	25
Cranberry Pineapple Relish	27
Creamy Corn Casserole	28
Cream-Style Sweet Corn	30
Creamy Avocado Smashed Potatoes	32
Sweet Potato Marshmallow Casserole	35
Full Plate Deviled Eggs.	37
Cranberry Delicious Brussels Sprouts.	38
Vegetable Pie	40
Asparagus Crudit� with Avocado Walnut Dip	42
Kale Salad with Apple Vinaigrette	43
No Meat "Meatballs".	44
Vegetable Curry with Barley	45
Chef Mike's Minestrone Soup	46
Superfood Salad	47
Holiday Desserts.	50
Cranberry Pear Pie.	53
Guiltless Pie Crust	55
Peach Crisp	57
Almond Chocolate Chip Cookies	59
Chewy Gingersnap Cookies	60
Sugar-Free Snowball Cookies	63
Date-Sweetened Gingerbread Balls	64
Sugar-Free Chocolate Chip Peanut Butter Bars.	66
Blondie Bars	68
Scrumptious Pumpkin Bread	71
Yummy Black Bean Brownies	72
Strawberry Raspberry Galette.	74
The Healthy New Year Menu.	76
Good Luck Black-Eyed Peas	79
Savory Jalape�o Cornbread.	80
Collard Greens	83



How to **Eat Well** at Any Holiday Get-Together

Let's be real. Overeating is practically a holiday tradition. Our stockings are stuffed, our turkeys are stuffed... and our bellies are stuffed.

This year, if you want to savor the flavors of the season—without wrecking your health plan—the goal is to leave get-togethers feeling satisfied, not stuffed. Somewhere in between the two extremes of

completely depriving yourself and completely overdoing it is the sweet spot: not too much and not too little. Here are 10 can't-fail strategies to help you know how to eat—but not overeat—during the holidays.

Party	Strategy
<p>Game Night</p> <p>Lots of friends, plenty of football, and a smorgasbord of food – most of which is low in fiber and a set-up for overeating.</p>	<p>Strategy #1</p> <p>Eat a fiber-rich breakfast and lunch. It can be tempting to skip meals in order to save calories for the game, but going to the party starving is a surefire way to overeat. Instead, focus on getting plenty of food in the form of beans, veggies, fruits, and cooked whole grains throughout the day. Don't skip meals, just eat smaller meals.</p>
	<p>Strategy #2</p> <p>Bring a healthy dish. It can be as simple as packing fruit and salad for the game. You can still have a slice of pizza—just eat fruit and salad first.</p>
<p>Church or Office Potluck</p> <p>Great fellowship – too much food.</p>	<p>Strategy #3</p> <p>Stick to one plate, and fill it with as many fiber-rich foods as possible. There will be plenty of choices, so the chances of finding these foods are good. You might even be able to fill 3/4 of your plate with foods rich in fiber.</p>

Party **Strategy**

Big Family Dinner

Thanksgiving, Hanukkah and Christmas. It's the rare bird that doesn't overeat on these occasions.

Strategy #4

Cook your favorites throughout the holiday season. One of the reasons we tend to overeat is because we only get certain dishes at one special meal. Instead, serve your favorites once a week throughout the season. Then you won't feel like the big family dinner is your last chance to enjoy that favorite childhood dish.

Strategy #5

Eat your fiber-rich foods first. By eating fiber-rich foods first, you'll fill up with lower calorie foods. This leaves less room for more calorie-dense dishes. Just as important, **stop eating when you feel satisfied.**

Strategy #6

Go for a stroll after the meal. This will help lower your blood sugar—and risk of diabetes. If it's too cold, you can do what Donna does. The winters are cold where she lives, so she sets a timer for 15 or 30 minutes and walks inside her house until the timer goes off. In one year, Donna lost 110 pounds total!

Holiday Gala

Unlike eating at a restaurant, you eat what you're served. Fortunately, with the Full Plate approach, there are no forbidden foods. But you still don't want to overeat.

Strategy #7

Drink a glass of water 15 minutes before the meal and eat slowly. The slower the better. When you're satisfied, but not stuffed, put your napkin over your plate. This will signal your brain that you're finished.

Appetizers and Cocktails Party

They might be tiny portions of food and drinks, but you can mindlessly eat and drink a lot of calories as the night wears on.

Strategy #8

Focus on people instead of food. Go ahead and choose a small plate of food and your favorite drink. To stop people from trying to refill your glass, leave ice cubes in, and add club soda for the rest of the night. Then turn your attention to socializing. See how many people you can catch up with. Even if you're not much of a talker, join in on conversations by actively listening and asking questions.

New Year's Eve Party

These parties usually have lots of finger foods and alcohol, so it's easy to jump right in and start indulging.

Strategy #9

Treat your plate like a cake-tasting event. Slow yourself down, and take a few minutes to check out the lay of the buffet. Give yourself time to settle in and pick your 5 favorite treats (including drinks). Then add bites of each to your plate. For example, if there's a large cookie, take half. Instead of taking a whole slice of cake, take a fourth of a slice. Indulge your senses with both food and company without the guilt.

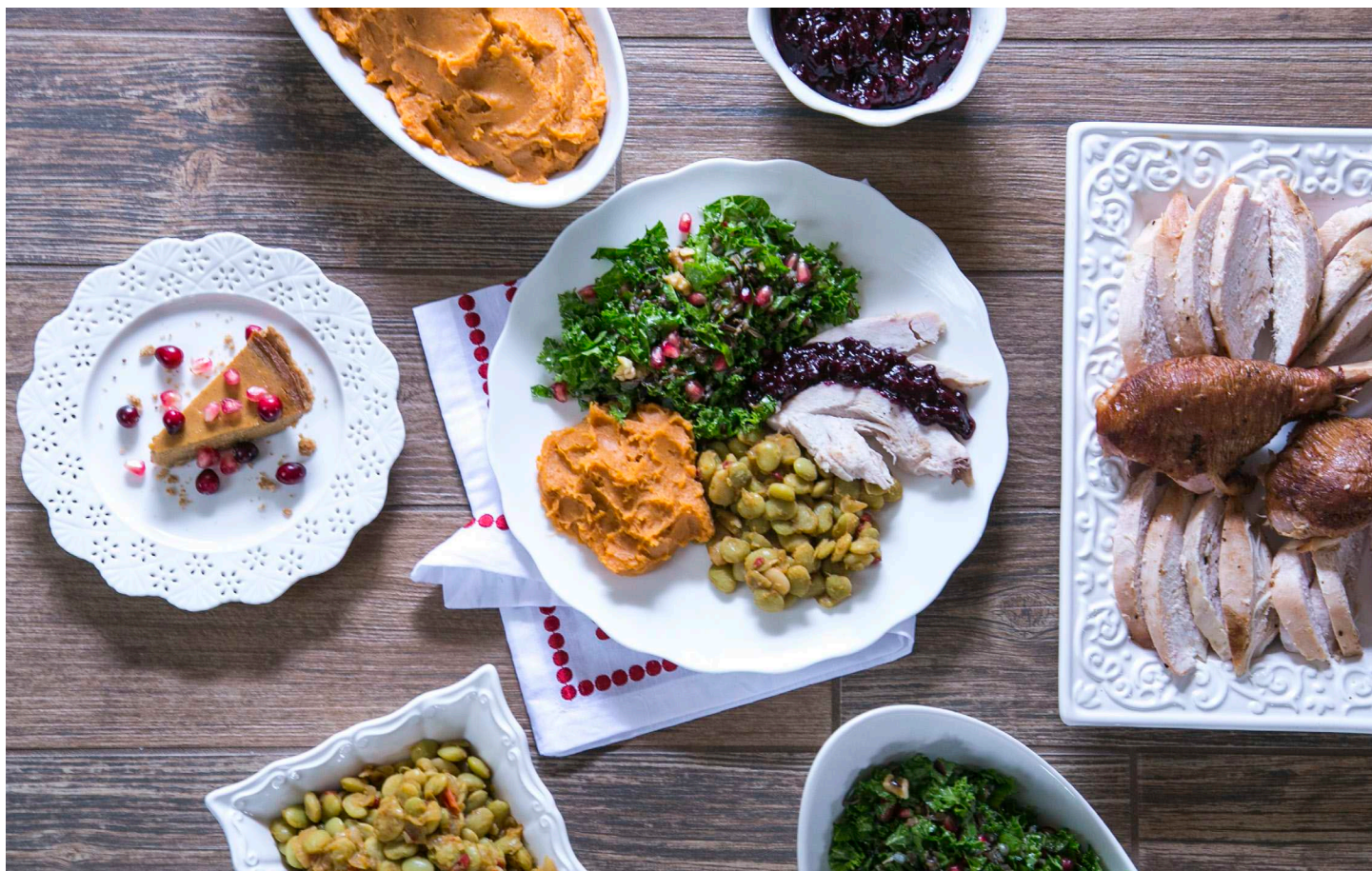
Breakroom Goodies

Not a party, but still an ongoing holiday overeating trap.

Strategy #10

Bring healthier treats from home. A small fruit bowl at your desk is a good choice—apples, clementines, bananas, even persimmon. If a certain holiday treat is your downfall, make a healthier version at home and keep some in your desk drawer. When the temptation gets too great, let yourself have one serving.

A 700 Calorie **Thanksgiving Menu** Any Kitchen Novice Can Make



The ideal Thanksgiving feast is quick and easy to prepare and a jiff to clean up. And of course, it leaves people wanting seconds...and thirds, and asking for your recipes.

And this time, your guests CAN have seconds and thirds and still consume less than half of the calories the average American stacks on their Thanksgiving plate. Sound too good to be true? Check it out.

Dish	Serving Size	Fiber	Fat	Carbs	Calories
Turkey*	3 oz	0 g	3.5 g	0 g	126
Sweet Potato Mash	1/2 cup	3 g	2.5 g	18 g	100
Savory Lima Beans	1/2 cup	5 g	0.5 g	20 g	120
Thanksgiving Kale Salad	1 cup	4 g	7 g	23 g	160
Holiday Pumpkin Pie	1/16 of pie	4 g	1 g	20 g	120
A Berry Cranberry Sauce	2 T	1 g	0 g	6 g	25
Total		14 g	17.5 g	87 g	651

* If you are vegan or vegetarian, try a plant based meatball like the “No Meat” Meatball recipe in this cookbook.



“No Meat” Meatball option

How we made the meal

It took 2 team members 2 hours to prepare everything for the feast (minus the turkey which was handled by our grillmaster the day before). If we would have prepped the day before we could have had all the dishes on the table within one hour.

Every dish was tasted by our team members. Every single one asked for seconds based on their preferences. The most requested dish was the salad, with the beans coming in a close second.

The plate, including both turkey and pie, has 14 grams of fiber and only 651 calories. And if you struggle with diabetes, the 73g of total carb is

much easier to manage than the average 388g of carb plate. Which means you can still eat a normal breakfast and dinner if you'd like. Or you can choose to go back for those seconds.

If you choose a gluten-free crust for the pie, the entire meal is gluten free and perfect for anyone who has dairy intolerance as well.

Unfortunately, clean up still took some time. But bribing staff members with leftovers helped us get it done faster. Should work like a charm for friends and family too.

To prep the day before and reduce cooking time even more

Deseed the pomegranate ahead of time and store seeds in an airtight container.

Cook your wild rice.

Chop up kale and refrigerate in gallon Ziploc bags.

Roast walnuts and bake sweet potatoes.

Bake the pumpkin pie.

A photograph of a white bowl filled with bright orange sweet potato mash, sitting on a dark wooden table. In the background, a green salad with red and yellow accents is visible on a white plate. The text is overlaid on a semi-transparent white box in the center of the image.

Sweet Potato Mash

Ingredients

5 medium sweet potatoes
2 teaspoons maple syrup
1 teaspoon cinnamon
2 tablespoons Earth Balance
Buttery Spread, Whipped™
2 teaspoons fresh-squeezed orange juice

Directions

Preheat oven to 400° F. Bake the sweet potatoes for 50 minutes until soft to the touch. Cool enough to handle, peel and place in a large, flat-bottom dish. Add all remaining ingredients and mash until desired consistency. Serve hot.

Note

If you don't have access to sweet potatoes, you can use yams instead. While the words sweet potato and yam are often used interchangeably, they belong to two different botanical families: sweet potatoes from the morning glory family, yams from the lily family. Yams are large root vegetables grown mainly in Africa, South America or the Caribbean, with more than 600 different species. Yams tend to be slightly less flavorful and drier than sweet potatoes, and contain less beta-carotene.

Makes 3-1/2 cups • Serving size = 1/2 cup
120 calories • 3g fat • 70mg sodium
24g carbohydrates • 3g fiber • 2g protein



Savory Lima Beans

Called butter beans in the South and limas in the North (and “Madagascar Beans” in other parts of the world), these beans are actually native to Peru, from whose capital city they derive their name. Lima beans have a mild, buttery flavor, hence their nickname. Here the juxtaposition of sharp pimiento and humble lima flavors put a twist on an old standby. If you haven’t tried lima beans since shunning them in childhood, give them a fair shake now that your tastes have matured. You can purchase lima beans in two sizes, “large, or Fordhook” and “baby.” While devotees swear by one or the other, they can be interchanged in most recipes.

Ingredients

4 cups frozen baby lima beans
2 cups low-sodium vegetable stock
1 teaspoon extra-virgin olive oil
1 small chopped onion
2 ounce jar diced pimientos, drained

Directions

Boil the limas, water, and vegetable stock in a large sauce pan until the beans are tender, 15-20 minutes. Heat olive oil in a small skillet over medium heat. Add onion and pimientos and saute until onion is translucent, about 10-15 minutes. Add to beans and simmer until thoroughly mixed, about 10 minutes. As you stir, some beans will break apart to form a creamy sauce. Serve hot. Leftover beans can be refrigerated for up to 3 days or frozen for up to 1 month.

Makes 8 servings • Serving size = 1/2 cup
120 calories • 1g fat • 100mg sodium
23g carbohydrate • 5g fiber • protein 6g



A Berry Cranberry Sauce

Ingredients

6 ounces fresh cranberries (1/2 of a cranberry bag)
1-1/2 cups frozen blueberries
1/2 cup water
1 tablespoon honey

Directions

Put all ingredients in a small pot. Bring to a boil over medium heat, stirring constantly. As berries open, use a wooden spoon to press the ones that don’t pop into the side of the pot. Keep stirring until mixture thickens. Once it reaches the right consistency, place in a dish and let cool. Can serve hot or cold. Will keep in the refrigerator for 4 days.

Makes 10 servings • Serving size = 2 tablespoons
25 calories • 0g fat • 0mg sodium • 6g carbohydrate
1g fiber • 0g protein

Thanksgiving Kale Salad

This salad is not only bursting with sweetness from the pomegranate, but filling to boot, thanks to the wild rice. One of the easiest ways to enjoy kale, even if you're a kale beginner.

Salad Ingredients

8 cups fresh kale (1 large bunch)
1 pomegranate, deseeded
2 cups cooked wild rice
6 tablespoons walnuts, toasted

Dressing Ingredients

1/2 cup finely chopped shallots
2 tablespoons olive oil
2 tablespoons water
2 tablespoons honey
1/2 tablespoon apple cider vinegar
1/2 teaspoon salt

Directions

Cook 1 cup wild rice according to package directions.

Wash kale thoroughly, remove stems and chop.

Deseed the pomegranate, and add seeds to the kale.

Mix in cooked rice.

Preheat oven to 400°F. Place walnuts on a baking sheet and toast for 5 minutes. When finished, add to the kale bowl.

In a small bowl, mix all the dressing ingredients thoroughly. Add to the salad and mix well. Refrigerate and serve cold.

The salad will keep 5 days if refrigerated in an airtight container.

Makes 9 cups • Serving size = 1 cup
160 calories • 7g fat • 150mg sodium • 23g carbohydrate
4g fiber • 5g protein



One of the
easiest ways
to enjoy
kale, even if
you're a kale
beginner





**Serve this
pie at your
next holiday
gathering**

Holiday Pumpkin Pie

Ingredients

- 1 box Mori-Nu silken extra-firm tofu
- 3 tablespoons maple syrup
- 1 – 15 ounce canned pumpkin (not pumpkin pie mix)
- 3 tablespoons packed brown sugar
- 1 tablespoon pumpkin pie spice
- 1/4 teaspoon salt
- 1 - 9" Guiltless Pie Crust (see recipe)

Directions

Combine the tofu and maple syrup in a food processor or blender until creamy. Add the pumpkin, brown sugar and seasonings and process or blend well. Put the mixture in an unbaked pie crust and spread evenly. Bake at 400° F for 1 hour, or until a toothpick stuck in the center comes out clean. You may want to cover the edges of the crust with foil to prevent over-browning. Chill before serving.

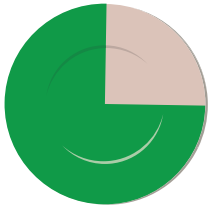
Recipe tip: Silken tofu is a great substitute for fatty cheeses like mascarpone or cream cheese, used in desserts like tiramisu and cheesecake. Because tofu is tasteless, you can give it any flavor you wish by the seasonings you use. And you get to lose lots of fat calories in the process.

Makes 1 - 9" pie • Serving size = 1/8 of pie
190 calories • 8g fat • 200mg sodium • 26g total carbohydrate
fiber: 4g • protein: 6g

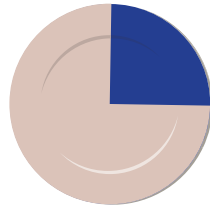
If you don't want to make your crust from scratch, you can opt to use a 9" graham cracker crust instead which doesn't need to be pre-baked. Simply fill the crust and follow regular baking instructions.

Healthy Holiday Plates No Matter Where You Eat

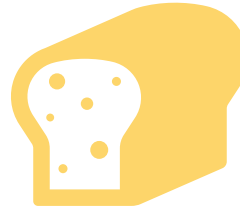
It's much easier to control what ends up on your plate if you host the dinner yourself. But even if you're celebrating at a relative's house, here are 4 basic ideas to help create a filling, plate:



Cover 75% of your plate with foods that are high in fiber. These foods are usually lower in calories because they're high in both fiber and water which contain no calories. At a typical holiday dinner these would be your salads, beans, roasted vegetables, corn on the cob, and brown rice.



Cover 25% of your plate with foods that have no fiber or are processed. This is usually the turkey, ham, duck, white bread rolls, canned sauces, gravies, green bean casserole and desserts (other than fruit salad).



Be choosy with starches. Sweet potatoes, mashed potatoes, stuffing, rice, bread rolls, mac and cheese...these tend to be the dishes with the highest amount of calories and fat. They're also the worst when it comes to blood sugar control. Choose your two favorites and skip the rest.



Choose one dessert. When there's an entire table designated just for the sweet stuff, it's easy to eat a plateful of food then go back and fill a second plate just with desserts. Choose your favorite dessert and stick to one serving. Or choose a sample plate - add 1 bite-sized piece from 5 different desserts.

How to Create Healthier Plates at Thanksgiving

A typical Thanksgiving meal is 4500 calories.

800 calorie plate

turkey	3 ounces - size of a deck of cards
cranberry sauce	1/4 cup
mashed potatoes and gravy	1/2 cup potatoes 1/4 cup gravy
green bean casserole	1/2 cup
brussels sprouts	1 cup
pumpkin pie	1 slice

1000 calorie plate

turkey	3 ounces - size of a deck of cards
cranberry sauce	1/4 cup
stuffing	1/2 cup
green bean casserole	1/2 cup
roasted veggies	1 cup
pecan pie	1 slice

Navigate Holiday Pitfalls Like a Pro



Not only will you give yourself a pat on the back, you'll also have more energy to enjoy the day. Which means more fun, laughter, and silliness to go around.

Here are the common pitfalls to watch out for:

Skipping breakfast actually leads to overeating. Most people skip breakfast so they can eat more at holiday dinners. It can work if you wake up 2-3 hours prior to your meal. However, if you're awake by 9am and dinner is not served until 2pm, this makes it more likely you will overeat.

Food pushers guilt you into consuming more calories. And there's one in every family. Aunt Sue might be your family's dessert peddler, or Grandma Myrtle might push giblet gravy like it's the answer to world hunger. You can still choose to take just a taste and leave the extra on your plate. Just because they push it doesn't mean you have to eat it. And when you leave a bite or two on your plate, it signals to others that you're full.

Post dinner crash makes it harder for your body to use up the fuel. If you've gone a bit overboard during the meal, you'll most likely want to sit down for a while – maybe even nap. But studies show that if you stroll for 15-30 minutes afterwards, you can dampen your blood sugar's high which makes it easier for your body to use up all those calories instead of storing them. Besides, what better way to catch up on all that family gossip than taking a stroll down the lane? Literally.

A photograph of a healthy Christmas meal. In the center is a white plate with a decorative swirl pattern, containing a lentil loaf, creamy mashed potatoes, and sautéed Brussels sprouts. To the left is a white bowl filled with shredded Brussels sprouts. In the bottom left corner, a dark red cranberry sauce is visible in a metal pan. The background is a dark wooden table.

A Healthy Christmas Feast Your Family Will Absolutely Enjoy

While Thanksgiving Dinner is all about the turkey, the main Christmas meal is a bit more flexible, making this the perfect time to showcase a high-fiber main dish.

Our **Christmas Lentil Loaf** pairs up nicely with the **Creamy Mashed Potatoes** and **Lacy Brussels Sprouts** for a delicious dinner that's wonderfully slimming *and* diabetic friendly to boot. And to keep the Christmas magic alive, we've kept this meal low in calories, so you can enjoy a full piece of dessert without feeling any guilt whatsoever.

Entire Christmas meal nutrition:

450 calories • 11.5g fat • 685mg sodium • 74g carbohydrates • 16g fiber • 15g protein



Creamy Mashed Potatoes

The secret power of this mashed potato recipe comes from lowly cauliflower, which makes it possible for you to eat more potatoes while keeping the calories low. It also makes the dish lower in carbs, so someone with diabetes can enjoy it without spiking their blood sugar. The best part is you cannot tell the cauliflower is even there!

Ingredients

4-1/2 cups red potatoes with skin
6 cups fresh diced cauliflower florets
2 tablespoons Earth Balance Buttery Spread, Whipped™
3/4 teaspoon garlic powder
3/4 teaspoon salt, or to taste

Directions

Steam the cauliflower and potatoes together until soft, about 12 minutes. Place the hot vegetables and all remaining ingredients into a food processor and pulse on high for 15 seconds, until semi smooth. Move the mashed potatoes to a bowl, and use a handheld mixer to mix until you reach the desired consistency.

Recipe Tip

If you like garlic, use 1 minced garlic clove instead of garlic powder. You can garnish the potatoes with finely chopped fresh parsley.

Makes 4-1/2 cups • Serving size = 3/4 cup
120 calories • 3g fat • 350mg sodium • 22g carbohydrate
4g fiber • 4g protein



Christmas Lentil Loaf

Ingredients

1 pound dry lentils	1-1/2 cups old-fashioned rolled oats
6 cups no-sodium vegetable broth	2 teaspoons garlic powder
2 medium white onions	1 teaspoon smoked paprika
1 - 8.5 ounce jar sun-dried tomatoes in herbs and olive oil	1 teaspoon dried thyme
1/2 cup Marzetti Ancient Grains Baked Croutons (or other whole grain baked croutons)	1 teaspoon dried basil
	1/4 teaspoon salt (or to taste)
	3 dashes cayenne pepper
	1/4 cup egg whites

Directions

Sort lentils by pulling out any refuse and rinse under running water. In a covered pot, over medium heat, bring lentils and vegetable broth to a boil, then reduce to a simmer.

Cook for about 40 minutes until lentils squish easily when pressed between two fingers. Meanwhile, finely dice onions and sauté with sundried tomatoes over medium low heat until onions are caramelized, so don't turn the heat up too much.

When lentils are done, set both lentils and onion mixture aside.

In a food processor, pulverize 1/2 cup of oats and croutons until they look like flour. Add half of the lentils and the rest of the seasonings and process until smooth. In a large bowl fold together whole lentils, pureed lentils, the remaining oats, and onion mixture.

Taste your loaf and if you need to make any adjustments to the seasonings do so now. Once you like the taste, add your egg whites and fold together.

Transfer the mixture into two sprayed bread loaf pans, cover with foil and bake at 350° F for 45 minutes.

Serve your lentil loaf with the *Mushroom Gravy* or *Cranberry Blueberry Sauce*-topping.

Makes 2 loaves • Serving size = 1/8th of pan

240 calories • 7g fat • 22mg sodium • 36g carbohydrate • 7g fiber • 9g protein

Lacy Brussels Sprouts

Ingredients

Olive oil spray
1 - 12 ounce bag shredded Brussels sprouts
1/4 teaspoon salt
1/4 teaspoon dried basil
1/2 teaspoon garlic powder

Directions

Coat a large skillet with olive oil spray. Add Brussels sprouts and cook over medium heat for 5 minutes. Add seasonings and spray with more oil if needed. Cook for another 10 minutes, or until Brussels sprouts are tender.

Makes 3 cups • Serving size = 1/2 cup
40 calories • 1.5g fat • 115mg sodium
4g carbohydrate • 2g fiber • 1g protein

Mushroom Gravy

Ingredients

1 large onion, chopped
2 garlic cloves, minced
15 ounces mushrooms, finely diced
2 teaspoons water
1 teaspoon cornstarch

Directions

In a large skillet, over medium-low heat, saute chopped onions in water with the lid on for 5 minutes. Add minced garlic and saute for another 5 minutes with the lid off. Add the diced mushrooms, cover with the lid and sautee for another 2 minutes. Turn off heat. Sprinkle cornstarch over mixture, mix and let it sit to thicken up.

Makes 2-1/2 cups • Serving size = 1/4 cup
20 calories • 0g fat • 4g sodium • 4g carbohydrate
1g fiber • 1g protein

Cranberry Blueberry Sauce

Ingredients

1 - 12 ounce bag cranberries
1 cup water
1 pint fresh blueberries
1 teaspoon ground cinnamon
1/4 teaspoon nutmeg
1/8 teaspoon cloves

Directions

Pick through cranberries and toss any that are shriveled or rotten. In a medium saucepan, mix water, and cranberries and simmer over medium heat until cranberries burst, about 10 minutes. Add blueberries and spices and cook for another 5 minutes. Use the back of a wooden spoon to smash some of the berries.

Set sauce aside to cool, cover with plastic wrap and refrigerate until use.

Makes 2-3/4 cups • Serving size = 1/4 cup
30 calories • 0g fat • 0mg sodium
8g carbohydrate • 2g fiber • 0g protein



Lightened Up Traditional Holiday Dishes Without Losing Flavor

Whip up some of these healthy holiday favorites and this season leave the table feeling satisfied, not stuffed.

How we did it...



We cut the fat in every recipe

You can do the same by using only half the oil or butter in a recipe. Instead of using butter, we used heart-healthy Earth Balance Whipped Buttery Spread because it has less fat per serving. When it comes to mayo or cheese, we used fat-free or light versions. And lastly, we used Egg Beaters or egg whites instead of whole eggs.

We cut the sugar

A lot of holiday dishes require the use of brown sugar, sweetened fruit, candied nuts, or honey. Instead we chose to use unsweetened fresh fruit and raw nuts that we toasted without sweetening.

We added veggies

Bulking up a dish with vegetables makes it healthier by increasing fiber, vitamins and minerals.

We used cooked whole grains

Eating whole grains is more satisfying than consuming refined versions of the whole grain. They're also associated with better health and longevity. The cornmeal and flours we used are whole grain. We also substituted quinoa for some of the rice in certain recipes because it helps keep blood sugar lower.

Broccoli Casserole

Ingredients

2 teaspoons olive oil
2 cloves garlic, minced
1 small onion, diced
1-1/2 cups quinoa
1 cup water
1 cup low-sodium vegetable broth
1 cup unsweetened cashew or almond milk
2 - 16 ounce bags frozen broccoli florets
1 - 10.5 ounce can cream of celery soup, 98% fat free
1-1/2 cups low-fat shredded cheddar cheese

Directions

Preheat oven to 350°F.

In a large pan, sauté garlic and onion in olive oil for 10 minutes over medium heat.

Add quinoa, water, broth and milk. Bring mixture to a boil, cover and reduce heat to simmer for 15 minutes.

In a food processor, pulse half of the frozen broccoli until you have small pieces. Repeat with other half of broccoli.

Fold in chopped broccoli, cream of celery soup and cheese to quinoa mixture.

Scoop mixture into large sprayed baking dish and spread evenly. Bake for 30-40 minutes.

Divide into 12 and serve.

Makes 1 large baking dish • Serving size = 1/12 of baking dish
170 calories • 4g fat • 5mg cholesterol
260mg sodium • 22g carbohydrate • 4g fiber • 8g protein





Savory Brown Rice Stuffing

Ingredients

- 1 1/2 cups dry quinoa
- 1 - 10 ounce bag frozen brown rice
- 1/4 cup pine nuts
- 1 teaspoon olive oil
- 1 large white onion, diced
- 1 cup shredded carrots
- 2 large celery stalks, finely diced
- 2 garlic cloves, minced
- 1 tablespoon garlic powder
- 1 tablespoon dried oregano
- 1 teaspoon dried sage
- 1/2 cup water
- 1 Granny Smith apple, diced
- 1 cup fresh cranberries
- 4 cups kale, stems removed, diced
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- 2 medjool dates, diced
- 1 cup low-sodium vegetable stock

Directions

Cook quinoa according to package directions. Microwave rice according to package directions. Once cooked, mix rice and quinoa in a large bowl and set aside.

Meanwhile, heat oven to 350°F. Heat large skillet over medium-high heat. Add pine nuts. Cook, stirring often, until nuts are lightly toasted and fragrant, about 3 minutes; transfer to plate and set aside. Heat olive oil in same pan over medium-high heat. Add onions, carrot, celery, garlic, oregano, garlic powder, sage and water. Cook, stirring occasionally, until vegetables are tender, about 8 minutes. Add apple and cranberries and cook until apple softens, about 5 minutes. Add kale, tossing with tongs until kale wilts, about 3 minutes. Season with salt and pepper.

Transfer vegetable mixture to bowl with reserved cooked rice and quinoa. Stir in toasted pine nuts, chopped dates and vegetable stock. If needed, add more oregano, sage, salt and pepper, to taste. Mix well to combine.

Transfer mixture to sprayed 9"x13" or other 3-quart baking dish. Bake uncovered until warmed through and crispy around edges, about 30-40 minutes. Serve.

Makes 12 cups • Serving size = 1 cup
190 calories • 4.5g fat • 430mg sodium
34g carbohydrates • 5g fiber • 6g protein





Cranberry Pineapple Relish

Ingredients

1-1/2 cups fresh cranberries, rinsed
1 medium Honeycrisp apple, cored and sliced
1/2 jalapeño chile, deseeded and deveined
2 cups fresh pineapple chunks
1 tablespoon finely chopped fresh cilantro
1/2 teaspoon minced ginger

Directions

Place cranberries, apple, jalapeño, and pineapple in the bowl of a food processor. Pulse several times until everything is finely chopped and well blended.

Scoop into a bowl and toss with chopped cilantro and minced ginger.

Let sit 15 minutes so sugar from the pineapple will soften the chopped cranberries. Store chilled in an airtight container until ready to serve.

Makes 4 cups • Serving size = 1/4 cup
20 calories • 0g fat • 0mg sodium • 5g carbohydrates
1g fiber • 0g protein

Creamy Corn Casserole

Ingredients

2 green onions, sliced, tops included
1/2 cup coarse whole-grain cornmeal
1 cup cashew milk, unsweetened
1/2 cup water
1/2 teaspoon onion powder
1/2 teaspoon garlic salt
1/2 teaspoon paprika
1/8 teaspoon cayenne pepper
10 ounces frozen corn
1/2 cup fat-free Greek yogurt

Directions

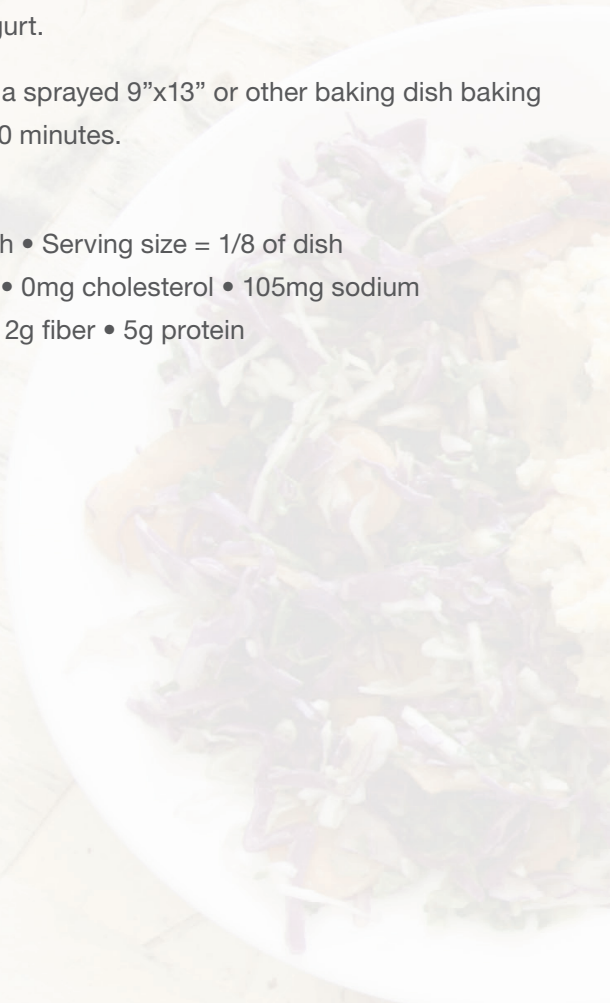
Preheat oven to 350°F.

In a large skillet over medium heat, stir onions, cornmeal, milk, water and seasonings together for 5 minutes.

Mix in corn and yogurt.

Scoop mixture into a sprayed 9"x13" or other baking dish baking dish and bake for 60 minutes.

Makes 1 baking dish • Serving size = 1/8 of dish
90 calories • 1g fat • 0mg cholesterol • 105mg sodium
15g carbohydrate • 2g fiber • 5g protein





Cream-Style Sweet Corn

Ingredients

8 ears fresh corn

2 teaspoons Earth Balance Buttery Spread, Whipped™

Directions

Put shucked corn in a large pot and cover with water. Bring to a boil and then reduce heat to medium to cook for 15 minutes.

Drain corn and cool before shaving kernels off the cob into a bowl.

Place half of the kernels in a food processor and pulse until corn thickens.

Add all of the corn and butter together in a frying pan and heat until desired temperature.

Salt to taste.

Makes 3-1/2 cups • Serving size = 1/2 cup

140 calories • 1g fat • 0mg cholesterol • 60mg sodium

24g carbohydrate • 3g fiber • 3g protein







Creamy Avocado Smashed Potatoes

Ingredients

8 new potatoes
1 teaspoon garlic salt
1 avocado
1 garlic clove, minced
2 teaspoons lemon juice
1/4 cup light mayo
cooking spray

Directions

Preheat oven to 400°F.

Put potatoes in a cooking pot and cover with water. Bring water to a boil, reduce heat to medium and cook for 20 minutes, or until potatoes are soft all the way through. If you have an Instant Pot steam your potatoes.

Add avocado, minced garlic, lemon juice and mayo to a mixing bowl and mash until smooth with a fork or potato masher.

Drain the potatoes once done, spray a baking sheet with cooking spray, and place potatoes on sheet. Take the bottom of a coffee mug or glass and press down on each potato to flatten.

Once all of the potatoes are smashed, spray the potatoes with cooking spray and sprinkle with garlic salt. Place in the center of the oven to bake for 25-30 minutes, or until potatoes are crispy around the edges. Remove from oven.


Place a dollop of the avocado mixture on each potato.

Makes 8 potatoes • Serving size = 1 potato
190 calories • 6g fat • 5mg cholesterol • 200mg sodium
30g carbohydrate • 5g fiber • 4g protein







The image features a central text area for a recipe, flanked by two vertical photographs. The left photograph shows a white ceramic casserole dish filled with a chunky sweet potato and marshmallow mixture, garnished with fresh green herbs. The right photograph shows a white plate with several deviled eggs, each topped with a dollop of yellow yolk mixture and a sprinkle of red and black seasonings. The background of the text area is a soft-focus image of a white plate with a delicate, leaf-like pattern.

Sweet Potato Marshmallow Casserole

Ingredients

4 sweet potatoes
1 tablespoon Earth Balance Buttery Spread, Whipped
1/2 teaspoon ground ginger
1/2 teaspoon ground cinnamon
2 cups mini marshmallows*

*If you're vegan, you can find vegan marshmallows at health food stores.

Directions

Preheat oven to 350°F.

Wash sweet potatoes. Pierce potatoes with a fork. Place on a piece of foil in the oven, and bake for 1 hour.

Once the sweet potatoes are done, remove peel and place in a large mixing bowl with buttery spread, ginger and cinnamon.

Mash mixture well with a fork or potato masher until smooth.

Scoop mixture into large sprayed casserole dish, top with marshmallows and bake for 15-20 minutes, or until marshmallows are lightly browned.

Makes 1 casserole dish • Serving size = 1/8th of dish
120 calories • 1g fat • 140mg sodium • 0mg cholesterol • 27g carbohydrate • 3g fiber • 2g protein



Full Plate Deviled Eggs

Ingredients

12 eggs
1 - 15 ounce can navy beans, rinsed and drained
2 tablespoons mustard
1/2 cup light mayo
1 teaspoon salt
1/4 cup pickle relish
1/2 teaspoon paprika

Directions

Place eggs in a pot, cover with water and bring to a boil. Remove from heat, cover and let sit for 20 minutes. Drain, lightly crack shells and place in cold water for 5 minutes. Peel and slice each egg in half length wise. Keep 8 egg yolks and discard the remaining 4.

In a mixing bowl, smash the navy beans well, then mix in egg yolks, mustard, mayo, salt and relish.

Divide the mixture between the 24 egg halves and sprinkle with paprika.

Makes 12 deviled eggs • Serving Size = 1/2 deviled egg
55 calories • 3.5g fat • 75mg cholesterol • 250mg sodium • 3g carbohydrate • 1g fiber • 4g protein



Cranberry Delicious Brussels Sprouts

Ingredients

- 2 pounds fresh Brussels sprouts,
destemmed and quartered
- 1-1/2 cups fresh cranberries
- 1/3 cup water
- 1 tablespoon balsamic vinegar
- 1 tablespoon maple syrup
- 1/3 cup pecans, chopped
- 2 tablespoons Gorgonzola cheese crumbles

Directions

In a large skillet over medium heat, cook Brussels sprouts and cranberries in water for 10 minutes, or until desired tenderness is reached. Stir occasionally.

Remove from heat and mix in balsamic vinegar, maple syrup, pecans and Gorgonzola cheese.

Makes 7-1/2 cups • Serving size = 3/4 cup
70 calories • 3g fat • 35mg sodium • 0mg cholesterol
8g carbohydrate • 3g fiber • 3g protein







Vegetable Pie

Ingredients

1 tablespoon Earth Balance Buttery Spread, Whipped™
1 sweet onion, diced
10 ounces sliced mushrooms
1 cup corn, frozen
2 large zucchinis, sliced
1 teaspoon dried oregano
1 teaspoon dried basil
1/2 teaspoon salt
1 cup low-fat mozzarella shredded cheese
3/4 cup Egg Beaters™
2 small tomatoes, thinly sliced

Directions

Preheat the oven to 400°F.

In a large skillet over medium heat, saute onions in buttery spread until tender and translucent. Add mushrooms, corn, zucchini, oregano, basil and salt and saute for 10 minutes.

Remove skillet from heat and fold in cheese and Egg Beaters.

Pour mixture into a sprayed 9" pie pan and top with sliced tomatoes.

Place pie dish in the middle of the oven and bake for 20 minutes.

Turn the oven to broil and cook for 5 additional minutes.

Makes 1 - 9" pie • Serving size = 1/8 of pie

120 calories • 3.5g fat • 310mg sodium

14mg cholesterol • 14g carbohydrate • 2g fiber • 10g protein



The following recipes were shared by OU-TU Culinary Medicine Program and Emory University Lifestyle Medicine & Wellness, Ardmore Institute of Health grant recipients.

Asparagus Crudit  with Avocado Walnut Dip

Ingredients

1/2 cup chopped, toasted walnuts
1 bunch asparagus, woody ends removed
1 avocado
1/2 bunch fresh parsley, stems removed
1/2 cup lightly packed basil leaves
2 cloves garlic, crushed
1 tablespoon white wine vinegar
1/2 teaspoon kosher salt, or other coarse salt
1/4 teaspoon red pepper flakes
Zest and juice of 1/2 lemon
3 tablespoons extra virgin olive oil
1/4 - 1/2 cup water

Directions

Preheat oven to 375 F.

Place chopped walnuts on a small baking sheet and toast for 5 minutes. Set aside.

Place a steamer basket in a large pot and fill the pot with 1 inch of water. Bring to a boil over high heat.

Fill a large mixing bowl with ice water and set aside.

Place asparagus pieces in a steamer and steam until bright green. Do not overcook.

Immediately plunge asparagus into ice water to stop the cooking. Congratulations! You have just mastered the “blanch and shock” method.

When completely cold, remove asparagus from ice water and allow to drain in a colander, on a wire rack or paper towels. Set aside.

Add to a food processor: toasted walnuts and all ingredients from avocado through lemon zest and juice, excluding olive oil and water. Pulse 10 -15 times to combine.

Add olive oil and pulse 5 more times.

Add 1/4 cup water and continue processing until mostly smooth, about 15 seconds. If you like the thickness, you can leave it, or add another 1/4 cup water.

Transfer dip to a serving bowl and serve with cold asparagus spears.

Makes 6 servings

200 calories • 18g fat • 200mg sodium • 7g carbohydrate • 4g fiber • 4g protein



This recipe from our partners at the OU-TU Culinary Medicine Program is a perfect side dish to amp up the veggies on your holiday plate.

Kale Salad with Apple Vinaigrette

Apple Vinaigrette Ingredients

½ medium green apple, cored, unpeeled
2 tablespoons apple cider vinegar
2 tablespoons orange juice
1 tablespoon honey
1½ teaspoons Dijon mustard
¼ cup canola oil
1 dash salt

Directions

Cut apple half into smaller pieces.
Put all ingredients into the blender and pulse until smooth.

Kale Salad Ingredients

¼ cup toasted, chopped nuts or seeds of your choice -- pecans, walnuts, sunflower seeds, etc.
2 bunches curly kale, washed, dried, tough ribs removed and chopped
½ cup orange juice
½ teaspoon kosher salt, or other coarse salt
4 teaspoons canola oil
½ cup dried fruit of choice – apricots, golden raisins, cherries, etc.
2 tablespoons nutritional yeast

Directions

Preheat oven to 375°F.
Place chopped nuts or seeds on a small baking sheet and toast for 5 minutes. Set aside.
Put kale in a large mixing bowl and add juice and salt.
Using clean hands, massage kale until it loses some volume and turns bright green.
Stir in oil and dried fruit. Mix well.
Cover salad with plastic wrap and refrigerate 30 minutes to several hours before serving to allow flavors to develop.
Remove from the refrigerator and toss with Apple Vinaigrette, nuts and nutritional yeast.

Makes 8 servings

210 calories • 13g fat • 250mg sodium • 23g carbohydrate • 6g fiber • 7g protein



School of
**COMMUNITY
MEDICINE**
CULINARY MEDICINE

There are a variety of fruits you can toss in salads. Here's a kale salad recipe from our friends at the OU-TU Culinary Medicine Program that features apples in the dressing.

No Meat “Meatballs”

Ingredients

1 cup walnuts, toasted
1 tablespoon olive oil, plus more for greasing
1/2 medium yellow onion, chopped
1 cup cremini mushrooms, chopped
3 garlic cloves, crushed and minced
2 tablespoons tomato paste
1/4 cup fresh chopped parsley
2 tablespoons wheat germ
3 tablespoons quick oats
1/2 teaspoon dried Italian seasoning
1/2 teaspoon sweet paprika
1 tablespoon nutritional yeast
1/2 teaspoon kosher salt, or other coarse salt
1 teaspoon freshly ground black pepper

Directions

Preheat oven to 375°F.

Place walnuts on a small baking sheet and toast for 5 minutes. Set aside.

Then line a standard baking sheet with foil. Using a paper towel, lightly grease foil with olive oil. Set aside.

In a small skillet, heat 1 tablespoon olive oil over medium heat. Sauté the onions, mushrooms and garlic for about 4 minutes, or until soft.

Transfer the sautéed onions, mushrooms and garlic to a food processor. Add all remaining ingredients and process until smooth.

Form into small balls about the size of a golf ball and place on the baking sheet.

Cover with aluminum foil and bake for 30 minutes. Then uncover, flip meatballs and bake for an additional 10 minutes.

Allow to cool for 5-10 minutes before serving. Serve with desired sauce.

Makes 1 dozen • Serving size = 3

310 calories • 27g fat • 330mg sodium • 15g carbohydrate • 5g fiber • 8g protein



School of
**COMMUNITY
MEDICINE**
CULINARY MEDICINE

This recipe from our partners at the OU-TU Culinary Medicine Program is a perfect option for our vegan and vegetarian friends or anyone that wants something to Power Up their plate.

Vegetable Curry with Barley

Ingredients

½ cup toasted slivered almonds	½ teaspoon ground allspice
1 ½ cups pearl barley	½ teaspoon turmeric
2 tablespoons canola, olive or avocado oil	¼ teaspoon freshly ground black pepper
1 medium onion, small dice	2 cups vegetable stock
2 cloves garlic, finely minced	1 - 16-oz can petite diced tomatoes
1 large carrot, small dice	1 - 15-oz can chickpeas
1 stalk celery, small dice	½ cup raisins
2 cups diced butternut squash or sweet potato	2 cups plant-based milk like almond or oat
½ teaspoon salt	1 cup frozen petite green peas
3 tablespoons yellow curry powder	2 cups fresh baby spinach

Directions

Preheat oven to 375°F.

Place slivered almonds on a small baking sheet and toast for 5 minutes. Set aside.

Toast barley in a medium skillet over medium heat until golden brown and fragrant. Set aside.

In a large Dutch oven or stock pot, heat oil over medium-high heat until shimmering.

Add onion, garlic, carrot, celery, squash and salt. Cook until onion begins to soften, about 5 minutes.

Add spices and barley, stirring well to coat barley with spices.

Add stock, tomatoes, chickpeas and raisins and bring to a simmer.

Cover skillet with lid and reduce heat to low. Simmer for 20 minutes.

Add milk and simmer for 15 more minutes.

Add peas and spinach but do not stir. Replace lid and cook for 10 more minutes until barley is tender and liquid is absorbed. Fluff with a fork to incorporate the peas and spinach.

Sprinkle with slivered almonds.

This is a great time to experiment with different vegetables. This curry is wonderful with yellow squash and zucchini, as well as other winter squashes. Also try sweet potatoes, tomatoes, eggplant and assorted colors of bell peppers.

Makes 12 – 8-oz servings

220 calories • 6g fat • 440mg sodium • 38g carbohydrate • 9g fiber • 6g protein



School of
**COMMUNITY
MEDICINE**
CULINARY MEDICINE

Want to change up the dinner table this year? Try this curry recipe from our friends at the OU-TU Culinary Medicine Program. It's sure to delight your taste buds and be a topic of discussion for everyone at the table.

Chef Mike's Minestrone Soup

Ingredients

3 tablespoons olive oil
2 tablespoons minced garlic
½ cup chopped onions
½ cup peeled, chopped carrots
¼ cup chopped zucchini, or other seasonal squash
¼ cup sun-dried tomatoes (not packed in oil)
8 cups low-sodium vegetable broth
½ cup cooked white beans
2 tablespoons tomato paste
¼ cup whole wheat pasta of choice
1 cup shredded kale, or other dark greens
3 tablespoons chopped fresh basil
3 tablespoons chopped parsley

Directions

Heat olive oil in a large pot over medium high heat.
Add garlic, onions, carrots and saute until translucent.
Add zucchini and sun-dried tomatoes and saute 3-4 mins.
Add vegetable broth and beans.
Whisk in tomato paste until dissolved.
Bring mixture to a boil. Add pasta and reduce heat. Cook until pasta is tender.
Add kale, basil, parsley and stir until wilted.
Serve immediately!

Makes 4 servings • Serving size = 2 cups • 220 calories • 11g fat • 370mg sodium • 21g carbohydrate • 5g fiber • 4g protein



EMORY

We love the idea of adding a soup course to your holiday meal to add even more fiber foods. This recipe is from our partners at Emory University Lifestyle Medicine & Wellness.

Superfood Salad

Salad Ingredients

- 1 cup toasted cashew pieces
- 1 cup toasted sunflower seeds
- 1 lb. frozen shelled edamame
- 1 bunch kale
- 1 cup shredded carrots
- 1 cup shredded green cabbage
- 1 cup chopped red cabbage
- ½ cup chopped red onions
- 1 container cherry or grape tomatoes, halved
- 1 cup fresh blueberries
- 1 cup dried cranberries
(Craisins are a good substitute)

Honey Dressing Ingredients

- 2 tablespoons honey
- 2 tablespoons dijon mustard
- 2 tablespoons white wine vinegar
- 2 tablespoons olive oil
- 1 tablespoon dried coriander, or other dried herbs
- 2 small garlic cloves
- Salt and pepper to taste

Directions

Preheat oven to 400°F.

Place cashew pieces and sunflower seeds on a baking sheet and toast for 5 mins. Add to a medium salad bowl. The nuts and seeds can be toasted the night before and refrigerated.

Cook edamame according to package directions. Rinse in cold water, drain and add to a medium salad bowl. The edamame can be cooked the night before and refrigerated.

Wash and destem kale, tear into bite-sized pieces and add to salad bowl.

Wash and prepare carrots, cabbage, onions and tomatoes and add to salad.

Add blueberries, dried cranberries and toasted cashew pieces and sunflower seeds and edamame, if they were prepared the night before.

Blend all ingredients for the Honey Dressing until smooth. Add to salad and mix everything together well.

Serve immediately.

Makes 10 servings

320 calories • 17g fat • 160mg sodium • 34g carbohydrate • 7g fiber • 12g protein



EMORY

This recipe from our partners at Emory University Lifestyle Medicine & Wellness is packed with flavorfull fiber foods that will delight your taste buds.

A Smart Strategy for Enjoying Sweets During the Holidays

A party without cake is just a meeting.

– Legendary chef, **Julia Child**

We hear you, Julia. And we couldn't agree more.

Especially during the sugary sweet holiday season.

No cake?

No cookies?

No pie?

No party.

Of course there are always plenty of sweets at holiday parties. The problem is you're trying very, very hard not to eat too many of them. After all, you don't want the happiest time of the year to undo months of healthy eating.

But nothing kills holiday cheer more than a restrictive plan that leaves you completely dessert-free attending lots of holiday...meetings.



Your Strategy for Sweet Success

Good news! If you do it smartly, you can enjoy sweets in a healthier way. Just follow these tips for success.

Don't skip meals before a holiday party. Going to a party when you're starving sets you up to binge on sweets for two reasons:

- You'll be so hungry you'll need to eat something—anything!
- You'll overindulge as a reward for “being good” all day.

Eat high-fiber foods before reaching for the sweets. At the party, aim to fill 75% of your plate with natural fiber foods (veggies, fruits, beans, cooked whole grains) and eat these foods first. They fill you up, so there's less room for sweets—a safeguard from overindulging. Plus, these whole, unprocessed fiber foods will decrease your sweet cravings.

If you know the holiday party you're going to attend won't have many fiber foods, you have two choices:

- Check with your hostess, and bring your own high-fiber dishes.
- If you can't bring a dish, eat a fiber-rich snack before the party.

Be a dessert sampler. If there are several sweets you want to try, add small servings of each one to your plate. Savor every bite, then walk away from the dessert area for good.

Drink plenty of water. Dehydration makes your cravings worse, and you're more likely to overindulge on sweets. Increase your chances of overcoming temptation by drinking water throughout the day.

Decide ahead of time which sweets you're going to enjoy at the party or event, and eat only those sweets. For example, if you look forward to your mother's holiday fudge every year, don't waste your splurge on dry, store-bought cookies. Save your indulgences for favorite sweets you can't get every day.

Even so, limit the number of times you eat sweets to once or twice a week. On other days, keep sweets out of your house. If you can't keep them out of your house, at least store them out of sight. (Research shows this strategy helps you eat fewer goodies.)

Bake sweets for events only. If you enjoy holiday baking, choose to do it primarily for social events. That way, the sweets will be heading out of your house, and you won't be tempted to overindulge just because they're sitting around.

Don't give up. If you have a sugar binge, forgive yourself, and at your very next meal go back to filling your plate with whole, fiber foods. These foods have a miraculous capacity to nip those unruly sugar cravings right in the bud. Don't let one slip up become a holiday pattern.

Keep up your regular fiber-rich meals and physical activity throughout the holidays. Being consistent is the only sure-fire way to get results. It's easy to get discouraged and give up for the holidays, but sticking to your regular schedule will make it easier to enjoy sweets in moderation and still pursue your health goals.

Holiday Desserts Your Guests Won't Know Are Healthier

Sweets are the biggest downfall for most people trying to eat healthier over the holidays.

Yet skipping out on holiday sweets is out of the question—and entirely unrealistic.

Though desserts will never be healthy foods the way broccoli or beans are, we've created healthier, lower-calorie versions of traditional recipes without sacrificing taste. Just keep in mind these goodies still belong in the 25% part of your plate.



How we made the sweets healthier

The desserts in this guide help decrease your sugar cravings for three reasons:

We used whole grains and whole grain flours as much as we could without sacrificing taste. Whole grains have more fiber and nutrients, and generally help keep blood sugars lower. Lower blood sugars help keep insulin levels lower, which helps decrease sugar cravings and increase fat burning.

We decreased the amount of fat in most recipes, and substituted healthy unsaturated plant fats for the saturated animal fats. Research shows that when these healthy plant fats replace saturated fats they actually decrease your risk of heart disease and cancer while lengthening life.

We cut sugar calories by using two natural sugar substitutes—erythritol and Lakanto® Monkfruit Sweetener. Erythritol is normally found in pears, grapes and melons. It has health-promoting antioxidant activity and has no effect on blood sugar. Erythritol does not cause cavities, is nontoxic and has no known safety concerns. The bulk of Lakanto® Monkfruit Sweetener is erythritol combined with very small amounts of monk fruit extract, which is derived from the juice of a small, round fruit grown in Southeast Asia. Its sweetness does not come from sugars but antioxidants separated from the juice and, therefore, does not provide any calories.



Cranberry Pear Pie

Ingredients

Pie Crust

3/4 cup whole wheat pastry flour

1/4 cup white whole wheat flour

1/2 cup oat flour*

1/3 cup canola oil

1/3 cup water

1/2 teaspoon salt

*Make your own oat flour by blending old-fashioned rolled oats in a blender until you reach a flour consistency.

Filling

1/3 cup erythritol or Lakanto Monkfruit

Sweetener, Classic®

3 tablespoons cornstarch

1/4 teaspoon nutmeg

1 teaspoon orange zest

2 tablespoon water

5 large ripe pears, sliced, pits removed

1-1/4 cups fresh cranberries

Directions

Crust

Mix flours in large bowl.

In a separate bowl combine oil, water, and salt.

Pour liquids into the flour bowl and mix together lightly to form a ball.

Place dough ball between two sheets of wax paper and roll out with a rolling pin.

Remove one sheet of wax paper.

Invert onto 9" pie plate and shape edges as desired. Discard extra dough.

Filling

Preheat oven to 400°F.

Place erythritol or Lakanto Monkfruit Sweetener® (keep 1 tablespoon separated for topping), cornstarch, nutmeg, orange zest and water in a bowl and mix thoroughly.

Wash fruit and slice pears.

Add cranberries and pears to the sauce filling and fold over until evenly coated.

Place 1/2 of the filling in the pie crust.

Use the remaining pears to create an ornamental top, and add remaining cranberries on top. Sprinkle 1 tablespoon erythritol on top of pie.

Place pie in oven and bake for 1 hour.

Makes 1 - 9" pie • Serving size = 1/8 of pie

210 calories • 7g fat • 100mg sodium • 46g carbohydrate • 7g fiber

15g sugar • 2g protein



Guiltless Pie Crust

Ingredients

1-1/2 cups whole wheat pastry flour
1/2 cup white whole wheat flour
1 cup oat flour
1 teaspoon salt
2/3 cup canola oil
2/3 cup water

Directions

In large bowl, mix together all flours and salt.

Add oil and water to blender and blend on high until creamy white.

Pour oil mixture on flour mixture and gently fold dough with hands until you have one large ball.

Split the dough in half to form two dough balls. If you only need to make one crust, freeze the second ball by wrapping in plastic wrap, placing in a freezer bag. Will last a couple months in the freezer.

Place dough ball between two pieces of wax paper. Press down and slowly flatten with a rolling pin until dough is about 1/8" thick.

Remove the top wax paper. Invert 1-9" pie pan on top of the dough. Hold pie pan firmly and flip both pan and dough, so the pie crust now lays on top of the pan. Remove wax paper and gently press dough into pie pan, making sure to fill in all gaps. Trim off excess dough around edges.

Add pie filling of choice and bake according to pie directions.

If your pie calls for a pre-baked crust, preheat oven to 400°F.

Use the bottom of a fork to press dough to the sides of the pan and then prick the bottom of the pie pan with fork.

Bake for 10-15 minutes.

Makes 2 - 9" pie crusts • Serving size = 1/8 of pie crust

108 calories • 7g fat • 0mg cholesterol • 98mg sodium • 10g carbohydrate
2g fiber • 2g protein



Peach Crisp

Ingredients

48 ounce bag (3 pounds) unsweetened frozen peaches
1 bag Bear Naked V'nilla Almond Granola®

Directions

Place frozen peaches in large pot, cover and heat over medium heat for 20 minutes. Stir frequently.

Remove lid. All peaches should be thawed out. Continue to cook over medium heat for 20 more minutes. Stir frequently.

Put 1/2 cup of peaches in a small bowl and top with 2 tablespoons of granola.

Makes 5 servings • Serving size = 1/2 cup

110 calories • 1g fat • 5mg sodium • 25g carbohydrates • 3g fiber • 3g protein



Almond Chocolate Chip Cookies

These mini chocolate chip cookies are gluten-free.

Ingredients

2 cups almond meal or almond flour
1/4 cup erythritol or Lakanto Monkfruit Sweetener, Classic®
1/4 teaspoon salt
1/2 teaspoon baking soda
1/4 cup + 2 tablespoons chocolate chips
1/4 cup oil
1/4 cup milk of your choice
2 teaspoons vanilla extract

Directions

Preheat oven to 350°F.

In a medium bowl, stir together the almond meal, erythritol or Lakanto Monkfruit Sweetener®, salt, baking soda and chocolate chips.

In another small bowl, whisk together well the oil, milk and vanilla.

Pour the liquid ingredients into the dry and stir together.

Using a small (1-1/4" diameter, 1 tablespoon) spring-loaded cookie scoop, pack the dough into the scoop, level off and drop onto a cookie sheet.

Repeat until all cookies are formed. You can leave them in mounds or flatten slightly.

Bake for 8-9 minutes until lightly browned on the edges.

Leave them on the cookie sheet for 5 minutes before removing to a wire rack to cool completely. Or you can enjoy them warm.

Makes 32 – 1 tablespoon cookies • Serving size = 2 cookies
70 calories • 6g fat • 40mg sodium • 4g carbohydrate • 1g fiber
1g sugar • 2g protein

Chewy Gingersnap Cookies

Use gluten-free oats to make these gingersnaps gluten-free.

Ingredients

1 tablespoon ground flaxseed
3 tablespoons water
1/3 cup finely chopped crystallized ginger
2 cups oat flour
1/2 cup erythritol
2 teaspoons baking soda
2 teaspoons cinnamon
1 teaspoon ground cloves
1/2 teaspoon ground ginger
1/2 teaspoon salt
1/3 cup oil
1/4 cup molasses
1/4 cup cane juice crystals or sugar in a small dish (for rolling)

Directions

Preheat oven to 350°F.

In a small dish, whisk together ground flaxseed and water. Set aside.

Finely chop crystallized ginger and set aside.

In a medium bowl, add oat flour, erythritol, baking soda, cinnamon, cloves, ginger and salt and stir together.

In another small bowl, whisk together the oil, molasses and flaxseed mixture.

Add the liquid ingredients to the dry, then add the chopped ginger and stir all together.

Using a medium size spring-loaded cookie scoop (1-5/8" diameter, 2 tablespoons), pack cookie dough into scoop, level off, remove and form into a ball.

Roll the ball in the sugar and place on a cookie sheet.

Repeat until all the balls are made. Do not flatten them. Leave at least an inch between balls.

Bake 12-14 minutes until golden brown and puffy, rotating cookie sheet halfway through baking.

Remove from oven and use back of a fork to gently press the center of each cookie a couple times to make a flattened cookie shape.

Leave the cookies on the baking sheet for about a minute before removing to a wire rack to cool completely.

Makes 20 cookies • Serving size = 1 cookie

90 calories • 4.5g fat • 190mg sodium • 18g carbohydrate • 1g fiber • 4g protein







Sugar-Free Snowball Cookies

Ingredients

1-1/2 cups Lakanto Powdered Monkfruit Sweetener®
1/2 cup finely chopped walnuts
2 cups whole wheat pastry flour
1 cup Earth Balance Buttery Spread™, Original or Soy-Free,
softened at room temperature
1 teaspoon vanilla extract

Directions

Finely chop walnuts.

Preheat oven to 325°F.

In a small bowl, stir together flour and chopped nuts. Set aside.

In a stand mixer or using an electric hand mixer, cream together the softened Earth Balance, 1 cup Powdered Monkfruit Sweetener® and vanilla.

Add flour mixture and mix to form dough.

Using a small (1-1/4" diameter, 1 tablespoon) spring-loaded cookie scoop, pack dough into scoop, level off, remove and form into a ball and place on a cookie sheet.

Repeat until all balls are formed.

Bake for 20-25 minutes until lightly browned.

Remove from cookie sheet and place on cooling rack.

When dough balls are just slightly warm, roll in the remaining Powdered Monkfruit Sweetener® to coat. Put back on the wire rack to cool completely.

Important note: DO NOT roll the balls in the powdered sweetener when they're hot from the oven or it becomes a gooey coating.

Makes 42 balls • Serving size = 2 balls

120 calories • 10g fat • 85mg sodium • 16g carbohydrate • 1g fiber • 2g protein

Date-Sweetened Gingerbread Balls

Use gluten-free oats to make this recipe gluten-free.

Ingredients

1-1/4 cups packed pitted dates (40 regular dates; 20 medjools)

1/2 cup almond meal or almond flour

3/4 cup rolled oats

1 tablespoon cinnamon

1 teaspoon ground ginger

1/2 teaspoon nutmeg

1/4 teaspoon cloves

1/4 teaspoon vanilla extract

1/4 cup coconut sugar

Directions

Put pitted dates in a small bowl and rinse with cold water and drain. Pat between paper towels to remove excess water.

In a small bowl, stir together almond meal, oats and spices, excluding the vanilla.

Put the almond meal mixture in a food processor and process until it becomes a fine consistency like flour.

Add half the dates and vanilla and process until well combined.

Then add the remaining dates and process until a uniform dough is formed.

Using a small (1-1/4" diameter, 1 tablespoon) spring-loaded cookie scoop, pack dough into scoop, level off, remove and roll into a ball.

Roll ball in coconut sugar to coat.

Repeat until all balls are formed.

Keep gingerbread balls in an airtight container at room temperature for several days or in the refrigerator for a week...if they last that long.

Makes 27 balls • Serving size = 2 balls

100 calories • 2.5g fat • 0mg sodium • 20g carbohydrate • 3g fiber • 2g protein



Sugar-Free Chocolate Chip Peanut Butter Bars

Use gluten-free oats to make this recipe gluten-free.

Ingredients

Important note: applesauce, peanut butter and milk need to be at room temperature so you can stir them together.

1/2 cup unsweetened applesauce
1 cup creamy natural peanut butter (not chunky)
1 teaspoon vanilla extract
2 tablespoons milk of your choice
1/4 cup + 2 tbsp oat flour (can use whole wheat pastry or spelt flour)
1/8 teaspoon salt
1-1/2 teaspoons baking soda
1/2 cup erythritol or Lakanto Monkfruit Sweetener®
3 tablespoons chocolate chips

Directions

Preheat oven to 350°F.

Spray an 8x8" baking dish.

In a mixing bowl, stir together applesauce, peanut butter, vanilla and milk. It will be very thick, and that's OK because that's how it's supposed to be. Set aside.

In another bowl, stir together oat flour, salt, baking soda and erythritol or Lakanto Monkfruit Sweetener®.

Pour dry ingredients into wet ones and stir everything together. It will seem very dry at first, but keep stirring until about half incorporated. Then knead with your hands until you end up with thick cookie dough.

Transfer dough into baking dish and press it down evenly with a metal spatula.

Sprinkle chocolate chips on top and press them into the dough with spatula.

Bake only 12-13 minutes, or dough will start to burn around the edges.

Cool completely on a wire rack before cutting into bars. They firm up as they cool.

Makes 16 – 2x2" bars • Serving size = 1 bar

120 calories • 9g fat • 200mg sodium • 13g carbohydrate • 1g fiber • 3g sugars • 4g protein



Blondie Bars

Ingredients

1 - 15 ounce can garbanzo beans, drained and rinsed very well
3 tablespoons natural creamy peanut butter
3/4 teaspoon baking powder
1/8 teaspoon baking soda
2 teaspoons vanilla extract
1/8 teaspoon salt
2/3 cup coconut sugar or brown sugar, not packed
1 tablespoon applesauce
1/4 cup quick oats
2-1/4 teaspoons cinnamon

Directions

Preheat oven to 350°F. Spray an 8x8" baking dish.

In a food processor, cream all ingredients until smooth, scoop mixture into baking dish and press it down evenly with a metal spatula.

Bake for 35 minutes. The blondies need to be a little undercooked when removed from oven. They will firm up as they cool.

Makes 9 bars • Serving size = 1 bar

160 calories • 3.5g fat • 170mg sodium • 30g carbohydrate
4g fiber • 18g sugar • 4g protein







Scrumptious Pumpkin Bread

Ingredients

- 1/2 cup chopped walnuts
- 1 cup whole wheat pastry flour
- 3/4 cup unbleached white flour
- 2/3 cup erythritol or Lakanto Monkfruit Sweetener®
- 1 1/2 teaspoons baking soda
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon pumpkin pie spice
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon allspice or ground ginger
- 1/8 teaspoon cloves
- 1 cup + 6 tablespoons canned pumpkin puree (not canned pumpkin pie mix)
- 1/3 cup oil
- 2 tablespoons molasses or maple syrup
- 2 tablespoons vanilla extract

Directions

Preheat oven to 350°F.

Grease and flour a loaf pan.

Chop walnuts and set aside.

In a medium bowl, stir together flours, erythritol or Lakanto Monkfruit Sweetener®, baking soda and powder, salt and spices. Set aside.

In a small bowl, whisk together pumpkin, oil, molasses and vanilla.

Add wet mixture to dry, add nuts and stir together until just combined. The batter will be very thick, but don't worry. That's the way it's supposed to be.

Scrape into prepared loaf pan and smooth top.

Bake 50 minutes, until the top is browned and a toothpick inserted in the center comes out clean.

Let cool on a wire rack for 20 minutes.

Using a butter knife, gently loosen the bread from the sides of pan and invert onto wire rack. Cool completely before slicing.

Makes 12 slices • Serving size = 1 slice

160 calories • 10g fat • 135mg sodium • 27g carbohydrate • 3g fiber • 3g protein

Yummy Black Bean Brownies

Ingredients

1-1/2 cups whole wheat pastry flour
1 cup erythritol or Lakanto Monkfruit Sweetener®
2/3 cup cane juice crystals or sugar
1-1/4 teaspoons baking powder
2/3 cup cocoa powder
1 - 15-ounce can of black beans, rinsed and drained very well
1/3 cup oil
1 teaspoon salt
3/4 cup water
1 teaspoon vanilla extract

Directions

Preheat oven to 350°F.

Spray a 9x13" baking dish and set aside.

Put whole wheat pastry flour, erythritol or Lakanto Monkfruit Sweetener®, sugar, baking powder and cocoa powder in a mixing bowl and stir together well with a wire whisk.

Pour the canned black beans into a colander and rinse well.

Drain beans and put them in a blender.

Add oil, salt and water and blend until very creamy, for at least one minute.

Pour blended ingredients into the dry, add vanilla and stir together until just combined.

Scrape into prepared baking dish and smooth out.

Bake for 15 minutes. Rotate dish and bake an additional 10 minutes.

Place on a wire rack to cool completely before cutting.

Makes 24 – 2x2" brownies • Serving size = 1 brownie

80 calories • 3.5g fat • 140mg sodium • 21g carbohydrate • 2g fiber • 2g protein



Strawberry Raspberry Galette

Ingredients

18 ounces fresh raspberries
¼ cup erythritol or Lakanto Monkfruit Sweetener®
32 ounces fresh strawberries, quartered
1 tablespoon lemon juice
1 teaspoon vanilla extract
1 tablespoon cornstarch
1 roll fillo dough

Directions

Preheat oven to 350°F.

In a saucepan over medium heat, cook together raspberries and erythritol or Lakanto Monkfruit Sweetener® for 15 minutes.

In a small bowl, whisk together lemon juice, vanilla extract and cornstarch.

When raspberries are finished cooking, remove from heat and slowly add in the cornstarch mixture.

Gently fold strawberries into the raspberry cornstarch mixture.

Spray large baking sheet with cooking spray.

Unroll fillo dough. Place 1/4 of the sheets on the sprayed baking sheet and spray the sheets with cooking spray. Add 1/4 more fillo dough sheets directly on top of the other sheets and spray the sheets with cooking spray. Place another 1/4 of fillo dough sheets perpendicularly to the currently sprayed sheets and spray with cooking spray again. Place the last 1/4 sheets diagonally and spray.

Pour fruit mixture into center of dough and fold up the edges to create a bowl around the fruit.

Bake for 30-35 minutes.

Makes 16 servings • 1 serving = 1/16 of galette

20 calories • 0g fat • 0mg cholesterol • 85mg sodium • 30g carb

4g fiber • 3g protein





The Healthy New Year Menu

If there's one thing the South is known for, it's great comfort foods. And when those comfort foods also happen to be healthy, we can't help but pass on the tradition.

(which hold an uncanny resemblance to paper money) will help you win the lottery next year, but they will give you a great start to a healthy new year.

The meal is eaten to attract good fortune in the coming year.

And we think good health is the best fortune one can come into!

We're not promising that eating blackeyed peas (said to resemble coins) and collards

A Fortunate Meal

You'll be making 3 dishes for this meal:

- Savory Jalapeño Cornbread
- Good Luck Black-Eyed Peas over brown rice
- Collard Greens

The night before, cook the Good Luck Black-Eyed Peas recipe and cook the brown rice according to package directions. You can also use frozen brown rice to save even more time.

In the morning, prepare the cornbread and place it in the oven.

While the cornbread is baking, cook collards and warm up the peas.

This meal tastes fantastic when freshly cooked, with the smell of freshly baking cornbread surrounding the lunch table. Don't throw out the leftovers, they're surprisingly delicious even 2-3 days later.





Good Luck Black-Eyed Peas

Ingredients

1 pound dry black-eyed peas
4 cups vegetable broth, low-sodium
1/2 teaspoon dried bay leaves
1/2 teaspoon dried thyme
1 onion, diced
3 garlic cloves, minced
2 jalapeño peppers, deseeded and deveined, finely chopped
2 teaspoons olive oil
1 cup celery, diced
1 pound carrots, thinly sliced
1 cup water
Salt, to taste

Directions

Remove any dark colored peas. Rinse them and place in large pot with vegetable stock, bay leaves and thyme. Cook over medium-high heat. Keep peas at a light boil for 40 minutes.

While peas are cooking, place onion, garlic, jalapeño and olive oil in a large skillet and sauté over medium-high heat for 5 minutes.

Add celery and carrots to sauté mixture and cook for an additional 10 minutes. Stir frequently. Reduce heat if mixture starts to stick to pan.

Pour in water to sautéed mixture and cook for an additional 10 minutes or until carrots are soft.

Once the peas are done, add sautéed mixture to peas and cook for 5-10 minutes. If you want your peas thicker, continue to cook the mixture on low-medium heat until desired thickness.

Remove bay leaf. Salt to taste.

Makes 9 servings • Serving size = 1 cup
100 calories • 1.5g fat • 135mg sodium • 20g carbohydrate
4g fiber • 2g protein

Savory Jalapeño Cornbread

Ingredients

1 cup whole grain medium grind cornmeal
1 cup white whole wheat flour or whole wheat pastry flour
2 teaspoons baking soda
1/2 cup water
1 cup cashew milk, unsweetened or milk of choice
1/2 cup Egg Beaters™
1/3 cup pickled jalapeños, chopped
1 cup frozen corn
1 cup low-fat shredded cheddar cheese
2 teaspoons olive oil

Directions

Preheat oven to 400°F.

In a large bowl, stir together cornmeal, flour, and baking soda.

Add water, milk and Egg Beaters and mix together well.

Fold in jalapeños, corn and cheese.

Heat olive oil in a 10-inch cast iron skillet over medium-high heat. Using an oven mitt, rotate the skillet around to make sure the olive oil covers the entire bottom.

Pour cornbread mixture into skillet and place in oven to bake for 30 minutes or until toothpick comes out clean.

Makes 8 slices • Serving size = 1 slice

170 calories • 3.5g fat • 540mg sodium • 5mg cholesterol

27g carbohydrate • 3g fiber • 9g protein







Collard Greens

Ingredients

12 green onions, sliced
1 clove garlic, minced
1/4 teaspoon red pepper flakes
2 teaspoons olive oil
1 pound collard greens, destemmed and chopped
3 cups low-sodium vegetable stock

Directions

In a medium pot over medium heat, sauté onions, garlic and red pepper flakes in olive oil for 5 minutes.

Add half of the collards and stir until leaves are wet looking before adding the other half. Constantly stir collards for 3 minutes so they don't stick.

Pour in stock, bring to a boil and then reduce heat to medium. Simmer for 30 minutes or until desired tenderness is reached.

Makes 3 cups • Serving size = 1/2 cup

70 calories • 2g fat • 125mg sodium • 11g carbohydrate
5g fiber • 3g protein





Full Plate Living Nutrition Programs Now Available at No Cost

Our mission is to show you how eating full plates of delicious fiber rich foods can help you achieve greater health.

Ardmore Institute of Health has made it possible for you to sign up for Full Plate Living at **no cost**.

Visit fullplateliving.org to sign up for free.



fullplateliving.org



ardmoreinstituteofhealth.org

The Full Plate Living
Healthy Holiday Cookbook



USD \$24.99