

Healthy Holiday Dishes

During this holiday season there are three prominent celebrations that take place; Christmas, Hanukkah, and Kwanzaa. The following recipes are healthier options of both traditional and contemporary dishes associated with these particular celebrations. Most of the recipes were compiled from an assortment of websites which can be found next to the name of the dish.

Christmas Recipes

Citrus-Ambrosia Salad from *Good Housekeeping* (www.goodhousekeeping.com)

Serves: 8

Prep time: 10 minutes

Cook time: 3 minutes

Nutritional information: Calories 110, Total fat 7g, Sodium 90mg, Carbohydrate 13g, Dietary fiber 1g, Protein 1g

Ingredients:

- 1/2 cup(s) unsweetened coconut flakes
- 1 jar(s) (1 1/2-pound) refrigerated citrus segments in juice
- 1 (or more, to taste) limes
- 1/4 teaspoon(s) salt
- 1/8 teaspoon(s) coarsely ground black pepper
- 3 tablespoon(s) olive oil
- 2 bag(s) (5- to 6-ounce) mixed baby greens or spring mix with herbs

Directions:

1. Toast coconut flakes: Preheat oven to 350 degrees F. Place coconut in 15 1/2" by 10 1/2" jelly-roll pan in single layer. Toast 3 minutes or until golden. (Coconut can burn easily; check after 2 minutes.)
2. Drain citrus segments, reserving 1 tablespoon juice in large bowl. From limes, grate 1/2 teaspoon peel and squeeze 2 tablespoons juice; add to citrus juice in bowl. Whisk in 1/4 teaspoon salt and 1/8 teaspoon coarsely ground black pepper. In thin, steady stream, whisk in oil until blended.

3. Add greens to dressing; toss to coat. Arrange dressed greens on 8 salad plates; top with citrus segments and coconut flakes.

Green Bean Casserole from *Eating Well* (www.eatingwell.com)

Serves: 6 or $\frac{3}{4}$ cup each

Active time: 30 minutes

Total time: 45 minutes

Nutritional information: Calories 212, Total fat 10g, Cholesterol 10mg, Sodium 533mg, Carbohydrate 23g, Protein 7g, Fiber 3g

Ingredients:

- 3 tablespoons canola oil, divided
- 1 medium sweet onion, (half diced, half thinly sliced), divided
- 8 ounces mushrooms, chopped
- 1 tablespoon onion powder
- 1 $\frac{1}{4}$ teaspoons salt, divided
- $\frac{1}{2}$ teaspoon dried thyme
- $\frac{1}{2}$ teaspoon freshly ground pepper
- $\frac{2}{3}$ cup all-purpose flour, divided
- 1 cup low-fat milk
- 3 tablespoons dry sherry
- 1 pound frozen French-cut green beans, (about 4 cups)
- $\frac{1}{3}$ cup reduced-fat sour cream
- 3 tablespoons buttermilk powder
- 1 teaspoon paprika
- $\frac{1}{2}$ teaspoon garlic powder

Directions:

1. Preheat oven to 400°F. Coat a 2 $\frac{1}{2}$ -quart baking dish with cooking spray.
2. Heat 1 tablespoon oil in a large saucepan over medium heat. Add diced onion and cook, stirring often, until softened and slightly translucent, about 4 minutes. Stir in mushrooms, onion powder, 1 teaspoon salt, thyme and pepper. Cook, stirring often, until the mushroom juices are almost evaporated, 3 to 5 minutes. Sprinkle $\frac{1}{3}$ cup flour over the vegetables; stir to coat. Add milk and sherry and bring to a simmer, stirring often. Stir in green beans and return to a simmer. Cook, stirring, until heated through, about 1 minute. Stir in sour cream and buttermilk powder. Transfer to the prepared baking dish.
3. Whisk the remaining $\frac{1}{3}$ cup flour, paprika, garlic powder and the remaining $\frac{1}{4}$ teaspoon salt in a shallow dish. Add sliced onion; toss to coat. Heat the remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add the onion

along with any remaining flour mixture and cook, turning once or twice, until golden and crispy, 4 to 5 minutes. Spread the onion topping over the casserole.

4. Bake the casserole until bubbling, about 15 minutes. Let cool for 5 minutes before serving.

Glazed Ham with Apricots from *Good Housekeeping* (www.goodhousekeeping.com)

Serves: 16

Prep time: 35 minutes

Cook time: 2 hours 15 minutes

Nutritional information: Calories 240, Total fat 7g, Cholesterol 62mg, Sodium 1,525mg, Carbohydrate 16g, Protein 29g

Ingredients:

- 1 (7-pound) fully cooked bone-in smoked half ham
- 1 package(s) (6-ounce) dried apricot halves
- 2 tablespoon(s) whole cloves
- 1/2 cup(s) orange marmalade or apricot jam
- 2 tablespoon(s) country-style Dijon mustard with seeds

Directions:

1. Preheat oven to 325 degrees F. With knife, remove skin and trim all but 1/8 inch fat from ham. Secure apricots with cloves to fat side of ham in rows, leaving some space between apricots. Place ham, fat side up, on rack in large roasting pan (17" by 11 1/2"); add 1 cup water. Cover pan tightly with foil. Bake 2 hours.
2. After ham has baked 1 hour and 45 minutes, **prepare glaze:** In 1-quart saucepan, heat marmalade and mustard to boiling on medium-high. Remove foil from ham and carefully brush with some glaze. Continue to bake ham 30 to 40 minutes longer or until meat thermometer reaches 135 degrees F, brushing with glaze every 15 minutes. Internal temperature of ham will rise 5 to 10 degrees F upon standing. (Some apricots may fall off into pan as you glaze.)
3. Transfer ham to cutting board; cover and let stand 20 minutes for easier slicing. Slice ham and serve with apricots from pan.

Low-Fat Gingerbread Men from *about.com* (lowfatcooking.about.com)

Makes: 30 cookies

Cook time: 10 minutes

Nutritional information: Calories 94, Total fat 1.8g, Cholesterol 11mg, Sodium 48mg, Carbohydrate 18g, Fiber 0.4g, Protein 1.5g

Ingredients:

- 1/4 cup butter, softened
- 3/4 cup firmly packed brown sugar
- 1/2 cup unsweetened applesauce
- 1 egg
- 1/3 cup dark molasses
- 3 cups all-purpose flour
- 1 tsp baking soda
- 2 tsp ground ginger
- 1 tsp ground cinnamon
- 1/2 tsp allspice
- 1/4 tsp ground cloves

Directions:

1. In a large mixing bowl, beat butter, sugar and applesauce until smooth. Add egg and molasses and mix well. In another large bowl, combine flour, baking soda and spices. Add to sugar and molasses mixture, stirring well. Divide dough in two; cover with plastic wrap and chill for 2 hours.
2. Preheat oven to 350 degrees. Roll out dough to 1/4 or 1/8-inch thickness. Cut gingerbread men with a cookie cutter. Add candies or raisins to decorate. Place 1-2 inches apart on a parchment-lined baking sheet. Bake 10-12 minutes. Add frosting or more decorations when cool.

Hanukkah Recipes

Crispy Potato Latkes from *Eating Well* (www.eatingwell.com)

Makes: 12 latkes

Active time: 50 minutes

Total time: 1 ½ hours

Nutritional information: Calories 100, Total fat 4g, Cholesterol 18mg, Sodium 204mg, Carbohydrate 15g, Protein 2g, Fiber 2g

Ingredients:

- 1 1/2 pounds russet potatoes, (about 2), shredded
- 1 medium white onion, shredded
- 2 medium shallots, minced (about 1/4 cup)
- 1 teaspoon salt
- 1 large egg, lightly beaten
- 2 pieces whole-wheat matzo, (6-by-6-inch), broken into pieces
- 1/2 teaspoon white pepper
- 3 tablespoons peanut oil, or extra-virgin olive oil, divided

Directions:

1. Toss shredded potato, onion, shallots and salt in a medium bowl. Transfer to a sieve set over a large bowl; let drain for about 15 minutes. Squeeze the potato mixture, a handful at a time, over the bowl to release excess moisture (don't over squeeze, some moisture should remain). Transfer the squeezed potato mixture to another large bowl. Carefully pour off the liquid, leaving a pasty white sediment potato starch in the bottom of the bowl. Add the starch to the potato mixture. Stir in egg.
2. Put matzo pieces in a sealable plastic bag and crush with a rolling pin into coarse crumbs. Sprinkle the crumbs and pepper over the potato mixture and toss to combine. Cover and refrigerate until the matzo is softened, 20 to 30 minutes.
3. Preheat oven to 425°F. Coat a baking sheet with cooking spray.
4. Heat 1 tablespoon oil in a large skillet over medium-high heat. Stir the potato mixture. Cook 4 latkes per batch: place 1/4 cup potato mixture in a little of the oil and press with the back of a spatula to flatten into a 3 1/2-inch cake. Cook until crispy and golden, 1 1/2 to 3 minutes per side. Transfer the latkes to the prepared baking sheet. Continue with 2 more batches, using 1 tablespoon oil per batch and reducing the heat as needed

to prevent scorching. Transfer the baking sheet to the oven and bake until heated through, about 10 minutes.

Oven Barbecued Brisket from *Eating Well* (www.eatingwell.com)

Serves: 12

Active time: 30 minutes

Total time: 12 hours including 8 hours marinating time

Nutritional information: Calories 228, Total fat 7g, Cholesterol 64mg, Sodium 221mg, Carbohydrate 8g, Protein 32g, Fiber 1g

Ingredients:

- 2 medium shallots, minced
- 2 cloves garlic, minced
- 4 teaspoons chili powder
- 4 teaspoons smoked paprika or Hungarian paprika
- 2 teaspoons ground cinnamon
- 2 teaspoons dried oregano
- 1 teaspoon kosher salt
- 4 pounds first-cut brisket, (or flat-cut), trimmed of fat
- 1/4 cup Worcestershire sauce
- 1 14-ounce can no-salt-added diced tomatoes
- 1/4 cup packed dark brown sugar
- 1/4 cup cider vinegar

Directions:

1. Combine shallots, garlic, chili powder, paprika, cinnamon, oregano and salt in a small bowl. Rub into both sides of meat. Set the meat in a 9-by-13-inch baking dish, cover and refrigerate for at least 8 hours or overnight.
2. Pour Worcestershire sauce over the meat. Cover the pan with foil and set aside at room temperature while the oven heats to 350°F.
3. Bake the brisket, covered, for 2 hours. Meanwhile, blend tomatoes, brown sugar and vinegar in a large blender or food processor until smooth.
4. After 2 hours, pour the tomato mixture over the meat; continue baking, covered, until fork-tender, basting with pan juices every 30 minutes, for about 1 1/2 hours more.

5. Remove the meat from the sauce. Let rest for 10 minutes and then slice against the grain. Skim the fat from the sauce in the pan; pour the sauce over the meat and serve.

Marmalade-Glazed Orange Cheesecake from *Eating Well*
(www.eatingwell.com)

Serves: 16

Active time: 1 ½ hours

Total time: 4 ½ hours

Nutritional information: Calories 199, Total fat 7g, Cholesterol 30mg, Sodium 293mg, Carbohydrate 26g, Protein 9g, Fiber 1g

Ingredients:

Crust

- 20 vanilla snaps, or wafers
- 1 tablespoon canola oil

Filling

- 2 1/2 cups low-fat (1%) cottage cheese
- 12 ounces reduced-fat cream cheese, (not nonfat), cut into pieces
- 2/3 cup granulated sugar, or
- 1/3 cup packed light brown sugar
- 1/4 cup cornstarch
- 1 large egg
- 2 large egg whites
- 1 cup nonfat or low-fat plain yogurt
- 4 teaspoons freshly grated orange zest
- 2 tablespoons orange juice
- 1 teaspoon vanilla extract

Glaze & garnish

- 2 tablespoons orange marmalade
- 2 tablespoons orange liqueur, or orange juice
- 1 seedless orange, scrubbed and thinly sliced
- Mint sprigs

Directions:

1. Preheat oven to 325°F. Coat a 9-inch spring form pan with cooking spray. Put a kettle of water on to boil for the water bath. Wrap the outside of the pan with a double thickness of foil.
2. To prepare crust: Grind vanilla snaps in a food processor. Add oil and process until the crumbs are moistened. Press crumbs evenly into the bottom of the prepared pan.
3. To prepare filling: Puree cottage cheese in a food processor (use a clean bowl) until smooth, scraping down the sides once or twice. Add cream cheese, granulated sugar (or Splenda), brown sugar and cornstarch. Process until very smooth. Add egg, egg whites, yogurt, orange zest, orange juice and vanilla; process until smooth. Pour over the crust.
4. Place the cheesecake in a shallow roasting pan and pour in enough boiling water to come 1/2 inch up the outside of the spring form pan. Bake until the edges are set but the center still jiggles when the pan is tapped, 50 to 60 minutes.
5. Turn off the oven. Spray a knife with cooking spray and run it around the inside edge of the pan. Let the cheesecake stand in the oven, with the door ajar, for 1 hour. Remove the cheesecake from the water bath and remove the foil. Refrigerate, uncovered, until chilled, about 2 hours.
6. To glaze and garnish cheesecake: Shortly before serving, combine marmalade and orange liqueur (or juice) in a small saucepan. Heat over low heat, stirring, until melted and smooth. Place cheesecake on a serving platter and remove pan sides. Brush glaze over the top of the cheesecake. Make a slit in each orange slice, then twist and wrap it into a rosette. Garnish cheesecake with the orange rosettes and mint.

Kwanzaa Recipes

Papaya-Avocado Salad from *Eating Well* (www.eatingwell.com)

Serves: 4 or 2/3 cup each

Active time: 10 minutes

Total time: 10 minutes

Nutritional information: Calories 116, Total fat 8g, Cholesterol 0mg, Sodium 23mg, Carbohydrate 11g, Protein 2g, Fiber 5g

Ingredients:

- 1 medium papaya, diced
- 1 medium avocado, diced
- 3/4 cup diced jicama
- 2 tablespoons chopped toasted walnuts
- 2 tablespoons low-fat raspberry vinaigrette

Directions:

1. Toss papaya, avocado, jicama, walnuts and raspberry vinaigrette in a medium bowl.

Sweet Potato Casserole from *Eating Well* (www.eatingwell.com)

Makes: 10 servings, ½ cup each

Active time: 30 minutes

Total time: 1 ¼ hours

Nutritional information: Calories 242, Total fat 10g, Cholesterol 46mg, Sodium 170mg, Carbohydrate 36g, Protein 5g, Fiber 4g

Ingredients:

- 2 1/2 pounds sweet potatoes, (3 medium), peeled and cut into 2-inch chunks
- 2 large eggs
- 1 tablespoon canola oil
- 1 tablespoon honey
- 1/2 cup low-fat milk
- 2 teaspoons freshly grated orange zest
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt

Topping

- 1/2 cup whole-wheat flour
- 1/3 cup packed brown sugar
- 4 teaspoons frozen orange juice concentrate
- 1 tablespoon canola oil
- 1 tablespoon butter, melted

- 1/2 cup chopped pecans

Directions:

1. Place sweet potatoes in a large saucepan and cover with water. Bring to a boil. Cover and cook over medium heat until tender, 10 to 15 minutes. Drain well and return to the pan. Mash with a potato masher. Measure out 3 cups. (Reserve any extra for another use.)
2. Preheat oven to 350°F. Coat an 8-inch-square (or similar 2-quart) baking dish with cooking spray.
3. Whisk eggs, oil and honey in a medium bowl. Add mashed sweet potato and mix well. Stir in milk, orange zest, vanilla and salt. Spread the mixture in the prepared baking dish.
4. To prepare topping: Mix flour, brown sugar, orange juice concentrate, oil and butter in a small bowl. Blend with a fork or your fingertips until crumbly. Stir in pecans. Sprinkle over the casserole.
5. Bake the casserole until heated through and the top is lightly browned, 35 to 45 minutes.

North African Orange and Lamb Kebabs from *Eating Well*

(www.eatingwell.com)

Serves: 4

Active time: 20 minutes

Total time: 40 minutes

Nutritional information: Calories 199, Total fat 5g, Cholesterol 73mg, Sodium 377mg, Carbohydrate 12g, Protein 25g, Fiber 2g

Ingredients:

- 1/2 cup loosely packed fresh cilantro leaves
- 1/2 cup loosely packed fresh parsley leaves
- 3 cloves garlic, crushed and peeled
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/4 cup nonfat plain yogurt

- 2 tablespoons lemon juice
- 1 pound lean leg of lamb, trimmed of fat and cut into 1-inch cubes
- 2 seedless oranges, unpeeled, quartered and cut into 1/4-inch-thick slices

Directions:

1. Preheat grill to high.
2. Combine cilantro, parsley, garlic, paprika, cumin, salt and pepper in a food processor; process until the herbs are finely chopped. Add yogurt and lemon juice; process until smooth. Scrape into a medium bowl, add lamb and toss to coat. Cover with plastic wrap and marinate in the refrigerator for 20 minutes.
3. Thread lamb and orange slices alternately onto 8 skewers. Discard marinade.
4. Oil the grill rack. Grill the kebabs, turning occasionally, until cooked to desired doneness, 7 to 10 minutes for medium-rare. Serve immediately.

Spiced Pumpkin Cookies from *Eating Well* (www.eatingwell.com)

Makes: 36 cookies

Active time: 15 minutes

Total time: 1 hour

Nutritional information: Calories 68, Total fat 2g, Cholesterol 12mg, Sodium 67mg, Carbohydrate 12g, Protein 1g, Fiber 1g

Ingredients:

- 2/3 cup whole-wheat pastry flour
- 2/3 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- 1/4 teaspoon freshly grated nutmeg
- 3/4 cup canned plain pumpkin puree
- 3/4 cup packed light brown sugar, or 1/3 cup
- 2 large eggs

- 1/4 cup canola oil
- 1/4 cup dark molasses
- 1 cup raisins

Directions:

1. Preheat oven to 350°F. Coat 3 baking sheets with cooking spray.
2. Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda, salt, cinnamon, ginger, allspice and nutmeg in a large bowl.
3. Whisk pumpkin, brown sugar (or Splenda), eggs, oil and molasses in a second bowl until well combined. Stir the wet ingredients and raisins into the dry ingredients until no traces of dry ingredients remain. Drop the batter by level tablespoonfuls onto the prepared baking sheets, spacing the cookies 1 1/2 inches apart.
4. Bake the cookies until firm to the touch and lightly golden on top, 10 to 12 minutes, switching the pans back to front and top to bottom halfway through. Transfer to a wire rack and let cool.