

# HEALTHY HOLIDAY RECIPES

RECIPES TO HELP YOU LIGHTEN UP THIS HOLIDAY SEASON



Not sure what to do with the Thanksgiving leftovers **and** trying not to feel overstuffed? Tired of committing to a New Year's resolution to loose weight? Why not make it a little easier on yourself with these great tasting healthy recipes! You will be delighted by the "defatted" versions of old favorites, as well as tempting new creations that are great for holiday entertaining or homemade gift ideas. Enjoy the holidays while celebrating with your waistline in mind!

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The material contained in this Newsletter has been selected to provide general background and useful information regarding maintaining weight or avoiding the cumulative effects of gradual weight gain during the holiday season. It is not intended to be complete or tailored to your specific needs. You should discuss the information, facts and tips with your doctor. You should not engage in physical activity, which may have injury and health risks associated with it, until you confirm with your doctor that it is appropriate for you. If you experience any pain or discomfort, call your doctor. The material contained in this Newsletter is not designed to replace either medical advice or medical treatment. Highmark does not endorse any product or service and does not provide any medical or legal advice.

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# HOLIDAY RECIPES LIGHTENED UP

## AUNT BARB'S SPINACH MASHED POTATOES

### Ingredients:

- 8 medium all-purpose potatoes
- 1 cup reduced fat-sour cream
- 3 tablespoons trans fat-free margarine
- 1 teaspoon dried chives
- 1 teaspoon dried dill
- 1 (10-ounce) box frozen chopped spinach, thawed and drained well
- 3/4 cup shredded 2% milk extra-sharp Cheddar cheese

### Instructions:

1. Wash and scrub potatoes and remove blemishes.
2. Place in boiling water, cover and cook until tender – about 25 minutes. Peel, if desired, and mash with a potato masher.
3. In a medium bowl, combine sour cream, margarine, chives, dill and drained spinach. Swirl through mashed potatoes.
4. Place potatoes in casserole dish coated with nonstick cooking spray. Top with cheese.
5. Bake at 350 degrees F for 30 to 40 minutes or until hot. Makes 8 servings.

**Nutrition Facts per Serving:** 145 calories, 5.5g total fat, 3g dietary fiber, 6.5g protein, 17g carbohydrate, 130mg sodium

## HONEY-ROASTED ROOT VEGETABLES

### Ingredients:

- 1 large sweet potato, scrubbed and cut into cubes
- 2 medium turnips, scrubbed, peeled and cut into cubes
- 2 medium parsnips, scrubbed, peeled and cut into cubes
- 3 medium carrots, scrubbed and cut into cubes
- 2 medium sweet onions, cut into cubes
- 2 tablespoons honey
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

### Instructions:

1. Combine all ingredients in a large bowl and toss to coat.
2. Place vegetable mixture on a jelly-roll pan or shallow baking pan coated with nonstick cooking spray.



3. Bake at 450 degrees F for 35 minutes or until vegetables are tender and begin to brown. Stir every 15 minutes. Makes 8 servings.

**Nutrition Facts per Serving:** 125 calories, 4g total fat, 5g dietary fiber, 2g protein, 23g carbohydrate, 170mg sodium

### DID YOU KNOW?

A typical Thanksgiving meal contains about 2,000 to 3,000 calories. Try these lower-calorie, lower-fat modified versions of favorite holiday fare.



## COOL & CREAMY PUMPKIN PIE

### Ingredients:

- 2 cups unsweetened canned pumpkin
- 3-1/2 cups lite frozen whipped topping, thawed, divided
- 1 small package instant vanilla pudding mix, sugar-free
- 1-1/4 teaspoons pumpkin pie spice
- 1 prepared graham cracker pie crust

### Instructions:

1. In a large bowl, combine pumpkin, 2-1/2 cups whipped topping, pudding and spices.
2. Beat with an electric mixer at low speed for 1 to 2 minutes or until well blended.
3. Spread evenly into graham cracker crust and top with remaining 1 cup whipped topping.



4. Quick chill in the freezer for 10 minutes or until ready to serve. Store in the refrigerator. Makes 9 servings.

**Nutrition Facts per Serving:** 172 calories, 4g total fat, 2g protein, 32g carbohydrate

## CRANBERRY ORANGE BREAD

### Ingredients:

- 1-3/4 cups white whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup chopped fresh cranberries
- 1/4 cup finely chopped walnuts
- 2 tablespoons canola oil
- 1/2 cup low-fat buttermilk
- 1/4 cup plus 2 tablespoons granulated sugar
- 1/2 cup egg substitute
- 1 tablespoon grated orange rind
- 1 cup unsweetened orange juice

### Instructions:

1. Combine flour, baking powder, soda and salt in a medium bowl; fold in cranberries and walnuts. Make a well in the center; set aside.
2. Combine oil and buttermilk in a large bowl; gradually add sugar, whisking until well combined. Whisk in egg substitute, orange rind and orange juice.



3. Pour buttermilk mixture into flour mixture and stir just until blended.
4. Pour batter into a 9-inch loaf pan coated with nonstick cooking spray.
5. Bake at 350 degrees F for 50 to 55 minutes or until toothpick inserted into center comes out clean. Cool in pan 10 minutes; remove and cool completely before slicing. Makes 1 loaf (12 servings).

**Nutrition Facts per Serving:** 128 calories, 3.5g total fat, 3g dietary fiber, 4g protein, 17g carbohydrate, 221mg sodium

## CHEESE TORTELLINI WITH PUMPKIN SAUCE

### Ingredients:

- 2 (16-ounce) bags frozen cheese tortellini (look for the lowest fat brand available)
- 1 (15-ounce) can 100% pure pumpkin
- 2 cups vegetable broth
- 2 tablespoons dark brown sugar
- 1 tablespoon butter or trans fat-free margarine
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground white pepper
- 1/4 cup reduced-fat sour cream, optional

### Instructions:

1. Cook tortellini in a large stockpot in boiling water, according to package directions. Drain and set aside.
2. Meanwhile, combine the pumpkin, broth, sugar, butter, ginger, cinnamon, nutmeg and pepper in a medium saucepan, stirring to combine.



3. Place pumpkin mixture over medium heat and bring to a simmer, stirring occasionally until the butter melts and the mixture is heated through.
4. Just before serving, stir sour cream into the pumpkin sauce, if desired. To serve, place the tortellini on individual plates and top with pumpkin sauce. Makes 9 servings.

**Nutrition Facts per Serving:** 342 calories, 5g total fat, 3g dietary fiber, 12g protein, 59g carbohydrate, 839mg sodium

## BLOND FRENCH ONION SOUP

### Ingredients:

- 2 tablespoons extra virgin olive oil
- 4 large onions, chopped
- 2 tablespoons all-purpose flour
- 1/2 teaspoon sea salt, or to taste
- 1/2 teaspoon black pepper, or to taste
- 2 cloves crushed garlic
- 8 cups chicken or vegetable broth (reduced sodium)
- 1 cup dry white wine
- 8 slices French bread
- 8 slices reduced-fat provolone cheese

### Instructions:

1. Coat a large saucepot with nonstick cooking spray. Add oil and heat over medium heat. Cook onions in oil until caramelized — about 20 minutes.



2. Add flour, salt, pepper and garlic to cooked onions and combine well. Stir in stock and wine.
3. Simmer for 45 minutes. To serve, place a slice of bread and cheese in 8 soup bowls. Ladle soup in each bowl and serve. Makes 8 servings.

**Nutrition Facts per Serving:** 257 calories, 9g total fat, 2g dietary fiber, 22g protein, 24g carbohydrate, 977mg sodium

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## TURKEY CUTLETS WITH TANGERINE-CRANBERRY SAUCE

### Ingredients:

- 1 cup fresh or frozen cranberries
- 1 cup reduced-sodium chicken broth
- 1/4 cup frozen tangerine or orange juice concentrate, thawed
- 2 teaspoons grated lemon zest
- 4 turkey cutlets (4 ounces each), halved
- 3 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon plus 1 teaspoon olive oil
- 1 tablespoon light brown sugar
- 1 tablespoon dark rum (optional)

### Instructions:

1. In a small saucepan, combine the cranberries, chicken broth, tangerine juice concentrate and lemon zest, and bring to a boil over medium-high heat. Reduce the heat to low and simmer, uncovered, while you prepare the turkey.

2. In a shallow bowl, combine the flour, salt and pepper. Dredge the turkey in the seasoned flour; reserve the excess flour.
3. In a large nonstick skillet, heat the oil over medium-high heat. Add the turkey and cook until golden, about 3 minutes per side. Transfer the turkey to a plate and cover loosely to keep warm.
4. Stir in the reserved dredging flour and cook, stirring, until the flour is no longer visible, about 30 seconds. Add the simmering tangerine juice-cranberry mixture, the brown sugar, and rum (if using), and cook until the sauce is slightly thickened, 1 to 2 minutes.
5. Return the turkey to the skillet and turn to coat with the sauce. Cook until heated through, 1 to 2 minutes. Makes 4 servings.

**Nutrition Facts per Serving:** 254 calories, 5.4g total fat, 1.4g dietary fiber, 30g protein, 18g carbohydrate, 316mg sodium

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## GLAZED BRUSSELS SPROUTS

### Ingredients:

- 6 cups Brussels sprouts
- 2 teaspoons olive oil
- 1 garlic clove, minced
- 2 tablespoons granulated sugar
- 1/3 cup red wine vinegar
- 3 tablespoons orange juice
- 1/2 teaspoon thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

### Instructions:

1. With a paring knife, make a small "X" in stem end of each Brussels sprout. In large pot of boiling water, cook sprouts until crisp-tender, about seven minutes. Drain well.
2. Meanwhile, in a large nonstick skillet, heat oil over medium heat. Add garlic and cook, stirring, until tender, about two minutes. Add sugar and swirl in pan until melted, about two minutes.



3. Add vinegar, orange juice, thyme, salt, pepper and drained sprouts, and continue cooking until sprouts are richly glazed, about five minutes.

**Nutrition Facts per Serving:** 111 calories, 2.7g total fat, 7.7g dietary fiber, 5g protein, 20g carbohydrate, 307mg sodium

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## MAPLE-GLAZED SWEET POTATOES

### Ingredients:

- 3 pounds sweet potatoes, peeled and cut into 1-inch chunks
- 1/2 cup diced dried apricots
- 1/4 cup diced prunes
- 1/2 cup apricot nectar
- 1/2 cup maple syrup
- 1 tablespoon fresh lemon juice
- 1 tablespoon unsalted butter
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

### Instructions:

1. Place sweet potatoes in large saucepan with water to cover. Cover and bring to a boil over high heat. Reduce heat to medium and cook until fork-tender, 8 to 10 minutes. Drain in a colander and rinse gently under cold running water.
2. Preheat oven to 400 degrees F. Spray a 7- x 11-inch baking pan with nonstick cooking spray.



3. Place sweet potatoes in prepared baking pan and sprinkle diced apricots and prunes on top.
4. In small saucepan, combine apricot nectar, maple syrup, lemon juice, butter, cinnamon, pepper and salt. Bring just to a simmer over high heat, stirring to blend. Pour mixture evenly over sweet potatoes and fruit.
5. Cover baking pan with foil and bake 30 minutes, basting with juices 2 or 3 times.
6. Uncover and bake 5 to 10 minutes longer, basting 2 or 3 times, until sweet potatoes are glazed. Makes 8 servings.

**Nutrition Facts Per Serving:** 235 calories, 2g total fat, 4.8g dietary fiber, 3g protein, 54g carbohydrate, 4mg cholesterol, 87mg sodium

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## PUMPKIN PIE IN A PECAN CRUST

### Crust Ingredients:

- 1 cup graham cracker crumbs
- 1 tablespoon dark brown sugar
- 1/4 teaspoon ground cinnamon
- 1 tablespoon melted unsalted butter
- 1 tablespoon extra-light olive oil
- 1/3 cup pecans, finely chopped

### Filling Ingredients:

- 1 can (15 ounces) unsweetened pumpkin puree
- 3/4 cup packed light brown sugar
- 1-1/4 cups evaporated fat-free milk
- 1 large egg
- 2 large egg whites
- 2 tablespoons dark rum, optional
- 1-1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1/8 teaspoon ground allspice

### Instructions:

1. Make the crust: Preheat the oven to 375°F. In a medium bowl, combine the graham crackers crumbs, dark brown sugar, 1/4 teaspoon cinnamon, butter, oil and pecans. Stir until evenly moistened.
2. Transfer the nut-crumb mixture to 9-inch pie plate and press into bottom and up sides of plate.
3. Make the filling: In a large bowl, with an electric mixer, combine the pumpkin, 3/4 cup brown sugar, evaporated milk, whole egg, egg whites, rum, 1-1/2 teaspoons cinnamon, ginger, nutmeg, salt, and allspice, beating until well combined.
4. Set the pie shell on a baking sheet on the oven rack. Pour the pumpkin filling into the pie shell and bake for 50 to 60 minutes, or until a knife inserted 1 inch from the edge comes out clean. Transfer to a wire rack to cool. Serve at room temperature or slightly chilled. Makes 10 servings.

**Nutrition Facts per Serving:** 254 calories, 5.4g total fat, 1.4g dietary fiber, 30g protein, 18g carbohydrate, 316mg sodium

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## POTATO PANCAKES WITH YOGURT-DILL TOPPING

### Ingredients:

- 1 cup plain nonfat yogurt
- 8 tablespoons chopped fresh dill
- 1 scallion, thinly sliced
- 1-1/4 pounds baking potatoes, peeled and shredded
- 2 medium carrots, shredded
- 1 medium onion, shredded
- 1 egg, lightly beaten
- 2 tablespoons all-purpose flour
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 4 teaspoons olive oil

### Instructions:

1. To make yogurt dill sauce, stir together yogurt, 6 tablespoons of dill and scallion in medium bowl. Refrigerate until ready to serve.
2. Preheat oven to 400 degrees F. Spray a baking sheet with nonstick cooking spray. In a large bowl, combine remaining 2 tablespoons dill, potatoes, carrots, onion, egg, flour, salt and pepper, and stir well.
3. Spray large nonstick skillet with nonstick cooking spray, add 2 teaspoons of oil, and heat over medium heat. Scoop potato mixture, 1/2 cup at a time, into pan and flatten slightly to make one pancake. Add as many more pancakes as will fit into pan without crowding and cook 3 minutes per side or until browned. Transfer to prepared baking sheet. Repeat with remaining 2 teaspoons oil and potato mixture.
4. Bake pancakes for 5 minutes, or until cooked through and crisp. Serve pancakes with yogurt-dill sauce. Makes 4 servings.

**Nutrition Facts Per Serving:** 218 calories, 6g total fat, 3g dietary fiber, 7g protein, 36g carbohydrate, 502mg sodium

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## MARINATED CRUDITÉS

### Ingredients:

- 3 to 4 garlic cloves, pressed
- 1/4 cup extra virgin olive oil
- 1 cup red wine vinegar
- 1/3 cup balsamic vinegar
- 4 tablespoons honey, or to taste
- 2 tablespoons dry mustard
- 1/2 teaspoon sea salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1 teaspoon celery seed
- Pinch red pepper flakes

Approximately 8 cups assorted fresh vegetables – whole green beans, mushrooms, baby carrots, sugar snap peas, baby squash, yellow or red pepper strips, cauliflower florets, grape tomatoes, etc.



### Instructions:

1. Press the garlic cloves using a garlic press.
2. Combine all ingredients, except vegetables, in a medium bowl and whisk to combine, or shake together in a covered dressing jar.
3. Pour dressing over assorted fresh vegetables and marinate in a non-metallic container in the refrigerator for at least 24 hours before serving.
4. Drain vegetables thoroughly and place on a serving platter or vegetable tray. Makes a large vegetable tray.

**Nutrition Facts Per 1/2-cup Serving:** 45 calories, 2g total fat, 2g dietary fiber, 1g protein, 8g carbohydrate, 35mg sodium



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## CREAMED SPINACH

### Ingredients:

- 1 cup plain nonfat yogurt
- 8 tablespoons chopped fresh dill
- 1 scallion, thinly sliced
- 1-1/4 pounds baking potatoes, peeled and shredded
- 2 medium carrots, shredded
- 1 medium onion, shredded
- 1 egg, lightly beaten
- 2 tablespoons all-purpose flour
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 4 teaspoons olive oil

### Instructions:

1. Line colander with several thicknesses of paper towel. Add tofu and set aside 10 minutes to drain off excess liquid.
2. In a medium saucepan, combine spinach and 1/2 cup water. Bring to a boil over high heat. Reduce heat to medium low, cover, and cook seven to 10 minutes or until just tender.
3. Drain spinach in colander. Using back of large spoon, press against spinach to remove as much water as possible. (You should be able to remove at least 1/2 cup.)
4. Place drained spinach in food processor and process until almost smooth. Add drained tofu, salt, pepper, nutmeg, and process until smooth.
5. Add soy milk and process until just combined. Serve hot. Makes 4 servings.

**Nutrition Facts Per Serving:** 94 calories, 2.9g total fat, 3g dietary fiber, 9g protein, 10g carbohydrate, 691mg sodium

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## BRUSCHETTA SALAD

### Ingredients:

- 1-1/2 pounds large tomatoes (about 3), cut into thin wedges
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 2 teaspoons balsamic vinegar
- 3 ounces crusty Italian or French bread, preferably whole wheat, cut into 12 slices
- 1 garlic clove, peeled and halved
- 3 ounces part-skim mozzarella cheese, cubed
- 1/2 cup thinly sliced basil leaves

### Instructions:

1. Place tomatoes in salad bowl; sprinkle with salt and pepper, and toss gently. Then drizzle with olive oil, lemon juice, and vinegar. Cover and let stand at room temperature 30 minutes.



2. Preheat broiler. Arrange bread on a baking sheet and broil 3 to 4 inches from heat for 1 minute on each side, or until lightly toasted. Remove from oven and let cool slightly. Then rub each slice of bread with a cut clove of garlic and cut bread slices in half crosswise.
3. Add mozzarella, basil and toasted bread to tomatoes and toss to blend well. Makes 4 servings.

**Nutrition Facts Per Serving:** 186 calories, 8.3g total fat, 2.9g dietary fiber, 9g protein, 21g carbohydrate, 513mg sodium

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## BANANA SPLIT DESSERT

### Ingredients:

- 1 cup crushed chocolate graham crackers
- 1/2 gallon reduced-fat vanilla ice cream, slightly softened
- 1/2 gallon reduced-fat cherry vanilla ice cream, slightly softened
- 4 bananas, peeled and sliced
- 1 large can crushed pineapple, in juice, well drained
- 1/2 cup sugar-free hot fudge sauce, optional

### Instructions:

1. Sprinkle crushed grahams in a deep 9x13-inch pan.
2. In a large bowl, combine ice creams, banana slices and pineapple. Mix with a wooden spoon until well blended and spread evenly over crushed grahams.
3. Place in freezer until firm — about 4 to 6 hours or overnight.
4. Before serving, heat hot fudge sauce according to directions and lightly drizzle back and forth over top of ice cream, if desired.



5. Preparation Option: Make individual portions by placing holiday muffin cup paper liners in muffin tins and filling each cup with the crushed grahams and ice cream mixture. Drizzle with hot fudge sauce, if desired. Makes 24 servings.

### Nutrition Facts Per Serving (without fudge sauce):

175 calories, 4g total fat, 5g protein, 33g carbohydrate, 128mg sodium

## MERINGUE COOKIES

### Ingredients:

- 3 egg whites
- 3/4 cup granulated sugar
- 1 cup chopped dates
- 1 cup chopped walnuts

### Instructions:

1. Beat egg whites and sugar together to form stiff peaks.
2. Carefully fold in dates and walnuts.
3. Drop by spoonfuls onto a baking sheet covered with parchment paper.
4. Bake at 300 degrees for 20 to 25 minutes or until cookies are dry. Let rest before removing to a wire rack to cool completely. Makes 48 servings.



**Nutrition Facts Per Cookie:** 39 calories, 1g total fat, 1g dietary fiber, 1g protein, 6g carbohydrate, 4mg sodium

## FRUITED TRIFLE

### Ingredients:

- 2 small packages sugar-free instant vanilla pudding mix
- 3-1/2 cups cold 1% milk
- 2 (15-ounce) cans fruit cocktail, packed in juice, drained
- 2 cups fresh strawberries
- 6 kiwi fruit, peeled
- 1 prepared Angel Food Cake, cut into bite-sized chunks

### Instructions:

1. Combine pudding and skim milk in a large deep bowl. Prepare according to package directions.
2. Fold drained fruit cocktail into prepared pudding. Set aside.
3. Slice strawberries and kiwi. Line the bottom and sides of a trifle bowl or large deep glass bowl with strawberry and kiwi slices, alternating with rows of strawberries and rows of kiwi.
4. Next place 1/4 cake chunks in the bottom of the fruit-lined trifle bowl. Top with 1/4 pudding-fruit mixture. Repeat layering three times, finishing with pudding mixture.



5. Garnish with strawberry and kiwi slices, if desired. Makes 16 servings.

**Nutrition Facts Per Serving:** 150 calories, trace total fat, 4g protein, 25g carbohydrate

## CRANBERRY-PISTACHIO BISCOTTI

### Ingredients:

- 2-1/4 cups white whole wheat flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3 large eggs or 3/4 cup egg substitute
- 1 cup granulated sugar
- 1-1/2 teaspoons pure vanilla extract
- 1-1/4 cups unsalted pistachios, chopped
- 3/4 cup dried cranberries, chopped

### Instructions:

1. In a large bowl, whisk together the flour, baking powder, baking soda and salt.
2. In a medium bowl, beat the eggs and sugar together with a large wooden spoon until blended. Beat in the vanilla.

3. Add the egg mixture to the flour mixture and stir until thoroughly blended.
4. Stir in the pistachios and cranberries.
5. Spoon the dough onto the prepared baking sheet, forming two strips about 13 inches long and 2-1/4 inches wide, placing them 3 inches apart. With wet fingertips, smooth the tops and side to fingertips. (They don't have to be perfect).
6. Bake at 300 degrees F for 40 minutes, or until golden and firm to the touch. Set the baking sheet on a wire rack to cool for 5 minutes. Reduce the oven temperature to 275 degrees F.
7. Using a sharp serrated knife, cut each strip on the diagonal into 1/2-inch slices. Stand the slices 1/2-inch apart on the baking sheet. Bake for 20 to 25 minutes, until lightly toasted. Set the baking sheet on a wire rack to cool completely. Makes 48 servings.

**Nutrition Facts Per Cookie:** 59 calories, 2g total fat, 2g dietary fiber, 2g protein, 9g carbohydrate, 33mg sodium



## BEJWELED FRUIT SALAD

### Ingredients:

- 1 cup sugar-free lemon, apricot or peach-flavored yogurt
- 1 tablespoon reduced-fat mayonnaise or mayonnaise-style salad dressing
- 1/4 teaspoon grated orange peel
- 2 tablespoons orange juice
- 1 pint strawberries, sliced (about 1 cup)
- 1 kiwi fruit, peeled and chopped
- 1-1/2 cups seedless green grapes
- 1 (11-ounce) can mandarin oranges, packed in juice, drained
- 1/4 cup dried cranberries or blueberries
- Whipped topping, optional

### Instructions:

1. In a small bowl, mix yogurt, mayonnaise, orange peel and orange juice; set aside.



2. Combine fruit in a medium bowl.
3. Gently fold yogurt mixture into fruit mixture and serve immediately. Top with a small dollop of whipped topping, if desired. Makes 8 servings.

**Nutrition Facts Per Serving:** 52 calories, trace fat, 2g dietary fiber, 2g protein, 11g carbohydrate, 29mg sodium

## PIÑA COLADA DIP FOR FRUIT

### Ingredients:

- 2 (8-ounce) containers sugar-free vanilla-flavored yogurt
- 1 teaspoon dark rum or rum extract
- 1/4 cup unsweetened coconut, toasted
- 1/4 cup crushed pineapple, packed in juice, drained

### Instructions:

1. In a small bowl, combine all ingredients, mixing well.
2. Serve immediately with assorted fresh fruit slices. Or cover and refrigerate until serving time.
3. Preparation Tip: To toast coconut, arrange in a single layer on a small baking sheet and bake at 350 degrees F for 2 to 5 minutes or just until golden. Or place in a single layer in a glass pie plate and microwave for 30 seconds at a time until toasted. Watch carefully, as coconut burns easily. Makes dip for one large fruit tray.



**Nutrition Facts Per 2 Tablespoons:** 22 calories, 1g fat, 2g protein, 2g carbohydrate, 12mg sodium

# THANKSGIVING LEFTOVERS LIGHTENED UP

## THANKSGIVING SALAD

### Ingredients:

- 1-1/2 pounds sweet potatoes, peeled and cut into 1-inch chunks
- 2 navel oranges
- 3 cups sliced Romaine lettuce, cut crosswise into 1-inch-wide strips)
- 6 ounces roast turkey breast, torn into 1-inch pieces
- 1/2 cup thinly sliced green onions
- 3 tablespoons frozen cranberry juice concentrate, thawed
- 3 tablespoons frozen orange juice concentrate, thawed
- 1 tablespoon balsamic vinegar
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon black pepper
- 2 tablespoons coarsely chopped pecans, toasted (about 1/2 ounce)
- 2 tablespoons dried cranberries or dark raisins

### Instructions:

1. Place sweet potatoes in a medium saucepan and add cold water to cover by 1 inch. Cover and bring to a boil over high heat. Reduce heat to medium-low and simmer, until sweet potato is fork-tender, 10 to 12 minutes. Drain in a colander and cool briefly under gently running cold water.
2. Meanwhile, with a serrated knife, remove peel and white pith from oranges. Cut each orange in half lengthwise, place halves flat on a cutting board and cut crosswise into 1/4-inch-thick slices.
3. Spread lettuce on a platter. Top with sweet potatoes, turkey and orange slices. Sprinkle with green onions.
4. In small bowl or cup, whisk together cranberry juice concentrate, orange juice concentrate, vinegar, oil and pepper. Pour over salad and sprinkle salad with pecans and dried cranberries. Makes 4 servings.

**Nutrition Facts per Serving:** 393 calories, 7g total fat, 8g dietary fiber, 18g protein, 67g carbohydrate, 52mg sodium

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## TURKEY SANDWICHES WITH SPICY CRANBERRY-PINEAPPLE RELISH

### Ingredients:

- 1-1/2 cups fresh or frozen cranberries
- 1/4 cup frozen pineapple juice concentrate
- 2 tablespoons chopped walnuts
- 1 tablespoon prepared horseradish
- 2 tablespoons Dijon mustard
- 8 slices (1 ounce each) whole-grain bread, toasted
- 1 medium red onion, very thinly sliced
- 1/2 pound roast turkey breast, sliced

### Instructions:

1. In a heavy-bottomed medium saucepan, combine cranberries and pineapple juice concentrate. Cook over low heat, stirring occasionally, until cranberries begin to pop, 10 to 15 minutes.
2. Remove the cranberry-pineapple mixture from heat and let cool to room temperature. Stir in the walnuts and horseradish.
3. Spread the mustard on one side of each slice of bread. Top 4 slices of the bread with the red onion, turkey and cranberry relish. Top with the remaining slices of bread. Makes 4 servings.

**Nutrition Facts per Serving:** 322 calories, 5g total fat, 6g dietary fiber, 26g protein, 42g carbohydrate, 500mg sodium

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### HOW TO SAFELY USE AND STORE LEFTOVERS

- Wash your hands with soap and warm water before and after handling any cooked (or uncooked) food. Use clean utensils to handle the food, and store it in clean containers.
- To store leftovers, refrigerate or freeze within 2 hours after cooking.
- Reheat all leftover cooked foods to a temperature of 165 degree F.
- Never taste leftovers of questionable age or safety. Remember...when in doubt, throw it out!

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## TURKEY CROSTINI

### Ingredients:

- 1/2 pound roasted turkey, pulled and shredded with a fork
- 1/2 cup finely chopped sun-dried tomatoes
- 3 tablespoons reduced-fat mayonnaise
- 2 tablespoons fresh chopped parsley (or 1 tablespoon dried)
- 1 tablespoon fresh chopped chives (or 1 teaspoon dried)
- 1 tablespoon fresh lime juice
- 1 tablespoon spicy mustard
- 3 tablespoons goat cheese or Chèvre cheese
- 1 loaf French baguette bread, cut into about 24 (1/2-inch) slices

### Instructions:

1. In a medium bowl, combine shredded turkey, sun-dried tomatoes, mayonnaise, parsley, chives, lime juice, mustard and goat cheese. Blend well.
2. Spread 1 to 2 tablespoons turkey mixture on each slice of bread.



3. Place on broiler pan lined with foil. Broil 4 inches from heat source for 5 to 6 minutes or until lightly browned. Makes 8 servings.

**Nutrition Facts Per 3-Piece Serving:** 119 calories, 2g total fat, 1g dietary fiber, 7g protein, 18g carbohydrate, 543mg sodium

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## CRANBERRY-ORANGE SALAD DRESSING

### Ingredients:

- 1/2 cup whole berry cranberry sauce
- 1 cup fat-free red wine vinaigrette dressing
- 1 tablespoon grated orange rind

### Instructions:

1. Combine all ingredients and whisk to combine.
2. Spoon over mixed greens, mandarin orange slices and slivered almonds. Store leftovers in a bottle or cruet. Makes 12 servings.

**Nutrition Facts Per Serving:** 37 calories, 0g total fat, 9g Carbohydrate, 149mg sodium



# HOLIDAY PARTY RECIPES LIGHTENED UP

## WALNUT CHEESE BALL

### Ingredients:

- 8 ounces fat-free cream cheese
- 8 ounces reduced fat cream cheese
- 8 ounces (2 cups) shredded low-fat extra sharp Cheddar cheese
- 1/4 cup lite mayonnaise
- 1/4 cup finely chopped green bell pepper
- 1 small onion, finely chopped
- 1/3 cup finely chopped walnuts
- Low-fat whole grain crackers or whole grain melba toast

### Instructions:

1. In a medium bowl, soften cream cheeses with a wooden spoon. Add cheddar cheese, mayonnaise, green pepper and onion. Mix with a wooden spoon until well combined. Refrigerate for 1 hour to firm.
2. With hands, roll into a ball or log. Refrigerate for at least 1 hour. Roll in chopped nuts when firm enough to handle. Serve with low-fat whole grain crackers or melba toast. Makes 1 large cheese ball.

**Nutrition Facts per 2 Tablespoons:** 98 calories 98, 6g fat, trace dietary fiber, 8g protein, 2g carbohydrate, 233mg sodium

## ARTICHOKE-PARMESAN SPREAD

### Ingredients:

- 1 cup 1% low-fat cottage cheese
- 1/2 cup freshly grated Parmesan cheese
- 2 tablespoons non-fat mayonnaise
- 2 tablespoons non-fat sour cream
- 1 tablespoon extra virgin olive oil
- 2 cloves crushed garlic
- 1 (14-ounce) can marinated artichoke hearts, packed in olive oil

### Instructions:

1. In a food processor or blender, combine cottage cheese, Parmesan cheese, mayonnaise, sour cream and garlic. Process until mixture is smooth, scraping sides of processor bowl as needed.
2. Add artichokes and 2 tablespoons of the olive oil marinade. Pulse several times to chop artichokes.



3. Spoon artichoke mixture into a 1-quart baking dish coated with nonstick cooking spray. Bake at 350 degrees F for 20 minutes or until thoroughly heated.
4. Serve with whole grain melba toast or low-fat whole grain crackers. Makes 16 servings.

**Nutrition Facts per Serving:** 50 calories, 2.6g total fat, 1g dietary fiber, 3.5g protein, 3.5g carbohydrate, 150mg sodium

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## CRANBERRY-CRAB APPETIZER

### Ingredients:

- 8 ounces fat-free cream cheese
- 1 (6-ounce) can fancy white crab meat, drained
- 6 green onions, chopped
- 45 individual mini fillo dough shells, thawed
- 1/2 cup whole cranberry sauce

### Instructions:

1. In a food processor or blender, combine cream cheese, crab and onions. Puree until smooth — mixture will turn green.

2. Place fillo shells on a baking sheet or jellyroll pan. Fill each fillo shell with approximately 1 heaping teaspoon of crab-cream cheese mixture.
3. Bake at 375 degrees F for 10 minutes.
4. Remove fillo shells from oven and top with 1/2 teaspoon cranberry sauce. Return to oven for 1 minute. Serve warm. Makes 45 appetizers.

**Nutrition Facts per Serving:** 127 Calories, 3.3g total fat, 1.6g dietary fiber, 7.2g protein, 16.3g carbohydrate, 162gm sodium

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## SALMON MOUSSE

### Ingredients:

- 3/4 cup plain nonfat yogurt
- 1/2 teaspoon dried rosemary, crumbled
- 1 pound skinless, boneless salmon fillets (or 14-3/4-ounce can of sockeye salmon)
- 1 envelope (1/4 ounce) unflavored gelatin
- 2/3 cup reduced-fat sour cream
- 1/4 cup drained prepared horseradish
- 2 tablespoons grated onion
- 2 teaspoons grated lemon zest
- 3 tablespoons fresh lemon juice
- 1 teaspoon salt

### Instructions:

1. Spoon yogurt into a paper towel-lined sieve set over a bowl. Let drain while you cook salmon.
2. In large skillet, bring 2 cups water and rosemary to a boil over medium heat. Reduce to a simmer, add salmon, cover, and cook 12 minutes or until just cooked through, turning salmon over once. Lift from cooking liquid and cool to room temperature.



3. Meanwhile, in small measuring cup, sprinkle gelatin over 1/2 cup cold water. Let stand 5 minutes or until softened. Set cup in small saucepan of simmering water and heat until gelatin has melted.
4. Transfer to food processor along with salmon, sour cream, horseradish, lemon zest, lemon juice, salt, and drained yogurt. Pulse until mixture is smooth.
5. Transfer to decorative bowl (or fish-shaped mold), cover and refrigerate at least 4 hours for mousse to set. If you like, unmold onto a platter. Makes 12 servings.

**Nutrition Facts per Serving:** 82 calories, 3.3g total fat, trace dietary fiber, 10g protein, 3g carbohydrate, 243mg sodium

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## ROASTED EGGPLANT "CAVIAR"

### Ingredients:

- 2 eggplants (1 pound each)
- 3 cloves garlic, slivered
- 2 tablespoons fresh lemon juice
- 1/4 cup fresh mint leaves
- 1/4 cup cilantro leaves
- 1/2 teaspoon salt

### Instructions:

1. Preheat the oven to 350 degrees F.
2. With a paring knife, make several deep slashes in each eggplant. Bake the eggplant until very soft, about 30 minutes (timing will vary depending upon the firmness of the eggplants).
3. Meanwhile, in a small pot of boiling water, cook the garlic for 2 minutes to blanch. Drain, reserving the garlic.
4. When cool enough to handle, peel and halve the eggplants and remove and discard any large clumps of seeds. Scoop out the flesh and transfer it to a food processor along with the garlic.



5. Add the lemon juice, mint, cilantro and salt, and process with on/off pulses until the mixture is not quite smooth and still has some texture.
6. Serve this chunky puree on small wedges of toast or as a dip with vegetable strips. Makes 4 servings.

**Nutrition Facts per Serving:** 69 calories, 0.6g total fat, 6g dietary fiber, 3g protein, 15g carbohydrate, 307mg sodium

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## STUFFED MUSHROOMS

### Ingredients:

- 12 extra large fresh mushrooms
- 4 teaspoons low-sodium soy sauce
- 1/2 cup shredded low-fat Jarlsberg cheese
- 2 cloves crushed garlic
- 1/4 teaspoon ground black pepper

### Instructions:

1. Wash and scrub mushrooms. Carefully twist and remove stems. Set mushroom caps aside and finely chop mushroom stems.

2. In a small bowl, combine chopped stems with soy sauce, cheese, garlic and pepper. Stuff into reserved mushroom caps.
3. Place caps in a 9 x 13-inch baking pan coated with nonstick cooking spray. Broil several inches from heat source until cheese melts, using caution not to burn.
4. Remove from baking dish with a slotted spatula and transfer to a serving platter. May also be prepared in the microwave. Makes 6 servings.

**Nutrition Facts per Serving:** 840 calories, 1.8g total fat, 1g dietary fiber, 3.6g protein, Carbohydrate 2.5 gm, 162mg sodium



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## MAMA'S CHICKEN STEW

### Ingredients:

- 1 medium onion, coarsely chopped
- 1/3 cup sliced celery
- 3 garlic cloves, minced
- 1 cup canned chicken broth diluted with 1 cup water, or 2 cups homemade chicken broth
- 1 pound sweet potatoes, peeled and cut into 1/2-inch chunks
- 1/2 cup thinly sliced carrots
- 1/2 teaspoon thyme
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound skinless, boneless chicken thighs, cut into 2-inch pieces
- 1 pound stemmed spinach, coarsely chopped
- 2 teaspoons cornstarch blended with 1 tablespoon water

### Instructions:

1. In flameproof casserole or Dutch oven, combine onion, celery, garlic and 1/2 cup of diluted chicken broth. Simmer until onion is tender and liquid has almost evaporated, about 7 minutes.



2. Add sweet potatoes, carrots, thyme, salt, pepper and remaining 1-1/2 cups diluted broth, and cook for 5 minutes.
3. Add chicken, cover and cook until chicken and sweet potatoes are tender, about 8 minutes. Stir in spinach and cook until just wilted, about 3 minutes.
4. Stir cornstarch mixture into stew. Bring stew to a boil and cook until sauce is lightly thickened, about 2 minutes. Makes 4 servings.

**Nutrition Facts per Serving:** 306 calories, 6g total fat, 7.3g dietary fiber, 28g protein, 36g carbohydrate, 602mg sodium

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## FISH CHOWDER

### Ingredients:

- 1 tablespoon olive oil
- 1 large sweet onion, chopped
- 2 ribs celery, chopped
- 1 cup white or yellow corn
- 1 cup green peas and diced carrot (frozen)
- 2 medium red-skinned potatoes cut into quarters
- 1 pound white, boneless fish filets (Tilapia, cod, haddock, etc.)
- 1 (14-ounce) can vegetable stock
- 2 cups fat-free half and half
- 2 tablespoons fresh chopped parsley (or 1 tablespoon of dried parsley)
- 1 tablespoon light butter
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons milk with 2 tablespoons all-purpose flour

### Instructions:

1. Heat olive oil in a large Dutch oven and add onion and celery. Sauté until caramelized, then add stock, corn, peas and carrots, potatoes and fish. Bring to a boil, cover and reduce heat to medium. (If fish was frozen, break fish up into pieces once it thaws.)
2. Cook for 15 to 20 minutes, or until potatoes are tender. Add half and half, parsley and butter. Salt and pepper to taste.
3. Combine flour and milk to make a slurry and add to chowder until thickened. Makes 4 servings.

**Nutrition Facts per Serving:** 275 calories, 5g total fat, 4g dietary fiber, 19g protein, 34g carbohydrate, 703mg sodium

# KITCHEN STAPLES

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## KEEP THE REFRIGERATOR STOCKED WITH...

Fresh meats, poultry and fish	Reduced-fat Cheese	Romaine or Leaf Lettuce
Egg Substitute	Reduced-fat Shredded Cheeses	Baby Spinach
Tofu or Tempeh	Parmesan Cheese	Avocado
Hummus	Whole Wheat Tortillas or Wraps	Minced Jar Garlic
Milk and Dairy	Seasonal Fresh Fruit	Assorted Fresh Herbs
1% or Fat-Free Milk or Fortified Soy Milk	Seasonal Fresh Vegetables	Water and Flavored Water
Plain Yogurt	Baby Carrots	Other Calorie-free Beverages
Cottage Cheese	Shredded Matchstick Carrots	

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## KEEP THE FREEZER STOCKED WITH...

Round, Sirloin or Tenderloin Steak	Assorted Fish	Frozen Diced Onions
97% Lean Ground Beef or Buffalo	Ground Meat Substitute	Frozen Diced Green Peppers
Ground Turkey Breast	Edamame	Frozen Diced Carrots
Lean Pork Chops	Assorted Frozen Vegetables	
Boneless, Skinless Chicken Breast	Assorted Frozen Fruit	

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## KEEP THE PANTRY STOCKED WITH...

Canned White Alcabore Tuna	Wheat, Corn or Oat Bran Cereals	Whole Wheat Pasta & Noodles
Canned Boneless Salmon	Other Whole Grain Cereal	Whole Grain Crackers
Vacuum-packed Tuna	Toasted Wheat Germ	Low-fat Popcorn
Canned Bean and Lentil Soups	Ground Flax Seed Meal	Assorted Dried Fruit
Peanut, Soynut or Almond Butter	Old Fashioned Rolled Oats	Assorted Onions
Lard-free Refried Beans	Assorted Canned Beans	Canola or Olive Oil
100% Whole Wheat Bread	Assorted Dried Beans and Lentils	Assorted Nuts and Seeds
100% Whole Wheat Pita Bread	Quinoa, Bulgur and Barley	Nonstick Cooking Spray
Whole Wheat Tortillas or Wraps	White or Sweet Potatoes	Assorted Canned Broths
White Whole Wheat Flour	Brown, Black or Wild Rice	Assorted Vinegars

# QUICK PARTY IDEAS: NO RECIPE REQUIRED

## VEGGIE WRAPS

Wrap an array of finely chopped vegetables with low-fat cream cheese in whole wheat flour tortillas. Slice them into bite-size pieces and hold them together with toothpicks.



## FRUIT PLATTER

Prepare a colorful plate of fresh fruits and serve with a low-fat yogurt dip. Or skewer fresh fruit on colorful toothpick or bamboo skewers to make fruit kabobs.

## HUMMUS OR FRESH SALSA

Serve either or both with baked whole wheat bagel chips, baked whole grain tortilla chips or whole wheat pita wedges.



## SHRIMP COCKTAIL

Just pick up a package of frozen cooked shrimp and place in a bowl of cold water to thaw. Open up a bottle of a good cocktail sauce, and you're set. Or pick up ready-made trays at your favorite grocery store or seafood restaurant.

## MINI FRUIT AND VEGETABLE KABOBS

Arrange a colorful assortment of pineapple chunks, cherry tomatoes and green peppers on bamboo sticks. Heat in a skillet with two tablespoons of olive oil. Arrange on a party platter and enjoy.





# HOLIDAY "MOCKTAIL" HOUR

## EGGNOG

### Ingredients:

- 1 quart skim milk
- 1 cup egg substitute
- 1/4 cup granulated sugar (or sucralose sugar substitute)
- 1/2 cup instant vanilla pudding mix
- 1/2 teaspoon ground nutmeg

### Instructions:

1. Mix all ingredients in a blender.
2. Chill for at least three hours and stir or shake well before serving.



3. \*For an even lower calorie alternative, use sugar-free pudding mix. Makes 6 servings.

**Nutrition Facts per Serving:** 131 calories, 1g total fat, 9g protein, 22g carbohydrate, 209mg sodium

## CHRISTMAS WASSAIL

### Ingredients:

- 1 gallon apple cider
- 1 quart orange juice
- 1 cup lemon juice
- 1 quart pineapple juice
- 24 whole cloves
- 4 sticks cinnamon
- 1/2 cup granulated sugar (or sucralose sugar substitute)

### Instructions:

1. Mix all ingredients and simmer (very low heat) for 1 to 2 hours. Or mix ingredients in a crock pot and heat on low setting until hot.
2. Serve warm. Leftover wassail may be stored in refrigerator and warmed in the microwave. Makes 32 servings.

**Nutrition Facts per Serving:** 98 calories, 0g total fat, 0g protein, 24g carbohydrate, 4mg sodium

## CRANBERRY COOLER

### Ingredients:

- 1 quart low-calorie cranberry juice
- 1 quart club soda or carbonated water
- 1/2 cup fresh lemon juice

### Instructions:

1. Mix all ingredients.
2. Serve over ice and garnish with lemon or lime. Makes 82 servings.

**Nutrition Facts per Serving:** 30 calories, 0g total fat, 0g protein, 8g carbohydrate, 4mg sodium



# HEART-WARMING RECIPES FOR THE WINTER SEASON

Even though the holiday season is over, wintertime offers more opportunities for gathering with friends, family, and mouth-watering food. Add these warming recipes to your repertoire and continue living in a spirit of balance, joy and good cheer.

## THE BEST BEAN CHILI

### Ingredients:

- 1 tablespoon canola or olive oil
- 1 large onion, diced (or 1 cup frozen diced onion)
- 3 cloves garlic, crushed
- 1 red or green bell pepper, diced (or 1 cup frozen diced green bell pepper)
- 1 can diced green chilies
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (15 ounce) can cannellini beans, drained and rinsed
- 1 (28 ounce) can crushed tomatoes
- 1 (6 ounce) can tomato puree
- 1/2 cup water
- 1/2 cup uncooked lentils
- 2 teaspoons ground cumin
- 2 tablespoons molasses



- 2 tablespoons baking cocoa powder
- 1/2 teaspoon sea salt, to taste
- 1/2 teaspoon ground black pepper

### Instructions:

1. In a large pot or deep skillet, sauté onions, garlic, and bell pepper oil over medium heat.
2. Add remaining ingredients and simmer for 30 to 60 minutes.  
\*For an even lower calorie alternative, use sugar-free pudding mix. Makes 8 servings.

**Nutrition Facts per Serving:** 365 calories, 3g total fat, 14.5g dietary fiber, 16g protein, 48g carbohydrate, 244mg sodium

## SPICY BEEF & LENTIL STEW

### Ingredients:

- 2 (14-1/2 ounce) cans no-salt-added stewed tomatoes
- 3 cups water
- 1/2 pound well-trimmed beef bottom round, cut into 1-inch dice
- 8 ounces lentils, rinsed and picked over
- 1 large sweet potato (12 ounces), peeled and cut into 1/2-inch cubes
- 1 medium onion, cut into wedges
- 1 to 2 tablespoons minced fresh red/green chili peppers, to taste
- 2 teaspoons thyme
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 bay leaves

### Instructions:

1. In large saucepan, combine stewed tomatoes, water, beef, lentils, sweet potato, onion, half the minced chili peppers, thyme, salt, black pepper and bay leaves. Cover and bring to a boil over medium-high heat. Reduce heat to medium-low and cook, stirring occasionally, until flavors are blended and lentils are tender, about 40 minutes.
2. With slotted spoon, remove about 1-1/2 cups of stew (but no meat) and puree in a blender or food processor. Return puree to stew and stir to combine. Remove and discard bay leaves. Stir in remaining minced chili peppers and serve. Makes 4 servings.

**Nutrition Facts per Serving:** 415 calories, 6.4g total fat, 23g dietary fiber, 30g protein, 60g carbohydrate, 347mg sodium

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## MOROCCAN LAMB STEW

### Ingredients:

- 1/2 cup dried apricots
- 1 cup boiling water
- 2 teaspoons olive oil
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon paprika
- 1/2 teaspoon turmeric
- 1/2 teaspoon ground black pepper
- 1 large onion, diced
- 1 cup thinly sliced carrots
- 2/3 cup thinly sliced parsnips
- 1/3 cup canned chicken broth diluted with 1/3 cup water
- 3/4 pound well-trimmed lean lamb, cut into 1/2-inch pieces
- 1 (8-ounce) can no-salt-added tomato sauce
- 1 cup canned chick-peas, rinsed and drained
- 1/4 teaspoon sea salt
- 2 tablespoons chopped cilantro
- 1 tablespoon fresh lemon juice



### Instructions:

1. In small heatproof bowl, combine apricots and boiling water. Set aside to soften. Reserving soaking liquid, drain apricots and coarsely chop.
2. In flameproof casserole or Dutch oven, heat oil over medium heat. Stir in cinnamon, ginger, paprika, turmeric and pepper, and cook until fragrant, about 30 seconds. Stir in onion, carrots, parsnips and broth, and cook, stirring frequently, until vegetables have softened, about 5 minutes.
3. Stir in lamb and cook until lamb is no longer pink, about 5 minutes. Stir chopped apricots, 1/4 cup of reserved soaking liquid, tomato sauce, chick-peas, salt and cilantro into stew and cook until lamb is cooked through and vegetables are tender, about 10 minutes. Stir in lemon juice and serve. Makes 4 servings.

**Nutrition Facts per Serving:** 295 calories, 7.9g total fat, 6.9g dietary fiber, 23g protein, 35g carbohydrate, 378mg sodium

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## CHUNKY COD & VEGETABLE STEW

### Ingredients:

- 2 ounces Canadian bacon, cut into very thin strips
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup dry white wine
- 8 ounces sweet potatoes, peeled and cut into 1/2-inch chunks
- 3/4 cup canned crushed tomatoes
- 1 teaspoon paprika
- 1 teaspoon hot pepper sauce
- 1/2 teaspoon salt
- 1 cup frozen corn kernels
- 1 cup frozen peas
- 1-1/2 pounds skinless, boneless cod fillets, cut into 1-inch chunks

### Instructions:

1. In a Dutch oven or flameproof casserole, combine Canadian bacon, onion, garlic and 1/2 cup of water over medium heat. Cook, stirring frequently, for 5 minutes until onion is tender. Add wine, increase heat to high, and cook 3 minutes until almost evaporated.
2. Add sweet potato, stirring to coat. Add tomatoes, paprika, hot pepper sauce, salt, and 1 cup of water and bring to a boil. Reduce to a simmer, cover, and cook 5 minutes until sweet potatoes are tender.
3. Stir in corn and peas, place fish on top, cover, and cook 4 to 5 minutes until fish is just opaque. Makes 4 servings.

**Nutrition Facts per Serving:** 327 calories, 2.9g total fat, 5g dietary fiber, 38g protein, 33g carbohydrate, 659mg sodium

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