

## Holiday Table Done Light

- **Keep your mashed potatoes “skinny”** by using skim milk instead of whole milk or cream. Instead of adding butter, add a shake or two of parmesan cheese along with pepper to taste.
- **Sweeten cranberries and pumpkin pies** with Splenda® brand sweetener instead of using sugar. You will save more than 650 calories per pound.
- **Instead of serving two starches**, e.g., mashed potatoes and stuffing, serve only one starch and two veggie side dishes such as holiday tossed salad, green beans, mixed steamed vegetables, carrots or turnips.
- **Crushed gingerbread cookie crumbs** make an excellent top crust for fruit pies (leave out the bottom crust) or bottom crust for pumpkin pies.



# Holiday Side Dishes

## Apple-Rice Stuffing

*This recipe contains 38% fewer calories, 75% less fat, 66% less sodium and 66% more fiber than regular stuffing.*

- 3 cups diced apples, onions and celery
- 1 Tbsp margarine
- 4 cups stuffing (or 1 box of Stove Top® brand stuffing), made without fat
- 3 cups cooked brown rice (1 cup rice plus 2 cups water cooked for 30 minutes in the microwave)
- 1 cup low-sodium broth

Directions: Sauté the apples, onions and celery in the margarine. When they are soft (about 5 minutes), add the prepared stuffing, rice and broth. Combine well and place in covered casserole or baking dish. Bake for 45 minutes at 350 °F.

Serves 16. Each half-cup serving: 104 calories, 2.8 g fat, 0.5 g saturated fat, 0 mg cholesterol, 175 mg sodium, 17 g carbohydrate, 1.5 g fiber, 2 g protein.

## Holiday Tossed Salad

*This salad is sure to add color to your holiday table.*

- 6 cups romaine lettuce or mixed greens
- 1/2 cup parsley (fresh), chopped
- 1/2 cup cranberries, dried or fresh-chopped
- 1/2 cup diced fresh orange segments or canned mandarins, drained
- 1/4 cup red onion, chopped
- 2 Tbsp pecans, chopped
- 1 Tbsp olive oil
- 3 Tbsp red wine vinegar
- black pepper to taste

Toss lettuce and parsley in large salad bowl. Top with cranberries, oranges, pecans and onion. Refrigerate until ready to serve. Toss with oil, vinegar and pepper at service time. Serves 4. Each 2-cup serving: 92 calories, 6 g fat, 0.5 g saturated fat, 0 cholesterol, 15 mg sodium, 9 g carbohydrate, 2.5 g protein, 3.5 g fiber.

## Pumpkin-Apple Butter

*Use this bread spread on your holiday table. It is also an excellent topping for hot oatmeal, toast, yogurt and English muffins. From Janet Powell, RD.*

- 2 baking apples, peeled and halved
- 1-1/2 tsp pumpkin pie spice
- 2 Tbsp brown sugar, packed
- 1 cup orange or apple juice
- 15 oz canned pumpkin

Place apples, spices and orange juice in a covered glass container and microwave on full power until apples are tender, about 15 to 20 minutes. Mash apples and add pumpkin; microwave an additional 5 minutes. Puree in a food processor if you want the end product to be very smooth. Serve warm or refrigerate for later use or to use as a gift.

Serves 8. Each 1/3-cup serving: 60 calories, 0 fat, 0 saturated fat, 0 cholesterol, 3 mg sodium, 14 g carbohydrate, 2.5 g fiber, 1 g protein.