



OPERATION LIVE WELL'S  
favorite fall & holiday recipes



The holiday season is a time that families and friends get together and often enjoy great meals. Unfortunately, that warm atmosphere and sharing meals can lead to overindulgence. A healthy lifestyle includes balanced meals with the right portions and healthy ingredients, but does not always mean low-calorie and low-fat for every single meal.

The recipes in the holiday edition are not all low-calorie so stay informed about what you are eating. Take note of the calories and other nutritional information to plan a well-balanced meal. Enjoy some physical activities that will help burn off the excess, whether it is a family sports activity, a group walk, or two minute jumping jacks competitions during food preparation.

Operation Live Well wants you to have good times that include healthy meals you can enjoy with family and friends.

*As always, if you are not already physically active, consult your medical provider prior to starting a new activity.*

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# breakfast or brunch

## Oatmeal Banana Bread

### Ingredients:

- 6 ripe bananas (medium - large)
- 1/2 cup plain applesauce
- 2 eggs
- 1 tsp. vanilla extract
- 1 tsp. almond extract
- 12 oz. oat flour
- 2 tsps. baking powder
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 1/4 tsp. freshly ground nutmeg
- 1/4 tsp. fine salt
- 1 cup chopped walnuts/almonds/raisins (optional)



*Picture by Anne Beaubien Jensen*

### How to make it:

1. Preheat the oven to 350°F
2. Lightly grease your bread loaf pan
3. In a large bowl mash the bananas with a fork until all the chunks are gone. You can either use a fork or a potato masher.
4. Mix in the applesauce, eggs, vanilla and almond extracts. Set aside.
5. Place the oat flour into a medium-sized bowl. Then add the baking powder, baking soda, cinnamon, nutmeg and salt and sift these dry ingredients together.
6. Stir the dry mixture into the wet mixture about 1/2 a cup at a time until it is all incorporated.
7. Fold in the chopped nuts and/or raisins if using.  
Pour the batter into prepared loaf pan. Bake at 350°F for about 45-50 minutes and/or until a toothpick inserted comes out clean.

### ***Nutritional Information:***

*Calories (Kcal): 351; Carbohydrates (g): 55; Fat (g): 12; Protein (g): 11; Sodium (mg): 17; Sugar (g): 16*

*\*Slightly Adapted Recipe from Waffle Hearts by Anne Beaubien Jensen*

# Pumpkin Bread (8 Servings)

## Ingredients:

- 1 - 2/3 cup all-purpose flour
- 1/3 cup light brown sugar
- 1 cup granulated sugar
- 1 tsp. baking soda
- 1/2 tsp. ground cloves
- 1 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg
- 1/3 cup vegetable oil
- 10 oz. canned pumpkin puree
- 1/2 cup chopped toasted pecans or walnuts, optional

## Tip!

Great to bake ahead and freeze. Wrap in plastic, then foil. Defrost at room temperature.

If you'd like to make three large loaves, triple the ingredients; use a 29 ounce can of pumpkin puree, and mix in a great big bowl. Bake for 1 1/2 hours. This full recipe can make 7 mini loaves (3" x 6" mini loaf pans). Bake the mini loaves for an hour.

## How to make it:

1. Preheat oven to 325°F. Spray one large loaf pan, about 9" x 5", with cooking spray
2. In a large bowl, mix together first seven ingredients
3. In another bowl, blend the remaining ingredients together
4. Combine all ingredients and stir well until smooth. (It is a thick batter!)
5. Spoon into loaf pan and lightly smooth out the top with a spatula
6. Bake about 1 hour and 15 minutes, until cake tester comes out dry and clean.
7. Cool thoroughly. It'll seem like the loaf doesn't want to come out. Just give it a few good slaps on the bottom of the pan, and it'll come right out.

## *Nutritional information per serving:*

*Calories (Kcal): 284; Carbohydrates (g): 40; Fat (g): 14; Protein (g): 3; Sodium (mg): 5; Sugar (g): 27*

*\*Recipe by Mrs. Larkin*

# Breakfast Casserole Bites *(10-12 Servings)*

## Ingredients:

- 2 pieces whole-wheat sandwich bread
- 8 eggs, farmers' market or organic recommended
- ½ cup milk, any kind will work
- salt and pepper, to taste
- 4 oz. grated sharp cheddar cheese
- ½ lb. cooked and crumbled breakfast sausage or bacon
- foil muffin holders for baking



## How to make it:

1. Preheat the oven to 350°F.
2. Distribute 12 foil muffin holders into a muffin baking pan. If the foil holders are lined with paper either don't use those or make sure they are on the outside.
3. Cut the sandwich bread into half inch squares and evenly distribute them on the bottom of the muffin cups.
4. Thoroughly whisk together the eggs and milk. Add salt and pepper to taste.
5. Evenly distribute the egg mixture into each muffin cup. It's okay if the bread pieces float to the top.
6. Sprinkle an equal amount of both the grated cheese and the crumbled sausage (or bacon) into each muffin cup on top of the egg mixture.
7. Bake at 350°F for 15 minutes or until eggs are set.

### Tip!

You can freeze the bites between wax paper and eat at a later date. Defrost and reheat in oven or microwave.

## *Nutritional information per serving:*

*Calories (Kcal): 144; Carbohydrates (g): 3; Fat (g): 10; Protein (g): 10; Sodium (mg): 180; Sugar (g): 1*

# Ricotta Pancakes with Blueberries

(4-6 Servings)

## Ingredients:

- 1 1/2 cups all-purpose flour
- 1 tsp. baking powder
- 1 1/2 tsps. kosher salt
- 3 large eggs, separated
- 1 3/4 cups plus 2 Tbsps. milk
- 6 oz. ricotta cheese (1/2 cup plus 2 Tbsps.)
- 1/4 cup sugar
- 1 Tbsp. pure vanilla extract
- Unsalted butter, for the griddle
- 1 pint fresh blueberries or 2 cups frozen blueberries, thawed
- Pure maple syrup, for serving



## How to make it:

1. In a small bowl, whisk the flour, baking powder and salt
2. In a large bowl, whisk the egg yolks with the milk, ricotta, sugar and vanilla
3. Add the dry ingredients and whisk until the batter is smooth.
4. In a large bowl, using an electric mixer beat the egg whites at medium speed until frothy. Beat at high speed until soft peaks form. Fold the egg whites into the batter until no streaks remain.
5. Preheat the oven to 225°F
6. Heat a griddle, then lightly butter it
7. For each pancake, ladle a scant 1/4 cup of the batter onto the griddle; be sure to leave enough space between the pancakes. Cook over moderately low heat until the bottoms are golden and the pancakes are just beginning to set, 1 to 2 minutes
8. Sprinkle each pancake with a few blueberries and press lightly
9. Flip the pancakes and cook until golden on the bottom and cooked through, about 1 minute longer. Transfer the pancakes to plates and keep them warm in the oven while you make the rest. Serve the pancakes with maple syrup.

## ***Nutritional information per serving (includes maple syrup):***

*Calories (Kcal): 198; Carbohydrates (g): 35; Fat (g): 4; Protein (g): 6; Sodium (mg): 73; Sugar (g): 18*

*\*Adapted from "Reinventing the Classics, Breakfast: A Wake-Up Call"*

# Smoked Salmon Sandwich *(4 Servings)*

## **Ingredients:**

8 pieces thin pumpernickel bread  
(3-1/2 inches square)

1/4 cup whipped cream cheese

8 oz. thinly sliced smoked salmon

1/2 red onion, thinly sliced

1/4 English cucumber, thinly sliced

2 medium ripe tomatoes, cored, seeded, and diced

2 tsps. chopped fresh chives

Salt and freshly ground black pepper to taste

## **How to make it:**

1. Toast the bread, and then spread 1-1/2 tsps. of cream cheese on top of each piece
2. Put a slice of smoked salmon, a couple of slices of onion, a slice or two of cucumber, and about 1 Tbs. of chopped tomato on top
3. Sprinkle with the chives and season with salt and pepper.

## ***Nutritional information per serving:***

*Calories (kcal): 222; Fat (g): 7; Saturated Fat (g): 3; Protein (g): 15; Monounsaturated Fat (g): 1.5; Carbohydrates (g): 24; Polyunsaturated Fat (g): 1; Sodium (mg): 760*

*\*From "The Food You Crave"*

# appetizers and snacks

## Spinach and Yogurt Dip

*This is a great way for getting your children to eat their vegetables! It is a tasty appetizer or healthy afternoon snack.*

### Ingredients:

- 12 oz. baby spinach
- 2 finely minced garlic cloves
- 1 cup thick plain Greek yogurt
- 2 Tbsps. extra virgin olive oil
- 1/8 tsp. ground allspice
- 1/8 tsp. ground clove
- 1/8 tsp. freshly grated nutmeg
- 1/8 tsp. ground cinnamon
- ¼ tsp. ground mint
- 1 tsp. freshly ground coriander
- Chopped walnuts for garnish



### How to make it:

1. Blanch the spinach for 20 to 30 seconds or steam for 2 to 3 minutes. Rinse and squeeze out excess water and chop coarsely
2. Stir garlic into the yogurt and set aside
3. Heat the olive oil over medium heat in a wide, heavy skillet and add the spices. Stir the spices until they begin to sizzle and are fragrant.
4. Add the spinach. Cook and stir until heated through and coated with the oil and spices, 2 to 3 minutes.
5. Transfer to a food processor and pulse to a puree. Add the yogurt and blend together. Transfer to a bowl or platter. Garnish with chopped walnuts if desired. Serve with pita bread.

### *Nutritional information per Tbsp.:*

*Calories (kcal): 16; Fat (g): 1; Protein (g): 1; Monounsaturated Fat (g): 1; Sodium (mg): 14*

*\*Adapted from Food for Health by Martha Rose Shulman from the New York Times*

# Herbed Goat Cheese and Sun-Dried Tomatoes Spread

## Ingredients:

- ½ lb. mild soft goat cheese, softened
- 3 Tbsps. finely chopped drained and sun-dried tomatoes in oil
- 3 Tsp. minced fresh thyme
- 2 Tsp. minced fresh rosemary
- 1 small shallot, minced
- ¼ cup extra-virgin olive oil

## Accompaniment:

toasts or crackers

## How to make it:

Stir all ingredients together until smooth, add salt and pepper to taste.

### Tip!

Spread may be made 2 days ahead and chilled, covered. Bring to room temperature before serving.

## *Nutritional information per serving (assuming this serves 8):*

*Calories (Kcal): 140; Carbohydrates (g): 2; Fat (g): 14; Protein (g): 6; Sodium (mg): 109; Sugar (g): 1;*

# Salmon Mousse

*This recipe is amazing. Simple to make but super tasty!*

## Ingredients:

- 14  $\frac{3}{4}$  oz. red salmon
- 8 oz. softened cream cheese
- $\frac{1}{2}$  cup mayonnaise
- 2 Tbsps. lemon juice
- 2 Tbsps. butter
- Salt and white pepper to taste

## Tip!

Spread may be made 3 days ahead and chilled, covered.

## How to make it:

1. Drain salmon and remove larger bones
2. Add first four ingredients to blender and blend
3. Next, add butter and blend until smooth
4. Salt and pepper to taste

Refrigerate for several hours before serving. Serve with crackers or other crudité's.

*\* Please note that the nutritional information for snacks is hard to determine; the information provided is an estimate.*

**Nutritional information per 4 Tbsps.:**

*Calories (Kcal): 152; Carbohydrates (g): 1; Fat (g): 13; Protein (g): 7; Sodium (mg): 194; Sugar (g): 1*

# Alida's Smoked Oyster Spread

## Ingredients:

- 2 (8 oz.) packages cream cheese, room temperature
- 1 Tbsp. mayonnaise
- 2 tsps. Worcestershire sauce
- 2 minced garlic cloves
- ½ small onion, grated
- 1/8 tsp. salt
- 1 Tbsp. fresh lemon juice
- 2 (4 oz.) cans smoked oysters, drained and finely chopped
- ¼ - ½ cup fresh parsley, chopped (enough to cover dish)

## Tip!

Spread may be made 3 days ahead and chilled, covered.

## How to make it:

1. In medium bowl, cream together first 7 ingredients (do not use a food processor or blender)
2. Fold in the drained and finely chopped oyster
3. Spread into a 10-inch decorative pie dish
4. Cover top completely with chopped parsley
5. Cover well and refrigerate overnight

Serve on crackers

*\* Please note that the nutritional information for snacks is hard to determine; the information provided is an estimate.*

## **Nutritional information per 4 Tbsps.:**

*Calories (Kcal): 87; Carbohydrates (g): 2; Fat (g): 7; Protein (g): 4; Sodium (mg): 110; Sugar (g): 1*

## Mixed Nuts



Make your own mixture of raw nuts. Add some dried cranberries and raisins, and you will have a healthy handful of snacks to kill those hunger pangs! Remember, aim for the healthier nut options like walnuts and almonds instead of peanuts.

## Cheese Platter



Cut 1-inch cubes of different hard cheese. Gouda, Swiss, different types of cheddar cheese work very well. Top them with a small piece of mandarin, dried and sweet ginger, pickle, silver onion, small piece of smoked salmon, walnut, grapes, strawberry, etc. Even though it is the holidays, don't forget a 1-inch cube is about a serving of cheese. The possibilities are endless.

# soups

## Butternut Squash/Lentil Soup (4 Servings)

*This is easy to make, and healthy soup is a meal in itself!*

### Ingredients:

- 1 Tbsp. olive oil
- 1 diced medium onion
- 2 Tbsps. Curry powder
- 1 small Butternut squash, peeled, seeds removed, and cut in small cubes
- 1 small Cauliflower, cut in small pieces
- 8 oz. brown lentils, rinsed and drained
- 1 28 oz. can chopped tomatoes
- 8 Tbsps. Greek yogurt
- Salt and pepper to taste



### How to make it:

1. Heat the olive oil in a heavy sauce pan
2. Add the onion and sauté until soft – about 5 minutes
3. Add the curry powder and sauté for about 30 seconds until fragrant
4. Add the pumpkin, cauliflower and lentils and sauté all ingredients for about 5 minutes
5. Add the canned tomatoes and add 16 oz. of water
6. Add salt and pepper and simmer for about 30 minutes
7. You can add the yogurt to soup and serve or serve the soup and add a Tbsp. of yogurt on top

### *Nutritional information per serving:*

*Calories (Kcal): 420; Carbohydrates (g): 67; Fat (g): 4; Protein (g): 20; Sodium (mg): 65; Sugar (g): 8*

# Patsy's Pumpkin Parsnip Bisque with Hazelnut Toasts

## Ingredients:

- |   |  |
|---|--|
| 1 Tbsp. Olive oil or butter   | 1 15 -oz. can pumpkin                              |
| 2 medium leeks, halved lengthwise, rinsed and sliced crosswise (white and light green parts only) (2/3 cup) | ¼ tsp. ground allspice                             |
| 1 medium stalk celery, chopped  | 3 Tbsps. butter, softened                          |
| ½ tsp. salt   | ¼ cup toasted hazelnuts or walnuts, finely chopped |
| 1/8 tsp. crushed red pepper   | 16 baguette-style French bread slices, toasted     |
| 4 medium parsnips, peeled and cut into 1-inch pieces (3 cups)   | 1/3 cup sour cream                                 |
| 1 large russet potato, peeled and cut into 2-inch chunks  | 1 Tbsp. lemon juice                                |
| 4 ½ cups chicken stock or broth   |  |

## How to make it:

1. In a large saucepan heat 1 Tbsp. butter over medium-high heat until bubbling. Add leeks, celery, salt, and crushed red pepper; cook and stir for 4 minutes until vegetables start to soften.
2. Add parsnips, potato and chicken stock. Bring to boiling; reduce heat. Cover and cook for 20 to 30 minutes or until very tender, stirring occasionally. Stir in pumpkin and allspice. Remove from heat and let cool for 5 to 10 minutes.
3. Meanwhile, in a small bowl combine softened butter and hazelnuts. Spread toasts with butter mixture and arrange on a baking sheet\*.
4. Place parsnip mixture, in batches if necessary, in a blender or food processor. Cover and blend or process until smooth; return to saucepan. Add additional chicken stock, if necessary, to reach desired consistency\*\*.
5. When ready to serve, place toasts in a 300 degrees F oven for 3 to 5 minutes or until warm and butter is melted. Stir sour cream and lemon juice into soup and heat through. Serve with toasts.

**Tip 1!** Toasts can be made ahead and held at room temperature for 1 to 2 hours.

**Tip 2!** Soup can be prepared to this point and refrigerated up to 3 days or frozen up to 1 month until ready to serve. Defrost and heat soup, covered, over medium-low heat until heated through.

## *Nutritional information per serving:*

*Calories (Kcal): 208; Carbohydrates (g): 26; Fat (g): 4; Sodium (mg): 562; Sugar (g): 6.*

# Curried Butternut Squash Soup (4 Servings)

## Ingredients:

- 1 Tbsp. extra virgin olive oil
- 2 - 3 tsps. curry powder – add more if you like a stronger curry flavor
- ¼ tsp. cayenne pepper
- 1 large leek, diced and washed thoroughly
- 2 stalks celery, diced
- 4 cups diced butternut squash
- 6 cups vegetable broth
- 1 cup coconut milk
- 1 Tbsp. pure maple syrup or raw agave nectar, to taste
- Salt and fresh ground pepper, to taste

## How to make it:

1. Heat soup pot until rim of pot is warm to touch, over medium heat.
2. Add olive oil and add curry powder and cayenne pepper when oil is hot. Stir for about 20 seconds until spices are fragrant.
3. Add leeks and celery, stir and cook until the leeks are soft.
4. Add the squash and broth to the pot and bring to a simmer.
5. Cover pot with lid and simmer until the squash is very soft and fork tender about 30 minutes.
6. Add more broth if the soup gets too thick.
7. When squash is tender take pot from heat and let cool down a little bit.
8. Puree the soup with an immersion blender until smooth.
9. Stir in the maple syrup and coconut milk.
10. Warm through gently and season with salt and pepper, to taste.

## *Nutritional information per serving:*

*Calories (Kcal): 162; Carbohydrates (g): 28; Fat (g): 5; Protein (g): 2; Sodium (mg): 148; Sugar (g): 9.*

# main dishes

## Dry Brined Turkey *(10-12 Servings)*

### **Ingredients:**

One 12- 14 pound turkey (frozen is fine)

2 ½ (3 Tbsps. for 14 LB. Turkey) Tbsps. Kosher salt

2 Tbsps. smoked paprika

2 tsps. Cinnamon

1 tsp. onion powder

1 tsp. garlic powder

2 Tbsps. rosemary powder

2 Tbsps. lemon zest

Melted butter for basting (optional)

### **How to make it:**

1. Wash the turkey inside and out and pat it dry.
2. Grind the spices and zest together with the salt in a spice grinder, small food processor, or mortar and pestle.
3. Sprinkle the inside of the turkey lightly with the salt/spice mixture. Place the turkey on its back and sprinkle mixture on the breasts, concentrating the salt/spice mixture in the center, where the meat is thickest. You'll probably use a little more than a Tbsp.
4. Turn the turkey on one side and sprinkle the entire side with the mixture, concentrating on the thigh. You should use a little less than a Tbsp. Flip the turkey over and do the same with the opposite side.
5. Place the turkey in a 2 1/2-gallon sealable plastic bag, press out the air and seal tightly. Place the turkey breast-side up on a large plate (to get the juices in case the bag leaks a bit) in the refrigerator. Chill for 3 days, turning it onto its breast for the last day. Rub the mixture around once a day if you remember.
6. After 3 days, remove the turkey from the bag. There should be no salt visible on the surface and the skin should be moist but not wet. Place the turkey breast-side up on a plate and refrigerate uncovered for at least 8 hours.
7. On the day it is to be cooked, remove the turkey from the refrigerator and leave it at room

# Dry Brined Turkey - continued

temperature at least 1 hour. Preheat the oven to 425 degrees F.

8. Pat it dry one last time and baste with melted butter, if using. Place the turkey breast-side down on a roasting rack in a roasting pan; put it in the oven. After 30 minutes, remove the pan from the oven and carefully turn the turkey over so the breast is facing up (it's easiest to do this by hand, using kitchen towels or oven mitts).
9. Reduce the oven temperature to 325 degrees F, return the turkey to the oven and roast until a thermometer inserted in the deepest part of the thigh, but not touching the bone, reads 165 degrees, about 2 3/4 hours total roasting.
10. Remove the turkey from the oven, transfer it to a warm platter or carving board; tent loosely with foil. Let stand at least 30 minutes to let the juices redistribute through the meat.
11. Carve and serve.

**Tip 1!** Whether stuffing the turkey do tie together the legs the legs before cooking the turkey. It will prevent the turkey from drying out.

**Tip 2!** Do not buy a basted or self-basted turkey. They are injected with a solution with a high fat and salt content. It is not needed!

## ***Nutritional information per serving:***

*Calories (Kcal): 340; Carbohydrates (g): 0; Fat (g): 8; Protein (g): 21; Sodium (mg): 323; Sugar (g): 0.*

*\*Adapted from recipe by Russ Parsons*

# Make Ahead Turkey Gravy

*(Makes 2-1/4 cups or 8 Servings)*

*This recipe can be made weeks ahead of time. Freeze the gravy and defrost when needed. There is absolutely no need for any anxiety on the actual holiday. Turkey wings are cheap and available in every supermarket. This recipe can easily be doubled.*

## Ingredients:

2 turkey wings	6 cups water
4 ribs of celery, roughly chopped (use leaves too)	4 Tbsps. unsalted butter
1 onion, cut into chunks	4 Tbsps. all-purpose flour
4 Fresh thyme sprigs or sage	1/2 cup whole milk
4 cloves garlic, smashed	1 tsp. apple cider vinegar
	Kosher salt to taste (about 1/2 tsp.)

## How to make it:

1. Preheat oven to 375 degrees F and in a large sauté or roasting pan (large Dutch oven will do), roast turkey wings, celery, onion, fresh thyme sprigs, and garlic drizzled with some olive oil for 2 hours. Remove from the oven.
2. Add water and bring to a boil. Turn down heat and simmer on low for one hour, uncovered. Stock will reduce.
3. Strain the stock into a bowl with a 4 cup capacity. Place liquid into the refrigerator for at least 2 hours or overnight and remove the fat accumulated on top.
4. In a large sauté pan, melt unsalted butter and whisk in flour. Cook, whisking constantly over medium heat for two minutes. This will cook out the flour taste.
5. Whisk in turkey stock, small amounts at the time, and cook until thickened. (The gravy should coat the back of a spoon.)
6. Add milk, cider vinegar and salt to taste.
7. If by some chance you cannot get your gravy as thick as you like it, don't panic. You can always dissolve 1 tsp. of cornstarch in one tsp. of cold water and SLOWLY add it to the gravy while whisking. It will be fine.
8. Remember, gravy often thickens up a bit when it's off the heat.

## ***Nutritional information per serving:***

*Calories (Kcal): 93; Carbohydrates (g): 4; Fat (g): 4; Protein (g): 4; Sodium (mg): 173; Sugar (g): 1.*

# Classic Bread Stuffing/Dressing

(8-10 Servings)

## Ingredients:

1/4 lb. (1/2 cup) unsalted butter

3 cups chopped onion

2-1/2 cups chopped celery, including leaves

1 clove garlic, finely chopped

1-1/2 Tbs. chopped fresh sage or 1-1/2 tsp. dried

1-1/2 Tbs. chopped fresh thyme or 1-1/2 tsp. dried

2 tsp. celery seeds

Pinch of grated nutmeg

Pinch of ground cloves

1 tsp. kosher salt

1-lb. loaf good-quality white bread, cut into 1/2-inch cubes (10 to 12 cups), stale or lightly toasted

1/2 tsp. freshly ground black pepper

1/2 cup homemade or low-salt chicken broth, milk, or dry white wine

Turkey stock (see previous recipe) or low-salt chicken broth as needed

## How to make it:

1. In a large skillet over medium heat, melt half of the butter.
2. Add the onion, celery, garlic, sage, thyme, celery seeds, nutmeg, cloves, and salt.
3. Cook, covered, until the onion is soft, 5 to 7 minutes. Remove from the heat.
4. In a large bowl, toss the sautéed vegetables with the bread cubes. Season with pepper.
5. Melt the remaining butter. Pour it over the stuffing, along with the broth (or milk or wine), and toss to coat. The stuffing should just hold together when mounded on a spoon.
6. Put stuffing in a casserole dish; pour a cup or two of stock over the stuffing. Bake it covered until heated through, 45 minutes to 1 hour. For a crunchy top, uncover it for the last 15 minutes of baking.

## *Nutritional information per serving:*

*Calories (Kcal): 340; Carbohydrates (g): 0; Fat (g): 8; Protein (g): 21; Sodium (mg): 323; Sugar (g): 0.*

# Southern Cornbread Dressing (8 Servings)

## Ingredients:

### For the Cornbread

- 2 cups self-rising corn meal
- 3/4 cup nonfat buttermilk or skim milk with 1/2 tsp. white vinegar added
- 1 egg

### How to make it:

1. Crumble cornbread in a large bowl.
2. Mix in onion, celery, garlic powder.
3. Add chicken broth until very wet (but not soupy).
4. Add sage last. You may taste at this point to determine if more sage is needed.
5. Pour into a baking dish coated in nonstick cooking spray.

## Ingredients:

### For the Dressing

- 1 1/2 cup low fat/low sodium chicken or vegetable broth
- 1 medium onion - finely chopped
- 1 stalk celery - finely chopped
- 3-4 Tbsp. rubbed sage (or more if you prefer)
- 1 Tbsp. garlic powder
- 1 pan cornbread

### How to make it:

1. Crumble cornbread in a large bowl.
2. Mix in onion, celery, garlic powder.
3. Add chicken broth until very wet (but not soupy).
4. Add sage last. You may taste at this point to determine if more sage is needed.
5. Pour into a baking dish coated in nonstick cooking spray.
6. Spray the top with cooking spray.
7. Bake at 400-500 degrees until browned.

**Tip 1!** Cooking temperature may be set by another dish so you can cook multiple dishes at once, adjust cooking time accordingly.

**Tip 2!** You may also bake it in muffin pans if you and your guests like the browned edges of dressing. Serve with turkey, Cornish game hens, or chicken.

### *Nutritional information per serving:*

*Calories (Kcal): 123; Carbohydrates (g): 23; Fat (g): 2; Protein (g): 4; Sodium (mg): 514; Sugar (g): 1.*

# Slow Roasted Fresh Ham (6-8 Servings)

*With just a few seasonings rubbed on a day ahead, a slow-roasted fresh ham (that is, an uncured, un-smoked hind leg of a hog), becomes a juicy, fork-tender, and fragrant holiday centerpiece.*

## Ingredients:

### For the ham

8-1/2 lb. bone-in fresh half-ham, preferably shank end, rind (skin) removed

1 medium lemon

1/4 cup olive oil

1/4 cup fresh rosemary leaves

6 medium cloves garlic, halved

Kosher salt and freshly ground black pepper

1/4 cup white wine vinegar

### For the pan sauce

1/4 cup dry white wine

1/2 cup lower-salt chicken broth

2 tsp. unsalted butter, softened

2 tsp. all-purpose flour

1 Tbsp. cherry jam

## How to make it:

### Prepare the ham

1. Set the ham fat side up in a large heavy-duty roasting pan. Use a sharp knife to score the fat in a 1-inch diamond pattern, cutting only about three-quarters of the way through the fat.
2. Peel the zest from the lemon with a vegetable peeler, avoiding the white pith. Put the zest, olive oil, rosemary, garlic, 1 Tbsp. salt, and 1 tsp. pepper in a food processor and pulse to a coarse paste. Rub this mixture all over the ham. Cover the pan tightly with foil and refrigerate for 12 to 24 hours.
3. Position a rack in the oven so that the ham will sit as high as possible but still have at least 2 inches head space for air circulation. Heat the oven to 350°F.

# Slow Roasted Fresh Ham – continued

4. Keep the ham covered with the foil and roast for 3 hours. Uncover the pan and drizzle the vinegar over the ham, taking care not to wash off the coating. Continue roasting, basting every 15 minutes or so, until the ham is well browned and an instant-read thermometer inserted in the center of the meat without touching bone registers 170°F (check in several places), 1 to 1-1/2 hours more. If the ham or drippings begin to brown too much, cover loosely with foil to prevent burning.
5. Transfer the ham to a carving board to rest while you make the sauce.

## Make the sauce

1. Pour the pan drippings into a bowl, let sit until the fat rises to the top, and then skim off the fat.
2. Return the skimmed drippings to the roasting pan and set the pan over medium heat.
3. Whisk in the wine, scraping up any particles stuck to the pan's bottom.
4. Whisk in the broth, add 1/2 cup water, and continue to boil until the liquid is reduced by one-third, about 2 minutes.
5. Meanwhile, use a fork to mash the butter with the flour in a small bowl or ramekin to create a thick paste.
6. Whisk the cherry jam into the sauce, then add the butter paste in parts, whisking until the paste is fully dissolved and the sauce is simmering and thickened.
7. Carve the ham and serve with the sauce.

### Tip 1!

Leftover ham will keep in the refrigerator for up to 3 days and in the freezer for up to 2 months.

### *Nutritional information per serving:*

*Calories (Kcal): 340; Carbohydrates (g): 760; Fat (g): 54; Protein (g): 57; Sodium (mg): 680; Sugar (g): 4.*

# Whole Roasted Salmon Stuffed with Lemon & Herbs (8 Servings)

*This dish tastes just as good cold as hot. So, if you like, cook ahead of time and serve at room temperature.*

## **Ingredients:**

5 Lbs. whole salmon scaled and gutted, ask your fishmonger (head and tail removed if preferred)  
3 Lbs. red-skinned potatoes, scrubbed clean and sliced into ¼ Inch rounds  
1 tsp. sea salt  
freshly ground black pepper  
2 Lbs. Leeks, thoroughly washed and sliced in 1-inch rings  
olive oil  
1 small bunch fresh dill  
1 small bunch fresh flat-leaf parsley  
1 small bunch fresh tarragon  
2 lemons  
extra virgin olive

## **How to make it:**

1. Preheat your oven to 450°F.
2. Prepare a large roasting pan that will fit the fish. (You can lay the fish diagonally across the tray if that works better).
3. Scatter the sliced potatoes over the base of the tray and season well with salt and pepper.
4. Scatter leeks over the top and give it all a generous drizzle of olive oil.
5. Prepare the fish.
6. Pick half the leaves from each of the herb bunches and put them on a chopping board, keeping the remainder to one side. Grate the lemon zest over the herbs then roughly chop everything together.
7. Scrape this mixture into a bowl and wipe the board down with a piece of kitchen paper.
8. Transfer the salmon to the board, then wipe it inside and out with a fresh piece of kitchen paper. Make sure there are no scales on the silvery salmon skin – the fishmonger should have taken all of these off for you. If there are any left on there, scrape them with a blunt knife until they come off.

# Whole Roasted Salmon Stuffed with Lemon & Herbs - continued

9. Make vertical slashes in the skin on both sides of the salmon from its back towards its tummy – about 1-inch deep and at an angle, so you leave a flap of skin you can stuff your herbs under. Make about 6 slashes on each side of the fish. Sprinkle salt and pepper into each slash, then stuff with a pinch of your lemon-herb mix. Smooth the flaps down again and drizzle the fish all over with a light coating of olive oil. Lay it on top of your potatoes and leeks.
10. Take the leftover herb bunches and stuff them inside the belly cavity of the fish, then slice up one of the zested lemons and stuff these slices in there as well.
11. Bake the fish at 450°F for 15 minutes, and then turn the temperature down to 350°F and cook for another 30 minutes.
12. To check the fish is cooked, take a clean skewer and push it into the deepest part of the fish, just behind the head. Count to 10, then carefully take the skewer out and hold it against your top lip. If it's nice and warm, the fish is cooked. Remove from oven.
13. While it's still warm, carefully remove the skin on one side with a blunt knife, working from the top of the head to the tail. Repeat on the other side until all skin is removed. (Optional!)
14. Squeeze the juice of your remaining lemon over the top, drizzle with a little extra virgin olive oil and serve.

## ***Nutritional information per serving:***

*Calories (Kcal): 735; Carbohydrates (g): 35.1; Fat (g): 49.9; Protein (g): 79.9; Sodium (mg): 201; Sugar (g): 2.2.*

*\* Adapted from a recipe by Jamie Oliver*

# Endive Salad (8 Servings)

*This is a simple but great tasting salad. You can also chop the pears and walnut smaller and place the mixture, topped with cheese and dressing, in a couple of whole endive leaves and serve as an appetizer.*

## **Ingredients:**

- 8 Endive heads, sliced first lengthwise, then crosswise in 1/2-inch slices
- 5 Tbsp. chopped walnuts
- 5 Tbsp. crumbled gorgonzola or other blue cheese
- 2 Bartlett pear, cored and chopped
- 4 Tbsps. Extra virgin olive oil
- 4 tsps. Cider vinegar or balsamic vinegar
- Sprinkle of kosher salt and freshly ground black pepper

## **How to make it:**

1. Place the chopped endive in a large bowl.
2. Add the walnuts, crumbled gorgonzola, and chopped pears.
3. Toss to combine.
4. Drizzle olive oil over the salad. Drizzle vinegar over the salad. Toss to combine.
5. Season to taste with a salt and pepper - toss.
6. Serve immediately.

## ***Nutritional information per serving:***

*Calories (Kcal): 281; Carbohydrates (g): 24; Fat (g): 18; Protein (g): 12; Sodium (mg): 276; Sugar (g): 4.*

# Karen's Cranberry Salad (8 Servings)

## Ingredients:

- 1 large package raspberry or cranberry gelatin (sugar free is fine)
- 1 cup boiling water
- 1 can (14 oz.) whole berry cranberry sauce
- 2 cups Greek fat free plain yogurt
- 1 cup chopped pecans
- 2 stalks finely chopped celery (optional)

## How to make it:

1. Mix gelatin and water and dissolve.
  2. With an electric hand mixer, slowly blend cranberry sauce into the gelatin, and then add the rest of the ingredients.
  3. Pour into a serving bowl and refrigerate until set (usually about 4 hours but may be made up to 36 hours prior to serving).
- \* This tastes a lot like yogurt or a cranberry pudding.

## *Nutritional information per serving:*

*Calories (Kcal): 249; Carbohydrates (g): 31; Fat (g): 10; Protein (g): 7; Sodium (mg): 81; Sugar (g): 26.*

# Live Well Cranberry and Carrot Salad (8 Servings)

## Ingredients:

- 1 1/2 cups dried cranberries (soak in hot water to plump, then drain and pat dry on paper towels)
- 2 cup finely shredded carrots
- 1/2 cup pecans (finely chopped)
- 1/8 cup mayonnaise (fat free or light is fine)
- 1 cup unsweetened shredded coconut

## How to make it:

Mix all ingredients in a bowl. Chill and serve. Salad can be made 24-48 hours ahead.

## *Nutritional information per serving:*

*Calories (Kcal): 254; Carbohydrates (g): 30; Fat (g): 16; Protein (g): 3; Sodium (mg): 10; Sugar (g): 22.*

# Old Fashioned Fruit Salad (8 Servings)

*This is a simple but great tasting salad. You can also chop the pears and walnut smaller and place the mixture, topped with cheese and dressing, in a couple of whole endive leaves and serve as an appetizer.*

## **Ingredients:**

- 1/2 cup canned pears (no sugar added or with Splenda)
- 1/2 cup canned peaches (no sugar added or with Splenda)
- 1/2 cup canned pineapple in natural juice
- 1/2 cup mandarin oranges (canned or fresh)
- 1 cup chopped pecans
- 3/4 cup shredded unsweetened coconut
- 1 cup dried cranberries
- 1 cup fat free whipped topping

## **How to make it:**

Drain fruit. Pat dry with paper towels. Mix all ingredients in a bowl and chill. May be made up to 24 hours in advance.

### **Tip 1!**

For a vegan alternative, skip the whipped topping and mix in one cup of pineapple juice to marinate the fruit and preserve it.

## ***Nutritional information per serving:***

*Calories (Kcal): 254; Carbohydrates (g): 30; Fat (g): 16; Protein (g): 3; Sodium (mg): 10; Sugar (g): 22.*

# Pumpkin Barley Pilaf with Mushrooms and Spinach (8 Servings)

*Here's a nutrition-packed side dish that's made especially easy by using great seasonings and ready-to-use produce. "Superfoods" pumpkin and spinach join pearl barley, a whole grain that's rich in fiber, vitamins and minerals for a savory dish that's delicious served with roast chicken or turkey.*

## Ingredients:

2 Tbsps. olive oil	1 large Bay Leaf
1 cup medium pearl barley	2 cups canned pumpkin
3 cups boiling water	8 oz. sliced Cremini mushrooms
3 tsps. Chicken-flavored base	½ cup dry white wine
1/3 cup Minced Onions	3 oz. baby spinach leaves
½ tsp. Garlic Powder	1 Tbsp. trans-fat free tub margarine
2 tsps. Rubbed Sage	½ tsp. sea salt from
1 tsp. Thyme leaves	1/8 tsp.(or to taste) freshly ground black pepper

## How to make it:

1. In a large saucepan, heat the olive oil over medium-high heat. Add the barley and stir to coat thoroughly with oil. Continuing to stir frequently, cook the barley in the oil for 3-4 minutes, or until it begins to give off a mild toasted smell.
2. Add the boiling water and chicken base, stir to dissolve the base. Add all of the dried seasonings, the canned pumpkin and sliced mushrooms. Stir to incorporate all of the ingredients. Cover and let mixture come to a boil, then reduce heat to low. Simmer for 30 minutes, stirring once at about 15 minutes.
3. After 30 minutes of simmering time, add the white wine and stir. Cover and continue to cook for about 15 minutes or until barley has a slightly chewy texture.
4. Add the baby spinach, margarine, salt and pepper. Stir to blend ingredients and to wilt the spinach.
5. Serve and enjoy!

## ***Nutritional information per serving:***

*Calories (Kcal): 173; Carbohydrates (g): 23; Fat (g): 7; Protein (g): 5; Sodium (mg): 348; Sugar (g): 1.*

*\* Recipe by Lisa A. Reid, MS, RD, LD*

# Better than Pie Mashed Sweet Potatoes

## **Ingredients:**

8 sweet potatoes

1 cup pecan pieces

½ cup coconut flakes

3 Tbsps. butter

½ cup Brown Sugar – approximately – depends on sweetness of potatoes

## **How to make it:**

1. Peel and chop potatoes.
2. Place in a heavy pot and cover with water. Boil until potatoes are soft.
3. Drain potatoes and add butter, and mash or whip with an electric mixer.
4. Taste, then add appropriate amount of brown sugar depending on sweetness of potatoes.
5. Spread potatoes into baking dish sprayed with non-stick cooking spray.
6. Sprinkle chopped pecans and coconut over the top.
7. Bake at 400 degrees until coconut begins to brown.

## ***Nutritional information per serving:***

*Calories (Kcal): 327; Carbohydrates (g): 42; Fat (g): 17; Protein (g): 3; Sodium (mg): 77; Sugar (g): 18.*

# Puréed Roasted Squash and Yams with Citrus *(6 Servings)*

## **Ingredients:**

- 1 large butternut squash, about 3 pounds
- 1 1/2 Lbs. sweet potatoes (or yams with the dark orange flesh)
- 3 Tbsps. finely grated orange and lemon zest - mixed
- 1/4 to 1/2 tsp. ground cinnamon (to taste)
- 1 Tbsp. extra virgin olive oil
- Salt and freshly ground pepper

## **How to make it:**

1. Preheat the oven to 400 degrees F.
2. Cover a large baking sheet with foil and brush the foil with olive oil.
3. Cut the squash in half lengthwise and scoop out the seeds and fibers.
4. Put on the baking sheet, cut side down.
5. Pierce the sweet potatoes in several places with the tip of a paring knife and place them on the baking sheet.
6. Place in the oven and bake 1 hour, or until the potatoes and squash are thoroughly tender when pierced with a knife.
7. When the squash and sweet potatoes are tender, remove the skins and mash the rest with a potato masher. Do not use a food processor it makes the mixture too watery. Stir in the citrus zest, the cinnamon, olive oil, and salt and pepper to taste.
8. Scrape the mixture into a heavy skillet or saucepan and cook, stirring, over medium heat, stirring, for 10 to 15 minutes, until it is thick and steamy. Serve hot.

## ***Nutritional information per serving:***

*170 calories; 0 grams saturated fat; 0 grams polyunsaturated fat; 2 grams monounsaturated fat; 0 milligrams cholesterol; 37 grams carbohydrates; 9 grams dietary fiber; 53 milligrams sodium (does not include salt to taste); 3 grams protein.*

*\*Adapted from Lynne Rossetto Kasper's book "The Splendid Table."*

# Creamy Mashed Potatoes *(10-12 Servings)*

## Ingredients:

4 lbs. – (Mixture of 2 lbs. Yukon and 2 lbs. Russet is best) peeled and cut into large chunks  
1-1/2 to 2 inches

4 cloves garlic, peeled

1 Tbsp. Kosher salt

6 Tbsps. unsalted butter, cold! (Adding cold butter to your potatoes will allow the butter to melt as a whole and distribute the fat and milk solids evenly.)

2 cups milk, hot but not boiling

Freshly ground black pepper and nutmeg

## How to make it:

1. Put the potatoes and garlic in a large saucepan and cover with cold water by at least an inch.
2. Add a generous 1/2 teaspoon salt and bring to a boil. (Always start potatoes and water together)
3. Lower the heat to a steady simmer, cover the pot partially, and cook until the potatoes are quite tender when pierced with a fork, 15 to 20 minutes.
4. Drain the potatoes and garlic – reserving some of the cooking water – and dump them back into the pan.
5. Dry the potatoes over medium heat, shaking the pan and stirring until the potatoes look floury and leave a light film on the bottom of the pan.
6. With a hand masher, mash the potatoes in the pot until completely smooth. **DO NOT USE A MIXER!**
7. With a wooden spoon, mix in the butter first (always!), and then beat in the hot milk in 1/4-cup increments. If the potatoes are still too thick, mix in a bit of the cooking water until they reach the consistency you want.
8. Season with salt, pepper, and nutmeg. Serve right away.

**Tip 1!** It is possible to make mashed potatoes a day ahead of time but it is just not as good. Make the mashed potatoes as directed above. Put into a greased casserole dish, cover and refrigerate. When ready to finish, bring mashed potatoes to room temperature. Heat a cup of milk with one Tbsp. of butter in the microwave. Pour over mashed potatoes. Cover and reheat in 375 degree oven for about 30 minutes. Stir mashed potatoes well before serving.

## *Nutritional information per serving:*

*Calories (Kcal): 170; Carbohydrates (g): 26; Fat (g): 60; Protein (g): 4; Sodium (mg): 210; Sugar (g): 18.*

# Roasted Potatoes with Garlic and Sage

(8 Servings)



## Ingredients:

3 pounds new potatoes, scrubbed and halved or quartered, depending on size

1/2 head garlic, cloves finely minced

12 sage leaves – finely chopped

1/3 cup olive oil

½ Tbsp. Salt

Freshly ground black pepper to taste

## How to make it:

1. Preheat the oven to 425 degrees F.
2. \*Pat the potato pieces very dry – this is important so potatoes can roast and don't steam
3. Mix the next 5 ingredients well by shaking it in a sealed container
4. In a baking pan large enough to hold the potatoes in a single layer, combine the potatoes with the oil mixture. Stir well to coat the potatoes evenly. Make sure the pan is large enough so the potatoes are not crowded.
5. Roast, stirring every 15 minutes, until the potatoes become tender and browned, about 1 hour. Serve hot.

\* You can put the scrubbed and halved potatoes in cold water in the fridge for a couple of hours. Make the oil mixture a day or two ahead. Assemble when ready to cook.

## *Nutritional information per serving:*

*Calories (Kcal): 191; Carbohydrates (g): 32; Fat (g): 7; Protein (g): 4; Sodium (mg): 40;*

# French Onion Tart *(8 Servings)*

## Ingredients:

1 Tbsp. extra virgin olive oil  
1 Tbsp. butter  
2 lbs. yellow onions, peeled & sliced thin  
2 sprigs fresh thyme - leaves removed & stems discarded  
Sea salt and freshly ground pepper, to taste  
1 large egg, lightly beaten  
1 tsp. sherry vinegar  
½ cup beef, vegetable or mushroom broth  
2/3 cups (2 oz.) Gruyere cheese, shredded  
½ cup cream or half and half

## For the cheese pastry crust

¾ cups (110 grams) whole wheat pastry flour  
¼ tsp. (2 grams) fine sea salt  
¼ tsp. paprika  
1 cup (3 oz.) Gruyere cheese, shredded  
4 Tbsps. (2 oz.) very cold butter, shredded using a box grater  
1 to 2 Tbsps. cold seltzer

## How to make it:

### To make the filling:

1. Heat the olive oil and butter in a heavy-bottomed pot over medium-high heat.
2. Add the onions and sauté for 2 minutes.
3. Cover pot, reduce heat as low as it can go without shutting off, and let cook until onions have cooked down and released a lot of their liquid, about 20 minutes.

### Prepare the crust:

1. Add the flour, salt, and paprika to the bowl of a food processor.
2. Pulse once or twice to mix the dry ingredients
3. Add the cheese and butter, and then pulse a few times until it forms a sandy-looking mixture
4. Add 1 Tbsp. of seltzer, pulse again until a rough ball of dough comes together. If the mixture is too dry and crumbly, add more seltzer 1 tsp. at a time (you may not need the entire 2 Tbsps.), and continue to pulse until you have a ball of dough.
5. Turn the dough out onto an un-floured counter, flatten and shape into a disk. Wrap in plastic wrap and chill for 30 minutes.

# French Onion Tart – continued

## **Preheat the oven to 400°F**

### **Filling continued:**

1. Remove cover from the pot of onions, raise heat to medium, and add the thyme and season with salt and pepper.
2. Let the onions cook, stirring occasionally to scrape the browned bits from the bottom of the pot, until onions turn golden brown, about 30 to 35 minutes.
3. When onions are golden and very tender stir in the sherry vinegar and broth of choice. Cook and stir until most of the broth has vaporized.
4. Remove from heat and, using a slotted spoon, transfer onions to a medium bowl.
5. NOTE: Let cool a bit before adding cream/egg mixture.

### **Crust continued:**

1. Place the chilled dough between two sheets of parchment paper, and roll it into a 13-inch circle.
2. Peel the top parchment layer off and reverse the dough into the prepared tart pan, lifting the sides to drape (rather than pressing/stretching the dough) the dough into the corners. Press the dough the rest of the way in and up the sides, leaving a 1-inch high crust.

### **Filling finish:**

To finish the filling, in a small bowl beat the egg and cream (half and half) together, and then add the mixture to the bowl with the onions. Stir to mix well.

### **Overall finish:**

Pour mixture over the tart crust and spread to the edges. Sprinkle cheese on top. Bake for 25 minutes, until slightly puffed and golden.

Remove from oven and let cool for 5 to 10 minutes before slicing.

### ***Nutritional information per serving:***

*Calories (Kcal): 293; Carbohydrates (g): 24; Fat (g): 18; Protein (g): 11; Sodium (mg): 134; Sugar (g): 5.*

# Brussels Sprouts with Pecans and Cranberries *(6 Servings)*

## **Ingredients:**

- 1 lb. fresh Brussels sprouts, rinsed, trimmed and halved
- 3 oz. coarsely chopped pecans or walnuts
- 3 TBSPS. unsalted butter
- 1/4 tsp. kosher salt
- 1/4 tsp. freshly ground pepper
- 4 oz. coarsely chopped dried cranberries

## **How to make it:**

*Note: To get rid of the bitter taste of Brussels sprouts parboil them for about 30 seconds or brine them in slightly salted for about 10 minutes just before you cook them.*

1. Bring a pot of heavily salted water to a boil. Blanch your Brussels sprouts for 30 seconds, drain, cool and dry thoroughly.
2. Slice the Brussels sprouts using the thinnest slicing disk of a food processor. You can also slice them thinly with a knife or a mandolin.
3. Heat sauté pan over medium-high heat and add the pecans/walnuts. Cook, stirring continually, until the nuts just start to darken in color and begin to give off a toasted aroma, approximately 2 minutes.
4. Add the butter to the pan and stir to combine.
5. Once the butter has melted, add the Brussels sprouts, salt and pepper and cook, stirring continually and the sprouts are just tender, approximately 3-5 minutes.
6. Remove the pan from the heat; add the cranberries, toss and serve.

## ***Nutritional information per serving:***

*Calories (Kcal): 223; Carbohydrates (g): 21; Fat (g): 15; Protein (g): 5; Sodium (mg): 22; Sugar (g): 13.*

# Not Your Mom's Green Bean Casserole

*(8 Servings)*

## **Ingredients:**

8 cups canned French green beans (rinsed under cold running water in a colander to remove the excess salt)

2 cups Greek nonfat yogurt

2 Tbsps. olive oil or unsalted butter

1 small onion (finely chopped)

2 cups shredded sharp cheddar cheese

## **How to make it:**

1. Hold 1 cup of cheese to the side and mix all ingredients together.
2. Turn out mixture into greased baking dish.
3. Sprinkle remaining cheese on top of casserole. Up to this point recipe can be made 24 hours ahead of time.
4. When ready, bake in a 400 degree oven until bubbly and the cheese is melted. (About 15 minutes)

## ***Nutritional information per serving:***

*Calories (Kcal): 209; Carbohydrates (g): 11; Fat (g): 12; Protein (g): 14; Sodium (mg): 480; Sugar (g): 5.*

# Baked Asparagus (4-6 Servings)

## Ingredients:

2 lbs. fresh asparagus – OLW prefers the thin ones

2 Tbsps. unsalted butter

2 Tbsps. olive oil

Salt and black pepper to taste

## How to make it:

1. Preheat the oven to 450 degrees F.
2. Rinse and drain the asparagus then snap off the tough ends where they break naturally.
3. Arrange the spears in a 13x9-inch glass baking dish.
4. Place the butter and olive oil in a 2-cup glass measure, cover with a piece of paper towel, and microwave, for 45 seconds, or until melted. Mix in salt and pepper to taste. Drizzle the butter/oil mixture over the asparagus.
5. Cover the dish snugly with aluminum foil.\*
6. Bake for 10 - 15 minutes, or until crisp-tender.
7. Serve immediately.

\* You can prepare the dish up to this point several hours ahead of time. This recipe can easily be doubled to serve 8 - 10.

## ***Nutritional information per serving:***

*Calories (Kcal): 63; Carbohydrates (g): 2; Fat (g): 6; Protein (g): 5; Sodium (mg): 48;*

# Erika's Pumpkin Chili (8 Servings)

## **Ingredients:**

- 3 lbs. ground beef, 95% lean
- 2 medium onions, chopped
- 2 cups fresh pumpkin, cooked & mashed or canned pumpkin
- 2 15.5 oz. cans red kidney beans, drained and rinsed
- 3 14.5 oz. cans diced tomatoes
- 2 Tbsps. chili powder
- 2 Tbsps. sugar
- 1 tsp. salt
- 2 bay leaves

## **How to make it:**

1. Brown ground beef and onions
2. Drain excess fat and put in a large pot.
3. Add remaining ingredients, along with one 15.5 oz. can of water
4. Simmer for about two hours

## ***Nutritional information per serving:***

*Calories (Kcal): 489; Carbohydrates (g): 52; Fat (g): 11; Protein (g): 51; Sodium (mg): 893; Sugar (g): 15.*

# desserts

## Brown Butter Cranberry Tart

### Ingredients:

- 1 1/2 cup(s) all-purpose flour
- 2 Tbsps. sugar
- 1/2 tsp. salt
- 1 stick cold unsalted butter, cut into 1/2-inch pieces
- 1/4 cup heavy cream
- 1 large egg yolk
- 1 1/2 stick unsalted butter
- 1 vanilla bean, split seeds scraped
- 3 large eggs
- 2 cups plus 1 Tbsp. sugar
- 1 tsp. finely grated lemon zest
- 1/4 cup all-purpose flour
- 1/4 tsp. salt
- 3 1/2 cups fresh or frozen cranberries
- 1/4 cup water

### How to make it:

#### Make the pastry:

1. In a food processor, pulse the flour with the sugar and salt. Add the butter and pulse until it is the size of small peas. In a small bowl, whisk the cream with the egg yolk. Pour the cream mixture into the food processor and pulse until moist crumbs form. Turn the pastry out onto a work surface and pat into a disk. Wrap in plastic and refrigerate for about 30 minutes, or until chilled.
2. Preheat the oven to 375°. On a lightly floured work surface, roll out the pastry 1/8 inch thick. Fit the pastry into a 10-inch fluted tart pan with a removable bottom; trim the overhanging pastry. Patch any cracks with the pastry trimmings. Refrigerate the tart shell for about 30 minutes, or until it is chilled.

# Brown Butter Cranberry Tart – continued

3. Line the tart shell with foil and fill with pie weights or dried beans. Bake for about 25 minutes, until the rim is lightly golden. Remove the foil and weights and bake for about 10 minutes longer, until lightly golden all over. Set the tart pan on a baking sheet.

## Make the filling

1. In a small skillet, melt the butter with the vanilla bean and seeds. Cook over moderately high heat until the butter starts to turn golden and smells nutty, about 4 minutes. Remove from the heat and let cool for 5 minutes.
2. In a medium bowl, whisk the eggs with 1 cup plus 1 tablespoon of the sugar and the lemon zest. Strain the brown butter into the egg mixture and whisk until incorporated. Whisk in the flour and salt. Pour the filling into the tart shell and bake for about 25 minutes, until golden and set. Transfer to a rack to cool, about 2 hours.
3. In a saucepan, combine the remaining 1 cup of sugar with the cranberries and water. Bring to a simmer over moderately high heat and cook until the cranberries have just split and the sugar is dissolved, about 4 minutes. Scrape the cranberries into a bowl and refrigerate until cool, about 1 hour.
4. Using a slotted spoon, arrange the cranberries on the tart and discard the liquid.
5. Cut the tart into wedges and serve.

### Tip 1!

Tart can be made 1 day ahead.

# Slab Pie (12 Servings)

*A slab pie is simply a shallow pie that's made in a rimmed baking sheet, usually a jelly roll pan. It feeds a lot more people than a regular pie.*

## Ingredients:

All-purpose flour, for dusting  
Pate Brisee (recipe below)  
6 cups fresh mixed berries  
1 ¼ cup granulated sugar  
¼ cup cornstarch  
Juice of 1/2 a lemon (about 1 Tbsp.)  
¼ tsp. salt  
¼ cup confectioners' sugar (or granulated sugar)

## How to make it:

1. Heat oven to 375 degrees F.
2. On a lightly floured surface or between two large, pieces of plastic wrap, roll out larger piece of dough to an 18-by-13-inch rectangle, trimming excess dough. Fit into a 15-by-10-inch rimmed baking sheet, pressing into corners (pastry will hang over sides). Chill while assembling filling.
3. In a large bowl, stir together fruit, granulated sugar, cornstarch, lemon juice, and salt. Spread mixture over chilled pie shell. Chill again while you roll out the top crust.
4. On a lightly floured surface or between two large, pieces of plastic wrap, roll out remaining piece of dough to a 16-by-11-inch rectangle; drape over filling. Fold edge of bottom dough over top dough. Crimp if desired. Prick top dough all over with a fork. Brush entire surface of pie with cream (thinned with a little water if necessary), and sprinkle with confectioners' sugar.
5. Bake until crust is golden brown and filling is bubbling, 40 to 55 minutes. Transfer to a wire rack, and let pie cool until it is just warm to the touch, about 45 minutes. Serve warm or at room temperature, cut into 12 pieces.
6. Slab pie is best eaten the same day it is baked, but it can be kept at room temperature, loosely covered with plastic wrap, for up to 2 days.

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## Slab Pie Pate Brisee

### Ingredients:

5 cups all-purpose flour  
1Tbsp. coarse salt  
2 tsps. sugar  
1 lb. (4 sticks) cold unsalted butter, cut into small cubes  
12 to 16 Tbsps. ice water

### How to make it:

1. Process flour, salt, and sugar in a food processor until combined. Add butter. Process until mixture resembles coarse meal, about 10 seconds. With machine running, add ice water in a slow, steady stream just until dough comes together. (Do not process more than 30 seconds.)
2. Turn dough out in two portions onto two pieces of plastic wrap, with one slightly larger than the other (this will be your bottom crust). Flatten dough, and shape into rectangles. Wrap in plastic. Refrigerate at least 1 hour (or overnight).

# Orange Walnut Cake (8 Servings)

## Ingredients:

- 1/2 cup olive oil, plus more for pan
- 1 1/2 cups all-purpose flour, (spooned and leveled), plus more for pan
- 1 cup walnuts
- 1 Tbsp. freshly grated orange zest, plus more for garnish
- 2 tsps. baking powder
- 1 tsp. salt
- 2 large eggs
- 1 cup packed light-brown sugar
- 3/4 cup fresh orange juice
- Confectioners' sugar, for garnish
- 1 cup low-fat Greek yogurt
- 2 Tbsps. confectioners' sugar

### Tip 1!

Cake and yogurt can be made 24-48 hours ahead of time.

## How to make it:

1. Preheat oven to 375 degrees F.
2. Brush cake pan with oil, line bottom with parchment; oil and flour parchment and pan. Place walnuts in food processor and pulse until finely ground (be careful not to over process); set aside.
3. In a large bowl, whisk together orange zest, flour, baking powder, salt, and ground walnuts. Make a well in the center of flour mixture and stir in eggs, brown sugar, orange juice, and oil until just moistened; do not over mix.
4. Pour batter into prepared pan and bake until a toothpick inserted in the center of the cake comes out clean, 40 to 45 minutes. Let cool in pan 10 minutes; transfer to a cooling rack to cool completely.
5. In a small bowl, stir together yogurt and confectioners' sugar. Before serving, dust cake with confectioners' sugar. Serve with sweet yogurt garnished with orange zest, if desired.

# John's Favorite Maple Pecan Torte

## Ingredients:

### Crust:

- 1/2 cup (1 stick) unsalted butter, room temperature
- 1/4 cup sugar
- 1 large egg yolk
- 1/8 teaspoon salt
- 1 1/4 cups unbleached all-purpose flour

### How to make it:

1. Using electric mixer, beat butter in medium bowl until smooth.
  2. Add sugar, egg yolk, and salt; beat until blended.
  3. Add flour and beat just until dough begins to clump together.
  4. Gather dough into ball; flatten into disk.
  5. Transfer dough to 9-inch-diameter tart pan with removable bottom. Press dough onto bottom and up sides of pan with the bottom of a metal measuring cup.
  6. Pierce dough all over with fork. **DO AHEAD:** Can be made 1 day ahead. Cover and refrigerate.
- \* Place crust in freezer 30 minutes before filling and baking.

## Ingredients:

### Filling:

- 3 large eggs
- 1/2 cup (packed) golden brown sugar
- 3/4 cup pure maple syrup
- 1/4 cup dark corn syrup
- 1/4 cup (1/2 stick) unsalted butter, melted
- 1/8 tsp. salt
- 1 1/2 cups coarsely chopped pecans
- Whipped cream or vanilla ice cream

### How to make it:

1. Preheat oven to 350°F. Whisk eggs and brown sugar in medium bowl until well blended. Whisk in maple syrup, corn syrup, melted butter, and salt. Stir in pecans. Pour filling into unbaked crust. Place tart on rimmed baking sheet.
2. Bake tart until filling is slightly puffed and set, about 40 minutes. Transfer to rack and cool.

### Tip 1!

Can be made 1 day ahead. Tent loosely with foil and let stand at room temperature.

Cut tart into wedges and serve with whipped cream or ice cream if desired.

*\* Adapted from Epicurious*



# holiday menu suggestion

## Start of the Day

A BIG BOWL OF FRESH FRUIT

Pumpkin Bread

or

(if the children are patient enough to eat a sit-down breakfast)

Breakfast Casserole Bites

Family Fun Walk/Run

During the day until the big meal put out some snacks.

OLW suggests:

Spinach and Yogurt Dip

&

Salmon Mousse

&

Cheese Platter



## The Meal

### Option One

#### Starter

Endive Salad

#### Main

Dry Brined Turkey

Make Ahead Turkey Gravy

Southern Cornbread Dressing

Cranberry Salad

Puréed Roasted Squash and Yams with Citrus

Creamy Mashed Potatoes

Not Your Mom's Green Bean Casserole

#### Dessert

Orange Walnut Cake

Total calories for option one is about 1,500  
(this does not include dessert!)

### Option Two

#### Starter

Curried Butternut Squash Soup

#### Main

Whole roasted Salmon stuffed with Lemon & Herbs

&

French Onion Tart

&

Baked Asparagus

#### Dessert

John's Favorite Maple Pecan Torte

Volleyball, Soccer, or Family Run, Flag Football  
Game

Total calories for option one is 1,200  
(this does not include dessert!)

# Preparation and Shopping Suggestions

*During the fall season be on the lookout for savings. Buy dried and non-perishable items when they are on sale. Canned beans, pumpkins, oils, vinegar, and dried fruits are a good example.*

## **Five to six days before the holiday:**

- ❖ Discuss with family and friends who is responsible for certain tasks – delegate! Kids love to help if they feel they are actually contributing to the fun.
- ❖ Plan your menu
- ❖ Write a shopping list
- ❖ Organize it by what day you are going to buy items
- ❖ Order your turkey, fish, ham or any other meat you are going to serve. Make sure that your butcher or fishmonger knows how you want it to be prepared and on what day you will pick it up.

## **Four days before the holiday:**

- ❖ Buy non-perishable and canned items. This can include yogurt, cream, eggs, butter, squash, pumpkin, cranberries, and potatoes.
- ❖ If you are making the turkey you will need to get it today.
- ❖ Buy the ingredients for the make-ahead gravy (page 17) and the ingredients for pies or breads you want to bake.

## **Three days before the holiday:**

- ❖ Start preparing the turkey (page 16).
- ❖ Make the gravy (page 17) and cornbread dressing (page 20).
- ❖ Figure out what china, pots and pans you need to use and make sure everything is clean.
- ❖ Select the linens you want to use and make sure you have candles.

### **Two days before the holiday:**

- ❖ Rub the turkey!
- ❖ Buy perishables and rest of ingredients you need
- ❖ Make the breads
- ❖ Make the dips and spreads
- ❖ Make the soup

### **One day before the holiday:**

- ❖ Pick up the salmon if it is on the menu
- ❖ Or, rub the turkey!
- ❖ Buy the last fresh ingredients you still need
- ❖ Make the cranberry salad, pureed roasted squash or French Onion Tart
- ❖ Make the pie or torte
- ❖ Prep food items, clean and chop herbs, onions, celery, nuts, and store in appropriate container. Clean and prep asparagus, store in fridge upright in a glass beaker filled with two inches of water.
- ❖ If you are planning on eating mid-day you might want to this in the evening. Remove the turkey from the bag. There should be no salt visible on the surface and the skin should be moist but not wet. Place the turkey breast-side up on a plate and refrigerate uncovered for at least 8 hours. If you are eating later in the day, you can do this first thing in the morning.
- ❖ Set holiday table in evening

### **The Holiday:**

- ❖ Enjoy a healthy breakfast
- ❖ Later in the day set out snacks
- ❖ Finish rest of meal preparations with the help of family and friends!

*The Operation Live Well Support Team  
Wishes You a Happy Holiday Season!*

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