

Happy, Healthy Holidays!

The holidays are a special time to share favorite family foods. Follow these tips to make holiday recipes healthy and delicious.

- Use low-fat or non-fat milk in recipes for mashed potatoes, sauces, milk drinks and desserts like pumpkin pie.
- Reduce cheese and meat in recipes. Add vegetables, fruit and whole grains for more fiber and less fat.
- Skim the fat from meat drippings before making gravy. Put drippings in the refrigerator to harden. The fat will be easy to remove.
- Substitute whole grain ingredients like brown rice, whole wheat bread, tortillas and pasta in place of white bread, rice, tortillas and pasta.

Ways to Save

- Use low-fat or fat-free plain yogurt and substitute for sour cream in recipes.
- Substitute evaporated skim milk for heavy cream in dessert recipes.
- Plan ahead. Buy one or two extra items each week. You'll have all those special ingredients in time for the holidays.

Kids' Corner

Cooking with your kids can be fun! Let kids choose the fruits for this colorful and yummy salad. Kids like to eat foods they help choose and prepare. Even the youngest child can stir together the tasty dressing.

Holiday Salad

Preparation time: 30 minutes

Makes: 8 (¾ cup) servings

Ingredients

- 3 cups lettuce or other salad greens, torn into pieces
- 3 oranges, tangerines, grapefruit or a combination, peeled, sectioned and cut into bite-size pieces
- 1 red or green apple, sliced and cut into bite-size pieces
- ½ cup plain yogurt
- 2 tablespoons honey*
- 1 tablespoon orange, lemon or lime juice

* If serving to children under the age of 2, substitute 3 tablespoons sugar in place of honey.

Optional Ingredients (use some or all of these)

- 6 radishes, sliced
- 1 small jicama, peeled and diced
- 3 tablespoons sunflower seeds or pumpkin seed kernels, salted or unsalted**
- 2 tablespoons cilantro, chopped

Other possible ingredients include pineapple (fresh or canned and drained), bananas, and beets (roasted or canned).

** Seeds are a choking hazard for young children. Omit seeds when serving small children.

Directions:

1. Wash hands with soap and warm water.
2. Layer in a bowl lettuce, oranges, apples and jicama. Stir together yogurt, honey and fruit juice; cover and chill up to 4 hours.
3. At serving time toss salad with dressing.
4. Sprinkle with seeds and cilantro and serve.



Healthy Refried Beans

Some holiday traditions include refried beans as a tasty side dish. Refried beans also make a quick meal when rolled into tortillas. This recipe is simple, tasty and uses just a little vegetable oil, rather than lard, making it worth the few extra minutes of prep time.

Preparation Time: 5 minutes

Cook time: 10 minutes

Makes: 4 (½ cup) servings

Ingredients:

1 tablespoon vegetable oil

½ cup onion, chopped

1 clove garlic, minced

1 teaspoon Mexican chili powder

1 (15-ounce) can pinto beans, drained and rinsed

⅔ cup chicken broth

Directions:

1. Wash hands with soap and warm water.
2. Heat oil in pan over medium heat.
3. Add onion and cook 3 minutes until onion is soft.
4. Stir in garlic and chili powder.
5. Add pinto beans and broth and cook 5 minutes over low heat.
6. Mash beans with potato masher or back of spoon.
7. Serve as a side dish topped with cilantro or cheese or rolled into tortillas. Serve with tortillas and shredded cheese to make a meal.

Note: Low sodium broth is a healthy choice.

Note: In place of canned beans substitute cooked, dry beans prepared according to package directions.



Be Active

Balance holiday foods with fun activities. Cold snowy days are perfect for outdoor activities for all ages. Bundle up and let the fun begin!

- Have a snowball-throwing contest! Decide on a target. See who gets the most hits.
- Play freeze tag. After someone is tagged by the person who's "It", that person has to stay frozen until tagged again by someone who is not "It."
- Build a snow fort. Use kitchen baking pans and cut-up empty milk cartons to make firm "bricks" to build a snow castle.
- Create snow-angels by laying side by side in the snow. Make sure the snow is deep enough.



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