

The Holidays..

Healthier

A healthier way to do traditional holiday recipes



Sedgwick County...
working for you

Sedgwick County Health Department
www.sedgwickcounty.org 316-660-7300

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Happy Holidays! Thank you for taking part in the Maintain No Gain Challenge this holiday season. As a bonus for taking part in this challenge, you have received the Sedgwick County Health Department "The Holidays Healthier" cookbook, third edition. In this book you will find healthier versions of your favorite holiday recipes. The recipes in this book were compiled from the following sources:

www.eatingwell.com www.allrecipies.com www.cookinglight.com

Each recipe will have one or more of the following labels: diabetes appropriate, healthy weight, heart healthy and low calorie. These labels are based on recommendations from EatingWell.com. Diabetes appropriate recipes are based on carbohydrate servings and/or exchanges, which are included in the nutrition information provided with the recipe. Healthy weight is based on the number of calories and grams of fat; heart healthy is based on grams of saturated fat; and low calorie is determined by the number of calories per serving. For more information on these distinctions, visit www.eatingwell.com.

If you can't find a favorite recipe, check out the sites above for more recipes and suggestions. It is our hope these recipes will be useful to you this holiday season and throughout the year. Thank you and good luck as you pledge to "Maintain No Gain" this holiday season. If you have questions or concerns about the challenge or the cookbook, contact Sedgwick County Health Department's Health Promotion staff at 316-660-7350.

Happy Holidays! Thank you for taking part in the Maintain No Gain Challenge this holiday season. As a bonus for taking part in this challenge, you have received the Sedgwick County Health Department "The Holidays Healthier" cookbook, third edition. In this book you will find healthier versions of your favorite holiday recipes. The recipes in this book were compiled from the following sources:

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Appetizers



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Appetizers



A healthier way to do traditional holiday recipes



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Chocolate Fruit Dip

Makes 4 servings

Serving size: ¼ cup

Healthy weight, low calorie

Ingredients

1 ½ cups plain yogurt

2 Tbsp fat-free milk

10 miniature marshmallows

2 Tbsp semisweet chocolate chips

Assorted fresh fruit

Directions

1. Line a strainer with four layers of cheesecloth or one coffee filter and place over a bowl. Place yogurt in prepared strainer; cover yogurt with edges of cheesecloth. Refrigerate for 8 hours or overnight.

2. In a small saucepan, combine the milk, marshmallows and chocolate chips. Cook and stir until chips are melted and mixture is smooth. Transfer to a small bowl; cool to room temperature.
3. Remove yogurt from cheesecloth and discard liquid from bowl. Gradually stir yogurt into milk mixture. Refrigerate until serving. Serve with fruit. Yield: 1 cup.

Nutrition Facts Per Serving

88 calories; 5g fat (3g sat); 12mg cholesterol;

9g carbohydrates; 4g protein; 47mg sodium

Chocolate Fruit Dip

Makes 4 servings

Serving size: ¼ cup

Healthy weight, low calorie

Ingredients

1 ½ cups plain yogurt

2 Tbsp fat-free milk

10 miniature marshmallows

2 Tbsp semisweet chocolate chips

Assorted fresh fruit

Directions

1. Line a strainer with four layers of cheesecloth or one coffee filter and place over a bowl. Place yogurt in prepared strainer; cover yogurt with edges of cheesecloth. Refrigerate for 8 hours or overnight.

2. In a small saucepan, combine the milk, marshmallows and chocolate chips. Cook and stir until chips are melted and mixture is smooth. Transfer to a small bowl; cool to room temperature.
3. Remove yogurt from cheesecloth and discard liquid from bowl. Gradually stir yogurt into milk mixture. Refrigerate until serving. Serve with fruit. Yield: 1 cup.

Nutrition Facts Per Serving

88 calories; 5g fat (3g sat); 12mg cholesterol;

9g carbohydrates; 4g protein; 47mg sodium

Orange Chipotle-Spiced Pecan Mix

Makes 2 ½ cups

Serving size: 2 tablespoons

Diabetes appropriate, healthy weight,
heart healthy

Ingredients

1 Tbsp grated orange rind

1 Tbsp fresh orange juice

1 large egg white

2 cups pecan halves

1 Tbsp dark brown sugar

1 tsp kosher salt

1/2 tsp ground chipotle chili pepper

Cooking spray

1/2 cup sweetened dried cranberries

Directions

1. Preheat oven to 225°F
2. Combine first three ingredients in a medium bowl; stir with a whisk.
3. Stir in pecans. Combine sugar, salt, and chili pepper. Add to pecan mixture; toss well. Spread mixture in a single layer on a jelly-roll pan coated with cooking spray. Bake at 225°F for 1 hour, stirring occasionally. Remove from oven; cool completely.
4. Stir in cranberries.

Note: Store in an airtight container for up to one week.

Nutrition Facts Per Serving

91 calories; 7.7g fat (0.7 sat, 4.6g mono, 2.4g poly); 0g cholesterol; 4.8g carbohydrates; 1.2g protein; 0.8g fiber; 98mg sodium

Orange Chipotle-Spiced Pecan Mix

Makes 2 ½ cups

Serving Size: 2 tablespoons

Diabetes appropriate, healthy weight,
heart healthy

Ingredients

1 Tbsp grated orange rind

1 Tbsp fresh orange juice

1 large egg white

2 cups pecan halves

1 Tbsp dark brown sugar

1 tsp kosher salt

1/2 tsp ground chipotle chili pepper

Cooking spray

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Directions

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Note: Store in an airtight container for up to one week.

Nutrition Facts Per Serving

91 calories; 7.7g fat (0.7 sat, 4.6g mono, 2.4g poly); 0g cholesterol; 4.8g carbohydrates; 1.2g protein; 0.8g fiber; 98mg sodium

Sweet-n-Sassy Meatballs

Makes 50 servings
Diabetic friendly

Ingredients

2 eggs, lightly beaten
2 Tbsp Worcestershire sauce
2 Tbsp plus 1 cup chili sauce, divided
1 cup soft whole wheat bread crumbs
2 Tbsp dried minced onion
1 tsp dried oregano
3/4 tsp garlic powder
1/2 tsp salt
1/2 tsp pepper
1 lb lean ground turkey
1 lb Italian turkey sausage, casings removed
1/2 cup reduced-sugar apricot preserves

Directions

1. In a large bowl, combine the eggs, Worcestershire sauce and 2 tablespoons chili sauce. Stir in the bread crumbs, onion, oregano, garlic powder, salt and pepper. Crumble turkey and sausage over mixture and mix well. Shape into 1-in. balls.
2. Place on a rack coated with cooking spray in a shallow baking pan. Bake at 375° for 15-20 minutes or until meat is no longer pink.
3. In a large bowl, combine apricot preserves and remaining chili sauce. Add meatballs and toss gently. Place in a 15-in. x 10-in. x 1-in. baking pan coated with cooking spray. Bake 5-10 minutes longer or until glazed, stirring every 3 minutes. Makes 4 dozen.

Nutrition Facts Per Serving

42 calories; 2g fat; 20mg cholesterol;
179mg sodium; 3g carbohydrates; 3g protein

Sweet-n-Sassy Meatballs

Makes 50 servings
Diabetic friendly

Ingredients

2 eggs, lightly beaten
2 Tbsp Worcestershire sauce
2 Tbsp plus 1 cup chili sauce, divided
1 cup soft whole wheat bread crumbs
2 Tbsp dried minced onion
1 tsp dried oregano
3/4 tsp garlic powder
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1 lb. lean ground turkey
1lb. Italian turkey sausage, casings removed
1/2 cup reduced-sugar apricot preserves

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1. In a large bowl, combine the eggs, Worcestershire sauce and 2 tablespoons chili sauce. Stir in the bread crumbs, onion, oregano, garlic powder, salt and pepper. Crumble turkey and sausage over mixture and mix well. Shape into 1-in. balls.
2. Place on a rack coated with cooking spray in a shallow baking pan. Bake at 375° for 15-20 minutes or until meat is no longer pink.
3. In a large bowl, combine apricot preserves and remaining chili sauce. Add meatballs and toss gently. Place in a 15-in. x 10-in. x 1-in. baking pan coated with cooking spray. Bake 5-10 minutes longer or until glazed, stirring every 3 minutes. Makes 4 dozen.

Nutrition Facts Per Serving

42 calories; 2g fat; 20mg cholesterol;
179mg sodium; 3g carbohydrates; 3g protein

“Eating Well” Deviled Eggs

Makes 24 servings

Serving Size: ½ egg

Diabetes appropriate

Ingredients

12 large hard-boiled eggs, peeled

1/3 cup nonfat cottage cheese

1/4 cup low-fat mayonnaise

3 Tbsp minced fresh chives,
or scallion greens

1 Tbsp sweet pickle relish

2 tsp yellow mustard

1/8 tsp salt

Paprika for garnish

Directions

1. Halve eggs lengthwise with a sharp knife. Gently remove the yolks. Place 16 yolk halves in a food processor (discard the remaining 8 yolk halves). Add cottage cheese, mayonnaise, chives (or scallion greens), relish, mustard and salt; process until smooth.
2. Spoon about 2 teaspoons yolk mixture into each egg white half. Sprinkle with paprika, if desired.

Nutrition Facts Per Serving

34 calories; 2g fat (1g sat, 1g mono); 71mg cholesterol; 1g carbohydrates; 3g protein; 0g fiber; 85mg sodium; 31mg potassium

“Eating Well” Deviled Eggs

Makes 24 servings

Serving Size: ½ egg

Diabetes appropriate

Ingredients

12 large hard-boiled eggs, peeled

1/3 cup nonfat cottage cheese

1/4 cup low-fat mayonnaise

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1 Tbsp sweet pickle relish

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34 calories; 2g fat (1g sat, 1g mono); 71mg cholesterol; 1g carbohydrates; 3g protein; 0g fiber; 85mg sodium; 31mg potassium

Tomato-Basil Skewers

Each skewer a serving

Diabetes appropriate, low carbohydrate, gluten free

Ingredients

16 small fresh mozzarella balls
16 fresh basil leaves
16 cherry tomatoes
Extra-virgin olive oil, to drizzle
Coarse salt & freshly ground pepper to taste

Directions

Thread mozzarella, basil and tomatoes on small skewers. Drizzle with oil and sprinkle with salt and pepper.

Nutrition Facts Per Serving

46 calories; 3g fat (2g sat, 0g mono);
8mg cholesterol; 1g carbohydrates; 3g protein;
0g fiber; 217mg sodium; 24 mg potassium

Creamy Garlic-Herb Dip

Makes ¾ cup

Heart healthy

Ingredients

1/2 cup (4 ounces) 1/3-less-fat cream cheese
1/4 cup buttermilk
2 Tbsp minced fresh chives
1 Tbsp minced fresh parsley
1 tsp grated lemon rind
1/4 tsp salt
1/8 tsp freshly ground black pepper
1 small garlic clove, minced

Directions

Combine all ingredients in a bowl; beat with a mixer at high speed for 2 minutes or until smooth.

Nutrition Facts Per Serving

55 calories; 4.4g fat; 2.5g protein; 1.5g
carbohydrates; 0.1g fiber; 15mg cholesterol;
0.1g iron; 195mg sodium; 17mg calcium

Tomato-Basil Skewers

Each skewer a serving

Diabetes appropriate, low carbohydrate, gluten free

Ingredients

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16 fresh basil leaves
16 cherry tomatoes
Extra-virgin olive oil, to drizzle
Coarse salt & freshly ground pepper to taste

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Nutrition Facts Per Serving

55 calories; 4.4g fat; 2.5g protein; 1.5g
carbohydrates; 0.1g fiber; 15mg cholesterol;
0.1g iron; 195mg sodium; 17mg calcium

Traditional Hummus

Makes 3 ¼ cups

Serving size: 2 tablespoons

Low calorie

Ingredients

2 (15.5 oz) cans no-salt-added chickpeas
(garbanzo beans), rinsed and drained

2 garlic cloves, crushed

1/2 cup water

1/4 cup tahini (sesame seed paste)

3 Tbsp fresh lemon juice

2 Tbsp extra-virgin olive oil

3/4 tsp salt

1/4 tsp black pepper

Directions

1. Place beans and garlic in a food processor; pulse 5 times or until chopped.
2. Add 1/2 cup water and remaining ingredients; pulse until smooth, scraping down sides as needed.
3. Serve immediately or refrigerate.

Nutrition Facts Per Serving

44 calories; 2.5g fat (0.3g sat, 1.2g mono, 0.7g poly); 1.5g protein; 4.4g carbohydrates; 0.9g fiber; 0mg cholesterol; 0.3g iron; 74mg sodium; 12mg calcium

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2. Add 1/2 cup water and remaining ingredients; pulse until smooth, scraping down sides as needed.
3. Serve immediately or refrigerate.

Nutritional Facts Per Serving

44 calories; 2.5g fat (0.3g sat, 1.2g mono, 0.7g poly); 1.5g protein; 4.4g carbohydrates; 0.9g fiber; 0mg cholesterol; 0.3g iron; 74mg sodium; 12mg calcium

Citrus, Fennel & Rosemary Olives

Makes 5 cups

Healthy living, heart healthy

Ingredients

22 oz (about 4 cups) assorted olives (niçoise, arbequina, kalamata, and picholine)

2 cups extra-virgin olive oil

1 cup finely chopped fennel bulb

1 Tbsp chopped fresh flat-leaf parsley

1 ½ tsp chopped fresh rosemary

1 tsp grated lemon rind

¾ tsp crushed red pepper

3 garlic cloves, minced

Directions

Combine all ingredients in a large bowl; stir well to combine. Cover and refrigerate 48 hours. Serve at room temperature.

Note: refrigerate up to 1 month.

Nutrition Facts Per Serving

45 calories; 4.3g fat (0.6g sat, 3.3g mono, 0.5g poly); 0.3g protein; 1.4g carbohydrates; 0.2g fiber; 0mg cholesterol; 0.1mg iron; 200mg sodium; 6mg calcium

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Pomegranate Poached Pears

Makes 4 servings

Low cholesterol, low saturated fat, low sodium, heart healthy, high fiber, gluten free

Ingredients

- 4 ripe, firm Bosc pears
- 1 ½ cups pomegranate juice
- 1 cup sweet dessert wine, such as Muscatel or Riesling
- 2 Tbsp sliced almonds
- 1/2 cup pomegranate seeds (see tip)
- 4 Tbsp reduced-fat sour cream, or low-fat plain yogurt
- 4 fresh or dried bay leaves for garnish

Directions

1. Peel pears, leaving them whole and stems intact. Slice off the bases so the pears will stand upright. Use an apple corer to remove cores, if desired, working from the base up.
2. Place the pears on their sides in a large saucepan or small Dutch oven.

3. Pour pomegranate juice and wine over the pears. Bring to a simmer over medium-high heat. Cover, reduce heat to low and simmer gently until the pears are tender when pierced, 30 to 45 minutes. Turn very gently once or twice as they cook so they color evenly. Use a slotted spoon to transfer the pears to a bowl and set aside.
4. Boil the poaching liquid over high heat until the sauce is reduced to 1/2 cup, 15 to 20 minutes.
5. Meanwhile, toast almonds in a small dry skillet over medium-low heat, stirring constantly, until light golden and fragrant, 2 to 3 minutes. Transfer to a small bowl to cool.
6. To serve, spoon 1 tablespoon sauce onto each of 4 dessert plates. Place a pear upright on each plate. Drizzle remaining sauce over each pear. Sprinkle pomegranate seeds around the pears and top with the almonds. Garnish each serving with sour cream (or yogurt) and a bay leaf.

Nutrition Facts Per Serving

304 calories; 3g fat (1g sat, 2g mono); 6mg cholesterol; 54g carbohydrates; 2g protein; 6g fiber; 17mg sodium; 517mg potassium

Pomegranate Poached Pears

Makes 4 servings

Low cholesterol, low saturated fat, low sodium, heart healthy, high fiber, gluten free

Ingredients

- 4 ripe, firm Bosc pears
- 1 ½ cups pomegranate juice
- 1 cup sweet dessert wine, such as Muscatel or Riesling
- 2 Tbsp sliced almonds
- 1/2 cup pomegranate seeds (see tip)
- 4 Tbsp reduced-fat sour cream, or low-fat plain yogurt
- 4 fresh or dried bay leaves for garnish

Directions

1. Peel pears, leaving them whole and stems intact. Slice off the bases so the pears will stand upright. Use an apple corer to remove cores, if desired, working from the base up.
2. Place the pears on their sides in a large saucepan or small Dutch oven.

3. Pour pomegranate juice and wine over the pears. Bring to a simmer over medium-high heat. Cover, reduce heat to low and simmer gently until the pears are tender when pierced, 30 to 45 minutes. Turn very gently once or twice as they cook so they color evenly. Use a slotted spoon to transfer the pears to a bowl and set aside.
4. Boil the poaching liquid over high heat until the sauce is reduced to 1/2 cup, 15 to 20 minutes.
5. Meanwhile, toast almonds in a small dry skillet over medium-low heat, stirring constantly, until light golden and fragrant, 2 to 3 minutes. Transfer to a small bowl to cool.
6. To serve, spoon 1 tablespoon sauce onto each of 4 dessert plates. Place a pear upright on each plate. Drizzle remaining sauce over each pear. Sprinkle pomegranate seeds around the pears and top with the almonds. Garnish each serving with sour cream (or yogurt) and a bay leaf.

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Bread



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Bread



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Roasted Garlic & Herb Bread

Makes 12 slices

Serving size: one slice

Healthy weight, heart healthy, low calorie

Ingredients

- 2 heads garlic, roasted (see note) and cooled
- 1 ¼ cups white whole-wheat flour (see note)
- 1 ¼ cups all-purpose flour
- 2 Tbsp plus 1 teaspoon chopped fresh herbs
such as rosemary, thyme, oregano and/or dill,
or 2 ½ teaspoons dried, divided
- 1 Tbsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- 1/4 tsp freshly ground pepper
- 2 large eggs
- 1 ¼ cups low-fat milk
- 1/3 cup extra-virgin olive oil

Directions

1. Position rack in middle of oven; preheat to 375°F. Line a 9-by-5-inch (or similar-size) loaf pan with parchment paper; generously coat the paper and sides of the pan with cooking spray.
2. Peel roasted garlic cloves, keeping them whole.
3. Whisk whole-wheat flour, all-purpose flour, 2 tablespoons fresh herbs (or 2 teaspoons dried), baking powder, baking soda, salt and pepper in a large bowl.
4. Whisk eggs, milk and oil in a medium bowl. Add the wet ingredients to the dry ingredients and gently stir together until almost combined. Add the garlic cloves and gently fold into the batter until evenly combined; do not over mix.
5. Scrape the batter into the prepared pan and smooth the top; sprinkle with the remaining 1 teaspoon fresh herbs (or 1/2 teaspoon dried).

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Roasted Garlic & Herb Bread

Makes 12 slices

Serving size: one slice

Healthy weight, heart healthy, low calorie

Ingredients

- 2 heads garlic, roasted (see note) and cooled
- 1 ¼ cups white whole-wheat flour (see note)
- 1 ¼ cups all-purpose flour
- 2 Tbsp plus 1 teaspoon chopped fresh herbs
such as rosemary, thyme, oregano and/or dill,
or 2 ½ teaspoons dried, divided
- 1 Tbsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- 1/4 tsp freshly ground pepper
- 2 large eggs
- 1 ¼ cups low-fat milk
- 1/3 cup extra-virgin olive oil

Directions

1. Position rack in middle of oven; preheat to 375°F. Line a 9-by-5-inch (or similar-size) loaf pan with parchment paper; generously coat the paper and sides of the pan with cooking spray.
2. Peel roasted garlic cloves, keeping them whole.
3. Whisk whole-wheat flour, all-purpose flour, 2 tablespoons fresh herbs (or 2 teaspoons dried), baking powder, baking soda, salt and pepper in a large bowl.
4. Whisk eggs, milk and oil in a medium bowl. Add the wet ingredients to the dry ingredients and gently stir together until almost combined. Add the garlic cloves and gently fold into the batter until evenly combined; do not over mix.
5. Scrape the batter into the prepared pan and smooth the top; sprinkle with the remaining 1 teaspoon fresh herbs (or 1/2 teaspoon dried).

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6. Bake the bread until lightly browned on top and a toothpick inserted in the center comes out clean, 40 to 45 minutes. Let cool in the pan on a wire rack for 15 minutes. Run a knife around and under the loaf to loosen it and turn out onto the rack. Let cool at least 30 minutes before slicing. Serve warm or at room temperature.

Tips & Notes

- How to roast garlic: position rack in lower third of oven; preheat to 400°F. Rub off the excess papery skin from a head of garlic without separating the cloves. Slice the tip off the head, exposing the cloves.

Place the garlic on a piece of foil, drizzle with 1 teaspoon extra-virgin olive oil and wrap into a package (if roasting more than one head of garlic, you can put them together in one packet or make individual packets). Place the package directly on the oven rack and roast until the garlic is very soft, 40 to 45 minutes. Unwrap and let cool. Refrigerate in an airtight container for up to 3 days.

- White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. It is available at large –supermarkets and natural foods stores. Store it in the freezer.

Nutrition Facts Per Serving

178 calories; 7g fat (1g sat, 4g mono);
32mg cholesterol; 23g carbohydrates; 5g protein;
2g fiber; 211mg sodium; 102mg potassium

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6. Bake the bread until lightly browned on top and a toothpick inserted in the center comes out clean, 40 to 45 minutes. Let cool in the pan on a wire rack for 15 minutes. Run a knife around and under the loaf to loosen it and turn out onto the rack. Let cool at least 30 minutes before slicing. Serve warm or at room temperature.

Tips & Notes

- How to roast garlic: position rack in lower third of oven; preheat to 400°F. Rub off the excess papery skin from a head of garlic without separating the cloves. Slice the tip off the head, exposing the cloves.

Place the garlic on a piece of foil, drizzle with 1 teaspoon extra-virgin olive oil and wrap into a package (if roasting more than one head of garlic, you can put them together in one packet or make individual packets). Place the package directly on the oven rack and roast until the garlic is very soft, 40 to 45 minutes. Unwrap and let cool. Refrigerate in an airtight container for up to 3 days.

- White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. It is available at large –supermarkets and natural foods stores. Store it in the freezer.

Nutrition Facts Per Serving

178 calories; 7g fat (1g sat, 4g mono);
32mg cholesterol; 23g carbohydrates; 5g protein;
2g fiber; 211mg sodium; 102mg potassium

"Eating Well" Zucchini Bread

Makes 12 slices

Serving size: one slice

Healthy weight, heart healthy, low calorie

Ingredients

3/4 cup low-fat milk	2 large eggs
3/4 cup sugar	1/3 cup canola oil
1 tsp vanilla extract	2 cups shredded zucchini
2 cups flour (see note)	2 tsp baking powder
1 tsp ground cinnamon	1/2 tsp salt
1/2 cup chocolate chips	

Directions

1. Preheat oven to 350°F. Coat a 9-by-5-inch loaf pan with cooking spray.
2. Whisk milk, eggs, sugar, oil and vanilla in a medium bowl. Stir in zucchini. Combine flour, baking powder, cinnamon and salt in a large bowl; stir in the wet ingredients and chocolate chips (if using) until just combined. Transfer batter to prepared pan.

3. Bake until golden brown and a wooden skewer inserted in the center comes out clean, 50 minutes to 1 hour. Cool in the pan for 10 minutes, and then turn out onto a wire rack. Let cool for at least 1 hour before slicing.

Tips & Notes

- Make ahead: Wrap and store at room temp. for up to 2 days or freeze up to 3 months
- White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. It is available at large supermarkets and natural foods stores. Store it in the freezer.

Nutrition Facts Per Serving

197 calories; 7g fat (1g sat, 4g mono); 32 mg cholesterol; 29g carbohydrates; 13g added sugars; 4g protein; 2g fiber; 209mg sodium; 108mg potassium

"Eating Well" Zucchini Bread

Makes 12 slices

Serving size: one slice

Healthy weight, heart healthy, low calorie

Ingredients

3/4 cup low-fat milk	2 large eggs
3/4 cup sugar	1/3 cup canola oil
1 tsp vanilla extract	2 cups shredded zucchini
2 cups flour (see note)	2 tsp baking powder
1 tsp ground cinnamon	1/2 tsp salt
1/2 cup chocolate chips	

Directions

1. Preheat oven to 350°F. Coat a 9-by-5-inch loaf pan with cooking spray.
2. Whisk milk, eggs, sugar, oil and vanilla in a medium bowl. Stir in zucchini. Combine flour, baking powder, cinnamon and salt in a large bowl; stir in the wet ingredients and chocolate chips (if using) until just combined. Transfer batter to prepared pan.

3. Bake until golden brown and a wooden skewer inserted in the center comes out clean, 50 minutes to 1 hour. Cool in the pan for 10 minutes, and then turn out onto a wire rack. Let cool for at least 1 hour before slicing.

Tips & Notes

- Make ahead: Wrap and store at room temp. for up to 2 days or freeze up to 3 months
- White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. It is available at large supermarkets and natural foods stores. Store it in the freezer.

Nutrition Facts Per Serving

197 calories; 7g fat (1g sat, 4g mono); 32 mg cholesterol; 29g carbohydrates; 13g added sugars; 4g protein; 2g fiber; 209mg sodium; 108mg potassium

Cheddar Cornmeal Biscuits

Makes 12 biscuits

Serving size: 1 biscuit

Diabetes approved, healthy weight, low calorie

Ingredients

- 1 ½ cups all-purpose flour
- 1/2 cup cornmeal, preferably stone-ground
- 1 Tbsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/4 tsp freshly ground pepper
- 1/2 cup shredded extra-sharp Cheddar cheese
- 2 Tbsp cold butter, cut into 1/2" cubes
- 3/4 cup reduced-fat sour cream
- 1/4 cup finely chopped fresh chives
- 1 Tbsp honey, (optional)
- 3-5 Tbsp low-fat milk

Directions

1. Preheat oven to 400°F.
2. Combine flour, cornmeal, baking powder, baking soda, salt and pepper in a food processor. .

3. Pulse a few times to mix
4. Add cheese and butter to mixture and pulse again until the mixture has small lumps. Transfer to a large bowl.
5. Add sour cream, chives and honey (if using) and stir with a rubber spatula until almost combined. Add 3 tablespoons milk, stirring just until the dough comes together; add more milk as needed until the dough holds together in a shaggy mass. Don't over mix.
5. On a lightly floured surface, lightly pat the dough into a rectangle about 9 by 5 inches and just over 1/2 inch thick. Using a large chef's knife, divide the dough evenly into 12 biscuits. Place on an ungreased baking sheet.
6. Bake the biscuits until lightly browned on top, 14 to 16 minutes.

Nutrition Facts Per Serving

131 calories; 5g fat (3g sat, 1g mono); 15 mg cholesterol; 17mg carbohydrates; 4g protein; 1g fiber; 318mg sodium; 39mg potassium

Cheddar Cornmeal Biscuits

Makes 12 biscuits

Serving size: 1 biscuit

Diabetes approved, healthy weight, low calorie

Ingredients

- 1 ½ cups all-purpose flour
- 1/2 cup cornmeal, preferably stone-ground
- 1 Tbsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/4 tsp freshly ground pepper
- 1/2 cup shredded extra-sharp Cheddar cheese
- 2 Tbsp cold butter, cut into 1/2" cubes
- 3/4 cup reduced-fat sour cream
- 1/4 cup finely chopped fresh chives
- 1 Tbsp honey, (optional)
- 3-5 Tbsp low-fat milk

Directions

1. Preheat oven to 400°F.
2. Combine flour, cornmeal, baking powder, baking soda, salt and pepper in a food processor.

3. Pulse a few times to mix.
4. Add cheese and butter to mixture and pulse again until the mixture has small lumps. Transfer to a large bowl.
5. Add sour cream, chives and honey (if using) and stir with a rubber spatula until almost combined. Add 3 tablespoons milk, stirring just until the dough comes together; add more milk as needed until the dough holds together in a shaggy mass. Don't over mix.
6. On a lightly floured surface, lightly pat the dough into a rectangle about 9 by 5 inches and just over 1/2 inch thick. Using a large chef's knife, divide the dough evenly into 12 biscuits. Place on an ungreased baking sheet.
7. Bake the biscuits until lightly browned on top, 14 to 16 minutes.

Nutrition Facts Per Serving

131 calories; 5g fat (3g sat, 1g mono); 15 mg cholesterol; 17mg carbohydrates; 4g protein; 1g fiber; 318mg sodium; 39mg potassium

Soft Whole-Wheat Dinner Rolls

Makes 2 dozen rolls

Serving size: 1 roll

Diabetes appropriate, healthy weight,
heart healthy, low calorie

Ingredients

1 ½ cups warm (about 120°F) low-fat milk
1/4 cup sugar
1/4 cup unsalted butter, melted
1/4 cup canola oil
3 large eggs, divided
1 package quick-rising yeast, (about 2 ¼ tsp)
3 cups whole-wheat flour
2 cups cake flour, divided, plus more for dusting
1 ¼ tsp salt
2 Tbsp wheat germ

Directions

1. Whisk milk, sugar, butter, oil and 2 eggs in a large bowl.

2. Whisk yeast, whole-wheat flour, 1 ½ cups cake flour and salt in a medium bowl. Gradually stir the dry ingredients into the wet ingredients using a wooden spoon. The dough will be very sticky.
3. Sprinkle 1/2 cup cake flour on a work surface. Turn out the dough onto it and knead until all the flour is incorporated, 1 to 2 minutes. Coat a large bowl with cooking spray. Transfer the dough to the bowl, coat the top with cooking spray and cover with plastic wrap. Let rise at room temperature (about 70°F) until doubled in volume, 1 ¼ to 2 hours.
4. Coat a 9-by-13-inch metal baking pan with cooking spray. Turn the dough out onto a lightly floured surface; pat into a rough 7-by-10-inch rectangle. Cut lengthwise into 4 equal strips using a bench knife or butter knife. Then cut each strip crosswise into 6 equal portions. (Each portion will weigh 1 ¼ to 1 ½ ounces.)

Continued on next page

Soft Whole-Wheat Dinner Rolls

Makes 2 dozen rolls

Serving size: 1 roll

Diabetes appropriate, healthy weight,
heart healthy, low calorie

Ingredients

1 ½ cups warm (about 120°F) low-fat milk
1/4 cup sugar
1/4 cup unsalted butter, melted
1/4 cup canola oil
3 large eggs, divided
1 package quick-rising yeast, (about 2 ¼ tsp)
3 cups whole-wheat flour
2 cups cake flour, divided, plus more for dusting
1 ¼ tsp salt
2 Tbsp wheat germ

Directions

1. Whisk milk, sugar, butter, oil and 2 eggs in a large bowl.

2. Whisk yeast, whole-wheat flour, 1 ½ cups cake flour and salt in a medium bowl. Gradually stir the dry ingredients into the wet ingredients using a wooden spoon. The dough will be very sticky.
3. Sprinkle 1/2 cup cake flour on a work surface. Turn out the dough onto it and knead until all the flour is incorporated, 1 to 2 minutes. Coat a large bowl with cooking spray. Transfer the dough to the bowl, coat the top with cooking spray and cover with plastic wrap. Let rise at room temperature (about 70°F) until doubled in volume, 1 ¼ to 2 hours.
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5. Working with one portion of dough at a time, gather and pinch the edges together, shaping the dough into a rough ball. The spot where the edges come together is the bottom of the ball. Place each ball, bottom down, on a clean work surface. With a slightly cupped hand, move the ball around in a circular motion, keeping the bottom in place while tucking the loose edges into it and stretching the surface of the dough tight. (If the outer skin breaks, set the roll aside and let it rest while rounding the remaining rolls. Reroll once the dough relaxes.) Arrange the rolls in the prepared pan. Cover with plastic wrap. (If following make-ahead instructions, refrigerate the rolls now.)

6. Let the rolls rise at room temperature until almost doubled in size, about 1 ½ hours.
7. Preheat oven to 400°F. Whisk the remaining egg in a small bowl, and brush the tops of the rolls with it (you'll have some left over); sprinkle with wheat germ. Bake the rolls until light brown on top, about 20 minutes.

Tips & Notes

Make Ahead Tip: Prepare through step 4 and refrigerate overnight. Remove from the refrigerator and let rise until almost doubled in size, about 3 ½ hours. Continue to step 6.

Nutrition Facts Per Serving

154 calories; 5g fat (2g sat, 2g mono); 25mg cholesterol; 23g carbohydrates; 4g protein; 2g fiber; 137mg sodium; 83mg potassium

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5. Working with one portion of dough at a time, gather and pinch the edges together, shaping the dough into a rough ball. The spot where the edges come together is the bottom of the ball. Place each ball, bottom down, on a clean work surface. With a slightly cupped hand, move the ball around in a circular motion, keeping the bottom in place while tucking the loose edges into it and stretching the surface of the dough tight. (If the outer skin breaks, set the roll aside and let it rest while rounding the remaining rolls. Reroll once the dough relaxes.) Arrange the rolls in the prepared pan. Cover with plastic wrap. (If following make-ahead instructions, refrigerate the rolls now.)

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7. Preheat oven to 400°F. Whisk the remaining egg in a small bowl, and brush the tops of the rolls with it (you'll have some left over); sprinkle with wheat germ. Bake the rolls until light brown on top, about 20 minutes.

Tips & Notes

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Nutrition Facts Per Serving

154 calories; 5g fat (2g sat, 2g mono); 25mg cholesterol; 23g carbohydrates; 4g protein; 2g fiber; 137mg sodium; 83mg potassium

Spiced Apple Cider Muffins

Makes 1 dozen muffins

Serving size: one muffin

Healthy weight, heart healthy, low calorie

Ingredients

Streusel:

2 Tbsp light brown sugar	4 tsp whole-wheat flour
1/2 tsp cinnamon	1 Tbsp butter
2 Tbsp chopped walnuts	

Muffins:

1 cup whole-wheat flour	1 cup all-purpose flour
1 ½ tsp baking powder	1/2 tsp baking soda
1/4 tsp salt	1 Tbsp cinnamon
1/2 tsp ground nutmeg	1 large egg
1/3 cup light brown sugar	1/2 cup apple butter
1/3 cup maple syrup	1/3 cup apple cider
1/3 cup low-fat plain yogurt	1/4 cup canola oil

Directions

1. Preheat oven to 400°F. Coat 12 muffin cups with cooking spray.

2. Streusel: mix brown sugar, whole-wheat flour and cinnamon in a small bowl. Cut in butter with a pastry blender or your fingers until the mixture resembles coarse crumbs. Add walnuts.
3. Muffins: whisk whole-wheat flour, all-purpose flour, baking powder, baking soda, salt, cinnamon and nutmeg in a large bowl.
4. Whisk egg and brown sugar in a medium bowl until smooth. Whisk in apple butter, syrup, cider, yogurt and oil. Make a well in the dry ingredients; add the wet ingredients and stir with a rubber spatula until just combined. Scoop the batter into the prepared muffin cups. Sprinkle with streusel.
5. Bake the muffins until the tops are golden brown, 15 to 25 minutes. Let cool in the pan for 5 minutes. Loosen edges and turn muffins out onto a wire rack to cool slightly before serving.

Nutrition Facts Per Serving

209 calories; 7g fat (1g sat, 3g mono); 12mg cholesterol; 34g carbohydrates; 4g protein; 2g fiber; 162mg sodium; 40mg potassium

Spiced Apple Cider Muffins

Makes 1 dozen muffins

Serving size: one muffin

Healthy weight, heart healthy, low calorie

Ingredients

Streusel:

2 Tbsp light brown sugar	4 tsp whole-wheat flour
1/2 tsp cinnamon	1 Tbsp butter
2 Tbsp chopped walnuts	

Muffins:

1 cup whole-wheat flour	1 cup all-purpose flour
1 ½ tsp baking powder	1/2 tsp baking soda
1/4 tsp salt	1 Tbsp cinnamon
1/2 tsp ground nutmeg	1 large egg
1/3 cup light brown sugar	1/2 cup apple butter
1/3 cup maple syrup	1/3 cup apple cider
1/3 cup low-fat plain yogurt	1/4 cup canola oil

Directions

1. Preheat oven to 400°F. Coat 12 muffin cups with cooking spray.

2. Streusel: mix brown sugar, whole-wheat flour and cinnamon in a small bowl. Cut in butter with a pastry blender or your fingers until the mixture resembles coarse crumbs. Add walnuts.
3. Muffins: whisk whole-wheat flour, all-purpose flour, baking powder, baking soda, salt, cinnamon and nutmeg in a large bowl.
4. Whisk egg and brown sugar in a medium bowl until smooth. Whisk in apple butter, syrup, cider, yogurt and oil. Make a well in the dry ingredients; add the wet ingredients and stir with a rubber spatula until just combined. Scoop the batter into the prepared muffin cups. Sprinkle with streusel.
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Drinks



A healthier way to do traditional holiday recipes



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Drinks



A healthier way to do traditional holiday recipes



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Pomegranate Champagne Punch

Makes 6 servings

Serving size: ¾ cup

Low carbohydrate, gluten free

Ingredients

2 ½ cups seltzer

2 cups pomegranate juice

Lemon twists for garnish

Directions

Combine pomegranate juice and seltzer in a large bowl or pitcher. Serve over ice with a twist of lemon.

Nutrition Facts Per Serving

128 calories; 0g fat (0g sat , 0g mono);

0mg cholesterol; 7g carbohydrates; 0g protein;

0g fiber; 5mg sodium; 72mg potassium

Spiced Hot Chocolate

Makes 4 servings

Gluten free, high calcium

Ingredients

4 cups prepared hot cocoa with 1% milk

1/2 teaspoon freshly grated nutmeg

1/2 teaspoon chili powder

4 cinnamon sticks

Directions

Combine cocoa, nutmeg and chili powder. Pour into mugs and serve with a cinnamon stick.

Nutrition Facts Per Serving

175 calories; 4g fat (2g sat, 1g mono); 12mg

cholesterol; 30g carbohydrates; 8g protein;

1g fiber; 161mg sodium; 487mg potassium

Pomegranate Champagne Punch

Makes 6 servings

Serving size: ¾ cup

Low carbohydrate, gluten free

Ingredients

2 ½ cups seltzer

2 cups pomegranate juice

Lemon twists, for garnish

Directions

Combine pomegranate juice and seltzer in a large bowl or pitcher. Serve over ice with a twist of lemon.

Nutrition Facts Per Serving

128 calories; 0g fat (0g sat, 0g mono);

0mg cholesterol; 7g carbohydrates; 0g protein;

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Nutrition Facts Per Serving

175 calories; 4g fat (2g sat, 1g mono); 12mg

cholesterol; 30g carbohydrates; 8g protein;

1g fiber; 161mg sodium; 487mg potassium

Sleigh Driver

Makes 10 servings

Ingredients

- 1 cup water
- 1/2 cup sugar
- 1 2-inch piece fresh ginger, peeled and sliced
- 3 pears, chopped into bite-size pieces, divided
- 2 quarts apple cider
- 1 lemon, halved and sliced
- 1 Tbsp ground allspice
- 1 cup fresh cranberries
- 2 Tbsp vanilla extract

Directions

1. Combine water, sugar, ginger and 1 pear in a large saucepan. Bring to a boil over medium-high heat, stirring occasionally. Strain out the solids and return the mixture to the pan.

2. Add the remaining pears, cider, lemon and allspice and heat over medium-high heat, stirring often, for 15 minutes.
3. Add cranberries and vanilla and reduce the heat to medium-low (the liquid should be simmering, not boiling). Let simmer for 10 minutes more. Serve in heat-safe mugs.

Tips & Notes

Let cool, cover and refrigerate for up to 1 day. Reheat on the stovetop over low heat or in the microwave on medium.

Nutrition Facts Per Serving

169 calories; 0g fat (0g sat, 0g mono); 0mg cholesterol; 42g carbohydrates; 0g protein; 2g fiber; 2mg sodium; 61mg potassium.

Sleigh Driver

Makes 10 servings

Ingredients

- 1 cup water
- 1/2 cup sugar
- 1 2-inch piece fresh ginger, peeled and sliced
- 3 pears, chopped into bite-size pieces, divided
- 2 quarts apple cider
- 1 lemon, halved and sliced
- 1 Tbsp ground allspice
- 1 cup fresh cranberries
- 2 Tbsp vanilla extract

Directions

1. Combine water, sugar, ginger and 1 pear in a large saucepan. Bring to a boil over medium-high heat, stirring occasionally. Strain out the solids and return the mixture to the pan.

2. Add the remaining pears, cider, lemon and allspice and heat over medium-high heat, stirring often, for 15 minutes.
3. Add cranberries and vanilla and reduce the heat to medium-low (the liquid should be simmering, not boiling). Let simmer for 10 minutes more. Serve in heat-safe mugs.

Tips & Notes

Let cool, cover and refrigerate for up to 1 day. Reheat on the stovetop over low heat or in the microwave on medium.

Nutrition Facts Per Serving

169 calories; 0g fat (0g sat, 0g mono); 0mg cholesterol; 42g carbohydrates; 0g protein; 2g fiber; 2mg sodium; 61mg potassium.

Frothy Hot Chocolate

Makes 6 servings

High calcium, gluten free

Ingredients

1/2 cups low-fat milk

1/3 cup sugar

2 Tbsp unsweetened cocoa powder

1 1/2 tsp vanilla extract

1 1/2 tsp ground cinnamon

Directions

1. Whisk together 1/2 cup milk, sugar, cocoa, vanilla and cinnamon in a small bowl until a smooth paste forms.

2. Heat the remaining 4 cups milk in a medium saucepan until steaming.
3. Remove from heat and whisk vigorously.
4. Whisk the cocoa mixture into the milk and pour into mugs.

Nutrition Facts Per Serving

149 calories; 4g fat (2g sat, 0g mono);
15mg cholesterol; 22g carbohydrates;
6g protein; 1g fiber; 94mg sodium;
32mg potassium

Frothy Hot Chocolate

Makes 6 servings

High calcium, gluten free

Ingredients

1/2 cups low-fat milk

1/3 cup sugar

2 Tbsp unsweetened cocoa powder

1 1/2 tsp vanilla extract

1 1/2 tsp ground cinnamon

Directions

1. Whisk together 1/2 cup milk, sugar, cocoa, vanilla and cinnamon in a small bowl until a smooth paste forms.

2. Heat the remaining 4 cups milk in a medium saucepan until steaming.
3. Remove from heat and whisk vigorously.
4. Whisk the cocoa mixture into the milk and pour into mugs.

Nutrition Facts Per Serving

149 calories; 4g fat (2g sat, 0g mono);
15mg cholesterol; 22g carbohydrates;
6g protein; 1g fiber; 94mg sodium;
32mg potassium

Eggnog

Makes 12 servings

Serving size: 1/2 cup

Low carbohydrate, high calcium

Ingredients

6 cups 1% milk

1/8 tsp freshly grated nutmeg

2 large eggs

2/3 cup sugar

2 Tbsp all-purpose flour

1/4 tsp salt

2 tsp vanilla extract

1/4 cup light whipping cream

Directions

1. Bring milk and nutmeg to a simmer in a heavy medium saucepan over low heat, stirring occasionally.
2. Whisk eggs, sugar, flour and salt in a large bowl until smooth. Whisking constantly, gradually add hot milk; return mixture to saucepan.

3. Cook the eggnog over very low heat, stirring constantly, until thick enough to coat the back of the spoon, 10 to 15 minutes. (Temperature must reach 160°F; do not let eggnog come to a simmer.) Remove from the heat and pour through a fine-meshed sieve into a bowl.
4. Place a piece of plastic wrap directly on the surface of the eggnog and refrigerate until chilled, for at least 8 hours or overnight.
5. Just before serving, add cream to eggnog. Ladle into cups and serve garnished with more grated nutmeg.

Tips & Notes

The eggnog will keep, covered, in the refrigerator for up to 2 days.

Nutritional information per serving

142 calories; 4g fat (2g sat, 1g mono);

48mg cholesterol; 19g carbohydrates; 6g protein;

0g fiber; 127mg sodium; 19mg potassium

Eggnog

Makes 12 servings

Serving size: 1/2 cup

Low carbohydrate, high calcium

Ingredients

6 cups 1% milk

1/8 tsp freshly grated nutmeg

2 large eggs

2/3 cup sugar

2 Tbsp all-purpose flour

1/4 tsp salt

2 tsp vanilla extract

1/4 cup light whipping cream

Directions

1. Bring milk and nutmeg to a simmer in a heavy medium saucepan over low heat, stirring occasionally.
2. Whisk eggs, sugar, flour and salt in a large bowl until smooth. Whisking constantly, gradually add hot milk; return mixture to saucepan.

3. Cook the eggnog over very low heat, stirring constantly, until thick enough to coat the back of the spoon, 10 to 15 minutes. (Temperature must reach 160°F; do not let eggnog come to a simmer.) Remove from the heat and pour through a fine-meshed sieve into a bowl.
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The eggnog will keep, covered, in the refrigerator for up to 2 days.

Nutritional information per serving

142 calories; 4g fat (2g sat, 1g mono);

48mg cholesterol; 19g carbohydrates; 6g protein;

0g fiber; 127mg sodium; 19mg potassium

Spiced Coffee

Makes 4 servings

Diabetes appropriate, low carbohydrate,
gluten free

Ingredients

4 cups freshly brewed coffee

4 tsp dark brown sugar

3 whole cloves

1 cinnamon stick, broken in half

2 3-inch strips orange zest

2 3-inch strips lemon zest

Directions

1. Add brown sugar, cloves, cinnamon stick, orange zest and lemon zest to coffee.
2. Let steep over coffee warmer or in a thermos for 10 minutes.
3. Pour through a strainer into cups.

Nutrition Facts Per Serving

79 calories; 0g fat (0g sat, 0g mono); 0mg cholesterol; 3g carbohydrates; 0g protein; 0g fiber; 6mg sodium; 127mg potassium

Spiced Coffee

Makes 4 servings

Diabetes appropriate, low carbohydrate,
gluten free

Ingredients

4 cups freshly brewed coffee

4 tsp dark brown sugar

3 whole cloves

1 cinnamon stick, broken in half

2 3-inch strips orange zest

2 3-inch strips lemon zest

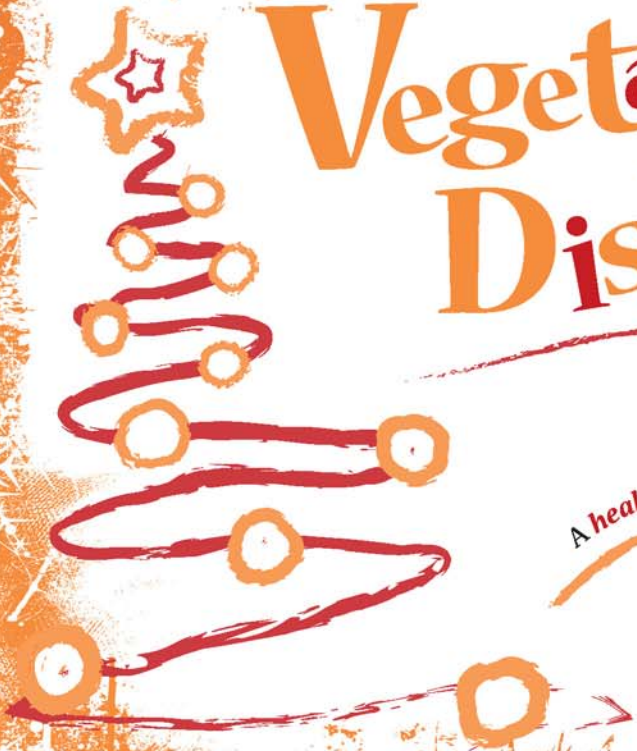
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79 calories; 0g fat (0g sat, 0g mono); 0mg cholesterol; 3g carbohydrates; 0g protein; 0g fiber; 6mg sodium; 127mg potassium

Vegetable Dishes

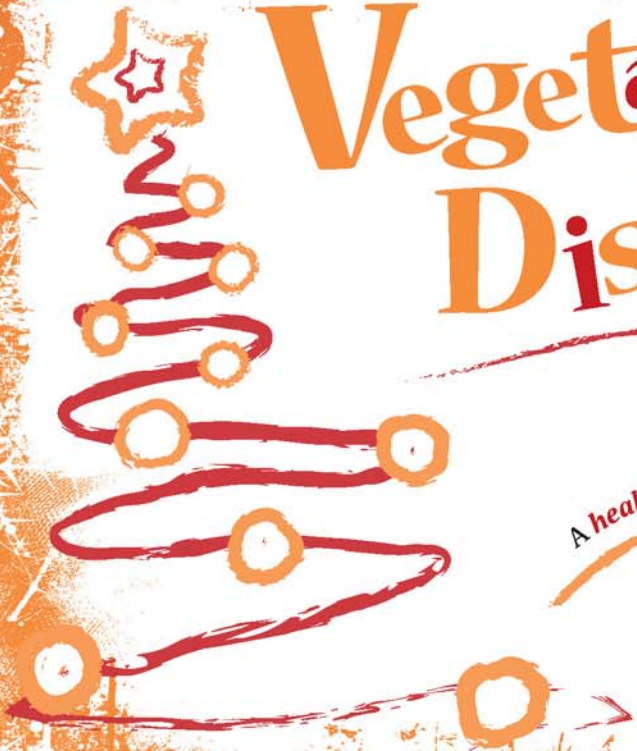


A healthier way to do traditional *holiday recipes*



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Vegetable Dishes



A healthier way to do traditional *holiday recipes*



*Sedgwick County...
working for you.*

Hearty Kale Salad

Makes 4 servings

Serving size: about 1 ½ cups

Low calorie, high fiber, heart healthy, healthy weight

Ingredients

6 cups very thinly sliced kale (about 1/2 large bunch), tough stems removed (see note)
2 hard-boiled eggs (see tip), coarsely chopped
2 slices center-cut bacon
2 Tbsp extra-virgin olive oil
1/2 cup chopped onion
1 ½ cups sliced button mushrooms
2 tsp red-wine vinegar
2 tsp whole-grain mustard
1/4 tsp freshly ground pepper
1/8 tsp salt

Directions

1. Place kale and eggs in a large bowl.
2. Cook bacon in a large skillet over medium heat until crisp. Leaving the bacon fat in the pan, transfer the bacon to a paper towel-lined plate. Chop when cool enough to handle.
3. Add oil and onion to the pan and cook, stirring, for 2 minutes. Add mushrooms and cook, stirring, until softened, about 2 minutes more. Remove from the heat and stir in vinegar, mustard, pepper and salt. Pour the mushroom mixture over the kale and eggs.
4. Add the bacon and toss to combine.

Tips & Notes

Choose organic kale when possible. Nonorganic can have high pesticide residue.

Nutrition Facts Per Serving

182 calories; 12g fat (2g sat, 7g mono); 97mg cholesterol; 14g carbohydrates; 9g protein; 3g fiber; 268mg sodium; 623 mg potassium

Hearty Kale Salad

Makes 4 servings

Serving size: about 1 ½ cups

Low calorie, high fiber, heart healthy, healthy weight

Ingredients

6 cups very thinly sliced kale (about 1/2 large bunch), tough stems removed (see note)
2 hard-boiled eggs (see tip), coarsely chopped
2 slices center-cut bacon
2 Tbsp extra-virgin olive oil
1/2 cup chopped onion
1 ½ cups sliced button mushrooms
2 tsp red-wine vinegar
2 tsp whole-grain mustard
1/4 tsp freshly ground pepper
1/8 tsp salt

Directions

1. Place kale and eggs in a large bowl.
2. Cook bacon in a large skillet over medium heat until crisp. Leaving the bacon fat in the pan, transfer the bacon to a paper towel-lined plate. Chop when cool enough to handle.
3. Add oil and onion to the pan and cook, stirring, for 2 minutes. Add mushrooms and cook, stirring, until softened, about 2 minutes more. Remove from the heat and stir in vinegar, mustard, pepper and salt. Pour the mushroom mixture over the kale and eggs.
4. Add the bacon and toss to combine.

Tips & Notes

Choose organic kale when possible. Nonorganic can have high pesticide residue.

Nutrition Facts Per Serving

182 calories; 12g fat (2g sat, 7g mono); 97mg cholesterol; 14g carbohydrates; 9g protein; 3g fiber; 268mg sodium; 623 mg potassium

Mixed Green Salad with Grapefruit & Cranberries

Makes 12 servings
Diabetes appropriate, low calorie,
low carbohydrate, healthy weight, heart healthy

Ingredients

2 red grapefruit
1/4 cup extra-virgin olive oil
2 Tbsp minced scallions
1 Tbsp white-wine vinegar
1/4 tsp salt
1/4 tsp freshly ground pepper
8 cups torn butter lettuce
6 cups baby spinach
1 14-oz can hearts of palm, drained and cut into bite-size pieces
1/3 cup dried cranberries
1/3 cup toasted pine nuts

Directions

1. Remove the skin and white pith from grapefruit with a sharp knife. Working over a bowl, cut the segments from their surrounding membranes. Cut the segments in half on a cutting board and transfer to a large salad bowl. Squeeze the grapefruit peel and membranes over the original bowl to extract 1/4 cup grapefruit juice
2. Whisk oil, scallions, vinegar, salt and pepper into the bowl with the grapefruit juice.
3. Add lettuce, spinach and hearts of palm to the salad bowl with the grapefruit segments. Just before serving, toss the salad with the dressing until well coated. Sprinkle cranberries and pine nuts on top.

Nutrition Facts Per Serving

160 calories; 11g fat (1g sat, 6g mono);
0mg cholesterol; 15g carbohydrates; 3g protein;
3g fiber; 196mg sodium; 360mg potassium

Mixed Green Salad with Grapefruit & Cranberries

Makes 12 servings
Diabetes appropriate, low calorie,
low carbohydrate, healthy weight, heart healthy

Ingredients

2 red grapefruit
1/4 cup extra-virgin olive oil
2 Tbsp minced scallions
1 Tbsp white-wine vinegar
1/4 tsp salt
1/4 tsp freshly ground pepper
8 cups torn butter lettuce
6 cups baby spinach
1 14-oz can hearts of palm, drained and cut into bite-size pieces
1/3 cup dried cranberries
1/3 cup toasted pine nuts

Directions

1. Remove the skin and white pith from grapefruit with a sharp knife. Working over a bowl, cut the segments from their surrounding membranes. Cut the segments in half on a cutting board and transfer to a large salad bowl. Squeeze the grapefruit peel and membranes over the original bowl to extract 1/4 cup grapefruit juice
2. Whisk oil, scallions, vinegar, salt and pepper into the bowl with the grapefruit juice.
3. Add lettuce, spinach and hearts of palm to the salad bowl with the grapefruit segments. Just before serving, toss the salad with the dressing until well coated. Sprinkle cranberries and pine nuts on top.

Nutrition Facts Per Serving

160 calories; 11g fat (1g sat, 6g mono);
0mg cholesterol; 15g carbohydrates; 3g protein;
3g fiber; 196mg sodium; 360mg potassium

Sweet Potato & Black Bean Chili

Makes 4 servings

Serving size: about 2 cups

Low calorie, high fiber, heart healthy,
healthy weight, diabetes appropriate

Ingredients

1 Tbsp, plus 2 tsp extra-virgin olive oil
1 medium-large sweet potato, peeled and diced
1 large onion, diced
4 cloves garlic, minced
2 Tbsp chili powder
4 tsp ground cumin
1/2 tsp ground chipotle chili
1/4 tsp salt
2 ½ cups water
2 15-oz cans black beans, rinsed
1 14-oz can diced tomatoes
4 tsp lime juice
1/2 cup chopped fresh cilantro

Directions

1. Heat oil in a Dutch oven over medium heat.
2. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
3. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

Tips & Notes

Refrigerate up to 3 days or freeze up to 3 months.

Nutrition Facts Per Serving

307 calories; 8g fat (1g sat, 5g mono); 0mg cholesterol; 51g carbohydrates; 12g protein; 14g fiber; 494 mg sodium; 947 mg potassium

Sweet Potato & Black Bean Chili

Makes 4 servings

Serving size: about 2 cups

Low calorie, high fiber, heart healthy,
healthy weight, diabetes appropriate

Ingredients

1 Tbsp, plus 2 tsp extra-virgin olive oil
1 medium-large sweet potato, peeled and diced
1 large onion, diced
4 cloves garlic, minced
2 Tbsp chili powder
4 tsp ground cumin
1/2 tsp ground chipotle chili
1/4 tsp salt
2 ½ cups water
2 15-oz cans black beans, rinsed
1 14-oz can diced tomatoes
4 tsp lime juice
1/2 cup chopped fresh cilantro

Directions

1. Heat oil in a Dutch oven over medium heat.
2. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
3. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

Tips & Notes

Refrigerate up to 3 days or freeze up to 3 months.

Nutrition Facts Per Serving

307 calories; 8g fat (1g sat, 5g mono); 0mg cholesterol; 51g carbohydrates; 12g protein; 14g fiber; 494 mg sodium; 947 mg potassium

Green Beans with Bacon & Hazelnuts

Makes 4 servings

Serving size: 3/4 cup

Diabetes appropriate, low calorie, heart healthy, healthy weight

Ingredients

1 tsp canola oil

1 large shallot, minced

1 lb green beans, trimmed

1/2 cup water

2 slices bacon, cooked and crumbled

2 Tbsp chopped toasted hazelnuts,

1/4 tsp salt

Directions

1. Heat oil in a large skillet over medium-high heat. Add shallot and cook, stirring, until starting to brown, 30 seconds to 1 minute.
2. Add green beans and cook, stirring often, until seared in spots, 2 to 3 minutes.
3. Add water; cover, reduce heat to medium and cook, stirring occasionally, about 3 minutes for tender-crisp or 6 minutes for tender.
4. Remove from heat and stir in bacon, hazelnuts and salt.

Nutrition Facts Per Serving

100 calories; 5g fat (1g sat, 3g mono); 3mg cholesterol; 12g carbohydrates; 5g protein; 4g fiber; 266mg sodium; 305mg potassium

Green Beans with Bacon & Hazelnuts

Makes 4 servings

Serving size: 3/4 cup

Diabetes appropriate, low calorie, heart healthy, healthy weight

Ingredients

1 tsp canola oil

1 large shallot, minced

1 lb green beans, trimmed

1/2 cup water

2 slices bacon, cooked and crumbled

2 Tbsp chopped toasted hazelnuts,

1/4 tsp salt

Directions

1. Heat oil in a large skillet over medium-high heat. Add shallot and cook, stirring, until starting to brown, 30 seconds to 1 minute.
2. Add green beans and cook, stirring often, until seared in spots, 2 to 3 minutes.
3. Add water; cover, reduce heat to medium and cook, stirring occasionally, about 3 minutes for tender-crisp or 6 minutes for tender.
4. Remove from heat and stir in bacon, hazelnuts and salt.

Nutrition Facts Per Serving

100 calories; 5g fat (1g sat, 3g mono); 3mg cholesterol; 12g carbohydrates; 5g protein; 4g fiber; 266mg sodium; 305mg potassium

Brussels Sprouts with Chestnuts & Sage

Makes 12 servings
Heart healthy, diabetes appropriate,
low carbohydrate, low calorie

Ingredients

2 lbs Brussels sprouts, trimmed and halved
1 Tbsp butter
1 Tbsp extra-virgin olive oil
3 Tbsp reduced-sodium chicken broth
3/4 cup coarsely chopped chestnuts,
(about 4 ounces)
2 tsp chopped fresh sage
1/2 tsp salt
Freshly ground pepper to taste

Directions

1. Bring a large saucepan of water to a boil. Add Brussels sprouts and cook until bright green and just tender, 6 to 8 minutes. Drain well.
2. Melt butter with oil and broth in a large skillet over medium heat. Add Brussels sprouts, chestnuts and sage and cook, stirring often, until heated through, 2 to 4 minutes. Season with salt and pepper. Serve warm or at room temperature.

Tips & Notes

Make ahead: prepare through step 1, cover and refrigerate for up to 8 hours.

Nutrition Facts Per Serving

68 calories; 3g fat (1g sat, 1g mono); 3mg cholesterol; 10g carbohydrates; 2g protein; 3g fiber; 117mg sodium; 308mg potassium

Brussels Sprouts with Chestnuts & Sage

Makes 12 servings
Heart healthy, diabetes appropriate,
low carbohydrate, low calorie

Ingredients

2 lbs Brussels sprouts, trimmed and halved
1 Tbsp butter
1 Tbsp extra-virgin olive oil
3 Tbsp reduced-sodium chicken broth
3/4 cup coarsely chopped chestnuts,
(about 4 ounces)
2 tsp chopped fresh sage
1/2 tsp salt
Freshly ground pepper to taste

Directions

1. Bring a large saucepan of water to a boil. Add Brussels sprouts and cook until bright green and just tender, 6 to 8 minutes. Drain well.
2. Melt butter with oil and broth in a large skillet over medium heat. Add Brussels sprouts, chestnuts and sage and cook, stirring often, until heated through, 2 to 4 minutes. Season with salt and pepper. Serve warm or at room temperature.

Tips & Notes

Make ahead: prepare through step 1, cover and refrigerate for up to 8 hours.

Nutrition Facts Per Serving

68 calories; 3g fat (1g sat, 1g mono); 3mg cholesterol; 10g carbohydrates; 2g protein; 3g fiber; 117mg sodium; 308mg potassium

Amazing Butternut Squash

Makes 6 servings

Ingredients

1 butternut squash, peeled, seeded
and cubed
1/2 cup mayonnaise
1/2 cup finely chopped onion
1 egg, lightly beaten
1 tsp brown sugar
salt and pepper to taste
1/4 cup crushed saltine crackers
2 Tbsp grated Parmesan cheese
1 Tbsp butter, melted

Directions

1. Preheat oven to 350 degrees F.
2. In a large pot, bring the squash to boil. Reduce to a simmer until squash is soft.
3. In a large bowl, mash the softened squash. Mix in the mayonnaise, onion, egg, brown sugar, salt and pepper. Pour the mixture into a 2 quart baking dish.
4. In a medium bowl, mix together crackers, Parmesan and butter. Sprinkle over the squash mixture.
5. Bake uncovered in the preheated oven for 35 to 45 minutes, until the topping is lightly brown.

Nutrition Facts Per Serving

282 calories; 18.3g fat; 49mg cholesterol

Amazing Butternut Squash

Makes 6 servings

Ingredients

1 butternut squash, peeled, seeded
and cubed
1/2 cup mayonnaise
1/2 cup finely chopped onion
1 egg, lightly beaten
1 tsp brown sugar
salt and pepper to taste
1/4 cup crushed saltine crackers
2 Tbsp grated Parmesan cheese
1 Tbsp butter, melted

Directions

1. Preheat oven to 350 degrees F.
2. In a large pot, bring the squash to boil. Reduce to a simmer until squash is soft.
3. In a large bowl, mash the softened squash. Mix in the mayonnaise, onion, egg, brown sugar, salt and pepper. Pour the mixture into a 2 quart baking dish.
4. In a medium bowl, mix together crackers, Parmesan and butter. Sprinkle over the squash mixture.
5. Bake uncovered in the preheated oven for 35 to 45 minutes, until the topping is lightly brown.

Nutrition Facts Per Serving

282 calories; 18.3g fat; 49mg cholesterol

Lemon-Dill Green Beans

Makes 4 servings

Serving size: 1 cup

Diabetes appropriate, low calorie,
low carbohydrate, high fiber

Ingredients

1 lb green beans, trimmed
4 tsp chopped fresh dill
1 Tbsp minced shallot
1 Tbsp extra-virgin olive oil
1 Tbsp lemon juice
1 tsp whole-grain mustard
1/4 tsp salt
1/4 tsp freshly ground pepper

Directions

1. Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and cook until tender-crisp, 5 to 7 minutes. Remove from the heat.
2. Meanwhile, whisk dill, shallot, oil, lemon juice, mustard, salt and pepper in a large bowl. Add the green beans and toss to coat. Let stand about 10 minutes before serving to blend flavors.

Nutrition Facts Per Serving

74 calories; 4g fat (1g sat, 3g mono);
0mg cholesterol; 10g carbohydrates; 0g added
sugars; 2g protein; 4g fiber; 163mg sodium;
178mg potassium.

Lemon-Dill Green Beans

Makes 4 servings

Serving size: 1 cup

Diabetes appropriate, low calorie,
low carbohydrate, high fiber

Ingredients

1 lb green beans, trimmed
4 tsp chopped fresh dill
1 Tbsp minced shallot
1 Tbsp extra-virgin olive oil
1 Tbsp lemon juice
1 tsp whole-grain mustard
1/4 tsp salt
1/4 tsp freshly ground pepper

Directions

1. Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and cook until tender-crisp, 5 to 7 minutes. Remove from the heat.
2. Meanwhile, whisk dill, shallot, oil, lemon juice, mustard, salt and pepper in a large bowl. Add the green beans and toss to coat. Let stand about 10 minutes before serving to blend flavors.

Nutrition Facts Per Serving

74 calories; 4g fat (1g sat, 3g mono);
0mg cholesterol; 10g carbohydrates; 0g added
sugars; 2g protein; 4g fiber; 163mg sodium;
178mg potassium.

Maple Roasted Sweet Potatoes

Makes 12 servings

Diabetes appropriate, gluten free,
heart healthy

Ingredients

2 1/2 lbs sweet potatoes, peeled and cut
into 1 1/2-inch pieces (about 8 cups)

1/3 cup pure maple syrup

2 Tbsp butter, melted

1 Tbsp lemon juice

1/2 tsp salt

Freshly ground pepper, to taste

Directions

1. Preheat oven to 400°F.

2. Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.
3. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

Tips & Notes

Make ahead: cover and refrigerate up to 1 day. Just before serving, reheat at 350°F until hot, about 15 minutes.

Nutrition Facts Per Serving

96 calories; 2g fat (1g sat, 0g mono); 5mg cholesterol; 19g carbohydrates; 1g protein; 2g fiber; 118mg sodium; 189mg potassium.

Maple Roasted Sweet Potatoes

Makes 12 servings

Diabetes appropriate, gluten free,
heart healthy

Ingredients

2 1/2 lbs sweet potatoes, peeled and cut
into 1 1/2-inch pieces (about 8 cups)

1/3 cup pure maple syrup

2 Tbsp butter, melted

1 Tbsp lemon juice

1/2 tsp salt

Freshly ground pepper, to taste

Directions

1. Preheat oven to 400°F.

2. Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.
3. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

Tips & Notes

Make ahead: cover and refrigerate up to 1 day. Just before serving, reheat at 350°F until hot, about 15 minutes.

Nutrition Facts Per Serving

96 calories; 2g fat (1g sat, 0g mono); 5mg cholesterol; 19g carbohydrates; 1g protein; 2g fiber; 118mg sodium; 189mg potassium.

Cranberry-Shallot Sauce

Makes 6 servings

Diabetes appropriate, heart healthy,
low sodium

Ingredients

2 tsp canola oil

1 1/2 cups fresh or frozen (not thawed)
cranberries

1/4 cup dried cranberries

2 Tbsp light brown sugar, or to taste

1 Tbsp fruit-flavored vinegar, such as
raspberry or pomegranate

Directions

1. Add 2 teaspoons of oil to the pan.
2. Add shallots and cook, stirring occasionally, until browned, 3 minutes.

3. Add thyme and cook until fragrant, about 10 seconds.
4. Add broth and cook, scraping up any browned bits, for 1 minute.
5. Stir in fresh and dried cranberries and cook until most of the fresh cranberries have broken down, 6 to 7 minutes.
6. Stir brown sugar, vinegar and the remaining 1/2 teaspoon salt into the sauce
7. Cook for 1 minute. Cover and remove from the heat.

Nutrition Facts Per Serving

202 calories; 5g fat (0g sat, 2g mono); 45mg cholesterol; 14g carbohydrates; 29g protein; 1g fiber; 428mg sodium; 93mg potassium

Cranberry-Shallot Sauce

Makes 6 servings

Diabetes appropriate, heart healthy,
low sodium

Ingredients

2 tsp canola oil

1 1/2 cups fresh or frozen (not thawed)
cranberries

1/4 cup dried cranberries

2 Tbsp light brown sugar, or to taste

1 Tbsp fruit-flavored vinegar, such as
raspberry or pomegranate

Directions

1. Add 2 teaspoons of oil to the pan.
2. Add shallots and cook, stirring occasionally, until browned, 3 minutes.

3. Add thyme and cook until fragrant, about 10 seconds.
4. Add broth and cook, scraping up any browned bits, for 1 minute.
5. Stir in fresh and dried cranberries and cook until most of the fresh cranberries have broken down, 6 to 7 minutes.
6. Stir brown sugar, vinegar and the remaining 1/2 teaspoon salt into the sauce
7. Cook for 1 minute. Cover and remove from the heat.

Nutrition Facts Per Serving

202 calories; 5g fat (0g sat, 2g mono); 45mg cholesterol; 14g carbohydrates; 29g protein; 1g fiber; 428mg sodium; 93mg potassium

Szechuan Tofu & Green Bean

Stir-Fry

Makes 4 Servings

Serving size: 1 ½ cups

Diabetes appropriate, low calorie,
healthy weight, heart healthy

Ingredients

1/2 cup water, divided

1/4 cup reduced-sodium soy sauce

1 Tbsp tomato paste

2 tsp Chinkiang vinegar or balsamic vinegar

2 tsp sugar

1/4-1/2 tsp crushed red pepper, or to taste

1 tsp plus 2 tablespoons cornstarch, divided

1 14-oz package extra-firm tofu, drained

2 Tbsp canola oil, divided

4 cups green beans, trimmed and cut in half

4 cloves garlic, minced

2 tsp minced fresh ginger

Directions

1. Whisk 1/4 cup water, soy sauce, tomato paste, vinegar, sugar, crushed red pepper to taste and 1 teaspoon cornstarch in a small bowl. Set aside. Cut tofu into 1/2- to 3/4-inch cubes and pat dry. Toss the tofu in a bowl with the remaining 2 tablespoons cornstarch to coat.
2. Heat 1 tablespoon oil in a wok or large skillet over medium-high heat. Add the tofu and spread out across the surface of the pan. Let cook undisturbed for 2 minutes. Gently turn and stir. Continue cooking, until lightly browned and crispy, 2 to 3 minutes more. Transfer to a plate.
3. Reduce heat to medium. Add the remaining 1 tablespoon oil to the pan. Add green beans, garlic and ginger; cook, stirring constantly, for 1 minute. Add the remaining 1/4 cup water, cover and cook until the beans are crisp-tender, 2 to 4 minutes. Stir the reserved soy sauce mixture and pour it over the green beans. Cook, stirring, until thickened, about 1 minute. Add the tofu and cook, stirring, until heated through, about 1 minute more.

Nutrition Facts Per Serving

218 calories; 11g fat (1g sat, 6g mono) 0mg cholesterol;
20g carbohydrates; 2g added sugars; 12g protein; 5g fiber;
672mg sodium; 364mg potassium

Szechuan Tofu & Green Bean

Stir-Fry

Makes 4 Servings

Serving size: 1 ½ cups

Diabetes appropriate, low calorie,
healthy weight, heart healthy

Ingredients

1/2 cup water, divided

1/4 cup reduced-sodium soy sauce

1 Tbsp tomato paste

2 tsp Chinkiang vinegar or balsamic vinegar

2 tsp sugar

1/4-1/2 tsp crushed red pepper, or to taste

1 tsp plus 2 tablespoons cornstarch, divided

1 14-oz package extra-firm tofu, drained

2 Tbsp canola oil, divided

4 cups green beans, trimmed and cut in half

4 cloves garlic, minced

2 tsp minced fresh ginger

Directions

1. Whisk 1/4 cup water, soy sauce, tomato paste, vinegar, sugar, crushed red pepper to taste and 1 teaspoon cornstarch in a small bowl. Set aside. Cut tofu into 1/2- to 3/4-inch cubes and pat dry. Toss the tofu in a bowl with the remaining 2 tablespoons cornstarch to coat.
2. Heat 1 tablespoon oil in a wok or large skillet over medium-high heat. Add the tofu and spread out across the surface of the pan. Let cook undisturbed for 2 minutes. Gently turn and stir. Continue cooking, until lightly browned and crispy, 2 to 3 minutes more. Transfer to a plate.
3. Reduce heat to medium. Add the remaining 1 tablespoon oil to the pan. Add green beans, garlic and ginger; cook, stirring constantly, for 1 minute. Add the remaining 1/4 cup water, cover and cook until the beans are crisp-tender, 2 to 4 minutes. Stir the reserved soy sauce mixture and pour it over the green beans. Cook, stirring, until thickened, about 1 minute. Add the tofu and cook, stirring, until heated through, about 1 minute more.

Nutrition Facts Per Serving

218 calories; 11g fat (1g sat, 6g mono) 0mg cholesterol;
20g carbohydrates; 2g added sugars; 12g protein; 5g fiber;
672mg sodium; 364mg potassium

Moo Shu Vegetables

Makes 4 Servings

Serving size: 1 ¼ cups

Diabetes appropriate, low calorie,
heart healthy, healthy weight

Ingredients

3 tsp toasted sesame oil, divided
4 large eggs, lightly beaten
2 tsp minced fresh ginger
2 cloves garlic, minced
1 12-oz bag shredded mixed vegetables, such as
“rainbow salad” or “broccoli slaw”
2 cups mung bean sprouts
1 bunch scallions, sliced, divided
1 Tbsp reduced-sodium soy sauce
1 Tbsp rice vinegar
2 Tbsp hoisin sauce

Directions

1. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add eggs; cook, stirring gently, until set, 2-3 minutes. Move to a plate.
2. Wipe out the pan and heat the remaining 2 teaspoons oil over medium heat. Add ginger and garlic and cook, stirring, until softened and fragrant, 1 minute. Add shredded vegetables, bean sprouts, half the sliced scallions, soy sauce and vinegar. Stir to combine. Cover and cook, stirring once or twice, until the vegetables are just tender, about 3 minutes. Add the reserved eggs and hoisin; cook, uncovered, stirring and breaking up the scrambled eggs, until heated through, 1 to 2 minutes. Stir in the remaining scallions and remove from heat.

Nutrition Facts Per Serving

171 calories; 9g fat (2g sat, 4g mono); 212mg cholesterol; 14g carbohydrates; 11g protein; 4g fiber; 328g sodium; 226mg potassium

Moo Shu Vegetables

Makes 4 Servings

Serving size: 1 ¼ cups

Diabetes appropriate, low calorie,
heart healthy, healthy weight

Ingredients

3 tsp toasted sesame oil, divided
4 large eggs, lightly beaten
2 tsp minced fresh ginger
2 cloves garlic, minced
1 12-oz bag shredded mixed vegetables, such as
“rainbow salad” or “broccoli slaw”
2 cups mung bean sprouts
1 bunch scallions, sliced, divided
1 Tbsp reduced-sodium soy sauce
1 Tbsp rice vinegar
2 Tbsp hoisin sauce

Directions

1. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add eggs; cook, stirring gently, until set, 2-3 minutes. Move to a plate.
2. Wipe out the pan and heat the remaining 2 teaspoons oil over medium heat. Add ginger and garlic and cook, stirring, until softened and fragrant, 1 minute. Add shredded vegetables, bean sprouts, half the sliced scallions, soy sauce and vinegar. Stir to combine. Cover and cook, stirring once or twice, until the vegetables are just tender, about 3 minutes. Add the reserved eggs and hoisin; cook, uncovered, stirring and breaking up the scrambled eggs, until heated through, 1 to 2 minutes. Stir in the remaining scallions and remove from heat.

Nutrition Facts Per Serving

171 calories; 9g fat (2g sat, 4g mono); 212mg cholesterol; 14g carbohydrates; 11g protein; 4g fiber; 328g sodium; 226mg potassium

Main Dishes



A healthier way to do traditional holiday recipes



Sedgwick County...
working for you.

Main Dishes



A healthier way to do traditional holiday recipes



Sedgwick County...
working for you.

Apple-Shallot Roasted Turkey

Makes 12 servings

Diabetes appropriate, low calorie, low carbohydrate, low saturated fat, low sodium, hearth healthy, healthy weight, gluten free

Ingredients

- 1 10- to 12-lb turkey
- 2 Tbsp canola oil
- 2 Tbsp chopped fresh parsley, plus 3 sprigs
- 1 Tbsp chopped fresh sage, plus 3 sprigs
- 1 Tbsp chopped fresh thyme, plus 3 sprigs
- 1 tsp kosher salt
- 1 tsp freshly ground pepper
- 1 ½ lb shallots, peeled, halved lengthwise, divided
- 1 tart green apple, quartered
- 3 cups water, plus more as needed

Directions

1. Position rack in lower third of oven; preheat oven to 475°F.
2. Remove giblets and neck from turkey cavities and reserve for making turkey gilet Stock. Place the turkey, breast-side up, on a rack in a large roasting pan; pat dry with paper towels.
3. Combine oil, chopped parsley, sage, thyme, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat. Place herb sprigs, 6 shallot halves and apple slices in the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Add 3 cups water to the pan.

Continued on next page

Apple-Shallot Roasted Turkey

Makes 12 servings

Diabetes appropriate, low calorie, low carbohydrate, low saturated fat, low sodium, hearth healthy, healthy weight, gluten free

Ingredients

- 1 10- to 12-lb turkey
- 2 Tbsp canola oil
- 2 Tbsp chopped fresh parsley, plus 3 sprigs
- 1 Tbsp chopped fresh sage, plus 3 sprigs
- 1 Tbsp chopped fresh thyme, plus 3 sprigs
- 1 tsp kosher salt
- 1 tsp freshly ground pepper
- 1 ½ lb shallots, peeled, halved lengthwise, divided
- 1 tart green apple, quartered
- 3 cups water, plus more as needed

Directions

1. Position rack in lower third of oven; preheat oven to 475°F.
2. Remove giblets and neck from turkey cavities and reserve for making turkey gilet Stock. Place the turkey, breast-side up, on a rack in a large roasting pan; pat dry with paper towels.
3. Combine oil, chopped parsley, sage, thyme, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat. Place herb sprigs, 6 shallot halves and apple slices in the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Add 3 cups water to the pan.

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4. Roast the turkey until the skin is golden brown, 45 minutes. Remove the turkey from the oven. Cover just the breast with a double layer of foil, cutting as necessary to fit. Scatter the remaining shallots in the pan around the turkey.
5. Reduce oven temperature to 350° and continue roasting until the thermometer (or an instant-read thermometer inserted into the thickest part of the thigh without touching bone) registers 165°F, 1 to 1 ¾ hours more. If the pan dries out, tilt the turkey to let juices run out of the cavity into the pan and add 1 cup water.

6. Transfer the turkey to a serving platter (reserve pan juices and shallots) and tent with foil. Make cider gravy (recipe on next page). Let the turkey rest for 20 minutes. Remove the string and carve.

Nutrition Facts Per Serving

155 calories; 5g fat (1g sat, 2g mono)
63g cholesterol; 25g protein; 0g fiber;
115mg sodium; 258mg potassium

Continued from previous page

4. Roast the turkey until the skin is golden brown, 45 minutes. Remove the turkey from the oven. Cover just the breast with a double layer of foil, cutting as necessary to fit. Scatter the remaining shallots in the pan around the turkey.
5. Reduce oven temperature to 350° and continue roasting until the thermometer (or an instant-read thermometer inserted into the thickest part of the thigh without touching bone) registers 165°F, 1 to 1 ¾ hours more. If the pan dries out, tilt the turkey to let juices run out of the cavity into the pan and add 1 cup water.

6. Transfer the turkey to a serving platter (reserve pan juices and shallots) and tent with foil. Make cider gravy (recipe on next page). Let the turkey rest for 20 minutes. Remove the string and carve.

Nutrition Facts Per Serving

155 calories; 5g fat (1g sat, 2g mono)
63g cholesterol; 25g protein; 0g fiber;
115mg sodium; 258mg potassium

Cider Gravy

Makes 12 servings

Serving size: 3 tablespoons

Diabetes appropriate, low calorie, hearth healthy, healthy weight

Ingredients

4 cups turkey giblet stock, or reduced-sodium chicken broth, divided

3 Tbsp all-purpose flour

1 ¼ cups apple cider

2 Tbsp cider vinegar

1/4 tsp salt

Freshly ground pepper, to taste

Directions

1. When you remove the turkey from the roasting pan, leave the roasted shallots behind. Skim off any visible fat from the pan juices.

2. Whisk 1/2 cup turkey giblet stock (or chicken broth) and flour in a small bowl until smooth; set aside.
3. Set the roasting pan over two burners on medium-high heat. Add cider and vinegar; bring to a boil and cook, scraping up the browned bits from the pan, until the liquid is reduced by about half, 6 to 8 minutes. Add the remaining 3 1/2 cups stock (or broth). Increase heat to high; return to a boil, whisking often. Boil until the liquid is reduced by about half, 8 to 12 minutes.
4. Whisk the reserved flour mixture into the pan. Boil, whisking constantly, until the gravy is thickened, 1 to 3 minutes. Remove from the heat and pour the gravy through a fine sieve into a large measuring cup. (Discard the solids.) Season with salt and pepper.

Nutrition Facts Per Serving

28 calories; 0g fat; 7mg cholesterol;
5g carbohydrates, 1g protein; 0g fiber;
56mg sodium; 28mg potassium

Cider Gravy

Makes 12 servings

Serving size: 3 tablespoons

Diabetes appropriate, low calorie, hearth healthy, healthy weight

Ingredients

4 cups turkey giblet stock, or reduced-sodium chicken broth, divided

3 Tbsp all-purpose flour

1 ¼ cups apple cider

2 Tbsp cider vinegar

1/4 tsp salt

Freshly ground pepper, to taste

Directions

1. When you remove the turkey from the roasting pan, leave the roasted shallots behind. Skim off any visible fat from the pan juices.

2. Whisk 1/2 cup turkey giblet stock (or chicken broth) and flour in a small bowl until smooth; set aside.
3. Set the roasting pan over two burners on medium-high heat. Add cider and vinegar; bring to a boil and cook, scraping up the browned bits from the pan, until the liquid is reduced by about half, 6 to 8 minutes. Add the remaining 3 1/2 cups stock (or broth). Increase heat to high; return to a boil, whisking often. Boil until the liquid is reduced by about half, 8 to 12 minutes.
4. Whisk the reserved flour mixture into the pan. Boil, whisking constantly, until the gravy is thickened, 1 to 3 minutes. Remove from the heat and pour the gravy through a fine sieve into a large measuring cup. (Discard the solids.) Season with salt and pepper.

Nutrition Facts Per Serving

28 calories; 0g fat; 7mg cholesterol;
5g carbohydrates, 1g protein; 0g fiber;
56mg sodium; 28mg potassium

Rosemary Roasted Turkey

Makes 16 servings

Ingredients

3/4 cup olive oil
3 Tbsp minced garlic
2 Tbsp chopped fresh rosemary
1 Tbsp chopped fresh basil
1 Tbsp Italian seasoning
1 tsp ground black pepper
salt to taste
1 (12 lb) whole turkey

Directions

1. Preheat oven to 325 degrees F
2. In a small bowl, mix the olive oil, garlic, rosemary, basil, Italian seasoning, black pepper and salt. Set aside.

3. Wash the turkey inside and out; pat dry. Remove any large fat deposits. Loosen the skin from the breast. This is done by slowly working your fingers between the breast and the skin.
4. Using your hand, spread a generous amount of the rosemary mixture under the breast skin and down the thigh and leg. Rub the remainder of the rosemary mixture over the outside of the breast. Use toothpicks to seal skin over any exposed breast meat.
5. Place the turkey on a rack in a roasting pan. Add about 1/4 inch of water to the bottom of the pan. Roast in the preheated oven 3 to 4 hours, or until the internal temperature of the bird reaches 180 degrees F.

Nutrition Facts Per Serving

596 Calories; 33.7g fat; 198mg cholesterol

Rosemary Roasted Turkey

Makes 16 servings

Ingredients

3/4 cup olive oil
3 Tbsp minced garlic
2 Tbsp chopped fresh rosemary
1 Tbsp chopped fresh basil
1 Tbsp Italian seasoning
1 tsp ground black pepper
salt to taste
1 (12 lb) whole turkey

Directions

1. Preheat oven to 325 degrees F
2. In a small bowl, mix the olive oil, garlic, rosemary, basil, Italian seasoning, black pepper and salt. Set aside.

3. Wash the turkey inside and out; pat dry. Remove any large fat deposits. Loosen the skin from the breast. This is done by slowly working your fingers between the breast and the skin.
4. Using your hand, spread a generous amount of the rosemary mixture under the breast skin and down the thigh and leg. Rub the remainder of the rosemary mixture over the outside of the breast. Use toothpicks to seal skin over any exposed breast meat.
5. Place the turkey on a rack in a roasting pan. Add about 1/4 inch of water to the bottom of the pan. Roast in the preheated oven 3 to 4 hours, or until the internal temperature of the bird reaches 180 degrees F.

Nutrition Facts Per Serving

596 Calories; 33.7g fat; 198mg cholesterol

Game Hens with Brussels Sprouts & Chestnuts

Makes 8 servings

Serving size: ½ game hen and ¾ cup
vegetables

Diabetes appropriate, healthy weight,
high fiber, high potassium, low calorie

Ingredients

- 1 Tbsp chopped fresh thyme
- 2 tsp salt
- 1 tsp freshly ground pepper
- 4 Cornish game hens, 1-1 1/2 pounds each
- 2 tsp butter
- 2 tsp extra-virgin olive oil
- 1 large red onion, peeled and cut through the
root end into 8 wedges
- 2 lbs Brussels sprouts, trimmed and cut in half
- 16 ounces jarred roasted chestnuts
- 2 Tbsp white-wine vinegar

Directions

1. Preheat oven to 375°F. Combine thyme, salt and pepper in a small bowl.
2. Remove giblets (if included) from game hens and trim any excess skin. Loosen the skin over the breast and thigh meat and rub half the thyme mixture under the skin. Tie legs together with kitchen string.
3. Heat butter and oil in a large roasting pan set over 2 burners on medium heat. Add the game hens and brown on all sides, turning occasionally, 10 to 12 minutes.
4. Add onion to the pan, transfer to the oven and roast for 10 minutes. Add Brussels sprouts and roast for 20 minutes.

Continued on next page

Game Hens with Brussels Sprouts & Chestnuts

Makes 8 servings

Serving size: ½ game hen and ¾ cup
vegetables

Diabetes appropriate, healthy weight,
high fiber, high potassium, low calorie

Ingredients

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- 1 tsp freshly ground pepper
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- 2 tsp butter
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3. Heat butter and oil in a large roasting pan set over 2 burners on medium heat. Add the game hens and brown on all sides, turning occasionally, 10 to 12 minutes.
4. Add onion to the pan, transfer to the oven and roast for 10 minutes. Add Brussels sprouts and roast for 20 minutes.

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5. Stir chestnuts and the remaining thyme mixture into the pan. Continue roasting until an instant-read thermometer inserted into a thigh registers 165°F, 10 to 15 minutes more.
6. Transfer the game hens to a large cutting board and let rest for 10 minutes. Place the roasting pan over 2 burners on medium heat. Toss the vegetables with vinegar and bring to a simmer, gently stirring and scraping up any browned bits.

7. Remove the string from the game hens, turn breast-side down and slice in half lengthwise using a large heavy knife, cutting straight through to the breast side. Serve the game hens with the vegetables.

Nutrition Facts Per Serving

313 calories; 7g fat (2g sat, 2g mono); 93mg cholesterol; 39g carbohydrates; 24g protein; 6g fiber; 656mg sodium; 875mg potassium

Continued from previous page

5. Stir chestnuts and the remaining thyme mixture into the pan. Continue roasting until an instant-read thermometer inserted into a thigh registers 165°F, 10 to 15 minutes more.
6. Transfer the game hens to a large cutting board and let rest for 10 minutes. Place the roasting pan over 2 burners on medium heat. Toss the vegetables with vinegar and bring to a simmer, gently stirring and scraping up any browned bits.

7. Remove the string from the game hens, turn breast-side down and slice in half lengthwise using a large heavy knife, cutting straight through to the breast side. Serve the game hens with the vegetables.

Nutrition Facts Per Serving

313 calories; 7g fat (2g sat, 2g mono); 93mg cholesterol; 39g carbohydrates; 24g protein; 6g fiber; 656mg sodium; 875mg potassium

Slow-Cooked Provencal Beef Stew

Makes 10 servings

Diabetes appropriate, low calorie, low carbohydrate, low sodium, healthy weight, high potassium, gluten free

Ingredients for Bouquet Garni

- 2 large green leek leaves, (about 6 inches long)
- 1 bay leaf
- 1 stalk celery
- 2 sprigs fresh parsley, with stems
- 3 sprigs fresh thyme
- 1 2-inch-long strip tangerine or orange peel

Ingredients for Stew

- 3 Tbsp extra-virgin olive oil, divided
- 2 oz pancetta or bacon, cut into pieces
- 3 lbs beef stew meat, such as chuck, trimmed and cut into 1- to 1 ½-inch pieces
- 2 tsp kosher salt, divided
- 1/2 tsp freshly ground pepper, divided
- 2 medium yellow or red onions, chopped
- 3 cloves garlic, chopped

- 1 ½ lbs carrots, sliced into 1-inch rounds
- 2 Tbsp tomato paste
- 1 lb button mushrooms, halved or quartered
- 1 bottle (750 ml) full-bodied red wine, such as Burgundy or Pinot Noir
- 1/2 cup chopped fresh parsley
- Freshly grated zest of 1 tangerine, or orange

Directions

1. Preheat oven to 250°F.
2. To assemble bouquet garni: Place one leek leaf on the counter. Top with bay leaf, celery stalk, parsley sprigs, thyme sprigs and tangerine (or orange) peel. Place the second leek leaf on top and tie the bundle together in four spots with kitchen string. Set aside.
3. To prepare stew: heat 1 tablespoon oil in an ovenproof Dutch oven over medium-high heat. Add pancetta (or bacon) and cook until barely brown, 1 to 2 minutes. Transfer to a paper towel-lined plate, leaving any drippings in the pot.

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Slow-Cooked Provencal Beef Stew

Makes 10 servings

Diabetes appropriate, low calorie, low carbohydrate, low sodium, healthy weight, high potassium, gluten free

Ingredients for Bouquet Garni

- 2 large green leek leaves, (about 6 inches long)
- 1 bay leaf
- 1 stalk celery
- 2 sprigs fresh parsley, with stems
- 3 sprigs fresh thyme
- 1 2-inch-long strip tangerine or orange peel

Ingredients for Stew

- 3 Tbsp extra-virgin olive oil, divided
- 2 oz pancetta or bacon, cut into pieces
- 3 lbs beef stew meat, such as chuck, trimmed and cut into 1- to 1 ½-inch pieces
- 2 tsp kosher salt, divided
- 1/2 tsp freshly ground pepper, divided
- 2 medium yellow or red onions, chopped
- 3 cloves garlic, chopped

- 1 ½ lbs carrots, sliced into 1-inch rounds
- 2 Tbsp tomato paste
- 1 lb button mushrooms, halved or quartered
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3. To prepare stew: heat 1 tablespoon oil in an ovenproof Dutch oven over medium-high heat. Add pancetta (or bacon) and cook until barely brown, 1 to 2 minutes. Transfer to a paper towel-lined plate, leaving any drippings in the pot.

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4. Add beef in batches (do not crowd the pot) and cook until browned on all sides. Transfer to a large bowl and season with 1 teaspoon salt and 1/4 teaspoon pepper.
5. Add 1 tablespoon oil to the pot and add onions and garlic. Cook, stirring, until the onions are translucent, 3 to 4 minutes. Add carrots and cook, stirring, until they begin to soften, 4 to 5 minutes. Stir in tomato paste. Season with the remaining 1 teaspoon salt and 1/4 teaspoon pepper. Transfer the mixture to the bowl with the beef.
6. Reduce heat to medium and add the remaining 1 tablespoon oil to the pot. Add mushrooms and cook, stirring occasionally, until they are tender, 5 to 7 minutes. Transfer to bowl.
7. Pour wine into the pot and bring to a boil, scraping up any browned bits. Return the browned beef, the carrot mixture and the reserved pancetta (or bacon) to the pot along with the bouquet garni. Press down on the beef and vegetables, making sure to submerge them completely in the wine; if necessary, add just enough hot water to make sure they are covered.

8. Cut a piece of parchment paper to fit the pot and press it directly on top of the stew, covering it completely.
9. Transfer the stew to the oven and cook, with the lid off, until the beef is tender enough to cut with a fork, about 3 hours. Check every hour to be sure the ingredients stay submerged in liquid during the entire cooking time. If too much wine evaporates, add a little hot water to make up for the loss. During the last 15 minutes of cooking, stir in the reserved mushrooms.
10. Remove and discard the bouquet garni. Combine chopped parsley and tangerine (or orange) zest in a small bowl and scatter on top of the stew just before serving

Nutrition Facts Per Serving

351 calories; 15g fat (5g sat, 7g mono); 84mg cholesterol; 14g carbohydrates; 26g protein; 3g fiber; 419mg sodium; 637mg potassium

Continued from previous page

4. Add beef in batches (do not crowd the pot) and cook until browned on all sides. Transfer to a large bowl and season with 1 teaspoon salt and 1/4 teaspoon pepper.
5. Add 1 tablespoon oil to the pot and add onions and garlic. Cook, stirring, until the onions are translucent, 3 to 4 minutes. Add carrots and cook, stirring, until they begin to soften, 4 to 5 minutes. Stir in tomato paste. Season with the remaining 1 teaspoon salt and 1/4 teaspoon pepper. Transfer the mixture to the bowl with the beef.
6. Reduce heat to medium and add the remaining 1 tablespoon oil to the pot. Add mushrooms and cook, stirring occasionally, until they are tender, 5 to 7 minutes. Transfer to bowl.
7. Pour wine into the pot and bring to a boil, scraping up any browned bits. Return the browned beef, the carrot mixture and the reserved pancetta (or bacon) to the pot along with the bouquet garni. Press down on the beef and vegetables, making sure to submerge them completely in the wine; if necessary, add just enough hot water to make sure they are covered.

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Nutrition Facts Per Serving

351 calories; 15g fat (5g sat, 7g mono); 84mg cholesterol; 14g carbohydrates; 26g protein; 3g fiber; 419mg sodium; 637mg potassium

Apple & Leek Stuffed

Pork Tenderloin

Makes 4 servings

Low saturated fat, heart healthy, high potassium,
gluten free

Ingredients

2 Tbsp extra-virgin olive oil, plus 1 tsp, divided
1 cup chopped leek, white and light green parts only
1 sweet apple, such as Braeburn, Honeycrisp or
Macoun, peeled and chopped
1 tsp chopped fresh thyme, plus 1 sprig, divided
3/4 tsp salt, divided
3/4 tsp freshly ground pepper, divided
1-1 1/4 lbs pork tenderloin, trimmed
2 cloves garlic, peeled
1/2 cup applejack or apple brandy
2 cups apple cider
2 tsp cornstarch
2 tsp Dijon mustard

Directions

1. Preheat oven to 450°F.
2. Heat 1 tablespoon oil in a large skillet over medium heat. Add leek and cook, stirring, until beginning to soften, about 3 minutes. Add apple, chopped thyme, 1/2 teaspoon salt and 1/4 teaspoon pepper and cook, stirring occasionally, until the apple is beginning to soften, about 2 minutes. Transfer the mixture to a bowl to cool. Rinse out the pan.
3. To butterfly the tenderloin, lay it on a large cutting board. Holding the knife blade flat and parallel to the board, make a lengthwise cut through the center of the meat, stopping short of the opposite edge so that the tenderloin remains in one piece. Open as you would a book. Cover with plastic wrap. With a meat mallet, rolling pin or heavy pan, pound the pork to an even 1/4-inch thickness.

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Apple & Leek Stuffed

Pork Tenderloin

Makes 4 servings

Low saturated fat, heart healthy, high potassium,
gluten free

Ingredients

2 Tbsp extra-virgin olive oil, plus 1 tsp, divided
1 cup chopped leek, white and light green parts only
1 sweet apple, such as Braeburn, Honeycrisp or
Macoun, peeled and chopped
1 tsp chopped fresh thyme, plus 1 sprig, divided
3/4 tsp salt, divided
3/4 tsp freshly ground pepper, divided
1-1 1/4 lbs pork tenderloin, trimmed
2 cloves garlic, peeled
1/2 cup applejack or apple brandy
2 cups apple cider
2 tsp cornstarch
2 tsp Dijon mustard

Directions

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2. Heat 1 tablespoon oil in a large skillet over medium heat. Add leek and cook, stirring, until beginning to soften, about 3 minutes. Add apple, chopped thyme, 1/2 teaspoon salt and 1/4 teaspoon pepper and cook, stirring occasionally, until the apple is beginning to soften, about 2 minutes. Transfer the mixture to a bowl to cool. Rinse out the pan.
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4. Spread the apple mixture in the center of the pork, leaving a 1-inch border all around. Starting at a long side, roll up the pork to enclose the filling. To keep the stuffing from falling out during roasting, fold in about 1 inch of the two short ends. Tie the kitchen string firmly lengthwise around the roast to secure the two ends. Then tie it crosswise with string at 2-inch intervals. Lightly brush the roast with 1 teaspoon oil and sprinkle with the remaining 1/4 teaspoon salt and 1/2 teaspoon pepper.
5. Heat the remaining 1 tablespoon oil in the skillet over medium-high heat. Reduce the heat to medium and brown the roast on all sides, about 4 minutes total. Transfer the roast to a rimmed baking sheet (set the pan aside). Place in the oven and roast until an instant-read thermometer inserted into the thickest part registers 145°F, about 15 minutes. Let rest on a clean cutting board for 5 minutes.

6. Meanwhile, prepare the sauce. Crush garlic with the flat side of a knife. Return the pan to medium-high heat. Add applejack (or apple brandy), thyme sprig and the garlic; bring to a boil and cook for 1 minute. Whisk cider and cornstarch and add to the pan. Return to a boil and cook, stirring occasionally, until thickened and reduced by just over half (to about 3/4 cup), 8 to 10 minutes. Remove from the heat; discard the garlic and thyme. Whisk in mustard and any juice from the baking sheet. Slice the pork and serve with the sauce.

Nutrition Facts Per Serving

366 calories; 11g fat (2f sat, 7g mono);
74mg cholesterol; 27g carbohydrates; 24g protein;
1g fiber; 561mg sodium; 534mg potassium

Continued from previous page

4. Spread the apple mixture in the center of the pork, leaving a 1-inch border all around. Starting at a long side, roll up the pork to enclose the filling. To keep the stuffing from falling out during roasting, fold in about 1 inch of the two short ends. Tie the kitchen string firmly lengthwise around the roast to secure the two ends. Then tie it crosswise with string at 2-inch intervals. Lightly brush the roast with 1 teaspoon oil and sprinkle with the remaining 1/4 teaspoon salt and 1/2 teaspoon pepper.
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Nutrition Facts Per Serving

366 calories; 11g fat (2f sat, 7g mono);
74mg cholesterol; 27g carbohydrates; 24g protein;
1g fiber; 561mg sodium; 534mg potassium

Salmon with Red Wine-Morel Sauce

Makes 4 servings

Low calorie, low carbohydrate, low saturated fat, healthy weight, heart healthy

Ingredients

- 1 1/2-oz package dried morel or porcini mushrooms
- 1 cup boiling water
- 2 tsp cornstarch
- 2 tsp plus 1 tablespoon extra-virgin olive oil, divided
- 1/3 cup finely chopped shallots
- 3/4 cup dry red wine
- 1 cup seafood stock or bottled clam juice
- 1 tsp butter
- 1-2 tsp lemon juice
- 1/2 tsp salt, divided
- 1/2 tsp freshly ground pepper, divided
- 1 1/4 lbs wild-caught salmon fillet, skinned (see tip) and cut into 4 portions

Directions

1. Combine mushrooms and boiling water in a small bowl. Soak until the mushrooms are softened, 12 to 15 minutes.
2. Strain the soaking liquid through a paper towel-lined sieve into a bowl. Rinse the mushrooms; finely chop. Stir together 1 tablespoon of the soaking liquid and cornstarch in a small bowl.
3. Heat 2 teaspoons oil in a large skillet over medium heat. Add shallots and cook, stirring, until softened, about 2 minutes. Add the mushrooms and cook for 1 minute more. Stir in wine and cook, stirring, until reduced to about 1/2 cup, 2 to 3 minutes. Add the remaining soaking liquid and seafood stock (or clam juice) to the pan. Bring to a simmer and cook until the sauce is reduced to 1 1/2 cups, 10 to 14 minutes.

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Salmon with Red Wine-Morel Sauce

Makes 4 servings

Low calorie, low carbohydrate, low saturated fat, healthy weight, heart healthy

Ingredients

- 1 1/2-oz package dried morel or porcini mushrooms
- 1 cup boiling water
- 2 tsp cornstarch
- 2 tsp plus 1 tablespoon extra-virgin olive oil, divided
- 1/3 cup finely chopped shallots
- 3/4 cup dry red wine
- 1 cup seafood stock or bottled clam juice
- 1 tsp butter
- 1-2 tsp lemon juice
- 1/2 tsp salt, divided
- 1/2 tsp freshly ground pepper, divided
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Directions

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2. Strain the soaking liquid through a paper towel-lined sieve into a bowl. Rinse the mushrooms; finely chop. Stir together 1 tablespoon of the soaking liquid and cornstarch in a small bowl.
3. Heat 2 teaspoons oil in a large skillet over medium heat. Add shallots and cook, stirring, until softened, about 2 minutes. Add the mushrooms and cook for 1 minute more. Stir in wine and cook, stirring, until reduced to about 1/2 cup, 2 to 3 minutes. Add the remaining soaking liquid and seafood stock (or clam juice) to the pan. Bring to a simmer and cook until the sauce is reduced to 1 1/2 cups, 10 to 14 minutes.

Continued on next page

4. Stir the cornstarch mixture and stir it into the simmering sauce. Cook, stirring, until slightly thickened, 1 to 2 minutes. Remove from the heat and stir in butter, lemon juice and 1/4 teaspoon each salt and pepper.
5. Meanwhile, season salmon with the remaining 1/4 teaspoon each salt and pepper. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the salmon and cook until just cooked through, 3 to 5 minutes per side. Serve with the mushroom sauce.

Tips & Notes

- Make ahead tip: prepare through step 3, cover and refrigerate the sauce for up to 1 day. Reheat the sauce just before serving.

- For more information about wild-caught salmon, visit seafoodwatch.org. To skin a salmon fillet, place it skin-side down and, starting at the tail end, slip a long, sharp knife between flesh and skin, holding the skin down with your other hand. Gently push the blade along at a 30° angle, without cutting through fillet or skin.

Nutrition Facts Per Serving

303 calories; 13g fat (3g sat, 7g mono); 69mg cholesterol; 7g carbohydrates; 0g added sugars; 31g protein; 1g fiber; 458mg sodium; 713mg potassium.

4. Stir the cornstarch mixture and stir it into the simmering sauce. Cook, stirring, until slightly thickened, 1 to 2 minutes. Remove from the heat and stir in butter, lemon juice and 1/4 teaspoon each salt and pepper.
5. Meanwhile, season salmon with the remaining 1/4 teaspoon each salt and pepper. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the salmon and cook until just cooked through, 3 to 5 minutes per side. Serve with the mushroom sauce.

Tips & Notes

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Nutrition Facts Per Serving

303 calories; 13g fat (3g sat, 7g mono); 69mg cholesterol; 7g carbohydrates; 0g added sugars; 31g protein; 1g fiber; 458mg sodium; 713mg potassium.

Pear, Prosciutto & Hazelnut

Stuffing

Makes 12 servings

Diabetes appropriate, low calorie,
low cholesterol, low saturated fat,
heart healthy, healthy weight, high fiber

Ingredients

3 tsp extra-virgin olive oil, divided
4 ounces prosciutto, thinly sliced lengthwise
2 cups onion, chopped
2 cups diced fennel bulb
1/4 cup minced shallot
2 tsp minced fresh sage
2 tsp minced fresh thyme
1 tsp minced fresh rosemary
8 cups stale baguette, preferably multi-grain
(not sourdough), cut into 1/2-inch cubes
2 Bosc pears, ripe but firm, chopped
1/3 cup chopped flat-leaf parsley
1/3 cup chopped hazelnuts, toasted
1 14-ounce can reduced-sodium chicken broth
1/4 tsp salt
Freshly ground pepper, to taste

Directions

1. Preheat oven to 350°F. Coat a 9-by-13-inch baking dish with cooking spray.
2. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add prosciutto; cook, stirring, until crispy, about 5 minutes. Drain on a paper towel.
3. Wipe out the pan and heat the remaining 2 teaspoons oil over medium-high heat. Add onion, fennel and shallot and cook, stirring, until softened and beginning to brown, 6 to 8 minutes. Add sage, thyme and rosemary and cook, stirring, for 1 minute more. Transfer everything to a large bowl and gently stir in bread, pears, parsley, hazelnuts and the prosciutto. Add broth; toss to combine. Season with salt and pepper. Spoon the stuffing into the prepared baking dish; cover with foil.
4. Bake for 40 minutes; remove the foil and bake until the top is beginning to crisp, 25 to 30 minutes more.

Nutrition Facts Per Serving

176 calories; 5g fat (1g sat, 2g mono); 8mg cholesterol;
29g carbohydrates; 9g protein; 6g fiber; 489mg sodium;
283mg potassium

Pear, Prosciutto & Hazelnut

Stuffing

Makes 12 servings

Diabetes appropriate, low calorie,
low cholesterol, low saturated fat,
heart healthy, healthy weight, high fiber

Ingredients

3 tsp extra-virgin olive oil, divided
4 ounces prosciutto, thinly sliced lengthwise
2 cups onion, chopped
2 cups diced fennel bulb
1/4 cup minced shallot
2 tsp minced fresh sage
2 tsp minced fresh thyme
1 tsp minced fresh rosemary
8 cups stale baguette, preferably multi-grain
(not sourdough), cut into 1/2-inch cubes
2 Bosc pears, ripe but firm, chopped
1/3 cup chopped flat-leaf parsley
1/3 cup chopped hazelnuts, toasted
1 14-ounce can reduced-sodium chicken broth
1/4 tsp salt
Freshly ground pepper, to taste

Directions

1. Preheat oven to 350°F. Coat a 9-by-13-inch baking dish with cooking spray.
2. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add prosciutto; cook, stirring, until crispy, about 5 minutes. Drain on a paper towel.
3. Wipe out the pan and heat the remaining 2 teaspoons oil over medium-high heat. Add onion, fennel and shallot and cook, stirring, until softened and beginning to brown, 6 to 8 minutes. Add sage, thyme and rosemary and cook, stirring, for 1 minute more. Transfer everything to a large bowl and gently stir in bread, pears, parsley, hazelnuts and the prosciutto. Add broth; toss to combine. Season with salt and pepper. Spoon the stuffing into the prepared baking dish; cover with foil.
4. Bake for 40 minutes; remove the foil and bake until the top is beginning to crisp, 25 to 30 minutes more.

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176 calories; 5g fat (1g sat, 2g mono); 8mg cholesterol;
29g carbohydrates; 9g protein; 6g fiber; 489mg sodium;
283mg potassium

Desserts



A healthier way to do traditional holiday recipes



Sedgwick County...
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Desserts



A healthier way to do traditional holiday recipes



Sedgwick County...
working for you.

Glazed Chocolate-Pumpkin

Bundt Cake

Makes 16 Servings

Healthy weight, low calorie

Ingredients

Cake:

- 1 cup all-purpose flour
- 3/4 cup whole-wheat pastry flour
- 1 cup granulated sugar
- 3/4 cup unsweetened cocoa powder
- 1 ½ tsp baking powder
- 1 ½ tsp baking soda
- 1 tsp pumpkin pie spice
- 1/4 tsp salt
- 1 cup nonfat buttermilk
- 1 15-oz can unsweetened pumpkin puree
- 3/4 cup packed dark brown sugar
- 1 large egg
- 1 large egg white
- 1/4 cup canola oil
- 1/4 cup light corn syrup
- 1 Tbsp vanilla extract

Glaze & garnish:

- 1/2 cup packed confectioners' sugar
- 1 Tbsp nonfat buttermilk
- 2 Tbsp mini chocolate chips, or toasted chopped nuts

Directions

1. To prepare cake: Preheat oven to 350°F. Coat a 12-cup Bundt pan with cooking spray.
2. Whisk all-purpose flour, whole-wheat flour, granulated sugar, cocoa, baking powder, baking soda, pumpkin pie spice and salt in a medium bowl.
3. Blend 1 cup buttermilk, pumpkin puree and brown sugar in a large bowl with an electric mixer on low speed. Beat in whole egg and egg white. Stir in oil, corn syrup and vanilla. Gradually add the dry ingredients, stirring until just combined. Transfer the batter to the prepared pan.

Continued on next page

Glazed Chocolate-Pumpkin

Bundt Cake

Makes 16 Servings

Healthy weight, low calorie

Ingredients

Cake:

- 1 cup all-purpose flour
- 3/4 cup whole-wheat pastry flour
- 1 cup granulated sugar
- 3/4 cup unsweetened cocoa powder
- 1 ½ tsp baking powder
- 1 ½ tsp baking soda
- 1 tsp pumpkin pie spice
- 1/4 tsp salt
- 1 cup nonfat buttermilk
- 1 15-oz can unsweetened pumpkin puree
- 3/4 cup packed dark brown sugar
- 1 large egg
- 1 large egg white
- 1/4 cup canola oil
- 1/4 cup light corn syrup
- 1 Tbsp vanilla extract

Glaze & garnish:

- 1/2 cup packed confectioners' sugar
- 1 Tbsp nonfat buttermilk
- 2 Tbsp mini chocolate chips, or toasted chopped nuts

Directions

1. To prepare cake: Preheat oven to 350°F. Coat a 12-cup Bundt pan with cooking spray.
2. Whisk all-purpose flour, whole-wheat flour, granulated sugar, cocoa, baking powder, baking soda, pumpkin pie spice and salt in a medium bowl.
3. Blend 1 cup buttermilk, pumpkin puree and brown sugar in a large bowl with an electric mixer on low speed. Beat in whole egg and egg white. Stir in oil, corn syrup and vanilla. Gradually add the dry ingredients, stirring until just combined. Transfer the batter to the prepared pan.

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4. Bake the cake until a wooden skewer inserted in the center comes out with only a few moist crumbs attached, about 1 to 1 ¼ hours. Let cool on a wire rack for 15 minutes. Remove from the pan and let cool completely on the rack, about 2 hours.
5. To glaze and garnish cake: Combine confectioners' sugar and 1 tablespoon buttermilk in a small bowl, stirring until completely smooth. Place the cake on a serving plate and drizzle the glaze over the top; garnish with chocolate chips (or chopped nuts) while the glaze is still moist.

Tips & Notes

- Make ahead: prepare through step 4 up to 1 day ahead. Glaze and garnish (step 5) shortly before serving. Equipment: 12-cup Bundt pan
- To toast chopped nuts & seeds: Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Nutrition Facts Per Serving

Calories: 234, Fat: 5g, Saturated fat: 1g, Mono-saturated fat: 3g, Cholesterol: 13mg, Carbohydrates: 46g, Protein: 4g, Fiber: 3g, Sodium: 238mg, Potassium: 159mg

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4. Bake the cake until a wooden skewer inserted in the center comes out with only a few moist crumbs attached, about 1 to 1 ¼ hours. Let cool on a wire rack for 15 minutes. Remove from the pan and let cool completely on the rack, about 2 hours.
5. To glaze and garnish cake: Combine confectioners' sugar and 1 tablespoon buttermilk in a small bowl, stirring until completely smooth. Place the cake on a serving plate and drizzle the glaze over the top; garnish with chocolate chips (or chopped nuts) while the glaze is still moist.

Tips & Notes

- Make ahead: prepare through step 4 up to 1 day ahead. Glaze and garnish (step 5) shortly before serving. Equipment: 12-cup Bundt pan
- To toast chopped nuts & seeds: Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Nutrition Facts Per Serving

234 calories; 5g fat (1g sat, 3g mono); 13mg cholesterol; 46g carbohydrates; 4g protein; 3g fiber; 238mg sodium; 159mg potassium

Deep-Dish Apple Pie

Makes 10 Servings

High fiber, low cholesterol, low sodium

Ingredients

Crust:

- 1 ¼ cups whole-wheat pastry flour
- 1 ¼ cups all-purpose flour
- 2 Tbsp granulated sugar
- 1/2 tsp salt
- 4 Tbsp cold unsalted butter
- 1/4 cup reduced-fat sour cream
- 3 Tbsp canola oil
- 4 Tbsp ice water

Filling:

- 2 pounds thinly sliced, peeled McIntosh apples
- 2 pounds thinly sliced, peeled Granny Smith apples
- 2/3 cup packed light brown sugar
- 1 Tbsp lemon juice
- 1 ¼ tsp ground cinnamon, divided
- 1/8 tsp ground nutmeg
- Pinch of ground allspice

Pinch of salt

2 Tbsp all-purpose flour

1 tsp granulated sugar

1 large egg white, lightly beaten, for brushing

Directions

Crust:

1. Whisk whole-wheat flour, 1 1/4 cups all-purpose flour, 2 tablespoons sugar and 1/2 teaspoon salt in a large bowl. Cut butter into small pieces and, with your fingers, quickly rub them into the dry ingredients until the pieces are smaller but still visible.
2. Add sour cream and oil; toss with a fork to combine with the dry ingredients.
3. Sprinkle water over the mixture. Toss with a fork until evenly moist. Knead the dough with your hands in the bowl a few times; the mixture will still be a little crumbly. Turn out onto a clean surface and knead a few more times, until the dough just holds together.

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Deep-Dish Apple Pie

Makes 10 Servings

High fiber, low cholesterol, low sodium

Ingredients

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- 1 ¼ cups all-purpose flour
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Pinch of salt

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4. Divide the dough in half and shape into 5-inch-wide disks. Wrap the dough in plastic and refrigerate for at least 1 hour.
5. Meanwhile, make filling: combine apples, brown sugar, lemon juice, 1 teaspoon cinnamon, nutmeg, allspice and pinch of salt in a large bowl. Reserving 4 cups, transfer the rest of the apple mixture to a Dutch oven. Cook over medium heat, stirring, until the apples are tender and beginning to break down, about 10 minutes. Remove from the heat, stir in the reserved apples and 2 tablespoons flour; let cool for about 30 minutes.
6. To assemble and bake pie: position a rack in lower third of oven; preheat to 425°F.
7. Remove the dough from the refrigerator; let stand for 5 minutes to warm slightly. Roll one portion between sheets of parchment or wax paper into a 13-inch circle. Peel off the top sheet and invert the dough into a 9 1/2-inch deep-dish pie pan. Peel off the remaining paper.

8. Scrape the filling into the crust. Roll the remaining portion of dough between sheets of parchment or wax paper into another 13-inch circle. Peel off the top sheet of paper and invert the dough onto the fruit. Peel off the remaining paper. Trim the crust so it hangs evenly. Tuck the top crust under the bottom crust, sealing the two together and making a plump edge. Flute the edge with your fingers.
9. Combine 1 teaspoon granulated sugar and the remaining 1/4 teaspoon cinnamon in a small bowl. Brush the crust with egg white and sprinkle with the cinnamon-sugar. Cut 6 steam vents in the top crust.
10. Bake the pie on the bottom rack for 20 minutes. Reduce the oven temperature to 375° and continue baking until the crust is golden brown and the filling is bubbling, 25 to 35 minutes more. Let cool for about 1 1/2 hours.

Nutrition Facts Per Serving

344 calories; 10g fat (4g sat, 3g mono);
14mg cholesterol; 62g carbohydrates; 4g protein;
5g fiber; 143mg sodium; 212mg potassium

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Nutrition Facts Per Serving

344 calories; 10g fat (4g sat, 3g mono);
14mg cholesterol; 62g carbohydrates; 4g protein;
5g fiber; 143mg sodium; 212mg potassium

Joy Cookies

Makes 4 dozen

Serving size: 1 cookie

Diabetes appropriate, low carbohydrate

Ingredients

2/3 cup granulated sugar
1/3 cup unsalted butter - softened, not melted
1/3 cup canola oil
1 large egg
1 Tbsp milk
1 tsp almond extract
1 cup all-purpose flour
2/3 cup whole-wheat flour
1 1/2 tsp baking powder
1/4 tsp salt
3 Tbsp melted semisweet chocolate chips
3 Tbsp toasted coconut
48 sliced almonds

Directions

1. Preheat oven to 375°F.
2. Coat a 15-by-10-inch baking sheet with 1-inch sides with cooking spray.
3. Beat sugar, butter, oil, egg, milk and almond extract in a mixing bowl with an electric mixer until light and fluffy. Stir in all-purpose flour, whole-wheat flour, baking powder and salt until well blended. (Dough will be soft.) Spread the dough into the prepared baking pan in a thin layer.
4. Bake until golden brown, about 12 minutes. Cool in the pan on a wire rack for 5 minutes. Cut into 48 bars.
5. Decorate each bar with a drizzle of melted chocolate, a sprinkle of toasted coconut and an almond slice.

Nutrition Facts Per Serving

53 calories; 3g fat (1g sat, 1g mono); 6mg cholesterol; 7g carbohydrates; 3g added sugars; 1g protein; 0g fiber; 32mg sodium; 16mg potassium

Joy Cookies

Makes 4 dozen

Serving size: 1 cookie

Diabetes appropriate, low carbohydrate

Ingredients

2/3 cup granulated sugar
1/3 cup unsalted butter - softened, not melted
1/3 cup canola oil
1 large egg
1 Tbsp milk
1 tsp almond extract
1 cup all-purpose flour
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1 1/2 tsp baking powder
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Nutrition Facts Per Serving

53 calories; 3g fat (1g sat, 1g mono); 6mg cholesterol; 7g carbohydrates; 3g added sugars; 1g protein; 0g fiber; 32mg sodium; 16mg potassium

Sweet Potato Pudding Cake

Makes 12 servings

Low cholesterol, low sodium, high fiber

Ingredients

Cake:

- 1 cup raisins
 - 2 Tbsp dark or light rum
 - 1 cup whole-wheat pastry flour
 - 1/2 tsp freshly grated nutmeg
 - 1/2 tsp salt
 - 1 large sweet potato, cooked and peeled
 - 3 large eggs
 - 1 14-oz can "light" coconut milk
 - 1 cup packed light brown sugar
 - 2 Tbsp butter, melted
- Topping:
- 1/2 cup unsweetened shredded coconut
 - 2 tablespoons packed brown sugar
 - 1/8 teaspoon ground cinnamon

Directions

1. Preheat oven to 350°F. Coat a 9-inch spring form pan with cooking spray.

2. To prepare cake: Toss raisins and rum in a small bowl and let stand. Whisk flour, nutmeg and salt in another bowl.
3. Mash sweet potato in a large bowl. Add eggs; beat with an electric mixer on medium speed until combined. Add coconut milk, 1 cup brown sugar and butter; beat until combined. Stir in the dry ingredients until evenly moistened. Stir in the raisins and any remaining rum. Spread the batter in the prepared pan.
4. To prepare topping: Combine coconut, 2 tablespoons brown sugar and cinnamon in a small bowl. Sprinkle on top of the cake.
5. Bake the cake until a knife inserted into the center comes out clean, 1 to 1 1/4 hours. Let cool in the pan for 10 minutes. Run a knife around the edge of the pan and gently remove the side ring. Let cool at room temperature for 1 hour, then refrigerate until cold, about 3 hours.

Nutrition Facts Per Serving

274 calories; 8g fat (5g sat, 1g mono); 58mg cholesterol; 47g carbohydrates; 21g sugars; 5g protein; 3g fiber; 145mg sodium; 333mg potassium

58

Sweet Potato Pudding Cake

Makes 12 servings

Low cholesterol, low sodium, high fiber

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Nutrition Facts Per Serving

274 calories; 8g fat (5g sat, 1g mono); 58mg cholesterol; 47g carbohydrates; 21g sugars; 5g protein; 3g fiber; 145mg sodium; 333mg potassium

58

Raspberry Strippers

Makes 2 dozen

Ingredients

1/3 cup granulated sugar
5 Tbsp butter or stick margarine, softened
1 1/2 tsp vanilla extract
1 large egg white
1 cup all-purpose flour
2 Tbsp cornstarch
1/4 tsp baking powder
1/4 tsp salt
Cooking spray
1/3 cup raspberry or apricot preserves
1/2 cup powdered sugar
2 tsp fresh lemon juice
1/4 tsp almond or vanilla extract

Directions

1. Preheat oven to 375°.
2. Beat granulated sugar and butter with a mixer at medium speed until well-blended (about 5 minutes). Add 1 1/2 teaspoons vanilla and egg white; beat well.

3. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, cornstarch, baking powder, and salt, stirring well with a whisk. Add flour mixture to sugar mixture, stirring until well-blended. (Dough will be stiff.)
4. Turn dough out onto a lightly floured surface. Divide dough in half. Roll each portion into a 12-inch log. Place logs 3 inches apart on a baking sheet coated with cooking spray. Form a 1/2-inch-deep indentation down the length of each log using an index finger or end of a wooden spoon. Spoon preserves into the center. Bake at 375° for 20 minutes or until lightly browned. Remove logs to a cutting board.
5. Combine powdered sugar, lemon juice, and almond extract; stir well with a whisk. Drizzle sugar mixture over warm logs. Immediately cut each log diagonally into 12 slices. (Do not separate slices.) Cool 10 minutes; separate slices. Transfer slices to wire racks. Cool completely.

Nutrition Facts Per Serving

75 calories; 0.7g protein; 12.4g carbohydrate; 0.2g fiber; 6mg cholesterol; 0.3mg iron; 56mg sodium; 4mg calcium

Raspberry Strippers

Makes 2 dozen

Ingredients

1/3 cup granulated sugar
5 Tbsp butter or stick margarine, softened
1 1/2 tsp vanilla extract
1 large egg white
1 cup all-purpose flour
2 Tbsp cornstarch
1/4 tsp baking powder
1/4 tsp salt
Cooking spray
1/3 cup raspberry or apricot preserves
1/2 cup powdered sugar
2 tsp fresh lemon juice
1/4 tsp almond or vanilla extract

Directions

1. Preheat oven to 375°.
2. Beat granulated sugar and butter with a mixer at medium speed until well-blended (about 5 minutes). Add 1 1/2 teaspoons vanilla and egg white; beat well.

3. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, cornstarch, baking powder, and salt, stirring well with a whisk. Add flour mixture to sugar mixture, stirring until well-blended. (Dough will be stiff.)
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Nutrition Facts Per Serving

75 calories; 0.7g protein; 12.4g carbohydrate; 0.2g fiber; 6mg cholesterol; 0.3mg iron; 56mg sodium; 4mg calcium

Pumpkin Pie Pudding

Makes 4 servings

Ingredients

1/2 cup sugar, divided
2 Tbsp cornstarch
1 3/4 cups 1% low-fat milk
1 large egg
1/2 cup canned unsweetened pumpkin
1 tsp vanilla extract
1/2 tsp ground cinnamon
1/8 tsp salt
1/8 tsp ground nutmeg
Cooking spray
1/4 cup chopped walnuts
Dash of salt
1/4 cup heavy whipping cream

Directions

1. Combine 6 tablespoons sugar and 2 tablespoons cornstarch in a medium saucepan over medium heat. Combine milk and egg, stirring well with a whisk. Gradually add milk mixture to sugar mixture, stirring constantly, and bring to a boil. Cook for 1 minute, stirring constantly. Remove from heat.

2. Combine pumpkin and the next 4 ingredients (through ground nutmeg) in a bowl, stirring well. Slowly add pumpkin mixture to milk mixture, whisking constantly. Place pan over low heat, and cook for 3 minutes or until thoroughly heated, stirring constantly (do not boil). Divide pudding evenly among 4 dessert bowls, and cover surface of pudding with plastic wrap. Chill.
3. Line a baking sheet with foil, and coat foil with cooking spray. Place the remaining 2 tablespoons sugar, walnuts, and a dash of salt in a small nonstick skillet; cook over low heat until sugar dissolves and is golden (about 3 minutes), stirring frequently to coat nuts. Transfer mixture to prepared baking sheet, and cool completely. Coarsely chop nuts.
4. Place cream in a bowl. Beat with a mixer at high speed until stiff peaks form. Top each serving with 2 tablespoons whipped cream and about 1 tablespoon nuts.

Nutrition Facts Per Serving

288 calories; 12.8g fat; 6.9g protein; 38g carbohydrate; 1.6g fiber; 78mg cholesterol; 1mg iron; 190mg sodium; 167mg calcium

Pumpkin Pie Pudding

Makes 4 servings

Ingredients

1/2 cup sugar, divided
2 Tbsp cornstarch
1 3/4 cups 1% low-fat milk
1 large egg
1/2 cup canned unsweetened pumpkin
1 tsp vanilla extract
1/2 tsp ground cinnamon
1/8 tsp salt
1/8 tsp ground nutmeg
Cooking spray
1/4 cup chopped walnuts
1/4 cup heavy whipping cream

Directions

1. Combine 6 tablespoons sugar and 2 tablespoons cornstarch in a medium saucepan over medium heat. Combine milk and egg, stirring well with a whisk. Gradually add milk mixture to sugar mixture, stirring constantly, and bring to a boil. Cook for 1 minute, stirring constantly. Remove from heat.

2. Combine pumpkin and the next 4 ingredients (through ground nutmeg) in a bowl, stirring well. Slowly add pumpkin mixture to milk mixture, whisking constantly. Place pan over low heat, and cook for 3 minutes or until thoroughly heated, stirring constantly (do not boil). Divide pudding evenly among 4 dessert bowls, and cover surface of pudding with plastic wrap. Chill.
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Nutrition Facts Per Serving

288 calories; 12.8g fat; 6.9g protein; 38g carbohydrate; 1.6g fiber; 78mg cholesterol; 1mg iron; 190mg sodium; 167mg calcium

Cranberry Upside-Down Cake

Makes 12 servings

Ingredients

Topping:

Cooking spray

1/3 cup packed brown sugar

2 Tbsp butter

6 oz fresh or frozen, thawed, cranberries

Cake:

6 3/4 oz all-purpose flour (about 1 1/2 cups)

2 tsp baking powder

1/4 tsp salt

1 cup granulated sugar

1/2 cup butter, softened

2 large egg yolks

1 tsp vanilla extract

1/2 cup 1% low-fat milk

2 large egg whites

Directions

1. Preheat oven to 350°.
2. To prepare topping, lightly coat a 9-inch round cake pan with cooking spray. Heat brown sugar and 2 tablespoons butter in a small saucepan over medium heat. Cook 2 minutes or until butter melts and sugar dissolves, stirring occasionally. Pour sugar mixture into prepared cake pan, tilting pan to coat bottom evenly. Arrange cranberries evenly over sugar mixture.

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3. To prepare cake, weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, and salt; stir with a whisk. Place granulated sugar and 1/2 cup butter in a bowl; beat with a mixer at medium speed until well blended and fluffy (about 3 minutes). Add egg yolks, 1 at a time, beating well after each addition. Beat in vanilla. Fold flour mixture into sugar mixture alternately with milk, beginning and ending with flour mixture.

4. Beat the egg whites with a mixer at high speed until stiff peaks form using clean, dry beaters. Gently fold the egg whites into the batter. Spoon the batter over the cranberries, spreading evenly. Bake at 350° for 55 minutes or until a wooden pick inserted into center of the cake comes out clean. Cool in pan 15 minutes on a wire rack. Loosen cake from sides of pan using a narrow metal spatula. Place a serving plate upside down on top of cake, and invert the cake pan onto the plate. Let stand 5 minutes, and remove the pan. Serve warm.

Nutrition Facts Per Serving

252 calories; 10.6g fat; 3.2g protein; 37.1g carbohydrate; 1.1g fiber; 61mg cholesterol; 1.1mg iron; 217mg sodium; 74mg calcium

Continued from previous page

3. To prepare cake, weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, and salt; stir with a whisk. Place granulated sugar and 1/2 cup butter in a bowl; beat with a mixer at medium speed until well blended and fluffy (about 3 minutes). Add egg yolks, 1 at a time, beating well after each addition. Beat in vanilla. Fold flour mixture into sugar mixture alternately with milk, beginning and ending with flour mixture.

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252 calories; 10.6g fat; 3.2g protein; 37.1g carbohydrate; 1.1g fiber; 61mg cholesterol; 1.1mg iron; 217mg sodium; 74mg calcium

Citrus-Kissed Honey Buttons

Makes 3 dozen

Serving size: 1 cookie

Low carbohydrate, diabetes appropriate

Ingredients

1 3/4 cups all-purpose flour
1/2 tsp baking soda
1/2 tsp cream of tartar
1/4 tsp salt
1 cup granulated sugar
4 Tbsp unsalted butter, softened
1 large egg
1 Tbsp honey
1 Tbsp finely grated lemon zest
1 Tbsp finely grated orange zest
1 tsp lemon extract

Directions

1. Whisk flour, baking soda, cream of tartar and salt in a small bowl.
2. Beat sugar and butter in a mixing bowl with an electric mixer on medium-high speed until light and fluffy.

3. Add egg, honey, lemon zest, orange zest and lemon extract, and beat until blended. Gradually add the flour mixture, beating on low speed just until combined. Cover and refrigerate the dough for 30 minutes or overnight.
4. Preheat oven to 375°F. Line 2 large baking sheets with parchment paper or nonstick baking mats.
5. Roll the dough into 36 balls (about 2 level teaspoons each) with your hands. Place 2 inches apart on the prepared baking sheets.
6. Bake, one batch at a time, until puffed and beginning to crack, 6 to 8 minutes. Cool on the baking sheet for 2 minutes, then transfer to a wire rack to cool completely.

Nutrition Facts Per Serving

59 calories; 1g fat (1g sat, 0g mono);
9mg cholesterol; 11g carbohydrates;
6g added sugars; 1g protein; 0g fiber;
36mg sodium; 15mg potassium.

Citrus-Kissed Honey Buttons

Makes 3 dozen

Serving size: 1 cookie

Low carbohydrate, diabetes appropriate

Ingredients

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1/4 tsp salt
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