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holiday
RECIPES
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* p. 30

happy Chanukah!

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 **healthy ideas**

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We believe that every day brings new reasons to celebrate – especially during the holiday season!

No matter what you celebrate this time of year, chances are you'll be surrounded by family, friends and lots of great food!

The best part? With good ingredients and proper portions, you can indulge in your favorite once-a-year treats without derailing your healthy habits. In this issue, we're sharing lots of recipes that highlight the best flavors of the season while maintaining a healthy edge.

We've also got fun decorating ideas, money-saving suggestions and tips on achieving that "less stress, more rest" balance during the busy days ahead...consider that our holiday gift to you!



happy holidays!
Andrea



Andrea Astrachan, Vice President of Consumer Affairs

Make all your meals complete.

Don't forget to fill half of your plate with fruits & vegetables.



Keep a variety of convenient and nutritious frozen vegetables on hand.

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pumpkins: take your pick!

It's hard to imagine a fall season without a bright and eye-catching display of pumpkins lining your neighborhood doorsteps, or the use of pumpkin in many seasonal recipes from pastas and soups to breads and, of course, pies! But not all pumpkins are created equal. In fact, there are countless varieties ranging in color, size and taste. The best pumpkins for cooking are mini, sugar, cheese and pie pumpkins, which are smaller and have a rich, sweet flavor. Jack o' lantern, or large field pumpkins, tend to have stringy, watery flesh and are best reserved as an artistic canvas for Halloween decorations. These Halloween pumpkins do contain a hidden treasure, however: some of the most nutritious and flavorful seeds around!

Pumpkin seeds, also known as pepitas, are flat, dark green seeds that can be eaten raw or roasted. In many pumpkin varieties, the seeds will be encased in an easily removed yellow-white husk. These magnesium-rich seeds are also

a good source of protein, iron, zinc and heart-healthy monounsaturated fats.

The rich orange color of pumpkin gives away its amazing health benefits. The flesh of pumpkin is an excellent source of vitamin A and a good source of vitamin C. It is low in calories, fat and sodium. Pumpkin puree is the base for many recipes and is easy to make. A four-pound pumpkin yields about 1½ cups of puree. If you don't have the time or desire to cook your own pumpkin, no worries. Canned solid-pack pumpkin is a very consistent, high-quality product.

Pumpkin puree can be used in sweet or savory dishes well beyond the standard pumpkin pie. For a quick pumpkin treat, stir pumpkin and cinnamon into oatmeal or nonfat vanilla yogurt and pair it with apples. Experiment with pumpkin in some of your favorite recipes—you may be surprised at how versatile it is!

- 1 Jazz up a trail mix recipe with some colorful pumpkin seeds. They are also delicious eaten alone, lightly salted or sweetened with cinnamon or nutmeg.
- 2 Add pumpkin seeds to salads for an added protein source.
- 3 Add crunch to soups by sprinkling seeds on top, making a creative presentation as well!
- 4 Crush roasted pumpkin seeds and sprinkle over a scoop of ice cream. Try them over pumpkin ice cream!

Experiment with pumpkin seeds for added crunch and nutrition!



Preparing pumpkin puree is easy...follow these simple steps!

- Cut the pumpkin in half and discard the stem section and stringy pulp. Save the seeds to dry and roast.
- If baking:** Spray a shallow baking dish with baking spray, place the two halves face down; cover with foil. Bake in a preheated 375°F (190 degrees C) oven for about 1½ hours for a medium-sized sugar pumpkin (~4 pounds), or until tender.
- If microwaving:** Microwave on high power for seven minutes per pound, turning pieces every few minutes to promote even cooking.
- Once the cooked pumpkin has cooled, scoop out the flesh and puree or mash it.
- For silky smooth custards or soups, press the puree through a sieve.
- You can refrigerate your fresh pumpkin puree for up to three days, or store it in the freezer up to six months, enabling you to enjoy fall pumpkins for months to come.

Pumpkin & Sausage Penne

Makes 6 servings • Prep Time: 10 minutes • Cook Time: 20 minutes

- | | |
|--|---|
| Ingredients: | 1 1/2 cups Nature's Promise chicken broth |
| 13.3 oz box Nature's Promise whole wheat penne pasta | 1/2 cup evaporated skim milk |
| 12 oz package chicken sausage, sweet apple flavor | 15 oz canned pumpkin |
| 2 Tablespoons olive oil | 1/8 teaspoon grated nutmeg |
| 1 small onion, finely diced | 1/8 teaspoon cinnamon |
| 3 cloves garlic, diced | 1/4 teaspoon black pepper |
| | 10 oz bag fresh baby spinach |
| | 1/2 cup light sour cream |

Cook pasta according to package directions. Slice sausage links in half, then into 1-inch pieces. Heat oil in a large skillet over medium heat and cook sausage until browned. Add onion and garlic and cook for 3 minutes or until onion is tender. Add broth, milk, pumpkin, spices and pepper. Bring to a boil, and then reduce heat to low, allowing liquid to thicken slightly. Add spinach and stir until wilted. Mix in sour cream just before removing from heat. Toss pasta with sauce and serve.

Per serving: 440 calories, 12g fat, 3g saturated fat, 45mg cholesterol, 520mg sodium, 60g carbohydrate, 9g fiber, 24g protein



By Lisa Coleman MS, RD, LDN

Seasonings greetings!

Herbs and spices add aroma & flavor to food **without adding** fat, sugar & salt. Use these tips to get the most flavor out of your spice rack.

What is the difference between herbs and spices?

These terms are used interchangeably but there are differences between the two. In general, herbs are the fragrant leaves of the plant. Spices, on the other hand, come from the bark, fruit, roots, seeds and stems of plants and trees. Did you know that some plants supply both herbs and spices? For example, cilantro is a leafy herb that comes from the same plant as coriander seed.

The Life of a Spice

Contrary to popular belief, herbs and spices do not last forever. Use your senses to determine the freshness of your seasonings. Colors should be vibrant, not faded, and your herbs and spices should have an immediate and intense smell. Here are some general guidelines for the shelf life of herbs and spices:

Ground spices	2-3 years	Whole spices	3-4 years	Herbs	1-3 years	Seasoning blends	1-2 years	*Extracts	4 years
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* Pure vanilla lasts indefinitely

To prolong the life of your spices, store them in a cool, dry, dark place, away from your stove and windows. Heat and moisture damage the shelf life of seasonings. Instead of shaking spices over boiling pots, pour spices into your hand or measuring spoon and then add them to the pot. Be sure to close jars tightly after each use.

Cooking tips

- Rub herbs between your fingers or use a mortar and pestle to release their flavor.
- For fullest flavor, toast spices in a dry nonstick skillet on medium heat for 1-3 minutes.
- In dishes that require a long cooking time, add herbs toward the end of cooking.
- Dry herbs are stronger than fresh herbs. When substituting dry herbs for fresh in a recipe, keep in mind that 1 Tablespoon of fresh herbs = 1 teaspoon of dry herbs.
- If you are not familiar with the flavor of a particular herb or spice, season with care. Start with 1/4 teaspoon – you can always add more herbs and spices, but you can't take them out.



Did you know you can make your own cinnamon coffee at home? Just add 1/4 teaspoon of cinnamon to your coffee grounds for every 4 cups of coffee and brew as usual.

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By Wendy C. Kaufman

silent nights

The children were nestled all snug in their beds,
while visions of sugarplums danced in their heads...

There's no need to lose sleep over lost sleep. The secrets to a peaceful slumber start long before bedtime. Ensure happier, well-rested little ones with these tips:

A comforting image of the holidays, isn't it? We all know, however, that getting kids to sleep during the busy holiday season can be a challenge. Think back to your own childhood – trying to fall asleep in the midst of all that excitement is tough! Holiday overload can easily lead to meltdowns and sleepless nights, especially when kids are under more pressure than ever to be on their best behavior.

Stick to your regular routine. This is especially important for smaller children. With more parties, errands and activities than any other time of the year, it's easy for kids to get overwhelmed. Make sure they get up and go to bed at the same time whenever possible, and keep mealtimes consistent.

Take a time out. Long days of shopping and visiting can lead to missed naps and irritable children. Make sure to take time during the day for a little rest so your child doesn't get overtired. The "time out" concept also applies to television and video games, which should be limited leading up to bedtime.

Ask for help. If you're planning late-day holiday shopping or errands, consider leaving the kids with a sitter or family member. A few hours of quiet play at home will keep them more even-keeled and less stimulated, making it easier for them to drift off to dreamland.

Wind it down. Create a calming bedtime routine personalized to each child's needs. Including a story, song, meditation or whatever your child responds to the best will help them wind down from a busy day and transition to a relaxed state of mind much more easily.

Keep it in perspective. Kids follow your lead, so show them that the holidays are about joy, peace and togetherness rather than rushing through the mall or fulfilling too many obligations. Keeping the focus on the reason for the season will help kids feel less stress and more comfort as they lay down to sleep each night.



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By Regan Miller Jones, Registered Dietitian, Cabot Creamery Cooperative

your guide to healthy holiday entertaining

Fill Up with Flavor

Cabot's 50% and 75% Reduced Fat Cheddars are award-winning cheese additions to any menu or holiday recipe. Made from low-fat milk, they provide a lower calorie, yet rich-tasting option for anyone looking to trim calories from their holiday menu. Traditional cheeses, however, still have a place at the holiday table. Choosing full-flavored, bold cheeses and serving in smaller amounts is another great way to trim calories without sacrificing on taste. A growing body of research also suggests that enjoying three servings of dairy a day, including cheese, as part of a balanced diet may help maintain a healthy weight.

Holidays provide a welcome opportunity to enjoy the company of both family and friends. Whether it's a morning brunch spent enjoying the smiles of siblings you seldom see or an evening of appetizers among age-old friends, time spent together is almost always enjoyed by all.

Just as enjoyable, perhaps, would be ending the holiday season without what seems to be an inevitable period of weight gain. Because of the abundance of good food this time of year, the best laid eating patterns sometimes fall into disarray. Luckily, with the following approach to serving the appropriate portion sizes, as well as the pairing of healthful foods, the holidays can be enjoyed not only in good taste, but in good health as well.

+ Serve Small Bites

For recipes that are naturally higher in calories, consider serving pre-portioned, smaller sizes. When foods are served in smaller portions, people tend to eat less, which means fewer calories overall.

+ Pair with Flair

Cheese and crackers may seem like an obvious addition to any holiday menu, but think outside the box. Pairing cheese with other nutrient-rich foods, such as olives, lightly salted nuts, roasted red bell peppers, apples, strawberries, and dried figs and apricots not only makes a beautiful centerpiece for your table, but also provides key nutrients to help guests fill up and stay satisfied. Cheese and nuts are rich in protein, while fiber is found in most fresh vegetables and dried fruits. Both help guests stay fuller longer, and potentially eat less overall.



Mediterranean Cabot Cheddar Skewers

Makes about 36 appetizers
Prep Time: 20 minutes

Ingredients:
8 ounces Cabot Garlic & Herb Cheddar, cubed
36 medium sized fresh basil leaves
36 wooden toothpicks
1 pint small grape tomatoes

Cut cheese into 36 half inch cubes.
Wrap each cube with basil leaf;
spear onto toothpick, adding tomato at end.

Per serving: 25 calories, 2g total fat, 1g saturated fat,
5mg cholesterol, 40mg sodium, 1g carbohydrate,
0g fiber, 2g protein



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Apple, Cheddar & Walnut Toasts

Makes 24

- 24 thin slices narrow loaf French bread
- 2 tart apples, cored and thinly sliced
- 8 ounces Cabot 50% Reduced Fat Cheddar, grated (about 2 cups)
- 1 cup walnut pieces

1. Preheat broiler. Arrange bread on baking sheet and toast lightly on both sides under broiler.
 2. Remove from broiler and place about two apple slices on each toast. Mound cheese on top. Press walnut pieces into cheese. Return to broiler until cheese and walnuts are lightly colored.
- ** For instant drama, sandwich fresh bay or sage leaves between two identical clear glass plates, available inexpensively from a home store. Set the toasts on top, and add votive candles set into cored red and green apples to the table.

NUTRITION ANALYSIS Calories 148, Total Fat 7g, Saturated Fat 3g, Sodium 200mg, Carbohydrates 16g, Dietary Fiber 1g, Protein 5g, Calcium 100mg



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By Michele McBride, RN, CDE

what you need to know about diabetes



Michele McBride, RN, CDE, Diabetes Educator for Shady Grove Adventist Hospital in Rockville and Washington Adventist Hospital in Takoma Park, discusses the basics of Diabetes.



There are two types of diabetes. In Type 1, the body produces no insulin. In Type 2, the body does not produce enough insulin or the cells ignore the insulin. After sugar and starches are broken down into glucose, insulin is what carries the glucose to our cells to fuel them. Symptoms of diabetes vary, but common symptoms can include frequent urination, unusual thirst, extreme hunger, weight loss and fatigue. If you have diabetes, you can take steps to help keep your blood sugar levels healthy. Upon a physician's approval, exercise regularly and drink plenty of fluids. Also check your blood sugar level before, during and after exercise. In addition, choose healthy foods and watch how much you eat, choosing roughly the same amount of carbohydrates each day.

about our partner:
The Diabetes Education Program at Washington Adventist Hospital and Shady Grove Adventist Hospital provides education and training by Certified Diabetes Educators to help patients learn about and manage diabetes. To register, call 1-800-542-5096 or visit www.adventisthealthcare.com/diabetes to receive more information.

By Gregg Jones, R Ph.



Diabetes? We're Here To Help.

Every day, new products and medications are being developed to help you better manage your diabetes, and your friendly and knowledgeable Giant Pharmacy team can help. With a full line of medications used to treat diabetes and great prices on blood glucose meters and supplies, our pharmacists can help you make the best selection that meets your needs.

Even if you have not been diagnosed with type 2 diabetes, you should be concerned about pre-diabetes. According to the American Diabetes Association, there are 57 million people in the United States alone that have pre-diabetes or impaired fasting blood glucose. Many of these individuals are not even aware of the condition or the risks and damage that can already be occurring in their heart and circulatory system. Others think they are safe because they have not yet been diagnosed by their physician.

Risk factors for diabetes, as well as pre-diabetes, include:

- Exercising less than 3 times a week.
- Having high blood pressure.
- HDL (good cholesterol) is below 35 mg/dl or triglyceride level is above 250mg/dl.
- Having gestational diabetes.
- Having a parent or sibling with diabetes, especially type 2 diabetes, which more than doubles the risk of getting the disease.
- Being overweight, which reduces your body's ability to make or use its own naturally occurring insulin.
- Being of Asian, African, American Indian, Hispanic and Pacific Islanders increases the risk of developing pre-diabetes.

Knowing the risks can help you get started to prevent or delay the onset of type 2 diabetes. Stop by one of our many pharmacies that have blood pressure machines available and take advantage of the many other screenings that are offered throughout the year. If you have high blood pressure, get better control by taking your medications as prescribed and limiting your salt intake. Compare the sodium content in popular grocery products and use our Healthy Ideas® shelf tags to make better choices.



With over 150 convenient locations in our grocery stores, our pharmacists would be happy to answer any questions that you may have.



8 nights of light : have a **healthy,** happy Chanukah

The traditions of Chanukah, including the food, date back thousands of years to one small flask of oil found in the Jewish Temple in Jerusalem, Israel. While this oil was only enough to light the Temple's Menorah for one night, a miracle was performed and the oil lasted eight nights. To commemorate the events of Chanukah, each year, Jewish families all over the world light Menorahs in their homes for eight nights, and enjoy tasty treats fried in oil such as latkes (potato pancakes) or sufganiyot (donuts).

For most Jewish families, latkes are as much of a tradition at Chanukah as lighting the Menorah. But these days, traditional potato latkes served with sour cream or applesauce are often replaced with new variations. Many families and chefs are looking for new flavors and sometimes, healthier options. Modern latke recipes use a variety of vegetables including leeks, parsnips, corn, zucchini and beets, and many even include other foods such as lentils, rice, bulgur and pecans. These latkes can be served with anything from pomegranate sauce to Kosher caviar!

Add a modern twist by using non-starchy veggies in place of potatoes for your latkes!
Then bake, instead of frying



Try these other ideas for your Chanukah meal:



Use whole wheat pastry flour in your sufganiyot.



Try making kugel, a sweet or savory casserole, with whole wheat egg noodles.



Use MyPlate as a guide for planning your Chanukah meals. MyPlate recommends half of your plate be filled with vegetables and fruits such as kale or roasted winter vegetables and unsweetened applesauce. A quarter of your plate is for protein such as roasted chicken or lean brisket, and the other quarter for starches like latkes, kugel, or maybe something new like our recipe for Cherry and Walnut Quinoa.



Although many of the customs of Chanukah are associated with food, many Jewish families also stress the importance of non-food traditions, such as spinning the dreidel and lighting the Menorah. While customs and holidays are important, the most prevalent tradition is spending time with friends and family.

Zucchini Latkes

Makes 2 dozen small latkes • Prep Time: Approx. 20 minutes

Ingredients:	3 tbsp whole grain matzo meal
1 Yukon gold potato, peeled & shredded	2 tbsp flour
2 cups shredded zucchini (about 1/2 lb.)	1/2 tsp baking powder
2 cups shredded yellow squash (about about 1/2 lb.)	1/2 tsp salt
1 medium onion, chopped	1/4 tsp pepper
2 eggs, beaten plus 4 egg whites (3/4 cup liquid egg whites)	1/4 tsp garlic powder
	Olive oil or cooking spray (depending on cooking method)

Before combining potato, zucchini, yellow squash and onion in a large mixing bowl, remove as much water as possible from the vegetables by pressing into a colander or using cheesecloth to wring. Combine eggs and egg whites and add to vegetables. In a separate bowl combine matzo meal, flour, baking powder, salt, pepper and garlic powder. Add dry ingredients to vegetables and mix well. Heat 1 tablespoon olive oil in large nonstick skillet. Drop large spoonfuls of batter into skillet and press down to form 1/4 inch thick patties. Brown on both sides. Add more olive oil as needed for other batches. Drain on paper towel before serving. **Bake:** Spray cooking oil on baking sheet. Bake patties for 8–10 minutes at 450°F. Spray latkes with olive oil and flip and bake for 8 more minutes.

Per serving (4 sm. latkes): 120 calories, 4g total fat, 1g saturated fat, 70mg cholesterol, 280mg sodium, 14g carbohydrate, 2g fiber, 7g protein



Cherry & Walnut Quinoa

Makes 8 3/4-cup servings • Prep Time: 20 minutes • Cook Time: 25 minutes

Ingredients:	1/2 teaspoon salt
2 tablespoons plus 2 teaspoons olive oil, divided	1 3/4 cups uncooked, pre-rinsed quinoa
3 tablespoons finely chopped shallots	1/2 cup toasted walnuts, chopped
2 cups water	3 tablespoons lemon juice
1/3 cup white grape juice	1/4 teaspoon ground pepper
	1/2 cup dried cherries, chopped

Heat 2 teaspoons oil in a large saucepan over medium-high heat. Add shallots to pan, sauté 2 minutes or until tender. Add water, juice and salt to pan. Bring to boil. Add quinoa, cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and quinoa is tender. Remove from heat and set aside. To toast walnuts, heat a non-stick skillet over medium heat. Add walnuts and cook, stirring frequently, until lightly browned and fragrant. Set aside to cool slightly. Combine remaining 2 tablespoons olive oil, lemon juice, and pepper in a large bowl. Add quinoa, cherries and walnuts to bowl and toss gently to combine. Serve warm.

Per serving: 260 calories, 11g total fat, 1g saturated fat, 0mg cholesterol, 150mg sodium, 35g carbohydrate, 3g fiber, 7g protein

Adapted from Cooking Light Magazine



Resource: Rabbi Akiva Males ~ Harrisburg, PA



By J. Michael McGowan



protect yourself

this cold & flu season by following these easy steps...

We've heard it many times: "There is no cure for the common cold." It's true, and although there is no cure, there are plenty of measures you can take to protect yourself from having to fight those nasty "bugs." Even during the busy holiday season, it's important to take time for self-care to stay healthy and well.

Healthy habits:

- Wash your hands frequently. Avoid touching your eyes, nose or mouth which can introduce germs as well as spread them.
- Eat a healthy diet full of fruits, vegetables and whole grains.
- Drink plenty of fluids. Heated indoor air can dry out your nose and throat, making you susceptible to colds.
- Exercise daily to boost your immune system.
- Get enough sleep.

We know our diets don't always supply us with all the nutrients we need to stay healthy. A daily multi-vitamin can help you fill the gaps that may be missing from your diet. Talk to your doctor to determine which supplements you might need and make sure he or she knows which supplements you are taking. We offer a full line of CareOne vitamins and minerals to meet your needs.

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By Sylvia Emberger, RD, LDN

| eating healthy...on a budget! |

5 STEPS TO A BETTER SANDWICH

The USDA's new MyPlate icon shows the 5 basic food groups: Fruits, Vegetables, Grains, Protein and Dairy. Even a sandwich can fit the scheme if you build it with the food groups in mind. You'll end up with a satisfying meal that is both delicious and nutritious!

- 1 Start with whole grain bread or a roll from the grain group.
- 2 Add tuna or lean turkey, ham or roast beef from the protein group.
- 3 Include dairy by adding a slice of cheese, a glass of fat-free or low-fat milk or yogurt on the side.

4 Before you close the sandwich with the other slice of bread or roll top, **include the vegetable group** to boost nutrients instead of calories. Top your protein with lettuce, tomato or cucumber. If you are having a meat salad, make it with chopped vegetables such as celery and onions. Have carrot sticks, bell pepper slices or broccoli on the side. You can also choose a garden salad or vegetable soup to go with your sandwich.

5 Choose from the fruit group for dessert or add the fruit to your sandwiches. Try sliced bananas or strawberries instead of jam or jelly on nut butter sandwiches. Include grapes, apples, raisins or dried apricots in meat salads to add interesting flavors, colors and textures.

Use your leftover turkey from your holiday meals for this tasty and nutritious sandwich!

\$1.50

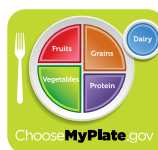
Approximate cost per serving for recipe.*

(Based on average price of ingredients available at Giant.)



Turkey Salad Sandwiches

Makes 4 8-ounce sandwiches
Prep Time: 20 minutes



- Ingredients:
- 2 cups cubed turkey
 - 1 cup chopped celery
 - 1 cup cored and chopped red apple
 - 1/4 cup sliced scallions
 - 1/4 cup light mayonnaise
 - 1/4 cup light sour cream
 - 1 Tablespoon lemon juice
 - 1 teaspoon chopped parsley
 - Ground black pepper
 - 4 whole wheat rolls or 8 slices whole wheat bread
 - 4 lettuce leaves

In a large bowl, combine turkey, celery, apple and scallions. Add mayonnaise, sour cream, lemon juice, parsley and pepper and gently mix to distribute dressing evenly. Chill until ready to serve. Spoon turkey salad onto rolls or bread and top with lettuce leaves.

Per serving: 320 calories, 9g total fat, 2g saturated fat, 60mg cholesterol, 450mg sodium, 35g carbohydrate, 5g fiber, 27g protein



individual squash stuffing cups

meal plan 1



apples with crumb & yogurt topping

meal plan 1






turkey breast with cranberry chutney

meal plan 1



green beans with shallots & red peppers







meal plan 1

- 1 Tablespoon  canola oil
- 5 small shallots, thinly sliced
- 1 red bell pepper, chopped
- 1 Tablespoon  granulated sugar
-  Ground black pepper to taste
- 1½ lbs fresh green beans, trimmed and snapped

Heat oil in a skillet over medium-low heat, and cook and stir shallots and red bell pepper until softened. Sprinkle shallot mixture with sugar and pepper, and reduce heat to low. Cover, and cook slowly, stirring occasionally, until sugar dissolves and the shallots caramelize, 5–8 minutes. Steam or microwave green beans until just tender. Add beans to skillet with the shallot mixture and mix well. Remove from heat until ready to serve.

Makes 6 servings**Prep time: 15 minutes****Cook time: 20 minutes**

Per serving: 70 calories, 2g fat, 0g saturated fat, 0mg cholesterol, 10mg sodium, 12g carbohydrate, 4g fiber, 2g protein





- 2 large eating apples, peeled, cored and halved
- 1¼ cups  100% apple juice
- 3 Tbsp  honey
- 2 teaspoons ground cinnamon, divided
- 3 whole cloves
- ¼ cup  whole wheat flour
- ¼ cup oats (preferably old-fashioned)
- 1 Tablespoon  brown sugar
- 1 Tablespoon  canola oil
- 2 cups  low-fat vanilla yogurt

Preheat the oven to 350°F. Put apple juice, honey, 1 tsp cinnamon and cloves into a small pan, bring to a boil, stir and simmer for 2 minutes. In a small bowl, combine flour, oats, brown sugar and remaining cinnamon. Add canola oil and mix together with fingers until crumbs form. Place apples in an ovenproof dish with the cut side facing up. Remove cloves and pour apple juice and honey mixture over apples. Sprinkle crumb topping into apple cavities. Bake for about 30 minutes or until fruit is soft. Top each apple with ½ cup vanilla yogurt.

Makes 4 servings**Prep time: 10 minutes****Cook time: 35 minutes**

Per serving: 320 calories, 7g fat, 2g saturated fat, 5mg cholesterol, 90mg sodium, 63g carbohydrate, 6g fiber, 8g protein

turkey breast with cranberry chutney

- 1 (3 lb.) boneless skinless turkey breast
- 3 cloves garlic, minced (1 teaspoon)
- 1 teaspoon dried thyme
- 1 Tablespoon dried parsley
-  Ground black pepper to taste
- ½ cup Nature's Promise reduced-sodium chicken broth
- ⅓ cup  100% orange juice
- 12 oz. fresh cranberries, washed
- ¼ cup  sugar
- 1 cup Nature's Promise raisins
- 1 Tablespoon  apple cider vinegar
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cloves
- ¼ teaspoon grated nutmeg

For Chutney:

- 1 medium orange, peeled, tough membrane removed, and chopped.

Place thawed turkey in a shallow baking dish. Sprinkle with garlic, thyme, parsley and pepper. Add the broth to the dish. Loosely cover with foil and bake for about 1½ hours or until the internal temperature is 170 degrees. While turkey is baking, combine all ingredients for the Cranberry Chutney in a large saucepan and bring to a boil. Reduce heat, simmer for 5–8 minutes, or until cranberries are bursting, stirring occasionally. Serve warm or cold, if serving cold, chill until time to serve.

Makes 12 servings**Prep time: 30 minutes****Cook time: 1½ hours**



Per serving: 200 calories, 1g fat, 0g saturated fat, 70mg cholesterol, 80mg sodium, 20g carbohydrate, 2g fiber, 29g protein



crab imperial

meal plan **2**

individual squash stuffing cups

- 1 Tablespoon  olive oil
- 1 cup chopped red onion
- 3 celery stalks, chopped
- 2 cloves garlic, chopped
- 1 cup chopped butternut squash
- 1 cup Nature's Promise Low Sodium vegetable or chicken broth
- ½ cup pine nuts, chopped
- 6 cups whole wheat bread cubes
- 1 teaspoon chopped fresh rosemary
-  Ground black pepper to taste

Preheat the oven to 350°F. In a large saucepan, heat oil over medium heat. Add the red onion, celery and garlic and sauté for about 3–4 minutes, add the chopped squash and broth. Let cook another 1–2 minutes. Meanwhile, in a large bowl, toss the bread cubes, pine nuts, rosemary and pepper. Toss the cooked squash, celery, onions and broth with the bread cube mixture, until all the bread cubes have soaked up the liquid. Spoon stuffing into 12 individual ramekins. Bake at 350 for 20–25 minutes, or until stuffing is golden on top.

Makes 12 servings**Prep time: 35 minutes****Cook time: 25 minutes**

Per serving: 120 calories, 5g fat, 1g saturated fat, 0mg cholesterol, 150mg sodium, 15g carbohydrate, 1g fiber, 4g protein



baby carrots and sugar snap peas

meal plan **2**

roasted parmesan potatoes

meal plan **2**

gingerbread with golden raisin sauce

meal plan **2**

roasted parmesan potatoes

- 2 lbs red potatoes (about 8 3-inch potatoes)
- 1 Tablespoon 🌿 olive oil
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon crushed garlic
- 1/4 cup grated 🧀 parmesan cheese

Preheat oven to 425°F. Coat a baking sheet with cooking spray or oil. Cut potatoes in half lengthwise, then slice each half into 4 wedges. In a large bowl, combine potatoes, oil, pepper, garlic and Parmesan; toss to coat evenly. Arrange potatoes in a single layer on baking sheet. Bake for 20 minutes or until golden brown. Serve immediately.

Makes 6 1-cup servings

Prep time: 10 minutes

Cook time: 45 minutes

Per serving: 160 calories, 3g fat, 1g saturated fat, 5mg cholesterol, 70mg sodium, 27g carbohydrate, 2g fiber, 5g protein

crab imperial

- 2 Tablespoons 🌿 canola oil
- 1/2 cup finely chopped onion
- 1/2 cup diced red or green bell pepper
- 2 Tablespoons finely chopped celery
- 2 Tablespoons 🌿 all-purpose flour
- 1 cup 🥛 non-fat milk
- 1 teaspoon dry mustard
- Dash of cayenne pepper
- 1 lb fresh lump crabmeat, drained
- 2 Tablespoons chopped parsley
- 1 Tablespoon 🌿 butter, melted
- 1/2 cup 🍞 toasted breadcrumbs

Melt oil in a heavy saucepan over low heat. Add onion, bell pepper and celery and sauté gently until soft but not browned. Stir in flour and cook 1 minute, stirring constantly. Gradually add milk; cook over medium heat until thickened and bubbly, stirring constantly. Stir in mustard and cayenne. Fold in crabmeat and parsley. Spoon mixture into lightly greased baking shells or individual casserole dishes. Mix breadcrumbs and butter; sprinkle over crabmeat mixture. Bake at 425°F for 18–20 minutes or until lightly browned.

Makes 6 6-ounce servings

Prep time: 30 minutes

Cook time: 20 minutes

Per serving: 200 calories, 9g fat, 2g saturated fat, 110mg cholesterol, 340mg sodium, 13g carbohydrate, 1g fiber, 18g protein



oatmeal fruit and nut cookies

3

holiday cookie



pecan date cookies

3

holiday cookie

gingerbread with golden raisin sauce

- 1 1/2 cups 🌿 all-purpose flour
- 1/2 cup 🌿 granulated sugar
- 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/8 teaspoon grated nutmeg
- 1/2 cup unsulfured molasses
- 1/2 cup 🌿 buttermilk
- 1/4 cup 🌿 canola oil
- 1 egg
- For Golden Raisin Sauce:**
 - 1 1/2 cups water
 - 1 cup golden raisins
- 1/4 cup 🌿 brown sugar, lightly packed
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon lemon zest
- 1 Tablespoon 🌿 cornstarch
- 1 Tablespoon lemon juice

Preheat oven to 350°F. Coat an 8x8 inch pan with cooking spray. In a large bowl, sift together flour, sugar, baking soda, cinnamon, ginger, cloves and nutmeg. In another bowl whisk together molasses, buttermilk, oil and egg. Add liquids to dry ingredients and whisk to blend. Pour batter into prepared pan. Bake for 30 minutes or until cake tester inserted in center comes out clean. Remove from oven and place on rack to cool. Combine water, raisins, sugar, cinnamon and zest. Bring to a boil, reduce heat and simmer for 15 minutes. Combine cornstarch with lemon juice and add to sauce while stirring. Continue to cook, stirring, until thickened. Serve warm over gingerbread.

Makes 12 servings

Prep time: 30 minutes

Cook time: 30 minutes

Per serving: 250 calories, 5g fat, 1g saturated fat, 20mg cholesterol, 80mg sodium, 47g carbohydrate, 1g fiber, 3g protein

baby carrots and sugar snap peas

- 1 lb 🥕 baby carrots
- 1 lb 🌿 sugar snap peas
- 1/2 teaspoon dried tarragon leaves
- Ground black pepper to taste
- 1 cup sliced scallions, green and white parts

Microwave or steam carrots and snap peas until just tender. Sprinkle with tarragon and pepper and toss to combine. Top with scallions.

Makes 6 1-cup servings

Cook time: 10 minutes

Per serving: 70 calories, 1g fat, 0g saturated fat, 0mg cholesterol, 30mg sodium, 13g carbohydrate, 4g fiber, 3g protein



chocolate almond drops

3

holiday cookie



raspberry meringues

3

holiday cookie

- 4 Tablespoons butter, softened
- 2 Tablespoons canola oil
- 1/2 cup light brown sugar, packed
- 1 large egg
- 1 teaspoon vanilla extract
- 1 1/4 cup all-purpose flour
- 1/2 teaspoon baking soda
- 3/4 cup chopped dates
- 1/2 cup coarsely chopped pecans
- 18 dried apricots (about 1 1/2-inch round)

Preheat oven to 375°F. In a medium bowl, cream together butter, oil and sugar. Add egg and vanilla and beat until smooth. Sift together flour and baking soda and blend into butter mixture. Stir in dates and pecans. Drop batter by rounded teaspoons onto ungreased cookie sheet. Snip each apricot in half to form a half circle and top each cookie with an apricot piece. Bake for 8-10 minutes, just until edges are lightly browned. Transfer cookies to wire racks and allow to cool completely.

Makes 36 1-cookie servings

Prep time: 10 minutes • Bake time: 10 minutes

Per serving: 70 calories, 3g fat, 1g saturated fat, 10mg cholesterol, 35mg sodium, 10g carbohydrate, 1g fiber, 1g protein

oatmeal fruit and nut cookie

- 1 cup whole wheat flour
- 1 1/2 cups old-fashioned oats
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 Tablespoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 cup canola oil
- 1/2 cup honey
- 1/2 cup peeled and grated apples
- 1 large egg
- 1 teaspoon vanilla extract
- 1/2 cup dried cranberries
- 1/2 cup chopped walnuts

In a medium bowl, stir together flour, oats, baking powder, salt, cinnamon and nutmeg. In a large bowl, combine oil, honey, grated apples, egg and vanilla. (Measure oil first to keep honey from sticking to the measuring cup.) Add the dry ingredients to the honey mixture and stir just until combined. Fold in cranberries and walnuts. Refrigerate for 20 minutes. Preheat oven to 325°F. Line two baking sheets with parchment paper or coat lightly with oil or cooking spray. Drop dough by teaspoons onto baking sheet and use a fork to flatten slightly. Bake for about 15-20 minutes or until cookie bottoms are golden.

Makes 24 1-cookie servings

Prep time: 15 minutes

Bake time: 15-20 minutes

Per serving: 100 calories, 4g fat, 0g saturated fat, 10mg cholesterol, 85mg sodium, 14g carbohydrate, 2g fiber, 2g protein

- 2 egg whites (pasteurized egg whites in cartons will not work)
- 1/4 cup fresh or frozen raspberries
- 1/3 cup granulated sugar
- 1/3 cup sifted confectioners sugar
- 1/2 teaspoon cream of tartar

Separate egg whites from eggs (use yolks for another recipe). Transfer egg whites to mixing bowl, cover and let stand about 30 minutes to reach room temperature. Heat raspberries in microwave, about 20 seconds, just until soft. Crush berries with back of spoon to release juices and strain pulp to remove seeds. You should have 2 tablespoons of juice. Preheat oven to 225°F. Line 2 baking sheets with parchment paper. In a small bowl, combine sugars and set aside. Add cream of tartar to eggs and beat on medium speed with electric mixer until soft peaks form. Add sugar mixture, 1 tablespoon at a time, and continue beating on medium speed for 5-7 minutes until sugar is dissolved and stiff, glossy peaks form. Gently fold in raspberry juice. Using a pastry bag fitted with a large star tip, pipe the meringue into 1 1/2-inch mounds or drop by rounded teaspoons onto prepared sheets. Bake for 1 hour, then turn off oven and let meringues dry in oven, with door closed, until dry and crisp. (At least another hour). Allow to cool on parchment paper and gently remove. Store in an airtight container at room temperature.

Makes 18 2-cookie servings

Prep time: 20 minutes • Bake time: 1 hour+

Per serving: 25 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 5mg sodium, 6g carbohydrate, 0g fiber, 0g protein

chocolate almond drops

- 4 Tablespoons butter
- 3/4 cup brown sugar, packed
- 1 large egg
- 1/2 cup unsweetened applesauce
- 1 teaspoon vanilla extract
- 1 1/2 cups all-purpose flour
- 1/3 cup unsweetened cocoa powder
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 cup confectioners sugar
- 1/4 teaspoon almond extract
- water

Preheat oven to 375°F. Lightly coat cookie sheets with oil or cooking spray. In a large mixing bowl, cream together butter, brown sugar and egg. Blend in applesauce and vanilla. In a medium bowl, sift together flour, cocoa, baking powder and baking soda. Stir dry ingredients into butter mixture. Drop by rounded teaspoons onto cookie sheets. Bake for 8-10 minutes or until cookies spring back when lightly touched. Transfer cookies to wire rack to cool completely. In a small bowl, combine confectioners sugar and almond extract. Add water a few drops at a time until consistency is just thin enough to drizzle over cookies.

Makes 36 1-cookie servings

Prep time: 20 minutes

Cook time: 10 minutes

Per serving: 45 calories, 2g fat, 1g saturated fat, 10mg cholesterol, 40mg sodium, 7g carbohydrate, 0g fiber, 1g protein

8

The colorful parts of the poinsettia, often thought of as flowers, are actually modified leaves called bracts. The true flowers are small, and can be found at the base of the bracts.

6

Your plant needs water when the soil feels dry to the touch. Take care not to overwater or underwater.

5

Poinsettias are not quite as disposable as some might think. With proper care, your poinsettia can live to bloom for many seasons.

3

Poinsettias like indirect sunlight. Temperatures between 65-70° F, with no sudden changes or drafts of cold air, are ideal for the health of your plant.

1



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10 points about poinsettias

Joel Roberts Poinsett, the first US ambassador to Mexico, introduced poinsettias to the United States in 1825.

2

4

Mexican folklore states that the poinsettia started out as a bouquet of common weeds. According to the tale, the weeds burst into beautiful red blooms when a poor Mexican girl presented them to baby Jesus as a heartfelt gift.

7

December 12 has been named Poinsettia Day by the U.S. Congress.

9

Contrary to popular belief, poinsettias are not poisonous. However, those who are sensitive to latex may have a skin reaction to the plant's milky sap.

10

Over 100 varieties of poinsettia are currently available, and more than 70 million are sold each holiday season. Traditional red accounts for 80% of those sold, but plant lovers will find everything from pink and white to flecked and multi-hued plants, with more varieties being cultivated each year.



By Kathy Wickert, Sous Chef and
Sylvia Warner, MEd, RD, LDN

figuring out figs



Turkey & Fig Crostini

Makes 24 appetizer portions
Prep Time: 20 minutes • Total Time: 35 minutes

Ingredients

- 8 oz multi-grain baguette
- 8 oz Nature's Promise black mission figs
- 1 tablespoon agave nectar
- 1 1/2 cups water
- 5 ounces Nature's Promise hickory smoked turkey breast
- 2 tablespoons balsamic glaze
- 4 oz goat cheese (chèvre)
- 1 oz Nature's Promise arugula leaves

Preheat oven to 400°F. Cut bread into 24 rounds, 3/4" thick. Transfer to a baking sheet. Toast in the oven until light gold, about 5 minutes per side. Transfer sheet to a wire rack and let the crostini cool completely. Remove stems from figs and then cut into 1/4 inch pieces. Combine figs with the agave and 1 1/2 cups water in a small saucepan. Bring to a boil; reduce heat; simmer, covered, until most of liquid has evaporated and figs are easily pierced with the tip of a sharp paring knife, about 15 minutes. Transfer mixture to a food processor and process until almost smooth (add a tablespoon or two of water, if needed, to thin to desired consistency.) Remove from the processor and cool before using. Slice turkey breast slices and the arugula leaves into very thin strips, approximately 1" x 1/4" thick.

To assemble: spread each round with the goat cheese and top with 2 teaspoons of the fig puree. Sprinkle the crostini with turkey slices, drizzle with the glaze, and finally, top with the sliced arugula leaves.

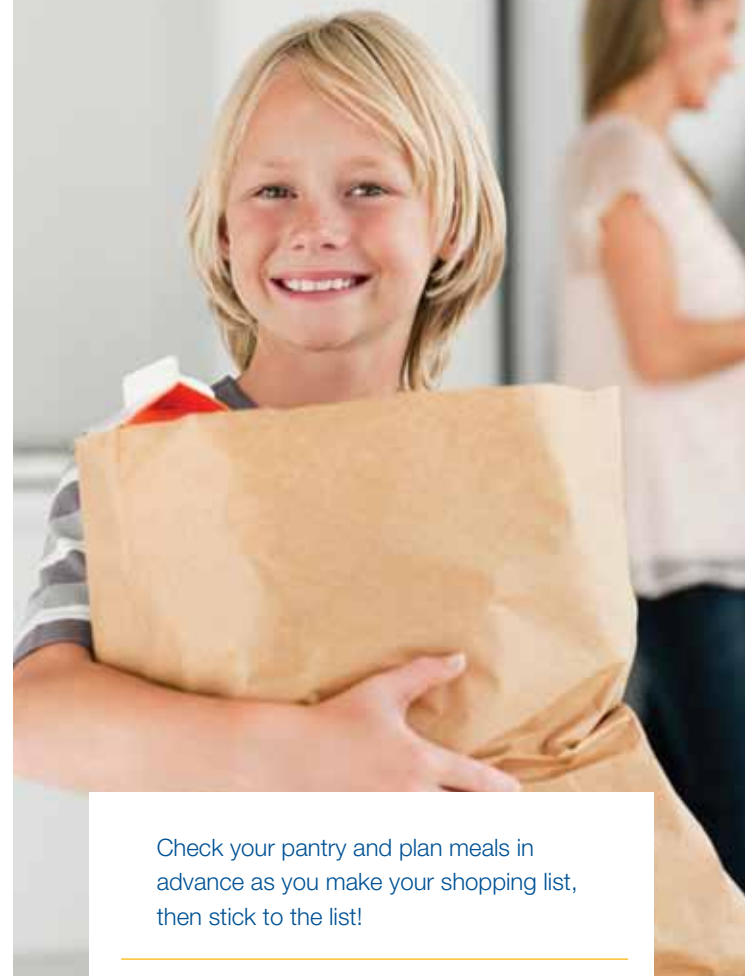
Nutrition Information per serving: 80 calories, 2g fat, 1g saturated fat, 5mg cholesterol, 160mg sodium, 12g carbohydrate, 1g fiber, 4g protein.

Figs are harvested in the late summer and early fall, but because they can be dried and conveniently packaged, they are available all year long. During the fall months and holiday season, you'll find an abundance of figs in the market place. Figs make wonderful additions to a wide assortment of baked goods and are often included in recipes that are a part of many traditional holiday feasts.

Figs provide the nutritional bonus of fiber, both soluble and insoluble. If you're like most Americans who routinely eat less than half the fiber needed for good health, including figs in your meals or snacks is a great idea. Just 1/4-cup of dried figs provides one-fifth of your recommended daily need for fiber! Figs are also a powerhouse of antioxidants, which may protect against aging and some common health problems.



By Tracy Pawelski



Give the gift
of food this
holiday season!



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Single-serving snack bags cost more. Buy larger packages instead and divide into containers at home.

These are simple yet effective ways to save at the supermarket.

Stretching your food budget

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If you know someone who might need help, please call 1-800-221-5689 or visit www.fns.usda.gov/snap.



By Shirley Axe

muffins: *not just for breakfast anymore!*

Waking up to the sweet aroma of freshly baked muffins just might be one of life's greatest pleasures. These hearty homemade treats can take the chill away on a cold winter morning and provide a satisfying breakfast. But why limit them to the morning hours? Something this good deserves to be enjoyed any time of day!

Muffins can be a nutritious alternative to boxed snack bars. The right recipe can offer a delicious treat full of fiber and antioxidant-packed fruits, including blueberries, cranberries, dates and more. Add chopped walnuts or almond slivers for a dose of flavor and heart-healthy fats. Or, for something different, try a savory muffin made with fresh vegetables, herbs and cheeses – the perfect complement to a bowl of piping hot soup!

Muffin or cupcake tins come in all sizes, so it's easy to control portions and bake according to your needs. Mini muffins are a great addition to a holiday brunch, and make a quick and portable afternoon snack. Try combining some of your favorite holiday flavors and baking muffins instead of cookies for your next holiday party. A batch of our festive Cranberry-Pear Muffins can stand up against a cookie platter any day!

Stumped for what to give friends, neighbors and coworkers this year? Bake a batch of homemade muffins for a thoughtful homemade gift. Dress them up with decorative muffin cups and pack them in a pretty box tied with raffia or ribbon. It's a gift that is sure to warm anyone's heart...just be sure to keep one or two for yourself!



Use mini muffin tins to help you control portion sizes

Cranberry-Pear Muffins

Makes 12 1-muffin servings
Prep Time: 30 minutes • Cook Time: 20 minutes

Ingredients	1 1/2 cup peeled & shredded pear
👉 cooking spray	1/2 cup chopped fresh or frozen cranberries
1 cup 👉 all-purpose flour	1/4 teaspoon lemon zest
1/2 cup 👉 whole wheat flour	1 large 👉 egg, lightly beaten
1/2 cup 👉 granulated sugar	1/4 cup 👉 canola oil
1 teaspoon 👉 ground cinnamon	1 Tablespoon 👉 granulated sugar for topping
1/4 teaspoon 👉 baking powder	
1/2 teaspoon 👉 baking soda	

Preheat oven to 375°F. Coat 12 muffin tin cups (2½-inch) with cooking spray. In a large bowl, combine flours, sugar, cinnamon, baking powder and baking soda. In another bowl, combine pear, cranberries, egg, oil and lemon zest. Add liquids to dry ingredients and stir just until moistened. Fill muffin cups 3/4 full. Bake for 18–20 minutes or until toothpick inserted in center comes out clean. Remove muffins from pan and dip tops in additional granulated sugar. Cool slightly before serving.

Nutrition Information per serving: 150 calories, 5g fat, 1g saturated fat, 20mg cholesterol, 70mg sodium, 25g carbohydrate, 2g fiber, 2g protein.

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*1 Can't Believe It's Not Butter!® Original 58% vegetable oil spread contains 8g fat (2g saturated fat, 0g trans fat) and 70 calories per serving, whereas butter contains 11g fat (7g saturated fat) and 100 calories per serving.



Now 4 out of 5 butter users agree I Can't Believe It's Not Butter!® Original Spread tastes just as good as fresh butter.

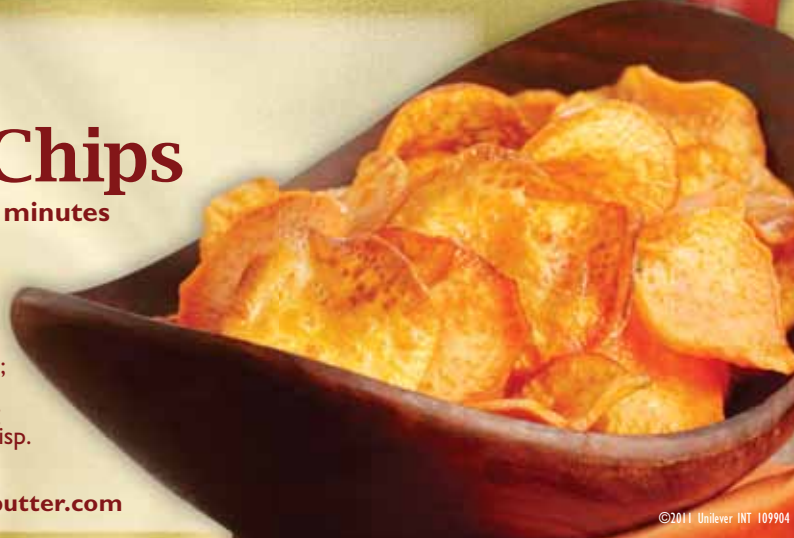
Roasted Sweet Potato Chips

2 servings | Prep Time: 15 minutes | Cook Time: 25 minutes

- 2 large sweet potatoes or yams (about 1 lb.), very thinly sliced
- 2 Tbsp. I Can't Believe It's Not Butter!® Spread, melted

Preheat oven to 425°. Spray 2 baking sheets with nonstick cooking spray; set aside.

Toss potatoes with I Can't Believe It's Not Butter!® Spread in large bowl; arrange potatoes in single layer on prepared baking sheets. Bake, turning once, 25 minutes or until chips are crisp. Sprinkle lightly with salt, if desired.



For complete nutrition information visit www.icantbelieveitsnotbutter.com



By Melanie Mnich

Merry Christmas! deck the halls

with the sweet scent of cinnamon & spice!

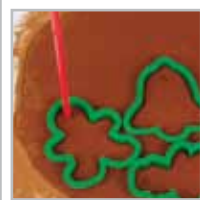
There is something magical about the smell of cinnamon during the holidays that seems to put everyone in the "holiday mood." Perhaps it makes you think of all the homemade treats around this time of year that feature cinnamon: pumpkin pie, Christmas cookies and spiced apple cider, to name a few. Now you can feast on that comforting aroma all season long without having to bake (and indulge!) every day. Try this fun, kid-friendly recipe for applesauce ornaments and bring the scent of the holidays into your home today!



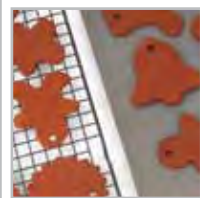
Slowly mix together the applesauce and cinnamon (include cloves and nutmeg if you wish) until you have a soft dough. Sprinkle cinnamon on wax paper and knead the dough on this surface until it is easy to work with.



Sprinkle surface and dough with more cinnamon and roll out dough to a thickness of about 1/4 of an inch.



Cut into shapes or use cookie cutters. Use a straw to poke a hole for hanging.



To dry, gently place ornaments on a cooling rack for 2-3 days, turning a few times a day. For faster drying, place ornaments on a cookie sheet and bake in the oven at 200°F for 2 1/2 hours and then use a spatula to transfer to a rack to cool.



Once dry, use yarn or other materials to thread through the hole you made with the straw. Get creative and use paint to decorate or write on your finished ornaments. Display proudly on your Christmas tree or wreath or give as gifts to neighbors and friends!

These ornaments are a simple, fun way to get the whole family together!

All you need is:

- 1 cup ground cinnamon
- 3/4 cup applesauce
- 1 teaspoon ground cloves (optional)
- 1 teaspoon nutmeg powder (optional)
- Wax paper
- Straw
- Yarn, ribbon, strips of fabric, fishing line, string, etc. (to hang ornaments with)

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