



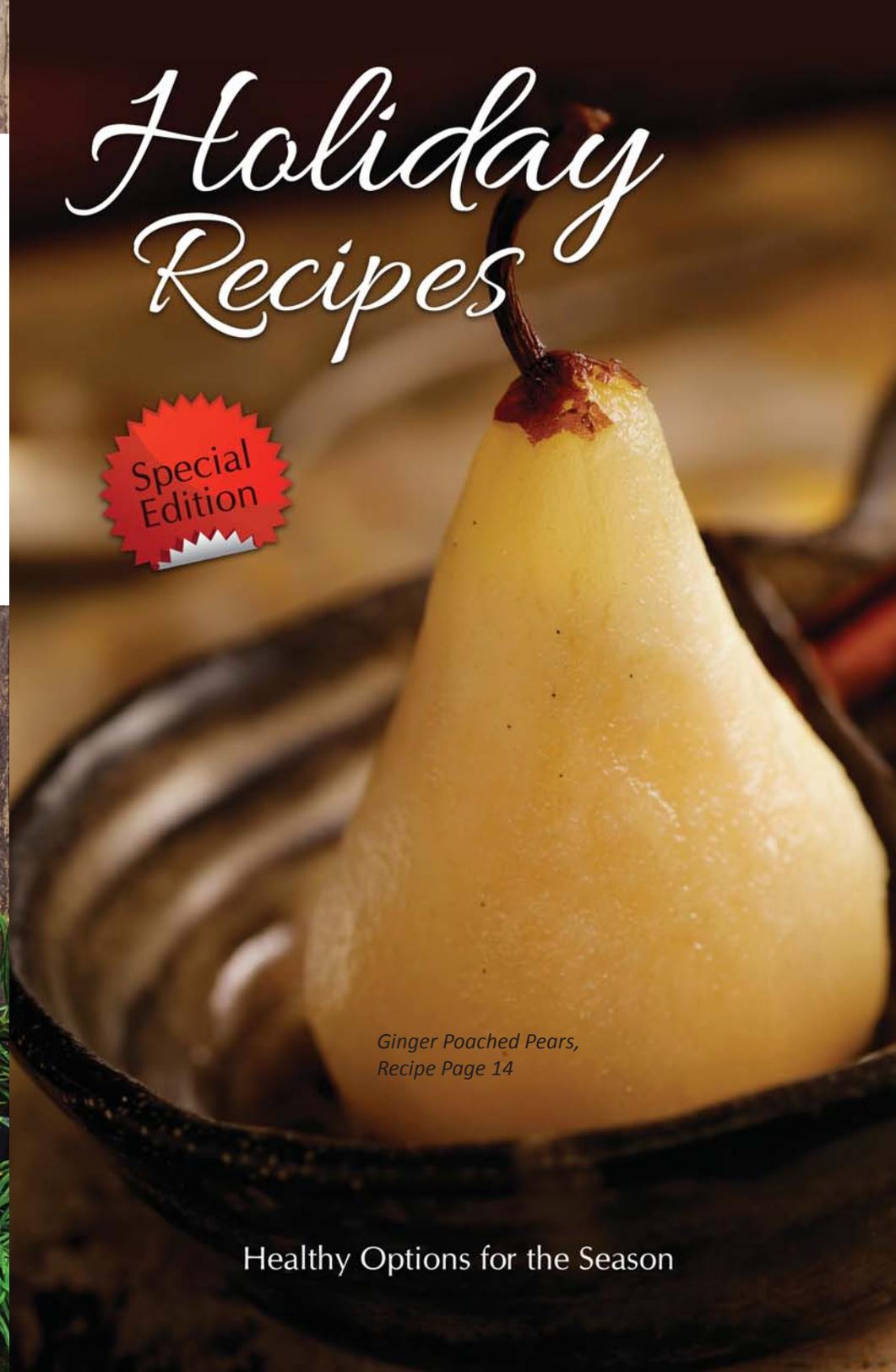
healthmatters.idaho.gov

Idaho State Employee Wellness
Idaho Division of Professional-Technical Education
Len B. Jordan Building | 650 West State Street
Phone: (208) 334-3216 | FAX: (208) 334-2365

NOTE: If you are on a restricted diet or are being treated for a health condition, review recipe(s) from this booklet with your dietitian, nutritionist, or physician. Nutrition Facts/Information for recipes in this booklet are provided by the source, unless otherwise noted.



Holiday Recipes



*Ginger Poached Pears,
Recipe Page 14*

Healthy Options for the Season



BEVERAGE

Pear Nog

Prep Time: 10 Minutes

Serves: 1

- 1 pear, peeled, cored, cut into chunks
- 1/2 cup skim milk
- 1/4 cup egg substitute
- 1 tsp brown sugar
- 1 large pinch cinnamon (about 1/4 tsp)
- 2 ice cubes, cracked

Peel, core, and cut pear. Place all ingredients in a blender. Blend at high for 15 seconds. Serve.

Calories - 200, Fat - 2.6g, Saturated Fat - 0g, Cholesterol - 5mg, Sodium - 160mg, Carbohydrates - 36g, Dietary Fiber: 6g, Protein: 12g

- www.fruitsandveggiesmorematters.org



HORS D'OEUVRES

Cranberry Chutney

Prep Time: 25 minutes

Serves: 5

- 1 cup cranberries
- 1 cup water
- 2 tbsp non-caloric sweetener
- 1/2 tsp ground ginger
- 1/2 tsp cinnamon
- 1/2 tsp ground cloves
- 1/4 cup onion, finely chopped
- 1/4 cup celery, finely chopped
- 1 medium apple, peeled and chopped

Simmer all ingredients except apple in a saucepan for 15 minutes, stirring occasionally.

Add chopped apple and cook for an additional 5-10 minutes. Cool. Serve.

Calories - 35, Fat - 0g, Saturated Fat - 0g, Cholesterol - 0mg, Sodium - 5mg,
Carbohydrates - 9g, Dietary Fiber - 2g, Protein - 0g

*Recipe courtesy of the University of Illinois Extension Recipes for Diabetes.
-www.fruitsandveggiesmorematters.org*

HORS D'OEUVRES

Roasted Corn Salsa

Prep Time: 55 minutes plus refrigeration time

Serves: 4

4 large ears yellow sweet corn-on-the-cob to yield 2 1/2 cups cut corn
1/2 cup finely chopped red onion
1 1/2 cups finely chopped ripe tomato
1 1/2 jalapeno pepper, seeds removed and finely chopped
1/4 cup finely chopped cilantro
1 tbsp olive oil
1 tbsp fresh lime juice
1/2 to 1 tsp ground cumin
1/8 tsp salt
Ground pepper, to taste

Inspect corn on the cob and remove a few outer leaves and as much silk as possible without completely removing husk. Wash and place on baking sheet, partially covered with aluminum foil, and bake on the middle rack in a preheated 375° F oven for 45 to 55 minutes.

Once corn is roasted, remove baking sheet and allow corn to cool. Peel ears, removing all silk. If desired, place ears over an open flame (grill or gas stove), turn often, until somewhat colored. Cool completely and cut kernels from ear. Corn should measure at least 2 ½ cups.

Combine corn with chopped onion, tomato, jalapeño pepper, and cilantro. Add olive oil and mix well. Add lime juice and cumin to taste; then stir in salt and ground pepper. Cover and chill, allowing flavor to blend for about 15 minutes, or more. This recipe may be made in advance but is best served the same day.

Calories - 204, Fat - 6.6g, Saturated Fat - 1.5g, Cholesterol - 0mg, Sodium - 88mg, Carbohydrates - 31g, Dietary Fiber - 8g, Protein - 6g

Recipe was developed for Produce for Better Health Foundation (PBH) by Chef Carmen I. Jones, CCP. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

-www.fruitsandveggiesmorematters.org

BEVERAGE

Frosty Orangeliciousness

Prep Time: 5 Minutes

Serves: 1

1/2 cup fat-free vanilla ice cream
1/2 cup orange juice
1 orange, peeled and frozen
1 tsp orange zest (optional)

Place all ingredients in blender and enjoy!

Calories - 211, Fat - <1g, Saturated Fat - <1g, Cholesterol - 0mg, Sodium - 67mg, Carbohydrates - 49g, Dietary Fiber: 4g, Protein: 5g

Recipe was developed for Produce for Better Health Foundation by Erika Kaeser-Stanley. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

- www.fruitsandveggiesmorematters.org

DESSERT

Ginger Poached Pears

Prep Time: 50 minutes

Serves: 4

- 3 cups (24 oz) ginger ale, diet
- 1 tbsp honey
- 1 tbsp lemon zest or coarsely grated peel
- 1 1/2 Tbsp ginger, shredded
- 4 large pears
- 4 large mint leaves
- Freshly grate nutmeg
- 2 tbsp sour cream
- 4 lemon slices, ultra thin (for decoration)

Combine ginger ale, honey, lemon zest and ginger in deep sauce pan. Bring to a boil.

Meanwhile, peel 3/4 of each whole pear and do not remove stem. Place pears into ginger ale mixture, lower heat, cover and simmer until almost tender (about 15-20 minutes). Turn pears to ensure even cooking.

Once pears are cooked, remove from ginger ale mixture. Reduce mixture down to 3/4 cup.

Heat mixture on high. Once heated, strain over pears and allow to cool.

Place each pear in a shallow soup bowl and wrap a slice of lemon around the stem, tuck a mint leaf into the lemon slice and sprinkle with nutmeg. Drizzle with sour cream. Serve.

Calories - 130, Fat - 1.6g, Saturated Fat - 1g, Cholesterol - 5mg, Sodium - 50mg, Carbohydrates - 31g, Dietary Fiber: 5g, Protein: 1g

- www.fruitsandveggiesmorematters.org

SALADS



Apple Cranberry Salad Toss

Prep Time: 10 minutes

Serves: 8

- 1 head of lettuce (about 10 cups)
- 2 medium apples, sliced
- 1/2 cup walnuts, chopped
- 1 cup dried cranberries
- 1/2 cup green onions, sliced
- 3/4 cup vinaigrette dressing, low-fat

Toss lettuce, apples, walnuts, cranberries, and onions in large bowl. Add dressing and toss to coat. Serve.

Calories - 120, Fat - 6g, Saturated Fat - <1g, Cholesterol - 0mg, Sodium - 280mg, Carbohydrates - 0g, Dietary Fiber - 3g, Protein - 2g

Recipe courtesy of the USDA Food and Nutrition Service.
- www.fruitsandveggiesmorematters.org

SALADS

Roasted Butternut Squash and Spinach Salad

Prep Time: 30 minutes

Serves: 6

1 lb butternut squash, peeled, seeded	Vinaigrette:
1 tbsp olive oil	1/2 cup (4 oz) 100% apple juice
1 tbsp maple syrup	2 tbsp cider vinegar
Salt and pepper to taste	2 tbsp shallots, minced
1/4 cup cranberries, dried	3 tsp Dijon mustard
6 oz spinach leaves	1/3 cup olive oil
1/2 cup walnut halves	
1/4 cup Parmesan cheese, grated	

Preheat oven to 425 degrees Fahrenheit.

Peel and cut squash into 1-inch chunks or cubes. Place on a sheet pan and toss with 1 Tbsp olive oil, maple syrup, salt and pepper.

Roast for 30 minutes, stirring once. Add cranberries to the pan for the last 5 minutes of roasting.

To prepare the vinaigrette, combine apple juice, vinegar, and shallots in saucepan and boil over medium-high heat for about 8 minutes, until the juice has reduced. Remove from stove and add the mustard and 1/3 cup of olive oil.

Place the spinach in a large bowl and add the roasted squash. Top with walnuts and grated Parmesan cheese. Spoon vinaigrette over the salad to lightly moisten and toss well. Serve.

Calories - 290, Fat - 21g, Saturated Fat - 3g, Cholesterol - 5mg, Sodium - 135mg, Carbohydrates - 22g, Dietary Fiber - 4g, Protein - 4g

*Recipe courtesy of the North Carolina State University Plants for Human Health Institute.
-www.fruitsandveggiesmorematters.org*

DESSERT

Crunchy Pumpkin Pie

Serves: 9

This pie uses only a small amount of oil in the crust and skim milk in the filling to make it heart-healthy.

For the pie crust:

1 cup quick cooking oats
1/4 cup whole wheat flour
1/4 cup ground almonds
2 tbsp brown sugar
1/4 tsp salt
3 tbsp vegetable oil
1 tbsp water

For the pie filling:

1/4 cup packed brown sugar
1/2 tsp ground cinnamon
1/4 tsp ground nutmeg
1/4 tsp salt
1 egg, beaten
4 tsp vanilla
1 cup canned pumpkin
2/3 cup evaporated skim milk

Preheat oven to 425° F. Mix oats, flour, almonds, sugar, and salt together in small mixing bowl.

Blend oil and water together in measuring cup with fork or small wire whisk until emulsified. Add oil mixture to dry ingredients and mix well. If needed, add small amount of water to hold mixture together.

Press into a 9-inch pie pan and bake for 8-10 minutes, or until light brown. Turn down oven to 350° F.

Mix sugar, cinnamon, nutmeg, and salt together in a bowl. Add egg and vanilla and mix to blend ingredients. Add pumpkin and milk and stir to combine. Pour into prepared pie shells.

Bake 45 minutes at 350° F or until knife inserted near center comes out clean.

Serving Size - 1/9 of a 9-inch Pie, Calories - 177, Fat - 8g, Saturated Fat - 1g, Cholesterol - 24mg, Sodium - 135mg

- National Heart, Lung & Blood Institute, www.nhlbi.nih.gov

STUFFING

Wild Rice (or Quinoa) Stuffing

3/4 cup uncooked wild rice (or equal amount of uncooked quinoa)
2 1/2 cups water
1 tbsp olive oil
3/4 cup chopped onion
1 cup sliced mushrooms
1 cup chopped apple (including peel)
1/4 cup dried cranberries
2 cups diced celery
1/2 tsp salt
1/4 tsp black pepper
1 tbsp poultry seasoning
1/2 cup reduced sodium chicken broth
1/4 cup slivered almonds, toasted

Rinse wild rice two to three times — until water runs clear.

Place wild rice and water in a 1 1/2 quart sauce pan and bring to a boil. Reduce to a simmer, cover and cook until all water is absorbed, stirring frequently. Do not burn. Cook wild rice for about 30 minutes. (If you're using quinoa, cook it for about 15 minutes.)

Heat olive oil over medium heat in a skillet. Add onion, mushrooms, apple, cranberries and celery. Stir and heat through until tender. Add the salt, pepper and poultry seasoning. Continue to stir and cook slowly until fragrant, about 10 minutes total.

Combine the rice, the fruit/vegetable mixture and chicken broth in a large bowl. Use to stuff turkey. Or bake in a dish coated with nonstick spray. Cover and keep warm in oven until serving. Garnish with a sprinkle of toasted almonds. **Serves 12.**

Serving Size- 1/2 cup, Calories - 78, Fat - 2g, Saturated Fat - Trace, Monounsaturated Fat - 1.5g, Sodium - 136mg, Carbohydrates - 37g, Dietary Fiber - 2g, Protein - 2g

- MayoClinic.com

SIDES

Herbed Baby Potatoes

Prep Time: 45 minutes

Serves: 6

1 1/2 pounds unpeeled small red potatoes, quartered
2 tbsp light margarine, melted
Vegetable oil spray, preferably olive oil flavored
2 tbsp minced fresh parsley
1 tbsp chopped fresh oregano or 1 tsp dried, crumbled
1/2 tsp paprika
1/2 tsp garlic powder
Freshly ground pepper to taste
2 tbsp minced fresh parsley (optional)

Preheat oven to 350 degrees Fahrenheit.

In a 2-quart casserole dish, toss potatoes in margarine. Spray potatoes lightly with cooking spray. Stir in remaining ingredients except optional parsley. Bake for 30 to 40 minutes or until lightly browned. Sprinkle with remaining parsley.

Calories - 128, Fat - 3.8g, Saturated Fat - <1g, Cholesterol - 0mg, Sodium - 43mg, Carbohydrates - 20.2g, Dietary Fiber - 1.42g, Protein - 2.8g

- University of Arkansas Cooperative Extension EFNEP Program
www.fruitsandveggiesmorematters.org

SIDES

Asparagus with Lemon Sauce

Prep Time: 15 minutes

Serves: 4

- 20 medium asparagus stalks, rinsed and trimmed
- 1 fresh lemon
- 2 tbsp mayonnaise, fat-free
- 1 tbsp dried parsley
- 1/8 tsp black pepper
- 1/16 tsp salt

Place 1 inch of water in a 4-quart sauce pan with lid. Place a steamer basket inside pot and add asparagus. Cover and bring to boil over high heat. Reduce to medium heat and cook for an additional 5 minutes (until asparagus is easily pierced with a sharp knife).

While asparagus cooks, grate lemon zest into a small bowl. Cut the lemon in half and squeeze the juice into the bowl. Use the back of a spoon to press out extra juice and remove pits. Add mayonnaise, parsley, pepper and salt. Stir well and set aside.

When the asparagus is tender, remove from pot. Place asparagus in a serving bowl. Drizzle lemon sauce evenly over the asparagus. Serve.

Calories - 25, Total Fat - 0g, Saturated Fat - 0g, Cholesterol - 0mg, Sodium - 100mg, Carbohydrates - 5g, Dietary Fiber - 2g, Protein - 2g

*- Recipe adapted from Keep the Beat™, National Heart, Lung, and Blood Institute
www.fruitsandveggiesmorematters.org*

STUFFING

Stuffing with Cranberries

- 1 cup low-sodium chicken broth
- 1 cup chopped celery
- 1/2 cup chopped onion
- 10 slices whole-wheat bread, toasted and cut into cubes
- 1/4 cup chopped parsley
- 1 tsp dried tarragon
- 1/2 tsp paprika
- 1/8 tsp ground nutmeg
- 1/2 cup chopped fresh cranberries
- 1 cup whole water chestnuts
- 1 cup chopped apple

Preheat the oven to 350 F. Lightly coat a 2-quart baking dish with cooking spray.

In a large skillet, heat the chicken broth over medium heat. Add the celery and onion and saute until the vegetables are tender, about 5 minutes. Remove from heat.

In a large bowl, combine the bread cubes, parsley, tarragon, paprika, nutmeg, cranberries, water chestnuts and chopped apples. Add the onion and celery mixture. Stir to mix evenly.

Spoon stuffing into the prepared baking dish. Cover with aluminum foil and bake for 20 minutes. Uncover and bake 10 more minutes. Serve immediately. **Serves 6.**

Serving Size- 1/2 cup, Calories - 147, Fat - 2g, Saturated Fat - <1g, Monounsaturated Fat - 1g, Cholesterol - 1mg, Sodium - 263mg, Carbohydrates - 29g, Dietary Fiber - 5g, Protein - 5g

- MayoClinic.com

SWEET POTATOES

Sweet Potatoes and Roasted Bananas

- 1 1/2 pounds sweet potatoes, washed
- 2 medium bananas, peeled and halved
- 2 tbsp orange juice
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cardamom
- 1/4 tsp ground nutmeg
- Red pepper flakes, to taste
- 3 tbsp brown sugar
- Chopped parsley, for garnish

Preheat the oven to 375 F. Lightly coat a baking dish with cooking spray.

Using a fork, poke several holes in the sweet potatoes. Bake until the potatoes are soft, about 1 hour. Remove from the oven and set aside. Peel when cool to the touch.

Place the banana halves in the prepared baking dish. Bake uncovered until the fruit is soft and juicy, about 15 minutes. Remove from the oven and pour the orange juice over the bananas. Stir to scrape the drippings and mash the bananas well.

In a large mixing bowl, add the bananas, sweet potatoes, spices and brown sugar. Using an electric mixer, blend until smooth.

Transfer to an ovenproof serving bowl and return to the oven. Bake until warmed through. Garnish with chopped parsley and serve.

Serving Size- 3/4 cup, Calories - 156, Fat - Trace, Saturated Fat - Trace, Monounsaturated Fat - Trace, Cholesterol - 0mg, Sodium - 64mg, Carbohydrates - 37g, Dietary Fiber - 5g, Protein - 2g

- *Mayoclinic.com*





SWEET POTATOES

Sweet Potatoes with Maple Syrup

Prep Time: 45 minutes or less

Serves: 4

- 5 medium sweet potatoes
- 2 tbsp maple syrup
- 1/2 tsp salt
- Black pepper, to taste
- 1/2 tsp ground cardamom (or ground nutmeg)
- 1 tbsp salted butter

Preheat oven to 375° F and place oven rack in middle position.

Scrub sweet potatoes well, place on baking sheet and bake for 35 to 45 minutes until very soft to the squeeze. Baking time will differ depending on freshness and size of the sweet potatoes.

Remove potatoes from oven; cool briefly to handling temperature. Cut both ends off each potato and carefully peel each potato. Place in a deep bowl and mash with potato masher, large fork, or back of a large spoon.

Season with maple syrup, salt, black pepper, and ground cardamom or nutmeg, mixing well. If necessary, reheat briefly in microwave.

Scoop into serving bowl and top with butter.

Calories - 288, Fat - 3g, Saturated Fat - 1.9g, Cholesterol - 8mg, Sodium - 368mg, Carbohydrates - 47g, Dietary Fiber - 5g, Protein - 3g

Recipe was developed for Produce for Better Health Foundation (PBH) by Chef Carmen I. Jones, CCP. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

- www.fruitsandveggiesmorematters.org