



# Healthy Holidays

## Lighten Up

Holiday meals don't have to pack such a high calorie punch. Simple makeover tips can lighten a meal and keep the taste good:

- **Baked turkey** - choose a plain bird over a self-basting bird to lower the sodium content. To ensure a moist bird, leave the skin on while roasting, don't overbake the bird, and pour gravy on the meat after carving.
- **Gravy** - use a fat-skimmer cup or freeze the juices in a shallow pan so you can remove the fat. Save around 56 grams of fat per cup!
- **Dressing** - use a low-sodium boxed stuffing mix and add sauteed onions, celery, apples and cooked rice. Add a little more broth and bake for a half hour.
- **Candied yams** - Sweeten with apple or orange juice and add ground cinnamon. Omit the margarine or butter and marshmallows.
- **Green bean casserole** - cook fresh green beans with chunks of potatoes and fat-free half-n-half instead of cream soup. Top with almonds instead of fried onion rings.
- **Mashed potatoes** - use skim milk, garlic powder and a little parmesan cheese instead of whole milk and butter. Use low-cal margarine instead of butter.



## The Best Light Pumpkin Pie

*This pumpkin pie saves 151 calories and 12 grams of fat per slice from the traditional version and it tastes identical!*

- 1 cup ginger snaps
- 16 oz can pumpkin
- 1/2 cup egg whites (about 4)
- 1/2 cup sugar
- 2 tsp pumpkin pie spice (cinnamon, ginger, cloves)
- 12 oz can evaporated skim milk

Preheat the oven to 350°. Grind the cookies in a food processor. Lightly spray a 9" glass pie pan with vegetable cooking spray. Pat the cookie crumbs into the pan evenly. Mix the rest of the ingredients in a medium-sized mixing bowl. Pour into the crust and bake until knife inserted in center comes out clean, about 45 minutes. Store in the refrigerator.

Allow to cool and slice in 8 wedges. Optional: serve each wedge with fat free whipped cream.

Serves 8. Each slice: 165 calories, 1.5 g fat, .5 g saturated fat, 1.5 mg cholesterol, 170 mg sodium, 32 g carbohydrate, 2 g fiber, 6 g protein. Diabetic Exchange: 2 bread.

### Fat Facts:

3.5 Ounce Serving:	Contains Fat g:
Turkey skin	39.0
Roast beef	15.0
Turkey wing with skin	12.3
Dark turkey meat with skin	11.5
Roasted ham	9.0
Turkey breast with skin	7.3
Dark meat without skin	7.0
Turkey breast without skin	0.7

Source: USDA Database