



Healthy Cooking & Recipes for the Holidays

This institution is an equal opportunity provider.



UNIVERSITY OF
MARYLAND
EXTENSION





University of Maryland

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.



Your Instructor : Jennifer Dixon Cravens, MS



Jennifer Dixon Cravens is a Faculty Extension Family & Consumer Sciences and Nutrition Educator – UME Harford County

Jennifer's primary areas of expertise and teaching are nutrition, health, wellness, chronic disease management, food safety & preservation.

Her role as a Faculty Extension Educator is to assess the needs in the communities she serves and develop relevant, cultural competent, laser educational programs to promote health, improved nutrition and dietary changes, reduce health disparities, and to improve individuals and communities health outcomes. She also teaches healthy cooking classes to program participants.

Overview

In this food demo presentation you will learn how to prepare your favorite holiday beverages, and foods and not feel guilty afterwards!

Let's get cooking!



Learning Objectives

- To learn how to prepare healthier holiday beverages
- To learn to prepare healthier Soups
- To learn prepare healthier Salads
- To learn to create a safe Charcuterie or Grazing Board
- How to use healthy substitutes for classic comfort Dishes
- How to Eat healthier on Budget during Holiday Times

Introduction:

Embrace a Healthy Holiday: Budget-Friendly Recipes and Tips

The holiday season often brings an abundance of rich foods and indulgent treats. While enjoying these festivities is important, maintaining a focus on health can be a great way to start the New Year feeling your best. Eating healthy doesn't have to break the bank, and with a few strategic choices, you can enjoy nutritious meals without overspending. In this blog, we'll explore some delicious, budget-friendly holiday recipes and share five practical tips to help you keep your wallet and waistline in check.

5 Ways to Reduce the Cost of Eating Healthy on a Budget

Why Eat Healthy & Watch your Budget?

- Eating healthy during the holidays on a budget is all about balancing smart shopping with creative cooking. With these recipes and tips, you'll be able to enjoy a festive season filled with deliciousness, without breaking the bank. So go ahead, indulge wisely and get the most out of your holiday meals.
- Happy Holidays and Bon Appétit!

7 Tips on How to Cook Healthy on a Budget During Holiday Season

- 1. Take the Time to Plan Your Meals: Having an meal helps you avoid buying things you do not need or and avoid impulse buying. Also refuse your food waste by purchasing ingredients you can use in multiple meals to reduce waste and get the most out of your food purchases.
- 2. When possible Buy in Bulk: Buy your frozen veggies, nuts, and whole grains in bulk. They can also be used in other dishes and stored longer..
- 3. Eat & Buy Seasonally Foods: Buying produce In-season is usually less expensive and it more nutrient dense. Great for your local economy. Cheaper and more flavorful. This keep fresh produce on table, and they are less expensive to purchase. # Eat Seasonal ! Support local economy !
- 4. Do not shop when hungry . Have a snack before you go shopping.

7 Tips on How to Cook Healthy on a Budget During Holiday Season cont.

- 5. Do not sleep on Store Discounts & Coupons: Before going look for coupons, and look at store flyers for discounts. Use can find coupons on apps for bigger savings on groceries. Also a lot of holiday ingredients will be on sale, purchase them early to avoid higher cost.
- 6. Cook most of your Own Meals- Homemade is always healthier and better. Limit the amount of Store-bought processed foods your purchase doing holiday season. So start prepping and cooking early to reduce the cost and stress.
- 7. Smart Substitutions: Select more cost-effective alternatives, such as frozen or canned fruits & vegetables, which are just as nutritious as fresh. You can use lentils or beans as protein substitutes in meals to save money.

3 Benefits of Eating Healthy for Holidays Healthy

Benefits to Eat Healthier During the Holiday Season:

1. **Improve your Immune System :** The fall & winter months can bring along a variety of illnesses. Make sure to incorporate more fruits, vegetables, and whole grains, lean proteins can boost your immune system, helping you fend off seasonal colds and flu. Also stay hydrated and sleep more .
2. **Keep your Energy Levels High:** Eating Whole nutritious foods rich in antioxidants, phytochemical, vitamins and minerals can provide & sustained energy, which is important during the busy holiday timer. It also can aid with that work life, traveling, shopping, and holiday celebrations.
3. **Practice Mindfulness :** Make an effort to be more conscious of what you eating and how much , this balance between sugary holiday treats and nutritious holiday meals can make it less stressful and more enjoyable times.

EASY & HEALTHY

Holiday

Recipes & Drinks



Featuring:

Hot Chocolate / Champagne Cooler
Hibiscus Ginger Spritzer / Wassail Punch
Holiday Salad | Chickpea Stew
Mini Sweet Potatoe & Pumpkin Pies
Cajun Cornbread Stuffing
Mixed Greens
Roasted Vegetables & Brussel Sprouts
Turkey Meatballs
Sweet Potatoe & Green Bean Cassorole
Charcuterie Board
Other Healthy Recipes

Practice Food Safety for Holidays



Food Safety Tips

- 1. Clean:**
Keep everything clean!
- 2. Separate:**
Don't give bacteria a chance to spread!
- 3. Cook:**
Kill harmful bacteria!
- 4. Chill:**
Refrigerate foods quickly!

How to Make a Healthy Plate for Holidays

foodandhealth.com/myplate.gov

ChooseMyPlate.gov

MAKE HEALTHY HOLIDAY PLATES

Healthy Plate Tips For Holiday Survival

- * Fill appetizer plates with vegetables.
- * Keep healthy snacks with you when you are on the go.
- * Fill dessert plates with fruits.
- * Make a healthy plate for lunch and dinner.
- * Eat a healthy snack plate with fruits and vegetables before going to parties.

Vegetables	Fruits	Grains	Protein	Dairy
Fill half your plate with fruits and veggies in holiday colors.	Fruits add color, spirit and flavor to desserts.	Make stuffings with whole grain bread and brown rice.	Turkey breast is always the leanest holiday choice. Keep the gravy low in fat.	Yogurt makes a great party dip. Blend skim milk with bananas to make a healthy, smoothie-like banana nog.

Simple Instruction for Charcuterie/ Grazing Boards for Holidays

Charcuterie Board



Getting started:

1. Select the Perfect Size board for the amount of people you are serving.
2. Choose easy and simple ingredients that you have on hand, or purchase what you like.
3. Adjust ingredients based on dietary needs of group or theme of gathering, party or event.
4. Pre-slice and pre-cut all items you are using.
5. Buy brightly colored fruits and vegetables (seasonal when possible).
6. Select different sized bowls for sauces and condiments.

Build your charcuterie board with these healthy ingredients:

Meats/Protein. Keep your charcuterie board packed with healthy, lean proteins by including minimally processed, nitrate-free cold cuts and protein alternatives. Opt for artisanal cold cuts, smoked fish, vegan or vegetarian “salami,” egg slices, or marinated tofu.

Other meats/proteins to try: Prosciutto, Chickpeas, Pepperoni, Turkey

Cheeses. Because charcuterie boards are a feast of flavors and textures, try a mix of soft and hard cheeses. Goat cheese is a healthy, low-fat, and protein-rich alternative to cheese made with cow’s milk, comes in hard and soft variations, and is less likely to cause gastrointestinal upset. Other cheeses to try include Mozzarella, Brie, Cream Cheese and Cheddar. Feeling adventurous? Try plant-based, non-dairy cheeses!

Vegetables. Seasonal vegetables are sure to brighten up any spread with their color, flavor, and texture. Include fresh crudité’s like carrots, celery, bell peppers, and pink radishes, or tuck little jars of antipasti like olives, sun-dried tomatoes, and cornichons into your platter. Try sweet peppers, cherry tomatoes, sliced cucumber, pickles or olives.

Fruit. The sweetness of fresh fruit is a perfect addition to any charcuterie board because it balances out the saltiness in meats and cheeses. You can include various fresh, seasonal fruits (figs, pears, and apples in cooler months; berries and peaches in warmer months). Some options include kiwi, strawberries, bananas, and dates. Dried fruit is a good option for charcuterie-lovers on a budget, but use them sparingly as they have higher sugar content than their fresh counterparts.

Dips and Spreads. Dips and spreads keep things exciting by adding more flavor and texture options. Healthy and tasty dips include hummus, yogurt, mushroom pate, or guacamole. Got a sweet tooth? Place small jars of your favorite fruit compote, jams, jellies, or raw honey on your platter. Tip: Looking to hold back on excess sugar? Drizzle honey over a part of your spread instead of leaving a tempting little pot to dip in.

Nuts. Raw, unsalted nuts are high in heart-healthy fats and protein and add an enjoyable crunch to your charcuterie board. Nuts like almonds and pistachios are a tasty charcuterie staple, but variety is the spice of life so add pine nuts, cashews, and even nut butters.

Dark chocolate in small amounts is a compliment to nuts and contain healthy flavonoids.

Crackers and Bread. Keep your carb options healthy by choosing whole-grain crackers and low-sugar bread like sourdough, sprouted grains, and pumpernickel. Or choose pretzels or pita chips. Tip: Looking for protein-rich alternatives? Try crackers made with legumes like chickpeas and white beans!

Herbs. Make your board look extra fancy by topping them with fresh or dried herbs. Basil and thyme are typical charcuterie mainstays.

Hot Chocolate

Ingredients:

- 1 cup dairy or non dairy - almond /coconut or oat milk
- 1 Tbsp. unsweetened cocoa powder
- 1 drop of powered or liquid stevia per mug or
- 1/8 of tbsp. or raw sugar or maple syrup
- Optional
- 1/8 tsp of peppermint extract or hazelnut extract
- Coconut whipping cream



Directions:

Add almond milk to a large mug and microwave for 1 minute. Alternatively, add to a saucepan over medium heat.

Once milk is warm, add cocoa powder, chocolate and sweetener and whisk to combine.

Cook on stovetop until completely combined and has reached your preferred temperature.

Taste and adjust sweetness as needed.

Lastly, add in your extract of choice – I think peppermint is truly unbeatable. Stir, and top with coconut whipped cream .

Nutrition Information:

Calories: 240 , Carbohydrates 32g, Protein 3.5g, Total Fat 12g, Saturated 5, Sugar 25g.

Traditional Wassail Punch

Ingredients:

- 2-3 cups pasteurized apple cider
- 1 cup cranberry juice
- 1/2 cup of orange juice
- 1 cup of sparkling water
- 1 cup of spring water
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg and cardamom
- 1/2 teaspoon of crushed cloves



Directions: Mix all ingredients in a large crock pot and place on low heat until warm or put in pot on top of stove. Serve hot or cold , enjoy.

Nutrition information:

Calories 132, Carbohydrate, 35g, Sugar 38g. High in Vitamin C.

Hibiscus Ginger Spritzer

Ingredients:

- 6-8 cups of Spring Water
- 6 bags of hibiscus/Sorrell Roselle dried Hibiscus plant/ flowers) or tea bag s
- 1/2 cup of fresh lemon or lime
- 1 ounces of fresh ginger root
- 42whole cloves
- 3 cinnamon sticks
- 1 teaspoon of nutmeg
- 1 teaspoon of cinnamon



Directions:

Bring the water to a boil in a large saucepan over high heat.

Remove from the heat and add the sorrel, ginger, cloves, cinnamon, and nutmeg if using. Or Use hibiscus tea bag for convenience.

Cover and let steep for 1 hour.

Pour the mixture through a fine-mesh strainer set over a bowl.

Discard the dried sorrel and spices.

Add maple syrup, lime, and spices to the strained mixture and stir to combine.

Transfer to a pitcher or punch bowl filled with ice.

Garnish with slice or fresh oranges, lemons or limes

Nutrition Information: Calories, 240, Carbohydrates 32g, protein 3g, Fiber 6g, Total fat 12g, Saturated fat 7g, Sugar 25g. High in potassium, Vitamin A.

Non- Alcoholic Champagne

Ingredients:

- 2 cups unsweetened apple juice or apple cider
- 1.5 teaspoons fresh lemon juice
- 2 cups lemon-flavored sparkling water
- ½ cup of water



Directions:

Chill champagne or wine glasses. Mix the apple juice, lemon juice and sparkling And water in a pitcher.

Serves 4.

Nutrition Information: Serving size: About 2/3 cup (5 ounces)
Calories 55, Carbohydrates 14g, Sugar 30g, Sodium 4 mg, Total fat 0 g.

Cinnamon Baked Pears or Apples

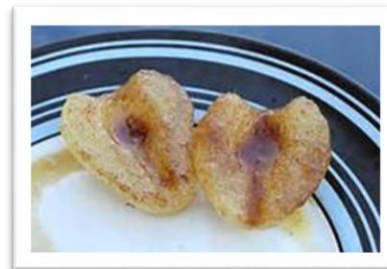
Ingredients:

4 Pears or Apples,
cinnamon, and
½ teaspoon of butter

Directions: Preheat oven to 400°. Halve pears or apples and scoop out some of the center. Brush insides of pears or apples with ½ teaspoon of butter. You can also use

vegan butter, and then sprinkle with cinnamon.
Bake for 35 minutes and until soft.

Nutrition Information: Calories 200 ,Carbohydrates 45g
Protein— 1gram, Dietary fiber 24 grams , Total Fat 3g.



Easy Pumpkin Pie

Ingredients:

- 1 refrigerated ready-to-bake pie crust
- 1 (16 oz.) can puréed pumpkin
- 3/4 maple syrup
- 1 tsp pumpkin pie spice or (cinnamon, nutmeg, ginger and all spice)
- 1/2 tsp salt
- 2 large eggs
- 1 cup heavy cream
- 1/2 cup whole milk or almond milk

Direction/Steps:

Preheat oven to 350°F

Place in a medium bowl pumpkin puree, milk, maple syrup, pumpkin pie spice, and corn flour in a saucepan and stir well, ensuring the corn flour has dissolved completely. You can put the same ingredients into a blender for conveniences

and blend 2 minutes. Then put filling in the pie crust.
Place in the oven on 400°F. Bake for 40 minutes. until filling is just set. Cool completely on wire rack before serving. Serve with whip cream (optional)
Serving : 6-8 Slices

Nutrition information :

Calories 276, Carbohydrates, 38g, Protein, 3.3g,
Fiber 3g, Total Fat 11.8g. Saturated Fat 5.3g,
Sodium 106 mg, Sugar 29g, High in Vitamin A.



Healthy and Delicious Sweet Potato Pie

Ingredients:

- 1-1/2 lbs. sweet potatoes
- 2 tbsp light butter (softened)
- 3/4 cup light brown sugar (not packed)
- 1/2 cup 1% milk or almond or rice milk
- 2 large eggs or use 1 teaspoon of egg replacer
- 1/8 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1 tsp vanilla extract
- 1 9-inch unbaked pie crust

Directions:

Boil sweet potatoes whole in skin for 50 to 55 minutes, or until soft. Run cold water over the sweet potato and remove the skin. Blend potatoes in a blender and pulse for about one minute to remove all fibers.

Preheat oven to 350°. Place sweet potatoes in a bowl. Add butter and mix well. Using an electric mixer, mix in sugar, milk, eggs, cinnamon and vanilla. Beat on medium speed until mixture is smooth. Pour filling into an unbaked pie crust.

Bake for 55 to 60 minutes, or until knife inserted in center comes out clean. Cool completely. Cut into 10 slices and serve with whipped coconut cream or whipped cream if desired. Refrigerate any leftovers.

Serving: 6-8 Slices

Nutrition Information:

Calories: 208, Carbohydrates: 36g, Protein: 3.5g, Total Fat 6.5g, Saturated Fat: 2.5g, Cholesterol 41mg, Sodium 135mg, Fiber 18g, Sugar 15g., High in Fiber, Vitamin A, B.



Easy Sugar Cookies

Ingredients:

- 1 .5 cup of All purpose flour
- ½ cup of soften vegan butter:
- ¾ cup of cane sugar and add a few teaspoon of light brown sugar for moister.
- 2 teaspoon of vanilla extract
- Light brown sugar
- ½ cup of almond milk
- 1 teaspoon of vanilla extract:
- 1 teaspoon of cornstarch:
- ½ teaspoon of baking powder and baking soda
- a pinch of salt

Directions:

Preheat the oven to 350 degrees F.

Use parchment paper to Line 1 -2 large baking sheet

In a large bowl, add vegan butter, granulated sugar, and light

brown sugar use a mixer.

Then add almond milk or soy milk and vanilla extract.

Next add your all-purpose flour, baking soda, baking powder, cornstarch and salt to the bowl.

Mix together until the flour is evenly incorporated.

On baking sheet , Scoop the cookie dough and roll into 10 balls.

Add the extra 1/8 cup granulated sugar to a bowl. Roll the ball into the granulated sugar.

Optional sprinkle with colorful holiday colors

Nutrition Information:

Calories 200, Carbohydrate 30g, 18g of sugar, Fiber 1g, Protein 4g.



Healthier Classic Peanut Butter Cookies

Ingredients:

- 1/2 cup unsalted butter
- 1 cup crunchy peanut butter
- 1/4 cup applesauce
- ¾ cup maple syrup
- 2 egg whites
- 2 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 1/2 teaspoons baking soda

Directions:

Preheat oven to 375 degrees F

Beat butter, peanut butter, applesauce,

Maple syrup , and brown sugar with an electric mixer in a

large bowl until smooth. Add eggs and beat until smooth.

Sift together flour, baking powder, and baking soda in a separate bowl; stir into peanut butter batter. Put batter in refrigerator for 1 hour.

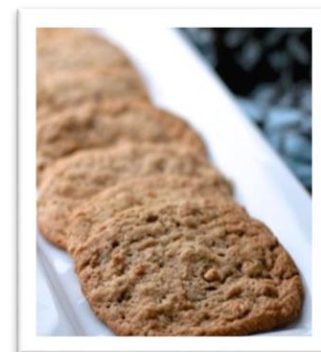
Roll dough into small balls and place 2 inches apart onto ungreased baking sheets. Flatten each ball with a fork, also use fork to make the crisscross patterns.

Bake for 12 minutes.

Per Serving: 1

Nutrition Information:

Calories 100 , Protein 1g, Carbohydrates 12g, Protein 6g.



Simple Apple Parfait

Ingredients:

- 1 cup of granola
- ½ cup of Greek yogurt or almond or rice, soy milk yogurt
- 4 granny smith apples, peeled and diced (about 5 cups)
- ¾ cup sugar+ 2 tablespoons
- 1 teaspoon ground cinnamon and nutmeg
- ½ cup water
- 1 tablespoon cornstarch

1 pint cold heavy whipping cream

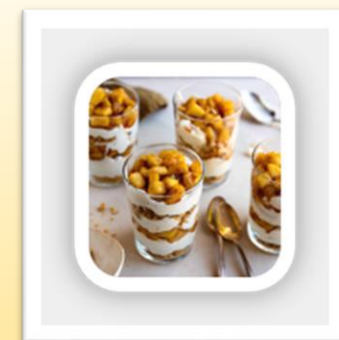
1 teaspoon vanilla extract

Directions:

Sauté apple and spices. Then mix apple with spices , In a jar, bowl or cup assemble One layer or granola, fruit, yogurt, repeat 3-4 times. Top with Cinnamon and nuts , Serve immediately, Enjoy !

Nutrition Information:

Calories 200, Carbohydrates 24g, Protein 10, Sugar 10g, Fiber 4g.



Autumn Salad

Ingredients:

- 1 medium Granny Smith apple, sliced thinly (with skin)
- 2 tablespoons lemon juice
- 1 bag (about 5 cups) mixed lettuce greens (or your favorite lettuce)
- ½ cup dried cranberries
- ¼ cup walnuts, chopped
- ¼ cup unsalted sunflower seeds
- ⅓ cup low-fat raspberry vinaigrette dressing



Directions:

Sprinkle lemon juice on the apple slices. Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl. Toss with ⅓ cup of raspberry vinaigrette dressing, to lightly cover the salad. Yield: 6 servings

Nutrition Information:

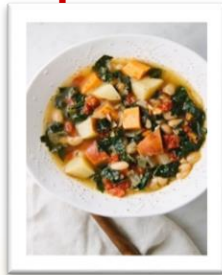
 Serving size: 1 cup

Calories 138, Total Fat 7 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 41 mg, Total Fiber 3 g, Protein 3 g, Carbohydrates 19 g, Potassium 230 mg.

White Bean, Potato & Kale Soup

Ingredients:

- 2 cans (15 oz.) cannellini beans, drained and rinsed
- or 3 cups cooked
- 2 large potatoes, cut into 1/2-inch cubes
- 1 tablespoon olive oil or 1/4 cup water (for water sauté)
- 1 onion, diced
- 2 garlic cloves, minced
- small handful sun-dried tomatoes, chopped
- 4 – 5 cups vegetable broth or water (or combo)
- 2 teaspoons herbes de Provence or thyme, basil, cumin
- 3 or 4 handfuls kale, chopped



Directions:

In large pot or Dutch oven, heat oil/water over medium heat, add onion and sauté for 5 minutes. Add garlic, sun-dried tomatoes and herbes de Provence, sauté 1 minute.

Add potatoes, beans and broth, bring to a boil, cover, turn down heat to low and simmer for 15 to 20 minutes...just until potatoes are tender. Just before soup is done, about 5 minutes beforehand, add kale and continue to cook.

Remove from heat. Season with salt & fresh cracked pepper to taste. Serve immediately.

Nutrition Information : Serving size: cup Per serving: calories, 2g fat, 0g cholesterol, 102mg sodium, 50g carbohydrates, 15g protein.

Holiday Pear Salad

Ingredients:

- 4 cups mixed salad greens
- 2 ripe pears, sliced
- 1 fennel bulb, very thin slices
- Lemon wedge, for squeezing
- 2 tablespoons dried cranberries
- 1 tablespoon chopped pecans, walnuts, pecans or hazelnuts
- ⅓ cup shaved pecorino cheese (optional)
- 1 teaspoon of Balsamic Vinaigrette for dressing, mix with black pepper



Directions: Arrange the mixed greens on a serving platter or in a serving bowl. Top with the pears and fennel. Squeeze a little lemon juice over the pears and fennel and toss.

Top with the cranberries, pecans, walnuts, hazelnuts, and pecorino. Drizzle with balsamic vinaigrette. Season to taste with salt and pepper.

Nutrition Information: Calories 248, Carbohydrates 28g, dietary fiber 4.8, Total Fat 12 g. Protein 4g, Saturated 3.4 g, Mono saturated 11g, Sodium 140 mg.

Chickpea Stew

Ingredients:

- 3 (15 ounce) cans low-sodium chickpeas, rinsed, divided
- 2 tablespoon olive oil
- ½ teaspoon of cumin
- ½ teaspoon of turmeric
- ½ teaspoon of curry powder
- ½ teaspoon of fresh ginger
- 1 medium washed onion, chopped (1 cup)
- 1 medium washed carrot, diced (3/4 cup)
- 2 medium washed red or yellow potatoes, diced
- 4 cloves garlic, minced, or 1/2 teaspoon garlic powder
- 1 can of diced tomatoes
- 1 (16 ounce) carton of vegetable broth
- ¼ teaspoon ground pepper
- 1 cups of fresh kale leaves or frozen spinach (8 oz.)



Directions:

Heat oil in a large pot over medium-high heat. Add onions, water, chickpeas, potatoes, tomatoes, basil, garlic, cumin, turmeric, curry, black pepper, and, and crushed red pepper.

Nutrition Information: Calories 378, protein 18 g, carbohydrates 28g, Fiber 3g, Total fat 12 g, saturated fat 2g, monounsaturated fats 10g.

Southern-Style Collards

Ingredients:

- 1 pound collard greens, chopped
- 1 tablespoon olive oil
- 1 medium onion, chopped and diced
- 1 teaspoon red pepper flakes or pinch of cayenne
- 1 teaspoon of cumin
- 1 teaspoon of onion powder
- ½ cup of bell peppers
- 1 table spoon of apple cider vinegar
- 1 clove garlic, finely chopped
- 3 cups vegetable stock
- 1 cup of stewed or diced tomatoes
- 1 teaspoon fresh ground pepper
- 1 pinch of cayenne pepper

Directions:

In a large pot over medium heat, heat oil or butter. Sauté the onions until slightly softened, about 2 minutes, then add the red

pepper flakes and garlic, cook another minute. Add 1 cup of diced potatoes, Add collard greens and cook another minute. Add the vegetable stock, cover and bring to a simmer. Cook until greens are tender, about 40 minutes. Add tomatoes and season with salt and freshly ground black pepper.

Nutrition Information: Serving size: 1/2 cup Per Serving: Calories 220, Total fat 15 g, Fiber 19g, carbohydrates 38 , Protein 14g, Rich in Vitamin A, C, K, calcium,



Roasted Brussels Sprouts

Ingredients:

- 1 1/2 pounds Brussels sprouts, ends trimmed
- 2 tablespoons olive oil
- 1/2 teaspoon freshly ground black pepper

Directions:

Preheat oven to 400 degrees.

Place trimmed Brussels sprouts, olive oil, kosher salt, and pepper in a large resealable plastic bag. Seal tightly and shake to coat.

Pour onto a baking sheet, and place on center oven rack.

Roast in the preheated oven for 35 minutes, Toss the sprouts every 8 minutes so they can brown evenly. Reduce heat when necessary to prevent burning.

Nutrition Information: 6 servings. Per Serving:

Calories, 124 , Total Fat, 13g fat; 34g carbohydrates, 3 g protein; 0 mg cholesterol; 224 mg sodium .



Easy Green Beans

Ingredients:

- 1 pound fresh or frozen green beans
- 2 teaspoon of olive or unsalted butter
- 1 teaspoon of garlic or onion powder
- 2 pinches lemon pepper
- A pinch of black pepper and salt to taste

Directions:

In a large put ½ cup of spring water, and let boil for 2 minutes. Then add green bean . Let green beans simmer.

Once the green beans get soft, drain the water and add olive oil, or butter , cook for 2 minutes then add garlic, black pepper, and lemon pepper.

Nutrition Information: Servings Size: 1 cup

Calories: 85 Sugar: 0 g Sodium: 130 mg fat: 7 g Carbs: 18g Fiber: 2 g Protein: 3g.



Cajun Cornbread

Ingredients:

- 1 (16 oz.) loaf prepared cornbread
- 2 tbsp. olive oil
- 4 stalks celery, finely chopped
- 1 bunch green onions, chopped
- 1/2 yellow onion chopped and diced
- 2 green bell peppers, seeded and finely chopped
- ½ (12 oz.) pkg andouille sausage, or turkey sausage diced
- 1 tbsp. minced garlic
- 1 (4.5 oz.) can fire roasted diced tomatoes, undrained
- 1 large egg
- 1 ½ cups low-sodium vegetable or chicken broth
- 2 tsp Cajun seasoning



Directions:

1. Preheat oven to 350°F. In a bowl break the cornbread into 1-inch chunks onto a oiled baking sheet.
2. Bake 8–10 min., until dry and slightly toasted. Remove from oven and let cool. Coat a 3-qt baking dish with olive oil
2. Use a 12-inch skillet, put in olive oil then add yellow onion, green onions, celery, and green and red bell peppers
Seas with black pepper, garlic and onion powder, paprika
Cook 6–8 min., until beginning to soften, stirring consistently. Then put in your andouille and garlic. Cook 4 min. Stir in the deiced tomatoes.
Then take our to pan, and let it cool down.
3. Use a large bowl, Stir the eggs, broth, and Cajun seasoning.
4. Finally add the toasted cornbread and vegetable mixture. Season with salt and pepper. Make sure all ingredients are stirred completely.
5. Transfer mixture to baking dish. Bake 30–35 min., until hot in center and top is golden brown. Serve warm or room temperature..

Nutrition Information:

Calories 276, Carbohydrates 40g, Protein 5g, Total Fat 10g, Saturated Fat 3g, Sodium 120mg, High in Potassium Vitamin Cholesterol: 22mg, Sodium 110mg,

Turkey Meatballs

Ingredients: (no breadcrumbs!)

- 1 pound ground turkey
- 1/2 teaspoon cumin
- ½ teaspoon of basil
- 1/2 teaspoon oregano
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 2 teaspoons chopped fresh parsley
- 1 large egg
- 1/2 cup of yellow onion finely chopped
- 2 teaspoons sesame oil plus more to brush on top

Directions:

In a bowl mix ground turkey, cumin, oregano, onion powder, parsley, garlic, eggs, same oil, and green onions. Gently mix until well combined. Careful not to over-mix or the meatballs won't be as tender. Form 16 meatballs, 1-inch in diameter. Place on lined baking sheet. Broil on HIGH for 10 minutes or until meatballs are cooked through. Brush with more sesame oil on top for more flavor.

Nutrition Information: Calories 263, Fat 16g, Sodium 139, Potassium 200, Protein 32g, Rich in calcium and iron.

Sides



Roasted Root Vegetables

Ingredients:

- 2.5 pound of mixed root vegetables (taro, beets yam, carrots, Yukon gold, yucca, Jerusalem artichoke, parsnips, red potatoes washed scrubbed, trim into slices or cubes)
- 2 tbsp. olive oil
- 2 tbsp. finely chopped parsley
- 5 sprigs fresh rosemary (or 3 tsp dried rosemary)
- 1 teaspoon ground cumin
- 1/4 teaspoon kosher salt to taste
- 1/4 teaspoon black pepper

Directions: Preheat oven to 450°F. Line 2 large baking sheets with foil. Peel the root vegetables and cut into ¼- slices. Place vegetables in a large microwave-safe bowl or baking dish, along with ¼ cup water. Cover with vented plastic and microwave 5–7 min., until almost tender. Drain the vegetables well and gently toss with the oil. Arrange in single layer on lined baking sheets. Season with salt and pepper. Roast 15 min or until they are golden brown. Garnish with parsley and Serve!



Nutrition Information: Calories 264, Total fat 10g, Carbohydrates 48 g, Sodium 130 mg, Fiber 8.2 g, Protein, High in Potassium, Vitamin A, Fiber !

Classic Baked Mac & Cheese

Baked Mac and Cheese (Original)

Ingredients:

- 1 16 ounce box of *elbow macaroni*
- 3 *tablespoon of cup butter, cut into small pieces*
- 2 *tablespoons all-purpose flour*
- 1-*2 cup of evaporated milk or 1% milk*
- 2 *cups (16 ounces) shredded sharp cheddar cheese*
- 1/8 *teaspoon of onion powder*

1 *tablespoon of sour cream*

½ *cup of shredded Colby -Jack cheese*

½ *cup of shredded cheddar cheese*

½ *cup of shredded mozzarella*

½ *cup of ounces of gouda cheese*

1 *pinch of cayenne pepper*

1 *teaspoon ground mustard*

Directions: Preheat oven to 350 degrees .

Mix all ingredients in a large bowl or sauce pan add m

Healthier Version of Classic Mac N Cheese

Baked Mac and Cheese (Healthier Version)

Ingredients:

- 2 *cup of soy almond or rice milk*
- 1 *teaspoon of egg replacement or ¼ cup of applesauce*
- 1 *teaspoon of extra virgin olive oil or 1 tablespoon of vegan butters*
- 1 *16 ounce box of whole wheat elbow macaroni*
- 1 *teaspoon of black pepper*
- 2 *tablespoon of Dijon mustard*
- ½ *cup of nutritional yeast*
- 1 *teaspoon of garlic powder and onion powder*
- 3 *tablespoons of all purpose flour*
- ¼ *teaspoon of paprika*
- 1 *cup of raw spinach*
- 1/8 *teaspoon of mustard*
- 1/8 *teaspoon of onion powder*
- 1 *cup of Shredded cheddar cheese*

Directions: Boil Pasta for 6-8 minutes, strain set aside. It will complete cooking During baking time . Then drain and set aside.

Preheat oven to 400.F

In medium bowl then add milk, garlic powder, onion powder, black pepper, eggs,, milk, cayenne pepper.

Cheese Sauce: Add sour cream, Colby-Jack, Cheddar, Mozzarella, and Gouda cheese and pour over noodles.

Pour mac and cheese in a casserole dish of your choosing, and add rest of cheese on top.

Bake in the oven for 35 minutes; make sure your cheese is golden brown.

Sprinkle paprika or cayenne pepper on top.

Serving: 1 cup equals

:

Nutrition Information:

Calories 495 , Carbohydrates, 24 g, Protein 26g, Total Saturated Fat 24, Saturated Fat 20g, Mono saturated Fat 9g, Polyunsaturated fat 2 g, 85 mg of cholesterol, Sodium 400mg, Fiber 1 gram,

Sides



Serves 10. Per Serving:
Calories 470, Total Fat 24g
Saturated Fat 20g, Mono
saturated 4g,
Sodium 235mg,
Carbohydrates 23g,
Dietary Fiber 2g, Protein
19g



Serves 8. Per serving:
Calories 260; Fat 4 g
(Saturated 1 g);
Cholesterol 25 mg;
Sodium 180 mg;
Carbohydrate 31 g; Fiber 3
g; Protein 3 g

Sweet Potatoes Casserole with Marshmallows

Sides

Ingredients:

- 4-6 large sweet potatoes, peeled and cut into chunks
- ½ cup brown sugar
- 2 teaspoon of ground cinnamon or to taste
- 2 teaspoon of nutmeg
- ½ teaspoon of butter, softened
- 1 cup miniature marshmallows, or as needed
- 1 tablespoon brown sugar
- 1/4 - 1/2 teaspoon cinnamon
- Pinch of coarse salt
- 1 egg
- 1/3 cup mini marshmallows
- brown sugar for sprinkling

Directions :

Step 1 Gather all ingredients.

Step 2 Place sweet potatoes in a large pot and cover with salted water; bring to a boil.

Step 3 Reduce heat to medium-low and simmer until tender, about 20 minutes; drain.

Step 4 Preheat the oven to 375 degrees F (190 degrees C). Grease a deep casserole dish.

Step 5 Mash potatoes with a potato masher in a bowl until no large lumps remain.

Step 6 Stir in both sugars, cinnamon, and butter until well .

Step 7 Transfer sweet potato mixture to the prepared casserole dish. Cover with a layer of miniature marshmallows.

Step 8 Bake in the preheated oven until marshmallows are browned, about 30 minutes.



Serves 10. Per Serving:
Calories 230 , Total Fat 15g,
Sodium 250mg,
Carbohydrates 38 g,
Fiber 2g, Protein 15 g

Healthier Sweet Potato-Pecan Casserole

Ingredients

- 1-3/4 pounds *sweet potatoes (about 3 large), wash peeled and cut and cooked into 2-inch pieces*
- 1/3 cup *fat-free milk*
- 1/4 cup *egg substitute*
- 1 *egg*
- 2 tablespoons *butter, softened*
- 1 teaspoon *lemon extract*
- 1 teaspoon *vanilla extract*
-

TOPPING:

- 2/3 cup *packed brown sugar*
- 1/4 cup *all-purpose flour*
- 1 tablespoon *cold butter*

Directions:

Place sweet potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 15-20 minutes or until tender.

Drain and place in food processor . Add milk , egg, or egg substitute butter, extracts, cover and process until smooth. Then pour into 1.15 baking dish .

In a small bowl, combine brown sugar and flour. Cut in butter until crumbly. Sprinkle over sweet potato mixture with pecan
Bake, uncovered, at 350° for 35-40 minutes or until a thermometer reads 160°. Yield: 6 servings

Nutrition Information :



Serves 6 Per serving:
Calories 138-; Total Fat 10g, (Saturated 4 g);
Cholesterol 75 mg;
Sodium 180 mg;
Carbohydrate 31 g;
Fiber 3 g; Protein 9 g,
Sugar 12g.

Holiday Green Bean Casserole

- 3 teaspoon olive oil, divided
- 1 medium onion(s) thinly sliced and separated, plus 1/4 cup finely chopped
- 1 clove(s) garlic, finely chopped
- 4 tablespoon water, divided
- 1 1/2 cup(s) sliced mushrooms
- 3 tablespoon flour, all-purpose
- 1/2 teaspoon thyme
- ground
- 1 1/2 cup(s) milk, fat-free
- 1-pound green beans
- trimmed and cut into 1-inch pieces
- 1/3 cup(s) breadcrumbs, whole-wheat

Serves 8-10

Directions:

Preheat the oven to 350 F. Heat a large skillet over low heat and add 2 teaspoons of oil.

Add the onion slices and gently cook for 15 to 20 minutes, stirring frequently, until onions are golden. Remove the onions from the skillet and transfer to a plate.

Add 1 tsp. of olive oil, the finely chopped onion and garlic to the skillet and cook for 2 to 3 minutes. Add 2 tablespoons of water and the mushrooms, cooking for an additional 5 minutes. Sprinkle flour and thyme over the vegetables and stir. Gradually stir in the skim milk. Increase heat to medium and stir constantly until the sauce thickens. To cook the beans, boil for 8 to 10 minutes in water. Or, to save time,. Drain and set aside. Spray a 2-quart casserole with cooking spray and place the green beans in the casserole. Pour the mushroom sauce over the green beans. Top with onions and breadcrumbs. Bake in a 350 F oven for 15 minutes, until the top is golden brown. Serve !



Nutrition Information:

Serves 8-10. Per Serving:
 Calories 270, Total Fat 21g, Saturated fat 14g, Sodium 225mg, Carbohydrates 31g, Dietary Fiber 2g, Protein 18g.

Lighter Green Bean Casserole

Ingredients:

- 1 pound fresh green beans, cut into 2-inch pieces (about 5 cups of beans)
- 3 tablespoons vegan butter, divided
- 12 ounces white button mushrooms, cleaned and sliced
- 1 medium onion, diced
- 2 garlic cloves, minced
- ¼ cup all-purpose flour
- 2 cups unflavored and unsweetened non-dairy milk
- 2 vegetable bouillon cubes, crushed *or vegetable stock*
- 1 teaspoon dried thyme
- Salt and pepper, to taste
- 1 cup French fried onions (or more, if desired)

Directions:

Bring a large pot of salted water to a boil. Add the beans and boil them for about 5 minutes, until bright green and tender-crisp. Drain the beans into a colander then rinse them well with cold water, until they feel cool.

Set the beans aside. Add onions, mushrooms, flour, and milk, in baking dish. Place the baking dish into the oven and bake for 15 minutes at 350 F until the top is golden brown. Then you want to place beans aside. You want to mix all ingredients together in a baking dish. Once it almost completed you want to arrange the fried onions

Over the casserole, bake for another 5 minutes. Once the casserole has finished baking, remove it from the oven and let it sit for about 5 minutes. Serve!



Nutrition Information:

Serves 8. Per serving:
 Calories 160; Fat 14 g (Saturated 1 g); Cholesterol 25 mg; Sodium 180 mg; Carbohydrate 22 g; Fiber 3 g; Protein 13 g

Simple Recipes for any Budget!

1. Savory Stuffed Bell Peppers

- Ingredients: Bell peppers, quinoa or rice, black beans, corn, diced tomatoes, onions, and your choice of seasoning.
- Instructions: Cook quinoa or rice. Sauté onions, tomatoes, corn, and beans. Mix with the quinoa and stuff into halved bell peppers. Bake at 375°F for 25 minutes.

• 2. Warm Winter Vegetable Soup

- Ingredients: Mixed vegetables (like carrots, potatoes, tomatoes, onions, and celery), vegetable broth, garlic, and herbs and spices of your choices in a pot and cook for 30 minutes.

Simple Recipes for any Budget!

3. Roasted Sweet Potato and Brussels Sprout Medley

- Ingredients: Take Sweet potatoes, Brussels sprouts, olive oil, and spices of your choice.
- Instructions: Toss veggies in olive oil and spices, roast at 400°F for 35-40 minutes. Serve Enjoy!

4. Cranberry and Walnut Wild Rice Salad

- - Ingredients: Wild rice, dried cranberries, walnuts, fresh parsley, and vinaigrette.
- - Instructions: Cook rice, mix with cranberries, walnuts, and parsley. Drizzle with vinaigrette before serving.

5. Apple and Pear Crisp

- Ingredients: Combine Apples, pears, oats, cinnamon, honey, and butter.
- Instructions: Wash, cut and Slice fruits, mix with cinnamon and honey. Top with oats and butter. Bake at 350°F for 30 minutes in the oven. Serve!

Summary:

Eating healthy during the holiday season doesn't have to cost a fortune. By planning your meals, opting for seasonal produce, buying in bulk, cooking at home, and making smart ingredient choices, you can enjoy nutritious, festive dishes without financial stress. Prioritizing your health now will lead to a season filled with energy and well-being, setting you up for a success-filled New Year.

As you gather with loved ones, remember that wholesome meals can be both delicious and economical. Here's to a joyous and healthy holiday season!



The **Substitution** table shows how to make **simple** ingredient substitutions to **improve** **health and reduce** salt, saturated fat and **boost** fiber and bring mindfulness to your favorite **recipes!**

If a recipe calls for this:

Try using this:

Substitutions

Breadcrumbs, dry	<i>Rolled oats or crushed bran cereal</i>
Butter, margarine, shortening or oil in baked goods	<i>Applesauce or prune puree for half of the called-for butter, shortening or oil; trans-free spreads or shortenings formulated for baking</i>
Butter, margarine or shortening to prevent sticking	<i>Cooking spray</i>
Canned meat, fish, vegetables and soups	<i>Low-sodium or reduced-sodium versions</i>
Cream	<i>Fat-free half-and-half or evaporated skim milk</i>
Cream cheese, full fat	<i>Fat-free or low-fat cream cheese, Neufchatel cheese, or pureed low-fat cottage cheese</i>
Eggs	<i>Two egg whites or 1/4 cup egg substitute for each whole egg</i>
Flour, all-purpose (plain)	<i>Whole-wheat flour for half of the flour called for in baked goods</i>
Ground beef	<i>Extra-lean or lean ground beef, ground chicken breast or ground turkey breast</i>
Mayonnaise	<i>Reduced-calorie, reduced-fat mayonnaise</i>
Meat	<i>Vegetables for half of the meat called for in casseroles, soups and stews</i>
Milk, evaporated	<i>Evaporated skim milk</i>
Milk, whole	<i>Reduced-fat or fat-free milk</i>
Pasta, enriched (white)	<i>Whole-wheat pasta</i>
Rice, white	<i>Brown rice, wild rice, bulgur wheat or pearl barley</i>
Seasoning salt, such as garlic salt, celery salt or onion salt	<i>Herb-only seasonings, such as garlic powder, celery seed or onion flakes, or finely chopped fresh herbs, garlic, celery or onions</i>
Sour cream, full fat	<i>Fat-free or low-fat sour cream, or plain fat-free or low-fat yogurt</i>

Healthier Swaps

Let's Swap!

SUGAR Instead of this:	Swap this:
Sugar	Reduce sugar by 1/3 to 1/2 in cookie, pie filling, sweetbread and cake recipes
Sugar	Non-nutritive sweeteners: 1 cup sucralose for 1 cup of sugar ³
Sugar	Applesauce and other fruit purees
Sugar	Spices such as cinnamon, cloves, allspice, and nutmeg or flavorings like vanilla or almond extract or flavoring to enhance the sweetness
Regular jam or jelly	Sugar-free or reduced sugar jam or jelly

FATS Instead of this:	Swap this:
Margarine, oil, or butter	Low-fat or fat-free margarine, vegetable oil spray, use nonstick pans
80% ground beef	90% ground beef, ground turkey or chicken breast
Whole egg	Two egg whites, ¼ cup egg substitute
Whole milk or heavy cream	Canned evaporated fat-free milk
Sour cream	Plain, nonfat Greek yogurt, or low-fat sour cream, (nonfat sour cream may be too watery)
Regular cheese	Fat-free or low-fat cheese (less than two grams of fat per ounce)

Healthier Swaps

SALT Instead of this:	Swap this:
Salt	Reduce the amount of salt in the recipe by one half
	Salt substitutes (may contain potassium). *If you need to limit potassium, check with your healthcare provider before using them
Flavoring packets with salt	Fresh or dried herbs and spices (garlic powder, red pepper flakes, curry powder, oregano)
Regular soups & sauces	Low-sodium soups, sauces and gravies
Regular canned or frozen vegetables	Low-sodium or no-salt-added canned or frozen vegetables

FIBER Instead of this:	Swap this:
White flour	Whole wheat flour (swap full amount, or ½ the amount in the recipe)
Regular pasta	Whole wheat pasta
Sugary cereal	Oatmeal, whole grain dry cereals, bran flakes
White rice	Brown rice
Regular pasta & rice	Quinoa (high-protein grain)

Takeaways:

Takeaways:

- Eating healthy during the holidays on a budget is all about balancing smart shopping with creative cooking. With these recipes and tips, you'll be able to enjoy a festive season filled with deliciousness, without breaking the bank. So go ahead, indulge wisely and get the most out of your holiday meals.
- Happy Holidays & Healthier Home Meals ! Bon Appétit!

References & Sources

- Abdulan IM, Popescu G, Maștaleru A, Oancea A, Costache AD, Cojocaru DC, Cumpăt CM, Ciuntu BM, Rusu B, Leon MM. Winter Holidays and Their Impact on Eating Behavior-A Systematic Review. *Nutrients*. 2023 Sep 28;15(19):4201. doi: 10.3390/nu15194201. PMID: 37836485; PMCID: PMC10574044.
- US Department of Agriculture (2021). 2020-2025 Dietary Guidelines for Americans.
- <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials/top-10-things-youneed-know-about-dietary>.
- Beverly Jackey, MS, RDN bjackey@umd.edu Cheryl Bush, MS, RDN cherb@umd.edu, Recipe Swaps: Common Substitutions for Making Recipes Healthier.
- Dixon Cravens, Jennifer, MS, jdixoncr@umd.edu. FCS Harford County Newsletters, and Recipe Swap information sheet. Personal recipes from educator.
- <https://extension.purdue.edu/news/county/daviess/2020/12/docs/Nov.-9---K-State-focus-on-the-stars.pdf>.
- <https://extension.psu.edu/eating-healthfully-through-the-holidays>.
- <https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-minute-how-to-make-healthy-holiday-food-choices/>.
- <https://www.eatingwell.com/recipes/17959/holidays-occasions/>
- <https://www.allrecipes.com/>.



HEALTHY COOKING

CAN be a part of your Holidays!