



Recipes featured in the:

"Festive Family Thanksgiving Cookbook"

by Great South Region Project LEAN

Throughout the world, a day is often set aside to give thanks. Each country has its own customs, but the desire to give thanks is still the under-lying theme of every celebration.

In the United States, Thanksgiving is celebrated on the fourth Thursday in November. It is a time for family members and friends to gather, relax, and enjoy themselves. Our Thanksgiving recipes give parents and children a positive way to interact while experiencing the joy of preparing healthy holiday foods together.

The Great South Region Project LEAN (Leaders Encouraging Activity and Nutrition) is pleased to share with you the Festive Family Thanksgiving Cookbook.

- Recipes were selected for excellent taste, reasonable cost and availability of ingredients.
- All recipes were kitchen and taste tested to assure satisfaction.
- By choosing the recipes found in this cookbook, you can offer family and friends a superb meal without extra fat and calories.

Healthy holiday eating does not have to be boring! This year give your family the best of both-great taste and good health.

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Vegetables with Onion Dip
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Cranberry Walnut Stuffing
Candied Yams
Broccoli-Cheese Casserole
Wheat Biscuits **with** Light Margarine Spread
Frozen Pumpkin Yogurt Pie
1% Lowfat or Nonfat Milk

Menu B

Cranapple-Cinnamon Hot Cider
Fruit Platter
Roast Turkey **with** Mushroom Gravy
Cranberry-Pineapple-Date Chutney
Country Homemade Stuffing
Yummy Mashed Potatoes
Seasoned Green Beans
Wheat Biscuits **with** Light Margarine Spread
Pumpkin Cheesecake
1% Lowfat or Nonfat Milk

NUTRITION FACTS	
Serving Size (142g)	
Servings per container	
Amount Per Serving	
Calories 120	Calories from Fat 0
<hr/>	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 1310mg	55%
Total Carbohydrate 22g	7%
Dietary Fiber 7g	29%
Sugar 2g	
Protein 7g	
<hr/>	
Vitamin A 0%	Vitamin C 4%
Calcium 4%	Iron 10%
<hr/>	
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 48g 48g
Dietary Fiber	Less than 14g 14g
Sugar	Less than 50g 50g
Protein	Less than 10g 10g

Nutrition Facts

Each recipe was analyzed per serving for Total Fat, Saturated Fat, Cholesterol and Sodium in grams (g) or milligrams (mg). "Not a significant source" means very small amounts of these nutrients were found in the recipe.

Light tub margarine spread was used in most recipes because it is low in fat and saturated fat. The exception is Persimmon Cookies. Cookie baking typically requires a little more fat for crispness and regular margarine was used.

Healthy Cooking Tips

This cookbook showcases traditional foods prepared in new ways.

Cook vegetables in broth instead of oil or butter. The flavor is just as rich without the added calories and fat. (See [Seasoned Green Beans](#), [Healthy Corn Stuffing](#) and [Country Homemade Stuffing](#))

In casseroles, use nonfat cottage cheese to replace most of the high fat cheese. Use high fat cheese in smaller amounts to add flavor. (See [Broccoli-Cheese Casserole](#))

For "candied" yam dishes, use fruit as the sweetener instead of excess sugar. (See [all the yam recipes](#))

Use nonfat or reduced fat dairy products. (See [Pumpkin Bread Pudding](#), [Pumpkin Cheesecake](#) and [Frozen Pumpkin Yogurt Pie](#))

For many baked items such as muffins, cakes, and quick breads use mashed fruit to replace the fat. Reduce the amount of fat in the recipe by half and make up the difference with applesauce or other blenderized fruit. For example, in place of ½ cup of oil use ¼ cup of oil and ¼ cup applesauce. (See the [Pumpkin Bread Pudding](#) recipe where canned pumpkin was used instead of oil.)



Healthy Holiday Tips



Holidays are a time to share warm moments with family and friends. However, holiday obligations may upset the usual routine and be stressful. High calorie foods fill the holiday table and there are many opportunities to indulge!

With an action plan you can start this season prepared to avoid the usual 7 to 10 pound weight gain many people experience. A realistic plan takes into account personal food preferences. It can even include small amounts of your favorite treats. Don't plan to lose weight now! Instead strive to maintain your weight by balancing high calorie foods with lower calorie fruits and vegetables and increased physical activity. Adopt the suggested tips below that make sense to you.

Activity balances calories and is a great stress reliever. The holidays are ideal for family "together" activities such as playing ball with the children, walking the dog in the brisk air, or admiring fall colors on a group bike ride.

Health is as important during the holidays as after them. This attitude will lead you and your family to a more fully satisfying holiday experience.

Eat Breakfast or Snacks: Skipping meals often leads to overeating later. Even before a holiday meal such as Thanksgiving, plan to have a light breakfast or lunch.

Have a healthy snack before going shopping or cooking. Fruits and vegetables come in their own packaging and are easy to carry for a quick, nutritious snack. Don't leave home without them! Eat a low calorie snack before cooking or snack on raw vegetables or fruit instead of the foods you are preparing.

Try lower fat or nonfat foods in place of regular, full fat ones. Just don't eat too much of them! Be sure to read the Nutrition Facts label. They still have calories and can cause weight gain. Some taste good, especially in combination with other ingredients in a recipe. Discover which work for you.

Eat Slowly: Studies show it takes up to 20 minutes for your brain to receive a "full" signal. Wait 20 minutes before going for a second helping.

Balance High Fat, High Calorie Foods: It is okay to eat those high fat, high calories, just eat less of them. Add vegetables and fruit to your plate to balance your meal.

Make Wise Food Choices: Choose foods that are roasted, broiled, steamed, poached, baked or fresh. Select white meat chicken and turkey, fish, and lean cuts of beef and pork. Fried foods, sauces, gravies, dressings, biscuits and croissants have "hidden" fat and calories. Remember that extra butter or margarine can lead to weight gain. Try enjoying the natural flavors of foods without the extras.

Be Aware of Portion Sizes: The amount you eat counts. Savor every bite and be satisfied with less food.

Put Leftovers Away: As soon as everyone is done eating, put food away. This prevents people from snacking out of boredom or anxiety. It also keeps leftovers from spoiling.

Stay Active: If you are not in the habit of being active, start small and build up. For example, walk for 5 minutes from your front door in any direction. Every few days, increase the time by 5 minutes until you are walking for 30 minutes. Ask a friend or neighbor to join you. Small steps like these build the foundation for a healthy lifestyle and lasting weight management.

Appetizers

Cranapple-Cinnamon Hot Cider
Hot Spicy Cider
Fruit Platter
Vegetable Platter with Onion Dip

Cranapple-Cinnamon Hot Cider [\(Print Version\)](#)

Serves 10 1-cup servings, Preparation time: 3 minutes

1 quart apple juice or cider
1 quart cranberry juice
3 cinnamon sticks
Crock-pot preferable (can use large pasta pot or stock pot on stove top)

Combine apple and cranberry juices. Add cinnamon sticks. Bring to boil. Reduce heat and simmer. Serve hot.

Nutrition Facts Per Serving: 104 Calories, 5 mg. Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.



Hot Spicy Cider [\(Print Version\)](#)

Serves 11 1-cup servings, Preparation time: 10 minutes
Simmering time: 30 minutes

2 quarts apple cider
3 cinnamon sticks
40 whole cloves
1 tsp. nutmeg
½ cup brown sugar
2 cups orange juice
¼ cup fresh
lemon juice (about 2 squeezed lemons)
2 strips orange peel

Cheesecloth or tea ball to hold spices
Crock pot preferable (can use a large pasta pot or stock pot on stove top)

Put cinnamon sticks and whole cloves in a cheesecloth or tea ball and immerse in the apple cider. Add nutmeg and brown sugar. Stir.

Simmer cider mixture for 30 minutes or longer. Add juices and orange peel. Serve hot.



Nutrition Facts Per Serving: 132 Calories, 9 mg Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

Nutrition Tip:

"Start this before your guests arrive. If using a crock-pot, start cooking at high temperature, reduce to low as soon as it boils. It will make your house smell wonderful." Julie Mortimore, RD

Fruit Platter ([Print Version](#))

Serves 8, Preparation time: 15 minutes

- 2 large red or green apples, unpeeled
- ¼ cup citrus fruit juice
- 1 large pear
- ½ dozen dates (optional)
- 1 bunch of seedless grapes
- 2 tangelos



Wash and dry all fruit. Core apples and pear, slice into bite size wedges, dip lightly into juice, and arrange on tray. Peel tangelos and place on tray along with grapes and dates. Place persimmons whole on tray.

Nutrition Facts Per Serving: 131 Calories , 1 g Total Fat,9 Calories from Fat, 2 mg. Sodium, not a significant source of saturated fat, or cholesterol.

Nutrition Tip:"The use of vegetable and fruit platters as an appetizer is ideal because you can catch your family at their hungriest and offer them a vitamin and fiber rich snack. This will take the edge off their appetite and help avoid overindulgence at mealtime."
Julie Mortimore, RD

Vegetable Platter with Onion Dip ([Print Version](#))

Serves 8, Preparation time: 20 minutes

- 2 large carrots
- 1 small cauliflower or broccoli head
- 2 celery stalks
- 1 dozen cherry tomatoes or 1 small bunch of radishes
- 1 medium cucumber, peeled or unpeeled



Onion Dip

Serves 8, Preparation time: 5 minutes, Chill time 2 hour

- 1 cup nonfat sour cream
- ½ Tsp. garlic powder
- 1 Tbs. dried onion flakes
- ¼ tsp. salt

Mix all dip ingredients together and chill for at least 2 hours. Scrub vegetables and then cut and slice then into pieces and place decoratively on a platter. When guests arrive serve the Vegetable Platter with Onion Dip as an appetizer.

Vegetables

Nutrition Facts Per Serving: 20 Calories, 19 mg. Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

Onion Dip

Nutrition Facts Per Serving: 33 Calories , 89 mg. Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

Turkey

5 Easy Steps To A Safe And Delicious Turkey
Turkey Roasting Timetable
Food Safety Tips & Turkey Nutrition Facts
Tantalizing Leftover Turkey Ideas

5 Easy Steps to a Safe and Delicious Turkey ([Print Version](#))

1. Selecting the turkey:

Use ½ to 1 pound per person for serving sizes of 3 ounces and 2-3 days of leftovers. Pre-basted turkeys have more fat and are not suggested.

2. How to defrost safely:

Defrost the turkey in the refrigerator. Allow 1 day for every 5 pounds of turkey to thaw. Place turkey on the bottom shelf of the refrigerator on a large plate to catch drippings. If the turkey is not thawed by Thanks-giving, it may be defrosted in cold water in its airtight packaging or in a leak-proof bag. Submerge the bird in cold water, changing the water every 30 minutes to be sure it stays cold. Never defrost a turkey by leaving it on the counter.

3. Preparation:

This is what you need to have: shallow baking pan, aluminum foil, thermometer, carving knife. For safety and uniform cooking, a stuffed turkey is not recommended. If you do choose to stuff the turkey, place the stuffing in the turkey right before cooking. Never stuff a turkey in advance.

Remove the giblets and neck from the body and neck cavities. Rinse turkey well inside and out. Tuck wing tips under the back of bird. Place the turkey breast side up in a shallow pan. If you like, add ½-cup water. If using an oven safe thermometer, place it deep into the lower part of the thigh next to the body, not touching the bone. If an instant-read thermometer is used, check the internal temperature periodically during the cooking. Cover the turkey with aluminum foil and place on the rack in a shallow baking pan. Remove the aluminum foil for browning during the last 30 minutes.

4. Cooking the Turkey:

Roast at 325° degrees F. Baste the turkey several times with the pan drippings. Always use a clean basting utensil each time the turkey is basted, in order to prevent cross-contamination.



The turkey is fully cooked when the thigh's internal temperature is 180° degrees F. The thickest part of the breast of the turkey should read 170° degrees F and the center of the stuffing should be 165° degrees F. If a thermometer is not available, pierce an unstuffed turkey with a fork in several places; juices should be clear with no trace of pink.

How long to cook the turkey:

Turkey Roasting Timetable Unstuffed Turkey

8 to 12 pounds	2¾ to 3 hours
12 to 14 pounds	3 to 3¼ hours
14 to 18 pounds	3¾ to 4¼ hours
18 to 20 pounds	4¼ to 1½ hours
20 to 24 pounds	4½ to 5 hours

Stuffed Turkeys - Add ¼ to ½ hour to times listed above.

5. Carving the Turkey:

Allow the turkey to stand for 20 minutes before carving. Place bird on a sturdy, even surface. Hold turkey firmly with fork, and cut downward making thin, even slices.

Food Safety Tips

Watch for cross-contamination. Cross-contamination occurs whenever raw meat and meat juices come into contact with other foods. Cooked food must not be placed on an unwashed plate, cutting-board, or counter that previously held raw meat.

Immediately wash all utensils that have touched raw meat or meat juices before using on any other food. Remember to wash in hot, soapy water cutting boards and utensils used throughout preparation.

According to food safety experts, a thermometer is the only reliable way to determine if the turkey is completely cooked. To be safe, meat must be cooked to an internal temperature high enough to destroy any harmful bacteria.

Questions on food safety can be answered by calling the USDA Meat and Poultry Hotline at (800) 535-4555 or California Department of Food and Agriculture's Consumer Information Hotline at (800) 675-2427. The USDA Website on food safety is <http://www.fsis.usda.gov/>

Turkey Nutrition Facts

3 oz. of White Meat without Skin

Nutrition Facts Per Serving: 134 Calories, 3 g Total Fat, 27 Calories from Fat, 1 g Saturated Fat, 59 mg Cholesterol, 54 mg Sodium.

3 oz. White Meat with Skin

Nutrition Facts Per Serving: 167 Calories, 7 g Total Fat, 63 Calories from Fat, 2 g Saturated Fat, 65 mg Cholesterol, 54 mg Sodium.

3 oz. of Dark Meat without Skin

Nutrition Facts Per Serving: 159 Calories, 6 g Total Fat, 54 Calories from Fat, 2 g Saturated Fat, 72 mg Cholesterol, 67 mg Sodium.

3 oz. of Dark Meat with Skin

Nutrition Facts per Serving: 188 Calories, 10 g Total Fat, 90 Calories form Fat, 3 g Saturated Fat, 76 mg Cholesterol, 65 mg Sodium.

Tantalizing Leftover Turkey Ideas (Print Version)



Turkey leftovers, round out family meals.

- After the dishes are cleared, slice off and remove all turkey from the bone and store in plastic wrap or airtight containers.
- Cooked leftover turkey will keep for up to 5 days in the refrigerator.
- But it will be long gone before that with these delicious recipes!

Try these fresh ideas:

Pack up a picnic lunch with turkey sandwiches and head off to a local park with the family.

Cold Turkey Salad Sandwich: Cut turkey meat into cubes. Add reduced fat mayonnaise, chopped celery, chopped red apples, salt and pepper. Variation: Add curry powder and raisins instead of apples. Serve on whole wheat bread or pita pocket.

Go for an afternoon walk or bike ride with the family and come home for a warm, hearty turkey soup or pozole.

Turkey Soup: Combine chopped turkey, chicken broth or water, spices and chopped vegetables. Bring to a boil. Lower heat, cover and cook until vegetables are done. Add curry powder for a new taste. Combine chopped turkey, chicken broth or water, spices and chopped

vegetables. Bring to a boil. Lower heat, cover and cook until vegetables are done. Add curry powder for a new taste.

Pozole: Brown about 2 cups chopped turkey and minced onion in a skillet. Transfer to a soup pot and add a large can of hominy, chopped green or red chilies, water or chicken broth, a pinch of salt and pepper. Add additional chopped vegetables and spices as desired. Bring to a boil; cover and simmer over low heat for 1 hour. Serve with lime wedges and cilantro. Variation: About 5 or 10 minutes before serving add a pound of fresh or frozen spinach and mix and cook until heated.

More ideas:

Turkey Burritos or Tacos: Combine warmed shredded turkey with salsa and reduced fat cheese. Wrap in a flour or warmed corn tortilla.

Day After Pie: Cook a butternut squash, peel and cut into chunks. Process in blender until smooth with a small can of evaporated skim milk and 2 eggs. Add ¼ cup of left over cranberry sauce, a pinch of salt and pepper, and fresh or dried sage. Spread about 1 cup of shredded turkey in the bottom of a pie crust. Pour squash mixture over turkey and top with ¼ cup of shredded Parmesan cheese. Bake in a 350° degree F oven for 40 minutes or until a knife inserted comes out clean.

Stuffing

Country Homemade Stuffing
Cranberry Walnut Stuffing
Healthy Corn Stuffing

Country Homemade Stuffing [\(Print Version\)](#)

Serves 8, Preparation time: 35-40 minutes

Bake time: 45-55 minutes

7-8 slices white bread
½ cup yellow onion, finely minced
7-8 slices wheat bread (It is important to 1 cup celery, diced use the correct amount of bread crumbs. If the bread you use is of larger than usual size, use a total of 10-11 slices for a total of 8 cups.)
½ cup green onions, top and bulb chopped
½ tsp. thyme
1 tsp. dried sage
¼ cup parsley, chopped
¼ tsp. black pepper
1 cup shredded carrots (5 oz. or 12 baby carrots)
1 cup green pepper, chopped
2 oz. or ½ cup toasted walnuts, chopped
2 cups canned chicken broth, low sodium, fat free
1 Tbs. light tub margarine, melted
nonstick vegetable spray



Preheat oven to 375° degrees Fahrenheit. Place bread slices in oven and bake 5-7 minutes, turn slices over, bake another 5-7 minutes, or until toasted on both sides. Be **VERY** careful not to burn the bread. Then using a serrated bread knife cut the slices into small crumbs, about ¼ to ½ inch. Measure yield, it should be 8 cups of bread crumbs. Place all bread crumbs into a large mixing bowl and set aside. Reset oven at 325° and continue to preheat.

Using a large skillet, cover and cook the celery, onions, parsley, and green pepper in ½ cup of the chicken broth plus ½ cup water until tender, about 5 minutes. Then remove from heat.

Toast walnuts in a dry skillet for 1 to 2 minutes being careful that they do not burn. Remove and place in a paper towel, crush with the side of a large rolling pin or other metal pan. The yield should be ½ cup. Set aside.

Stir spices evenly into vegetable mixture. Then gently blend this mixture into the large bowl containing the bread crumbs making sure the crumbs are also evenly coated. Add the remaining 1½ cups of chicken broth. Mix completely then fold in the toasted walnuts.

Coat a 2-quart casserole dish with vegetable spray. Spoon stuffing into dish. Drizzle margarine over the top of the stuffing. Cover and bake at 325° for 45-55 minutes or until golden & crispy.

Nutrition Facts Per Serving: 238 Calories, 8 g Total Fat, 72 Calories from Fat, 1 g Saturated Fat, 386 mg. Sodium, not a significant source of Cholesterol.

Cranberry Walnut Stuffing [\(Print Version\)](#)

Serves 10, Preparation and cooking time: 40 minutes

1½ cups finely sliced celery
1½ cups minced onion
1 Tbs. light tub margarine spread
1 cup low sodium, fat free chicken broth
½ cup finely chopped parsley
1 tsp. thyme
½ tsp. ground sage
½ tsp. ground pepper
½ cup hot water
½ cup chopped walnuts
1-10 oz. package (about 8 cups) herb seasoned bread cubes
for stuffing
½ of a 16 oz. can whole berry cranberry sauce, liquefied (this
is ½-¾ cup sauce)



In a large pot, simmer celery and onion in margarine and broth until tender. Set aside.

Add seasonings and ½ cup hot water to celery mixture. Stir in bread cubes to celery-onion mixture until evenly moistened.

In a small saucepan, over low heat, add 1 Tbs. of water to cranberry sauce and melt until it is a liquid consistency. Drizzle carefully over stuffing. Be careful not to add too much cranberry sauce because the stuffing can become too sweet.

Sprinkle with walnuts. Stir to evenly mix.

Cover and let sit on low heat for 20 minutes, stirring occasionally.

Nutrition Facts Per Serving: 185 Calories, 6 g Total Fat, 54 Calories from Fat, 1 g Saturated Fat, 671 mg. Sodium, not a significant source of Cholesterol.

Healthy Corn Stuffing [\(Print Version\)](#)

Serves 10, Preparation time: 30 minutes
Baking time: 30 minutes

2 cups chicken broth, low sodium, low fat
2 garlic cloves, minced
½ cup green onions, top and bulb, chopped
2 stalks celery, chopped
½ cup white onion, finely minced
1 - 9 oz. can whole corn, drained
½ cup raisins, unpacked
½ cup or 2 oz. walnut pieces, chopped
½ cup water
2 - 6 oz. packages cornbread stuffing mix or 1 -12 oz. package
½ tsp. thyme
¼ tsp. pepper
nonstick vegetable spray



Put the chicken broth and minced garlic into a large pasta pot. Bring to a boil. Throw in the green onions and celery. Let them simmer for 4 minutes, or just until beginning to soften. Remove from heat. Add white onions, corn, walnuts, and raisins. Stir. Add the stuffing and water. Mix again gently.

Add spices. Most corn bread stuffing is highly seasoned and requires no additional seasoning. Others need a flavor boost.

Bake it in a 2-quart casserole dish coated with vegetable spray for 30 minutes at 325° degrees.

Nutrition Facts Per Serving: 288 Calories, 6 g Total Fat, 54 Calories from Fat, 1 g Saturated Fat, 564 mg. Sodium, not a significant source of Cholesterol.

Adapted from Guerilla Cooking-The Survival Manual for People Who Don't Like to Cook or Don't Have Time to Cook. By Mel Walsh. Wyatt Books, N.Y., 1996.

Yams

Candied Yams
Candied Yams with Apples and Raisins
Candied Yams with Pineapples and Dates

Candied Yams ([Print Version](#))

Serves 8, Preparation time: 25 minutes
Bake time: 20 minutes

4 cups or 4 medium yams
¼ cup brown sugar, packed
1 tsp. all purpose flour
¼ tsp. salt
¼ tsp. ground cinnamon
¼ tsp. ground nutmeg
½ tsp. orange peel
1 tsp. light tub margarine spread
1 tsp. orange juice



Preheat oven at 350° degrees Fahrenheit.

Cut yams in half and boil on stove until tender but firm (about 20 minutes). Peel and slice into ¼ inch thickness when cool enough to handle. Combine sugar, flour, salt, cinnamon, nutmeg and grated orange peel. Place half of the sliced yams in a medium sized casserole dish. Sprinkle with half the spice mixture. Dot with half the margarine. Layer the remaining yams, spice mixture and margarine in the same order as above. Pour orange juice over the top. Bake uncovered in a preheated oven at 350° for 20 minutes.

Nutrition Facts Per Serving: 111 Calories , 1 g Total Fat, 9 Calories from Fat, 82 mg. Sodium, not a significant source of Saturated Fat, or Cholesterol.

Nutrition Tip:"Yams are a tradition at Thanksgiving. Many recipes are laden with fat and calories. This dish adds color and flavor to your meal without the fat and calories."
Sandy Wales, Health Educator Assistant

Candied Yams with Apples and Raisins ([Print Version](#))

Serves 8, Preparation Time: 30 minutes
Cooking Time: 15 minutes

4 cups or 1½ pounds of yams
3½ cup (or 3) tart apples
1 cup apple juice
¾ cup raisins
½ cup applesauce
¾ tsp. ginger



½ tsp. cinnamon
1/8 tsp. allspice (optional)
1/8 tsp. nutmeg (optional)

In a medium saucepan, cook unpeeled yams in boiling water for 20 minutes or until a knife slips through easily. They should be tender, not mushy. Set aside to cool.

Peel, core, slice the apples into ½ inch pieces and place in a medium saucepan with the apple juice, applesauce, raisins, and all spices. Cover and cook until apples soften, about 3 to 5 minutes. Uncover and reduce heat. Simmer a few minutes longer. Remove pan from hot burner.

Peel and slice the cooked yams into 1- inch cubes. Add to the apple-raisin mixture. Gently mix and heat thoroughly about 5 to 7 minutes. Serve warm.

Nutrition Facts Per Serving: 180 Calories, 1 g Total Fat, 9 Calories from Fat, 14 mg. Sodium, not a significant source of Saturated Fat, or Cholesterol

Nutrition Tip: "Yams and sweet potatoes have beta carotene. Eating foods with beta carotene and other anti-oxidant nutrients— vitamins C, E, and selenium— could help prevent certain cancers, heart disease, and vision problems. Dark green, red, yellow and orange foods usually have beta carotene. Select vegetables and fruit such as yams, carrots, tomatoes, winter squash, spinach, greens, strawberries and mangoes for better health."
Paula Benedict, MPH, RD

Candied Yams with Pineapples and Dates [\(Print Version\)](#)

Serves 8, Preparation time: 30 minutes
Cooking Time: 15 minutes

4 cups or 1½ pounds of yams, cooked, peeled, cubed
1lb. 4 oz. can of crushed pineapple in its own juice
½ tsp. ginger
1 cup chopped dates



In a medium saucepan, cook yams in their skins in boiling water for 20 minutes or until a knife slips through easily. They should be tender, not mushy. Set aside to cool.

Pour can of pineapple into a medium saucepan with the dates and ginger. Cover and cook until dates soften, about 5 minutes. Uncover and reduce heat. Simmer a few minutes longer. Remove pan from hot burner.

Peel and slice the cooked yams into 1-inch cubes. Add to the pineapple-date mixture. Gently mix and heat thoroughly about 5 to 7 minutes. Serve warm.

Nutrition Facts Per Serving: 194 Calories, 13 mg. Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

Cranberries

Cranberry-Apple Sauce
Cranberry Chutney
Cranberry-Pineapple-Date Chutney

Cranberry-Apple Sauce ([Print Version](#))

Serves 8, Preparation & Cooking Time: 20 minutes

$\frac{3}{4}$ cup apple juice
1 - 16 oz can of whole berry cranberry sauce
 $\frac{1}{4}$ cup or 4 oz of applesauce
1 cup apple, peeled, cored, chopped finely



Combine all the ingredients in a medium saucepan and bring to a boil. Boil gently for 5 minutes, reduce heat and simmer for 15 more minutes. Remove from burner, cool and refrigerate.

Nutrition Facts Per serving: 109 Calories, 17 mg Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

Nutrition Tip: "Apples complement the cranberries and furnish enough sweetness to make this traditional sauce without additional sugar. This can be made five days ahead and kept refrigerated."

Jeanne Silberstein, MPH, RD

Cranberry Chutney ([Print Version](#))

Serves 8, Total Preparation time: 10 minutes

1-16 oz. can whole cranberry sauce
 $\frac{1}{2}$ cup raisins
1 cup apple, peeled, diced
 $\frac{1}{4}$ tsp. cinnamon
1 Tbs. vinegar
 $\frac{1}{4}$ cup sugar
 $\frac{1}{8}$ tsp. ginger



Combine all ingredients in a saucepan. Cover and cook for 30 minutes on medium heat. Stir occasionally. It is ready when apples are tender and sauce has thickened.

Options: Add $\frac{1}{2}$ cup diced pineapple and decrease the diced apples to $\frac{1}{2}$ cup.

Nutrition Facts Per Serving: 147 Calories, 17 mg. Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

Nutrition Tip: "This recipe is a quick and delicious addition to your holiday meal. You'll soon crave the spicy, low fat, crunchy cranberries after the holidays pass. When you choose Cranberry Chutney, it's easy to eat healthy."
Diane Wayne, MS, RD

Cranberry-Pineapple-Date Chutney [\(Print Version\)](#)

Serves 12, 1/3 cup portions
Preparation and Cooking Time: 25 minutes

Zest from one lemon
1/4 cup or 1 oz. walnuts
1 cup chopped dates
1/2 cup hot water
12 oz fresh cranberries, or 2 cups
1/4 tsp. ginger
1- 1 lb. 4 oz can of pineapple tidbits in its own juice
1 tsp. lemon juice



Grate the rind of one lemon. Chop the rind into smaller pieces to make the zest.

Toast 1/4 cup of walnuts about 2 minutes in a dry frying pan, stirring once or twice to prevent burning. Set aside.

Blend 1 cup of dates and 1/2 cup of hot water about 1 minute, some little pieces will remain. Heat dates, lemon zest, pineapple and juice in a medium saucepan until boiling. Add rinsed cranberries. Bring to a boil again, and boil gently for 10 minutes. Remove from heat and cool.

Chop toasted walnuts. Add the walnuts and ginger to the cranberry mixture, stir gently and refrigerate until ready to serve.

Nutrition Facts Per Serving: 101 Calories, 2 g Total Fat, 5 mg. Sodium, not a significant source of Saturated Fat or Cholesterol.

Nutrition Tip: "There are striking contrasts in this chutney: astringent, tart, sour, sweet, soft and crunchy. This is an adventurous lift for a traditional Thanksgiving meal."
Jeanne Silberstein, MPH, RD.

Side-Dishes

Broccoli-Cheese Casserole
Brussels Sprouts With Balsamic Vinegar
Green Bean Casserole
Green Beans With Bits
Seasoned Green Beans
Spinach Sauté
Yummy Mashed Potatoes
Holiday Fruit Salad

Broccoli-Cheese Casserole [\(Print Version\)](#)

Serves 8, Preparation time: 30 minutes
Baking time: 35 minutes

2 pounds fresh broccoli washed and trimmed or 2 pounds frozen
cup finely minced onion or 1Tbs. dried
½ cup fat free chicken broth
1 Tbs. flour
2 Tbs. water
nonstick cooking spray
1 cup nonfat cottage cheese
2 oz. grated sharp cheddar cheese
1/8 tsp. paprika
1 egg white



Preheat to 350° degrees. Coat a 2-quart casserole dish with cooking spray and set aside. Fill half of a large pot with water. Bring to a boil. Cut broccoli into large pieces. Add broccoli to boiling water. Boil for 1 minute. Remove from water, drain broccoli in a strainer. Set aside.

Set aside a heaping tablespoon of the grated cheese to top the casserole before baking. Blend cottage cheese with two tablespoons of water until smooth. Add the rest of the cheddar and blend another one to two minutes. Set aside. Beat egg white until frothy with hand mixer or fork in small bowl. Fold in the cottage cheese-cheddar mixture. Set aside.

In a medium frying pan, cook the broth and minced onion over medium heat. Stir until onion looks clear, about 3 minutes. Add flour, cooking and stirring constantly to prevent burning, about 3 minutes. Add cheese-egg white mixture until they cheddar looks melted. Fold this onion-cheese-egg white mixture into the bowl of chopped broccoli.

Pour the broccoli-cheese mixture into the sprayed casserole dish, sprinkle with paprika for color, top with the reserved heaping tablespoon grated cheddar and bake uncovered for 35 minutes.

Nutrition Facts Per Serving: 77 Calories, 3 g Total Fat, 27 Calories from Fat, 2 g Saturated Fat, 10 mg. Cholesterol, 216 mg. Sodium. **Recipe Variation:** For a colorful flair, mix together 1 pound of broccoli with 1 pound of cauliflower and follow the recipe as indicated above. You can also add 2 tablespoons of pimentos to the cheese mixture just before combining it with the broccoli and cauliflower.

Nutrition Tip: "This recipe will make a colorful addition to your Thanksgiving table. Your family will never believe how delicious a healthy dish rich in vitamins A and C can be."
Sandy Wales, Health Educator Assistant

Brussels Sprouts With Balsamic Vinegar [\(Print Version\)](#)

Serves 8, Preparation time & Cooking Time: 20 minutes

1½ pounds of fresh Brussels sprouts
1½ Tbs. olive oil
2 cloves garlic, peeled and chopped fine
1 cup finely chopped yellow onion
¼ cup balsamic vinegar
1/8 tsp. salt



Trim off the stem and remove any limp leaves from the Brussels sprouts.

Boil Brussels sprouts in salted water with cover for 5 minutes. Remove from heat. Drain.

In a large non stick skillet, heat oil, garlic and onion over medium heat. Sauté a few minutes until the onion becomes tender. Add Brussels sprouts and cook for a few minutes.

Add vinegar and toss so that all Brussels sprouts are coated.

Nutrition Facts Per Serving: 72 Calories, 3 g Total Fat, 27 Calories from Fat, 57 mg Sodium, not a significant source of Saturated Fat or Cholesterol.

Nutrition Tip: "Balsamic vinegar adds a tangy robust flavor to a traditional holiday vegetable recipes. Use it in salad dressings, pastas, sauces, and vegetables. Try it in a tuna salad instead of mayonnaise or Italian bread instead of butter. Balsamic vinegar is becoming more popular and is now available in your grocery stores."
Sandy Wales, Health Educator Assistant

Green Bean Casserole [\(Print Version\)](#)

Serves 10, Preparation time: 10 minutes
Baking time: 50 minutes

30 oz. package of frozen, French-cut green beans
1-10 ¾ oz. can cream of mushroom soup, low sodium
½ cup fat free sour cream
nonstick cooking spray
¼ tsp. black pepper
2 Tbs. Italian bread crumbs
2 Tbs. grated Parmesan cheese



Preheat oven to 350° F. Prepare a 2-quart casserole dish with cooking spray; set aside.

In a mixing bowl, combine green beans, mushroom soup, sour cream, and pepper. Place green bean mixture into prepared 2-quart casserole dish.

Combine cheese and bread crumbs in a small bowl. Sprinkle over the green beans.

Bake for 50 minutes or until top is lightly browned.

Nutrition Facts Per Serving: 61 Calories, 2 g Total Fat, 18 Calories from Fat, 1 g Saturated Fat, 70 mg Sodium , not a significant source of Cholesterol.

Green Beans With Bits [\(Print Version\)](#)

Serves 8, Preparation time: 20 minutes

2-16 oz. can green beans, drained
1 Tbs. rice vinegar
1 Tbs. dried onion
1 Tbs. water
¼ tsp. black pepper
2 tsp. bacon flavored soy bits



Place water in bowl with dried onion and let sit 5-10 minutes. Add remaining ingredients and mix well. Serve hot or cold.

Nutrition Facts Per Serving: 21 Calories, 313 mg Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

Seasoned Green Beans [\(Print Version\)](#)

Serves 12, Preparation time: 20 minutes
Cooking time: 25 minutes

2 pounds fresh green beans, stem end trimmed
2 cups chicken broth
¼ tsp. black pepper
2 cups sliced fresh mushrooms
1½ cups finely chopped onion



Wash beans; trim ends, and remove strings. Cut beans into 1 and ½-inch pieces. Combine beans, broth, and remaining ingredients in a saucepan. Bring to a boil; cover, reduce heat, and simmer 25 minutes or until beans are tender, stirring occasionally.

Nutrition Facts Per Serving: 38 Calories, 172 mg Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

Spinach Sauté [\(Print Version\)](#)

Serves 8, Preparation time: 20 minutes
Cooking time: 10 minutes

½ of a 16 oz. package of frozen spinach (8 oz.)
1 cube chicken broth
2/3 cup of water
½ tsp. black pepper
1 medium onion, cut in strips
2 medium tomatoes, sliced, cut in strips
½ tsp. Seasoning Salt Substitute
2 cloves minced garlic
1 cup sliced mushrooms
2 Tbs. dried parsley
½ tsp. basil
½ tsp. dried oregano



Combine the spinach, chicken broth cube, and water in a frying pan. Cover and cook on medium heat. The cube will dissolve while cooking. Braise spinach for 5 minutes.

Add all other ingredients to the spinach and simmer covered for another 5 minutes. Stir occasionally to mix flavors.

OPTIONS: Add other vegetables that cook quickly like celery, corn, or carrots.

Nutrition Facts Per Serving: 29 Calories, 171 mg Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

Nutrition Tip: "This is a spicy blend of vegetables and herbs guaranteed to please the entire family. It's a tasty side dish, but can be served with rice for a delicious vegetarian entrée"
Diane Wayne, MS, RD

Yummy Mashed Potatoes [\(Print Version\)](#)

Serves 8, Preparation time: 15 minutes
Baking time: 1 hour and 15 minutes

8 russet potatoes, medium sized (buy one for every person)
2 Tbs. light tub margarine spread
½ cup skim milk
¾ teaspoon salt



Scrub, and rinse potatoes. Pierce each several times with a fork and bake in a 400° F oven for 1 hour. (Use no foil. Don't even bother with a dish!)

Take the potatoes out of the oven when they are soft. Use pot holders to protect your hands.

Cut the potatoes down the middle. Scoop out the insides into a bowl. Mash with a large fork or a potato masher. Add the margarine and salt. Mash some more. Stir in milk. Serve warm.

Nutrition Facts Per Serving: 135 Calories, 2 g Total Fat, 18 Calories from Fat, 231 mg Sodium, not a significant source of Saturated Fat or Cholesterol.

Adapted from Guerilla Cooking-The Survival Manual for People Who Don't Like to Cook or Don't Have Time to Cook. By Mel Walsh. Wyatt Books, N.Y., 1996.

Holiday Fruit Salad ([Print Version](#))

Serves 8, Preparation time: 25 minutes

¼ cup sugar
4 tsp. cornstarch
2 Tbs. lemon juice

4 medium oranges, peeled and cut in chunks
¾ cup celery, sliced
1- 13¼ oz. can pineapple chunks in light syrup, drained, reserve ½ cup syrup
1 cup seedless grapes, cut in half
1 small head lettuce, (optional)
½ cup walnuts, coarsely chopped

To make dressing, combine in a small sauce pan sugar and cornstarch. Stir in reserved ½ cup pineapple syrup. Cook and stir over medium heat until thick and bubbly. Cook 1 minute more. Remove from heat. Stir in lemon juice and then chill the dressing.

Combine pineapple, oranges, grapes, celery and walnuts. Toss with the chilled dressing. Serve on lettuce-lined plates (optional).

Nutrition Facts Per Serving: 149 Calories, 5 g Total Fat, 45 calories from Fat, 1 g Saturated Fat, 12 mg Sodium, not a significant source of Cholesterol.

Nutrition Tip: "Move over Waldorf salad. This fat free dressing enhances the flavor of the fruits and makes this salad a light alternative to a traditional high calorie salad."

Sandy Wales, Health Educator Assistant



Accompaniments

Mushroom Gravy
Basic White Sauce
Wheat Biscuit

Mushroom Gravy ([Print Version](#))

Serves 8, Preparation time: 20
Simmering time: 30 minutes

½ cup finely sliced celery
½ cup chopped carrots
½ cup chopped onion
3 cloves of garlic, peeled
a pinch of dried sage
nonstick cooking spray
2 - 14 oz. cans of fat free chicken broth
1 package dried mushrooms (.35 oz.)
¼ cup all-purpose white flour
¼ tsp. hot pepper sauce
a pinch of dried thyme



Coat a large nonstick saucepan with cooking spray. Add celery, carrots, onions, garlic, sage and thyme. Cover and cook, stirring occasionally, over medium heat for 10 minutes. Add broth and mushrooms. Cover and simmer 30 minutes.

Using a slotted spoon, remove the mushrooms. Chop mushrooms finely. Set aside.

Pour gravy mixture into a blender, add flour and puree.

Return mixture to the pan. Add hot sauce and mushrooms. Reheat to a boil. Serve warm.

Nutrition Facts Per Serving: 41 Calories, 88 mg Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

Nutrition Tip: "A perfect topping for mashed potatoes and turkey. This gravy is so flavorful you won't miss the traditional gravy that is high in fat. You can make it ahead of time and not fuss with the turkey drippings. It has such a wonderful bouquet you might want to use it as a stock for soups as well."

Sandy Wales, Health Educator Assistant

Basic White Sauce [\(Print Version\)](#)

Serves 8, Preparation time: 10 minutes
Cooking time: 30 minutes

2 cups 1% milk
1 Tbs. light tub margarine spread
1½ Tbs. all purpose flour
1/8 tsp. salt

Put the milk in a saucepan on low heat, stir often and bring to a boil. Be careful to not burn the bottom. Turn heat down and simmer.



In another saucepan, melt the margarine and add the flour, stirring constantly. Cook for 3 minutes. Do not brown the flour. Remove from heat.

Add the simmering milk to the flour and margarine mixture. Add the milk all at once, stirring constantly with a wire whisk.

Put the sauce back on low heat and cook slowly, stirring occasionally for about 30 minutes until sauce is thickened. Season with salt. If there are lumps in the sauce, put it in the blender.

Nutrition Facts Per Serving: 35 Calories, 2 g Total Fat, 18 Calories from Fat, 1 g Saturated Fat, 73 mg Sodium, not a significant source of Cholesterol.

Nutrition Tip: "Examples of traditional Thanksgiving recipes that call for a white sauce include creamed onions, creamed peas and green bean casseroles. By using this low fat sauce in your recipe you can save the fat and still serve your family the foods they expect on Thanksgiving." Sandy Wales, Health Educator Assistant

Wheat Biscuit [\(Print Version\)](#)

Serves 16 - 1 biscuit each, Preparation time: 20 minutes
Baking time: 10-12 minutes

2 cup all-purpose white flour
1 cup whole wheat flour
1 Tbs. baking powder
1 Tbs. sugar
1 cup skim milk
½ tsp. salt
¼ cup vegetable oil
nonstick cooking spray



In medium mixing bowl, combine flours, baking powder, sugar and salt. Add milk and oil to dry mixture and stir until dough clings together.

Note-If you do not have whole wheat flour, you may use all-purpose white flour for the entire recipe.

Knead on lightly floured surface 10-12 times. Pat or roll dough to $\frac{1}{2}$ - $\frac{3}{4}$ inch thickness. Press a beverage glass into dough to make 2-inch circles. Place biscuits $\frac{1}{2}$ inch apart on baking sheet.

Bake at 450° F for 10-12 minutes.

Nutrition Facts Per Serving: 121 Calories, 4 g Total Fat, 36 Calories from Fat, 1 g Saturated Fat, 119 mg Sodium, not a significant source of Cholesterol.

Nutrition Tip: "Whole wheat breads are more nutritious than white breads. During the process of refining the wheat the bran is removed. Wheat bran is a valuable source of many B-vitamins including folic acid. For better family health choose whole wheat bread instead of white bread. Some bread can be brown and called 'wheat bread' by the manufacturer, but is not made from whole wheat flour. It's important to check the ingredients found on the bread label. The first ingredient should be whole wheat flour instead of enriched flour."

Julie Mortimore, RD

Desserts

Frozen Pumpkin Yogurt Pie
Graham Cracker Crust
Peanut Brittle-Apple Crisp
Persimmon Cookies
Pumpkin Bread Pudding
Pumpkin Cheesecake

Frozen Pumpkin Yogurt Pie ([Print Version](#))

Serves 10, Preparation time: 20 minutes
Freeze time: 6 hours

$\frac{3}{4}$ cup canned pumpkin
 $\frac{1}{4}$ cup honey
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{4}$ tsp. ground ginger
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{8}$ tsp. nutmeg
 $\frac{1}{8}$ tsp. ground cloves
1 quart vanilla nonfat frozen yogurt-softened
1 baked 9-inch Graham cracker crust (see recipe below)
whipped topping (optional)



Combine pumpkin, honey, cinnamon, ginger, salt, nutmeg and cloves in a mixing bowl and blend well. Add frozen vanilla yogurt and blend well. Pour into pie shell. Freeze for six hours.

Cut into 10 pieces. Garnish with light whipped topping if desired.

Nutrition Facts Per Serving (without whipped topping): 268 Calories, 7 g Total Fat, 63 Calories from Fat, 1 g Saturated Fat, 293 mg Sodium, not a significant source of Cholesterol.

Graham Cracker Crust

Serves 10, Total Preparation & Cooking Time: 35 minutes

2 cups graham cracker crumbs (about 15 double crackers, pulverized in a blender)
1/3 cup light tub margarine spread at room temperature
nonstick cooking spray
9 inch pie plate

Lightly spray pie plate with nonstick cooking spray. In a mixing bowl, combine cracker crumbs and margarine until moist. Press into pie plate.

Bake at 350° F for 10 minutes. Let cool. Chill in refrigerator. Fill.

Nutrition Facts Per Serving (for crust only): 136 Calories, 7 g Total Fat, 63 calories from Fat, 1 g Saturated Fat, 183 mg Sodium, not a significant source of Cholesterol.

Peanut Brittle-Apple Crisp (Print Version)

Serves 8, Preparation time: 25 minutes
Baking time: 40 minutes

1/2 cup all-purpose flour
1/4 cup brown sugar, packed
1/4 cup granulated sugar
1/8 tsp. salt
1/2 cup coarsely broken peanut brittle (about 2 ounces)
1/4 cup light tub margarine spread, chilled, cut into small pieces
7 cups Granny Smith apples (about 2 pounds), peeled and sliced
3 Tbs. orange marmalade
2 cups nonfat vanilla frozen yogurt



Preheat oven to 375° F. Combine flour, sugars, and salt in a bowl. Cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal. Add peanut brittle, stirring to combine.

Arrange apples in a 9 inch baking dish. Spoon marmalade over apples. Sprinkle flour mixture over marmalade.

Bake at 375° F for 40 minutes. Serve warm. Top each with 1/4 cup frozen yogurt.

Nutrition Facts Per Serving: 265 Calories, 6 g Total Fat, 54 Calories from Fat, 1 g Saturated Fat, 165 mg Sodium, not a significant source of Cholesterol.

Recipe from Cooking Light The Magazine of Food and Fitness Southern Living, Inc.- October 1998, page 121.

Persimmon Cookies [\(Print Version\)](#)

Serves 18 (2 cookies each), Preparation time: 25 minutes
Baking time: 12-15 minutes

1 cup persimmon pulp
1 tsp. baking soda
1 cup sugar
¼ cup stick margarine
1 egg, beaten
1 cup whole wheat flour
½ cup chopped walnuts
1 cup all-purpose flour
1 cup raisins
½ tsp. salt
½ tsp. cloves
1 tsp. cinnamon
½ tsp. nutmeg



Beat pulp, soda, sugar and margarine until creamy. Add egg. Sift together flours and spices. Add to pulp mixture. Blend well.

Add raisins and walnuts. Drop by teaspoon onto ungreased cookie sheet. Bake at 375° for 12-15 minutes.

Nutrition Facts Per Serving: 178 Calories, 5 g Total Fat, 45 Calories from Fat, 1 g Saturated Fat, 10 mg Cholesterol, 164 mg Sodium.

Nutrition Tip: "These dessert recipes in this cookbook have been modified to reduce the amount of added sugar and fat. In many dessert recipes the amount of sugar and fat can usually be reduced by 1/3."

Julie Mortimore, RD

Recipe courtesy of San Bernardino County Cooperative Extension.

Pumpkin Bread Pudding [\(Print Version\)](#)

Serves 8, Preparation time: 20 minutes
Baking time: 1 hour 15 minutes

1¼ cups of nonfat milk
1 -16 oz. can or 1¾ cup mashed, cooked pumpkin
1 apple, peeled, cored, finely chopped (optional)
¼ tsp. ground cloves
2 tsp. ground cinnamon
½ cup firmly packed brown sugar
1 tsp. ginger
nonstick cooking spray
½ cup raisins (optional)
2 eggs lightly beaten



1 tsp. vanilla
4 cups or 8 slices (1 oz. each) of
raisin bread, cut into ½" cubes

Combine all the ingredients except the bread in a large bowl, stir well with a wire whisk or large fork. Add bread; stir well.

Pour mixture into a shallow 2 quart casserole dish (9 x 13) coated with cooking spray.

Bake at 350° degrees for 1 hour 15 minutes or until set. If using a glass dish, reduce oven temperature to 325° degrees. Cool on wire rack. Serve warm or at room temperature.

Nutrition Facts Per Serving: 183 Calories, 2 g Total Fat, 18 Calories, 1 g Saturated Fat, 47 mg Cholesterol, 136 mg Sodium.

Nutrition Tip: "This bread pudding was quick to put together, low fat and really delicious."
Jeanne Silberstein, MPH, RD

Pumpkin Cheesecake [\(Print Version\)](#)

Makes 2 pies, serves 18, Preparation time: 30 minutes
Baking time: 1 hour and 20 minutes

1- 24 oz. container of nonfat cottage cheese
1 -12 oz. tub of light cream cheese (cold)
2 medium eggs, beaten lightly
1 -15 oz. can solid-pack pumpkin (about 1¾ cups)
¼ cup packed light brown sugar
1 tsp. vanilla
2 Tbs. cornstarch
1 tsp. cinnamon
1/8 tsp. nutmeg
½ tsp. ginger
2 Graham cracker crust shells (See recipe below.)
Toppings (See below.)



Preheat oven to 325° degrees. Whirl the cottage cheese in a blender or food processor for 2 minutes. Add the cream cheese and blend for 5 minutes stopping to scrape down the sides 3 to 4 times.

In large bowl beat eggs and sugar together. Stir in pumpkin using a fork. Add the cream cheese mixture and mix well. Remove ½ cup of this mixture to work in the cornstarch, vanilla, and spices until there are no lumps. Pour the cornstarch-spice mixture back into the large bowl and mix well.

Pour one half of the pumpkin-cream cheese-spice mixture into each of two pans. Bake for one hour and 20 minutes or until top looks set (center may jiggle and crack). Shut off oven. Cool completely on wire rack.

Cover and refrigerate in pan at least 6 hours or up to 4 days. To serve, run knife around cake. Place on serving plate. Choose topping.

Nutrition Facts Per Serving Cheesecake with crust (no topping): 180 Calories, 5 g Total Fat, 45 Calories, 2 g Saturated Fat, 30 mg Cholesterol, 306 mg Sodium.

Cheesecake Graham Cracker Crust

Makes 2 pies, Total Preparation time: 10 minutes
Baking time: 7 minutes

20 whole Graham crackers (pulverized in a blender)
½ cup light tub margarine
nonstick cooking spray

Preheat oven to 375° degrees.

In a mixing bowl, combine cracker crumbs and margarine until moist. Spray two 8 inch springform or pie pans with nonstick cooking spray. Coat the pans with the crumbs and press down gently. Press the rest of the crumbs to the sides of the pan about one quarter of the way up.

Bake in preheated 375° degree oven for 7 minutes. Cool.

Nutrition Facts for crust Per Serving: 62 Calories, 4 g Total Fat, 36 Calories from Fat, 1 g Saturated Fat, 92 mg Sodium, not a significant source of Cholesterol.

Cheesecake Toppings

Pineapple Topping

Total preparation & cooking time: 15 minutes, Makes enough for 2 pies

1-20 oz. can of pineapple tidbits in its own juice
¼ cup sugar

Take out 1 cup of pineapple tidbits with a slotted spoon or fork and set aside. Blend the remaining pineapple, juice and sugar. Cook over high heat for 10 minutes until thick. Remove some of the foam with a slotted spoon. Stir only once or twice to prevent burning.

Take off burner and cool. Just before serving cheesecake, arrange the remaining pineapple tidbits over the two cheesecakes in circles. Top with the glaze.

Nutrition Facts Per Serving: 30 Calories, not a significant amount of Fat, Saturated Fat, Cholesterol, or Sodium.

Pecan Variation

Instead of the pineapple topping, the pumpkin cheesecake can be garnished with pecans. Toast about 1 oz. or 20 pecan halves on a foil lined cookie sheet one inch apart for 3 to 5 minutes in a 350° degree oven. Cool. Arrange around the edge of the two cheesecakes so each slice has one pecan half.

Nutrition Facts Per Serving: 11 Calories, 1 g Total Fat, 9 Calories from Fat, not a significant amount of Saturated Fat, Cholesterol, or Sodium.

“Festive Family Thanksgiving Cookbook”

Cranapple - Cinnamon Hot Cider

Serves 10 1-cup servings, Preparation time 3 minutes

1 quart apple juice or cider

1 quart cranberry juice

3 cinnamon sticks

Crock-pot preferable (can use large pasta pot or stock pot on stove top)

Combine apple and cranberry juices. Add cinnamon sticks. Bring to boil. Reduce heat and simmer. Serve hot.

Nutrition Facts Per Serving: 104 Calories, 5 mg. Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.



“Festive Family Thanksgiving Cookbook”

Hot Spicy Cider

Serves 11 1 - cup servings, Preparation time 10 minutes
Simmering time 30 minutes plus 2 quarts apple cider

2 quarts apple cider	3 cinnamon sticks
40 whole cloves	1 tsp. nutmeg
½ cup brown sugar	2 cups orange juice
¼ cup fresh lemon juice (about 2 squeezed lemons)	2 strips orange peel
Cheesecloth or tea ball to hold spices	Crock pot preferable (can use a large pasta pot or stock pot on stove top)

Put cinnamon sticks and whole cloves in a cheesecloth or tea ball and immerse in the apple cider. Add nutmeg and brown sugar. Stir.

Simmer cider mixture for 30 minutes or longer. Add juices and orange peel. Serve hot.

Nutrition Facts Per Serving: 132 Calories, 9 mg Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

Nutrition Tip:

“Start this before your guests arrive. If using a crock-pot, start cooking at high temperature, then reduce to low as soon as it boils. It will make your house smell wonderful.”

Julie Mortimore, RD



“Festive Family Thanksgiving Cookbook”

Fruit Platter

Serves 8, Preparation time 15 minutes

2 large red or green apples, unpeeled	¼ cup citrus fruit juice
1 large pear	½ dozen dates (optional)
1 bunch of seedless grapes	persimmons (optional)
2 tangelos	

Wash and dry all fruit. Core apples and pear, slice into bite size wedges, dip lightly into juice, and arrange on tray. Peel tangelos and place on tray along with grapes and dates. Place persimmons whole on tray.

Nutrition Facts Per Serving: 131 Calories , 1 g Total Fat,9 Calories from Fat, 2 mg. Sodium, not a significant source of saturated fat, or cholesterol.

Nutrition Tip:

”The use of vegetable and fruit platters as an appetizer is ideal because you can catch your family at their hungriest and offer them a vitamin and fiber rich snack. This will take the edge off their appetite and help avoid overindulgence at mealtime.”

Julie Mortimore, RD



“Festive Family Thanksgiving Cookbook”

Vegetable Platter with Onion Dip

Vegetable Platter

Serves 8, Preparation time 20 minutes

2 large carrots	1 small cauliflower or broccoli head
2 celery stalks	1 medium cucumber, peeled or unpeeled
1 dozen cherry tomatoes or 1 small bunch of radishes	

Onion Dip

Serves 8, Preparation time 5 minutes, Chill time 2 hour

1 cup nonfat sour cream	1 Tbs. dried onion flakes
½ Tsp. garlic powder	¼ tsp. salt

Mix all dip ingredients together and chill for at least 2 hours. Scrub vegetables and then cut and slice then into pieces and place decoratively on a platter. When guests arrive serve the Vegetable Platter with Onion Dip as an appetizer.

Vegetables

Nutrition Facts Per Serving: 20 Calories, 19 mg. Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

Onion Dip

Nutrition Facts Per Serving: 33 Calories , 89 mg. Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.



“Festive Family Thanksgiving Cookbook”

Turkey

5 Easy Steps To A Safe And Delicious Turkey

1. Selecting the turkey:

Use ½ to 1 pound per person for serving sizes of 3 ounces and 2-3 days of leftovers. Pre-basted turkeys have more fat and are not suggested.

2. How to defrost safely:

Defrost the turkey in the refrigerator. Allow 1 day for every 5 pounds of turkey to thaw. Place turkey on the bottom shelf of the refrigerator on a large plate to catch drippings. If the turkey is not thawed by Thanksgiving, it may be defrosted in cold water in its airtight packaging or in a leak-proof bag. Submerge the bird in cold water, changing the water every 30 minutes to be sure it stays cold. Never defrost a turkey by leaving it on the counter.

3. Preparation:

This is what you need to have: shallow baking pan, aluminum foil, thermometer, carving knife. For safety and uniform cooking, a stuffed turkey is not recommended. If you do choose to stuff the turkey, place the stuffing in the turkey right before cooking. Never stuff a turkey in advance.

Remove the giblets and neck from the body and neck cavities. Rinse turkey well inside and out. Tuck wing tips under the back of bird. Place the turkey breast side up in a shallow pan. If you like, add ½-cup water. If using an oven safe thermometer, place it deep into the lower part of the thigh next to the body, not touching the bone. If an instant-read thermometer is used, check the internal temperature periodically during the cooking. Cover the turkey with aluminum foil and place on the rack in a shallow baking pan. Remove the aluminum foil for browning during the last 30 minutes.

4. Cooking The Turkey:

Roast at 325° degrees F. Baste the turkey several times with the pan drippings. Always use a clean basting utensil each time the turkey is basted in order to prevent cross-contamination.

The turkey is fully cooked when the thigh’s internal temperature is 180° degrees F. The thickest part of the breast of the turkey should read 170° degrees F and the center of the stuffing should be 165° degrees F. If a thermometer is not available, pierce an unstuffed turkey with a fork in several places; juices should be clear with no trace of pink.

How long to cook the turkey:

Turkey Roasting Timetable	Unstuffed Turkey
8 to 12 pounds	2¾ to 3 hours
12 to 14 pounds	3 to 3¼ hours
14 to 18 pounds	3¾ to 4¼ hours
18 to 20 pounds	4¼ to 1½ hours
20 to 24 pounds	4½ to 5 hours
Stuffed Turkeys - Add ¼ to ½ hour to times listed above.	



“Festive Family Thanksgiving Cookbook”

Turkey

5 Easy Steps To A Safe And Delicious Turkey

5. Carving the Turkey:

Allow the turkey to stand for 20 minutes before carving. Place bird on a sturdy, even surface. Hold turkey firmly with fork, and cut downward making thin, even slices.

Food Safety Tips:

Watch for cross-contamination. Cross-contamination occurs whenever raw meat and meat juices come into contact with other foods. Cooked food must not be placed on an unwashed plate, cutting-board, or counter that previously held raw meat.

Immediately wash all utensils that have touched raw meat or meat juices before using on any other food. Remember to wash in hot, soapy water cutting boards and utensils used throughout preparation.

According to food safety experts, a thermometer is the only reliable way to determine if the turkey is completely cooked. To be safe, meat must be cooked to an internal temperature high enough to destroy any harmful bacteria.

Questions on food safety can be answered by calling the USDA Meat and Poultry Hotline at (800) 535-4555 or California Department of Food and Agriculture’s Consumer Information Hotline at (800) 675-2427. The USDA Website on food safety is <http://www.fsis.usda.gov/>

3 oz. of White Meat without Skin

Nutrition Facts Per Serving: 134 Calories, 3 g Total Fat, 27 Calories from Fat, 1 g Saturated Fat, 59 mg Cholesterol, 54 mg Sodium.

3 oz. White Meat with Skin

Nutrition Facts Per Serving: 167 Calories, 7 g Total Fat, 63 Calories from Fat, 2 g Saturated Fat, 65 mg Cholesterol, 54 mg Sodium.

3 oz. of Dark Meat without Skin

Nutrition Facts Per Serving: 159 Calories, 6 g Total Fat, 54 Calories from Fat, 2 g Saturated Fat, 72 mg Cholesterol, 67 mg Sodium.

3 oz. of Dark Meat with Skin

Nutrition Facts per Serving: 188 Calories, 10 g Total Fat, 90 Calories form Fat, 3 g Saturated Fat, 76 mg Cholesterol, 65 mg Sodium.



“Festive Family Thanksgiving Cookbook”

Turkey

Tantalizing Leftover Turkey Ideas

Turkey leftovers round out family meals. After the dishes are cleared, slice off and remove all turkey from the bone and store in plastic wrap or airtight containers. Cooked leftover turkey will keep for up to 5 days in the refrigerator. But it will be long gone before that with these delicious recipes!

Try these fresh ideas:

Pack up a picnic lunch with turkey sandwiches and head off to a local park with the family.

Cold Turkey Salad Sandwich: Cut turkey meat into cubes. Add reduced fat mayonnaise, chopped celery, chopped red apples, salt and pepper. Variation: Add curry powder and raisins instead of apples. Serve on whole wheat bread or pita pocket.

Go for an afternoon walk or bike ride with the family and come home for a warm, hearty turkey soup or pozole.

Turkey Soup: Combine chopped turkey, chicken broth or water, spices and chopped vegetables. Bring to a boil. Lower heat, cover and cook until vegetables are done. Add curry powder for a new taste. Combine chopped turkey, chicken broth or water, spices and chopped vegetables. Bring to a boil. Lower heat, cover and cook until vegetables are done. Add curry powder for a new taste.

Pozole: Brown about 2 cups chopped turkey and minced onion in a skillet. Transfer to a soup pot and add a large can of hominy, chopped green or red chilies, water or chicken broth, a pinch of salt and pepper. Add additional chopped vegetables and spices as desired. Bring to a boil; cover and simmer over low heat for 1 hour. Serve with lime wedges and cilantro. Variation: About 5 or 10 minutes before serving add a pound of fresh or frozen spinach and mix and cook until heated.

More ideas:

Turkey Burritos or Tacos: Combine warmed shredded turkey with salsa and reduced fat cheese. Wrap in a flour or warmed corn tortilla.

Day After Pie: Cook a butternut squash, peel and cut into chunks. Process in blender until smooth with a small can of evaporated skim milk and 2 eggs. Add ¼ cup of left over cranberry sauce, a pinch of salt and pepper, and fresh or dried sage. Spread about 1 cup of shredded turkey in the bottom of a pie crust. Pour squash mixture over turkey and top with ¼ cup of shredded Parmesan cheese. Bake in a 350° degree F oven for 40 minutes or until a knife inserted comes out clean.



“Festive Family Thanksgiving Cookbook”

Country Homemade Stuffing

Serves 8, Preparation time 35-40 minutes
Bake time 45-55 minutes, 7-8 slices white bread

7-8 slices wheat bread (It is important to use the correct amount of bread crumbs. If the bread you use is of larger than usual size, use a total of 10-11 slices for a total of 8 cups.)

½ cup yellow onion, finely minced

1 tsp. dried sage

½ tsp. thyme

¼ cup parsley, chopped

1 cup shredded carrots (5 oz. or 12 baby carrots)

2 oz. or ½ cup toasted walnuts, chopped

nonstick vegetable spray

7-8 slices white bread

7-8 slices white bread

1 cup celery, diced

½ cup green onions, top and bulb chopped

¼ tsp. black pepper

1 cup green pepper, chopped

2 cups canned chicken broth, low sodium, fat free

1 Tbs. light tub margarine, melted

Preheat oven to 375° degrees Fahrenheit. Place bread slices in oven and bake 5-7 minutes, turn slices over, bake another 5-7 minutes, or until toasted on both sides. Be VERY careful not to burn the bread. Then using a serrated bread knife cut the slices into small crumbs, about ¼ to ½ inch. Measure yield, it should be 8 cups of bread crumbs. Place all bread crumbs into a large mixing bowl and set aside. Reset oven at 325° and continue to preheat.

Using a large skillet, cover and cook the celery, onions, parsley, and green pepper in ½ cup of the chicken broth plus ½ cup water until tender, about 5 minutes. Then remove from heat.

Toast walnuts in a dry skillet for 1 to 2 minutes being careful that they do not burn. Remove and place in a paper towel, crush with the side of a large rolling pin or other metal pan. The yield should be ½ cup. Set aside. (continued)



“Festive Family Thanksgiving Cookbook”

Stir spices evenly into vegetable mixture. Then gently blend this mixture into the large bowl containing the bread crumbs making sure the crumbs are also evenly coated. Add the remaining 1½ cups of chicken broth. Mix completely then fold in the toasted walnuts.

Coat a 2-quart casserole dish with vegetable spray. Spoon stuffing into dish. Drizzle margarine over the top of the stuffing. Cover and bake at 325° for 45-55 minutes or until golden & crispy.

Nutrition Facts Per Serving: 238 Calories, 8 g Total Fat, 72 Calories from Fat, 1 g Saturated Fat, 386 mg. Sodium, not a significant source of Cholesterol.



“Festive Family Thanksgiving Cookbook”

Cranberry Walnut Stuffing

Serves 10, Preparation and cooking time 40 minutes

1½ cups finely sliced celery	1½ cups minced onion
1 Tbs. light tub margarine spread	1 cup low sodium, fat free chicken broth
½ cup finely chopped parsley	½ tsp. ground sage
1 tsp. thyme	½ tsp. ground pepper
½ cup hot water	1-10 oz. package (about 8 cups) herb seasoned bread cubes for stuffing
½ of a 16 oz. can whole berry cranberry sauce, liquefied (this is ½-¾ cup sauce)	½ cup chopped walnuts

In a large pot, simmer celery and onion in margarine and broth until tender. Set aside.

Add seasonings and ½ cup hot water to celery mixture. Stir in bread cubes to celery-onion mixture until evenly moistened.

In a small saucepan, over low heat, add 1 Tbs. of water to cranberry sauce and melt until it is a liquid consistency. Drizzle carefully over stuffing. Be careful not to add too much cranberry sauce because the stuffing can become too sweet.

Sprinkle with walnuts. Stir to evenly mix.

Cover and let sit on low heat for 20 minutes, stirring occasionally.

Nutrition Facts Per Serving: 185 Calories, 6 g Total Fat, 54 Calories from Fat, 1 g Saturated Fat, 671 mg. Sodium, not a significant source of Cholesterol



“Festive Family Thanksgiving Cookbook”

Healthy Corn Stuffing

Serves 10, Preparation time 30 minutes, Baking time 30 minutes

2 cups chicken broth, low sodium, low fat	2 garlic cloves, minced
½ cup green onions, top and bulb, chopped	2 stalks celery, chopped
½ cup white onion, finely minced	1 - 9 oz. can whole corn, drained
½ cup or 2 oz. walnut pieces, chopped	½ cup raisins, unpacked
½ cup water	2 - 6 oz. packages cornbread stuffing mix or 1 -12 oz. package
tsp. sage	½ tsp. thyme
¼ tsp. pepper	nonstick vegetable spray

Put the chicken broth and minced garlic into a large pasta pot. Bring to a boil. Throw in the green onions and celery. Let them simmer for 4 minutes, or just until beginning to soften. Remove from heat. Add white onions, corn, walnuts, and raisins. Stir. Add the stuffing and water. Mix again gently.

Add spices. Most corn bread stuffing is highly seasoned and requires no additional seasoning. Others need a flavor boost.

Bake it in a 2-quart casserole dish coated with vegetable spray for 30 minutes at 325° degrees.

Nutrition Facts Per Serving: 288 Calories, 6 g Total Fat, 54 Calories from Fat, 1 g Saturated Fat, 564 mg. Sodium, not a significant source of Cholesterol.

Adapted from Guerilla Cooking-The Survival Manual for People Who Don't Like to Cook or Don't Have Time to Cook. By Mel Walsh. Wyatt Books, N.Y., 1996.



“Festive Family Thanksgiving Cookbook”

Candied Yams

Serves 8, Preparation time 25 minutes, Bake time 20 minutes

4 cups or 4 medium yams	¼ cup brown sugar, packed
1 tsp. all purpose flour	¼ tsp. salt
¼ tsp. ground cinnamon	¼ tsp. ground nutmeg
½ tsp. orange peel	1 tsp. light tub margarine spread
1 tsp. orange juice	

Preheat oven at 350° degrees Fahrenheit.

Cut yams in half and boil on stove until tender but firm (about 20 minutes). Peel and slice into ¼ inch thickness when cool enough to handle. Combine sugar, flour, salt, cinnamon, nutmeg and grated orange peel. Place half of the sliced yams in a medium sized casserole dish. Sprinkle with half the spice mixture. Dot with half the margarine. Layer the remaining yams, spice mixture and margarine in the same order as above. Pour orange juice over the top. Bake uncovered in a preheated oven at 350° for 20 minutes.

Nutrition Facts Per Serving: 111 Calories , 1 g Total Fat , 9 Calories from Fat , 82 mg. Sodium, not a significant source of Saturated Fat, or Cholesterol.

Nutrition Tip:

”Yams are a tradition at Thanksgiving. Many recipes are laden with fat and calories. This dish adds color and flavor to your meal without the fat and calories.”

Sandy Wales, Health Educator Assistant



“Festive Family Thanksgiving Cookbook”

Candied Yams with Apples and Raisins

Serves 8, Preparation Time 30 minutes, Cooking Time 15 minutes

4 cups or 1½ pounds of yams	3½ cup (or 3) tart apples
1 cup apple juice	¾ cup raisins
½ cup applesauce	½ tsp. cinnamon
¾ tsp. ginger	1/8 tsp. allspice (optional)
1/8 tsp. nutmeg (optional)	

In a medium saucepan, cook unpeeled yams in boiling water for 20 minutes or until a knife slips through easily. They should be tender, not mushy. Set aside to cool.

Peel, core, slice the apples into ½ inch pieces and place in a medium saucepan with the apple juice, applesauce, raisins, and all spices. Cover and cook until apples soften, about 3 to 5 minutes. Uncover and reduce heat. Simmer a few minutes longer. Remove pan from hot burner.

Peel and slice the cooked yams into 1- inch cubes. Add to the apple-raisin mixture. Gently mix and heat thoroughly about 5 to 7 minutes. Serve warm.

Nutrition Facts Per Serving: 180 Calories , 1 g Total Fat , 9 Calories from Fat, 14 mg. Sodium, not a significant source of Saturated Fat, or Cholesterol

Nutrition Tip:

“Yams and sweet potatoes have beta carotene. Eating foods with beta carotene and other anti-oxidant nutrients— vitamins C, E, and selenium— could help prevent certain cancers, heart disease, and vision problems. Dark green, red, yellow and orange foods usually have beta carotene. Select vegetables and fruit such as yams, carrots, tomatoes, winter squash, spinach, greens, strawberries and mangoes for better health.”

Paula Benedict, MPH, RD



“Festive Family Thanksgiving Cookbook”

Candied Yams With Pineapples And Dates

Serves 8, Preparation time 30 minutes, Cooking Time 15 minutes

4 cups or 1½ pounds of yams, cooked, peeled, cubed

1 lb. 4 oz. can of crushed pineapple in its own juice

1 cup chopped dates

½ tsp. ginger

In a medium saucepan, cook yams in their skins in boiling water for 20 minutes or until a knife slips through easily. They should be tender, not mushy. Set aside to cool.

Pour can of pineapple into a medium saucepan with the dates and ginger. Cover and cook until dates soften, about 5 minutes. Uncover and reduce heat. Simmer a few minutes longer. Remove pan from hot burner.

Peel and slice the cooked yams into 1-inch cubes. Add to the pineapple-date mixture. Gently mix and heat thoroughly about 5 to 7 minutes. Serve warm.

Nutrition Facts Per Serving: 194 Calories , 13 mg. Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.



“Festive Family Thanksgiving Cookbook”

Cranberry-Apple Sauce

Serves 8, Preparation and Cooking Time 20 minutes

$\frac{3}{4}$ cup apple juice 1 - 16 oz can of whole berry cranberry sauce
 $\frac{1}{4}$ cup or 4 oz of applesauce 1 cup apple, peeled, cored, chopped finely

Combine all the ingredients in a medium saucepan and bring to a boil. Boil gently for 5 minutes, reduce heat and simmer for 15 more minutes. Remove from burner, cool and refrigerate.

Nutrition Facts Per serving: 109 Calories, 17 mg Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

Nutrition Tip:

“Apples complement the cranberries and furnish enough sweetness to make this traditional sauce without additional sugar. This can be made five days ahead and kept refrigerated.”
Jeanne Silberstein, MPH, RD



“Festive Family Thanksgiving Cookbook”

Cranberry Chutney

Serves 8, Total Preparation time 10 minutes

1-16 oz. can whole cranberry sauce	½ cup raisins
1 cup apple, peeled, diced	¼ tsp. cinnamon
¼ cup sugar	1 Tbs. vinegar
1/8 tsp. ginger	

Combine all ingredients in a saucepan. Cover and cook for 30 minutes on medium heat. Stir occasionally. It is ready when apples are tender and sauce has thickened.

Options: Add ½ cup diced pineapple and decrease the diced apples to ½ cup.

Nutrition Facts Per Serving: 147 Calories , 17 mg. Sodium , not a significant source of Fat, Saturated Fat, or Cholesterol.

Nutrition Tip:

“This recipe is a quick and delicious addition to your holiday meal. You’ll soon crave the spicy, low fat, crunchy cranberries after the holidays pass. When you choose Cranberry Chutney, it’s easy to eat healthy.”

Diane Wayne, MS, RD



“Festive Family Thanksgiving Cookbook”

Cranberry-Pineapple-Date Chutney

Serves 12, 1/3 cup portions, Preparation and Cooking Time 25 minutes

Zest from one lemon	¼ cup or 1 oz. walnuts
1 cup chopped dates	½ cup hot water
12 oz fresh cranberries, or 2 cups	1- 1 lb. 4 oz can of pineapple tidbits in its own juice
1 tsp. lemon juice	¼ tsp. ginger

Grate the rind of one lemon. Chop the rind into smaller pieces to make the zest.

Toast ¼ cup of walnuts about 2 minutes in a dry frying pan, stirring once or twice to prevent burning. Set aside.

Blend 1 cup of dates and ½ cup of hot water about 1 minute, some little pieces will remain. Heat dates, lemon zest, pineapple and juice in a medium saucepan until boiling. Add rinsed cranberries. Bring to a boil again, and boil gently for 10 minutes. Remove from heat and cool.

Chop toasted walnuts. Add the walnuts and ginger to the cranberry mixture, stir gently and refrigerate until ready to serve.

Nutrition Facts Per Serving: 101 Calories, 2 g Total Fat, 5 mg. Sodium, not a significant source of Saturated Fat or Cholesterol.

Nutrition Tip:

“There are striking contrasts in this chutney: astringent, tart, sour, sweet, soft and crunchy. This is an adventurous lift for a traditional Thanksgiving meal.”

Jeanne Silberstein, MPH, RD.



“Festive Family Thanksgiving Cookbook”

Broccoli-Cheese Casserole

Serves 8, Preparation time 30 minutes, Baking time 35 minutes

2 pounds fresh broccoli washed
and trimmed or 2 pounds frozen

¼ cup finely minced onion or 1Tbs. dried

1 Tbs. flour

½ cup fat free chicken broth

nonstick cooking spray

Preheat to 350° degrees. Coat a 2-quart casserole dish with cooking spray and set aside. Fill half of a large pot with water. Bring to a boil. Cut broccoli into large pieces. Add broccoli to boiling water. Boil for 1 minute. Remove from water, drain broccoli in a strainer. Set aside.

Set aside a heaping tablespoon of the grated cheese to top the casserole before baking. Blend cottage cheese with two tablespoons of water until smooth. Add the rest of the cheddar and blend another one to two minutes. Set aside. Beat egg white until frothy with hand mixer or fork in small bowl. Fold in the cottage cheese-cheddar mixture. Set aside.

In a medium frying pan, cook the broth and minced onion over medium heat. Stir until onion looks clear, about 3 minutes. Add flour, cooking and stirring constantly to prevent burning, about 3 minutes. Add cheese-egg white mixture until they cheddar looks melted. Fold this onion-cheese-egg white mixture into the bowl of chopped broccoli.

Pour the broccoli-cheese mixture into the sprayed casserole dish, sprinkle with paprika for color, top with the reserved heaping tablespoon grated cheddar and bake uncovered for 35 minutes.

Nutrition Facts Per Serving: 77 Calories , 3 g Total Fat , 27 Calories from Fat , 2 g Saturated at, 10 mg. Cholesterol, 216 mg. Sodium. Recipe Variation: For a colorful flair, mix together 1 pound of broccoli with 1 pound of cauliflower and follow the recipe as indicated above. You can also add 2 tablespoons of pimentos to the cheese mixture just before combining it with the broccoli and cauliflower.

Nutrition Tip:

“This recipe will make a colorful addition to your Thanksgiving table. Your family will never believe how delicious a healthy dish rich in vitamins A and C can be.”

Sandy Wales, Health Educator Assistant



“Festive Family Thanksgiving Cookbook”

Brussels Sprouts With Balsamic Vinegar

Serves 8, Preparation time and Cooking Time 20 minutes

1½ pounds of fresh Brussels sprouts	1½ Tbs. olive oil
2 cloves garlic, peeled and chopped fine	1 cup finely chopped yellow onion
¼ cup balsamic vinegar	1/8 tsp. salt

Trim off the stem and remove any limp leaves from the Brussels sprouts.

Boil Brussels sprouts in salted water with cover for 5 minutes. Remove from heat. Drain .

In a large non stick skillet, heat oil, garlic and onion over medium heat. Sauté a few minutes until the onion becomes tender. Add Brussels sprouts and cook for a few minutes.

Add vinegar and toss so that all Brussels sprouts are coated.

Nutrition Facts Per Serving: 72 Calories, 3 g Total Fat, 27 Calories from Fat, 57 mg Sodium, not a significant source of Saturated Fat or Cholesterol.

Nutrition Tip:

“Balsamic vinegar adds a tangy robust flavor to a traditional holiday vegetable recipes. Use it in salad dressings, pastas, sauces, and vegetables. Try it in a tuna salad instead of mayonnaise or Italian bread instead of butter. Balsamic vinegar is becoming more popular and is now available in your grocery stores.”

Sandy Wales, Health Educator Assistant



“Festive Family Thanksgiving Cookbook”

Green Bean Casserole

Serves 10, Preparation time 10 minutes, Baking time 50 minutes

30 oz. package of frozen,
French-cut green beans

1-10 ³/₄ oz. can cream of
mushroom soup, low sodium

½ cup fat free sour cream

nonstick cooking spray

¼ tsp. black pepper

2 Tbs. Italian bread crumbs

2 Tbs. grated Parmesan cheese

Preheat oven to 350° F. Prepare a 2-quart casserole dish with cooking spray; set aside.

In a mixing bowl, combine green beans, mushroom soup, sour cream, and pepper. Place green bean mixture into prepared 2-quart casserole dish.

Combine cheese and bread crumbs in a small bowl. Sprinkle over the green beans.

Bake for 50 minutes or until top is lightly browned.

Nutrition Facts Per Serving: 61 Calories, 2 g Total Fat, 18 Calories from Fat, 1 g Saturated Fat, 70 mg Sodium , not a significant source of Cholesterol.



“Festive Family Thanksgiving Cookbook”

Green Beans with Bits

Serves 8, Preparation time 20 minutes

2-16 oz. can green beans, drained	1 Tbs. rice vinegar
1 Tbs. dried onion	1 Tbs. water
¼ tsp. black pepper	2 tsp. bacon flavored soy bits

Place water in bowl with dried onion and let sit 5-10 minutes. Add remaining ingredients and mix well. Serve hot or cold.

Nutrition Facts Per Serving: 21 Calories, 313 mg Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.



“Festive Family Thanksgiving Cookbook”

Seasoned Green Beans

Serves 12, Preparation time 20 minutes, Cooking time 25 minute

2 pounds fresh green beans,
stem end trimmed

2 cups chicken broth

¼ tsp. black pepper

1½ cups finely chopped onion

2 cups sliced fresh mushrooms

Wash beans; trim ends, and remove strings. Cut beans into 1 and ½-inch pieces. Combine beans, broth, and remaining ingredients in a saucepan. Bring to a boil; cover, reduce heat, and simmer 25 minutes or until beans are tender, stirring occasionally.

Nutrition Facts Per Serving: 38 Calories, 172 mg Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.



“Festive Family Thanksgiving Cookbook”

Spinach Sauté

Serves 8, Preparation time 20 minutes, Cooking time 10 minutes

½ of a 16 oz. package of frozen spinach (8 oz.)	1 cube chicken broth
2/3 cup of water	1 medium onion, cut in strips
2 medium tomatoes, sliced, cut in strips	½ tsp. Seasoning Salt Substitute
2 cloves minced garlic	1 cup sliced mushrooms
2 Tbs. dried parsley	½ tsp. basil
½ tsp. dried oregano	½ tsp. black pepper

Combine the spinach, chicken broth cube, and water in a frying pan. Cover and cook on medium heat. The cube will dissolve while cooking. Braise spinach for 5 minutes.

Add all other ingredients to the spinach and simmer covered for another 5 minutes. Stir occasionally to mix flavors.

OPTIONS: Add other vegetables that cook quickly like celery, corn, or carrots.

Nutrition Facts Per Serving: 29 Calories, 171 mg Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

Nutrition Tip:

“This is a spicy blend of vegetables and herbs guaranteed to please the entire family. It’s a tasty side dish, but can be served with rice for a delicious vegetarian entrée”

Diane Wayne, MS, RD



“Festive Family Thanksgiving Cookbook”

Yummy Mashed Potatoes

Serves 8, Preparation time 15 minutes, Baking time 1 hour and 15 minutes

8 russet potatoes, medium sized (buy one for every person)

2 Tbs. light tub margarine spread

½ cup skim milk

¾ teaspoon salt

Scrub and rinse potatoes. Pierce each several times with a fork and bake in a 400° F oven for 1 hour. (Use no foil. Don't even bother with a dish!)

Take the potatoes out of the oven when they are soft. Use pot holders to protect your hands.

Cut the potatoes down the middle. Scoop out the insides into a bowl. Mash with a large fork or a potato masher. Add the margarine and salt. Mash some more. Stir in milk. Serve warm.

Nutrition Facts Per Serving: 135 Calories, 2 g Total Fat, 18 Calories from Fat, 231 mg Sodium, not a significant source of Saturated Fat or Cholesterol.

Adapted from Guerilla Cooking-The Survival Manual for People Who Don't Like to Cook or Don't Have Time to Cook. By Mel Walsh. Wyatt Books, N.Y., 1996.



“Festive Family Thanksgiving Cookbook”

Holiday Fruit Salad

Serves 8, Preparation time 25 minutes

¼ cup sugar	4 tsp. cornstarch
2 Tbs. lemon juice	4 medium oranges, peeled and cut in chunks
1- 13¼ oz. can pineapple chunks in light syrup, drained, reserve ½ cup syrup	1 cup seedless grapes, cut in half
¾ cup celery, sliced	½ cup walnuts, coarsely chopped
1 small head lettuce, (optional)	

To make dressing, combine in a small sauce pan sugar and cornstarch. Stir in reserved ½ cup pineapple syrup. Cook and stir over medium heat until thick and bubbly. Cook 1 minute more. Remove from heat. Stir in lemon juice and then chill the dressing.

Combine pineapple, oranges, grapes, celery and walnuts. Toss with the chilled dressing. Serve on lettuce-lined plates (optional).

Nutrition Facts Per Serving: 149 Calories, 5 g Total Fat, 45 calories from Fat, 1 g Saturated Fat, 12 mg Sodium , not a significant source of Cholesterol.

Nutrition Tip:

“Move over Waldorf salad. This fat free dressing enhances the flavor of the fruits and makes this salad a light alternative to a traditional high calorie salad.”

Sandy Wales, Health Educator Assistant



“Festive Family Thanksgiving Cookbook”

Mushroom Gravy

Serves 8, Preparation time 20, Simmering time 30 minutes

½ cup finely sliced celery	½ cup chopped carrots
½ cup chopped onion	3 cloves of garlic, peeled
a pinch of dried sage	2 - 14 oz. cans of fat free chicken broth
1 package dried mushrooms (.35 oz.)	¼ cup all-purpose white flour
¼ tsp. hot pepper sauce	a pinch of dried thyme
nonstick cooking spray	

Coat a large nonstick saucepan with cooking spray. Add celery, carrots, onions, garlic, sage and thyme. Cover and cook, stirring occasionally, over medium heat for 10 minutes. Add broth and mushrooms. Cover and simmer 30 minutes.

Using a slotted spoon, remove the mushrooms. Chop mushrooms finely. Set aside.

Pour gravy mixture into a blender, add flour and puree.

Return mixture to the pan. Add hot sauce and mushrooms. Reheat to a boil. Serve warm.

Nutrition Facts Per Serving: 41 Calories, 88 mg Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

Nutrition Tip:

“A perfect topping for mashed potatoes and turkey. This gravy is so flavorful you won’t miss the traditional gravy that is high in fat. You can make it ahead of time and not fuss with the turkey drippings. It has such a wonderful bouquet you might want to use it as a stock for soups as well.”
Sandy Wales, Health Educator Assistant



“Festive Family Thanksgiving Cookbook”

Basic White Sauce

Serves 8, Preparation time 10 minutes, Cooking time 30 minutes

2 cups 1% milk

1 Tbs. light tub margarine spread

1½ Tbs. all purpose flour

1/8 tsp. salt

Put the milk in a saucepan on low heat, stir often and bring to a boil. Be careful to not burn the bottom. Turn heat down and simmer.

In another saucepan, melt the margarine and add the flour, stirring constantly. Cook for 3 minutes. Do not brown the flour. Remove from heat.

Add the simmering milk to the flour and margarine mixture. Add the milk all at once, stirring constantly with a wire whisk.

Put the sauce back on low heat and cook slowly, stirring occasionally for about 30 minutes until sauce is thickened. Season with salt. If there are lumps in the sauce, put it in the blender.

Nutrition Facts Per Serving: 35 Calories, 2 g Total Fat, 18 Calories from Fat, 1 g Saturated Fat, 73 mg Sodium, not a significant source of Cholesterol.

Nutrition Tip:

“Examples of traditional Thanksgiving recipes that call for a white sauce include creamed onions, creamed peas and green bean casseroles. By using this low fat sauce in your recipe you can save the fat and still serve your family the foods they expect on Thanksgiving.”

Sandy Wales, Health Educator Assistant



“Festive Family Thanksgiving Cookbook”

Wheat Biscuit

Serves 16 - 1 biscuit each, Preparation time 20 minutes, Baking time 10-12 minutes

2 cup all-purpose white flour	1 cup whole wheat flour
1 Tbs. baking powder	1 Tbs. sugar
½ tsp. salt	1 cup skim milk
¼ cup vegetable oil	nonstick cooking spray

In medium mixing bowl, combine flours, baking powder, sugar and salt. Add milk and oil to dry mixture and stir until dough clings together.

Note-If you do not have whole wheat flour, you may use all-purpose white flour for the entire recipe.

Knead on lightly floured surface 10-12 times. Pat or roll dough to ½-¾ inch thickness. Press a beverage glass into dough to make 2-inch circles. Place biscuits ½ inch apart on baking sheet.

Bake at 450° F for 10-12 minutes.

Nutrition Facts Per Serving: 121 Calories, 4 g Total Fat, 36 Calories from Fat, 1 g Saturated Fat, 119 mg Sodium, not a significant source of Cholesterol.

Nutrition Tip:

“Whole wheat breads are more nutritious than white breads. During the process of refining the wheat the bran is removed. Wheat bran is a valuable source of many B-vitamins including folic acid. For better family health choose whole wheat bread instead of white bread. Some bread can be brown and called ‘wheat bread’ by the manufacturer, but is not made from whole wheat flour. It’s important to check the ingredients found on the bread label. The first ingredient should be whole wheat flour instead of enriched flour.”

Julie Mortimore, RD



“Festive Family Thanksgiving Cookbook”

Frozen Pumpkin Yogurt Pie

Serves 10, Preparation time 20 minutes, Freeze time 6 hours

¾ cup canned pumpkin	¼ cup honey
½ tsp. cinnamon	¼ tsp. ground ginger
¼ tsp. salt	1/8 tsp. nutmeg
1/8 tsp. ground cloves	1 quart vanilla nonfat frozen yogurt- softened
1 baked 9-inch Graham cracker crust (see recipe below)	whipped topping (optional)

Combine pumpkin, honey, cinnamon, ginger, salt, nutmeg and cloves in a mixing bowl and blend well. Add frozen vanilla yogurt and blend well. Pour into pie shell. Freeze for six hours.

Cut into 10 pieces. Garnish with light whipped topping if desired.

Nutrition Facts Per Serving (without whipped topping): 268 Calories, 7 g Total Fat, 63 Calories from Fat, 1 g Saturated Fat, 293 mg Sodium, not a significant source of Cholesterol.

Graham Cracker Crust

Serves 10, Total Preparation and Cooking Time 35 minutes

2 cups graham cracker crumbs (about 15 double crackers, pulverized in a blender)	nonstick cooking spray
1/3 cup light tub margarine spread at room temperature	9 inch pie plate

Lightly spray pie plate with nonstick cooking spray. In a mixing bowl, combine cracker crumbs and margarine until moist. Press into pie plate.

Bake at 350° F for 10 minutes. Let cool. Chill in refrigerator. Fill.

Nutrition Facts Per Serving (for crust only): 136 Calories, 7 g Total Fat, 63 calories from Fat, 1 g Saturated Fat, 183 mg Sodium, not a significant source of Cholesterol.



“Festive Family Thanksgiving Cookbook”

Peanut Brittle-Apple Crisp

Serves 8, Preparation time 25 minutes, Baking time 40 minutes

- | | |
|---|---------------------------|
| ½ cup all-purpose flour | ¼ cup brown sugar, packed |
| ¼ cup granulated sugar | 1/8 tsp. salt |
| ¼ cup light tub margarine spread,
chilled, cut into small pieces | 3 Tbs. orange marmalade |
| ½ cup coarsely broken peanut brittle (about 2 ounces) | |
| 7 cups Granny Smith apples (about 2 pounds), peeled and sliced | |
| 2 cups nonfat vanilla frozen yogurt | |

Preheat oven to 375° F. Combine flour, sugars, and salt in a bowl. Cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal. Add peanut brittle, stirring to combine.

Arrange apples in a 9 inch baking dish. Spoon marmalade over apples. Sprinkle flour mixture over marmalade.

Bake at 375° F for 40 minutes. Serve warm. Top each with ¼ cup frozen yogurt.

Nutrition Facts Per Serving: 265 Calories, 6 g Total Fat, 54 Calories from Fat, 1 g Saturated Fat, 165 mg Sodium, not a significant source of Cholesterol.

Recipe from Cooking Light The Magazine of Food and Fitness Southern Living, Inc.- October 1998, page 121.



“Festive Family Thanksgiving Cookbook”

Persimmon Cookies

Serves 18 (2 cookies each), Preparation time 25 minutes, Baking time 12-15 minutes.

1 cup persimmon pulp	1 tsp. baking soda
1 cup sugar	¼ cup stick margarine
1 egg, beaten	1 cup whole wheat flour
1 cup all-purpose flour	½ tsp. cloves
½ tsp. salt	1 tsp. cinnamon
½ cup chopped walnuts	½ tsp. nutmeg
1 cup raisins	

Beat pulp, soda, sugar and margarine until creamy. Add egg. Sift together flours and spices. Add to pulp mixture. Blend well.

Add raisins and walnuts. Drop by teaspoon onto ungreased cookie sheet. Bake at 375° for 12-15 minutes.

Nutrition Facts Per Serving: 178 Calories, 5 g Total Fat, 45 Calories from Fat, 1 g Saturated Fat, 10 mg Cholesterol, 164 mg Sodium.

Nutrition Tip:

“These dessert recipes in this cookbook have been modified to reduce the amount of added sugar and fat. In many dessert recipes the amount of sugar and fat can usually be reduced by 1/3.”
Julie Mortimore, RD

Recipe courtesy of San Bernardino County Cooperative Extension.



“Festive Family Thanksgiving Cookbook”

Pumpkin Bread Pudding

Serves 8, Preparation time 20 minutes, Baking time 1 hour 15 minutes

1¼ cups of nonfat milk	1 -16 oz. can or 1¾ cup mashed, cooked pumpkin
¼ tsp. ground cloves	1 apple, peeled, cored, finely chopped (optional)
nonstick cooking spray	½ cup firmly packed brown sugar
2 eggs lightly beaten	2 tsp. ground cinnamon
1 tsp. vanilla	1 tsp. ginger
½ cup raisins (optional)	4 cups or 8 slices (1 oz. each) of raisin bread, cut into ½” cubes

Combine all the ingredients except the bread in a large bowl, stir well with a wire whisk or large fork. Add bread; stir well.

Pour mixture into a shallow 2 quart casserole dish (9 x 13) coated with cooking spray.

Bake at 350° degrees for 1 hour 15 minutes or until set. If using a glass dish, reduce oven temperature to 325° degrees. Cool on wire rack. Serve warm or at room temperature.

Nutrition Facts Per Serving: 183 Calories, 2 g Total Fat, 18 Calories, 1 g Saturated Fat, 47 mg Cholesterol, 136 mg Sodium.

Nutrition Tip:

“This bread pudding was quick to put together, low fat and really delicious.”

Jeanne Silberstein, MPH, RD



“Festive Family Thanksgiving Cookbook”

Pumpkin Cheesecake

Makes 2 pies, serves 18, Preparation time 30 minutes, Baking time 1 hour and 20 minutes

1- 24 oz. container of nonfat cottage cheese	2 medium eggs, beaten lightly
1 -12 oz. tub of light cream cheese (cold)	1¼ cup packed light brown sugar
1 -15 oz. can solid-pack pumpkin (about 1¾ cups)	2 Tbs. cornstarch
1 tsp. vanilla	1 tsp. cinnamon
1/8 tsp. nutmeg	½ tsp. ginger
2 Graham cracker crust shells (See recipe below.)	Toppings (See below.)

Preheat oven to 325° degrees. Whirl the cottage cheese in a blender or food processor for 2 minutes. Add the cream cheese and blend for 5 minutes stopping to scrape down the sides 3 to 4 times.

In large bowl beat eggs and sugar together. Stir in pumpkin using a fork. Add the cream cheese mixture and mix well. Remove ½ cup of this mixture to work in the cornstarch, vanilla, and spices until there are no lumps. Pour the cornstarch-spice mixture back into the large bowl and mix well.

Pour one half of the pumpkin-cream cheese-spice mixture into each of two pans. Bake for one hour and 20 minutes or until top looks set (center may jiggle and crack). Shut off oven. Cool completely on wire rack.

Cover and refrigerate in pan at least 6 hours or up to 4 days. To serve, run knife around cake. Place on serving plate. Choose topping.

Nutrition Facts Per Serving Cheesecake with crust (no topping): 180 Calories, 5 g Total Fat, 45 Calories, 2 g Saturated Fat, 30 mg Cholesterol, 306 mg Sodium.



“Festive Family Thanksgiving Cookbook”

Cheesecake Graham Cracker Crust

Makes 2 pies, Total Preparation time 10 minutes, Baking time 7 minutes

20 whole Graham crackers (pulverized in a blender)

½ cup light tub margarine

nonstick cooking spray

Preheat oven to 375° degrees.

In a mixing bowl, combine cracker crumbs and margarine until moist. Spray two 8 inch springform or pie pans with nonstick cooking spray. Coat the pans with the crumbs and press down gently. Press the rest of the crumbs to the sides of the pan about one quarter of the way up.

Bake in preheated 375° degree oven for 7 minutes. Cool.

Nutrition Facts for crust Per Serving: 62 Calories, 4 g Total Fat, 36 Calories from Fat, 1 g Saturated Fat, 92 mg Sodium, not a significant source of Cholesterol.



“Festive Family Thanksgiving Cookbook”

Cheesecake Toppings

Pineapple Topping

Total preparation and cooking time 15 minutes, Makes enough for 2 pies

1 20 oz. can of pineapple tidbits in its own juice ¼ cup sugar

Take out 1 cup of pineapple tidbits with a slotted spoon or fork and set aside. Blend the remaining pineapple, juice and sugar. Cook over high heat for 10 minutes until thick. Remove some of the foam with a slotted spoon. Stir only once or twice to prevent burning.

Take off burner and cool. Just before serving cheesecake, arrange the remaining pineapple tidbits over the two cheesecakes in circles. Top with the glaze.

Nutrition Facts Per Serving: 30 Calories, not a significant amount of Fat, Saturated Fat, Cholesterol, or Sodium.

Pecan Variation

Instead of the pineapple topping, the pumpkin cheesecake can be garnished with pecans. Toast about 1 oz. or 20 pecan halves on a foil lined cookie sheet one inch apart for 3 to 5 minutes in a 350° degree oven. Cool. Arrange around the edge of the two cheesecakes so each slice has one pecan half.

Nutrition Facts Per Serving: 11 Calories, 1 g Total Fat, 9 Calories from Fat, not a significant amount of Saturated Fat, Cholesterol, or Sodium.

