

## Handling the Holidays Healthfully!

Volume 2, Issue 11  
November, 2008

### Eating Tips for a Healthy Holiday Season

Food is always a part of holidays, celebrations, and family or cultural traditions. In fact, special occasions often center around food, such as Super Bowl Sunday. As a result, many people gain weight between Thanksgiving and the New Year due to all the tempting treats available during the holiday season or pressure from family, friends and co-workers to overeat. Paying attention and mindful eating can keep you stay on track. Enjoy these tips to make this holiday season your healthiest yet!

1. Eat a healthy meal before going to holiday parties. It is not a good idea to arrive at a party famished. Not only are you more likely to overeat but you are also less likely to resist the temptation of eating the higher fat and higher calorie foods.
2. Make a plan. Know the location, the person you will be with, and the types of foods that will be available. This will help you to make an informed decision when it comes to eating. It's much easier to deal with a difficult eating situation if you've already planned for it.
3. Take steps to avoid grazing. Consciously make your plate with the foods you know are healthy for you and remember to eat slowly. Then, when you are done, pop a sugar free mint or stick of gum in your mouth!
4. Bring your own dish so it will be easier to avoid the typical high-fat, high-calorie items usually offered at family gatherings such as appetizers, processed meats, fried foods, cream-based soups, casseroles and desserts.
5. Reduce the fat and sugar in holiday recipes. There are plenty of low fat and low calorie substitutions that are tasty. Use egg substitutes in place of whole eggs, use sugar substitutes, and fat free or light sour cream, salad dressings and mayonnaise.
6. Choose your beverages wisely. Alcohol is high in calories. Liquors, sweet wines and sweet mixed drinks contain 150-450 calories per glass. Remember, water and sugar free drinks are calorie free!
7. Enjoy friends and family. Although food can be a big part of the season, it should never be the focus. Holidays are a time to reunite with friends and family, to share laughter and cheer, to celebrate, and to give thanks!
8. Keep it lean. Choose to eat leaner cuts of meat, poultry, fish and seafood. In addition, choose white meat, which is leaner than dark. Always trim visible fat off of meats and take the skin off poultry once cooked.

### A Note From Chef Dave...



The leaves are off the trees, I get to give my lawn guy the season off, and the invitations for holiday parties have begun to roll in. It can all become a little overwhelming if you don't have a plan of attack! Beginning with the first party invitation, having a plan of action will give you all the ammo you need to ensure a healthy and nutritious holiday.

During this time of year, we are making food decisions almost on an hourly basis. We all know the rules, protein first and then fresh fruit and vegetables. All foods that are high in calories, fat and sugar should be omitted from all meals. Now, try telling that to our nose and eyes! It never fails, our senses are working overtime during the holiday season.

In this month's edition of "Monthly Tastings," enjoy tips and tricks for making the holidays as healthy as possible! Stay on track...you can do it!

Cook Smart...  
Chef Dave Fouts

### Thanksgiving Joke!

**Then there's the time a lady was picking through the frozen turkeys at the grocery store but couldn't find one big enough for her family.**

**She asked a stock boy, "Do these turkeys get any bigger?" The stock boy replied, "No ma'am, they're dead!"**



# Turkey History

Of all the Thanksgiving symbols, the turkey has become the most well known. The wild turkey is native to northern Mexico and the United States.



The turkey was originally domesticated in Mexico and was brought into Europe early in the 16th century. Since that time, turkeys have been extensively raised because of the excellent quality of their meat and eggs. Some of the common breeds of turkey in the United States are the Bronze, Narragansett, White Holland, and Bourbon Red.

Though there is no real evidence that turkey was served at the Pilgrim's first Thanksgiving, in a book by the Pilgrim's Governor Bradford, he does make mention of wild turkeys. In a letter sent to England, another Pilgrim describes how the governor sent "four men out fowling" returning with turkeys, ducks and geese.

## Did You Know?

- ◆ Frozen, fully stuffed ready to cook turkeys were introduced in 1955.
- ◆ The top five most popular ways to serve leftover Thanksgiving turkey are: sandwiches, soup/stew, casseroles, stir-fry and salads.
- ◆ Minnesota and North Carolina are the leading turkey producing states, with each producing about 44 million turkeys.
- ◆ According to the National Turkey Federation, about 24% of Americans purchase fresh turkeys for Thanksgiving and 69% purchase frozen turkeys.

"As we express our gratitude,  
we must never forget that the  
highest appreciation is not to utter  
words, but to live by them."

-John F. Kennedy

# Chef Dave's Turkey Salad Left-Over's

*Servings: 6*

## Ingredients:

- 2 cups turkey, cubed or shredded
- 1/2 cup light mayonnaise
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 hard boiled eggs, peeled and chopped fine
- 1/4 teaspoon celery salt
- 1/4 teaspoon poultry seasoning

## Directions:

1. Place all ingredients into a mixing bowl and mix well.
2. Salad is now ready to be "Gobbled" up!
3. Serve on bread or fresh salad greens.

## Nutritional Information (per serving):

160 calories; 14g protein; 10g fat (2g saturated fat); 2 carbohydrates; 0g fiber; 250 mg sodium

# Mashed Sweet Potatoes with Walnuts

*Servings: 8*

## Ingredients:

- 4 medium sweet potatoes, peeled and cubed
- 2 tablespoons butter
- 1/4 cup skim milk
- 1 teaspoon allspice
- 2/3 cup Splenda
- 1/4 cup walnuts, chopped

## Directions:

1. Cover sweet potatoes with water and boil until soft.
2. Remove potatoes from heat, drain, and place in bowl.
3. Mash the potatoes with a potato masher or mixer to remove all lumps.
4. Add butter, milk, Splenda, allspice and stir until well blended.
5. Garnish with walnuts and serve.

## Nutritional Information (per serving):

120 calories; 2g protein; 5g fat (2g saturated fat); 10mg cholesterol; 16g carbohydrate; 2g fiber; 45mg sodium



## Gorgonzola Mandarin Orange Salad

Servings: 8

### Ingredients:

4 cups romaine lettuce, chopped  
1 cup canned mandarin oranges, drained  
1/4 cup pecans, chopped  
1/4 cup scallions, chopped  
1/2 cup plum tomatoes, chopped  
1/2 small cucumber, peeled and chopped  
1/2 cup strawberries, pureed  
1/4 cup raspberry vinegar  
1 tablespoon canola oil  
1/4 cup Gorgonzola cheese, crumbled

### Directions:

1. Place all ingredients into a large bowl and mix well.
2. Serve and enjoy!

### Nutritional Information (per serving):

80 calories; 2g protein; 6g fat (1.5g saturated fat); 5mg cholesterol; 6g carbohydrates; 2g fiber; 75mg sodium



## Tomatoes Stuffed with Cheese and Herbs

Servings: 8

### Ingredients:

3 large ripe tomatoes  
1 teaspoon salt  
2 large cloves garlic, chopped fine  
1/4 cup green onions, chopped fine  
1 teaspoon fresh thyme, chopped  
1 tablespoon fresh basil, chopped  
1/2 teaspoon pepper  
1/2 cup parmesan cheese, grated  
1 tablespoon olive oil



### Directions:

1. Cut the tomatoes in half, seed and press out the juices (but do not mash).
2. Sprinkle the halves with the 2 teaspoons of salt.
3. Turn upside down on a wire cooling rack and let them drain for 10 minutes.
4. Combine the rest of the ingredients, except the oil, to make the stuffing.
5. Fill the tomato halves with stuffing and sprinkle with olive oil.
6. Place in baking dish and bake at 400 for about 10 minutes or until the tops are browned, but the tomatoes are not too soft.
7. Serve!

### Nutritional Information (per serving):

60 calories; 3g protein; 3.5g fat (1g saturated fat); 5mg cholesterol; 4g carbohydrate; 1g fiber; 370mg sodium

## Applesauce with Cranberries

Servings: 12

### Ingredients:

6 large Granny Smith Apples, peeled & cored  
1 cup fresh cranberries  
2/3 cup water  
2 teaspoons ground cinnamon  
1 teaspoon ground nutmeg  
1/4 teaspoon ground cloves  
3/4 cup Splenda\*\*

### Directions:

1. Place apples, cranberries and water into a large pot.
2. Bring to a slow simmer and simmer for 30 minutes, or until apples are soft.
3. Using a strainer, push apple mixture through.
4. Next, add cinnamon, nutmeg, cloves, and Splenda. Stir well.
5. Chill and serve.

\*\*Add more Splenda to make sweeter.

Nutritional Information (per serving): 60 calories; 0g protein; 0g fat; 15g carbohydrate; 3g fiber; 0mg sodium

# Turkey 101

## Your Guide to the Perfect Turkey!

### Ingredients:

- 1 fresh whole turkey
- 1/2 cup butter, melted
- 1 1/4 cups dry white wine
- 2 teaspoons salt
- 2 teaspoons freshly ground black pepper
- 2 teaspoons sage powder
- 2 teaspoons garlic powder
- 2 large onions, peeled and cut in half
- 1 stalk celery, cut into 2 inch pieces
- 4 carrots, peeled and cut into 2 inch pieces

### Directions:

1. Rinse turkey with cool water and pat dry.
2. Pre-heat oven to 450 degrees with the oven rack placed on the bottom notch.
3. Combine the melted butter, sage, garlic and white wine into a bowl.
4. Fold a large piece of cheesecloth into quarters and cut it into a 17 inch, four layer square.
5. Immerse cloth in the butter and wine and let it soak.
6. Place carrots, onion and celery into pan and place roasting rack over veggies. Next, place the turkey, breast side up, on a roasting rack in a heavy metal roasting pan.
7. Fold wing tips under turkey.
8. Sprinkle one teaspoon salt and pepper inside turkey.
9. Fill large cavity with as much stuffing as it will hold comfortably. Do not pack the stuffing tightly. Cook the remaining stuffing in a buttered baking dish at 375 degrees.
10. Tie the legs together loosely with kitchen string.
11. Rub the turkey with softened butter and sprinkle with the remaining salt and pepper.
12. Lift the cloth out of liquid and squeeze it slightly, leaving it very damp. Reserve the remaining liquid.
13. Spread the cloth evenly over the breast and about halfway down the sides of the turkey. It can cover some of the leg area.
14. Cook for 30 minutes.
15. Using a pastry brush, baste the cheesecloth and exposed parts of turkey with the remaining butter and wine mixture every 30 minutes.
16. After the first 20 minutes, reduce oven temperature to 350 degrees and continue to cook. Continue basting the turkey every 30 minutes. If the roasting pan gets too full of juices, remove them and reserve for gravy.

17. After the turkey reaches 150 degrees, carefully remove and discard cheesecloth. The best way to find out the temperature of the turkey is to insert an instant-read thermometer into the thickest part of the thigh, avoiding any bones.
18. Baste turkey with roasting pan juices.
19. If there is not enough juice, use the butter and wine mixture.
20. Cook for one more hour or until internal temperature reaches 160 degrees, remembering to baste every 30 minutes.
21. When fully cooked, transfer turkey to a serving platter and let it sit for about 30 minutes.
22. While the turkey is sitting, make the gravy by pouring all of the pan juices into a glass measuring cup. Let the juices stand until fat rises to the surface, about ten minutes, and then skim and discard the fat off the surface.
23. Meanwhile, place the roasting pan over medium-high heat and add one cup of dry white wine to the pan.
24. Using a wooden spoon, scrape the pan until liquid boils and all the crisp bits are unstuck from the pan.
25. Stir well and bring back to a boil.
26. Cook until the liquid has reduced by half, about ten minutes.
27. Add the de-fatted pan juices and cook over medium-high heat for another ten minutes.
28. You will have about 2 1/2 cups of gravy.
29. Season to taste, strain into a warm gravy boat and serve with turkey.

**\*\*Special Note:** *If the turkey comes with a pop-up timer, remove it! Using an instant-read thermometer later will give a more accurate indication of doneness.*

| <b>Size of Turkey:</b> | <b>Unstuffed Timing:</b> | <b>Stuffed Timing:</b> |
|------------------------|--------------------------|------------------------|
| 8-12 lbs               | 2.5 - 3 hours            | 3 - 3.5 hours          |
| 12-14 lbs              | 3 - 3.25 hours           | 3.5 - 4 hours          |
| 14-18 lbs              | 3.25 - 4.25 hours        | 4 - 4.5 hours          |
| 18-20 lbs              | 4.25 - 4.5 hours         | 4.25 - 4.75 hours      |
| 20-24 lbs              | 4.5 - 5 hours            | 4.75 - 5.25 hours      |

### Nutritional Information:

**3 ounces turkey breast, without skin:** 110 calories; 26g protein; 0.5g fat (0g saturated fat); 0g carbohydrate; 0g fiber; 45mg sodium

**3 ounces turkey, dark meat, without skin:** 160 calories; 24g protein; 6g fat (2g saturated fat); 0g carbohydrate; 0g fiber; 65mg sodium



