



# COOKING UP HEALTHY HOLIDAYS

- Evaporated skim-milk makes a great low-fat substitution in recipes calling for heavy cream.
- Two egg whites can be substituted for one whole egg which reduces fat and cholesterol in baking.
- As an alternative to butter or drippings, you can baste with wine or fruit juice.
- For a low-fat alternative to thick, creamy soup, puree the ingredients with cooked potato instead of cream.
- You can usually reduce the fat in a recipe by a third if you replace fat with equal parts of a liquid, such as a fruit juice.
- For a low-fat alternative to sour cream, use drained non-fat greek yogurt.
- Instead of frosting a cake, try dusting with cinnamon, cocoa powder, or powdered sugar.
- Vegetable spray works even better than butter for making pans non-stick.
- For a quick, fat-free homemade dressing, follow directions on a Good Seasons packet, but substitute non-fat yogurt for the oil.
- For fat-free cooking, marinated or baste fish or chicken with concentrated fruit juice, fresh fruit juice, or vegetable juices instead of oils.
- Use salsa or low-fat yogurt for baked potatoes instead of the traditional butter and sour cream.
- When baking, swap oils with applesauce, mashed bananas, prune puree, or canned pumpkin (equal conversions).
- Use honey, coconut sugar, stevia, or pure maple syrup instead of white, refined sugar.
- Place ground flaxseed in a bit of water (let it sit until it forms a gel) and use this as a substitute for an egg.

# Baking Healthier Holiday Cookies



- \* **Replace Fats with Oil:** You can replace up to 50% of the butter in a recipe with heart-healthy oils. For every tablespoon of butter you replace with oil, you eliminate 5 grams of saturated fat.
- \* **Replace Fats with Pureed Fruit or Vegetables:** Start with a small amount and experiment and you may be successful in replacing as much as 50% of the butter, margarine, or shortening in some recipes. Options for using pureed fruit or vegetables include applesauce, pear butter, prune puree, or even pureed pumpkin. Using fruit as a fat-replacement will give your cookies a cakier texture. Try using applesauce in white cakes and prunes in chocolate. A good rule of thumb: cut butter by half, replace sugar by  $\frac{1}{4}$  and add  $\frac{1}{4}$  cup of fruit puree.
- \* **Add Fiber:** Replace some (or all) of the all-purpose flour with whole-wheat flour. Using whole-wheat flour can give your cookies up to four times the amount of flour.
- \* **Keep Sodium in Check:** Aim for no more than  $\frac{1}{2}$  teaspoon of salt per batch of cookies. If you are on a salt-restricted diet, try reducing the salt in each batch to  $\frac{1}{4}$  teaspoon.
- \* **Eliminate Trans Fat:** Steer clear of ingredients that contain partially hydrogenated oil (trans fat) such as margarine and most vegetable shortenings.
- \* **Minimize Them:** Making and eating smaller cookies is a great way to keep in mind portion control.
- \* **Lay it on Thin:** when applying frosting, use a light layer to skim across the top.



## Skinny Snickerdoodles

$\frac{3}{4}$  cup Whole-Wheat Flour  
 $\frac{1}{4}$  tsp baking powder  
 $\frac{1}{4}$  tsp salt  
 $\frac{1}{4}$  tsp cream of tartar (optional)  
 $\frac{1}{4}$  tsp plus  $\frac{1}{8}$  tsp baking soda  
 $\frac{1}{4}$  cup coconut sugar  
 $\frac{1}{2}$  tsp pure vanilla extract  
1 &  $\frac{1}{2}$  tbsp. Almond Milk  
 $\frac{1}{4}$  cup applesauce

Preheat oven to 330 F. Combine dry ingredients and mix very, very well. In a separate bowl, melt the butter of choice, then stir in vanilla and milk. Pour dry into wet and mix again. Form balls. For true snickerdoodles, roll each ball in a mix of cinnamon and sugar (either equal parts OR two parts sugar to one part cinnamon, depending on how cinnamon-y you want your cookies). If you want soft cookies, you'll need to get the balls very cold. (So roll the balls, cover in the cinnamon-sugar, then fridge until cold.) Cook for 9-10 minutes. They'll look way underdone when you take them out, but that's ok.



# Healthy Holiday Side Dishes



Looking for some healthy holiday recipes that provide big satisfaction with fewer calories? Look no more....

## Mushroom Gravy

*Adapted from "The Vegan Table" by Colleen Patrick-Goudreau.*

### INGREDIENTS:

- 1 tsp non-dairy non-hydrogenated butter (*Earth Balance*)
- 1 yellow onion, chopped
- 2 tsp crushed garlic
- 1 pound cremini mushrooms, thinly sliced
- 2 cups vegetable stock
- ¼ cup flour (*regular white, spelt or garbanzo flour all work well*).
- 2-3 tbsp soy sauce
- ½ tsp dried thyme OR 1 tsp Herbs de Provence
- Freshly ground black pepper to taste



### PREPERATION:

1. Melt butter in a large skillet, adding about 2 tbsp of water. Bring to med-high heat and sauté the mushrooms, garlic and onions until soft and a little golden brown.
2. In a separate bowl, whisk together flour and stock, along with soy sauce, thyme and black pepper. Add to onion mixture and cook over low heat, stirring constantly until thickened.
3. Adjust flavors as desired. For a silky smooth gravy, blend well prior to serving.

## Root Vegetable Mash

*Recipe adapted from Health.com*

### INGREDIENTS:

- 1.5 lbs Yukon Gold potatoes (*about 4 cups*), peeled if desired, and cut into 1" cubes
- 12 oz. carrots, peeled and cut into 1" pieces (*about 4 carrots*)
- 12 oz. parsnips, peeled and cut into 1" pieces (*2 cups*)
- 12 garlic cloves, peeled and smashed
- 3 cups low-sodium vegetable broth.
- 2 tablespoons Earth Balance vegan spread (*optional*)
- Sea salt and black pepper to taste.



### PREPERATION:

1. Combine potatoes, carrots, parsnips and garlic in a large saucepan. Add broth and bring to a boil over high heat. Reduce heat to medium and simmer until all vegetables are tender, about 30 minutes. Pour through a strainer into a bowl, reserving cooking liquid.
2. Return the vegetables to the saucepan and mash, adding Earth Balance and just enough of the reserved liquid to create a creamy mash. Reheat gently.
3. Lightly season with salt and pepper. Garnish with parsley and enjoy!





# Healthy Holiday Side Dishes



## Continued....

### Roasted Green Beans with Slivered Almonds & Cranberries

#### INGREDIENTS:

1 lb green beans, cleaned and ends removed (or use shredded Brussels sprouts)  
1 generous teaspoon crushed garlic  
½ cup slivered almonds  
½ cup dried cranberries  
Olive oil spray

#### PREPERATION:

1. Preheat the oven to 400 f.
2. Add all ingredients to a roasting pan, spray lightly with oil, toss, and spray again.
3. Roast for about 30 minutes, tossing occasionally.



### Impossible Pumpkin Pie

*Adapted From Fat Free Vegan Kitchen*

#### INGREDIENTS:

1 ½ cups almond milk  
1 tbsp Ener-G egg replacer OR 1 tbsp ground flax seed mixed in three tbsp of water  
1 tbsp cornstarch  
1 tsp vanilla  
1 can pumpkin puree (not pumpkin pie filling)  
½ cup rice or coconut flour  
2 tsp baking powder  
½ cup xylitol or white sugar  
2 tsp pumpkin pie spice  
½ tsp salt

#### PREPERATION:

*Prep time: 10 min*

*Cook time: 1 hour*

1. Preheat oven to 350 F. Spray a 9-inch deep dish pie pan with cooking spray. (I used a Pyrex pan, and it came out with no sticking.) A deep dish is recommended because this pie will rise a lot during cooking but will fall back down as it cools. Another option is to fill six individual ramekins. Cooking time will be reduced with the ramekins.
2. Put the first five ingredients in the blender, and blend well. Add the pumpkin, and puree. Add the remaining ingredients and blend on high for 2 minutes, stopping to scrape the sides a couple of times to make sure everything is thoroughly blended. Pour into a pie pan and bake for about 60 minutes. The top and edges should be brown, but the edges should not be over-done. (Since this is a custardy pie, using the standard toothpick or knife test does not work; it will remain somewhat moist in the center, but it shouldn't be uncooked.)
3. Remove from the oven and allow to cool on the counter. For best results, refrigerate until chilled before eating.

