



Health at Home Holiday Edition

Jolly Good Cooking for the Holidays

Baking & Cooking Substitutes

Fat: Unsweetened applesauce, mashed bananas, mashed black beans, & pureed tofu, prunes, or pumpkin. *Start by substituting for half of the fat, but some recipes can be a 1:1 substitution just adjust liquids.* Use low fat dairy options, & skim the fat off gravy and add cornstarch to thicken to reduce fat.

Salt: Use herbs or spices instead of salt
1 Tablespoon fresh herbs=1 teaspoon dried

Sugar: Replace half sugar with non-nutritive sweetener in baked goods or replace all in cold or unbaked recipes. To enhance the flavor when sugar is reduced, add vanilla, cinnamon, or nutmeg.

Flour: Substitute half all-purpose flour for whole wheat flour

Reducing Ingredients



Fat: Reduce by 1/3. For cakes and quick breads: Use 2 tablespoons fat per cup of flour. *It generally doesn't work well to substitute liquid oils for solid fats in baked goods.*



Salt: Omit, or cut by 1/2. *Do not eliminate salt from yeast breads or rolls; it is essential for flavor and helps texture.*



Sugar: Reduce by 1/3 in most recipes. For cookies & cakes: Use 1/2 cup sugar per cup of flour. For breads & muffins: Use 1 Tablespoon per cup of flour.

Guide to Cutting a Recipe Down

To reduce a recipe by one-half the amount, follow these measurements:	Divided in half equals	Divided in one-third equals
¼ cup	2 Tablespoons	1 Tablespoon+1 teaspoon
1/3 cup	2 Tablespoons + 2 teaspoons	1 Tablespoon+ 2-1/3 teaspoon
½ cup	¼ cup	2 Tablespoons+2 teaspoons
2/3 cup	1/3 cup	3 Tablespoons+1-1/2 teaspoons
1 Tablespoon	1-1/2 teaspoons	1 teaspoon
1 teaspoon	½ teaspoon	Generous 1/4 teaspoon
½ teaspoon	¼ teaspoon	Scant 1/4 teaspoon
¼ teaspoon	1/8 teaspoon	Scant 1/8 teaspoon
1/8 teaspoon	Dash	Pinch

How to halve an egg

Crack egg into a bowl

Whisk the yolk and white together

2 tablespoons should be approximately half

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Conversation Starters at the Dinner Table

What was the best part of your day?

If you could travel anywhere in the world, where would it be?

Name one thing you'd like to learn.

If you could be a famous person for a week, who would you be and why?

If you had one wish (and you can't wish for more wishes), what would you wish for and why?

If you could eat only one food for a week, what would it be?

If you could have any superpowers, which would you choose?

Name three things that brought you joy in the last year.

Ideas for Celebrating Together While Apart

Have a virtual meeting to make a recipe together

1. Mail, email, or virtual message the recipe to family or friends
2. Cover devices with plastic wrap to protect the screen
3. As the leader, walk everyone through the recipe step-by-step. That includes handwashing!
4. Take your time, make it fun, and add some holiday trivia to your cooking session!

Cute Cookie Ideas

- * Do a virtual cookie or dessert show and tell.
- * Make it a game! Blindfold a family member and see if they can guess the holiday dessert with live question and answer and tasting. Involve family and friends virtually by encouraging them to answer questions & give hints.
- * Cook together virtually and do a drive-by cookie swap.

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Festive Recipes

Red & Green Holiday Slaw



Nutrition facts (per serving): 80 calories, 4.5g fat, 10 mg sodium, 11g total carbohydrate, 2 g dietary fiber, 8 g sugars, 1 g protein

Ingredients

5 cups shredded red cabbage, washed
1/2 cup dried cranberries or cherries
2 large Granny Smith apples, washed & thinly sliced
1/2 cup walnuts

Dressing

1/4 cup apple cider vinegar
1 Tbsp. Sugar
1 tsp. Dijon mustard
3 Tbsp. olive oil

Directions

1. Wash hands with soap and water
2. Mix slaw ingredients in a large bowl.
3. In a small bowl, whisk together vinegar, sugar, and Dijon mustard. Slowly add olive oil while whisking.
4. Pour dressing over slaw, cover, and refrigerate for 1 hour. Enjoy! Makes 16 servings.

Gingerbread



Nutrition facts (per serving): 180 calories, 45 fat , 240 mg sodium, 30g total carbohydrate, 1 g dietary fiber, 13 g sugars, 3 g protein

Source: American Diabetes Association

Ingredients

2 cups pureed pumpkin
3/4 cup molasses
1/3 cup vegetable oil
3 eggs
3 cups all-purpose flour
1 1/3 cups Splenda® No Calorie Sweetener
2 teaspoons baking soda
1 teaspoon baking powder
1/2 teaspoon salt
2 teaspoons ground ginger
1 1/2 teaspoons cinnamon
1/2 teaspoon ground cloves

Directions

1. Preheat oven to 350°F. Wash hands with soap and water. Spray Bundt pan with butter-flavored cooking spray. Set aside.
2. Pour pumpkin, molasses, and vegetable oil into a large mixing bowl. Add eggs. Stir well.
3. Blend remaining dry ingredients in a separate bowl. Mix well. Add dry ingredients to the applesauce mixture. Stir well.
4. Pour cake batter into prepared pan. Bake for 50 to 60 minutes, or until a toothpick inserted in the center comes out clean. Remove from oven. Cool cake in pan on a wire rack approximately 20 minutes. Invert cake onto serving plate. Serve warm or cool. Makes 18 servings.

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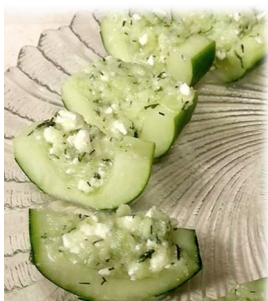
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Festive Recipes

Cucumber Feta Bites



Nutrition facts (per serving): 15 calories, 0.5g fat, 70 mg sodium, 1 g total carbohydrate, 1 g protein

Ingredients

2 cucumbers
1 tsp. fresh dill, chopped
1/4 cup crumbled feta cheese
1/4 tsp. salt

Directions

1. Wash hands with soap and water
2. Wash the cucumbers and carefully cut them lengthwise using a sharp knife. For two cucumber halves, cut a small strip off the bottom of one side so that the cucumber half will set level, without falling over.
3. Using a spoon, scrape out all the seeds. Use the other half of the cucumber, peel it, and chop very finely. In a medium bowl, combine chopped cucumbers with feta cheese, dill, salt and pepper.
4. Spoon the mixture evenly into the two cucumber boats and slice into 1 1/2-inch pieces.

Grinch Kabobs



Nutrition facts (per kabob): 35 calories, 0 fat, 9 g. total carbohydrate, 1 g dietary fiber

Ingredients

5 green grapes
1/2 banana
5 mini marshmallows
5 strawberries
5 skewers

Ideas for Involving Children in the Kitchen

- Washing fruit
- Peeling & cutting banana
- Putting fruit on skewer

Directions

1. Wash hands with soap and water. Wash grapes, and strawberries, and peel banana.
2. Using a knife, cut off the tops of the strawberries. This is the Grinch's hat!
3. Take the peeled banana and cut horizontally into 5 pieces. This is the rim of the Grinch's hat.
4. On each of the 5 skewer, put the fruit on this order from the top:
Grape
Banana
Strawberry
Marshmallow

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