

Holiday Candied Yams



Ingredients

- 3 medium yams (1 ½ cups)
- ¼ cup brown sugar, packed
- 1 teaspoon flour, sifted
- ¼ teaspoon salt
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon orange peel
- 1 teaspoon soft tub margarine
- ½ cup orange juice

Directions

1. Preheat oven to 350 F.
2. Cut yams in half and boil until tender, but firm (about 20 minutes). When cool enough to handle, peel and slice into ¼ -inch thickness.
3. Combine sugar, flour, salt, cinnamon, nutmeg and grated orange peel.
4. Place half of sliced yams in medium-sized casserole dish. Sprinkle with spiced sugar mixture.
5. Dot with half the amount of margarine.
6. Add second layer of yams, using the rest of the ingredients in the order above. Add orange juice.
7. Bake uncovered for 20 minutes.

Yield: 6 servings

Serving size: ¼ cup

Calories: 110
Total Fat: 0 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 115 mg
Total Fiber: 2 g
Protein: 1 g
Carbohydrates: 25 g
Potassium: 344 mg

Healthy Holiday Stuffing



Ingredients

- 1 package seasoned croutons
- 1 yellow onion, chopped
- 1 cup celery, chopped
- 1 Tbsp. olive oil
- 2 Apples, chopped
- ½ cup cranberries
- ½ cup fresh parsley, chopped (optional)
- 1 ½ cups low-sodium chicken stock

Directions

1. Sauté the onion and celery in olive oil in a skillet for 5 minutes.
2. When vegetables are done, mix all ingredients in a 9 x 13 inch baking pan.
3. Cover with aluminum foil and bake in the 350-degree oven for 20 minutes.
4. Remove foil and bake for another 10 minutes or until the top is golden brown.

Yield: 12 servings

Serving size: 1/12 recipe

Calories: 210
Total Fat: 8.25 g
Saturated Fat: 2.15 g
Cholesterol: 2.65 mg
Sodium: 115 mg
Total Fiber: 3.1 g
Protein: 4.4 g
Carbohydrates: 30 g

Perfect Pumkin Pie

Ingredients

- 2 cups crushed graham s
- 3 Tbsp low-calorie margarine
- 2 Tbsp brown sugar
- 2 tsp cinnamon
- 2 cups canned pumpkin puree
- 12 oz. can evaporated skim milk
- 2 eggs, beaten
- ½ tsp nutmeg
- ½ tsp all-spice

Directions

1. Preheat the oven to 425° F.
2. Combine the graham crackers, margarine, sugar, and 2 tsp cinnamon, and press into the bottom and sides of a 9-inch plate. Place in the oven and bake for 5 minutes. Remove and set aside.
3. Beat together all remaining ingredients in the order given.
4. Pour into the crust and bake pie for 15 minutes.
5. Lower temperature to 350° and bake for 35 minutes until set.
6. Cool slightly or chill before serving.



Yield: 9 servings

Serving size: 1/9 of pie

Calories: 210
Total Fat: 6 g
Saturated Fat: 1.5 g
Cholesterol: 40 mg
Sodium: 270 mg
Total Fiber: 4 g
Protein: 7 g
Carbohydrates: 34 g

Festive Green Beans

Ingredients

- 1 pound green beans, stems trimmed
- 2 teaspoons olive oil
- 1 red bell pepper (capsicum), seeded and julienne
- 1/2 teaspoon chili paste or red pepper flakes
- 1 clove garlic, finely chopped
- 1 teaspoon sesame oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Directions

1. Cut the beans into 2-inch pieces. Bring a large saucepan 3/4 full of water to a boil. Add the beans and cook until they turn bright green and are tender-crisp, 1 to 3 minutes. Drain the beans; then plunge them into a bowl of ice water to stop the cooking. Drain again and set aside.
2. In a large frying pan, heat the olive oil over medium heat. Add the bell pepper and toss and stir for about 1 minute. Add the beans and sauté for 1 minute longer. Add the chili paste and garlic and stir for 1 minute. The beans will be tender and bright green. Drizzle with the sesame oil and season with the salt and pepper. Serve immediately.



Yield: 6 servings

Calories: 50
Total Fat: 2 g
Saturated Fat: <1 g
Cholesterol: 0 mg
Sodium: 201 mg
Total Fiber: 3 g
Protein: 2 g
Carbohydrates: 7 g

Baked Apples



Ingredients

- 2 large apples, cut in half
- 2 tbsp butter, melted
- 2 tbsp brown sugar
- 2 tbsp flour
- 4 tbsp quick oats
- pinch of cinnamon

Directions

1. Preheat oven to 350°.
2. Cut apples in half and remove core and seeds with a small pairing knife or spoon.
3. In a small bowl combine butter, brown sugar, flour, oats and cinnamon.
4. Spoon on top of the apple halves and sprinkle with cinnamon.
5. Place on a cookie sheet and bake in the oven for 30 minutes.
6. Serve warm with fat free whipped cream or low fat ice cream.

Yield: 4 servings
Serving Size: 1 Apple Half

Calories: 152.8
Total Fat: 6.3 g
Total Fiber: 3.4 g
Protein: 1.1 g
Carbohydrates: 26.4 g

Garlic Mashed Potatoes



Ingredients

- 3 pounds russet potatoes, peeled and cubed
- 6 garlic cloves, separated and peeled
- ½ cup fat-free milk
- 1 tablespoon trans-fat-free margarine
- Ground black pepper, to taste
- 2 tablespoons chopped fresh parsley

Directions

8. In a large stockpot, cover the potatoes with water. Bring to a boil. Reduce heat and simmer until tender, about 15 minutes. Drain the potatoes thoroughly and return to the stockpot,
9. In a small saucepan, cover the garlic with water. Bring to a boil. Reduce heat and simmer until tender, about 10 minutes. Drain the garlic.
10. In a food processor or blender, combine the garlic and milk. Puree until smooth. Add the pureed garlic and the margarine to the potatoes. Mash to desired consistency. Season with black pepper to taste. Garnish with parsley and serve immediately

Yield: 8 servings
Serving size: ¼ cup

Calories: 157 kcal
Total Fat: 5g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 90 mg
Total Fiber: 2 g
Protein: 2 g
Carbohydrates: 24 g

Parmesan Baby Carrots



Ingredients

- 1 pound carrots, chopped
- 2 teaspoons butter
- ¼ cup parmesan cheese

Directions

11. Place carrots into a large pot and cover with water. Bring to a boil over high heat.
12. Reduce heat to medium-low, cover, and simmer until tender (About 15 minutes)
13. Melt butter in a skillet over medium heat. Stir in carrots; cook and stir for 1 to 2 minutes.
14. Sprinkle Parmesan cheese on top. Wait 30 seconds before stirring into carrots. Cook and stir for 2 more minutes.

Yield: 6 servings

Serving size: ¼ cup

Calories: 57 kcal

Total Fat: 2.5g

Saturated Fat: 2.5g

Cholesterol: 7mg

Sodium: 113 mg

Total Fiber: 2.1 g

Protein: 2 g

Carbohydrates: 7.4 g