

Healthy Holiday Cookbook

A Guide for Surviving the Holidays And Staying Healthy

**Learn How We
Lightened Up 30+
Traditional Holiday
Dishes & More**

Every year the holidays flood our lives with new challenges - too much stress, too little time, and of course too much food – everywhere we turn.

Staying on a healthy track can feel overwhelming, if not impossible.

That is why we created this guide.

To help you make better food choices even in the midst of all the holiday hustle and bustle.

Whether you're wanting to maintain your weight, have a guilt-free holiday season, or continue progressing towards your health goal, this cookbook can show you how to:

- **Eat a full plate of food.** We've slimmed down traditional holiday recipes so you don't have to resign yourself to skimpy portions in order to stay on the healthy track.
- **Skip the overeating guilt trip.** We've added a lot of high fiber sides - dishes that have veggies, fruit, beans, or cooked whole grains as main ingredients. Because these foods are lower in calories, filling 50% - 75% of your plate with these dishes is a great strategy for warding off holiday gain, and the overstuffed feeling after eating a full holiday meal.
- **Create a slimming plate anywhere.** Eating at aunt Ethel's this year? No problem. We share tips on how to create a slimming meal no matter where your meal is served.
- **Enjoy dessert without the guilt.** We've created some lower calorie desserts so you can still indulge without sacrificing your weight goals.
- **Serve healthier holiday meals if hosting.** We've created sample slimming menus for Thanksgiving, Christmas and New Years to serve as inspiration if you're hosting this year.

Enjoy your holidays. Spend time with loved ones. Get lost in the scent of cedar and twinkle of merry lights.

And if you haven't done so already, sign up for our free weekly newsletter by visiting **FullPlateLiving.org** You'll receive slimming recipes to your inbox every Friday, so you never have to run out of tasty good-for-you recipes to cook for your family.

May your holidays be as sweet as **Pumpkin Pie** (pg. 14)

As spicy as our **Jalapeno Cornbread** (pg.86)

As comforting as **Creamy Corn Casserole** (pg. 34)

And as delicious as the smell and taste of the **Lentil Christmas Loaf** (pg. 20)

Happy merriment from all of us at Full Plate Living!



In This Guide

How to Enjoy Holiday Parties Without Overeating	4
The Full Plate Thanksgiving Menu + Recipes	6
Sweet Potato Mash	9
Savory Lima Beans.....	10
A Berry Cranberry Sauce	11
Thanksgiving Kale Salad.....	12
Holiday Pumpkin Pie.....	14
4 Basic Techniques to Create a Slimming Holiday Party Plate.....	16
A Slimming Christmas Feast + Recipes	18
Christmas Lentil Loaf.....	20
Lacy Brussels Sprouts.....	21
Cranberry Topping.....	22
Mushroom Gravy	23
Creamy Mashed Potatoes.....	24
11 Super Sides for Your Holiday Dinner + Recipes.....	26
Broccoli Casserole.....	28
Savory Brown Rice Stuffing.....	30
Cranberry Pineapple Relish.....	32
Creamy Corn Casserole.....	34
Cream-style Sweet Corn	36
Creamy Avocado Smashed Potatoes.....	38
Sweet Potato Marshmallow Casserole.....	40
Full Plate Deviled Eggs.....	42
Cranberry Delicious Brussels Sprouts.....	44
Brussels Sprouts and Grapes.....	46
Vegetable Pie.....	48
How to Enjoy Holiday Sweets in Moderation	50
14 Holiday Desserts your Guests Won't Know Are Healthy + Recipes.....	52
Cranberry Pear Pie	54
Guiltless Pie Crust	56
Peach Crisp	58
Almond Chocolate Chip Cookies	60
Chewy Gingersnap Cookies	62
Gingerbread Men.....	64
Sugar Free Snowball Cookies	66
Date Sweetened Gingerbread Balls.....	68
Sugar Free Chocolate Chip Peanut Butter Bars.....	70
Katie's Blondie Bars.....	72
Scrumptious Pumpkin Bread	74
Yummy Black Bean Brownies	76
Strawberry Raspberry Galette	78
Baked Fruit Salad with Cooling Yogurt Sauce	80
To a Healthy New You New Year Menu + Recipes.....	82
Good Luck Black Eyed Peas.....	84
Savory Jalapeno Cornbread.....	86
Collard Greens.....	88



How to **Avoid Overeating** at Any Holiday Get-Together

Let's be real. Overeating is practically a holiday tradition. Our stockings are stuffed, our turkeys are stuffed... and our bellies are stuffed.

This year, if you want to savor the flavors of the season—without wrecking your weight-loss plan—then the goal is to leave get-togethers feeling satisfied, not overstuffed. Somewhere in between the two extremes of

completely depriving yourself and completely overdoing it is the sweet spot: not too much, and not too little. Here are 10 can't-fail strategies to help you know how to eat—but not overeat—during the holidays.

Party Strategy

Game Night

Lots of friends, plenty of football, and a smorgasbord of food--most of which is not weight loss friendly.

Strategy #1

Eat a fiber-rich breakfast and lunch. It can be tempting to skip meals, in order to save calories for the game, but going to the party starving is a surefire way to overeat. Instead, focus on getting plenty of food in the form of beans, veggies, fruits, and cooked whole grains throughout the day. Don't skip meals, just eat smaller meals.

Strategy #2

Bring a healthy dish. It can be as simple as packing fruit and salad for the game. You can still have a slice of pizza--just eat fruit and salad first. If you want more ideas on what to bring, check out these [25 Weight-Loss Friendly Football Season Recipes](#).

Church or Office Potluck

Great fellowship--too much food.

Strategy #3

Stick to one plate, and fill it with as many fiber-rich foods as possible. There will be plenty of choices, so the chances of finding natural fiber-rich foods are good. You might even be able to fill ¾ of your plate with foods rich in fiber. For inspiration, check out [this step-by-step example](#).

Party

Strategy

Big Family Dinner

Thanksgiving, Hanukkah, and Christmas. It's the rare bird that doesn't overeat on these occasions.

Strategy #4

Cook your favorites throughout the holiday season. One of the reasons we tend to overeat is because we only get certain dishes at one special meal. Instead, serve your favorites once a week throughout the season. Then you won't feel like the big family dinner is your last chance to enjoy that favorite childhood dish.

Strategy #5

Eat your fiber-rich foods first. By eating fiber-rich foods first, you'll fill up with lower calories foods. This leaves less room for more calorie dense dishes.

Just as important, **stop eating when you feel satisfied.**

Strategy #6

Go for a stroll after the meal. This will help lower your blood sugar--so your body won't pack on the pounds. If it's too cold, you can do what Donna does. The winters are cold where she lives, so she sets a timer for 15 or 30 minutes and walks inside her house until the timer goes off. In one year, Donna lost 110 pounds total!

Holiday Gala

Unlike eating at a restaurant, you eat what you're served. Fortunately, with the Full Plate approach, there are no forbidden foods. But you still don't want to overeat.

Strategy #7

Drink a glass of water 15 minutes before the meal, and eat slowly. The slower the better. When you're satisfied, but not stuffed, put your napkin over your plate. This will signal your brain that you're finished.

Appetizers and Cocktails Party

They might be tiny portions of food and drinks, but you can mindlessly eat and drink a lot of calories as the night wears on.

Strategy #8

Focus on people instead of food. Go ahead and choose a small plate of food and your favorite drink. To stop people from trying to refill your cup, leave ice cubes in, and add club soda or cranberry juice for the rest of the night. Then turn your attention to socializing. See how many people you can catch up with. Even if you're not much of a talker join in on conversations by actively listening and asking questions.

New Year's Eve Party

These parties usually have lots of finger foods and alcohol, so it's easy to jump right in and start indulging.

Strategy #9

Treat your plate like a cake-tasting event. Slow yourself down, and take a few minutes to check out the lay of the buffet. Give yourself time to settle in and pick your 5 favorite treats (including drinks). Then add bites of each to your plate. For example, if there's a large cookie, take a half. Instead of taking a whole slice of cake, take a fourth of a slice. Indulge your senses with both food and company without the guilt.

Breakroom Goodies

Not a party, but still an ongoing holiday overeating trap.

Strategy #10

Bring healthier treats from home. A small fruit bowl at your desk is a good choice--apples, cuties, bananas, even persimmon. If a certain holiday treat is your downfall, make a healthier version at home and keep some in your desk drawer. When the temptation gets too great, let yourself have one serving.

A Sub 700 Calorie **Thanksgiving Menu** Any Kitchen Novice Can Make



The ideal Thanksgiving feast is quick and easy to prepare and a jiff to clean up. And of course, it leaves people wanting seconds...and thirds, and asking for your recipes.

And this time, your guests CAN have seconds and thirds and still consume less than half of the calories the average American stacks on their Thanksgiving plate. Sound too good to be true? Check it out.

Dish	Serving Size	Fiber	Fat	Carbs	Calories
Turkey*	3 oz	0 g	3.5 g	0 g	126
Sweet Potato Mash	½ cup	3 g	2.5 g	18 g	100
Savory Lima Beans	½ cup	5 g	0.5 g	20 g	120
Thanksgiving Kale Salad	1 cup	4 g	7 g	23 g	160
Holiday Pumpkin Pie	1/16 of pie	4 g	1 g	20 g	120
A Berry Cranberry Sauce	2 T	1 g	0 g	6 g	25
Total		14 g	17.5 g	87 g	651



* If you are vegan or vegetarian, try these amazing lentil nut balls from Oh She Glows instead of the turkey. <http://ohsheglows.com/2013/11/13/lentil-mushroom-walnut-balls-with-cranberry-pear-sauce/>

How we made the meal

It took 2 team members 2 hours to prepare everything for the feast (minus the turkey which was handled by our grillmaster the day before). If we would have prepped the day before we could have had all the dishes on the table within one hour.

Every dish was tasted by our team members. Every single one asked for seconds based on their preferences. The most requested dish was the salad, with the beans coming in a close second.

The plate, including both turkey and pie has 14 grams of fiber and only 651 calories. And if you struggle with diabetes, the 73g of total carb is

much easier to manage than the average 388g of carb plate. Which means you can still eat a normal breakfast and dinner if you'd like. Or you can choose to go back for those seconds.

If you choose a gluten free crust for the pie, the entire meal is gluten free and perfect for anyone who has dairy intolerance as well.

Unfortunately, clean up still took some time. But bribing staff members with leftovers helped us get it done faster. Should work like a charm for friends and family too.

Recipes start on page 9.

To prep the day before and reduce cooking time even more

Deseed the pomegranate ahead of time and store seeds in an airtight container.

Cook your wild rice.

Chop up kale and refrigerate in gallon Ziploc bags.

Roast walnuts and bake sweet potatoes.

Bake the pumpkin pie.

Our Thanksgiving Menu Recipes

Sweet Potato Mash



Savory Lima Beans



Thanksgiving Kale Salad



Holiday Pumpkin Pie



A Berry Cranberry Sauce



And even more on the [Full Plate Thanksgiving Pinterest Board](#)



<http://www.pinterest.com/fullplateliving/full-plate-thanksgiving/>

Sweet Potato Mash

- 5 medium sweet potatoes
- 2 teaspoons maple syrup
- 1 teaspoon cinnamon
- 2 tablespoons Earth Balance Whipped
- 2 teaspoons fresh squeezed orange juice

Preheat oven to 400 degrees. Bake the sweet potatoes for 50 minutes, until soft to the touch. Cool enough to handle, peel and place in a large, flat-bottom dish. Add all remaining ingredients and mash until desired consistency. Serve hot.

Nutrition note: If you don't have access to sweet potatoes, you can use yams instead. While the words sweet potato and yam are often used interchangeably, they belong to two different botanical families: sweet potatoes from the morning glory family, yams from the lily family. Yams are large root vegetables grown mainly in Africa, South America, or the Caribbean, with more than 600 different species. Yams tend to be slightly less flavorful, and drier than sweet potatoes, and contain less beta-carotene.

Nutrition information

Makes 7 servings

Serving size ½ cup

Calories: 120

Fat: 3g

Sodium: 70mg

Carbohydrates: 24g

Fiber: 3g

Protein: 2g

Net Carbohydrate: 21g

Carb Choice: 1 ¼





Savory Lima Beans

Called butter beans in the South and limas in the North (and “Madagascar Beans” in other parts of the world), these beans are actually native of Peru, from whose capital city they derive their name. Lima beans have a mild, buttery flavor, hence their nickname. Here the juxtaposition of sharp pimiento and humble lima flavors puts a twist on an old standby. If you haven’t tried lima beans since shunning them in childhood, give them a fair shake now that your tastes have matured. You can purchase lima beans in two sizes, “large, or Fordhook” and “baby.” While devotees swear by one or the other, they can be interchanged in most recipes.

4 cups frozen baby lima beans

2 cups low sodium vegetable stock

1 teaspoon extra-virgin olive oil

1 small chopped onion

2 oz jar diced pimientos, drained

Boil the limas, water, and vegetable stock in a large sauce pan until the beans are tender. 15-20 minutes. Heat olive oil in a small skillet over medium heat. Add onion and pimientos and saute until onion is translucent, about 10-15 minutes. Add to beans and simmer until thoroughly mixed, about 10 minutes. As you stir, some beans will break apart to form a creamy sauce. Serve hot. Leftover beans can be refrigerated for up to 3 days or frozen for up to 1 month.

Nutritional Information

Makes: 8 servings

Serving size: ½ cup

Calories: 120

Fat: 1g

Sodium: 100mg

Carbohydrate: 23g

Fiber: 5g

Protein 6g

Net Carbohydrate: 18g

Carb Choice: 1



A Berry Cranberry Sauce

6 oz fresh cranberries (½ of a cranberry bag)

1.5 cups frozen blueberries

½ c water

1 T honey

Pour all ingredients in a small pot. Bring to a boil over medium heat and stir regularly. As berries open, use a wooden spoon to press the ones that don't pop onto the side of the pot. Keep stirring until mixture thickens. Once it reaches the right consistency, place in a dish and let cool.

Can serve hot or cold. Will keep in the refrigerator for 4 days.

Nutritional Information

Makes 10 - 2 Tablespoon servings

Calories: 25 calories

Fat: 0g

Sodium: 0mg

Carbohydrate: 6g

Fiber: 1g

Protein: 0g

Net Carbohydrate: 5g

Carb Choice: 1/3

Thanksgiving Kale Salad

This salad is not only bursting with sweetness from the pomegranate, but filling to boot, thanks to the wild rice. One of the easiest ways to enjoy kale, even if you're a kale beginner.

8 cups fresh kale (1 large bunch)

1 pomegranate, deseeded

2 cups cooked wild rice

6T walnuts, toasted

Dressing

½ cup finely chopped shallots

2T olive oil

2T water

2T honey

½ T apple cider vinegar

½ t salt

Cook 1 cup wild rice according to package directions.

Wash kale thoroughly, remove stems and chop.

Deseed the pomegranate, and add seeds to the kale.

Mix in cooked rice.

Preheat oven to 400 degrees. Place walnuts on a cooking sheet and toast for 5 minutes. When finished, add to the kale bowl.

In a small bowl, mix all the dressing ingredients thoroughly. Add to the salad and mix well. Refrigerate and serve cold.

The salad will keep 5 days if refrigerated in an airtight container.

This recipe was inspired by Pinch of Yum.

<http://pinchofyum.com/pomegranate-kale-wild-rice-salad-with-walnuts-feta>



Nutritional Information

Makes: 9 cups

Serving size: 1 cup

Calories: 160

Fat: 7g

Sodium: 150mg

Carbohydrate: 23g

Fiber: 4g

Protein: 5g

Net Carbohydrate: 19g

Carb Choice: 1 1/4





Holiday Pumpkin Pie

Makes 1 - 9" pie: 8 slices

Serve this pie at your next fall gathering.

1 box Mori-Nu silken extra firm tofu

3 tablespoons maple syrup

1 - 15 ounce canned pumpkin (not pumpkin pie mix)

3 tablespoons packed brown sugar

1 tablespoon pumpkin pie spice

¼ teaspoon salt

1 - 9" Guilt Free Pie Crust* (If you're gluten sensitive, use a GF crust)

Combine the tofu and maple syrup in a food processor or blender until creamy. Add the pumpkin, brown sugar and seasonings and process or blend well. Put the mixture in the pie crust and spread evenly. Bake at 400°F for 1 hour, or until a toothpick stuck in the center comes out clean. You may want to cover the edges of the crust with foil to prevent over-browning. Chill before serving.

Recipe tip: Light silken tofu is a great substitute for fatty cheeses like mascarpone or cream cheese, used in desserts like tiramisu and cheesecake. Because tofu is tasteless, you can give it any flavor you wish by the seasonings you use. And you get to lose lots of fat calories in the process.

Nutrition Facts	
ANALYSIS FOR 1 SERVING: 1/8th of a 9" pie	
Calories:	190
Fat:	8g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	200mg
Total Carbohydrate:	26g
Dietary Fiber:	4g
Sugars:	12g
Protein:	6g
Net Carbohydrate:	20g
Carb Choice:	1 1/2

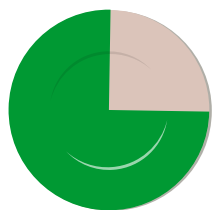
If you don't want to make your crust from scratch, you can opt to instead use a 9" graham cracker crust. When using this crust there's no need for pre-baking. Simply fill the crust with the filling and follow regular baking instructions.

Nutritional Facts	
Makes 16 servings	
Serving size: 1/16th of the pie	
Calories:	120
Fat:	4.5g
Sodium:	110mg
Carbohydrates:	17g
Fiber:	1g
Sugars:	17g
Protein:	3g
Net Carbohydrate:	19g
Carb Choice:	1 1/4

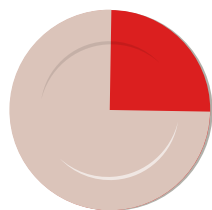
*Recipe on page 56

Create a slimming holiday plate no matter where you're eating this year

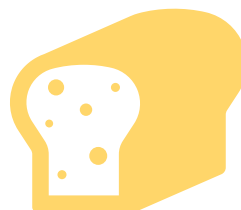
It's much easier to control what ends up on your plate if you host the dinner yourself. But even if you're celebrating at a relative's house, here are 4 basic ideas to help create a filling, skinny plate:



Cover 75% of your plate with foods that are high in fiber. These foods are usually lower in calories because they're high in both fiber and water which contain no calories. At a typical holiday dinner these would be your salads, beans, roasted vegetables, corn on the cob, and brown rice.



Cover 25% of your plate with foods that have no fiber or are processed. This is usually the turkey, ham, duck, white bread rolls, canned sauces, gravies, green bean casserole and desserts (other than fruit salad).



Be choosy with starches. Sweet potatoes, mashed potatoes, stuffing, rice, bread rolls, mac and cheese...these tend to be the dishes with the highest amount of calories and fat. They're also the worst when it comes to blood sugar control. Choose your two favorites and skip the rest.



Choose one dessert. When there's an entire table designated just for the sweet stuff, it's easy to eat a plateful of food then go back and fill a second plate just with desserts. Choose your favorite dessert and stick to one serving. Or choose a sample plate - add 1 bite-sized piece from 5 different desserts.

How to Create Healthier Plates at Thanksgiving

A typical Thanksgiving meal is 4500 calories.

800 calorie plate

turkey	3oz - size of a deck of cards
cranberry sauce	¼ cup
mashed potatoes and gravy	½ cup potatoes ¼ cup gravy
green bean casserole	1/2 cup
brussels sprouts	1 cup
pumpkin pie	1 slice

1000 calorie plate

turkey	3oz - size of a deck of cards
cranberry sauce	¼ cup
stuffing	1/2 cup
green bean casserole	1/2 cup
roasted veggies	1 cup
pecan pie	1 slice

Navigate holiday pitfalls like a pro



Not only will you give yourself a pat on the back instead of a lashing the morning after, you'll also have more energy to enjoy the day. Which means more fun, laughter, and silliness to go around.

Here are the common pitfalls to watch out for:

Skipping breakfast actually leads to overeating. Most people skip breakfast so they can eat more at holiday dinners. It can work if you wake up 2-3 hours prior to your meal. However, if you're awake by 9am and dinner is not served until 2pm, this makes it more likely that you will overeat. You'll be so hungry, you'll be grazing all day.

Food pushers guilt you into consuming more calories. And there's one in every family. Aunt Sue might be your family's dessert peddler, or Grandma Myrtle might push giblet gravy like it's the answer to world hunger. You can still choose to take just a taste bite and leave the extra on your plate. Just because they push it doesn't mean you have to eat it. And when you leave a bite or two on your plate, it signals to others that you're full.

Post dinner crash makes it harder for your body to use up the fuel. If you've gone a bit overboard during the meal, you'll most likely want to sit down for a while – maybe even nap. But studies show that if you stroll for 15-30 minutes afterwards, you can dampen your blood sugar's high which makes it easier for your body to use up all those calories instead of storing them. Besides what better way to catch up on all that family gossip than taking a stroll down the lane? Literally.



A Slimming Christmas Feast Your Family Will Absolutely Enjoy

While Thanksgiving Dinner is all about the turkey, the main Christmas meal a bit more flexible, making this the perfect time to showcase a high fiber main dish.

Our **Christmas Lentil Loaf** pairs up nicely with the **Creamy Mashed Potatoes** and **Lacy Brussels** for a delicious dinner that's wonderfully slimming, *and* diabetic friendly to boot. And to keep the Christmas magic alive, we've kept this meal low in calories, so you can enjoy a full piece of dessert without feeling any guilt whatsoever.

Entire Christmas Meal Nutrition :

Calories: 450 Fat: 11.5g Sodium: 685mg Carbohydrates: 74g Fiber: 16g Protein: 15g





Christmas Lentil Loaf

Ingredients

- 1 pound lentils
- 6 cups no sodium vegetable broth
- 2 medium white onions
- 1 - 8.5oz jar sundried tomatoes in herbs and olive oil
- 1/2 C Marzetti Ancient Grains Baked Croutons (or other whole grain baked croutons)
- 1 1/2 C old fashioned rolled oats
- 2 tsp garlic powder
- 1 tsp smoked paprika
- 1 tsp dry thyme
- 1 tsp dry basil
- 1/4 tsp salt (or to taste)
- 3 dashes cayenne pepper
- 1/4 cup egg whites

Directions

Sort lentils by pulling out any refuse and rinse under running water.

In a covered pot, over medium heat, bring lentils and vegetable broth to a boil, then reduce to simmer. Cook for about 40 minutes - until lentils mash easily when pinched between thumb and pointer finger.

Meanwhile, finely dice onions and sautee with sundried tomatoes over medium low heat until onions are caramelized, so don't turn the heat up too much.

When lentils are done, set both lentils and onion mixture aside.

In a food processor, pulverize 1/2 cup of oats and croutons until they look like flour. Add half of the lentils and the rest of the seasonings and process until smooth.

In a large bowl fold together whole lentils, pureed lentils, the remaining oats, and sauteed onions.

Taste your loaf and if you need to make any adjustments to the seasonings do so now.

Once you like the taste, add your egg whites and fold together.

Transfer the mixture into two greased bread loaf pans, cover with foil and bake at 350 degrees for 45 minutes.

Serve your lentil loaf by topping with the *Mushroom Gravy*.

Makes 2 lentil loaves - 16 servings. Each loaf serves 8.

Nutrition

Serving size 1/8th of pan

Calories: 240 Fat: 7g Sodium: 220mg Carbohydrates: 36g
Fiber: 7g Protein: 9g



Lacy Brussels Sprouts

Ingredients

- 1 - 12 oz bag shredded brussels sprouts
- Olive oil spray
- ¼ teaspoon salt
- ¼ teaspoon dry basil
- ½ teaspoon garlic powder

Directions

Coat a large skillet with olive oil spray.

Add brussels sprouts and cook over medium heat for 5 minutes. Add seasonings and spray with more oil if needed. Cook for another 10 minutes, or until brussels sprouts are tender.

Serve.

Makes: 3 cups - 6 servings

Nutrition

Serving size ½ cup

Calories: 40 Fat: 1.5g Sodium: 115mg Carbohydrates: 4g Fiber: 2g Protein: 1g

Cranberry Blueberry Sauce

Ingredients

- 1 - 12oz bag cranberries
- 1 cup water
- 1 pint fresh blueberries
- 1 teaspoon ground cinnamon
- ¼ teaspoon nutmeg
- 1/8 teaspoon cloves

Directions

Pick through cranberries and toss any that are shriveled or rotten.

In a medium saucepan, mix water, sugar if using, and cranberries and simmer over medium heat until cranberries burst. About 10 minutes.

Add blueberries and spices and cook for another 5 minutes. Use the back of a wooden spoon to smash some of the berries.

Set sauce aside to cool, cover with plastic wrap and refrigerate until use.

Makes 2 ¾ cups

Nutrition

Serving size ¼ cup

Calories: 30 Fat: 0g Sodium: 0mg Carbohydrate: 8g Fiber: 2g Protein: 0g



Mushroom Gravy

Ingredients

- 1 large onion, chopped
- 2 garlic cloves, minced
- 15 oz mushrooms, finely diced
- 2 teaspoons water
- 1 teaspoon cornstarch

Directions

In a large skillet, over medium-lo heat, saute chopped onion with the lid on for 5 minutes. Add minced garlic and saute for another 5 minutes with the lid off. Add the diced mushrooms, cover with the lid and sautee for another 2 minutes. Makes 2 ½ cups

Nutrition

Serving size ¼ cup
Calories: 20 Fat:0g Sodium: 0mg Carbohydrate: 4g Fiber: 1g Protein: 1g

Creamy Mashed Potatoes

The slimming power of this mashed potato recipe comes from lowly cauliflower which makes it possible for you to eat more potatoes while keeping the calories low. It also makes the dish lower in carbs, so someone with diabetes can enjoy it without it spiking their blood sugars. The best part is that you cannot tell the cauliflower is even there!

Ingredients

- 4.5 cups red potatoes with skin
- 6 cups fresh cauliflower, diced florets
- 2 tablespoons Earth Balance Buttery Spread Whipped
- $\frac{3}{4}$ teaspoon garlic powder
- $\frac{3}{4}$ teaspoon salt, or to taste

Directions

Steam the cauliflower and potatoes together until soft, about 12 minutes. Place the hot vegetables and all remaining ingredients into a food processor and pulse on high for 15 seconds, until semi smooth. Move the mashed potatoes to a bowl, and use a handheld mixer to mix until you reach the desired consistency.

Recipe Tip

If you like garlic, use 1 minced garlic clove instead of garlic powder. You can garnish the potatoes with finely chopped fresh parsley.

Makes 6 - $\frac{3}{4}$ cup servings

Nutrition

Calories: 120 Fat: 3g Sodium: 350mg Carbohydrate: 22g Fiber: 4g Protein: 4g

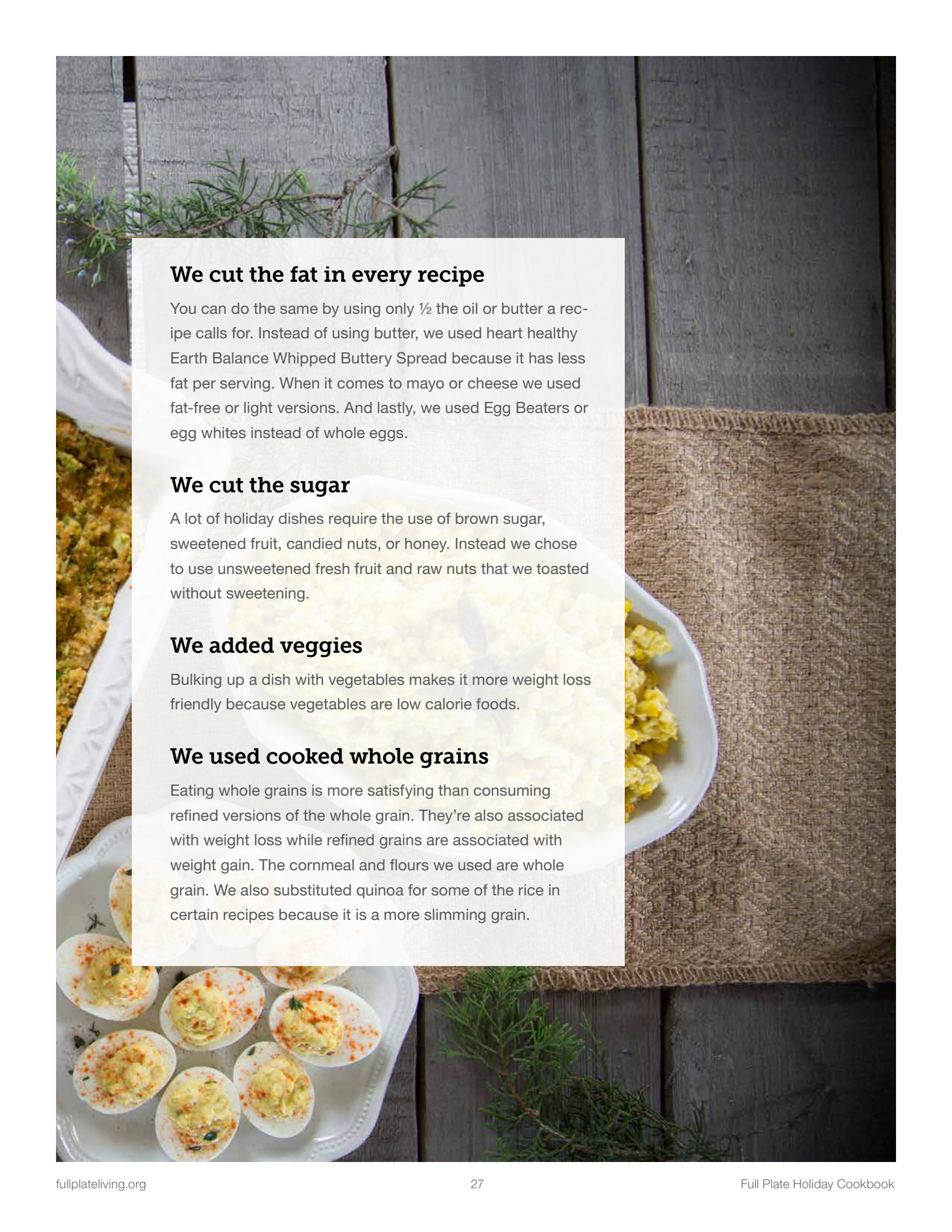




See How We Lightened Up Traditional Holiday Dishes Without Losing Flavor

Whip up some of these slimmed-down holiday favorites and this season leave the table feeling satisfied, not stuffed.

How we did it...



We cut the fat in every recipe

You can do the same by using only ½ the oil or butter a recipe calls for. Instead of using butter, we used heart healthy Earth Balance Whipped Buttery Spread because it has less fat per serving. When it comes to mayo or cheese we used fat-free or light versions. And lastly, we used Egg Beaters or egg whites instead of whole eggs.

We cut the sugar

A lot of holiday dishes require the use of brown sugar, sweetened fruit, candied nuts, or honey. Instead we chose to use unsweetened fresh fruit and raw nuts that we toasted without sweetening.

We added veggies

Bulking up a dish with vegetables makes it more weight loss friendly because vegetables are low calorie foods.

We used cooked whole grains

Eating whole grains is more satisfying than consuming refined versions of the whole grain. They're also associated with weight loss while refined grains are associated with weight gain. The cornmeal and flours we used are whole grain. We also substituted quinoa for some of the rice in certain recipes because it is a more slimming grain.

Broccoli Casserole

Ingredients

- 2 t olive oil
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 ½ cup quinoa
- 1 cup water
- 1 cup low sodium vegetable broth
- 1 cup unsweetened cashew or almond milk
- 2 (16 ounce) frozen broccoli florets
- 1 (10.5 ounce) can cream of celery, 98% fat free
- 1 ½ cup low fat cheddar cheese, shredded

Directions

Preheat oven to 350 degrees.

In a large pan, sauté garlic and onion in olive oil for 10 minutes over medium heat.

Add quinoa, water, broth and milk. Bring mixture to a boil, cover and reduce heat to simmer for 15 minutes.

In a food processor, pulse half of the amount of frozen broccoli until you have small pieces. Repeat with other half of broccoli.

Fold in chopped broccoli, cream of celery and cheese to quinoa mixture.

Spray a large baking dish with cooking spray. Pour in mixture and spread evenly. Bake for 30-40 minutes.

Divide into 12 servings and serve.

12 servings • 1 serving = 170 calories • 4g fat • 5mg cholesterol
260mg sodium • 22g carbohydrate • 4g fiber • 8g protein





Savory Brown Rice Stuffing

Ingredients

- 1 (10oz) bag frozen brown rice
- 1.5 cups dry quinoa
- ¼ cup pine nuts
- 1 tsp olive oil
- ½ cup water
- 1 large white onion, diced
- 1 cup shredded carrots, diced
- 2 large celery stalks, finely diced
- 2 cloves garlic, minced
- 1 T garlic powder
- 1 T dried oregano
- 1 t dried sage
- 1 t salt
- 1/8 t black pepper
- 1 Granny Smith apple
- 1 cup fresh cranberries
- 4 cups kale, stems removed, diced
- 2 medjool dates, diced
- 1 cup low sodium vegetable stock

Directions

Cook quinoa according to package directions. Microwave rice according to package directions. Once cooked, mix rice and quinoa in a large bowl and set aside.

Meanwhile, heat oven to 350°. Heat large skillet over medium-high heat. Add pine nuts. Cook, stirring often, until nuts are lightly toasted and fragrant, about 3 minutes; transfer to plate and set aside. Heat olive oil in same pan over medium-high heat. Add onions, carrot, celery, garlic, oregano, garlic powder, sage and water. Cook, stirring occasionally, until vegetables are tender, about 8 minutes. Add apple and cranberries and cook until apple softens, about 5 minutes. Add kale, tossing with tongs until kale wilts, about 3 minutes. Season with salt and pepper.

Transfer vegetable mixture to bowl with reserved cooked rice and quinoa. Stir in toasted pine nuts, chopped dates and vegetable stock. If needed add more oregano, sage, salt and pepper (according to taste). Mix well to combine.

Transfer mixture to greased 9"x13" or other 3-qt baking dish. Bake uncovered until warmed through and crispy around edges. About 30-40 minutes. Serve.

Makes 12 servings • Serving size: 1 cup • Calories: 190 • Fat: 4.5g • Sodium: 430mg • Carbohydrates: 34g • Fiber 5g • Protein 6g • Net Carbohydrates: 29g • Carb Choice: 2

A close-up photograph of a cranberry pineapple relish, showing a mix of red cranberries, yellow-orange pineapple chunks, and green apple pieces. The relish is presented in a white rectangular box with a dark red border, set against a background of the same relish.

Cranberry Pineapple Relish

Ingredients

- 1.5 cups fresh cranberries, rinsed
- 1 medium honeycrisp apple, cored, and sliced
- ½ jalapeno chile, deseeded and deveined
- 2 cups fresh pineapple chunks
- 1 T fresh cilantro, finely chopped
- ½ t ginger, minced

Directions

Place cranberries, apple, jalapeno, and pineapple in the bowl of a food processor. Pulse several times, until everything is finely chopped and well blended.

Pour mixture from food processor into a bowl and toss with chopped cilantro and minced ginger.

Let sit 15 minutes so sugar from the pineapple will soften the chopped cranberries. Store chilled in an airtight container until ready to serve.

Makes 4 cups • Serving Size: ¼ cup • Calories: 20 • Fat: 0g • Sodium: 0mg • Carbohydrates: 5g • Fiber: 1g • Protein 0g • Net Carbohydrate: 4g • Carb Choice: 1/3



Creamy Corn Casserole

Ingredients

- 2 green onions (stalks included), sliced
- ½ cup coarse whole grain cornmeal
- 1 cup cashew milk, unsweetened
- ½ cup water
- ½ t onion powder
- ½ t garlic salt
- ½ t paprika
- 1/8 t cayenne pepper
- 10 oz frozen corn
- ½ cup fat free greek yogurt
- cooking spray

Directions

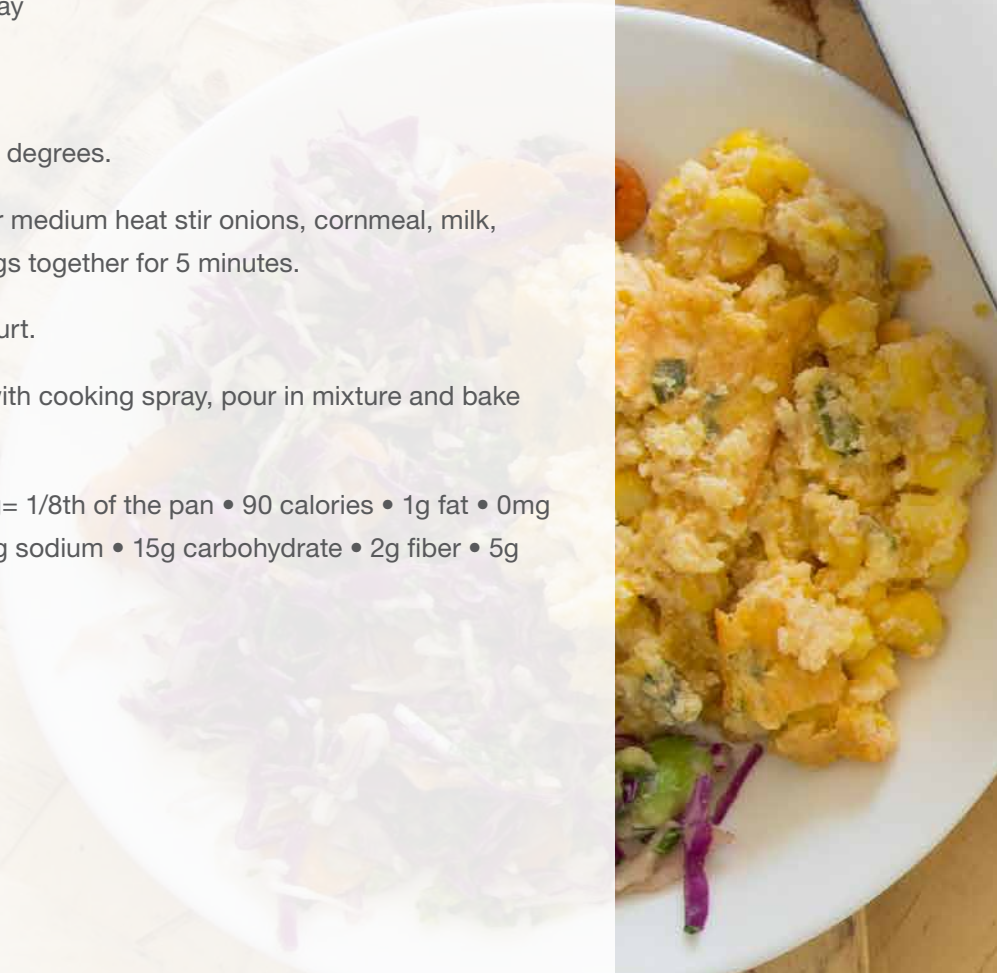
Preheat oven to 350 degrees.

In a large skillet over medium heat stir onions, cornmeal, milk, water and seasonings together for 5 minutes.

Mix in corn and yogurt.

Spray baking dish with cooking spray, pour in mixture and bake for 60 minutes.

Serves 8 • 1 serving= 1/8th of the pan • 90 calories • 1g fat • 0mg cholesterol • 105 mg sodium • 15g carbohydrate • 2g fiber • 5g protein





Cream-style Sweet Corn

Ingredients

8 ears fresh corn

2t Earth Balance Whipped Buttery Spread

Directions

Place shucked corn in a large boiling pot and cover with water. Bring to a boil and then reduce heat to medium to cook for 15 minutes.

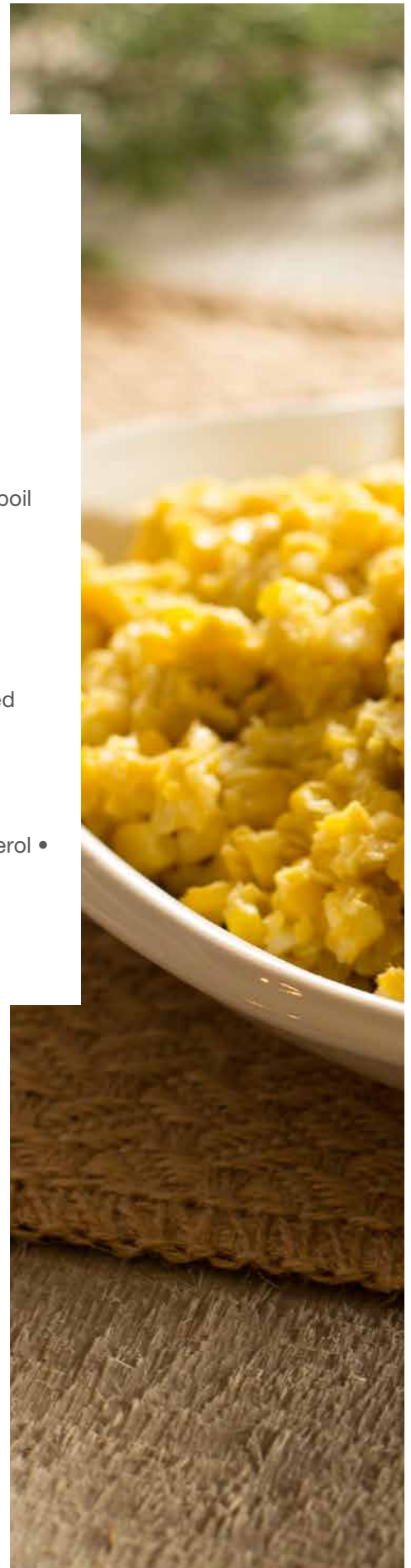
Drain corn and cook before shaving kernels off the cob into a bowl.

Place half of the kernels in a food processor and pulse until corn thickens.

Add all of the corn and butter together in a frying pan and heat until desired temperature.

Salt to taste

Yields 3.5 cups • 7 - ½ cup servings • 140 calories • 1g fat • 0mg cholesterol • 60mg sodium • 24g carbohydrate • 3g fiber • 3g protein





Creamy Avocado Smashed Potatoes

Ingredients

8 new potatoes
1 t garlic salt
cooking spray
1 avocado
1 clove garlic, minced
2 t lemon juice
¼ cup light mayo
cooking spray

Directions

Preheat oven to 400 degrees.

In a large pot add potatoes and cover with water. Bring the water to a boil and then reduce heat to medium to cook for 20 minutes or until potatoes are soft all the way through. If you have an Instant Pot steam your potatoes.

Add avocado, minced garlic, lemon juice and mayo to a mixing bowl and mash until smooth. A potato masher or fork works well.

Drain the potatoes once done, spray a baking sheet with cooking spray, and place potatoes on sheet. Take the bottom of a coffee mug or glass and press down on each potato to flatten.

Once all of the potatoes are smashed, spray the potatoes with cooking spray and sprinkle garlic salt over them. Place in the center of the oven to bake for 25-30 minutes or until potatoes are crispy around the edges.

Place a dollop of the avocado mixture on each potato.

Makes 8 potatoes • 1 serving = 1 potato • 190 calories • 6g fat • 5mg cholesterol • 200mg sodium • 30g carbohydrate • 5g fiber • 4g protein







Sweet Potato Marshmallow Casserole

Ingredients

- 4 sweet potatoes
- 1 T Earth Balance Whipped Buttery Spread
- ½ t ground ginger
- ½ t ground cinnamon
- 2 cups mini marshmallows*
- cooking spray

Directions

Preheat oven to 350 degrees.

Wash sweet potatoes. Pierce potatoes with a fork. Place on a piece of foil in the oven, and bake for 1 hour.

Once the sweet potatoes are done, remove peel and place in a large mixing bowl with buttery spread, ginger and cinnamon. Smash mixture well with a fork or potato masher until smooth.

Pour mixture in greased large baking casserole dish, top with marshmallows and bake for 15-20 minutes or until marshmallows are lightly browned.

8 servings

1 serving = 1/8th of pan • 120 calories • 1g fat • 140 mg sodium • 0mg cholesterol • 27g carbohydrate • 3g fiber • 2g protein

*If you're vegan, you can find vegan marshmallows at health food stores.





Full Plate Deviled Eggs

Ingredients

- 12 eggs
- 1 - (15 ounce) can navy beans, drained
- 2T mustard
- ½ cup light mayo
- 1 t salt
- ¼ cup pickle relish
- ½ t paprika

Directions

Place eggs in a pot, cover with water and bring to a boil. Remove from heat, cover and let sit for 20 minutes. Drain, lightly crack shells and place in cold water for 5 minutes. Peel and slice each egg in half. Keep 8 egg yolks and discard the remaining 4.

In a mixing bowl, smash the navy beans well then mix in egg yolks, mustard, mayo, salt and relish.

Divide the mixture between the 24 egg whites and sprinkle with paprika.

Makes 24 servings • 1 deviled egg = 55 calories • 3.5g fat • 75mg cholesterol • 250mg sodium • 3g carbohydrate • 1g fiber • 4g protein



Cranberry Delicious Brussels Sprouts

Ingredients

- 2 pounds fresh Brussels sprouts,
de-stemmed and quartered
- 1 ½ cups fresh cranberries
- 1/3 cup water
- 1 T balsamic vinegar
- 1 T maple syrup
- 1/3 cup pecans, chopped
- 2 T gorgonzola cheese crumbles

Directions

In a large covered skillet, over medium heat, cook Brussels sprouts, cranberries in water for 10 minutes or until desired tenderness is reached. Stir Occasionally.

Once the desired tenderness is reached, remove from heat and mix in balsamic vinegar, maple syrup, pecans and gorgonzola cheese.

Makes 10 Servings • 1 Serving is ¾ cup • 70 calories • 3g fat • 35 mg sodium • 0mg cholesterol • 8g carbohydrate • 3g fiber • 3g protein



Brussels Sprouts and Grapes

Ingredients

- 1T olive oil
- 1 small red onion, diced
- 2 - (12 ounce) steamer bags Brussels sprouts, frozen
- 1T balsamic vinegar
- 1/3 cup walnuts, chopped
- 2 cups red grapes, halved

Directions

Microwave Brussels sprouts in steamer bag for only 2 minutes.

In a large skillet over medium heat, saute onion in olive oil until onion is tender and translucent.

Cut Brussels sprouts in half and add to sauted mixture. Cook for 10 minutes or until lightly browned.

Toss in balsamic vinegar, walnuts and grapes and cook for an additional 3 minutes.

Yields 6 cups

8 - ¾ cup servings =

140 calories • 5g fat • 25 mg sodium • 0mg cholesterol • 19g carbohydrate • 4g fiber • 5g protein





Vegetable Pie

Ingredients

- 1T Earth Balance Whipped Buttery Spread
- 1 sweet onion, diced
- 10 oz sliced mushrooms
- 2 large zucchini, sliced
- 1 cup corn, frozen
- 1 t dried oregano
- 1 t dried basil
- ½ t salt
- 1 cup low fat mozzarella cheese, shredded
- ¾ cup Egg Beaters
- 2 small tomatoes, thinly sliced

Directions

Preheat the oven to 400 degrees.

In a large skillet over medium heat, saute onions in buttery spread until onion is tender and translucent. Add mushrooms, corn, zucchini, oregano, basil and salt and saute for 10 minutes.

Remove skillet from heat and fold in cheese and Egg Beaters.

Pour mixture in a greased pie dish and add sliced tomatoes on top.

Place pie dish in the middle of the oven and bake at 400 degrees for 20 minutes.

Turn the oven to broil and cook for 5 additional minutes.

Makes 8 servings

1 Serving is 1/8 of pie • 120 calories • 3.5g fat • 310 mg sodium • 14mg cholesterol • 14g carbohydrate • 2g fiber • 10g protein



A Smart Strategy for Enjoying Sweets During the Holidays

“A party without cake is just a meeting.”

— legendary chef **Julia Child**

We hear you, Julia. And we couldn't agree more.

Especially during the sugary sweet holiday season.

No cake?

No cookies?

No pie?

No party.

Of course, there are always plenty of sweets at holiday parties. The problem is you're trying very, very hard not to eat them. After all, you don't want the happiest time of the year to undo months of weight loss.

But nothing kills holiday cheer more than a restrictive weight-loss plan that leaves you completely dessert-free attending lots of holiday...meetings.



Your Strategy for Sweet Success

Good news! If you do it smartly, you can enjoy sweets without gaining weight. Just follow these tips for success:

Don't skip meals before a holiday party. Going to a party when you're starving sets you up to binge on sweets for two reasons:

- You'll be so hungry that you will need to eat something—anything!
- You'll overindulge as a reward for “being good” all day.

Eat high-fiber foods before reaching for the sweets. At the party, aim to fill 75% of your plate with foods high in fiber (veggies, fruits, beans, cooked whole grains) and eat these foods first. They fill you up, so there's less room for sweets—a safeguard from overindulging. Plus, these whole, fiber-rich foods will decrease your sweet cravings.

If you know the holiday party you're going to won't have much fiber rich food, you have two choices:

- Check with your hostess, and bring your own high-fiber dishes.
- If you can't bring a dish, eat a fiber-rich snack before the party.

Be a dessert sampler. If there are several sweets you want to try, add small servings of each one to your plate. Savor every bite, but then walk away from the dessert area for good.

Drink plenty of water. Dehydration makes your cravings unbearable, and you're more likely to overindulge on sweets. Increase your likelihood of overcoming temptation by drinking water throughout the day.

Decide ahead of time which sweets you're going to enjoy at the party or event, and eat only those sweets. For example, if you look forward to your mother's holiday fudge every year, don't waste your splurge on dry, store-bought cookies. Save your indulgences for favorite foods that you can't get every day.

Even so, limit the number of times you eat sweets to once or twice a week. On other days, keep sweets out of your house. If you can't keep them out of your house, at least store them out of sight. (Research shows this strategy helps you eat fewer goodies.)

Bake sweets for events only. If you enjoy holiday baking, choose to do it primarily for social events. That way, the sweets will be heading out of your house, and you won't be tempted to overindulge just because they're sitting around.

Don't give up. If you have a sugar binge, forgive yourself, and at your very next meal go back to filling your plate with whole, fiber-rich foods. These foods have a miraculous capacity to nip those unruly sugar cravings right in the bud. Don't let one slip up become a holiday pattern.

Keep up your regular fiber-rich meals and physical activity throughout the holidays. Being consistent is the only sure-fire way to get results. It's easy to get discouraged and give up for the holidays, but sticking to your regular schedule will make it easier to enjoy sweets in moderation and still pursue your weight goal.

Holiday Desserts Your Guests Won't Know Are Healthier

Sweets are the biggest downfall for most people trying not to gain weight over the holidays.

Yet skipping out on holiday sweets is out of the question—and entirely unrealistic.

Though desserts will never be slimming foods the way broccoli or beans are, we've created healthier, lower calorie versions of traditional recipes without sacrificing taste. Just keep in mind these goodies still belong in the 25% portion of your plate.



How we made the sweets healthier

The desserts in this guide help decrease your sugar cravings for three reasons:

We used whole grains and whole grain flours as much as we could without sacrificing taste. Whole grains have more fiber and nutrients, and generally help keep blood sugars lower. Lower blood sugars help keep insulin levels lower, which helps decrease sugar cravings and increase fat burning.

We decreased the amount of fat in most recipes, and substituted healthy unsaturated plant fats for the saturated animal fats. Research shows that when these healthy plant fats replace saturated fats they actually decrease your risk of heart disease and cancer while lengthening life.

We cut sugar calories by using a natural sweetener called erythritol. Erythritol is normally found in pears, grapes and melons. It actually has health-promoting antioxidant activity that may help reduce free radical formation, and has no effect on blood sugar. Better blood sugars mean lower insulin levels which means more fat burning instead of storing. Erythritol does not cause cavities, is nontoxic and has no safety concerns. You can [learn more about erythritol here](#). You can purchase it at local health food stores or online at vitacost.com.



Cranberry Pear Pie

Ingredients

Pie Crust

¾ c whole wheat pastry flour

¼ c whole wheat white flour

½ c oat flour*

1/3 c coconut oil or canola

½ tsp salt

1/3 c water

*Make your own oat flour by blending 1 cup old fashioned rolled oats in a blender until you reach a flour consistency.

Filling

1/3 cup erythritol

3 T cornstarch

¼ tsp nutmeg

1 tsp zest of orange

2 T water

5 large ripe pears, sliced (pits removed)

1 ¼ cup fresh cranberries

Directions

Crust

Mix flours in large bowl.

In a separate bowl combine oil, water, and salt.

Pour liquids into the flour bowl and mix together lightly to form a ball.

Place dough ball between two sheets of wax paper and roll out with a rolling pin.

Invert into 9" pie plate and shape edges as desired. (discard extra dough).

Filling

Preheat oven to 400 degrees.

Place erythritol (keep 1 T separated for topping), cornstarch, nutmeg, orange zest and water in a bowl and mix thoroughly.

Wash fruit and slice pears.

Add cranberries and pears to the sauce filling and fold over until evenly coated.

Place ½ of the filling in the pie crust. Use the remaining pears to create an ornamental top, and add remaining cranberries on top. Sprinkle 1 T erythritol on top of pie.

Place pie in oven and bake for 1 hour.

Makes 1 pie

Serving size: 1/8 of pie Calories: 210 • Fat: 7g • Sodium: 100mg • Carbohydrate: 46g • Fiber: 7g • Sugar 15g • Protein: 2g



Guiltless Pie Crust

Ingredients

1 ½ cup whole wheat pastry flour

½ cup whole wheat white flour

1 cup oat flour

1 t salt

2/3 cup canola oil

2/3 cup water

Directions

Add oil and water to blender and blend on high until creamy white.

In large bowl, mix together all flours and salt.

Pour oil mixture on flour and gently fold dough with hands until you have one large dough ball.

Split the dough in half to form two dough balls. (If you only need to make one pie, freeze the second ball by wrapping in plastic wrap, storing in ziplock bag and placing in freezer. Will last a couple months.)

Place dough ball between two pieces of wax paper. Press the dough ball down and slowly flatten with a rolling pin until dough is about 1/8th of an inch thin.

Remove the top wax paper. Invert pie pan on top of the sheet of dough. Hold pie pan firmly and flip both pan and dough, so the pie crust now lays on top of the pan. Remove wax paper and gently press dough sheet along inside of the pie pan, making sure to fill in all gaps. Trim off excess dough around edges.

Add pie filling of choice and bake according to pie directions.

To pre-bake pie crust

If your pie calls for a pre-baked crust, preheat oven to 400 degrees.

Use the bottom of a fork to press dough to the sides of the pan and then prick the bottom of the pie pan with fork.

Bake for 10-15 minutes.

Makes 2 pie crusts

Serving size: 1/8th slice of pie crust

Calories: 108, Fat: 7g, Cholesterol: 0mg, Sodium: 98mg, Carbohydrate: 10g, Fiber: 2g, Sugar: 0g, Protein: 2g



Peach Crisp

Ingredients

48 oz bag (3 pounds) frozen peaches,
unsweetened

1 bag Bear Naked V'nilla Almond Granola

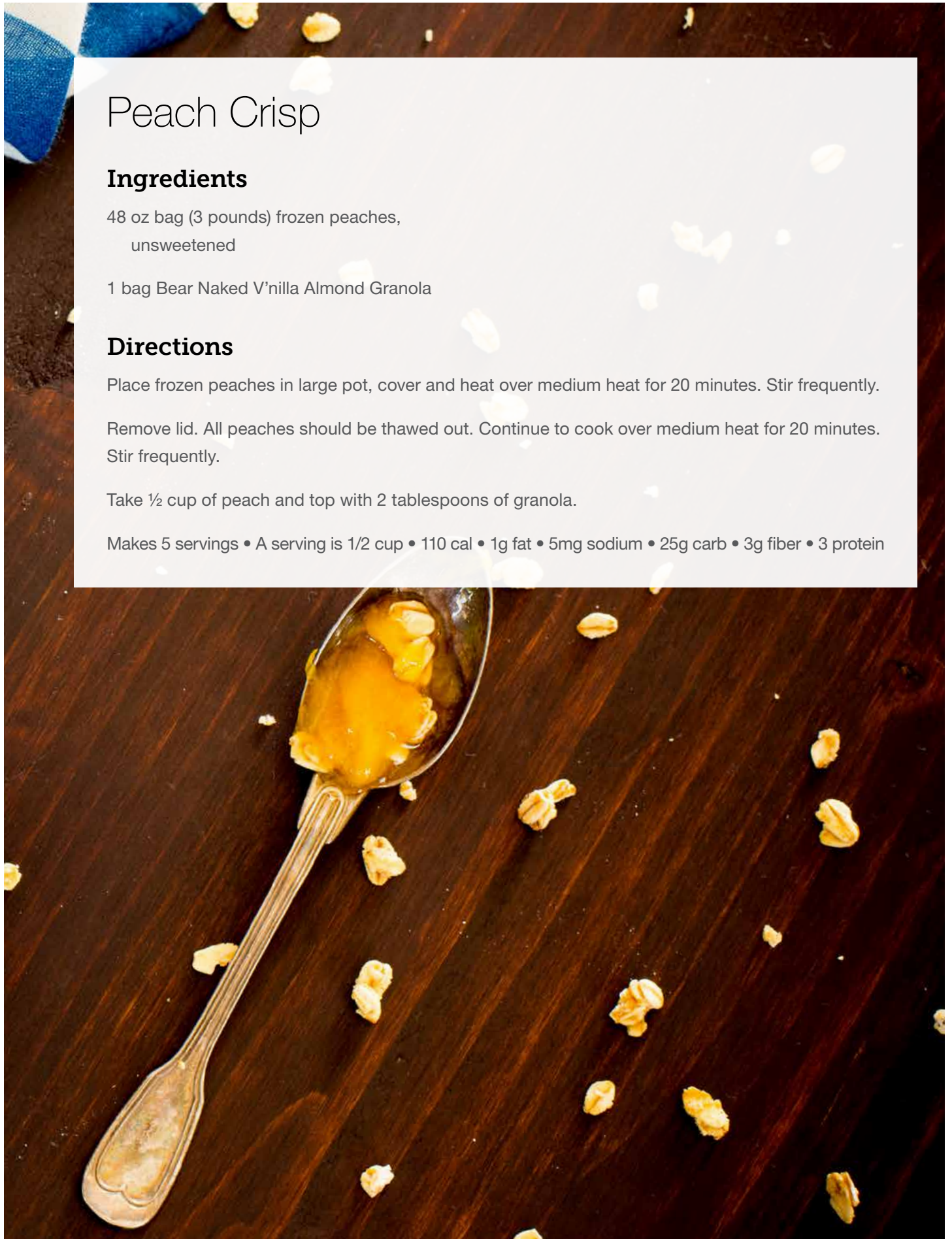
Directions

Place frozen peaches in large pot, cover and heat over medium heat for 20 minutes. Stir frequently.

Remove lid. All peaches should be thawed out. Continue to cook over medium heat for 20 minutes. Stir frequently.

Take ½ cup of peach and top with 2 tablespoons of granola.

Makes 5 servings • A serving is 1/2 cup • 110 cal • 1g fat • 5mg sodium • 25g carb • 3g fiber • 3 protein





Almond Chocolate Chip Cookies

These mini chocolate chip cookies are gluten free.

Ingredients

2 cup almond meal or almond flour

¼ cup erythritol

¼ tsp salt

½ tsp baking soda

¼ cup + 2 tsps chocolate chips

¼ cup oil

¼ cup milk of your choice

2 tsps vanilla extract

Directions

Preheat oven to 350 F.

In a medium bowl, stir together the almond meal, erythritol, salt, soda and chocolate chips.

In another small bowl, whisk together well the oil, milk and vanilla.

Pour the liquid ingredients into the dry and stir together well.

Using a small (1 ¼" diameter; 1 tbsp) spring-loaded cookie scoop, pack the dough into the scoop, level off and drop onto a cookie sheet.

Repeat until all cookies are formed. You can leave them in mounds or flatten slightly.

Bake for 8-9 minutes until lightly browned on the edges.

Leave them on the cookie sheet for 5 minutes before removing to a wire rack to cool completely. Or you can enjoy them warm.

Makes 32 – 1 tbsp cookies • Serving size: 2 cookies • Calories: 70 • Fat: 6g • Sodium: 40mg • Carbohydrate: 4g • Fiber: 1g • Sugar: 1g • Protein: 2g

Chewy Gingersnap Cookies

Use gluten-free oats to make these gingersnaps gluten-free.

Ingredients

1 tbsp ground flaxseed
3 tbsp water
1/3 cup finely chopped crystallized ginger
2 cups oat flour
1/2 cup erythritol
2 tsp baking soda
2 tsp cinnamon
1 tsp ground cloves
1/2 tsp ground ginger
1/2 tsp salt
1/3 cup oil
1/4 cup molasses
1/4 cup cane juice crystals or sugar in a small dish (for rolling)

Directions

Preheat oven to 350 F.

In a small dish, whisk together ground flaxseed and water. Set aside.

Finely chop crystallized ginger. Put in a small dish and set aside.

In a small bowl, add oat flour, erythritol, baking soda, cinnamon, cloves, ginger and salt and stir together.

In another small bowl, whisk together the oil, molasses and flaxseed mixture.

Add the liquid ingredients to the dry, then add the chopped ginger and stir all together.

Using a medium size spring-loaded cookie scoop (1-5/8" diameter, 2 tbsp), pack cookie dough into scoop, level off, remove and form into a ball.

Roll the ball in the sugar and place on a cookie sheet.

Repeat until all the balls are made. Do not flatten them. Leave at least an inch between balls.

Bake 12-14 minutes until golden brown and puffy, rotating cookie sheet halfway through baking.

Remove from oven and use back of a fork to gently press the center of each cookie a couple times to make more of a flattened cookie shape.

Leave the cookies on the baking sheet for about a minute before removing to a wire rack to cool completely.

Yield: 20 cookies • Serving size: 1 cookie • Calories: 90 • Fat: 4.5 • Sodium: 190mg
Carbohydrate: 18g • Fiber: 1g • Sugar: 6g • Protein: 4g









Gingerbread Men

Ingredients

1 box (15 oz.) [Hodgson Mill Whole Wheat Gingerbread Mix](#)

¼ cup oil

¼ cup water

Directions

Preheat oven to 350°.

Pour one box of Hodgson Mill Whole Wheat Gingerbread Mix into a large bowl. Stir in oil and water until well blended. Dough will be stiff. Remove from bowl and form into a ball.

Using a rolling pin, roll dough out to ¼-inch thick slightly floured surface.

Using a gingerbread man shaped cookie cutter, cut cookies and carefully place them on baking sheet lined with parchment paper.

Bake 10-12 minutes. Remove from cookie sheet immediately and cool on wire rack.

Makes 24 (2-3 inch men)

Serving size: 2 gingerbread cookies • Calories: 170 • Fat: 5g • Sodium: 290mg
• Carbohydrate: 28g • Fiber: 2g • Sugar: 9g • Protein: 4g



Sugar Free Snowball Cookies

Ingredients

- 1 cup erythritol
- 1 tsp cornstarch or arrowroot
- ½ cup finely chopped walnuts
- 2 cups whole wheat pastry flour
- 1 cup Earth Balance Natural Buttery Spread, Original or Soy-Free, softened at room temperature
- 1 tsp vanilla extract

Directions

Add erythritol and cornstarch to blender and blend for 15 seconds to make erythritol “powdered sugar.” Pour “powdered sugar” into a small bowl and set aside.

Finely chop walnuts.

Preheat oven to 325 F.

In a mixing bowl, stir together flour and chopped nuts. Set aside.

In a stand mixer or using a hand mixer, cream together the softened Earth Balance, ½ cup erythritol powdered sugar and vanilla.

Mix in all ingredients to form a dough.

Using a small (1 ¼” diameter, 1 tbsp) spring-loaded cookie scoop, pack dough into scoop, level off, remove and form into a ball and place on a cookie sheet.

Repeat until all balls are formed.

Bake for 20-25 minutes until lightly browned.

Remove from cookie sheet and place on cooling rack.

When dough balls are just slightly warm, roll in the remaining erythritol powdered sugar to coat. Put back on the wire rack to cool completely.

Important note: DO NOT roll the balls in the powdered sugar when they’re hot from the oven or the powdered sugar becomes a gooey coating.

Makes 42 – 1 tbsp balls • Serving size: 2 balls • Calories: 120 • Fat: 10g • Sodium: 85mg • Carbohydrate: 16g • Fiber: 1g • Sugar: 0 • Protein: 2g

Date Sweetened Gingerbread Balls

Use gluten-free oats to make this recipe gluten-free.

Ingredients

1 ¼ cup packed pitted dates (40 pitted dates)

½ cup almond meal/flour

¾ cup rolled oats

1 tbsp cinnamon

1 tsp ground ginger

½ tsp nutmeg

¼ tsp cloves

¼ tsp vanilla extract

¼ cup coconut sugar

Directions

Put pitted dates in a small bowl and rinse with cold water and drain. Pat between paper towels to remove excess water.

In a small bowl, stir together almond meal, oats and spices, excluding the vanilla.

Put the almond meal mixture in a food processor and process until it becomes a fine consistency like flour.

Add half the dates and vanilla and process until well combined.

Then add the remaining dates and process until a uniform dough is formed.

Using a small (1 ¼" diameter, 1 tbsp) spring-loaded cookie scoop, pack dough into scoop, level off, remove and roll into a ball.

Roll ball in coconut sugar to coat.

Repeat until all balls are formed.

Keep gingerbread balls in an airtight container at room temperature for several days or in the refrigerator for a week...if they last that long.

Makes 27 – 1 tbsp balls • Serving size: 2 balls • Calories: 100 • Fat: 2.5g

Sodium: 0mg • Carbohydrate: 20g • Dietary fiber: 3g • Sugar: 5g • Protein: 2g



Sugar Free Chocolate Chip Peanut Butter Bars

Adapted from [Chocolate Covered Katie's Chocolate Chip Peanut Butter Bars](#).

Use gluten-free oats to make this recipe gluten-free.

Ingredients

Important note: applesauce, peanut butter and milk need to be at room temperature so you can stir them together.

- ¼ cup unsweetened applesauce
- 1 cup creamy natural peanut butter (not chunky)
- 1 tsp vanilla extract
- 2 tbsp milk of your choice
- ¼ cup + 2 tbsp oat flour (can use whole wheat pastry or spelt flour)
- 1/8 tsp salt
- 1 ½ tsp baking soda
- 1/2 cup erythritol
- 3 tbsp chocolate chips

Directions

Preheat oven to 350 F.

Grease an 8-inch square baking dish.

In a mixing bowl, stir together applesauce, peanut butter and vanilla. It will be very thick, and that's OK because that's how it's supposed to be. Set aside.

In another bowl, stir together oat flour, salt, baking soda and erythritol.

Pour dry ingredients into wet ones and stir everything together. It will seem very dry at first, but keep stirring until about half incorporated. Then knead with your hands until you end up with thick cookie dough.

Transfer dough into baking dish and press it down evenly with a metal spatula.

Sprinkle chocolate chips on top and press them into the dough with spatula.

Bake 12-13 minutes, or bars will start to burn around the edges.

Cool completely on a wire rack before cutting into bars. They firm up as they cool.

Makes 16 – 2"x 2" bars • Serving size: one bar • Calories: 120 • Fat: 9g • Sodium: 200mg • Carbohydrate: 13g • Dietary Fiber: 1g • Sugars: 3g • Protein: 4g



Katie's Blondie Bars

These bars are an adaptation of [Chocolate Covered Katie's Snickerdoodle Blondies](#).

Ingredients

- 1 (15-ounce can) garbanzo beans, drained and rinsed
- 3 T natural creamy peanut butter
- 3/4 t baking powder
- 2 t vanilla extract
- 1/8 t baking soda
- 1/8 t salt
- 2/3 cup coconut sugar or brown sugar
- 1 T applesauce
- 1/4 cup quick oats
- 2 and 1/4 t cinnamon

Directions

Preheat oven to 350 degrees. Spray an 8x8 pan with cooking spray.

In a food processor blend all ingredients until smooth. Pour mixture into cooking pan.

Bake for 35 minutes. The blondies need to be a little undercooked when removed from oven. They will firm up as they cool.

Makes: 9 bars • Serving size: 1 bar • Calories: 160 • Fat: 3.5g • Sodium: 170mg • Carbohydrate: 30g • Fiber: 4g • Sugar: 18g • Protein: 4g







Scrumptious Pumpkin Bread

Ingredients

- ½ cup chopped walnuts
- 1 cup whole wheat pastry flour
- ¾ cup unbleached white flour
- 2/3 cup erythritol
- 1 tsp baking soda
- ½ tsp baking powder
- ½ tsp salt
- ½ tsp pumpkin pie spice
- ½ tsp cinnamon
- ½ tsp nutmeg
- ½ tsp allspice or ground ginger
- ¼ tsp cloves
- 1 cup + 6 tbsp canned pumpkin puree (not canned pumpkin pie mix)
- 1/3 cup oil
- 2 tbsp molasses or maple syrup

Directions

Preheat oven to 350 F.

Grease and flour a loaf pan.

Chop walnuts and set aside.

In a medium bowl, stir together flours, erythritol, soda, baking powder, salt and spices. Set aside.

In a small bowl, whisk together pumpkin, oil and molasses.

Add wet mixture to dry, add nuts and stir together until just combined. The batter will be very thick, but don't worry. That's the way it's supposed to be.

Scrape into prepared loaf pan and smooth out top.

Bake 50 minutes, until the top is browned and a toothpick inserted in the center comes out clean.

Let cool on a wire rack for 20 minutes.

Using a butter knife, gently loosen the bread from the sides of pan and invert onto wire rack.

Cool completely before slicing.

Makes 12 slices • Serving size: 1 slice • Calories: 160 • Fat: 10g • Sodium: 135mg • Carbohydrate: 27g • Dietary fiber: 3g • Sugar: 3g • Protein: 3g

Yummy Black Bean Brownies

Ingredients

- 1 ½ cups whole wheat pastry flour
- 1 cup erythritol
- 2/3 cup cane juice crystals or sugar
- 1 ¼ tsp baking powder
- 2/3 cup cocoa powder
- 1 - 15-oz can of black beans, rinsed and drained very well
- 1/3 cup oil
- 1 tsp salt
- ¾ cup water
- 1 tsp vanilla extract

Directions

Preheat oven to 350 F.

Grease a 9"x 13" baking dish and set aside.

Put whole wheat pastry flour, erythritol, sugar, baking powder and cocoa powder in a mixing bowl and stir together well.

Pour the canned black beans into a colander and rinse.

Drain beans and put them in a blender.

Add oil, salt and water and blend until very creamy, for at least one minute.

Pour blended ingredients into the dry, add vanilla and stir together until just combined.

Scrape into prepared baking dish and smooth out.

Bake for 15 minutes. Rotate dish and bake an additional 10 minutes.

Place on a wire rack to cool completely before cutting.

Makes 24 – 2" x 2" brownies

Serving size: 1 brownie • Calories: 80 • Fat: 3.5g • Sodium: 140mg • Carbohydrate: 21g •
Dietary fiber: 2g • Sugar: 4g • Protein: 2g



Strawberry Raspberry Galette

Ingredients

18 oz fresh raspberries
¼ cup erythritol
32 oz fresh strawberries, quartered
1T lemon juice
1t vanilla extract
1T cornstarch
1 roll fillo dough
cooking spray

Directions

Preheat oven to 350 degrees.

In a saucepan over medium heat, cook together raspberries and erythritol for 15 minutes. Stir frequently.

In a bowl mix together lemon juice, vanilla extract and cornstarch.

When raspberries are finished cooking, remove from heat, and slowly add in the cornstarch mixture.

Fold in strawberries to the raspberry cornstarch mixture.

Spray large baking sheet with cooking spray.

Unroll 1 roll of fillo dough. Place ¼ of the sheets on the baking dish and spray the sheets with cooking spray. Add ¼ more fillo dough sheets directly on top of the other sheets and spray the sheets with cooking spray. Place ¼ of fillo dough sheet perpendicularly to the currently sprayed sheets and spray with cooking spray again. Place the last ¼ sheets lay diagonally and spray.

Pour fruit mixture in center of dough and fold up the edges to create a bowl around the fruit.

Bake for 30-35 minutes.

Makes 16 servings • 1 serving = 1/16 of galette • 120 calories • 0g fat • 0mg cholesterol • 85mg sodium • 30g carb • 4g fiber • 3g protein





Baked Fruit Salad with Cooling Yogurt Sauce

Ingredients

2 mangoes, sliced (you can leave skin on if you want)

1 unpeeled pear, cut into large slices, pit removed

10 fresh strawberries, whole

1 cup frozen cherries, sliced in half

1 orange, peeled and sliced

2 japanese persimmons, sliced

2 T sliced almonds

2 T chia seeds

1 tsp erythritol

Yogurt sauce - optional

1/2 cup plain fat-free yogurt

1/8 tsp turmeric

a dash cardamon

Directions

Preheat oven to 350°.

Slice larger fruit and add everything except cherries to a large bowl. Add chia seed and erythritol, and toss.

Pour everything in a small oven-proof dish, and add cherries randomly.

Bake for 15-20 minutes or until the fruit starts looking “cooked”.

Meanwhile, mix yogurt, turmeric and cardamon and place in refrigerator to chill.

In a small pan over medium heat brown the almonds for 2-3 minutes, until golden brown.

Remove pan from oven and let cool. Sprinkle almonds on top and pour one teaspoon (or more if you'd like) of the cooling yogurt sauce on each serving.

Makes: 1 pan - 9 servings

Calories: 140 • Fat: 2g • Sodium: 0mg • Carbohydrate: 33g • Fiber: 6g • Sugar: 25g • Protein: 2g • Net Carbs: 27g



The Slimming New Year Menu

If there's one thing the South is known for, it's great comfort foods. And when those comfort foods also happen to be slimming and healthy, we can't help but pass on the tradition.

The meal is eaten to attract good fortune in the coming year.

We're not promising that eating black-

eyed peas (said to resemble coins) and collards (which hold an uncanny resemblance to paper money) will help you win the lottery next year, but they will give you a great start to a healthy and slimming new year.

And we think good health is the best fortune one can come into!

A Fortunate Meal

You'll be making 3 dishes for this meal:

- Savory Jalapeño Cornbread
- Good Luck Black Eyed Peas over brown rice
- Collards

Make the black eyed-peas and brown rice the night before.

In the morning, prepare the cornbread and place it in the oven.

While the cornbread is baking, cook collards and warm up the peas.

This meal tastes fantastic when freshly cooked--with the smell of freshly baking cornbread surrounding the lunch table. Don't throw out the leftovers, this meal is surprisingly delicious even 2-3 days later.





Good Luck Black Eyed Peas

Ingredients

- 1 pound dry black eyed peas
- 4 cups vegetable broth, low-sodium
- ½ t dry bay leaves
- ½ t dry thyme
- 2 t olive oil
- 1 onion, diced
- 3 clove garlic, minced
- 2 jalapeño peppers, deseeded and deveined, finely chopped
- 1 c celery, diced
- 1 lb carrots, thinly sliced
- 1 cup water

Directions

Remove any dark colored peas. Rinse peas and place in large pot with vegetable stock, bay leaves and thyme. Cook over medium high heat. Keep beans at a light boil for 40 minutes.

While beans are cooking, place onion, garlic, jalapeño and olive oil in a large skillet and sauté over medium-high heat for 5 minutes.

Add celery and carrots to sauté mixture and cook for an additional 10 minutes. Stir frequently. Reduce heat if mixture starts to stick to pan.

Pour in water to sautéed mixture and cook for an additional 10 minutes or until carrots are soft.

Once the peas are done, add sautéed mixture to peas and cook for 5-10 minutes. If you want you beans thicker, continue to cook the mixture on low-medium heat until desired thickness.

Salt to taste.

Makes 9 servings • Serving size is 1 cup • 100 calories • 1.5g fat • 135 mg sodium • 0mg cholesterol • 20g carbohydrate • 4g fiber • 2g protein



Savory Jalapeño Cornbread

Ingredients

- 2t olive oil
- 1 cup whole grain medium ground cornmeal
- 1 cup whole wheat white flour
- 2t baking soda
- ½ cup water
- 1 cup cashew milk, unsweetened
- ½ cup Egg Beaters
- 1/3 cup pickled jalapeños, chopped
- 1 cup frozen corn
- 1 cup low-fat cheddar cheese, shredded

Directions

Preheat oven to 400 degrees.

In a large bowl, mix cornmeal, flour, and baking soda.

Add water, milk and Egg Beaters and mix together well.

Fold in jalapeños, corn and cheese.

Heat olive oil in a 10-inch cast iron skillet on stovetop over medium-high heat. Using an oven mitt move the skillet around to make sure the olive oil covers the entire bottom.

Pour mixture in skillet and place in oven to bake for 30 minutes or until toothpick comes out clean.

Makes 8 slices • 1 slice = 170 calories • 3.5g fat • 540 mg sodium • 5mg cholesterol • 27g carbohydrate • 3g fiber • 9g protein







Collard Greens

Ingredients

2t olive oil

12 green onions, sliced

1 clove garlic, minced

¼ t red pepper flakes

1 bunch collard greens, de-stemmed and chopped (16 cups)

3 c vegetable stock, low-sodium

Directions

In a large pot over medium heat, sauté onions, garlic and red pepper flakes in olive oil for 5 minutes.

Add half of the collards and stir until leaves are wet looking before adding the other half. Constantly stir collards for 3 minutes so they don't stick.

Pour in stock, bring to a boil and then reduce heat to medium. Simmer for 30 minutes or until desired tenderness is reached.

Makes 6 servings • Serving size is 1/2 cup • 70 calories • 2g fat • 125 mg sodium • 0mg cholesterol • 11g carbohydrate • 5g fiber • 3g protein



Here's To A Healthy You!

We're cheering with you.

Full Plate
LIVING