Healthy Cooking During the Holidays!

Who’s to say eating all of those delicious dishes during the holiday time is bad for the waistline? Turkey, green beans, sweet potatoes: all sound nutritious, right? RIGHT! Eating the dishes you want during the holidays is ok, all you have to watch is HOW MUCH you eat during these times. You want a piece of pumpkin pie? Have a piece of pumpkin pie! Just don’t eat the whole pie in one sitting. Or tweak your recipe a bit to make it lower in fat and calories. You know what else can help? Exercise! Go on a walk in-between meals or play with the dog or your kids/grandkids (see page 6 for more tips). What’s your favorite dish below? See how you can make it a bit healthier. Don’t feel like you have to change all of your recipes at once. Start with one or two and see what you think!
OZONE HOUSE
DROP-IN CENTER!

This Halloween, 61 youth participated in the annual Halloween party at Ypsi Ozone! There were plenty of activities to choose from, including pumpkin painting, a costume contest, a mummy wrap, talent show, and the fear factor contest, which featured many items from the Food Gatherers pantry. The youth ate some delicious snacks, pizza, punch and candy, of course. These youth were able to enjoy a happy, fun, and safe Halloween!

**Mashed Potatoes—6 servings**

*(fitnessmagazine.com)*

**Ingredients:**
- 6-8 garlic cloves
- 2 pounds potatoes, quartered
- 1/3 cup fat-free sour cream
- 1/4 cup skim milk
- 1 Tablespoon snipped fresh oregano, rosemary or thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

**Directions:**
- To roast garlic, wrap unpeeled cloves in foil. Bake at 400°F for 25-35 minutes or until cloves feel soft when pressed. When cool enough to handle, squeeze garlic from peels into a small bowl.
- Meanwhile, put potatoes in a large saucepan with enough cold water to cover. Bring to a boil over high heat. Lower heat to maintain a simmer and cook until tender, about 20 minutes. Drain potatoes; return to saucepan.
- Mash potatoes and softened garlic with a potato masher or an electric mixer on low speed. Add sour cream, milk, oregano, rosemary or thyme; salt and black pepper. Beat until light and fluffy.

**Green Bean Casserole—6 servings**

(*Adapted from allrecipes.com)*

If you are looking for a healthier version, the key is the heavy, salty cream of mushroom soup and the fried onions. By getting rid of both, you have a much healthier and still tasty dish.

**Ingredients:**
- 1 (10.75 ounce) can low sodium, low-fat Cream of Mushroom Soup
- 1/4 cup skim milk
- 1 teaspoon onion powder
- 1/8 teaspoon ground black pepper
- 1 teaspoon reduced-sodium soy sauce
- 1 pound cut fresh green beans, cooked and drained
- 1/4 cup whole grain bread crumbs

**Directions:**
- Mix the soup, milk, onion powder, black pepper, soy sauce and green beans in a 1 1/2-quart casserole dish.
- Bake at 350°F for 25 minutes or until hot.
- Stir the green bean mixture. Top with bread crumbs. Bake for 5 minutes more.
Oven Roasted Sweet Potatoes—12 servings
(food.com)

Ingredients:
- 7 cups sweet potatoes, scrubbed, cut in 1-inch cubes
- 1 Tablespoon olive oil
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 4 cups coarsely chopped onions
- 1 Tablespoon butter, melted

Directions:
- Preheat oven to 325°F.
- Place the sweet potatoes in a shallow roasting pan that has been sprayed with cooking spray.
- Drizzle with oil, sprinkle with salt and pepper, toss well to coat.
- Place in preheated oven and bake for 30 minutes.
- Add the onions; stirring well. Bake an additional 30 minutes; remove from oven.
- Drizzle the sweet potato mixture with melted butter; stirring to coat.
- Bake for another 10 minutes.

Cider Gravy (eatingwell.com)

Ingredients:
- 4 cups Turkey Giblet Stock or reduced-sodium chicken broth, divided
- 3 Tablespoons all-purpose flour
- 1 1/4 cups apple cider
- 2 Tablespoons cider vinegar
- 1/4 teaspoon salt

To make the Turkey Giblet Stock, you need:
- Neck and giblets from 10-12lb turkey
- 6 cups water
- 1 medium onion, peeled and quartered
- 1 medium carrot, chopped
- 1 stalk celery, chopped
- 1 bay leaf
- 1 sprig fresh thyme
- 1 teaspoon whole black peppercorns

Combine neck and giblets (except liver), water, onion, carrot and celery in a large saucepan; bring to a boil. Add bay leaf, thyme and peppercorns. Reduce heat and simmer, skimming and discarding any foam, for 1 hour. Strain stock through a fine-mesh sieve into a medium bowl and let cook. Discard solids and bay leaf.

After removing the turkey from the roasting pan, skim off any visible fat from the pan juices. Whisk 1/2 cup Turkey Giblet Stock (or chicken broth) and flour in a small bowl until smooth; set aside. Set the roasting pan over two burners on medium-high heat. Add cider and vinegar, bring to a boil and cook, scraping up the browned bits from the pan, until the liquid is reduced by about half, 6-8 minutes. Add the remaining 3 1/2 cups stock (or broth). Increase heat to high; return to a boil, whisking often. Boil until the liquid is reduced by about half, 8-12 minutes. Whisk the reserved flour mixture into the pan. Boil, whisking constantly, until the gravy is thickened, 1-3 minutes. Remove from the heat and pour the gravy through a fine sieve into a large measuring cup. Discard the solids. Season with salt and pepper.
Looking to make your own rolls for the holidays? Try the recipe below. If not, look for whole-grain rolls at the grocery store.

Easy Whole-Wheat Dinner Rolls—12 rolls
(wholefoodsmarket.com)

**Ingredients:**
- 1 1/4 cup whole wheat flour
- 2 Tablespoons sugar
- 1/2 teaspoon salt
- 1 package (0.25 oz) active dry yeast
- 1 cup warm milk
- 3 Tablespoons butter, melted
- 1 large egg, lightly beaten
- 1 cup all-purpose flour

**Directions:**
1. Before getting started, make sure all ingredients are at room temperature. Put whole wheat flour, sugar, salt and yeast into a large bowl and stir well. Add milk, butter and egg and beat with a spoon until smooth. Add all-purpose flour and mix until fully incorporated and batter is smooth. Cover bowl and set aside in a warm spot to let rise until doubled in bulk, about 1 hour.
2. Meanwhile, lightly grease a 12-muffin tin with olive oil and set aside.
3. Stir the batter gently to deflate it. Spoon even amounts of the dough into each cup of the prepared muffin tin and set aside in a warm spot until the dough has risen just over the top of the muffin tins, about 1 hour more.
4. Preheat oven to 400°F. Bake rolls until golden brown and cooked through, 15-20 minutes.

**Nicole’s Nutritional Notes**

*KEY WORDS THAT ADD FAT & EXTRA CALORIES TO YOUR DISH*
- BUTTER
- IN BUTTER SAUCE
- CREAM
- IN CREAM SAUCE
- DEEP FRIED
- FRIED
- IN CHEESE SAUCE
- SAUTEED
- CREAM CHEESE
- FULL-FAT
- LARD
- MARGARINE
- WHOLE MILK

*Limit ingredients like these in your recipes.*
Low-Fat Pumpkin Pie

(food.com)

**Ingredients:**
- 4 ounce fat free cream cheese, softened
- 1 Tablespoon skim milk
- 1 Tablespoon sugar substitute
- 1 (8-oz) container fat-free cool whip, thawed, divided
- 1 (6-oz) reduced fat graham cracker crust
- 1 cup skim milk
- 1 (15-oz) can pumpkin
- 2 (1-oz) packages fat-free sugar-free vanilla pudding mix
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves

**Directions:**
1. Mix cream cheese, 1 Tablespoon milk and the sugar in a large bowl with whisk until well blended.
2. Stir in half of the whipped topping. Spread onto bottom of crust.
3. Refrigerate while performing the next steps.
4. Pour 1 cup milk into large bowl. Add pumpkin, dry pudding mixes and spices. Beat with wire whisk 2 minutes or until well blended.
5. Spread over cream cheese layer.
6. Refrigerate 4 hours or until set.
7. Top with remaining whipped topping just before serving.

Stuffing—8 servings

(wpix.com)

**Ingredients:**
- 8 slices whole wheat bread, toasted and cut into cubes
- 2 medium apples, chopped
- 1 cup chopped mushrooms
- 1 cup diced carrots
- 1 1/2 cups fat-free chicken broth
- 1 whole egg
- 2 large egg whites
- 1/4 teaspoon sage, 1 Tablespoon thyme, 1 small yellow onion

**Directions:**
- Preheat oven to 350°F
- Spray a large skillet with nonstick cooking spray
- Sautee onions until soft, but not brown, add celery, mushrooms, onion, carrots, and chicken stock, cover and simmer for 10 more minutes.
- Place bread cubes into large mixing bowl, add eggs, apples, dried herbs and cooked vegetables, combine thoroughly.
- Bake in casserole dish for 25 minutes or until golden brown.
Exercise!

The holidays are a stressful time for most of us. With all the hustle and bustle of getting ready for family get together, Christmas shopping, and office parties, exercise is often the first thing to go because most of us feel like we don’t have time for it. Beyond that, there is the ever-present New Year’s Resolution you are planning to start January 1st, which makes slacking on exercise much easier to rationalize.

Wouldn’t it be great though if you could start that resolution early? Wouldn’t it be neat if you didn’t gain weight during the holidays, wouldn’t it be even better if you actually lost some? Impossible, you say! You don’t have time to exercise! Well think again, with some portion control and conscious awareness to your eating, along with some simple exercise tips, you can battle the bulge this holiday season and give yourself the Christmas present of a smaller waistline.

Here are three simple, yet highly effective, holiday exercise tips:

**Something is better than nothing:** I know you’re busy, and maybe you can’t get to the gym for your normal workout, but that doesn’t mean you can’t do something. Even two or three 30min workouts are better than nothing at all. Avoid this all-or-none thinking so you don’t sabotage yourself.

**Remember you can walk:** Walking is a great form of exercise; it helps to burn calories and keep the cardiovascular system fit. Now I know, it’s cold, but there are plenty of places for you to walk indoors (namely the mall, where you can even double dip and do some Christmas shopping). Just remember, if you’re walking for exercise you should be sweating AND it should be challenging for you to speak more than 8 words without taking a deep breath.

**Use your body weight:** This might be the best exercise tip I have for you (particularly if you don’t have access to a gym or can’t get to one because you’re busy). Your body weight provides the perfect resistance mechanism to perform an efficient and simple workout. Squats, pushups, crunches, and chair dips are all simple ways you can workout in your living room or basement. Try the following fat fighting holiday circuit 2-3 times per week (YouTube the exercises if you don’t know them): Squats, Pushups (or knee pushups), Wall Sits, Chair Dips, Crunches, Superman’s. Do each exercise for 30-45 seconds, take a 2-3 minute break between circuits, and repeat 3-5 times schedule permitting.

Even though exercise may seem like it will add stress to your holiday season, the reality is, it’s quite the opposite. Exercise is the ultimate stress -reliever. It will give you more energy, provide mental clarity, and help keep you focused during this busy time of year. Don’t be one of the thousands of Americans that gains weight during the holidays. Implement these simple tips and you can trim more than the turkey this holiday season.

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What’s New at Food Gatherers?

We have concluded with this season’s produce distribution at Catholic Social Services on Packard. Throughout 7 months (30 weeks of distribution), we distributed a total of 144,994 pounds of food, 76.6% being produce to a total of 3,252 households (unduplicated) representing 11,293 individuals from all over Washtenaw County. Thanks to Catholic Social Services for letting us use this space and our great volunteers for all of their help fighting hunger where we live!