



# Real Living Nutrition Holiday Recipes & Tips

*Happy Holidays from Real Living Nutrition Services*





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We know the holidays can be a tough time for many people. With all the holiday parties and family visits it is often a time where people choose to ignore their health goals and splurge. We believe a little splurging is all part of balance and want to show you some tips so you can enjoy your holidays and still work towards your health goals.

That's why our dietitians got together to give you some of their favorite recipes that are healthier than some of the traditional options. These recipes are lighter and still great for the holidays. No one will ever know.

We focus on balance at Real Living Nutrition. It is unrealistic to plan a strict diet around the holidays. There is room for all foods when you find the right balance.

Along with our favorite recipes you will find some tips to help you find that balance during this holiday season.

Enjoy!

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## Chocolate Pumpkin Muffins by Sandra Meyerowitz

Muffins are so great to have around when you have a lot of company. They work for breakfast and as a treat.

### **Ingredients**

One 15 oz can pure pumpkin  
1 box Devil's Food Cake Mix  
1/3 cup water  
1/4 cup egg substitute (like Egg Beaters)  
1/4 ground flaxseed

Combine all ingredients together. Spoon batter into mini muffin tins. Bake at 350° for 18-20 minutes.

*Serving Size: 1 Muffin*

*Per muffin: Calories 75, Protein 1 gram, Total Fat 3.5 gram, Fiber 1 gram, Sugar 5.5 gram*

## Good Morning Muffins by Lynn Grieger

### Ingredients

1 cup whole wheat flour	1 cup plain fat-free yogurt
½ cup all-purpose flour	1 cup mashed ripe banana
1 cup oats	1 large egg
¾ cup packed brown sugar	½ cup raisins
1 tablespoon wheat bran	½ cup raisins
2 teaspoons baking soda	½ cup chopped dried apple
¼ teaspoon salt	¼ cup chopped walnuts
	¼ cup chopped pistachios
	3 tablespoons ground flaxseed

Preheat oven to 350 degrees.

Combine flour and ingredients through salt in large bowl. Make a well in the center, and add yogurt, banana, and egg. Stir until just moistened. Stir in the remaining ingredients. Spoon into 18 muffin cups. Bake at 350 degrees for 20 minutes or until muffins spring back when touched lightly in the center.

Cut in half and toast, then spread each half with peanut butter for a fantastic breakfast or snack.

*Serving Size: 1 Muffin*

*Calories 165, Protein 5 grams, Carbohydrate 30 grams, Total Fat 3 grams, Sat Fat .5 grams, Fiber 3.5 grams*

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## Curry Pumpkin Soup by Heather Stefan

This soup is perfect to serve for any holiday dinner as a starter.

### Ingredient

½ lb. of mushrooms  
½ c. chopped onion  
2 t. olive oil  
2 T. flour  
1 T. curry powder  
3 cups of chicken broth  
1 lb. can of pure pumpkin puree  
1 T. honey  
Nutmeg, salt, and pepper to taste  
1 c. evaporated skim milk

### Directions

In a saucepan, cook mushrooms and onions in olive oil for about 3 minutes or until onions are soft. Add flour and curry powder, stirring constantly for 5 minutes. Remove from heat and add chicken broth whisking until well combined. Stir in pumpkin, honey and seasonings. Simmer on medium heat for 15 minutes. Reduce heat to low and add milk. Heat until hot, do not boil or simmer.

*Serves 4*

*Calories 195, Protein 11 grams, Carbohydrate 30 grams, Total Fat 5 grams, Saturated Fat 1 gram, Fiber 5 grams*

## Turkey Pot Pie by Sandra Meyerowitz

This is a wonderful recipe to use your left over turkey from Thanksgiving.

### Ingredients

One 10 oz pkg frozen peas and carrots  
½ c chopped onion  
½ c chopped fresh mushrooms  
2 Tbsp reduced fat margarine (Smart Balance Light Omega 3)  
1/3 c flour  
½ tsp salt  
¼ tsp ground sage  
1/8 tsp pepper  
2 c low sodium chicken broth  
¾ c skim milk  
3 c cooked white meat turkey, cubed  
¼ c dried parsley  
1 pkg reduced fat crescent rolls (Pillsbury) or puff pastry

### Directions

Cook peas and carrots according to package; drain. In saucepan cook onion and mushrooms in margarine until tender. Stir in flour, salt, sage, and pepper. Add broth and milk all at once. Cook and stir until thick and bubbly. Stir in vegetable, turkey, and parsley. Heat until bubbly. Place in individual oven safe bowls or 12 x 7 ½ x 2 baking dish. Top each bowl with crescent roll or puff pastry. Cook at 375° for 10-12 minutes or until tops are brown.

*Serving Size: 6*

*Calories 340, Protein 30 grams, Total Fat 9 grams, Fiber 3 grams*

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## Crispy Baked Asparagus by Joey Mock

Tired of green beans? Mix it up this year and serve asparagus instead. The best part is this recipe is very fast and delicious!

### Ingredients

2 bunches asparagus, washed  
½ -1 tablespoon olive oil  
Salt and cracked black pepper to taste

### Directions

Preheat oven to 400 degrees F. Snap off the thick bottom portion of the asparagus stalk (about 1-2 inches) and discard. Place the asparagus in a large plastic bag. Drizzle the olive oil, salt, and cracked black pepper over the asparagus, seal the bag, and shake to evenly coat the asparagus with the olive oil and to distribute the salt and cracked black pepper. Refrigerate until ready to bake. Place the asparagus in a single layer on a non-stick cookie sheet. Bake approximately 15-20 minutes or until crunchy. Serve.

*Serving Size: 1 cup*

*Calories 34, Protein 2 grams, Carbohydrate 4 grams, Total Fat 1 gram, Fiber 2 grams*

## Caramel Apple Dessert by Lynn Grieger

Quick and simple dessert idea

### Ingredients

1 tablespoon butter  
6 Granny Smith apples cut into wedges ½ inch thick  
½ cup raisins  
1/3 cup brown sugar  
½ teaspoon cinnamon

### Directions

Sauté apple wedges with butter in a large non-stick skillet approximately 15 minutes until tender. Remove the apples from the heat, and mix in the rest of the ingredients. Serve warm.

*Serves 8*

*Calories 116, Protein .5 grams, Carbohydrate 27 grams, Total Fat 2 grams, Fiber 3 grams*

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## Chocolate Cookies by Rosanne Rust

We all love chocolate cookies- this recipe is perfect for having around the house or giving out as gifts

### Ingredients

1/2 cup unsweetened applesauce	2 2/3 cups all-purpose flour
1/3 cup canola oil	½ cup baking cocoa
1/4 cup plus 2 TB egg substitute	1 tsp baking soda
3/4 cup sugar	½ tsp salt
3/4 cup packed brown sugar	¼ cup miniature semisweet chocolate chips
2 teaspoons vanilla extract	

### Directions

In a large mixing bowl, combine the applesauce, oil and egg substitute. Beat in sugars and vanilla. Combine the flour, cocoa, baking soda and salt; gradually add to applesauce mixture. Cover and refrigerate for 2 hours or until slightly firm.

Drop dough by rounded teaspoonfuls 2 in. apart onto baking sheets coated with nonstick cooking spray. Sprinkle with chocolate chips. Bake at 350 degrees F for 8-10 minutes or until set.

*Serving Size: One cookie*

*78 calories, 2 g fat (trace saturated fat), trace cholesterol, 63 mg sodium, 14 g carbohydrate, 1 g fiber, 1 g protein.*

## Sweet (but Sugarless!) Apple Pie by Lisa Nelson

Perfect way to lighten up your traditional apple pie recipe!

### Topping

1/3 cup whole wheat flour  
1 Tbsp. Sugar Twin brown sugar  
1 cup crushed cornflakes  
3 Tbsp. margarine  
1 tsp. cinnamon

Mix dry ingredients. Cut margarine into mixture. Set to the side.

### Ingredients

5-6 peeled and sliced yellow delicious apples  
1 6 oz. can unsweetened frozen apple juice, undiluted  
5 Tbsp. whole wheat flour  
1 tsp. cinnamon  
1/2 tsp. salt  
2 Tbsp. margarine  
1 9 inch pie crust

### Directions

Heat apple juice in saucepan. Mix together flour and cinnamon and add to juice. Cook until thick. Coat apple slices with cooked mixture and place in crust. "Dot" with margarine. Cover with topping. Bake 10 minutes at 425 degrees followed by 30-35 minutes at 350 degrees.

*Serving size: 1/8th slice*

*Calories 255 , Protein 2.3 grams, Carbohydrates 41 grams, Fiber 3.6 grams, Fat 10 grams*

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## The Best Light Pumpkin Pie by Meri Raffetto

This pumpkin pie saves 151 calories and 12 grams of fat per slice from the traditional version.

### Ingredients

1 cup ginger snaps  
16 oz can pumpkin  
1/2 cup egg whites (about 4)  
1/2 cup sugar  
2 tsp pumpkin pie spice (cinnamon, ginger, cloves)  
12 oz can evaporated skim milk

### Directions

Preheat the oven to 350°. Grind the cookies in a food processor. Lightly spray a 9" glass pie pan with vegetable cooking spray. Pat the cookie crumbs into the pan evenly. Mix the rest of the ingredients in a medium-sized mixing bowl. Pour into the crust and bake until knife inserted in center comes out clean, about 45 minutes. Store in the refrigerator. Allow to cool and slice in 8 wedges.

*Serves 8. Each slice: Calories 165, Protein 6 grams, Fat 1.5 grams, Saturated Fat .5 gram, Carbohydrate 32 grams, Fiber 2 grams*

## Healthy Holiday Tips by Heather Stefan

### **You can make your cookies and eat them too!**

- Bake your cookies and give them away as gifts
- Save a little for you and freeze the rest

### **Plan ahead with your meals**

- Make out a menu for a week or two at a time so you're not tempted to eat out too much during the holidays
- Make healthy, balanced freezable meals that you can defrost and reheat for little to no effort

### **Choose healthy holiday foods**

- Cranberries, pumpkin, sweet potatoes, and turkey are packed with tons of goodness for us!
- Remember to fill up on fruits and veggies too!

### **Don't go hungry!**

- Eat a snack before you leave for a holiday gathering
- Don't stand by the food tables. Take a small portion of treats that you don't normally eat and enjoy them!
- Skip the roll and the foods that don't really mean anything to you.
- Drink plenty of water!

### **Try to add a little bit of exercise into your daily routine**

- Park far away!
- Take the stairs
- Break up your exercise into 10-minute intervals
- Take your tennis shoes to work and walk during your lunch hour
- Plan a family nature walk at a metro park or take a neighborhood light-display walk
- Have a dance party in your living room!
- Play tag football with your family and friends on Thanksgiving day

### **It's so important to take a few minutes for yourself and indulge in a little "you" time**

- Take some time for yourself to de-stress and reflect on the true meaning of the holidays
- Enjoy good holiday music, a hot cup of tea and sit peacefully

### **Incorporate Mindful Eating**

- Learn how to become satisfied with your food so you don't overeat. Being conscious of what you are eating, slowing down, and enjoying your food helps you to feel more satisfied with less food.
- Pay attention to when you feel full and stop eating – you can always have leftovers later

Don't wait until the New Year! Every day should be a healthy day!

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Real Living Nutrition Services provides online weight loss and wellness programs to empower people to live their healthiest life by creating balance in food choices and lifestyle. Learn more about our services, meet our dietitians, and sign up for our free newsletter at [www.reallivingnutrition.com](http://www.reallivingnutrition.com)

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