

Nutrition News

Extension

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Serve A Healthier Holiday Meal

There's no question that sharing meals with family and friends is a big part of the festive season. Make a healthy and tasty meal for your family this year with these tips:



Plan ahead: Know your family's schedule and give yourself plenty of time to plan, shop for and cook the meal or dish.

Transform traditions: Many favorite dishes that are high in fat, sugar and carbohydrates can be easily transformed into healthier choices. Steam instead of sautéing in butter, use fat-free or light ingredients and replace half a recipe's sugar with more spice, applesauce or sugar substitutes.

Creamy Pumpkin Pie

- ½ cup cold milk
- 1 package (6-serving size) vanilla flavor instant pudding & pie filling
- 1 teaspoon pumpkin pie spice*
- 1 cup canned pumpkin
- 2½ cups frozen fat-free non-dairy whipped topping, thawed
- 1 ready crust graham pie crust



In large bowl beat milk, pudding mix and spice with wire whisk for 1 minute. (Mixture will be very thick.) Whisk in pumpkin. Stir in whipped topping. Spread in crust. Refrigerate at least 2 hours or until set. Garnish as desired. Store in refrigerator. Makes 16 small servings.

*NOTE: May substitute ½ teaspoon ground cinnamon, ¼ teaspoon ground ginger and ⅛ teaspoon ground cloves in place of pumpkin pie spice.

Traditional Pumpkin Pie is rich in beta-carotene, an antioxidant, and only 225 calories per slice. Make it even healthier by baking with nonfat evaporated milk and egg whites instead of cream and whole eggs. You'll serve up something that's nutritious and delicious as well as low in fat and cholesterol.

Add fruits: Serve fresh fruits for desserts and combine with mixed greens for a special salad.

Pear & Walnut Salad

- 1 package (10 ounces) mixed salad greens
- 2 medium pears, sliced
- 1 cup Parmesan Romano Dressing
- ½ cup walnut halves



Blue cheese crumbles (optional)
 Toss greens and pears in large bowl. Drizzle with dressing; top with walnuts and cheese. Serve immediately. Makes 6 servings.

Add vegetables: From leafy greens to succulent squash, vegetables are healthy additions that add color and vitamins to any meal.

Roast a turkey: Since it's low in fat, high in protein and a good source of vitamins and minerals, the traditional turkey is always a healthy choice for the holidays.

Choose one treat: If there's one decadent dish or dessert you can't live without, talk to your doctor or nutritionist about ways to work it into your meal plan.

Use smaller plates: Help guest keep their portion sizes under control by leaving the oversized dishes in the cupboard.



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Cranberry-Apple Crisp

- 4 each cored and thinly sliced apples uncooked
- 1 can (16 ounces) each whole cranberry sauce
- 2 teaspoons soft melted margarine
- 1 cup oatmeal
- 1/3 cup brown sugar
- 1 teaspoon cinnamon



Preheat oven to 400° degrees. Wash apples, remove cores and slice thinly, keeping peel on. In a bowl, combine the cranberries and apples. Pour into an 8 x 8 inch pan. Combine melted margarine with oatmeal, brown sugar, and cinnamon until well blended. Sprinkle over cranberry and apple mixture. Cover and bake for 15 minutes. Uncover and bake 10 more minutes until the topping is crisp and brown. Serve warm. Makes 8 servings.

Giving Kids the Gift of Health



Are we raising an unhealthy generation? Consider that the number of overweight or obese kids in the United States is higher than ever. It's time to pass on healthy habits to kids.

Here's how:

PUSH healthy foods keep fresh fruits and cut-up vegetables handy to offer alternatives to high-fat and high-sugar foods. Encourage drinking water or milk instead of sugary fruit drinks and soda. **Tip:** Order milk with fast food "value meals." Restaurant *will* substitute.

MAKE physical activity routine. Go for after dinner walks, play tag or take bike rides together. Split chores, such as dusting furniture, washing the car, raking leaves or mowing the lawn.

LIMIT the amount of time children spend watching television, using the computer or playing video games, for diversion, encourage reading and "brain" games such as chess, checkers and other board games to keep active mentally and socially.

LEAD by example. Simply telling kids to eat healthy and to exercise isn't enough. You have to do the same. Involve them in healthy meal planning; let them involve you in their play. Your children may learn a great lesson from you.

Chili and Garlic Snack Mix

- 3 cups cheerios cereal
- 3 cups corn chex cereal
- 1 cup unsalted peanuts
- 1 cup thin pretzel sticks
- 1/3 cup butter or margarine, melted
- 1/2 teaspoon chilli powder
- 1/2 teaspoon garlic powder



Heat oven to 300° F. In large bowl, combine cereals, peanuts and pretzels. In small bowl, combine all remaining ingredients; mix well. Pour over cereal mixture; toss until evenly coated. Spread in ungreased 15 x 10 x 1-inch baking pan or shallow roasting pan. Bake at 300° F. for 15 minutes, stirring once. Cool 20 minutes or until completely cooled. Store in tightly covered container. Makes 14 (1/2-cup) servings.

ABC Vegetable Soup

- 1 teaspoon vegetable oil
- 1/2 cup chopped white onion
- 1 teaspoon garlic, powder or dried minced
- 1-14 oz. can fat free, reduced sodium chicken broth
- 2 cups water
- 1-28 oz. can crushed tomatoes
- 1/2 cup alphabet pasta
- 1-10 oz. package frozen mixed vegetables
- 1 cup sliced celery
- Salt and pepper to taste



Heat oil in a saucepan over medium heat. Add onion cook until the onion is soft, about 2 minutes. Stir occasionally. Add garlic. Add chicken broth, water, tomatoes, pasta to the saucepan. Bring the liquid to a boil, reduce heat, and simmer for 10 minutes. Add mixed vegetables and celery to soup; cook 20 minutes. Add salt and pepper to taste. With help from an adult, ladle the soup into six bowls. Makes 6 servings.

Fruity Breakfast Sundae

- 2 cups chopped pineapple
 - 1 cup frozen blueberries, thawed
 - 1 cup low fat vanilla yogurt
 - 1 firm, medium banana, peeled and sliced
 - 1/4 cup sliced almonds, toasted
- In sundae glasses, layer the pineapple, blue berries, yogurt, add banana. Sprinkle the top with almonds. Makes 4 servings.

