Healthy Holiday Recipes

Collaborative solutions for a promising future
Office of Community & Economic Development

The Office of Community and Economic Development (OCED) delivers critical services in the areas of affordable housing, human services, economic development, and community infrastructure. Our efforts are informed by community needs, available resources and OCED’s commitment to ensuring equity and opportunity in the county.

Directions for Yule Log Continued:

2. Meanwhile, for frosting, place chocolate and 4 tbsp of the butter into Small Batter Bowl. Microwave, uncovered, on HIGH 1-2 minutes or until melted and smooth, stirring after each 30-second interval; transfer to Stainless (4-qt.) Mixing Bowl. Cool to room temperature (about 10 minutes). Beat on medium speed of electric hand mixer, adding powdered sugar 1 cup at a time, until mixture is combined and crumbly. Add remaining butter 1 tbsp at a time, beating on high speed after each addition until light and fluffy; add vanilla and stir to incorporate.

3. Unroll cake and transfer to Large Grooved Cutting Board; discard parchment. Spread cake evenly with half of the frosting; roll up cake. Slice off a 4-in. piece from one end on a bias using Bread Knife. Place cake on Oval Platter with Cranberry Accent. Use a small amount of frosting to attach cut piece to side of cake, forming a branch. Frost cake with remaining frosting. Run fork down length of cake to resemble bark. Sprinkle lightly with additional powdered sugar.
Chocolate Yule Log

Ingredients for Yule Log:
1 pkg (16 oz) angel food cake mix

Frosting and Decorations
6 oz unsweetened baking chocolate, coarsely chopped
1 cup butter, softened and divided
2 cups powdered sugar
1/2 tsp double-strength vanilla

Additional powdered sugar

Directions for Yule Log

1. Preheat oven to 350F. Line Large Sheet Pan with an 18-in. piece of Parchment Paper. For cake, prepare cake mix according to package directions; pour batter into pan, spreading evenly. Bake 25-30 minutes or until top springs back when lightly touched with fingertip. Remove pan from oven. Place an additional piece of Parchment Paper over cake; top with a clean kitchen towel. Invert Stackable Cooling Rack over cake and carefully invert cake onto cooling rack; remove pan and parchment from bottom of cake. Starting at long side, roll up cake in towel, jelly roll style; cool completely. Do not unroll cake.
Roasted Turkey

Ingredients:
12 lb. fresh or frozen turkey (thawed)
2 tbsp. dried, salt-free herbs, Italian blend
1 tbsp. vegetable oil
1 tsp. black pepper
1 cup fresh carrots (about 2 carrots), coarsely chopped
2-3 ribs celery (coarsely chopped)
1 small onion (coarsely chopped)
3 sprigs fresh thyme OR 1 tbsp. dried thyme
2 sprigs fresh rosemary OR 1 tbsp. dried rosemary
3 cloves garlic (crushed) OR 3 tsp. jarred, chopped garlic
non-stick cooking spray

Directions for Turkey:
1. Preheat oven to 425°F.
2. Place turkey on Cutting Board and with a pair of Kitchen Shears, cut away any loose or hanging skin around neck cavity of turkey. Pat turkey dry with paper towels. Loosen turkey skin away from meat by inserting hand between meat and skin and gently pushing down. Pull wing tips up and back and tuck under turkey.

Directions:
1. Whisk whole-wheat flour, all purpose flour, sugar and salt in a Medium Bowl. Melt butter in a Small Saucepan over low heat. Transfer to a Small Bowl to cool. Stir in oil. Slowly stir the butter-oil mixture into the dry ingredients with a fork until the dough is crumbly. Gradually stir in ice water, adding enough so the dough holds together and feels moist. Press the dough into a flattened disk.
2. Roll the dough into a 12-inch circle. Place dough into a 9-inch Pie Pan. Press the dough into the bottom and up the sides of the pan. Fold the dough under at the rim and crimp or flute the edge.
3. Position rack in lower third of oven; preheat to 425°F.
4. To prepare filling & assemble pie: Whisk pumpkin, cinnamon, nutmeg, ginger, cloves and salt in a Medium Bowl until well combined. Add condensed milk and eggs and whisk until smooth. Pour the filling into the prepared crust.
5. Bake for 15 minutes. Reduce the oven temperature to 350 degrees and bake until the filling is set and a knife inserted in the center comes out clean, 35 to 40 minutes more. Let cool fully on Rack, then serve.
**Pumpkin Pie**

**Ingredients for Pie:**

**Crust**
- ¾ cup whole-wheat pastry flour (see Note)
- ¾ cup all-purpose flour
- 1 tablespoon sugar
- ¼ teaspoon salt
- 2 tablespoons unsalted butter
- 3 tablespoons canola oil
- 3-4 tablespoons ice water

**Filling**
- 1 15-ounce can unseasoned pumpkin puree
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cloves
- ¼ teaspoon salt
- 1 14-ounce can low-fat sweetened condensed milk

**Directions for Turkey Continued:**

3. Mix together dried herbs and oil. Rub mixture on turkey breast and drumsticks, underneath the skin. Sprinkle pepper over entire turkey.

4. Fill turkey cavity with carrots, onion celery, herbs and garlic. Tie legs together with Kitchen String. Spray a Roasting Pan and Roasting Rack with Cooking Spray and place turkey, breast side up, on roasting rack. Bake for 30 minutes.

5. Reduce heat to 325°F and loosely cover turkey with foil. Cook for another 1 hour and 45 minutes. Turkey is done when internal temperature reaches a minimum of 165° F; it is possible that a total bake time of up to about 3 ½ hours may be necessary to reach 165° F.

6. Remove from oven and baste turkey by spooning juices from bottom of dish over meat. Let turkey sit for 15 minutes at room temperature covered in foil before slicing. Baste 2-3 times during this 15-minute resting period. Before cutting and serving, remove skin and any visible fat from turkey.
**Butternut Squash**

**Ingredients for the Butternut Squash:**

1. whole butternut squash (peeled, cut into 1-inch cubes)
2. 2 tsp. honey
3. 1 tsp. ground cinnamon
4. 1 tsp. dried thyme
5. 1/2 tsp. black pepper
6. 2 tsp. extra virgin olive oil

**Directions for the Butternut Squash:**

1. In a Medium Mixing Bowl, combine all the ingredients and the squash. Toss together well making sure all squash is coated evenly.

2. Pour out onto a Baking Sheet coated with Cooking Spray. Bake at 350°F for 45-50 minutes, until squash is fork tender.

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**Directions for Biscuits Continued:**

2. Stir together flours, baking powder, baking soda and salt in a Mixing Bowl. Using a Pastry Blender or two Table Knives, cut in cream cheese and butter until pea-sized lumps form. Stir in buttermilk with a fork. Gather the dough into a ball and knead it several times in the bowl until smooth.

3. Turn the dough onto a lightly floured surface. Pat into a smooth, ½-inch-thick disk. With a 3-inch Cutter, cut out rounds. Repeat until you have 10 biscuits. Brush tops with fat-free milk. Place on the Baking Sheet and bake until golden, 15 to 20 minutes.

**TIP for Store Bought Bread and Biscuits:**

You can buy bread and biscuits if you can’t make it. However, you need to read the ingredients and nutrition facts for the senior and make sure their dietary restrictions are followed. Also, make sure the bread is whole grain or whole wheat.

**NOTE:** Freshly-baked bread from an in-store bakery is a good choice. Look for healthy, fluffy (and sometimes warm) bread.
**Light Biscuits**

**Ingredients for Biscuits:**
1 cup all-purpose flour  
1 cup sifted cake flour  
1 tablespoon baking powder  
½ teaspoon baking soda  
¼ teaspoon salt  
3 tablespoons reduced-fat cream cheese, (Neufchâtel)  
2 tablespoons cold butter, cut into small pieces  
¾ cup buttermilk  
1 tablespoon nonfat milk

**Directions for Biscuits:**
1. Preheat oven to 400°F. Line a Baking Sheet with parchment paper or coat lightly with cooking spray.

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**Asparagus**

**Ingredients for the Asparagus:**
1 lb. fresh asparagus, bottom 2 inches removed  
2 cloves garlic (minced) OR 2 tsp. jarred, minced garlic  
2 tsp. extra virgin olive oil  
1 tbsp. fresh lemon juice (or from jar)  
1/2 tsp. black pepper

**Directions for the Asparagus:**
1. Toss asparagus, garlic, extra virgin olive oil, lemon juice and black pepper directly on a baking sheet covered in Aluminum Foil.  
2. Bake at 350°F for 12-15 minutes, until asparagus is tender, but still has a crisp bite.
**Cranberry Sauce**

**Ingredients for Cranberry Sauce:**
- 1¼ cups cranberries, fresh or frozen, thawed
- ½ cup unsweetened cranberry juice
- ½ cup sugar

**Directions for Cranberry Sauce:**
1. Bring cranberries, cranberry juice and ½ cup sugar to a boil in a small Non-Reactive Saucepan over high heat.
2. When the first cranberry pops, reduce heat to maintain a simmer and cook, stirring occasionally, until most of the cranberries have popped, 10 to 12 minutes more.
3. Remove from heat, transfer to a Non-reactive Container and let cool to room temperature, then refrigerate until ready to serve.

**Gravy**

**Ingredients for Gravy:**
- 4 cups Turkey Giblet Stock, OR reduced-sodium chicken broth, divided
- 3 tablespoons all-purpose flour
- 1¼ cups apple cider

**Ingredients for Gravy continued:**
- 2 tablespoons cider vinegar
- ¼ teaspoon salt
- Freshly ground pepper, to taste.

**Directions for Gravy:**
1. When removing the turkey from the Roasting Pan, leave the roasted shallots behind. Skim off any visible fat from the pan juices.
2. Whisk ½ cup Turkey Giblet Stock (or chicken broth) and flour in a small bowl until smooth; set aside.
3. Set the roasting pan over two burners on medium-high heat. Add cider and vinegar; bring to a boil, scraping up the browned bits from the pan, until the liquid is reduced by about half, 6 to 8 minutes. Add the remaining 3½ cups stock (or broth). Increase heat to high; return to a boil, whisking often. Boil until the liquid is reduced by about half, 8 to 12 minutes.
4. Whisk the reserved flour mixture into the pan. Boil, whisking constantly, until the gravy is thickened, 1 to 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.
Making Healthy Food Choices

1. Drink plenty of liquids
2. Make eating a social event
3. Plan healthy meals
4. Know how much to eat
5. Vary your vegetables
6. Eat for your teeth and gums
7. Use herbs and spices
8. Keep food safe
9. Read the Nutrition Facts label
10. Ask your doctor about vitamins or supplements

Healthy Eating Tips

• You can substitute certain ingredients for much healthier options or options of your choice.
• You can accommodate the recipes to fit your restrictions.
• This cookbook gives examples of meals. Each option is one of many healthy food choices.
• It is good to follow the My Plate chart for seniors.

Sources:

Eating Well Magazine
http://www.eatingwell.com/

National Institute on Aging
www.ChooseMyPlate.gov

United States Department of Agriculture
Center for Nutrition Policy and Promotion

Nutritional www.ChooseMyPlate.gov
MyPlate for Older Adults

Make half your plate
FRUITS & VEGETABLES
Choose vegetables and fruits that are easy to prepare and have a longer shelf life:
- Frozen
- Pre-peeled and cut fresh
- Dried
- Low-sodium or low-sugar canned
Choose bright colored vegetables such as carrots, tomatoes, and broccoli at mealtime.
Enjoy deep-colored fruits such as berries or peaches for snacks or as dessert.

FRESH, FROZEN, DRIED, or CANNED
Flavor foods with herbs and spices instead of salt

Make at least half your grains
WHOLE GRAINS
Choose 100% whole-grain cereals, breads, crackers, rice, and pasta. These foods help add fiber to your diet.
Check the ingredients list on food packages to find whole grain foods. Make sure the first word on the ingredients list contains the word “whole,” such as:
- Whole wheat
- Whole oats
- Whole grain

Vary your PROTEIN food choices
Choose a variety of foods including plant-based sources:
- Beans
- Tofu
- Peanut butter
- Fish
- Eggs
- Cheese
- Yogurt
Keep meat and poultry portions small and lean.