



HAVE YOURSELF A HEALTHY

HOLIDAY MEAL



K-STATE
Research and Extension

Sedgwick County





Crudite Vegetable Wreath with Ranch Dip

Recipe Source: Eating Well

Crudite

- 8 cups broccoli florets
- 3 cups Brussels sprouts, trimmed
- 2 cups green beans, trimmed
- 1 cup sugar snap peas, strings removed
- 1/2 bunch curly kale, washed
- 2 cups cauliflower florets
- 9 cherry tomatoes

Dip

- 1 cup plain nonfat Greek yogurt
- 1/2 cup mayonnaise
- 2 Tbsp finely chopped shallot
- 2 Tbsp chopped fresh dill or 1 tsp dried
- 4 tsp white wine vinegar
- 1 tsp garlic powder
- 1 tsp sugar
- 1/2 tsp salt
- 1/2 tsp pepper

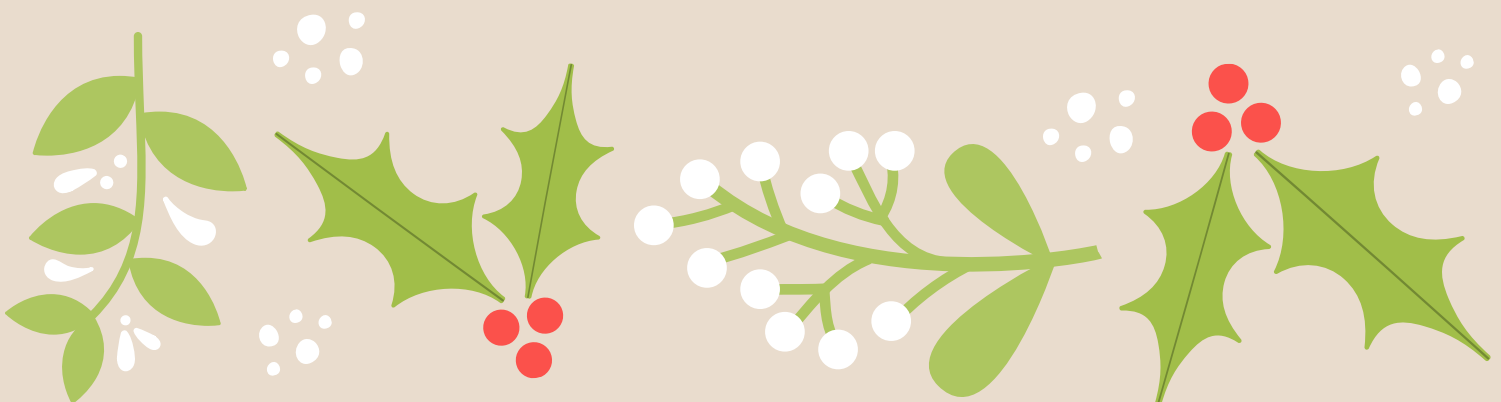
Directions

To prepare crudite: Put a large pot of water on to boil. Set a large bowl of ice water by the stove. Blanch broccoli for 1 to 2 minutes in the boiling water. Using a slotted spoon, transfer the broccoli to the ice bath to chill. Drain well. Blanch Brussels sprouts, green beans and snap peas in the same way.

To prepare dip: Whisk yogurt, mayonnaise, shallot, dill, vinegar, garlic powder, sugar, salt and pepper in a medium bowl. Transfer to a serving bowl; set in the center of a large circular platter or decorative serving board. Arrange kale around the bowl, with the frilly edges on the outside. Top with the broccoli, Brussels sprouts, green beans, snap peas and cauliflower. Garnish with cherry tomatoes. Serving size: 1/2 cup vegetables and 1 tablespoon dip.

Nutrition Information

Per Serving: 49 calories; 3 g fat; 1 g fiber; 4 g carbohydrates; 2 g protein; 81 mg sodium.





Arugula & Pear Salad

Recipe Source: Eating Well

Ingredients

- 2 Tbsp finely chopped shallot
- 3 Tbsp vegetable broth
- 3 Tbsp extra-virgin olive oil
- 1 1/2 Tbsp balsamic vinegar
- 1/2 tsp Dijon mustard
- 1/4 tsp salt
- 1/2 cup chopped walnuts
- 2 firm red Bartlett pears
- Freshly ground pepper, to taste
- 5 cups butterhead lettuce, (Bibb or Boston), torn into bite size pieces
- 4 cups arugula, trimmed

Directions

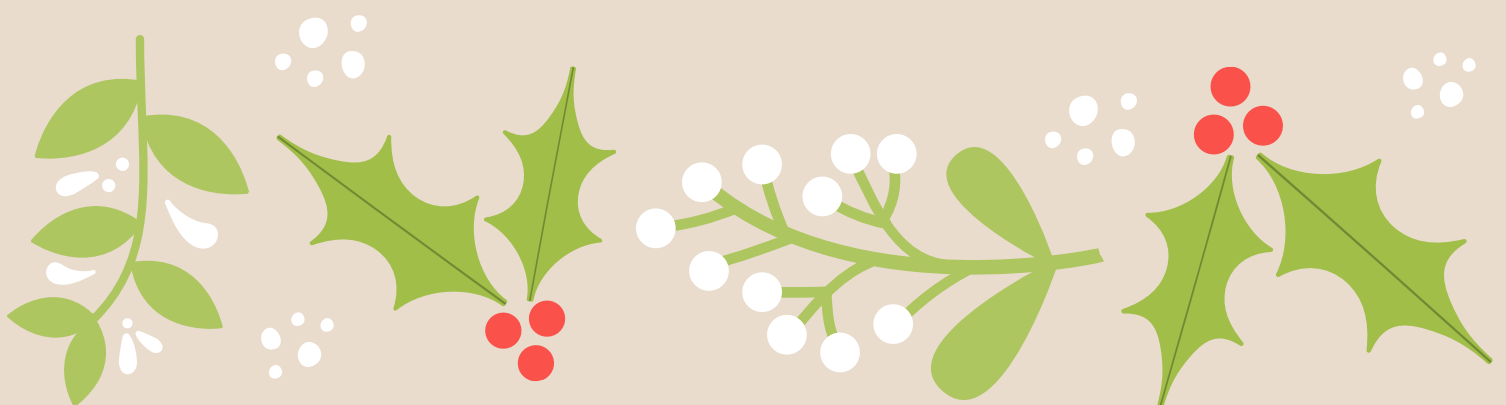
To prepare dressing: Whisk shallot, broth, oil, vinegar, mustard, salt and pepper in a small bowl.

To prepare salad: Toast walnuts in a small dry skillet over medium-low heat, stirring, until fragrant, 2 to 3 minutes. Transfer to a small bowl and let cool.

Just before serving, cut pears into 16 slices each. Place in a large bowl. Spoon on 1 Tbsp of the dressing and toss to coat. Add lettuce, arugula and the remaining dressing; toss well. Divide among 8 plates. Top with the walnuts. Serving size: 1 cup.

Nutrition Information

Per Serving: 133 calories; 10 g fat; 2 g fiber; 10 g carbohydrates; 2 g protein; 97 mg sodium.





Parmesan-Roasted Acorn Squash

Recipe Source: KSRE FCS

Ingredients

- 1 (2 lb) acorn squash, halved lengthwise, seeded, and cut into 3/4 inch thick slices
- 1/4 cup grated parmesan cheese
- 8 sprigs fresh thyme or 1 tsp dried
- 2 Tbsp olive oil
- 1/2 tsp salt, or to taste
- 1/4 tsp black pepper, or to taste

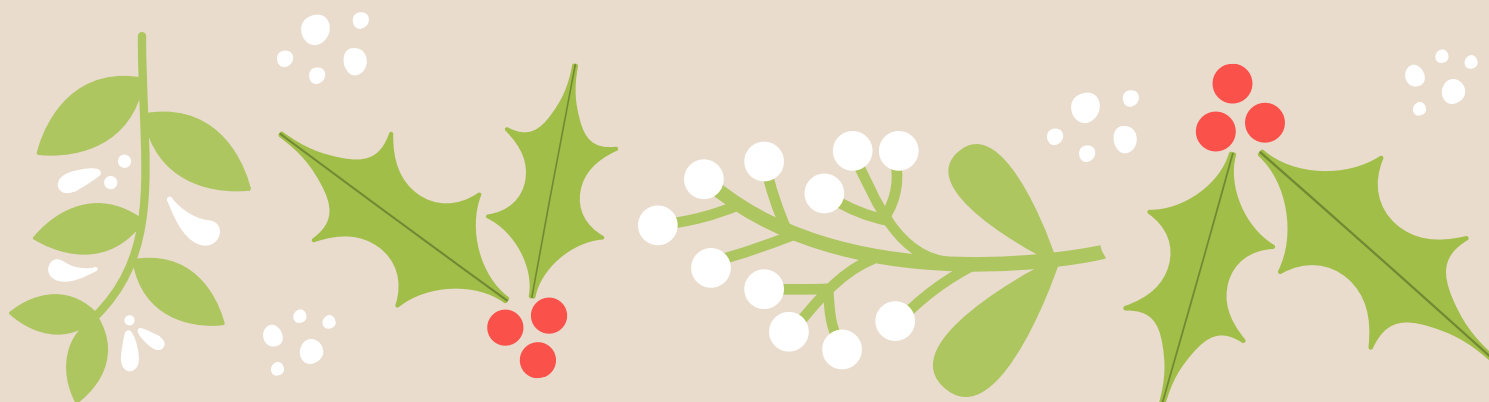
Directions

Preheat oven to 400 degrees. Toss squash slices, parmesan, thyme, oil, salt and pepper together in a bowl until squash is evenly coated. Arrange in a single layer on a large rimmed baking sheet. Roast until golden brown and tender, 25 to 30 minutes.

Note: For more even browning, turn the squash after 20 minutes and roast 10 minutes more. Serving size: 1/2 cup. Servings per recipe: 4.

Nutrition Information

Per Serving: 150 calories; 8.3 g fat; 236 mg sodium, 18.8 carbohydrates; 2.7 g fiber; 2.8 g protein; 4 mg cholesterol.





Twice-Baked Sweet Potatoes

Recipe Source: Eating Well

Ingredients

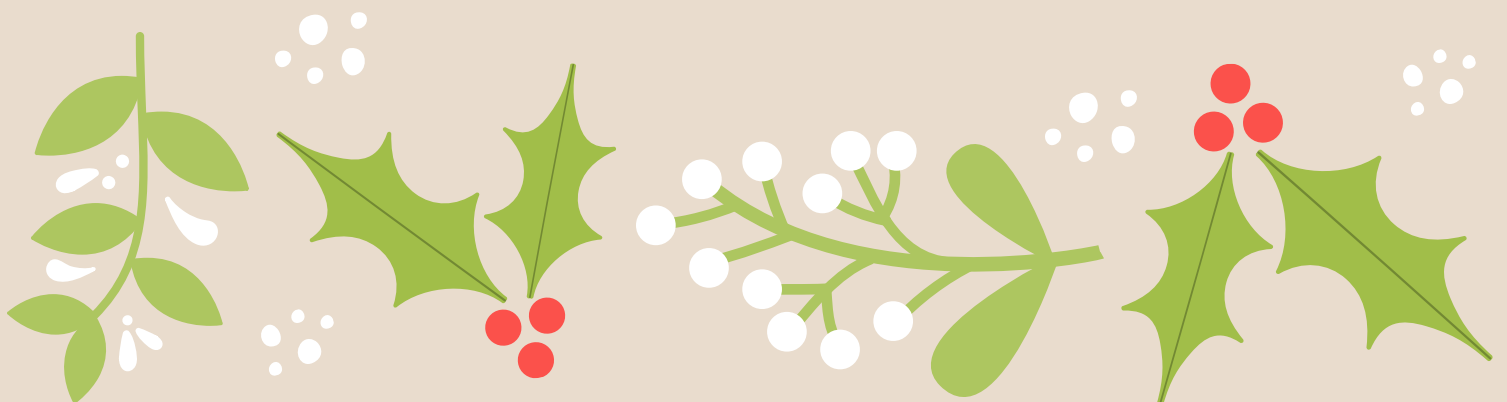
- 8 medium sweet potatoes (10 - 12 oz each)
- 1 Tbsp canola or sunflower oil
- 1/2 cup finely grated Parmesan cheese, divided
- 1/3 cup sour cream
- 2 Tbsp pure maple syrup
- 1 tsp salt
- 1/2 tsp ground pepper
- 1/2 tsp freshly grated or ground nutmeg

Directions

Preheat oven to 400 degrees. Line a large rimmed baking sheet with parchment paper. Prick sweet potatoes in 3 to 4 spots with a fork. Rub with oil and place on prepared baking sheet. Roast until tender, 45 minutes to 1 hour. Let stand until cool enough to handle. Increase oven temperature to 450 degrees. Slice each sweet potato in half horizontally and scoop the flesh into a large bowl, leaving a generous 1/4 inch border in the skins. Place 12 of the prettiest skins back on the baking sheet. Add 1/4 cup cheese, sour cream, syrup, salt, pepper, and nutmeg to the sweet potato flesh and mash until smooth. Divide the filling among the skins. Top each with a little of the remaining cheese. Bake until the filling is bubbling, 20 to 25 minutes. Serving size: 1/2 sweet potato.

Nutrition Information

Per Serving: 113 calories; 3 g fat; 3 g fiber; 19 g carbohydrates; 3 g protein; 6 mg cholesterol; 283 mg sodium.





Cranberry-Rosemary Stuffed Pork Loin

Recipe Source: Eating Well

Brine

- 1/4 cup brown sugar
- 1/4 cup kosher salt
- 1 Tbsp chopped fresh rosemary
- 2 cups boiling water
- 12 ice cubes

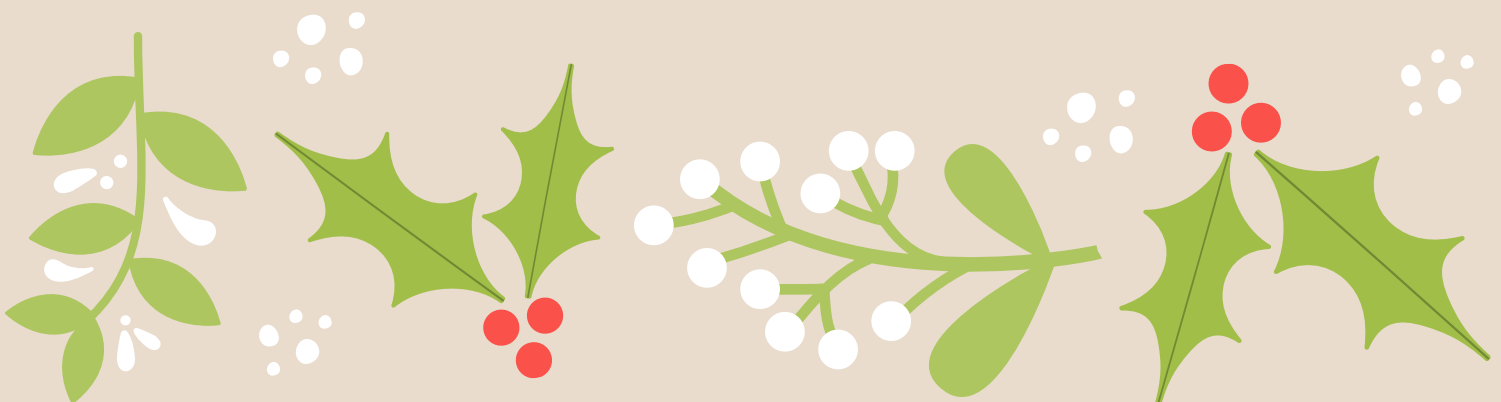
Pork Loin & Stuffing

- 1 3-lb pork loin, trimmed
- 2 Tbsp canola oil, divided
- 1/2 cup chopped pancetta or prosciutto
- 1 1/2 cups chopped fresh cranberries
- 1/2 cup fresh coarse whole-wheat breadcrumbs
- 2 Tbsp packed brown sugar
- 1 Tbsp chopped fresh rosemary
- 3/4 tsp freshly ground pepper, divided

Directions

To prepare brine: Place 1/4 cup brown sugar, salt and rosemary in a 9 x 13 baking dish. Pour in boiling water and stir to dissolve. Stir in ice cubes.

To butterfly & brine pork: Make two long horizontal cuts, one on each side, dividing the roast in thirds without cutting all the way through. Place the roast on a cutting board. Holding the knife blade flat, so it's parallel to the board, make a lengthwise cut into the side of the roast just above the center, stopping short of the opposite edge so that the flap remains attached. Rotate the tenderloin 180 degrees. Still holding the knife parallel to the cutting board, make a lengthwise cut into the side opposite the original cut, just below the center, taking care not to cut all the way through. Open up the two cuts so you have a large rectangle of meat. Cover with a sheet of plastic wrap and pound to an even thickness of about 1/2 inch. Place the butterflied pork in the brine, adding more water to cover, if necessary. Cover and refrigerate for at least 2 hours and no more than 4 hours.





Cranberry-Rosemary Stuffed Pork Loin

Recipe Source: Eating Well

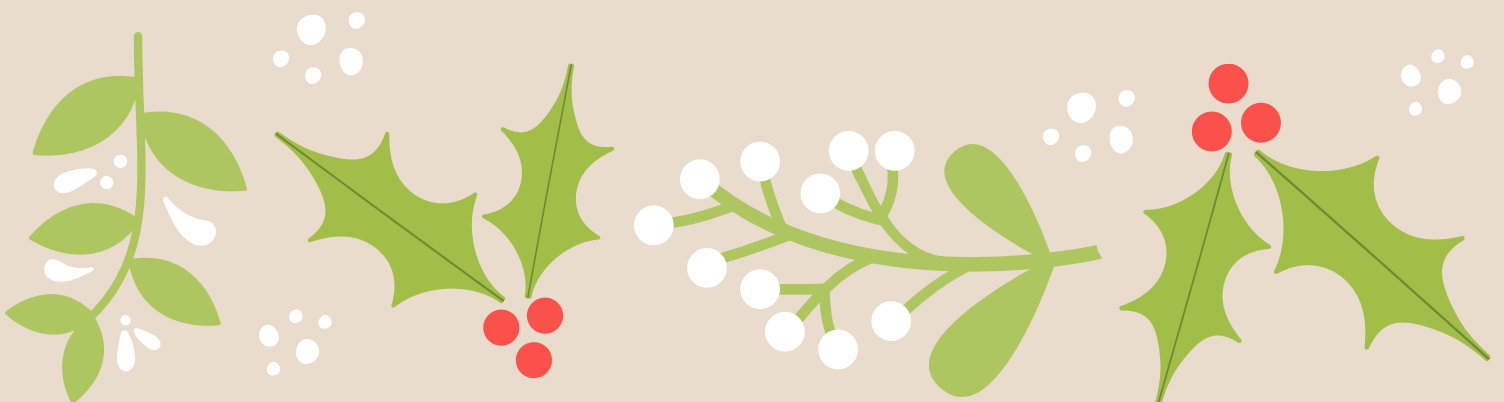
Directions Continued

To prepare stuffing: Heat 1 Tbsp oil in a medium skillet over medium heat. Add pancetta or prosciutto and cook, stirring, until crisp, about 4 minutes. Transfer to a medium bowl along with any drippings from the pan. Stir in cranberries, breadcrumbs, 2 Tbsp brown sugar and rosemary. Refrigerate until ready to use.

Remove pork from brine (discard brine); rinse well and thoroughly dry with paper towels. Season the pork with 1/2 tsp pepper. Spread the cranberry stuffing over the pork. Roll tightly and secure in 4 places with kitchen string. Sprinkle with the remaining 1/4 tsp pepper. Preheat oven to 375 degrees. Line rimmed baking sheet with foil. Heat remaining 1 Tbsp oil in a large skill over medium-high heat. Add the pork; brown on all sides, turning often, 5-8 minutes total. Place on prepared baking sheet. Roast the pork, turning twice, until an instant-read thermometer inserted into the thickest part of the meat (not the stuffing) registers 140 degrees, 45 minutes to 1 hour. Transfer to a clean cutting board and let rest for 10 minutes. Slice and serve. Serving size: 4 oz piece.

Nutrition Information

Per Serving: 181 calories; 9 g fat; 1 g fiber; 6 g carbohydrates; 17 g protein; 48 mg cholesterol; 277 mg sodium.





Slow-Cooker Dinner Rolls

Recipe Source: Eating Well

Ingredients

- 1 cup warm water
- 1 package active dry yeast (about 2 1/4 tsp)
- 1 Tbsp sugar
- 1/4 cup unsalted butter plus 1 Tbsp, melted and cooled, divided
- 1 tsp salt
- 1 1/2 cups white whole wheat flour
- 1 1/2 cups all-purpose flour

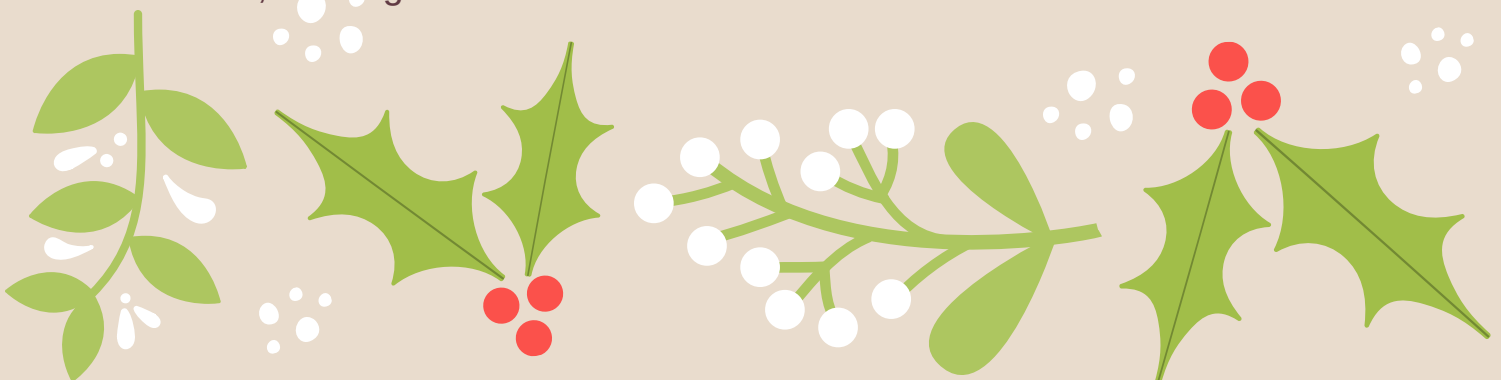
Directions

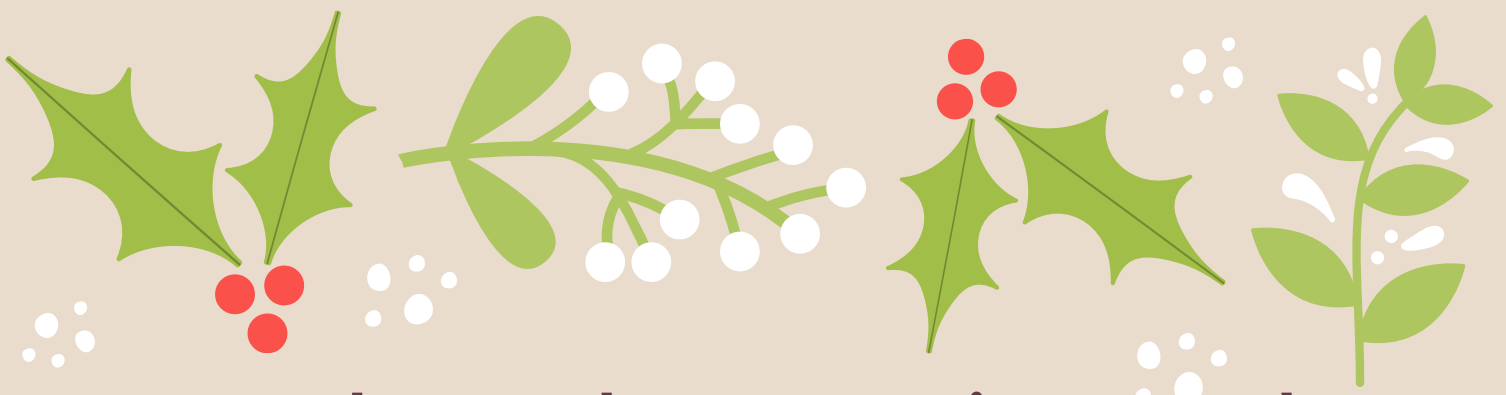
Combine water, yeast and sugar in a large bowl. Set aside for 5 minutes. Combine 1/4 cup cooled melted butter, salt and the yeast mixture in the bowl of a stand mixer fitted with the dough hook attachment. Add whole-wheat flour and all-purpose flour; mix on low speed until a smooth, elastic ball forms and pulls away from the sides of the bowl, about 5 minutes. Transfer the dough to a lightly floured work surface; divide into 12 pieces, about 2 oz each. Roll each piece into a smooth ball.

Line a 6 to 7 quart slow cooker with a large piece of parchment paper on the bottom and partway up the sides (it's OK to pleat the paper slightly); coat with cooking spray. Place the rolls in the slow cooker. Cook on High until the rolls are starting to brown around the edges and spring back lightly when touched, 1 hour 20 minutes to 1 hour 30 minutes. Place an oven rack in the upper third of the oven. Preheat broiler. Pull rolls apart and place on a baking sheet. Brush the tops of the rolls with the remaining 1 Tbsp melted butter. Broil, watching carefully, until lightly browned, 2 - 3 minutes. Serving size: 1 roll.

Nutrition Information

Per Serving : 153 calories; 5 g fat; 2 g fiber; 24 g carbohydrates; 4 g protein; 13 mg cholesterol; 196 mg sodium.





Greek Walnut Spice Cake

Recipe Source: Eating Well

Ingredients

- 1 1/4 cups coarsely chopped walnuts, divided
- 1 1/2 cups white whole wheat flour
- 1/2 cup barley flour
- 2 tsp baking powder
- 1 tsp ground cinnamon
- 3/4 tsp ground cloves
- 1/2 tsp baking soda
- 1/4 tsp ground nutmeg
- 1/4 tsp salt
- 2 large eggs, room temperature
- 3/4 cup packed brown sugar
- 2/3 cup low fat Greek yogurt
- 2 tsp freshly grated orange zest
- 1/2 cup orange juice
- 1/4 cup extra-virgin olive oil

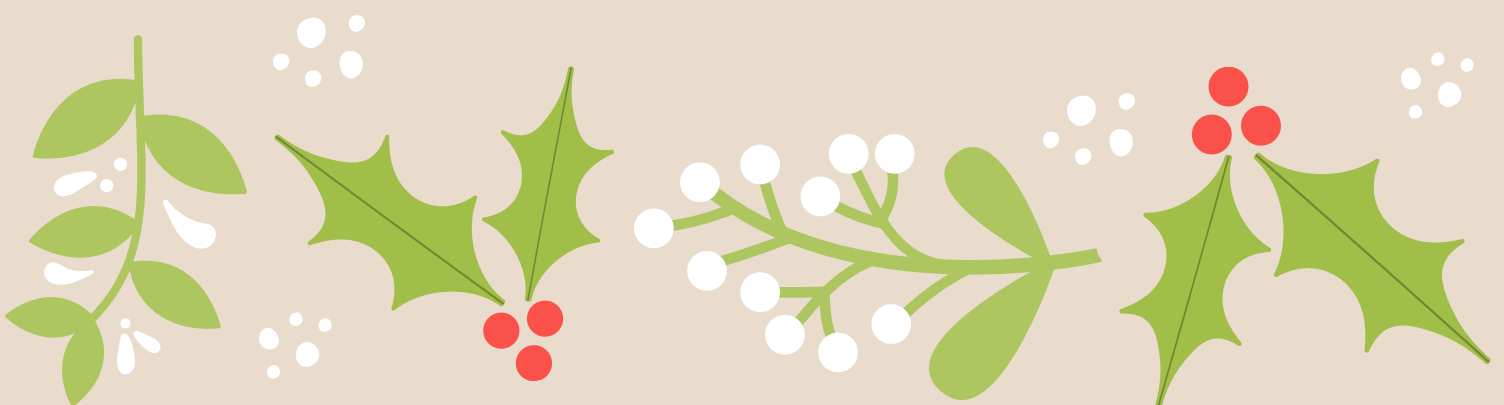
Syrup Ingredients

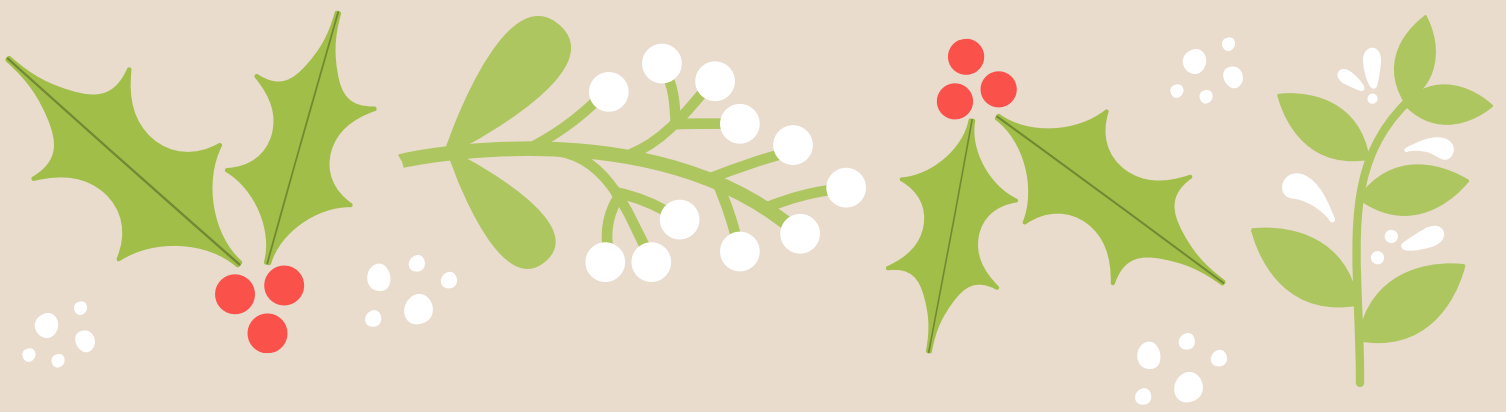
- 1/3 cup orange juice
- 1/4 cup packed brown sugar
- 1 small strip orange zest (1 x 1 inch)
- 2 whole cloves

Directions

To prepare cake: Preheat oven to 350 degrees. Coat an 8 inch square glass baking dish with cooking spray and dust it with flour, shaking out the excess. Spread walnuts on a baking sheet and toast, stirring once halfway, until fragrant, about 7 minutes. Transfer to a plate to cool. Reduce oven temperature to 325 degrees. Whisk whole wheat flour, barley flour, baking powder, cinnamon, cloves, baking soda, nutmeg and salt in a large bowl. Whisk eggs and brown sugar in a medium bowl until thoroughly blended. Combine yogurt with orange zest and juice in a small bowl and stir until smooth; gradually whisk into the egg mixture along with the oil. Add the wet ingredients to the dry ingredients in 2 additions, stirring well in between until just blended. Fold in 1 cup of the walnuts. Spread the batter into the prepared pan.

Directions continued...





Greek Walnut Spice Cake

Recipe Source: Eating Well

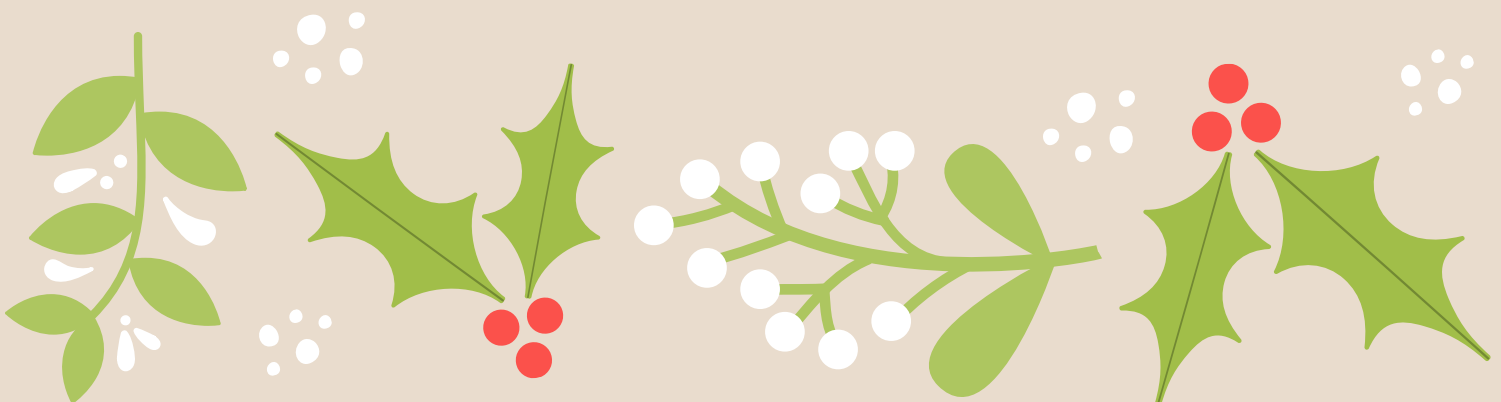
Directions Continued

Bake the cake until a toothpick inserted into the center comes out with just a few moist crumbs attached, 35 to 45 minutes.

To prepare syrup: Combine 1/3 cup orange juice, 1/4 cup brown sugar, orange zest strip and cloves in a small heavy saucepan; bring to a boil over medium-high heat, stirring a few times. Adjust heat to maintain a simmer and cook until thickened, 4 - 5 minutes (you will have about 1/3 cup); remove the zest and cloves. Let cool. When the cake is done, transfer the pan to a wire rack. Using a toothpick, pierce the top in about 18 places and brush the syrup over the cake 3 or 4 times, allowing it to seep in each time. Sprinkle with the remaining 1/4 cup walnuts and let cool for 30 minutes; loosen the edges with a knife; cut into 12 squares. Serving size: 1 slice.

Nutrition Information

Per Serving: 294 calories; 14 g fat; 3 g fiber; 38 g carbohydrates; 7 g protein; 32 mg cholesterol; 215 sodium.





Food Safety Tips

To prevent giving the gift of foodborne illness, follow these tips.

1. Cleanliness is key.

- Wash your hands - before, during and after preparing food.

2. Cook food to appropriate internal temperatures.

- Use a food thermometer to check the internal temperature of meat, poultry, casseroles, and other food. It's the only way to tell if harmful bacteria are destroyed.

3. Store food safely.

- Refrigerate or freeze perishable food within 2 hours of shopping or preparing; 1 hour when temperature is above 90 degrees.

4. Transport food safely.

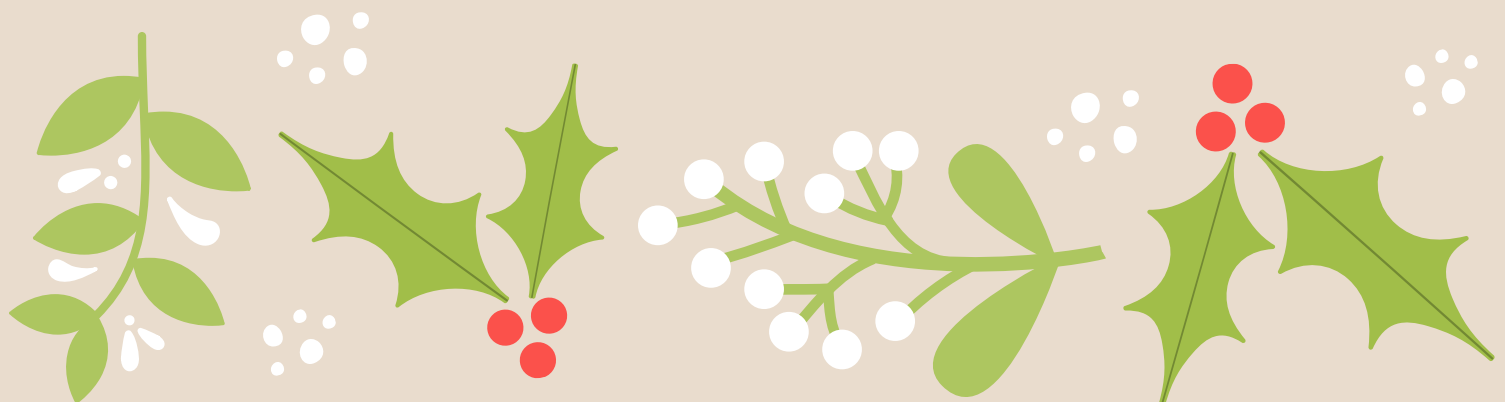
- Keep hot food at or above 140 degrees. Wrap well and place in an insulated carrier.
- Keep cold food at or below 40 degrees. Place in a cooler with a cold source such as ice or frozen gel packs.

5. Need to reheat?

- Use the stove, oven or microwave to reheat food to 165 degrees. Bring sauces, soups and gravies to a boil.

6. When in doubt, throw it out!

- Discard food left out at room temperature for more than 2 hours; 1 hour when the temperature is above 90 degrees.
- Place leftovers in shallow containers. Refrigerate or freeze immediately.





Questions?

Please call Sara Sawer

Nutrition, Health & Wellness Agent

316-660-0118

sarasawer@ksu.edu

