

# Holiday Recipes

Start your holiday festivities with these **quick & delicious appetizers** . . .

## Scrumptious Seafood Dip

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| 2 (8 oz) packages lite cream cheese,<br>softened   | 1 TBSP prepared horseradish    |
| 1/2 pound imitation crab meat,<br>coarsely chopped | 1 tsp Worcestershire sauce     |
| 3 green onions, chopped                            | 4 to 5 drops hot pepper sauce  |
|  | 1/3 cup finely chopped walnuts |
|  | paprika                        |

Preheat oven to 375 F. Lightly coat a 9-inch pie plate with cooking spray. In a medium bowl, combine all ingredients except walnuts and paprika; mix well. Spread mixture in pie plate; top with walnuts and sprinkle with paprika. Bake uncovered for 25 minutes or until lightly browned. Serve with your favorite crackers, toasted french bread slices or party rye. Makes 8 to 12 servings.

## Hot Artichoke-Parmesan Dip

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| 1 (14 oz) can artichoke hearts,<br>well-drained | 1 tsp Dijon mustard    |
| 1 cup grated Parmesan cheese                    | 1 clove garlic, minced |
| 1/4 cup low-fat mayonnaise                      | 1 tsp lemon juice      |
|   | dash of cayenne pepper |

Preheat oven to 400 F. In a food processor, combine all ingredients and process until smooth. Spread the mixture in a small oven proof dish and bake uncovered for 15 minutes or until golden brown. Serve warm with pita crisps (pita bread quartered and lightly toasted), crackers or toasted pumpernickel. Makes 1 \_ cups.

## Frozen Eggnog

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| 1/2 cup liquid egg replacement<br>(such as Egg Beaters) | 1/2 tsp rum extract        |
| 1 cup low-fat vanilla ice cream                         | 8 ice cubes                |
| 2 cups skim or 1% milk                                  | ground nutmeg, for garnish |

Combine all ingredients except nutmeg in a blender. Blend for 30 - 6- minutes until smooth. Pour into glasses & sprinkle with nutmeg. Makes 6 (6 oz.) servings.

For easy & delicious side dishes try . . .

## Cranberry Pear Relish

1 (12 oz) bag fresh cranberries	1/2 cup orange juice
1 large apple, peeled & diced	1/2 cup sugar
2 medium pears, peeled & diced	1 TBSP grated orange peel
1/2 cup golden raisins	1 tsp ground cinnamon
1/2 cup dark raisins	1/4 cup dark rum (optional)

In a large saucepan, heat & stir all ingredients, except rum, over medium high heat until boiling. Reduce heat and simmer uncovered for 20 minutes, stirring frequently. Remove from heat, stir in rum and cool for 15 minutes. Cover & refrigerate overnight. The relish can be refrigerated in an airtight container for up to 2 weeks. Makes about 4 cups.

## Savory Sausage Stuffing

1 cup chopped red onion	2 cups chicken broth
1/2 cup chopped celery	1 TBSP fresh thyme, chopped or 1 tsp dried
2 cups chopped bell pepper	1 TBSP fresh rosemary, chopped or 1 tsp dried
1 TBSP butter or canola oil	1 tsp lemon zest (grated)
1/2 cup turkey sausage, cooked	
8 cups toasted bread cubes (about 14 oz)	

In a small pan, sauté onion, celery and bell pepper in butter for 5 minutes or until soft. Place onion mixture and remaining ingredients in a large bowl and mix well. Place stuffing in a baking dish, cover and cook in a 350F oven for 30 minutes; uncover and cook for an additional 10 minutes. Serves 8 to 10.  
For a festive presentation, serve the stuffing in broiled Portabella mushroom caps or baked squash halves.

## Oven Roasted Sweet Potatoes

4 large dark-orange sweet potatoes	2 TBSP olive oil or canola oil
2 garlic cloves, chopped	1/2 tsp dried rosemary leaves, crushed
2 TBSP honey	1/4 tsp salt
	1/8 tsp pepper

Preheat oven to 425 F. Peel sweet potatoes and cut into 1\_-inch cubes. Place potatoes and garlic in a single layer on a nonstick baking sheet. Brush potatoes with honey. Drizzle oil over potatoes and sprinkle with rosemary, salt & pepper. Bake for 20 to 25 minutes or until sweet potatoes are tender, stirring occasionally. Serves 8.

## Lightened Green Bean & Onion Bake

1 (10-1/2 oz) can <i>Healthy Recipe Cream</i> of Mushroom Soup	1/2 tsp garlic powder
3/4 cup low-fat milk	1/4 tsp black pepper
2 TBSP chopped onion	1 (16 oz) bag frozen green beans, thawed
	1/2 of a (2.8 oz) can of fried onions

Preheat oven to 350 F. Lightly coat a 1-\_\_ quart baking dish with cooking spray. Place soup, milk, onions, garlic powder and pepper in dish; stir to mix. Add green beans, stirring to mix. Bake covered for 25 minutes. Uncover & sprinkle top with fried onions; bake another 5 to 10 minutes or until onions are slightly browned. Serves 6.

## Holiday Greens

2 (10 oz) packages Romaine lettuce (about 12 cups)	Juice from 2 lemons
1 medium ripe pear, diced	1/2 cup canola oil
1 large apple, diced	1/2 tsp poppy seeds
1/2 cup dried cranberries	1 tsp sugar
	dash salt
	1/2 cup walnut halves

In a large bowl toss together lettuce, pear, apple and cranberries. In a small bowl, mix the lemon juice, oil, poppy seeds, sugar and salt. Blend until creamy. Just before serving, drizzle with dressing and sprinkle with nuts. Serves 8-10.

For some easy and quick cranberry sauce variations, combine a 16 oz. can of whole berry cranberry sauce with one of the following combinations:

- 1 medium pear (peeled and diced), 1/4 tsp ground nutmeg & a pinch of cloves
- 1/4 cup chopped pecans, 1 TBSP grated orange peel (zest) & 1/2 tsp cinnamon
- 1 medium apple (peeled and diced), and 1 tsp ground ginger
- 8 oz. can crushed pineapple (drained), 1/4 cup chopped walnuts & 1/4 tsp cloves

Leftover turkey??? Mix up this quick and tasty dish for a satisfying meal . . .

### Turkey & White Bean Chili

1 tsp canola oil	2 (10 oz.) cans diced tomatoes with green chiles (such as Ro-Tel)
1 medium onion, chopped	1 (8 oz.) can tomato sauce
3 celery stalks, coarsely chopped	
3 (15 oz.) can small white beans, rinsed and drained	1 TBSP chili powder
3 cups turkey meat, diced	1 tsp ground cumin
	hot pepper sauce

In a large heavy pot, heat oil over medium heat; add onion and celery and cook until softened (4 - 5 minutes). Add the beans, turkey, tomatoes, tomato sauce, chili powder and cumin. Bring mixture to a boil; reduce heat and simmer uncovered for 15 minutes or until heated through. Add a few dashes of hot pepper sauce as desired. Top each serving with shredded cheese, sliced green onions and fresh chopped cilantro as desired. Makes 8 servings.

Nutrition information, per serving: 220 calories, 4 g fat, 1 g saturated fat, 40 mg cholesterol, 30 g carbohydrate, 9 g dietary fiber, 25 g protein.