





# HEALTHIER HOLIDAY MEALS

## An easy mix-and-match guide

No, this isn't about depriving yourself or tricking your family into eating better. It's the holidays! Time to celebrate and enjoy good food with loved ones. But let's face it: All of those yummy sides, pies, and punches can fuel a pound-packing binge that can last through New Year's. So how can you have your green-bean casserole and eat it, too? Simply balance high-calorie fatty foods with more healthful choices. To help you out, we've listed the nutrition stats of seasonal dishes from turkey to dessert. (If you don't already have the recipes, go to sites like [Epicurious.com](http://Epicurious.com) and [Saveur.com](http://Saveur.com).) Just mix and match in a way that works for you and your family. Can't pass up stuffing? Go for it, but instead of that creamy green-bean casserole have leaner steamed beans. Or trade a slice of pecan pie for our light fruit compote. And don't forget to keep an eye on portions. As you'll see on the next few pages, a portion size for many dishes is a mere half-cup. Also, don't miss our list of calorie-slashing cooking staples on page 41. Happy eating!

Save  
**177**  
calories!

**SMART BITES**  
You don't have to  
give up stuffing  
to eat smarter this  
holiday season.



## Side dishes

Sure, veggies and grains are healthy, but bathed in cheesy, buttery sauces, they can really put you over the edge, says Sandra Woodruff, author of "Best-Kept Secrets of Healthy Cooking" (Avery, 2000). Plus they can be bloat-making

sodium bombs. Lots of sodium lurks in casseroles made with processed ingredients, like canned soup, Woodruff says. Luckily, you can make many of your favorite sides lighter simply by changing the way you cook them.

### STUFFING

#### SPLURGE

**Bread stuffing with giblets**  
Serving size ½ cup **Calories** 300  
**Fat** 14 grams **Sodium** 920 milligrams

#### LIGHTER

**Bread stuffing (made from mix)**  
Serving size ½ cup **Calories** 177  
**Fat** 9 grams **Sodium** 524 milligrams

#### ◀ LIGHTEST

**Chestnut bread stuffing** (moistened with stock, not melted butter)  
Serving size ½ cup **Calories** 123  
**Fat** 1 gram **Sodium** 140 milligrams

### CRANBERRIES

#### SPLURGE

**Canned cranberry sauce**  
Serving size ¼ cup **Calories** 110  
**Fat** 0 grams **Sodium** 10 milligrams

#### LIGHTER

**Homemade cranberry sauce**  
Serving size ¼ cup **Calories** 95  
**Fat** 0 grams **Sodium** 0 milligrams

#### LIGHTEST ▶

**Dried cranberries** (sprinkle over your favorite salad greens)  
Serving size 1 tablespoon **Calories** 25  
**Fat** 0 grams **Sodium** 0 milligrams



### SLASH THE SALT

Low sodium doesn't have to mean low taste. Add more herbs and spices and you won't miss the salt. And watch those store-bought stuffing mixes, too. They're loaded with it, says author Janet Brill, Ph.D., R.D. She dilutes the sodium by adding salt-free fillers like sautéed veggies, dried fruit, and chopped unsalted nuts.

### POTATOES

#### SPLURGE

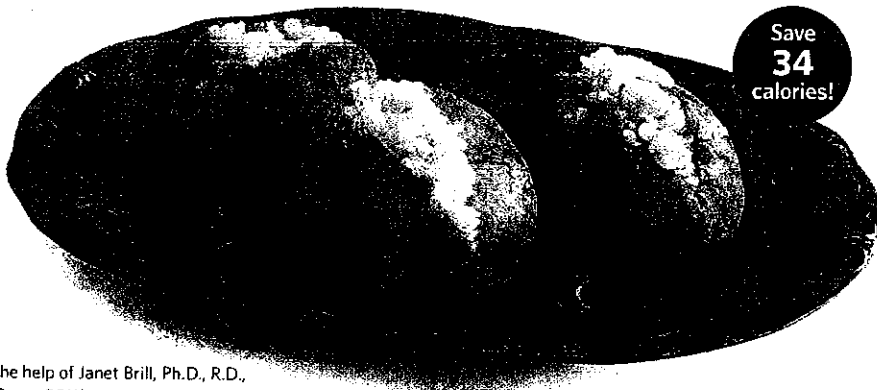
**Scalloped potatoes with cheese and butter**  
Serving size ½ cup  
**Calories** 162  
**Fat** 9 grams **Sodium** 530 milligrams

#### LIGHTER

**Mashed potatoes with milk and butter**  
Serving size ½ cup  
**Calories** 155  
**Fat** 8 grams **Sodium** 362 milligrams

#### LIGHTEST ▼

**Baked potato (lightly salted)**  
Serving size 1 small potato  
**Calories** 128  
**Fat** 0 grams **Sodium** 14 milligrams



NOTE: Nutrition information was calculated in part with the help of Janet Brill, Ph.D., R.D., author of "Prevent a Second Heart Attack" (Three Rivers Press, 2011).

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## Side dishes (continued)

### SWEET POTATOES

#### SPLURGE

Oven-roasted sweet potatoes with onion

Serving size ½ cup **Calories** 124  
Fat 3 grams **Sodium** 128 milligrams

#### LIGHTER

Sweet-potato casserole

Serving size ½ cup **Calories** 118  
Fat 3 grams **Sodium** 108 milligrams

#### LIGHTEST ▼

Canned, syrup-packed sweet potatoes

Serving size ½ cup **Calories** 101  
Fat 0 grams **Sodium** 50 milligrams



Save  
**23**  
calories!

### GREEN BEANS

#### SPLURGE

Green-bean casserole (with cream of mushroom soup and french fried onions)

Serving size ½ cup **Calories** 113  
Fat 8 grams **Sodium** 537 milligrams

#### LIGHTER

Green beans almondine

Serving size ½ cup **Calories** 60  
Fat 4.5 grams **Sodium** 75 milligrams

#### LIGHTEST ▼

Steamed green beans (lightly salted)

Serving size ½ cup **Calories** 22  
Fat 0 grams **Sodium** 149 milligrams



Save  
**91**  
calories!

### BREADS

#### SPLURGE

Refrigerated crescent roll

Serving size 1 roll **Calories** 100  
Fat 6 grams **Sodium** 220 milligrams

#### LIGHTER

Small corn muffin (with low-fat milk)

Serving size 1 muffin **Calories** 90  
Fat 4 grams **Sodium** 166 milligrams

#### LIGHTEST ▼

Whole-wheat dinner roll

Serving size 1 roll **Calories** 74  
Fat 1 gram **Sodium** 112 milligrams



Save  
**26**  
calories!

## Main dishes

The calories below are for servings without gravy. To lighten up, offer puréed vegetable soup with potatoes, carrots, and parsnips as a meat dressing.

#### SPLURGE

Braised lean beef brisket

Serving size 3½ ounces **Calories** 198  
Fat 6 grams **Sodium** 56 milligrams

#### LIGHTER

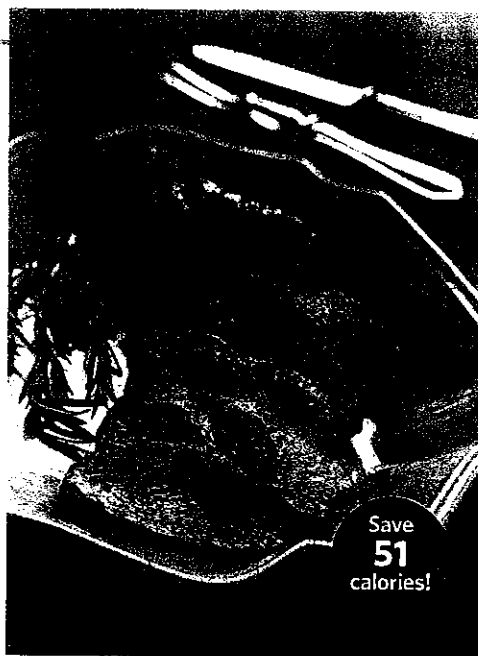
Roast turkey

Serving size 3½ ounces **Calories** 172  
Fat 6 grams **Sodium** 66 milligrams

#### LIGHTEST ▶

Roasted pork tenderloin

Serving size 3½ ounces **Calories** 147  
Fat 4 grams **Sodium** 57 milligrams



Save  
**51**  
calories!

#### SLICE IT NICE

To trick the eye into thinking a healthy 2- to 3-ounce portion (the size of a deck of cards) is heftier than it is, thinly slice meat at a wide angle, then fan it on the plate, says Jackie Newgent, R.D., C.D.N., the author of "Big Green Cookbook." Fill the rest of your plate with grains and veggies.



## Desserts

You can always cut calories by serving smaller portions. To get the taste of fruit pie without all of the calories, serve a cooked fruit compote (see the recipe at right, which got a thumbs-up from our staff taste testers).

### SPLURGE

#### Homemade pecan pie

Serving size (1 slice, or an eighth of a 9-inch pie) **Calories** 503

**Fat** 27 grams **Sodium** 320 milligrams

### LIGHTER

#### Homemade pumpkin pie

Serving size (one slice, or an eighth of a 9-inch pie) **Calories** 316

**Fat** 14 grams **Sodium** 349 milligrams

### LIGHTEST ▶

#### Fruit compote

Serving size 6 ounces **Calories** 210

**Fat** 0 grams **Sodium** 15 milligrams

## Drinks

Think a mixed drink has fewer calories than eggnog? Guess again. A martini has 29 more!

### SPLURGE

#### Eggnog

Serving size 4 ounces **Calories** 226

**Fat** 11 grams **Sodium** 151 milligrams

### LIGHTER

#### Mulled wine

Serving size 5 ounces

**Calories** 146

**Fat** 0 grams

**Sodium** 5 milligrams

### LIGHTEST ▶

#### Wine spritzer

Serving size

5 ounces

**Calories** 62

**Fat** 0 grams

**Sodium** 7 milligrams

Save  
**164**  
calories!



FESTIVE AND GUILT-FREE Try our cover recipe instead of pie.

## POMEGRANATE-ORANGE COMPOTE WITH ORANGE GRANITA

Serves 4 ■ 210 calories ■ 0 grams fat ■ 4 grams fiber per serving

4 medium oranges

$\frac{3}{4}$  cup pomegranate juice

$\frac{1}{4}$  cup sugar

2 teaspoons peeled chopped fresh ginger

1 tablespoon orange-flavored liqueur

$1\frac{1}{2}$  cups fresh orange juice

$1\frac{1}{2}$  tablespoons lemon juice

$\frac{1}{2}$  cup pomegranate seeds, for garnish

1. With a vegetable peeler, peel four strips of zest from one orange and place in a pot. Then peel and section all the oranges, cutting between the membranes and working over a bowl to catch juice. Squeeze out  $\frac{3}{4}$  cup more juice from the remaining membranes; add to the pot with the zest.
2. Stir in the pomegranate juice, 3 tablespoons of sugar, and the ginger; bring to a boil. Reduce heat and simmer until it reduces to  $\frac{3}{4}$  cup, about 15 minutes.
3. Strain mixture over the orange segments. Stir in the liqueur. Cool to room temperature, then cover with plastic wrap and refrigerate at least 2 hours.
4. To make granita, combine fresh orange juice, lemon juice, and remaining tablespoon of sugar in a bowl; mix until sugar dissolves. Pour into a wide, shallow container and freeze, stirring every hour until frozen, 3 to 4 hours.
5. Spoon 1 tablespoon pomegranate seeds into each serving dish. Add a scoop of granita, then spoon over the compote. Garnish with remaining pomegranate seeds; serve immediately.

NOTE: To save time buy orange or lemon sorbet instead of making granita.



# HOLIDAY PLATE FACE-OFF

A meal with the fattiest holiday favorites can total around a day's worth of calories—and that's if you have only one serving of each dish. But picking lighter choices can cut those calories in half! Making just a few smart swaps can make a big difference, too.

## Splurge plate

- Glass of eggnog
- Braised brisket
- Sweet-potato casserole
- Green-bean casserole
- Giblet stuffing
- Crescent roll
- Slice of pecan pie

Calories: 1,558

Fat: 75 grams

Sodium: 2,312 milligrams



## Smart plate

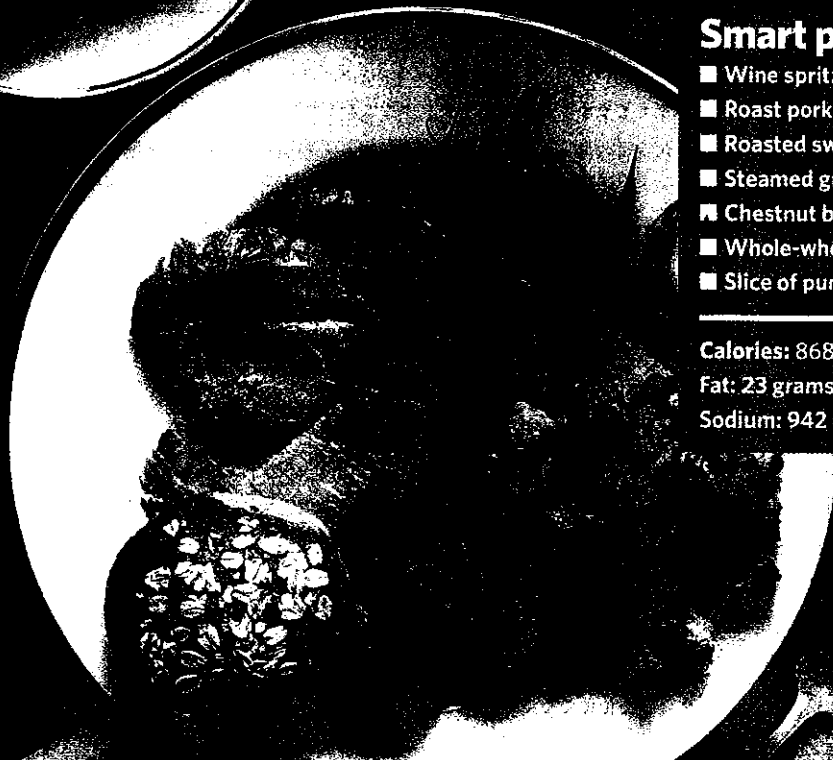
- Wine spritzer
- Roast pork tenderloin
- Roasted sweet potatoes
- Steamed green beans
- Chestnut bread stuffing
- Whole-wheat roll
- Slice of pumpkin pie

Calories: 868

Fat: 23 grams

Sodium: 942 milligrams

Save  
**690**  
calories!





## 12 SLIMMING INGREDIENTS

Almost any dish can be made leaner and lighter with the right ingredients. Tops on the shopping lists of the nutrition pros we interviewed for this article are the fat, calorie, and sodium trimmers below.

**Almond milk** It lends nutty flavor to mashed potatoes and creamy soups, and can contain 60 calories per cup compared with low-fat milk's 100.

**Baby-food fruit** It might sound yucky, but puréed fruit is a good way to replace up to 25 percent of the butter or oil in baking, author Sandra Woodruff says. Her fave: plum and chocolate cake.

**Chestnuts** They have less fat and about half the calories of regular nuts. Use them in stuffings, salads, or as snacks. Save time and buy pre-roasted and peeled chestnuts sold in jars.

**Evaporated fat-free milk** You can replace full-fat evaporated milk with the skim version in pumpkin pie recipes without losing quality or flavor.

**Flavored extracts** When cutting sugar from desserts, amp up the taste by



adding vanilla, almond, coconut, or coffee extract.

**Greek yogurt** Reduced-fat or no-fat versions taste rich and creamy and can be folded into mashed potatoes and used in baking or to decorate a pie.

**Hot sauce** To boost flavor without adding butter or salt, add a dash of hot sauce or a pinch of chili flakes to gravies or soups, dietitian Jackie Newgent says.

**TASTY TRICKS**  
Chestnuts, almond milk, and hot sauce are guilt-free flavor boosters.

**Lean meat** Look for lean top round or loin cuts of beef or pork. To keep meat tender, cook it slowly using a moist-heat method, like braising.

**Nippy cheeses** Flavor casseroles with strong-tasting cheeses, like blue, aged Swiss, and extra-sharp cheddar. They have lots of flavor, so you can use less and cut calories.

**Turkey breast** Cooking for a small crowd? Serve just the breast (no skin), which has around 60 fewer calories per 3.5-ounce portion than dark meat. It also cooks in less time than a whole bird.

**Whole-grain bread and flour** Slip some extra fiber into the meal by making stuffing with whole-grain bread. For fiber-filled pie crusts, replace half the white flour with whole-wheat pastry flour.

**Yukon gold potatoes** They mash up naturally creamy with just a touch of milk; starchier spuds soak up cream and butter.

### For extra-strength damage control ...

Add a few bulge-beating tools and serving ideas. You won't even notice that you're eating less!

■ **GRAVY SEPARATOR** Cut calories from gravies and sauces instantly. Pour in pan juices from roasting meat and watch fat rise to the top.

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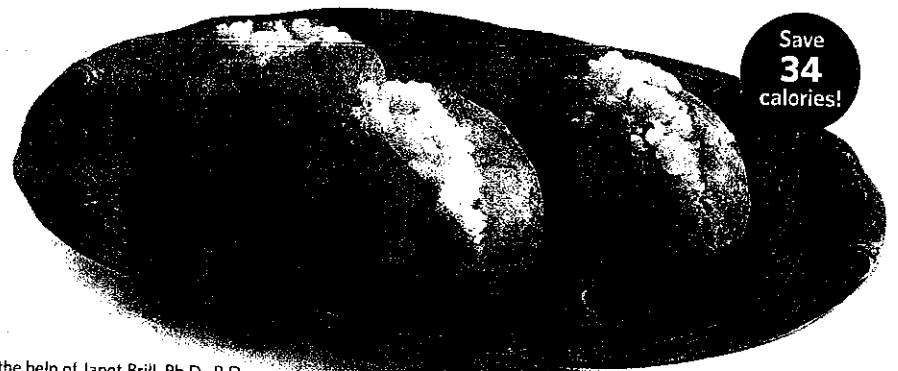
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## Main dishes

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Fat 0 grams

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### LIGHTEST ▶

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Serving size

5 ounces

**Calories 62**

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Sodium 7 milligrams

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GUILT-FREE Try  
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instead of pie.

## POMEGRANATE-ORANGE COMPOTE WITH ORANGE GRANITA

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- |   |  |
|---|--|
| 4 medium oranges                        | 1 tablespoon orange-flavored liqueur             |
| $\frac{3}{4}$ cup pomegranate juice     | $1\frac{1}{2}$ cups fresh orange juice           |
| $\frac{1}{4}$ cup sugar                 | $1\frac{1}{2}$ tablespoons lemon juice           |
| 2 teaspoons peeled chopped fresh ginger | $\frac{1}{2}$ cup pomegranate seeds, for garnish |

1. With a vegetable peeler, peel four strips of zest from one orange and place in a pot. Then peel and section all the oranges, cutting between the membranes and working over a bowl to catch juice. Squeeze out  $\frac{1}{4}$  cup more juice from the remaining membranes; add to the pot with the zest.
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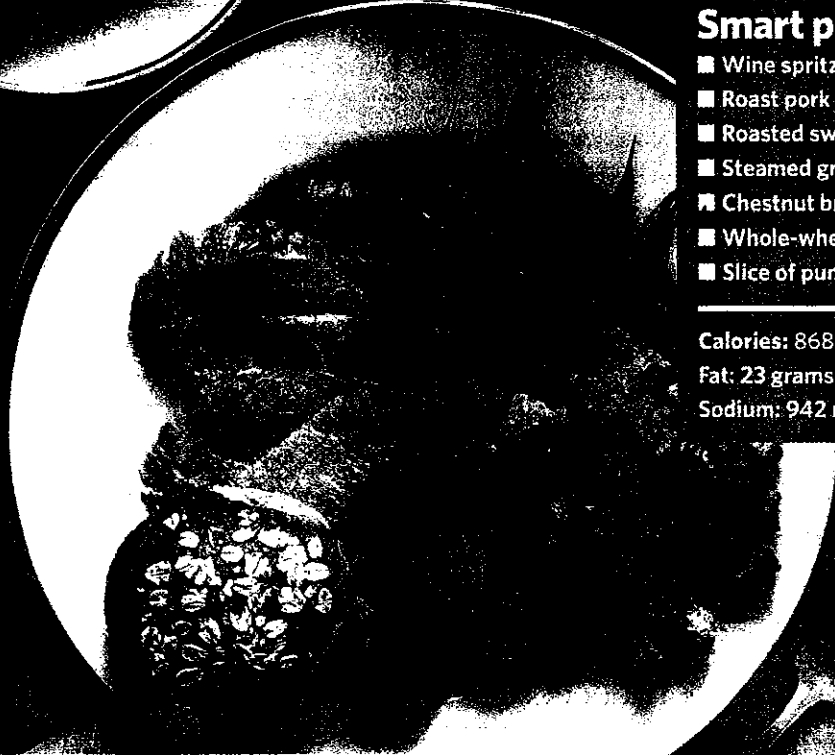
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Sodium: 942 milligrams

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