

I'm guessing that some of you are beginning to think about your holiday meals. (Or maybe you get off easy this year and you aren't doing the cooking!) Many families have traditional foods they enjoy at this time of the year. If you are looking for something new to add excitement, variety and health to your menu, consider some of these recipes. They can be used for weekend or entertaining meals at other times as well.

Cranberry Glazed Ham

1 smoked ham or half, fully cooked (they are sometimes [available](#) with 33% less sodium)
1/2 cup whole berry cranberry sauce
3 Tbsp. brown sugar
1 Tbsp. spicy brown mustard

Preheat oven to 325 degrees. Place ham on rack or broiler pan lined with foil. Bake for 1 hour. Score outside of ham in diamond pattern. Combine cranberry sauce, sugar, and mustard; brush over ham. Bake an additional 35 minutes or until meat thermometer registers 140 degrees. Transfer to platter and let stand 10 minutes before slicing.

White Cheddar Potato Gratin

(10 servings-1/2 cup each)

2 pounds baking potato, peeled and cut into 1/4-inch thick slices (about 5 cups)
1 garlic clove, minced
1 slice rye bread (or bread crumbs)
1 Tbsp. olive or canola oil
1/4 cup all purpose flour
2 cups 1% low-fat milk
1 cup (4 ounces) shredded white cheddar cheese
1/2 tsp. salt
1/8 tsp. ground pepper

Place potato and garlic in saucepan and cover with water. Bring to a boil and cook 8 minutes or just until tender. Drain. While potatoes are cooking, place bread in food processor; pulse 10 times or until coarse crumbs form to measure 1/2 cup. Combine bread crumbs and oil and set aside. Preheat oven to 350 degrees. Place flour in saucepan; add milk, stirring with whisk until blended. Over medium heat, cook until thick (about 8 minutes), stirring constantly. Remove from heat. Add cheese, salt and pepper and stir until melted. Arrange potato and garlic in baking dish coated with cooking spray. Pour cheese sauce over potatoes and sprinkle with breadcrumbs. Bake for 35 minutes or until bubbly. Let stand 10 minutes before serving.

This recipe has about 50% less calories and 75% less fat than traditional recipe.

Healthier Green Bean Casserole

(Makes 8 servings-1/2 cup each)

1/2 cup finely chopped onion
2 Tbsp. flour
1 cup skim milk
1/2 cup shredded reduced fat cheese
1/2 cup low fat sour cream
1 tsp. sugar
1/2 tsp. salt
2 (9 ounce packages frozen French-style green beans, thawed and drained)
1 and 1/2 cup herb-seasoned stuffing mix
2 tsp. olive or canola oil
1 egg white, lightly beaten

Coat a medium saucepan spray and place over medium heat until hot. Add onion and sauté for 5 minutes or until tender. Add flour and cook 1 minute, stirring constantly. Gradually add the milk,

stirring until blended. Stir in cheese, sour cream, sugar and salt. Cook 5 minutes or until thick and bubbly, stirring constantly. Place green beans in 8-inch square baking dish and pour sauce over beans. Combine stuffing mix, oil and egg white in bowl, stir well. Sprinkle over green beans. Bake at 350 degrees for 25 minutes or until heated through.

Pear, Walnut and Bleu Cheese Green Salad

(8 servings)

4 cups mixed salad greens (include dark greens like spinach!)

1/2 cup chopped celery

2 large Bartlett pears, thinly sliced (or try Pomegranate seeds-very high in antioxidants!)

1/4 cup (1 ounce) crumbled Bleu cheese

2-3 Tbsp. chopped walnuts

Dressing:

1 clove garlic, minced

1/2 cup whole berry cranberry sauce (or leftover cranberry relish)

2 Tbsp. cider vinegar

2 Tbsp. olive oil

1/2 tsp. salt

1/4 tsp. ground black pepper

Combine dressing ingredients and stir well. Arrange salad greens on plates and divide celery and pears evenly over greens. Sprinkle each plate with bleu cheese and walnuts. Add dressing as desired.

This may look difficult but it's quite simple, with ingredients you probably have on hand. It makes for a special ending to a special meal or day!

Fudgy Soufflé Cake with Warm Turtle Sauce

(6 servings)

1/4 tsp. sugar

1/2 cup unsweetened cocoa

6 Tbsp. hot water

2 Tbsp. butter or stick margarine

3 Tbsp. flour

3/4 cup 1% low fat milk

1/4 cup sugar

1/8 tsp. salt

4 large egg whites

3 Tbsp. sugar

Warm Turtle Sauce:

6 Tbsp. fat-free caramel flavored sundae syrup

3 Tbsp. chopped pecans, toasted

Preheat oven to 375 degrees. Coat a 1 and 1/2 quart soufflé or casserole dish with cooking spray, sprinkle with 1/4 tsp. sugar. Set aside. Combine cocoa and hot water in bowl; set aside. Melt butter in small saucepan over medium heat. Add flour and cook 1 minute, stirring constantly with a whisk. Gradually add milk, 1/4 cup sugar and salt, stirring constantly. Cook until thick, about 3 minutes, stirring constantly. Remove from heat. Add cocoa mixture and stir well. Spoon into a large bowl; cool slightly. Beat the egg whites with mixer at high speed until foamy. Add 3 Tbsp. sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently fold 1 cup egg white mixture into cocoa mixture; gently fold in the remaining egg white mixture. Spoon into prepared dish. Bake for 35 minutes or until puffy and set. Remove from oven and serve warm or at room temperature with warm turtle sauce. To make sauce, place caramel syrup in small bowl and microwave on HIGH for 30 seconds or until warm. Stir in pecans.

There are a few other holiday recipes on the Nutrition Clinic website as well as all the other recipes e-mailed out this semester.

www.fcs.iastate.edu/fshn/nutritionclinic

Wishing each of you safe, relaxing and enjoyable holidays with your loved ones! The healthy recipes will resume in 2005!

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