



Heart-Healthy Holiday

cooking and baking

With all the cookies and pies, the puddings, roast turkey and roast beef, there's only one question—how much will you eat this season?

Fact: There is such thing as heart-healthy holiday cooking.

Healthy body, healthy mind! The Marshfield Clinic and Ministry Health Care heart care team knows that it's essential to take the time to eat healthy during the holidays.

Here are a few heart-healthy cooking and baking tips:

- ♥ Cut down on saturated fat in creamy dressings by mixing in some nonfat or low-fat plain yogurt.
- ♥ Use non-stick cookware so that you can cook with a minimum of oil or vegetable oil spray.
- ♥ For a wonderful flavor enhancer, sprinkle food with vinegar or citrus juice. Add it at the last minute so the flavor is at its strongest.
- ♥ Use two egg whites instead of one whole egg. Eliminating the yolk is healthier.
- ♥ Substitute chopped vegetables for some of the bread in your stuffing recipe.
- ♥ Roast vegetables, skinless chicken and meats; and when roasting meats, do so on a rack so that fat can drip away.
- ♥ Use evaporated skim milk instead of cream or half & half for your cream sauces and baked goodies; it will reduce calories and tastes great.
- ♥ Instead of roasting a whole stuffed turkey, why not just roast a turkey breast? It's the healthiest part of the bird. It's delicious, and it cuts down on leftovers.
- ♥ When roasting your turkey, cut out the butter (or cut it in half) and baste with the drippings; try using fresh herbs.



light pumpkin pie

SERVES 8

- 16 ginger snap cookies
- 16 oz. can pumpkin
- 1/2 cup low cholesterol egg substitute
- 1/3 cup sugar
- 12 oz. can evaporated skim milk
- 2 teaspoons pumpkin pie spice
- 1/3 cup Splenda® sweetener

Preheat oven to 350 degrees. Grind ginger snaps in food processor. Lightly spray a glass pie pan with cooking spray. Pat cookie crumbs evenly into the bottom of the pan. Mix remaining ingredients together and pour into the crust. Bake until knife comes out clean, about 45 minutes. Remove from oven and cool to room temperature, refrigerate. Cut into 8 pieces.

Optional: Serve with fat free whipped topping.

Nutritional Information:
165 Calories
6g Protein
1.5g Fat
170mg Sodium
1.5g Cholesterol
32g Carbohydrates
2g Fiber