

Healthful Holiday Cooking Menu

Appetizers

Festive Romaine & Avocado Salad with Fresh Strawberry Dressing



Pumpkin Soup

Dessert

Mini Cheesecakes

Presented by:

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December 13, 2005

Festive Romaine & Avocado Salad with Fresh Strawberry Dressing

Ingredients

- 1 large head of romaine lettuce, outside leaves discarded
- 1 large tomato, chopped
- 1 small red bell pepper cut in thin julienne strips
- ½ small avocado cut into chunks
- *Optional: 2 Tbsp. coarsely chopped walnuts



Directions

1. Remove outer leaves of lettuce heads and discard. Cut off tops of leaves and discard (tops are bitter). Chop remaining inner leaves. Rinse in cold water and spin lettuce dry in a salad spinner or pat dry with paper towel.
2. Lightly toss all ingredients together.
3. Drizzle with fresh strawberry dressing.

Recipe adapted from The World's Healthiest Foods website (www.whfoods.org)

Fresh Strawberry Dressing

Ingredients

- 1 cup strawberries (fresh and rinsed, drained, and hulled or frozen and thawed)
- 1 Tbsp. balsamic vinegar
- ¾ tsp. freshly ground pepper
- ½ tsp. sugar
- 2 Tbsp. almond oil or canola oil



Directions

1. Place all ingredients in a blender or food processor, pulse until pureed stopping once or twice to scrape down the sides.

Nutrition Facts (makes about ¾ cup)

Serving size 1 Tbsp.

Calories: 26

Fat: 2 g (0 g saturated fat)

Cholesterol: 0 mg

Carbohydrate: 1 g

Protein: 0 g

Sodium: 0 mg

Recipe adapted from Eating Well Spring 2003 (www.eatingwell.com)

Pumpkin Soup

Ingredients

2 tsp. olive oil
½ cup chopped onion
2 celery stalks, chopped
2 garlic cloves, minced
1 tsp. peeled, minced fresh ginger
2 tsp. sugar
¼ tsp. ground nutmeg
Pinch of cinnamon
Salt and freshly ground black pepper, to taste
1 can (14.5 oz) pumpkin
1 potato, peeled and cut into 1-inch cubes
4 cups vegetable or fat-free, reduced sodium chicken broth
¼ cup nonfat or light sour cream
2 green onions, chopped



Directions

1. In large stock pot, heat oil over medium-high heat. Add onion, celery, garlic, ginger, and sugar and cook 4 minutes, until tender.
2. Add nutmeg and cinnamon. Season with salt and pepper, to taste; stir to coat. Add pumpkin, potato, and broth. Bring to boil.
3. Reduce heat to medium-low, partially cover and simmer 20 minutes, until pumpkin and potato are tender. Ladle soup into bowls and top each serving with sour cream and green onions.

Nutrition Facts (Makes 6 servings)

Calories: 89

Fat: 2 g (<1 g saturated fat)

Carbohydrates: 16 g

Dietary Fiber: 2 g

Protein: 4 g

Sodium: 409 mg

Recipe from American Institute for Cancer Research (www.aicr.org)

Mini Cheesecakes

Ingredients

- 24 ginger snap cookies (2-inch diameter)
- 1 cup nonfat cottage cheese
- 2 tsp. vanilla extract
- 6 egg whites
- 8 ounces brick-style light cream cheese (NOT fat free)
- 1 (14-ounce) can fat-free sweetened condensed milk
- 2 Tbsp. all-purpose flour



Directions

1. Preheat oven to 300 degrees. Lightly coat enough cupcake tins to make 24 cupcakes with nonstick vegetable oil spray. Place one cookie in the bottom of each cup.
2. In a food processor or blender, puree the cottage cheese until smooth. Add the vanilla and egg whites and pulse until just blended. Add the light cream cheese, sweetened condensed milk, and flour, one ingredient at a time, pulsing until just blended after each addition.
3. Spoon about 3 Tbsp. of the cream cheese mixture into each tin. Bake 20-25 minutes, or until a knife inserted in the center comes out clean. Let cool on wire rack. Take a knife and loosen the rims of the mini cheesecakes. Remove them from the tins and chill, well covered until serving.
4. Top with fresh or frozen and thawed strawberries.

Nutrition Facts (After Modifications)

Calories: 114 (219 before)

Fat: 3 g (15 g before)

Cholesterol: 8 mg (68 mg before)



Recipe from *Healthy Homestyle Desserts* by Evelyn Tribble

The fat, calories, and cholesterol were reduced in this recipe by:

- Using a combination of nonfat cottage cheese and light cream cheese instead of regular cream cheese
- Replacing regular milk with fat-free condensed milk
- Using egg whites instead of whole eggs