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Easy Holiday Recipes

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Fresh Vegetable Dippers

Number of Servings: 8

Serving Size: ½ cup veggies with ½ Tablespoon of sauce

Ingredients

Fresh mushrooms	8oz
Fresh broccoli	1 lb
Fresh cauliflower	1 lb
Low-calorie margarine	3 Tbsp
Garlic powder	1/8 tsp
Seasoned salt	¼ tsp
Fresh lemon juice	1 Tbsp

Preparation Instructions

1. Clean and trim vegetables; cut into bite-size pieces. Arrange vegetables on a platter, leaving space in center for sauce.
2. Combine sauce ingredients in a 6-ounce custard cup or dish; place in center of platter. Cover platter with plastic wrap.
3. Microwave 8-9 minutes on High until vegetables are tender. Remove plastic wrap. Stir sauce.
4. Dip veggies into sauce.

Roasted Turkey

This turkey is moist and flavorful due to whole herbs placed underneath the skin and oranges and onions roasting in the cavity. Sure to be the staple of many holiday meals, turkey is a great addition to your diet. It's low in fat and high in protein, and a good source of iron, zinc, phosphorus, potassium and B vitamins. Here are some tips for turkey safety. A frozen turkey can be bought months in advance and stored in the freezer section of the refrigerator. Allow about 24 hours of defrost time for every 5 pounds of turkey. A 20- pound turkey will take 4-5 days to thaw! Never thaw turkey at room temperature. If you are going to stuff your turkey, do it just before you place the bird in the oven. Allow ½ to ¾ cup stuffing per pound of turkey, and do not over-stuff. The stuffing must be cooked to a minimum temperature of 165 degrees F to be safe. To roast the perfect turkey, place the bird in a shallow pan. Insert a meat thermometer into the inner thigh of the bird and roast it in a pre-heated oven set at 325 degrees. Your turkey is cooked when the thermometer in the inner thigh reads 180 degrees, and the juices run clear. Be sure the thermometer is not touching any bones.

Number of Servings: 10

Serving Size: 4 oz

Ingredients

Turkey, giblets removed, Washed inside and out	12 lb
Thyme	2 sprigs
Oregano	2 sprigs
Sage	2 sprigs
Fresh parsley	3 sprigs
Olive oil	3 Tbsp
Dry white wine	2 Tbsp
Paprika	2 Tbsp
Fresh ground pepper to taste	1 each
Small oranges, unpeeled and cut into wedges	3 each
onions, cut into wedges	2 each
low-fat, low sodium chicken broth	1 cup

Preparation Instructions

1. Preheat the oven to 325 degrees F. With your fingers, lift up the skin covering the turkey breast. Slip the thyme, oregano, sage and parsley underneath the skin. Combine the oil, wine paprika, and pepper. Rub this mixture over the surface of the turkey. Place the oranges and onions inside the turkey.
2. Place the turkey, breast side down, in a roasting pan. Pour the chicken broth into the bottom of the pan. Cover loosely with aluminum foil. Roast for 20-25 minutes per pound, basting periodically. Halfway through, place breast side up. During last 45 minutes of roasting, remove cover. Continue to roast until the leg moves easily and juices run clear. Let stand for 20 minutes to help let juices settle for easier carving.

Holiday Snow Peas

Number of Servings: 4

Serving Size: ¼ recipe

Ingredients

Nonstick cooking spray	2 spray
Fresh snow peas, trimmed	¾ pounds
Chopped green onions	¼ cup
Pimento, drained	2 ounces
Sherry vinegar	1 Tbsp

Preparation Instructions

1. Spray a wok or nonstick skillet lightly with cooking spray. Stir-fry the snow peas and green onion over medium-high heat, stirring constantly, for 2 minutes.
2. Add the pimentos and sherry and stir-fry 1 more minute. The snow peas should be bright and crisp. Serve hot.

Dilled Carrots

Number of Servings: 6

Serving Size: ½ cup

Ingredients

Sliced carrots or whole baby carrots	3 cups
Lemmon pepper	½ tsp
Fresh dill, minced	2 tsp
Olive Oil	2 tsp
Fresh ground pepper and salt to taste	1 each

Preparation Instructions

1. Steam the carrots until tender, about 5-8 minutes. Combine with the other ingredients and serve.

Recipes courtesy of American Diabetic Association.