



For Information call: 321-633-1702
 bshephar@ufl.edu

Fact Sheet # FS 6084 FCS
 Date: 11/20006

Holiday Recipes with a Diabetic Twist

Beth Shephard

Holiday Nog

Not so long ago eggnog was made by blending raw eggs and cream together to make a very rich, thick beverage. Rum and nutmeg were often added to the adult drink. Today, consuming raw ages is discouraged. To boot the nutrition, this recipe uses soy drink and bananas for a delightful taste.

Number of Servings: 4

Serving Size: ¾ cup

Ingredients

Plain soy drink	1 cup
Orange juice	1 cup
Medium banana	1 each
Pure vanilla extract	1 tsp
Ice cubes	8 each
Ground allspice	½ tsp

Preparation Instructions

In a blender, combine the soy drink, juice, banana, Vanilla, and ice cubes until smooth. Pour into glasses and sprinkle with the allspice.



Exchanges Per Serving

1 carbohydrate

Nutrition Information

Amount per serving

Calories 78

Calories from fat 5

Total Fat 1g

Saturated fat 0g

Cholesterol 0mg

Sodium 23mg

Total Carbohydrate 17g

Dietary Fiber 1g

Sugars 13g

Protein 2g

Candied Yams

Sweet potatoes and yams are often mistaken for each other, although both are considered tuber vegetables to those who live in warm climates. The sweet potato is sweet and distinct in flavor. The yam has a less sweet taste and compliments a spicy or sweet dish. Try sweet potatoes instead of yams in this traditional holiday dish.

Number of Servings: 9

Serving Size: ½ cup

Ingredients

Medium yams	4 each
Firmly packed dark brown sugar	¼ cup
Cinnamon	1 tsp
Ground cloves	½ tsp
1 Granny Smith apple, peeled and thinly sliced	1 each
apple cider	¾ cup
stick margarine, cut into pea size pieces	2 Tbsp

Preparation Instructions

1. Preheat the oven to 350 degrees F. Spray an 8X8-inch baking dish with nonstick cooking spray.
2. Place the yams on a baking sheet and bake until the skin feels soft to the touch, 60 minutes. Cool, peel, and slice into 1/8-1/4-inch rounds.
3. In a small bowl, whisk the sugar, cinnamon, and cloves.
4. In the baking dish, place half of the yams, then the apple slices, then half of the sugar mixture. Pour the cider around the edges of the baking dish. Evenly scatter the margarine pieces on top.
5. Bake covered, until bubbly and the yams are tender, about 40 minutes.

Exchanges Per Serving

2 Starch

Nutritional Information

Amount per serving

Calories 174

Calories from Fat 25

Total Fat 3g

Saturated Fat 0g

Cholesterol 0mg

Sodium 39mg

Total Carbohydrates 37g

Dietary Fiber 4g

Sugars 11g

Protein 1g



Peanut Butter Cookies

This peanut butter cookies are remarkably low in fat but high in flavor and texture. You will not miss the extra sugar and butter. Parchment paper is recommended for even baking and to prevent burning. Buy peanut butter with added sugar for a stronger peanut flavor.

Number of Servings: 36

Serving Size: 1 cookie

Ingredients

All-purpose flour	1 ¼ cups
Baking powder	1 tsp
Stick margarine	½ cup
Granulated sugar	½ cup
Creamy (or crunchy)	½ cup
Unsweetened peanut butter	
Egg	1 each
Vanilla extract	1 tsp
Granulated sugar	4 tsp

Preparation Instructions

1. In a small bowl, whisk together the flour and baking powder.
2. In a large bowl, with an electric mixer at medium speed, beat the margarine until smooth. Add the sugar, peanut butter, egg and vanilla; beat 1 minute. Slowly add the flour mixture and beat just until combined, about 1 minute. The dough will be crumbly. Cover and chill 30 minutes.
3. Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper. Measure the sugar onto a small plate. Roll the dough into 1-inch balls; place the balls 2 inches apart on the prepared sheet.
4. Dip the bottom of a small juice glass into the sugar before flattening each ball to about ½-inch thickness. Bake until firm, about 7-9 minutes. With a spatula, gently remove the fragile cookies to a wire cooling rack.

Exchanges Per Serving

½ Carbohydrate

1 Fat

Nutrition Information

Amount per serving

Calories 74

Calories From Fat 5g

Total Fat 5g

Saturated Fat 1g

Cholesterol 6mg

Sodium 55 mg

Total Carbohydrate 7g

Dietary Fiber 0g

Sugar 3g

Protein 2g



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

Exchanges Per Serving

½ Starch

4 Lean Meat

Nutritional Information

Amount per serving

Calories 240

Calories From Fat 110

Total Fat 11g

Saturated Fat 3g

Cholesterol 81mg

Sodium 69g

Total Carbohydrate 0g

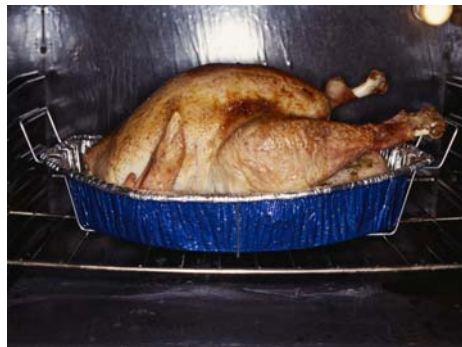
Dietary Fiber 0g

Sugars 0g

Protein 32g

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.



Basic Bread Stuffing with Variations

Variations:

(Exceptions to nutrient analysis are in parentheses.)

Her Stuffing: Add 1 Tbsp chopped frsh sage, rosemary, and parsley.

Fruit Stuffing: Add ½ cup deiced tart apples cranberries, or diced pears.

Sweet Stuffing: Add 1 tsp allspice, cinnamon, nutmeg, or ginger.

Mushroom Stuffing: Add 1 cup sliced mushrooms (white or wild). Saute with the onions. Cook until mushrooms are soft.

Cornbread Stuffing: Replace 3 cups of the whole-grain bread with 3 cups cornbread
(Starch Exchange=1-1/2, Calories=113, Caoories from Fat 13, Cholesterol 18g, Sodium155mg,
Carbohydrate=21g, Sugars=5g, and Protein=5g).

Chestnut Stuffing: Add 1 cup roasted chestnuts, peeled. Buy chestnuts in jars packed in water this saves you roasting time. Chestnuts are low in fat! (Calories=90, Calories from Fat=12, Carbohydrate=18g, Sugar=4g, and Protein=4g).

Dried Fruit Stuffing: Add 1 cup diced dried apricots, apples, figs, cranberries, or cherries. (Starch Exchange=1-1/2, sodium=167mg, Carbohydrate=20g, Dietary Fiber=3g, and Sugars=4g)

Number of Servings: 12

Serving Size: ½ cup

Ingredients

Low-fat, low-sodium	2 ½ cups
Chicken broth	
Medium onions, diced	3 each
Deiced whole-grain bread	6 cups
Paprika	1 Tbsp
Egg substitute	1 each
Fresh ground pepper and	1 each
Salt to taste	

Preparation Instructions

1. Heat ½ cup of the chicken broth in a skillet over medium-high heat. Add the onions and sauté for 10 minutes until the onions have softened. In a bowl, combine the cooked onions, remaining broth, bread, paprika, egg, pepper, and salt. Mix well. Place inside the cavity of a 12-lb turkey or place in a casserole dish. If baking stuffing separately from the turkey, place stuffing in a preheated 350 degree F oven and bake for 45 minutes.

Exchanges Per Serving

1 Starch

Nutrition Information

Amount per serving

Calories 59

Calories From Fat 11

Total Fat 1g

Saturated Fat 0g

Cholestrol 0mg

Sodium 119mg

Total Carbohydrate 11g

Dietary Fiber 2g

Sugars 3g

Protein 3g

