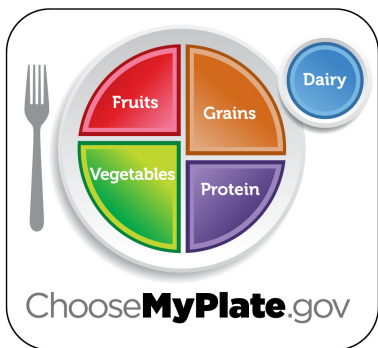


A Healthier Holiday

It's that time of the year again... The holiday season is near approaching which means casseroles, pies and gravies galore! As you celebrate, keep these healthy holiday tips in mind.

Tip #1: Include all food groups on your plate

- Cut up fresh fruits & vegetables for an easy appetizer.
- Serve a variety of cheese or hummus with whole grain crackers or pita bread.
- Roast mixed vegetables with olive oil for a healthy side dish.
- Serve lean meats such as turkey or chicken breast, roast beef, and ham as a main course.



Tip #2: Make half your grains whole

- Try serving whole grain options:
- Whole grain rolls, biscuits, and breads
 - Use whole wheat flour for roux, pie crusts and desserts.
 - Add oats to fresh baked cookies.
 - Steam brown rice or quinoa for an easy side dish

Tip #3: Sweet Swaps

You don't have to get rid of your delicious desserts!

You can still enjoy them and make these small swaps when baking:

- Find recipes that use apple sauce or mashed bananas instead of sugar.
- Use spices such as cinnamon & nutmeg to add flavor instead of adding extra sugar/salt.
- Try cooking with lower fat milks (2%, 1%, or skim) in place of whole milk.
- Add pecans, almonds, and walnuts to cookies/brownies for some healthy fats.

Tip #4: Eat slow, walk fast!

- Eat your food slowly so you can enjoy every bite.
- Put that phone away! Minimize distractions while eating and spend time with family & friends.
- Try going on a group walk after your food digests. This will help get rid of that food coma!

Recipe of the Month: Grandma's Stuffing



Ingredients

- 10 cups whole wheat bread cubes
- 1/3 cup water
- 1/2 cup onion (chopped)
- 1/2 cup celery (chopped)
- 1 teaspoon parsley, dried
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 1/2 cups milk
- 1 egg (lightly beaten)
- 2 apples (chopped or 1/4 cup raisins)

Directions

1. Preheat oven to 350 degrees.
2. Put cubes in a large bowl. Set aside.
3. Put water in medium saucepan. Add onion, celery, parsley, salt and pepper. Cook for 5 minutes. Do not drain. Pour over bread cubes.
4. Stir in milk and egg. Gently stir in apples, and raisins, if desired.
5. Spoon into a greased 2-quart baking dish. Bake at 350 degrees for 1 hour.

Recipe Source: University of Wisconsin, Cooperative Extension Service, A Family Living Program

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