

SBL Cooking Demo: Healthy Holidays

November 6, 2017

Spice Muffins

Servings: 12 regular or 36 mini muffins

Ingredients

- 1 Box White or Spice Cake Mix
- 1 Can Solid Pumpkin (15 oz)

Directions

1. Mix the 2 ingredients together. Don't add anything else that may be mentioned on the box such as oil, eggs, oil, or water. The mixture will be very thick and you will be tempted to add in other things to make the batter smoother- DO NOT DO THIS AS IT WILL RUIN EVERYTHING!
2. Place batter into muffin tins (or mini muffin tins) lined with paper, or sprayed with non-stick spray.
3. Bake at 400 F for 20 minutes.
4. Makes 12 regular or 36 mini muffins.

Nutritional Info

Serving size: 1 regular or 3 mini muffins

Per Serving: 180 calories, 37 gm carbohydrate, 2.5 gm protein, 2.5 gm fat, 340 mg sodium, 2.5 g fiber



Pear Crisp

Servings: ~8-10

Ingredients

- 4 cups pear slices, peeled *
- 2/3 cup oats
- 2 Tablespoon Sugar Free Raspberry Syrup
- Grated Lemon Rind
- Grated Orange Rind
- 1 teaspoon cinnamon
- 1/2 cup packed brown sugar
- 1/2 cup oat flour
- 1/4 cup margarine, softened

*May substitute other fruit into recipe- apples, peaches, berries, or cherries

Directions

1. Arrange apple slices in bottom of pie pan or baking dish coated with cooking spray.
2. Mix remaining ingredients; sprinkle over.
3. Bake at 375 F for 30 minutes or until topping is golden brown.

Nutritional Info

Serving size: ~1 cup

Per Serving: 130 calories, 28 gm carbohydrate, 1 gm protein, 3 gm fat, 43 mg sodium, 2 gm fiber



Stuffed Mushrooms

Servings: ~20-24

Ingredients

- 1 lb medium fresh mushrooms
- 1 cup Italian seasoned bread crumbs
- 1/3 cup Parmesan cheese
- 1/3 cup grated mozzarella
- ¼ cup chicken broth
- ¼ cup chopped celery
- 3 cloves minced garlic



Directions

1. Remove stems from mushrooms; set mushroom caps aside.
2. Dice stems to yield 1 cup.
3. Combine with remaining ingredients.
4. Fill mushroom caps with mixture, allowing ~2 teaspoons per mushroom.
5. Spray lightly with cooking spray.
6. Bake at 350 F for 15 minutes or until lightly browned.

Nutritional Info

Serving Size: 1 mushroom

Serving: 42 calories, 2 gm carbohydrate, 2 gm protein, 3 gm fat, 131 mg sodium, 0 gm Fiber

BLT Bites

Servings: 16-20 servings

Ingredients

- 16-20 cherry tomatoes
- ½ cup lite or fat free mayo or miracle whip
- 1/3 cup chopped green onions
- 2 Tablespoons chopped parsley
- 1 package turkey bacon
- 1 container imitation bacon bits
- 3 Tablespoons grated Parmesan cheese



Directions

1. Cut thin slice off of each tomato top.
2. Scoop out and discard pulp.
3. Invert the tomatoes on a paper towel to drain.
4. In a small bowl, combine the remaining ingredients; mix well.
5. Spoon into tomatoes.
6. Refrigerate for several hours before serving.

Nutritional Info

Serving Size: 1 tomato

Per serving: ~113 calories, 1 gm carbohydrate, 3 gm protein, 10 gm fat, 206 mg Na+, 0 gm fiber

Easy Rice Pilaf with Dried Cranberries and Almonds

Servings: 6

Ingredients

- ½ cup wild rice
- ½ cup brown rice
- 1 can low sodium chicken broth
- ½ cup water
- ½ teaspoon poultry seasoning
- 1 cup dried cranberries
- ¾ teaspoon grated orange rind
- ½ cup sliced almonds, toasted



Directions

1. Place wild rice, brown rice, broth, water, and poultry seasoning in a medium pot and bring to a boil.
2. When it reaches a boil, cover pot and reduce heat to a simmer. Cook for 45-50 minutes or until water is absorbed and rice is tender.
3. Remove from heat; stir in the cranberries, orange rind, and almonds.

Nutritional Info

Serving Size: ¾ cup

Per serving: 198 calories, 37 gm carbohydrate, 5 gm protein, 5 gm fat, 73 mg Na+, 3.5 gm fiber

White Chicken Chili

Servings: 6-8

Ingredients

- 2 ½ cups water
- 1 teaspoon lemon pepper
- 1 teaspoon ground cumin
- 4 boneless, skinless chicken breast halves
- 1 clove garlic, chopped
- 1 cup onion, chopped
- 2 cans (8oz each) corn, drained



2 cans (4 oz each) chopped green chilies, undrained
Additional 1 teaspoon ground cumin
2 -3 Tablespoons fresh lime juice
2 cans (14 oz each) white or Great Northern beans, drained
-chicken broth as needed

Directions

1. In a large saucepan, combine water with lemon pepper and cumin. Bring to a boil.
2. Add chicken breast halves and return to a boil.
3. Return heat to low and simmer 20 minutes or until chicken is fork tender and the juices run clear.
4. Cut chicken into small pieces.
5. Spray a medium skillet with cooking spray.
6. Add garlic and onion- cook stirring over low heat until tender.
7. Add the chicken, onion, corn, chilies, cumin, and lime juice to the broth and bring to a boil.
8. Add beans and simmer until thoroughly heated, ~45 minutes.

Nutritional Info

Serving Size: ~1- 1 ½ cups

Per serving: 433 calories, 38 gm carbohydrate, 22 gm protein, 8 gm fat, 612 mg Na+, 10 gm fiber

Sweet Potato Casserole with Maple Pecan Topping

Servings: ~ 8-10

Ingredients

Maple Pecan Topping

3 Tablespoons maple syrup
6 Tablespoons flour
1 ½ Tablespoons melted butter
¾ cup pecans, coarsely chopped

Sweet Potato Casserole

3.3 pounds sweet potato, peeled and cut into 1 inch cubes
3 Tablespoons brown sugar
3 Tablespoons maple syrup
¼ cup milk
6 Tablespoons olive oil
6 Tablespoons butter, room temperature
1 teaspoon cinnamon
½ teaspoon salt



Directions

Maple Pecan Topping

1. While sweet potatoes are boiling or right before, mix all the ingredients for the maple pecan topping together and set aside until needed.

Casserole

1. Preheat oven to 350 F and prepare a casserole dish. Set aside.
2. In a 4 quart pot of boiling water, boil the sweet potatoes for ~20 minutes or until fork tender.
3. When the sweet potatoes are finished boiling, drain and mash.
4. Add in remaining ingredients and mash until mixed well.
5. Spoon sweet potato mix into the casserole dish and top with maple pecan topping.
6. Bake for 30 minutes (check that the nuts don't burn- if they are browning too quickly, cover with foil) and remove from the oven. Allow to cool for 10 minutes before serving.

Nutritional Info

Serving size: ~2/3 cup

Per Serving: 185 calories, 42 gm carbohydrate, 3 gm protein, 7 gm fat, 199 mg Na+, 2.5 gm fiber

Possible Pumpkin Pie

Servings:8

Ingredients

- 12 oz can evaporated skim milk
- 1 can solid pumpkin (15 oz; ~2 cups)
- 2 eggs
- 1 teaspoon cinnamon
- ½ cup whole wheat flour
- ¾ teaspoon baking powder
- ¼ teaspoon salt
- 2 teaspoons vanilla
- ½ teaspoon ginger
- ¼ teaspoon cloves
- ¾ cup sugar
- 2 Tablespoons melted butter



Directions

1. Spray a 9 inch deep dish pie plate with nonstick spray.
2. Combine all ingredients in a mixing bowl, blender or food processor.
3. Blend until smooth (1 minute in a blender or food processor, 2 minutes with a hand mixer).
4. Pour into prepared pie plate.
5. Bake in preheated 350 F oven for 50-55 minutes or until knife inserted in center comes out clean.

Nutritional Info

Serving size: 1 slice or 1/8 pie

Per Serving: 150 calories, 29 gm carbohydrate, 5 gm protein, 1.5 gm fat, 230 mg Na+, 2 gm fiber

Graham Streusel Lemon Muffins

Servings: 10 muffins

Ingredients

Streusel

- 3 Tablespoons graham cracker crumbs
- 2 Tablespoons brown sugar
- 1 Tablespoon margarine or butter softened

Muffins

- 1 ½ cups flour
- ½ cup sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ½ teaspoon baking soda
- 1 egg
- 8 oz low fat lemon yogurt
- 1 Tablespoon fresh grated lemon peel
- 2 Tablespoons oil



Directions

1. Line 10 muffin cups with paper baking cups; spray with cooking spray.
2. In small bowl, combine streusel ingredients; mix well. Set aside.
3. Lightly spoon flour into measuring cup; level off.
4. In medium bowl, combine flour, sugar, baking powder, baking soda, and salt; mix well.
5. In another small bowl, combine yogurt, oil, lemon peel and egg; beat well.
6. Add to flour mixture; stir just until dry ingredients are moistened. Batter will be stiff.
7. Spoon batter evenly into sprayed paper-lined muffin cups.
8. Sprinkle streusel over batter in muffin cups.
9. Bake at 400 F for 12-18 minutes or until toothpick inserted in center comes out clean.
10. Immediately remove from pan.
11. Serve warm.

Nutritional Info

Serving size: 1 muffin

Per Serving: 180 calories, 31 gm carbohydrate, 3 gm protein, 4 gm fat, 140 mg Na+, 2 gm fiber