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Trusted Compassionate Care



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Please note: Nutrition information is approximate as ingredients may vary in actual counts.



Appetizers

Garlic Bread



Ingredients

- 1 baguette, sliced
- 1 Tbsp. unsalted butter, melted
- 1 tsp. garlic, minced
- 1 Tbsp. parsley, chopped

Instructions

- Preheat broiler.
- Arrange bread slices on a baking sheet. Combine melted butter and minced garlic. Brush evenly over bread. Broil 1 minute or until toasted. Sprinkle with chopped parsley.

Source: Cerner Wellness

Nutrition Information

Serving size: 1 slice of bread
Calories per serving: approx. 45
Total fat: 3.12g
Carbohydrates: 3.88g
Protein: .62g

Roasted Red Pepper Soup



Ingredients

- 3 Tbsp. extra virgin olive oil
- 4 whole leeks
- 5 cups low-fat chicken broth
- 2 cups sweet potatoes, cubed
- 1 cup roasted red peppers
- 1/4 cup fresh dill
- 2 tsp. dried oregano

Instructions

- Clean and thinly slice only the white parts of leeks. Chop sweet potatoes into 1/2-inch cubes.
- In a large saucepan over medium heat, warm oil. Sauté leeks until tender, about 5 minutes. Add broth, sweet potatoes, and roasted red peppers. Cook until potatoes are soft, about 15 minutes.
- Allow soup to cool for 10 minutes and then puree, in small batches, in a blender or food processor.
- Return soup to saucepan and stir in dill and oregano. Thoroughly heat. Serve immediately. Any leftovers can be refrigerated for 7-10 days.

Source: Cerner Wellness

Nutrition Information

Serving size: 1
Calories per serving: 248
Total fat: 12.32g
Carbohydrates: 29.36g
Protein: 7.45g

Ham and Cheddar Quiche



Ingredients

- 2 Tbsp. extra virgin olive oil
- 1/2 cup onion, sliced
- 1-1/2 cup mushrooms, sliced
- 1 cup spinach, raw
- 1/2 tsp. salt
- 4 dashes black pepper
- 1/4 cup yellow, whole-grain cornmeal
- 1 oz. water
- 4 whole eggs
- 1/2 cup fat-free, half-and-half cream
- 6 oz. cheddar cheese
- 1-1/2 cup diced ham
- non-stick cooking spray

Instructions

- Preheat oven to 350°F.
- Heat olive oil in skillet. Add onion and sauté until it begins to brown. Add mushrooms. Stir and cook until they begin to brown. Add spinach, salt, and pepper, and cook a few minutes. Add cornmeal and water and stir well.
- Lightly coat a 9-inch pie plate with cooking spray.
- Press mixture over bottom and partway up the sides of pie plate. Set aside.
- Beat the eggs, half-and-half, salt, and pepper together until well mixed. Fold in the shredded cheddar cheese and chopped ham.
- Pour filling into crust and bake at 350°F for 40 minutes or until internal temperature reaches 165°F. Allow to stand at least 10 minutes before serving.

Source: Cerner Wellness

Nutrition Information

Serving size: 1 slice
Calories per serving: 338
Total fat: 22.26g
Carbohydrates: 8.51g
Protein: 24.86g

Creamy Vegetable Dip



Ingredients

- 2 cups yogurt, low-fat plain (or small curd or creamed cottage cheese)
- 1/4 tsp. black pepper
- 1/2 tsp. garlic powder
- 2 Tbsp. dried, minced onion
- 1 Tbsp. dried parsley flakes
- 1/2 tsp. salt (optional)
- 1/2 tsp. dill (optional)

Instructions

- In a medium-sized bowl, combine yogurt (or cottage cheese), pepper, garlic powder, dried onion, dried parsley, salt, and dill (if used). Beat until smooth.
- Chill dip in refrigerator until ready to serve. Serve with raw vegetables.

Source: USDA.gov

Nutrition Information

Serving size: 2 Tbsp. of dip

Calories per serving: 30

Total fat: 1g

Cholesterol: 2mg

Sodium: 29mg

Carbohydrates: 4g

Fiber: 0g

Protein: 2g

Candied Walnut, Pear, and Leafy Green Salad



Ingredients

- 2/3 cup dried black walnuts
- 1/3 cup sugar
- non-stick cooking Spray
- 1/2 tsp. salt, divided
- 2 Tbsp. balsamic vinegar
- 1-1/2 tsp. dijon mustard
- 3 Tbsp. extra virgin olive oil
- 1 can capers
- 4 cups romaine lettuce
- 4 cups green leaf lettuce
- 4 cups shredded radicchio
- 1 medium pear, thinly sliced
- 1 tsp. ground black pepper

Instructions

- Place sugar in a small, heavy saucepan over medium-high heat. Cook until sugar dissolves, stirring gently as needed to dissolve sugar evenly (about 1 minute). Continue cooking 1 minute or until golden (do not stir). Remove from heat. Carefully stir in nuts to coat evenly. Spread nuts on a baking sheet coated with cooking spray and separate nuts quickly. Sprinkle with 1/4 tsp. salt. Set aside until cool. Break into small pieces.
- Combine vinegar and mustard, stirring with a whisk. Gradually add oil, stirring constantly with a whisk. Stir in capers.
- Combine lettuces and radicchio. Top with thinly sliced pear and candied walnuts. Drizzle dressing evenly over salad and sprinkle with remaining 1/4 tsp. salt and pepper. Toss gently to combine.

Source: Cerner Wellness

Nutrition Information

Serving size: 1 cup
Calories per serving: 171
Total fat: 11.6g
Carbohydrates: 16g
Fiber: 2.6g
Protein: 2.7g



Sides

Hearty Mashed Potatoes



Ingredients

- 4 potatoes (peeled and cut in chunks, about 2 lbs.)
- 1 can garbanzo beans (15 oz., drained)
- 3/4 cup milk, non-fat (or fortified soy milk)
- 1/4 cup Parmesan cheese
- 1/2 tsp. garlic powder
- black pepper (to taste)

Instructions

- Place the potatoes in a large sauce pan and cover with water. Bring to a boil over high heat then reduce to a simmer.
- Add the garbanzo beans 10 minutes after potatoes start cooking. Continue cooking until potatoes are fork tender, about 20 minutes.
- Drain water and place the sauce pan back on the stove. Mash the beans
- and potatoes using a potato masher or hand beaters.
- Add the milk, cheese, and seasonings.
- Reheat if necessary. Serve hot.

Source: USDA.gov

Nutrition Information

Serving size: 1 cup
Calories per serving: 221
Total fat: 1g
Cholesterol: 3mg
Sodium: 185mg
Carbohydrates: 41g
Fiber: 7g
Protein: 10g

Winter Squash Risotto with Radicchio



Ingredients

- 1 Hubbard squash
- 2 cups water
- 1 (14-1/2 oz.) can vegetable broth
- non-stick cooking spray
- 2-1/2 cups radicchio, shredded
- 1/4 tsp. ground black pepper (divided)
- 1/2 Tbsp. unsalted butter
- 1/2 cup finely diced onion
- 1 cup short-grain white rice
- 1/4 cup red or white wine vinegar
- 2 Tbsp. half-and-half or whole milk
- 1/2 cup grated Parmesan cheese

Instructions

- Preheat oven to 375°F.
- Cut squash in half lengthwise. Discard the seeds and membrane. Place squash halves, cut sides down, on a foil-lined baking sheet. Bake at 375°F for 50 minutes or until squash is tender. Cool. Peel squash, mash pulp. Set aside 1 cup pulp, reserving remaining pulp for another use.
- Bring water and broth to a simmer in a large saucepan. Keep warm over low heat. Place a Dutch oven coated with cooking spray over medium-high heat until hot. Add radicchio to Dutch oven, sauté 2 minutes or until wilted. Place radicchio in a bowl. Sprinkle with 1/8 tsp. pepper.
- Melt butter in Dutch oven. Add onion, sauté 3 minutes or until lightly browned.
- Add rice, sauté 1 minute. Stir in vinegar and 1/2 cup broth mixture. Cook 3 minutes or until the liquid is nearly absorbed, stirring constantly. Add 2 cups broth mixture, 1/2 cup at a time, stirring constantly until each portion of liquid is absorbed before adding the next (about 15 minutes total). Stir in squash pulp.
- Repeat with remaining 1-1/4 cups broth mixture (about 9 minutes total). Stir in radicchio mixture and half-and-half. Remove from heat and stir in cheese. Sprinkle with 1/8 teaspoon pepper.

Source: Cerner Wellness

Nutrition Information

Serving size: 1 cup
Calories per serving: 333
Total fat: 7.6g
Cholesterol: 18mg
Sodium: 889mg
Carbohydrates: 50.5g
Fiber: 2g
Protein: 10.5g

Green Bean Salad Amandine



Ingredients

- 1/2 Tbsp. extra virgin olive oil
- 1 tsp. Dijon mustard
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- 1/2 oz. sliced almonds
- 1 lbs. raw green beans, ends removed
- 1 Tbsp. vinegar

Instructions

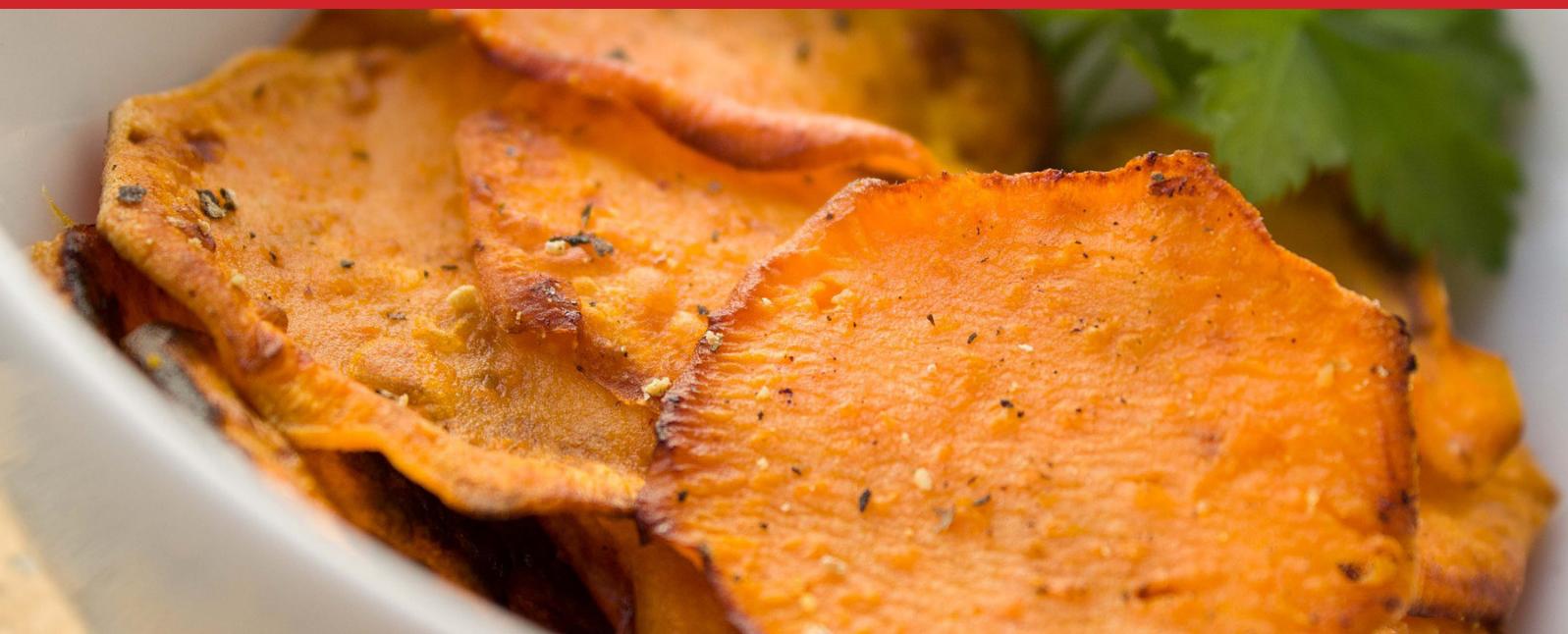
- Cook beans in boiling water 4 minutes or until tender. Drain and plunge beans into ice water. Drain well. Pat beans dry with paper towels.
- Combine vinegar, oil, mustard, salt, and pepper in a medium bowl, stirring with a whisk until well blended. Add beans to vinegar mixture, toss well to coat. Sprinkle with almonds.

Source: Cerner Wellness

Nutrition Information

Serving size: 1 cup
Calories per serving: 80
Total Fat: 4.5g
Carbohydrates: 9.75g
Protein: 2.88g

Oven-Baked Sweet Potatoes



Ingredients

- 4 medium sweet potatoes
- non-stick cooking spray
- 1 Tbsp. vegetable oil
- 1/2 tsp. black pepper
- 1/2 tsp. paprika
- 1/4 tsp. cayenne pepper (if desired)
- 1/8 tsp. salt
- 3 cloves garlic, chopped

Instructions

- Preheat oven to 375°F. Spray a baking sheet with non-stick cooking spray.
- Cut potatoes into wedges, strips, or slices. Place in a bowl of cold water for 15 minutes.
- Drain potatoes. Place in a large bowl and coat with vegetable oil. Season with black pepper and salt. If using cayenne and paprika, add that too. Place in a single layer on the baking sheet.
- Bake for 20 minutes. Remove from oven, turn the potatoes over with a spatula, and sprinkle with garlic. Bake an additional 15 minutes or until browned and crisp.

Source: USDA.gov

Nutrition Information

Serving size: about 1 cup
Calories per serving: 150
Total fat: 4g
Cholesterol: 0mg
Sodium: 140mg
Carbohydrates: 27g
Fiber: 4g
Protein: 2g

Herb-Stuffed Mushrooms



Ingredients

- 8 large mushrooms (3-inch diameter)
- 4 cloves garlic
- 3/4 cup white onion
- 3 tsp. olive oil
- 1/2 tsp. dried parsley
- 1/2 tsp. dried sage
- 1/2 tsp. dried rosemary
- 1/2 tsp. dried thyme
- 1/4 cup whole-wheat bread crumbs
- 1/4 cup sun-dried tomatoes (chopped fine)
- 3/4 cup canned, drained, no-salt added chickpeas (garbanzo beans)
- 1 tsp. lemon juice
- non-stick cooking spray

Source: USDA.gov

Nutrition Information

Serving size: 2 mushrooms
Calories per serving: 149
Total fat: 5g
Cholesterol: 0mg
Sodium: 199mg
Carbohydrates: 22g
Fiber: 5g
Protein: 6g

Instructions

- Preheat oven to 375°F.
- Clean mushrooms with a paper towel or vegetable brush; remove stems to use for the filling.
- While oven is warming, put mushroom caps (open side down) in oven for 10 minutes. This will prepare the caps for stuffing.
- Chop the garlic and onions and sauté with 1 tsp. olive oil. One minute before they are finished, add the four herbs. After 1 minute, remove from heat.
- In a large bowl, mash mushroom stems and chickpeas. Add all other ingredients. Mix well.
- Lightly spray a baking sheet and the mushroom caps.
- Stuff the mushrooms with the mixture and place on baking sheet.
- Bake for 15–18 minutes or until the stuffing is golden brown.
- Remove from oven, sprinkle with an herb of your choice, and enjoy.



Mains

Meatloaf



Ingredients

- 1 lb. ground beef
- 1 can (about 15 oz.) low-sodium cream style corn
- 1/2 cup onion, diced
- 1 tsp. garlic, finely chopped
- 1/2 cup water
- 1/2 cup cornmeal
- 2 Tbsp. egg mix
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- non-stick cooking spray

Instructions

- Preheat oven to 375°F.
- In a large pan, cook ground beef over medium heat for 8-10 minutes. Drain fat.
- Add corn, onions, and garlic to pan, and cook for an additional 10 minutes.
- Add water, cornmeal, egg mix, salt, and pepper to the beef mixture. Stir well and cook for 15 minutes.
- Use a large iron skillet or loaf pan. Spray pan with non-stick cooking spray. Form beef and cornmeal mixture into a loaf or small loaves in the pan.
- Cover pan with an oven-safe lid or foil and bake for 35-40 minutes or until internal temperature reaches 165°F.

Source: USDA.gov

Nutrition Information

Serving size: 1 slice
Calories per serving: 292
Total fat: 13.5g
Cholesterol: 104mg
Sodium: 262mg
Carbohydrates: 26g
Fiber: 2g
Protein: 18g

Baked Lemon Chicken



Ingredients

- 3-1/2 lbs. chicken (skinned and cut into 10 pieces)
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1-1/2 cloves of garlic (minced or 1 tsp. garlic powder)
- 4 tsp. thyme sprigs (4 fresh sprigs, or 1 tsp. dried thyme)
- 3 cups onion (thinly sliced)
- 1-1/2 cups chicken stock (or water)
- 1/4 cup lemon juice
- 1 lemon (sliced into 10 slices, seeds removed)

Instructions

- Preheat oven to 400°F.
- Combine salt, pepper, garlic, and thyme.
- Lay chicken pieces into a 11 x 13-inch baking pan. Sprinkle seasonings over chicken.
- Combine onions, stock, and lemon juice in a sauce pan. Heat to a boil.
- Pour hot lemon mixture around chicken. Top each chicken piece with a lemon slice.
- Bake for 30 minutes until golden brown and juices are clear colored.

Source: USDA.gov

Nutrition Information

Serving size: 1/5 of recipe
Calories per serving: 261
Total fat: 5g
Cholesterol: 123mg
Sodium: 521mg
Carbohydrates: 12g
Fiber: 2g
Protein: 40g

Vegetarian Lasagna



Ingredients

- 1/2 lb. lasagna noodles
- 1 Tbsp. olive oil
- 2 cups chopped vegetables, such as onions, zucchini, carrots, and peas
- 1/2 cup grated Parmesan cheese
- 2 cups low-fat cottage cheese
- 1 large egg, whisked well
- 1 tsp. pepper
- 3 cups tomato sauce
- 1 cup shredded low-fat mozzarella cheese

Instructions

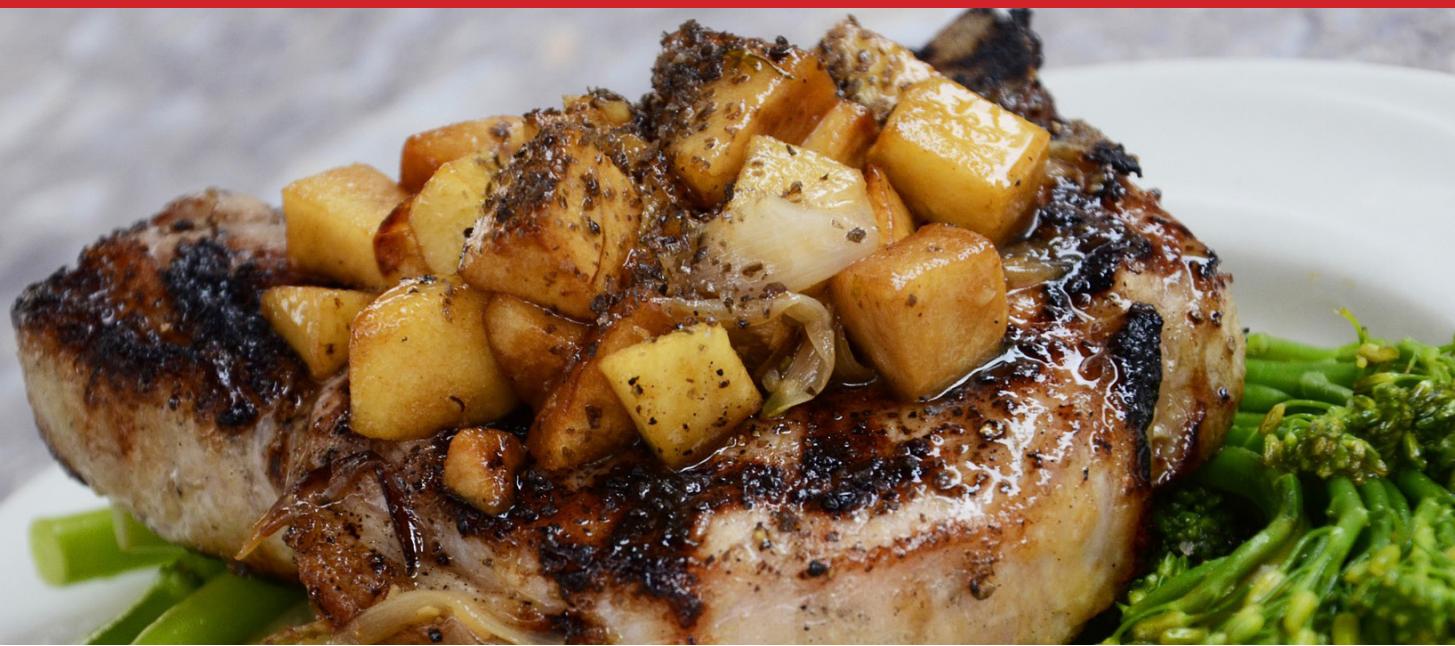
- Preheat the oven to 350°F. Fill a large pasta pot with water and bring to a boil over medium-high heat. Add the noodles and cook about 8 minutes, or until al dente. Drain the noodles and let cool.
- Meanwhile, in a large sauté pan, heat the olive oil over medium heat. Add the vegetables and sauté for about 6 minutes, or until soft and lightly golden.
- In a large bowl, combine 1/4 cup of the Parmesan cheese with the cottage cheese, egg, and pepper.
- Cover the bottom of a baking dish with a small amount of tomato sauce. Cut the noodles to size and place 1 noodle in each cup/dish. Begin layering with vegetables, sauce, the cottage cheese mixture, and then another noodle, veggies, sauce, the cottage cheese mixture, any remaining Parmesan, and the mozzarella cheese. Bake for 30 minutes, or until the cheese is bubbling and brown. Remove from the oven and let stand for 10 minutes.

Source: USDA.gov

Nutrition Information

Serving size: 1/8 of lasagna
Calories per serving: 337
Total fat: 7g
Cholesterol: 43mg
Sodium: 471mg
Carbohydrates: 43g
Fiber: 5g
Protein: 24g

Pineapple Pork



Ingredients

- 1 medium green pepper
- 4 pork chops, boneless (about 1 lb.)
- 1/8 tsp. salt
- 1 Tbsp. vegetable oil
- 1 cup pineapple chunks, undrained
- 1/4 tsp. ginger
- 1/4 tsp. cinnamon

Instructions

- Cut the green pepper into strips.
- Heat the oil in a large skillet.
- Place pork chops on the heated skillet. Sprinkle the salt on top.
- Cook the pork for 5 minutes on low heat on each side.
- The pork should lose its pink color when it's cooked enough and reach internal temperature of 145°F.
- Remove the cooked pork from the skillet. Place it in a serving dish.
- Put the green pepper slices in the skillet.
- Stir in the pineapple chunks with their juice.
- Stir in the ginger and cinnamon.
- Simmer for about 3-5 minutes.
- Spoon the pineapple mixture over cooked pork.

Source: NIH.gov

Nutrition Information

Serving size: 3 oz. of pork w/ topping

Calories per serving: 285

Total fat: 9g

Cholesterol: 88mg

Sodium: 157mg

Carbohydrates: 11g

Fiber: 1g

Protein: 38g

Honey-Baked Salmon with Cucumber-Dill Sauce



Ingredients

For the salmon:

- 4 (10-inch-square) pieces of parchment paper
- 3 Tbsp. honey
- 1 Tbsp. coconut oil
- 1 garlic clove, peeled and minced
- 1 tsp. dried thyme
- 4 (2 oz.) skinless salmon fillets
- a pinch of sea salt and pepper

For the Sauce:

- 1 cup Greek yogurt
- 1/2 cucumber, diced
- 2 dashes fresh dill
- 1 tsp. lemon zest
- a pinch of ground cumin
- a pinch of sea salt

Instructions

- Preheat the oven to 375°F and line a large baking sheet with 4 pieces of parchment paper.
- In a small bowl, whisk together the honey, coconut oil, garlic, and thyme. Place 1 salmon fillet on each piece of parchment paper. Season with salt and pepper. Drizzle the honey mixture over the salmon. Roll the parchment paper into pouches around each piece of salmon and pinch the sides closed, making sure they are sealed well.
- Bake for 15-20 minutes, or until the fish flakes when touched by a fork.
- In a medium bowl, combine the yogurt, cucumber, dill, lemon zest, cumin, and salt and mix together well. Serve on top of the salmon.

Source: USDA.gov

Nutrition Information

Serving size: 1 salmon fillet with sauce

Calories per serving: 394

Total fat: 12g

Cholesterol: 38mg

Sodium: 394g

Carbohydrates: 48g

Fiber: 5g

Protein: 27g



Treats

Winter Crisp



Ingredients

For filling:

- 1/2 cup sugar
- 3 Tbsp. all-purpose flour
- 1 tsp. grated lemon peel
- 3/4 tsp. lemon juice
- 5 cups apples, unpeeled, sliced
- 1 cup cranberries

For topping:

- 2/3 cup rolled oats
- 1/3 cup brown sugar, packed
- 1/4 cup whole-wheat flour
- 2 tsp. ground cinnamon
- 1 Tbsp. soft margarine, melted
(sub 1 Tbsp. unsweetened applesauce
for a healthier option)

Instructions

- Preheat oven to 375°F.
- To prepare the filling: In a medium bowl, combine the sugar, flour, and lemon peel. Mix well. Add the lemon juice, apples, and cranberries; stir to mix. Spoon into a 6-cup baking dish.
- To prepare the topping: In a small bowl, combine the oats, brown sugar, whole-wheat flour, and cinnamon. Add the melted margarine (or applesauce); stir to mix.
- Sprinkle the topping over the filling. Bake for 40–50 minutes, or until the filling is bubbly and the top is brown. Serve warm or at room temperature.

Source: NIH.gov

Nutrition Information

Serving size: 1-3/4-inch x 2-inch piece

Calories per serving: 284

Total fat: 6g

Cholesterol: 0mg

Sodium: 56mg

Barcelona Hot Chocolate



Ingredients

- 2/3 cup boiling water
- 2 oz. chocolate, chopped
- 10 oz. 1% low-fat milk
- 8 oz. brewed decaffeinated espresso
- 1/4 cup unsweetened cocoa powder
- 1/4 cup brown sugar
- 1 2-inch piece orange rind, grated
- 1/4 cup whipped fat-free topping
- Cocoa powder (optional)

Instructions

- Combine 2/3 cup boiling water and chopped chocolate in a medium saucepan, stirring until chocolate melts.
- Add milk, espresso, cocoa powder, brown sugar, and orange rind, cook over medium-low heat, stirring with a whisk.
- Heat 5 minutes or until tiny bubbles form around edge of pan, stirring frequently (do not boil). Discard rind.
- Pour 1 cup mixture into each of 4 mugs. Spoon 1 tablespoon whipped topping over each serving. Dust with cocoa powder, if desired.

Source: Cerner Wellness

Nutrition Information

Serving size: 1 cup

Calories per serving: 177

Total fat: 5.4g

Cholesterol: 3mg

Sodium: 62mg

Carbohydrates: 32g

Fiber: 1.9g

Protein: 4.4g

Oatmeal Cookies



Ingredients

- 3/4 cup sugar
- 2 Tbsp. margarine
- 1 egg
- 1/4 cup canned applesauce
- 2 Tbsp. low-fat milk
- 1 cup flour
- 1/4 tsp. baking soda
- 1/2 tsp. ground cinnamon
- 1 cup + 2 Tbsp. quick rolled oats

Instructions

- Preheat oven to 350°F and lightly grease cookie sheets.
- In a large bowl, use an electric mixer on medium speed to mix sugar and margarine. Mix until well blended, about 3 minutes.
- Slowly add egg; mix on medium speed 1 minute. Gradually add applesauce and milk; mix on medium speed, about 1 minute. Scrape sides of bowl.
- In another bowl, combine flour, baking soda, and cinnamon. Slowly add to applesauce mixture; mix on low speed until blended, about 2 minutes. Add oats and blend 30 seconds on low speed. Scrape sides of bowl.
- Drop by teaspoonfuls onto cookie sheet, about 2-inches apart.
- Bake until lightly browned, about 13-15 minutes. Remove from baking sheet while still warm. Cool on wire rack

Source: HHS.gov

Nutrition Information

Makes: 4 servings
Serving size: 2 cookies
Calories per serving: 215
Total fat: 4g
Cholesterol: 27mg
Sodium: 84mg

Eggnog



Ingredients

- 4 cups whole milk
- 1 (12 oz.) can low-fat evaporated milk
- 1/2 cup granulated sugar
- 1/4 tsp. ground cinnamon
- 1/8 tsp. ground nutmeg
- 6 large whole eggs
- 1/4 cup brandy (optional)
- 1 tsp. vanilla extract

Instructions

- Place milk and evaporated milk in a large saucepan. Bring to a simmer over medium heat.
- Combine sugar, cinnamon, nutmeg, and eggs in a large bowl. Gradually add hot milk to egg mixture, stirring constantly with a whisk.
- Return milk mixture to pan. Cook over medium-low heat until thick (about 8 minutes), stirring constantly.
- Pour into a bowl. Stir in brandy, if using, and vanilla. Press plastic wrap onto surface of eggnog, and chill 8 hours or overnight.

Source: Cerner Wellness

Nutrition Information

Serving size: 1/2 cup
Calories per serving: 152
Total fat: 5.6g
Cholesterol: 118mg
Sodium: 101mg
Carbohydrates: 15g
Fiber: 0g
Protein: 7.6g

Sweet Potato Pie



Ingredients

- 1/4 cup white sugar
- 1/4 cup brown sugar
- 1/2 tsp. salt
- 1/4 tsp. ground nutmeg
- 3 large eggs, beaten
- 1/4 cup fat-free evaporated milk
- 1 tsp. vanilla extract
- 3 cups sweet potato, cooked and mashed

For crust:

- 1-1/4 cups flour
- 1/4 tsp. sugar
- 1/3 cup low-fat or fat-free milk
- 2 Tbsp. vegetable oil

Instructions

- Preheat oven to 350°F.
- Prepare the crust: Combine flour and sugar in a mixing bowl. Add milk and oil, and stir with a fork until well mixed. Form pastry into a smooth ball with your hands. Roll the ball between two 12-inch squares of wax paper, using short, brisk strokes, until pastry reaches edges of paper. Peel off top paper and invert crust into a pie plate.
- Prepare the filling: Combine sugars, salt, nutmeg, and eggs in a mixing bowl. Add evaporated milk and vanilla. Stir. Add sweet potatoes and mix well.
- Assemble the pie: Pour mixture into pie shell. Bake for 60 minutes, or until crust is golden brown. Cool and cut into 16 slices.

Source: NIH.gov

Nutrition Information

Serving size: 1/16 of pie
Calories per serving: 139
Total fat: 3g
Cholesterol: 35mg
Sodium: 119mg
Carbohydrates: 25g
Fiber: 1g
Protein: 3g

A close-up photograph of a woman with long, light brown hair, wearing a dark blue, textured coat with a fur-trimmed hood. She is blowing a stream of white snowflakes from her mouth, which are illuminated by sunlight against a dark background. The scene is filled with falling snow, creating a magical, wintry atmosphere.

Tips

Managing Holiday Stress

Most people understand that, as much fun as the holiday season brings, it can also be a time of stress. Having friends or family stay with you, hosting the holiday meal, or even traveling to visit far-away relatives can be enough to stress anyone out. Take charge of your mental well-being this holiday season by following a few tips and tricks to not only survive the holidays, but to thrive through them!

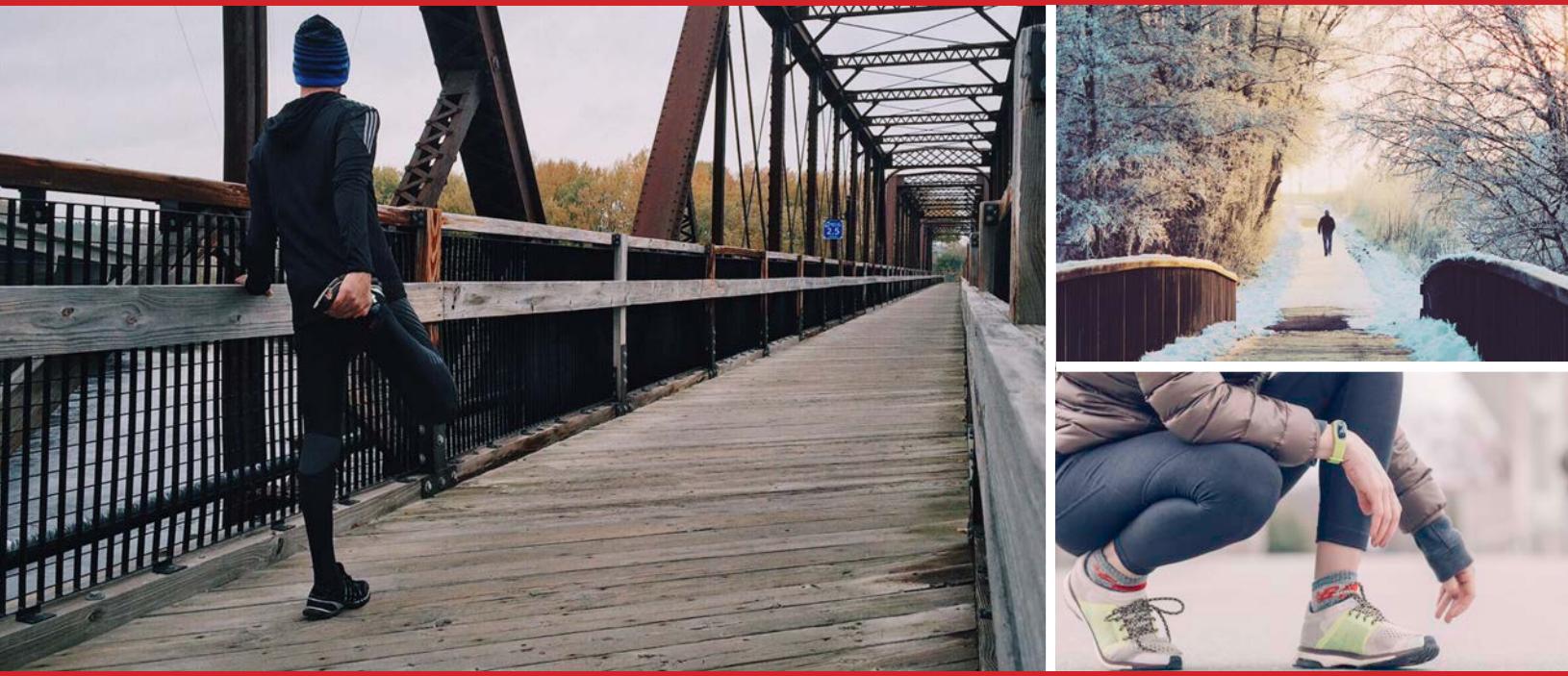


Managing Holiday Stress



- Recognize the signs and symptoms of stress, such as trouble sleeping, short temper, depression, and low energy.
- Exercise regularly—30 minutes of physical activity a day can improve your mood and lower stress.
- Deep breathing exercises can have a relaxing effect and reduce tension.
- Explore relaxing activities such as meditation or yoga.
- Learn to say no when you are overwhelmed.
- Set goals and prioritize them each day. Make a schedule and manage your time.
- Let your feelings out—your friends and family can provide much-needed emotional support when you are stressed.
- Lack of sleep causes physical and mental stress. Be sure you are getting enough sleep.
- Ask for help when you need it.
- Write your stresses down and then let them go.

Happy Holiday Hearts



Stress is our response to everyday pressures and changes. Everyone deals with stress at some point because change is a normal part of life. Stress not only affects us mentally and emotionally, it takes a physical toll on our bodies as well, specifically the heart. Stress can raise your blood pressure and heart rate making your heart work harder. These effects can lead to an irregular heartbeat or even a heart attack.

If you get stress out of your system, you can feel better and be healthier. Stress-relieving techniques work differently for each person.

To help you get through holiday stress, here are a few techniques for you to try.

- Take a walk after dinner. Walk with a friend or family member and catch up.
- Volunteering or helping others can be uplifting and relieve stress.
- Relax your body. Take some quiet time and try a massage or aromatherapy.
- Listen to relaxing music or other music that you enjoy.
- Focus on the present and don't forget to laugh.

