

Make Your Favorite Holiday Recipes Healthier

Lighten Pumpkin Pie

- Use less sugar
- Use egg whites instead of whole eggs
- Use evaporated skim milk
- Cut pie in 10
- Save 80 calories and 5.5 g fat per slice!

Lower the Fat in Gravy

- Use a fat separator cup for broth or freeze turkey juice in shallow pan and remove fat
- Save about 308 calories and 24 g of fat per cup!

Make A Better Stuffing:

- Prepare your favorite stuffing recipe or boxed stuffing mix according to directions except omit butter and or margarine.
- Add 3 cups of sauteed apples, onions, celery
- Add 3 cups of cooked brown rice and a cup of broth
- Bake and enjoy!

Check out the results: For every half cup of stuffing you make, you save 86 calories, 4 g fat and 468 mg of sodium compared to most recipes.

BROUGHT TO YOU BY:



This pumpkin pie was made healthier and 80 calories lower per slice by using egg whites instead of whole eggs, half of the sugar and skim evaporated milk.

Mash Potatoes for Your Heart

- Make your favorite mashed potato recipe healthier for your heart.
- Use trans-free margarine instead of butter; cut amount in half.
- Use skim milk.
- Season with garlic powder and black pepper to taste. Add chopped fresh herbs, a little bit of Parmesan cheese or fresh cracked black pepper for more flavor. Use paprika on top for more color, too.

USE	IN PLACE OF
Broth or oil	Butter
Fat free half and half or evaporated skim milk	Cream
Fat free cream cheese	Cream cheese
Low-sodium farmer's cheese	Mozzarella, cheddar
Splenda	Sugar
Fat free broth (for gravy)	Full fat broth (for gravy)