

Holiday Food Makeover

By Lisa Lau, Registered Dietitian at the Georgina Nurse Practitioner Led Clinic

With the holidays just around the corner, are you racking your brain for ideas of what to serve or bring to the annual family get-together? This issue will give your traditional recipes a makeover to get you through the holidays with a delicious and healthy meal.

The Turkey.

There are many ways to get you a perfectly roasted and moist turkey. Common techniques of using a brine (sitting the turkey in a salt water bath) or rubbing extra butter under the skin of the turkey can add extra salt and fat to your dish. Try these techniques that don't add any extra salt or fat:

- Buy a fresh turkey instead of frozen.
- Roast the turkey breast-side down for the first hour to allow it to baste itself.
- Tie the legs loosely so the sides of the turkey take a shorter time to cook. This will help prevent the breast meat from being overcooked.
- Let the turkey sit for 30 minutes before carving to allow juices to distribute evenly.



The Stuffing.

Increase fibre by using whole grain bread, wild rice or quinoa instead of white bread. Cut down fat by replacing sausage with vegetables in your stuffing such as carrots, celery and mushrooms.



The Potatoes.

Include potato skins when making mashed potatoes or substitute with mashed or baked sweet potatoes for extra fibre and nutrients. Cut down fat by using buttermilk or milk instead of butter and cream when making mashed potatoes.

The Gravy.

Look for a new recipe this year that uses puree vegetables to thicken the gravy instead of cornstarch. Take a small amount of pan drippings and cook with a low sodium chicken/turkey stock, onions and cauliflower. Flavour with herbs and blend to create a smooth and creamy gravy.

The Dessert.

Reduce fat and sugar in your recipes this year by making some simple substitutions:

- Replace half the butter or margarine in baked goods with applesauce or other fruit puree.
- Replace whole milk with skim milk. Replace light and heavy cream with evaporated skim milk.
- Replace regular cream cheese with a low fat cream cheese.
- Replace sour cream with plain low-fat yogurt.
- Reduce the amount of sugar needed by one-third or one-half.
- For chocolate flavoured recipes, 1 ounce of baking chocolate can be replaced with 3 tablespoons of cocoa powder and 1 tablespoon of oil.



RECIPE OF THE MONTH

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Coconut Chia Pudding

Here is an quick and easy dessert with the colours to match the Canadian winter holidays. The white snowy colour comes from coconut milk, giving the recipe a tropical twist. It can also be substituted with almond milk, which provides a similar nutrition content but extra calcium with the calcium-fortified varieties. Serve this easy-to-make dessert in a cocktail cup and instantly you have a fancy but healthy dessert your guests will love.



Makes 2 servings (1 serving = ½ cup)

Ingredients:

1 ¼ cup	coconut milk, original
¼ cup	chia seeds
1/8 cup	shredded unsweetened coconut
1 tsp	pure vanilla extract
2 tbsp	honey
¼ cup	fresh raspberries

Directions:

1. Combine all ingredients except raspberries in a bowl. Mix until ingredients are well-combined.
2. Refrigerate for at least two hours. Chia seeds should absorb coconut milk and become a pudding-like texture.
3. Transfer pudding to a small, clear cup and serve with raspberries.

Nutrition information (per serving):

308 calories, Fat 17 g (25% DV), Carbohydrate 36 g (12% DV), Protein 5 g, Sodium 207 mg (9% DV), Fibre 10 g (40% DV), Sugar 25 g, Calcium 141 mg (13% DV)