

My Weight
What To
Know

Holiday RECIPES



HERB ROASTED TURKEY BREAST

MAKES 6 SERVINGS / SERVING SIZE 3oz
211 calories, 15g carbs, 2g protein, 8.7g fat

5 lb turkey breast, skin on, washed & patted dry

5 tsp unsalted butter, softened

3 tsp fresh minced sage (*divided*)

3 tsp fresh minced thyme (*divided*)

3 tsp fresh minced rosemary (*divided*)

1 ½ cups low sodium chicken broth

(*low-fat, reduced sodium*)

1 cup dry white wine

Kosher salt & fresh ground black pepper to taste

Preheat the oven to 350° F. Line a large roasting pan with foil. Set a rack inside the roasting pan and coat it with cooking spray. Set aside. In a small bowl, combine the butter with 2 teaspoons each of the sage, thyme, and rosemary, plus salt and pepper. Reserve the remaining 1 tsp of each of the herbs. In a small saucepan, combine the chicken broth and wine, and bring to a gentle boil. Add the reserved herbs and lower to a simmer. With your hands, separate the turkey breast skin from the breast meat, creating a pocket without removing the skin. Rub the butter herb mixture all over the breast meat. Place the skin back down on the breast. Set the turkey on the prepared rack in the pan. (You can also add veggies like peeled carrots, peeled parsnips, onions, or small potatoes to the pan; they will cook along with the turkey.) Roast the turkey for about 1 hour, 20 minutes to 1 hour, 40 minutes until the internal temperature reaches 170° F and the juices run clear. Baste every 15-20 minutes with the mixture of chicken broth and white wine. Remove the turkey from the oven, cover loosely with foil, and let stand for 15 minutes before slicing. Discard the skin and serve.

BRUSCHETTA-STUFFED MUSHROOM CAPS **MAKES 7 SERVINGS / SERVING SIZE 2 CAPS** **50 calories, 64g carbs, 4g protein, 3g fat**

1 pint grape tomatoes

1 tsp olive oil

2 cloves garlic

2 tsp dried basil

(or 2 Tbsp fresh chopped basil leaves)

1/3 cup part-skim mozzarella cheese

2 Tbsp Parmesan cheese, freshly grated

14 large mushrooms

2 Tbsp balsamic vinegar

Preheat oven to 350° F. Cut tomatoes into quarters and set aside. In a skillet, heat olive oil and add garlic. Sauté garlic for about 1 minute. Add tomatoes and continue to sauté for about 4 minutes. Remove from heat and stir in basil and both cheeses. Remove stems from mushrooms and fill with tomato mixture. Bake in oven for 15 minutes. Let cool slightly, then drizzle with balsamic vinegar. Serve warm.

ROASTED BRUSSELS SPROUTS WITH CRANBERRIES

MAKES 7 SERVINGS / SERVING SIZE ½ CUP

80 calories, 10g carbs, 2g protein, 4.5g fat

1 lb brussels sprouts, trimmed and halved

2 Tbsp olive oil

2 Tbsp balsamic vinegar

⅓ cup dried cranberries

¼ tsp black pepper

Nonstick cooking spray

Preheat oven to 400° F. Spray a baking sheet with cooking spray. In a medium bowl, add remaining ingredients and mix well. Pour brussels sprouts on baking sheet. Bake for 25-30 minutes till your desired crispiness. Toss once during baking.

CREAMY CHEESY CAULIFLOWER

MAKES 16 SERVINGS / SERVING SIZE $\frac{1}{3}$ CUP

90 calories, 12g carbs, 6g protein, 2.5g fat

10 cups cauliflower florets, coarsely chopped
(about 2 heads)

2 tsp butter

2 large onions, chopped

3 cloves garlic, minced

$\frac{1}{2}$ cup all-purpose flour

3 $\frac{1}{2}$ cups 1% milk

$\frac{3}{4}$ cup Parmesan cheese, freshly grated

3 Tbsp parsley, finely minced

Salt and pepper to taste

Add 4 quarts of water to a 6-quart saucepan. Bring the water to a boil. Add the cauliflower, and cook for about 10 to 12 minutes or until tender. Drain. Set aside. In a large skillet, melt the butter over medium-high heat. Add the onions and garlic, and sauté for 6 to 7 minutes until soft, making sure the onions and garlic do not turn brown. Combine the flour and milk, and whisk until very smooth. Add to the onions and garlic, bring to a simmer, and cook for 2 minutes. Season with salt and pepper. Whisk in the cheese, and fold in the cauliflower. Garnish with parsley.

PUMPKIN PIE WITH MAPLE GINGER CRUST

MAKES 8 SERVINGS / SERVING SIZE 1/8 CUP
115 calories, 22g carbs, 2g protein, 2.5g fat

1 1/2 cups graham cracker crumbs
(about 24 cracker squares)

3 Tbsp maple syrup

1 tsp canola oil

1 egg white (lightly beaten)

1 tsp finely minced crystallized ginger

1 tsp ground ginger (divided use)

1/2 cup Splenda sugar blend

2 tsp ground cinnamon

1/4 tsp ground cloves

1/4 tsp salt

2 eggs

1 tsp vanilla extract

1 15-oz can pumpkin puree (not pumpkin pie filling)

1 tsp corn starch

1 12-oz can evaporated skim milk

1/2 cup light whipped topping (such as Cool Whip)

Preheat the oven to 425° F. Make the crust: in a bowl, combine the graham-cracker crumbs, maple syrup, oil, egg white, crystallized ginger, and 1/2 tsp of the ground ginger. Press into a 9-inch, nonstick pie pan, to form an even crust. Set aside. In a small bowl, mix together the Splenda, cinnamon, the other 1/2 tsp of ground ginger, cloves, and salt. Combine the flour and milk in a small bowl. In another bowl, beat the eggs and vanilla together. Add in the Splenda mixture and stir to combine. Add in the pumpkin and stir until the mixture is well blended. Dissolve the corn starch in about 2 to 3 Tbsp. of the evaporated milk. Add the corn starch mixture and the remaining evaporated milk to the pumpkin mixture, and mix until smooth. The mixture will be thin. Pour the pumpkin pie filling into the prepared crust. Place the pie on a baking sheet. Bake for 15 minutes at 425° F. Lower the heat to 350° F, and bake an additional 40 minutes, or until the filling is set when a knife inserted comes out clean. Remove the pie from the oven, and let cool for 2 hours before serving. Cut into 8 wedges. Top each slice with 1 Tbsp whipped topping right before serving.



RECIPES

NO-BAKE PEANUT BUTTER CHOCOLATE BITES

MAKES 12 SERVINGS / SERVING SIZE 2 BITES

75 calories, 9g carbs, 2g protein, 4g fat

1/3 cup Domino® Light sugar and stevia blend

1/2 cup skim milk

1/2 cup peanut butter

1 tsp vanilla extract

2 cups old-fashioned rolled oats

(not quick cooking)

3 Tbsp mini-chocolate chips

In a small saucepan, combine Domino® Light and milk over medium heat. Stir well and bring to a boil for 1 1/2 minutes. Stir in peanut butter and vanilla. Remove from heat and add remaining ingredients; stir to incorporate. Scoop oat mixture into 1 Tbsp balls and place on waxed paper. Let cool and refrigerate.