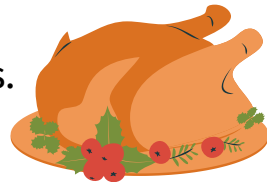


Healthy Holidays

Quick and Easy Holiday Cooking Tips

- **Swap out the oil.** Replace oil with equal amounts of unsweetened applesauce or pumpkin puree to reduce the amount of fat. This works well in cake and muffin mixes to make a delicious dessert.
- **Satisfying Stuffing.** Add less breadcrumbs and more vegetables. Cranberries and apples can add extra flavor and crunch. To moisten, add low sodium chicken or vegetable broth.
- **Great Gravy.** Gravy can be high in fat and sodium. Choose low sodium gravy. Refrigerate gravy to harden fat to make it easy to skim it off the top before serving.
- **Savor the Flavor.** Choose herbs and spices to flavor your dishes instead of salt.



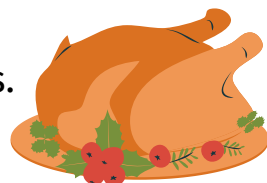
Remember:

The holidays are special occasions. Moderation and smaller portion sizes are your best tools to eat mindfully and listen to your body to know when you are full.

Healthy Holidays

Quick and Easy Holiday Cooking Tips

- **Swap out the oil.** Replace oil with equal amounts of unsweetened applesauce or pumpkin puree to reduce the amount of fat. This works well in cake and muffin mixes to make a delicious dessert.
- **Satisfying Stuffing.** Add less breadcrumbs and more vegetables. Cranberries and apples can add extra flavor and crunch. To moisten, add low sodium chicken or vegetable broth.
- **Great Gravy.** Gravy can be high in fat and sodium. Choose low sodium gravy. Refrigerate gravy to harden fat to make it easy to skim it off the top before serving.
- **Savor the Flavor.** Choose herbs and spices to flavor your dishes instead of salt.



Remember:

The holidays are special occasions. Moderation and smaller portion sizes are your best tools to eat mindfully and listen to your body to know when you are full.

Heart Healthy Stuffing

Servings: 12

Serving size: 1 cup

Ingredients

- Nonstick cooking spray
- 2 tablespoons olive oil
- 1 cup chopped celery
- 1 cup chopped carrots
- ½ cup chopped onions
- 1 apple, chopped
- 1 (14 ounce) bag herb stuffing
- 1 teaspoon dried sage
- ¼ teaspoon black pepper
- 2 ½ cups low-sodium chicken broth



Directions

1. Preheat oven to 375°F. Spray a 9x13-inch pan with nonstick cooking spray.
2. In a large pan, heat the oil over medium heat. Add celery, carrots, onion and apple and cook until onions are clear.
3. In a large mixing bowl, mix herb stuffing, cooked vegetables, sage, and black pepper.
4. Add the chicken broth slowly, tossing until moist throughout.
5. Place stuffing in prepared baking dish.
6. Bake until lightly browned, about 20-25 minutes.

Nutrition Facts

12 servings per container	
Serving size	1 cup
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	20%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 1mg	6%
Potassium 126mg	2%
Vitamin A 92mcg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

Heart Healthy Stuffing

Servings: 12

Serving size: 1 cup

Ingredients

- Nonstick cooking spray
- 2 tablespoons olive oil
- 1 cup chopped celery
- 1 cup chopped carrots
- ½ cup chopped onions
- 1 apple, chopped
- 1 (14 ounce) bag herb stuffing
- 1 teaspoon dried sage
- ¼ teaspoon black pepper
- 2 ½ cups low-sodium chicken broth



Directions

1. Preheat oven to 375°F. Spray a 9x13-inch pan with nonstick cooking spray.
2. In a large pan, heat the oil over medium heat. Add celery, carrots, onion and apple and cook until onions are clear.
3. In a large mixing bowl, mix herb stuffing, cooked vegetables, sage, and black pepper.
4. Add the chicken broth slowly, tossing until moist throughout.
5. Place stuffing in prepared baking dish.
6. Bake until lightly browned, about 20-25 minutes.

Nutrition Facts

12 servings per container	
Serving size	1 cup
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	20%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 1mg	6%
Potassium 126mg	2%
Vitamin A 92mcg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.