

Light Holiday Recipes

Eating healthy during the holidays can be difficult. Between scrumptious sweets and hearty special occasion meals, the extra calories can quickly add up.

There's no need to entirely forgo your favorite festive foods this season. Get creative in the kitchen and try substituting healthier ingredients into your favorite recipes. Instead of mayonnaise or cream cheese, use Yogurt. It's a great way to cut out extra calories from decadent dishes without sacrificing taste. Yogurt contains protein and is a great source of calcium.

Have fun in the kitchen and try out some holiday cooking with these two delicious and nutritious recipes.

You can find more at www.chobanikitchen.com.



Cranberry Orange Bread

Yield: 10 (3/4-inch) slices

- 2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup Plain Yogurt
- 1 cup sugar
- 1 egg
- 3/4 cup orange juice
- 1 tablespoon grated orange zest
- 1 1/2 cups fresh cranberries
- 1/2 cup walnuts, lightly toasted and chopped coarsely

Preheat oven to 350°F. Spray 9 x 5-inch loaf pan with nonstick spray. In medium bowl, combine dry ingredients. Set aside.

In large bowl, mix together Yogurt and sugar. Add egg and combine. Stir in orange juice. Add dry mixture to wet mixture. Mix only until just combined. Carefully, fold in orange zest, cranberries and walnuts. Pour into prepared pan.

Bake for 1 hour or until a toothpick inserted comes out clean. Cool in pan on wire rack for 10 minutes. Carefully invert pan to remove, and finish cooling on rack.

Wrap in plastic and foil. This bread is extra delicious on the second day.

Nutritional Information: Calories 160, Calories from Fat 30, Total Fat 3.5g, Saturated Fat 0.5g, Trans Fat 0g, Cholesterol 15mg, Sodium 230 mg, Total Carbohydrate 31g, Dietary Fiber 1g, Sugars 15g, Protein 5g



Turkey Potpie

Yield: 4 servings

- 1 small onion, chopped
- 1 medium carrot, chopped
- 1/2 cup peeled potato, diced
- 1/4 cup celery, chopped
- 1/4 cup butter, cubed
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon dried parsley flakes
- 1/4 teaspoon dried rosemary, crushed
- 1/4 teaspoon rubbed sage
- 1/4 teaspoon pepper
- 1 cup chicken broth
- 2 cups cooked turkey, cubed
- 1/2 cup frozen peas
- 1 cup Plain Yogurt
- 1 sheet refrigerated pie pastry

In large saucepan, sauté onion, carrot, potato and celery in butter until tender. Add flour and seasonings until blended; gradually add broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in turkey, peas and Yogurt; divide mixture among four ungreased 5-inch pie plates.

Divide pastry into quarters. On a lightly floured surface, roll each quarter into a 6-inch circle; place over filling. Trim, seal and flute edges; cut slits to vent.

Cover and freeze two potpies for up to 3 months. Bake the remaining potpies at 375°F for 18 to 22 minutes or until golden brown. Let stand for 10 minutes before serving.

To use frozen potpies: Remove from the freezer 30 minutes before baking. Cover edges of crusts loosely with foil; place on a baking sheet. Bake at 375°F for 30 minutes. Remove foil; bake 15-20 minutes longer or until golden brown and filling is bubbly.

Nutritional Information: Calories 510, Calories from Fat 240, Total Fat 27g, Saturated Fat 12g, Trans Fat 0g, Cholesterol 90mg, Sodium 900mg, Total Carbohydrate 36g, Dietary Fiber 3g, Sugars 7g, Protein 31g



AICR'S FOODS THAT FIGHT CANCER

Turkey Wraps with Mango and Curried Mayonnaise

Turkey wraps are a good alternative for either lunch or dinner. They're light and refreshing, and both quick and easy to make.

Makes 4 servings.

- 2 tsp. curry powder
- 1/2 cup fat-free or reduced-fat mayonnaise
- 2 tsp. fresh lemon juice
- Salt and ground black pepper to taste
- 4 whole-wheat tortillas, each cut in half
- 8 oz. thinly sliced turkey
- 4 cups thinly sliced romaine lettuce
- 2 cups thinly sliced seeded and peeled cucumber

- 1 ripe mango, peeled, pitted, chopped (about 1 cup), or
- 1 cup mango chutney

- 1/2 ripe avocado, peeled, pitted, cut into 8 thin slices

Heat curry powder, stirring constantly, in a small skillet over medium-low heat until fragrant, about 2 minutes. Transfer curry powder to small bowl. Stir in mayonnaise and lemon juice. Season to taste with salt and pepper. Chill, covered, until ready to use.

When ready to serve, place one-half tortilla on a work surface. Spread with about 1 tablespoon curried mayonnaise. Place one-fourth of the turkey in the center. Top with 1/2 cup lettuce, 1/4 cup cucumber and 2 tablespoons mango or chutney. Top with an avocado slice. Roll up like a burrito. Repeat process for remaining wraps. Serve or make up to 4 hours ahead and refrigerate wrapped tightly with plastic wrap. Bring back to room temperature before serving.

Per serving: 303 calories, 10g. total fat (2g. saturated fat), 39g. carbohydrate, 21 g. protein, 7 g. dietary fiber, 457 mg. sodium.

MyPlate

MyPlate, the new nutrition guide published by the USDA, depicts a plate divided into food groups. It replaced the old Food Pyramid in June and will be used in nutrition education. In unveiling it First Lady Michelle Obama said, "Parents don't have the time to measure out exactly three ounces of chicken or to look up how much rice or broccoli is in a serving ... But we do have time to take a look at our kids' plates. ... And as long as they're eating proper portions, as long as half of their meal is fruits and vegetables alongside their lean proteins, whole grains and low-fat dairy, then we're good. It's as simple as that."

However many nutritionalists believe that giving whole-grain foods as much priority as vegetables is misleading for vegetables



have a lower glycemic load. As an alternative they recommend the low glycemic-load vegetables: asparagus, bean sprouts, beet greens, broccoli, cabbage, cauliflower, cucumber, endive lettuce, mustard greens, spinach, swiss chard and watercress.

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