

Healthy Food

Lighten Up Holidays with Whole Grains

Watching what you eat through the holidays doesn't mean you have to avoid the dinner table altogether. Festive food can make healthy eating a challenge, but by substituting healthier options into your holiday recipes and menus, it's easy to ensure a happy, nutritious holiday season.

Eating more whole grains is an easy way to make your diet healthier throughout the year, but especially as you graze the holiday buffets. Packed with nutrients including protein, fiber, B vitamins and antioxidants, a diet rich in whole grains has been shown to reduce the risk of heart disease and Type 2 diabetes. They also keep you feeling full, which means less temptation around those sweet treats.

Look for recipes that include whole grain ingredients like rice, which is packed with essential fiber, minerals and vitamins. For a meal that's delicious and nutritious, try serving the following recipe this holiday season:



Stuffed Cornish Hens with Maple Glaze

Prep time: 20 minutes
Cook time: 53 minutes
Makes: Four servings, each serving equal to 1/2 Cornish hen with 3/4 cup stuffing
2 Cornish hens (1 pound each)
Fresh black pepper

Rice Mixture:
1 package 6 ounces Long Grain & Wild Rice
1/2 cup yellow onion, finely chopped
1 cup button mushrooms, chopped
1 garlic clove, minced

Maple Glaze:
3 tablespoons maple syrup
1 1/2 teaspoons balsamic vinegar
1/2 teaspoon fresh orange zest
Remove and discard giblets from hens. Rinse hens well; pat dry with paper towels. Remove skin with sharp knife; trim excess fat. Split hens in half lengthwise; set aside.
To make rice stuffing, heat medium saucepan coated with cooking spray over medium-high heat. Add onion, mushrooms, and garlic; sauté until golden brown. Add rice, seasoning packet, and 2-1/4 cups water (omit butter or oil). Follow package instructions to cook rice.

Preheat oven to 400°F. Coat 9 x 13-inch casserole dish with cooking spray, then place four 1/2 cup mounds of rice in dish. Fit Cornish hen halves over top of rice and press down.

Roast hens at 400°F for about 20 minutes. While hens are cooking, prepare glaze by stirring together all ingredients.

After hens have cooked for 20 minutes, remove from oven and brush with maple glaze. Continue to roast for an additional 15 minutes or until juices run clear, brushing once more with glaze. Pepper to taste.

Nutrition Information (per serving):
Calories: 352; Fat: 8 grams; Saturated Fat: 2 grams; Cholesterol: 88 mg; Carbohydrates: 36 grams; Dietary Fiber: 2 grams; Protein: 33 grams; Iron: 10% DV

Roasted Chestnuts

Prep Time: 10 min
Cook Time: 20 min
Makes: Four servings
This time of year chestnuts are excellent and worthwhile. Buy 1 pound whole chestnuts in shells.

A day in advance in the round side of each nut cut an X and put in a sealed bag. Store at room temperature

On the big day, with oven rack in the middle, preheat to 420°F. Then place the nuts cut side up in a shallow baking pan and roast about 20 minutes until the shells curl away from the goodies. Tip out into a kitchen towel, squeeze gently then let cool for 5 minutes. Now open the towel and serve.

As the family pushes back from the table, sated, linger and enjoy one last nibble.

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Prices on this page are effective Wednesday, December 14 thru Tuesday, December 20, 2011. ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

ALL LIMITS ARE PER HOUSEHOLD, PER DAY.
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