Healthy Recipe Makeover

A traditional recipe can usually be changed to reduce calories, fat, cholesterol and sodium without sacrificing taste. Don’t give up your favorite recipes to cut calories, try making a few changes to make them healthier instead!

WHEN should you make changes to a recipe? Not all recipes need to be changed. Think about these questions.

Is the recipe already relatively low in calories?

If so, only minor changes may be needed. For example, it’s more important to cut down on animal origin foods such as whole milk, cream, and soy products than it is to change the amount you eat of certain foods. Decreasing how much you eat may be more satisfying than changing how much you eat of certain foods. Decreasing how much you eat of certain foods.

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Savory Brunch Rice

**Ingredients:**
- 2 cups cooked rice
- 1/2 lb. turkey sausage
- 1/2 cup red pepper chopped
- 1/2 cup green pepper chopped
- 1/2 cup onion chopped
- 6 large eggs
- 1/2 cup skim milk
- Salt and pepper to taste
- 3 oz. white extra sharp cheddar cheese grated

**Directions**
1. Preheat oven to 350° and prepare 11X13 in baking dish with cooking spray.
2. Cook rice according to package instruction.
3. Place in a medium bowl and pour milk over rice. Mix well.
4. Spread an even layer on a baking sheet.
5. Bake at 350°-25 minutes or until done–when knife inserted into center comes out clean.

**Sauce:**
- 3 tablespoons Parmesan
- 1/4 cup vegetable oil
- 1 onion (medium, chopped)
- Sweet potatoes, etc. (medium)
- Gas, turnips, parsnips, beets, variety from potatoes, rutabaga, 4 root vegetables (choose a color)
- Lime juice (optional)
- 3/4 cup orange juice
- 1 1/2 teaspoons (1/2 small package) dry sugar free mon and ground nutmeg or 3/4 teaspoon each ground cinnamon and ground nutmeg
- 1 1/2 teaspoon pumpkin pie spice
- 1/4 cup white sugar
- 2 large eggs

**Nutrients**
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**Directions**
1. Preheat oven to 350°F. Lightly spray a 9” pie plate with cooking spray and set aside.
2. Crack eggs in a large bowl and beat with a fork or whisk. Add sugar, spices, and salt. Stir well until mixed.
4. Bake for 40-45 minutes or until center is set.
5. Remove from oven and cool on wire rack. Serve immediately or refrigerate until serving time.

Spices add flavor without adding sodium.

Roasted Root Vegetables

**Ingredients:**
- 4 root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.) (medium)
- 2 carrots (chopped)
- 1 onion (medium, chopped)
- 1/4 cup vegetable oil
- 3 tablespoons Parmesan cheese

**Directions**
1. Preheat oven to 350° for 20 minutes or until tender.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

**Nutrients**
- 1 cup root vegetables (without skin and peel)

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<tbody>
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<td>Sodium</td>
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<td>Protein</td>
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**Directions**
1. Preheat oven to 350° prepare the day before, and baked the next day.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake at 350°-25 minutes or until done–when knife inserted into center comes out clean.

Holiday Fruit Salad

**Ingredients:**
- 2 Tablespoons cornstarch
- 1/2 teaspoon (1/2 small packet) dry sugar free flavored gelatin (any flavor/color)
- 3/4 cups water
- 3/4 cup orange juice
- 1/2 Tablespoon lemon or lime juice (optional)
- 1 or 2 packets noncaloric sweetener
- 4 cups cut-up fruit (apple, orange, kiwi, banana)

**Directions**
1. Stir cornstarch and gelatin together in a small saucepan for sauce. Add water and stir to dissolve. Add the orange juice and desired the lemon or lime juice.
2. Cook over medium heat until mixture begins to boil. Stir constantly to prevent sticking and burning.
4. Arrange fruit on plate or bowl and pour sauce over the top.
5. Chilled until ready to serve.

Guiltless Pumpkin Pie

**Ingredients:**
- Nonstick Cooking Spray
- 2 large eggs
- 1/2 cup white sugar
- 1 1/2 teaspoons pumpkin pie spice or 3/4 teaspoon each ground cinnamon and ground nutmeg
- 1/4 teaspoon salt
- (1 1/3 ounces) can pumpkin
- (1 ounce) can fat free evaporated milk
- 1 (5 ounce) can fat free evaporated milk

**Directions**
1. Preheat oven to 350°F. Place turkey breast in roasting pan along with onion and carrot.
3. Roast turkey at 400°F for 15 minutes. Baste with margarine and chicken broth (optional).
4. Reduce turkey temperature to 350°F and roast turkey, basting every 20 minutes with pan juices (or margarine and chicken broth) about 1 hour and 15 minutes, or until meat thermometer inserted in thick part of meat registers 165°F.
5. Remove to carving board and let rest for 10 minutes.

**Spices add flavor without adding sodium.**

Helpful Tips for a Safe Holiday Meal

**Thaw:**
- Thaw frozen turkey in the bottom shelf of your refrigerator in a rimmed baking sheet allowing 24 hours for every 4 lbs.
- Cook over medium heat until mixture begins to boil. Stir constantly to prevent sticking and burning.

**Clean:**
- Wash hands with warm water and soap for 20 seconds before handling food & wash fruits and vegetables even when you plan to peel the skins.

**Leaves:**
- Reheat leftovers to 165° F and eat within 3 to 4 days and freeze within 2 days.

For more information visit www.holidayfoodsafety.org
www.AskKaren.gov
1-888-674-6854
170% vitamin A

**One slice (1/8th of the pie) = 180 calories.**
- 2.5 total grams fat, 1.5 grams saturated fat, 55 mg cholesterol, 3 grams protein,