



happy

Greene County General Hospital

healthy
holiday

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from the editor

Greene County General
Hospital Dietitian, Lisa Berns

Hello, and thank you for your interest in *Happy, Healthy Holiday*.

There is nothing we love more in our Dietary Department than serving our friends and family at Greene County General Hospital's cafeteria. We look forward to seeing the regulars come in and enjoy a good meal, and we strive to make those meals as nutritious as possible.

I'm pleased to offer you a sampling of some of my favorite slimmed-down, holiday recipes, as well as a few new treats I've found. There is never a better time to start working toward a healthier diet than the present, and even during the holidays we can still keep our waistlines as happy as our taste buds.

I've chosen nine great recipes that are sure to be a hit at your celebrations. I know my family has enjoyed them. I hope you'll tell us about your experience with these lighter versions of some old fashioned standards.

Here's to a happy, healthy holiday, from our family to yours!

LISA

Lisa Berns

GCGH Dietitian

veggies & sides

- 5 easy half-mashed potatoes
- 7 green bean casserole
- 9 orange and walnut salad

easy half-mashed potatoes

from GCGH Nutrition Services

prep time

5 minutes

cook time

30 minutes

serves

10-11

(1/2 cup serving)

things you need

24 ounces (1lb 8oz)

fingerling petite potatoes, cut into 1-inch rounds with skin on

16 ounce bag

frozen cauliflower florets

1/3 cup

skim milk

5 TBSP

Smart Balance margarine

1/2 tsp

salt

1/2 tsp

pepper

here's how

- 1 Add potatoes to a large soup pot. Cover with cold water and bring to a boil Cook 15 minutes. Add cauliflower to pot, return to boil, and cook for 5 more minutes
- 2 Drain potatoes and cauliflower and return to pot
- 3 Add remaining ingredients and mash mixture with a potato masher. Mix with electric hand-mixer on low speed for about 1 minute.
- 4 Serve hot.

nutrition information

Per 1/2 cup serving:

110 Calories

16 grams Carbohydrate

2 grams Protein

4.5 grams Fat

orange and walnut salad

from GCGH Nutrition Services

prep time

5 minutes

cook time

30 minutes

serves

8

things you need

8 cups

mixed salad greens

2

large carrots, peeled and thinly sliced

1

small, red, onion

2

large oranges, peeled and sectioned

2 TBSP

fresh orange juice

2 TBSP

fresh lemon juice

1 TBSP

honey

2 tsp

Dijon mustard

1/4 cup

walnut oil

to taste

sea salt and black pepper

1/4 cup

walnut pieces

here's how

- 1 Place greens on a platter. Top with carrots, onion, and oranges.
- 2 For vinaigrette, whisk together the orange and lemon juices, honey, and mustard. Slowly add the oil in a thin stream, whisking constantly.
- 3 Drizzle vinaigrette over salad, add salt and pepper and top with walnuts.
- 4 TIP: If you cannot find walnut oil, olive oil is a great alternative.

nutrition information

Per 1/8 salad serving:

135 Calories

13 grams Carbohydrate

2 grams Protein

9 grams Fat

green bean casserole

adapted from myrecipes.com

prep time

25 minutes

cook time

30 minutes

serves

8

things you need

1 1/2 lbs

fresh green beans, trimmed

2 TBSP

Smart Balance margarine

1/4 cup

all purpose flour

1 1/2 cups

skim milk

1/2 cup

non-fat buttermilk

1 1/2 cups

skim milk

cooking spray

2 tsp

fresh thyme, chopped

1/4 tsp

salt

1 tsp

Smart Balance margarine

1

8-oz package sliced fresh mushrooms

1 cup

French-fried onions, crushed

1/2 cup

Panko (Japanese breadcrumbs) crushed

2

plum tomatoes, seeded and chopped

here's how

- 1 Preheat oven to 350°. Cook green beans in boiling salted water to cover in a Dutch oven 4 to 6 minutes or to desired degree of doneness; drain. Plunge into ice water to stop the cooking process; drain and pat dry.
- 2 Melt 2 Tbsp. butter in Dutch oven over medium heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in 1 1/2 cups milk; cook, whisking constantly, 3 to 4 minutes or until sauce is thickened and bubbly. Remove from heat, and whisk in buttermilk and next 4 ingredients.
- 3 Melt 1 tsp. butter in a medium skillet over medium-high heat; add mushrooms, and sauté 6 to 8 minutes or until lightly browned. Remove from heat; let stand 5 minutes. Gently toss mushrooms and green beans in buttermilk sauce. Place in a 13- x 9-inch or 3-qt. baking dish coated with cooking spray.
- 4 Combine French fried onions and next 2 ingredients; sprinkle over green bean mixture.
- 5 Bake at 350° for 25 to 30 minutes or until golden brown and bubbly. Serve immediately.

nutrition information

Per serving:

114 Calories

12 grams Carbohydrate

3 grams Protein

4 grams Fat

entrees

- 12 apple-glazed pork loin roast
- horseradish-cruste**d** beef
- 14 tenderloin
- 16 roast turkey with veggies

apple glazed pork loin roast

adapted from my myrecipes.com

prep time

15 minutes

Cook time

50 minutes

serves

10

things you need

3 lbs

boned pork loin roast

1 TBSP

garlic powder

1 tsp

ground cinnamon

1 tsp

ground cumin

3/4 tsp

salt

1/2 tsp

Allspice

1/4 tsp

ground ginger

1/4 tsp

black pepper

2/3 cup

apple jelly

2 tsp

minced, peeled, fresh ginger

1 tsp

lemon zest

here's how

- 1 Preheat oven to 400 degrees F.
- 2 Trim fat from pork. Combine garlic powder and next 6 ingredients (garlic powder through 1/4 teaspoon pepper) in a small bowl; rub evenly over pork. Place pork on a broiler pan coated with cooking spray; insert meat thermometer into thickest portion of pork. Bake at 400° for 30 minutes.
- 3 Combine the jelly, ginger, and lemon rind in a small bowl. Brush jelly mixture over roast.
- 4 Cover with foil, and bake at 400° for 15 minutes; uncover and bake an additional 15 minutes or until thermometer reaches 155°, basting pork occasionally with jelly mixture.
- 5 Cover and let stand 10 minutes before slicing.

nutrition information

Per serving:

245 Calories

13 grams Carbohydrate

35 grams Protein

5 grams Fat

horseradish-crusted beef tenderloin

adapted from EatingWell.com

prep time

15 minutes

Cook time

1 hour

serves

8

things you need

2 lbs

Trimmed beef tenderloin (center-cut if possible)

1 TBSP

extra-virgin olive oil

1 tsp

salt

2 tsp

freshly ground black pepper

1 1/4 cups

reduced-fat sour cream

1/3 cup plus 2 TBSP

prepared horseradish

1/2 TBSP

spicy mustard

1 tsp

salt

1 tsp

freshly ground black pepper

here's how

- 1 Preheat oven to 400 degrees F.
- 2 Combine horseradish, oil, and mustard in a small bowl. Rub tenderloin with salt and pepper; coat with horseradish mixture. Tie with kitchen string in 3 places and transfer to a small roasting pan.
- 3 Roast until a thermometer inserted into the thickest part of the tenderloin reads 140 degrees F (medium rare), or for 35-40 minutes. For well-done, add 10 minutes to roasting time.
- 4 Transfer tenderloin to cutting board and let rest for 5 minutes. Remove string, slice and serve with horseradish sauce.
- 5 To make horseradish sauce, combine sour cream, horseradish, salt, and pepper in a medium bowl. Serve chilled.

nutrition information

Per serving with 1 TBSP horseradish sauce:

240 Calories

4 grams Carbohydrate

25 grams Protein

13 grams Fat

roast turkey and veggies

from GCGH Nutrition Services

prep time

20 minutes

Cook time

1 hour

serves

6

things you need

2 1/2 lbs

bone-in turkey breast

2

Stalks celery

3 small or 2 medium

carrots, peeled and chopped

1

onion, chopped

1/2

Head cabbage, chopped

5

sprigs fresh thyme

1 cup

fat free, low sodium chicken broth

1 tsp

olive oil

1 TBSP

no salt seasoning (Mrs. Dash or McCormick's Perfect Pinch)

1/2 tsp

ground black pepper

cooking spray

here's how

- 1 Preheat oven to 375 degrees F and coat a baking dish with cooking spray.
- 2 Toss all vegetables and thyme together and place in the bottom of the pan. Pour chicken broth over the vegetables.
- 3 Remove skin from turkey breast. Place it breast side up on top of the vegetables. Drizzle turkey and vegetables with olive oil and sprinkle with seasoning and ground black pepper.
- 4 Roast turkey and vegetables in the oven for 1 hour or until the internal temperature of the turkey is 165 degrees F.
- 5 When turkey comes out of oven, set aside on a cutting board to rest. Remove thyme stems and stir vegetables.
- 6 Slice turkey into 4-ounce slices and serve warm with vegetables.

nutrition information

Per serving:

200 Calories

10 grams Carbohydrate

35 grams Protein

2 grams Fat

desserts

- 19 chocolate pudding “cake”
- 21 cranberry oatmeal cookies
- 23 skinny pumpkin pie

cranberry oatmeal cookies

from GCGH nutrition services

prep time

15 minutes

cook time

8-10 minutes

serves

24 cookies

things you need

cooking spray

1/2 cup

Splenda brown sugar

1/2 cup

canola oil

1

egg

1 tsp

vanilla

2

bananas, medium ripe

1 cup

whole wheat flour

2 cups

old fashioned oats

1/4 cup

milled flax seed

1 1/2 tsps

cinnamon

1/2 tsp

baking soda

1/2 tsp

salt

1/2 cup

dried cranberries

cooking spray

here's how

- 1 Preheat oven to 350 degrees F. Spray a large baking sheet with cooking spray or line with parchment paper
- 2 In a medium bowl, mix brown sugar and oil. Add egg and vanilla and beat until smooth. Add bananas and beat well.
- 3 In a large bowl, combine flour, oats, flax seed, cinnamon, baking soda, and salt. Make a well in the center of dry ingredients and pour in egg mixture. Fold wet ingredients into dry ingredients until batter is incorporated. Stir in cranberries.
- 4 Scoop cookies into heaping 2-inch balls and place on prepared baking sheet.
- 5 Bake 8-10 minutes or until slightly golden on bottom.

nutrition information

Per 1 cookie:

125 Calories

17 grams Carbohydrate

2 grams Protein

6 grams Fat

chocolate pudding “cake”

from GCGH Nutrition Services

prep time

15 minutes

cool time

3 hours

serves

12

things you need

30

graham cracker squares

1

4 oz box sugar-free, fat-free instant chocolate pudding mix

1 1/2 cups

fat free milk

12 ounces

fat-free whipped topping, thawed and divided

1/4 cup

bananas, medium ripe

1 cup

mini chocolate chips

here's how

- 1 Arrange 10 graham squares , slightly overlapping, on bottom of 8-inch square pan.
- 2 In a large bowl, prepare pudding according to package directions. Cool in refrigerator for 5 minutes.
- 3 Fold 6 ounces whipped topping into pudding and incorporate well.
- 4 Spread half the pudding mixture over graham squares in pan; cover with 10 of the remaining graham squares. Repeat layers.
- 5 Refrigerate 3 hours or overnight.
- 6 Top dessert with remaining 6 ounces light whipped topping. Sprinkle with mini chocolate chips.

nutrition information

Per 2"x2 2/3" rectangle serving :

165 Calories

29 grams Carbohydrate

3 grams Protein

3 grams Fat

skinny pumpkin pie

adapted from food.com

prep time

15 minutes

cook time

50 minutes

serves

8

things you need

3/4 cup

Splenda granular

1 TBSP

cornstarch

1 tsp

ground cinnamon

1/2 tsp

ground ginger

1/4 tsp

ground cloves

1/2 tsp

salt

2

large egg whites

15 oz.

pumpkin puree (NOT pumpkin pie mix)

1 cup

skim milk

here's how

- 1 Preheat oven to 425 degrees F and coat a 9-inch round pie plate with cooking spray.
- 2 In a small bowl, combine Splenda, cornstarch, cinnamon, ginger, cloves, salt, and milk. Add milk and pumpkin puree, mix well.
- 3 In a separate, large bowl, beat egg whites until stiff peaks form.
- 4 Slowly fold pumpkin mixture into egg whites until well combined.
- 5 Pour into prepared pie plate and bake at 425 degrees F for 12-15 minutes. Reduce heat to 350 degrees F and bake an additional 30-35 minutes, or until a toothpick inserted near the middle comes out mostly clean.
- 6 Cool and serve immediately or refrigerate.

nutrition information

Per serving:

38 Calories

6 grams Carbohydrate

2 grams Protein

0 grams Fat



happy

Greene County General Hospital

holidays from our family to



Greene County
General Hospital