

Nutrition and the Holidays

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Thanksgiving Healthy Holiday

- So many traditional Thanksgiving foods are part of our lists of cancer-fighting foods. Just to name a few for example:
 - Sweet potatoes
 - Carrots
 - Squash
 - Broccoli or Cauliflower
 - Pumpkin
 - Cranberries
 - Pomegranates
 - Oranges
 - Walnuts, Almonds
 - Lemons
- For a healthy holiday we want to focus on our great nutrient dense foods and minimize the added fats and sugars. For a Holiday though it's ok to indulge a bit but make it "worth it"

Healthy Alternatives

- What about the butter, cream, and sugar in recipes
 - Butter, eggs, and cream are concerns as high fat especially high saturated fat and pro-inflammatory ingredients
 - Butter can be substituted with vegan butter or healthy oil (olive/canola)



Healthy Alternatives

- Here's some ideas for egg substitutes
 - Organic egg vs traditional
 - Or Eggland's Best omega-3 egg
 - If avoiding eggs completely here's some ideas
- Aquafaba, chia or flaxseeds, mostly options for baking



guide to vegan **EGG SUBSTITUTES**



FLAXSEED MEAL
1 tbsp + 3 tbsp water



CHIA SEEDS
1 tbsp + 3 tbsp water



EGG REPLACERS
1 tbsp + 3 tbsp water



BANANA
¼ cup



PUMPKIN + SWEET POTATO
¼ cup



AVOCADO
¼ cup

Thanksgiving Menu

- ❖ Sage dressing Turkey Roulade
 - ❖ Sweet potato casserole
 - ❖ Garlic Mashed Potatoes
 - ❖ Broccoli lemon salad
- ❖ Sautéed Brussel Sprouts with honey
 - ❖ Homemade cranberry sauce
 - ❖ Pear Crisp for Desert

Sage Bread Dressing

- **Ingredients**

- 3/4cup butter
- 2 large celery stalks, chopped
- 1medium onion, chopped (1/2 cup)
- 9 cups soft bread cubes (15 slices)
- 2 teaspoons chopped fresh thyme leaves or 1 teaspoon dried thyme leaves
- 1 teaspoon salt
- 1-2 teaspoon ground sage
- 1/4 teaspoon pepper
- Milk, 2 egg and broth to add moisture (optional)

For more health punch: add 2 cups sliced mushrooms or 2 cups shredded carrots and parsley

- For this recipe we can substitute vegan butter or use canola or olive oil to cook the celery and onions
- For the bread you can use a combination of white and whole wheat
- Onions help to detox and maybe fight blood cancers in animals while celery works against free radicals
- Load up on the fresh or dried herbs and sage and thyme add nutrients good for digestion, anti-inflammatory and improve immune function with thyme acting as anti-microbial agent
- My mom adds a some broth, milk and eggs for added moisture (skim milk works just fine)

Remade Skinny Dressing

- **Ingredients**

- 15 slices white whole-grain bread
- 2 tablespoons olive oil
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 1/2 cup chopped carrot
- 2 cups Progresso™ reduced-sodium chicken broth (from 32-oz carton)
- 1 teaspoon dried sage leaves, crushed, or 1 tablespoon finely chopped fresh sage leaves
- 1/2 teaspoon salt
- 1/2 teaspoon dried or 1 1/2 teaspoons chopped fresh thyme leaves
- 1/4 teaspoon pepper

For more health punch: add 2 cups sliced mushrooms or 2 cups shredded carrots and parsley

Turkey Roulade

- Butterflied Turkey breast
- Skinny herb dressing
- Rub with Olive oil or canola oil
- Salt and pepper

- Lay turkey out flat, pound down to even thickness, lay stuffing across the breast, from narrow end roll tightly and tie with twine season the outside and rub with olive oil



<https://youtu.be/k4N5vectSOc?t=48>



Sweet potato Casserole

The traditional sweet potato casserole recipes are loaded with butter, and smothered in sugary marshmallow; although the sweet potato itself is full of healthy nutrients like beta carotene and vitamin C, this is lost under the sugar and fat.

- **Ingredients**
- 4 pounds sweet potatoes (about 5 large), peeled and cubed
- 1 cup 2% milk
- 1/2 cup packed brown sugar
- 6 tablespoons butter, softened
- 1 egg, lightly beaten
- 1-1/2 teaspoons ground cinnamon
- 1-1/2 teaspoons vanilla extract
- 3/4 teaspoon ground allspice
- 1/2 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 18 large marshmallows

Better Sweet Potato Casserole

1 $\frac{3}{4}$ pounds sweet potatoes (3 medium)
1 large egg, lightly beaten
3 tablespoons bourbon or orange juice
2 tablespoons half-and-half
1 teaspoon ground cinnamon
1 teaspoon vanilla extract
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon ground pepper
 $\frac{1}{4}$ cup old-fashioned rolled oats
1 $\frac{1}{2}$ tablespoons brown sugar
1 tablespoon cold butter, cubed
1 tablespoon chopped pecans

- For this recipe, the sugar has been cut back and flavor enhanced with bourbon or OJ
- You can use the vegan butter here or if you don't mind a little coconut flavor try coconut oil
- Now we have added more antioxidants with pineapple, we benefit from pecans, cinnamon, and of course the star sweet potatoes
- The oats are used as crumble topping, I think you could use honey instead of brown sugar as natural sweetener.

Mashed Potato

- Classically mashed potatoes will be heavy in cream, butter, milk
- To cut back on some of the unhealthy fats and add great flavor try some of these substitutions
- Use vegan butter, broth is great for taste and texture or try almond milk, and lots of garlic
- Of course Garlic cauliflower mash is even healthier

Garlic Mashed Potato

Ingredients

- 2 pounds all-purpose potatoes, preferably Yukon Gold (4-6 potatoes), peeled and cut into chunks
- 6 cloves garlic, peeled
- 1 teaspoon salt
- 1/2-3/4 cup reduced-sodium chicken broth, heated
- 2 tablespoons reduced-fat sour cream
- Pepper and nutmeg to taste
- Boil the potatoes and garlic together, drain, mash with broth and sour cream, season

Broccoli Salad

Broccoli Salad

This is a family favorite with ton of flavor from lemon juice and garlic along with being super healthy on it's own. Nicely this can be made ahead as it gets better overnight and served cold so no oven crowding. Cancer fighters: broccoli, garlic, lemon juice, olives-the whole recipe

Broccoli Salad

Ingredients:

4 Heads of Broccoli, cut florets off, discard stalks

4-5 cloves of garlic, minced

4 ounces lemon juice

1 can black olives, drained

Pepper to taste

Method:

1. Steam broccoli florets for 12-15 minutes. Remove from steamer into oblong flat baking dish.

2. Add minced garlic over broccoli and pour lemon juice evenly over broccoli. You may want to add little water if lemon juice is strong. Pour black olives over broccoli and cover. Refrigerate overnight. Serve chilled.

Glazed Brussel Sprouts

Glazed Brussels Sprouts Sauté

- 10 medium Brussels sprouts
- 1 tablespoon olive oil
- 1-2 tablespoons balsamic vinegar
- 1 teaspoon low sodium soy sauce
- 1 tablespoon honey
- Directions:
 1. Soak the Brussels sprouts in a bowl of cold water for 5 minutes. Drain thoroughly. Trim the ends of the Brussels sprouts and remove the outer leaves. Cut each sprout into halves or quarters, depending on their size.
 2. Heat the olive oil in a skillet over medium-high heat. Add the Brussels sprouts and sauté for 2-3 minutes.
 3. Add 2 tablespoons of water. Cover, lower the heat to low, and simmer for 3-5 minutes, or until the sprouts begin to soften.
 4. Whisk together the balsamic vinegar, soy sauce, and honey and add to the sprouts. Cook for 3 more minutes. Serve warm

Cranberry Sauce

- Traditional canned cranberry sauce is processed, canned, and loaded with added sugars; it's not hard to make a healthy version



Nutrition Facts

FOR BEST QUALITY USE BEFORE DATE STAMPED ON BOTTOM OF CAN

Serving Size 1/4 cup (70g)
Servings Per Container About 6

Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Sodium 10mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber less than 1g	4%
Sugars 22g	
Protein 0g	

Not a significant source of trans fat, cholesterol, vitamin A, vitamin C, calcium or iron.

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: CRANBERRIES, HIGH FRUCTOSE CORN SYRUP, WATER, CORN SYRUP.

Manufactured and Distributed by:
Ocean Spray Cranberries, Inc.
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Ultimate Poly...
• 1 1/4-cup or 70g
• 1 1/2-cup or 105g
• 1 3/4-cup or 122g
Combine sauce in a...
until smooth. Add...
meatballs are made...
Makes 30 appetizer...
Slow cooker: Prepare...
sauces and pour over...

Spiced Orange Cranberry Sauce

Ingredients

- 12 ounces fresh cranberries rinsed and drained (about 3.5 cups)
- ½ cup water
- ¼ cup pure maple syrup or to taste
- zest of ½ navel orange
- juice of ½ navel orange (2 to 3 tablespoons) or to taste
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger
- 1 pear peeled, cored and diced

Instructions

- Add all ingredients, except the pear, to a 2 quart sauce pot and simmer on the stove, stirring occasionally so the sauce doesn't stick, until cranberries start to burst and the mixture gets saucy, about 15 minutes.
- Add the diced pear and continue to cook about 5 minutes more.
- Let cool before serving. Can be served room temperature or chilled.

Dessert

- Certainly pumpkin pie isn't a terrible dessert; it is less sweet than most holiday desserts. If you want to be plant-based switch the butter in a crust recipe for vegan butter and coconut milk for filling instead of evaporated milk
- Fruit crisps are a nice way to add another fruit to your day and the extra fiber and antioxidants

Pear Crisp

Ingredients

- 1/4 cup rolled oats
- 1 Tbsp. walnuts
- 5 Tbsp. all-purpose flour, divided
- 3 Tbsp. whole wheat flour
- 2 1/2 Tbsp. light brown sugar, packed
- 1/8 tsp. cinnamon
- 1 Tbsp. plus 2 tsp. canola oil
- 6 firm, yet ripe, pears, peeled (if desired), cored and cubed
- 1/4 cup raisins
- 1 Tbsp. lemon juice
- 2 Tbsp. white sugar
- 1/8 tsp. nutmeg
- 1/8 tsp. cloves
- Preheat oven to 375 degrees F. Lightly spray 8- inch baking dish and set aside.
- In food processor, pulse oats and walnuts 15 seconds. Add 3 Tbsp. all-purpose flour, whole wheat flour, brown sugar and cinnamon. Pulse 15 more seconds. While running, drizzle oil and blend 30 seconds. Transfer to bowl and set aside.
- In another bowl, toss pears with remaining ingredients. Spoon pears into prepared baking dish. Cover with oat mixture, pressing down gently.
- Bake 45-50 minutes, until topping is brown and pears are bubbling. Serve hot.
- You can also just slice pear in half top with the oat mixture leave skin on for more fiber.

Bottom Line

- Fill ½ your plate or more with vegetables, use whole grains and low fat ingredients
- Eating more vegetables, fruits, whole grains and beans is the best way to get more antioxidants and phytochemicals.
- Move more-start a walking program or join the gym now set a goal to be active 30 minutes everyday.
- Make sure if you indulge it is “worth it” and be mindful when eating to make sure you enjoy the moment.

THANK YOU!