

Nutritious & Delicious Holiday Dishes

Basic Fruit Bread

1/4 cup margarine or oil	2 cups flour, all-purpose, whole wheat or combination
2 Tbsp. sugar	2 tsp. baking powder
1 egg or 2 egg whites	1/2 tsp. baking soda
1 cup mashed fruit (banana, applesauce, etc.) or canned pumpkin	spices (see below)
1/4 cup water, skim milk, buttermilk or fruit juice	1/2 cup chopped nuts or raisins, optional

Cream together margarine or oil and sugar. Beat in egg; stir in fruit or pumpkin. Add remaining ingredients and stir until just well blended. Pour into a greased 9x5x3 inch loaf pan. Bake in preheated oven at 350°F for 50 minutes or until golden brown and firmly set.

Spices: 1 tsp. cinnamon and 1/2 tsp. allspice or 1/4 tsp. nutmeg and 1/4 tsp. cloves

NUTRITION FACTS (per serving) - Calories 187 - fat 6 g - calories from fat 54 - sodium 140 mg

Oatmeal Walnut Bread

1 cup warm water	1 1/2 cups whole wheat flour
1/2 cup skim milk	1 1/2 cup rolled oats
1/4 cup honey	1 pkg. active dry yeast
1 Tbsp. vegetable oil	1/2 cup chopped walnuts
1 tsp. salt	1 3/4 cups all-purpose flour

In mixing bowl, measure all ingredients, except walnuts and all-purpose flour, in exact order. Combine ingredients on low speed until moistened. Add walnuts and all-purpose flour, reserving last 1/2 cup flour. Combine ingredients on low speed. Add remaining flour, if necessary, until dough cleans sides of bowl. Increase speed and knead dough for 4 to 5 minutes. Divide dough in half. Shape each half into a round loaf and place in greased loaf pan, turning dough over to greased top of loaf. Let rise until double, about 30 - 45 minutes. Bake at 350°F for 30 - 35 minutes.

Makes 2 one-pound loaves - 32 servings.

NUTRITION FACTS (per serving) - Calories 78 - fat 1.5 g - calories from fat 14 - sodium 56 mg

Fresh Broccoli Salad

1 lb. fresh broccoli	1 Tbsp. prepared mustard
1/3 cup chopped parsley or celery leaves	1 clove garlic, crushed
1/3 cup oil	1 tsp. salt
1/4 cup vinegar	1/4 tsp. black pepper

Wash and trim broccoli. Cut into small pieces. Prepare a dressing by stirring together all remaining ingredients. Pour over prepared broccoli and refrigerate for at least one hour. Stir broccoli and dressing two to three times while chilling. Serves 8 (1/2 cup serving).

NUTRITION FACTS (per serving) - Calories 56 - fat 4.5 g - calories from fat 40 - sodium 162 mg

South-of-the-Border Cole Slaw

2 cups shredded jicama
2 medium shredded carrots
2 tsp. chopped fresh cilantro
1/2 cup red wine vinegar

In mixing bowl combine jicama, carrot, and cilantro. Add vinegar and toss gently. Chill before serving.

Serves 5.

NUTRITION FACTS (per serving) - Calories 49 ~ fat 0 g ~ sodium 50 mg

Yam & Apple Casserole

6 - 8 yams
6 - 8 cooking apples
1/2 cup sugar
1/4 cup cornstarch
1 tsp. salt
2 cups boiling water
1/2 cup margarine
cinnamon

Slice yams. Peel apples and slice. Mix sugar, cornstarch and salt in saucepan. Add water and margarine. Stir over medium heat until mixture comes to a boil. Grease 2-qt. casserole dish and layer yams and apples in casserole dish. Pour sauce over yams and apples. Bake in a 350°F for 1 hour.

NUTRITION FACTS (per serving) - Calories 207 ~ fat 8 g ~ calories from fat 72 ~ sodium 303 mg

Dessert Apples

6 apples, peeled, cored and sliced
1 pkg. (4 serving) sugar-free cook-type vanilla pudding mix

Place apples in a microwave dish with cover. Dissolve pudding mix in 1 cup cold water. Pour pudding mix over apples and stir. Microwave for 5 minutes and stir. Microwave another 5 minutes and stir. Microwave another 4 minutes and let set for 5 minutes, then stir and put in serving dish. Cool and serve. May also be served over plain cake or ice cream.

Serves 6.

NUTRITION FACTS (per serving) - Calories 90 ~ fat .4 g ~ calories from fat 4 ~ sodium 2.5 mg



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