

health

EDUCATE ENGAGE EMPOWER

Maintain - Don't Gain
RECIPE BOOK
2008 Holiday Season



matters

CREATING A CULTURE OF WELLNESS

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November 24, 2008

Kindness gives birth to kindness. – Sophocles (447 BC)

Random Act of Kindness:

Give a flower

Maintain Tip: Many restaurants serve more food than one person needs at one meal. Take control of the amount of food that ends up on your plate by splitting an entrée with a friend. Or, ask the wait person for a “to-go” box and wrap up half your meal as soon as it’s brought to the table.

Holiday Recipe - Vigorous Vegetable Dip

(Servings: 4) Ingredients:

3/4 cup low fat (1%) Cottage Cheese

1/4 cup low fat Plain Yogurt

1/2 tsp. Salt

2 tsp. Lemon Juice, fresh

1 oz. Green Onion, chopped

2 oz. Red Bell Pepper, chopped

2 oz. Carrot, peeled, chopped

2 oz. Red Onion, chopped

Method of Preparation: Combine cottage cheese and lemon juice in a blender -- blend until smooth (about 1 minute). Add all of the remaining ingredients and blend. Make sure you leave enough texture for the dip by not over-blending. Serve with fresh raw vegetable sticks.

Nutritional Analysis: Calories-60 Carbohydrate-6.59g Protein-6.5g Fat-0.75g Sat. Fat-0.43g

November 25, 2008

Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust and hostility to evaporate. – Albert Schweitzer

Random Act of Kindness:

Listen to your heart

Maintain Tip: To minimize the temptation of second and third helpings when eating at home, serve the food on individual plates, instead of putting the serving dishes on the table. Keeping the excess food out of reach may discourage overeating.

Holiday Recipe - Fruit-Stuffed Pork Tenderloin

(Servings: 4) Ingredients:

1/3 cup Onion, chopped

2 clove Garlic, minced

1 T. Margarine (to cut fat, use olive oil spray instead)

1 small Apple (Granny Smith) peeled, cored, finely chopped

1/4 cup Prunes, pitted

1/4 cup Dry white wine or unsweetened apple juice

1 tsp. Equal*, for recipes (or 3 packets Equal® sweetener, or 2 T. Equal® Spoonful & Trade)

3/4 tsp. Dried Rosemary leaves

3/4 tsp. Dried Thyme leaves

1/4 cup Cornbread stuffing crumbs

Ground Pepper -- to taste

1 whole Pork Tenderloin (about 16 oz.)

* Equal® brand sweetener can be substituted with other sweetener products. Nutrition contents may change. Method of Preparation: Sauté onion and half the garlic in pan with margarine or olive oil spray until tender, about 5 minutes on medium heat. Add the apple and prunes, cook for 2 minutes. Add the wine and Equal® and ½ tsp. each of rosemary and thyme; cook covered over medium heat until wine is evaporated, about 5 minutes. Stir in stuffing crumbs; season to taste with pepper. Cut a lengthwise slit, about 2 inches deep, in the pork tenderloin. Mix remaining herbs and 1 clove of garlic; rub content over outside surfaces of tenderloin. Spoon fruit stuffing into pork and place in baking pan. Roast meat, uncovered, in preheated 350 degree (Fahrenheit) oven until no longer pink in the center (meat thermometer will register 160 degrees), about 45 minutes. Let stand 5 to 10 minutes before slicing to serve. Nutritional Analysis: Calories-290 Carbohydrate-27g Protein-26g Fat-7.65g Sat. Fat-2g;

November 26, 2008

**People will forget what you said,
people will forget what you did,
but people will never forget how
you made them feel. – Bonnie Jean
Wasmund**

**Random Act of Kindness:
Eat lunch with someone new**

**Maintain Tip: When eating or
snacking in front of the TV, put the
amount that you plan to eat into a
bowl or container instead of eating
straight from the package. It's easy
to overeat when your attention is
focused on something else.**

Holiday Recipe - Butternut Squash with Ginger

(Servings: 4) Ingredients:

1 large Butternut squash
1 T. Gingerroot, freshly minced
¼ cup Apple juice, Unsweetened
Ground Nutmeg -- to taste

Method of Preparation: Peel and seed the squash (this is a tough vegetable to peel, you can use a peeler, sharp knife, or try to buy halves from the grocery store). Cut squash into ½ inch cubes. Place the squash, gingerroot, and apple juice into a lightly oiled baking dish (olive oil spray). Cover and bake in a 350 degree oven for 50-60 minutes. Sprinkle on the nutmeg just before serving.
Nutritional Analysis: Calories-37 Carbohydrate-9.5g Protein-.7g Fat-.13g Sat. Fat-.04g;

November 27, 2008

**You cannot do a kindness too soon,
for you never know how soon it will
be too late. – Ralph Waldo Emerson**

**Random Act of Kindness:
Visit a sick friend**

**Maintain Tip: Go ahead, spoil your
dinner. We learned as children not
to snack before a meal for fear of
“spoiling our dinner.” Well, it's time
to forget that old rule. If you feel
hungry between meals, eat a healthy
snack, like a piece of fruit or small
salad, to avoid overeating during
your next meal.**

Holiday Recipe - Steamed Broccoli with Garlic

(Servings: 4) Ingredients:

4 cups Broccoli Florets
¼ cup Water
1 clove Garlic finely minced (or garlic in a jar from grocery store, 2 tsp.)
2 T. Parsley, fresh, chopped
1 T. Olive oil

Method of Preparation: In a large pot, add about one inch of water. Place steam basket inside pot. Add broccoli, cover and steam 2-3 minutes. Remove from steamer to a large bowl. Place garlic, olive oil, and parsley into bowl with broccoli and stir gently to coat broccoli with mixture. Serve hot. Nutritional Analysis: Calories-51 Carbohydrate-4g Protein-2.2g Fat-3.6g Sat. Fat-0.5g;

November 28, 2008

**Do good and care not to whom.
– Italian Proverb**

**Random Act of Kindness:
Clean a neighbor's walk**

Maintain Tip: Be aware of large packages. For some reason, the larger the package, the more people consume from it without realizing it. Divide up the contents of one large package into several smaller containers to help avoid over-consumption.

Holiday Recipe - Applesauce-Raisin Cookies

(Servings: 24 cookies) Ingredients:

1/4 cup Vegetable oil
1/4 cup Sugar
1 large or Grade A Egg
1 tsp. Vanilla extract
1/2 cup Unsweetened Applesauce
1/2 cup Whole wheat flour
1/2 cup Unbleached white flour
2 tsp. Baking Powder
1/2 tsp. Baking Soda
1 tsp. Ground Cinnamon
1/8 tsp. Ground Cloves
1/2 cup Rolled Oats
1/2 cup Dark or Golden Raisins

Method of Preparation: Cream the oil and sugar together. Add the egg and beat until light. Blend in the vanilla and applesauce. Combine all the dry ingredients in separate bowl and mix really well. Stir the flour mixture into the applesauce mixture and blend well. Drop teaspoons of dough onto a lightly sprayed baking sheet and bake at 375 degrees for 8-10 minutes or until edges are golden. Cool and serve. Nutritional Analysis: Calories-56 Carbohydrate-10g Protein-1g Fat-2g;

December 1, 2008

Kindness can become its own motive. We are made kind by being kind. – Eric Hoffer

**Random Act of Kindness:
Offer a hug**

Maintain Tip: Don't eat straight from the package. Instead, serve the food in a small bowl or container.

Holiday Recipe - Fast & Flavorful Meatloaf

(Servings: Five 5 oz. pieces) Ingredients:

1 lb. Lean Ground Beef
1/2 cup Onion, diced
1/2 cup Green Bell Pepper, diced
1/4 tsp. Black Pepper
1 tsp. Garlic Powder
1/4 cup Low fat milk (1%)
1 large Egg, beaten
1 tsp. Oregano
1 tsp. Thyme
1 T. Ketchup

Method of Preparation: Preheat oven to 350 degrees. Combine all the ingredients except for the ketchup in a bowl and mix until all ingredients are incorporated. Mold the mixture into a baking dish and bake for 20-25 minutes. Take meatloaf out of oven, top with ketchup and return to oven for about 5 more minutes. Nutritional Analysis: Calories-208 Carbohydrate-5g Protein-22g Fat-11g Sat. Fat-4g Calories from fat-95

December 2, 2008

How far that little candle throws his beams! So shines a good deed in a weary world. – William Shakespeare

Random Act of Kindness:

Give an unexpected gift

Maintain Tip: Out of sight, out of mind. People tend to consume more when they have easy access to food. Make your home a “portion friendly zone.” Replace the candy dish with a fruit bowl.

Holiday Recipe - Holiday Eggnog

(Servings: 8) Ingredients:

2 cups Skim Milk
1 T. Cornstarch
3-1/2 tsp. Equal® for recipes, or 12 packets Equal® sweetener, or 1/2 cup Equal® Spoonful & Trade.
2 large Eggs, beaten
2 tsp. Vanilla Extract
1/4 tsp. Cinnamon, ground
2 cups Skim Milk, chilled
1/8 tsp. Nutmeg, ground

Method of Preparation: Mix 2 cups skim milk with cornstarch and Equal® in a saucepan. Heat to a boil, stirring constantly for 1 minute. Beat eggs in medium bowl. Mix about half the milk mixture into eggs (be careful not to add too fast or eggs will cook in the milk); then add this egg mixture to remaining milk in the saucepan. Cook over low heat until slightly thickened, 1 to 2 minutes, stirring constantly. Remove from heat and stir in vanilla and cinnamon. Cool to room temperature; refrigerate until chilled, or until serving time. When ready to serve, stir chilled milk into custard mixture, pour into small glasses or punch cups and sprinkle with nutmeg. Nutritional Analysis: Calories-79 Carbohydrate-10g Protein-6g Fat-1g;

December 3, 2008

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.

– Margaret Mead

Random Act of Kindness:

Make a new friend

Maintain Tip: Store especially tempting foods, like cookies, chips, or ice cream, out of immediate eyesight, like on a high shelf or at the back of the freezer. Move the healthier food to the front at eye level.

Holiday Recipe - Homemade Turkey Soup

6 lb turkey breast with bones (with at least 2 C meat)
2 medium onions
3 stalks celery
1 tsp dried thyme
1/2 tsp dried rosemary
1/2 tsp dried sage
1 tsp dried basil
1/2 tsp dried marjoram
1/2 tsp dried tarragon
1/2 tsp salt
to taste black pepper
1/2 lb Italian pastina or pasta

1. Place turkey breast in large 6-quart pot. Cover with water until at least threequarters full. 2. Peel onions, cut into large pieces, and add to pot. Wash celery stalks, slice, and add to pot. 3. Simmer covered for about 2 1/2 hours. 4. Remove carcass from pot. Divide soup into smaller, shallower containers for quick cooling in refrigerator. 5. After cooling, skim off fat. 6. While soup cools, remove remaining meat from turkey carcass. Cut into pieces. 7. Add turkey meat to skimmed soup, along with herbs and spices. 8. Bring to boil and add pastina. Continue cooking on low boil for about 20 minutes, until pastina is done. Serve at once or refrigerate for later reheating. Yield: 16 servings (about 4 quarts of soup) Serving size: 1 cup Each serving provides: Calories: 201 Total fat: 2 g Saturated fat: 1 g Cholesterol: 101 mg Sodium: 141 mg Total fiber: 1 g Protein: 33 g Carbohydrates: 11 g Potassium: 344 mg

December 4, 2008

The best portion of a good man's life: his little, nameless, unremembered acts of kindness and love. - William Wordsworth

**Random Act of Kindness:
Pick up litter**

Maintain Tip: When buying in bulk, store the excess in a place that's not convenient to get to, such as a high cabinet or at the back of the pantry.

Holiday Recipe - Sweet Potato and Squash Soup

Ingredients

1 tbsp canola oil
1 small onion, finely chopped
1 tbsp grated fresh ginger, finely chopped
1 pound butternut squash, peeled and diced
1 pound sweet potatoes, peeled and diced
1 medium Yukon gold potato, peeled and diced
6 cups fat-free, reduced sodium chicken broth
1 tbsp dry sherry
Fresh ground black pepper
6 tbsp fat-free sour cream
1 tbsp chopped fresh chives

Preparation: Heat oil in a Dutch oven; add onion and cook over a medium heat for 5 minutes, or until translucent. Stir in ginger and cook for 1 minute. Add squash, sweet potatoes, potato and chicken stock. Bring to a boil, then reduce heat. Cover and simmer until vegetables are tender, about 30 minutes. Puree soup in a blender, or use a hand blender; return soup to the pot. Add sherry and black pepper to taste, and stir through. Ladle into 6 bowls. Garnish with fat-free sour cream and chopped chives. Per Serving: Calories 201, Calories from Fat 23 (sat 0.2g), Cholesterol 1mg, Sodium 606mg, Carbohydrate 39.8g, Fiber 4.4g, Protein 4.8g

December 5, 2008

What wisdom can you find that is greater than kindness? - Jean Jacques Rousseau

**Random Act of Kindness:
Say "hello"**

Maintain Tip: In a restaurant, start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.

Holiday Recipe - Veggie Guacamole

(makes 3 1/2 cups) Ingredients:

2 ripe avocados, peeled and pitted
Juice of 1 lemon
1 large tomato, seeded and diced
1 cup canned black beans, drained
1 cup cooked corn (canned, fresh, or frozen)
1/2 teaspoon minced garlic
1 tablespoon green onion, chopped
1 teaspoon jalapeño peppers, chopped (optional)

Directions: 1. Mash avocados in a bowl. 2. Add lemon juice and salt, then mix in the remaining ingredients.
Serving Size: 1/4 cup (70 g) Servings Per Recipe: 14
Amount per serving Calories 77 Calories from fat 41 Total Fat 5 g Saturated Fat 1 g Cholesterol 0 mg Sodium 34 mg Total Carbohydrates 8 g Dietary Fiber 3 g Sugars 0 g Protein 2 g Vitamin A 6% Vitamin C 10% Calcium 0% Iron 4%

December 8, 2008

Kindness and honesty can only be expected from the strong. – Unknown

**Random Act of Kindness:
Call a lonely person**

Maintain Tip: On long commutes or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks.

Holiday Recipe - Pumpkin Oatmeal Muffins

Ingredients

1 1/2 cups all-purpose flour
1 cup quick oats
3/4 cup firmly packed brown sugar
1/2 cup raisins (optional)
1 tbsp baking powder
1/2 tsp baking soda
1 1/2 tsp pumpkin pie spice
1 cup canned pumpkin
3/4 cup fat-free milk
1/3 cup canola oil
1 egg lightly beaten, or 2 egg whites

Preparation: Preheat oven to 400 degrees and line a 12-cup muffin tin with paper cases. Combine dry ingredients in a large bowl. In a medium bowl, combine the pumpkin, milk, oil and egg(s), blending well. Stir pumpkin mixture into dry ingredients until the dry ingredients are just moist. Fill muffin cases evenly and bake for 22-25 minutes. Per Serving: Calories 228, Calories from Fat 60, Total Fat 6.7g (sat 0.5g), Cholesterol 0mg Sodium 146mg, Carbohydrate 37.9g, Fiber 2g, Protein 4.2g

December 9, 2008

Forget injuries, never forget kindnesses. – Confucius

**Random Act of Kindness:
Open a door**

Maintain Tip: Resign from the “clean your plate club” – when you’ve eaten enough, leave the rest.

Holiday Recipe - Low Fat Gingerbread Men

Ingredients

1/4 cup butter, softened
3/4 cup firmly packed brown sugar
1/2 cup unsweetened applesauce
1 egg
1/3 cup dark molasses
3 cups all-purpose flour
1 tsp baking soda
2 tsp ground ginger
1 tsp ground cinnamon
1/2 tsp allspice
1/4 tsp ground cloves

Preparation: In a large mixing bowl, beat butter, sugar and applesauce until smooth. Add egg and molasses and mix well. In another large bowl, combine flour, baking soda and spices. Add to sugar and molasses mixture, stirring well. Divide dough in two; cover with plastic wrap and chill for 2 hours. Preheat oven to 350 degrees. Roll out dough to 1/4 or 1/8-inch thickness. Cut gingerbread men with a cookie cutter. Add candies or raisins to decorate. Place 1-2 inches apart on a parchment-lined baking sheet. Bake 10-12 minutes. Add frosting or more decorations when cool. Makes 30 cookies. Per serving: Calories 94, Calories from Fat 16, Fat 1.8g (sat 1g), Cholesterol 11mg, Sodium 48mg, Carbohydrate 18g, Fiber 0.4g, Protein 1.5

December 10, 2008

Caring is a reflex. Someone slips, your arm goes out. A car is in the ditch, you join the others and push... you live, you help. – Ram Dass

**Random Act of Kindness:
Help carry a load**

Maintain Tip: At restaurants ask for water or order fat-free or low-fat milk, or other drinks without added sugars.

Holiday Recipe - Low Fat Vegetable Lasagna

Ingredients

2 tsp olive oil
1 garlic clove, crushed
1 medium onion, finely chopped
1 1/2 cups cremini mushrooms, sliced
1 celery stalk, chopped
1 medium carrot, diced
1 medium zucchini, chopped
1 yellow squash, chopped
1 28-ounce can crushed tomatoes
2 tbsp tomato paste
1 tsp oregano or mixed Italian herbs
Freshly ground black pepper
2 handfuls baby spinach salad leaves, roughly chopped
1 15-ounce tub fat-free or low fat ricotta
8-ounces no-cook lasagna noodles
3/4 cup reduced fat shredded mozzarella cheese

Preparation: Preheat oven to 375 degrees, and coat an 11 X 7-inch baking dish with nonstick cooking spray. Heat oil in a large saucepan. Sauté garlic for 1 minute, followed by onion, mushrooms, celery, carrots, zucchini and squash. Gently sauté for 10 minutes until vegetables are softened. Add tomatoes, tomato paste, herbs and some black pepper. Bring to a boil, then reduce to a simmer for 10 minutes. Stir in spinach. Spread a cup of sauce on the bottom of the baking dish. Top with noodles, followed by half the ricotta cheese; add another layer of sauce, followed by noodles and remaining ricotta cheese. Continue with remaining noodles and sauce, ending with sauce. Top with mozzarella and bake for 30 minutes. Serves 8. Per Serving: Calories 303, Calories from Fat 37, Total Fat 4.1g (sat 1.5g), Cholesterol 42mg, Sodium 461mg, Carbohydrate 50.6g, Fiber 4.6g, Protein 15.8g

December 11, 2008

Kindness in words creates confidence, kindness in thinking creates profoundness, kindness in feeling creates love. – Lao-Tzu

**Random Act of Kindness:
Buy someone's meal**

Maintain Tip: At sandwich shops, ask for leaner cuts and smaller amounts of roast beef, turkey, or ham; extra lettuce and tomato; and whole-wheat, oatmeal, or multigrain bread.

Holiday Recipe - Baked Salmon Dijon

1 C fat free sour cream
2 tsp dried dill
3 Tbsp scallions, finely chopped
2 Tbsp Dijon mustard
2 Tbsp lemon juice
1 1/2 lb salmon fillet with skin, cut in center
1/2 tsp garlic powder
1/2 tsp black pepper
as needed fat free cooking spray

1. Whisk sour cream, dill, onion, mustard, and lemon juice in small bowl to blend. 2. Preheat oven to 400 °F. Lightly oil baking sheet with cooking spray. 3. Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce. 4. Bake salmon until just opaque in center, about 20 minutes. Yield: 6 servings Serving size: 1 piece (4 oz) Each serving provides: Calories: 196 Total fat: 7 g Saturated fat: 2 g Cholesterol: 76 mg Sodium: 229 mg Total fiber: less than 1 g Protein: 27 g Carbohydrates: 5 g Potassium: 703 mg

December 12, 2008

Love and kindness are never wasted. They always make a difference. – Barbara DeAngelis

Random Act of Kindness: Cheer up a friend

Maintain Tip: Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.

Holiday Recipe - Hearty Lentil Soup

Ingredients:

2 tsp olive oil
1 cup onion
1 cup diced carrots
3/4 cup chopped celery
1 tbsp curry powder
1 cup green/brown lentils, rinsed and sorted through
1 15 ounce can crushed tomatoes
3 cups fat-free, low sodium vegetable broth

Preparation: Heat oil on medium heat. Gently sauté onions, celery and carrots until softened. Add curry powder and stir into vegetables. Add lentils, tomatoes and vegetable broth. Bring to a boil, then reduce heat and simmer for 25 minutes. Serves 6 Per Serving: Calories 191, Calories from Fat 27, Total Fat 3.1g (sat 0.4g), Cholesterol 0mg, Sodium 149mg, Carbohydrate 29.5g, Fiber 12.8g, Protein 11.4g

December 15, 2008

A good heart is better than all the heads in the world. – Edward Lytton

**Random Act of Kindness:
Thank a teacher**

Maintain Tip: Read the food label's ingredient list. Look for terms that indicate added sugars (sucrose, high-fructose corn syrup, honey, and molasses) and oils (partially hydrogenated vegetable oils) that add extra calories. Choose foods with fewer added sugars, fats, or oils.

Holiday Recipe - Apple Oatmeal

Ingredients

3 cups apple juice
1/2 tsp ground cinnamon
1 1/2 cups quick oats
1/2 cup chopped apple
1/4 cup maple syrup
1/4 cup raisins
1/4 cup chopped walnuts
4 tbsp fat free vanilla yogurt

Preparation: Combine apple juice and cinnamon in a medium saucepan. Bring to a boil. Stir in oats, chopped apple, maple syrup and raisins. Reduce heat and cook until most of juice is absorbed, stirring occasionally. Fold in walnuts. Top each bowl with a tablespoon of yogurt. Serves 4. Per Serving: Calories 271, Calories from Fat 62, Total Fat 6.8g (sat 0.8g), Cholesterol 0mg, Sodium 15mg, Carbohydrate 46.2g, Fiber 4.2g, Protein 6g

December 16, 2008

Human kindness has never weakened the stamina or softened the fiber of a free people. A nation does not have to be cruel to be tough. – Franklin D. Roosevelt

**Random Act of Kindness:
Give blood**

Maintain Tip: Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.

Holiday Recipe - Marinated Fruit Salad

Ingredients:

1/2 cup honey
1/4 cup water
1/4 cup lemon juice
1/4 cup orange juice
1/8 tsp. salt
2 cups honeydew melon balls
2 cups cantaloupe melon balls
2 nectarines, sliced
2 cups halved strawberries
1 cup blueberries

Preparation: Combine honey and water in small saucepan and bring to a boil over high heat. Reduce heat and simmer 5 minutes, stirring occasionally. Add lemon and orange juices and cool completely. Place all fruits in large bowl and pour cooled marinade over all. Cover and refrigerate at least 2 hours before serving. 8 servings
Calories: 160 Fat: 0 grams Sodium: 5 grams Carbs: 37 grams Vitamin C: 55% DV

December 17, 2008

**Compassion for others begins with kindness to ourselves.
– Pema Chodron**

**Random Act of Kindness:
Read to a child**

Maintain Tip: Foods labeled with the words “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not whole-grain products.

Holiday Recipe - Reduced Fat Peppermint Cheesecake

Ingredients

1/2 cup low fat Honey Graham Cracker crumbs (4 sheets)
1 8-ounce package reduced fat cream cheese, softened
1 8-ounce package fat-free cream cheese, softened
1/2 cup sugar
1 egg
2 egg whites
1 1/2 tsp peppermint extract
2-3 drops red food coloring (optional)
Mini candy canes to garnish

Preparation: Preheat oven to 350 degrees. In a sealed plastic bag, crush cracker sheets with a rolling pin to make crumbs. Spray an 8-inch springform or loose-bottomed baking pan with nonstick spray. Cover pan base and side with foil wrap. Press cracker crumbs on to base of pan. Bake for 8 minutes. In a large bowl, beat cream cheese and sugar together, mixing until smooth. Add egg and mix well. Beat in egg whites one at a time. Add peppermint extract and, if desired, food coloring to make a light pink color. Pour cream cheese mixture into pan. Place cheesecake in a shallow roasting pan. Add enough hot water to cover the base of the roasting pan. The steam will help stop the cheesecake from cracking. Bake for 30-35 minutes until center is almost set. Cool in pan for 15 minutes, then remove from pan (leaving it on the base). Cool completely on a wire rack. Refrigerate for at least 4 hours. Serve chilled. Makes 8 servings. Per Serving: Calories 195, Calories from Fat 73, Total Fat 8g (sat 4.4g), Cholesterol 49mg, Sodium 227mg, Carbohydrate 25g, Fiber 0.5g, Protein 5.5g

December 18, 2008

Man is honored for his wisdom, loved for his kindness. – S. Cohen

**Random Act of Kindness:
Leave a thank you note**

Maintain Tip: The smaller your plate, the smaller your portion. Eat your meals at home on a smaller plate.

Holiday Recipe - Applesauce Carrot Cake

Ingredients:

2 cups white flour
2/3 cup sugar
2 teaspoons baking soda
1 1/2 teaspoons cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon salt
3/4 cup unsweetened applesauce
1/4 cup vegetable oil
3 large eggs
3 cups carrots, coarsely chopped

Directions: 1. In a large mixing bowl, combine flour, sugar, baking soda, cinnamon, nutmeg and salt. 2. In a separate small bowl, combine the applesauce, oil and eggs. Add to the flour mixture, stirring until the ingredients are well blended. Add the carrots and mix again. 3. Pour the batter into a greased 9" tube pan, or use a 9" x 13" rectangular cake pan, or two bread loaf pans, or a cupcake pan. 4. Bake the cake in a preheated 350 deg. oven for about 1 hour, 10 minutes, or until a toothpick inserted in the thickest part of the cake comes out clean. Set the cake on a wire rack for five minutes. Then, run a knife around the edges of the pan to loosen the cake, and turn the cake out onto the rack to cool. Serving Size: 1/16 cake (73 g) Servings Per Recipe: 16 Amount per serving Calories 147 Calories from fat 42 Total Fat 5 g Saturated Fat 1 g Cholesterol 40 mg Sodium 254 mg Total Carbohydrates 24 g Dietary Fiber 1 g Sugars 8 g Protein 3 g Vitamin A 135% Vitamin C 4% Calcium 2% Iron 6%

December 19, 2008

Those who bring sunshine into the lives of others cannot keep it from themselves. – James Matthew Barrie

**Random Act of Kindness:
Offer your seat**

Maintain Tip: Keep a bowl of whole fruit on the table, counter, or in the refrigerator.

Holiday Recipe - Pasta and Bean Soup

Ingredients:

4 cups fat-free, reduced sodium chicken or vegetable broth
1 cup chopped carrots
1 stick of celery, chopped
1 tsp dried oregano, or Italian herb blend
1 15-ounce can cannellini beans
1 14 1/2-ounce can chopped tomatoes, undrained
3/4 cup rotini
3 ounces (half a pack) fresh baby spinach
Freshly ground black pepper to taste

Preparation: Heat broth, carrots and celery in a large Dutch oven. Sprinkle dried herbs, stir and simmer for 10 minutes. Puree or mash 1/2 of the white beans in a small bowl. Add the mashed beans, the remaining beans and the chopped tomatoes to the broth and stir well. Add pasta and simmer for 5 minutes. Stir in spinach and cook for 2-3 minutes more. Ladle into 6 bowls. Garnish with ground black pepper. Serve with warm crusty bread. Per Serving: Calories 155, Calories from Fat 5, Total Fat 0.5g (sat 0.1g), Cholesterol 0mg, Sodium 418mg, Carbohydrate 29.3g, Fiber 5.6g, Protein 8.3g

December 22, 2008

A kind word never broke anyone's mouth. – Irish Proverb

**Random Act of Kindness:
Tip generously**

Maintain Tip: Stock up on frozen vegetables for quick and easy cooking in the microwave.

Holiday Recipe - Avocado Fruit Salad

Preparation Time: 10 minutes

Number of Servings: 8

Ingredients:

Salad Dressing

1-1/2 Tbsp olive oil

2 Tbsp raspberry vinegar

1 tsp grated lime peel

1 Tbsp fresh lime juice

1 Tbsp fresh chopped basil leaves

1/2 tsp dry mustard

1/4 tsp salt

1/4 tsp pepper

Salad

1 10 oz package mixed baby greens

4 kiwi, peeled and sliced in half rounds

4 grapefruit

2 cups sliced strawberries

2 star fruits, sliced

1/2 ripe avocado, seeded and peeled (1/2 sliced into 8 portions, 1/2" cubed)

Directions: Salad Dressing In a small bowl, whisk together remaining ingredients, set aside. Salad In a large salad bowl, combine baby greens, kiwi, grapefruit, strawberries and star fruit. Pour on dressing and toss to coat. Top with avocado slices. Nutrition Facts Avocado Fruit Salad Serving Size 1/8 recipe Amount Per Serving Calories 150 Calories from Fat 45 % Daily Value (DV)* Total Fat 5g 8% Saturated Fat 1g 3% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 85mg 4% Total Carbohydrate 29g 10% Dietary Fiber 10g 40% Sugars 17g Protein 3g Vitamin A 35% Vitamin C 240% Calcium 6% Iron 6% * Percent Daily Values are based on a 2,000 calorie

December 23, 2008

**Giving is the secret of a healthy life. Not necessarily money, but whatever a person has of encouragement, sympathy and understanding.
– John D. Rockefeller, Jr.**

**Random Act of Kindness:
Be tolerant**

Maintain Tip: Buy vegetables that are easy to prepare. Pick up pre-washed bags of salad greens and add baby carrots or grape tomatoes for a salad in minutes. Buy packages of veggies such as baby carrots or celery sticks for quick snacks.

Holiday Recipe - Apple Dumplings

Ingredients:

2 Tbsp firmly packed light brown sugar

1-1/2 tsp cinnamon

1 tsp cornstarch

1 tsp vanilla extract

6 small apples, peeled and cored

6 square 7-inch egg roll wrappers

Non-stick cooking spray

Directions: Preheat the oven to 375°F. Spray six muffin cups with non-stick cooking spray. In a large bowl, combine the sugar, cinnamon, cornstarch, vanilla, and 1 Tbsp water. Roll peeled apples in the mixture until coated. Place one apple in the center of each egg roll wrapper. Bring the corners up to the top of the apple, pressing and folding to seal the edges. Place each dumpling in a muffin cup and lightly spray the tops with non-stick cooking spray. Bake until golden, about 20 minutes. Cool on a rack 15 minutes; serve warm. Nutrition Facts Apple Dumplings Serving Size 1/6 of recipe Amount Per Serving Calories 180 Calories from Fat 10 % Daily Value (DV)* Total Fat 1g 2% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 5mg 2% Sodium 190mg 8% Total Carbohydrate 39g 13% Dietary Fiber 3g 12% Sugars 16g Protein 3g Vitamin A 2% Vitamin C 8% Calcium 4% Iron 8% * Percent Daily Values are based on a 2,000 calorie diet.

December 24, 2008

Tenderness and kindness are not signs of weakness and despair, but manifestations of strength and resolution. - Kahlil Gibran

**Random Act of Kindness:
Let another go first**

Maintain Tip: Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.

Holiday Recipe - Pomegranate and Banana Salad

Ingredients:

2 pomegranates, chilled
4 bananas
1 Tbsp palm sugar or brown sugar
2 limes, juiced (or 1/4 cup freshly squeezed lime juice)

Directions: Mix together the juice of the lime and the tablespoon of sugar. Adjust sweet and sour to taste. Score and seed both pomegranates, freeing the seeds. Mound the pomegranate seeds in the center of salad plates and slice the bananas around the perimeter of the seeds. Drizzle with the prepared lime dressing and serve. Nutrition Facts Pomegranate and Banana Salad Serving Size 1/4 of recipe Amount Per Serving Calories 170 Calories from Fat 5 % Daily Value (DV)* Total Fat 1g 1% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 0mg 0% Total Carbohydrate 44g 15% Dietary Fiber 4g 16% Sugars 30g Protein 2g Vitamin A 4% Vitamin C 35% Calcium 2% Iron 4% * Percent Daily Values are based on a 2,000 calorie diet.

December 26, 2008

I am only one; but still I am one. I cannot do everything, but still I can do something. I will not refuse to do the something I can do. - Helen Keller

**Random Act of Kindness:
Bake low-fat cookies for emergency workers**

Maintain Tip: Include a green salad with your dinner every night.

Holiday Recipe - Strawbrosia Parfaits

Ingredients:

2 cups sliced strawberries
1 banana, sliced
1 orange, peeled and sliced (or 11 oz can mandarin orange segments)
1 cup cubed pineapple, fresh or canned
1 cup (8 oz carton) non-fat vanilla, or lemon yogurt
1/4 cup grape nuts
6 mint sprigs

Directions: In a bowl mix strawberries, banana, orange and pineapple. Pour orange juice over fruit and toss. Refrigerate until chilled. To prepare parfaits: Divide one half of the fruit mixture equally into 6 parfait glasses. Top with heaping tablespoon of yogurt. Add remaining fruit divided equally; top with remaining yogurt. Sprinkle each parfait with Grape Nuts. Garnish each parfait with a mint sprig. Nutrition Facts Strawbrosia Parfaits Serving Size 1/6 serving Amount Per Serving Calories 110 Calories from Fat 5 % Daily Value (DV)* Total Fat 0g 0% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 60mg 3% Total Carbohydrate 26g 9% Dietary Fiber 3g 12% Sugars 17g Protein 3g Vitamin A 4% Vitamin C 100% Calcium 10% Iron 10% * Percent Daily Values are based on a 2,000 calorie diet.

December 29, 2008

How wonderful it is that nobody need wait a single minute before starting to improve the world. - Anne Frank

Random Act of Kindness:

Tutor a student

Maintain Tip: Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.

Holiday Recipe - Oatmeal Cookies

3/4 cup sugar
2 Tbsp margarine
1 egg
1/4 cup canned applesauce
2 Tbsp milk, low-fat
1 cup flour
1/4 tsp baking soda
1/2 tsp ground cinnamon
1 cup + 2 Tbsp quick rolled oats

1. Preheat oven to 350° F and lightly grease cookie sheets. 2. In a large bowl, use an electric mixer on medium speed to mix sugar and margarine. Mix until well blended, about 3 minutes. 3. Slowly add egg; mix on medium speed 1 minute. Gradually add applesauce and milk; mix on medium speed 1 minute. Scrape sides of bowl. 4. In another bowl, combine flour, baking soda, and cinnamon. Slowly add to applesauce mixture; mix on low speed until blended, about 2 minutes. Add oats and blend 30 seconds on low speed. Scrape sides of bowl. 5. Drop by teaspoonfuls onto cookie sheet, about 2 inches apart. 6. Bake until lightly browned, about 13-15 minutes. Remove from baking sheet while still warm. Cool on wire rack. Yield: 4 servings Serving size: 2 cookies, plus 4 servings for another snack Each serving provides: Calories: 215 Total fat: 4 g Saturated fat: 1 g Cholesterol: 27 mg Sodium: 84 mg

December 30, 2008

It is our special duty, that if anyone needs our help, we should give him such help to the utmost of our power. – Cicero

Random Act of Kindness:

Give a compliment

Maintain Tip: At breakfast, top your cereal with bananas, peaches, blueberries, or your favorite fruit.

Holiday Recipe - Springtime Cereal

3/4 cup wheat and barley nugget cereal
1/4 cup 100% bran cereal
2 tsp toasted sunflower seeds
2 tsp toasted almonds, sliced
1 Tbsp raisins
1/2 cup bananas, sliced
1 cup strawberries, sliced
1 cup raspberry or strawberry yogurt, low-fat

1. Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds, and almonds in a medium bowl. Add the raisins, the bananas, and halve the strawberries. Gently stir in the yogurt and divide between two bowls. Scatter the remaining strawberries over the top and enjoy! Serves: 2 people Nutrition: Per serving with low-fat yogurt: 352 calories Fat: 6 g Saturated fat: 1 g Carbohydrate: 69 g Sodium: 272 mg Fiber: 8 g Per serving with light yogurt (sugar substitute): 268 calories Fat: 5 g Saturated fat: 0 g Carbohydrate: 53 g Sodium: 263 mg Fiber: 9 g

December 31, 2008

**Help your brother's boat across,
and your own will reach the shore.
– Hindu Proverb**

**Random Act of Kindness:
Lend a hand**

**Maintain Tip: Dried fruits make a
great snack. They are easy to carry
and store well. Because they are
dried, 1/4 cup is equivalent to 1/2 cup
of other fruits.**

Holiday Recipe - Broccoli Soup

Ingredients:

3 cups chopped broccoli (or 2 10-ounce packages frozen broccoli)
1/2 cup diced celery
1/2 cup chopped onion
1 cup low sodium chicken broth
2 cups nonfat milk
2 Tbsp cornstarch
1/4 tsp salt
Dash pepper
Dash ground thyme
1/4 cup grated Swiss cheese

Directions: Place vegetables and broth in saucepan. Bring to boil, reduce heat, cover, and cook until vegetables are tender (about 8 minutes). Mix milk, cornstarch, salt, pepper, and thyme; add to cooked vegetables. Cook, stirring constantly, until soup is lightly thickened and mixture just begins to boil. Remove from heat. Add cheese and stir until melted. Nutrition Facts Broccoli Soup Serving Size 1/4 of recipe Amount Per Serving Calories 140 Calories from Fat 25 % Daily Value (DV)* Total Fat 3g 5% Saturated Fat 2g 8% Trans Fat 0g 0% Cholesterol 10mg 3% Sodium 270mg 11% Total Carbohydrate 20g 7% Dietary Fiber 5g 20% Sugars 9g Protein 11g Vitamin A 35% Vitamin C 140% Calcium 30% Iron 8% * Percent Daily Values are based on a 2,000 calorie diet.

January 2, 2009

**The smallest good deed is better than
the grandest good intention.
– Duguet**

**Random Act of Kindness:
Forgive mistakes**

**Maintain Tip: Do stretches, exercises,
or pedal a stationary bike while
watching television.**

Holiday Recipe - Turkey-Apple Gyros

Ingredients:

1 medium Golden Delicious apple, cored and thinly sliced
2 Tbsp fresh lemon juice
1 cup thinly sliced onion
1 medium red bell pepper, cut into thin strips
1 medium green bell pepper, cut into thin strips
1 tsp olive oil
8 ozs cooked turkey breast, cut into thin strips
6 whole wheat pita bread rounds, lightly toasted
1/2 cup plain low-fat yogurt
1 garlic clove, minced

Directions: Toss apple with lemon juice; set aside. In a large nonstick skillet, saute onion and peppers in hot oil, stirring frequently until crisp-tender. Add turkey to skillet and stir until heated through. Stir in apple mixture. Add garlic to yogurt and mix. Fold pitas in half and fill with turkey mixture. Drizzle with yogurt mixture. Nutrition Facts Turkey-Apple Gyros Serving Size 1/4 recipe Amount Per Serving Calories 260 Calories from Fat 30 % Daily Value (DV)* Total Fat 4g 5% Saturated Fat 1g 5% Trans Fat 0g 0% Cholesterol 50mg 17% Sodium 280mg 12% Total Carbohydrate 36g 12% Dietary Fiber 5g 20% Sugars 9g Protein 24g Vitamin A 20% Vitamin C 150% Calcium 8% Iron 15% * Percent Daily Values are based on a 2,000 calorie diet.