



Healthy Christmas Mini-Cookbook

Brought To You By Healthy Menu Mailer

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"Your Secret Weapon for A Healthy Eating Lifestyle"

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Introduction

The Holidays can be such a busy time of the year. Everyone is busy finding just the right present for loved ones. There are family gatherings and holiday parties with friends and associates to attend. We put this little ebook of healthy holiday recipes together to save you a little time this holiday season. Try some of our recipes and don't forget to visit us at the [Healthy Menu Mailer](http://www.healthymenumailer.com) website to find out how you can receive seven healthy dinner recipes each week along with a grocery list.

Happy Holidays!

Susanne Myers & Christine Steendahl

MAIN DISHES

Butterflied Beef Eye Roast

Makes 12 servings

Since this is a large piece of meat, be sure to let it marinate

- 3 pounds lean eye roast beef - butterflied
- 3 tablespoons olive oil
- 1/4 cup water
- 1/2 cup red wine vinegar
- 3 cloves minced garlic
- 1/2 teaspoon crushed red pepper
- 1 tablespoon fresh thyme

1. Slice the roast down the middle, open it, and lay it flat in a shallow baking dish. In a small bowl combine the remaining ingredients and pour the mixture over the roast. Cover and let the meat marinate for at least 12 hours. Turn the roast occasionally.

2. Remove the roast from the marinade, discard the marinade, and place the roast on a rack in the broiler pan. Broil the roast 5 to 7 inches from the heat, turning occasionally, for 20 to 25 minutes or until desired degree of doneness.

3. Remove from oven, cover with foil, and let stand for 15 to 20 minutes before carving. Transfer to a serving platter, spoon any juices over the top, and serve.

NUTRITION FACTS

Calories 168

Total Fat 7 grams

Saturated Fat 2 grams

Cholesterol 57 milligrams

Sodium 51 milligrams

Total Carbohydrate 1 gram

Dietary Fiber 0 grams

Sugars 1 gram

Protein 24 grams

Roast Pork with Cranberry Glaze

11 Servings

- 2 (16 oz) cans jellied cranberry sauce
- 1/2 cup white sugar
- 1/2 cup cranberry juice
- 1 tsp mustard - powdered
- 1/4 tsp ground cloves
- 4 pounds pork roast
- 2 tbsp cornstarch
- 2 tbsp cold water
- Salt to taste

Directions:

Mash cranberry sauce with a fork. Stir in sugar, cranberry juice, mustard and cloves.

Place the pork roast in a large roasting pan. Pour cranberry sauce mixture over the roast.

Cook at 275 F for 6 to 8 hours (until the meat is tender). Remove the roast and keep warm.

Skim the fat from the liquid in the roasting pan. Pour 2 cups of the remaining roasting liquid (add water if necessary) into a small saucepan.

Bring the mixture to a boil over medium-high heat. Blend cornstarch and cold water to make a paste. Gradually stir the cornstarch mixture into the boiling liquid. Continue cooking, stirring constantly, until the mixture thickens. Add salt to taste and serve with the roast.

NUTRITION FACTS

Calories: 396

Fat: 9.2g

Carbs: 43.9g

Fiber: 0.9g

Protein: 34.1g

SIDE DISHES

Garlic Potatoes

Makes 4 servings

Serving Size: 2 potatoes

Small new potatoes are available from time to time. Here's a flavorful way to serve them. Leftovers may be reheated or used in salads.

- 1 pound (about 10) small new potatoes, scrubbed, patted dry, not peeled
- 6 large cloves garlic, peeled and smashed
- 2 tablespoons olive oil
- 1/2 teaspoon salt (optional)
- Freshly ground pepper

1. Place all ingredients in microwave casserole. Stir to coat potatoes.
2. Cover. Microwave on HIGH for 10-15 minutes. Stir once or twice to rearrange potatoes. Check for doneness each time. Arrange least cooked potatoes around edge of the dish.
3. Serve hot.

NUTRITION FACTS

Calories 211
Carbohydrate 33g
Protein 4g
Fat 7g
Saturated fat 1g
Cholesterol 0 mg
Fiber 4 g
Sodium 303 mg

Broccoli with Lemon Butter Sauce

Makes 8 servings

Serving size: 1/2 cup

- 1-1/2 pounds fresh broccoli
- 2 tablespoons unsalted butter
- 2 tablespoons lemon juice
- 1 large lemon, cut into wedges

1. Wash broccoli, and trim tough stems. Cut each stalk of broccoli into several pieces.
2. Place broccoli into a vegetable steamer basket over boiling water. Cover and simmer for 10 minutes until broccoli is tender.
3. In a small skillet, melt butter, and then add lemon juice. Drizzle lemon butter over broccoli, and serve with lemon wedges. Variation: for herbed broccoli, add 1/2 tsp marjoram and 1/2 tsp dried basil to the lemon-butter mixture.

NUTRITION FACTS

Calories 30(Calories from Fat 30)

Total Fat 3g

Saturated Fat 2g

Cholesterol 8mg

Sodium 18mg

Total Carbohydrate 4g

Dietary Fiber 2g

Sugars 2g

Protein 2g

BEVERAGES

Low Calorie Hot Chocolate

Ingredients:

- 2 cups skim milk
- 1/4 cup unsweetened cocoa powder
- 1/2 cup Splenda
- 1/4 cup water
- 1 tbsp sugar
- 3 tsp cornstarch

Directions:

Mix the cocoa powder, Splenda, and sugar together in a medium saucepan.

Combine the cornstarch with the water. Add the mixture to the cocoa powder mix and blend until smooth.

Put the mixture on medium low heat. Gradually add the milk, stirring constantly.

Bring the chocolate mix to a simmer. Let it simmer for 10 minutes, stirring it often.

When the hot chocolate becomes smooth and thick it is ready to serve.

Holiday Egg Nog

Makes 8 servings

Serving Size 4 oz (1/2 cup)

- 2 cups skim milk
- 2 tablespoons cornstarch
- 3 1/2 teaspoons Equal measure or 12 packets EQUAL sweetener or 1/2 cup EQUAL spoonful
- 2 eggs, beaten
- 2 teaspoons vanilla extract
- 1/4 teaspoon cinnamon
- 2 cups skim milk, chilled
- 1/8 teaspoon ground nutmeg

1. Mix 2 cups milk, cornstarch and Equal in small saucepan; heat to boiling. Boil 1 minute, stirring constantly. Mix about half of milk mixture into eggs; return egg mixture to remaining milk in saucepan. Cook over low heat until slightly thickened, stirring constantly. Remove from heat; stir in vanilla and cinnamon.

2. Cool to room temperature; refrigerate until chilled. Stir 2 cups chilled milk into custard mixture; serve in small glasses. Sprinkle with nutmeg.

Variation: Stir 1 to 1 1/2 tsp rum or brandy extract into eggnog, if desired.

NUTRITION FACTS

Calories 76

Fat 1g

Saturated Fat 1g

Cholesterol 55 mg

Sodium 79 mg

Carbohydrate 10g

Dietary Fiber 0g

Sugars 7g

Protein 6g

DESSERTS

Low Fat Peanut Butter Cookie

Ingredients:

- 1 (14 oz) can of low fat sweetened condensed milk
- 3/4 cup reduced fat peanut butter
- 1/4 cup fat free egg substitute
- 1 tsp vanilla extract
- 2 1/4 cups reduced fat biscuit mix
- 1/4 cup sugar

Directions:

Mix the milk, peanut butter, egg substitute and vanilla with a mixer on a low setting until smooth. Add the biscuit mix and blend well. Cover and chill for at least 3 hours.

Preheat your oven to 350. Drop the dough by teaspoonful 2 inches apart on a cookie sheet coated with nonstick spray. Sprinkle with sugar and bake the cookies until lightly browned about 6-8 minutes. Each cookie has 45 calories and 1.5 grams of fat. They make a yummy guilt free holiday treat.

Pineapple Lemon Upside-Down Cake

Makes 8 servings

- 1 8 1/4 ounce can crushed pineapple in juice, drained and juice reserved
- 1 0.3 ounce package sugar-free lemon or orange flavored gelatin
- 2 eggs
- 1 egg white
- 3/4 cup sugar
- 1 teaspoon vanilla extract
- 3/4 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt

Heat oven to 375°. Line round pan, 9x1 1/2 inches, with waxed paper; spray with nonstick cooking spray. Spread pineapple evenly in pan; sprinkle with gelatin (dry). Beat eggs and egg white in small bowl on high speed until very thick and lemon colored, about 5 minutes; pour into medium bowl. Gradually beat in sugar. Add enough water to reserved pineapple juice to measure 1/3 cup. Beat in pineapple juice and vanilla on low speed.

Gradually add flour, baking powder and salt, beating just until batter is smooth. Pour into pan. Bake until wooden toothpick inserted in center comes out clean, 25 to 30 minutes. Immediately loosen cake from edge of pan; invert pan on heatproof serving plate. Carefully remove waxed paper. Serve warm.

NUTRITION FACTS

Calories 160 (Calories from Fat 20)

Fat 2g (Saturated 1g)

Cholesterol 70mg

Sodium 170mg;