



Traditional Holiday Fare--Barix Style

Appetizers

- Base appetizers on fresh or roasted vegetables, fruits, lean meats, breads and reduced-fat cheeses.
- Choose raw vegetable crudités and fresh fruit with low-calorie dressings instead of cheese spreads or high-calorie dips.

Stuffing

- Bake stuffing in a covered casserole dish, rather than in the turkey where it absorbs a lot of fat.
- Sauté onions, celery, and 1 tablespoon of butter or margarine and then use chicken or turkey broth for additional moisture.

Turkey

- Roast the turkey on a rack so the fat drips away from the bird. Eat the white meat without skin.

Gravy

- Use a fat separator for the roasting pan juices and skim off all fat before making the gravy, or place the drippings in the freezer for a few minutes. As the fat rises to the top, you can skim it off.
- Use a dry package of turkey gravy mix for added flavor and thickening.

Desserts

- This is a great time to try out some new sugar free versions of your family's traditional favorites. Don't risk spending your holidays dumping.

Potatoes

- Mash the potatoes with chicken broth and canned, evaporated, skimmed milk. The evaporated milk has twice as much protein as regular milk and gives potatoes a delicious creamy texture. Hold the butter--no one will notice!

Vegetables

- Use pineapple and/or orange juice thickened with cornstarch as a glaze for carrots or sweet potatoes. Try adding a pinch of pumpkin pie spice to the glaze.
- Sprinkle hot vegetables with dill instead of butter.
- Use low fat canned cream soup in the traditional green bean casserole. Roast or steam vegetables to bring out their natural flavor.
- Buy frozen, seasoned vegetables that you can just heat and serve.

Baked Goods

- Replace sugar with Splenda® in baked goods. Add ½ teaspoon baking soda in addition to each cup of Splenda® used. Baking time may be shorter.
- Use 75% of the oil, margarine or butter called for in a recipe.
- Substitute applesauce for half or more of the butter, shortening or oil in a recipe. You may need to reduce the baking time by about 25%.
- Use frozen 100% fruit juice concentrates to sweeten your favorite baked goods. The naturally occurring fructose should allow the yeast to rise and the product to brown.

Cut Fat and Calories

- Use 2 egg whites or ¼ cup egg substitute in place of an egg.
- Make pies with only one crust or make a fruit crisp instead. Use already prepared no-added-sugar fruit fillings or use a sugar sub and fresh or frozen fruit.
- Use low fat cheese in recipes or to serve with crackers.
- Use lean cuts of meat, such as pork tenderloin.