

## Heart-Healthy Thanksgiving Recipe #1:

# Stuffing *with* Cranberries



*Tip*

Stuffing is usually baked with the turkey or chicken. This version bakes it separately, saving calories and fat. If you prefer extra-moist stuffing, add more chicken broth or water.

### what you need

- 1 cup low-sodium chicken broth
- 1 cup chopped celery
- ½ cup chopped onion
- 10 slices whole-wheat bread, toasted and cubed
- ¼ cup chopped parsley
- 1 teaspoon dried tarragon
- ½ teaspoon paprika
- ⅓ teaspoon ground nutmeg
- ½ cup chopped fresh cranberries
- 1 cup whole water chestnuts
- 1 cup chopped apple

### how to make

**PREHEAT** the oven to 350 F. Lightly coat a 2-quart baking dish with cooking spray.

In large skillet, heat chicken broth over medium heat. Add the celery and onion and sauté until vegetables are tender, about 5 minutes. Remove from heat.

**COMBINE** the rest of the ingredients in a large bowl. Add the onion and celery mixture. Stir to mix evenly.

**SPOON** stuffing into the prepared baking dish. Cover with aluminum foil and bake for 20 minutes. Uncover and bake 10 more minutes. Serve immediately.

NUTRITIONAL VALUE (PER SERVING): CALORIES 147; FAT 2 G (SAT 0.5 G, MONOSAT FAT 1 G); CHOLESTEROL 1 MG; SODIUM 263 MG; CARBOHYDRATES 29 G; FIBER 5 G; PROTEIN 2 G; CALCIUM 51 MG; POTASSIUM 256 MG.

# Portion patrol

Keep portions in check this holiday season with a little help from our fine-feathered friend. Use this “handy” illustration to help estimate portion size. Then gobble up—with less guilt.

## **FINGERTIP**

Approximately 1  
teaspoon

## **TIP OF THUMB**

Approximately 1  
tablespoon

## **THUMB**

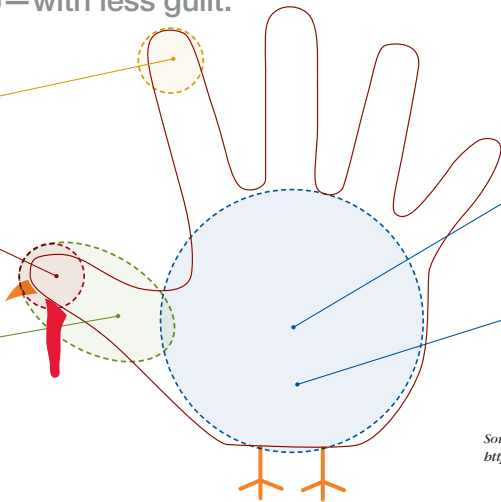
1 ounce of cheese  
or meat

## **FIST**

1 cup of fruit or 1  
medium whole, raw  
fruit

## **CUPPED HAND**

1 or 2 ounces of dry  
goods (nuts, cereal,  
pretzels)



Sources: <http://weightloss.about.com/library/blmeasure.htm>  
<http://www.womenshealthmag.com>

## Heart-Healthy Thanksgiving Recipe #2:

# Sweet Potatoes *and* Roasted Bananas



*Tip*

To save time, poke several holes in the sweet potatoes and microwave on high power for about three minutes. Turn and cook another three minutes or until tender. Set aside to cool and use as directed.

### what you need

- 1½ pounds sweet potatoes, washed
- 2 medium bananas, peeled and halved
- 2 tablespoons orange juice
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cardamom
- ¼ teaspoon ground nutmeg
- Red pepper flakes, to taste
- 3 tablespoons brown sugar
- Dried parsley, for garnish

### how to make

**PREHEAT** oven to 375 F. Coat baking dish with cooking spray.

**POKE** several holes with a fork in sweet potatoes. Bake until potatoes are soft, about 1 hour. Remove from oven and set aside. Peel when cool.

**PLACE** banana halves in prepared baking dish. Bake uncovered until fruit is soft and juicy, about 15 minutes. Remove from oven and pour orange juice over the bananas. Stir to scrape drippings and mash bananas well.

**ADD** bananas, sweet potatoes, spices and brown sugar in a large mixing bowl. Blend until smooth.

**TRANSFER** to ovenproof serving bowl and return to oven. Bake until warm. Garnish with parsley and serve.

NUTRITIONAL VALUE (PER SERVING): CALORIES 147; FAT 2 G (SAT 0.5 G, MONOSAT FAT 1 G); CHOLESTEROL 1 MG; SODIUM 263 MG; CARBOHYDRATES 29 G; FIBER 5 G; PROTEIN 2 G; CALCIUM 51 MG; POTASSIUM 256 MG.

# Holiday helpers

If the mere sight of a crowded calendar packed with year-end project deadlines, holiday parties, children's recitals, family gatherings and holiday shopping gives you a headache, don't panic—Think of Company's employee assistance program from GuidanceResources as your own team of elves ready to help.

While we can't make your to-do list magically disappear, our GuidanceResources "elves" can make it a bit more manageable by providing tips on keeping the holiday blues at bay. Their online resources can help you:

- > Find creative ways to enjoy the holidays without breaking the bank
- > Learn deep-breathing techniques to help you recover from sudden bouts of stress
- > Indulge your chocolate habit for better health
- > Ensure your holiday decorations are dazzling—and safe

And for more in-depth, personalized assistance, GuidanceResources offers one-on-one coaching to help you:

- > Find last-minute child care in the event of any hiccups in plans
- > Arrange care for your furry friends while you're away
- > Manage your holiday budget to help you shop thoughtfully
- > Escape the holiday blues in general or in the wake of a loss
- > Manage the stress that often accompanies this busy season
- > Learn how to involve a loved one with Alzheimer's in your family gatherings

For these and other tips, log on to [www.company.com](http://www.company.com) (Web ID Company) or call 1-877-000-0009. Let GuidanceResources help you make this holiday season a memorable one—for all the right reasons.

## Heart-Healthy Thanksgiving Recipe #3:



# Mixed *berry* Pie

*Tip*

Berries, including strawberries and raspberries, are a good source of vitamin C and fiber. If you prefer other types of fruit, use chunks of fresh peaches and bananas in this recipe.

### what you need

- 12 to 15 medium strawberries, sliced
- $\frac{3}{4}$  cup raspberries or blueberries
- $\frac{1}{2}$  cup fat-free, sugar-free instant vanilla pudding made with fat-free milk
- 6 single-serve (tart-size) graham cracker pie crusts
- 6 tablespoons light whipped topping
- 6 mint leaves, for garnish

### how to make


**MIX** together the strawberries and raspberries in a small bowl.

**SPOON** 4 teaspoons of the pudding into each pie crust. Add about 2 tablespoons of the strawberry-raspberry mix to each pie. Top the fruit with 1 tablespoon whipped topping. Garnish with mint leaves.

**SERVE** immediately or place in the refrigerator until ready to serve.

NUTRITIONAL VALUE (PER SERVING): CALORIES 165; FAT 7 G (SAT 1.5 G, TRANS FAT 0 G); CHOLESTEROL 0 MG; SODIUM 200 MG; CARBOHYDRATES 28 G; FIBER 2 G; PROTEIN 2 G; CALCIUM 34 MG; POTASSIUM 104 MG.

## Going the distance

1  = 4.8 miles

How many miles would you have to walk to burn off a slice of pecan pie? At 480 calories for 1/8 of a nine-inch pie, you'd have to rack up 4.8 miles at a rate of 2,000 steps per mile.

In fact, you would need to walk 6.4 miles to burn off the 640 calories that comes from eating eight ounces of white and dark turkey, half a cup of mashed potatoes and half a cup of gravy. And for every dinner roll you have, add an extra mile to your post-Thanksgiving routine.

There's no need to banish all of your favorite fare from the table come Nov. 25. Simply use this time to think about ways you can stick to your health and wellness goals—without deep-sixing the apple pie.

- > **THINK PROPORTIONALLY.** Studies confirm that the smaller the plate, the smaller the portion size.
- > **FOCUS ON FAMILY.** Thanksgiving should revolve around your family, not food.
- > **SNACK SELECTIVELY.** Have a small, nutritious snack (such as an apple) before the afternoon meal so you won't be as tempted to overindulge.
- > **GIVE YOURSELF PERMISSION.** If this is the only time you'll get to sample your great aunt's pumpkin pie, by all means go ahead and have one slice (one being the operative word).