



My Holiday Plate Recipes

Pineapple Sweet Potatoes

Makes 4 servings.

- 4 small fresh sweet potatoes or yams
 - 1 cup (about 12 ounces) pineapple tidbits or crushed pineapple, in juice, drained
 - 1 teaspoon ground cinnamon
 - 2 teaspoons margarine
 - 3 tablespoons chopped pecans, optional
1. Scrub sweet potatoes and cut each into 4 pieces. In a covered saucepan, boil sweet potatoes in just enough water to cover. When they are fork-tender (about 15 to 20 minutes), drain. Remove skin and any bad spots.
 2. Preheat oven to 350°F. Spray an oven-proof dish with non-stick cooking spray.
 3. Mix pineapple and cinnamon. Put half of the pineapple mixture in a dish and then half the sweet potato pieces over the pineapple. Repeat. Place margarine on top of potatoes, sprinkle with nuts, and bake for 45 minutes.

Source: K-State "Fix It Fresh!"

Nutrition per 3/4-cup serving (without pecans):

160 calories, 2 g fat, 0 cholesterol, 90 mg sodium, 34 g carbohydrate, 5 g fiber, 12 g sugar, 2 g protein.

Citrus Sweet Potatoes

Makes 6 servings.

- 3 medium sweet potatoes, peeled
- 3 tablespoons packed brown sugar
- 1½ teaspoons cornstarch

- ½ cup orange juice concentrate
- 1 teaspoon grated lemon peel
- ¼ cup chopped pecans, optional

1. Scrub sweet potatoes and cut each into 4 to 6 pieces. In a covered saucepan, boil sweet potatoes in just enough water to cover. When they are fork-tender (about 15 to 20 minutes), drain. Remove skin and any bad spots.
2. Cut potatoes into ½-inch slices. Place in a square 8-inch by 2-inch baking dish sprayed with non-stick cooking spray.
3. In a small saucepan, combine brown sugar and cornstarch. Whisk in orange juice concentrate and lemon peel. Bring to a boil, cook, and stir for 1 to 2 minutes or until thickened. Pour over sweet potatoes. Sprinkle with pecans if desired.
4. Bake uncovered at 325°F for 25 to 30 minutes or until sweet potatoes are heated through and sauce is bubbly.

Source: Recipe provided courtesy of Taste of Home magazine. Find more great recipes at www.tasteofhome.com.

Nutrition per ¾-cup serving (without pecans):

120 calories, 0 fat, 0 cholesterol, 20 mg sodium, 30 g carbohydrate, 2 g fiber, 20 g sugars, 1 g protein.

Healthier Green Bean Casserole

Makes 9 servings.

- 1 can (10¾ ounces) reduced-fat cream of mushroom soup
 - ½ cup fat-free sour cream
 - ¼ cup fat-free milk
 - 2 cans (15 ounces each) drained green beans or two 9-ounce bags frozen green beans
 - ½ cup canned French-fried onions (See note below.)
1. Mix soup, sour cream, and milk in 2-quart casserole.
 2. Stir in beans and bake uncovered at 350°F until mixture is bubbly — about 40 minutes.
 3. Sprinkle onions on top and cook for 5 more minutes.

Source: North Carolina Eat Smart, Move More.

Nutrition per ½-cup serving: 100 calories, 4 g fat, 5 mg cholesterol, 230 mg sodium, 12 g carbohydrate, 2 g fiber, 3 g sugars, 3 g protein.

Note: For extra calorie and fat savings, consider gently cooking fresh onions in a non-stick skillet to use as topping instead of purchased French-fried onions.

Green Bean Sauté

Makes 6 servings.

- 1 cup sliced onion
- 1 cup sliced mushrooms
- 1 teaspoon minced garlic
- 1 can (16 ounces) cut green beans

1. Spray a skillet with non-stick cooking spray. Over medium heat, cook onions, mushrooms, and garlic until onions are soft.
2. Add drained green beans and heat thoroughly.

Source: USDA Snap-Ed Connection.

Nutrition per ½-cup serving: 35 calories, 0 g fat, 0 mg cholesterol, 200 mg sodium, 6 g carbohydrate, 2 g fiber, 2 g sugars, 2 g protein.



Light 'n' Creamy Mashed Potatoes

Makes 14 servings.

- 6 cups quartered, peeled potatoes (about 3 pounds as purchased)
 - 4 ounces fat-free cream cheese
 - ½ cup reduced-fat sour cream
 - ½ cup fat-free milk
 - ½ teaspoon salt
 - ¼ teaspoon garlic powder
 - ¼ teaspoon ground black pepper
 - 1 tablespoon minced fresh chives
 - Dash of paprika
1. Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat, cover, and boil gently for 15 to 20 minutes or until tender. Drain.
 2. In a large mixing bowl, mash the potatoes with electric mixer.

3. Add cream cheese, sour cream, milk, salt, garlic powder, and pepper. Beat until smooth, stir in chives, and sprinkle with paprika.

Source: Recipe provided courtesy of Taste of Home magazine. Find more great recipes at www.tasteofhome.com.

Nutrition per ½ cup serving: 80 calories, 1g fat, 5 mg cholesterol, 150 mg sodium, 15 g carbohydrate, 1 g fiber, 2 g sugars, 3 g protein.

Yogurt Mashed Potatoes

Makes 10 servings.

- 4 cups potatoes, peeled, cut into eighths (about 2 pounds as purchased)
 - ¼ cup fat-free milk
 - 1¼ cups plain fat-free yogurt
 - 4 green onions, sliced
 - ½ to 1 teaspoon garlic powder, or desired seasoning
 - Salt and pepper to taste
 - Chopped fresh parsley
1. Place potatoes in microwave-safe dish. Add milk. Cover tightly and cook on high until potatoes are tender but not mushy, about 12 minutes.
 2. Meanwhile, combine yogurt, green onions, and garlic powder in a bowl.
 3. Remove potatoes from microwave, add yogurt mixture, and mash roughly.
 4. Season with salt and pepper and garnish with parsley.

Source: Adapted from Epicurious.com.

Nutrition per ½ cup serving (without added salt): 70 calories, 0 g fat, 0 mg cholesterol, 25 mg sodium, 16 g carbohydrate, 1 g fiber, 3 g sugars, 3 g protein.

Light Pumpkin Pie

Makes 8 servings.

- 1 cup ginger snap cookies
 - 1 can (15 ounces) pumpkin (not pumpkin pie filling)
 - ½ cup egg whites (about 4)
 - ½ cup sugar
 - 2 teaspoons pumpkin pie spice
 - 1 can (12 ounces) evaporated fat-free milk
1. Preheat the oven to 350°F. Spray 9-inch round glass pie dish with nonstick cooking spray.
 2. Grind the ginger snap cookies in a food processor. Pat the cookie crumbs into the pan evenly.
 3. Mix the rest of the ingredients in a large mixing bowl. Pour into the crust and bake until knife inserted in center comes out clean, about 45

minutes. Cool on wire rack for 2 hours. Serve immediately or cover and refrigerate.

Source: North Carolina Eat Smart, Move More.

Nutrition per 1/8 of recipe: 220 calories, 4.5 g fat, 0 mg cholesterol, 160 mg sodium, 39 g carbohydrate, 3 g fiber, 28 g sugars, 7 g protein.

Crustless Pumpkin Pie

Makes 8 servings.

- 3/4 cup granulated sugar
 - 1 teaspoon ground cinnamon
 - 1/2 teaspoon salt
 - 1/2 teaspoon ground ginger
 - 1/4 teaspoon ground cloves
 - 2 large eggs
 - 1 can (15 ounces) pumpkin (not pumpkin pie filling)
 - 1 can (12 ounces) evaporated fat-free milk
 - Reduced-fat whipped topping, optional
1. Spray 9-inch round glass pie dish with nonstick cooking spray. Preheat oven to 325°F.
 2. Mix sugar, cinnamon, salt, ginger, and cloves in small bowl.
 3. Beat eggs in large mixing bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk. Pour into pie dish.
 4. Bake for 55 to 60 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or cover and refrigerate. Top with whipped topping if desired.

Source: www.verybestbaking.com.

Nutrition for 1/8 of recipe (without topping): 140 calories, 1.5 g fat, 55 cholesterol, 210 mg sodium, 28 g carbohydrate, 2 g fiber, 26 g sugar, 6 g protein.

Fall Apple Crisp

Makes 9 servings.

- 7 cups cored, sliced apples, about 2 pounds or about 5 large apples (Granny Smith, Jonathan, or Jonagold work well)
- 1/3 cup apple juice
- 1/2 cup whole wheat flour
- 1/4 cup sugar
- 1/4 cup packed light brown sugar
- 1/2 cup rolled oats
- 5 tablespoons soft tub margarine, cut into small pieces
- 3 tablespoons slivered almonds



1. Preheat oven to 375°F.
2. Peel apples, if desired, slice, and toss in a mixing bowl with apple juice to coat.
3. Combine flour, both kinds of sugar, and oats in another mixing bowl. Cut in margarine using two knives until mixture is crumbly. Stir in almonds.
4. Spray a square 8-inch by 2-inch baking dish with non-stick cooking spray. Pour apples into baking dish and sprinkle with crumb mixture. Bake 45 minutes or until topping turns golden brown.

Source: North Carolina Eat Smart, Move More.

Nutrition per 1/9 of recipe: 200 calories, 8 g fat, 0 mg cholesterol, 60 mg sodium, 33 g carbohydrate, 4 g fiber, 22 g sugars, 2 g protein.

Slow Cooker Baked Apples

Makes 9 servings.

- 6 large baking apples (Granny Smith, Jonathan, or Jonagold work well)
 - 3 tablespoons brown sugar
 - 1/2 teaspoon nutmeg
 - 1 teaspoon cinnamon
1. Quarter apples and remove core. Place in slow cooker.
 2. Mix sugar and spices and sprinkle over apples. Cover and cook 4 hours on low or 2 hours on high, stirring once after juice begins to form to more evenly distribute seasonings.

Nutrition per 1/9 of recipe: 110 calories, 0 g fat, 0 mg cholesterol, 0 mg sodium, 27 g carbohydrate, 4 g fiber, 21 g sugar, 1 g protein.



K-State Research & Extension
Wildcat District #14
Independence Office
410 Peter Pan Rd., Suite B
Independence, KS 67301
(620) 331-2690