



University of Nevada  
Cooperative Extension

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Community Connection

# University of Nevada Cooperative Extension

## Nutritious holiday goodies

Although the title of this article may sound like double talk, the holidays don't have to be "horror days" if you put your favorite holiday recipes through a healthy makeover. First you need to decide what you would like to accomplish. Would you like to reduce calories or fat? Maybe you'd like to incorporate more fiber. Whatever your goal, the second step is to identify the ingredient(s) in the recipe that can be modified. Very few recipes need to be followed exactly to assure a good quality product. The following hints however

will increase your chances for success.

### *Reducing Fat and Calories*

- Reduce fat by ¼ to 1/3 in baked products.
- Sauté in water or broth instead of fat.

**Very few recipes need to be followed exactly to assure a good quality product.**

- Use the reduced-calorie/fat alternative for whole milk, cheeses, sour cream, mayonnaise, salad dressings, cottage

cheese, etc.

- Chill soups, gravies, and broth to skim off the hardened fat before reheating to serve.
- Replace fat in baked goods with equal amounts applesauce or prune puree. (This will work in many recipes, but not all. The flavor of some products may be altered by this substitution.)

### *Reducing Saturated Fat and Cholesterol*

- Substitute 2 egg whites for each whole egg.

*(Continued on page 2)*

## Take a hike!



### *What to take on a fall day hike*

- Plenty of water and snacks or lunch that won't need refrigeration; apples, granola bars and trail mix are healthy and convenient.
- Cell phone. If you're alone, make sure to tell a friend where you're going and when you plan to return.
- Trail map. If you're headed to a remote area, consider a GPS trail map.
- Sunglasses and a wide-brimmed hat to protect your eyes from UV rays. Even on cloudy days, wear sunscreen with an SPF of at least 15.
- Windbreaker and a rain hat. Dress in layers so you can add or remove clothing if the temperature changes.
- Sturdy shoes or hiking boots. Break them in before you wear them on a hike.
- Small first-aid kit with bandages for cuts and scrapes, as well as "blister blocker bandages" in case you get blisters on your feet. Include insect repellent and, if you have allergies, pack your medication or take it before you leave.
- Binoculars, camera, and information about the natural and cultural history of the area will make your trip more enjoyable.
- Flashlight with batteries.
- Pocketknife.

*HopeHealth ~ 10076*

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### We're on the Web

[www.unce.unr.edu](http://www.unce.unr.edu)  
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[www.YouTube.com/UNNRExtension](http://www.YouTube.com/UNNRExtension)

# Holiday goodies

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- If a recipe calls for “melted” shortening or butter, use vegetable oil in place of the solid fat. (Do not try to substitute oil for solid fat measurements.)

### Reducing Sweeteners

- Reduce sugar by  $\frac{1}{4}$  to  $\frac{1}{2}$  in baked goods and desserts. (Don't reduce sweeteners in yeast breads. It promotes rising.)

- Increase the amount of vanilla or cinnamon in the recipe to enhance the impression of sweetness.

### Increasing Fiber

- Substitute whole grain flours for up to  $\frac{1}{2}$  the white flour in a recipe.
- Add extra fruits and vegetables to recipes and include the peel when appropriate.
- Add fruits to muffins, pancakes, salads, and desserts; and add vegetables to quiche, casseroles, and salads.

### Reducing Sodium

- Omit or reduce by half the amount of salt called for in a recipe. (Salt is needed in yeast bread to control the rising action of the yeast.)
- Rely on herbs and spices in place of salt for flavor.
- Taste foods before adding extra salt.

*Susan Lednicky, Nutritionist*

## Holiday Pumpkin Pie (one, 9” pie)

### Crust:

- 1 cup all-purpose flour
- 1 Tbs. sugar
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  cup oil
- 1-2 Tbs. ice water

### Filling:

- $\frac{1}{2}$  tsp. cinnamon
- 1 egg
- 2 egg whites
- 1-16 ounce can solid pack pumpkin
- $\frac{3}{4}$  cup sugar
- $\frac{1}{2}$  tsp. nutmeg
- $\frac{1}{4}$  tsp. ginger
- $\frac{1}{8}$  tsp. cloves
- 1 tsp. vanilla
- 1-13 ounce can evaporated skim milk
- $\frac{1}{2}$  tsp. salt

To make crust: Spray a 9-inch pie pan with vegetable cooking spray. In a medium-sized bowl, stir together flour, sugar and salt. Using a fork, slowly stir the oil into the flour mixture until crumbly. Gradually stir in enough ice water so that the dough will hold together. Roll the dough between sheets of waxed paper with a rolling pin into a circle about 12 inches in diameter. Remove the top sheet of waxed paper and invert the dough over the pie pan. Peel away the remaining waxed paper and press crust into pan. Fold edges of crust under and crimp upward to make a high rim. Chill pastry while preparing the filling.

Filling: Preheat oven to 425°F. Slightly beat eggs together. Mix all ingredients in blender, food processor or mixing bowl. Pour into pie shell and sprinkle lightly with more cinnamon, if desired. Bake for 10 minutes, and then reduce temperature to 350°F and bake an additional 45 minutes. A knife inserted near the center of the pie should come out clean when finished.



**One slice of this delicious, low-fat pie provides 260 calories and only 7 grams of fat. Traditional pumpkin pie provides 316 calories and 14 grams of fat.**

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## 6 Tips to improve your cholesterol & triglycerides

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1. Stop smoking if you're a smoker.
2. Eat less animal or saturated fat and more unsaturated fats like olive or canola oil.
3. Eat plenty of foods high in soluble fiber such as oats, apples, and beans.
4. Restrict alcohol and foods and beverages with added sugars.
5. Get at least 30 minutes of brisk activity every day.
6. Take medication if diet and lifestyle measures aren't enough.



*Sources: National Heart, Lung, and Blood Institute; American Heart Association HopeHealth--No. 10931*

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## Join the first of the year 5K run/ 1 mile fun walk

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The A.C.F. Chefs of Las Vegas want to set a record and you can help. Make plans now to ring in the New Year with the largest chef's run ever done! The Chefs for Kids 5K Run/1 Mile Fun Walk is scheduled for Saturday, January 17, 2015. Each runner/walker receives a Chefs for Kids T-shirt, goodie bag, free smoothies from Jamba Juice and a free pancake breakfast! There will also be a raffle. The start time is 9 a.m. at Wayne Bunker Family Park (7351 West Alexander Road, LV 89129).

Las Vegas Track Club (LVTC) will provide race bibs and computerized timing. Trophies will be awarded in the 5K for the top three overall male and female, plaques for the top three (50+) male and female, certificates for the top three male and female in each category. Age categories begin at 12 and under through 80+.



Participant fees are: adults, \$25 for 5K/\$20 for Fun Walk; children 12 and under \$20; and groups of 10 or more \$20 per runner. Race day fee is \$35. Online registration is available at [www.active.com](http://www.active.com) or you can mail checks payable to LVTC at P.O. Box 30134, LV 89173. Packet pick-up is available at The Red Rock Running Company (7350 W. Cheyenne Ave., 89129) from 10 a.m. to 6 p.m. on Friday, January 16 or on race day from 8-8:45 a.m.

For more information or sponsorship opportunities, please contact Sandi Boyer at 702-460-1852.

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Discover: by assessing community needs; understanding emerging issues; Develop: science-based programs to help resolve the needs of community residents; Disseminate: through evidence-based educational programs; classes and publications; Preserve: by publishing findings via curriculum and fact sheets and demonstrate knowledge to strengthen the social, economic and environmental well-being of people.

## Safety first when preparing the holiday meal

**N**o one wants to be remembered as the person responsible for the meal that made family and friends ill. Here are some tips for making your holiday meals safe:

### IF YOU BUY FRESH TURKEY

Buy turkey one-to-two days before you plan to cook it. Store turkey in the refrigerator on a tray to catch any liquids until you're ready to cook it. **Caution:** avoid fresh pre-stuffed turkeys because if handled improperly bacteria in the stuffing can grow to harmful levels very quickly.

### IF YOU BUY FROZEN TURKEYS

Keep frozen until you are ready to thaw it. It is very important to thaw turkey correctly. For best quality, keep your turkey frozen for no longer than 1 year.

### TURKEY THAWING TIPS

As long as foods are kept frozen they are safe. However, as soon as you begin to defrost turkey (less than 40°F), any bacteria present in or on the food before freezing will grow. Neither putting food in warm water nor leaving it out on the counter are good ideas for defrosting poultry. This is because the outer layer of the food will be in the "Danger Zone," (between 40 and 140°F, see chart), at temperatures where bacteria grows rapidly. This is happening even when the center of the package may still be frozen as the meat thaws on the counter.

### THREE SAFE WAYS TO DEFROST FOOD ARE: in the refrigerator, in cold water and in the microwave

#### Refrigerator Thawing.

- Turkeys require at least 24 hours for every 5 pounds of weight. A pound of ground meat or boneless chicken breasts will likely need a day to thaw.
- Poultry should be cooked within a day or two of thawing.
- Foods defrosted in the refrigerator can be refrozen once, but there will be a loss of quality.

#### Cold Water Thawing.

- Place food in a leak-proof bag. A leaky bag will result in meat taking up water (like a sponge) and absorb bacteria from the surrounding water.
- Fully cover the poultry in cold tap water and change the water every half-hour until thawed. For whole turkeys, thawing will take about 30 minutes per pound.
- Food must be cooked immediately once thawed completely.
- Don't refreeze foods thawed by cold water. In both situations, the contact to warm temperature encourages bacteria growth.

#### Microwave Thawing.

Foods thawed in the microwave should be cooked right away because some areas of the food may become warm and begin to cook during microwave defrosting. The risk is that some of the bacteria in the partially cooked turkey will grow.

Find tips on roasting your turkey, storing leftovers and reheating by reading the [Fact Sheet 07-33](#).



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