

COASTLINE ELDERLY NUTRITION NEWS

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Healthy Holiday Recipes

The holiday season is upon us and like many of you; food is a center piece for gatherings, parties and celebrations. While the temptation to over-indulge is high during the holidays, it **IS** possible to enjoy the wonderful flavors of your favorite holiday recipes without all of the calories, fat and sugar. Check out some of these healthy recipes that you can incorporate into your holidays!

Spinach-Pear Salad with Mustard Vinaigrette

2 Bosc pears, cored and thinly sliced
1 (6-ounce) package fresh baby spinach
3 tablespoons water
2 tablespoons balsamic vinegar
1 teaspoon sugar
5 teaspoons extravirgin olive oil
1 1/2 teaspoons stone-ground mustard
3/4 teaspoon salt
1/2 teaspoon coarsely ground black pepper
1/4 cup (1 ounce) shaved Parmigiano-Reggiano cheese

Combine pear slices and spinach in a large bowl. Combine water and the next 6 ingredients (through pepper), stirring with a whisk. Drizzle vinaigrette over salad, and toss gently to coat. Sprinkle with cheese.

Yield: 12 servings (serving size: 2/3 cup)

Calories 52; Fat 2.7g; Carbs 6g; Sodium 215mg; Protein 2g

Rosemary Roasted Pork Tenderloin

1/2 cup apple juice concentrate
1/4 cup Dijon mustard
1/4 cup chopped fresh rosemary
8 cloves garlic, minced
3/4 teaspoon coarsely ground pepper
3 (1 pound) pork tenderloin

In a bowl, combine the first five ingredients; mix well. Set aside 1/3 cup; cover and refrigerate. In a large resealable plastic bag, combine the pork and remaining marinade. Seal bag and turn to coat; refrigerate overnight.

Drain and discard marinade from meat. Place meat in a roasting pan coated with nonstick cooking spray. Pour the reserved marinade on top. Bake, uncovered, at 350 degrees F for 40-45 minutes or until a meat thermometer reads 160 degrees F. Let stand for 10 minutes before slicing.

Yield: 9 servings (serving size: 4 ounces): Calories 223; Fat 7g; Carbs 7g; Sodium 320 mg; Protein 33g

Pumpkin Pie Dip

3/4 cup fat-free cream cheese
1/2 cup packed brown sugar
1/2 cup canned pumpkin
2 teaspoons maple syrup
1/2 teaspoon ground cinnamon

Place first 3 ingredients in a medium bowl, and beat with a mixer at medium speed until well blended. Add syrup and cinnamon, and beat until smooth. Cover and chill 30 minutes. Serve with apples or pears.

Yield: 12 servings (serving size: 2 tablespoons dip)
Calories 55; Fat 0g; Carbs 12g; Sodium 125 mg; Protein 2g