

# HEALTHY KID FRIENDLY HOLIDAY COOKING



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## KID RULES FOR THE KITCHEN

1. Always ask an adult if you can use the kitchen.
2. Make sure you have all the ingredients before you start.
3. Wash your hands before you touch food.
4. Wear an apron or towel to keep your clothes clean.
5. Always clean up when you are finished.

\* Denotes kid-friendly preparation



**Bringing the  
University to YOU**



## NOTES & IDEAS

\*THE INFORMATION GIVEN HEREIN IS FOR EDUCATIONAL PURPOSES ONLY. REFERENCES MADE TO COMMERCIAL PRODUCTS OR TRADE NAMES ARE WITH THE UNDERSTANDING THAT NO DISCRIMINATION IS INTENDED AND NO ENDORSEMENT IS IMPLIED.



## NOTES & IDEAS



## Substitutions

Instead of...	Use...
1 cup butter in baking	1 cup applesauce
8 oz. cream cheese	8 oz. yogurt cheese
1 cup crème fraiche	1 cup lowfat or non fat yogurt cheese
1 cup heavy cream (in recipes, not for whipping)	2 tsp cornstarch or 1 TB flour whisked into 1 cup nonfat milk
1 cup sour cream	1 cup lowfat cottage cheese + 2 TB skim milk + 1 TB lemon juice
1 cup fat for sautéing	4 cups low fat stock, fruit juice or wine and sauté until liquid evaporates
1 egg	2 egg whites
1 cup oil or fat for basting	1 cup fruit juice or low fat stock

## BROCCOLI CRUNCH SALAD

- 2 heads fresh broccoli
- 1 red onion
- 1/2 pound bacon
- 3/4 cup raisins
- 3/4 cup sliced almonds
- 1 cup mayonnaise
- 1/2 cup SLENDA® No Calorie Sweetener, Granulated



2 tablespoons white wine vinegar  
Place bacon in a deep skillet and cook over medium high heat until evenly brown. Cool and crumble.  
Cut broccoli into bite-size pieces and cut onion into thin bite-size slices. Combine with the bacon, raisins, and almonds and mix well.  
To prepare the dressing, mix mayonnaise, SLENDA® Granulated Sweetener, and vinegar together until smooth. Stir into the salad, let chill and serve.

### \*Baby Carrots & Raisins

- 1 lb fresh baby carrots
- 2 T water
- 1/4 c raisins
- 1/4 c sliced almonds (optional)
- 2 T butter
- 3 T honey or sugar
- 1/4 t cinnamon
- salt to taste

Place the carrots and water in a microwaveable dish. Cover, and microwave on high until the carrots are tender, about 10 minutes.  
Stir about half way through. Drain the water. Stir in the rest of the ingredients, cover, and microwave on high for 1 to 2 minutes more.

## LOWFAT BREAD STUFFING

- 4 ounces sweet Italian turkey sausage, casings removed
- 1 tsp. canola oil
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped mushrooms
- 1 tbsp. fresh sage, finely chopped
- 1 tsp. dried thyme
- 1/4 tsp. black pepper
- 1 pound day-old artisan bread cubes
- 1 14 1/2-ounce can fat free, low sodium chicken broth
- 1 egg, lightly beaten, or 2 egg whites

Spray a large nonstick skillet with cooking spray. Cook sausage meat until browned, breaking it into chunks with a spatula. Remove from pan and set aside. Add 1 tsp. canola oil to skillet. Add onion, celery and mushrooms, and sauté until tender. In a large bowl, combine bread cubes with cooked sausage, vegetable mixture, herbs and pepper. Whisk together broth and egg, and pour over stuffing mixture. Toss well to coat. Spoon stuffing into 13-inch x 9-inch baking dish and bake at 350°F for 40-45 minutes, or until browned.

Makes 12 servings

## FRESH PUMPKIN PIE

1 small, fresh pie pumpkin  
1/2 cup brown sugar  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1/4 teaspoon ground ginger  
Pinch ground cloves  
1/4 teaspoon salt  
1 egg  
1/2 cup milk  
1 pre-made, unbaked, 9-inch pie crust

1. Preheat oven to 375°F.
2. Cut the pumpkin in half and microwave it until tender, about 7 minutes. With a large spoon, scoop out the flesh and place it in a food processor and process until smooth.
3. Add the sugar, cinnamon, nutmeg, ginger, cloves, salt, egg and milk and process to combine. Strain to remove any bits of solid pumpkin.
4. Line a 9-inch pie plate with the pie crust. Pour the pumpkin mixture into the pie crust and bake until the pumpkin mixture is set, about 30-40 minutes.

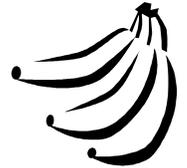
Service Size: 1 Piece

Per Serving: Calories 171, Fat 6g, Saturated Fat 1g, Protein 3g, Sodium 183mg, Carbohydrate 26g, Fiber 1g



## CHOCOLATE CHUNK BANANA BREAD

2 cups all-purpose flour  
1 cup SLENDA® No Calorie Sweetener, Granulated  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
2 eggs  
1 cup mashed ripe bananas  
1/3 cup oil  
1/4 cup milk  
6 (1 ounce) squares Semi-Sweet Baking Chocolate  
1/2 cup chopped walnuts



Preheat oven to 350 degrees F. Grease 9x5-inch loaf pan. Set aside. Combine flour, SLENDA® Granulated Sweetener, baking powder, baking soda, and salt in a large bowl. Set aside. Coarsely chop baking chocolate bars. Mix eggs, bananas, oil, and milk in a large bowl until well blended. Add dry ingredients; stir until just moistened. Stir in chopped chocolate and walnuts. Pour into greased loaf pan. Bake for 45 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pan; cool completely on wire rack.

## \*YOGURT FRUIT DIP

1 cup nonfat lemon yogurt  
1 cup fat free non-dairy whipped topping  
2 cups fresh fruit of your choice  
Skewers

1. Mix yogurt and non-dairy whipped topping together in bowl.
2. Stick pieces of fruit on the skewers and dip into the yogurt mixture.

## BLUEBERRY ALMOND COFFEECAKE

2 cups all-purpose flour  
2 teaspoons baking powder  
3/4 teaspoon salt  
1/2 cup unsalted butter, softened  
1 1/2 c. fresh or frozen blueberries  
1 egg white  
3 tablespoons SLENDA®  
3/4 cup sliced almonds

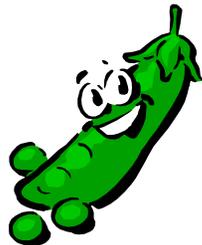
1 cup SLENDA®  
2 large eggs  
1 teaspoon vanilla extract  
1/4 teaspoon almond extract  
1/2 cup 2% reduced-fat milk

Preheat oven to 350° F. Grease an 8" sq. baking dish. Set aside.  
Combine flour, baking powder and salt in a small bowl. Set aside.  
Beat butter at medium speed with an electric mixer until creamy. Add 1 cup SLENDA® Granulated Sweetener and flavorings; beat at medium speed until light and fluffy. Add whole eggs, one at a time, beating each.. Add flour mixture to butter mixture alternately with milk, beginning & ending with flour mixture. Fold in berries. Spoon mixture into prepared dish.  
Beat egg white with a fork; add 3 tablespoons SLENDA® Granulated Sweetener. Stir in almonds. Spoon over batter. Bake for 50 to 60 minutes or until a toothpick inserted in the center comes out clean. Cool in pan on a wire rack 10 minutes.

## \*EASY CHEESY PEAS & CARROTS

1/8 cup milk  
1/2 cup cottage cheese  
1/3 cup cream cheese  
1/8 cup shredded mild Cheddar cheese  
1/4 cup soft cooked peas  
1/8 cup diced cooked carrots  
Parmesan Cheese  
Shredded mozzarella cheese  
What you do:

**Blend milk and cheeses together until smooth, then stir in peas and carrots. Sprinkle with Parmesan cheese and shredded mozzarella cheese**



## HOMEMADE TURKEY SOUP

6 lb turkey breast (at least 2 cups)  
2 medium onions  
3 stalks of celery  
1 tsp dried thyme  
1/2 tsp dried rosemary  
1/2 tsp dried sage  
1 tsp dried basil  
1/2 tsp dried marjoram  
1/2 tsp dried tarragon  
1/2 tsp salt  
Black pepper to taste  
1/2 lb Italian pastina or pasta

1. Place turkey breast in a large 6-quart pot. Cover with water, at least 3/4 full.
2. Peel onions, cut in large pieces, and add to pot. Wash celery stalks, slice, and add to pot also.
3. Simmer covered for about 2 1/2 hours.
4. Remove carcass from pot. Divide soup into smaller, shallower containers for quick cooling in the refrigerator.
5. After cooling, skim off fat.
6. While soup is cooling, remove remaining meat from turkey carcass. Cut into pieces.
7. Add turkey meat to skimmed soup along with herbs and spices.
8. Bring to a boil and add pastina. Continue cooking on low boil for about 20 minutes until pastina is done.
9. Serve at once or refrigerate for later reheating.

Yields: 16 cups

Serving Size: 1 cup

Per Serving: Calories 226, Fat 5g, Saturated Fat 1g, Cholesterol 93mg, Sodium 217



## CONVENIENT PEACH COBBLER

3 15-ounce cans sliced cling peaches packed in 100% juice  
2 cups reduced fat all-purpose baking mix  
2 cups non-fat frozen vanilla yogurt  
Brown sugar

1. Drain peaches well; reserve juice.
2. Place peaches in a 9" microwave-safe dish.
3. Combine 1 cup juice and baking mix in a small bowl.
4. Spread mixture on top of peaches.
5. Sprinkle with brown sugar.
6. Microwave on High for 8-10 minutes or until dough is not moist.
7. Serve with yogurt.

To bake instead of microwave, bake in a 425° F oven for 12 minutes.  
Yields: 8 servings.

## LOWFAT TURKEY GRAVY

Pan juices from turkey  
1/4 cup flour  
4 cups fat free, reduced sodium chicken broth  
4 tbsp red wine  
Ground black pepper to taste

While your cooked holiday turkey is resting, strain the pan drippings and pour into a gravy separator. Place roasting pan on stovetop over a medium heat. You will likely need two burners. Sprinkle flour into pan and stir until golden brown. Reduce heat to low. Return defatted drippings to pan, add chicken broth and wine. Stir with a whisk until blended. Turn heat back up to medium and cook, stirring constantly, until gravy thickens. Season with black pepper if desired.

Pour into a gravy boat.

Yields: 4 cups



## \* GRANOLA APPLE WEDGES

- 2 tablespoons peanut butter, preferably natural  
1 teaspoon honey  
1 Braeburn or Red Delicious apple, quartered & cored  
1/3 cup low-fat granola
- In small bowl, mix together the peanut butter and honey.
  - Spread a thin layer of peanut butter on cut sides of each apple wedge.
  - Roll wedges in granola, pressing gently to adhere granola to peanut butter layer. Serve.
  - Makes 2 servings.



## \* Walking Safari Salad

- 1 apple per person, cored  
Peanut butter  
1 tablespoon raisins per apple
1. Wash and core apples. Do not core all the way through the apple.
  2. Mix peanut butter and raisins together. Fill the cored area of the apple with the raisin-peanut butter mixture
  3. Wrap in foil or drop into a plastic sandwich bag.

## \* CHOCOLATE CRISPIES

- 2 oz. semi-sweet chocolate
- 1/2 cup sugar
- 3 tablespoons light corn syrup
- 1 tablespoon water
- 2 cups crisp rice cereal

Place chocolate in 2-quart casserole. Heat in microwave oven on full power for 2-1/2 to 3-1/2 minutes or until melted. Stir in sugar, corn syrup and water. Cook in microwave oven on full power for 1 to 2 minutes or until sauce is heated. Add cereal. Stir until cereal is well-coated. Drop by tablespoon onto waxed paper. Allow to cool until set.

Yield 1-1/2 to 2 dozen

## LEMON-STRAWBERRY PUNCH

- 1 can (6 oz.) frozen orange juice concentrate, thawed
- 1 pkg. frozen sliced strawberries
- 1 can (6 oz.) frozen lemonade concentrate
- 1 quart carbonated water
- 1 quart ginger ale
- Sliced bananas (garnish)
- Sliced oranges or lemons (garnish)



Combine frozen lemonade, the strawberries (half-thawed with juice), and the orange juice. Place in a punchbowl with ice. Just before serving, add carbonated water and ginger ale. Garnish with thin slices of orange or lemon.

Serves 20

## APPLE YAM CASSEROLE

- 3 sweet potatoes, peeled and cubed
- 2 Granny Smith apples, peeled, cored and sliced
- 1/2 cup packed brown sugar
- 1/2 cup water
- 1/4 tsp ground cinnamon
- 1/2 cup raisins
- 2 Tbsp butter or margarine
- 1/4 tsp salt
- 3 Tbsp all-purpose flour
- 3 slices lemon, thinly sliced

1. Preheat oven to 350° F. Lightly grease a 2-quart casserole dish.
2. In the casserole dish, alternately layer the sweet potatoes and apples.
3. In a medium saucepan over medium heat, mix together brown sugar, 1/3 cup water, cinnamon, raisins, butter and salt. Cook 5 minutes.
4. In a small bowl, stir together remaining water and flour and combine with brown sugar mixture.
5. Pour over the sweet potatoes and apples. Place the lemon slices on top.
6. Bake uncovered in the preheated oven for 20 minutes, or until the sweet potatoes and apples are tender.

Yield: 8 servings.

Each serving provides:

Calories: 191

Protein: 2 gm.

Fat: 3 gm.

