



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Sensational Sides

Side dishes are a great way to boost the good-for-you foods in your holiday meals.

Create a new favorite stuffing or tasty alternative to mashed potatoes.

Here are some great recipes that add more nutrients with fruit, veggies, and nuts.

Your taste buds won't be disappointed!

If you're looking for more ideas for your holiday menu, check out InSeasonzine.com.

Pear-Walnut Stuffing



Ingredients:

- 1 Tbsp. olive oil
- 4 celery stalks, chopped
- 1 large carrot, peeled & chopped
- 1/2 small yellow onion, chopped
- 2 pears, peeled, cored & chopped
- 1 cup toasted walnut pieces
- 2 Tbsps. chopped fresh sage
- 1 Tbsp. chopped fresh thyme
- 1 tsp. salt
- 1/2 tsp. ground black pepper
- 1 package (12 ounces) unseasoned, cubed stuffing
- 2-1/2 cups low sodium chicken broth
- 1/2 cup reduced sugar dried cranberries

Directions:

1. Preheat oven to 400°. Spray 13 x 9-inch baking dish with cooking spray. In large skillet, heat oil over medium-high heat. Add celery, carrot, and onion; cook 7 minutes, stirring occasionally. Add pears, walnuts, sage, thyme, salt, and pepper; cook 5 minutes or until pears soften, stirring occasionally.
2. In large bowl, gently combine stuffing, broth, cranberries, and vegetable mixture. Then, transfer to prepared dish and cover with aluminum foil. Bake stuffing for 30 minutes; remove foil. Bake another 15 minutes or until top is golden brown.

Root Vegetable Mash



Ingredients:

- 4 Garlic cloves, peeled
- 8 cups peeled & coarsely chopped root vegetables (carrots, parsnips, etc.) or squash
- Salted water
- 6 Tbsps. unsalted butter
- 1/2 cup heavy cream
- 1 tsp. salt
- 1/2 tsp. white pepper
- 1/4 tsp. nutmeg
- 4 green onions, chopped

Directions:

1. Add garlic to a medium saucepot.
2. Add root vegetables and/or squash and enough salted water to cover. Heat to a boil over high heat. Reduce heat to medium; cover and simmer 20 minutes or until vegetables are very tender. Drain vegetables.
3. Add butter to the same saucepot.
4. Add cream, salt, pepper, and nutmeg to the saucepot; heat to a simmer over medium heat. Return vegetables to the saucepot. With a potato smasher, mash vegetables until slightly chunky. Heat 2 minutes or until heated through, stirring occasionally.
5. Serve mash topped with green onions. Makes about 6 cups.