



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

Dietitian's Dish

Lighten up Holiday Menus

Without eliminating classics from your holiday feast, consider how you could lighten up their ingredients or add a nutrient boost.

Candied yams or sweet potatoes

Use half the butter and skip the marshmallows. Instead, add chunks of fruit or fruit puree for sweetness.

Vegetables

Roast with olive oil plus lots of herbs and seasonings, in place of butter.

Mashed potatoes

Replace butter and salt with Greek yogurt and parmesan cheese. Use reduced fat or fat-free milk in place of whole or heavy cream.

Stuffing

Replace a portion of bread cubes with chopped onions or vegetables.

Classic Whole-Grain Stuffing

Ingredients:

- 12 slices whole-grain seeded bread, cut into 1-inch cubes
- 1 Tbsp. olive oil
- 2 cups chopped onions
- 1 cup chopped celery
- 1 cup diced carrots
- 1 cup chopped mushrooms
- 2 tps. dried rosemary leaves
- 2 tps. dried thyme leaves
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 2 cups reduced sodium chicken broth
- 4 Tbsps. plant butter, melted



Directions:

1. Preheat oven to 350°; spray 13 x 9-inch baking dish with cooking spray. Spread bread on large, rimmed baking pan; bake 30 minutes or until lightly toasted, stirring once halfway through. Cool 15 minutes; transfer to large bowl.
2. In large skillet, heat oil over medium-high heat. Add onions, celery, carrots and mushrooms; cook 5 minutes or until starting to brown, stirring occasionally. Reduce heat to medium; cook 5 minutes or until tender, stirring occasionally. Stir in rosemary, thyme, salt and pepper; cook 30 seconds. Transfer onion mixture to bowl with bread.
3. Add broth and butter to bowl; toss gently until moistened and combined. Transfer stuffing to prepared dish; cover with aluminum foil and bake 30 minutes. Uncover; bake 20 minutes or until top is lightly browned. Makes about 7 cups.