



the

SUPER LUNCH: Lighter Holiday

cook
book

thanks!

A BIG THANKS to the Recreation Department for focus-grouping and taste-testing!

Most Recipes came from the internet. To find them, instead of typing in the address, google the name. In nearly every case the recipe will be one of the top hits.

When you go looking for healthy recipes, consider these sites:

- www.skinnytaste.com
- www.chocolatecoveredkatie.com
- www.ohsheglows.com
- www.choosingraw.com

For more recipes and awesomeness, we'll see you at the next SUPER Lunch!

Contact Jill with suggestions, requests, and more.

Compiled by: Jill Edwards, Health Service Programs Administrator,
Town of Black Mountain. 828-669-2052 or
jill.edwards@townofblackmountain.org

the menu

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Many items have a side-by-side comparison following the recipe. For example, we have a comparison of the pork loin, roasted turkey, and baked ham. There are some pretty big differences!

Four-Seeded Pork Loin

from American Heart Association Healthy Slow Cooker Cookbook (p.148) (mostly)

prep time	cook time	serves
20 minutes	3-3 1/2 hours (high) or 6-7 hours (low)	8

things you need

2/3 cup

Unsweetened apple cider or apple juice

Half

Medium Onion, Sliced

1 teaspoon

Fennel seeds, crushed

1 teaspoon

Caraway seeds, crushed

1 teaspoon

Dill seeds, crushed

1 teaspoon

Celery seeds, crushed

1 Tablespoon

Spicy Brown Mustard

One

2 pound boneless pork loin roast (any netting or kitchen twine and all visible fat discarded)

1 Tablespoon

cornstarch

1 Tablespoon

Unsweetened apple cider or apple juice

Cook's tip on crushing seeds: You can crush seeds by using a mortar and pestle, or spreading them in a single layer on a cutting board or waxed paper and either pressing them with the side of a chef's knife blade or rolling over them with a rolling pin.

Four-Seeded Pork Loin, continued

here's how

- 1 In the slow cooker, stir together 2/3 cup cider and the onion.
- 2 On a large piece of waxed paper, combine the fennel, caraway, dill, and celery seeds. Spread them out over the paper. Set Aside.
- 3 Brush the mustard all over the pork loin. Gently roll the pork in the seeds to coat. Place the pork in the slow cooker. Cook, covered, on low for 6 to 7 hours or on high for 3 to 3 1/2 hours, or until the pork registers 145 F on an instant-read thermometer.
- 4 Leaving the cooking liquid in the slow cooker, transfer the pork to a cutting board. Let the pork stand for about 10 minutes. Slice the pork. Cover to keep warm.
- 5 While the pork is standing, take the onions out and set aside. Pour the cooking liquid into a small saucepan.
- 6 Put the cornstarch in a small bowl. Add the remaining 1 Tablespoon cider, whisking to dissolve. Whisk into the cooking liquid. Cook over medium heat for 2 minutes, or until the sauce is thickened and bubbly, whisking constantly.
**It took Jill a LOT longer, and the gravy was still thin. You might consider adding a bit more cornstarch.*
- 7 Serve with gravy spooned over the pork, and a few onion slices.

Nutritional Information: (per serving)

Calories	188
Total Fat	7 g
Cholesterol	65 mg
Sodium	68 mg
Carbohydrates	5 g
Protein	25 g
Dietary Exchange	1/2 other carbohydrate, 3 lean meat

Main Dish Side-By-Side Comparison (per serving)

Four-seeded
pork loin (3 oz.,
with 2 Tablespoons
gravy)

Calories

188

Fat

7 g

Cholesterol

65 mg

Sodium

68 mg

Carbohydrates

5 g

Protein

25 g

From American Heart As-
sociation Healthy Slow
Cooker Cookbook

Roast Turkey
Breast(4 oz.,
plain, skinless)

Calories

150

Fat

7 g

Cholesterol

60 mg

Sodium

400 mg

Carbohydrates

1 g

Protein

20 g

From: Butterball
[http://
www.butterball.com/
products/turkey-roasts-
and-whole-breasts/
boneless-turkey-breast-
roast](http://www.butterball.com/products/turkey-roasts-and-whole-breasts/boneless-turkey-breast-roast)

Baked Ham (3 oz.,
boneless, cured)

Calories

130

Fat

6 g

Cholesterol

60 mg

Sodium

980 mg (40% of your suggested daily
allowance of sodium)

Carbohydrates

0 g

Protein

16 g

From USDA:
[http://www.fns.usda.gov/sites/default/files/
HHFS_PORK_HAM_FROZEN_100182Nov2012.
pdf](http://www.fns.usda.gov/sites/default/files/HHFS_PORK_HAM_FROZEN_100182Nov2012.pdf)

Perhaps because of the gravy, the pork loin has slightly more calories. But check out the difference in the amount of sodium (WAY LESS than either turkey or ham), and a significant amount more protein.

Makeover Homestyle Gravy

From: <http://www.tasteofhome.com/recipes/makeover-home-style-gravy>

prep time

15 minutes

cook time

45 minutes

serves

12 (1/4 cup servings)

things you need

1 large

Onion, chopped

1 medium

Carrot, chopped

1

Celery Rib, chopped

2 teaspoons

Canola oil

1/2 cup

Sherry or unsweetened apple juice

2 1/2 cups

water

1/2 cup, packed

fresh parsley sprigs

2

Bay Leaves

1/4 cup

All-Purpose Flour

1—14.5 oz can

Reduced Sodium Chicken Broth

**Or try another type broth—may affect nutritional info.*

1 Tablespoon

Turkey Drippings

**Or another type drippings—may affect nutritional info.*

1 teaspoon

Rubbed sage

1/2 teaspoon

Browning sauce, optional

1/4 teaspoon

Salt

1/4 teaspoon

Pepper

This is not the gravy from super-lunch. It is, however a good way to “lighten” your regular holiday gravy a touch.

Makeover Home-Style Gravy

here's how

- 1 In a large saucepan, sauté the onion, carrot and celery in oil until tender. Add sherry; cook and stir 1 minute longer. Add the water, parsley and bay leaves; bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes or until liquid is nearly reduced by half.
- 2 Strain and discard vegetables and herbs; set liquid aside (liquid should measure 1-1/2 cups).
- 3 In a small saucepan, combine flour and broth until smooth. Stir in the drippings, sage, browning sauce if desired, salt, pepper and reserved liquid. Bring to a boil; cook and stir for 2 minutes or until thickened. Yield: 3 cups.

Nutritional Information: (per serving)

Calories	31
Total Fat	2 g
Sodium	146 mg
Carbohydrates	3 g
Protein	1 g
Diabetic Exchange:	1/2 Fat

Roasted Squash & Mushroom Tarts

from Joy the Baker: <http://joythebaker.com/2013/10/roasted-squash-and-mushroom-tarts/>

prep time

45 minutes
(plus resting
time)

cook time

25 + 30
minutes

serves

6

For the Crust:

2 cups

All Purpose Flour

1 teaspoon

Salt

2 Tablespoons

Sunflower Seeds

1 Tablespoon

Poppy Seeds

1/2 teaspoon

Fresh cracked black pepper

1 large

Egg

1 large

Egg white

1/4 cup

Cold Water

1/4 cup

Olive Oil

For the Filling

1 small

Acorn squash

1 medium

Yellow onion

1 clove

garlic

2 big handfuls

Cremini mushrooms, cleaned and sliced

2 Tablespoons

Olive oil

1 teaspoon

cumin

1/2 teaspoon

Garam masala (optional)

1 large

Egg, beaten in a small bowl for egg wash
Salt and pepper

We didn't have this, but you may be looking for a good holiday-inspired meatless main. If so, this is the dish for you!

How to Make Roasted Squash & Mushroom Tarts

- 1 To make the crust, in a medium bowl combine flour, salt, seeds, and black pepper. In a small bowl whisk together egg, egg white, water, and olive oil. Whisk well to thoroughly combine.
- 2 Add the wet ingredients to the dry ingredients and stir together with a fork. Turn the dough out onto a lightly floured work surface and knead until the dough comes together in a disk. Add a bit more water or flour as necessary. Wrap the disk in plastic wrap and allow to rest in the refrigerator while you make the filling. Crust can also be made ahead and left to rest in the fridge for two days .
- 3 To make the filling, place a rack in the upper third of the oven and preheat oven to 375 degrees F. Cut acorn squash in half and remove inside fibers and seeds. Slice the squash into 1/2-inch thick semicircles and place on a rimmed baking sheet. Slice the onion in half, remove the skins and slice into 1/4-inch semicircles. Place the onions on the rimmed baking sheet as well. Smash the clove of garlic and toss it on the baking sheet. Clean mushrooms with a damp paper towel, slice into bite-size pieces and place on the baking sheet. Drizzle vegetables with olive oil. Sprinkle with salt and pepper and place in the oven to roast.
- 4 Roast until all vegetables are softened and browned, about 25 minutes. Remove from the oven and allow to rest until cool enough to handle. Once cool, scrape the soft squash from their skins and place in a medium bowl. Spoon the onions, garlic and mushrooms into the bowl as well. Add cumin and garam masala (if using), and season to taste.
- 5 To assemble the tarts, first line a baking sheet with parchment paper and set aside. Next, let's roll out the olive oil crust. There are two ways to roll out the crust. You can divide the dough into 4 equal pieces and roll each piece out into 8×8-inch squares. Or. You can roll the entire disk out into a 1/4-inch thickness, and use a knife to slice the dough into 6×6 or 8×8-inch squares. You can re-roll any scraps of dough once to create another tart.
- 6 Arrange your pastry squares on a clean work surface. Add about 1/4 to 1/3 cup of filling into the center of each pastry. Lightly brush the edges of each pastry with egg wash. Bring two opposite corners of the dough together into the center and pinch together. Lift the two remaining corners up to the center, matching the seams so they meet to form a raised ridge. Crimp to seal. You should have a square turnover forming an X on top. Carefully lift and place on prepared baking sheet. Repeat with the remaining dough squares. Brush the tops of each tart lightly with egg wash.
- 7 Bake for 25 to 30 minutes or until the tarts are golden brown and bubbling. Remove from the oven and allow to cool for 10 minutes before serving warm. Tarts can also be reheated in a warm oven covered with foil.

Creamy Garlic Mashed Cauliflower & Potatoes

Based on Jeanette's Healthy Living: (with a couple of tweaks)

<http://jeanetteshealthyliving.com/2013/04/creamy-garlic-mashed-cauliflower-and-potato.html>

prep time

20 minutes

cook time

20 minutes

serves

5

things you need

1 Small

Head cauliflower, trimmed, florets only

4-5 Medium

Potatoes, peeled, cut into 1" pieces
**roughly the same amount as cauliflower*

2

Cloves garlic

1/3 cup

Vegetable stock

1/3 cup

Non-fat Greek Yogurt (Plain)

To Taste

Salt & Pepper

Garnish

Minced Chives

Healthy Tip: You can replace Sour Cream in almost anything with non-fat Plain Greek Yogurt.

Creamy Garlic Mashed Cauliflower and Potatoes

here's how

- 1 Add enough water to a large pot to just cover the potatoes. Bring to a boil. Add potatoes. Place steamer basket over potatoes; place cauliflower on top. Cover and steam cauliflower for 10 minutes (it should be tender); remove. Cover pot and continue to cook potatoes until tender, about another 10 minutes.
- 2 Meanwhile, place cauliflower in food processor and process until smooth, scraping down the sides with a spatula.
- 3 When potatoes are tender, drain and place in a mixing bowl. Add minced garlic, and beat until smooth. Add processed cauliflower, vegetable stock and yogurt. Beat until blended. Depending on the amount of cauliflower and potatoes, you may need more or less stock to achieve your preferred consistency.
**You can replace vegetable stock with chicken, turkey, or other—but it will affect your nutritional info.*
- 4 Season with salt and pepper. Sprinkle with minced chives before serving.
**You can add other items to season/flatten, but those will affect your nutritional info.*

Nutritional Information: (per serving)

Calories	193
Total Fat	2.5 g
Cholesterol	6 mg
Sodium	119 mg
Carbohydrates	37 g
-Dietary Fiber	6 g
Protein	6 g

Side Dish Side-By-Side Comparison (per serving)

Creamy Garlic Mashed
Potatoes & Cauliflower

Calories

193

Fat

2.5 g

Cholesterol

6 mg

Sodium

119 mg

Carbohydrates

37 g
(6 g Fiber)

Protein

6 g

Calculated Using SparkPeople.

Regular Mashed
Potatoes (with whole
milk & butter)

Calories

237

Fat

9 g

Cholesterol

23 mg

Sodium

666 mg (28% of suggested daily allowance)

Carbohydrates

35 g
(3 g Fiber)

Protein

4 g

From Self:

<http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/3004/2>

The Cauliflower/Potatoes have less calories, significantly less fat, cholesterol, & sodium, and more fiber and protein. A “baby step” might be to replace the fatty parts of your “regular” mashed potatoes with the fat-free yogurt. You’re gonna love it!

Lighter Green Bean Casserole

From: <http://greatist.com/health/dangerfood-green-bean-casserole-and-healthier-recipe>

prep time

15 minutes

cook time

45 minutes

serves

8

things you need

2

9 oz bags frozen green beans
**or try 1 bag green beans, 1 bag another vegetable)*

1 pint

mushrooms

1

Onion, half thinly sliced, half chopped

1 can

Healthier Cream of Mushroom Soup
**suggest: Campbell's Healthy Request*

3/4 cup

1% or skim milk
**Try fat free buttermilk for a super-creamy flavor*

To Taste

Salt & Pepper

2 Tablespoons

Flour

For Coating

Cooking Spray

FYI: If you swap buttermilk for skim milk, or make other substitutions, it will affect the health value of your dish. Check out Cholesterol and Sodium for prepared foods.

Healthier Green Bean Casserole

here's how

- 1 Preheat the oven to 400 degrees. Combine the flour and a pinch of salt and pepper in a small bowl. Toss sliced onions in mixture until well coated
- 2 Spray a rimmed baking sheet with cooking spray. Spread the onion strips on the tray. Bake for approximately 10-15 minutes or until crisp.
- 3 While the crispy onions are baking, sauté the chopped onion and mushrooms until just soft. Combine in a casserole dish with the frozen veggies, soup, and milk. Season with salt and pepper to taste.
- 4 Bake the casserole for about 30 minutes or until warmed through. Five minutes before it's done, top with the baked onion strips.

Nutritional Information: (per serving)

Calories	58
Total Fat	1 g
Cholesterol	2 mg
Sodium	187 mg
Carbohydrates	12 g
-Dietary Fiber	2.4 g
Protein	3 g

Side Dish Side-By-Side Comparison (per serving)

Healthier Green Bean Casserole

Calories

58

Fat

1 g

Cholesterol

2 mg

Sodium

187 mg

Carbohydrates

12 g
(2.4 g Fiber)

Protein

3 g

Calculated Using SparkPeople.

Regular Green Bean Casserole

Calories

161

Fat

9 g

Cholesterol

4 mg

Sodium

530 mg (22% of daily suggested allowance)

Carbohydrates

17 g
(3 g Fiber)

Protein

3 g

From Campbell's Kitchen: <http://www.campbellskitchen.com/recipes/classic-green-bean-casserole-24099>

Making your crispy onions, rather than using canned onions, saves a LOT of sodium. Swapping the healthier cream of mushroom soup helps, too (canned soups have a LOT of sodium). Check out the details compared above!

Roasted Brussels Sprouts

From: Jill's Personal Concoction

prep time

5 minutes

cook time

25 minutes

serves

9 (1/3 cup servings)

things you need

16 oz.

Bag of Frozen Brussels Sprouts

1 Tablespoon

Olive Oil

1 Tablespoon

Garlic Powder

2 Tablespoons

Parmesan Cheese

**Separated into 1 Tablespoon & 1 Tablespoon*

FYI: You can use cooking spray instead of oil, but that may affect taste and “stick”.

Roasted Brussels Sprouts

here's how

- 1 Preheat oven to 375 degrees.
- 2 Defrost Brussels Sprouts by "cooking" in microwave for 1 minute (will still be a bit frozen) Slice sprouts in half lengthwise and steam (cook) in microwave for another minute.
- 3 Toss with olive oil to coat, then toss with garlic powder and 1 Tablespoon of parmesan cheese.
- 4 Bake for 20 minutes. After 12 minutes remove from oven, stir/shuffle, and return. (*The key is not to "fuss" with them too early or they won't brown*). At 20 minutes re-stir, sprinkle remaining parmesan cheese, return to oven for 5 more minutes.

Nutritional Information: (per serving)

Calories	36
Total Fat	2 g
Cholesterol	0 mg
Sodium	64 mg
Carbohydrates	3 g
Protein	2.5 g

Sautéed Sweet Potatoes

From: Nigella Lawson: <http://www.nigella.com/recipes/view/sauteed-sweet-potato-955>

prep time

15 minutes

cook time

25 minutes

serves

6

things you need

3

Large Sweet Potatoes (or 6 small ones)

1

Clove Garlic

1 Tablespoon

Olive Oil

1

Sprig Fresh Rosemary

**or about a teaspoon dried/bottled rosemary.*

No problem.

1 Tablespoon

Unsalted Butter

**You can use regular (salted) butter, but that will slightly increase the sodium.*

Suggestion: You might try slicing and pan-frying instead of cubing. Cook them like you would white potato slices.

Sautéed Sweet Potatoes

here's how

- 1 Peel and chop the sweet potato into very small dice. Pour them into boiling (unsalted) water for about 2 minutes - for larger dice adjust the blanching time to suit. Remove and drain.
- 2 In a large frying pan melt the butter and oil together over a gentle heat and add the garlic and fry without browning until the aromas are released.
**You can also oven-bake them instead of frying. Jill suggests about 400 degrees for about 20 minutes. Keep your eye on it because she's not tried it specifically—it could be more or less time or temperature.*
- 3 Add the rosemary and fry for a further minute.
- 4 Add the sweet potatoes to the pan and turn the heat up to medium/high and fry stirring frequently until the potatoes have taken on a golden color. Serve Immediately!

Nutritional Information: (per serving)

Calories	173
Total Fat	4.6 g
Cholesterol	5 mg
Sodium	17 mg
Carbohydrates	32 g
-Dietary Fiber	4 g
-Sugar	0 g
Protein	2 g

Sweet Potatoes are CHOCK FULL of Vitamin A, and actually *not* full of sugar (unless you add some).

Skinny Sweet Potato Casserole

From: <http://www.skinnytaste.com/2011/10/sweet-potato-casserole.html>

prep time	cook time	serves
25 minutes	30 minutes	10

things you need

2 lbs (about 5)

Medium Sweet Potatoes, peeled

1/2 cup

Golden Raisins

1 teaspoon

Agave Nector

**you can use honey for a similar effect, but it may affect your nutritional info slightly.*

1/4 teaspoon

Ground cinnamon

Pinch (about 1/8 tsp)

Ground Nutmeg

Pinch (about 1/8 tsp)

Ground Allspice

8 oz

Canned, unsweetened, crushed pineapple

2 Tablespoons

Chopped Pecans

1 Cup

Marshmallows

We didn't have this dish at SUPER Lunch, but Jill thought you might like to have it, anyway. It's a lighter twist on a standard holiday dish.

Skinny Sweet Potato Casserole

here's how

- 1 Cut sweet potatoes into large chunks; boil potatoes in a large pot covered with water until potatoes are soft if pierced with a fork. Drain and return to the pot.
- 2 Meanwhile, preheat oven to 400°.
- 3 Mash the sweet potatoes (I used my immersion blender) and add in raisins, agave, spices and pineapple.
- 4 Lightly spray a pie dish, casserole dish or even individual ramekins with oil, spoon in sweet potatoes. Sprinkle with pecans and marshmallows. Bake for 15 minutes.

Nutritional Information: (per serving)

Calories	133
Total Fat	2 g
Sodium	15 mg
Carbohydrates	30 g
-Dietary Fiber	3 g
-Sugar	10 g
Protein	2 g

Side Dish Side-By-Side Comparison (per serving)

Skinny Sweet Potato Casserole

Calories

133

Fat

2 g

Cholesterol

0 mg

Sodium

15 mg

Carbohydrates

30 g
(3 g Fiber)
(10 g Sugar)

Protein

2 g

From: <http://www.skinnytaste.com/2011/10/sweet-potato-casserole.html>

Regular Sweet Potato Casserole

Calories

226

Fat

11 g

Cholesterol

54 mg

Sodium

187 mg

Carbohydrates

30 g
(2 g Fiber)
(20 g Sugar)

Protein

3 g

From Allrecipes: <http://allrecipes.com/recipe/yummy-sweet-potato-casserole/>

The Skinny version has significantly less fat, sodium, and sugar, and no cholesterol (because it doesn't have any animal products like butter).

Fruit Tree

Inspired by a handful of websites (and of course, Pinterest)

prep time
20 minutes

Serve Within 1-2 hours
(the fruit will brown and dry)

things you need

1 box
Toothpicks

1
Apple

1
Carrot

2
Kiwis

1
Cantaloupe

1 bunch
Green grapes

1 bunch
Red/purple grapes

1 pint
strawberries

1 pint
raspberries

1 pint
Blueberries

1 bunch
Cilantro

There is not a serving size on this, but I estimate 1 tree will “feed” 5 or so people.

Fruit Tree

here's how

- 1 Cut top off apple to make flat.
- 2 Peel Carrot, cut off top, and stick a toothpick into carrot. Stick other end into apple.
- 3 Stick toothpicks into apple and carrot in semi-random fashion. Place cilantro onto a plate to create a "bed" and place apple onto it.
- 4 Wash fruit. Slice kiwi. Cut tops off strawberries. Slice cantaloupe into 1-2" slices and use cookie cutters to cut out shapes from the slices. **Suggest stars and gingerbread people, but use your interests and judgment.*
- 5 Start with strawberries and kiwis, sticking onto the toothpicks. Add in melon pieces and grapes, sticking in additional toothpicks where necessary or possible to hold things together.
- 6 Store in refrigerator. "Serve" within 1-2 hours, or fruit will brown and dry out.

We don't have nutritional info about this item, because different fruits have different values.

Pumpkin Pie Dip

From: <http://www.skinnytaste.com/2010/11/pumpkin-pie-dip.html>

prep time

10 minutes

serves

12 (1/2 cup servings)

things you need

15 oz.

Can Pumpkin Puree

6 oz.

Fat Free Greek Yogurt (plain)

3/4 cup

Brown Sugar

**you can use Brown Sugar Splenda, but it has very little nutritional difference*

8 oz.

Cool Whip—Fat Free

1 teaspoon

Vanilla extract

5-10

Apples, Cut up (to dip)

**Not included in nutritional value count*

1/8 teaspoon

Cinnamon

**More to taste, if you'd like*

1/8 teaspoon

Pumpkin Pie Spice

**more to taste, if you'd like*

This is seriously addictive. It's light and sweet, but not too sweet, and just awesome.

Pumpkin Pie Dip

here's how

- 1 Mix pumpkin with brown sugar, vanilla and spices, blend well.
- 2 Mix in yogurt.
- 3 Fold in cool whip and chill in refrigerator until ready to eat.
**Best if it chills 4+ hours. Do not let sit more than 2-3 days, as it will begin to separate.*

Nutritional Information: (per serving of dip-only)

Calories	103
Total Fat	0.1 g
Carbohydrates	28 g
- Dietary Fiber	1 g
Protein	2 g
WW Points	Old Points: 2; Points+ 3

To “mix it up” try serving with pie crust you have cut out with cookie cutters, or ginger snaps. NOTE: Those will also change the nutritional information.

Skinny Mini Pecan Tarts

From: <http://www.skinnytaste.com/2012/11/mini-pecan-phylo-tarts.html>

prep time	cook time	serves
15 minutes	15 minutes	15

things you need

1 Tablespoon

Butter, melted

1

Large egg

4 teaspoons

Brown sugar

2 Tablespoons

Honey

1/4 teaspoon

Vanilla extract

1/2 cup

Pecans, chopped

1 box

15 mini Phyllo Shells
(found in the freezer section)

Jill wonders if you might be able to double the pecans and shells and keep the rest the same—and have a nuttier, healthier dessert?

Skinny Mini Pecan Tarts

here's how

- 1 Preheat oven to 350°F.
- 2 In a medium mixing bowl, combine all ingredients except pecans. Mix well. Stir in chopped pecans.
- 3 Arrange mini shells on a baking sheet. Fill mini shells with one heaping teaspoon of pecan mixture. If any of the mixture remains, distribute evenly between all the shells.
- 4 Bake for 10-15 minutes. Let them cool before serving.

Nutritional Information: (per serving)

Calories	68
Total Fat	4.5 g
Carbohydrates	6.5 g
- Sugar	4 g
Protein	1 g
WW Points	Old Points: 1; Points+ 2

Beware: these are little and easy to grab, so you may “need” to double the recipe to keep up with demand. If you double this recipe, you have the equivalent of half a pie.

Side Dish Side-By-Side Comparison (per serving)

Skinny Mini Pecan Tarts

Serving Size: 1 mini tart

Calories

68

Fat

4.5 g

Sodium

23 mg

Carbohydrates

7 g

Protein

1 g

From: <http://www.skinnytaste.com/2012/11/mini-pecan-phylo-tarts.html>

Homemade Pecan Pie

Serving Size: 1 Slice
(1/8 of a 9" Pie)

Calories

503

Fat

27 g

Sodium

320 mg

Carbohydrates

64 g

Protein

6 g

From Self Nutrition Data: <http://nutritiondata.self.com/facts/baked-products/5087/2>

To be “fair”, one Skinny Mini Pecan Tart is about 1/4 the size of a serving of pie. Using that logic, an equal “size” serving is only half the calories of a slice of pie, and 1/3 the fat (and less than half the carbs).

Healthy Sugar Cookies

From: <http://chocolatecoveredkatie.com/2011/12/01/healthy-sugar-cookies/>

prep time cook time
20 minutes 10 minutes

things you need

3/4 cup

Spelt flour, whole wheat pastry flour, or unbleached all-purpose flour

1/4 teaspoon

Baking powder

1/4 teaspoon

salt

1/4 teaspoon +

1/8 teaspoon

Baking soda

1/4 cup

White sugar
(or *sucanat*, coconut sugar, evaporated cane juice, or *xylitol*)

1/2 teaspoon

Vanilla extract

1 1/2 Tablespoons

Milk (dairy, or non-dairy)

1/4 cup

Margarine
(she suggests *Earth Balance*)
(may try Coconut Oil)

Jill has not tested this recipe yet, and cautions: these are *still* cookies. "Healthy" is in the eye of the beholder. But give these a shot. For more like this (healthy-ish sweets), check out the creator's website at <http://chocolatecoveredkatie.com>

*Also check out her Cookie Dough (& Brownie) Dip at that site. Not actual dough, and way better nutritional value!

Healthy Sugar Cookies

here's how

- 1 Combine dry ingredients and mix very, very well. In a separate bowl, melt the vegan butter, then stir in vanilla and milk. Pour dry into wet and mix again.
- 2 Form balls or roll out (not too thin), then use a cookie cutter to make shapes. If you want soft cookies, you'll need to get the dough very cold. (So roll the balls first, then fridge until cold.)
- 3 Cook in a 325F preheated oven for 9 minutes. They will look very underdone when you take them out, but that's ok!! Just let them cool for 5 minutes before touching. (I know it's hard!)

These cookies will keep at least four days, in a lidded plastic container. (As a general rule, you should store soft cookies in plastic containers and crispy cookies in glass ones.)

There is no nutritional info for these because of the many variables in the ingredients.

Blackberry Lemon Ginger Water

Adapted from: <http://www.eatboutique.com/2012/06/25/flavored-water-cucumber-lemongrass-and-blackberry-ginger-recipes/#.Uo-MUcSTh8E>

prep time

10 minutes

serves

8

things you need

1 pint

Blackberries

2

Small lemons

2 knobs

Ginger Root
(adjust to preferences)

8 cups

water

here's how

- 1 Wash/Rinse the blackberries. Pour the Blackberries into a pitcher. Lightly "smash".
- 2 Wash the ginger root. Slice into thin slices. Wash the whole lemon. Slice the Lemon into thin slices. Put the ginger and lemon into the pitcher of blackberries. Fill with Water.
- 3 Let sit in refrigerator at least one hour. The longer it sits, the strong the flavor will be.
- 4 Serve with ice,

Pear, Clementine, Cranberry Water

Adapted From: <http://tonetiki.com/2012/09/06/fall-flavored-day-spa-water-with-pears-cranberries-and-clementines-0-calories/>

prep time

10 minutes

serves

8+

things you need

1

Pear, Thinly Sliced

1

Clementine Orange, Sliced Thinly

1 Tablespoon

Dried Cranberries

**Look next to raisins in store*

1 teaspoon

Whole Allspice Berries

**In Spice Aisle*

here's how

- 1 Place all ingredients into pitcher. (preferably a 2 quart pitcher)
- 2 Top with 1 1/2 cups ice, and then fill pitcher with water.
- 3 Let sit in the refrigerator 3 hours for best flavor. You can refill water 3-5 times and keep good flavor.

If you want a sweeter flavor, add an apple or another orange.

SUPER Lunch!

For more recipes and awesomeness, we'll see you at the next SUPER Lunch!

Contact Jill with suggestions, requests, and more.

828-669-2052 or jill.edwards@townofblackmountain.org

The next SUPER Lunch(es) are scheduled:

1/28/2014: Employee Vote Decides

3/25/2014: Eat More Kale!

5/20/2014: Employee Vote Decides