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EAT WELL, CARE WELL.

QUICK HOLIDAY RECIPES:

Balancing being a caregiver and having time to prepare holiday meals can be daunting, but it does not have to be! Preparing holiday entrees and desserts quickly does not compromise flavor or how much your family and friends will enjoy these traditional meals.

There are many tips and tricks that can speed up the process of making these meals. First, plan out what you would like to prepare – don't go overboard. Go shopping early for groceries that you can buy ahead of time. Evaluate if you can prep anything in advance and store in the freezer or refrigerator. You can make any sauces, gravies, or vegetables the day before. Then, when it comes time for the holiday meal, you will have less to make. Stay relaxed and enjoy the process of making the meal on the day. Finally, remember how much those near to you will enjoy spending time together around your home-cooked meal.

WEEKLY CHALLENGES

INCORPORATE 1 EXTRA FRUIT AND 1 EXTRA VEGETABLE INTO YOUR TRADITIONAL HOLIDAY RECIPES

SUBSTITUTE OLIVE OIL FOR BUTTER WHEN PREPARING HOLIDAY RECIPES

REPLACE ADDED SALT WITH A SPICE SUCH AS GARLIC OR ONION POWDER

Happy Holidays!

Quick Holiday Recipes: Sweet Potato Custard

Ingredients:

- 1/2 cup cooked sweet potato**
- 1/4 cup mashed banana (about 1 small banana)**
- 1/2 cup evaporated skim milk**
- 1 Tbsp packed brown sugar**
- 1 beaten egg yolk (or 2 Tbsp + 2 tsp egg substitute)**
- 1/4 tsp salt**
- 1/8 cup raisins**
- 1/2 Tbsp sugar**
- 1/2 tsp ground cinnamon**

Yield: 3 servings

Recipe adapted by Nicole Tellock from *Delicious Heart Healthy Eating*.

Directions:

- 1. Preheat oven to 325 degrees Fahrenheit.**
- 2. Spray a 1-quart casserole dish with nonstick cooking spray.**
- 3. In a medium bowl, stir together sweet potato and banana. Add milk, blending well.**
- 4. Add brown sugar, egg yolk, and salt. Mix thoroughly.**
- 5. Transfer sweet potato mixture to casserole dish.**
- 6. Combine raisins, sugar, and cinnamon. Sprinkle over the top of the sweet potato mixture.**
- 7. Bake for 40-45 minutes, or until a knife inserted near the center comes out clean.**
- 8. Serve and enjoy!**