

# EAT WELL, AGE WELL: HEALTHY FOR THE HOLIDAYS

## How to Stay Healthy for the Holidays

The holidays can be a stressful and busy time. This can make maintaining a healthy diet hard. Some ways to stay healthy during this time are to stick to your normal eating schedule and not eat every food option available.

Try to eat your favorite foods you know you cannot always have. Also, eating small meals throughout the day can help you avoid overeating and feeling too full later.

## Maple Roasted Sweet Potatoes:



Photo Courtesy of Pexels.com

### Ingredients:

- 1lb sweet potatoes, peeled and chopped
- 1/8 cup maple syrup
- 1 Tbsp oil
- 1/3 Tbsp lemon juice
- 1/8 tsp salt
- Pepper to taste
- Herbs of choice (optional)

## Directions

1. Preheat oven to 400 degrees F.
2. Arrange sweet potatoes in an even layer in a 9 x13 inch baking dish. Combine maple syrup, oil, lemon juice, salt, and pepper in small bowl. Pour the mixture over the sweet potatoes: toss to coat.
3. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir, and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

Recipe courtesy of eatingwell.com

*“Merry everything and a happy always.”*

# EAT WELL, AGE WELL. HEALTHY HOLIDAY MEALS

## Healthy Holiday Desserts

Packing multiple healthy ingredients into a holiday dessert does not mean that it is considered 'healthy'. It is important that you look at the overall ingredients in a dessert because the name can be deceiving. One example of this is Pecan Pie, which is loaded full of sugar and a healthier swap is pumpkin pie. Another healthy swap is instead of making gingerbread cake, make gingerbread cookies.

Some red flags to look out for when make desserts are whipped cream, ice cream, a thick filling, frosting, and any candies or sprinkles.

## Healthy Apple Crisp: Serves 4



Photo Courtesy of Pixabay.com

### Ingredients:

- 4 cups apples peeled and sliced in ¼ inch thick slices
- 1 tablespoon coconut oil, melted
- ½ teaspoon cinnamon
- ¼ teaspoon ground ginger

### Crisp Topping Ingredients:

- ½ teaspoon cinnamon
- ¼ teaspoon ginger
- ¼ teaspoon nutmeg
- 1 cup old fashioned oats
- 1/3 cup pecans, chopped
- 2 tablespoons coconut oil
- 1 tablespoon maple syrup

## Directions

1. Preheat Oven to 350F and prepare a greased 8x8 inch dish.
2. Peel and cut apple slices into ¼ inch thick slices.
3. Melt coconut oil. Toss apples with coconut oil, cinnamon, and ginger.
4. Mix together all crisp toppings
5. Pour apples into bottom of the baking dish. Layer crisp topping evenly on top of apples
6. Cover apple crisp with aluminum foil and bake for 20 mins. After 20 mins, remove cover and bake for another 10-20 mins until apples are fork tender and crisp toppings is golden brown.

*This is a great healthier dessert option to make for the holiday. This Apple Crisp recipe is gluten/dairy free and is only sweetened with maple syrup.*

## Healthy Holiday Meals: What You Need to Know!

### Do not Skip Meals

Saving your appetite for a big holiday party or feast? Do not do it. Skipping meals during the day may result in overeating.

**It is especially important to eat breakfast.** Research shows those who eat this important morning meal tend to consume fewer calories throughout the day.

**Include lots of fiber by eating fruits, vegetables, and whole grains.** Fiber-rich foods are high in volume and will satisfy hunger but are lower in calories. Holiday meals tend to be large, buffet-style, and include second and third helpings.

## Roast Turkey Breast with Rosemary, Sage, and Thyme



Utah State University Cooperative Extension

### Ingredients

- 3 pounds turkey breast half (with skin and bones)
- 1 onion, large quartered
- 1 carrot, large quartered
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- 1 teaspoon rosemary
- 3 tablespoons olive oil
- salt and pepper (to taste, optional)
- chicken broth (or margarine, for basting, optional)

### Directions

1. Preheat oven to 400°F. Place turkey breast in roasting pan along with onion and carrot.
2. Mix spices with olive oil. Rub turkey with olive oil.
3. Roast turkey at 400°F for 15 minutes. Baste with margarine and chicken broth (optional).
4. Reduce turkey temperature to 350°F and roast turkey, basting every 20 minutes with pan juices (or margarine and chicken broth), about 1 hour and 15 minutes, or until meat thermometer inserted in thick part of meat registers 165°F.
5. Remove to carving board and let rest for 10 minutes.

Recipe adapted from:

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/roast-turkey-breast-rosemary-sage-and-thyme>

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