

## Shopping List: 4 Easy Healthy Holiday Side Dishes

### Fresh Produce

6 medium baking Potatoes  
2 large Carrots  
6 Garlic Cloves  
1 cup onions  
½ cup 100% Orange juice  
1 teaspoon Orange peel  
2 pounds fresh Green Beans  
4 cups frozen mixed Vegetables ,  
(corn, carrots, lima beans, peas, green  
beans)

### Dry Goods

2 cups uncooked Macaroni Noodles  
½ Chicken Broth

### Dairy

¼ cup Evaporated Skim Milk  
1 Egg  
1 ¾ Lowfat Cheddar Cheese shredded  
1 tablespoon Butter

### Pantry Staples

½ teaspoon Dried Basil  
½ teaspoon Oregano  
Water  
Olive Oil  
Salt and pepper  
Nonstick cooking spray  
1 tablespoon Dijon- style mustard  
1 teaspoon low- sodium soy sauce

## Supreme Mashed Potatoes

*Think your kids won't like orange mashed potatoes? Try using parsnips in place of carrots. They are white like potatoes and sweet like carrots.*

Makes 10 servings.  $\frac{3}{4}$  cup per serving.  
Ready in 55 minutes.

### Ingredients

6 Medium baking potatoes *peeled and cut into chunks*

2 Large carrots *peeled and chopped*

3 Garlic cloves *finely chopped*

$\frac{1}{2}$  cup Low-sodium chicken broth

1 tablespoon Butter

### Directions

1. Combine potatoes and carrots in a large pot and fill with cold water. Bring to a boil and cook 5 minutes.
2. Add garlic and reduce heat to simmer until potatoes and carrots are tender, about 35 minutes.
3. Drain and keep 1 cup of the cooking liquid.
4. Mash the potatoes and carrots with a hand masher.
5. Combine chicken broth and butter in a small pan; heat over medium heat until the butter melts.
6. Slowly stir broth mixture into the mashed potatoes and carrots.
7. If necessary, add the reserved cooking liquid until the potatoes reach the desired thickness. Serve while hot.

Nutrition information per serving: Calories 104, Total Fat 1g, Saturated Fat 1g, Carbohydrate 22g, Dietary Fiber 2g, Protein 2g, Sodium 51mg

*Recipe Source: Nutrition Education and Obesity Prevention Branch (California Department of Public Health)*

## Flavorful Green Beans

*The seasonings are perfect for the green beans.*

Makes 7 servings. 1 cup per serving.  
Ready in 40 minutes.

### Ingredients

2 pounds Fresh green beans

½ cup Water

½ cup Onions *chopped*

4 pieces Garlic Clove *chopped*

Nonstick cooking spray

½ teaspoon Black pepper

½ teaspoon Dried basil

½ teaspoon Oregano

### Directions

1. Place green beans in a large bowl or strainer and rinse. Then, snap off tips.
1. Place green beans in a large pot and add ½ cup of cold water.
2. Cook green beans on stovetop over medium heat for 10 minutes.
3. In a separate medium pan, saute chopped onions and garlic, using the cooking spray, for 5 minutes or until they are tender and very lightly browned.
4. Add onions, garlic, and black pepper to green beans. Spray the cooking spray over mixture, and cook on medium heat for another 20 minutes or until green beans are tender, but not soft. Stir occasionally.
5. Sprinkle dried basil and oregano over green beans. Mix and serve.

Nutrition information per serving: Calories 40, Total Fat 0g, Saturated Fat 0g, Carbohydrate 9g, Dietary Fiber 4g, Protein 2g, Sodium 12mg

*Recipe Source: National Heart, Lung, and Blood Institute (NIH)*

## Kale Salad with Nuts and Seasonal Fruits

*Many people are surprised to learn that they can eat kale without cooking it!*

Makes 4 servings. 1 ½ cup per serving.

Ready in 40 minutes.

### **Ingredients**

4 cups **raw kale** *thinly shredded*

½ cup **non-creamy salad dressing**

½ cup **Chopped nuts**

1½ cups **fresh fruit** *cubed or sliced*

½ cup **Dried Fruit** *optional*

**sliced fennel or celery** *optional*

### **Directions**

1. Toss kale with dressing
2. Massage well with hands for about two minutes. It's okay to squeeze!
3. Allow kale to sit for an hour if possible.
4. Toss other ingredients with kale and serve.

Nutrition information per serving: Calories 247, Total Fat 19g, Saturated Fat 2g, Carbohydrate 17g, Dietary Fiber 6g, Protein 6g, Sodium 35mg

*Recipe Source: Nutrition Education and Obesity Prevention Branch (California Department of Public Health)*

## Macaroni and Cheese with Glazed Vegetables

Try using sharp Cheddar cheese to kick up the flavor in this family favorite.

Makes 5 servings. 1  $\frac{3}{4}$  cup per serving.

Ready in 45 minutes.

### Ingredients

2 cups Uncooked macaroni noodles

Nonstick cooking spray

$\frac{1}{2}$  cup Onions *chopped*

$\frac{3}{4}$  cup Evaporated skim milk

1 Egg *beaten*

$\frac{1}{2}$  teaspoon Ground black pepper

1 $\frac{3}{4}$  cups Low fat Cheddar cheese *shredded*

4 cups Frozen mixed vegetables (Corn, Carrots, Lima beans, Peas, Green beans)

1 teaspoon Orange peel *grated*

$\frac{1}{2}$  cup 100% orange juice

1 tablespoon Dijon-style mustard

1 teaspoon Low-sodium soy sauce

### Directions

1. Cook the macaroni noodles according to the package directions; drain and set aside.
2. Place an oven rack in the middle of the oven. Preheat oven to 350°F.
3. Spray a skillet with nonstick cooking spray and heat over medium heat.
4. Add onions to skillet and sauté until tender, about 3 minutes.
5. Add evaporated milk, egg, ground black pepper, and cheese; mix until smooth.
6. Add cooked macaroni noodles to the cheese sauce and stir until well coated.
7. Spray a casserole dish with nonstick cooking spray.
8. Pour the mixture into the casserole dish and sprinkle the top with the remaining  $\frac{1}{4}$  cup cheese.
9. Bake for 25 minutes or until the top bubbles and begins to brown.

10. While the macaroni and cheese is baking, cook mixed vegetables in a microwave safe dish according to the instructions on the package.
11. Combine the remaining ingredients in a small bowl and stir until well blended.
12. Drain vegetables and toss with the orange juice mixture.
13. Serve 1 cup of macaroni and cheese alongside  $\frac{3}{4}$  cup of glazed vegetables.

Nutrition information per serving: Calories 457, Total Fat 6g, Saturated Fat 2g, Carbohydrate 27g, Dietary Fiber 10g, Protein 27g, Sodium 597mg

*Recipe Source: Nutrition Education and Obesity Prevention Branch (California Department of Public Health)*