Holiday Favorites

An Adaptation from
THE HEALTHY HOME COOKBOOK
by Barbara Seelig-Brown
Arugula, Pear, Walnut & Pecorino Salad

Very simple yet beautiful, this is a classic salad in the south of Italy.

Serves 6 | Serving size 1/6 recipe
Exchanges 1/2 Carbohydrate, 1 1/2 Fat

1. Place the arugula in a large salad bowl. Slice the pear as thinly as possible and place on top of the arugula. Sprinkle with walnut halves. Using a vegetable peeler, shave 1/2 ounce of the Pecorino Romano over the salad bowl.


6 ounces fresh arugula
1 pear
1/4 cup walnut halves
1/4-pound piece of Pecorino Romano, cold (only 1/2 ounce used)
2 tablespoons balsamic vinegar
2 tablespoons extra virgin olive oil
1/2 teaspoon black pepper

Calories: 105
Calories from Fat: 70
Total Fat: 8.0 g
Saturated Fat: 1.5 g
Trans Fat: 0.0 g
Cholesterol: 0 mg
Sodium: 55 mg
Potassium: 165 mg
Total Carbohydrate: 7 g
Dietary Fiber: 2 g
Sugars: 4 g
Protein: 2 g
Phosphorus: 50 mg

Cooking for friends and family is a gift. When you spend time in the kitchen you show your love for those whom you are cooking for.

People eat out or get takeout so frequently these days that entertaining at home is truly a treat. Visits with friends and family are more relaxed and more meaningful when you’re at home. We are currently seeing a marked trend in a return to cooking at home. Our kitchens are now the new living rooms, making entertaining more casual and less daunting. I try to make my home welcoming by creating a “help yourself” atmosphere. You can set up areas of your kitchen, family room, living room, dining room, or any space that are inviting with simple touches like glasses near the wine bar or coffee cups near the coffee maker. While there are books that have been published on entertaining, they do not always include recipes that meet the American Diabetes Association standards. Make your experience be a healthy one!

Cooking is an essential part of a healthy lifestyle and can offer the added bonus of being more economical. When you cook, you are more in control of your food intake. Why not take this beyond your everyday meals into entertaining as well? Relax, keep a well-stocked pantry, and use these delicious, quick, and easy recipes that focus on quality of ingredients rather than lots of ingredients.

—Barbara Seelig-Brown
Garlicky Baked Shrimp

Serves 10 | Serving size 2 shrimp | Exchanges 1/2 Starch, 1 Lean Meat

1 cup whole-wheat panko breadcrumbs
2 tablespoons finely chopped garlic
1/2 cup finely chopped flat leaf parsley
1/4 cup grated Parmigiano-Reggiano cheese
1/2 teaspoon fine sea salt
1/4 teaspoon freshly ground black pepper
2 tablespoons extra virgin olive oil
1 pound (about 20) large raw shrimp, peeled and deveined
3/4 cup dry white wine

1. Preheat oven to 350°F.
2. Mix panko, garlic, parsley, Parmigiano, salt, and pepper in pie plate. Add olive oil to bring together so breading will stick to shrimp. Breading should stick together a little but should not be moist.
3. Roll the shrimp one by one in the panko mixture and place in a 9 × 13-inch baking dish. Shrimp should be somewhat coated but not totally encrusted. Sprinkle any remaining breading over the shrimp in the pan.
4. Pour in enough white wine to cover the bottom of the pan. Bake for approximately 30 minutes.
Many years ago, I won a cooking contest with this recipe—which I owe to a dear friend for giving me the idea. Garnish with edible flowers such as nasturtiums for a very special presentation. Better grocery stores will have edible flowers in the produce department or you can grow your own!

SERVES 8  |  SERVING SIZE 1/8 recipe  
EXCHANGES 1/2 Carbohydrate, 3 Lean Meat, 1 Fat

1. Cut the flank steak into 2 thin steaks with a long, thin knife.
2. Mix all stuffing ingredients together and spread over each piece of flank steak. Roll and tie.
3. Mix all marinade ingredients together. Place flank steaks in plastic bag and add marinade. Marinate in the refrigerator for several hours.
4. Preheat grill or grill pan. Drain marinade from steaks.
5. Grill to desired doneness. Slice into very thin rounds and place on platter and garnish with fresh herbs and nasturtium flowers.

Flank Steak with Herb Stuffing

| Calories 225 | Potassium 410 mg |
|-----------------------------------------------|
| Calories from Fat 90 | Total Carbohydrate 8 g |
| Total Fat 10.0 g | Dietary Fiber 1 g |
| Saturated Fat 2.9 g | Sugars 1 g |
| Trans Fat 0.0 g | Protein 24 g |
| Cholesterol 60 mg | Phosphorus 205 mg |
| Sodium 270 mg |
Golden Roasted Turkey Breast
with Orange Zest, Spinach & Sun-Dried Tomato Stuffing

I often hear that people don’t like to cook a whole turkey, so I am suggesting another delicious and beautiful option. This stuffing recipe can also double as a side dish or can be tossed with pasta for a quick meal.

SERVES 4 | SERVING SIZE 1/4 recipe | EXCHANGES 1 Vegetable, 3 Lean Meat

1. In sauté pan combine olive oil, onion, and stock. Cook, stirring over low heat, until onion is tender. This will take about 5 minutes.
2. Add the mushrooms and cook, stirring until tender and moisture has evaporated, approximately 3–5 minutes.
3. Add garlic and cook about 1 minute. Stir in spinach and cook, stirring until wilted, about 1 minute.
5. Stuff mixture under the skin of turkey breast. Place in roasting pan and pour 1 cup additional stock or wine over turkey breast. Refrigerate until ready to roast.
6. Roast in a 375°F convection oven (25–30 minutes) or a 400°F standard oven (40–45 minutes) until internal temperature reaches 165°F. Can be basted with pan juices during roasting. Remove skin before serving.

STUFFING
1 tablespoon extra virgin olive oil
1/2 cup finely chopped onion
1 cup plus 2 tablespoons no-salt-added chicken or vegetable stock (divided use)
2 cups chopped mushrooms
2 garlic cloves, finely minced
2 cups packed baby spinach leaves
2 tablespoons sun-dried tomatoes (not in oil), chopped
1 teaspoon grated orange zest
1/4 cup fresh basil
Freshly ground pepper

1–1 1/4 pounds boneless turkey breast with skin, aka turkey London broil

Calories 180
Calories from Fat 55
Total Fat 6.0 g
Saturated Fat 1.3 g
Trans Fat 0.0 g
Cholesterol 50 mg
Sodium 255 mg
Potassium 660 mg
Total Carbohydrate 6 g
Dietary Fiber 2 g
Sugars 3 g
Protein 25 g
Phosphorus 230 mg
Braised Brussels Sprouts with Pancetta

Pancetta is Italian bacon that is rather low in fat. If you can’t find pancetta try turkey bacon. Turkey bacon can vary in fat content by brand so be sure to read the label and find the brand lowest in fat.

Serves 4 | Serving size 1/2 cup | Exchanges 1 Vegetable, 1 1/2 Fat

1. Trim the stem ends of the Brussels sprouts and remove outer leaves. Wash Brussels sprouts. Thinly slice the Brussels sprouts vertically (from stem end).

2. Place extra virgin olive oil in large sauté pan. Add garlic, shallots, pancetta, and Brussels sprouts. Cook 3–5 minutes until vegetables begin to soften and pancetta begins to brown. Add 1/2 cup stock and cook until tender. Add more stock as necessary. Season with salt and pepper, if desired.

2 cups fresh Brussels sprouts
1 tablespoon extra virgin olive oil
2 garlic cloves, peeled and minced
2 shallots, thinly sliced
1 1/4 ounces finely chopped pancetta or turkey bacon
1/2–1 cup no-salt-added chicken or vegetable stock
1/4 teaspoon freshly ground pepper (optional)
1/4 teaspoon fine sea salt (optional)

Calories 95
Calories from Fat 55
Total Fat 6.0 g
Saturated Fat 1.5 g
Trans Fat 0.0 g
Cholesterol 5 mg
Sodium 340 mg
Potassium 265 mg
Total Carbohydrate 6 g
Dietary Fiber 2 g
Sugars 1 g
Protein 4 g
Phosphorus 85 mg
When you don’t want to have a standard side dish like mashed potatoes or any other starch, you can serve this “mashed” cauliflower and your guests will be surprised and satisfied with fewer calories. For a lovely presentation, you can place a serving of the Cauliflower inside of a radicchio leaf.

SERVES 4  |  SERVING SIZE 1/4 recipe  |  EXCHANGES 1 Vegetable, 1/2 Fat

1. Place the cauliflower and Salt & Pepper Blend in a 6–8 quart saucepan and cover with water. Cover and bring to a boil. Cook until cauliflower is fork tender, about 10 minutes.

2. Drain and place in large bowl or mixer bowl. Add margarine and mash cauliflower until smooth. You can use a hand mixer or stand mixer. Stir in parsley and serve in place of mashed potatoes.

Fresh Herb Cauliflower

1 head cauliflower, washed and broken into florets
1 teaspoon Salt & Pepper Blend (2 parts fine sea salt to 1 part ground black pepper)
1 tablespoon trans-fat–free tub margarine
1/2 cup freshly chopped Italian parsley

Calories 40
Calories from Fat 20
Total Fat 2.5 g
Saturated Fat 0.7 g
Trans Fat 0.0 g
Cholesterol 0 mg
Sodium 425 mg
Potassium 140 mg
Total Carbohydrate 4 g
Dietary Fiber 2 g
Sugars 2 g
Protein 2 g
Phosphorus 30 mg
Nut-Crusted Fresh Fruit Tart

CRUST
1 cup old-fashioned rolled oats
1/4 cup all-purpose flour
1/4 cup ground walnuts
4 tablespoons trans-fat-free tub margarine (Smart Balance)
3 tablespoons honey
Water (as needed)

FILLING
8 ounces fat-free cream cheese
1/4 cup honey

TOPPING
2 pints fresh fruit (a mixture of berries is nice or any combination of your favorite fresh fruits)

Calories 225
Calories from Fat 65
Total Fat 7.0 g
Saturated Fat 1.5 g
Trans Fat 0.0 g
Cholesterol 5 mg
Sodium 230 mg
Potassium 215 mg
Total Carbohydrate 36 g
Dietary Fiber 4 g
Sugars 21 g
Protein 6 g
Phosphorus 215 mg

This crunchy, fiber-filled crust needs to be made in time to cool before adding the filling and fruit, but don’t worry, it only takes a few minutes.

SERVES 8 | SERVING SIZE 1 slice | EXCHANGES 2 1/2 Carbohydrate, 1 Fat

1. Preheat oven to 350°F.

2. Place oats, flour, and nuts in food processor. Pulse to mix. Add margarine and pulse until you have coarse crumbs. Add honey and pulse until mixture holds together. (If the mixture seems too stiff to press into a tart pan, add a few drops of water.)

3. Very gently, press the mixture into the bottom and up the sides of a 9-inch pie or tart pan. Bake 12–15 minutes, or until golden. Cool.

4. To prepare filling, mix cream cheese and honey together in food processor. Spread over cooled crust. Top with mounds of your favorite fresh fruit.

VARIATIONS:
• MIXED BERRIES
• CHOPPED MANGO AND SLICED KIWI
• CANNED PINEAPPLE AND MANDARIN ORANGES
• CAN ALSO BE MADE IN INDIVIDUAL TART PANS
• TRY GRATING SOME DARK CHOCOLATE OVER THE TOP BEFORE SERVING
From special occasions with family to weeknight dinners with friends, many fun, heartwarming memories are made while gathered around a home-cooked meal. The Healthy Home Cookbook features recipes that are flavorful and satisfying, yet healthy. Now anyone looking to entertain guests can prepare a guilt-free spread with dishes that everyone will enjoy.

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