

Idealthful Holiday Side Dishes

Parmesan Mashed Potatoes

2 pounds Yukon gold potatoes, diced and unpeeled
4 Tbsp. grated Parmesan
1/2 cup low-fat buttermilk
1/2 cup skim milk
1 Tbsp unsalted butter
Salt

Directions

Place potatoes in a large saucepan and cover with water. Bring to a boil, reduce heat and cook until tender, about 10 minutes.

While potatoes are cooking place buttermilk and milk into a small saucepan and cook over a very low heat until just warm. Be careful not to boil or milk will curdle.

Drain the potatoes, add the warmed milk and mash together to desired consistency. Stir in cheese and salt. Top with the butter and let it melt. 8 (3/4c) servings. *Source: Healthy Appetite with Ellie Krieger*

Green Beans with Onion

1 Tbsp. extra-virgin olive oil
1 cup chicken broth
1 Tbsp butter
1 to 1 1/4 lbs trimmed green beans
1 small onion, chopped
Salt

Directions

In a medium pan over medium heat add extra-virgin olive oil and butter and onion. Saute onion 3 minutes, add broth and bring to a boil. Add beans, season with salt and cover pan and simmer 8 minutes, until tender. 4 servings. *Source: Rachel Ray*

Quinoa Salad with White Wine Vinaigrette Dressing

1/4 cup quinoa
1/8 cup diced onion
1/4 chopped red pepper
1/8 cup dried tart cherries
1/4 cup shelled edamame

Cook quinoa, cool and toss with red pepper, edamame, onion, and dried tart cherries.

White Wine Vinaigrette Dressing

2 Tbsp. olive oil
Pinch of sugar
2 Tbsp. white wine vinegar
Salt and pepper to taste
1 tsp. Dijon mustard
2 Tbsp. sunflower seeds, shelled

Directions

For white wine vinaigrette dressing, whisk together olive oil, white wine vinegar, Dijon mustard, and sugar. Add salt and pepper. Mix 2 Tbsp. dressing (or more to taste) into salad and sprinkle with 2 tbsp shelled sunflower seeds.

Source: www.epicurious.com/recipes/food/views/232677

WIN for Alaska, Inc.
907-248-0797
Toll-free 866-248-0797
customerservice@winforalaska.com
www.uahealthinaction.com



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Wild Rice Stuffing

For a classic stuffing, place the rice mixture in the cavity of a turkey before roasting. Make sure to get an accurate temperature reading on the stuffing as well as the bird--both should reach an internal temperature of 165°. You can also make this to serve alongside a roast or ham.

Cooking spray

1 cup uncooked long-grain brown rice

1 ½ cups chopped celery

½ cup dried sweet cherries

1 cup chopped onion

½ cup chopped dried apricots

1 cup uncooked wild rice

½ cup chopped pecans, toasted

2 garlic cloves, minced

½ tsp. salt

4 cups fat-free, less-sodium chicken broth

½ tsp. freshly ground black pepper

1 ½ Tbsp. chopped fresh sage

Directions

Heat a Dutch oven over medium-high heat. Coat pan with cooking spray. Add celery, onion, wild rice, and garlic to pan; sauté 3 minutes. Stir in broth and sage; bring to a boil. Cover, reduce heat, and simmer 25 minutes. Stir in brown rice, and bring to a boil. Cover, reduce heat, and cook for 30 minutes or until liquid is absorbed. Remove from heat; let stand, covered, 10 minutes. Stir in cherries and remaining ingredients. 12 servings (serving size: 1/2 cup)

Source: *CookingLight.com*

Spinach-and-Artichoke Dip

Assemble up to two days ahead, and bake just before serving.

2 cups (8 oz) shredded part-skim mozzarella cheese, divided

1/2 cup fat-free sour cream

1/4 cup (1 oz) grated fresh Parmesan cheese, divided

1/4 tsp. black pepper

3 garlic cloves, crushed

1 (14 oz) can artichoke hearts, drained and chopped

1 (8 oz) block 1/3-less-fat cream cheese, softened

1 (8 oz) block fat-free cream cheese, softened

1/2 (10 oz) package frozen chopped spinach, thawed, drained, and squeezed dry

1 (13.5 oz) package baked tortilla chips (about 16 cups)

Directions

Preheat oven to 350°. Combine 1½ cups mozzarella, sour cream, 2 Tbsp. Parmesan, and next 6 ingredients (through spinach) in a large bowl; stir until well blended. Spoon mixture into a 1½ -quart baking dish. Sprinkle with remaining ½ cup mozzarella and remaining 2 Tbsp. Parmesan. Bake at 350° for 30 minutes or until bubbly and golden brown. Serve with tortilla chips. 5 ½ cups (serving size: 1/4 cup dip and about 6 chips)

Source: *Krista Ackerbloom Montgomery and taken from CookingLight.com (September 2000)*

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