

Don't Stress, *Plan Ahead!*

Recipes for a Stress-Free Holiday.



It's good to be Blue.

Make-Ahead Sweet Potato Casserole

Ingredients

- 4 lbs. sweet potatoes (about 7 medium)
- salt
- 5 medium Bosc pears (about 2 lb.), peeled, cored, sliced ¼-inch thick
- 3 Tbsp. lemon juice
- 1 C. chopped pecans
- 8 Tbsp. unsalted butter, melted
- 2 C. mini marshmallows

Directions

Make-Ahead Directions: Prepare sweet potato casserole through Step 3. Let cool completely, uncovered. Cover and chill. Bring to room temperature before reheating. When ready to serve, bake at 350° until bubbling, about 45 minutes.

1. In a large pot, cover sweet potatoes with cold water. Add 1 Tbsp. salt. Bring to a boil over medium-high heat, then reduce heat and simmer until a knife can pierce sweet potatoes easily, 30-35 minutes. Drain potatoes, run under cold water to cool, then peel. Cut into ½-inch-thick slices. In a large bowl, toss pears with lemon juice.
2. Spread pecans on a baking sheet; bake until toasted and fragrant, shaking sheet once, about 7 minutes. Transfer pecans to a bowl; let cool.
3. Preheat oven to 350°. Grease a 9x13-inch baking dish. Layer half of sweet potato slices, overlapping, then top with half of pears, half of pecans and a pinch of salt. Drizzle half of butter on top. Repeat layers.
4. Cover baking dish tightly with foil and bake until sweet potatoes and pears are tender, about 1 hour and 15 minutes.
5. Preheat broiler. Sprinkle marshmallows over top of casserole and broil until marshmallows are lightly browned, about 1 minute.

Nutrition

Serving Size: ½ C.; Calories: 494; Fat: 22g; Saturated fat: 8g; Protein: 6g; Carbohydrate: 74g; Fiber: 12g; Cholesterol: 31mg; Sodium: 284mg

Source: All You

Lighter Pumpkin Pie

Ingredients

- 1 unbaked 9-inch (4 C. volume) deep-dish pie shell
- ¾ C. granulated sugar
- 1 Tbsp. cornstarch
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- ½ tsp. salt
- 2 large egg whites
- 1 can (15 oz.) Libby's 100% Pure Pumpkin
- 1 can (12 oz.) Nestle Carnation Evaporated Fat-Free Milk
- light whipped cream (optional)

Directions

1. Preheat oven to 425°.
2. Mix sugar, cornstarch, cinnamon, ginger and salt in small bowl.
3. Beat egg whites lightly in large bowl. Stir in pumpkin and sugar mix.
4. Gradually stir in evaporated milk.
5. Pour into pie shell.
6. Bake in preheated oven for 15 minutes.
7. Reduce temperature to 350°, bake for additional 30-40 minutes or until knife inserted near center comes out clean.
8. Cool on wire rack for two hours.
9. Garnish with light whipped cream, if desired. Serve immediately or refrigerate. (Do not freeze as this will cause filling to separate from crust.)

Nutrition

Serving Size: ⅛ pie; Calories: 250; Fat: 7g; Saturated Fat: 2.5g; Protein: 6g; Sodium: 360mg; Fiber: 2g; Carbohydrates: 42g; Cholesterol: 0g

Source: Cooper Clinic Nutrition Services

Easy Broccoli Salad

The salad is even better after it chills overnight, so it's a great make-ahead dish!

Ingredients

- 4 C. small broccoli florets (about 1½ lbs.)
- 1½ C. seedless green grapes, halved
- 1 C. chopped celery
- 1 C. raisins
- ¼ C. salted sunflower seed kernels
- ⅓ C. light mayonnaise
- ¼ C. plain fat-free yogurt
- 3 Tbsp. sugar
- 1 Tbsp. white vinegar

Directions

Make-ahead the night before.

Combine the first five ingredients in a large bowl.

Combine mayonnaise and remaining ingredients, stirring with a whisk. Pour dressing over broccoli mixture, and toss well. Chill overnight.

Nutrition

Serving Size: 1 C.; Calories: 175; Calories from fat: 29%; Fat: 5.7g; Saturated fat: 0.8g; Monounsaturated fat: 1.4g; Polyunsaturated fat: 3g; Protein: 3.4g; Carbohydrate: 31g; Fiber: 3.5g; Cholesterol: 4mg; Iron: 1.2mg; Sodium: 148mg

Source: Cooking Light