

SAMPLE HOLIDAY MENU

HEALTHY AND BUDGET FRIENDLY

See the sample healthy holiday menu with supporting recipes to follow!

Roasted Turkey with Cranberry Relish

Walnut Spinach Salad

Sautéed Green Beans with Almonds

Wild Rice

Carrot Soufflé

Creamed Cauliflower

Poached Pear with Vanilla-Honey Yogurt

Pumpkin Pie

Easy Herb Roasted Turkey

Ingredients

- 1 (12 pound) whole turkey
- 1 tsp. ground sage
- $\frac{3}{4}$ c. olive oil
- 1 tsp. salt
- 2 Tbsp. garlic powder
- $\frac{1}{2}$ tsp. black pepper
- 2 tsp. dried basil
- 2 c. water

Directions

1. Preheat oven to 325° F (165° C). Clean turkey (discard giblets and organs), and place in a roasting pan with a lid.
2. In a small bowl, combine olive oil, garlic powder, dried basil, ground sage, salt, and black pepper. Using a basting brush, apply the mixture to the outside of the uncooked turkey. Pour water into the bottom of the roasting pan, and cover.
3. Bake for 3 to 3½ hours, or until the internal temperature of the thickest part of the thigh measures 180° F (82° C). Remove bird from oven, and allow to stand for about 30 minutes before carving.

Cranberry Relish

Ingredients

- 1 (12-oz.) bag fresh cranberries
- 1 fresh orange
- $\frac{1}{4}$ c. sugar
- $\frac{1}{4}$ c. golden raisins

Directions

1. Peel and section the orange; discard the peel.
2. Place the orange sections and raisins in a food processor. Pulse until roughly chopped. Add the cranberries and sugar. Continue to pulse until finely chopped.
3. Transfer the relish to a serving bowl. Cover and chill for 30 minutes. Serve cold.

Walnut Spinach Salad

Ingredients

- 6 c. fresh baby spinach
- 1 c. cherry tomatoes
- $\frac{1}{2}$ small red onion, chopped
- 3 Tbsp. chopped walnuts
- $\frac{1}{2}$ c. crumbled feta cheese

Directions

1. Toss all ingredients together in a large bowl. Serve with your favorite salad dressing.



**BlueCross BlueShield
of Mississippi**

It's good to be **Blue.**

SAMPLE HOLIDAY MENU

HEALTHY AND BUDGET FRIENDLY

Sautéed Green Beans with Almonds

Ingredients

- 1 lb. fresh green beans, ends trimmed
- 4 Tbsp. olive oil
- ½ tsp. salt
- Pinch of black pepper
- 3 Tbsp. fresh parsley, chopped
- 4 garlic cloves, finely chopped
- ½ c. slivered almonds

Directions

1. Steam or parboil the trimmed green beans for 3 minutes. Drain and set aside.
2. Meanwhile, heat 2 Tbsp. of olive oil in a large nonstick sauté pan on high heat. When the oil begins to sizzle, add the green beans and sauté for 2 minutes. Add ¼ tsp. salt, pepper, and parsley and continue to sauté for 1 minute. Transfer the cooked green beans to a dish and set aside.
3. Add the remaining olive oil to the same pan and reduce the heat to medium. Add the garlic and almonds and cook for 1-2 minutes, or until the garlic begins to turn brown.
4. Return the green beans to the pan with garlic. Add the remaining salt. Continue to cook the green beans and garlic for 5 minutes. Remove from heat and serve immediately.

Creamed Cauliflower

Ingredients

- 2 large heads of cauliflower
- 4 cloves garlic
- 3 Tbsp. olive oil
- 1 c. low-fat buttermilk
- ½ c. chopped green onion
- Salt and pepper
- 2 Tbsp. chopped fresh parsley, for garnish, optional

Directions

1. Toss oil, cauliflower, and garlic together. Bake at 500° for 20 minutes or until lightly browned.
2. Place cauliflower mixture into a large bowl. Add onion, buttermilk, and salt and pepper to taste. Use a potato masher to mash cauliflower until thick and creamy.
3. Transfer to a large saucepan and bring to a simmer over medium heat. Cook until warmed through, about 5 minutes. Add additional buttermilk for a creamier consistency.
4. Sprinkle with parsley, if desired; serve hot.

Wild Rice

Ingredients

- ¼ c. chopped onion
- ¼ c. chopped red bell pepper
- 2 green onions, thinly sliced
- 3 Tbsp. olive oil
- 2 (6 oz.) packages long grain and wild rice mix
- 2 - ⅓ c. water
- 1 can lower-sodium beef broth
- ⅛ tsp. ground black pepper

Directions

1. In a large saucepan, sauté the onion, peppers, and green onions in olive oil until tender. Stir in the rice mixes with seasoning packets, water, broth and pepper. Bring to a boil. Reduce heat, cover and simmer for 20-25 minutes or until the liquid is absorbed.

Carrot Soufflé

Ingredients

- 7 c. chopped carrots (about 2 pounds)
- ⅔ c. granulated sugar
- ¼ c. fat-free sour cream
- 3 Tbsp. whole-wheat flour
- 2 Tbsp. margarine, melted
- 1 tsp. baking powder
- 1 tsp. vanilla extract
- ¼ tsp. salt
- 3 large eggs, lightly beaten
- Cooking spray
- 1 tsp. honey

Directions

1. Preheat oven to 350°
2. Cook carrots in boiling water 15 minutes or until very tender; drain. Place carrot in a food processor; process until smooth. Add granulated sugar and next 7 ingredients (granulated sugar through eggs); pulse to combine.
3. Spoon mixture into a 2-quart baking dish coated with cooking spray. Bake at 350° for 40 minutes or until puffed and set. Drizzle with honey.



BlueCross BlueShield
of Mississippi

It's good to be Blue.

SAMPLE HOLIDAY MENU

HEALTHY AND BUDGET FRIENDLY

Poached Pears with Vanilla-Honey Yogurt

Ingredients

- 1 $\frac{3}{4}$ c. water
- $\frac{1}{2}$ c. honey
- 2 cinnamon sticks
- 4 medium pears, cored and cut in half lengthwise

Yogurt Topping

- 1 (8-oz) carton low-fat vanilla yogurt
- 2 Tbsp. fat-free sour cream
- 1 Tbsp. honey
- $\frac{1}{2}$ tsp. vanilla extract

Directions

1. Combine water and honey in a large nonstick skillet; stir with a wire whisk until blended. Add cinnamon sticks. Arrange pear halves, cut sides down, in a single layer in skillet; bring to a simmer over medium-low heat. Cook 10 minutes, basting occasionally with cooking liquid. Turn pears over; cook 10 minutes, basting occasionally. Turn pears over; and cook an additional 10 minutes or until tender; basting occasionally. Remove pears from skillet with a slotted spoon, and place 2 pear halves in each of 4 individual dessert dishes; set aside, and keep warm.
2. Bring cooking liquid to a boil over high heat, and cook 7 minutes or until reduced to $\frac{1}{2}$ c. Discard cinnamon sticks. Spoon 2 Tbsp. cooking liquid over each serving, and top each with 2 Tbsp. Vanilla-Honey Yogurt Sauce.
3. For the yogurt topping, combine all ingredients in a bowl; stir well. Cover and chill.

Source: *Cooking Light*

Pumpkin Pie

Ingredients

- 1 egg
- 1 Tbsp. all-purpose flour
- $\frac{3}{4}$ c. Splenda Sugar Blend
- $\frac{1}{4}$ tsp. salt
- 1 $\frac{1}{2}$ c. pumpkin puree
- 1 $\frac{1}{2}$ c. fat-free evaporated milk
- $\frac{1}{2}$ tsp. ground cinnamon
- $\frac{1}{2}$ tsp. ground ginger
- $\frac{1}{4}$ tsp. ground nutmeg
- 2 Tbsp. light corn syrup
- 9-inch unbaked pie shell

Directions

1. Preheat oven to 450° F.
2. Add the sugar gradually to the pumpkin puree. Beat well and stir in the flour, salt and spices. Stir in the corn syrup and beat well. Stir in the slightly beaten egg, then slowly add the evaporated milk, mixing until well-blended. Pour the batter into the unbaked pie shell.
3. Bake at 450° F (230° C) for 10 minutes then reduce the oven temperature to 325° F (165° F) and continue baking pie for 30 minutes or until knife inserted comes out clean.



BlueCross BlueShield
of Mississippi

It's good to be Blue.