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Taste OF THE Holidays

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EAT SMART MOVE MORE BE WELL

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Taste OF THE Holidays

The holidays are all about family, friends, fun and food! This guide offers tips and recipes to help you celebrate the season without putting your healthy habits on hold.

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HEALTHY EATING

Here are some simple ways you and your family can eat healthy throughout the holidays and all year long. Learn more at heart.org/EatSmart.

INCLUDE

- Fruits and vegetables
- Fiber-rich whole grains
- Beans and legumes
- Nuts and seeds
- Fish, lean and extra lean meats and poultry, tofu, lower-sodium plant-based alternatives
- Fat-free and low-fat dairy products
- Healthier fats and nontropical oils

LIMIT

- Sodium and salty foods
- Saturated fats
- Sweets and added sugars, including sugar-sweetened beverages
- Fatty or processed meats* — if you choose to eat red meat, select the leanest cuts

AVOID

- Trans fats
- Partially hydrogenated oils
- Excessive calories

TIPS

- **Compare Nutrition Facts labels.** Choose products with lower amounts of added sugars, sodium, saturated fat and no trans fat.
- **Eat healthy portions.** Often the amount of food served at restaurants or through takeout is more than a healthy serving.
- **Eat a variety of healthy foods.** You'll get more of the nutrients your body needs.
- **Prepare and eat healthier meals at home.** When you grocery shop and cook, you have more control over the foods you eat.
- **Look for the Heart-Check mark.** This symbol easily identifies foods that can be part of an overall healthy diet.

*Processed meat includes meat products that have been smoked, cured, salted and/or contain other chemical preservatives including added nitrates/nitrites.

HOLIDAY BEVERAGES

The holidays are full of delicious dishes, but they can come with extra calories and unwanted added sugars. Try these tips to healthfully enjoy your favorite fall and winter beverages.

EGGNOG

- **Go halvesies.** Fill your glass with half to three-quarters low-fat or fat-free milk and the remaining half to one-quarter with low-fat or fat-free eggnog.
- **Cut the fluff.** Pass on that big dollop of whipped cream to avoid the extra added sugar and saturated fat.
- **Look for healthier alternatives.** Try low-fat versions and nondairy nogs, such as almond milk nog.

HOT CHOCOLATE

- **DIY.** Make your own healthier version by stirring unsweetened cocoa powder (dark preferred), cinnamon (ground or freshly grated) and vanilla extract into hot low-fat or fat-free milk.
- **Read the labels.** If you're buying packaged mixes, look for products marked "low-fat" or "fat-free." Stir into low-fat or fat-free milk or hot water. Choose options with less added sugars.
- **Go lighter on the toppings.** Skip the whipped topping and sprinkle with ground cinnamon, ground nutmeg or grated cinnamon from a cinnamon stick. Swirl in peppermint extract or a bit of peanut butter.

APPLE CIDER

- **Be a label detective.** When buying cider, look on the Nutrition Facts label for the amount of added sugar. Choose options with less sugar.
- **Brew your own.** When making homemade cider, use 100% apple juice and a variety of spices, such as cinnamon sticks, cloves, nutmeg and whole cranberries.

COCKTAILS AND OTHER ALCOHOLIC BEVERAGES

- **Try a mocktail.** The nonalcoholic version of your favorite cocktail is usually lower in calories. Be sure to check the Nutrition Facts label, especially for added sugars. Sometimes products that don't contain alcohol have more added sugar than their alcohol counterparts.
- **Make it simple — but not plain.** Enjoy sparkling water or unsweetened iced tea with a citrus twist, slice of cucumber, frozen berries or a splash of 100% fruit juice. You'll get a flavor boost, dress up your drink and add some color.
- **Go one on one.** Drink a glass of water or sparkling water between each alcoholic beverage. This will help fill you up, leaving less room to overindulge.

HEALTHY HOLIDAY PARTIES AND MEALS

Tis the season of celebrations. Whatever — and wherever — your gatherings are this year, stay healthy while having fun in person or virtually.

VIRTUAL

Celebrations are important even if you won't be together in person with family and friends this year. You can still make special memories while everyone stays in their own home. Here are a few tips on making the most of a virtual gathering.

- **Make it official.** Create a guest list, set a date and time and invite friends and family to attend.
- **Create the menu.** Separate locations doesn't have to mean different menus. Send out your favorite healthy recipes and ask your dinner companions to vote on the dishes they'd like to include on your holiday menu. Check out our recommended [recipes in this guide](#) to get started. Looking for more ideas? Check out these delicious [recipes](#).
- **Set the scene.** Deck your halls with music, balloons, flowers and holiday décor.
- **Say "Cheers!"** No holiday or celebration is complete without a toast. Go to the [Holiday Beverages section](#) for healthy beverage options.
- **Move more.** Once you've finished the meal, do something active and fun together. Have a dance party or challenge or play charades.
- **Be well.** Do something together for your well-being. [Practice gratitude](#), try [mediation](#) or share what and who you're thankful for.

IN-PERSON

If you're attending an in-person holiday party or gathering, please follow your local government guidance on safety measures.

- **Get involved.** If you're a guest, offer to bring a dish. If you bring a healthy option, then you know there's at least one good-for-you choice to enjoy.
- **Come prepared.** If your attending a party at lunchtime, eat a healthy breakfast followed by a high-fiber snack mid-morning, such as an apple or a small handful of almonds. If the party is at the end of the day, enjoy a protein-packed lunch, such as grilled fish or chicken with a salad, and then enjoy a high-fiber snack in the afternoon. It'll be easier to avoid overeating.
- **Start off right.** Try not to load up on foods that are fried, buttered or have a lot of full-fat cheese and heavy cream. Even though the portions may be small, these fat-laden bites can really pack a punch. Choose fruit, veggies and dip, whole-grain crackers and baked or grilled foods.

- **Stack the deck in your favor.** Be sure to keep your entrée portions in check. A [healthy serving size](#) of poultry, fish or meat is 3 ounces. Think about the size of a deck of cards to help you visualize what a healthy portion looks like. If you're also going to enjoy more than one entrée, like ham or lamb, reach for small portions.
- **Talk turkey.** When eating poultry, choose to eat white meat most of the time. White meat has fewer calories and less saturated fat than dark meat. Be sure to discard the skin before eating, which will help reduce calories and unwanted saturated fat.
- **Jump off the gravy train.** Turkey is usually served with gravy, which can add saturated fat, calories and sodium to your meal. If you're going for the gravy, pour a small amount (2 tablespoons or less) on your plate and dip the turkey into it rather than pouring the gravy all over the top of the turkey.
- **Don't get sidelined.** The dressing or stuffing is intended to be a side dish to your meal, not the main attraction. For a healthy portion of a grain side dish, enjoy ½ cup or less. If the dressing is filled with fatty meats like sausage, looks greasy or buttery or is made with white bread or sweet rolls, it may be best to pass or take a spoonful or two for a taste. Healthier options include dressings made with a whole grain or cornbread, lean meat (or no meat), nuts (like almonds or walnuts) and lots of veggies and fruits.
- **Swap sugar for spice.** If you're cooking side dishes, reduce the amount of added sugar you include in sweet potato casserole and cranberry sauce, for example. Instead use spices, herbs and citrus for flavor.
- **Favor fruit.** Instead of indulging in traditional super sugary desserts, enjoy the natural sweetness of fruit. Check out two dessert options: [Baked Apples and Pears with Almonds](#) and [Apple Bread Pudding](#).
- **Make it special.** Limit sugary desserts to special occasions.
- **Bigger isn't always better.** Eat desserts in small portions or opt for bite-sized treats or mini indulgences.



MAKING TRADITIONS HEALTHY

Keep your holiday traditions, and make small changes and smart substitutions where you can.

- Instead of butter, use a healthier nontropical oil, light tub margarine or substitute equal parts unsweetened applesauce when baking.
- Use fat-free or low-fat milk instead of whole milk or heavy cream.
- Instead of only white flour, use half white and half whole-wheat flour.
- Instead of adding chocolate chips or candies, use dried fruit, like cranberries or cherries.
- Use extracts like vanilla, almond and peppermint to add flavor, instead of sugar or butter.
- Use whole-grain breads, rice and pasta instead of white.
- Bake, grill, roast, steam or air-fry vegetables instead of deep-frying.
- Compare labels of your holiday ingredients when possible and choose options with lower amounts of added sugars, sodium, saturated fat and no trans fat.
- Use spices, fresh herbs and citrus juices to flavor foods instead of too much salt, saturated fats and added sugars.



MOVE MORE. BE WELL.

If all your holiday traditions revolve around eating, liven things up with some opportunities to be physically active with family and friends.

- **Go for a walk or run.** Instead of heading for the couch after the big meal, bundle up and head outdoors for some fresh air. Walking is an activity the whole family can do together, even the dog!
- **Be a kid.** Start a new tradition of an annual family game of tag, touch football, basketball, mini-golf or whatever your family's favorite sport or activity is.
- **Play in the snow.** Go sledding, ice skating, skiing or snowshoeing. Build a snowman or snow fort. Team up for a snowball fight.
- **Break up the binge-watching.** In between bowl games or your favorite holiday movies, take a walk or do something active. Try out one of the [Healthy for Good virtual at-home workouts!](#)

The holidays can leave us all feeling stressed and overwhelmed. Keep in mind these helpful tips.

- **Keep up healthy habits.** Make a commitment to yourself before the holiday season begins. If you don't completely give up your healthy habits, you won't feel like you have to start all over once the holidays are in the rear-view.
- **Fit in fitness.** Try not to skip workouts, but when a full social calendar gets in the way, sprinkle some healthy activity like walking into your daily routine.
- **Practice gratitude.** Take five minutes to yourself or with your family around the table to reflect on what you are thankful for.
- **Take deep breaths.** Inhale and exhale to relieve some stress. Take a deep breath slowly through your nose, filling up your chest and tummy with air. Then slowly release the air through your mouth. Repeat several times to relax your mind and body.



RECIPES

EGG “MUFFIN” CUPS WITH TURKEY SAUSAGE AND MUSHROOMS

Serves 6

INGREDIENTS

Cooking spray	1 6.4-ounce package frozen, cooked, nitrate-free turkey sausage links, thawed
½ tablespoon canola or corn oil	1¾ cup liquid egg substitute
1 onion (yellow preferred), finely chopped	¼ cup fat-free milk
1 package sliced white mushrooms	¼ teaspoon pepper
	1 cup shredded fat-free Cheddar cheese

DIRECTIONS

1. Preheat the oven to 350°F. Spray a 12-cup muffin pan with cooking spray.
2. In a medium nonstick skillet, heat the oil over medium-high heat. Cook the onions and mushrooms for 10 minutes, or until soft, stirring occasionally.
3. Meanwhile, warm the turkey sausage according to package directions. Chop the turkey into bite-size pieces. Stir into the onion mixture until well blended. Spoon into the muffin cups.
4. In a small bowl, whisk together the egg substitute, milk and pepper. Pour the egg mixture into the muffin cups. Top with the Cheddar.
5. Bake for 25 minutes, or until the eggs are set. Remove from the oven. Let cool slightly. To easily remove the muffins from the pan, run a knife around the edges of each muffin.



NUTRITION FACTS	Per serving
Calories	148
Total Fat	4 g
Saturated Fat	1 g
Trans Fat	0 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	28 mg
Sodium	557 mg
Carbohydrates	6 g
Dietary Fiber	1 g
Sugars	4 g
Protein	21 g

MAPLE-SPICED PECANS

Serves 8

INGREDIENTS

- 1 egg white
- 2 tablespoons pure maple syrup
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon cayenne pepper
- ¼ teaspoon salt
- ½ pound pecan halves
- Cooking spray (optional)

DIRECTIONS

1. Preheat the oven to 325°F.
2. In a large bowl, whip the egg white until frothy.
3. Add the maple syrup, whipping to combine.
4. Add the spices and salt, whipping to combine.
5. With a mixing spoon or spatula, gently fold the pecans into the egg whites, coating them evenly.
6. To prevent the nuts from sticking, line a baking sheet with a silicone baking mat, or lightly spray the baking sheet with cooking spray. Spread the pecans onto the baking sheet in a single layer, separating any nuts that stick together.
7. Bake for 8 minutes.
8. Remove the baking sheet from the oven. Using a spatula or spoon, break up any clumps. Bake for 7 minutes.
9. Remove the baking sheet from the oven. Stir the nuts so they do not stick together. Cool the nuts completely before storing them in an airtight container.



NUTRITION FACTS	Per serving
Calories	214
Total Fat	20.5 g
Saturated Fat	2 g
Trans Fat	0 g
Polyunsaturated Fat	6 g
Monounsaturated Fat	11.5 g
Cholesterol	0 mg
Sodium	80 mg
Carbohydrates	8 g
Dietary Fiber	3 g
Sugars	5 g
Protein	3 g

MOM'S ROASTED TURKEY WITH BUTTERNUT SQUASH AND ASPARAGUS

Serves 8

INGREDIENTS

Roasted Turkey

- 1 12-pound fresh or frozen turkey, thawed if frozen
- 2 tablespoons dried Italian seasoning, crumbled
- 1 tablespoon canola or corn oil
- 1 teaspoon pepper
- 2 to 3 medium ribs of celery, coarsely chopped

Butternut Squash

- Cooking spray
- 1 medium butternut squash, peeled and cut into 1-inch cubes
- 2 teaspoons extra-virgin olive oil
- 2 teaspoons honey
- 1 teaspoon ground cinnamon
- 1 teaspoon dried thyme, crumbled
- ½ teaspoon pepper

- 2 medium carrots (about 1 cup)
- 1 small onion, coarsely chopped
- 3 sprigs fresh thyme or 1 tablespoon dried thyme, crumbled
- 3 sprigs of fresh rosemary or 1 tablespoon dried rosemary, crushed
- 3 medium garlic cloves, minced, or 3 teaspoons bottled minced garlic
- Cooking spray

Asparagus

- 1 tablespoon fresh lemon juice
- 2 teaspoons extra-virgin olive oil
- 2 medium garlic cloves, minced, or 2 teaspoons bottled minced garlic
- ½ teaspoon pepper
- 1 pound fresh asparagus, trimmed



NUTRITION FACTS

	Per serving
Calories	252
Total Fat	5 g
Saturated Fat	1 g
Trans Fat	0 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	2.5 g
Cholesterol	95 mg
Sodium	71 mg
Carbohydrates	16 g
Dietary Fiber	4 g
Sugars	5 g
Protein	36 g

DIRECTIONS

Roasted Turkey

1. Preheat the oven to 425°F.
2. Place the turkey on a cutting board. Using kitchen shears, remove any loose or hanging skin around the neck cavity of the turkey. Pat the turkey dry with paper towels. Loosen the turkey skin away from the meat by inserting your hand between the meat and skin and gently pushing down. Pull the wing tips up and back and tuck them under the turkey.
3. In a small bowl, whisk together the Italian seasoning and oil. Rub the mixture on the turkey breast and drumsticks, underneath the skin. Sprinkle the pepper over the entire turkey.
4. Fill the turkey cavity with the celery, carrots, onion, thyme, rosemary and garlic. Tie the legs together with kitchen twine. Lightly spray a roasting pan and rack with cooking spray. Place the turkey with the breast side up on the rack. Roast for 30 minutes.
5. Reduce the oven temperature to 325°F. Loosely cover the turkey with aluminum foil. Roast for 1 hour 45 minutes, or until the turkey reaches an internal temperature of 165°F on an instant-read thermometer. (The total roasting time may be up to 3½ hours to reach 165°F.) Remove from the oven.
6. Remove the foil and spoon the pan juices over the turkey to baste it. Re-cover the turkey and let it stand for 15 minutes at room temperature. Baste 2 or 3 times during the standing time (removing and replacing the foil each time). Discard the skin and any visible fat before slicing the turkey.

Butternut Squash

1. Preheat the oven to 350°F. Lightly spray a baking sheet with cooking spray.
2. In a medium bowl, stir together all the ingredients until the squash cubes are evenly coated. Transfer to the baking sheet.
3. Bake for 45 to 50 minutes, or until the squash is fork-tender.

Asparagus

1. Preheat the oven to 350°F. Line a baking sheet with aluminum foil.
2. In a small bowl, whisk together the lemon juice, oil, garlic and pepper.
3. Arrange the asparagus in a single layer on the baking sheet. Drizzle the lemon juice mixture over the asparagus.
4. Bake for 12 to 15 minutes, or until the asparagus is tender-crisp.

ALLSPICE-RUBBED PORK TENDERLOIN WITH CINNAMON-SAUTÉED APPLES AND CILANTRO RICE

Serves 4

INGREDIENTS

Pork Tenderloin

- 1 teaspoon ground allspice
- ¼ teaspoon pepper
- 1 1-pound pork tenderloin, all visible fat discarded
- 2 teaspoons extra-virgin olive, canola or corn oil
- 4 apples (any variety), cored and thinly sliced
- ½ teaspoon ground cinnamon

Cilantro Rice

- 1 cup chopped fresh cilantro or parsley
- 2 medium green onions, chopped
- 2 teaspoons fresh lemon or lime juice
- 2 cups cooked brown rice, covered to keep warm

DIRECTIONS

Pork Tenderloin

1. Preheat the oven to 400°F. In a small cup, stir together the allspice and pepper. Sprinkle over the pork. Using your fingertips, gently press the allspice mixture so it adheres to the pork.
2. In a large skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the pork on all four sides (about 1 minute on each side), or until browned.
3. Transfer the pork to a baking dish. Bake for 25 minutes, or until the pork reaches an internal temperature of 145°F on an instant-read thermometer.



4. Meanwhile, in the same skillet, still over medium-high heat, cook the apples and cinnamon for 4 to 5 minutes, or until the apples are soft, stirring constantly. Remove from the heat.
5. Transfer the pork to a cutting board. Let stand for 5 minutes. Slice the pork. Serve with the apples on top.

Cilantro Rice

1. Stir the cilantro, green onions and lemon juice into the cooked rice.

NUTRITION FACTS

	Per serving
Calories	315
Total Fat	6 g
Saturated Fat	1.5 g
Trans Fat	0 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	3 g
Cholesterol	60 mg
Sodium	56 mg
Carbohydrates	43 g
Dietary Fiber	6 g
Sugars	20 g
Protein	24 g

SLOW COOKER KALE TOMATO AND WHITE BEAN SOUP

Serves 4

INGREDIENTS

- 2 teaspoons canola or corn oil
- 2 cups sliced carrots (about 5 to 7 medium carrots)
- 1 cup sliced ribs of celery (about 2 ribs)
- 1 cup finely chopped onion, yellow preferred
- 2 medium garlic cloves minced
- 1 15-ounce can no-salt-added or low-sodium cannellini beans
- 2 14.5-ounce cans no-salt-added diced tomatoes
- 1 teaspoon dried rosemary
- ¼ teaspoon pepper
- 2½ cups fat-free, low-sodium vegetable broth
- 1 12-ounce package frozen kale
- 2 teaspoons fresh lemon juice
- ½ cup fresh chopped parsley, optional

DIRECTIONS

1. In a large skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the carrots, celery and onion for 8 to 10 minutes, or until the vegetables are tender, stirring occasionally. Stir in the garlic. Cook for 1 minute. Transfer to a 3- to 4½-quart slow cooker.
2. Stir in the beans, tomatoes, rosemary, pepper, broth and kale.
3. Cook, covered, on high for 4 hours or on low for 8 hours.
4. Carefully take out 2 cups of the soup. Transfer to a food processor or blender. Let cool slightly for about 5 minutes. Process the soup (vent the blender lid) until smooth. (Use caution as the soup and steam are hot and vent the blender lid away from you.) Return the soup to the slow cooker. Stir until well blended. Stir in the lemon juice.
5. Ladle the soup into bowls. Sprinkle with the parsley.



NUTRITION FACTS	Per serving
Calories	209
Total Fat	4 g
Saturated Fat	0.5 g
Trans Fat	0 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	1.5 g
Cholesterol	0 mg
Sodium	139 mg
Carbohydrates	36 g
Dietary Fiber	10 g
Sugars	10 g
Protein	10 g

BUTTERNUT SQUASH SOUP

Serves 6

INGREDIENTS

2 teaspoons canola or corn oil	¼ teaspoon salt
2 medium shallots, chopped	¼ teaspoon pepper (coarsely ground preferred)
1 medium butternut squash, peeled and cubed (about 3 cups)	⅓ cup fat-free half-and-half
3 cups fat-free, low-sodium vegetable broth	¼ teaspoon freshly grated or ground nutmeg
2 teaspoons minced, peeled gingerroot	

DIRECTIONS

1. Heat the oil in a pressure cooker on sauté. Cook the shallots for 3 minutes, or until soft, stirring frequently. Turn off the pressure cooker.
2. Stir in the squash, broth, gingerroot, salt and pepper. Secure the lid. Cook on high pressure for 20 minutes. Allow the pressure to release naturally for 10 minutes, then quickly release any remaining pressure. Turn off the pressure cooker. Remove the pressure cooker lid.
3. Allow the soup to cool slightly. Working in batches, transfer the soup to a blender (vent the blender lid) and puree until smooth. (Use caution as the soup and steam are hot and vent the blender lid away from you.) Return the soup to the pressure cooker.
4. Stir in the half-and-half. Cook on the sauté setting for 2 to 3 minutes, or until heated through, stirring frequently. Ladle the soup into bowls. Sprinkle with the nutmeg.



NUTRITION FACTS

	Per serving
Calories	64
Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1 g
Cholesterol	0 mg
Sodium	126 mg
Carbohydrates	12 g
Dietary Fiber	2 g
Sugars	3 g
Protein	2 g

GREEN BEAN CASSEROLE

Serves 8

INGREDIENTS

- 1 pound frozen green beans (French cut is best), thawed
- 1 10.5-ounce can reduced-fat, low-sodium cream of mushroom soup
- ½ cup low-fat sour cream
- ½ teaspoon pepper
- 1 small onion (cut into thin strips)
- Cooking spray
- ¼ cup whole-wheat flour

DIRECTIONS

1. Preheat the oven to 350°F.
2. In a 13 x 9 x 2-inch glass baking dish, stir together the green beans, soup, sour cream and pepper until well combined.
3. Bake for 20 minutes.
4. Meanwhile, put the onions in a medium bowl. Lightly spray them with cooking spray.
5. Add the flour, tossing to coat.
6. Lightly spray a medium-large skillet with cooking spray. Cook the onions over medium-high heat for 3 to 4 minutes, or until crispy, stirring occasionally.
7. When the casserole is done baking, remove it from the oven. Stir half the onions into the bean mixture.
8. Top with remaining onions. Bake for 5 minutes, or until the onions on top are browned.



NUTRITION FACTS	Per serving
Calories	77
Total Fat	2 g
Saturated Fat	0.5 g
Trans Fat	0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.5 g
Cholesterol	4 mg
Sodium	138 mg
Carbohydrates	12 g
Dietary Fiber	2 g
Sugars	3 g
Protein	3 g

ROSEMARY BALSAMIC ROASTED VEGETABLES

Serves 8

INGREDIENTS

Cooking spray

½ pound Brussels sprouts, brown ends trimmed off and cut in half

½ medium cauliflower, cut into florets

4 medium carrots sliced

½ pound turnips, peeled and chopped into ½-inch cubes

½ pound beets, peeled and chopped into ½-inch cubes

⅓ pound sweet potatoes, peeled and cut into ¾-inch cubes, optional

3 tablespoons balsamic vinegar

3 teaspoons extra-virgin olive oil

2 teaspoons no-calorie sweetener (granulated)

3 tablespoons fresh chopped rosemary

2 medium garlic cloves, minced

1 teaspoon onion powder

½ teaspoon pepper

¼ teaspoon salt

DIRECTIONS

1. Preheat the oven to 375°F.
2. Lightly spray a 13 x 9 x 2-inch baking dish with cooking spray.
3. Place all the vegetables in a large bowl.
4. In small bowl, whisk together the vinegar, oil, no-calorie sweetener, rosemary, garlic, onion powder, pepper and salt. Pour over vegetable mixture, tossing to coat.
5. Pour the vegetable mixture into the baking dish. Bake for 30 to 35 minutes, stirring once, or until all the vegetables are tender when easily pierced with a fork.



NUTRITION FACTS

	Per serving
Calories	98
Total Fat	2 g
Saturated Fat	0.5 g
Trans Fat	0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.5 g
Cholesterol	0 mg
Sodium	170 mg
Carbohydrates	19 g
Dietary Fiber	5 g
Sugars	8 g
Protein	3 g

FESTIVE TURKEY RICE SALAD

Serves 6

INGREDIENTS

- 2 tablespoons plain rice vinegar
- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil (extra virgin preferred)
- 1 tablespoon honey
- 1 teaspoon ground ginger
- 3½ cups cooked wild or brown rice
- 1½ cups chopped cooked skinless turkey breast, cooked without salt
- ½ cup unsweetened dried cranberries
- 1 bunch chopped green onions

DIRECTIONS

1. In a small bowl, whisk together the vinegar, lime juice, oil, honey and ginger.
2. In a large bowl, stir together the rice, turkey, cranberries, and green onions. Pour the dressing over the salad, tossing to coat. Cover and refrigerate until serving time.



NUTRITION FACTS	Per serving
Calories	203
Total Fat	3 g
Saturated Fat	0.5 g
Trans Fat	0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.5 g
Cholesterol	29 mg
Sodium	25 mg
Carbohydrates	30 g
Dietary Fiber	2 g
Sugars	9 g
Protein	15 g

APPLE BREAD PUDDING

Serves 4

INGREDIENTS

Cooking spray

1 cup fat-free milk

1 large egg

1 large egg white

2 tablespoons low-calorie brown sugar blend

1 teaspoon vanilla extract

1 teaspoon ground cinnamon

½ teaspoon ground cloves or ground allspice

6 slices light, whole-grain, or multigrain bread (lowest sodium available), cubed

3 medium apples, cored and cut into ½-inch cubes

½ cup raisins, unsweetened dried cranberries, fresh or unsweetened dried blueberries or chopped walnuts, pecans or almonds (optional)



DIRECTIONS

1. Preheat the oven to 350°F. Lightly spray a 9-inch square baking dish with cooking spray.
2. In a large bowl, whisk together the milk, egg, egg white, brown sugar blend, vanilla, cinnamon and cloves.
3. Stir in the bread, apples, and raisins, cranberries, blueberries or nuts.
4. Pour the mixture into the baking dish. Bake for 40 to 45 minutes, or until the bread cubes are golden brown.

NUTRITION FACTS

	Per serving
Calories	131
Total Fat	1 g
Saturated Fat	0.5 g
Trans Fat	0 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0.5 g
Cholesterol	32 mg
Sodium	154 mg
Carbohydrates	26 g
Dietary Fiber	5 g
Sugars	16 g
Protein	5 g

BAKED APPLES AND PEARS WITH ALMONDS

Serves 4

INGREDIENTS

4 small Granny Smith or Golden Delicious apples (can substitute any variety of apple or use pears as available or on sale)

¼ cup unsalted, unroasted almonds, chopped

2 tablespoons unsweetened dried cranberries or raisins

½ teaspoon ground cinnamon

2 teaspoons honey

DIRECTIONS

1. Preheat the oven to 400°F. Fill a small baking dish with ¼ inch of water. Set aside.
2. Cut ½ inch off the top of the apples. Reserve the tops.
3. Using a spoon or paring knife, core out the apples, leaving the bottoms intact.
4. In a small bowl, combine the almonds, cranberries and cinnamon, stirring gently. Drizzle the honey over the almond mixture, stirring until the almonds and cranberries are coated.
5. Spoon the almond mixture into the apple cavities. Replace the tops. Place the apples in the baking dish. Bake, covered loosely with aluminum foil, for 30 minutes. Remove the foil. Bake for 15 minutes, or until the apples are tender and lightly golden.



NUTRITION FACTS	Per serving
Calories	153
Total Fat	4.5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	3 g
Cholesterol	0 mg
Sodium	2 mg
Carbohydrates	29 g
Dietary Fiber	5 g
Sugars	21 g
Protein	2 g

RESOURCES

The American Heart Association has many resources to help people eat and live healthier. Visit heart.org/HealthyforGood or these resources:

- **Cook healthy recipes and meals.** Discover how easy, budget-friendly and delicious healthy cooking can be.
- **Get moving with our virtual at-home workouts.** Grab your family and friends and get your hearts pumping with a #MoveMore party any time.
- **Look for our Heart-Check mark.** Our Heart-Check mark on food packaging helps people find foods in the grocery store that can be part of an overall healthy eating pattern.
- **Download our Grocery Guide.** Our Grocery Guide shows how to make the most of your money by creating a household food budget, planning menus and shopping wisely.
- **Connect with us on Facebook and Twitter.**
- **Sign up for Healthy for Good.** You'll receive tips, tools and hacks direct to your inbox.





American Heart Association.

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