

## Healthy Holiday Recipes

### Main Dishes

#### Leftover Turkey Tostadas

##### Ingredients

- 2 cups cooked turkey (cut into bite-size pieces, or 2 cups ground turkey, browned in a skillet and drained)
- 2 tablespoons taco seasoning (chili)
- 1 1/2 cups water
- 4 corn tortillas
- 1/4 cup refried beans (low-fat or fat-free)
- 1/4 cup Cheddar or Monterey Jack cheese (shredded, low-fat)
- 1/2 cup tomatoes (chopped)
- 1/2 cup lettuce (shredded)
- 2 tablespoons onion (chopped)
- 1/2 cup taco sauce
- plain yogurt (low-fat or fat-free optional)
- guacamole (or mashed avocado optional)



##### Directions

1. Wash and prepare vegetables.
2. In a large skillet over medium heat, combine turkey, taco seasoning, and water.
3. Bring mixture to boil, reduce heat and simmer 5 minutes, stirring occasionally.
4. Place tortillas on a cooking sheet. Bake at 375° for 4-7 minutes or until tortillas are crispy.
5. Spread tortillas with a tablespoon of beans. Top with 1/4 meat mixture and cheese.
6. Return tortillas to oven to cook for 2-3 minutes or until cheese is melted.
7. Top with tomatoes, lettuce, onions and taco sauce. Garnish with yogurt and guacamole, if desired.

*Makes: 4 servings, Total Cost: \$3.56*

*Serving Cost: \$0.89*

#### Easy Pozole Verde

##### Ingredients:

- 1 tablespoon olive oil
  - 1 small yellow onion, peeled and diced
  - 1 large poblano pepper, cored and diced
  - 3 cloves garlic, minced
  - 3 (4-ounce) cans diced green chiles
  - 6 cups low sodium chicken stock or broth
  - 2 (14-ounce) cans white hominy, drained and rinsed
  - 3 cups leftover cooked turkey
  - 2 teaspoons ground cumin
  - 1 teaspoon salt, or more/less to taste
- Garnishes: diced avocado, chopped fresh cilantro, crumbled cotija cheese, thinly-sliced radishes, lime wedges



Directions:

Heat oil in a large stockpot over medium-high heat.

Add onion and poblano and saute for 5 minutes, or until the onion is soft, stirring occasionally.

Add the garlic and saute for an additional minute, stirring occasionally.

Add the diced green chiles, chicken stock, hominy, turkey, cumin and salt, and stir to combine.

Continue heating until the soup reaches a simmer. Reduce heat to medium-low and simmer for at least 5 minutes. Taste, and season with extra salt and pepper if needed.

Serve warm, topped with your desired garnishes.

*Ready in 30 minutes*

**Side dishes**

- **Garlicky Green Beans**

Ingredients

1 teaspoon

olive oil

1 to 2 garlic cloves, peeled and minced, or put through a garlic press

1 tablespoon finely chopped fresh ginger root (if you like ginger)

1 pound green beans, washed and trimmed

1/4 cup cold water

1/4 teaspoon salt

Directions

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

Put a large skillet on the stove and turn the heat to low. Add the oil. Add the garlic and (if you like) the ginger and cook until they just start to change color (they'll get a little bit golden), about 30 seconds. Add the beans and stir until they are lightly coated with the oil. Add the water, raise the heat to high, and cook until the pan is almost dry, about 6 minutes.

Move the beans to a plate or platter, then taste a bean and add salt if you think it needs it. Serve right away.



- **Homemade Cranberry Sauce**

Ingredients

1 package fresh cranberries (12 ounces, can also use frozen)

1 orange

1 cup white grape juice concentrate

Directions

1. Place all ingredients in a blender and blend until mixed well.

2. Heat up and serve over turkey, ice cream sandwiches, etc.

Language English

Notes



1 cup white grape juice concentrate can be substituted for 1 cup sugar.

Makes: 8 Servings

Total Cost: \$3.42

Serving Cost: \$0.43

## Holiday Desserts

### Crustless pumpkin pie

#### Ingredients:

(15 ounce) can pumpkin

(12 ounce) can evaporated skim milk

3/4 cup egg substitute or 3 eggs

1/2 teaspoon salt

1-2 tablespoon pumpkin pie spice (I like mine spicier)

1 teaspoon vanilla

2/3 cup splenda sugar substitute or 1 cup sugar

#### Directions:

Combine all ingredients and beat until smooth.

Pour into 9-inch pie pan sprayed with cooking spray.

Bake at 400 degrees for 15 minutes; reduce temperature to 325 degrees and bake for 45 minutes more.

Pie is done when knife inserted into center comes out clean.

