

Simple Holiday Recipes

Sweet Potato Casserole

Makes 10 servings, about 1/2 cup each



Ingredients:

2 1/2 pounds sweet potatoes (3 medium)
2 large eggs
1 tablespoon canola oil
1 tablespoon honey
1/2 cup 1% milk
2 teaspoons freshly grated orange zest
1 teaspoon vanilla extract
1/2 teaspoon salt, or to taste

Topping:

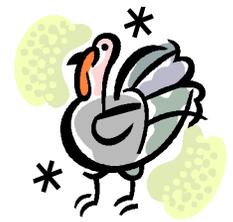
1/2 cup whole-wheat flour
1 /3 cup packed brown sugar
4 teaspoons frozen orange juice concentrate
1 tablespoon canola oil
1 tablespoon butter, melted
1/2 cup chopped pecans (1 3/4 ounces)

1. Wash sweet potatoes and coat skin in canola oil. Roast potatoes at 350 degrees for one hour or until soft (can be done the day before). Cool and remove skin. Mash with a potato masher. Measure out 3 cups. (Reserve any extra for another use.)
2. Preheat oven to 350°F. Coat an 8-inch-square (or similar 2-quart) baking dish with cooking spray.
3. Whisk eggs, oil and honey in a medium bowl. Add mashed sweet potato and mix well. Stir in milk, orange zest, vanilla and salt. Spread the mixture in the prepared baking dish.
4. To prepare topping: Mix flour, brown sugar, orange juice concentrate, oil and butter in a small bowl. Blend with a fork or your fingertips until crumbly. Stir in pecans. Sprinkle over the sweet potato mixture.
5. Bake the casserole until heated through and the top is lightly browned, 35 to 45 minutes.

Nutrition Facts: (per serving)

Calories: 223
Fat: 10g (2g sat)
Protein: 4g
Fiber: 4g
Sodium: 163mg





Spiral Stuffed Turkey Breast with Cider Gravy

Makes 8 servings

Stuffing:

2 teaspoons extra-virgin olive oil
1 cup finely chopped onion
1/2 cup finely chopped celery
2 cloves garlic, minced
1/2 cup fresh whole-wheat breadcrumbs
3 tablespoons chopped fresh parsley
1 Tbl chopped fresh thyme or 1 tsp dried
1 1/2 tsp chopped sage or 1/2 tsp dried (crumbled, not ground)
1/4 teaspoon salt, or to taste
Freshly ground pepper to taste

Turkey & gravy:

1 2-pound boneless turkey breast half
1/4 teaspoon salt, or to taste
Freshly ground pepper to taste
4 teaspoons extra-virgin olive oil, divided
1 cup apple cider
1/2 cup reduced-sodium chicken broth
1 cup coarsely chopped onion
2 cloves garlic, crushed and peeled
8 sprigs fresh thyme or 1 teaspoon dried
4 teaspoons cornstarch
2 tablespoons water
1/4 cup reduced-fat sour cream
1 1/2 teaspoons Dijon mustard
1 teaspoon lemon juice

1. Preheat oven to 300°F.
2. To prepare stuffing: Heat oil in a medium nonstick skillet over medium heat. Add onion and celery; cook, stirring often, until softened, 2 to 4 minutes. Add garlic and cook, stirring, for 30 seconds. Remove from heat and stir in breadcrumbs, parsley, thyme, sage, 1/4 teaspoon salt and pepper.
3. To prepare turkey: Remove skin from turkey breast and trim off fat. Butterfly the turkey breast (see Tip). Flatten the turkey breast. Spread the stuffing over the breast and roll the breast up into a cylinder. Secure with kitchen string.
4. Sprinkle the turkey roulade with 1/4 teaspoon salt and pepper. Heat 2 teaspoons oil in a large cast-iron or nonstick skillet over medium-high heat. Add the roulade and cook, turning from time to time, until browned all over, 5 to 7 minutes. Transfer to a plate. Add cider to the skillet and bring to a simmer, stirring to scrape up any browned bits. Add broth and bring to a simmer. Remove from heat.
5. Heat the remaining 2 teaspoons oil in a Dutch oven over medium heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes. Add garlic and cook, stirring, for 30 seconds. Add the browned turkey roulade. Pour in the cider mixture, then add thyme sprigs (or dried thyme). Cover the pan and transfer it to the oven.
6. Bake the roulade until it is no longer pink inside and an instant-read thermometer inserted in the center registers 170°, 45 minutes to 1 hour. Transfer to a carving board, tent with foil and keep warm.
7. To prepare gravy: Strain the liquid from the Dutch oven into a medium saucepan, pressing on the solids. Bring to a simmer over medium-high heat; cook for 2 to 3 minutes to intensify the flavor. Mix cornstarch and water in a small bowl; add to the simmering gravy, whisking until lightly thickened. Add sour cream, mustard and lemon juice, whisking until smooth. Season with pepper. Heat through.
8. Remove the string from the roulade. Carve into 1/2-inch-thick slices and serve with gravy.

Nutrition facts: (per serving)

Calories: 222
Fat: 5g
Protein: 29g
Fiber: 2g
Sodium: 246mg

