



# Wellness in the Workplace

## Low Cost, Low Fat Holiday Tips

**Card and Coupons:** Make the most of any store coupons. Card members can make great savings with "buy one get one free" offers and reduced-price-per-pound turkeys if your grocery bill reaches a certain threshold.

**Think BIG! or small:** With turkey, buy only the size you need. Or buy bigger than you need. Think of it this way: if you're a family of four, perhaps you really only need a turkey breast, which will feed you all and allow a day or two's worth of leftovers, without waste. The case for buying a bigger bird is if your family loves turkey, and will enjoy leftovers in various forms for more than a day or two. If you're able to make a number of meals from one bird, down to using the carcass for soup, then it's obviously a worthwhile investment.

**Side Dishes:** Cut down on side dishes. There's no point serving a sweet potato casserole if only one person is likely to eat it. Just because green bean casserole is synonymous with a Thanksgiving or holiday dinner, it doesn't mean you must prepare one, especially if it's something many of your guests don't care for. If you really don't think anyone will eat Brussels sprouts, don't buy them. Fresh or frozen? It's up to you, so see where the best deals are. Any fresh produce that's been trimmed or cut, will be more expensive.

**From Scratch:** Make your own stuffing and gravy. Day-old bread may be cheaper than bags or boxes of stuffing mix. You can control the fat content by making good use of fat-free broths. Save money by making your own pies instead of buying pre-made ones. This means you can also control the ingredients, perhaps choosing fat-free evaporated milk, sugar substitute, less or even no butter.

**Share the Load (and the Bounty!)** Another cost-cutting option is to host a potluck. You could cook the turkey, ham, or centerpiece of your choosing, and have relatives or friends bring a dish of their choice, agreed in advance to prevent duplication. This spreads the cost of the feast, and still allows variety.

**A Little Goes a Long Way** If you're conscious about portion control, a little can go a long way. Consider doing without appetizers and focusing on the main meal and dessert. And knowing that you're going to eat dessert later, resist piling your plate high with every single dish on offer—although eating a few bites of everything is fine.

**Holiday Appetizer Ideas** Substitute low-fat or fat-free versions of mayonnaise, yogurt and sour cream to make dips. Serve plenty of raw vegetables to accompany your dips. Make a fresh salsa and serve with home-baked tortilla chips. Use fat-free cream cheese and lean cuts of turkey or ham in pinwheels and roll-ups.



## Got Allergies? Simple Baking Substitutions

If you or one of your guests has food allergies, swap in these substitutions.

### Eggs

- Applesauce: best in recipes where you want the moistness such as quick breads, cakes, and brownies. 1 egg= 3tbsp. applesauce
- Tofu: Blend or puree the tofu well so it's smooth and creamy and use in recipes where a rich, chewy product is desired. They're great for pumpkin and custard pies. 1/4 cup tofu= 1 egg
- Flaxseed: slightly nutty flavor. Mix 1 tbsp. ground flaxseed with 1 tbsp. water.
- Commercial Egg Replacers: 2 kinds are Ener-G & Bob's Red Mills.

### Dairy

Milk alternatives like soy, almond, rice, hemp, oat, coconut all substitute very well

- Buttermilk: Mix 1 tbsp. vinegar or lemon juice with 1 cup non-dairy milk. Let stand 10 min to curdle.
- Cream: Make cashew cream! Blend 1 1/2 cups cashews with 4 cups water.

### Other Common Allergens & Alternatives

**Honey:** agave nectar or maple syrup

**Gluten Free:** Sorghum or superfine brown rice flour are good substitutions for all-purpose flour. Buckwheat, millet, and cornmeal are good substitutions for whole wheat flours.

Try this gluten-free baking mix, perfect for breads and cakes:

1 cup sorghum flour, 1/2 cup millet, almond or buckwheat flour, 1 cup tapioca, potato starch, or corn starch, & 1 tsp. xanthan gum

[www.glutenfreegoddess.com](http://www.glutenfreegoddess.com)

## Instant Oatmeal vs. Regular Oats

Oatmeal is considered a healthy breakfast option, but what about instant oatmeal? Instant oatmeal are regular oats, 'flattened' to cook in a shorter amount of time than regular ones. Both contain vitamins, protein, and soluble fiber which can lower cholesterol levels. The big difference is that Instant Oatmeal also comes with a hefty dose of sugar and salt. Most individual packets contain 3-4 tsp. of added sweetener, more dessert than breakfast.

Regular oats, the kind that come in a large container, are a cheap and healthy breakfast option. Instant oatmeal takes about 2 minutes to prepare, while regular oatmeal takes as little as five.

NutriCats tip: choose regular oats, add 1 tbsp. of raisins, walnuts, and ground flax seeds. Top with 1 tsp. of maple syrup or honey for a sweet and nourishing meal.

## Maple Roasted Brussels Sprouts

- 1 ½ pounds brussel sprouts, stems off and sliced in half
- ¼ cup olive oil
- ¾ teaspoon sea salt
- ¼ teaspoon (or 10 grinds of) black pepper
- 2 tablespoons maple syrup
- ½ cup toasted hazelnuts, coarsely chopped (optional)



Preheat the oven to 375 degrees F. In a large bowl, toss the brussel sprouts, olive oil, salt, and pepper together. Once all of the brussel sprouts are coated in oil, spread them into a 9x13 (or larger) baking dish or sheet tray to roast. After 15 minutes, stir the brussel sprouts around with a spatula or large spoon to even out the browning. After 30 minutes, stir in the maple syrup. Continue to roast the brussel sprouts for about 15 more minutes, or until they are fork tender (about 45 minutes total roasting time). Toss the roasted brussel sprouts with the hazelnuts and devour!

## Wholesome Cranberry Bars

- 1 cup whole wheat pastry flour
- 1 tsp baking powder
- 1/4 tsp salt
- 1 large egg
- 1 large egg white
- 1/2 cup firmly packed brown sugar
- 2 tbsp canola oil
- 1 tsp vanilla extract
- 1 1/4 cups whole fresh cranberries
- 1 tbsp confectioners' sugar



Preheat oven to 350 degrees. Spray an 8 X 8 inch baking pan with nonstick cooking spray. Combine flour, baking powder and salt in a medium bowl. In a bowl, beat egg and egg white with brown sugar. Add oil and vanilla extract, and beat again. Add wet ingredients to dry and stir until just combined. In a small bowl, toss cranberries with confectioners' sugar, then stir berries into batter. Empty batter into baking pan and bake for 30 min., or until a toothpick inserted in the middle comes out clean. Makes 12 bars. [www.about.com](http://www.about.com)

## Flatbread with Roasted Apple, Butternut Squash, & Caramelized Onion



### Ingredients

- 1 large yellow onion, thinly sliced
- 2 tablespoons olive oil + extra for brushing
- 1 small butternut squash
- Pre-made pizza crust (I used refrigerated pizza crust)
- 1 cup spinach
- 1 apple, peeled and thinly sliced (*preferred: honey crisp, gala, or Fuji*)
- sea salt and freshly ground black pepper

### Garlic White Bean Puree

- 1 can white cannellini beans, drained and rinsed
- ½ cup olive oil
- ½ teaspoon dried thyme
- 3 cloves garlic, peeled
- juice of ½ lemon (about 1 tablespoon)
- 1 teaspoon sea salt
- ½ teaspoon black pepper

### Procedure:

Blend all ingredients in a food processor until smooth.

Preheat the oven to 375 degrees F.

In a large skillet, sauté onions in 2 tablespoons of the olive oil over medium heat until tender and slightly caramelized, about 20-30 minutes. Season generously with salt and pepper. In the meantime, cut the squash lengthwise from stem to bottom and place the cut side down on a baking sheet. Bake about 35-40 minutes. Let cool a few minutes, then scoop out and discard seeds using a big spoon. Using a vegetable peeler, remove skin and then slice the remaining flesh. Spread a light layer of the Garlic White Bean Puree evenly over the rolled-out Pizza Dough. You may not want to use all of the puree, just enough to coat the dough. On top of the dough, arrange the spinach, caramelized onions, butternut squash slices, and apple slices. Season with salt and pepper and brush the unbaked crust with olive oil. Bake for about 20-30 minutes, rotating midway, until the flatbread looks cooked and the crust is slightly browned/golden. [www.chefchloe.com](http://www.chefchloe.com) (& Brussels sprout recipe)