

BAKED ACORN SQUASH WITH MUSTARD & HONEY

Recipe courtesy of Sara Moulton
foodnetwork.com

3 acorn squash, about 1 1/2 lbs. each,
stems cut off

6 tablespoons light butter, softened

2 tablespoons Dijon mustard

6 tablespoons honey

Kosher salt & black pepper

Preheat oven to 375 degrees F.

Set the squash on its side and with a large knife, cut in half vertically. Trim a piece off the bottom of each squash so they will lie flat in the pan. Scrape out the seeds and stringy membranes with a large spoon. Place cavity side up in a large roasting pan.

Mix the butter, mustard, and honey in a small bowl until blended. Fill each squash cavity with 2 T of the butter mixture. Season with salt and pepper. Bake until the squash is very tender, 1 to 1 1/2 hours.

Save even more calories/fat by substituting the butter with one of the heart healthy buttery spreads.

MAPLE PUMPKIN PIE

Recipe courtesy of Juan-Carlos Cruz
foodnetwork.com

1 cup fat-free sour cream, 1/2 cup sugar substitute, 2 T maple syrup, 1 1/2 T cinnamon, 1/2 t ginger, 1/2 t allspice, 1/2 t nutmeg, 1 t vanilla extract, 1/4 t salt, 2 egg whites, 1 whole egg, 1 (15 oz.) can pumpkin, 1 light pie shell. (recipe below)

Preheat oven to 350 degrees F.

In a large bowl, combine sour cream, sugar substitute, maple syrup, cinnamon, ginger, allspice, nutmeg, vanilla extract, salt, egg whites, egg and pumpkin until thoroughly blended and mixture is smooth.

Pour the pumpkin mixture into the light pie shell. Bake for 1 hour or until knife comes out cleanly. Cool on wire rack for about 1 hour. Carefully cut pie into 8 servings.

Light pie shell:

1 1/4 C all-purpose flour, plus 1 T for dusting surface, 2 T sugar substitute, 1/2 T baking powder, 1/4 t salt, 1 T butter, 1/2 C fat-free milk.

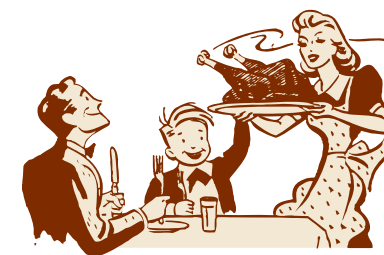
In a large bowl, mix 1 1/4 C of flour, sugar substitute, baking powder & salt. Cut the butter into the dough until the butter is in small chunks. Slowly add the milk and mix with 2 forks until dough holds together. Pat the dough into a disk and wrap in plastic wrap. Allow to rest in refrigerator for at least 1 hour. Remove dough from refrigerator and roll out on lightly floured surface. Place dough in pie tin. Fold under excess dough & crimp edges. Place back in refrigerator until needed.

Nutrition info: total fat -3 grams, sat. fat- 1 gram, carbs. -32 grams, calories-181, fiber-3 grams.

REFERENCE: UC BERKELY WELLNESS LETTER
www.foodnetwork.com

WARWICK VALLEY HEALTH & WELLNESS LETTER

JUST ONE SPLURGE



From Thanksgiving through January many people find themselves in a swirl of dietary temptation. Some try to cut calories beforehand. Others dive in, promising a return to prudence after January 1st. A diet high in calories and saturated fat is unhealthy over the long haul. But can one meal be that bad for you?

First a bit of background. Saturated fat (found chiefly in meats and dairy products) contributes to high blood cholesterol and atherosclerosis, increasing the risk of heart attack and stroke. Mono- and polyunsaturated fats (found primarily in vegetable oils, fish and nuts) seem to counteract some effects of saturated fat. But it's been assumed that these bad and good effects happen only over the long haul.

Recent research, however, shows that the short haul can be risky, too. In a study by researchers in Australia and Sweden, healthy young volunteers ate a meal consisting of carrot cake and a milkshake, both made to be especially high in saturated fat. Three hours later, the ability of their blood vessels to dilate was found to be impaired, and after six hours the protective qualities of their

JUST ONE SPLURGE (CONTINUED) . . .

HDL (“good”) cholesterol were reduced. A month later they ate the same foods, but prepared with unsaturated fats. This time there were no adverse effects. This is not the first study to find that one big meal high in saturated fat can have an immediate harmful effect on blood vessels.

There’s a lot of mythology about how to reduce the cardiovascular effects of a high-fat meal— how to eat your cake without paying the price. Taking high doses of vitamin C and E beforehand has been suggested, but tests have shown that this doesn’t help. Researchers have also looked into exercising vigorously afterward. One study showed that running on a treadmill after a big high-fat meal does help, at least for the fit young adults who took part in the experiment. Can’t imagine running on a treadmill after Thanksgiving dinner. Anyway, there’s all that cleaning up to do.

People with diabetes or heart disease, or those at high risk for heart disease, should not splurge at holiday meals. (Some high-fat holiday meals can contain more than 3,000 calories). Take a small piece of the cream pie. Don’t eat the turkey skin. Pass up the prime rib. Saturated fats can catch up with you fast. At festive meals, concentrate on the fruits and vegetables. Try to keep your portions small. Try to squelch that “all you can eat” mentality. Stepping on the scale on New Year’s Day shouldn’t be a distressing experience.

TURKEY TIME

If the idea of a very-high-calorie, high-fat holiday meal doesn’t sound so tempting after what you’ve just read, here are tips for a healthier feast that’s kinder to your arteries:

- Baste the turkey with fat-free broth, not butter, oil or drippings.
- Skim all fat before making gravy.
- Don’t eat the skin, do eat the breast.
- Make vegetable the center of the meal.
- Use evaporated skim milk in place of cream when making pumpkin pie.

How to save almost 2,300 calories:

OLD STYLE MEAL

CALORIES

APPETIZERS

20 potato chips	210
Plus creamy dip	200
5 crackers with cheese	300
1 cup egg nog	340

DINNER

10 oz. champagne/wine	230
9 oz. turkey, white & dark meat, with skin	520
1/2 C gravy	60
1 C standard stuffing	500

2 candied sweet potatoes	285
1 C buttered green beans	70
2 rolls, buttered	240
1/4 C canned cranberry sauce	105
<u>1 slice pecan pie w/whipped cream</u>	<u>520</u>
Total calories	3,580

NEW STYLE MEAL

CALORIES

APPETIZERS

20 baked chips	120
Plus low fat yogurt dip	35
Raw vegetables with salsa	40
1/2 C egg nog (low-fat)	140

DINNER

5 oz. champagne/wine	115
6 oz. turkey, white meat, no skin	230
1/4 C low fat gravy	20
1 C low-fat stuffing	125
1 C baked acorn squash	115
1 C steamed green beans	35
1 roll	85
1/4 C low-sugar cranberry sauce	85
<u>1 slice pumpkin pie</u>	<u>145</u>
Total calories	1,290