

“Healthier Holiday Cooking”

Recipes

12/6/11

Whole Wheat Chocolate Chip Cookies

Ingredients

2 ¼ cup whole wheat pastry flour
1 teaspoon baking soda
1 teaspoon salt
½ cup applesauce
½ cup canola oil
½ cup granulated sugar
½ cup packed brown sugar
1 teaspoon vanilla extract
1 whole egg plus 2 egg whites
2 cups chocolate chips
½ cup walnuts

Directions

PREHEAT oven to 375° F.

COMBINE flour, baking soda and salt in small bowl. Beat oil, applesauce, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets.

BAKE for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

PAN COOKIE VARIATION: Grease 15 x 10-inch jelly-roll pan. Prepare dough as above. Spread into prepared pan. Bake for 20 to 25 minutes or until golden brown. Cool in pan on wire rack. Makes 4 dozen bars.

SLICE AND BAKE COOKIE VARIATION:

PREPARE dough as above. Divide in half; wrap in waxed paper. Refrigerate for 1 hour or until firm. Shape each half into 15-inch log; wrap in wax paper. Refrigerate for 30 minutes.* Preheat oven to 375° F. Cut into 1/2-inch-thick slices; place on ungreased baking sheets. Bake for 8 to 10 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely. Makes about 5 dozen cookies.

* May be stored in refrigerator for up to 1 week or in freezer for up to 8 weeks.

THIS RECIPE IS ADAPTED FROM THE ORIGINAL NESTLE TOLL HOUSE CHOCOLATE CHIP COOKIE RECIPE.

<http://www.verybestbaking.com/recipes/18476/Original-NESTLE-TOLL-HOUSE-Chocolate-Chip-Cookies/detail.aspx?p=1&showphoto=false>

Cranberry-Orange-Nut Cookies

http://www.eatingwell.com/recipes/cranberry_orange_nut_cookies.html

From *EatingWell: November/December 2007*

Crisp, moist and chewy, this cookie created by Georgene Egri of Walnut Creek, California, has the essential ingredients for the holidays: citrus, nuts and cranberries. These cookies travel well for gift-giving and lunchboxes.

2 1/2 dozen cookies | **Active Time:** 35 minutes | **Total Time:** 1 1/2 hours

Ingredients

- 1 1/2 cups whole-wheat pastry flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup chopped walnuts
- 1/2 cup chopped dried cranberries
- 1 cup plus 3 tablespoons sugar, divided
- 1/2 cup smooth, unsweetened applesauce
- 1/4 cup canola oil
- 1 tablespoon freshly grated orange zest
- 3 tablespoons orange juice

Preparation

1. Whisk flour, baking powder, baking soda and salt in a large bowl. Stir in walnuts and dried cranberries.
2. Whisk 1 cup sugar, applesauce, oil, orange zest and juice in a medium bowl until smooth. Make a well in the dry ingredients and pour in the wet ingredients. Mix until well blended. Cover with plastic wrap and chill for 30 minutes.
3. Preheat oven to 350°F. Line a baking sheet with parchment paper or a nonstick baking mat.
4. Put the remaining 3 tablespoons sugar into a small flat-bottomed dish or pan. Roll the dough with floured hands (it will be very moist) into 1 1/2-inch balls, then roll in sugar to coat. Place 2 inches apart on the prepared baking sheet.
5. Bake the cookies until barely golden brown, 12 to 15 minutes. Cool on the pan for 1 minute; transfer to a wire rack to cool completely.

Nutrition

Per cookie :102 Calories; 5 g Fat; 0 g Sat; 1 g Mono; 0 mg Cholesterol; 15 g Carbohydrates; 1 g Protein; 1 g Fiber; 94 mg Sodium; 24 mg Potassium

1 Carbohydrate Serving

Exchanges: 1 other carbohydrate, 1 fat

Tips & Notes

- **Make Ahead Tip:** Prepare the dough through Step 2, cover and refrigerate for up to 3 days. Store the cookies in an airtight container at room temperature for up to 5 days.

Glazed Sweet Potatoes & Apples

All you need:

6 medium sweet potatoes (2-1/2 pounds), peeled and cut in 1-inch cubes
2 Braeburn apples, cored and cut into 1-inch cubes (no need to peel)
1/2 cup packed brown sugar
1/2 cup apple juice
3 Tablespoons butter, melted
1 Tablespoon honey
1 teaspoon ground cinnamon
1/2 teaspoon finely grated orange peel
1/2 cup pecan pieces

All you do:

1. Place sweet potatoes and apples in a 3-1/2 quart slow cooker. In a bowl, mix together brown sugar, apple juice, melted butter, honey, cinnamon and orange peel. Spoon over sweet potatoes and apples. Cover and cook on low-heat setting for 6-8 hours, or on high-heat setting for 3 hours or until sweet potatoes and apples are tender.

2. Meanwhile, in a heavy ungreased skillet, toast pecans over medium-low heat for 5-7 minutes, stirring frequently until nuts begin to brown then stirring constantly until nuts are golden brown and fragrant. Sprinkle over potatoes just before serving.

Nutrition Facts per serving: 230 calories, 10 g fat, 3.3g saturated fat, 0 g trans fat, 11 mg cholesterol, 67 mg sodium, 34 g carbohydrates, 4 g fiber, 2g protein, 345% vitamin A, 38% vitamin C, 5% iron, 5% calcium.

Chunky Apple-Cranberry Sauce

All you need:

2 lb. sweet apples (4 large)
1/4 cup water
1/4 cup Hy-Vee sugar (or use Splenda®)
2 tbsp Grand Selections maple syrup
1/2 tsp Hy-Vee cinnamon
1/4 tsp salt
1 cup fresh cranberries
1 1/2 tsp lemon juice

All you do:

Peel and core apples; cut into 1-inch chunks. Place in large pot with water, sugar, maple syrup, cinnamon, salt and cranberries. Bring to a boil.

Reduce heat to medium-low; cover and cook 20 minutes or until apples are tender and sauce is thickened. Check halfway through cooking. If mixture is dry, add 2 tablespoons water.

Uncover pot and mash apples with fork until pulpy. Stir in lemon juice.

Nutrition information per serving

[makes 6 servings]:

Calories: 130
Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Carbohydrate: 35g
Dietary Fiber: 4g
Protein: 0g
Sodium: 100mg

Need more healthy holiday recipe ideas?

Contact Kaitlin, your Hy-Vee North Dietitian:

Kaitlin Anderson, RD, LD
1548dietitian1@hy-vee.com
507-289-0266

Brownies

Original

1 Box Betty Crocker Brownie Mix
 ¼ cup water
 2/3 cup vegetable oil
 2 Eggs

Original Betty Crocker Brownie:

Follow original directions.

Serves 20.

Pumpkin Brownies

1 Box Betty Crocker Brownie Mix
 1 (15 oz) can of pumpkin

Betty Crocker Pumpkin Brownie:

Mix the two ingredients and bake according to box.

Serves 20.

Black Bean Brownies

1 Box Betty Crocker Brownie Mix
 1 (15 oz) can black beans

Betty Crocker Black Bean Brownie:

Puree the can of black beans (with liquid) and add to brownie mix. Bake according to box.

Serves 20.

Nutrition Facts	
Serving Size (41g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 95mg	4%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size (47g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 1g	
Vitamin A 60% • Vitamin C 0%	
Calcium 0% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size (47g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 15g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
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Total Carbohydrate	300g 375g
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Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	