

# A Fusion Holiday Menu

A touch of tradition blended  
with ease for today's busy  
families.

*Appetizer*

Potato Corn Chowder

*Entrée*

Oven Fried Parmesan Chicken

*Side Dish*

Sweet Potato Puffs

*Dessert*

Peach-Berry Crisp

This menu is from Purdue University's Dining with Diabetes recipe collection. Low in fat, sodium, and carbohydrates, this menu is suitable for those on heart healthy and diabetic diets. Designed for today's active but busy families, this menu is tasty, nutritious, economical, and easy to make. Most of the selections can be made ahead of time which lends itself to a happy, successful and stress free holiday.

Best wishes to you for a happy holiday from  
Purdue Extension, LaPorte County

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## HEALTHY HOLIDAY MEAL

### POTATO-CORN CHOWDER

#### *Ingredients:*

- 1 tsp. Olive oil
- 1 C. chopped green onions,
- 1 Small red bell pepper, seeded & chopped
- ½ C. chopped celery
- 2 C. peeled, chopped potatoes
- 1 16 oz. can reduced-sodium chicken broth
- 2 C. frozen whole-kernel corn
- 1 12 oz. can evaporated skim milk
- 1 tsp. dried rosemary
- ¼ tsp. coarsely ground pepper

#### *Directions:*

1. Heat oil in large saucepan over medium-high heat. Add onion, bell pepper, & celery; sauté 5 minutes or until tender.
2. Add potatoes & broth; bring to a boil. Reduce heat & simmer, uncovered for about 10 minutes or until potatoes are tender.
3. Stir in remaining ingredients; cook for 5 to 10 minutes or until thoroughly heated.

#### *Notes:*

Recipe can serve as a complete meal when served with a salad. Milk provides a source of calcium. Evaporated milk will add to creaminess of dish with lower fat.



### OVEN-FRIED PARMESAN CHICKEN

#### *Ingredients:*

- 4 boneless, skinless chicken breasts cut into strips
- 1 C. nonfat plain yogurt
- ¾ C. bread crumbs
- 4 Tbls. grated parmesan cheese
- 2 Tbls. flour
- 1 tsp. paprika
- Pinch of cayenne pepper
- Nonfat vegetable spray

#### *Directions:*

1. Preheat oven to 425°F and spray cookie sheet.
2. Place chicken strips in yogurt & refrigerate while preparing the rest of the ingredients.
3. In a medium bowl, mix the rest of the ingredients.
4. Coat each piece of chicken well with yogurt & dredge in the crumb mixture, pressing down on both sides to get a thick coat of crumbs.
5. Place chicken strips on the cookie sheet, spray lightly with vegetable spray.
6. Bake for 15-20 minutes or until chicken is fork tender & the juices run clear.

#### *Notes:*

This recipe is quick & easy. It's an easy finger food for children. Parmesan cheese is used in a small amount so it contributes little fat & sodium but adds substantially to the flavor. Spraying chicken strips with vegetable spray will provide a crisper crumb coating with fewer calories.

### GREEN BEANS, CRANBERRIES & NUTS

#### *Ingredients:*

- 1 lb. fresh green beans
- 3 Tbls. chopped pecans or walnuts
- 1 Tbls. canola oil
- 1 Tbls honey
- ½ C. chopped fresh cranberries

*Directions:*

1. Drain & rinse green beans. If using fresh, trim & cut into 4-inch pieces.
2. Heat oil in a medium-sized saucepan, add cranberries & nuts.
3. Cook cranberries & nuts, stirring often until cranberries are soft. Push some of the cranberries against the side of the pan to help them "pop".
4. When cranberries are tender, stir in the green beans; cook until the beans are tender crisp.
5. Add honey, stir well & serve hot.

*Notes:*

Good source of fiber. Recipe is very festive looking.



**SWEET POTATO PUFFS**

*Ingredients:*

- 2 lbs. sweet potatoes or yams
- ½ tsp. ground nutmeg
- 1/3 C. orange juice
- ¼ C. chopped English walnuts
- 1 egg, lightly beaten
- 1 Tbls. grated orange peel

*Directions:*

1. Preheat oven to 375°F. Spray cookie sheet with nonfat vegetable spray.
2. Peel & cut potatoes into 1-inch pieces. Place in medium saucepan, cover with water & bring to a boil.
3. Cook 10-15 minutes or until tender.
4. Drain, place in a large bowl & mash until smooth.
5. Add remaining ingredients; except for nuts.

6. Spoon mixture onto cookie sheet in 10 mounds. Sprinkle with nuts.
7. Bake 30 minutes.

*Notes:*

Steps, 2, 3 & 4 can be done ahead of time. Good source of fiber & vitamin A. Pecans, walnuts or other nuts may be used. To reduce fat, leave nuts off.



**PEACH and BERRY CRISP**

*Ingredients:*

- 6 C. fresh or frozen sliced peaches, peeled & drained
- 2 C. fresh or frozen blueberries, raspberries or blackberries
- 4 Tbls. Sugar/sugar substitute
- ½ tsp. ground nutmeg
- ¼ tsp. cinnamon
- ½ C. oatmeal
- 4 Tbls. flour
- 2 Tbls. packed brown sugar
- 2 Tbls. reduced calorie margarine
- ¼ tsp. cinnamon

*Directions:*

1. Preheat oven to 375°F.
2. Combine peaches & berries in an ungreased 11x7 baking pan.
3. Mix sugar, nutmeg & cinnamon in a small bowl, sprinkle over fruit & stir gently.
4. Mix oatmeal, flour, brown sugar, margarine & cinnamon together & spread over fruit.
5. Bake, uncovered, for 35-40 minutes.



**Nutrition Information: Potato-Corn Chowder**

Serving size: ¼ of recipe (4 servings)

Amount per serving:

Nutrient	Amt.	Nutrient	Amt.	Nutrient	Amt.
Total Calories(kcals)	260	Total Carbohydrates(g)	49	Calcium(mg)	301
Calories from fat(kcals)	26	Fiber(g)	5	Iron(mg)	1.6
Total fat(g)	3	Protein(g)	13	Vitamin A (RAE)	304
Saturated fat(g)	1	Sodium(mg)	191	Vitamin C (mg)	81
Cholesterol(mg)	5				

**Nutrition Information: Oven-Fried Parmesan Chicken**

Serving Size: 1/8 of recipe (8 servings)

Amount per serving:

Nutrient	Amt.	Nutrient	Amt.	Nutrient	Amt.
Total Calories(kcals)	194	Total Carbohydrates(g)	11	Calcium(mg)	81
Calories from fat(kcals)	22	Fiber(g)	1	Iron(mg)	1.5
Total fat(g)	2	Protein(g)	31	Vitamin A(RAE)	7
Saturated fat(g)	1	Sodium(mg)	186	Vitamin C(mg)	1
Cholesterol(mg)	70				

**Nutrition Information: Green Beans, Cranberries & Nuts**

Serving Size: ¼ of recipe (4 servings):

Amount per serving:

Nutrient	Amt.	Nutrient	Amt.	Nutrient	Amt.
Total Calories(kcals)	125	Total Carbohydrates(g)	15	Calcium(mg)	49
Calories from fat(kcals)	65	Fiber(g)	3.5	Iron(mg)	1.4
Total fat(g)	7	Protein(g)	3	Vitamin A(RAE)	77
Saturated fat(g)	1	Sodium(mg)	7	Vitamin C(mg)	21
Cholesterol(mg)	0				

**Nutrition Information: Sweet Potato Puffs**

Serving Size: 1 Puff (10 servings)

Amount per serving:

Nutrient	Amt.	Nutrient	Amt.	Nutrient	Amt.
Total calories(kcals)	126	Total Carbohydrates(g)	23	Calcium(mg)	27
Calories from fat(kcals)	25	Fiber(g)	3	Iron(mg)	0.7
Total fat(g)	3	Protein(g)	3	Vitamin A(RAE)	1830
Saturated fat(g)	<1	Sodium(mg)	18	Vitamin C(mg)	24
Cholesterol(mg)	21				

**Nutrition Information: Peach & Berry Crisp**

Serving size: ½ cup (16 servings)

Amount per serving:

Nutrient	Amt.	Nutrient	Amt.	Nutrient	Amt.
Total Calories(kcals)	138	Total Carbohydrates(g)	32	Calcium(mg)	17
Calories from fat(kcals)	10	Fiber(g)	2	Iron(mg)	1.3
Total fat(g)	1	Protein(g)	1	Vitamin A(RAE)	47
Saturated fat(g)	<1	Sodium(mg)	24	Vitamin C(mg)	89
Cholesterol(mg)	0				