



From the Food Bank Kitchen

Holiday Party Eating Tips

Holiday get-togethers and parties during the month of December can be fun, but also present the possibility of over-consuming calories, sugar, fats, sodium, and alcohol in a relatively short time period. The end result of this can be weight gain, bloating, sugar rushes, increased blood pressure, more fatigue and stress. Here are some healthy recipes, and helpful tips – whether you are a host or a guest this holiday season.

HOSTING A PARTY?

All foods, even traditional holiday treats, can fit into a healthful eating plan. The secret is balance and moderation. There is no need to deprive yourself of your favorites, or feel guilty when you do enjoy them. Here are some healthy tips below:

- Serve plenty of raw vegetables to accompany your dips; try preparing the black bean and corn salsa recipe below. Offer guacamole, or use low-fat versions of mayonnaise, yogurt and sour cream when making dairy-based dips.
- Consider serving lower fat appetizers and main courses, such as turkey or chicken breast instead of beef; shrimp cocktail with cocktail sauce or lemon, and steam orange and green vegetables to compliment protein and starchy sides. Serve a plate of colorful fresh cut fruit along with sweet desserts. For portion control, consider small dessert tartlets for a crowd.
- Use fat-free and low sodium broths as a soup base. You can puree root vegetables or beans to thicken a soup instead of cream. Slow-cooker dishes are ideal for serving hot soups or stews. (See “Take it Slow” Nutrition Tips on our website).
- Check with your guests about food allergies or intolerances they may have, to be sure there are foods available that are safe for them to eat. Many websites now offer recipes that cater to dairy free, gluten free and vegetarian diets.

Perfect Baked Pita Chips

(8 servings of 6 chips per serving)

Source: allrecipes.com

- 4 pita pockets, 6½ inch, preferably whole wheat
- 2 Tbsp olive oil
- 1 Tbsp garlic powder
- ½ tsp salt (Coarse kosher salt if available)
- 1 tsp basil or Italian Seasoning or onion powder
- Paprika and/or parmesan cheese, optional

Tips: You can substitute oil spray for olive oil if desired. Use scissors or pizza cutter to cut each circle into 6 triangular wedges before baking. To save time, try putting pita pieces into a Ziploc bag with the oil and spices and shake around before spreading onto a non-stick baking sheet.

Nutrition Facts: Calories 120, Fat 4 gm, Sodium 290 mg, Carbohydrate 18 gm, Fiber 3 gm, Protein 3 gm

Directions: Preheat oven to 350°F. Separate top from bottom of each pita and spread onto baking sheet with inside part of bread facing up. Brush with olive oil and sprinkle with spices. Cut into even wedges. Bake until they turn light brown, about 10 to 15 minutes. Watch closely as they can burn quickly. These go well with guacamole or salsa (see recipe below).

Black Bean and Corn Salsa with Avocado

(8 servings)

- 1 (15 oz) can black beans, rinsed and drained
- 1 (11½ oz) can corn, rinsed and drained
- 1 cup thick and chunky salsa (add more to taste)
- 1 ripe avocado, cut into chunks

Optional: 2-4 Tbsp chopped fresh cilantro

Nutrition Facts: Calories 120, Fat 4 gm, Saturated Fat 1 gm, Sodium 240 mg, Carbohydrate 18 gm, Fiber 5 gm, Protein 4 gm

Directions: Combine the beans, corn, and salsa. Gently toss in pieces of avocado. Add cilantro if desired. Serve on tortilla or pita chips or crackers. If you prefer a hot dip with melted cheese, place the beans, corn and salsa into a baking dish and sprinkle with shredded cheese. Bake until hot and cheese is melted, and use as a dip for tortilla chips. Top with slices of avocado. If desired, use up leftovers by placing in a soft flour tortilla and bake or microwave for a light lunch or snack.

SEE NEXT PAGE FOR MORE TIPS AND RECIPES

Healthy Party Tips, continued

INVITED TO A GET-TOGETHER OR PARTY?

- Concentrate on enjoying friends and family; though food is a big part of the season, it doesn't have to be the focus.
- Communicate any dietary needs or allergies you or family members have to the host in advance. You can offer to bring a healthy dish, which will provide you with a good menu option and help out your host as well.
- Don't arrive on an empty stomach. Though it is tempting to skip meals so you can splurge later, this can lead to overeating and consuming *more* calories than you would have otherwise. Have a light snack first, like fruit or cereal.
- Plan before you eat. Select small portions—moderation is the key! Then fix a plate, eat slowly, and savor the flavors.
- Avoid excess alcohol and snacks. Save your calories for the main meal. Don't sit or stand right next to tempting snacks.
- Leave the table when you are done. If you linger, you may end up continuing to eat even if you are not hungry.
- Be physically active very day. Physical activity helps relieve stress, regulate appetite, and burn up extra holiday calories.

Calorie Content in Alcoholic Beverages Drink sensibly and in moderation.

• Beer, 12 oz	150	Other mixers and mixed drinks:	
• Light beer, 12 oz	100	• Margarita 8 oz (variable based on preparation)	168
• Wine, 5 oz	100	• Cranberry juice 8 oz	135
• Wine Cooler 12 oz	180	• Eggnog 8 oz (alcoholic)	394
• Gin, Rum, Vodka, Whiskey 1 ½ oz (3T), 86 proof	105	• Cape Codder 8 oz (Vodka & Cranberry juice)	148
• Cordial or Liqueur (average) 1 ½ oz	160	• Martini 4 oz	225
• Coke, Sprite or ginger ale 8 oz	100	• Piña colada 8 oz	465
• Orange juice 8 oz	110	• Gin and tonic 8 oz	170

BE CAREFUL— It is easy to take in hundreds of “empty” calories in the form of drinks. Don't drink on an empty stomach; eating a little food helps slow the absorption of alcohol. One “drink” equivalent is 12 oz beer, 5 oz wine or 1.5 oz of 80 proof distilled spirits. Alternate alcoholic with low calorie non-alcoholic drinks. Don't forget to plan for a DESIGNATED DRIVER.

Classic Deviled Eggs

6 servings

Source: Food Network, Recipe by Mary Nolan

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| • 6 large eggs | • ½ tsp ground black pepper |
| • ¼ c mayonnaise (use ‘light’ to lower fat and calories) | • ¼ tsp regular or smoked Spanish paprika, for garnish |
| • 1 tsp white vinegar | |
| • 1 tsp yellow mustard | Nutrition Facts: Calories 140, Fat 12 gm, Saturated Fat 3 gm, Sodium 180 mg, Carbs 0 gm, Protein 6 gm |
| • ½ tsp salt | |

Directions: Hard-boil the eggs and rinse under cold water for 1 minute. Crack egg shells and carefully peel under cool running water. Pat dry. Slice the eggs in half *lengthwise*, removing yolks to a medium bowl, and placing the whites on a serving platter. Mash the yolks into a fine crumble using a fork. Add mayonnaise, vinegar, mustard, salt, and pepper, and mix well. Evenly disperse heaping teaspoons of the yolk mixture into the egg whites. Sprinkle with paprika and serve.

Homemade Party Mix

(24—⅓ cup servings)

Season with spices according to your taste.

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| • 1½ c almonds or walnuts (salted) | • ½ c dried cut up apricots (or dates, figs, or dried apple) |
| • 1½ c sunflower seeds, pumpkin seeds (or peanuts) | • 1 c whole grain cereal (high fiber Wheat Chex suggested) |
| • 1 c mini pretzel twists | |
| • 2 c air-popped popcorn (or microwave low-fat popcorn) | Nutrition Facts per ⅓ cup serving: Calories 140, Fat 9 gm, Saturated Fat 1 gm, Sodium 170 mg, Carbohydrate 13 gm, Fiber 3 gm, Sugars 4 gm, Protein 4 gm |
| • ½ c raisins or Craisins® dried cranberries | |

Directions: Combine ingredients and toss well. Experiment with different cereal, fruit and nut combinations! Use unsalted nuts and seeds to lower the sodium content significantly. Serve immediately, and store leftovers in an airtight container.

ENJOY YOUR HOLIDAYS!