

myfitnesspal

Your Healthy Holiday Handbook

30 PARTY-PERFECT RECIPES, HEALTHY HOLIDAY TIPS & MORE

RECIPES BY
CookingLight



myfitnesspal

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Celebrate the holidays with... **myfitnesspal**

With the hustle and bustle of the holidays upon us, we want to make cooking easier and help take the work out of logging your meals. This healthy holiday handbook, filled with 30 party-perfect Log It Now recipes and a sprinkling of tips to help keep you on track, is our gift to you this season.

These reader-favorite holiday recipes from our friends at [Cooking Light](#) are both easy to navigate (just skim each recipe's blueprint before starting) and can be added to your food diary with the click of a button. Hitting the Log It button beneath each image will enable you to easily save it into your food diary for the day or add it to your recipe box for later. As you'll see, this new feature is usable sitewide at [MyRecipes](#), which offers thousands of recipes from great publications like Cooking Light, Real Simple, Food & Wine, Health and more.

We hope you enjoy this healthy holiday handbook and our new Log It button. Happy holidays from our MyFitnessPal family to yours!

Elle Penner, MPH RD
MyFitnessPal Registered Dietitian
Food & Nutrition Editor

ICON LEGEND

- | | |
|--|---|
|  SERVES |  SERVING SIZE |
|  TOTAL TIME |  LOW CARB |
|  VEGETARIAN |  LOW SODIUM |
|  VEGAN |  KID FRIENDLY |
|  HIGH-FIBER |  HIGH PROTEIN |
|  DAIRY FREE |  GLUTEN FREE |

CookingLight Find more low-calorie recipes from the new Cooking Light Diet, where you can lose weight without giving up the foods you love. Now MyFitnessPal users can log meals directly from the Cooking Light Diet. [Learn more at **CookingLightDiet.com**.](#)



Log It Now **Holiday** Recipes

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6 Strategies for a **HEALTHIER HOLIDAY MEAL**

Food is undeniably at the heart of holiday celebrations. Whether it's deep fried turkey, green bean casserole or grandma's classic pumpkin pie—there is no reason why you can't, and shouldn't, enjoy your favorite holiday treats.

It is possible to take pleasure in a meal that leaves you plenty full and completely satisfied without feeling overly stuffed or regretful—it just means being more mindful of what and how much goes onto the plate.

To build a healthier holiday plate, here are some tenets you can take to the table this year:

- 1. Gravitate towards the green sides.** You'll want to fill up half your plate with vegetables, which are lower in calories and higher in fiber. Raw salads or vegetables that are roasted, baked, sautéed, stir-fried or steamed will be your best bet.
- 2. Limit starchy sides to a quarter of your plate** or about the size of your balled fist. Starches can be dinner rolls, pasta, rice and of course, mashed potatoes.
- 3. Leave one quarter of your plate for lean protein.** Slice yourself a 3-ounce serving (about the size of your palm) of lean turkey/chicken breast, low sodium ham, beef tenderloin, fish and so forth.
- 4. Ease up on sauces and spreads** like cranberry sauce and gravy because they're usually high in sugar and fat. Aim for 2-3 tablespoons with each tablespoon being about the size of your thumb.
- 5. Get a small slice of dessert and don't look back** for seconds. Instead, mindfully savor each bite of pumpkin pie or mini tartlet by chewing slowly and really tasting your food. If you must fork an extra slice of pie, focus on forking half that amount before coming back for more.
- 6. Fill up on low- or no-calorie beverages like water or tea.** If you make merry with alcohol try and keep it to 1 to 2 drinks per party, and hydrate with water between drinks.

A Visual Guide to a **HEALTHIER HOLIDAY PLATE**

Leave one-quarter of the plate for for carbs.

Mashed Sweet Potatoes
1/4 cup = 120 calories

Savory Stuffing
1/4 cup = 65 calories

Go heavy on the green sides, particularly roasted or steamed veggies!

Roasted Brussels Sprouts
1 cup = 100 calories

Go easy on sauces & spreads.

Cranberry Sauce
2 tablespoons = 50 calories

Fill one-quarter of the plate with lean protein.

Roasted Turkey Breast
4 ounces = 215 calories

7 Tips for a More **HEALTHFUL HOLIDAY SEASON**

The holidays are brief, so we should certainly enjoy them, but part of that enjoyment should come from making ourselves and our health a priority too. To help us all get through the next couple of months, here are some tips for a happy and healthy holiday season:

1. Consider a weight neutral holiday. Give yourself permission to put weight loss on the back burner during the holidays. Instead, aim to maintain your current weight and enjoy the bump in calories over the next couple of months. You'll get through the holidays without feeling deprived and can pick back up on losing weight in January.

2. Plan 1 active outing for every holiday celebration. Each time you add a holiday party to your calendar, pencil an active outing into your schedule as well. Participate in a holiday race, coordinate a family hike or sign up for a group fitness class with a friend before the party begins!

3. Make sure yule log! The abundance of tempting holiday party hors d'oeuvres, desserts and cocktails can make food logging feel a little more burdensome this time of year. Trust us though—taking the extra minute to track those holiday treats will keep you accountable and help you stay on top of your health.

4. Sign up for a holiday race. Signing up for a Turkey Trot, Jingle Bell Jog or Polar Bear Plunge can be a great motivator to keep active this season. Encourage your friends and family members for more fun and added support along the way!

5. Earn your treats before you indulge. Eat healthfully the day before heading out to that holiday party or work up a sweat before sitting down to a big holiday meal. You'll enjoy what you eat even more if you know you've earned it!

6. Hone in on your hunger cues. Our bodies have an amazing ability to regulate food intake, if we actually listen to them! If you

overindulge at a holiday feast, simply hold off on eating until you truly feel hungry again. Don't eat just because there's only one slice of pie left on the table, or because your Christmas brunch begins at 10 a.m., sharp. If you're not hungry, sip on some tea or coffee while everyone else digs in, and make yourself a small plate for later. It'll be there when your tummy grumbles!

7. Focus on food & fitness Monday through Friday. You're probably already on a schedule during the week so build healthy meals and workouts into your usual weekday routine. This will give you a little extra wiggle room for weekend festivities!



A top-down photograph of two baked bread bowls filled with a cheesy, meaty mixture, garnished with green onions. The bread bowls are on a rustic brown ceramic plate. To the left, several long, golden-brown breadsticks are scattered on a grey linen napkin. A butter knife with a wooden handle and a metal blade is positioned to the right of the bread bowls. A semi-transparent blue circle is overlaid in the center of the image, containing the text "Party Platter Apps" in white. The background is a light-colored surface.

Party Platter Apps



© Photo Randy Mayor; Styling Leigh Ann Ross

FIG AND GOAT CHEESE BRUSCHETTA

Turn boring bruschetta on its head with fig jam and creamy goat cheese. This crunchy appetizer is a perfect lead-in for your holiday meal because it sets your guests back less than 150 calories. Plus, you'll have extra jam for breakfast the next day!

20 SERVINGS 35 MIN

2 BRUSCHETTAS

INGREDIENTS

- 1 1/4 cups chopped dried Mission figs (about 9 ounces)
- 1/3 cup sugar
- 1/3 cup coarsely chopped orange sections
- 1 teaspoon grated orange rind
- 1/3 cup fresh orange juice (about 1 orange)
- 1/2 teaspoon chopped fresh rosemary
- 1/4 teaspoon freshly ground black pepper
- 40 (1/2-inch-thick) slices French bread baguette, toasted (about 8 ounces)
- 1 1/4 cups (10 ounces) crumbled goat cheese
- 5 teaspoons finely chopped walnuts

INSTRUCTIONS

1. Combine first 7 ingredients in a small saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until figs are tender. Uncover and cook 5 minutes or until mixture thickens. Remove from heat; cool to room temperature.
2. Preheat broiler.
3. Top each bread slice with 1 1/2 teaspoons fig mixture and 1 1/2 teaspoons goat cheese. Arrange bruschetta on a baking sheet; sprinkle evenly with walnuts.
4. Broil 2 minutes or until nuts begin to brown. Serve warm.

Log It

CLICK TO LOG THIS RECIPE

NUTRITIONAL INFO

CALORIES	131
Total fat	4g
Saturated fat	2g
Monounsaturated fat	0g
Polyunsaturated fat	0g
Protein	4g
Carbohydrate	19g
Fiber	2g
Sugars	9g
Cholesterol	13mg
Iron	2%
Sodium	147mg
Calcium	4%
Potassium	16mg
Vitamin A	3%
Vitamin C	6%

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BLUEPRINTS

PREP POINTER

Prepare fig jam up to 3 days in advance and store in the refrigerator. Then assemble bruschetta just before serving.

CookingLight.
DIET



© Photo Johnny Miller; Styling Sarah Smart

BRIE WITH JWELED FRUIT COMPOTE

This lovely appetizer is about as quick and easy as it gets (and as tasty, too). You don't even need to let the cheese come to room temperature first because the warm fruit that goes on top will soften it up. Serve with crostini or crackers for a little added crunch!

 16 SERVINGS  6 MIN

 1/2 OUNCE BRIE + 1 TABLESPOON COMPOTE

INGREDIENTS

- 1/4 cup dried tart cherries
- 1/4 cup dried apricots, sliced
- 1/4 cup golden raisins
- 2 tablespoons brown sugar
- 3 tablespoons brandy (certified gluten-free if necessary)
- 2 tablespoons water
- 1 tablespoon fresh lemon juice
- 1 teaspoon whole-grain mustard (certified gluten-free if necessary)
- 3/4 teaspoon chopped fresh rosemary
- 1/8 teaspoon freshly ground black pepper
- Dash of kosher salt
- 6 small dried figs, quartered
- 1 (8-ounce) wheel Brie cheese (certified gluten-free if necessary)

INSTRUCTIONS

1. Combine all ingredients except cheese in a medium microwave-safe bowl. Microwave at HIGH 2 minutes. Stir mixture; microwave at HIGH 1 minute or until bubbly.
2. Serve warm fruit over Brie.

NUTRITIONAL INFO

CALORIES	90
Total Fat	4g
Saturated fat	0g
Monounsaturated fat	1g
Polyunsaturated fat	0g
Protein	3g
Carbohydrate	9g
Fiber	1g
Sugars	8g
Cholesterol	14mg
Iron	2%
Sodium	102mg
Calcium	4%
Potassium	95mg
Vitamin A	5%
Vitamin C	1%

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BLUEPRINTS

FRESH OUT OF FRESH ROSEMARY?

Here's a rule of thumb:
1 tablespoon fresh herbs = 1 teaspoon of dried

LEMON-TARRAGON CRAB CAKES

Quick-cooking and light lemon-tarragon crab cakes provide variety if you're feeling your holiday is too humdrum. The anise flavor of tarragon in this recipe pairs great with crabmeat.

 6 SERVINGS  1 CRAB CAKE  25 MIN

INGREDIENTS

- 1 1/4 cups fresh breadcrumbs, toasted
- 1/4 cup minced shallots
- 1/4 cup chopped green onions
- 2 tablespoons unsalted butter, melted
- 1 1/2 teaspoons grated lemon rind
- 2 tablespoons fresh lemon juice
- 1 teaspoon chopped fresh tarragon
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon ground red pepper
- 1 pound lump crabmeat, shell pieces removed
- 1 large egg, lightly beaten
- 1 large egg white, lightly beaten
- 1 teaspoon olive oil

INSTRUCTIONS

1. Combine all ingredients except olive oil in a bowl. Toss gently. Divide crab mixture into 6 equal portions (about 2/3 cup each), shaping each into a 1/2-inch-thick patty
2. Heat a nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add 3 crab cakes to pan; cook 4 minutes on each side or until lightly browned and heated through. Remove crab cakes from pan; keep warm. Repeat procedure with remaining 3 crab cakes.



© Photo Johnny Autry; Styling Cindy Bar, Lindsey Lower

 Log It

[CLICK TO LOG THIS RECIPE](#)

NUTRITIONAL INFO

CALORIES	219
Total fat	7g
Saturated fat	3g
Monounsaturated fat	2g
Polyunsaturated fat	0g
Protein	20g
Carbohydrate	18g
Fiber	1g
Sugars	2g
Cholesterol	113mg
Iron	11%
Sodium	789mg
Calcium	4%
Potassium	39mg
Vitamin A	14%
Vitamin C	8%

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BLUEPRINTS

PREP POINTERS

Serving a crowd? Make twice as many by using a 1/3 cup measure to portion out your crab cakes.

SIMPLE SUB-IN

If you don't have tarragon, sub-in crushed fennel seeds instead.

CookingLight
DIET

CARAMELIZED ONION, GRUYÈRE AND BACON SPREAD

Looking for a sweet and savory spread? This recipe combines caramelized onion, Gruyère cheese and bacon. Its savory flavor pairs perfectly with crackers, bread slices, or crunchy veggies for gluten-free guests.

 8 SERVINGS  3 TABLESPOONS  65 MIN

INGREDIENTS

- Cooking spray
- 3 1/2 cups chopped onion
- 2 ounces Gruyère cheese, shredded and divided
- 2 tablespoons chopped fresh chives, divided
- 1/3 cup canola mayonnaise
- 1/3 cup fat-free sour cream
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 3 bacon slices, cooked and crumbled

INSTRUCTIONS

1. Preheat oven to 425°F.
2. Heat a large cast-iron skillet over medium-high heat. Coat pan lightly with cooking spray. Add onion to pan; sauté 5 minutes, stirring frequently. Reduce heat to low; cook 20 minutes or until golden brown, stirring occasionally. Cool slightly.
3. Reserve 2 tablespoons cheese. Combine remaining cheese, caramelized onion, 1 tablespoon chives, and the remaining ingredients in a medium bowl. Transfer the mixture to a 1-quart glass or ceramic baking dish coated lightly with cooking spray. Sprinkle with reserved 2 tablespoons cheese.
4. Bake at 425°F for 20 minutes or until browned and bubbly. Sprinkle with remaining 1 tablespoon chives.



© Photo John Autry

 [CLICK TO LOG THIS RECIPE](#)

CALORIES	107
Total fat	6g
Saturated fat	0g
Monounsaturated fat	3g
Polyunsaturated fat	1g
Protein	4g
Carbohydrate	7g
Fiber	1g
Sugars	4g
Cholesterol	11mg
Iron	1%
Sodium	262mg
Calcium	11%
Potassium	124mg
Vitamin A	3%
Vitamin C	9%

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NUTRITIONAL INFO

BLUEPRINTS

WHILE OVEN PREHEATS,
saute onions and combine remaining ingredients for the spread.

WHILE SPREAD BAKES,
prepare your bread and crackers for the spreading.

SIMPLE SUB-IN
Can't find Gruyère? Use raclette, fontina, or Swiss cheese.



CREAMED SPINACH PHYLLO CUPS

Turn a beloved side dish into a bite-sized savory appetizer. Frozen phyllo shells speed prep time, as does bagged baby spinach (rather than frozen). Toasting the phyllo cups keeps them crisp after being filled.

10 SERVINGS 30 MIN

3 FILLED CUPS

© Photo Johnny Miller; Styling Sarah Smart

INGREDIENTS

- 30 mini phyllo shells (such as Athens)
- Cooking spray
- 1 tablespoon canola oil
- 2 teaspoons minced fresh garlic
- 2 (6-ounce) bags baby spinach, coarsely chopped
- 1/4 teaspoon salt
- 2 tablespoons whipping cream
- 3 ounces 1/3-less-fat cream cheese
- 1/2 ounce Parmigiano-Reggiano cheese, very thinly shaved

INSTRUCTIONS

1. Preheat oven to 425°F.
2. Arrange phyllo shells in a single layer on a foil-lined baking sheet. Lightly coat shells with cooking spray. Bake at 425°F for 4 minutes or until lightly browned and very crisp.
3. Heat a large skillet over medium heat. Add oil; swirl to coat. Add garlic; cook 1 minute or until fragrant but not browned, stirring frequently. Add half of chopped spinach to pan and cook 2 minutes or until spinach wilts, tossing frequently. Add remaining spinach to pan and cook until wilted, tossing frequently. Sprinkle spinach mixture with salt; toss well. Stir in cream and cream cheese; cook 1 minute or until cheese melts and sauce is thoroughly heated. Remove pan from heat.
4. Spoon about 1 tablespoon spinach mixture into each shell. Top evenly with Parmigiano-Reggiano.
5. Bake until cheese melts and phyllo cups are a light golden brown.

Log It

CLICK TO LOG THIS RECIPE

NUTRITIONAL INFO

CALORIES	116
Total fat	7g
Saturated fat	2g
Monounsaturated fat	1g
Polyunsaturated fat	1g
Protein	3g
Carbohydrate	10g
Fiber	1g
Sugars	0g
Cholesterol	9mg
Iron	7%
Sodium	201mg
Calcium	6%
Potassium	194mg
Vitamin A	66%
Vitamin C	16%

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BLUEPRINTS

WHILE OVEN PREHEATS,
prepare phyllo shells.

WHILE PHYLLO SHELL BAKES,
cook spinach filling.

PREP POINTER

If you want to use frozen spinach thaw it ahead of time and squeeze out excess liquid.



© Photo Oxmoor House

SWEET & SOUR MEATBALLS

This sweet and sour meatball recipe will make for a saucy starter for your party. The dark sesame oil and lower-sodium soy sauce delivers tremendous flavor with less sodium and saturated fat.

 8 SERVINGS  28 MIN

 3 MEATBALLS + 1 1/2 TEASPOONS SAUCE

INGREDIENTS

- 1/4 cup bottled sweet chili sauce, divided (certified gluten-free if necessary)
- 1/4 cup lower-sodium soy sauce, divided (certified gluten-free if necessary)
- 3 1/2 teaspoons dark sesame oil, divided (certified gluten-free if necessary)
- 1 tablespoon thinly sliced green onions
- 3 tablespoons minced shallots
- 3 large garlic cloves, minced
- 1 pound lean ground sirloin

INSTRUCTIONS

1. Preheat oven to 450°F.
2. Combine 1 tablespoon chili sauce, 2 tablespoons soy sauce, 1/2 teaspoon oil, and green onions in a small bowl. Set aside.
3. Combine 3 tablespoons chili sauce, 2 tablespoons soy sauce, 1 tablespoon oil, shallots, and garlic in a medium bowl. Add beef, stirring gently to combine. Shape meat mixture into 24 (1-inch) meatballs. Arrange meatballs in a single layer on a jelly-roll pan.
4. Bake at 450°F for 10 minutes or until done. Remove from oven and let stand 5 minutes. Serve meatballs with dipping sauce.

 Log It

[CLICK TO LOG THIS RECIPE](#)

NUTRITIONAL INFO

CALORIES	106
Total fat	4g
Saturated fat	2g
Monounsaturated fat	1g
Polyunsaturated fat	1g
Protein	12g
Carbohydrate	4g
Fiber	0g
Sugars	3g
Cholesterol	30mg
Iron	0%
Sodium	243mg
Calcium	0%
Potassium	19mg
Vitamin A	1%
Vitamin C	2%

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BLUEPRINTS

WHILE OVEN PREHEATS,
make the sauce mixture and prep the meatballs.

PREP POINTER

Look for sweet chili sauce on the ethnic aisle at most supermarkets, or in Asian grocery stores.

CookingLight.
DIET

A photograph of a plate of ribs with a blue circular overlay. The ribs are cooked and glazed with a red sauce, served on a white square plate. A silver fork is placed on the right side of the plate. The plate is set on an orange napkin. In the background, there is a glass of beer. The text 'Main Dishes' is written in white on the blue overlay.

Main Dishes



ROASTED TURKEY WITH ROSEMARY- GARLIC BUTTER RUB AND PAN GRAVY

Need a reliable and fast roasted turkey recipe to impress your guests? This recipe for rosemary-garlic roasted turkey features a homemade gravy prepared from the drippings. You can have a Thanksgiving main done in under 3 hours!



12 SERVINGS



2 HOURS, 15 MINUTES



6 OUNCES TURKEY + 1/4 CUP GRAVY

© Photo Charles Masters

INGREDIENTS

- 1 (12-pound) fresh or frozen turkey, thawed
- 1/4 cup butter, softened
- 1 tablespoon chopped fresh rosemary, divided
- 1 1/4 teaspoons salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1/2 teaspoon ground coriander
- 4 garlic cloves, minced
- 2 carrots, coarsely chopped (1 1/4 cups)
- 2 celery stalks, coarsely chopped (about 1 cup)
- 1 medium onion, coarsely chopped (about 2 1/2 cups)
- Cooking spray
- 3 cups fat-free, lower-sodium chicken broth, divided
- 3 tablespoons all-purpose flour
- 3 tablespoons water

INSTRUCTIONS

1. Preheat oven to 425°F.
2. Remove giblets and neck from turkey; discard liver. Reserve neck and giblets. Pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Lift wing tips up and over back; tuck under turkey.
3. Combine butter, 2 teaspoons rosemary, 1 teaspoon salt, 1/4 teaspoon pepper, coriander, and garlic in a small bowl. Rub butter mixture under loosened skin and over breasts and drumsticks. Tie legs together with kitchen string. Place remaining 1 teaspoon rosemary, reserved giblets, neck, carrots, celery, and onion in the bottom of a large roasting pan coated with cooking spray. Add 1/2 cup broth. Place roasting rack in pan. Arrange turkey, breast side up, on roasting rack. Bake turkey at 425°F for 30 minutes.
4. Reduce oven temperature to 325°F (do not remove turkey from oven). Add 1/2 cup broth to pan. Bake an additional 30 minutes. Rotate pan in oven; bake an additional 30 minutes or until a thermometer inserted into meaty part of thigh registers 165°F. Remove from oven; let stand on a cutting board for 30 minutes. Discard skin.
5. Place a large zip-top plastic bag inside a 4-cup glass measure. Strain pan drippings into bag; let stand 10 minutes. Discard solids. Seal bag; snip off 1 bottom corner of bag. Drain pan drippings into a medium saucepan, stopping before fat layer reaches the opening. Add remaining 2 cups broth to pan; bring to a boil. Combine 3 tablespoons flour and 3 tablespoons water in a small bowl, stirring with a whisk until smooth. Stir the flour mixture into broth mixture, and boil 1 minute or until thickened, stirring constantly. Stir in remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper. Serve gravy with turkey.

CookingLight
DIET

NUTRITIONAL INFO

CALORIES	334
Total fat	11g
Saturated fat	5g
Monounsaturated fat	1g
Polyunsaturated fat	2g
Protein	52g
Carbohydrate	4g
Fiber	1g
Sugars	2g
Cholesterol	162mg
Iron	21%
Sodium	565mg
Calcium	5%
Potassium	764mg
Vitamin A	29%
Vitamin C	4%

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BLUEPRINTS

WHILE OVEN PREHEATS,
prepare the turkey and turkey rub.

WHILE TURKEY IS ROASTING,
make the pan gravy.

PREP POINTER

If using frozen turkey, thaw in the fridge and allow 24 hours for every 4 to 5 pounds.



© Photo John Autry; Styling Cindy Barr

BEEF FILETS WITH POMEGRANATE-PINOT SAUCE

This 5-star recipe gives you rich and elegant flavors in just 20 minutes and is suitable for four of your VIP guests! Serve alongside roasted potatoes and a glass of wine for a complete fancy feast.

4 SERVINGS 20 MIN

1 STEAK + 2 TEASPOONS SAUCE

INGREDIENTS

- 4 (4-ounce) beef tenderloin steaks, trimmed
- 3/8 teaspoon salt
- 1/2 teaspoon freshly ground black pepper, divided
- Cooking spray
- 1 tablespoon minced shallots
- 1/3 cup pinot noir or burgundy wine
- 1/3 cup pomegranate juice
- 1/3 cup fat-free, lower-sodium beef broth
- 1 thyme sprig
- 1 1/2 tablespoons chilled butter, cut into small pieces

INSTRUCTIONS

1. Heat a large heavy skillet over medium-high heat. Sprinkle steaks evenly with salt and 1/4 teaspoon pepper. Coat pan with cooking spray. Add steaks to pan; cook 3 minutes on each side or until desired degree of doneness. Remove steaks from pan; keep warm.
2. Add shallots to pan; sauté 30 seconds. Add remaining 1/4 teaspoon pepper, wine, juice, broth, and thyme sprig; bring to a boil. Cook 7 minutes or until reduced to about 3 tablespoons. Remove from heat; discard thyme sprig. Add butter to sauce, stirring until butter melts. Serve sauce with steaks.

CookingLight.
DIET

NUTRITIONAL INFO

CALORIES	236
Total fat	11g
Saturated fat	5g
Monounsaturated fat	0g
Polyunsaturated fat	0g
Protein	25g
Carbohydrate	4g
Fiber	0g
Sugars	3g
Cholesterol	84mg
Iron	13%
Sodium	333mg
Calcium	3%
Potassium	485mg
Vitamin A	4%
Vitamin C	1%

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BLUEPRINTS

WHILE SKILLET HEATS,
sprinkle the steaks with seasoning.

WHEN STEAK IS DONE COOKING,
prepare the pomegranate-pinot sauce.

PREP POINTER

Pomegranate seeds make a pretty garnish. Look for convenient, ready-to-eat seeds in the refrigerated produce section.



© Photo John Autry; Styling Cindy Barr

BUTTERNUT SQUASH, CARAMELIZED ONION, AND SPINACH LASAGNA

Looking for a vegetarian main to please meat-free palates? This recipe for butternut squash and spinach lasagna can be whipped up in 2 hours and delivers plenty of fiber, protein and important vitamins A and C.



8 SERVINGS



1 PIECE



2 HOURS

INGREDIENTS

- 6 cups (1/2-inch) cubed peeled butternut squash
- 2 tablespoons extra-virgin olive oil, divided
- 2 tablespoons chopped fresh sage
- 12 garlic cloves, unpeeled (about 1 head)
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon black pepper
- Cooking spray
- 1 large onion, vertically sliced
- 2 tablespoons water
- 2 (9-ounce) packages fresh spinach
- 5 cups 1% low-fat milk, divided
- 1 bay leaf
- 1 thyme sprig
- 5 tablespoons all-purpose flour
- 1 1/2 cups (6 ounces) shredded fontina cheese, divided
- 3/8 teaspoon ground red pepper
- 1/4 teaspoon grated whole nutmeg
- 9 no-boil lasagna noodles

INSTRUCTIONS

1. Preheat oven to 425°F.
2. Combine squash, 1 tablespoon oil, sage, garlic, 1/2 teaspoon salt, and black pepper in a large bowl; toss to coat. Arrange squash mixture on a baking sheet coated with cooking spray. Bake at 425°F for 30 minutes or until squash is tender. Cool slightly; peel garlic. Place squash and garlic in a bowl; partially mash with a fork.
3. Heat remaining 1 tablespoon oil in a large Dutch oven over medium-high heat. Add onion, and sauté for 4 minutes. Reduce heat to medium-low; continue cooking for 20 minutes or until golden brown, stirring frequently. Place onion in a bowl.
4. Add 2 tablespoons water and spinach to Dutch oven; increase heat to high. Cover and cook 2 minutes or until spinach wilts. Drain in a colander; cool. Squeeze excess liquid from spinach. Add spinach to onions.
5. Heat 4 1/2 cups milk, bay leaf, and thyme in a medium saucepan over medium-high heat. Bring to a boil; remove from heat. Let stand for 10 minutes. Discard bay leaf and thyme. Return pan to medium heat. Combine remaining 1/2 cup milk and flour in a small bowl. Add to pan, stirring with a whisk until blended. Bring to a boil; reduce heat, and simmer for 5 minutes or until thickened, stirring constantly. Remove from heat; stir in remaining 1/2 teaspoon salt, 1 1/4 cups cheese, red pepper, and nutmeg.
6. Spread 1/2 cup milk mixture in bottom of a 13 x 9-inch glass or ceramic baking dish coated with cooking spray. Arrange 3 noodles over milk mixture; top with half of squash mixture, half of spinach mixture, and 3/4 cup milk mixture. Repeat layers, ending with noodles. Spread remaining milk mixture over noodles.
7. Bake at 425°F for 30 minutes, and remove from oven. Sprinkle with remaining 1/4 cup cheese.
8. Preheat broiler.
9. Broil 2 minutes or until cheese is melted and lightly browned. Let stand 10 minutes before serving.

CookingLight
DIET



CLICK TO LOG THIS RECIPE

CALORIES	351
Total fat	13g
Saturated fat	1g
Monounsaturated fat	3g
Polyunsaturated fat	1g
Protein	19g
Carbohydrate	46g
Fiber	5g
Sugars	13g
Cholesterol	30mg
Iron	21%
Sodium	418mg
Calcium	54%
Potassium	1104mg
Vitamin A	355%
Vitamin C	74%

HF

V

LS

NUTRITIONAL INFO

BLUEPRINTS

SIMPLE SUB-IN

Don't have fontina cheese? Try using Gruyere, emmental or provolone cheese.

EASY BRAISED BRISKET

Make lip-smacking, pull-apart beef brisket with just five ingredients! This scrumptious meaty main will reheat beautifully for a second meal but chances are they'll disappear before that happens.

 8 SERVINGS  4 HOURS

 3 1/2 OUNCES BRISKET + 1/3 CUP SAUCE

INGREDIENTS

- 1 (2 1/2-pound) beef brisket, trimmed
- 1 1/2 cups chopped onion
- 1 teaspoon dried oregano
- 1/3 cup chopped pitted kalamata olives
- 1 (14.5-ounce) can diced tomatoes, undrained (certified gluten-free if necessary)

INSTRUCTIONS

1. Sprinkle brisket evenly with 3/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper.
2. Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray. Add brisket to pan; cook 10 minutes, browning on all sides. Remove brisket from pan.
3. Add onion and oregano to pan; sauté 3 minutes.
4. Return brisket to pan; add 1/2 cup water. Cover; reduce heat, and simmer 2 hours. Add olives and tomatoes; cover and cook 1 hour.
5. Remove brisket from pan. Let stand 5 minutes. Cut brisket against grain into thin slices; return brisket slices to pan. Cover and cook over medium-low heat 30 minutes.

NUTRITIONAL INFO

CALORIES	244
Total fat	11g
Saturated fat	0g
Monounsaturated fat	5g
Polyunsaturated fat	0g
Protein	30g
Carbohydrate	4g
Fiber	1g
Sugars	2g
Cholesterol	88mg
Iron	16%
Sodium	216mg
Calcium	2%
Potassium	470mg
Vitamin A	5%
Vitamin C	11%

HP

LC

DF

GF

LS

BLUEPRINTS

PREP POINTER

Want to get the cooking out of the way? This dish reheats beautifully—and may even be better the second day.

© Photo John Autry; Styling Cindy Barr



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© Photo Johnny Miller; Styling Heather Chontos

BAKED SALMON WITH DILL

Try this baked salmon and dill recipe for an easy and fresh dinner party main. The delicate combination of fresh dill and lemon lend just enough flavor to add interest to plain baked fish.

4 SERVINGS 30 MIN

1 FILLET + 1 LEMON WEDGE

INGREDIENTS

- 4 (6-ounce) salmon fillets (about 1 inch thick)
- Cooking spray
- 1 1/2 tablespoons finely chopped fresh dill
- 1/2 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 4 lemon wedges

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Place fish on a baking sheet lightly coated with cooking spray; lightly coat fish with cooking spray. Sprinkle fish with dill, salt, and pepper.
3. Bake at 350°F for 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Serve with lemon wedges.

NUTRITIONAL INFO

CALORIES	251
Total fat	12g
Saturated fat	2g
Monounsaturated fat	4g
Polyunsaturated fat	4g
Protein	34g
Carbohydrate	1g
Fiber	0g
Sugars	0g
Cholesterol	94mg
Iron	8%
Sodium	215mg
Calcium	2%
Potassium	845mg
Vitamin A	1%
Vitamin C	6%

HP

LC

DF

GF

BLUEPRINTS

WHILE OVEN PREHEATS,
prepare and season fish for baking.

WHILE FISH IS BAKING,
cut lemon wedges for serving.

CookingLight.
DIET



© Photo Anna Williams

BOURBON & ORANGE-GLAZED HAM

Ham up your holiday table with this gorgeous recipe for bourbon and orange-glazed ham. It makes for a carve-able centerpiece that will serve a large crowd.

UP TO 34 SERVINGS 3 HOURS, 30 MIN

3 OUNCES

INGREDIENTS

- 1 (8 1/2-pound) 33%-less-sodium smoked, fully cooked ham
- 8 cups apple cider
- 2 cups fresh orange juice (about 8 medium oranges)
- 3/4 cup bourbon (certified gluten-free if necessary)
- 1/2 cup sorghum (certified gluten-free if necessary)
- 4 black peppercorns
- 1 bay leaf
- 1/4 teaspoon salt
- Cooking spray
- 1 cup water

INSTRUCTIONS

OVERNIGHT ALERT!

1. Place ham in a large stockpot; add cider and enough water to cover ham. Bring to a simmer; simmer 30 minutes. Discard cider mixture; cool ham for 20 minutes.
2. Cover and chill ham 8 hours. Trim rind and most of fat, leaving a 1/4-inch layer of fat. Score outside of ham in a diamond pattern.

THE NEXT DAY

3. Preheat oven to 350°F.
4. Combine juice, bourbon, sorghum, peppercorns, and bay leaf in a saucepan; bring to a boil. Reduce heat; simmer until reduced to 1 1/2 cups (about 35 minutes). Remove from heat; stir in salt.
5. Place ham on a rack coated with cooking spray. Pour 1 cup water into a shallow roasting pan; place rack in pan. Brush ham with juice mixture. Bake at 350°F for 30 minutes.
6. Reduce oven temperature to 300°F (do not remove ham from oven); bake ham an additional 1 1/2 hours or until a thermometer registers 140°F, brushing with juice mixture every 30 minutes.
7. Let stand for 15 minutes before slicing.

CookingLight
DIET

NUTRITIONAL INFO

CALORIES	157
Total fat	2g
Saturated fat	0g
Monounsaturated fat	0g
Polyunsaturated fat	0g
Protein	20g
Carbohydrate	15g
Fiber	0g
Cholesterol	20mg
Iron	1%
Sodium	664mg
Calcium	0%
Potassium	71mg
Vitamin A	1%
Vitamin C	14%

DF

LC

GF

BLUEPRINTS

SIMPLE SUB-IN

If you don't have apple cider on hand use apple juice instead.

The image shows two white ceramic dishes with scalloped edges, each containing a golden-brown gratin topped with sautéed mushrooms and fresh herbs. The dishes are placed on a dark wooden table. To the left, a green textured napkin is folded, with a silver fork and knife resting on it. A semi-transparent blue circle is overlaid in the center, containing the text 'Simple Sides'.

Simple
Sides



BASIC CRANBERRY SAUCE

Why eat canned cranberry sauce when you can make it fresh in 20 minutes? This tangy-sweet homemade cranberry sauce is delicious served with turkey, chicken, quail, duck, or ham.

 14 SERVINGS
  2 TABLESPOONS
  20 MIN

INGREDIENTS

- 1/2 cup packed dark brown sugar
- 1/2 cup fresh orange juice (about 2 oranges)
- 1/4 cup water
- 1 1/2 tablespoons honey
- 1/8 teaspoon ground allspice
- 1 (12-ounce) package fresh cranberries
- 1 (3-inch) cinnamon stick

INSTRUCTIONS

1. Combine all ingredients in a medium saucepan over medium-high heat; bring to a boil.
2. Reduce heat, and simmer 12 minutes or until mixture is slightly thickened, stirring occasionally. Discard cinnamon stick; cool completely.

NUTRITIONAL INFO

CALORIES	48
Total fat	0g
Saturated fat	0g
Monounsaturated fat	0g
Polyunsaturated fat	0g
Protein	0g
Carbohydrate	13g
Fiber	1g
Sugar	10g
Cholesterol	0mg
Iron	1%
Sodium	1mg
Calcium	0%
Potassium	40mg
Vitamin A	1%
Vitamin C	13%

V+

GF

KF

LS

BLUEPRINTS

PREP POINTER

Make up to 2 days in advance and refrigerate.

CookingLight.
DIET

BRUSSELS SPROUTS GRATIN

This holiday, grace your table with gratin: Brussels sprouts and bacon gratin that is. At under 150 calories a serving, you and your guests will enjoy a savory & filling serving of vegetables.



6 SERVINGS



3/4 CUP



36 MIN

INGREDIENTS

- 2 hickory-smoked bacon slices
- 4 large shallots, thinly sliced
- 2 pounds Brussels sprouts, trimmed and halved
- 1 cup water
- 1/2 teaspoon kosher salt, divided
- 1/4 teaspoon freshly ground black pepper
- Cooking spray
- 1 (2-ounce) slice French bread baguette
- 3 tablespoons butter

INSTRUCTIONS

1. Preheat broiler.
2. Cook bacon in a large skillet over medium heat until crisp. Remove bacon from pan, reserving drippings; crumble.
3. Increase heat to medium-high. Add shallots to drippings in pan; sauté for 2 minutes or until tender, stirring occasionally.
4. Add Brussels sprouts and 1 cup water; bring to a boil. Cover pan loosely with aluminum foil; cook 6 minutes or until Brussels sprouts are almost tender. Uncover and remove from heat. Sprinkle with 1/4 teaspoon salt and pepper; toss to combine.
5. Spoon Brussels sprouts mixture into a 2-quart broiler-safe glass or ceramic baking dish coated with cooking spray.
6. Place bread in a food processor, and process until finely ground. Melt butter in skillet over medium-high heat. Add breadcrumbs and remaining 1/4 teaspoon salt to pan; sauté for 2 minutes or until toasted, stirring frequently. Add cooked, crumbled bacon to toasted breadcrumb mixture. Sprinkle the breadcrumb mixture over Brussels sprouts mixture.
7. Broil 3 minutes or until golden and thoroughly heated.



© Photo Jonny Valiant; Styling Deborah Williams



CLICK TO LOG THIS RECIPE

NUTRITIONAL INFO

CALORIES	144
Total fat	7g
Saturated fat	4g
Monounsaturated fat	0g
Polyunsaturated fat	0g
Protein	6g
Carbohydrate	17g
Fiber	5g
Sugars	4g
Cholesterol	17mg
Iron	12%
Sodium	189mg
Calcium	6%
Potassium	473mg
Vitamin A	30%
Vitamin C	157%



BLUEPRINTS

WHILE BROILER PREHEATS,
cook the bacon, Brussels sprouts and bread crumbs.

PREP POINTER

Braise the Brussels sprouts and toast the breadcrumbs a day ahead so you're super prepared to assemble the dish during the day of the party.

CookingLight.
DIET



© Photo John Autry; Styling Cindy Barr

FONTAL POLENTA WITH MUSHROOM SAUTÉ

In 20 minutes you can enjoy this sumptuous dish, ideal for a festive brunch or easy dinner party. The mushroom sauce tempers the rich fontal cheese and melt-in-your-mouth polenta. To serve as a side, simply divide into 8 smaller servings instead of 4.

4 SERVINGS 1 GRATIN 20 MIN

INGREDIENTS

- 2 tablespoons olive oil
- 2 (4-ounce) packages exotic mushroom blend, chopped
- 1 (8-ounce) package presliced cremini mushrooms
- 1 teaspoon minced fresh thyme
- 1/2 teaspoon minced fresh oregano
- 3 garlic cloves, chopped
- 1/3 cup organic vegetable broth
- 2 teaspoons fresh lemon juice
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 2 cups 2% reduced-fat milk
- 1 1/2 cups organic vegetable broth
- 3/4 cup instant polenta (certified gluten-free if necessary)
- 1 cup (4 ounces) shredded fontal or fontina cheese, divided
- 1/4 teaspoon salt

INSTRUCTIONS

1. Heat oil in a skillet over high heat. Add mushrooms; sauté 4 minutes. Add herbs and garlic; sauté 1 minute. Stir in 1/3 cup broth, juice, 1/8 teaspoon salt, and pepper.
2. Bring milk and 1 1/2 cups broth to a boil. Stir in polenta; cook 4 minutes, stirring constantly. Stir in half of cheese and 1/4 teaspoon salt. Divide polenta among 4 gratin dishes; top with remaining cheese. Broil 5 minutes. Top each serving with 1/2 cup mushrooms.

Log It

[CLICK TO LOG THIS RECIPE](#)

NUTRITIONAL INFO

CALORIES	374
Total fat	18 g
Saturated fat	3g
Monounsaturated fat	7g
Polyunsaturated fat	1g
Protein	17g
Carbohydrate	37g
Fiber	4g
Sugars	9g
Cholesterol	43mg
Iron	6%
Sodium	518mg
Calcium	37%
Potassium	695mg
Vitamin A	24%
Vitamin C	8%

V

HF

GF

BLUEPRINTS

SERVING SUGGESTION

If making this as a side, divide polenta into 8 smaller gratin dishes to serve more and cut the calories in half.

SIMPLE SUB-IN

Can't find fontal or fontina cheese? Provolone, gruyere or gouda will work too.

CookingLight.
DIET

SHERRIED GREEN BEANS AND MUSHROOMS

Everyone expects green beans at your holiday table, but that doesn't mean a decked out dish won't dazzle them beyond expectations. Here, green beans get the buttery treatment along with shallots, mushrooms and dry sherry.



8 SERVINGS



1 CUP



25 MIN

INGREDIENTS

- 1 1/2 pounds fresh green beans, trimmed
- 3 tablespoons butter, divided
- 1/3 cup thinly sliced shallots
- 3/4 pound exotic mushroom blend, coarsely chopped
- 1/4 cup dry sherry
- 3 tablespoons chopped fresh flat-leaf parsley
- 2 teaspoons chopped fresh thyme
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

INSTRUCTIONS

1. Steam beans 5 minutes or until crisp-tender; remove from heat.
2. Melt 2 tablespoons butter in a large skillet over medium-high heat. Add shallots to pan; sauté 3 minutes, stirring occasionally. Add mushrooms; sauté 5 minutes or until liquid evaporates. Stir in sherry; bring to a boil. Cook until liquid almost evaporates (about 2 minutes). Add remaining 1 tablespoon butter and haricots verts; cook 30 seconds or until thoroughly heated, tossing to coat. Remove from heat. Add parsley, thyme, salt, and pepper; toss to combine.

NUTRITIONAL INFO

CALORIES	88
Total fat	4g
Saturated fat	3g
Monounsaturated fat	0g
Polyunsaturated fat	0g
Protein	4g
Carbohydrate	8g
Fiber	3g
Sugars	4g
Cholesterol	11mg
Iron	9%
Sodium	119mg
Calcium	5%
Potassium	169mg
Vitamin A	11%
Vitamin C	24%

HF

V

LC

GF

BLUEPRINTS

WHILE BEANS ARE STEAMING,
sauté the shallot, mushrooms and sherry.

© Photo Randy Mayor; Styling Cindy Barr



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© Photo Jonny Valiant; Styling Deborah Williams

WILD RICE WITH ROASTED CHESTNUTS AND CRANBERRIES

This wild rice recipe is fancifully studded with roasted chestnuts and cranberries. The nutty, almost smoky flavor and color of the wild rice pairs beautifully with game birds and other poultry (hint hint: your turkey).



12 SERVINGS



3/4 CUP



60 MIN

INGREDIENTS

- 2 cups uncooked wild rice
- 2 cups fat-free, lower-sodium chicken broth (substitute with vegetable broth if desired)
- 2 cups water
- 1/2 teaspoon kosher salt, divided
- 1 1/2 cups whole roasted bottled chestnuts
- 1 cup sweetened dried cranberries
- 1 1/2 tablespoons unsalted butter
- 1 1/2 cups halved lengthwise and thinly sliced carrot
- 1 1/2 cups chopped yellow onion
- 1 1/4 cups thinly sliced celery
- 1/2 cup minced fresh flat-leaf parsley
- 2 tablespoons minced fresh sage
- 1 tablespoon fresh thyme leaves
- 1/4 teaspoon black pepper
- Cooking spray

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Combine rice, broth, 2 cups water, and 1/4 teaspoon salt in a saucepan; bring to a boil. Partially cover, reduce heat, and simmer 40 minutes or until rice is tender, stirring occasionally. (Do not drain.) Place rice in a large bowl; cover.
3. Arrange chestnuts on a baking sheet. Bake at 400° for 15 minutes. Cool slightly; cut chestnuts into quarters.
4. Place cranberries in a small bowl; cover with hot water. Let stand 20 minutes or until soft. Drain and add to rice.
5. Melt butter in a large nonstick skillet over medium heat. Add carrot, onion, and celery; cook 15 minutes or until vegetables are tender, stirring occasionally. Stir in herbs; remove from heat. Add to rice mixture. Stir in remaining 1/4 teaspoon salt, chestnuts, and pepper.
6. Spoon rice mixture into a 13 x 9-inch glass or ceramic baking dish coated with cooking spray. Cover and bake at 400° for 10 minutes or until thoroughly heated.

CookingLight
DIET

NUTRITIONAL INFO

CALORIES	218
Total fat	3g
Saturated fat	0g
Monounsaturated fat	1g
Polyunsaturated fat	0g
Protein	6g
Carbohydrate	45g
Fiber	5g
Sugars	11g
Cholesterol	4mg
Iron	8%
Sodium	168mg
Calcium	3%
Potassium	242mg
Vitamin A	45%
Vitamin C	18%

HF

V

BLUEPRINTS

WHILE OVEN PREHEATS,
prep and cook rice.

WHILE CHESTNUTS ROAST,
cook vegetables and add to rice mixture.

SIMPLE SUB-IN
If you're fresh out of dried cranberries
subbing in raisins will also work.



© Photo Johnny Autry; Styling Cindy Barr

CREAMY PUMPKIN RED PEPPER SOUP

Pureed pumpkin, pepper, potato soup is purely perfect for parties. (Now repeat that three times fast!) You can definitely taste that this soup is made from fresh vegetables, plus it pairs well with any cheeses and herbs. It's sure to delight palates as a side course to your holiday feast.



6 SERVINGS



1 CUP



60 MIN

INGREDIENTS

- 3 cups chopped peeled fresh pumpkin
- 2 1/2 cups chopped red bell pepper
- 1 1/2 cups chopped peeled sweet potato
- 1/4 cup chopped green onions
- 1 teaspoon five-spice powder
- 1 teaspoon ground cumin
- 2 teaspoons olive oil
- 1 teaspoon minced fresh garlic
- 3/8 teaspoon salt, divided
- 5 cups no-salt-added chicken stock (substitute with vegetable stock if desired)
- 1 tablespoon unsalted butter
- 1 tablespoon rosemary leaves (optional)

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Combine first 8 ingredients in a large bowl. Sprinkle with 1/8 teaspoon salt; toss well. Place vegetable mixture in a single layer on a jelly-roll pan. Bake at 400° for 30 minutes or until tender, stirring once.
3. Combine vegetables, stock, and remaining 1/4 teaspoon salt in a large saucepan; bring to a boil. Reduce heat; simmer 5 minutes. Place half of vegetable mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Process until smooth. Pour into a large bowl. Repeat procedure with remaining vegetable mixture. Stir in butter. Top with rosemary, if desired.



CLICK TO LOG THIS RECIPE

NUTRITIONAL INFO

CALORIES	120
Total fat	4g
Saturated fat	0g
Monounsaturated fat	2g
Polyunsaturated fat	0g
Protein	3g
Carbohydrate	18g
Fiber	3g
Sugars	6g
Cholesterol	5mg
Iron	9%
Sodium	286mg
Calcium	8%
Potassium	148mg
Vitamin A	171%



BLUEPRINTS

WHILE OVEN PREHEATS,
season the pumpkin, peppers and potatoes.

WHILE VEGETABLES BAKE,
boil the vegetable stock.

PREP POINTER
Serve soup topped with Parmigiano-Reggiano cheese and rosemary for a savory treat. Add smoked almonds or toasted pecans if you'd like more texture.



**Cocktails &
Mocktails**



© Photo Howard L. Puckett; Styling Cindy Manning Bar

SPARKLING CRANBERRY BLUSH

Need an elegant drink for an extra large reunion? This bubbly cranberry blushing with its sweet lemonade and tart cranberry juice is sure to tickle your holiday guests into merriment.

32 SERVINGS
 3/4 CUP
 5 MIN

INGREDIENTS

- 3 cups cold water
- 2 (48-ounce) bottles cranberry juice cocktail, chilled
- 2 (6-ounce) cans thawed lemonade concentrate, undiluted
- 2 (750-milliliter) bottles brut champagne, chilled

INSTRUCTIONS

1. Combine the first 3 ingredients in a punch bowl, and stir well.
2. Add chilled champagne, and stir gently. Serve immediately.

NUTRITIONAL INFO

CALORIES	98
Total fat	0g
Saturated fat	0g
Monounsaturated fat	0g
Polyunsaturated fat	0g
Protein	0g
Carbohydrate	20g
Fiber	0g
Cholesterol	0mg
Iron	0%
Sodium	14mg
Calcium	0%
Potassium	11mg
Vitamin A	0%
Vitamin C	53%



BLUEPRINTS

SIMPLE SUB-IN

If you can't find lemonade concentrate, any other juice concentrate will do.

PREP POINTER

If your guests are below twenty-one, replace brut champagne with seltzer water or ginger ale to make this drink non-alcoholic.





© Photo Jonny Valiant; Styling Deborah Williams

EASY EGGNOG

No need to forgo one of the holidays' favorite indulgences—creamy, rich eggnog. This version gives you all the satisfaction of the full-fat version for less fat and calories.

8 SERVINGS 1/2 CUP

10 MINUTES (+ 4 HOURS TO CHILL)

INGREDIENTS

- 3 1/2 cups 1% low-fat milk
- 1/2 cup fat-free sweetened condensed milk
- 1 tablespoon all-purpose flour
- 1/4 teaspoon grated whole nutmeg
- 1/8 teaspoon salt
- 2 large egg yolks
- 1/4 cup bourbon
- 2 tablespoons brandy
- 1 teaspoon vanilla extract
- Additional grated whole nutmeg (optional)

INSTRUCTIONS

1. Combine first 5 ingredients in a medium saucepan. Bring to a boil over medium heat, stirring constantly with a whisk. Place egg yolks in a medium bowl. Gradually whisk one-third of hot milk mixture into egg yolks. Add yolk mixture to remaining hot milk mixture, stirring with a whisk. Cook over medium heat 1 minute or until slightly thickened. Pour into a pitcher; stir in bourbon, brandy, and vanilla.
2. Cover surface of eggnog with wax paper; refrigerate at least 4 hours or overnight. Garnish with additional nutmeg, if desired.



CLICK TO LOG THIS RECIPE

NUTRITIONAL INFO

CALORIES	143
Total fat	2g
Saturated fat	1g
Monounsaturated fat	1g
Polyunsaturated fat	0g
Protein	6g
Carbohydrate	19g
Fiber	0g
Sugars	17g
Cholesterol	57mg
Iron	1%
Sodium	121mg
Calcium	21%
Potassium	6mg
Vitamin A	7%
Vitamin C	2%



BLUEPRINTS

PREP POINTER

This eggnog can be made a few days in advance allowing you more time to plan your elaborate (or not!) holiday menu. Just hold off on stirring in the bourbon and brandy until serving time.





© Photo Grant Cornett; Styling Philippa Brathwaite

LEMON GIN SPARKLING COCKTAILS

Loosely based on the French 75, a classic cocktail of gin, Champagne, lemon juice, and sugar, this sparkling beverage uses lemonade concentrate as a shortcut.



8 SERVINGS



1/2 CUP



5 MIN

INGREDIENTS

- 1 cup gin, chilled
- 1/2 cup frozen lemonade concentrate, thawed
- 2 2/3 cups Champagne or other sparkling wine, chilled
- Tarragon sprigs (optional)

INSTRUCTIONS

1. Combine gin and lemonade concentrate in a pitcher; chill until ready to serve.
2. Just before serving, add Champagne to gin mixture; stir gently. Garnish with tarragon sprigs, if desired.



CLICK TO LOG THIS RECIPE

NUTRITIONAL INFO

CALORIES	158
Total fat	0g
Saturated fat	0g
Monounsaturated fat	0g
Polyunsaturated fat	0g
Protein	0g
Carbohydrate	24g
Fiber	0g
Sugars	9g
Cholesterol	0mg
Iron	0%
Sodium	0mg
Calcium	1mg
Vitamin A	0%
Vitamin C	5%



BLUEPRINTS

PREP POINTER

Allow the concentrate time to thaw overnight. If time allows, you can use a quick simple syrup with lemon juice: Combine 3 tablespoons each of sugar, lemon juice; and water; microwave for 1 minute, and cool.

CookingLight
DIET

WHISKEY SOUR PUNCH

This frisky whiskey sour punch packs sweet and tart flavors to tantalize your tastebuds. Each pitcher serves a party of 10 and is a good way to help your guests mix and mingle.



10 SERVINGS



3/4 CUP



25 MIN

INGREDIENTS

- 1/3 cup sugar
- 1/3 cup water
- 2 1/2 cups refrigerated fresh orange juice
- 2 cups bourbon
- 1/2 cup fresh lemon juice (about 3 large lemons)
- 3 cups chilled club soda
- Fresh orange slices (optional)

INSTRUCTIONS

1. Combine sugar and 1/3 cup water in a 1-cup glass measure. Microwave at HIGH 2 minutes; stir until sugar dissolves. Cool to room temperature.
2. Combine sugar mixture, orange juice, bourbon, and lemon juice in a large pitcher; stir well. Stir in club soda just before serving. Garnish with orange slices, if desired.

© Photo Marcus Nilsson; Styling Robyn Glaser



CLICK TO LOG THIS RECIPE

NUTRITIONAL INFO

CALORIES	161
Total fat	0g
Saturated fat	0g
Monounsaturated fat	0g
Polyunsaturated fat	0g
Protein	1g
Carbohydrate	13g
Fiber	0g
Sugars	11g
Cholesterol	0mg
Iron	0%
Sodium	53mg
Calcium	1%
Potassium	15mg
Vitamin A	0%
Vitamin C	34%



BLUEPRINTS

SIMPLE SUB-IN

If you don't have bourbon, scotch or brandy will also work.

CookingLight.
DIET



© Photo Oxmoor House

BARCELONA HOT CHOCOLATE

The combination of hot chocolate and espresso is enjoyed in Spain and throughout Europe. This version shows off the chocolate with a hint of orange and isn't as sweet as traditional American-style cocoa drinks.

4 SERVINGS
 3/4 CUP
 15 MIN

INGREDIENTS

- 2/3 cup boiling water
- 2 ounces good-quality dark or bittersweet (60 to 70 percent cocoa) chocolate, finely chopped
- 1 1/3 cups 1% low-fat milk
- 1 cup brewed espresso or strong coffee
- 1/4 cup unsweetened cocoa powder
- 1/4 cup packed brown sugar
- 1 2-inch piece orange rind strip
- 1/4 cup frozen fat-free whipped topping, thawed
- Cocoa powder (optional)

INSTRUCTIONS

1. Combine 2/3 cup boiling water and chopped chocolate in a medium saucepan, stirring until chocolate melts.
2. Add milk and next 4 ingredients (through rind); cook over medium-low heat, stirring with a whisk. Heat 5 minutes or until tiny bubbles form around edge of pan, stirring frequently (do not boil). Discard rind.
3. Pour 1 cup mixture into each of 4 mugs. Spoon 1 tablespoon whipped topping over each serving. Dust with cocoa powder, if desired.

NUTRITIONAL INFO

CALORIES	177
Total fat	5g
Saturated fat	3g
Monounsaturated fat	0g
Polyunsaturated fat	0g
Protein	4g
Carbohydrate	28g
Fiber	0g
Sugars	26g
Cholesterol	5mg
Iron	0%
Sodium	67mg
Calcium	14%
Potassium	239mg
Vitamin A	3%
Vitamin C	3%



BLUEPRINTS

PREP POINTER

Missing the creaminess in your hot chocolate? Use more milk instead of your coffee or espresso.



© Photo Randy Mayor

HOT MULLED CIDER

A steaming fragrant mug of this cider is a welcome treat on a brisk afternoon. Garnish with a cinnamon stick or lemon slice for a little extra flavor.



4 SERVINGS



3/4 CUP



35 MIN

INGREDIENTS

- 4 cups apple cider
- 1/4 cup fresh orange juice
- 10 black peppercorns
- 6 whole cloves
- 5 whole white cardamom pods, crushed
- 4 star anise
- 3 (1/4-inch) thick lemon slices
- 3 cinnamon sticks
- 1 (1/2-inch) piece peeled fresh ginger, thinly sliced

INSTRUCTIONS

1. Combine all ingredients in a medium saucepan over medium heat; bring to a simmer.
2. Cook for 30 minutes. Strain cider mixture through a fine sieve over a bowl, and discard solids. Serve cider hot.



CLICK TO LOG THIS RECIPE

NUTRITIONAL INFO

CALORIES	132
Total fat	0g
Saturated fat	0g
Monounsaturated fat	0g
Polyunsaturated fat	0g
Protein	1g
Carbohydrate	33g
Fiber	2g
Sugars	30g
Cholesterol	0mg
Iron	1%
Sodium	36mg
Calcium	1%
Potassium	327mg
Vitamin A	1%
Vitamin C	144%



BLUEPRINTS

PREP POINTER

Check for whole spices in the bulk bin sections of your local grocery store.



A round cinnamon roll cake, possibly a 'cinnamon roll cake' or 'cinnamon roll loaf', is presented on a dark, rustic-style plate. The cake is golden-brown and topped with a thick, white icing that has been drizzled over the top and sides. In the foreground, a silver spoon holds a dollop of the white icing, with some of it dripping onto the plate. The background is softly blurred, showing a glass of orange juice and a glass of milk. A semi-transparent blue circle is overlaid on the center of the image, containing the word 'Desserts' in white, bold, sans-serif font.

Desserts



© Photo Randy Mayor; Styling Jan Gautro

HOT CHOCOLATE FUDGE CAKES

Hot chocolate fudge cakes are ooey gooey good as a holiday dessert! Portion-sized and under 300 calories per serving, your guests can indulge without the post-meal stupor.

 16 SERVINGS  1 CAKE

 4 ½ HOURS (15 MINUTES ACTIVE)

INGREDIENTS

- 3.4 ounces all-purpose flour (about 3/4 cup)
- 2/3 cup unsweetened cocoa
- 5 teaspoons instant espresso powder
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 cup unsalted butter, softened
- 2/3 cup granulated sugar
- 2/3 cup packed brown sugar
- 1 cup egg substitute
- 1 1/2 teaspoons vanilla extract
- 1 (2.6-ounce) bar dark (71% cocoa) chocolate (such as Valrhona Le Noir Amer), finely chopped
- 2 tablespoons powdered sugar

INSTRUCTIONS

1. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Sift together flour, cocoa, espresso powder, baking powder, and salt.
2. Place butter in a large bowl; beat with a mixer at medium speed 1 minute. Add granulated and brown sugars, beating until well blended (about 5 minutes). Add egg substitute and vanilla, beating until well blended. Fold flour mixture into sugar mixture; fold in chocolate. Divide batter evenly among 10 (4-ounce) ramekins; arrange ramekins on a jelly-roll pan. Cover and refrigerate 4 hours or up to 2 days.
3. Preheat oven to 350°.
4. Let ramekins stand at room temperature 10 minutes. Uncover and bake at 350° for 21 minutes or until cakes are puffy and slightly crusty on top. Sprinkle evenly with powdered sugar; serve immediately.

CookingLight.
DIET

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CALORIES	259	
Total fat	8g	
Saturated fat	1g	
Monounsaturated fat	2g	
Polyunsaturated fat	1g	
Protein	6g	
Carbohydrate	45g	
Fiber	3g	
Sugars	33g	
Cholesterol	13mg	
Iron	13%	
Sodium	192mg	
Calcium	6%	
Potassium	234mg	
Vitamin A	5%	
Vitamin C	0%	

PREP POINTER

Make the fudge cake batter up to two days ahead of time and refrigerate until the day of your party.

NUTRITIONAL INFO

BLUEPRINTS



© Photo Becky Luigart-Stayner

PUMPKIN POUND CAKE WITH BUTTERMILK GLAZE

The glaze on this mouthwatering cake is enough to make you drool. Using pumpkin puree allows you to add less butter but keep the same delectable moistness.

16 SERVINGS 1 SLICE 1 HOUR 20 MIN

INGREDIENTS

For the Cake

- Cooking spray
- 1 tablespoon all-purpose flour
- 1 (15-ounce) can pumpkin
- 3/4 cup granulated sugar
- 3/4 cup packed dark brown sugar
- 1/2 cup butter, softened
- 4 large eggs
- 1 teaspoon vanilla extract
- 3 cups all-purpose flour (about 13 1/2 ounces)
- 1 1/2 teaspoons pumpkin pie spice
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup fat-free buttermilk

For the Glaze

- 1/3 cup fat-free buttermilk
- 1/4 cup granulated sugar
- 2 tablespoons butter
- 2 teaspoons cornstarch
- 1/8 teaspoon baking soda

INSTRUCTIONS

1. Preheat oven to 350°F.
2. To prepare the cake, lightly coat a 10-inch tube pan with cooking spray; dust with 1 tablespoon flour. Spread pumpkin over 2 layers of paper towels; cover with 2 additional layers of paper towels. Let stand about 10 minutes. Scrape drained pumpkin into a bowl.
3. Place 3/4 cup granulated sugar, brown sugar, and 1/2 cup butter in a large bowl; beat with a mixer at medium speed 3 minutes or until well blended. Add eggs, 1 at a time, beating well after each addition. Beat in pumpkin and vanilla. Lightly spoon 3 cups flour into dry measuring cups, and level with a knife. Combine flour and next 4 ingredients (through salt) in a bowl, stirring well with a whisk. Add flour mixture and 3/4 cup buttermilk alternately to sugar mixture, beginning and ending with flour mixture.
4. Spoon batter into prepared pan. Bake at 350°F for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack. Remove from pan, and cool completely on wire rack.
5. To prepare glaze, combine 1/3 cup buttermilk and remaining ingredients in a small saucepan over medium heat; bring to a boil. Cook 1 minute or until thick, stirring constantly; remove from heat. Drizzle cake with glaze.

CookingLight
DIET

Log It

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NUTRITIONAL INFO

CALORIES	278	KF
Total fat	9g	
Saturated fat	1g	
Monounsaturated fat	2g	
Polyunsaturated fat	1g	
Protein	5g	
Carbohydrate	45g	
Fiber	1g	
Sugars	23g	
Cholesterol	73mg	
Iron	8%	
Sodium	321mg	
Calcium	4%	
Potassium	47mg	
Vitamin A	6%	
Vitamin C	0%	

WHILE OVEN PREHEATS,
prepare the pound cake batter.

WHILE POUND CAKE BAKES,
prepare the glaze.

PREP POINTER

Drain off any extra liquid from the canned pumpkin before making the cake batter to keep the cake's texture light.

BLUEPRINTS

SPICED APPLE TWO-BITE TARTS

The nutty pastry is absolutely delicious, like pecan shortbread. The crème fraîche dollop is more than just a pretty garnish; its rich, tangy flavor makes these sublime.



12 SERVINGS



2 TARTS



60 MIN

INGREDIENTS

For the Crust

- 1/3 cup sugar
- 1/4 cup unsalted butter, softened
- 2 tablespoons canola oil
- 1 tablespoon 1% low-fat milk
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon salt
- 4.5 ounces all-purpose flour (about 1 cup)
- 1/3 cup very finely chopped toasted pecans
- Baking spray with flour

For the Filling

- 2 cups finely diced peeled Granny Smith apple
- 2 teaspoons fresh lemon juice
- 2 tablespoons sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 teaspoon ground allspice
- 1/8 teaspoon ground ginger
- 1 tablespoon unsalted butter
- 1/2 teaspoon cornstarch
- 1 tablespoon water
- 1/4 cup crème fraîche

INSTRUCTIONS

1. Preheat oven to 350°F.
2. To prepare crust, place first 6 ingredients in a medium bowl. Beat with a mixer at medium speed 1 minute or until well combined. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Add flour and nuts to butter mixture; beat until just combined. Divide dough evenly among 24 miniature muffin cups coated with baking spray. Press dough into bottom and up sides of muffin cups. Bake at 350°F for 15 minutes or until golden brown. Cool in pan on a wire rack for 5 minutes. Carefully remove from pan; cool completely on wire rack.
3. To prepare filling, place apple and juice in a bowl; toss to coat. Add 2 tablespoons sugar and the next 4 ingredients (through ginger); toss well.
4. Melt 1 tablespoon butter in a medium saucepan over medium heat. Add apple mixture; cover and cook 5 minutes or until apple is tender, stirring occasionally. Combine cornstarch and 1 tablespoon water in a small bowl. Stir cornstarch mixture into apple mixture; cook 1 minute or until mixture thickens, stirring constantly. Place apple mixture in a bowl; cool to room temperature. Spoon about 2 teaspoons apple mixture into each tart shell.
5. Top each tart with 1/2 teaspoon crème fraîche.

CookingLight
DIET



© Photo Andrew Purcell; Styling Lydia Degaris Pursel

Log It

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NUTRITIONAL INFO

CALORIES	183
Total fat	11g
Saturated fat	2g
Monounsaturated fat	4g
Polyunsaturated fat	2g
Protein	2g
Carbohydrate	19g
Fiber	1g
Sugars	10g
Cholesterol	17mg
Iron	3%
Sodium	102mg
Calcium	1%
Potassium	52mg
Vitamin A	6%
Vitamin C	5%

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WHILE OVEN PREHEATS,
prepare the crust.

WHILE CRUST BAKES,
prepare the apple filling.

PREP POINTER

These tarts can be prepared ahead of time and chilled. You can then assemble just before serving.

BLUEPRINTS



© Photo Oxmoor House

MONKEY BREAD

There's no monkeying around when it comes to this delicious monkey bread. Each golden morsel is tearable, easily sharable and drizzled with a sweet cream cheese glaze.

16 SERVINGS 1 HOUR, 48 MIN

4 PIECE + 1 TEASPOON SAUCE

INGREDIENTS

- 13.5 ounces all-purpose flour (about 3 cups)
- 4.75 ounces whole-wheat flour (about 1 cup)
- 1 teaspoon salt
- 1 package quick-rise yeast (about 2 1/4 teaspoons)
- 1 cup very warm fat-free milk
- 1/4 cup very warm orange juice
- 1/4 cup honey
- 2 tablespoons butter, melted
- Cooking spray
- 1/2 cup granulated sugar
- 1/2 cup packed brown sugar
- 2 teaspoons ground cinnamon
- 4 1/2 tablespoons fat-free milk, divided
- 2 tablespoons butter, melted
- 1/2 cup powdered sugar
- 1 tablespoon 1/3-less-fat cream cheese
- 1 teaspoon vanilla extract

INSTRUCTIONS

1. Weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine flours, salt, and yeast in the bowl of a stand mixer with dough hook attached; mix until combined. With mixer on, slowly add 1 cup milk, juice, honey, and 2 tablespoons butter; mix dough at medium speed 7 minutes or until smooth and elastic. Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°F), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.)
2. Combine granulated sugar, brown sugar, and cinnamon in a shallow dish. Combine 3 tablespoons milk and 2 tablespoons butter in a shallow dish, stirring with a whisk.
3. Preheat oven to 350°F.
4. Punch dough down; divide into 8 equal portions. Working with one portion at a time (cover remaining dough to prevent drying), roll into an 8-inch rope. Cut each dough rope into 8 equal pieces, shaping each piece into a 1-inch ball. Dip each ball in milk mixture, turning to coat, and roll in sugar mixture. Layer balls in a 12-cup Bundt pan coated with cooking spray. Repeat procedure with remaining 7 dough ropes. Sprinkle any remaining sugar mixture over dough. Cover and let rise in a warm place (85°F), free from drafts, 1 hour or until almost doubled in size.
5. Bake at 350°F for 25 minutes or until golden. Cool 5 minutes on a wire rack. Place a plate upside down on top of bread; invert onto plate. Combine powdered sugar, remaining milk, and remaining ingredients in a small bowl, stirring with a whisk. Microwave at HIGH 20 seconds or until warm. Drizzle over bread.

CookingLight
DIET

Log It

CLICK TO LOG THIS RECIPE

NUTRITIONAL INFO

CALORIES	237
Total fat	4g
Saturated fat	0g
Monounsaturated fat	1g
Polyunsaturated fat	0g
Protein	5g
Carbohydrate	47g
Fiber	2g
Sugars	22g
Cholesterol	9mg
Iron	10%
Sodium	166mg
Calcium	4%
Potassium	96mg
Vitamin A	3%
Vitamin C	6%

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KF

BLUEPRINTS

WHILE DOUGH IS RISING,
prepare the sugar and milk mixture.

WHILE OVEN PREHEATS,
prep the dough balls for baking.

WHILE MONKEY BREAD BAKES,
make the cream cheese drizzle.



© Photo Oxmoor House

CRANBERRY ALMOND BARK

This addictive chocolate confection is a spectacular way to blend cranberries and almonds. You can also vary the recipe with other dried fruits, such as raisins, apricots, figs, or cherries. Wrap in clear plastic and tie with a dark green ribbon for a lovely holiday gift.



25 SERVINGS



1 PIECE



67 MIN

INGREDIENTS

- 6 ounces semisweet chocolate, chopped (certified gluten-free if necessary)
- 1/2 cup chopped almonds
- 1/3 cup chopped dried cranberries

INSTRUCTIONS

1. Place chocolate in a medium microwave-safe bowl; microwave at HIGH 1 minute, stirring after 30 seconds. Spread chocolate in a foil-lined 9-inch square metal baking pan; sprinkle with almonds and cranberries. Chill 1 hour or until chocolate is set.
2. Remove foil from chocolate; break into pieces. Store in an airtight container in refrigerator up to 2 weeks.



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NUTRITIONAL INFO

CALORIES	50
Total fat	3g
Saturated fat	1g
Monounsaturated fat	1g
Polyunsaturated fat	0g
Protein	1g
Carbohydrate	6g
Fiber	0g
Sugars	5g
Cholesterol	0mg
Iron	1%
Sodium	2mg
Calcium	0%
Potassium	14mg
Vitamin A	0%
Vitamin C	0%



BLUEPRINTS

SIMPLE SUB-IN

If cranberries are not appealing try using other dried fruits such as chopped raisins or apricots instead.

CookingLight.
DIET



© Photo Becky Luigart-Stayner; Styling Melanie J. Clarke

CHOCOLATE-CHERRY COOKIES

Chocolate and cherries make a starring couple in this cookie! Each cookie is under 100 calories and will pair well with a glass of warm milk.

30 SERVINGS 1 COOKIE 35 MIN

INGREDIENTS

- 1.5 ounces all-purpose flour (about 1/3 cup)
- 1.5 ounces whole-wheat flour (about 1/3 cup)
- 1 1/2 cups old-fashioned rolled oats
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 6 tablespoons unsalted butter
- 3/4 cup packed light brown sugar
- 1 cup dried cherries
- 1 teaspoon vanilla extract
- 1 large egg, lightly beaten
- 3 ounces bittersweet chocolate, coarsely chopped
- Cooking spray

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Weigh or lightly spoon flours into dry measuring cups; level with a knife. Combine flours and next 3 ingredients (through salt) in a large bowl; stir with a whisk.
3. Melt butter in a small saucepan over low heat. Remove from heat; add brown sugar, stirring until smooth. Add sugar mixture to flour mixture; beat with a mixer at medium speed until well blended. Add cherries, vanilla, and egg; beat until combined. Fold in chocolate. Drop dough by tablespoonfuls 2 inches apart onto baking sheets coated with cooking spray. Bake at 350°F for 12 minutes. Cool on pans 3 minutes or until almost firm. Remove cookies from pans; cool on wire racks.



[CLICK TO LOG THIS RECIPE](#)

NUTRITIONAL INFO

CALORIES	94
Total fat	4g
Saturated fat	1g
Monounsaturated fat	1g
Polyunsaturated fat	0g
Protein	1g
Carbohydrate	14g
Fiber	1g
Sugars	8g
Cholesterol	12mg
Iron	4%
Sodium	85mg
Calcium	1%
Potassium	10mg
Vitamin A	5%
Vitamin C	0%



BLUEPRINTS

WHILE OVEN PREHEATS,
prepare the cookie batter.

PREP POINTER

The cookie dough can be made ahead of time and frozen until you're ready to bake and enjoy.

CookingLight.
DIET