Oh, the dynamics of holidays. For some people it is an occasion of happiness marked by extra time spent with friends and family, scrumptious holiday food and a spirit of giving. For others, winter holiday traditions are marked by dread. Fear of overeating and the impending inability to take control of food or finances can definitely dampen what should be a more joyful time of life. The good news is whether you embrace the holidays or not you can choose not
to meet the New Year with excess weight and the stress of struggling with a pile of holiday bills.

**The first task at hand:**

Remove a heavy burden from your shoulders by denying food or money the opportunity to sabotage your happiness this holiday season. Allow yourself instead to embellish people and relationships. And in the spirit of celebration and reflection, allow this time to honor yourself as you do the people you hold dearest. Take the time to care for yourself in the way in which you care for others.

**Secondly:**

Losing weight during the holiday season may be difficult; but by developing a few holiday strategies, you can freely greet the New Year without the thought of a drastic diet or having to lie on the bed to button your jeans. Fill this holiday season with pleasant memories - not surplus food.

**Deal with food, enjoy it, but keep it in its place**

- Maintain a nourished state. Nothing sabotages healthy eating habits like a constant hungry stomach.
- PLAN, PLAN, PLAN to eat appropriately by having high quality foods in your home. A big batch of vegetable soup frozen in small portions just might come in handy when your stomach is screaming and your time is limited.
- Watch your home environment! Don’t think you must spend hours baking homemade goodies for your friends and family to show them you love and cherish them. This temptation might be too much for you and also for your friends and relatives, who may be working diligently themselves to manage their own weight. If you must bake, try holiday tree decorations. They look great, they’re fun to make, they are a good rainy day activity for the kids and they’re great to give as gifts - but you can’t eat them! If you want to give food, try a basket of navel oranges or fresh pears or gourmet coffees or teas with cinnamon sticks.
- If you have a friend who presents you with some of her own baked calories of love, be gracious and as soon as possible get the goodies out of sight. You could:
  - Have a small bit and freeze the rest.
o Recycle it by giving it to another friend or neighbor.
  o Take it to the office.
  o If in doubt, toss it out.

• If you are asked to take a cake or some cookies for a special occasion:
  1. Buy it
  2. Take it
  3. Leave it

• Be careful while at work. Extra food is often brought into office settings during the holiday season by well meaning clients or co-workers. Try to avoid the room where the food usually dwells, and remember to stay nourished. Keep a good supply of healthy snacks in your own work area to fend off impulses. A nourished body is more in control than a hungry one.

• Eat a healthy snack right before attending gatherings.

• While at a party, be selective with the foods you choose. Make only one trip to the buffet and be selective.

• Choose only the foods you really want to eat. Life is too short for calories you do not enjoy.

• Keep portions small. Often a taste is all you will need to satisfy a craving or your curiosity.

• Fresh vegetables are always great. Have a small bit of dip, just enough to coat the end of the carrot stick or broccoli floret.

• Boiled shrimp and scallops are both good choices. Choose cocktail sauce or lemon and horseradish as a condiment.

• A meat sandwich on a roll – mayonnaise excluded - is always a good choice and is very filling.

• Limit alcohol. Alcohol is not only high in calories, it increases your appetite as it diminishes your resolve to eat appropriately. Instead of having a drink or two or more, offer to be the designated driver. The position of responsibility will force you to deny its temptation.

• Take a dish from home you know to be enjoyable, filling and nourishing. This will be appreciated by the other guests as well.

• Don’t make a special announcement regarding your new habits. This may actually challenge others to get you to eat more than you had planned.

• Leave the dieter’s mentality at home! If you want to take a bite, do so. Electing to eat a small portion of a tasty treat doesn’t mean you have sabotaged your weight goals. Even if you fall back a step and err on the side of overeating, it is only one step back. You don’t have to go back to step one to begin again. Regaining your composure from a momentary lapse in control will arm you against the temptation to throw your past efforts to the wind, pig out and start again on New Year’s Day. Besides, think of how good you will feel when you meet January 1 with confidence - and with another battle won.

• If you feel it best to avoid sweets because you do not yet trust yourself, that is OK, too.
• Leave a little food on your plate. This will signal your host or hostess that you are full, and he or she will be less likely to insist you have second helpings.

• Always remember your exercise program during the holidays. Exercise not only burns calories, it can help with stress management; and it can be a time to clear your head as you mentally plan your day. Take time for a walk and admire the decorations in your neighborhood or in your local mall.

**Most Importantly:**

Have fun. Sharing food is an important and traditional way to spread holiday cheer. Enjoying a traditional meal or celebrating with family and friends need not destroy the healthy lifestyle habits you have developed through the year.

**Menu Planning**

Modify your traditional holiday menus and recipes to reduce fat, cholesterol and calories:
**Original menu:**
3 ounces turkey dark meat (190 calories)
1/2 cup stuffing (200 calories)
Traditional broccoli casserole (250 calories)
Traditional sweet potato casserole (250 calories)
2 medium rolls (160 calories)
1 slice pecan pie (450 calories)

**Total calories = 1,500**

**Leaner menu:** (Recipes follow)
3 ounces roast turkey breast (150 calories)
1/2 cup Healthy Cornbread Dressing (120 calories)
Low-fat broccoli casserole (133 calories)
1 fresh roll (80 calories)
1 slice pumpkin pie (200 calories)

**Total calories = 783**

**Instead of:**
- Cream cheese
- Sour cream
- Whipped cream
- Heavy cream
- Whole egg
- Mayonnaise
- High-fat cheese
- Oil in baked goods

**Use:**
- Low-fat cream cheese, low-fat ricotta cheese
- Fat-free sour cream or plain non-fat “strained” yogurt (use yogurt strainer or cheese-cloth)
- Fat-free whipped cream or fat-free Cool Whip
- Evaporated skim milk
- Two egg whites for each whole egg, or an egg substitute
- Low-fat mayonnaise
- Low-fat or skim-milk cheese; look for cheese with less than 5 grams of fat per ounce
- Use equal amount of oil and applesauce
The Perfect Turkey

Allow about 1 lb. of turkey for each guest. If your turkey is frozen, allow time for it to thaw in your refrigerator. It may take several days.

1. Preheat oven to 325°F. Check the wrapper to see how much the turkey weighs and determine approximate cooking time (see chart that follows). Remove the giblet bag and the neck from the turkey cavity. Wash the turkey inside and out and pat skin dry with paper towels.

2. Place turkey breast side up on a rack in a shallow (about 2 inches deep) roasting pan. Insert meat thermometer in thigh. Add ½ cup water to the bottom of pan, if desired.

3. Cover turkey loosely with a tent of heavy-duty aluminum foil. Roast the turkey until temperature in the thickest part of the thigh reaches 180°F. Cooking time will vary. For example, a 20 lb. turkey will take 4 ¼ to 5 hours to cook, check the temperature on the thermometer after 4 ¼ hours.

4. Meanwhile, mix the stuffing or dressing. Place in a casserole and pop it into the oven during the last hour or so of roasting time.

5. Remove the foil tent after 1 to 1 ½ hours of cooking time to brown the skin. Brush with vegetable oil to enhance browning, if desired.

6. A whole turkey is done when the temperature reaches 180°F. The thigh juices should run clear (not pink) when pierced with a fork and the leg joint should move freely.

7. Allow the turkey to sit 20 to 30 minutes before carving to allow juices to saturate the meat evenly.

An appropriate serving is 3 oz. of cooked meat. Each oz. contains about 50 calories. Use leftovers for other great meals. You may boil the carcass for an excellent soup base.
**USDA Roasting Timetable for Fresh or Thawed Turkey at 325°F.** These times are approximate and should always be used in conjunction with a properly placed thermometer.

<table>
<thead>
<tr>
<th>Unstuffed</th>
<th>Stuffed</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 to 12 lb.</td>
<td>2 ¾ to 3 hours</td>
</tr>
<tr>
<td>12 to 14 lb.</td>
<td>3 to 3 ¼ hours</td>
</tr>
<tr>
<td>14 to 18 lb.</td>
<td>3 ¼ to 4 ¼ hours</td>
</tr>
<tr>
<td>18 to 20 lb.</td>
<td>4 ¼ to 4 ½ hours</td>
</tr>
<tr>
<td>20 to 24 lb.</td>
<td>4 ½ to 5 hours</td>
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</tbody>
</table>

The USDA does not recommend cooking turkey in an oven set lower than 325°F.

**Pork Tenderloin with Plum Chutney**

- 1/3 cup apple cider vinegar
- 2 green onions, sliced
- 2 tsp packed light brown sugar
- 2 tsp grated, peeled fresh ginger
- ½ tsp dry mustard
- 5 ripe plums, pitted and cut into 1-inch slices
- 2 tsp Dijon mustard
- 1 ¼ lb. pork tenderloin
- 3 Tbsp bread crumbs

- Preheat oven to 475°
- Bring vinegar, onions, brown sugar, ginger and dry mustard to a boil in medium skillet over medium heat.
- Boil to form a syrup, 4 to 5 minutes.
- Stir in plums, reduce heat to low and cook until plums are soft and well glazed, about 10 minutes.
- Transfer to bowl to cool.
- Rub tenderloin all over with Dijon mustard, then roll in bread crumbs to coat and set in baking dish.
- Roast until pork reaches an internal temperature of 155°, 20 to 25 minutes.
- Remove from oven and let stand 10 minutes before slicing.
- Serve with chutney on side.

**Yield:** 4 servings, 226 calories / serving

[http://DiabeteStepsRx.com](http://DiabeteStepsRx.com)
Old-Fashioned Stuffing with Smoked Oysters

1 cup chopped celery
1 cup sliced mushrooms
½ cup chopped onion
1 medium carrot, finely chopped or shredded
2 (3 ¾ oz.) cans smoked oysters, drained and chopped
1 ¼ to 2 cups chicken broth
12 oz. stuffing mix
1 Tbsp margarine

- Spray a 4-quart pan with cooking spray.
- Add celery, mushrooms, onions and carrot.
- Cook and stir until tender.
- Stir in chopped oysters.
- Add 1½ cups chicken broth and bring to a boil.
- Remove pan from heat.
- Stir in stuffing mix, tossing lightly.
- Cover and let stand for 5 minutes.
- Drizzle melted margarine and toss lightly with fork to fluff.
- If moister dressing is desired, gradually drizzle in remaining chicken broth.

Yield: 8 servings, 250 calories / serving

Marinated Holiday Vegetables

Cauliflower
4 peeled and sliced carrots
Broccoli
2 cups halved snapped green beans
1 red bell pepper, cut into thin strips
½ cup sliced black olives
¼ cup olive oil

3 Tbsp lemon juice
2 Tbsp balsamic vinegar
1 Tbsp Dijon mustard
½ tsp crumbled dried thyme
¼ cup chopped fresh parsley
¼ cup minced fresh chives

- Bring a large pot of salted water to a boil.
- Add cauliflower and carrots, cook for 2 minutes.
- Add broccoli and cook for 2 minutes.
- Add green beans and bell pepper and cook for an additional three minutes, or until vegetables are crisp tender.
- Drain and immediately rinse with cold water.
- Place in large bowl and toss with olives.
- Whisk oil, lemon juice, vinegar, mustard, and thyme until well mixed.
- Add salt and pepper to taste.
- Toss together vegetables, dressing, parsley, and chives and serve immediately.
- May prepare vegetables and dressing separately before hand and then toss together right before serving.

Yield: 10 servings, 75 calories / serving
Low-Fat Southern Cornbread

1 cup yellow cornmeal
1 cup all-purpose flour
1 Tbsp baking powder
1 cup skim milk
1 egg or ¼ cup egg substitute
1 Tbsp vegetable oil

- Preheat oven to 425 º.
- Combine cornmeal, flour and baking powder.
- Add milk, slightly beaten egg and oil. Blend well.
- Pour into skillet or muffin tin which has been prepared with cooking spray.
- Bake about 25 minutes or until done.

Yield: 12 servings, 100 calories / serving.

Heart Healthy Cornbread Dressing

¾ cup chopped green onion
1 cup chopped celery
1 cup chicken broth (defatted, salt-free)
5 cups crumbled Low-Fat Southern Cornbread (see cornbread recipe)
½ cup unsweetened applesauce
2 eggs
½ tsp pepper
¼ tsp poultry seasoning

- Preheat oven to 350º.
- Sauté onion and celery in small amount of broth until tender.
- Combine cornbread, applesauce and eggs.
- Mix in onion and celery.
- Add broth and remaining seasonings desired.
- Blend well and place in casserole dish sprayed with cooking spray.
- Bake at 350º for 30-40 minutes.

Yield: 12 servings, 120 calories / serving
Southern Rice Dressing

2 garlic bulbs
2 tsp olive oil
2 cups cooked regular rice
1 recipe Low-Fat Southern Cornbread, crumbled
1 (16 oz.) pkg ground pork sausage, low-fat
2 Tbsp margarine or oil
1 medium onion, diced
1 medium-size red or green bell pepper, diced
1 large carrot, diced
1 cup chopped fresh parsley
1 tsp poultry seasoning
¼ tsp chopped fresh or 1 to 2 tsp rubbed sage
¼ tsp salt
¼ tsp pepper
4 cups chicken broth

- Cut off pointed ends of garlic bulbs; place on piece of aluminum foil, and drizzle with olive oil. Fold foil to seal.
- Bake at 350º for 45 minutes; cool. Squeeze pulp from garlic cloves into a large bowl. Add rice and cornbread.
- Cook low-fat sausage in large skillet over medium heat, stirring until it crumbles and is no longer pink; Drain sausage on paper towels, and wipe skillet clean.
- Melt margarine in skillet over medium-high heat. Add onion, bell pepper, and carrot, and sauté 3 minutes or until tender.
- Stir sausage, vegetables, parsley, and next 4 ingredients into rice mixture.
- Add broth; stir to moisten. Spoon into a lightly greased 13 x 9 inch baking dish.
- Cover and chill 8 hours, if desired; remove from refrigerator, and let stand at room temperature 30 minutes.
- Bake, covered, at 350º for 45 minutes or until thoroughly heated.

Yield: 12 servings, serving size: 1 cup, 200 calories / serving

Baby Glazed Carrots

1 lb. baby carrots (or peeled and sliced whole carrots)
2 Tbsp brown sugar
2 tsp margarine
Salt and pepper to taste

- Place carrots in saucepan and cover with just enough cold water to cook.
- Bring carrots to a boil and simmer until cooked but still firm. (May use Pyrex dish with tight fitting lid, about ¼ cup water and microwave for about 10 minutes or until carrots are tender.)
- Drain and leave in cooking pot. Cover with lid and brown sugar and margarine a few minutes before serving.
- When ready to serve, reheat until carrots are covered with melted sugar and butter.

Yield: 6 servings, 50 calories / serving

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Swiss Style Vegetables

- ¾ cup cubed, unpeeled red potato
- 2 cups broccoli florets
- 1 cup cauliflower florets
- 2 tsp margarine
- 1 cup sliced mushrooms
- 1 Tbsp all purpose flour
- 1 cup non-fat half and half
- ½ cup reduced-fat grated Swiss cheese
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ tsp hot pepper sauce (optional)
- 1/8 tsp grated nutmeg
- ¼ cup grated Parmesan cheese

- Place potatoes in medium saucepan; cover with cold water. Bring water to a boil. Reduce heat; cover and simmer 10 minutes.
- Add broccoli and cauliflower; cover and cook about 5 minutes or until all vegetables are tender.
- Drain; remove vegetables and set aside.
- Melt margarine in same pan over medium-low heat. Add mushrooms. Cook and stir 2 minutes. Stir in flour; cook 1 minute. Slowly stir in half and half; cook and stir until mixture thickens.
- Remove from heat. Add Swiss cheese, stirring until melted. Stir in salt, pepper, pepper sauce and nutmeg.
- Preheat broiler. Spray small shallow casserole with cooking spray.
- Arrange vegetables in single layer in prepared casserole. Spoon sauce mixture over vegetables; sprinkle with Parmesan cheese.
- Place casserole under broiler until cheese melts and browns, about 1 minute.

Yield: 6 servings, serving size: ½ cup, 100 calories / serving

Savory Apple Roast

- 2 baking apples
- 2 sweet potatoes
- 2 Vidalia onions
- 1 Tbsp olive oil
- 2 tsp chopped garlic
- 1 Tbsp balsamic vinegar

- Preheat oven to 450°.
- Line roasting pan with aluminum foil.
- Core and cut apples into quarters.
- Cut sweet potatoes into 6 – 8 large pieces.
- Cut onions into small wedges.
- Combine apples, vegetables, olive oil and garlic.
- Roast in prepared pan 40 to 45 minutes or until sweet potatoes are tender.
- Sprinkle with balsamic vinegar before serving. Serve hot or cold.

Yield: 6 servings, 100 calories / serving

http://DiabeteStepsRx.com
Old Fashioned Corn Pudding

2 tsp yellow cornmeal        4 oz. Canadian bacon, cut into thin
1 cup chopped onion          strips
¼ tsp salt                   3 cups corn kernels
¼ tsp garlic powder         1 ½ cups skim milk, divided
¼ tsp ground red pepper     1/3 cup yellow cornmeal
¼ tsp black pepper           1 large egg
                             3 Tbsp chopped fresh chives

- Preheat oven to 350º.
- Coat a 1½ quart baking dish with cooking spray, and dust with 2 tsp cornmeal.
- Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- Add onion and next 5 ingredients, and sauté 3 minutes or until tender.
- Stir in corn kernels and 1 cup milk.
- Reduce heat to low; cover and cook 10 minutes, stirring occasionally.
- Add 1/3 cup cornmeal, stirring with a whisk.
- Combine ½ cup milk and egg; stir well with a whisk.
- Add to cornmeal mixture in skillet; stir well.
- Stir in chives.
- Spoon mixture into prepared dish. Bake pudding at 350º for 30 minutes or until lightly browned and set.
- Let stand for 15 minutes.

Yield: 8 servings, serving size: ½ cup, 150 calories / serving
Low-Fat Broccoli Casserole

1 ½ cups skim milk
¼ cup instant non-fat dry milk powder
1 Tbsp plus 1 ½ tsp cornstarch
1 Tbsp water or unsalted chicken broth
½ cup finely chopped fresh mushrooms
½ cup finely chopped onion

1 ¾ tsp dried thyme
¾ tsp ground black pepper
2 (10 oz. each) pkg frozen chopped broccoli, thawed and squeezed dry
1 ½ cups cooked brown rice
1 ½ cups shredded non-fat or reduced-fat Cheddar cheese
2 Tbsp finely ground cracker crumbs

- Combine ¼ cup milk, all milk powder and cornstarch in a small dish.
- Stir to mix well and set aside.
- Place water or broth, mushrooms, onions, thyme and pepper in 2 ½ -quart saucepan over medium heat.
- Cook and stir for about two minutes, or until vegetables are tender and most of liquid has evaporated.
- Add remaining 1 ¼ cups of milk saucepan and continue to cook and stir just until mixture starts to boil.
- Stir cornstarch mixture once, and add to saucepan.
- Cook and stir for a minute or two, or until sauce is thickened and bubbly.
- Remove saucepan from heat and stir broccoli, rice and cheese into sauce.
- Coat 2-quart casserole dish with cooking spray and spread mixture evenly in dish.
- Sprinkle crumbs over top of mixture and spray crumbs lightly with cooking spray.
- Bake at 350º for 50 minutes to an hour, or until top is golden brown and edges are bubbly.

Yield: 8 servings, 133 calories / serving

Mashed Sweet Potatoes

1 lb. sweet potatoes
1 ½ Tbsp brown sugar
2 Tbsp low-fat buttermilk

1 Tbsp margarine
1/8 tsp salt
1/8 tsp black pepper

- Preheat oven to 425º.
- Bake potatoes for 1 hour and 10 minutes or until tender; cool slightly.
- Cut each potato in half lengthwise, and scoop out pulp. Discard skins.
- Place potatoes and remaining ingredients in small saucepan; mash to desired consistency.
- Cook over low heat 2 minutes or until thoroughly heated.
- Garnish with thyme, if desired.

Yield: 4 servings, serving size: ½ cup, 150 calories / serving

http://DiabeStepsRx.com
Healthy Scalloped Potatoes

Leave skin on potatoes for even more fiber.

\[
\begin{align*}
&\frac{1}{2} \text{ cup chopped onion} & &\text{2 tsp minced fresh thyme} \\
&2 \text{ Tbsp vegetable oil} & &2 \text{ cups skim milk} \\
&\frac{1}{4} \text{ cup all-purpose flour} & &2 \text{ lb. russet potatoes, peeled and thinly} \\
&\text{Salt} & &\text{sliced} \\
&\text{Pepper} & &2 \text{ Tbsp fresh parsley} \\
&\frac{1}{2} \text{ tsp paprika} & &
\end{align*}
\]

- Preheat oven to 350 °.
- Spray 2-quart casserole with cooking spray.
- Sauté onion in oil until soft.
- Stir in flour, salt, pepper, paprika, thyme, and milk.
- Mix well and cook until sauce comes to a boil and is thickened.
- Layer potatoes in casserole, placing small amount of sauce in between each layer.
- Pour remaining sauce over top.
- Cover and bake for 75 minutes.
- Uncover and bake for an additional 20 minutes or until potatoes are tender and top is nicely browned.
- Sprinkle top with additional paprika and parsley.

Yield: 8 servings, 150 calories / serving

Strawberry Yogurt Mold

\[
\begin{align*}
&1 \text{ envelope unflavored gelatin} & &\frac{1}{2} (6 \text{ oz.}) \text{ can frozen Hawaiian Punch} \\
&2 \text{ Tbsp water} & &\text{Concentrate} \\
&1 \frac{1}{2} \text{ cups fresh or unsweetened} & &1 (8 \text{ oz.}) \text{ carton plain low-fat yogurt} \\
&\text{frozen strawberries} & &\frac{1}{2} \text{ cup low-fat sour cream} \\
\end{align*}
\]

- Sprinkle gelatin over water in measuring cup.
- Place in pan of hot water, heat until dissolved.
- Puree strawberries with punch in blender.
- Transfer to mixing bowl.
- Stir in yogurt, sour cream, and dissolved gelatin.
- Refrigerate until set.

Yield: 8 servings, 80 calories / serving

http://DiabeSteepsRx.com
**Low-Fat Holiday Pie**

4 low-fat or non-fat cereal bars (apple flavor)  
¼ cup graham cracker crumbs  
1 (16 oz.) can pumpkin  
½ cup egg whites  
½ cup sugar  
1 Tbsp pumpkin pie spice  
1 (12 oz.) can evaporated skim milk

- Preheat oven to 350°.  
- Puree cereal bars with cracker crumbs in food processor.  
- Lightly spray 9-inch glass pie pan with cooking spray.  
- Put cookie crust into pan evenly.  
- Spray crust lightly with cooking spray and bake for 7 minutes at 350°.  
- Puree pumpkin, egg whites, sugar, pumpkin spice, and evaporated milk in blender.  
- Pour into crust, slightly over top and bake for 45 – 55 minutes.  
- Pie is done when firm in center. Insert toothpick to test doneness.

Yield: 8 servings, 200 calories / serving

**Apple Crunch**

4 medium (about 1 ¼ lb.) baking apples, such as Granny Smith, peeled and thinly sliced  
½ cup uncooked quick-cooking oatmeal  
¼ cup light or dark brown sugar  
2 tsp ground cinnamon  
¼ cup apple juice

- Preheat oven to 350°.  
- Spray 1-quart (9- x 9-inch) baking dish with cooking spray.  
- Spread apple slices evenly over bottom of baking dish; set aside.  
- In small bowl, with fork, blend together oatmeal, brown sugar and cinnamon until well mixed.  
- Spread evenly over apples.  
- Sprinkle apple juice over top.  
- Cover and bake for 20 to 30 minutes, or until apples are just starting to soften.  
- Uncover and bake for 15 to 20 minutes more, or until apples are soft.

Yield: 4 servings, 150 calories / serving
Buttermilk Lemon Pie

¾ cup Splenda  
1/3 cup cornstarch  
¼ t salt  
1 cup buttermilk

¾ cup water  
2 eggs or ½ cup Eggbeaters  
2 lemons

- Mix Splenda, cornstarch and salt in saucepan.
- Add buttermilk and water.
- Heat until boiling stirring constantly. (It will scorch if you aren't careful.)
- Continue boiling for two minutes or until thickened.
- Remove from heat.
- Beat eggs, then add about ½ cup of boiling buttermilk mixture to eggs to temper them.
- Add egg mixture to remaining buttermilk mixture in saucepan while mixture is still hot.
- Add juice and grated rind from 2 lemons.
- Pour into low-fat graham cracker crust.

This pie is best when it has been chilled no less than 2 hrs. Flavors tend to blend better if it is chilled overnight.

Yield: 8 servings, 140 calories / serving
Pumpkin Custard

12 oz. low-fat tofu, firm, drained
1 (15 oz.) can pumpkin
2/3 cup packed brown sugar
1 tsp rum extract
1 ½ tsp cinnamon
1 ¼ tsp pumpkin spice
3 egg whites

Gingersnap topping:
8 gingersnap cookies
1 ½ Tbsp granulated sugar
2 Tbsp light butter

Custard:

- Preheat oven to 350º.
- Spray six 6-oz. custard cups with cooking spray.
- In a food processor or blender puree tofu until smooth.
- Add pumpkin, brown sugar, rum extract, cinnamon, and pumpkin spice. Puree until blended.
- Add egg whites and mix just until blended (do not over mix).
- Divide pumpkin mixture among six custard cups.
- Bake for 20 minutes.
- Meanwhile prepare topping.
- Remove custard cups from oven and sprinkle gingersnap topping over pumpkin mixture.
- Return to oven and bake an additional 20 minutes until edges of custard separate from cups.

Gingersnap topping:

- In a small bowl stir together gingersnap crumbs and sugar.
- Using a grater shred light butter and add it to gingersnap mixture.
- Using a pastry blender or two knives cut in light butter until mixture resembles coarse crumbs.
- Sprinkle on custard.

Yield: 6 servings, 200 calories, 3.5 g fat / serving
Thank you for allowing DiabeteSteps Rx to help you better manage your health. You are wished continued health and happiness during the holidays and all year long.