HEALTH TEXAS
PRIMARY CARE DOCTORS

HOME *for the* HOLIDAYS

Diabetes Education Holiday Recipe Book

VOLUME III

Holiday Beverages

HOMEMADE SUGAR-FREE APPLE CIDER

Source: www.stemandspoon.com

Ingredients:

10 medium apples (any variety)
1 large orange
3-4 cinnamon sticks
1/4 teaspoon ground nutmeg
1/2 teaspoon ground allspice
1-2 whole star anise
10-12 cups filtered water
1/3 cup golden monk fruit sweetener (or 1:1 brown sugar substitute)
1 teaspoon vanilla extract

Nutritional Facts:

Calories: 15cal
Total Fat: 0g
Carbohydrates: 4gm
Fiber: 0gm
Sugar: 0 mg

Directions

1. Rinse the apples and remove the stems. Cut them into quarters and place them into a large pot or stockpot.
2. Slice the orange into thick rounds (discard rounds that are mostly orange peel). Place them into the pot with the apples.
3. Add the cinnamon sticks, nutmeg, allspice and star anise to the pot. Pour in the filtered water to cover the fruit until the water line is 1-2 inches above the fruit.

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HOMEMADE SUGAR-FREE APPLE CIDER

4. Set the pot on the stovetop and bring the mixture to a boil over high heat. Reduce to low-medium and prop the lid on top of the pot, venting it just a tiny bit. Simmer for 2 hours, stirring occasionally. Use a potato masher or a large wooden spoon to mash the apples. They should easily mash when pressed up against the sides of the pot with a spoon.
5. Mash the apples again. The consistency should look like applesauce. Use a fine-mesh strainer to strain the apple pulp out of the cider. (Either dip the strainer into the mixture and scoop out the pulp or place the strainer over a large bowl and carefully pour the cider through the strainer.)
Return the strained cider to the pot and stir in the monk fruit sweetener. Heat on low-medium for 5-10 minutes or until it dissolves.
6. Place the mesh strainer over a large bowl and arrange the cheesecloth in the strainer. Pour the cider through the cheesecloth/strainer to remove the extra small pulp. Taste and stir in vanilla extract, if desired
7. If enjoying hot, ladle the cider into mugs. Or let it cool to room temperature, then transfer to a pitcher to chill in the refrigerator.

LOW CARB HOLIDAY FRUIT PUNCH

Ingredients:

5 Huckleberry Clear American 17oz drinks, chilled
(or another flavor you like)

3 cups Breyers Carb Smart vanilla ice cream
(half of 1.5 quart container)

4 medium strawberries, sliced thinly

Directions

1. Pour Huckleberry drinks into punch bowl.
2. Scoop ice cream into punch bowl.
(1½ inch scooper to get even balls into the bowl.
3. Sprinkle strawberry slices over top
Use more strawberries to garnish if you wish.

RECIPE SERVES 4

Nutritional Facts:
Per 2/3 cup

Calories: 100 Sugar: 4gm
Carbohydrates: 16gm p 2/3 cup
Net carbs: 4gm
Fiber: 4gm

FAMOUS NO COFFEE PUMPKIN LATTE

Source: www.allrecipes.com

Ingredients:

1 cup pumpkin puree

1 quart almond milk

¼ cup Stevia or Splenda

1 teaspoon ground cinnamon

1 tablespoon vanilla extract

Directions

1. Combine pumpkin, almond milk, sugar substitute, cinnamon, and vanilla in a large saucepan over medium heat.
2. Use a whisk to blend well.
3. Heat to a simmer; do not boil.
4. Serve

Nutritional Facts:

Servings Per Recipe 4

Calories: 202

Total Fat 5g

Saturated Fat 3g

Cholesterol 20mg

Sodium 248mg

Total Carbohydrate 8g

Dietary Fiber 2g

Total Sugars 0 g

Protein 9g

BLUEBERRY-GINGER FIZZ

Source: www.allrecipes.com

Ingredients:

1 pint blueberries
1 cup water
¼ cup Stevia or Splenda
1 tablespoon grated fresh ginger
0.25 cup crushed ice
2 tablespoons orange juice
¼ cup club soda
1 slice orange

Directions

1. Bring blueberries, water, sugar, and ginger to a boil in a saucepan over medium-high heat. Reduce heat to a simmer and cook for 5 minutes, crushing the blueberries occasionally with a masher. Remove from heat and let cool, about 10 minutes. Pass the mixture through a food mill or fine mesh sieve to remove the skins of the blueberries. Set aside 1/4 cup syrup and store the remainder in the refrigerator for up to 1 week.
2. Place crushed ice in a glass. Add reserved blueberry-ginger syrup and orange juice. Top off with club soda and stir to combine. Garnish with orange slice.

Nutritional Facts:
Servings Per Recipe 4
Calories: 202
Total Fat 5g
Saturated Fat 3g
Cholesterol 20mg
Sodium 248mg
Total Carbohydrate 8g
Dietary Fiber 2g
Total Sugars 0 g
Protein 9g

Holiday Breakfast Treats

LOW-CARB PUMPKIN FRENCH TOAST CUPS

PREP TIME 10 MINS | COOK TIME: 20 MINS

Ingredients:

16 slices stale keto bread (torn into bite-sized pieces (about 8 cups))
1 cup almond milk
1/4 cup heavy cream
3/4 cup pumpkin puree
3 eggs
1 tsp real vanilla extract
1/4 cup + 2 tbsp Besti Brown Sweetener (packed)
1 1/2 tbsp pumpkin pie spice
Pinch pink salt
1/4 cup cold butter (cut into small pieces)
1/4 cup King Arthur Keto Wheat Flour
2 tsp cinnamon
Besti Monk Fruit and Allulose Powdered Sweetener (for serving)
Wholesome Yum Keto Maple Syrup (for serving)

Directions

1. Preheat the oven to 350 degrees.
2. Grease a muffin tin and fill each opening with bread pieces, right to the top.

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Source: bobbiskozykitchen.com

Nutritional Facts:

Calories 147k
Carbohydrates: 18g
Protein: 10g
Fat: 10g Saturated Fat: 4g
Polyunsaturated Fat: 0.4g
Monounsaturated Fat: 1g
Trans Fat: 0.004g
Cholesterol: 57mg
Sodium: 320mg
Potassium: 61mg
Fiber: 16g
Sugar: 1g
Vitamin A: 2518IU
Vitamin C: 1mg
Calcium: 47mg
Iron: 1mg

LOW-CARB PUMPKIN FRENCH TOAST CUPS

3. In a large mixing bowl, whisk the almond milk, heavy cream, pumpkin, eggs, vanilla, 2 tablespoons brown sweetener, pumpkin pie spice, and salt until smooth.
4. Pour 1/4 cup of the egg mixture over the bread in each cup.
5. Place the butter, keto flour, the remaining 1/4 cup of brown sugar, and cinnamon and pulse until small crumbs form.
6. Top each cup with a tablespoon of the streusel.
7. Bake for 20 minutes or until golden brown.
8. Top with powdered sweetener and keto maple syrup if wanted.

CHRISTMAS BREAKFAST CASSEROLE

Source: www.tasteofhome.com

Ingredients:

7 slices white bread, crusts removed and cubed
2 cups shredded cheddar cheese
6 large eggs, lightly beaten
3 cups 2% milk
1 teaspoon ground mustard
1/2 teaspoon salt
1/4 teaspoon pepper
6 bacon strips, cooked and crumbled

Directions

1. In a greased 11x7-in. baking dish, combine the bread and cheese. In a large bowl, whisk the eggs, milk, mustard, salt and pepper; pour over bread and cheese. Sprinkle with bacon. Cover and refrigerate overnight.
2. Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 350° until a knife inserted in the center comes out clean, 50-55 minutes. Let stand 10 minutes before serving.

Nutritional Facts:
Per 1 PIECE

Calories: 291
Fat 17g
Saturated Fat 9g
Cholesterol 202mg
Sodium 677mg
Carbohydrate 17g
Sugars 6g
Fiber 1g
Protein 18g

LOW CARB YOGURT BREAKFAST WITH BERRIES AND NUTS

Source: www.melaniecooks.com

Ingredients:

1/4 cup blueberries or blackberries

1/4 cup raspberries or strawberries

1/2 cup Greek yogurt

1/4 cup walnuts or other nuts

Directions

1. Put blueberries on the bottom of the 16 oz mason jar.
2. Put raspberries on top of blueberries.
3. Add Greek yogurt on top of the berries.
4. Add the walnuts on top.

These yogurt breakfasts will keep in a refrigerator for up to 5 days.

Nutritional Facts:

Calories: 287kcal

Carbohydrates: 17g

Protein: 15ag

Fat: 20g

Saturated Fat 2g

Cholesterol: 5mg

Sodium: 37mg

Potassium: 315mg

Fiber: 5g

Sugar: 9g

BREAKFAST BURRITO BOWL

PREP TIME 10 MINS | COOK TIME: 15 MINS

Ingredients:

Coconut oil or avocado oil
Cauliflower rice (fresh or frozen)
Fresh lime juice
Jalapeño pepper
Sea salt and black pepper
Onion powder
Garlic powder
Chipotle powder
All Natural Golden Brown Chicken Sausage
Bell pepper
Onion
Eggs
Avocado
Fresh Cilantro

Directions

1. Heat a large skillet over medium heat and add coconut oil or other fat and add the cauliflower rice, stir to coat. Cook, stirring occasionally for 1-2 minutes to soften.
2. Add the jalapeño pepper, salt and pepper, seasonings and lime juice.

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Source: www.paleorunningmomma.com

Nutritional Facts:

Calories: 267kcal
Carbohydrates: 12g
Protein: 15g
Fat: 18g Saturated Fat: 6g
Cholesterol: 199mg
Sodium: 598mg
Potassium: 418mg
Fiber: 3g Sugar: 5g
Vitamin A: 1344IU
Vitamin C: 82mg
Calcium: 50mg
Iron: 2mg

BREAKFAST BURRITO BOWL

3. Cook and stir another minute or until you have desired texture, then remove from heat.

4. Meanwhile, heat a separate skillet over medium high heat and add 1 Tbsp oil.

5. Add the sausage pieces and cook 2-3 minutes, stirring, until golden brown.

6. Add in the peppers and onions and continue to cook until soft and toasty – about 3 more minutes. Season with salt and pepper to taste.

7. To assemble the bowls, divide the cauliflower rice among the 4 bowls and top with the sausage mixture. Use one of the skillets to cook your eggs (if you haven't yet) and top each bowl with an egg, sliced avocado, cilantro and a squeeze of lime.

Holiday Appetizers

LOW CARB CHICKEN ENCHILADA DIP

Source: www.lowcarbmaven.com

Ingredients:

2 cups shredded rotisserie chicken (light and dark for best flavor))
2 cups shredded Monterey Jack cheese
4 oz cream cheese
4 oz (can) diced green chiles
1 can water (use green chiles can)
1 1/2 tsp ground cumin
3/4 tsp white pepper
1/2 tsp granulated garlic
1/2 tsp granulated onion
1/4 tsp salt
2 tbsp sliced green onions
1-2 tbsp fresh cilantro (minced)

Nutritional Facts:

Calories: 276k
Carbohydrates: 3g
Protein: 16g
Fat: 22g
Sodium: 392mg

Directions

1. Add all the ingredients except the chicken to a medium microwaveable bowl.
2. Cover with cling film and microwave on high power 1 ½ - 2 minutes and stir. If the cheese hasn't melted, cook again at 30 second intervals.
3. Add the chicken, stir and heat again until the chicken enchilada dip is hot and bubbly. (You may place under the oven broiler to brown if you wish.)

BROCCOLI AND MANDARIN ORANGE SALAD

Source: www.lowcarbmaven.com

Ingredients:

½ med juiced grapefruit
1 small diced shallots
1/4 cup olive oil
1 Tbsp champagne vinegar
2 tsp honey
1/4 tsp salt
¼ tsp pepper
4 cups chopped broccoli
½ cup pecans

Directions

1. In a large bowl, whisk together the grapefruit juice, shallot, olive oil, vinegar, honey, salt, and pepper.
2. Add broccoli and mandarin oranges, stir gently so as to not break up the oranges. Sprinkle with pecans.

Nutritional Facts:
6 Servings
Serving Size ¾ cup
Calories:160
Total Fat: 13g
Cholesterol: 0mg
Sodium: 110mg
Total Carbohydrates: 11g
Dietary Fiber: 2g
Total Sugars: 8g
Protein: 2g

BACON-WRAPPED SHRIMP

Source: www.lowcarbmaven.com

PREP TIME 10 MINS | COOK TIME: 15 MINS | YIELD 1-1/2 DOZEN

Ingredients:

1/4 cup sugar
1/4 cup lemon juice
2 tablespoons olive oil
3 teaspoons paprika
1 teaspoon each salt, garlic powder and pepper
18 uncooked shrimp (16-20 per pound), peeled, deveined with tails on
9 bacon strips, halved lengthwise
Optional: Ranch dip / lemon wedges

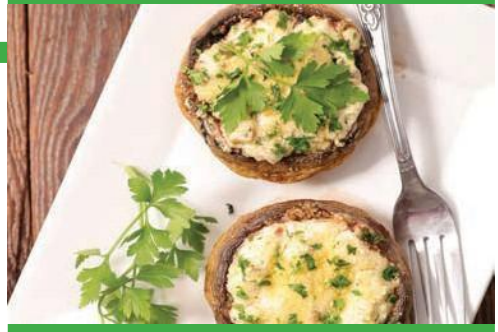
Nutritional Facts:
1 Appetizer
Calories: 93
Fat: 7g (saturated fat: 2g)
Cholesterol; 40mg
Sodium:189mg
Carbohydrate: 2g
Sugars: 2g
Fiber: 0
Protein: 6g

Directions

1. In a small bowl, combine sugar, lemon juice, oil and seasonings.
2. Pour 1/4 cup marinade into a large shallow dish; add shrimp. Let stand 15 minutes. Cover and refrigerate remaining marinade for basting.
3. Preheat broiler. Drain shrimp; discard marinade. Wrap each shrimp with a piece of bacon and secure with a toothpick.
4. Place on a greased rack of a broiler pan. Broil 4 in. from heat until shrimp turn pink, 3-4 minutes on each side, basting frequently with remaining marinade after turning. If desired, serve with ranch dip and lemon wedges.

SPINACH DIP-STUFFED MUSHROOMS

Source: www.lowcarbmaven.com



PREP TIME 25 MINS | COOK TIME: 15 MINS | YIELD 16 APPETIZERS

Ingredients:

16 large fresh mushrooms (about 1-1/2 pounds)
1 tablespoon olive oil
2 cups fresh baby spinach, coarsely chopped
2 garlic cloves, minced
1/2 cup low fat sour cream
3 ounces low fat cream cheese
1/3 cup shredded part-skim mozzarella cheese
3 tablespoons grated Parmesan cheese
1/4 teaspoon salt
1/4 teaspoon cayenne pepper
1/4 teaspoon pepper

Nutritional Facts:
1 Appetizer
Calories: 44
Fat: 3g (saturated fat: 2g)
Cholesterol: 9mg
Sodium:100mg
Carbohydrate: 1g
Sugars: 1g
Fiber: 0
Protein: 2g

Directions

1. Preheat oven to 400°. Remove stems from mushrooms and set caps aside; discard stems or save for another use.
2. In a small skillet, heat olive oil over medium heat. Add spinach; saute until wilted. Add garlic; cook 1 minute longer.
3. Combine spinach mixture with remaining ingredients. Stuff into mushroom caps.
4. Place in a 15x10x1-in. baking pan coated with cooking spray. Bake, uncovered, until mushrooms are tender, 12-15 minutes. Serve warm.

KETO BEEF EMPANADAS

Source: www.lowcarbmaven.com

PREP TIME 25 MINS | COOK TIME: 15-20 MINS | YIELDS 8

Ingredients:

2 cups Almond Flour (fine, blanched, lightly packed, sweep)
2 large Eggs
2 tbsp Water
1/2 tsp Salt
2 tbsp Xanthan Gum (don't skip or swap)
1/2 tbsp Extra Virgin Olive Oil
3 tbsp Diced Onion (1 small onion)
12 oz Ground Beef
2 tbsp Tomato Paste
1 tsp Ground Paprika
1/2 tsp Ground Cumin
1/2 tsp Salt
1/2 teaspoon Garlic Powder
(3 cloves garlic, minced)
1/4 cup Chopped Fresh Parsley (optional)
1 large Beaten Egg

Nutritional Facts:

1 Appetizer

Calories: 44
Fat: 3g (saturated fat: 2g)
Cholesterol: 9mg
Sodium:100mg
Carbohydrate: 1g
Sugars: 1g
Fiber: 0
Protein: 2g

Directions

1. In a non-stick pan, warm olive oil over medium heat. Cook the onions until soft and fragrant, about 1-2 minutes. Stir in ground beef and break the meat with a wooden spoon to brown the meat evenly. Cook for 2-3 minutes until no more red parts can be seen.Stir in tomato paste, cumin, paprika, salt, garlic powder, oregano, and fresh parsley - if used.

2. Cook for 1 more minute until flavors are evenly combined, and then use a slotted spoon to drain the meat and transfer to a clean bowl. Set aside.

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KETO BEEF EMPANADAS

3. Preheat oven to 350°F (180°C). Line a baking tray with lightly oiled parchment paper Set aside.
In a small mixing bowl, beat eggs with water. Set aside.

4. In the bowl of a food processor, using the S blade attachment, add almond flour, xanthan gum, and salt. Process for a few seconds to combine. Add the beaten egg mixture and process again at high speed for about 30 seconds or until it forms a dough ball. It should be slightly sticky, but easy to gather pieces together into a pastry dough ball.

5. Wrap the pastry dough ball into a piece of cling film wrap and refrigerate 10 minutes before using.

6. Remove the dough from the fridge and roll between 2 pieces of parchment paper. Using a 4.5 in (10cm) round shape - it can be a breakfast bowl or cookie cutter - cut out dough circles. Repeat with the remaining dough, then reroll dough scraps once to cut out more dough circles. You should be able to make 15 circles of about 20 g/0.7 oz each.

7. Place 1 tablespoon of meat filling in the center of the circle, then lightly moist the outer edges of the circlewith water. Fold the circle of dough half and press the edges with your finger to seal. You can gently use the back of a fork to create lovely rks, but sometimes it breaks the dough, so I prefer to avoid this option. You can also use an Empanada Press for a perfect shape.If the top of the pocket crack when you fold it, rub a bit of water with your fingertips to fix the cracks or add a tiny piece of extra dough to fill the gap.

8. Lay the empanadas on the baking sheet covered with a lightly-greased piece of parchment paper.
Brush the top of each empanada with beaten egg mixture. Bake for 25 minutes in the center rack of your oven or until the crust is golden brown and filling hot inside. You can add a piece of foil on top of the empanadas to prevent the top from browning too fast. Store in an airtight container in the fridge for up to 3 days.

Holiday Side Dishes

KETO MAC AND CHEESE
(NO cauliflower!)

Source: www.thebigmansworld.com

Ingredients:

2 x 8 oz bags of Keto pasta * (See notes)

1 teaspoon salt (to taste)

1/2 teaspoon pepper (to taste)

1 cup heavy cream

2 3/4 cups shredded cheese (I used a mix of cheddar & gruyere)

Directions

1. Cook the keto pasta until al dente, around 10-12 minutes. Drain and set aside.

2. In a small saucepan, add the heavy cream and place over medium heat.

Once the cream begins to simmer, reduce to low. Add the shredded cheeses, salt, and pepper, and let it melt into the cream. Stir for 4-5 minutes, until thick and smooth.

3. Add the drained pasta into the cheese sauce and remove from the heat. Mix until combined and serve immediately.

Servings: 8

Nutritional Facts:

Serving Size : 1/2 cup

Calories: 312k

Carbohydrates: 17g

Protein: 24g

Total Fat: 22g

Sodium: 1094mg

Fiber: 13g

Net Carbs: 4g

Notes: Avoid using pastas that are konjac-based, often referred to as shirataki noodles. These do not have the right texture to hold onto the cheese sauce and will separate. They also don't have a particularly nice texture to begin with and should be avoided.

LOW CARB MEXICAN RICE

Source: American Diabetes Association, Tex-Mex Diabetes Cooking

PREP TIME 25 MINS | COOK TIME: 15-20 MINS | YIELDS 8

Ingredients:

2 Tbsp light olive oil
½ cup minced onion
½ cup diced bell pepper
½ cup chopped cilantro
3 cloves garlic, minced
1 ¼ cup long-grain brown rice
1 cup no salt-added diced tomatoes
½ tsp cumin
½ tsp chili powder
2 cups low sodium chicken broth
1 cup water

Directions

1. In a large skillet, heat oil over medium heatsauté onions, garlic, bell pepper until tender
2. Add rice and sauté until rice browns slightly (4-6 mins)
3. Slowly add tomatoes, chicken broth, water, chili power, cilantro and cumin and bring to a boil
4. Reduce heat to medium-low, cover and simmer until rice is tender and liquid has evaporated (15-20 mins)
5. Gently fluff rice with a fork and serve

8 Servings
Nutritional Facts:
Serving Size : 1/2 cup
Calories: 150
Total Fat: 4g
Cholesterol: 0mg
Sodium: 220mg
Total Carbohydrates: 26g
Fiber: 2g
Protein: 3g

THYME-ROASTED CARROTS

Source: www. tasteofhome.com

Ingredients:

3 pounds medium carrots, halved lengthwise
2 tablespoons minced fresh thyme or 2 teaspoons dried thyme
2 tablespoons canola oil
1 tablespoon honey
1 teaspoon salt

Directions

1. Preheat oven to 400°.
2. Divide carrots between 2 greased 15x10x1-in. baking pans.
3. In a small bowl, mix thyme, oil, honey and salt; brush over carrots.
4. Roast 20-25 minutes or until tender.

Servings: 4

Nutritional Facts:
Serving Size : 2 carrot halves
Calories: 73
Fat: 3g (0 saturated fat)
Cholesterol: 0
Sodium: 275mg
Carbohydrate: 12g
(7g sugars, 3g fiber)
Protein: 1g

Diabetic Exchanges:
1 vegetable, 1/2 starch, 1/2 fat

CRISPY RANCH BRUSSELS SPROUTS

Source: www.hiddenvalley.com

Ingredients:

1 pound Brussels sprouts
2 tablespoons olive oil
1 ½ tablespoons Hidden Valley® Original Ranch® Salad Dressing, Seasoning and Recipe Mix Shaker
1 tablespoon lemon juice
Sea salt to taste

Directions

1. Preheat the oven to 425°F.
2. Spread the Brussels sprouts out on two baking sheets.
3. Drizzle with the olive oil and sprinkle on the seasoning mix. Toss well to coat with your hands.
4. Roast for 10 minutes. Sprinkle on the lemon juice and flip with a spatula to toss with the juice and turn the sprouts over.
5. Cook for another 10 minutes or so, until browned and crisp.
6. Remove from oven, drizzle with a little bit of oil and season with sea salt and serve hot.

Nutritional Facts:
Serving Size: Per Cup
Calories: 135
Fat: 9.8g
Sodium: 556mg
Carbohydrate: 11g
Sugars:2.6g
Fiber: 4g
Protein: 3.9g
Potassium: 482.9mg

POTATO-CAULIFLOWER MASH

Ingredients:

3 cups of water
2 cups cooked unpeeled Yukon gold potatoes
10 ounces frozen cauliflower florets
½ cup fat free evaporated milk
2 Tblsp trans-fat free margarine
¼ tsp salt
¼ tsp black pepper

Directions

1. Bring water to a boil in a large sauce pan
2. Add potatoes and cauliflower, return to a boil
3. Reduce heat, cover and simmer for 10 minutes
4. Drain vegetables, place in a blender with evaporated milk, salt and pepper
5. Blend until smooth, scraping side frequently
6. Place in serving dish and enjoy

Source: www.hiddenvalley.com

Nutritional Facts:
Serving Size: 1/4 Cup
Calories: 171
Total Fat: 6g
Cholesterol: 0mg
Sodium: 531mg
Carbohydrates: 25g
Fiber: 3g
Protein: 4g

PEPPERY GREEN BEANS

Source: Diabetic Holiday Recipes: 2010

Ingredients:

2 Tbsp olive oil
2 tsp Worcestershire sauce
½ tsp garlic powder
½ tsp black pepper
1 lbs whole green beans (fresh or frozen)
1 medium minced onion, cut into ½ inch wedges
1 medium red bell pepper, cut into ½ inch wedges
1 tsp salt (optional)

Directions

1. Preheat oven to 450*F, line baking sheet with foil
2. Combine oil, Worcestershire sauce, garlic powder, black pepper & salt in a small bowl, mix well
3. Place beans onion, bell pepper, on prepared baking sheet
4. Pour ½ oil mixture over vegetables, toss to coat
5. Roast 20-25 minutes or until vegetables begin to brown, stirring every 5 minutes
6. Add remaining oil mixture, toss to coat and serve

Servings: 8
Nutritional Facts:
Serving Size: 1/2 Cup
Calories: 58
Total Fat: 3g
Cholesterol: 0mg
Sodium: 82mg
Carbohydrates: 5g
Fiber: 2g
Protein: 1g

Holiday Main Dishes

KETO ROASTED TURKEY

PREP TIME 15 MINS | COOK TIME: 3 HOURS

Ingredients:

Turkey brine
10 lb turkey
4 celery
6 baby carrots
1 red onion
1 bunch green onions
6 garlic cloves
1 lemon
Chicken broth
Bay leaf
5 tbsp butter
1 tsp garlic powder
1/2 tsp black pepper
1 tsp salt

Directions

1. Brine the turkey for 12hrs or overnight in the fridge.
2. Bring it out, rinse under running water to remove excess salt, and pat it dry.
3. Preheat your oven to 450F.
4. Place the turkey on a roasting pan.
5. Chop the veggies into large chunks and cut the lemon into wedges.
6. Divide the celery, carrots, lemon, garlic cloves, green onions, and red onions into two parts.

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Source: www. lowcarbafrica.com

Nutritional Facts:

Calories: 517kcal
Carbohydrates: 3g
Protein: 70g
Fat: 24g/Saturated Fat: 8g
Polyunsaturated Fat: 5g
Monounsaturated Fat: 7g
Trans Fat: 1g
Cholesterol: 247mg
Sodium: 661mg
Potassium: 787mg
Fiber: 1g
Sugar: 1g
Vitamin A: 1255IU
Vitamin C: 1mg
Calcium: 49mg
Iron: 3mg

KETO ROASTED TURKEY

7. Loosely stuff one half inside the turkey. Do not overstuff it.

8. Add the other half of the veggies and bay leaf to the roasting pan and pour in half a cup of broth.

9. If your turkey came with the giblets stuffed inside (neck, gizzards, and liver), take them out and place them in the roasting pan.

10. Melt butter and add garlic powder, salt, pepper.

11. Mix together and rub all over the turkey. Don't forget to rub some spice under the skin of the turkey and inside the cavity of the turkey as well.

12. Tuck turkey wings behind the turkey, so it doesn't burn.

13. Place the turkey in the lower rack of the oven.

14. Change the temperature to 350F and bake for 3 hours.

15. Using a turkey baster, take some broth from the pan and pour it over the turkey every 45 minutes.

16. When turkey is done, take it out and rest for at least 20 minutes before carving.

ORANGE POMEGRANATE SALMON

PREP TIME 10 MINS | COOK TIME: 25 MINS | YIELDS 4

Ingredients:

1 small red onion, thinly sliced
1 skinned salmon fillet (about 2 pounds)
1/2 tps salt
1 medium navel orange, thinly sliced
1 cup pomegranate seeds
2 tbs extra virgin olive oil
1 tps minced fresh dill

Directions

1. Preheat oven to 375°. Place a 28x18-in. piece of heavy-duty foil in a 15x10x1-in. baking pan.
2. Place onion slices in a single layer on foil. Top with salmon; sprinkle with salt. Arrange orange slices over top. Sprinkle with pomegranate seeds; drizzle with oil.
3. Top with a second piece of foil. Bring edges of foil together on all sides and crimp to seal, forming a large packet.
4. Bake until fish just begins to flake easily with a fork, 25-30 minutes. Be careful of escaping steam when opening packet.
5. Remove to a serving platter; sprinkle with dill.

Source: Diabetic Holiday Recipes: 2010

Nutritional Facts:
Serving Size: 4 ounces
Calories: 307
Total Fat: 19g
Cholesterol: 76mg
Sodium: 274mg
Carbohydrates: 8g
Sugars: 6g
Fiber: 1g
Protein: 26g

Diabetic Exchanges:
4 lean meat, 1-1/2 fat, 1/2 fruit

PORK TENDERLOIN WITH HERB MUSTARD SAUCE

Source: www. bobbiskozykitchen.com

Ingredients:

2 lb. pork tenderloin (1-2lb or 2-1lb tenderloins)
pink salt
cracked black pepper
2 tbsp avocado or olive oil
1 cup heavy cream
1/4 cup Dijon mustard
2 tbsp fresh thyme leaves (chopped)
2 tbsp fresh flat-leaf parsley (chopped)
pink salt

Directions

1. Preheat the oven to 400 degrees F.
2. Season the tenderloins liberally with salt and pepper.
3. Heat the oil in a large oven-proof skillet over medium-high heat. Sear pork on all sides until golden brown, about 1 to 1 1/2 minutes per side.
4. Transfer the skillet with the pork into the oven and bake for 10 to 15 minutes or until a thermometer reads 130 to 135 degrees F for medium-rare. The pork will continue to cook as it rests.
5. For medium cook to 140 to 145 degrees F and For no pink at all cook to 150 to 155 degrees F.

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Nutritional Facts:

Calories: 440
Carbohydrates: 3g
Protein: 40g
Fat: 30g Saturated Fat: 14g
Polyunsaturated Fat: 3g
Monounsaturated Fat: 11g Trans Fat: 0.1g
Cholesterol: 172mg Sodium: 245mg
Potassium: 803mg
Fiber: 1g Sugar: 2g Vitamin A: 980 IU Vitamin C: 7mg
Calcium: 64mg
Iron: 3mg

PORK TENDERLOIN WITH HERB MUSTARD SAUCE

6. Remove pork from skillet and transfer to a cutting board tented with foil to rest for 5 minutes.

7. Return the same skillet to the stove over medium heat and add the heavy cream and mustard. Whisk together well, scraping the bottom of the pan to loosen any browned bits stuck to the skillet.

8. Once the sauce begins to simmer, remove it from the heat and stir in salt, pepper, thyme, and parsley.

9. If the sauce seems too thick you can thin it with a little water.

10. Serve the sauce over sliced tenderloin.

For medium-rare, aim for 130-135°F (54-57°C), medium at 140-145°F (60-63°C), and no pink at 150-155°F (66-68°C). Let it rest for 5 minutes before slicing.

HOLIDAY ROAST BEEF

PREP TIME 20 MINS | COOK TIME: 1.5- 2 HOURS | RESTING PERIOD 20 MINS

Ingredients:

1 (3 to 4-lb) beef roast (such as rib roast or sirloin tip)
2 tbs olive oil
2 tbs kosher salt
2 tps dried rosemary
2 tps dried thyme
2 tps garlic powder
1 tps onion powder
1 tbs freshly ground black pepper
1/2 cup beef broth (for roasting pan)

Directions

1. Remove the beef roast from the refrigerator at least 1 hour before cooking to allow it to come to room temperature. Preheat your oven to 375°F (190°C).

3. In a small bowl, mix together salt, black pepper, rosemary, thyme, garlic powder, and onion powder to create the seasoning blend.

4. Rub the beef roast all over with olive oil, then evenly coat it with the seasoning blend, pressing gently so it adheres to the meat.

5. Place roast on rack in roasting pan. Pour beef broth into bottom of the pan.

6. Roast the beef in the preheated oven for about 20 minutes per pound, or until it reaches your desired level of doneness (use a meat thermometer to check the internal temperature - 135°F for medium-rare, 145°F for medium).

7. Remove the roast from the oven and tent loosely with aluminum foil. Let it rest for at least 20 minutes before slicing. This allows the juices to redistribute throughout the meat, ensuring a moist and flavorful roast.

Source: www.justlikegranny.com

Serving Size: 6-8

Nutritional Facts:
Serving Size:
Calories:
Carbohydrates:
Protein:
Fat: Saturated Fat:
Fat:
Cholesterol:
Sodium:
Fiber:
Sugar:

Holiday Deserts

SUGAR FREE KEY LIME PIE

Source: www.justlikegranny.com

Ingredients:

1 Ready to use Pecan Pie Crust
1 box of Sugar free Lime gelatin (0.3 oz box)
1 cup of boiling water
1 cup of cold water
1 cup of low fat low carb key lime Greek yogurt
1 tsp lime juice
1 8oz tub of sugar free whipped cream
1 small lime thinly sliced

Directions

1. In a large bowl, prepare gelatin as instructed on the box, dissolving gelatin in hot water, stir until completely dissolved. Add cold water and stir. Refrigerate for 1 hour or until gelatin starts to become semi-solid. (Do not allow gelatin to become fully solid).
2. Add yogurt, stir until yogurt and gelatin are thoroughly blended., add lime juice.
3. Pour yogurt/gelatin mix into ready to use pecan pie crust and refrigerate for additional 3 hours.
4. Top pie with sugar free whipped cream and garnish with lime slices.
5. Serve cold

Servings: 8

Nutritional Facts:
Serving Size: 1/8 pie

Calories: 130
Total Fat: 12g
Cholesterol 10mg
Sodium: 180mg
Total Carbs 14g
Fiber: 1g
Protein: 15g

FOUR INGREDIENT PEANUT BUTTER COOKIE

Source: www.eatingwell.com

Ingredients:

1 cup sugar substitute (Stevia or Splenda)
1 cup peanut butter
1 egg
Sugar, as needed

Directions

1. Preheat oven to 375 degrees Fahrenheit. Grease cookie sheets or line with parchment paper and set aside.

2. In a medium bowl, stir together the 1 cup sugar substitute the peanut butter, and egg until well mixed. Using your hands, roll peanut butter mixture into 1-inch balls; place 2 inches apart on prepared cookie sheets.

3. Flatten each ball slightly with a drinking glass that is lightly greased and dipped in sugar substitute. Lightly grease a small star-shaped cookie cutter; dip in “sugar”. Press into the center of each cookie.

4. Bake about 9 minutes or until edges are set and bottoms are lightly browned.

Servings: 36

Nutritional Facts:
Serving Size: 1 cookie

Calories: 66
Carbohydrate 7g
Dietary Fiber 0g,
Total Sugars 6g, Protein 2g, Total Fat 4g, Cholesterol 6mg
Sodium 35mg

SUGAR FREE CHOCOLATE CHRISTMAS CAKE

Source: www.eatingwell.com

PREP TIME 15 MINS | COOK TIME: 40 MINS

Ingredients:

2 cups ground almonds **or** super-fine almond flour, reduce by 1/4 cup
8.8 oz dark chocolate **or** 90% cocoa solids
3/4 unsalted cup butter
1/3 cup cream
8 Medjool pitted dates
5 eggs
1/2 cup granulated sweetener
1 tsp baking powder
2 tsp cinnamon
1/4 tsp ground cardamom
1/4 tsp ground cloves
6 cinnamon sticks
20 blanched almonds

Nutritional Facts:

Serving Size: 1 cookie

Calories: 319
Carbohydrates: 14.6g
Protein: 6.9g
Fat: 27.9g/Saturated Fat: 12.6g
Fiber: 4.2g
Sugar: 8g

Directions

1. Heat the oven to 160 Celsius / 320 Fahrenheit (electric).
2. Melt the chocolate and butter in a non-stick pan or in the microwave.
3. Line the bottom of a 25 cm diameter round springform cake tin with baking paper and grease the sides with butter.
4. Remove the stones from the dates and chop finely.

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SUGAR FREE CHOCOLATE CHRISTMAS CAKE

5. Separate the eggs and beat the egg whites until stiff peaks form.

6. Mix the egg yolks and sweetener. Then add the rest of the wet ingredients - heavy cream, dates and the butter / chocolate mixture.

7. Stir together the almond flour, baking powder and spices. Ad to the wet ingredients and mix until you have a smooth dough.

8. Gently fold in the egg whites.

9. Pour into your spring form, decorate with cinnamon sticks and almonds and bake around 40 minutes until the cake is cooked but still a little gooey in the centre.

10. Remove from the oven and let the cake cool in the tin.

SUGAR FREE PECAN PIE

Source: www.eatingwell.com

PREP TIME 10 MINS | COOK TIME: 50 MINS

Ingredients:

3 large eggs, lightly beaten

¾ cup (packed) Splenda® Brown Sugar Blend

¾ cup light corn syrup

2 tablespoons butter, melted

1 teaspoon vanilla extract

1 ½ cups pecan halves

1 (9") unbaked pie shell

Directions

1. Preheat oven to 350°F.
2. In a bowl, combine eggs, Splenda Brown Sugar Blend, corn syrup, butter, and vanilla extract, mixing until blended. Stir in pecan halves. 3.
3. Pour filling into pastry shell.
4. Bake for 50 minutes or until a knife inserted near center comes out clean.
5. Cool on a wire rack. Serve warm.

Servings 8

Nutritional Facts:
Serving Size: 1 cookie

Calories: 245

Carbohydrates: 28g

Cholesterol: 43g

Protein: 3g

Fat: 14g/Saturated Fat: 3g

Fiber: 1g

Sugar: 18g

Sodium: 105mg

PUMPKIN CHEESECAKE BARS

Source: www.eatingwell.com

Ingredients:

1 cup all-purpose flour
1/3 cup packed Splenda or Stevia brown sugar
5 tablespoons cold butter
1 cup finely chopped pecans
1 package (8 ounces) cream cheese, softened
3/4 cup Splenda or Stevia
1/2 cup canned pumpkin
2 large eggs, room temperature, lightly beaten
1 teaspoon vanilla extract
1 /2 teaspoons ground cinnamon
1 teaspoon ground allspice

Directions

1. In a large bowl, combine flour and brown sugar. Cut in butter until crumbly. Stir in pecans; set aside 3/4 cup mixture for topping. Press remaining crumb mixture into a greased 8-in. square baking pan.

2. Bake at 350° for 15 minutes or until edges are lightly browned. Cool completely on a wire rack.

3. In a large bowl, beat cream cheese and sugar until smooth. Beat in the pumpkin, eggs, vanilla, cinnamon and allspice. Pour over crust. Sprinkle with reserved 3/4 cup crumb mixture.

4. Bake for 30-35 minutes or until golden brown. Cool on a wire rack. Cut into bars. Store in the refrigerator.

Nutritional Facts:
Serving Size: 1 bar

Calories: 228
Fat: 15g /6g saturated fat
Cholesterol 52mg
Sodium: 88mg
Carbohydrate: 22g
Sugars: 15g
Fiber: 1g
Protein: 4g

Notes

Tips for a Healthier Holiday Season

By: Terrie Boyd

- Don't skip meals the day of the party or special event
- Preplan what food you will eat to avoid temptation and bad choices
- Eat a light snack before going to the party, don't arrive hungry or you will overeat
- Make only one trip to the buffet
- Be selective and eat in moderation
- Eat only small portions, a taste is all you need
- Skip fried foods: eat fruit, veggies and protein
- Choose white meat over dark meat, dark meat has more fat
- Eat only one roll and leave off the margarine
- Bring a low fat healthy treat for everyone to try
- Avoid alcohol, try a wine spritzer or seltzer
- Watch out for high fat cheeses, dips and sugary desserts
- Eat seconds only a vegetables or salad
- Make low fat gravy and put on the side not over the food
- Leave off whipped cream if not sugar free and the ice cream when having pie
- Focus on good conversation, not the food on the table. Enjoy family and friends as much as you do the food.
- Exercise the day of the party
- Check your blood sugars more often than normal