



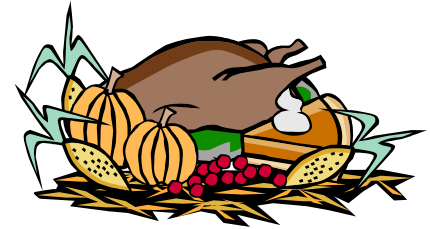
By Anna Martin
Nutrition, Family and Consumer Sciences Advisor
UCCE San Joaquin County

Countdown to the Holidays Recipes

Stuffing in Muffin Cups (*Stuffins*) 24 Muffin Cups

Ingredients:

- 4 Tablespoons light butter or margarine
- 1 cup liquid egg substitute
- 1 cup fat-free chicken broth (reduced sodium if possible)
- 1 loaf (16 ounce) day old bread cut into $\frac{1}{2}$ inch cubes (use whole grain if possible)
- $\frac{1}{2}$ cup onions or scallions, minced
- $\frac{1}{2}$ cup celery, chopped
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon poultry seasoning



Directions:

1. Preheat oven to 375° F. Coat 24 muffin cups with cooking spray.
2. Cut bread into cubes; if very dry, add $\frac{1}{4}$ cup water and toss. Set aside
3. In a large bowl, combine butter or margarine, egg substitute, broth, onions, celery and seasoning and mix well.
4. Add prepared bread cubes and gently combine.
5. Spoon into muffin cups with a large spoon.
6. Bake for about 20 minutes.
7. Serve warm or cool and re-warm at serving time. These also freeze well.
8. If you prefer, the mixture can be baked in a 9" X 13" baking pan for 35 to 40 minutes.



Per *Stuffin*: 62 calories, 2 gram fat, 9 grams carbohydrate, 3 grams protein, 1 gram fiber.

CRANBERRY-ORANGE RELISH

Ingredients:

- 1 12-ounce package fresh or frozen Cranberries, rinsed and drained
- 1 unpeeled orange, cut into eighths and seeded
- 1-1½ cups sugar or equivalent sugar substitute
- Spices or finely chopped nuts, if desired



Directions:

1. Place half the cranberries and half the orange slices in food processor container. Process until mixture is evenly chopped.
2. Transfer to a bowl. Repeat with remaining cranberries and orange slices.
3. Stir in sugar or sugar substitute. Store in refrigerator or freezer.
4. Makes about 3 cups or 12 ($\frac{1}{4}$ cup) servings.

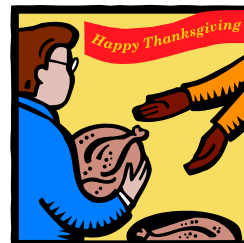
NOTE: May also be prepared in a food grinder.

Per Serving when made with sugar: ($\frac{1}{4}$ cup) Cal. 67; Fat, Cal. 0; Protein, 0 grams, Carbohydrate, 17 grams; Fiber, 1 gram.

Per Serving when made with sugar substitute: (1/4 cup) Cal. 43, Fat Cal 0, Carbohydrate, 10 grams; Fat, 0 grams; Protein, 0 grams; Fiber, 1 gram.

BRIGHT & ORANGY SWEET POTATOES

- 5 medium sweet potatoes or yams
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup frozen orange juice concentrate
- 2 tablespoons margarine, optional



1. Wash and cut sweet potatoes into large chunks. Cook sweet potatoes in a small amount of boiling water, covered, for about 20 to 30 minutes or until tender.
2. Peel and mash potatoes in a small greased bowl or casserole
3. Add orange juice concentrate, salt, and margarine; mix well.
4. Bake at 375 degrees F for 20 minutes or until well heated.

MUSHROOM BARLEY SOUP

- 1 cup pearl barley
- 4 cups water
- 4 onions, chopped
- 2 carrots, sliced
- 1½ pounds mushrooms, sliced
- 3 celery stalks, chopped
- 4 cups vegetable broth
- 8 ounce can tomato sauce
- ½ teaspoon salt
- Freshly ground pepper to taste
- Minced parsley



In a large saucepan, put in 4 cups water and the pearl barley. Bring to a boil and simmer for about 30 minutes. Add the chopped vegetables, the vegetable broth, tomato sauce and continue to cook over medium low heat until the barley and vegetables are tender. Add salt and pepper as desired. Served with minced parsley on the top of each bowl.

EASY PUMPKIN PUDDING

Ingredients:

- 2 packages (large size) instant vanilla pudding and pie filling (with sugar or sugar-free)
- 6 cups nonfat milk
- 1 can pumpkin pie filling (29 ounces)
- 2 teaspoons pumpkin pie spice

Directions:

1. In a large bowl, mix pudding mix and milk. Refrigerate for 5 minutes
2. Mix in the pumpkin pie filling and pumpkin pie spice.
3. Refrigerate at least 10 minutes.
4. Spoon into serving dishes; garnish as desired. Makes 16 (½ cup) servings.



Per serving when made with pudding mix with sugar: 155 calories, 0 grams fat, 3 grams protein, 21 grams carbohydrate; 1 gram fiber.

Per serving when made with sugar-free pudding mix: 109 calories, 0 grams fat, 0 grams protein, 17 grams carbohydrate, 1 gram fiber.

SUGAR FREE PUMPKIN PUDDING - MAKES 6 ($\frac{1}{2}$ CUP) SERVINGS

- 1 package (large size 1.5 ounces) instant sugar free/fat free vanilla pudding mix
- 3 cups nonfat milk
- 1 can (15 ounces) pumpkin
- 1-2 teaspoons pumpkin pie spice

1. Beat pudding mix into the milk with a wire whisk for about 2 minutes.
2. Refrigerate for 5 minutes
3. Add the pumpkin and stir until well-blended
4. Refrigerate for at least 10 minutes more.
5. Spoon into serving dishes and garnish as desired.

Per serving: 93 calories, 0 grams Fat, 0 grams protein, 11.2 grams carbohydrate, and 2.8 grams fiber.

EASY PUMPKIN BARS

- 1 box spice cake mix
- 1 15 ounce can of pumpkin
- $\frac{1}{2}$ cup water
- 1 teaspoon pumpkin pie spice, optional
- 1 teaspoon vanilla extract, optional



Mix all the ingredients together. Spray the pan with nonfat cooking spray. Spread mixture into a jelly roll pan 10" X 15". Bake at 350 degrees for 20-25 minutes until it springs back to the touch. Cut into bars. Makes about 63 squares. Each bar has 37 calories.

You can also make 24 pumpkin muffins. Just spray the muffin cups and spoon in the dough into the cups. Bake about 20-25 minutes at 350 degrees. Each muffin has 96 calories.