

## Six Weeks to a **Happy** & **Healthy** Holiday Season!

### Week One – Healthy Holiday Eating Tips

The holiday season is approaching again and we are about to be exposed to so many parties, dinners, luncheons and treat platters that it's no wonder that most people gain weight over the holidays. While 1-2 pounds may not seem like that big of a deal, those pounds can creep up over the years and over a 10 year period, you are looking at another 10-20 pound weight gain!

Here are some great tips and recipes on how to make better choices while still enjoying all the season has to offer!



- ✓ Shop smart over the holidays! Plan your party/dinner menus to include plenty of fruits & vegetables, lean protein, low-fat dairy & whole grains. Go easy on nuts, cheese, cream sauces, butter, gravy & whipped cream to save calories!
- ✓ Roast or grill for great flavour with fewer calories. It's a simple low-fat cooking style that brings out the natural sweetness and flavour in meats, seafood, vegetables and potatoes!
- ✓ Plan & scan! If you know you will be indulging, make sure to get your exercise and trim calories elsewhere during the day. When you arrive at the party, scan the buffet for the healthiest options first and take your time while eating to savour your food.



#### Great Healthy Appetizer/Dessert Ideas!

- Shrimp cocktail
- Whole-grain crackers with reduced-fat cheese
- Veggies with low-fat herb yogurt dip
- Cheesy Zucchini Bites (see recipe)
- Hummus with Warm Pita
- Mini-raspberry tarts (see recipe)
- Fresh fruit skewers
- Fruit flavoured gelatin with light whipped cream



## Cheesy Zucchini Bites

*Healthy zucchini topped with crumbled blue cheese then baked until melted.*



### Ingredients:

- 5 medium zucchini (about 6-in long)
- 4 oz blue cheese, crumbled
- 3 tbsp grated Parmesan cheese
- 1 tsp dried basil
- 1/8 tsp pepper
- 1 pint cherry tomatoes, thinly sliced

1. Cut zucchini into 3/4 inch slices. Using a melon baller or small spoon, scoop out the insides and discard, leaving the bottom intact. Place zucchini on an ungreased baking sheet; spoon 1/2 tsp crumbled blue cheese into each.
2. Combine the Parmesan cheese, basil and pepper; sprinkle half over blue cheese. Top each with a tomato slice; sprinkle with the remaining Parmesan mixture. Bake at 400°F until cheese is melted, about 6-7 minutes. Serve warm. Makes about 35 appetizers.

### Nutritional Info (per one "bite"):

Calories: 19	Fat: 1g
Sodium: 58mg	Carbs: 1g
Sat. Fat: 1g	Protein: 1g

## Mini Raspberry Tarts

*Easy, delicious and only 85 calories per*

### Ingredients:

- 1 (16.5oz) pkg of refrigerated sugar cookie dough
- 1 (8oz) pkg block-style light cream cheese
- 1/4 cup sugar
- Zest of 1 orange
- 1/2 tsp vanilla extract
- 32 fresh raspberries

1. Preheat oven to 350°F. Coat a mini-muffin tin with nonstick cooking spray.
2. Divide sugar cookie dough into 32 pieces. Coat hands in flour and roll dough into balls.
3. Press each ball into tin, forming dough up and around into the shape of a tart.
4. Bake 11-12 minutes or until golden. Let cool 10 minutes in pan.
5. Remove tarts, cool completely on a wire rack.
6. Using an electric mixer, combine cream cheese, sugar, orange zest and vanilla.
7. Spoon cream cheese mixture into each tart. Top each with a fresh raspberry. Chill until ready to serve. Makes 32 tarts.



### Nutritional Info (per one tart):

Calories: 85	Fat: 4g
Sodium: 95mg	Carbs: 11g
Sat.Fat: 1g	Protein: 1g

Sources: [www.webmd.com](http://www.webmd.com), [www.rd.com](http://www.rd.com), [www.health.com](http://www.health.com)