

Green Beans with Dijon Vinaigrette

Makes 5 Servings

All you need:

- 1 pound fresh or frozen green beans
- 1 ½ tablespoons fresh lemon juice
- 1 ½ teaspoons olive oil
- 1 teaspoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon chopped fresh thyme

All you do:

1. For fresh green beans, wash and cut off ends; steam until tender.
2. For frozen green beans, cook according to package directions.
3. Place lemon juice, olive oil, Dijon mustard, salt, pepper and thyme in a bowl; stir with a whisk to blend well.
4. Toss vinaigrette with beans and serve.

Nutrition per serving: Calories: 35, Carbohydrate: 3 g, Cholesterol: 0 mg, Dietary Fiber: 1 g, Fat: 2.5 g, Protein: 1 g, Saturated Fat: 0.5 g, Sodium: 100 mg, Trans fats: 0 g

Source: Hy-Vee Dietitians

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o Spiced Nuts

Makes: 8 (1/4 cup per serving)

All you need:

- 3/4 cup walnuts*
- 3/4 cup almonds*
- 1/2 cup pumpkin seeds*
- 1 tablespoon maple syrup
- 1/2 teaspoon curry powder
- 1/8 teaspoon cayenne (or more to taste)
- 1/2 teaspoon dried rosemary
- 1/4 teaspoon salt
- Cooking spray

*all nuts are shelled, unsalted and unroasted (raw)

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Spiced Nuts

All you do:

1. Preheat oven to 325 degrees.
2. Combine nuts and seeds in a medium-sized bowl. Add the maple syrup, spices and salt. Toss to combine.
3. Spray a baking sheet with cooking spray, then transfer coated nuts to baking sheet and spread evenly in single layer.
4. Bake 15 to 20 minutes, stirring once, until nuts are fragrant and lightly toasted.

Nutrition per serving: Calories: 190, Fat: 17 g, Saturated Fat: 2 g, Trans fats: 0 g, Carbohydrate: 7 g, Cholesterol: 0 mg, Dietary Fiber: 2 g, Protein: 6 g, Sodium: 75 mg

Source: foodnetwork.com, modified by Hy-Vee dietitians

○ Holiday Stuffed ○ Pork Loin

Makes 12 servings

All you need:

- 3 ounces fresh spinach, coarsely chopped
- 1 tablespoon olive oil
- ½ cup chopped dried cherries
- ¾ cup cooked brown rice or wild rice
- 1 teaspoon dried sage, divided
- 1/₃ cup chopped pecans
- 1 ¼ teaspoons kosher salt*, divided
- ¾teaspoon fresh ground black pepper, divided
- 1 (3-½) pound boneless center cut pork loin roast
- 1/8 teaspoon ground dried thyme
- ½ cup apricot jam
- 3 tablespoons water



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Holiday Stuffed Pork Loin

All you do:

1. In a large skillet, cook spinach in olive oil until wilted.
2. In a medium bowl combine cooked spinach, dried cherries, brown or wild rice, $\frac{3}{4}$ tsp dried sage, pecans, $\frac{3}{4}$ tsp salt, and $\frac{1}{4}$ tsp pepper; set aside.
3. Preheat oven to 325 degrees.
4. Trim excess fat from pork.
5. To pinwheel the pork loin, start cutting lengthwise $\frac{1}{2}$ inch under the fat cap on the roast. As you cut the roast, gently rotate the roast at the same time. This will allow the roast to "unroll" as you cut it. When the roast is completely cut, it should be a rectangular piece of meat between $\frac{1}{2}$ and 1 inch thick.
6. Sprinkle cut surface of meat with $\frac{1}{2}$ tsp salt, $\frac{1}{2}$ tsp pepper, $\frac{1}{4}$ tsp sage and the thyme. Spread spinach mixture over cut side.
7. Roll up the loin tightly to resemble the initial roast. Tie securely with twine.
8. Place the roast on a rack in a roasting pan, uncovered.
9. Insert a meat thermometer into the thickest part. Roast in preheated oven for $1\frac{1}{2}$ hours to $1\frac{3}{4}$ hours, or until oven thermometer registers 140 degrees.
10. Meanwhile, in a small saucepan, melt apricot jam in water together.
11. Remove roast from oven and brush on about half of the apricot mixture. Return to oven and continue cooking 10 to 15 minutes or until thermometer registers 150 degrees.
12. Remove from oven; brush with remaining apricot mixture. Cover and let stand for 15 minutes in a warm place before carving. Serve and enjoy.

*Dietitian tip: Salt may be reduced by $\frac{1}{2}$ in this recipe, if desired.

Nutrition per serving: Calories: 330, Fat: 17 g, Saturated Fat: 5 g, Trans fats: 0 g, Carbohydrate: 17 g, Cholesterol: 75 mg, Dietary Fiber: 2 g, Protein: 27 g, Sodium: 300 mg

Source: Chef Jack, Johnson Avenue Hy-Vee

○ Pumpkin Pie with Almond Pastry Crust

Makes 8 servings

All you need:

For the crust:

- $\frac{1}{3}$ cup unsalted blanched almonds or $\frac{1}{3}$ cup almond meal/flour
- 1 cup whole wheat pastry flour
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon ground nutmeg
- 1 tablespoon sugar
- 2 tablespoons canola oil
- 2 tablespoons chilled butter
- 1 egg white

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For the filling:

- 1 whole egg + 1 egg white
- $\frac{1}{2}$ cup sugar
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon salt
- 1 (15 oz) can pumpkin puree
- 1 (12 oz) can fat-free evaporated milk
- Crystallized ginger for garnish (optional)



Pumpkin Pie with Almond Pastry Crust

All you do:

Preheat the oven to 400 degrees.

To prepare the crust:

1. If using whole almonds, grind the almonds in a food processor until they are a fine crumb. If using almond meal/flour, simply place in mixing bowl.
2. Add whole-wheat pastry flour, salt, cinnamon, nutmeg and sugar. Mix well to combine.
3. Add canola oil and chilled butter. With a pastry blender, cut in butter and oil until mixture forms coarse crumbs.
4. Add the egg white and continue to blend until well incorporated. Dough will hold together, but will be slightly sticky.
5. Press mixture into a lightly greased 9-inch pie plate and set aside while you prepare the filling.

To prepare the filling:

1. Beat egg and egg white in a medium bowl.
2. Add sugar, vanilla extract, ground cinnamon and salt. Mix to combine.
3. Add pumpkin and mix to combine.
4. Add fat-free evaporated milk and mix well.
5. Pour into prepared crust and bake at 400 degrees for 10 minutes. Then reduce oven temperature to 350 degrees and continue to bake for 30-40 minutes or until a knife inserted into center of pie comes out clean. Cool on a wire rack.
6. Serve immediately or refrigerate. Garnish with crystallized ginger, if desired.

Nutrition per serving: Calories; 230, Fat: 8 g, Saturated Fat: 2.5 g, Trans fats: 0 g, Carbohydrate: 35 g, Cholesterol: 35 mg, Dietary Fiber: 4 g, Protein: 7 g, Sodium: 210 mg

*Source: Almond Pastry Crust: foodtv.com, modified by Hy-Vee dietitians.
Pumpkin Pie filling: Hy-Vee dietitians*