



EAT 5 Holiday Sides Cookbook



Add colorful fruits and vegetables to to your plate this holiday season, and all year round, with this booklet of recipes and the plate guide below!

VEGETABLES

- Fill ½ of your plate with vegetables, such as carrots and green beans.
- Avoid casseroles or dishes that have heavy creams, sauces, butter or crusts.
- Other vegetables to consider include: broccoli, salad, brussel sprouts, or asparagus.
- If your table is low on vegetables, consider adding fruit to this half of your plate. Cranberries, baked apples, and pears are all good options.

GRAINS

- Fill ¼ of your plate with starches such as stuffing and sweet potatoes.
- Other choices for this section may include: mashed or baked potatoes, rice pilaf, or corn pudding.
- Skip the bread or rolls!

PROTEIN

- Fill ¼ of your plate with lean turkey slices (approx. 3-4oz).
- Remove the skin from the turkey before eating.
- Instead of gravy, use a fruit-based relish for a special kick.

For plant based protein alternatives, try lentils, beans or whole soy foods like tofu.

Plate adapted from American Association of Diabetes Educators: www.diabeteseducator.org/docs/default-source/legacy-docs/_resources/pdf/general/ThanksgivingPlateResource.pdf

**The EAT 5 initiative is designed to help you integrate more fruits and vegetables into your diet and get you closer to reaching the goal of eating five cups per day.*

Learn more at <https://worklife.columbia.edu/content/food-and-nutrition>.



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Balsamic Glazed Eggplant

Prep time: 15 minutes | Cook time: 25 minutes | Total time: 40 minutes

Yield: 4 servings



Ingredients:

- 2 large eggplant, sliced into 1 inch rounds
- 1 tablespoon olive oil
- 2 tablespoons balsamic vinegar
- ½ teaspoon garlic (or 1 fresh clove, chopped)
- ¼ teaspoon fresh black pepper

Directions:

1. Preheat oven to 400 degrees.
2. Toss eggplant with olive oil, balsamic, garlic and black pepper.
3. Arrange eggplant on roasting pan.
4. Bake until soft and golden brown, ~25-30 minutes.

Nutrition Facts per ½ cup serving: 65 calories, 4g fat (1g saturated fat), 0mg cholesterol, 3mg sodium, 8g carbohydrate, 4g fiber, 5g sugar, 2g protein

Green Beans Amandine

Prep time: 10 minutes | Cook time: 15 minutes | Total time: 25 minutes

Yield: 6 servings



Ingredients:

- 1 lb fresh or frozen French-style green beans, trimmed
- 1 tablespoon olive oil
- ¼ cup sliced almonds
- 1 teaspoon chopped garlic
- 1 teaspoon fresh lemon juice
- ¼ teaspoon salt

Directions:

1. Bring 3 quarts of water to a boil in a large saucepot. Add the green beans to the boiling water and cook until bright green and tender, 3 to 4 minutes. Remove string beans and immerse into a bowl of ice water (to stop cooking), then drain.
2. Heat the olive oil in a skillet over medium heat, about 1 minute. Add the sliced almonds and cook until lightly toasted, about 4 minutes. Add the chopped garlic and cook until light golden brown, about 1 minute. Stir in the lemon juice.
3. Add the green beans to the skillet and toss until coated. Season with salt. Toss until the green beans are heated through, about 2 minutes. Remove the green beans to a warm serving plate. Serve immediately or cover dish and reheat in oven before serving.

Nutrition Facts per ½ cup serving: 72 calories, 15g fat (0g saturated fat), 0mg cholesterol, 100mg sodium, 7g carbohydrate, 3g fiber

*Recipe and picture adapted from American Association of Diabetes Educators: www.diabeteseducator.org/docs/default-source/legacy-docs/_resources/pdf/general/ThanksgivingPlateResource.pdf

Maple-Orange Sweet Potato Mash

Prep time: 15 minutes | Cook time: 15 minutes | Total time: 30 minutes

Yield: 6 servings



Ingredients:

- 2 ½ lbs sweet potatoes (about 4 medium), peeled and cut into ½ inch cubes
- ¼ cup coarsely chopped walnuts
- 2 teaspoons maple syrup, divided; may use sugar-free syrup if desired
- 2 teaspoons grated fresh orange zest
- ¼ teaspoon ground cinnamon
- ¼ teaspoon kosher salt
- 1 tablespoon olive oil
- 2 tablespoons fresh orange juice

Directions:

1. Preheat oven to 400 degrees Place the sweet potatoes in a saucepot with enough cold water to cover. Bring to a boil, reduce the heat and cook until tender, 10 to 13 minutes.
2. Add the chopped walnuts to a skillet over medium high heat. Toss until the nuts are slightly toasted and fragrant, about 3 minutes. Remove the skillet from the heat. Drizzle 1 tsp sugar-free maple syrup over the nuts and toss to evenly coat. Remove the nuts from the skillet and set aside.
3. Drain the sweet potatoes and place them back in the saucepot on the hot burner with no heat. Let the sweet potatoes sit for 1 minute to let the excess water evaporate. Add the orange zest, cinnamon, salt, olive oil, orange juice and remaining 1 teaspoon maple syrup. Using a potato masher or fork, mash the potatoes until smooth, or until the desired consistency.
4. Return to bowl for serving and garnish with the reserved nuts.

Nutrition Facts per ½ cup serving: 161 calories, 6g fat (1g saturated fat), 0mg cholesterol, 3mg sodium, 30g carbohydrate, 5g fiber, 6g sugar, 3g protein

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Parmesan Cauliflower Purée

Prep time: 15 minutes | Cook time: 10 minutes | Total time: 25 minutes

Makes 4 servings (~3 cups)



Ingredients:

- 1 medium head (2 lbs) cauliflower, cored and cut into 1 ½-inch florets (7 cups)
- ½ cup low-fat milk, PLUS more as needed
- 1 tablespoon olive oil
- ¼ teaspoon kosher salt
- ⅛ teaspoon nutmeg
- ¼ cup freshly grated Parmigiano-Reggiano cheese, PLUS 4 teaspoons for garnish
- 1 tablespoon chopped fresh flat-leaf parsley
- Freshly ground black pepper

Directions:

1. Place the cauliflower florets in a steamer basket set over boiling water or place cauliflower in 2 includes of boiling water. Cover and steam until the cauliflower is tender, 7 to 10 minutes.
2. Transfer the cauliflower to a food processor along with ½ cup milk, olive oil, ¼ teaspoon salt, and the nutmeg. Purée until very smooth. (Note: You will need to stop the processor once or twice to scrape the sides with a spatula. If needed, add extra milk 1 tablespoon at a time.)
3. Immediately add ¼ cup cheese, and pulse just until the cheese has melted and is incorporated. (Note: If you've allowed the purée to cool, transfer it to a medium saucepan over low heat, then add the ¼ cup cheese, stirring until it has melted.)
4. Transfer the purée to a serving bowl. Taste, and season with additional salt as needed.
5. Garnish with the remaining 4 teaspoons of cheese, plus sprinklings of parsley and pepper.
6. Serve warm.

Nutrition Facts per serving: 120 calories, 7g protein, 13g carbohydrate, 6g fat, 3g saturated fat, 15mg cholesterol, 240mg sodium, 5g dietary fiber, 5g sugar.

*Recipe and picture adapted from https://www.washingtonpost.com/recipes/parmesan-cauliflower-puree/15057/?utm_term=.712577ba4a74

Pumpkin Mousse with Apples

Prep time: 10 minutes | Total time: 10 minutes

Yield: 4 servings



Ingredients:

- 1 cup 2% plain Greek yogurt
- ½ cup canned pumpkin puree (not pumpkin filling!)
- ¼ cup milk of choice
- 2 tablespoons Vanilla pudding mix
- 2 tablespoons maple syrup
- ½ teaspoon pumpkin pie spice
- ½ teaspoon cinnamon
- 4 apples, sliced

Directions:

1. Place everything, except the apples, in a blender or food processor and blend until smooth.
2. Serve with sliced apples; served immediately or refrigerate for at least 1 hour until chilled.

Nutrition Facts per serving (1 serving= 1 sliced apple + ½ cup Pumpkin Mousse): 140 calories, 2g fat, 15mg cholesterol, 55mg sodium, 26g carbohydrate, 6g fiber, 20g sugar, 7g protein

Roasted Herb Zucchini

Prep time: 10 minutes | Cook time: 15 minutes | Total time: 25 minutes

Yield: 12 servings



Ingredients:

- 12 cups zucchini cut into 1 in rounds
- 2 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- ½ teaspoon dried oregano
- 1 teaspoon dried basil

Directions:

1. Preheat oven to 450 degrees.
2. Lightly grease roasting pan with olive oil.
3. In a large bowl, toss zucchini, olive oil and herbs and spices.
4. Pour zucchini into roasting pan and spread it out until it evenly covers the pan.
5. Bake 15 to 20 minutes, stirring once until cooked through.

Nutrition Facts per 1 cup serving: 45 calories, 2.5 g fat (0.5g saturated fat), 0 mg cholesterol, 20 mg sodium, 4 g

Sautéed Chard with Shallots

Prep time: 10 minutes | Cook time: 10 minutes | Total time: 20 minutes

Yield: 4 servings



Ingredients:

- 1 tablespoon olive oil
- 1 shallot, finely chopped
- 2 bunches Swiss chard, stems and tough ribs removed, leaves thinly sliced
- 1 tablespoon cider vinegar
- ¼ teaspoon crushed red chili flakes
- ¼ teaspoon salt

Directions:

1. Heat oil in a large skillet over medium high heat. Add shallots and chili flakes and cook, stirring often, until softened, about 2 minutes.
2. Add chard, vinegar and salt and continue cooking, tossing often, until wilted and softened, 4-5 minutes more.

Nutrition Facts per ¾ cup serving: 90 calories, 4g fat, 0mg cholesterol, 290mg sodium, 7g carbohydrate, 3g fiber, 2g sugar, 3g protein

Sweet and Spicy Baked Apples

Prep time: 10 minutes | Cook time: 35 minutes | Total time: 45 minutes

Yield: 4 servings



Ingredients:

- 4 apples, washed and cored
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- ¼ teaspoon cinnamon
- ⅛ teaspoon nutmeg

Directions:

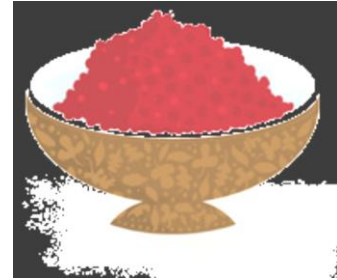
1. Preheat oven to 400 degrees.
2. Blend honey, vanilla, and spices; spoon mixture evenly over apples in baking dish.
3. Cover bottom with ¼ inch boiling water.
4. Bake apples until soft, ~30 minutes or more.

Nutrition Facts per serving (1 serving= 1 apple): 100 calories, 0 g fat, 0 mg cholesterol, 2 mg sodium, 30 g carbohydrate, 3g fiber, 25g sugar, 0 g protein

Tangerine Cranberry Relish

Prep time: 15 minutes | Total time: 1 hour, 15 minutes

Recipe makes 12 servings



Ingredients:

- 1- 12 oz package fresh cranberries (3 cups)
- 2 medium tangerines
- $\frac{1}{3}$ cup sugar or sugar substitute equivalent to $\frac{1}{4}$ - $\frac{1}{3}$ cup sugar (check package)

Directions:

1. Rinse cranberries under running water; set aside. Slice each unpeeled tangerine into fifths and remove seeds. Place tangerine slices in food processor; cover and process until coarsely chopped. Transfer to a medium bowl.
2. Add all but $\frac{1}{2}$ cup cranberries to the food processor; cover and process until coarsely chopped. Add tangerines in bowl; stir in the remaining $\frac{1}{2}$ cup cranberries and the sugar. Cover and chill for 1 hour. Stir before serving.s

Nutrition Facts per $\frac{1}{4}$ cup serving: 37 calories, 0g fat (0g saturated fat), 0mg cholesterol, 1mg sodium, 10g carbohydrate, 2g fiber, 3g sugar, 2g protein

*Nutrition facts per serving if using sugar substitute: 20 calories, 0g fat (0g saturated fat), 0mg cholesterol, 1mg sodium, 4g carbohydrate, 2g fiber, 2g sugar, 2g protein

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