

Holiday Eating Survival Guide

 www.sas.com/blogs/wp/chews/2011/11/29/go-ahead-spoil-your-appetite

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Have a nourishing holiday this year with food that tastes good, feels good and is good for you.

This time of year is packed with faith, fun, food and family but it can create unwanted pounds and derail our healthier habits. Here then lies the purpose of our Holiday Eating Survival Guide with tips and recipes to keep your holidays balanced. You don't have to abandon your health goals or your family traditions to have a delicious and memorable holiday season.

Tip #1: Go Ahead – “Spoil your Appetite”

Have a piece of fruit and/or half of a whole grain English muffin before you leave home for a social gathering. This 150-calorie investment can keep you from swallowing 2,000 or more calories under “starvation” conditions.

Tip #2: Survey the Table

At a buffet, take a small portion of the foods you really love, then choose Volumetric (filling) foods like vegetables and fruits to fill the rest of your plate.

Tip #3: Alcohol Party Pacer

Since alcohol packs calories and can destroy your resolve to resist food temptations, try this trick to keep you in the party spirit while cutting your alcohol calories by half for the night: Insert 1 glass of water between each alcoholic drink.

Tip #4: Having Trouble with the Family Food Pusher? Try “Redirection.”

If you encounter an overzealous hostess who repeatedly insists on serving you extra food, use the “redirection technique” but saying “I’ll skip the second helping, but I would love a cup of coffee or some water.” Another trick is to savor a low calorie drink and respond by saying, “No thanks, I have something already.”

Tip #5: Holiday Goodies

To keep holiday goody calories in check, allow yourself **one** carefully selected treat once or twice a day. For reference, a 1 inch square of fudge supplies about 120 calories.

Tip #6: Surviving the Holiday Stuff-a-Thon

At a social gathering, instead of standing next to the buffet table, serve your plate and walk across the room to eat. This will prevent extra calories from grazing.

Quinoa, Kale and Pomegranate Stuffing

Makes 6 Servings

Try this lightened up traditional favorite at your holiday meal this year. It packs a tasty AND nutritious punch!

Ingredients

2 Tbsp extra virgin olive oil, divided
6 cloves garlic, minced
½ cup vegetable stock
½ pound kale, stems and leaves coarsely chopped
Sea salt, to taste
Pepper, to taste
½ cup pecans
1 cup finely chopped onion
1 Tbsp fresh sage
1 Tbsp fresh thyme (strip the leaves from the stem)
2 cups cooked quinoa
1 egg, lightly beaten
¾ cup dry white wine
½ cup fresh pomegranate seeds

Directions

1. Pre-heat oven to 325 degrees F.
2. Lightly spray a 9×13 glass baking dish with cooking spray.
3. In a large saucepan over medium-high heat, add 1 tablespoon olive oil. Add half the garlic and cook until soft but not golden.
4. Add stock and kale and toss to combine. Cover and cook for 3 minutes.
5. Uncover and continue cooking, stirring until all the liquid has evaporated. Season with salt and pepper, to taste. Set aside to cool.
6. Add cooled, cooked kale mixture and pecans to a food processor. Pulse several times until pecans are chopped and kale is shredded but mixture is still chunky.
7. In a separate saucepan over medium-high heat, heat 1 tablespoon olive oil. Add onion and remaining garlic, saute 2-3 minutes.
8. Add sage and thyme and continue cooking until onion is caramelized, approximately 3-4 more minutes.
9. Stir in the pecan-kale mixture. Transfer mixture to a large bowl.
10. Add cooked quinoa and stir to combine. Season with salt and pepper, to taste.
11. Add beaten egg and wine and toss to coat.
12. Transfer mixture to prepared baking dish. Cover and bake 30 minutes.
13. Garnish with pomegranate seeds.

Quinoa, Kale and Pomegranate Stuffing

Cook 45 mins

Total 45 mins

Yield 6 servings

Ingredients

- 2 Tbsp extra virgin olive oil, divided
- 6 cloves garlic, minced
- ½ cup vegetable stock
- ½ pound kale, stems and leaves coarsely chopped
- Sea salt, to taste
- Pepper, to taste
- ½ cup pecans
- 1 cup finely chopped onion
- 1 Tbsp fresh sage
- 1 Tbsp fresh thyme (strip the leaves from the stem)
- 2 cups cooked quinoa
- 1 egg, lightly beaten
- ¾ cup dry white wine
- ½ cup fresh pomegranate seeds

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