

HOLIDAY DELICIOUSNESS

**Get the "Secret
Sauce" to healthy
holiday recipes
your family will
love!**



Holiday Deliciousness

In my lifetime, I've spent more hours than I could possibly count in the kitchen. On holidays, these hours seemed to multiply, eventually leading me to wonder if there was a better way—a way to provide family members with a delicious and reasonably HEALTHY meal without sacrificing the precious time I was able to spend with them.

Holiday eating isn't what it used to be. With obesity reaching epic proportions in our country and the reduction in numbers of "traditional" families, we need to find ways to improve holiday cooking and eating now more than ever.

These are the reasons that inspired me to cook up "Holiday Deliciousness," a free guide to simplifying and injecting some much needed nutrition into your holiday cooking routine.

You'll also soon be able to check out vlog entries of these meals at www.MitziBeach.com. I'll invite you into the kitchen at Cypress, my beloved home in Wichita, Kan. where we can prepare these tasty dishes together (virtually, of course).

So, don your favorite apron, preheat the oven and get ready for some Holiday Deliciousness!

Living and loving life together,



About Mitzi Beach

Like my design projects, I am a work in progress...not looking or being how I used to be but not 'nearly done' yet either.

There are many stages of a design project. There are many stages to life.

My present life stage of sixtyish is way busier than I ever thought it would be, as most of you can relate to also. I am a wife, mother, grandmother of 9 [Mimi], mother-in-law, daughter, daughter-in-law, sister, and sister-in-law & friend. I run an interior design business to mostly residential clients, travel, cook, exercise, love and desperately need time with my friends and family, and have many other facets of my life which I will be sharing with you all.

Yes, this adventure, like myself, definitely is a work in progress, and I am so excited to have you in on the skinny of things... you young ones won't know that means in the know.

I just can't wait to see where we go together and what all kind of fun, new territories we explore, as life unfolds around us to enlighten, educate, and entertain us in this crazy world of cyberspace. Who says we are too old for learning this stuff???

How to Make A Delicious Turkey Dinner — a fresh take on an old favorite.



Honeysuckle Turkey Breast

(if frozen, allow time to thaw in refrigerator)

Follow cooking instructions on wrapper in addition to directions from Reynolds Oven Bag directions. For an 8# turkey breast, @325 in oven roasting bag timing was 2 hours and it was perfect...so moist & not dried out.

Inside turkey breast cavity, place 1/2 onion and 1/4 tsp or more to taste of sage and thyme or 1/2 tsp. of poultry seasoning.

Place turkey breast in bag and rub with 1/2 tsp of salt and pepper and olive oil to coat surfaces. Follow roasting bag directions.

When done, after letting turkey sit for about 15 minutes, remove from bag and place turkey with some of the broth in a covered dish or pan until serving.

Lean Gravy (from Prevention Book of Quick and Healthy page 125)

Ingredients:

- 1 Can of low sodium chicken broth or turkey broth if available
(Note: original recipe call for beef broth so can use this method for either)
- 2 Tablespoons of corn starch

In a 1-quart saucepan, dissolve the cornstarch in about 1/4 cup stock. Whisk in the remaining 13/4 cups stock. Cook over medium heat until the stock comes to a boil and thickens.

I added some of the fresh turkey stock and salt and pepper after gravy thickened up.

Green Peas

- 1 Package green peas (size depends on number of servings needed)

In a small amount of water cover and cook peas with small amount of butter.

Do not over cook...al dente is so much better and keeps a greener, fresher, color.

Candied Sweet Potatoes

- 6 Sweet Potatoes

- 1 Orange

- 1/4 cup maple syrup

- 3/4 cup butter (I tried 1/2 olive oil w/butter and it did not work!)

Scrub and cut sweet potatoes in 3-4" chunks

Cook in water simmering until almost done...about an hour

Drain off water

In electric skillet melt butter then whisk in brown sugar. When thick and bubbling add maple syrup and juice from orange. Carefully add cooked sweet potatoes and lower temperature to barely simmer with lid on and vented for 30 minutes.

Then, can let sit and reheat before serving. (this dish can be made ahead)



Wild Rice

Lundberg Wild Rice Blend

Low Fat Chicken Broth

1 Bunch Green Onions Chopped (with most of green tops)

1/2 cup Chopped Dried Pitted Dates

Follow package directions for amount needed (and adjust the other ingredients accordingly) substituting broth for the water. Add dates and green onions after rice is cooked.

Cover until serving to infuse the flavors.



Fresh Cranberry Salad

2 cups fresh cranberry washed and drained

1 sweet apple peeled, cored, and chopped

2 tsp freshly grated orange zest

1 orange peeled, pith removed, and chopped

2 Tablespoon splenda or stevia

1 4 oz package red raspberry jello

Put all ingredients in food processor except red jello and pulse until finely chunky.

Set aside

Prepare jello according to package directions except using 1/c less water. When almost set, add cranberry mixture. Return to refrigerator until set.

Pumpkin Pie (makes 2 pies)

- 1 large can pumpkin (not the mix)
- 2 scant cups white sugar (here's where the substitute is needed) I used splenda
- 1/2 cup of brown sugar (I used splenda brown sugar blend)
- 1/4 tsp salt
- 2 tsp cornstarch
- 1/4 tsp nutmeg 2 eggs beaten
- 3 cups milk (evaporated skim milk, 12 oz + reg skim-milk, 12 oz

Add all ingredients except the milk in a large bowl and stir together well. Then add milk and stir until smooth. Pour into 2 deep dish pie pans sprayed with Pam. Sprinkle cinnamon over tops.
BAKE 20 MINUTES @ 400; 15 MINUTES @ 375; AND FINALLY, THE LAST 15-20 MINUTES @ 350. Watch carefully...just bake until set. Maybe done sooner without the crust.
I topped pie with Reddi wip rather than Cool Whip...read the labels and you will see why!

Enjoy!



*How to Make A Delightful Beef Dinner
the whole family is sure to love.*



Special Dinner of Beef Tenderloin (or Prime Rib or Filets) with Mushroom and Wine Sauce

Beef Cut of Choice

1 Package Mushroom Sliced if Desired

1 Sweet Onion Chopped

1 cup Red Wine

2 T Olive Oil

4 T Butter (1/4 cup)

Prepare beef selection to desired doneness (use any meat chart if needed)

Also, any rub will enhance flavor of beef

Saute onions in oil and butter until slightly browned then stir mushrooms until browned also. Add wine and simmer until some of the liquid is cooked off (reduction).

Serve warm over beef or pass in separate dish

Note: the trick is to time your meal that the meat is the star of the show. Have everything else hot and ready to serve as beef is being sliced to serve. Also, remember to allow meat time to sit before slicing to allow juices to settle.



Twice Baked Potatoes

- 4 baking potatoes
- 6 oz. nonfat plain Greek yogurt
- 6 wedges Laughing Cow Light Garlic & Herb cheese
- 1/3 cup skim milk
- 1/4 cup grated Parmesan cheese

Scrub potatoes and prick with fork several places before baking @350 for 1 hour

While potatoes bake, in large bowl mix all ingredients (easier to mix if at room temp)

After potatoes are done and cooled, slice lengthwise and scoop out potatoes

Add to cheese mixture. Mix well and scoop into potato skins.

This step can be done even the day before.

Before serving, if done ahead, bring potatoes to room temperature and broil on center rack until warmed throughout and browned on top.

You won't believe how fabulous these are!



Red Tip Salad with Mandarin Oranges

- 1 Bunch Red Tip Lettuce**
- 1 Large Can drained Mandarin Oranges**
- 1 Bunch Green Onions**
- 8 oz Slivered and Toasted Almonds**

Wash, drain, and tear lettuce

Add drained oranges and green onions

Toast almonds in dry hot skillet until slightly browned

Add to salad right before tossing



Dressing

- 1/4 Cup Each of:**
- Wine Vinegar**
- Veg Oil**
- Sugar or Splenda**

Blend well and refrigerate for at least an hour before using

I have doubled and even tripled this recipe depending on size of salad and number of guests

Fresh Green Beans

4 Cups Fresh Green Beans or amount needed

2 Tablespoon Olive Oil

1 tsp Lowrys Garlic Salt

1/4 tsp dried basil

Steam beans until al dente

Drain and place in serving bowl and toss with olive oil and garlic salt

Cover to infuse flavors until serving



Chocolate Raspberry Truffle Pie

This is a real winner! Really quick and easy and of course, deliciousness!

One of those rich desserts that really does need the whip cream to complete it. But overall, it is so low in sugar and fat compared to almost any other holiday dessert. Enjoy without the guilt!

2 1/2 cups(plus some for garnish) of raspberries..I used frozen

1 1/2 cups walnuts soaked in water for a few hours and drained

6 T of cocoa powder or 1/4 cup plus 2 T

1/2 T of almond extract

1/3 cup virgin coconut oil

1/4 cup agave or a little more to taste (I tried Stevia but liked the agave better)

1 can Reddi Wip

In a food processor, add walnuts, raspberries, coconut oil, and mix well.

Add cocoa powder, almond extract, and agave and finish blending ingredients.

Pour in to small pie crust. I used a store bought chocolate graham cracker crust but there are many options to the creative cooks out there.

Garnish with whip cream and raspberries.

Freeze until set and then refrigerate. Before serving, add whip cream to whatever amount desired :).



Let's Connect!

I hope you enjoyed my holiday recipe guide! If you haven't already, make sure to check out my blog and social media pages listed below!

Happiest of Holidays to you and yours!

www.MitziBeach.com

www.Facebook.com/LifesizingLady

www.Twitter.com/LifesizingLady

www.Pinterest.com/LifesizingLady

