



NUTRITION NEWS



Volume 7 Number 2 Winter 2008

Nutrition Education Project

Healthy family & holiday celebrations!

As autumn days grow shorter, there is a cold snap in the air; with winter just around the corner families gather around the table to celebrate. Why not try a delicious, healthy soup, full of colorful fruits and vegetables?



The holidays and get-togethers are a great time to share healthy food with family and friends. What better way to enjoy a celebration than with a nutritious meal? There are some healthy guidelines you can follow to ensure a delicious meal that is a good source of nutrients! The following suggestions will help you achieve this:

- Use more fruits & vegetables!
- Use more whole grains!
- Use less fat!
- Add less sugar!

You can also substitute certain ingredients for healthier ones (see Substitution tips). When making any changes to a recipe the key is *experimentation*. Make one or two changes at a time and note the results. Try recipes from healthy cookbooks that you can check out at your local library or visit SHPD's Web site www.healthiersf.org for more tips to add fruits and vegetables to your holiday meals!

Substitution tips:

- Use whole wheat flour for ½ of white flour.
- In baked goods, substitute applesauce for ½ the fat.
- Use 2 egg whites or ¼ cup egg substitute for each whole egg.
- Serve fruit or vegetable based desserts like baked apples, poached pears, pumpkin bread.
- Use low fat or non fat dairy products instead of full fat ones.



Apple Carrot Soup

Makes 8 servings (1 cup per serving)

Ingredients:

- 1 pound lean pork, cut into chunks
- 4 apples, with skin, cored & quartered
- 4 large carrots, peeled, cut into chunks
- 1 piece dried orange peel (optional)
- 4 slices ginger
- ½ teaspoon salt
- 20 cups of water



Instructions:

1. In a large pot over high heat, combine all ingredients, bring to a boil.
2. Reduce heat to medium and simmer until soup reduces to about 8 cups of liquid, about 3 to 4 hours.
3. Skim fat from surface and serve.

Healthy Chinese Cuisine, 2005

Nutrition information per serving:

Calories: 133, Carbohydrates: 13 g,
Total fat: 3 g, Saturated fat: 1 g,
Cholesterol: 35 mg, Sodium: 20 mg
Dietary Fiber: 3 g, Protein: 13 grams

Ancho Chili & Chicken Soup

Makes 4 servings (1½ cups per serving)

Ingredients:

- 2 dried ancho chilies, seeded and torn into pieces
- 1 cup water
- 2 ½ cups 33% less sodium chicken broth
- 2 stalks celery, chopped
- 1 medium onion, peeled and chopped
- 1 cup cooked, chopped chicken
- ¾ cup chopped carrots
- 1 teaspoon oregano
- ¾ cup chopped chayote squash

Instructions:

1. Place chilies in a hot skillet and cook for about 45 seconds until lightly toasted and fragrant.
2. Cover with 1 cup boiling water and let stand for 20 minutes.
3. Meanwhile, combine broth, celery, onion, chicken, carrots, and oregano in a medium saucepan. Bring to a boil; reduce heat. Cover and let simmer for 20 minutes.
4. Place chilies and liquid in a blender or food processor and puree until smooth.
5. Add chili puree and chayote to broth mixture. Simmer for 5 minutes more. Serve.

Healthy Latino Recipes, 2004

Nutrition information per serving:

Calories: 106, Total fat: 2 g,
Saturated fat: 1 g, Cholesterol: 29 mg
Sodium: 93 mg, Dietary Fiber: 2 g,
Carbohydrates: 8 g, Protein: 13 g



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 415-558-4186.