

# How to Enjoy the Holidays (and still stay skinny!)



Now that the holidays are upon us, many of you are wondering how to get ready for Thanksgiving, the holiday parties, and all the joy at Christmas. Sometimes these are dreaded activities for those who are trying to lose weight or to maintain their weight. Statistics show that most Americans gain between 1 and 10 pounds from Halloween to Valentine's Day. The "anything goes" atmosphere, family gatherings, the over-abundance of food, and the many holiday get-togethers leads to overeating. IT DOES NOT HAVE TO BE THAT WAY. **Some prudent pre-planning will allow you to continue losing weight during the holiday season.**

Pre-planning involves thinking about and deciding in advance, everything you are going to eat during an anticipated difficult eating situation. This helps to keep you from getting caught by surprise and to minimize any last minute decisions you have to make when faced with temptation. As much as possible, sit down prior to the party and decide not only what you are going to eat, but exactly how you will respond to those who say "a little bit won't hurt you" or "it's okay one time, you can still lose weight", "Girl, you don't need to lose any more, you have done so well" or "you always love my pie, if you don't eat it, I will be offended." When you plan, you do not have to rely on hoping you will have enough willpower to control yourself. Willpower is never strong enough to overcome all the cues that are associated with food at holiday parties. By knowing in advance how you will act, what you will say to people there, and what you will eat, you will have self-control and be confident that you will succeed in limiting calories while you are there. This is one of the best ways to avoid feelings of helplessness and guilt that accompany impulse eating.

Be careful not to fall into the all-or-none trap. By this, we mean that you start out trying to avoid all temptation and then the first time you try the mashed potatoes, you overindulge without restraint for the rest of the holiday season. By pre-planning, you are less likely to feel out of control. The quality that makes someone successful in doing this is not perfection, but the ability to stay in control and not let one minor slip get you out of control. If you do slip, get right back on the program—immediately.

You will need to refocus your attention away from food and concentrate on the social aspects of the occasion. The important thing is to have a strategy prior to the holidays. Don't just think about it but write out what you will eat and drink at the thanksgiving celebration, church banquet, the office holiday party, and your own family holiday celebrations. This should include what you will eat and drink, how many servings, the time when you can get each new serving, and the speed at which you will eat.

Here are some other tips:

*Cue Elimination*—Avoid people that trigger the desire to eat (i.e. people that make you feel nervous or uncomfortable thus increasing the chances you will eat too much).

*Tuned-in Eating*—Do nothing else when eating so you can concentrate on sticking to your plan.

*Alternate Activity Strategies*—Do something that makes it difficult to eat simultaneously (ex. talk more so you will eat less).

**Bring a healthy dish instead of relying on the host to have one.**

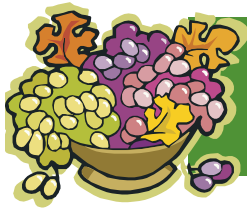
*Plate strategies*—Use a small plate instead of a large one so you will eat less food. Always leave something on your plate to replace the "clean your plate" mentality you may have.

*Contingency plan*—"If I stick to my holiday plan, then I get to have a massage next week."

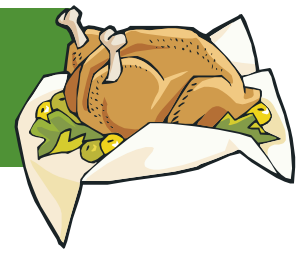
*Mental Programming*—Think about how you will overcome problems and obstacles at parties and practice doing this prior to arriving at the party.

*Exercise Regularly*

*Distraction*—When feeling hungry, wait, do something else and see if the hunger persists.



# Thanksgiving Menu



## Appetizer

### Hot Artichoke Dip 16 servings

- 2 (6.5 oz) jars artichoke hearts
- 2 C mozzarella cheese
- 1 C grated parmesan cheese
- 1 C mayonnaise

Preheat oven to 275°. Chop artichoke hearts and shred mozzarella cheese. In shallow baking dish combine the artichoke hearts, mozzarella cheese, parmesan cheese, and mayonnaise. Bake for 45 minutes, or until hot and bubbly. Serve hot with raw vegetables.

### Crab Stuffed Mushrooms 8 servings (~16 mushrooms)

- 1 lb. fresh mushrooms
- 7-8 oz. crab meat
- 4 green onions, thinly sliced
- ¼ tsp thyme
- ¼ tsp dried oregano
- ¼ tsp ground savory
- ground black pepper to taste
- ¼ C grated parmesan cheese
- ⅓ C mayonnaise
- 3 Tbsp grated parmesan cheese
- ¼ tsp paprika

Preheat oven to 350°. In medium bowl, combine crab meat, green onions, herbs, and pepper. Mix in mayonnaise and 1/4 cup parmesan cheese until well combined. Refrigerate filling until ready for use. Wipe the mushrooms clean with damp towel. Remove stems. Spoon out the gills and the base of the stem, making deep cups. Discard gills and stems. Fill the mushroom caps with rounded teaspoonfuls of filling, and place them in an ungreased shallow baking dish. Sprinkle tops with parmesan cheese and paprika. Bake for 15 minutes. Remove from oven and serve immediately.

### Meatballs ~8 servings (16 meatballs)

- 1 lb. lean ground meat
- 1 egg
- ½ C white onion, minced
- 2 tsp parsley, finely chopped
- 2 Tbsp red bell pepper, minced
- 1 Tbsp minced garlic
- 2 tsp fresh oregano, minced
- salt and pepper to taste

Mix 1 lb. ground beef, bison (or other favorite ground meat) with all other ingredients. Roll into meatballs and either cook in pan (until browned throughout) or bake in oven at 350° for 15-20 minutes.

### Turkey Bacon-wrapped Scallops 8 servings

- 1 lb. fresh scallops
- 1 large package of turkey bacon
- Wood toothpicks

Preheat oven to 350°. Simply wrap a slice of bacon around each scallop, then bake on a shallow pan or cookie sheet for about seven minutes.

## Salad

### Crunchy Bacon Coleslaw 10 servings

- ¾ C mayonnaise
- ½ tsp Stevia (¼ tsp liquid Stevia)
- 4 C green cabbage, shredded
- 1 C red cabbage, shredded
- 4 slices turkey bacon, crisply cooked, crumbled

In a large bowl, combine mayonnaise and Stevia. Mix well. Add remaining ingredients. Toss to mix lightly. Refrigerate until ready to serve.

## Soup

### Crab Soup 16 servings

4 lbs. crab (legs)	2 tsp mustard seed
8 C water	½ tsp coarse ground pepper
8 C chicken stock	2 bay leaves
1 small onion, chopped	2 Tbsp heavy whipping cream
1 ½ stalks celery, chopped	¼ C unsalted butter
2 cloves garlic, quartered	¼ tsp thyme
½ Tbsp parsley	⅛ tsp basil

Remove all the crab meat from the shells and set it aside. Put half of the shells into a large pot with water and chicken stock; heat on high. Add onion, 1 stalk of celery and garlic and bring to a boil. Boil on low for 1 hour, stirring occasionally. Strain and keep the liquid only. Pour 12 cups of the stock into a large sauce pan or cooking pot and bring to a boil. Add half of the crab and other ingredients that are left and bring back to a boil. Reduce heat and cook on low heat for 4 hours uncovered until it reduces by about half and begins to visibly thicken. Add the rest of the crab; allow to cook on low heat one hour.

### Asparagus and Crab Soup 6 servings

4 C chicken broth	½ lb. lump crab meat
½ pkt Truvia	freshly ground black pepper
¼ tsp salt	1 egg, lightly beaten
1 Tbsp olive oil	15 oz. canned white asparagus spears cut into 1-inch sections, reserve liquid
6 shallots, chopped	1 Tbsp coriander
2 garlic cloves, chopped	1 scallion, thinly sliced

If white asparagus is unavailable, use frozen or fresh asparagus (in this case, add the fresh asparagus to the broth from the very beginning and cook until tender, before adding the remaining ingredients). Combine the broth, Truvia, and salt in a 3-quart soup pot. Bring to a boil. Reduce heat and simmer. Meanwhile, heat the oil in a skillet. Add the shallots and garlic and stir-fry. Add the crab meat and black pepper to taste. Stir fry over high heat for 1 minute. Set aside. Bring the soup to a boil. While the soup is actively boiling, add the egg and stir gently. Continue to stir for about 1 minute. Add the crab meat mixture and asparagus with its canning liquid; cook gently until heated through. Transfer the soup to a serving bowl. Sprinkle on the coriander, scallion, and freshly ground black pepper.

## Main Dish

### Lemon-Garlic Roasted Turkey 12 servings

1 15-lb. WHOLE TURKEY, fresh or frozen, thawed	
¾ C extra virgin olive oil	1 Tbsp lemon zest
⅓ C freshly squeezed lemon juice	1 tsp salt
6-8 cloves fresh garlic, peeled	1 tsp freshly ground black pepper

1. Remove giblets and neck from turkey; reserve. Rinse turkey with cold running water and drain well.
2. In blender, combine olive oil and lemon juice. While blending, drop in garlic cloves one at a time. Gradually add lemon zest. Continue to blend until mixture is pureed.
3. Using an injector, inject marinade into all parts of the thawed turkey. (Strain marinade if it is too thick to pass through the injector.)
4. Gently massage turkey to distribute marinade.
5. Place turkey in a large plastic bag (cooking bag or foodservice grade plastic bag). Close bag and refrigerate overnight.
6. Remove turkey and drain excess marinade. Scrape off excess marinade and discard. Do NOT re-use marinade to baste the turkey.
7. Fold neck skin and fasten to the back with 1 or 2 skewers. Fold the wings under the back of the turkey. Return legs to tucked position.
8. Place turkey, breast side up, on a rack in a large shallow (about 2½ inches deep) roasting pan. Rub turkey with salt and pepper.
9. Insert oven-safe meat thermometer into the thickest part of the thigh, being careful the pointed end of the thermometer does not touch the bone.

10. Roast the turkey in a preheated 325° oven about 3¾ hours. During the last hour of roasting time, baste with pan drippings. If necessary, loosely cover with foil to prevent excessive browning.
11. Continue roasting until the thermometer registers 180° in the thigh, or 170° in the breast. Remove turkey from the oven and allow it to rest for 15-20 minutes before carving.
12. Place on a warm large platter and garnish with fresh herbs and lemon wedges.

### Herb Rubbed Turkey Au Jus *12 servings*

1 whole turkey (about 15 lbs.), thawed	For the au jus: (instead of gravy)
1 Tbsp olive oil	2 tsp dried sage
½ C water	1 Tbsp dried oregano
For the rub:	2 Tbsp chopped fresh parsley
2 tsp dried sage	1 Tbsp Truvia
1 Tbsp dried oregano	1 C defatted pan drippings
1 Tbsp chopped fresh parsley	½ C water

1. Preheat oven to 325°.
2. In a small bowl, combine the sage, oregano, and parsley for the rub. Mix and set aside.
3. Prep the turkey, removing the neck and giblets; discard. Rinse well and pat the turkey dry with paper towels.
4. Place a spoon between the layer of skin and meat around the neck area to gently loosen the skin. Place the breast-side up in a roasting pan. Add approximately a tablespoon of the herb mixture under the skin. Lightly coat the outside of the turkey with olive oil. Place the remaining herb mixture on the outside of the bird.
5. Loosely tie the legs together and place in the center of the oven.
6. Cook for 1½ hours, and then cover the turkey with foil to prevent overcooking. Allow to cook for a total of 3 to 3.5 hours. The turkey is done when the breast reaches 170° to 175°.
7. Remove from the oven and let the turkey stand for 20 minutes to allow juices to settle in the meat. Add ½ C water to the pan and pour pan drippings into a gravy separator. Reserve 1 cup of defatted pan drippings for the au jus.
8. To make the au jus, combine the sage, oregano, parsley, water, and Truvia in a saucepan. Simmer over medium heat until reduced by half. Add the defatted pan drippings and bring to a low boil, stirring often.
9. Carve the turkey and pour au jus over the meat. Serve immediately.

## *Side*

### Zesty Green Beans *4-6 servings*

8 oz. fresh green bean, ends snapped	2 Tbsp water
2 Tbsp olive oil	chopped fresh chives
8 oz. fresh yellow beans, ends snapped	Kosher salt or sea salt

In a large skillet heat olive oil on medium high. Add the beans and stir to coat with olive oil. Add the water and cover. Stir occasionally until cooked. Remove from heat and stir in fresh chives. Season with salt to taste.

### Cheesy Cauliflower Mashed "Potatoes" *4 servings*

1 medium head cauliflower	2 Tbsp heavy whipping cream
4 oz. low fat white cheddar cheese	garlic powder, pepper, dried chives to taste
¼ C chicken stock	

Break the cauliflower up into florets or chop. Cook in the microwave or steam until very tender. Grate the cheese and combine all ingredients into blender or food processor. Once combined place in a crock pot and place on medium heat.

## *Dessert*

### Melissa's Non-Cobbler *2 cups of fruit serve 4 people*

fresh peaches or apples	cinnamon
Stevia	

Apples or peaches need to be peeled, pitted, seeded, and sliced. Preheat oven to 375°. Spray baking dish with non-stick cooking spray. Evenly distribute fruit in the dish. Sprinkle with Stevia and toss, ensuring all pieces are coated. Then sprinkle fruit with cinnamon. Bake for 20-30 minutes or until fruit is fork tender. Serve warm.