

LIFESTYLE

Punch of This or That Dash of That

By Jill Hatton
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Nicholas County Extension Office

Healthy Holiday Cooking-A Matter of Choice (part 3)

I hope that everyone enjoyed their Thanksgiving holiday. I was sick through pretty much all of it, so that is one way to make sure that you do not consume too much food during the holidays. Another way is to adapt recipes to reduce the fat, cholesterol, and sodium. There is a three step approach to adapting recipes. First, look for the "problem" ingredients that make a recipe high in fat, cholesterol, or sodium. Second, find low-fat or low-sodium substitutes to replace these ingredients. You can reduce amount of the ingredient or substitute a healthier one. Sometimes you can even eliminate the unhealthy ingredient completely and the food will taste just as good. Finally, change your method of food preparation. For example, instead of deep-frying a food item try broiling or baking the food.

To show an example the following is a recipe for a favorite of most people—brownies. I will give you the original recipe; follow that with a lower fat recipe; follow that with a low fat recipe.

Original Brownie Recipe
Yield: 16 servings
1 cup margarine
1 cup sugar
1 egg
1/2 teaspoon vanilla
1/2 cup flour
1/2 cup cocoa
1/2 teaspoon baking powder
1/8 teaspoon salt
1/2 cup chopped walnuts

LOWER FAT Brownies

1/2 cup margarine (cut the margarine in half)
1/2 cup chopped walnuts
2/3 cup flour (reduced fat flour)
1/2 cup cocoa
1/2 teaspoon baking powder
1/8 teaspoon salt
1/2 cup unsweetened applesauce (add this along with the margarine to lower the fat)

Light Pumpkin Pie

1 cup ginger snaps or Graham crackers (I have used the low fat graham cracker crust for this recipe).
1 can (16 ounces) pumpkin
3 egg whites
1/2 cup sugar (works fine with sugar substitute also)
2 teaspoon pumpkin pie spice
1 can (12 ounces) evaporated milk (I have used the fat-free also)

Preheat the oven to 350 degrees.
1. In a food processor for use

the lower fat crust already ready. Lightly spray a 9 inch glass pie plate with vegetable cooking spray. Put the crumbs into the medium size bowl. Pour into the crust and bake until a knife inserted into the center comes out clean or after 45 minutes.

Nutritional Information:
Yield: 8 slices. Calories: 165 per slice. Total fat: 1.5 grams. Carbohydrates: 32 grams; Fiber: 2 grams; Protein: 6 grams.

No Fat Glaze (for the Angel Food Cake)

1/2 cup powdered sugar
1/2 cup water
1 teaspoon vanilla.
Mix until smooth and drizzle over cooled cake.

Nutritional Information:
Yield: 16 servings. Serving size: 1 tablespoon. Calories: 20. Total Fat: 0 grams; Total carbohydrates: 5 grams.

***University of Kentucky Cooperative Extension Services Publication Adapting Recipes and Healthy Holiday Foods a Matter of Choice.**

Chocolate Angel Food Cake

1 Angel Food Cake Mix
1/3 cup honey
1/2 cup cocoa
1/2 cup honey

Blend on high with mixer for 2 minutes. Bake at 350 degrees for 35-45 minutes in an angel food cake pan.

Light Pumpkin Pie

1 cup ginger snaps or Graham crackers (I have used the low fat graham cracker crust for this recipe).
1 can (16 ounces) pumpkin
3 egg whites
1/2 cup sugar (works fine with sugar substitute also)
2 teaspoon pumpkin pie spice
1 can (12 ounces) evaporated milk (I have used the fat-free also)

Preheat the oven to 350 degrees.
1. In a food processor for use

Original Brownie

133 calories
9 grams fat
49% fat calories
13 mg cholesterol

Lower Fat Brownie

117 calories
3% fat calories
13 mg cholesterol

Low Fat Brownies

117 calories
3% fat calories
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1/2 cup unsweetened applesauce (add this along with the margarine to lower the fat)

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Thoughts from... the Pastor's Study

By Bro. Donald Riggs
Retired Pastor

The Message. I am very thankful. If I would not be thankful, I can find a lot of things to be thankful for, some of these come to us at great cost.

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Lord, and the law is my delight. Let my soul live, and it shall praise thee; and let thy judgments help me. I have gone astray like a lost sheep; seek thy servant; for I do not forget thy commandments.

(This is my story.) I was raised in a Christian home and I gave my heart to Jesus at age five. We moved from the home that we lived in when I was seven years old; we had moved to another county and did not find a church to go to. At five I asked Jesus to be a friend to me and stay with me all day and He did. But I forgot, with whom is no variableness, but He is true, and He is not shadow of turning.

Palm 119:174-176. I have longed for thy salvation, O

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Howard Family Reunion

Howard Family Reunion
Thanksgiving Day
Mr. and Mrs. W.C. Jefferson hosted a family reunion. With the following people in attendance: Betty Howard, Jackie, Letha, Morgan and Chris Howard, Jeremy, Tabitha, Stephanie, Jake, Michael, Garrett, Blaine Duncan, Myr, Duncan, Ollie, Howard, Peggy, Haley, Helen, Howard, Jamie, Caleb, Mark and Zoe Livingston, Allen, James and Anna Smoot. Edith, Johnny, Heather, Parcell, Eric and Christina Alder, Ronnie, Rita, McCarty, W.C. Addis, Willie, Tony, Teresa, Bern and Mitchell Jefferson, Debbie, Lacey, Drake

Osborne, Nathan Hicks all from Carlisle, Debbie and Elizabeth McCarty, Brian Reeves, Anthony Heon, Daniels, Christian, Tress, Cheyenne, Aaron, Andriana, Ray Amer, Mr. Sterling, Steven, Rebecca, Jacob and Nicholas Craycraft from Cynthiahna, Dean, Teresa, Jessica, DeChafin, Lexington, Karen, Michelle, Tubbs, Barbara, James, Steven, Ashley, Ann, Mark and Zoe Livingston, Allen, Shelby, Harley, Fryman, Cindy Kearns from Millersburg, Eric and Christina Alder, Ronnie, Rita, McCarty, W.C. Addis, Willie, Tony, Teresa, Bern and Mitchell Jefferson, Debbie, Lacey, Drake

Mattox, Paul Sue, Robin Mattox, Cliff, Nina, Charity and Cynthia Clark from Richmond, Helmer, Rogina, Christiana Smith from Charlottesville, North Carolina