

# Healthy Holidays

Brought to you by the Family Nutrition Program in partnership with the University of Florida Institute of Food and Agricultural Sciences

## MyPlate 4 Step Plan for the Holidays

The holidays are here! With all the bustle and activity that accompanies this season, there is a good chance that it will be harder to stick to regular meal and exercise patterns. The good news is that, if you can remember MyPlate’s most important messages, you will still be able to eat healthy while enjoying the holiday season.

Here is how to adopt MyPlate’s message about fruits and vegetables during the crazy holiday rush.

### 1. Fill half your appetizer plates with vegetables.

Check out the differences between these two plate options:

#### Plate 1: 546 calories

- 4 mini quiche: 240 calories
- 2 slices of cheddar cheese: 226 calories
- 5 crackers: 80 calories

#### Plate 2: 145 calories

- 1 cup of carrots and celery: 25 calories
- 2 mini quiche: 120 calories

### 2. Fill half your dessert plate with fruit.

Instead of loading your plate with pie, cake, brownies, and cookies, fill it up with fruit. You can leave room for a piece of your favorite treat too. Compare these two options:

#### Plate 1: 900 calories

- Slice of pecan pie: 500 calories
- 1 butter cookie: 200 calories
- 1 peppermint brownie: 200 calories

#### Plate 2: 290 calories

- 1 cup of fresh fruit: 90 calories
- 1 cookie or half a slice of pie: 200 calories

### 3. Make a healthful place for lunch and dinner.

No matter where you eat, using MyPlate’s methods of portion control can help you reduce the number of calories you consume. Make MyPlate at home, when you eat out, and when you are a guest somewhere else. Instead of having a big bowl of pasta and meatballs for dinner, try adding fresh veggies like spinach or broccoli to replace half the meatballs!

### 4. Eat a healthful snack plate that is filled with fruits and veggies before you go to a party.

Let’s be honest, we realize that it is not always to eat MyPlate at someone else’s home or the office potluck. So here is one more strategy to try. Eat your fruits and veggies before you go out. That way when you do go out, you can have a smaller serving of what your host is offering and still stay healthy.



### Inside This Edition

MyPlate 4 Step Plan for the Holidays ..... 1

Makeover Your Holiday Meals with MyPlate.....2





# MyPlate Holiday Meal Makeover

## Green Bean Casserole

**SERVES 8**

### INGREDIENTS:

- 4 cups fresh green beans, trimmed
- 1 cup onion, diced
- 2 cups mushrooms, diced
- 1 1/2 Tbsp butter
- 2 Tbsp flour
- 1 cup skim milk
- 1 Tbsp Worcestershire sauce
- 1/8 tsp black pepper
- 1/8 tsp garlic powder
- 3/4 tsp salt
- 16 low sodium whole wheat crackers
- 1 tsp olive oil
- 1/2 tsp onion powder



### INSTRUCTIONS:

1. Blanch the green beans in boiling water for about 3 minutes for crisper beans, longer for a softer texture. Then plunge into ice water. Drain and set aside.
2. Place diced onions and mushrooms in a microwavable bowl and microwave for about 1.5 minutes on high to soften. Set aside.
3. Melt the butter over medium heat. Once heated, stir in flour with a whisk and cook for about 2 minutes while continuously whisking.
4. Whisk in the milk and cook over low heat until you have a thick white sauce.
5. Stir in Worcestershire sauce, garlic powder, black pepper, and salt.
6. Stir in the drained green beans, onions, and mushrooms into the white sauce.
7. Pour into a casserole dish sprayed with nonstick spray
8. Crush the crackers and toss crumbs with olive oil and onion powder. Sprinkle over the top of the casserole.
9. Bake at 350 degrees Fahrenheit for about 30 minutes or until crackers are golden brown.

