



United States Department of Agriculture

MyPlate **KITCHEN**

Christmas

Waldorf Salad

Makes: 6 Servings

Ingredients:

1/4 cup walnuts (chopped)

2 apples (cored and diced)

1 cup celery (diced)

1/2 cup raisins

1/4 cup plain yogurt, non-fat

1/2 teaspoon sugar

1 teaspoon lemon juice

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees.
3. Place chopped walnuts on a baking sheet and bake for 12-15 minutes. Stir occasionally until they are evenly toasted.
4. Combine apples, celery, nuts, and raisins.
5. Stir together yogurt, sugar, and lemon juice. Pour over apple mixture and toss lightly.
6. Refrigerate leftovers within 2 hours.

Cranberry Ham Slice

Makes: 6 Servings

Ingredients:

1 cup brown sugar, firmly packed

1/2 tablespoon cornstarch

1/2 teaspoon allspice

2 cups cranberry juice cocktail

2 tablespoons lemon juice

1/4 cup raisins, seedless

2 ham slices, 1-inch thick

Directions:

1. Wash hands with soap and water.
2. Set dial of temperature-controlled burner at 225°F. Combine brown sugar, cornstarch, and allspice in a saucepan.
3. Gradually add the next three ingredients and stir. Cook until sauce thickens and boils.
4. Place one slice of ham in greased baking dish. Pour one half of the sauce over the ham slice. Top with second slice. Add remaining sauce.
5. Bake, covered in 350°F oven for 45 minutes.

Brown Rice Pilaf with Sage, Walnuts and Dried Fruit

Makes: 8 Servings

Ingredients:

canola cooking spray (as needed)

1 onion (medium, chopped)

2 celery stalks (small, ends trimmed and chopped)

2 cups rice (brown, uncooked)

2 1/2 cups water

2 cups vegetable broth (fat-free, reduced sodium)

1/4 cup raisins (dark)

1/4 cup apricots (dried, chopped)

walnuts (1/4 cup, chopped, optional)

1 teaspoon sage (dried)

2 teaspoons sage (fresh, chopped)

salt (to taste, optional)

pepper (to taste, optional)

Directions:

1. Wash hands with soap and water.
2. Spray the large skillet with canola cooking spray. Heat skillet over medium heat.
3. Sauté onion and celery until tender, about 5 minutes. Add brown rice and sauté for 5 minutes.
4. Add water, broth, raisins, and apricots; heat to boiling. Reduce heat to low, cover and simmer until rice is tender and liquid is absorbed, about 50 minutes.
5. Stir in walnuts if desired, sage, salt and pepper.
6. Transfer to serving dish. Garnish with fresh sage and serve immediately.

Dutch Green Beans

Makes: 4 Servings

Ingredients:

1 can green beans (15 ounces)

1 Tablespoon brown sugar

1 teaspoon cornstarch

1/3 cup vinegar

1 onion (small, sliced)

Directions:

1. Wash hands with soap and water.
2. Drain the beans and save the liquid from the can in small bowl.
3. Pour 1/2 cup bean liquid into the saucepan.
4. Add the cornstarch in the bean liquid. Stir well.
5. Add the vinegar and brown sugar.
6. Put on medium heat and bring to a boil.
7. Turn the heat to low.
8. Add the green beans and onions. Heat and serve.

Maple Sweet Potatoes

Makes: 2 Servings

Ingredients:

2 sweet potatoes (large)

2 tablespoons yogurt, non-fat

1 tablespoon maple syrup

1 tablespoon orange juice

Directions:

1. Wash hands with soap and water.
2. Prick potato skins with a fork. Microwave on high for 3 to 4 minutes until soft and easily pierced with a knife.
3. Scoop out the pulp into a medium bowl. Mash the pulp and stir in the yogurt, maple syrup, and orange juice. Transfer to a microwave safe serving bowl and microwave for 1 to 2 minutes to heat through.

Soul-Healthy Cornbread

Makes: 12 Servings

Ingredients:

1 cup cornmeal
1 cup flour (all purpose)
1/2 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 cup low-fat buttermilk
1/2 cup applesauce, unsweetened
4 egg whites (1/2 cup)
2 tablespoons vegetable oil

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees. Lightly spray and 8-inch square pan with vegetable oil cooking spray.
3. Mix dry ingredients in a medium-sized mixing bowl.
4. Add the rest of the ingredients and mix well by hand.
5. Pour the batter into the sprayed pan and shake to make it level.
6. Bake until a toothpick inserted in the center comes out clean, about 25 minutes.
7. Allow to cool, then cut into 12 squares.

Deep Dish Apple Cranberry Pie

Makes: 10 Servings

Ingredients:

4 apples (large, peeled, cored, and sliced)

2 1/2 cups cranberries (fresh or frozen)

3/4 cup sugar

1/4 cup flour (all purpose)

1 teaspoon apple pie spice

1 pie crust (prepared)

Directions:

1. Wash hands with soap and water.
2. Stir all ingredients (except for the pie crust) together in a medium sized mixing bowl and place in a 10-inch-deep dish pie pan.
3. Place one pie crust on top of the fruits. Cut 3 or 4 slits to allow the steam to escape.
4. Bake at 375 degrees for about an hour. Serve warm. Refrigerate any leftovers.