



Holiday Nights Healthy Recipes 2017

Try these health-conscious versions of seasonal favorites, modified by Beaumont Health, and you just might change the way you pick your menus year-round.

Cranberry Sauce

Pour scalding water upon them, as this will make it much more easy to separate the defective ones from the good, than if they are washed in cold water. Measure the fruit, and allow two quarts of sugar for five of fruit. Boil the cranberries till they are soft in half as much water as fruit. Stir them very often. When they are soft add the sugar, and boil gently as possible for half an hour more. They are very liable to burn, and therefore should be carefully attended to. If you like cranberry sauce very sweet, allow a pound of sugar for a pound of fruit. Cranberries keep very well in a firkin of water in the cellar, and if so kept, can be stewed fresh at any time during the winter.

Young Housekeeper's Friend, Mary Hooker Cornelius, 1859, p. 104

Cranberry Sauce (modified)

5 quarts fresh cranberries
5 cups 100% orange juice
5 cups unsweetened applesauce
2 cups honey or pure maple syrup
7 cups water
¼ cup orange zest (optional)

Put cranberries, orange juice, applesauce, honey and water in a saucepan and bring to a boil. Reduce to medium heat, stirring frequently until cranberries begin to soften. Reduce to a simmer and add the orange zest. Allow to simmer for another 10-15 minutes. Cool completely and place in fridge for 4 hours.

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Potato Stuffing

2 cups hot mashed potato
1 ¼ cups soft stale bread crumbs
¼ cup finely chopped fat salt pork
1 finely chopped onion
⅓ cup butter
1 egg
1 ½ teaspoons salt
1 teaspoon sage

Add to the potato, bread crumbs, butter, egg, salt and sage; then add pork and onion.

Boston Cooking School Cook Book, Fannie Merritt Farmer, 1896, p. 228.

Potato Stuffing (modified)

2 cups hot mashed potatoes
1 ¼ cups soft stale whole-wheat breadcrumbs
¼ cup olive oil
2 egg whites
1 teaspoon sage
¼ cup low-sodium turkey bacon, finely chopped
1 onion, finely chopped

Add to the potatoes breadcrumbs, olive oil, egg whites, and sage; then add turkey bacon and onion.

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Leek and Potato Soup

Leek and potato soup is another of the same French-woman's dishes. Cut several leeks, or, if they cannot be had, an onion or two, into pieces, and fry them without browning in butter. Add potatoes cut into dice and a seasoning of salt and pepper, and boil. When they are soft push them through a colander, and thicken with a tablespoonful of flour potatoes and a quart of water will be wants. Instead of using the water in which the potatoes have boiled, milk may be used.

Cooking in the Old Creole Days, Celestine Eustis, 1904, p. 2

Leek and Potato Soup (modified)

- 1 ¼ cups (3 large) leeks, cleaned, thinly sliced
- ¼ cup canola or grapeseed oil
- 1 pound russet potatoes, peeled, diced
- 6 cups low-sodium vegetable stock
- 2 teaspoons pepper
- 1 cup skim milk
- 1-2 teaspoons lemon juice

In a large stockpot, fry leeks without browning in oil. Add the potatoes, vegetable stock and pepper and bring to a boil. Reduce the heat to low and simmer for 30 to 40 minutes or until the vegetables are tender. Blend until smooth, either using an immersion blender or by carefully transferring to a blender in batches. Stir in the milk and lemon juice until everything is combined evenly.

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Eastern Shore Crab Cakes

1 pound crab meat
 Salt and pepper to taste
 1 egg
 ¼ pound butter
 1 tablespoon lemon juice
 1 hard-boiled egg (cut up)
 1 tablespoon Worcestershire sauce
 Bread crumbs

Put crab meat in a bowl and season to taste with salt and pepper. Add slightly beaten egg, melted butter, lemon juice, hard-boiled egg and Worcestershire sauce. Then add just enough soft bread crumbs to make it into cakes (2-3 slices). Fry the cakes a golden brown.

Maryland's Way, Mrs. Lewis R. Andrews and Mrs. J. Reaney Kelly, edited edition 1963, p. 57

Eastern Shore Crab Cakes (modified)

1 pound crab meat
 ½ teaspoon salt
 1 teaspoon pepper
 2 egg whites
 ⅓ cup olive oil
 1 tablespoon lemon juice
 1 hard-boiled egg, cut up
 1 tablespoon Worcestershire sauce
 Whole-wheat breadcrumbs

Put crab meat in a bowl and season to taste with salt and pepper. Add slightly beaten egg whites, olive oil, lemon juice, hard-boiled egg and Worcestershire sauce. Then add just enough soft whole-wheat breadcrumbs to make it into cakes (2-3 bread slices). Pan fry the cakes with olive oil until a golden brown.

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