



HEALTHY AT 80

Happy, Healthy Holiday Cookbook!

Wishing you a peaceful, joyous, healthy, and delicious holiday season, from our family to yours.

Sweet potatoes are a nutritional powerhouse. An excellent source of beta-carotene, a powerful antioxidant, they're also a good source of vitamin C, dietary fiber, and potassium. Best of all, they taste like a dessert! This is one holiday favorite worth adding to your meals year round.

Decadent AND Good for You Sweet Potato Casserole

2 1/2 pounds sweet potatoes, cut into 1-inch cubes

3/4 cup packed brown sugar

1/4 cup butter, softened

1 1/2 teaspoons salt

1/2 teaspoon vanilla extract

1/2 cup finely chopped pecans, divided

2 cups miniature marshmallows

~ Preheat oven to 375°. Place the sweet potatoes in a Dutch oven, and cover with cold water. Bring to a boil. Reduce heat, and simmer for 15 minutes or until very tender. Drain; cool slightly.

~ Place potatoes in a large bowl. Add sugar and next 3 ingredients (through vanilla). Mash sweet potato mixture with a potato masher. Fold in 1/4 cup pecans. Scrape potato mixture into an even layer in an 11 x 7-inch baking dish coated with cooking spray. Sprinkle with remaining 1/4 cup pecans; top with marshmallows. Bake at 375° for 25 minutes or until golden. ~ *Cooking Light*, November 2007



Calories	186
Calories from fat	27 %
Fat	5.5 g
Satfat	2 g
Monofat	2.3 g
Polyfat	0.9 g
Protein	1.6 g
Carbohydrate	33.1 g
Fiber	2.5 g
Cholesterol	8 mg



Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80

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Pecan Pie Remix!

A typical slice of this nutty dessert can cost you over 500 calories. Top it with a scoop (1/2 cup) of vanilla ice cream, and you may be pushing 650 calories and 8g saturated fat! Ouch! Try our lightened version, which has just 311 calories and the benefits of whole grain oats!

*1/2 (15-ounce) package refrigerated pie dough
 Cooking spray
 1 cup packed dark brown sugar
 1 cup light corn syrup
 2/3 cup regular oats
 1/2 cup chopped pecans
 2 tablespoons butter, melted
 1 teaspoon vanilla extract
 1/4 teaspoon salt
 2 large eggs, lightly beaten
 2 large egg whites, lightly beaten*

Calories 311
Caloriesfromfat 33 %
Fat 11.3 g
Satfat 3.5 g
Monofat 5 g
Polyfat 2.6 g
Protein 3.2 g
Carbohydrate 51.4 g
Fiber 1 g
Cholesterol 42 mg
Iron 0.8 mg
Sodium 181 mg
Calcium 30 mg

~ Preheat oven to 325°. Roll dough into an 11-inch circle. Fit into a 9-inch pie plate coated with cooking spray. Fold edges under; flute.
 ~ Combine brown sugar and remaining ingredients, stirring well with a whisk. Pour into prepared crust. Bake at 325° for 50 minutes or until center is set. Cool completely on a wire rack.

~ Cooking Light, November 2007

Holiday Table Center Stage

Sweet honey and toasty sesame team up for a flavor combo everyone at the holiday table is sure to love. Serve with precooked brown rice for a quick and easy side to soak up sauce from the chicken.

*6 tablespoons chicken stock
 1/3 cup honey
 2 Tbsp dark sesame oil
 1 1/2 Tbsp mustard
 4 (6-ounce) skinless, boneless chicken breast halves
 1/2 tsp salt, divided
 1/4 tsp ground black pepper
 2 tsp toasted sesame seeds*

~ Combine stock, honey, 1 Tbsp oil, & mustard in a small saucepan over med-high heat, stirring with a whisk; bring to a boil. Reduce heat; cook 10 min or until syrupy, stirring occasionally.
 ~ Heat a large nonstick skillet over med-high heat. Add 1 Tbsp oil to pan; swirl to coat. Sprinkle chicken with 1/2 tsp salt & 1/4 tsp pepper. Add chicken to pan; cook 6 minutes on each side or until done.
 ~ Pour honey mixture over chicken, and sprinkle with sesame seeds.

Calories 434
Fat 16.8 g
Satfat 4 g
Monofat 5.9 g
Polyfat 4.4 g
Protein 40 g
Carbohydrate 33 g
Fiber 4 g
Cholesterol 116 mg
Iron 2 mg
Sodium 652 mg



Great Green Beans!

Green beans are one of the healthiest foods you can eat during the holidays (or any time of year).

They're a good source of vitamins A, C, and K, manganese, dietary fiber, potassium, folate, and iron.

The key is how you prepare them. Best bet? Boil or steam them, and use healthful seasonings (and even butter, in moderation!)

2 pounds green beans
2 bacon slices
1/4 cup minced shallots
3 Tbsp chopped almonds
2 tablespoons brown sugar
1/4 cup balsamic vinegar

Cook green beans in boiling water for 2 minutes. Drain and rinse under cold water. Drain well; set aside. Cook bacon in a small skillet over medium-high heat until crisp.

Remove bacon from skillet. Crumble; set aside. Add shallots to bacon fat in skillet; sauté 1 minute. Add almonds; sauté 1 minute. Remove and let cool. Add sugar and vinegar; stir until sugar dissolves. Add crumbled bacon. Pour vinaigrette over beans, tossing gently to coat.



Morning Treat: Mocha Hot Chocolate!

- 2/3 cup boiling water
- 2 ounces dark or bittersweet (60 to 70% cocoa) chocolate, finely chopped
- 1 1/3 cups 1% low-fat milk
- 1 cup brewed espresso or strong coffee
- 1/4 cup unsweetened cocoa powder
- 1/4 cup packed brown sugar
- 1 2-inch piece orange rind strip
- 1/4 cup frozen fat-free whipped topping, thawed



Combine 2/3 cup boiling water and chopped chocolate in a medium saucepan, stirring until chocolate melts. Add milk and next 4 ingredients; cook over medium-low heat, stirring with a whisk. Heat 5 minutes or until tiny bubbles form around edge of pan, stirring frequently (do not boil). Discard rind. Pour 1 cup mixture into each of 4 mugs & serve each with 1 Tbsp whipped topping.

Nutrition Bites!

Healthy Holiday Guide

- ⇒ Before you toast the holiday season with a glass of eggnog, consider this: an 8-oz serving can easily exceed 250 calories and 5g saturated fat. (Wouldn't you rather have dessert? I would!) Choose a 4 oz. glass of wine instead. And here's a non-alcoholic drink you could sip all night long: seltzer water mixed with a bit of 100 percent fruit juice.
- ⇒ Those innocent looking dips could be dangerous! That healthy-sounding spinach dip may be heavy with cheese, and it's easy to just keep dipping away. The calories, saturated fat, and sodium lurking in creamy dips (and the crackers and chips dipped in them) adds up. Choose hummus or salsa instead, and use fresh veggies as dippers!
- ⇒ In their natural state, potatoes offer plenty of nutrients (Vitamin C and potassium, for starters) in relatively few calories. But beware of potatoes prepared with too much butter, whole milk, heavy cream, or other fatty ingredients, which can wreck a nutritious choice by adding lots of calories and saturated fat. Instead, boost flavor with just a small amount of a butter or cheese.
- ⇒ Creamy soups can contain an entire meal's worth of calories! When whole milk or heavy cream is used as the base, they also add artery-clogging saturated fat. For a much healthier alternative, stick with broth-based soups. If you prefer thicker soups, choose vegetable purées made with water or skim milk as a base – their smooth, creamy texture feels indulgent, and the puréed veggies provide a nutritional bonus.



Calories	177
Calories from fat	27 %
Fat	5.4 g
Satfat	3.1 g
Monofat	1.7 g
Polyfat	0.1 g
Protein	4.4 g
Carbohydrate	32 g

Delicious & Nutritious

Whether you're baking for the kids and Santa or creating homemade treats for gifts, this is a creative, delicious, and healthful holiday candy! Using a dark (72% cacao) chocolate brings an intense, not-too-sweet, almost fruity flavor to this bark. If you prefer a sweeter chocolate, substitute bittersweet (60% cacao) chocolate.

Chocolate-Caramel Bark with Quinoa

1/2 cup uncooked quinoa
1/1/3 cup turbinado sugar
7 ounces dark (72% cacao) chocolate, finely chopped
1/4 teaspoon sea salt



1. Heat a large nonstick skillet over medium heat. Add quinoa; cook 3 minutes or until lightly toasted, stirring constantly. Add the sugar; cook, stirring constantly, an additional 6 minutes or until sugar is melted and amber colored. Transfer mixture to a baking sheet lined with parchment paper; spread to a thin, even layer. Cool completely. Place cooled mixture in a zip-top plastic bag; gently tap with a rolling pin to break apart any clusters. Reserve 1/3 cup mixture; set aside.

2. Place chocolate in a microwave-safe bowl. Microwave at 20% power for 15 seconds; remove bowl from microwave, and stir. Repeat procedure about 4 or 5 times, micro-waving and stirring until most of chocolate has melted. Let stand 1 minute or until chocolate is thoroughly melted and smooth, stirring occasionally. Stir in quinoa mixture (except reserved 1/3 cup).

3. Pour chocolate-quinoa mixture into a 13 x 9-inch baking dish lined with parchment paper. Spread to 1/16-inch thickness. Sprinkle with reserved 1/3 cup quinoa and sea salt. Gently press to adhere. Freeze 5 to 10 minutes to set. Break bark into 15 pieces (about 1 ounce each).

~ Cooking Light, December 2015

Community Health Centers of Greater Dayton

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Calories	121
Fat	6.3 g
Satfat	3.9 g
Monofat	0.1 g
Polyfat	0.2 g
Protein	2 g
Carbohydrate	14 g
Fiber	2 g
Cholesterol	0.0 mg
Iron	3 mg

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