

Twelve Days of Recipes



We want to thank you for your interest in these company-pleasing, heart-healthy holiday recipes. Enclosed are twelve recipes of appetizers, main dishes, side dishes and soups and of course, yummy desserts - just in time for your holiday get-togethers.

These easy-to-prepare recipes are taken from Southeast Missouri Hospital's popular cookbook, *A Taste on the Light Side*. Don't forget to turn over the cards for the nutritional breakdown of each recipe.

Southeast Missouri Hospital wishes you and your family a blessed-filled holiday season and healthy new year.



A HEALTHIER LOOK AT HEALTHCARE.

For more healthy recipes, visit our web site at
www.southeastmissourihospital.com/recipe

Caramel Oranges

From the kitchen of Tom Harte



- 1 cup sugar**
- 1/2 cup hot orange-flavored tea**
- 1-2 drops oil or orange or 1/4 tsp. vanilla**
- 4 medium navel oranges**
- 4 teaspoons finely snipped crystallized ginger**

Peel oranges and slice crosswise. In a small, heavy saucepan heat sugar, without stirring, over medium-high heat just until it begins to melt. Reduce heat to medium-low and cook and stir until sugar is melted and a deep golden color, about 4 minutes. Be careful not to burn. Remove from heat and very slowly add the hot tea and stir to incorporate. (You may need to return mixture to heat to dissolve all hard sugar particles.) Stir in orange oil or vanilla. Pour syrup into six rimmed soup bowls and arrange orange slices on top (about three slices per serving). Sprinkle with crystallized ginger.

Lowfat Cheese Ball



- 1 (8 oz) pkg fat free cream cheese**
- 1 (4 oz) pkg 1/3 less fat cream cheese**
- 3 slices lean smoked deli beef, cut into small pieces**
- 3 chopped green onions, tops only**
- 1/2 cup chopped red bell pepper**
- 1/2 cup Grape Nut Cereal**

Combine first five ingredients and form into a ball. Roll in grape nuts until completely covered.

Nutrition Facts

Serving Size 1/6 recipe (114g)
Servings Per Container 6

Amount Per Serving	Calories from Fat 0
% Daily Value*	
Calories 170	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 44g	15%
Dietary Fiber 1g	5%
Sugars 39g	
Protein 0g	
Vitamin A 10%	Vitamin C 30%
Calcium 2%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000
Total Fat	Less than 65g
Saturated Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g
Calories per gram:	Fat 9 • Carbohydrate 4 • Protein 4

Caramel Oranges

Nutrition Facts

Serving Size 2 tbsp (44g)
Servings Per Container 12

Amount Per Serving	Calories from Fat 10
% Daily Value*	
Calories 50	
Total Fat 1g	2%
Saturated Fat 0.5g	4%
Cholesterol 5mg	2%
Sodium 200mg	8%
Total Carbohydrate 6g	2%
Dietary Fiber less than 1 gram	3%
Sugars 1g	
Protein 5g	
Vitamin A 15%	Vitamin C 20%
Calcium 4%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000
Total Fat	Less than 65g
Saturated Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g
Calories per gram:	Fat 9 • Carbohydrate 4 • Protein 4

Lowfat Cheese Ball

Wild Rice and Chicken Casserole



- 1 (6 oz) package long-grain and wild rice mix
- 1/2 cup chopped onion
- 1 cup chopped green bell pepper
- 1/2 lb sliced fresh mushrooms
- 1 tbsp olive oil
- 3/4 lb chopped cooked chicken

- 1 (10 3/4 oz) can Campbell's Healthy Request cream of mushroom soup, undiluted
- 1 cup fat free shredded cheddar cheese
- 1/2 cup light sour cream
- 1/4 cup coarsely chopped pecans

Cook rice mix according to package directions. Sauté onion, bell pepper, and sliced mushrooms in hot oil 5 minutes or until tender. Add rice, chicken, and next 4 ingredients. Spoon into a 11x7 inch baking dish, sprayed with nonstick cooking spray. Bake at 325 degrees for 35 minutes.

Chocolate Trifle

From the kitchen of Mary-Ann Maloney



- 1 pkg (18 oz) fat free brownie mix
- 3 (1.4 oz) pkg fat free, sugar free chocolate instant pudding mix
- 1 (12 oz) pkg fat free whipped topping
- 1/2 pkg Hershey's Skor toffee chips (found in the baking aisle)

Make the brownies according to the package and let them cool. Then crumble the brownies in the bottom of a 3-quart trifle dish. Top with 1/3 each of pudding, whipped topping and toffee bits. Repeat layers twice with remaining ingredients, ending with toffee bits. Chill 8 hours.

Nutrition Facts

Serving Size 1 cup (233g)
Servings Per Container 6

Amount Per Serving	Calories from Fat 90
% Daily Value*	
Calories 350	
Total Fat 10g	16%
Saturated Fat 2.5g	13%
Cholesterol 60mg	20%
Sodium 910mg	38%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	6%
Sugars 4g	
Protein 29g	
Vitamin A 10%	Vitamin C 35%
Calcium 25%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Wild Rice and Chicken Casserole

Nutrition Facts

Serving Size ~3/4 cup (78g)
Servings Per Container 16

Amount Per Serving	Calories from Fat 60
% Daily Value*	
Calories 280	
Total Fat 7g	10%
Saturated Fat 3.5g	18%
Cholesterol 15mg	5%
Sodium 500mg	21%
Total Carbohydrate 50g	17%
Dietary Fiber less than 1 gram	3%
Sugars 31g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Chocolate Trifle

Cheesy Potato Soup



- 1 3/4 cups chicken broth, defatted**
- 2 cup peeled and diced potatoes**
- 1/2 cup finely shredded carrots**
- 1/4 cup finely chopped onions**
- 1/4 cup finely chopped celery**

- 1 (12 oz) can evaporated skim milk**
- 1/4 cup skim milk**
- 3 tablespoons cornstarch**
- 1 cup fat free sharp cheddar cheese**

In a medium saucepan, combine the broth, potatoes, carrots, onion and celery. Bring to a boil, then reduce the heat. Cover and simmer about 10 minutes or until the vegetables are tender. Using the back of a fork, slightly mash several potatoes against the side of the saucepan. In a custard cup, stir together 1/4 cup of the skim milk and the cornstarch until smooth. Then stir the cornstarch mixture into the broth mixture. Add the evaporated skim milk. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Slowly stir in the cheeses. Cook and stir just until melted.

Nutrition Facts

Serving Size 1 cup (241g)		Calories from Fat 0	
Servings Per Container 6		Calories 150	
Amount Per Serving		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	5mg		2%
Sodium	480mg		20%
Total Carbohydrate	23g		8%
Dietary Fiber	1g		5%
Sugars	11g		
Protein	13g		
Vitamin A	60%	Vitamin C	20%
Calcium	50%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:	2,000	2,500
Total Fat:	Less than 65g	80g
Saturated Fat:	Less than 20g	25g
Cholesterol:	Less than 300mg	300mg
Sodium:	Less than 2,400mg	2,400mg
Total Carbohydrate:	300g	375g
Dietary Fiber:	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cheesy Potato Soup

Pumpkin Wontons



- 1 cup canned pumpkin**
- 2 tbsp maple syrup**
- 3 tbsp light brown sugar**
- 1 tsp pumpkin pie spice**

- 16 packaged wonton wrappers**
- granulated sugar for dusting**
- ground cinnamon for dusting**

Preheat oven to 400 degrees. In medium bowl, mix pumpkin, maple syrup, brown sugar and pumpkin pie spice. Place one wonton wrapper flat on work surface. Spoon 1 tablespoon filling into center. Moisten edges of wonton with water and fold in half to form triangle. Press edges to seal. Repeat with remaining filling and wontons. Arrange filled wontons on ungreased baking sheet. Lightly coat wontons with nonstick cooking spray and sprinkle each with sugar and cinnamon. Bake until golden, about 8 to 10 minutes. Set baking sheet on wire cooling rack to cool.

Nutrition Facts

Serving Size 1 wonton (29g)		Calories from Fat 0	
Servings Per Container 16		Calories 45	
Amount Per Serving		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	50mg		2%
Total Carbohydrate	10g		3%
Dietary Fiber	less than 1 gram		3%
Sugars	5g		
Protein	1g		
Vitamin A	45%	Vitamin C	2%
Calcium	2%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:	2,000	2,500
Total Fat:	Less than 65g	80g
Saturated Fat:	Less than 20g	25g
Cholesterol:	Less than 300mg	300mg
Sodium:	Less than 2,400mg	2,400mg
Total Carbohydrate:	300g	375g
Dietary Fiber:	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Pumpkin Wontons

Pork Tenderloin with Raspberry Sauce



- 3 lb pork tenderloin
- 4 tbsp raspberry preserves
- 2 tbsp KC Masterpiece barbeque sauce

Combine preserves and barbeque sauce, set aside. Place tenderloin on heated grill, cook until internal temperature reaches 160 degrees. Baste with sauce during last 5 minutes of cooking.

Nutrition Facts

Serving Size 3 oz (92g)
Servings Per Container 12

Amount Per Serving	Calories from Fat 25
Calories 120	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Cholesterol 55mg	18%
Sodium 60mg	2%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 18g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories: 2,000 2,500

Pork Tenderloin with Raspberry Sauce

Cornflake Raisin Cookies



- 3 cup corn flakes
- 1 cup sugar
- 1 cup raisins
- 1 tsp vanilla
- 3 egg whites

Beat egg whites and gradually add sugar, beating for about 2 minutes. Add other ingredients. Drop by spoonfuls on cookie sheet. Bake at 350 degrees for 12 minutes.

Nutrition Facts

Serving Size 1 cookie (18g)
Servings Per Container 30

Amount Per Serving	Calories from Fat 0
Calories 50	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 10g	
Protein 1g	
Vitamin A 2%	Vitamin C 2%
Calcium 0%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories: 2,000 2,500

Cornflake Raisin Cookies

Spinach Dip

- 10 oz frozen chopped spinach
- 1 cup fat free mayonnaise
- 1 cup fat free sour cream
- 1 small can water chestnuts, chopped
- 1/2 cup diced red pepper
- 1 pkg dry Ranch dressing mix

Mix all ingredients together.
 Serve chilled.
 Serve with fresh vegetables or crackers.



Nutrition Facts	
Serving Size 2 tbsp (63g)	
Servings Per Container 16	
Amount Per Serving	Calories from Fat 0
Calories 40	
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 8g	3%
Dietary Fiber less than 1 gram	4%
Sugars 2g	
Protein 2g	
Vitamin A 35%	• Vitamin C 20%
Calcium 4%	• Iron 15%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Spinach Dip

Southwestern Chicken Chili

- 1 (4.5 oz) can chopped green chilies
- 1 cup chopped onion
- 1 Tbsp olive oil
- 4 cloves chopped garlic
- 2 (15 oz) cans undrained great northern beans
- 4 cups bite size cooked chicken breasts
- 4 cups fat free chicken broth
- 1 tsp cumin
- 1 1/2 tsp oregano
- 1/4 tsp cayenne pepper
- 8 oz reduced fat shredded monterey jack cheese

In Dutch oven, saute green chilies, onion, and garlic in olive oil for 2-3 minutes. Add beans, chicken, broth and seasonings. Bring to a boil, reduce heat and simmer; cover for about an hour. Stir in cheese prior to serving.

**Tip:* Presoak 1 1/2 cups dried beans and use instead of canned beans to reduce sodium content to 410mg per 1 cup.



Nutrition Facts	
Serving Size 1 cup (235g)	
Servings Per Container 12	
Amount Per Serving	Calories from Fat 60
Calories 180	
Total Fat 7g	% Daily Value*
Saturated Fat 2.5g	10%
Cholesterol 45mg	12%
Sodium 690mg	15%
Total Carbohydrate 12g	29%
Dietary Fiber 4g	4%
Sugars 3g	16%
Protein 21g	
Vitamin A 6%	• Vitamin C 6%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Southwestern Chicken Chili

Stuffed Fillet of Sole

- 4 fillets of sole
- 1/4 lb fresh mushrooms
- 1/2 lb crabmeat
- 2 oz low fat shredded cheddar cheese
- 2 oz low fat shredded Monterey Jack cheese

- 1 tbsp lemon juice
- 1/2 pkg Good Seasons Zesty Italian dressing mix
- 4 oz water



Finely chop crabmeat and mushrooms. Mix together the crabmeat, mushrooms, and cheeses and sprinkle on the fillets evenly. Roll fillets, jelly roll style. Place rolled fillets in a baking dish. Pour a tablespoon of lemon juice over the fillets. Sprinkle remaining shredded cheese over top. Mix together the Zesty Italian dressing mix and water. Pour dressing mix over top of fillets.

Bake for 20 minutes at 400 degrees.

Nutrition Facts	
Serving Size 1 stuffed fillet (309g)	
Servings Per Container 4	
Amount Per Serving	Calories from Fat 60
Calories 280	
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3g	15%
Cholesterol 140mg	47%
Sodium 740mg	31%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 51g	
Vitamin A 4%	Vitamin C 8%
Calcium 25%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Stuffed Fillet of Sole

Low Cholesterol Bundt Cake

- 1 (18.5 oz) pkg light yellow cake mix
- 4 egg whites
- 1 (8 oz) carton vanilla non fat yogurt
- 1/4 cup unsweetened applesauce
- 3/4 cup hot water

- 1 (3.5 oz) pkg instant vanilla pudding mix
- 1 tsp vanilla extract
- 1/2 cup sugar
- 2 tsp cinnamon
- 1/4 cup chopped pecans



Spray 10 inch Bundt pan with vegetable spray and lightly flour, set aside. In large bowl, combine cake mix, egg whites, yogurt, applesauce, water, pudding mix, and vanilla. Beat with electric mixer on high speed for 5 minutes. Combine sugar, cinnamon, and pecans in small bowl. Alternate cake batter and sugar cinnamon mixture in prepared Bundt pan, ending with batter. Bake for 1 hour 10 minutes in 350 degree oven. Let stand for 15 minutes, then remove to rack to finish cooling.

Nutrition Facts	
Serving Size 1/15 cake (91g)	
Servings Per Container 15	
Amount Per Serving	Calories from Fat 30
Calories 230	
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 46g	15%
Dietary Fiber less than 1 gram	3%
Sugars 32g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 8%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Low Cholesterol Bundt Cake