



# Made From Scratch

## Rethink Your Holiday Dish

Try a new spin on an old recipe, or maybe something new altogether, for your holiday dish this year.

### Butternut Squash Soup

#### Ingredients:

- 2 tsp. canola or corn oil
- 2 medium shallots, chopped
- 1 medium butternut squash, peeled and cubed (approx. 3 c.)
- 3 c. fat-free, low-sodium vegetable broth
- 2 tsp. ginger root, peeled and minced
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/3 c. fat-free half-and-half
- 1/4 tsp. ground nutmeg

#### Instructions:

1. Heat the oil in a pressure cooker on sauté. Cook the shallots for 3 minutes or until soft, stirring frequently. Turn off the pressure cooker.
2. Stir in the squash, broth, ginger root, salt, and pepper. Secure the lid. Cook on high pressure for 20 minutes. Allow the pressure to release naturally for 10 minutes, then quickly release any remaining pressure. Turn off the pressure cooker. Remove the pressure cooker lid.
3. Allow the soup to cool slightly. Working in batches, transfer the soup to a blender (vent the blender lid) and puree until smooth. (Use caution as the soup and steam are hot, and vent the blender lid away from you.) Return the soup to the pressure cooker.
4. Stir in the half-and-half. Cook on the sauté setting for 2 to 3 minutes or until heated through, stirring frequently. Ladle the soup into bowls. Sprinkle with the nutmeg.



**Nutrition facts** | Servings: 6 | Serving size: 1 cup

**Calories:** 64 | **Fat:** 1.5 g | **Saturated Fat:** .0 g | **Fiber:** 2 g | **Carbs:** 12 g | **Protein:** 2 g | **Sodium:** 126 mg

**Tips:** Many grocery stores sell the squash already peeled and cubed, so preparation is even easier. Top with other garnishes, such as toasted pumpkin seeds or peeled, diced apple.

### Vegetarian Sausage and Sage Gravy

#### Ingredients:

- 4 vegetarian sausage links or patties (approx. 3 oz)
- 1 tbsp. olive or canola oil
- 1 c. vegetable broth
- 2 tbsp. Wondra quick-mixing flour (or all-purpose flour)
- 1/4 tsp. salt
- Ground black pepper to taste
- 1/4 – 1/2 tsp. dried ground sage

#### Instructions:

1. Heat the oil in a large, nonstick frying pan, then add the vegetarian links or patties and fry until done, crumbling into small pieces as it cooks.
2. Add 1/4 cup of the vegetable broth and the 2 tablespoons of flour to a small, nonstick saucepan and mix to make a paste. Slowly whisk in the remaining vegetable broth.
3. Whisk in the salt (if desired), pepper, sage, and cooked sausage pieces with oil. Bring mixture to a boil and stir until it reaches desired thickness (about 2 minutes).

**Nutrition facts** | Servings: 4 | Serving size: 1 1/4 cup

**Calories:** 93 | **Fat:** 5 g | **Saturated Fat:** .5 g | **Fiber:** 1.6 g | **Carbs:** 5.5 g | **Protein:** 6.5 g | **Sodium:** 410 mg

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## Cranberry Wojapi

### Ingredients:

- 1 c. dried cranberries
- 2 c. water
- 4 tbsp sugar
- 2 tbsp. cornstarch (mixed with 3/4 c. water)

### Instructions:

1. In a large saucepan, combine ingredients and bring to a boil. Reduce heat and simmer until mixture has thickened and cranberries are plump.



**Nutrition facts | Servings: 5 | Serving size: 1/5 of recipe**

**Calories: 119 | Fat: 0 g | Saturated Fat: 0 g | Fiber: 1 g | Carbs: 31 g | Protein: 0 g | Sodium: 5 mg**

## Sweet Potato Soufflé

### Ingredients:

- 3 lbs. whole sweet potatoes
- 1/4 c. + 2 tbsp Splenda Brown Sugar Blend (divided)
- 1/4 c. orange juice (low sugar or fresh squeezed)
- 1/2 tsp salt
- 1/4 c. ground flax seed
- 1/2 c. shelled walnut pieces
- 2 tbsp trans-fat-free margarine
- 6 egg whites
- 1/4 tsp. cream of tartar



### Instructions:

1. Preheat oven to 400°. Coat a deep 8-inch round or square casserole dish with cooking spray. Set aside.
2. Coat a baking sheet with cooking spray. Arrange whole sweet potatoes (with the skins on) on the sheet and coat with cooking spray. Bake for 50-60 minutes or until tender (check if they are tender by spearing the largest one with a knife or fork).
3. Remove sweet potatoes from the oven and peel the skin. In a large bowl (or mixer), whisk the roasted sweet potatoes with 1/4 cup Splenda Brown Sugar, orange juice and salt (optional). Set aside to cool.
4. Using a food processor or chopper, grind the walnuts, flax seed and 2 tbsps. Splenda Brown Sugar together until it is the consistency of wet sand. Add the margarine to the mixture in the food processor and pulse to incorporate (do not overmix or it will turn into a paste). Set aside.
5. Combine egg whites and cream of tartar in a bowl (or stand mixer), and beat (or whisk) on medium speed until egg whites form soft peaks with tips that curl over when the beaters are lifted.
6. Working in batches, incorporate one-third of the egg whites into the sweet potato mixture using a large flat rubber spatula and gently fold them in until combined. Repeat that process two more times until all the egg whites are incorporated into the sweet potatoes.
7. Pour the sweet potato soufflé mixture into the prepared casserole dish and top with the walnut mixture.
8. Place in oven and bake soufflé at 400° for 20 minutes, then turn the oven down to 350° and continue to bake for 15 more minutes. Serve hot.

**Nutrition facts | Servings: 12 | Serving size: 1/2 cup**

**Calories: 160 | Fat: 6 g | Saturated Fat: .8 g | Fiber: 4 g | Carbs: 25 g | Protein: 5 g | Sodium: 170 mg**

**Note:** The soufflé may deflate a little after baking so it's best served immediately, but you can hold it in a warm oven before serving.