




Tips for Healthy Winter Eating



**IT IS HERE -
THE CHILLIEST
TIME OF YEAR!**

HOW WILL YOU STAY
WELL-NOURISHED AND READY TO
HANDLE THIS SEASON OF LONG
NIGHTS AND TIME INDOORS?



READ ON FOR SOME
SEASONAL TIPS AND
RECIPES TO KEEP YOUR
SPIRITS HIGH.



Start your busy day with
nutritious ingredients like
fruits, vegetables,
whole grains, &
low-fat dairy.



**Use nourishing basics to
build your daily menu.**

Beth's Baked Oatmeal



Ingredients

- 1 1/3 cups oats
- 1/4 cup brown sugar or maple syrup
- 1 apple peeled and diced
- 1/3 cup dried cranberries
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 2 tablespoons melted butter
- 2 cups milk

Instructions

1. Stir all ingredients together in an oven proof bowl.
2. Bake at 375 degrees F for 45 minutes.



Recipe from dairy farmer Beth Kennett
of Liberty Hill Farm, Rochester, VT



Fill up on nutritious goodies
before the main event.

Enjoy a light meal
or snack before
your activity to help avoid
the urge to overeat.



Try:



- ❄️ A bowl of cereal and milk
- ❄️ Yogurt with fruit
- ❄️ Whole grain toast with peanut butter
- ❄️ A glass of milk



To help keep hunger at bay



**Enjoy a bite or two,
not a serving or two,
of your favorite
indulgent foods.**

A few bites will help satisfy your
craving without feeling like you
missed out on a treat.



Trail Mix Brownies

Ingredients

6 tablespoons unsalted butter
1 cup whole-wheat pastry flour, or white whole-wheat flour
1/3 cup unsweetened cocoa powder, sifted
1 tablespoon baking powder
1/2 teaspoon salt
1 cup plain low-fat Greek yogurt
2 eggs
4 ounces bittersweet chocolate, melted plus more for drizzling
3/4 cup sugar or turbinado sugar
1 tablespoon vanilla extract
1 cup trail mix, or nuts and mixed dried fruit, chopped if large



Instructions

1. Heat oven to 350 degrees F. Coat a 9 by 13 baking dish with cooking spray. Fill a large metal bowl half-way with ice and water.
2. Melt butter in a small saucepan over medium-low heat. Cook, swirling the pan occasionally until the butter is completely melted and the milk solids are starting to brown, about 5 minutes. Remove from heat and set saucepan in the prepared ice bath to stop the butter from over browning. Let sit a minute or two just until room temperature. When butter is cool, but not re-solidified, remove from the ice bath and let sit.
3. Whisk flour, cocoa powder, baking soda and salt in a small bowl.
4. Beat Greek yogurt and eggs with electric mixer in a large bowl or in a stand mixer with whisk attachment, until completely smooth. Very gradually beat in butter until smooth.
5. Beat in chocolate, sugar and vanilla until smooth. If using a stand mixture switch to paddle attachment. Beat in flour mixture until smooth, scraping down sides and paddle as necessary. Scrape brownie batter into the prepared baking dish and immediately spread out until smooth. Scatter trail mix over the top of the batter. Bake until the center is puffed slightly and set, 20 to 22 minutes. Cool brownies in the baking dish until room temperature, about 1 hour. Drizzle chocolate over the cooled brownies.

Recipe developed by Katie Webster

Make healthy foods look appealing.



Healthy does not have to mean dull and boring. Show off the unique assets of your favorite healthy foods by highlighting their colors, creaminess, or even by adding a small amount of an indulgent ingredient to highlight a favorite flavor.

Raw Beet, Apple and Carrot Layered Slaw with Cheddar, Bacon and Pecans



Ingredients

4 carrots, peeled and shredded (2 ½ cups)
2 large apples, peeled and shredded (2 ½ cups)
2 medium-large beets, peeled and shredded (2 ½ cups)
2 tablespoons orange juice
2 tablespoons cider vinegar, divided
2 teaspoons honey
2 teaspoons minced shallot
1 teaspoon Dijon mustard

¾ teaspoon salt, divided
¼ teaspoon freshly ground pepper
1 tablespoon extra-virgin olive oil
¼ cup low-fat plain Greek yogurt
2 tablespoons mayonnaise
1 teaspoons chopped fresh tarragon
4 strips bacon, cooked and crumbled, optional
1 cup shredded sharp cheddar cheese
½ cup toasted chopped pecans
¼ cup sweetened dried cranberries

Instructions

1. Place carrots, apples and beets in three individual medium bowls. Whisk orange juice, 1 tablespoon vinegar, honey, shallot, mustard, ½ teaspoon salt and pepper in a small dish. Add oil and whisk to combine. Drizzle vinaigrette over the carrots, apple and beet, dividing evenly among the bowls. Toss each to coat.
2. Whisk yogurt, mayonnaise, tarragon, the remaining tablespoon vinegar and the remaining ¼ teaspoon salt in a small bowl.
3. Assemble salad in a large glass bowl or in individual glass bowls or jars. Layer half of the carrot, apple and beet into the bowl(s) or jars. Top with half of the creamy dressing. Layer on half of the bacon (if using), cheddar, pecans, and cranberries. Repeat with a second layer of each. Chill until ready to serve, up to 8 hours.



Celebrate and share in
spite of the chill in the air

Baked Spinach Yogurt Artichoke Dip



Ingredients

- 1 (14-ounce) can artichoke hearts, drained and chopped
- 1 (10-ounce) package frozen chopped spinach, thawed and drained
- 1 (8-ounce) container low-fat plain yogurt
- 1 cup shredded part-skim, low-moisture mozzarella cheese
- 1/4 cup chopped green onion
- 1 garlic clove, minced
- 2 tablespoons chopped red pepper

Instructions

1. Combine all ingredients except red pepper and mix well.
2. Pour mixture into 1-quart casserole dish or 9-inch pie plate.
3. Bake at 350 degrees F for 20-25 minutes, or until heated through, and sprinkle with red peppers.
4. Serve with toasted whole-grain bread or crackers.



KEEP SPIRITS HIGH AND
OVERINDULGING LOW BY
INVITING FRIENDS AND
FAMILY OVER TO SHARE
LIVELY CONVERSATION.
THE MORE THE MERRIER,
AND THE LESS MINDLESS
EATING YOU WILL DO.

