

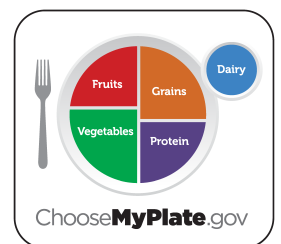


United States Department of Agriculture

---

# MyPlate KITCHEN

**Holiday Help**



## Table of Contents

<b>Sweet Potato Pie .....</b>	<b>3</b>
<b>Mock Southern Sweet Potato Pie .....</b>	<b>5</b>
<b>Homestyle Biscuits .....</b>	<b>8</b>
<b>Postre de camote y manzana .....</b>	<b>10</b>
<b>Baked Meatballs .....</b>	<b>12</b>
<b>Salsa de arándanos casera .....</b>	<b>14</b>

# Sweet Potato Pie



**Makes:** 8 servings

A delicious holiday favorite! You can use canned sweet potato if you don't have time to roast and mash your own!

## Ingredients

- 4 egg whites
- 1/4 cup orange juice (fresh)
- 1 teaspoon cinnamon (ground)
- 1/4 teaspoon nutmeg (ground)
- 3/4 cup brown sugar
- 1/2 teaspoon orange rind
- 1/4 teaspoon allspice (ground)
- 1/2 cup skim milk
- 2 tablespoons unsalted margarine (melted)
- pinch salt
- 2 cups sweet potatoes (mashed)
- 1 pie crust (9 inch, unbaked)

## Directions

1. Beat egg whites well.
2. Add sugar, orange juice, orange rind, spices, margarine and salt.
3. Add mashed sweet potatoes and mix thoroughly.
4. Pour into pie shell and bake in preheated 350° oven for 1 hour or until firm.

Source: Ohio Commission on Minority Health Opening the Door to Good Health Cookbook, Healthy Recipes from Around the World

## Nutrition Information

**Serving Size:** 1 piece, 1/6 of recipe (173g)

### Nutrients Amount

**Total Calories 198**

**Total Fat 4 g**

Saturated Fat 1 g

Cholesterol 0 mg

**Sodium 111 mg**

**Carbohydrates 38 g**

Dietary Fiber 2 g

Total Sugars 25 g

Added Sugars included 19 g

**Protein 4 g**

Vitamin D 0 mcg

Calcium 57 mg

Iron 1 mg

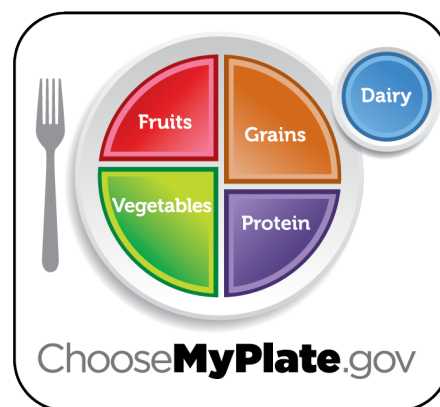
Potassium 300 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Vegetables 1/4 cups

 Protein Foods 1/2 ounces



[Visit ChooseMyPlate.gov](#)

# Mock Southern Sweet Potato Pie



**Makes:** 16 servings

Full of sweet potato flavor, this delicious pie will be a hit at your next holiday meal.

## Ingredients

- Crust:
  - 1 1/4 cups flour (all purpose)
  - 1/4 teaspoon sugar
  - 1/3 cup milk, non-fat
  - 2 tablespoons vegetable oil
- Filling:
  - 1/4 cup sugar (white)
  - 1/4 cup brown sugar, packed
  - 1/2 teaspoon salt
  - 1/4 teaspoon nutmeg
  - 3 egg (large, beaten)
  - 1/4 cup evaporated milk, non-fat (canned)
  - 1 teaspoon vanilla extract
  - 3 cups sweet potatoes, cooked, skin removed and mashed

## Directions

Preheat oven to 350 degrees.

Crust:

1. Combine the flour and sugar in a bowl.
2. Add milk and oil to the flour mixture.
3. Stir with fork until well mixed and then form pastry into a smooth ball with your hands.
4. Roll the ball between two 12 inch squares of waxed paper using short, brisk, strokes until pastry reaches edge of paper.
5. Peel off top paper and invert crust into pie plate.

Filling:  
Holiday Help

1. Combine sugars, salt, spices and eggs.
2. Add milk and vanilla. Stir.
3. Add sweet potatoes and mix well.
4. Pour mixture into pie shell.
5. Bake for 60 minutes or until crust is golden brown.
6. Cool and cut into 16 slices.

Source: National Heart, Lung and Blood Institute (NHLBI), [Heart Healthy Home Cooking African American Style, p.24-25](#)

## Nutrition Information

**Serving Size:** 1 slice, 1/16 of recipe (99g)

### Nutrients Amount

**Total Calories** **139**

**Total Fat** **3 g**

Saturated Fat 1 g

Cholesterol 35 mg

**Sodium** **119 mg**

**Carbohydrates** **25 g**

Dietary Fiber 1 g

Total Sugars 10 g

Added Sugars included 6 g

**Protein** **3 g**

Vitamin D 0 mcg

Calcium 38 mg

Iron 1 mg

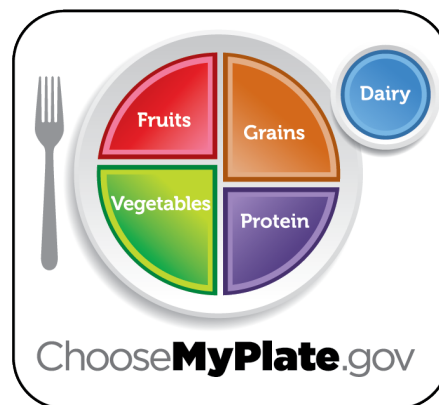
Potassium 199 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Vegetables 1/4 cups

 Grains 1/2 ounces



[Visit ChooseMyPlate.gov](#)

# Homestyle Biscuits



**Makes:** 15 servings

Light and flaky biscuits make excellent additions to holiday meals and family gatherings.

## Ingredients

- 2 cups flour (all purpose)
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 2 tablespoons sugar
- 2/3 cup buttermilk (low-fat)
- 3 tablespoons vegetable oil (+ 1 teaspoon vegetable oil)

## Directions

1. Preheat oven to 450 degrees Fahrenheit.
2. In medium bowl, combine flour, baking powder, baking soda, salt, and sugar.
3. In small bowl, stir together buttermilk and oil.
4. Pour over flour mixture and stir until well mixed.
5. On lightly floured surface, knead dough gently for 10–12 strokes.
6. Roll or pat dough to 3/4-inch thickness.
7. Cut with a 2-inch round biscuit or cookie cutter, dipping cookie cutter in flour between cuts.
8. Transfer biscuits to an ungreased baking sheet.
9. Bake for 12 minutes or until golden brown.
10. Serve warm.

Source: US Department of Health and Human Services  
National Institutes of Health

National Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style



## Nutrition Information

**Serving Size:** 1 biscuit (33g)

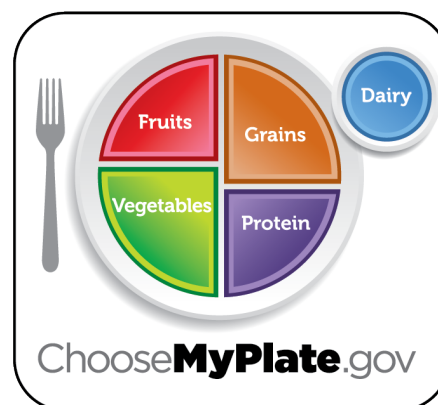
Nutrients	Amount
<b>Total Calories</b>	<b>96</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>146 mg</b>
<b>Carbohydrates</b>	<b>15 g</b>
Dietary Fiber	0 g
Total Sugars	2 g
Added Sugars included	2 g
<b>Protein</b>	<b>2 g</b>
Vitamin D	0 mcg
Calcium	51 mg
Iron	1 mg
Potassium	34 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Grains

1 ounces



[Visit ChooseMyPlate.gov](http://ChooseMyPlate.gov)

# Sweet Potato and Apple Bake



**Makes:** 6 Servings

Enjoy the taste of fall with the combination of sweet potatoes and apples in this delicious side dish. Serve with roasted chicken or turkey, and a large green salad.

## Ingredients

- 3 1/2 cups sweet potatoes, drained (2 - 15 ounce cans; save 2 Tablespoons of the liquid)
- 2 cups apples (peeled, cored and cut into bite-sized pieces )
- 6 teaspoons brown sugar (2 Tablespoons, packed)
- 1/3 cup chopped nuts (pecans, walnuts or any other type)
- 2 tablespoons flour
- 2 tablespoons butter, melted (unsalted)

## Directions

1. Preheat oven to 350°F.
2. Put sweet potatoes in baking dish.
3. Add apples.
4. Pour 2 Tablespoons of the sweet potato liquid over the mixture.
5. Mix brown sugar, nuts, flour, and melted butter together in a small bowl.
6. Sprinkle over the top of the sweet potato/apple mix.
7. Bake for 20-30 minutes, until the top is golden brown and bubbly.

Source:

Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.

## Nutrition Information

**Serving Size:** 3/4 cup, 1/6 of recipe

Nutrients	Amount
-----------	--------

<b>Total Calories</b>	<b>231</b>
-----------------------	------------

<b>Total Fat</b>	<b>9 g</b>
------------------	------------

Saturated Fat	3 g
---------------	-----

Cholesterol	10 mg
-------------	-------

<b>Sodium</b>	<b>64 mg</b>
---------------	--------------

<b>Carbohydrates</b>	<b>38 g</b>
----------------------	-------------

Dietary Fiber	4 g
---------------	-----

Total Sugars	15 g
--------------	------

Added Sugars included	4 g
-----------------------	-----

<b>Protein</b>	<b>3 g</b>
----------------	------------

Vitamin D	0 mcg
-----------	-------

Calcium	38 mg
---------	-------

Iron	1 mg
------	------

Potassium	443 mg
-----------	--------

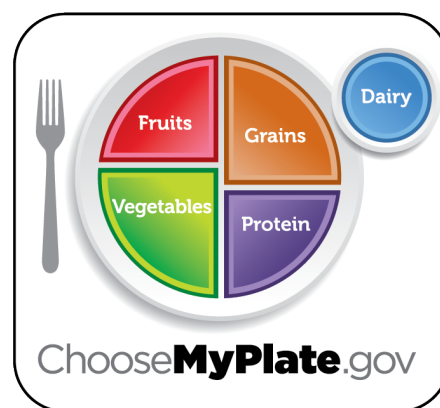
Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Fruits	1/2 cups
--	----------

 Vegetables	1/2 cups
--	----------

 Protein Foods	1/2 ounces
---	------------



[Visit ChooseMyPlate.gov](http://ChooseMyPlate.gov)

# Baked Meatballs



**Makes:** 8 servings (3 meatballs)

Make your own meatballs to use now or freeze them for a quick dinner at another time.

## Ingredients

- 1 pound ground beef, 90% lean (or ground turkey)
- 1 egg
- 1/2 teaspoon dried parsley
- 1/2 cup bread crumbs
- 1/2 cup milk, 1% (or non-fat)
- 1/4 teaspoon pepper
- 1 teaspoon onion powder

## Directions

1. Mix all ingredients, shape into balls (about 24 meatballs)
2. Arrange on baking sheets that have been sprayed with non-stick cooking spray.
3. Bake at 425°F for 12-15 minutes. It is best to use a food safety thermometer to check for doneness (it should read 160°F for ground beef and 165°F for ground turkey).
4. If meatballs are being saved for future use, chill rapidly; package in amounts needed per meal and freeze immediately.

Source:

ONIE Project - Oklahoma Nutrition Information and Education. [Simple Healthy Recipes](#).

## Nutrition Information

**Serving Size:** 1/8 of recipe, (3 meatballs)

Nutrients	Amount
-----------	--------

<b>Total Calories</b>	<b>131</b>
-----------------------	------------

<b>Total Fat</b>	<b>6 g</b>
------------------	------------

Saturated Fat	2 g
---------------	-----

Cholesterol	59 mg
-------------	-------

<b>Sodium</b>	<b>98 mg</b>
---------------	--------------

<b>Carbohydrates</b>	<b>6 g</b>
----------------------	------------

Dietary Fiber	0 g
---------------	-----

Total Sugars	1 g
--------------	-----

Added Sugars included	0 g
-----------------------	-----

<b>Protein</b>	<b>13 g</b>
----------------	-------------

Vitamin D	0 mcg
-----------	-------

Calcium	43 mg
---------	-------

Iron	2 mg
------	------

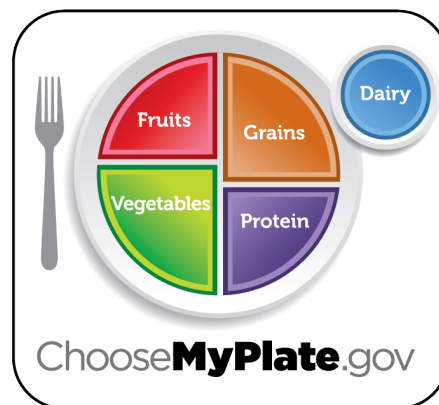
Potassium	206 mg
-----------	--------

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Grains	1/2 ounces
--	------------

 Protein Foods	1 1/2 ounces
---	--------------



[Visit ChooseMyPlate.gov](http://ChooseMyPlate.gov)

# Homemade Cranberry Sauce



**Makes:** 8 Servings

A tangy and flavorful cranberry sauce that can be prepared in a flash!

## Ingredients

- 3 cups fresh cranberries (12 ounces, can also use frozen)
- 1 orange
- 1 cup sugar

## Directions

1. Place all ingredients in a blender and blend until mixed well.
2. Heat up and serve over turkey.

Source:

Utah State University Cooperative Extension

## Nutrition Information

**Serving Size:** 1/8 of recipe

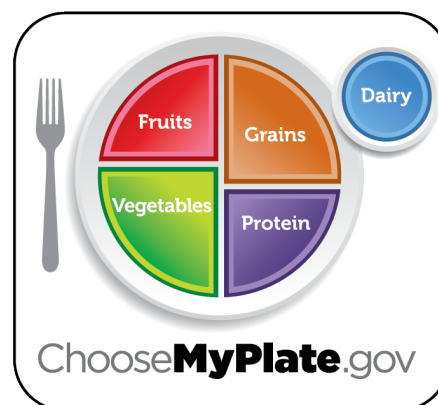
Nutrients	Amount
<b>Total Calories</b>	<b>122</b>
<b>Total Fat</b>	<b>0 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>1 mg</b>
<b>Carbohydrates</b>	<b>31 g</b>
Dietary Fiber	2 g
Total Sugars	28 g
Added Sugars included	24 g
<b>Protein</b>	<b>0 g</b>
Vitamin D	0 mcg
Calcium	10 mg
Iron	0 mg
Potassium	62 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Fruits

1/4 cups



[Visit ChooseMyPlate.gov](http://ChooseMyPlate.gov)