

# NUTRITION FORECAST

The Institute for  
Cancer Care   
AT MERCY

Reliable information to promote a healthy lifestyle  
before, during, and after cancer treatment.

Winter 2018

Winter 2018

Holiday  
Wishes

## Healthy Holidays

Making a healthy holiday meal does not mean you need to sacrifice flavor. There are lots of ways to still enjoy the traditional foods you love during the holidays! Consider starting new traditions this year that promote health!

## New Holiday Traditions

- Water bottles, walking shoes, journals, and cookbooks make great gifts.
- Try baked apples with cinnamon instead of apple pie.
- Incorporate active games at your next holiday party like charades.
- Serve delicious mocktails. Mix club soda with a splash of fruit juice and add fresh or frozen fruit or garnish with a slice of lime/lemon.

## Can you guess... (Answers on the back!)

1. How many calories are typically consumed on *Thanksgiving Day*?
2. How many calories are typically consumed on *Christmas Day*?
3. How many calories are in *one cup of eggnog*?

## Leftover Holiday Meal Makeovers

### 1. Cran-Apple Turkey Sliders

Do you enjoy leftover turkey sandwiches? If so, you need to try these delicious cran-apple turkey sliders. Grab a small dinner roll, a granny smith apple, turkey, and cranberry sauce. Slice the granny smith apple into thin slices then layer the turkey, apple, and cranberry sauce onto the dinner roll. So good! Using a smaller dinner roll is an easy way to keep portions in check.

### 2. Dressing Stuffed Mini-Peppers

Mini sweet peppers make great appetizers, and even better side dishes, especially when filled with leftover Thanksgiving stuffing! Simply heat your broiler to high, arrange the peppers on a baking sheet, and broiler for 4 minutes or until charred. Remove the stems, ribs and seeds- discard. Preheat oven to 425°F. Stuff the peppers with your leftover stuffing and place the peppers upright on the baking sheet. Bake for 7 minutes. Enjoy!



<https://www.myrecipes.com/recipe/dressing-stuffed-mini-peppers>



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# Sweet Potato Casserole Pancakes

Sweet potatoes are high in beta-carotene, which is used to make vitamin A in our body. Traditionally, sweet potato casserole is topped with marshmallows and brown sugar, but you can skip all of the added sugar and enjoy the natural sweetness of sweet potatoes! Try simply adding cinnamon to mashed sweet potatoes; you'll reduce the calories by almost 200 calories with this swap!!

Not sure what to do with all of the leftover sweet potato casserole or mashed sweet potatoes? How about make it into pancakes?!

## Ingredients

- 2 cups of your sweet potato casserole
- 1 large egg, beaten
- 2 Tablespoons water
- 2 Tablespoons 0% Plain Fat Greek Yogurt
- 1 Tablespoon powdered sugar
- ½ teaspoon maple syrup
- ¼ cup chopped almonds



## Directions

1. Heat a non-stick pan over medium heat and spray with cooking spray.
2. Whisk together your sweet potato casserole with the egg and water until smooth. Spoon ¼ cup of batter onto pan and cook for 5 to 7 minutes or until the bottom is set. Flip and cook for another 5 to 7 minutes. Repeat with the remaining batter.
3. Whisk together the Greek yogurt, powdered sugar, and maple syrup until smooth. Spoon over pancakes and top with the almonds.

----Avoid the marshmallows and nuts in the casserole to have smoother pancakes----

Source: <http://www.cookinglight.com/entertaining/holidays-occasions/sweet-potato-casserole-pancakes-maple-glaze>

**Answers:** 1. Thanksgiving Day: 1,500-4,500 calories 2. Christmas Day: 6,500 calories 3. One cup of eggnog: 395 calories



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