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NEWS RELEASE

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Have a Healthy Thanksgiving!

Thanksgiving is a time for family, friends and most of all food. Many traditional Thanksgiving meals can be healthy. All it takes is a few changes to still enjoy those favorite, traditional meals, and still keep your family on a healthy track. When preparing your family's favorite dishes avoid the butter, cream and sugar by easily replacing those ingredients with low-fat buttermilk or low-fat milk and use half the amount of sugar. Some other healthy tips for the Thanksgiving holiday include:

- o Choose appetizers that will help you meet the recommended five or more servings of vegetables and fruits a day such as a vegetable platter with the eggplant dip.
- o Fill up on fiber. Choose appetizers and dishes with whole grains or legumes. Try a roasted red pepper spread on toasted whole wheat rounds or a garbanzo bean dip with pita bread wedges.
- o Add variety. A variety of foods helps add more nutrients to your diet.
- o Turkey talk. Turkey is a great source of protein but be sure to remove the skin and try to eat just the white meat.
- o Sweet potatoes are an excellent source of vitamins A and C, potassium and fiber. A healthy way to prepare them is to cut them in half, sprinkle them with orange juice and a pinch of brown sugar, then put them in the oven.
- o Choose fresh cranberries in place of canned cranberries. Using fresh cranberries with a splash of balsamic vinegar or apple juice concentrate is a great way to get all those antioxidants cranberries provide, without all the excess sugar and calories.

Try these recipes for something different:

Eggplant Dip

1 large eggplant
1 tsp lemon juice

1 tbsp chopped onion
2 cloves garlic

¼ cup extra-virgin olive oil

Preheat the oven to 375°F. Prick the eggplant several times with a fork. Place on a baking sheet and bake until softened, about 45 minutes. Set aside to cool for 15 minutes. Peel the cooled eggplant and discard the skin. Chop the eggplant and transfer to a blender. Add the olive oil, garlic, onion, and lemon juice. Process until smooth; season with salt and pepper (optional). Makes 2 cups.

Thanksgiving Peanut Butter Cookies

¼ cup flour
½ tsp vanilla

¼ cup skim milk
2 tbsp light margarine

¾ cup quick cooking oats
¾ cup peanut butter (smooth)

¾ cup sugar
Pinch of salt

Line cookie sheets with foil or waxed paper. In medium saucepan, combine flour, sugar, margarine and milk. Boil about 3 minutes, stirring constantly. Remove from heat and stir in peanut butter until blended well. Add remaining ingredients. Cool slightly and form rounded teaspoons full of dough into small balls. Place dough on lined cookie sheets. Refrigerate for at least 30 minutes. Makes 20 cookies.

Parents and child care providers can learn more about making healthy choices for young children through the Nutrition BEST program with the UCCE at (530) 889-7350 or visit us on the web at <http://ceplacer.ucdavis.edu>.

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