



Iowa  
Heart  
Center



## Healthy Holiday Side Dishes

Prevention & Wellness Clinic

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### Sweet Potato Pie

3 large sweet potatoes, cooked and mashed  
2 Tbsp. dried cranberries  
2 Tbsp. toasted pecans, chopped

Topping:

2 Tbsp. brown sugar  
 $\frac{1}{4}$  c. oatmeal  
2 Tbsp. whole wheat flour  
1 Tbsp. margarine  
 $\frac{1}{4}$  tsp. cinnamon

Cook sweet potatoes in microwave; remove skin and mash. Place mashed sweet potatoes in casserole dish. Sprinkle cranberries and pecans on sweet potatoes. Top with oatmeal mixture. Bake at 350 for 20 minutes or until top is golden brown. Makes 8 Servings.

Nutritional Facts (Servings 8): 87 Calories; 2.3 gm fat; 44 mg sodium; 15.6 gm carbohydrate; 1.4 gm protein.

### Sweet Potatoes Topped with Pecans and Almonds

3 large sweet potatoes, cooked and coarsely chopped  
 $\frac{1}{4}$  c. dried cranberries  
 $\frac{1}{2}$  c. toasted pecans, chopped

Cook sweet potatoes in microwave; remove skin and chop. Place sweet potatoes in casserole dish. Sprinkle cranberries and pecans on sweet potatoes. Bake at 350 for 15 minutes or until heated through.

Nutritional Facts (Servings 8): 56 Calories; 1.3 gm fat; 44 mg sodium; 10.4 gm carbohydrate; 1gm protein.

## **Green Bean Casserole**

1 can low sodium, reduced fat cream of mushroom soup  
½ cup skim milk  
¼ tsp. ground black pepper  
4 cups frozen cut green beans  
½ cup onions, chopped  
1/4 cup toasted almonds  
¼ cup crispy fried onions

Preheat oven to 350. Mix soup, milk and pepper in 1-1/2 quart baking dish. Stir in green beans and onions. Bake 30 minutes or until hot. Stir. Top with toasted almonds and crispy onions. Bake for an additional 5 minutes.

Nutritional Facts (Servings 8): 78 Calories; 3.2 gm fat; 115 mg sodium; 10.3 gm carbohydrate; 2.6 gm protein.

## **Oven Roasted Green Beans**

4 cups fresh green beans  
½ red onion, sliced  
1 Tbsp. olive oil  
¼ c. toasted almonds

Preheat oven to 450. Toss onions and green beans with olive oil. Place in single layer on baking sheet. Roast vegetables for 10 minutes or until lightly brown. Top with toasted almonds.

Nutritional Facts (Servings 8): 52 Calories; 3.3 gm fat; 4 mg sodium; 5.2 gm carbohydrate; 1.7 gm protein.