

Holiday Hints

Surviving Holiday Hurdles

(NAPSA)—The holiday season is often a time for serious eating. In fact, research suggests that Americans will most likely gain one pound during the holiday season and those pounds accumulate through the years. Making simple lifestyle and cooking changes will promote good health without sacrificing traditional food and festivities.

Chef Kathleen Daelemans, best-selling author and host of the Food Network's "Cooking Thin," is an expert at making simple changes in the kitchen to create healthy but satisfying recipes during the holidays and year-round. Daelemans has offered several tips to aid people in a healthier holiday season without forgoing their favorite dishes.

Daelemans suggests building holiday menus around naturally healthful ingredients. When using meat or protein, make the cuts lean; try sweet potatoes instead of regular potatoes; and when incorporating dairy, make it low fat. Also, fill people's plates with lots of fruits, vegetables and whole grains to encourage a well-balanced but delicious holiday meal.

In addition, rather than cooking with solid fats, she recommends incorporating vegetable-based liquid oils like diglyceride-rich (DAG) oil and canola oil, as well as olive oil. Clinical studies show that less DAG oil is stored in the body as fat when compared to traditional cooking and salad oils. DAG oil is available as Enova brand oil (www.enovaoil.com) in supermar-



Stuffing can be a healthy part of the holidays.

kets nationally. Enova oil is made from natural soy and canola oil.

SAUSAGE-APPLE HOLIDAY BREAD STUFFING

- ½ pound pork sausage
- ½ cup Enova oil
- 1 cup diced onion
- 1 cup diced celery
- ½ teaspoon minced garlic
- ½ pound dried cubed bread
- 1½ teaspoons poultry seasoning
- 2 tablespoons parsley, freshly chopped
- Salt and pepper to taste
- 1 cup chicken broth
- 2 eggs
- 1 Granny Smith apple, peeled and finely diced

Crumble and cook sausage and drain on paper towels. Heat Enova oil in skillet and sauté onion and celery until tender. Add garlic and remove from heat. In large bowl, combine bread cubes, cooked sausage, seasonings, broth, eggs, apple and cooked vegetables. Mix gently. Turn into greased casserole and bake at 350° F for 20 to 30 minutes. (Makes twelve ½-cup servings.)