

## Healthy Holiday Cooking

Silken Potato and Turnip Soup

Pomegranate and Fennel Salad

Roast Pork with an Herbed Port Wine Jus

Roasted Butternut Squash with Apples

Dark Chocolate Bark with Walnuts and Dried Cherries

### Silken Turnip and Potato Soup

6 tablespoons unsalted butter  
4 medium onions, thinly sliced  
3 pounds turnips, peeled and thinly sliced  
1-½ pounds baking potatoes, peeled and thinly sliced  
6 cups chicken stock or canned low-sodium broth  
Salt  
Cracked pepper  
Freshly grated nutmeg  
Fresh rosemary, finely chopped  
Roasted shallots, for garnish (optional)

In a large heavy stockpot or casserole, melt the butter until it foams. When the foam subsides, add the onions and cook over moderate heat until softened but not browned, about 5 minutes. Add the turnips and potatoes and stir to coat with the butter. Add 2 teaspoons of salt, cover and cook over low heat, stirring occasionally, until tender, about 20 minutes.

Stir in the chicken stock and bring to a simmer. Cover partially and cook over moderate heat until the vegetables are very tender, about 10 minutes.

Working in batches, puree the soup in a blender until perfectly smooth. Return the soup to the pot and season with salt and the nutmeg. Season with fresh rosemary and garnish with roasted shallots.

Serves: 12

Calories: 160 per serving

Fat: 5.5 grams per serving (3.5 grams saturated)

Sodium: 372 mg

## Arugula, Fennel, Apple, Mandarin Orange and Pomegranate Salad

1/3 cup extra-virgin olive oil  
1/2 cup pomegranate juice, reduced to 1/4 cup  
1 shallot, minced  
1/2 teaspoon Dijon mustard  
1 large fresh fennel bulb, trimmed, halved, very thinly sliced  
1 Fuji apple, halved, cored, cut into matchstick-size strips  
6 cups trimmed arugula leaves (from two 4-ounce packages)  
2 small cans mandarin oranges, drained  
Pomegranate seeds

Whisk first 4 ingredients in small bowl. Season dressing with salt and pepper. Combine fennel and apple in medium bowl; mix in 3 tablespoons dressing.

Place arugula in large bowl. Add fennel-apple mixture. Toss, adding more dressing to taste. Divide salad among 6 plates. Garnish each with 1 mandarin orange slice and sprinkle with pomegranate seeds.

Serves: 6

Calories: 160 per serving

Fat: 9 grams per serving (1 gram saturated)

Sodium: 55

## Roasted Pork with Jus

2 cups apple cider  
1 cup low-salt chicken broth  
3/4 cup chopped onion  
6 whole allspice  
3 whole star anise  
3 large fresh thyme sprigs  
2 cinnamon sticks  
2 teaspoons apple cider vinegar  
1 Turkish bay leaf  
5 tablespoons unsalted butter, cut into 1/2-inch cubes  
2 12-ounce pork tenderloins, well trimmed  
Olive oil  
Salt and pepper, to taste

Mix first 9 ingredients in heavy medium saucepan. Boil until mixture is reduced to 1-1/2 cups, about 20 minutes. Strain and discard solids. Return liquid to saucepan and boil until reduced to 1/2 cup, about 3 minutes. Whisk in butter a few pieces at a time. Season with salt and pepper.

Meanwhile, brush pork with olive oil. Sprinkle generously with salt and pepper. Pan-sear until instant-read thermometer inserted into center of pork registers 145°F, turning frequently, about 20 minutes. Let pork rest 5 minutes. Thinly slice pork crosswise.

Divide pork slices among 6 plates. Drizzle sauce over pork and serve.

Serves: 6

Calories: 278 per serving

Fat: 14 grams per serving (6 grams saturated)

Sodium: 157

### Roasted Butternut Squash with Apples

1 pound butternut squash, peeled, seeded and cubed  
2 Granny Smith apples, cored and cut into 1/2-inch cubes  
1 teaspoon canola oil  
1 teaspoon sweet curry  
1/2 teaspoon cumin powder  
1 egg, lightly beaten  
1/2 cup lowfat sour cream  
1/4 cup chopped pecans, toasted  
Salt and pepper, to taste

Heat oven to 400°F. Mix squash and apples with oil in a bowl. Add spice mix; toss. Spread squash on an ungreased baking sheet; bake 20 minutes or until squash turns golden brown at the edges. Let cool five minutes.

In a food processor, puree squash and apples until smooth. Add egg and sour cream. Pour mixture into a gratin dish and bake until lightly golden on top. Serve topped with pecans.

Serves: 4

Calories: 221 per serving

Fat: 14 grams per serving (3.2 grams saturated)

Sodium: 313

### Dark-Chocolate Bark with Walnuts and Dried Cherries

1-1/2 cups walnut halves  
9 ounces bittersweet chocolate, finely chopped  
1 cup dried sour cherries (4 ounces), coarsely chopped  
2 tablespoons finely chopped crystallized ginger

Preheat the oven to 350°. Spread the walnuts on a baking sheet and toast for 8 minutes, or until golden and fragrant. Let cool, then coarsely chop.

Line a baking sheet with parchment paper. Melt chocolate in a double boiler. Stir in the walnuts, cherries and crystallized ginger until evenly coated. Scrape the mixture onto the prepared baking sheet. Refrigerate for 10 minutes, or until firm enough to cut. Cut the bark into 48 pieces and transfer to a plate. Serve cold or at room temperature.

Servings: 48 pieces

Calories: 57 per serving

Fat: 4 grams per serving (1 gram saturated)