



CAULIFLOWER MASHED POTATOES

INGREDIENTS

- 1/3 cup with-fat buttermilk
- 1 head cauliflower (*separated into small florets, discard core and stem*)
- 5 cloves garlic (*peeled and left whole*)
- 1 russet or baking potato (*peeled and cut into 2-inch cubes*)
- 1 tbsp olive oil
- 2 tsp butter (*unsalted butter*)
- 2 tbsp Parmesan cheese (*grated*)
- 1 tsp salt
- 1/2 tsp black pepper

DIRECTIONS *Servings: 10, Serving Size: 1/2 cup*

1. In a large saucepan, place the potato, garlic, cauliflower, and enough water to cover. Bring to boiling, reduce the heat to medium, & cook until the potato and cauliflower are tender, about 15 minutes.
2. Drain and add the vegetables and garlic back to the pot. Cover the pot with a kitchen towel and put the lid over the towel. Let stand for 5 minutes. Remove the lid and towel. This process helps to dry the vegetables so they mash better.
3. Add the buttermilk, cheese, olive oil, butter, salt, and pepper. Mash until the ingredients are just lightly combined. If desired, garnish with fresh snipped chives or parsley.

Nutrition Information (Per 1 Serving): Calories: 60, Total Fat: 2g, Saturated Fat: 1g, Cholesterol: Less than 5mg, Sodium: 230mg, Total Carbohydrates: 7g, Dietary Fiber: 2g, Total Sugars: 2g, Protein: 2g

Source: American Diabetes Association | This information is shared by My Health Onsite for general information and education only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You should always consult your healthcare provider if you have any concerns or questions about your health.

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HOLIDAY PUMPKIN PIE WITH MAPLE-GINGER CRUST

INGREDIENTS

- 1 1/2 cup graham cracker crumbs
(about 24 cracker squares)
- 3 tbsp maple syrup
- 1 tsp canola oil
- 1 egg white *(lightly beaten)*
- 1 tsp finely minced crystallized ginger
- 1 tsp ground ginger *(divided use)*
- 1/2 cup Splenda Sugar Blend
- 2 tsp ground cinnamon
- 1/4 tsp ground cloves
- 1/4 tsp salt
- 2 eggs
- 1 tsp vanilla extract
- 1 (15-oz) can pumpkin puree *(not pumpkin pie filling)*
- 1 tsp corn starch
- 1 (12-oz) can evaporated skim milk
- 1/2 cup light whipped topping

DIRECTIONS *Servings: 8, Serving Size: 1 slice (1/8 of pie)*

1. Preheat the oven to 425°F.
2. Make the crust: in a bowl, combine the graham cracker crumbs, maple syrup, oil, egg white, crystallized ginger, and 1/2 tsp of the ground ginger. Press into a 9-inch, non-stick pie pan, to form an even crust. Set aside.
3. In a small bowl, mix together the Splenda, cinnamon, the other 1/2 tsp of ground ginger, cloves, and salt.
4. In another bowl, beat the eggs and vanilla together. Add in the Splenda mixture and stir to combine.
5. Add in the pumpkin and stir until the mixture is well blended. Dissolve the corn starch in about 2 to 3 tbsp of the evaporated milk. Add the corn starch mixture and the remaining evaporated milk to the pumpkin mixture, and mix until smooth. The mixture will be thin.
6. Pour the pumpkin pie filling into the prepared crust. Place the pie on a baking sheet. Bake for 15 minutes at 425°F. Lower the heat to 350°F, and bake an additional 40 minutes, or until the filling is set/when a knife inserted comes out clean.
7. Remove the pie from the oven, and let cool for 2 hours before serving. Cut into 8 wedges. Top each slice with 1 tbsp whipped topping right before serving.

Nutrition Information (Per 1 Serving): Calories: 115, Total Fat: 2.5g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 135mg, Total Carbohydrates: 22g, Dietary Fiber: 1g, Total Sugars 11g, Protein 2g

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