

USU DIETETICS  
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# EASY HOLIDAY SIDES

WHAT IS YOUR FAVORITE PART OF A YUMMY HOLIDAY MEAL? WHILE SOME PEOPLE ENJOY THE TURKEY AND HAM, OFTEN THE SIDES ARE WHAT BRINGS IT ALL TOGETHER AND MAKES THE MEAL! IN THIS DEMO WE WILL BE DISCUSSING AND TEACHING STUDENTS HOW TO CREATE SIMPLE YET DELICIOUS NATURALLY SWEETENED CRANBERRY SAUCE, WHOLE GRAIN STUFFING, AND GREEN BEANS ALMONDINE. JOIN US FOR A FUN AND FOOD FILLED EVENING.

1. Participants will learn how to make easy and healthy sides that incorporate basic cooking skills such as chopping techniques, zesting, and sauteing.
2. Participants will gain an understanding of basic knife skills necessary to prepare healthy, easy holiday sides.
3. Participants will acquire knowledge of simple cooking skills such as toasting, sautéing, and serving side dishes.

## CRANBERRY SAUCE

YEILD: 2 CUPS  
TIME: 10 MIN

### INGREDIENTS:

- 12 OZ (1 BAG) FRESH CRANBERRIES
- 0.5 CUP HONEY OR MAPLE SYRUP
- 0.5 CUP WATER
- ZEST OF 1 MEDIUM ORANGE (ABOUT 1 TEASPOON)
- OPTIONAL ADD-INS: 0.5 TSP GROUND CINNAMON AND/OR 0.25 CUP FRESH ORANGE JUICE

### INSTRUCTIONS:

- *FIRST, RINSE THE CRANBERRIES WELL AND DRAIN OFF EXCESS WATER. PICK THROUGH THE CRANBERRIES AND DISCARD ANY SQUISHY ONES.*
- *IN A MEDIUM SAUCEPAN, COMBINE THE CRANBERRIES, HONEY AND WATER. BRING THE MIXTURE TO A BOIL OVER MEDIUM-HIGH HEAT, THEN REDUCE HEAT TO MEDIUM-LOW AND COOK, STIRRING OCCASIONALLY, UNTIL THE CRANBERRIES HAVE POPPED AND THE MIXTURE HAS THICKENED TO YOUR LIKING, ABOUT 5 TO 10 MINUTES.*
- *REMOVE THE POT FROM HEAT AND STIR IN THE ORANGE ZEST. IF YOU'D LIKE TO ADD CINNAMON OR ORANGE JUICE, ADD IT NOW. TASTE AND, IF THE MIXTURE IS TOO TART (KEEPING IN MIND THAT CRANBERRY SAUCE IS SUPPOSED TO BE A LITTLE TART!), ADD MORE ORANGE JUICE, HONEY OR MAPLE SYRUP TO TASTE. THE SAUCE WILL CONTINUE TO THICKEN AS IT COOLS. IT WILL KEEP IN THE REFRIGERATOR, COVERED, FOR UP TO 2 WEEKS.*

# STUFFING

YIELD: 8 SERVINGS

TIME: 1 HOUR AND 10 MIN

## INGREDIENTS:

- 1 LOAF ARTISAN WHOLE GRAIN BREAD, CUBED (9-10 CUPS)
- 1 LARGE ONION
- 3 STALKS CELERY
- 2 LEEKS
- 2 TABLESPOONS FRESH SAGE LEAVES, CHOPPED
- 2 TABLESPOONS FRESH PARSLEY, CHOPPED
- 2 TABLESPOONS OLIVE OIL
- 1 TEASPOON SALT
- FRESH GROUND BLACK PEPPER
- 3 CUPS VEGETABLE BROTH

## Instructions:

1. Preheat oven to 375°F. Cut bread into cubes. Place on a baking sheet and bake for 15 to 25 minutes until browned and toasted, stirring and checking occasionally.
2. Meanwhile, dice the onion and celery.
3. Chop the leeks: Chop off the dark green stems and the root of the leeks, then slice them in half length-wise. Place each leek half cut-side down on the cutting board, then chop it into thin half-moon shapes. Rinse thoroughly in a colander to remove any dirt. Chop the sage and parsley.
4. In a skillet, heat the olive oil over medium-high heat. Add celery, onion and leeks with a few pinches salt; cook 6 to 8 minutes, stirring frequently, until tender. Remove from the heat and stir in the herbs.
5. Place the bread cubes and vegetables in a bowl, add 1 teaspoon salt and a generous amount of fresh ground black pepper, and mix to combine.
6. Pour the mixture into a 9 x 13 baking dish and add 3 cups vegetable broth. Cover and bake for 20 minutes. Uncover, and bake for about 25 minutes, until browned.

# GREEN BEANS ALMOUNDINE

YIELD: 6 SERVINGS

TIME: 5 MINUTES

## Ingredients:

- 1 Pound Green Beans
- 2 Tablespoons Olive Oil
- 6 Garlic Cloves, thinly sliced
- 0.25 cup Slivered Almonds
- 1 Teaspoon Salt

## Instructions:

1. In a large skillet, heat 1 teaspoon olive oil over medium heat. Add the almonds and toast until golden brown, about 2 minutes, set aside.
2. Heat the remaining olive oil in the same skillet over medium-high heat. Add in the green beans and cook until green beans turn bright green in color and begin to soften, about 6-8 minutes.
3. Add in garlic and cook, stirring often until fragrant, about 1 more minute. Stir in almonds and salt stirring to combine everything for another 1 minute. Enjoy!

From A Couple Cooks: <https://www.acouplecooks.com/whole-grain-classic-stuffing/>

From The Modern Proofer: <https://themodernproper.com/green-beans-almoundine>