



Healthy Holiday Recipes

With the holiday season upon us, it is important to continue making healthy nutrition choices. Here are two traditional holiday recipes, with a healthy twist to reduce the number of calories and amount of fat, salt, and sugar per serving.

Herb-Rubbed Turkey Au Jus

For the rub: 2 tsp. dried sage, 1 tbsp. dried thyme, 2 tbsp. chopped fresh parsley, 1 whole turkey (15 lbs), thawed, 1 tbsp. olive oil, ½ cup water. **For the au jus:** 2 tsp. dried sage, 1 tbsp. dried thyme, 2 tbsp. chopped fresh parsley, 2 tbsp. honey, ½ cup apple juice, 1 cup defatted pan drippings



Preheat the oven to 325° F. In a small bowl, combine sage, thyme, and parsley to make the rub. Mix well and set aside. Remove the neck and giblets from the turkey and discard. Rinse the turkey inside and out with cool water. Pat dry with paper towels. Starting at the neck area, insert a spoon between the layer of skin and meat to gently loosen the skin. Place the turkey breast-side up on a rack in a roasting pan. Add 1 tsp of the herb mixture under the skin of each breast. Rub the outside of the turkey with the

olive oil. Rub the remaining herb mixture over the outside of the bird. Loosely tie the legs together, cover the turkey with foil, and place into the middle of the oven for 1 ½ hours. Check the doneness after the bird has roasted about 3 – 3 ½ hours. The turkey is done when the thigh

is pierced deeply and juices run clear (180 to 185° F) or when the breast muscle reaches 170 to 175° F. Remove the turkey from the oven and let it sit for 20 minutes to allow the juices to settle in the meat. Deglaze the pan by adding ½ cup water and stir to scrape up the browned

bits. Pour pan drippings into a gravy separator. Reserve 1 cup of defatted pan drippings for the au jus. To make the au jus, combine the sage, thyme, parsley, honey and apple juice in a sauce pan. Simmer over medium heat until reduced by half. Add the defatted pan drippings and bring to a low boil, stirring often. Carve the turkey and drizzle turkey slices with the herbed au jus. Serve immediately.

Each serving (4 oz.) provides 215 calories, 3 g of fat, 1 g of saturated fat, 117 mg of cholesterol, 91 mg of sodium, and 3 g of sugar.

Sweet Potato Casserole

2 tbsp. low-fat milk, 1½ tsp. brown sugar, 1 tsp. ground cinnamon, ¼ cup quick cooking oats, dry, 1 can low-sodium sweet potatoes, drained and chopped

Preheat the oven to 350° F. In a small bowl, combine milk, brown sugar, cinnamon and oatmeal. Mix well and set aside. In a medium-sized baking pan, add the sweet potatoes so they cover the bottom of the pan. Add the oatmeal mixture on top of the sweet potatoes. Bake for 2 minutes. Serve hot, or refrigerate and serve cold.



Each serving (1/4 cup) provides 94 calories, 0.5 g of fat, 0 g of saturated fat, 0 mg of cholesterol, 30 mg of sodium, 5 g of sugar and 3 g of fiber.

As always, please remember the importance of proper food safety.

Sources: Mayo Clinic and U.S. Department of Agriculture

Holiday Depression and Stress



The holidays are associated with joy, cheer, family, and friends. However, the holidays can be a very stressful and depressing time of year for many people, which are sometimes referred to as the "holiday blues". For some it is a time of loneliness, self-evaluation, and anxiety about an uncertain future. These feelings can be brought on by financial constraints, unrealistic expectations, stress, fatigue, and inability to be with one's family and friends. This can cause depression, overeating, headaches, excessive drinking, and difficulty sleeping.

Follow these tips for coping with stress and depression during the holidays: keep expectations for the holiday season manageable; remember the holiday season does not banish reasons for feeling sad or lonely; leave "yesteryear" in the past and look toward the future; do something for someone else; enjoy activities that are free; be aware that excessive drinking will only increase your feelings of depression; try something new; spend time with supportive and caring people; save time for yourself!

For more information visit the National Mental Health Association at <http://www.nmha.org>.



MARK YOUR CALENDAR!

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM Thursday, December 18, 2014.*
- *Scott County Health Department will be closed Wednesday, December 24, 2014 and Thursday, December 25, 2014 in observation of Christmas Eve and Christmas Day.*

OUR MISSION:

The Scott County Health Department is committed to promoting, protecting and preserving the health of the community by providing leadership and direction as advocates for the individual, the family, the community and the environment we serve.

OUR VISION:

As recognized and respected leaders in serving and protecting our citizens, we at the Scott County Health Department are committed to a safer, healthier community and environment. In so doing, we provide a multitude of services with Professionalism, Responsiveness, Involvement, Dedication, and Excellence.

SCOTT COUNTY HEALTH DEPARTMENT

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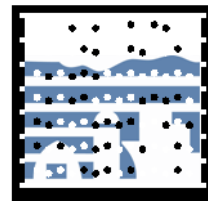
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