

Sidekicks

The key to healthier holiday feasting is to prepare plenty of veggie dishes that are tasty and light by Kalia Doner



These two recipes have holiday-season flavors but a lighter feel.

Bean Salad with Dried Cranberries, Pecans and Onion

Serves 8

- 10 oz fresh green beans
- Sea salt
- ¼ cup dried cranberries
- ¼ cup pecans, halved
- 1 small red onion, sliced into thin rings

DRESSING

- ¼ cup extra virgin olive oil
- 1–2 T Balsamic vinegar
- 1 T fresh lemon juice
- 1 tsp Dijon mustard
- Dash sugar
- Salt and pepper to taste

- Use tender green beans that are sweet enough to eat raw; blanch them briefly in 2½ quarts of lightly salted boiling water.

- When they're cooked through but still have crunch, drain beans and then plunge them into a bowl of ice water for 1 minute. Drain again and spread on layered paper towels on a cutting board or counter-top to dry. Slice dry beans in half at an angle, creating a bevel edge.

- Place sliced beans in large salad bowl. Add cranberries, onions and pecans.

- Drizzle with dressing, tossing well after the addition of each tablespoon; you may not want to use all the dressing. Serve at room temperature.

Per serving 134 calories; 12g fat; 2g saturated fat; 13mg sodium; 6g carbohydrate; 2g sugars; 2g protein

Broccoli Fennel Soup

Serves 4

- 2½ cups chicken or vegetable broth
- 1 cup water
- 3 cups broccoli florets
- 2 cups chopped fennel
- ½ cup sliced leeks (white and light green parts)
- 2 T lightly packed fennel fronds
- ½ tsp tarragon
- ¼ tsp ground black pepper
- Salt to taste
- ¼–½ cup milk or additional broth

- In a 2-quart saucepan, bring the broth and water to a boil. Add the broccoli, fennel, leek, fennel fronds, tarragon and pepper; return to a

boil. Reduce heat; simmer, uncovered, for 40 minutes or until the vegetables are very soft. Let cool for 5 to 10 minutes.

- Pour the soup into a blender or food processor fitted with a steel blade. Do not to overfill the container; if necessary, process in two batches. Cover and process until smooth. Taste. Season with salt, adding enough milk or broth to make a soup that is thick but pours easily into a bowl. Reheat briefly.

- Adapted from *Diabetes Cooking for Everyone* by Carol Gelles (DaCapo LifeLong, 2008).

Per serving (when made only with vegetable broth) 72 calories; 1g fat; 0mg cholesterol; 10g carbohydrate; 3g fiber; 2g sugars; 6g protein



Online Meals

Veggies the whole family will love! If you're desperate to get your family to eat their green stuff, try our easy-to-prepare recipes at RemedyLife.com/veggies

