



# HEALTHY HACKS FOR 2023 December

## BETTER LIVING FOR TEXANS TEXAS A&M AGRILIFE EXTENSION SERVICE

### Healthier Holidays on a Budget!

The holiday season is here! Consider healthier and affordable food choices when enjoying your traditions, cultures, and preferences. Below are tips for *healthier holidays on a budget!*

**Meal Planning...** Some holiday dishes may involve extra time, ingredients, or money. Balance those dishes with others that need fewer or less costly ingredients. Plan holiday meals with food you already have in your pantry, refrigerator, and freezer. Frozen, canned, or dried fruit and vegetables take a few minutes to prepare and are great additions for your holiday meal. Add herbs and spices for a boost of flavor while reducing sodium (salt) intake. Some seasonal flavors include rosemary, thyme, dill, sage, basil, oregano, coriander, paprika, garlic, and ginger.



meals or special celebrations. Also, making a grocery list can help you stay on budget and avoid purchasing unneeded items.

**Saving time...** To save time, many foods are available prepackaged or prepared at the store yet may be more expensive. Choose items like whole produce, uncooked grains, or cuts of bone-in meat to fix at home can save money. When shopping, choose what is best for you and your family! Find new ways to use leftovers and unused ingredients in meals or snacks. Some ideas include soups, salads, casseroles, smoothies, and sandwiches.

Spending time and making memories with family and friends while sharing your favorite holiday meals and dishes make the holidays special. Have a wonderful holiday season!

**At the store...** Food advertisements and local sales increase during the holiday season. Keep in mind the number people being served when planning

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### Recipe of the Month

*Recipe from Oregon State University, Food Hero*

#### Pear and Cranberry Crisp

*This warm pear and cranberry crisp is a flavorful treat to enjoy for breakfast or dessert!*

**Serves: 8**

#### Ingredients

- ½ cup old-fashioned rolled oats
- 1 tablespoon brown sugar, packed
- 2 tablespoons flour
- ¼ teaspoon cinnamon
- 2 tablespoons applesauce
- 4 cups pears, cubed (about 3 pears)
- 1 cup cranberries, fresh or frozen
- 1 tablespoon cornstarch

#### Directions

1. Preheat oven to 400°F.
2. In a medium bowl, combine oats, brown sugar, flour, cinnamon, and applesauce.
3. Combine pears, cranberries, and cornstarch in an 8x8-inch baking dish. Sprinkle with oat mixture.
4. Bake uncovered until bubbling and topping is browned, about 20 minutes.



**Nutrients Per Serving:** 90 calories, .5 g total fat, 0 g saturated fat, 0 mg cholesterol, 0 mg sodium, 21 g carbohydrates, 4 g fiber, 11 g total sugar, 2 g added sugar, and 1 g protein

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