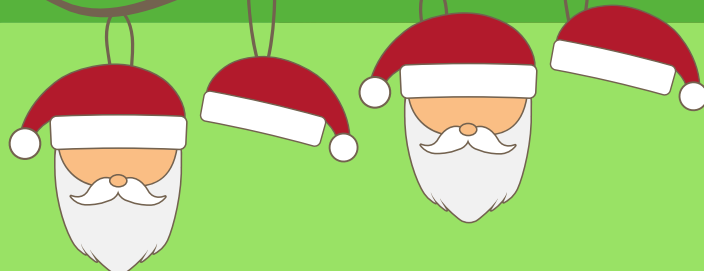


*Happy Holidays
from the
Women's Midlife Specialist*



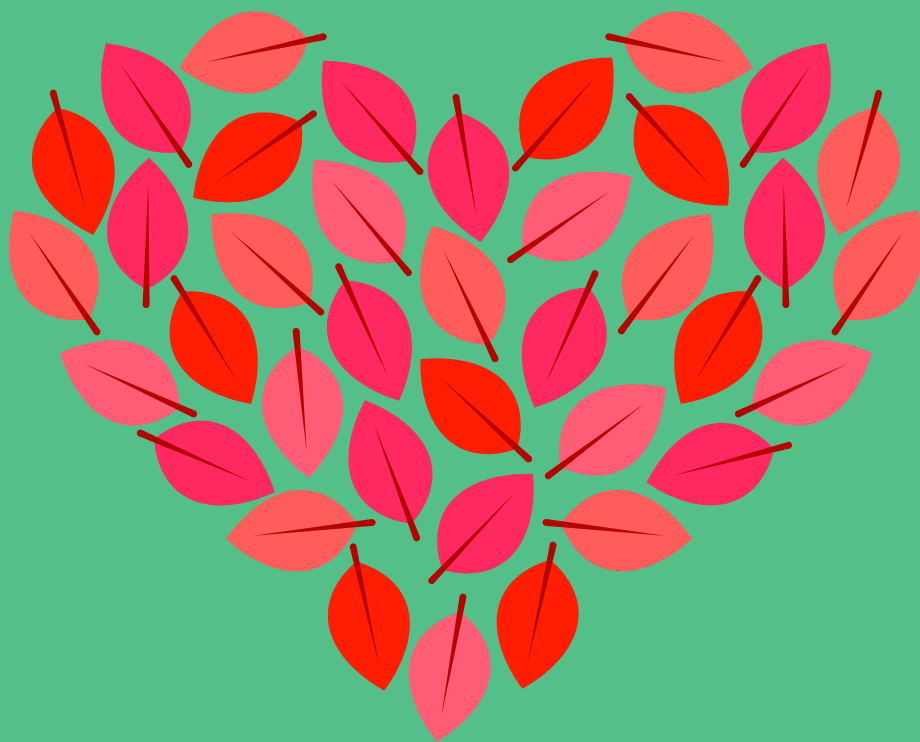
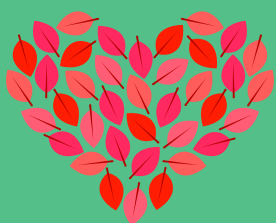


TABLE OF YUMMIES

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Apple Cranberry Turkey Salad



INGREDIENTS

2 1/2 CUPS LEFT-OVER COOKED TURKEY, CHOPPED UP

1 CUP APPLE

3 STALKS CELERY

1/4 CUP DRIED CRANBERRIES

2 TBSP PARSLEY

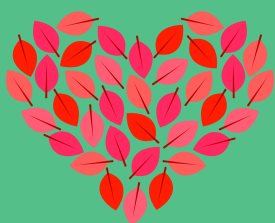
2 TSP LEMON JUICE

SALT AND PEPPER

1 CUP GREEK YOGURT, NONFAT PLAIN

DIRECTIONS

CUT APPLE, CELERY AND COOKED TURKEY INTO SMALL PIECES. DIP APPLE PIECES INTO THE LEMON JUICE AND THEN DISCARD LEMON JUICE. COMBINE ALL INGREDIENTS. MIX WELL. REFRIGERATE BEFORE SERVING.



Cottage Cheese Scrambled Eggs



INGREDIENTS

1 TBSP CHIVES

6 EGGS

DASH OF SALT AND PEPPER

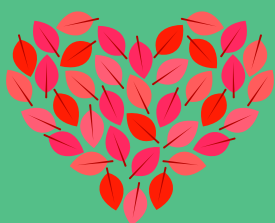
2 TBSP BUTTER (NOT NEEDED IF NON STICK FRYING PAN)

1/4 CUP COTTAGE CHEESE

3 TBSP MILK

DIRECTIONS

WHISK TOGETHER EGGS AND MILK IN A LARGE BOWL. MELT BUTTER OVER MEDIUM HEAT IN SKILLET. (FOR NON STICK PANS, NO BUTTER IS NEEDED.) POUR THE EGG MIXTURE INTO PAN AND IMMEDIATELY TURN PAN DOWN TO MEDIUM LOW HEAT. SPRINKLE WITH DASH OF SALT AND PEPPER AND ADD CHIVES. LET THE EGGS BEGIN TO SET AND THEN WITH A WOODEN SPOON, START TO SCRAPE THE EGGS FROM THE EDGE OF THE PAN TO THE CENTER, FORMING LARGE SOFT CURDS. CONTINUE REDISTRIBUTING THE EGGS AS THEY COOK. WHEN THE EGGS LOOK WET BUT ARE NO LONGER LIQUID, ADD THE COTTAGE CHEESE. AS THE COTTAGE CHEESE MELTS, TURN OFF THE HEAT BUT LEAVE THE SKILLET ON THE BURNER. THE SCRAMBLED EGGS WILL CONTINUE TO COOK FROM THE HEAT OF THE PAN AND THE COTTAGE CHEESE WILL MIX NICELY.



Maple Dijon Chicken with Bacon

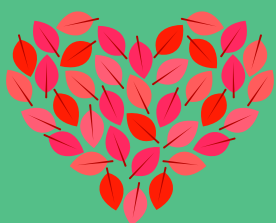


INGREDIENTS

4 SLICES OF BACON, FAT TRIMMED OFF
1.5 LBS CHICKEN BREASTS OR TENDERS
2 TBSP COCONUT OIL
1 CUP SLICED LEEKS
12 OZ SLICED FRESH MUSHROOMS
14 OZ CAN COCONUT MILK
1 TBSP MAPLE SYRUP
3 TBSP DIJON MUSTARD
SALT TO TASTE

DIRECTIONS

TRIM MOST OF FAT OFF BACON AND COOK. (I USE A GEORGE FORMAN GRILL TO COOK BACON!
ADD A TBSP OF COCONUT OIL TO SKILLET AND COOK EACH BREAST 3-4 MINS PER SIDE
(DEPENDING ON THICKNESS), BUT DO NOT COOK ALL THE WAY THROUGH. REMOVE CHICKEN FROM
PAN, BUT KEEP PAN HOT. ADD 1 TBSP OF COCONUT OIL TO THE PAN AND SAUTE MUSHROOMS AND
LEEKES FOR 5-6 MINUTES. ADD CHICKEN AND COCONUT MILK, STIR TO COMBINE.
IN A SMALL BOWL, WHISK TOGETHER DIJON MUSTARD AND MAPLE SYRUP. POUR MIXTURE INTO
THE PAN AND CONTINUE TO WHISK UNTIL WELL COMBINED. SIMMER FOR ABOUT 10 MINUTES.
ADD BACON PIECES ON TOP. SERVE OVER WILD RICE OR WITH POTATOES.



Low Fat, Low Carb Kale Casserole



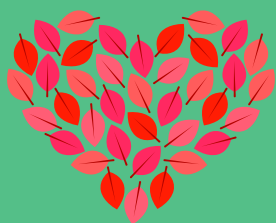
INGREDIENTS

- | | |
|---|----------------------------|
| 2 TABLESPOONS OLIVE OIL | 1/2 GREEN PEPPER |
| 1/4 OF A MEDIUM YELLOW ONION, CHOPPED | 1/2 RED PEPPER |
| 6 CUPS FINELY CHOPPED KALE (ABOUT 5 OUNCES) | 2 TBL OR MORE GREEK YOGURT |
| 3 CLOVES OF GARLIC | 1 CUP QUINOA, COOKED |
| 1/2 TSP EACH SALT AND FRESHLY GROUND BLACK PEPPER | 1 CUP GRATED SWISS CHEESE |
| 1/2 CUP LOW-SODIUM CHICKEN BROTH OR BONE BROTH | 1/3 CUP GRATED PARMESAN |
| 1.5 CUPS OF 1/2-INCH DICED YELLOW SQUASH | 1 LARGE EGG, BEATEN |
| 1.5 CUPS OF 1/2-INCH DICED ZUCCHINI | COOKING SPRAY |
| 1 CUP CROUTONS OF YOUR CHOICE – GARLIC AND BUTTER | |

DIRECTIONS

PREHEAT THE OVEN TO 400 DEGREES. HEAT THE OLIVE OIL IN A LARGE NONSTICK SKILLET OVER MEDIUM HEAT, ADD THE ONIONS AND GARLIC STIRRING OCCASIONALLY, UNTIL ONIONS TRANSLUCENT, (ABOUT 3-5 MINUTES.) ADD THE KALE, AND 1/2 TEASPOON EACH SALT AND PEPPER AND COOK AN ADDITIONAL 2 MINUTES. ADD THE BROTH AND CONTINUE TO COOK UNTIL THE KALE IS WILTED AND MOST OF THE BROTH IS ABSORBED, (ABOUT 5 MINUTES MORE.) ADD THE SQUASH, ZUCCHINI, PEPPERS AND TOSS TO COMBINE WELL. CONTINUE COOKING UNTIL THE SQUASH AND PEPPERS BEGINS TO SOFTEN, (ABOUT 8 MINUTES.) REMOVE FROM HEAT AND STIR IN THE YOGURT.

TOSS THE COOKED VEGETABLES, COOKED QUINOA, 1/2 CUP SWISS CHEESE AND 1/3 CUP PARMESAN, 1/2 CUP OF THE BREAD CRUMBS AND THE EGG IN A LARGE BOWL UNTIL MIXED. SPRAY A 9-INCH SQUARE OR 2-QUART CASSEROLE DISH WITH COOKING SPRAY. SPREAD THE MIXTURE IN THE BOTTOM OF THE CASSEROLE AND TOP WITH THE REMAINING 1/2 CUP CROUTONS, 1/2 CUP SHREDDED CHEESE. BAKE UNTIL THE TOP IS BROWNED AND CRISP, (ABOUT 35 MINUTES.) SERVE HOT.



Chocolate Chip Banana and Oat Cookies



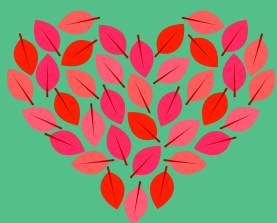
INGREDIENTS

2 MEDIUM RIPE BANANAS, MASHED
1 CUP OF UNCOOKED OLD FASHIONED OATS
1/4 CUP CHOCOLATE CHIPS

DIRECTIONS

PREHEAT OVEN TO 350°F. SPRAY A COOKIE SHEET WITH NONSTICK COOKING SPRAY OR USE NON STICK REYNOLD'S WRAP. MIX THE MASHED BANANAS AND OATS IN A BOWL. FOLD IN THE CHOCOLATE CHIPS. USING A SPOON, SCOOP UP THE BATTER AND PLACE ON THE COOKIE SHEET. BAKE FOR 12-15 MINUTES.

Adapted from Six Sisters' Stuff



Frozen Chocolate Banana Cashew Treats



INGREDIENTS

2 OR MORE MEDIUM RIPE BANANAS - EACH BANANA MAKES ABOUT 5 TREATS

CASHEW BUTTER (OR ALMOND BUTTER)

2 CUPS (12 OUNCES) DARK CHOCOLATE CHIPS

DIRECTIONS

CUT BANANAS INTO 1/4 - 1/2 INCH SLICES. SPREAD CASHEW (OR ALMOND) BUTTER ON 1/2 OF THE BANANA SLICES AND TOP EACH OFF WITH ANOTHER BANANA SLICE.

MICROWAVE THE CHOCOLATE CHIPS ON 70% POWER STIRRING EVERY 30 SECONDS UNTIL ALL ARE MELTED. STICK A TOOTH PICK THROUGH EACH CASHEW BANANA SANDWICH AND HOLDING THE TWO ENDS OF TOOTHPICK, DIP THE BANANAS INTO THE MELTED CHOCOLATE, WORKING WITH ONE BANANA SANDWICH AT A TIME. CAREFULLY LAY DIPPED BANANAS ON THEIR SIDES ONTO A BAKING SHEET LINED WITH PARCHMENT PAPER OR NON STICK REYNOLDS WRAP. REPEAT WITH DIPPING THE REMAINING BANANA SANDWICHES. PUT THE BAKING SHEET IN THE FREEZER TO SPEED THE HARDENING OF THE CHOCOLATE AND FULLY FREEZE THE TREATS. ONCE FROZEN, TRANSFER TO STORAGE CONTAINER OR ZIP LOCK BAGS AND KEEP FROZEN UNTIL EATING.



Karen, David, and Inka Leggett

Women's Midlife Specialist

