

Holiday Hints

Give A Holiday Dish A Healthy Makeover

(NAPSA)—Making a few easy substitutions and using healthful cooking techniques can help you rejuvenate your favorite family recipes.

Here are some easy ways to give those recipes a makeover:

- Use smart fats. Not all fat is bad. Opt for unsaturated fats—such as canola oil—over saturated fats such as butter.

Canola oil is cholesterol-free, trans fat-free, low in saturated fat as well as high in unsaturated fat and omega-3s. It can be used in place of any oil called for in recipes—to sauté, bake, use in salads and more.

Plus, switching from a solid fat such as butter or shortening to a liquid oil such as canola usually means that you will use less fat. For example, if a recipe calls for 1 cup of butter, change to $\frac{3}{4}$ cup of canola oil and use as the recipe directs. For a handy fat substitution chart, visit www.northerncanola.com.

- Decide which ingredients you can reduce or eliminate altogether without altering the flavor or appearance of the dish. For example:

- Reduce nuts and coconut by 50 percent and toast the nuts for enhanced flavor; reduce chocolate chips by 25-50 percent.

- Reduce sugar by 25 percent. It won't change the taste appreciably, especially if you use a bit more vanilla, cinnamon, etc.

- If the recipe calls for baking chocolate, try cocoa instead. Replace one ounce of baking chocolate with 3 tablespoons cocoa powder plus 1 tablespoon canola oil.

- Make changes to your recipe gradually, just one or two ingredients at a time, to see if you like the results.



Enjoy healthier versions of your favorite holiday foods.

Here's a lighter version of a traditional sweet potato casserole that can be used as a side dish throughout the year.

Sweet Potato Bake

- 5 pounds sweet potatoes or yams, peeled and cubed into $\frac{1}{2}$ -inch pieces**
- 1 red onion, diced into $\frac{1}{2}$ -inch pieces**
- $\frac{1}{2}$ cup canola oil**
- 2 tablespoons herbes de Provence**
- Salt**
- Freshly ground black pepper**

Preheat the oven to 375°F. Mix sweet potatoes, onion, oil and herbs in a large bowl; spoon into a baking dish. Salt and pepper to taste. Bake uncovered for 45 minutes to 1 hour, or until the potato edges become brown and crisp.

Yield: 8 to 10 servings.

For more recipes and tips, visit www.northerncanola.com or call (701) 221-2028.