

EMEMBERING TO CUT YOUR DAD'S SCOTCH WITH

water. Wearing that hideous sweater your aunt gave you. Using your black-belt-like conversational skills to supplant any political talk with pigskin polemics ... By the time the feast finally arrives, the last thing you want to do is sweat over calories.

But here's the grim reality: Roughly 75% of all the weight we gain over the course of the entire year we gain between November and January, a 2013 study in the *European Journal of Clinical Medicine* found. "One bad day of eating won't derail your health," says Miranda Hammer, R.D., a registered dietitian based in New York City. "The problem is, the big meal commonly begins a cycle of terrible behavior that can lead to a week, a month, a season of poor eating."

So why not set yourself on a better path from the get-go by, for example, boiling, not roasting, your ham to reduce fat? Opting for butter-free yet still flavorful brussels sprouts? Or replacing those belly-bloating mashed potatoes with a great-tasting cauliflower mix? With these healthy twists on classic holiday plates you won't have to surrender flavor to stay fit. Bonus: They make delicious leftovers, too.

SERIOUSLY TASTY TURKEY

SERVES 12

When you're shopping, look for a bird labeled "pasture raised" and "organic," because a turkey that's been raised without hormones, steroids, or antibiotics—and hasn't been injected with flavor-faking liquids—will taste better. When you prep it, season it with simply salt and pepper, not a slathering of oil or butter—it's important that the skin be completely dry when you put it in the oven.

1 turkey (12 to 16 lbs)
Salt and pepper

Heat oven to 400°F. Place turkey, breast-side down, on a rack in a large baking dish; rub salt and pepper over it. Cover with foil, poke holes in foil, and roast for 45 minutes. Turn breast-side up; roast until an instant-read thermometer registers 160°F in the breast and 170°F in the thigh. Let rest for 30 minutes.

413	71g	0g	12g
CALORIES	PROTEIN	CARBS	FAT

THE MACROS

SAVORY BRUSSELS SPROUTS WITH GREMOLATA

SERVES 6

Brussels sprouts seem salty, but it's easy to pile on the bacon and cream. Instead, use this classic Italian relish to give your holiday plate some balance without unnecessary fat and sodium. Oven roasting gives an appealing crispness with less oil than pan-frying.

½ cup minced parsley (preferably flat-leaf)

1 garlic clove, minced

2 tsp lemon zest

½ lbs brussels sprouts, ends trimmed, halved lengthwise

1 tsp olive oil

Heat oven to 425°F. For the gremolata, mix parsley, garlic, and lemon zest in a small bowl; add salt and pepper to taste. In a large bowl, toss sprouts with olive oil; spread on a baking sheet. Roast for 25 minutes, or until edges are browned. Toss warm sprouts with gremolata.

203	14g	38g	4g
CALORIES	PROTEIN	CARBS	FAT

THE MACROS

WEIGHTLESS PUMPKIN PIE

SERVES 8

Simply ditching the crust means you can make that cherished recipe with no other health hacks needed. But, says Hammer: "Savor it, be satisfied, then get back to eating well and exercising the next day."

1 (15 oz) can pumpkin
1 (12 oz) can low-fat evaporated milk
2 eggs
½ cup brown sugar
1 tsp ground cinnamon
¼ tsp ground ginger
¼ tsp salt
½ tsp baking powder

Heat oven to 325°F. In a large bowl, whisk together pumpkin, milk, eggs, and sugar. In a small bowl, stir together cinnamon, ginger, cloves, salt, and baking powder; whisk into pumpkin mixture. Pour into a pie dish; bake for 50 minutes, or until a toothpick inserted in center comes out clean. Refrigerate for at least 3 hours before serving.

106	5g	19g	2g
CALORIES	PROTEIN	CARBS	FAT

THE MACROS

GRAVY

SERVES 12

3 tsp butter
1 onion, chopped
1 garlic clove, minced
1 carrot, chopped
1 celery stalk, chopped
1 Neck and giblets from turkey
4 cups good-quality low-sodium turkey or chicken stock
1 tsp soy sauce
6 tsp flour
Salt and pepper

Melt 1 tsp butter in large saucepan over medium heat. Add onion, garlic, carrot, celery, neck, and giblets; cook until browned. Add stock and soy sauce; bring to a boil, reduce heat and simmer for 1 hour, then strain. In large pan over medium-low heat, melt 2 tsp butter; add flour, whisking frequently, until it turns deep brown. Slowly whisk in the stock, bring to a boil, then reduce heat and cook until thick. Salt and pepper to taste.

HOLIDAY FEAST

LEG OF LAMB

SERVES 12

By firing up your lamb on the grill, you'll free up your oven for side dishes. Be sure to do it right, though, by butterflying it so it's a uniform thickness. (Your butcher can do this easily for you.) Another bonus: Our sauce is oil-free, which cuts about 1,000 calories. You're welcome.

- 2 lemons
- 2 tsp fresh rosemary
- 8 garlic cloves, peeled
- 1 tsp salt
- 1 boneless leg of lamb (about 6 lbs), butterflied

In a food processor, puree lemons—skin and all—with rosemary, garlic, and salt to a paste. Rub the paste into the lamb and let sit in the refrigerator for at least 6 hours, preferably overnight. Heat a charcoal or gas grill to medium-high. Lay the lamb flat, grill until an instant-read thermometer inserted into the thickest part reads 125°F (about 15 minutes per side), then remove to a platter. (Alternatively, roast the lamb uncovered in a 425°F oven for about 45 minutes.) Loosely cover with foil and rest for 20 minutes.

THE MACROS

427 CALORIES | 64g PROTEIN | 1g CARBS | 17g FAT

The Perfect Amount

SERVING TIP!

Courtesy of Miranda Hammer, registered dietitian in New York City

■ Really want to survive the holiday meal with your abs intact? Follow Hammer's most crucial piece of advice: When composing your plate (which should be nine inches or less in diameter), fill half of it with vegetables, a quarter with protein, and a quarter with starch (sweet potatoes, mashed potatoes, green beans, or less in diameter). Fill half of it with fat and carbs and more fiber. Also: It wouldn't hurt to hit the gym beforehand, too.



GREEN BEAN CASSEROLE

SERVES 8

Salvage this sloppy staple by swapping the soup for a from-scratch sauce and the fried onions for caramelized ones. "Green beans are loaded with fiber and vitamin C and should occupy a lot of the real estate on your plate," Hammer says.

- 1½ lbs fresh green beans, trimmed and halved crosswise
- 2 tsp butter
- 2 onions, peeled and thinly sliced
- Salt
- 8 oz mushrooms, coarsely chopped
- 1 onion, coarsely chopped
- 2 garlic cloves, minced
- 1 cup chicken stock
- 1 cup milk
- 3 tsp flour

THE MACROS

96 CALORIES | 4g PROTEIN | 13g CARBS | 4g FAT

Bring a pot of salted water to a boil, add green beans, cook for 5 minutes, then drain and cool. Melt 1 tbsp butter in a pan over medium heat, add sliced onions, salt lightly, and cook until browned. Heat oven to 400°F. In a large pan, add mushrooms, chopped onion, garlic, and 1 tsp salt; cook for 10 minutes over medium heat. In a separate saucepan, bring stock and milk to a simmer; add flour and cook, stirring constantly, for 2 minutes. Add stock mixture to mushrooms; bring to a boil, stirring until thick. Put beans in a baking dish, add mushroom mixture, and top with the caramelized onions; cook for 15 minutes.

WHIPPED SWEET POTATOES

SERVES 8

Sweet potatoes are already decadently sweet and silky, so topping them with brown sugar and mini marshmallows is overkill. "Instead, add fruit for more natural sweetness," Hammer says. "You'll get extra vitamins, minerals, and fiber." We recommend bananas, to boost creaminess, and apples, whose natural acidity will brighten the sweet potatoes' naturally deep flavor.

- 2 lbs sweet potatoes, pricked with a fork
- 2 ripe bananas
- 1 cup all-natural applesauce
- ¼ cup honey
- 1 tsp ground cinnamon
- Salt and pepper
- Sugar

Binge Away on Muscadet and Beaujolais

SOMMELIER TIP!

Courtesy of Jason Wagner, beverage director at Fung Tu in New York City

Many wines are naturally low in alcohol, which means they have fewer calories than the heavy, boozy red zinfandels and cabernets so often served with winter meals. "Wines from Beaujolais and the Loire Valley of France are lower in alcohol and higher in acidity; and not only do they have fewer calories, they're also more versatile, so they go with a wider array of foods," Wagner says. For red, look for Beaujolais that's labeled "cru Beaujolais"—meaning it's from the best vineyards; and for white, grab a muscadet. "Big, bold wines can overwhelm some dishes and get you drunk faster," Wagner says. "But these wines can be consumed in greater quantity without getting you wasted—and they're a great counterpoint to rich holiday dishes."



THE MACROS

138 CALORIES | 1g PROTEIN | 35g CARBS | 0g FAT

Heat oven to 375°F. Roast potatoes on a rimmed baking sheet for 40 minutes, then add bananas (with peel on) and cook for another 15 minutes. When potatoes cool, split lengthwise and scoop the flesh into a bowl; peel bananas and add with applesauce, salt, pepper, and sugar to taste. Mash well with a potato masher, or whip with an electric beater. Transfer mixture into a buttered baking dish; bake for 30 minutes, or until heated through.

SPICY, HEALTHY HAM

SERVES 12

Truth is, ham is a pretty lean, healthy meat. It's the salty cure, layers of skin and fat, and, usually, sticky-sweet glaze that ruin it. But if you boil the ham rather than roast it, you'll cut much of the salt and fat—and it'll still be as moist and tasty as ever. Instead of lathering on a sugary honey-baked glaze, we recommend this thin coat of spicy Sriracha—balanced with honey—which will deliver a delicious, more complex punch to the already-rich meat.

1/4 cup honey
3 tbsp Sriracha sauce
1 tbsp soy sauce
juice of 1/2 lime
1 "City ham" (5 to 7 lbs), wet-cured and smoked, as opposed to dry-cured, prosciutto-like "country ham"

In a small bowl, mix together honey, Sriracha, soy sauce, and lime juice; set aside. Place ham in a stockpot; add water to cover. Bring to a boil, then discard and replace the water and bring to a boil again. Reduce heat; simmer for 15 minutes per pound. Drain and remove the skin and external fat. Heat oven to 375°F. Place ham in a shallow baking dish, brush with the Sriracha glaze, and bake for 30 minutes. Let rest for 20 minutes.

THE MACROS			
333	31g	14g	16g
CALORIES	PROTEIN	CARBS	FAT

MASHED POTATOFLOWER

SERVES 6

One cup of regular mashed potatoes has 240 calories, 9 grams of fat, and 35 grams of carbs. Thankfully, when you're pureeing the potatoes, you can cut it in half with cauliflower and no one will know the difference. Plus, "cauliflower is rich in antioxidants and vitamins C and K," Hammer says. It retains the richness of the potato while giving a lighter texture and more complex flavor. (For bonus flavor: Try it with a few carrots or turnips as well.)

1 lb potatoes (russet or Yukon Gold), scrubbed, peeled if desired, and quartered
1/2 head cauliflower, core removed and coarsely chopped
2 tsp olive oil
1/4 cup Greek yogurt
Salt and pepper

Place potatoes in a large saucepan; cover with water by 3 inches. Bring to a boil. When potatoes are almost tender (a butter knife can almost but not quite go through them easily), add cauliflower; cook another 10 minutes, or until the potatoes and cauliflower crush easily with the back of a spoon. Drain, return to the pot, and mash well with a potato masher. Stir in olive oil and yogurt; add salt and pepper to taste.

THE MACROS			
123	4g	23g	2g
CALORIES	PROTEIN	CARBS	FAT

The Coolest Condiment You've Never Heard Of

CHEF TIP!

Courtesy of Jeremy Glover, chef at Ceta Kitchen + Bar in Newburyport, MA

Glover, a farmer in addition to being one of the Northeast's most-talked-about chefs, swears by cranberry mayo, a hugely versatile but largely unknown condiment that can be easily made by mixing one part leftover cranberry sauce (whole or the jelled variety) with two parts mayo and a dash of Dijon mustard. Loaded with vitamin C, it's healthier than plain old mayo and great for schmearing on rye bread with turkey and stuffing, making a leftover turkey or potato salad, or using as a dip with turkey skin as the (carb-free) chips. **M.F.F.**

