

# *"Nutrition for Kids" for the Christmas Holiday"*

This Christmas Holiday let's create some great memories with nutritious foods and promote togetherness.

To that purpose try the following suggestions:

- Encourage your children to put away their electronic devices—or if this is next to impossible, limit the time they spend on the devices. Collect the cell phones in a basket before everyone sits down to eat!
- Instead of playing games on their smart phones or computers, play board games together.
- Get the children off the couch and get them outdoors—skating, riding bikes, tag-football with the whole family!
- Cook together—start by planning a menu together, grocery shop together for the planned menu, and in the kitchen assign each one of your children age appropriate jobs in the kitchen—younger children can wash vegetables and fruits prior to using the item in a recipe, gather the items for the gluten-free Traditional Pumpkin Pie, read the recipe out loud, or teach your older children culinary skills for the yummy Cream Cheese Pumpkin Spice cookies.
- Give the gift of food to friends and also for those in need (local Food Pantry or Soup Kitchen).
- This Christmas season try at least one recipe that includes a new vegetable, grain, fruit or legume your children haven't tried before.
- New fruits are easier to introduce to children since they are naturally sweet. Eaten whole, juiced or blended with other vegetables, fruits pack a punch with antioxidants, vitamins and minerals. Try juicing or adding citrus fruits, such as lemons, grapefruits, oranges, tangerines or limes, to smoothies. Citrus fruits are loaded with vitamin C and flavonoids, which are reported to have antioxidant activities, anti-inflammatory, anti-viral and many more health benefits. [Click here](#) for Juicing and Smoothie Recipes and add or substitute citrus fruits to these recipes.
- Those with food allergies don't have to miss out on delicious flavors—experiment with grains and beans to create a new recipe that is sure to become a tradition in your family.



Check out the recipes below for gluten-free, but great tasting and nutritious desserts and traditional Christmas foods: the Gluten-free Pumpkin pie recipe\*, Corn Bread\*, Corn Bread Stuffing\*, or Traditional Stuffing recipe\*, and the Cream Cheese Chocolate Chip Cookies:

[Cream Cheese Chocolate Chip Cookies \(gluten-free\)](#)

# Traditional Pumpkin Pie



## Ingredients

- Single piecrust (page 246)
- 1 $\frac{3}{4}$  cups canned pumpkin (16 ounces)
- 2 eggs
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$  teaspoon ground ginger
- $\frac{1}{2}$  teaspoon ground nutmeg
- $\frac{1}{4}$  teaspoon ground allspice
- 14 ounces canned sweetened condensed milk (not evaporated milk)



## Directions

*Preheat oven to 450 degrees.*

1. Prepare piecrust.
2. Cover the piecrust with two layers of foil. Bake for 5 minutes in a 450-degree oven.
3. Remove crust from oven and remove foil.
4. Reduce the oven temperature to 375 degrees.
5. In a bowl, combine the pumpkin, sugar, and eggs with an electric hand mixer on low or with a fork. Add the cinnamon, ginger, nutmeg, allspice, and condensed milk. Beat lightly.
6. Cover the edge of the piecrust with foil. Place the pie pan on the center oven rack. Pour in the filling carefully.
7. Bake at 375 degrees for 25 minutes. Remove the foil. Bake 45-50 minutes more or until a knife inserted near the center comes out clean.
8. Cool completely on a wire rack. Store in refrigerator.

Makes 8 servings.

# Stuffing (Corn Bread)



## Ingredients

- 8 slices uncooked bacon, chopped (4 ounces)
- 1½ cup chopped celery (3 large stalks)
- 1½ cup chopped onion (1 large)
- 2 eggs, beaten
- 1 tablespoon dried parsley, crushed
- 1 teaspoon poultry seasoning
- 6 cups corn bread, cooled and coarsely crumbled (page 51)
- ½ to ¾ cup chicken broth (4-6 ounces)

## Directions

1. In a frying pan, combine the bacon, celery, and onion. Fry on medium heat until the bacon is crisp and the onions are translucent.
2. Meanwhile, in a bowl, combine the eggs, parsley, and poultry seasoning.
3. Place the cornbread crumbs in a large mixing bowl. Add the egg mixture and toss. Add the bacon mixture, including the bacon drippings. Toss. Add enough of the chicken broth to lightly moisten; do not use too much.

Makes enough stuffing for a 10-pound turkey or domestic goose.

**To bake separately:** Pour the stuffing into 13 x 9 x 2-inch baking pan, being careful not to mash the stuffing in too tight. Bake in a 350-degree oven for 30-40 minutes or until internal temperature reaches 165 degrees.

**Note:** To make this recipe with bread cubes, substitute 3 cups dried gluten-free bread cubes plus one half of the recipe for cornbread, crumbled. Allow the bread cubes to completely dry out or use less broth. (To make the bread cubes, toast the bread and slice into ½ - to 1-inch cubes.)

# Stuffing (Traditional)



## Ingredients

- 1 cup chopped onion (1 medium)
- 1 cup chopped celery (2 large stalks)
- ¼ cup margarine or butter (½ stick)
- 2 eggs, beaten
- ½ teaspoon poultry seasoning
- 1 tablespoon dried parsley, crushed
- 4 cups dried gluten-free bread cubes
- ⅓ to ½ cup chicken broth



## Directions

1. In a frying pan, combine the onion, celery, and margarine. Cook until tender and the onion is translucent.
2. Meanwhile, in a large bowl, combine the eggs, poultry seasoning, and parsley. Add the onion mixture and stir to combine.
3. Add the dried bread cubes and toss to combine. Add the broth, 1 tablespoon at a time, just enough to moisten, tossing gently.

Makes enough dressing to stuff a 4-5 pound chicken. Double the recipe to stuff an 8-10 pound turkey.

**To bake separately:** Pour the dressing into a 13 x 9 x 2-inch baking pan, being careful not to mash it in too tight. Bake in a 350-degree oven for 20-30 minutes or until internal temperature reaches 165 degrees.

And for those who want to try a new recipe that is both yummy and delicious, try:

[Pumpkin Whoopie Pies](#)

[Cream Cheese Pumpkin Spice Cookies](#)

[Pumpkin Seed, Mozzarella & Strawberry Salad](#)

[Cream Cheese Chocolate Peppermint Bark](#)



*We at PEDS, Inc. wish you and your family  
a merry and nutritious Christmas!*

\* Gluten Free Recipes from:

Sanderson, Sheri L.. [Incredible Edible Gluten-Free Food for Kids 150 Family Tested Recipes](#). Maryland: Woodbine House, 2002.

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