

# Nature of the FEAST

Lighten up your holiday menu with these delicious and diabetes-friendly recipes

By Kerri-Ann Jennings

Photography by Leigh Beisch

Holiday season brings to mind buttery casseroles, smothered green beans, and succulent roasts—all delicious and all poised to blow your calorie and carb budget. But with a few simple meal-planning and cooking strategies, you can celebrate the abundance of the season without upending your healthy eating goals.

**Find a balance.** Holiday feasts can be overwhelming because often, every single dish is heavy, from pigs-in-a-blanket to pumpkin pie. Stick to one or two all-out splurges and make sure there's plenty of lighter fare on the table. Jill Weisenberger, MS, RD, CDE, a Virginia-based dietitian and author of *Diabetes Weight Loss: Week by Week*, recommends two-thirds low-fat and healthy and one-third more indulgent.

Reviewed by Hansa Bhargava, MD  
WebMD Medical Editor

## Roasted Green Beans With Red Onions and Walnuts

Makes 6 servings

Roasting green beans with onions brings out a more intense flavor, while the toasted walnuts provide crunch along with heart-healthy fats.

### Ingredients

- 1 lb green beans, trimmed
- ½ cup thinly sliced red onion
- 1 tbsp canola oil
- ½ tsp salt
- 1 tbsp apple cider vinegar
- 1 tsp olive oil
- 1 tsp grainy mustard
- ½ cup walnuts, toasted and chopped

### Directions

1. Heat oven to 400°F. Toss green beans and red onion in a shallow roasting pan together with canola oil and salt. Roast until onions begin to caramelize and beans begin to soften and brown.
2. Meanwhile, whisk vinegar, olive oil, and mustard in a serving bowl.
3. Remove beans from oven and toss with vinegar mixture. Sprinkle with walnuts and serve.

### Per serving

88 calories, 3 g protein, 7 g carbohydrate, 6 g fat, 3 g fiber, 2 g sugar, 202 mg sodium. Calories from fat: 65%



## Roast Pork Loin With Apples and Cranberries

Makes 8 servings

Filling roasted pork with apple and dried cranberry stuffing is an easy way to get fruit on the holiday table. Plus, it adds a pretty splash of color to your plate.

### Ingredients

#### For the stuffing

- 1 tbsp canola oil
- 1 ½ cups diced sweet-tart baking apple, such as McIntosh or Paula Red (about 1 large apple)
- ½ cup diced yellow onion (about 1 small onion)
- ¼ tsp salt
- 1 tsp dried rosemary
- ½ tsp dried sage
- ½ cup dried cranberries
- ½ cup apple cider

#### For the pork

- 1 2-lb pork loin
- 2 cloves garlic, sliced
- 1 tbsp canola oil
- ½ cup apple cider

### Directions

1. Heat oven to 400°F. In a 10- or 12-inch frying pan, heat oil over medium-high heat. Add apple and onion and sauté until translucent, about 4 minutes. Add salt, herbs, cranberries, and apple cider. Cook until liquid is absorbed, about 4 minutes.

2. Trim visible fat from pork loin and butterfly it by cutting lengthwise, starting at the thinner side through the loin until ¾ of the way through (pork should remain in one piece). Open up pork loin so it's laying flat and cover with a piece of plastic wrap. Pound pork to a 1-inch thickness, then remove plastic wrap. Pierce pork in several places and insert slices of garlic. Spread stuffing onto the pork loin evenly and fold to close. Tie it back together with kitchen twine in several places across and once lengthwise.
3. Heat oil in clean, oven-safe frying pan over high heat. Brown pork loin on both sides, about 2 minutes per side. Transfer to oven (you could also transfer the pork loin to a roasting pan to continue cooking) and cook until pork reaches an internal temperature of 160°F, about 40 minutes.
4. Transfer cooked pork loin to a clean cutting board and let rest 5 minutes. Meanwhile, add remaining apple cider to the cooking pan and bring to a simmer. Cook until sauce has reduced.
5. Serve slices of stuffed pork loin with apple cider sauce.

### Per serving

292 calories, 31 g protein, 16 g carbohydrate, 11 g fat (3 g saturated fat), 90 mg cholesterol, 1 g fiber, 12 g sugar, 129 mg sodium. Calories from fat: 33%

**Turn up the heat.** Let's face it: Deep-fried turkeys do not make a healthy Thanksgiving. The tried-and-true method of roasting is one of the healthiest ways to cook your bird. This technique is also essential for drawing out the natural sweetness and complex flavor of root vegetables, Brussels sprouts, and green beans. "A lot of people who say they don't like vegetables such as beets or onions like them once they try them roasted," Weisenberger says. "Plus, since roasting doesn't use a lot of water, you don't lose a lot of nutrients." She recommends roasting Brussels sprouts with apples and a little balsamic vinegar for a delicious holiday dish.

**Play up veggies.** You don't need to drown veggies in fat and sugar to make them tasty. In fact, getting a few healthy veggie sides on the table not only adds color to your menu but also lightens up the whole feast. Healthy vegetable appetizers are also welcome at the holidays. Serve crudité (sliced veggies such as carrots, cucumbers, and bell peppers) with a lighter dip (something with a low-fat cottage cheese or yogurt base, or even hummus). "Marinated mushrooms and artichokes with whole grain crackers or toast are so incredibly simple. Or thread small grape or cherry tomatoes with mozzarella balls and herbs onto skewers," Weisenberger says.

**Fall back on fruit.** While veggies should play leading roles in your holiday feast, don't forget about fruit. Holiday dishes are a great place to add fruit, which lends a natural sweetness and an extra boost of fiber. Stuff a roast pork loin with cranberries and apple (see recipe), or toss crimson pomegranate seeds and juicy orange slices into a salad for festive color. A splash of orange juice instead of sugar will sweeten a sweet potato casserole.

**Use whole grains.** If you're baking, you can easily sneak in whole grains by swapping white flour for 100% whole wheat pastry flour—it adds texture, fiber, and nutrients. With whole grains, it doesn't have to be all or nothing, Weisenberger says. "If your guests appreciate whole grains, go for it. Otherwise just

*continued on page 13*



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### Who should use Humalog?

Humalog is used to treat people with diabetes for the control of high blood sugar.

### IMPORTANT SAFETY INFORMATION FOR HUMALOG

#### What is the most important information I should know about Humalog?

- Do not change the insulin you use without talking to your healthcare provider. Doses of oral antidiabetic medicines may also need to change if your insulin is changed.
- Test your blood sugar levels as your healthcare provider instructs.
- When used in a pump, do not mix Humalog with any other insulin or liquid.

#### Who should not take Humalog?

- Do not take Humalog if your blood sugar is too low (hypoglycemia) or if you are allergic to insulin lispro or any of the ingredients in Humalog.

#### Before using Humalog, what should I tell my healthcare providers?

Tell your healthcare providers:

- About all of your medical conditions, including liver, kidney, or heart problems.
- If you are pregnant or breastfeeding.
- About all the medicines you take, including prescription (especially ones commonly called TZDs [thiazolidinediones]) and non-prescription medicines, vitamins, and herbal supplements.

#### How should I use Humalog?

- Humalog is a rapid-acting insulin. Take Humalog within fifteen minutes before eating or right after eating a meal.
- Always make sure you receive the correct type of Humalog from the pharmacy.
- Do not use Humalog if it is cloudy, colored, or has solid particles or clumps in it.
- Do not mix Humalog with insulin other than NPH when using a syringe. Do not mix or dilute Humalog when used in a pump.
- Inject Humalog under your skin (subcutaneously). Never inject into a vein or muscle. Change (rotate) your injection site with each dose. Make sure you inject the correct insulin and dose.
- Depending on the type of diabetes you have, you may need to take Humalog with a longer-acting insulin or with oral antidiabetic medicines.
- If you forget to take your dose of Humalog, your blood sugar may go too high (hyperglycemia), which can lead to serious problems like loss of consciousness (passing out), coma, or even death.
- Your insulin dose may need to change because of illness, stress, other medicines you take, change in diet, or change in physical activity or exercise.

#### What are the possible side effects of Humalog?

- Low blood sugar is the most common side effect. There are many causes of low blood sugar, including taking too much Humalog. It is important to treat it quickly. You can treat mild to moderate low blood sugar by drinking or eating a quick source of sugar right away.

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- If severe, low blood sugar can cause unconsciousness (passing out), seizures, and death. Symptoms may be different for each person. Be sure to talk to your healthcare provider about low blood sugar symptoms and treatment.
- Severe life-threatening allergic reactions (whole-body reactions) can happen. Get medical help right away if you develop a rash over your whole body, have trouble breathing, have a fast heartbeat, or are sweating.
  - Reactions at the injection site (local allergic reaction) such as redness, swelling, and itching can happen. If you keep having skin reactions or they are serious, talk to your healthcare provider. Do not inject insulin into a skin area that is red, swollen, or itchy.
  - Skin may thicken or pit at the injection site (lipodystrophy). Do not inject insulin into skin with these types of changes.
  - Other side effects include low potassium in your blood (hypokalemia), and weight gain.
  - Serious side effects can include:
    - swelling of your hands and feet
    - heart failure when taking certain pills called thiazolidinediones or "TZDs" with Humalog. This may occur in some people even if they have not had heart problems before. Tell your healthcare provider if you have shortness of breath, swelling of your ankles or feet, or sudden weight gain, which may be symptoms of heart failure. Your healthcare provider may need to adjust or stop your treatment with TZDs or Humalog.
  - These are not all of the possible side effects. Ask your healthcare providers for more information or for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

#### How should I store Humalog?

- Unopened Humalog should be stored in a refrigerator and can be used until the expiration date on the carton or label.
- Humalog should be stored away from light and heat. Do not use insulin if it has been frozen.
- Opened vials should be kept at room temperature or in a refrigerator. Opened cartridges or prefilled pens should be kept at room temperature.
- Once opened, Humalog vials, prefilled pens, and cartridges should be thrown away after 28 days.

Humalog is available by prescription only.

**For additional information, talk to your healthcare providers and please see Information for Patients on following pages. Please see Instructions for Use that accompany your pen.**

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### Information for Patients about Humalog® (insulin lispro injection, USP [rDNA origin])

Read the “Patient Information” that comes with Humalog (HU-ma-log) before you start using it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your healthcare provider about your diabetes or treatment. If you have questions about Humalog or diabetes, talk with your healthcare provider.

#### What is Humalog?

Humalog is an injectable, rapid-acting, man-made insulin. It is used to treat people with diabetes for the control of high blood sugar. You should take Humalog within fifteen minutes before eating or right after eating a meal.

#### What is the most important information I should know about Humalog?

- Do not change the insulin you use without talking to your healthcare provider. Doses of oral diabetes medicines may also need to change if your insulin is changed.
- You must test your blood sugar levels as your healthcare provider instructs.
- If you forget to take your dose of Humalog, your blood sugar may go too high (hyperglycemia). If high blood sugar is not treated it can lead to serious problems like loss of consciousness (passing out), coma, or even death.
- Always make sure you receive the correct type of Humalog from the pharmacy. Do not use Humalog if it is cloudy, colored, or has solid particles or clumps in it.
- Do not mix Humalog with insulin other than NPH when using a syringe.
- Inject Humalog under your skin (subcutaneously). Never inject into a vein or muscle. Change (rotate) your injection site with each dose. Make sure you inject the correct insulin and dose.
- When used in a pump, do not mix Humalog with any other insulin or liquid. The infusion set should be changed at least every 3 days. The Humalog in the pump reservoir should be changed at least every 7 days even if you have not used all of the Humalog.
- Taking other medicines known as TZDs (thiazolidinediones) with Humalog may cause heart failure. Tell your healthcare provider if you have any new or worse symptoms of heart failure, such as shortness of breath, swelling of your ankles or feet, or sudden weight gain.

#### Who should NOT take Humalog?

##### Do not take Humalog:

- if your blood sugar is too low (hypoglycemia).
- before checking with your healthcare provider regarding any allergies you may have to its ingredients.

#### What are the possible side effects of Humalog?

- Low blood sugar (hypoglycemia). There are many causes of low blood sugar, including taking too much Humalog. It is important to treat it quickly. You can treat mild to moderate low blood sugar by drinking or eating a quick source of sugar right away. Low blood sugar may affect your ability to drive or operate machinery. Severe low blood sugar can cause unconsciousness (passing out), seizures, and death. Symptoms may be different for each person. Be sure to talk to your healthcare provider about low blood sugar symptoms and treatment.
- Severe life-threatening allergic reactions. Get medical help right away if you develop a rash over your whole body, have trouble breathing, have a fast heartbeat, or are sweating.
- Reactions at the injection site such as redness, swelling, and itching. If you keep having skin reactions or they are serious, talk to your healthcare provider. Do not inject insulin into a skin area that is red, swollen, or itchy.
- Skin may thicken or pit at the injection site (lipodystrophy). Do not inject insulin into this type of skin.
- Other side effects include swelling of your hands and feet, low potassium in your blood (hypokalemia), and weight gain.
- Taking other medicines known as TZDs (thiazolidinediones) with Humalog may cause heart failure in some people.
- These are not all of the possible side effects. Ask your healthcare providers for more information.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

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- About all the medicines you take, including prescription (especially ones commonly called TZDs [thiazolidinediones]) and non-prescription medicines, vitamins, and herbal supplements.
- If you are pregnant or breastfeeding.

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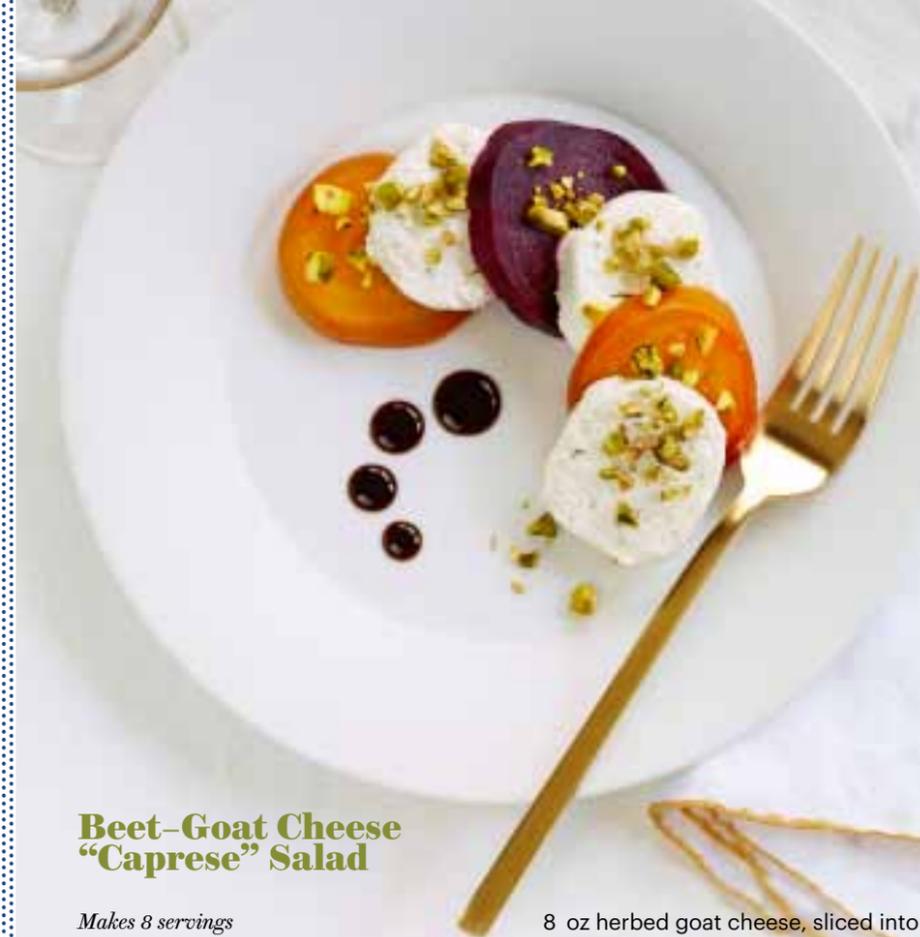
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## Beet-Goat Cheese “Caprese” Salad

Makes 8 servings

Traditional summer tomato-mozzarella salad gets a festive winter twist in this pairing of beets and goat cheese. Drizzled with balsamic glaze and a sprinkling of salted pistachios, it’s an impressive, but easy-to-make dish. If you buy pre-cooked and peeled beets (available in most produce sections), you can make this salad in minutes.

#### Ingredients

2 lbs beets, cooked, cooled, and peeled (about 11 medium 2-inch or 20 small beets)

8 oz herbed goat cheese, sliced into rounds  
balsamic glaze, for drizzling  
4 oz shelled salted pistachios, chopped

#### Directions

1. Slice beets and arrange on a serving dish with goat cheese rounds.
2. Drizzle with balsamic glaze and sprinkle with chopped pistachios.

#### Per serving

263 calories, 14 g protein, 17 g carbohydrate, 17 g fat (8 g saturated fat), 30 mg cholesterol, 4 g fiber, 11 g sugar, 241 mg sodium. Calories from fat: 57%

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mix them. Use French bread and whole wheat bread in your stuffing, or white rice with brown or wild rice.”

**Swap out whole-fat dairy for low-fat or skim.** In many recipes, you can swap out whole milk for low-fat (1%) milk without sacrificing flavor. This technique can even work with cream—try using low-fat and nonfat varieties of evaporated milk in place of cream in sauces and soups.

**Rely on lower-starch “starches.”** While potatoes and sweet potatoes are holiday classics, there’s no need to double up. If you’re serving potatoes, whip up a butternut or acorn squash

side dish instead of sweet potatoes to bring orange brightness to the table. If you’re making a classic sweet potato casserole, swap out mashed potatoes for mashed cauliflower.

**Substitute healthier fats.** One of the easiest swaps you can make at the holidays is to replace foods high in saturated fats with healthier alternatives, says Weisenberger, who often replaces 4 tablespoons butter with 3 tablespoons olive or canola oil in baked goods recipes. But you don’t need to entirely ditch butter, which adds a lot of flavor, even in small amounts. When sautéing vegetables, use a little butter for flavor along with canola oil.