

Holiday Appetizers and Sides

- *Salmon Cakes with Cucumber-Dill Yogurt Sauce*
- *Kale and Brussels Sprouts Salad*
- *Pumpkin-Cranberry Granola Bars*

Salmon Cakes with Cucumber-Dill Yogurt Sauce

Makes 16 bite-sized cakes and 2 cups sauce; serving size is 1 cake and 1 tablespoon sauce

These salmon cakes are a great way to add heart-healthy omega-3 fats to your holiday table. They can also be enjoyed with whole-wheat pasta or as savory filler for whole-wheat pita with baby spinach and sliced cucumbers. Use any leftover sauce as a salad dressing.

Ingredients

Cucumber-Dill Yogurt Sauce:

2 cucumbers, seeded, peeled and coarsely chopped
2 tablespoons white balsamic vinegar
2 tablespoons fresh lime or lemon juice
¼ cup fresh dill, chopped
1 cup non-fat plain yogurt
¼ cup non-fat sour cream

Salmon Cakes:

1 pound salmon fillets, skin and pin bones removed
½ teaspoon fresh garlic, finely chopped
1 shallot, finely chopped
1 teaspoon fresh dill, chopped
¼ cup egg whites
¼ cup whole-wheat unseasoned bread crumbs (we like Gia Russa Whole Grain Unseasoned Bread Crumbs, available at Wal-Mart)

Preparation

Preheat oven to 375° F.

In a food processor, puree the cucumbers with vinegar until smooth and thick. Pour in a large mixing bowl. Add remaining ingredients, and mix with a whisk until well combined. Chill.

In a clean food processor, add salmon, garlic, shallot, dill, and egg whites. Pulse until roughly chopped. Scoop salmon mixture into a medium bowl, and, using a rubber spatula, blend ingredients well.

Spread a clean surface with plastic wrap and, using a tablespoon measure, evenly divide the salmon mixture into 16 portions. With clean hands, shape the salmon mixture into 1 ½-inch patties about ½-inch thick. Put the bread crumbs in a shallow dish, and pat the top of the patties into the crumbs. Flip to very lightly coat the bottom of the patties, placing on a nonstick baking sheet. Place the tray in the middle of the pre-heated oven and bake for 6 minutes. Serve the salmon cakes with the cucumber-dill yogurt sauce.

Nutrition Facts

Per Serving (1 cake and 1 tbsp sauce)

Calories 55

Total Fat 2 g

Saturated Fat 0 g

Monounsaturated Fat 1 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 15 mg

Sodium 50 mg

Potassium 148 mg

Total Carbohydrate 2 g

Dietary Fiber 0 g

Sugars 1 g

Added Sugars 0 g

Protein 7 g

Vitamin A 2%

Vitamin C 2%

Calcium 3%

Iron 2%

Kale and Brussels Sprouts Salad

Makes 4 servings

Ingredients

2 tablespoons fresh lemon juice
1 tablespoon Dijon mustard
1 ½ teaspoons minced shallot or red onion
¼ teaspoon finely minced or pressed garlic
Freshly ground black pepper
1 large bunch Tuscan kale (also called lacinato or black kale), center stem discarded, leaves thinly sliced
6 ounces Brussels sprouts, trimmed, finely grated or shredded with a knife (about 1 cup loosely packed)
1 ½ tablespoons extra-virgin olive oil
2 tablespoons almonds with skins, coarsely chopped

Preparation

Combine lemon juice, Dijon mustard, shallot, garlic, and a pinch of pepper in a small bowl. Stir to blend; set aside to let flavors meld. Mix thinly sliced kale and shredded Brussels sprouts in a large bowl.

Preheat a skillet over medium-high heat. Add almonds to dry skillet and toast, stirring frequently for about 2 minutes. Set away from the heat to cool.

Slowly whisk olive oil into the lemon juice mixture. Season the salad with 3 to 4 grinds of black pepper or add a generous pinch of pepper to the dressing. Add dressing to kale mixture; toss to coat. Garnish with almonds.

Do Ahead: Dressing, kale mixture, and toasted almonds can be prepared 8 hours ahead. Cover dressing and kale mixture separately and chill. Cover almonds and let stand at room temperature.

Nutrition Facts	
Amount Per Serving	
Calories 105	
Total Fat 5 g	
Saturated Fat 1 g	
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 133 mg	
Potassium 479 mg	
Total Carbohydrate 12 g	
Dietary Fiber 2 g	
Sugars 1 g	
Added Sugars 0 g	
Protein 3 g	
Vitamin A	265%
Vitamin C	207%
Calcium	13%
Iron	10%

Pumpkin-Cranberry Granola Bars

Makes 12 servings

These bars are a less-sweet but still delicious addition to a cookie swap or dessert spread, providing fiber and antioxidants while still satisfying a sweet tooth.

Ingredients

2 cups rolled oats
¾ cup canned pure pumpkin (not pie filling)
½ cup roasted diced almonds
½ cup dried cranberries
⅓ cup unsalted pumpkin seeds
¼ cup maple syrup
2 tablespoons vegetable oil
½ teaspoon ground ginger
1 teaspoon coarse kosher salt
¼ teaspoon ground cloves

Preparation:

Preheat the oven to 350° F.

Line a rimmed baking sheet with aluminum foil and spread the oats on it. Toast oats for 8 to 10 minutes, until lightly golden. Immediately transfer oats to a large bowl. Leave the oven on.

Add the remaining ingredients to the bowl and mix until well-combined. Coat a 9- x 9-inch Pyrex baking dish or 9-inch round cake pan with nonstick spray (or line with parchment paper). Press the oat mixture evenly into the baking dish.

Bake for 18 to 20 minutes, until firm and lightly browned. Remove the pan to a wire rack to cool. Cut evenly into 12 bars. Store in an airtight container.

Nutrition Facts

Amount Per Serving (1 bar)

Calories 146

Total Fat 7 g

Saturated Fat 1 g

Monounsaturated Fat 4 g

Polyunsaturated Fat 2 g

Trans Fat 0 g

Cholesterol 0 mg

Sodium 95 mg

Potassium 148 mg

Total Carbohydrate 20 g

Dietary Fiber 3 g

Sugars 8 g

Added Sugars 7 g

Protein 3 g

Vitamin A 48%

Vitamin C 1%

Calcium 2%

Iron 7%