



# THE SCOOP ON NUTRITION



*From Basil Chef of Nutrition*

Volume 2 Number 2

**The approaching holiday season can be a stressful time. Many of us are at our busiest during the holidays. We tend to eat more meals on the run like fast food and sweet treats, but with a little planning there some things we can do to help keep ourselves and families on a healthy path.**

## Healthy Holiday Tips

- Be sure to include fresh fruits and vegetables in your meals and snacks.
- Let your children help with meal planning and preparations.
- Be active, go for a family walk.
- Try to eat as a family as often as possible.
- Make snack time a healthy time.
- Watch portions sizes, especially when it comes to sweet treats.

## Holiday Fun

Most young children enjoy being a helper and it's a fun way to spend time together. Let your children help with the holiday menu planning and preparations. As you and your children plan holiday meals, remember to include foods from all five food groups. Whole grains from the grain group. Fresh fruits and 100% juice from the fruit group. Look for dark green and orange veggies from the vegetable group. Choose low fat milk, cheese and yogurt from the dairy group. Eat lean meats and legumes from the meat and bean group.

Many of us have cherished recipes that were handed down to us. When planning your favorite holiday meals, share with your children a little something about who gave you that recipe. This is a great way to discuss family traditions and spend family time. Start a new recipe tradition by making the Holiday Tree Veggie Pizza.

## Holiday Tree Veggie Pizza

- 2 cans (8 oz each) refrigerated crescent rolls
- 1 container (8 oz) cream cheese
- 1/2 C mayonnaise
- 2 Tbsp dry ranch dressing mix
- 1/8 tsp garlic pepper
- 2 1/2 C of assorted fresh vegetables, diced (mushrooms, tomatoes, broccoli & cauliflower florets, green, red and yellow peppers, cucumber, carrots, black olives, etc.)

### Directions

1. Heat oven to 375°F.
2. Open crescent rolls: remove from can (don't unroll) and slice each roll in to 8 even slices. (total 16 circle slices)
3. Using an ungreased 15" x 12" cookie sheet, start forming your holiday tree start by placing one circle of dough at the top middle of the pan. Begin the next row by placing 2 circles of dough, slightly touching the first circle. Follow the same procedure for rows three, four and five. You should have one circle remaining, elongate this one for the trunk. Slightly press each circle of dough to form the tree, all circles should be touching.
4. Bake 14 to 19 minutes or until golden brown. Cool completely, about 30 minutes, then place on a serving tray.
5. In a small bowl, mix cream cheese, mayonnaise, ranch mix and garlic pepper until smooth.
6. Spread evenly over cooled crust.
7. Top with assorted vegetables.
8. *Enjoy!*

Each circle can be pulled or cut apart easily. Store leftovers in the refrigerator.



**Have a Happy and Healthy Holiday Season!**