



## ON SIDES

BY KATE SHERWOOD

Maybe there's no talking you out of the holiday turkey or ham. But if vegetables are going to take up half your plate, it doesn't hurt to have a trio of side dishes that are good for you *and* that keep you coming back for more.

Got a question or suggestion? Write to Kate at [healthycook@cspinet.org](mailto:healthycook@cspinet.org).

### Butternut Squash with Pumpkin Seeds & Cranberries

Total Time: 15 min



- 500 g butternut squash, cut into ½-inch dice
- 2 tsp. Dijon mustard
- 1 tsp. balsamic vinegar
- 2 Tbs. pomegranate juice or orange juice
- ⅛ tsp. kosher salt
- 2 Tbs. extra-virgin olive oil
- ⅓ cup pumpkin seeds, toasted
- 3 Tbs. dried cranberries

*You can also use half beets, half butternut squash.*

Steam the squash until tender, 3-5 minutes. Drain any water. • In a large bowl, whisk together the mustard, vinegar, juice, salt, and oil. Toss the squash in the bowl with the dressing. Sprinkle with the pumpkin seeds and cranberries. • Serves 4.

PER SERVING (¾ cup)—Cals: 190 / Total Fat: 12 g / Sat Fat: 2 g  
Protein: 4 g / Carbs: 19 g / Fibre: 3 g / Sodium: 150 mg

### Brussels Sprouts with Shallots & Almonds

Total Time: 20 min



- 2 large shallots, sliced
- 1 tsp. + 1 Tbs. extra-virgin olive oil
- 500 g Brussels sprouts, trimmed and sliced
- ¼ tsp. kosher salt
- Zest and juice of ⅓ lemon, more to taste
- ¼ cup slivered almonds, toasted

*If you're not a Brussels sprouts fan, try sliced cauliflower florets.*

In a large non-stick skillet, sauté the shallots in the 1 tsp. of oil until they are golden brown, about 3 minutes. Remove the shallots from the skillet and reserve. • Add the remaining 1 Tbs. of oil and sauté the Brussels sprouts until lightly brown and tender-crisp, about 5 minutes. • Add the sprouts to the shallots and season with up to ¼ tsp. of salt and the lemon zest and juice. Sprinkle with the almonds. • Serves 4.

PER SERVING (¾ cup)—Cals: 150 / Total Fat: 8 g / Sat Fat: 1 g  
Protein: 6 g / Carbs: 17 g / Fibre: 5 g / Sodium: 150 mg

### Creamed Spinach

Total Time: 20 min



- 1 small onion, diced
- 2 Tbs. canola oil
- 2 Tbs. whole wheat pastry flour
- 1¼ cups skim milk
- 500 g spinach
- ¼ cup grated Parmesan cheese
- Freshly ground nutmeg
- Freshly ground black pepper

*Make a double batch and freeze what you don't eat.*

In a medium pot, sauté the onion in the oil until lightly browned, 8-10 minutes. Sprinkle in the flour and cook while stirring for 1 minute. Whisk in the milk and continue whisking until the sauce is smooth and starts to thicken, 1-2 minutes. Simmer for 5 minutes. • Steam or blanch the spinach until tender and bright green, about 1 minute. Rinse under cold water to stop the cooking, drain, and squeeze out the excess water. Chop or pulse in a food processor until coarsely chopped. • Stir the spinach and Parmesan cheese into the milk sauce. Season with nutmeg and pepper to taste. • Serves 6.

PER SERVING (½ cup)—Cals: 100 / Total Fat: 3.5 g / Sat Fat: 1 g  
Protein: 5 g / Carbs: 13 g / Fibre: 4 g / Sodium: 200 mg