



12 Days of Wellness

DECEMBER

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|---------|---|---|---|--|---|
| <p>12 Days of Wellness</p> | | 4 Exercise <input type="checkbox"/> Take a 10 minute walk. Maybe even check out some of the holiday décor in your neighborhood. <input type="checkbox"/> Other: _____ <input type="checkbox"/> Art Night Downtown Northport Galleries 5-8:00 pm, Free | 5 Nutrition <input type="checkbox"/> Swap one holiday treat for a piece of seasonal fruit <input type="checkbox"/> _____ <input type="checkbox"/> Mindfulness & Meditation Session, 12:00-12:45pm, 1st Floor Russell Hall Conference Room | 6 Family <input type="checkbox"/> Enjoy a game night with friends or family. <input type="checkbox"/> _____ <input type="checkbox"/> Kentuck Holiday Open House 10:00am, 8:00am, \$ | 7 Safety <input type="checkbox"/> Replace the batteries in your smoke detector. <input type="checkbox"/> _____ <input type="checkbox"/> Candyland Breakfast with Santa at Children's Hands-on Museum. 8:00am-10:00am | 8 Career <input type="checkbox"/> Identify one area for growth for next year, and set a goal! <input type="checkbox"/> _____ <input type="checkbox"/> Christmas Concert "Hilaritas" Moody Music Concert Hall, 3:00 pm, \$ |
| | | 9 Intellectual <input type="checkbox"/> Take some time out to read an inspirational book. <input type="checkbox"/> _____ <input type="checkbox"/> West Alabama Christmas Parade and Tree Lighting at the County Courthouse, 5pm. \$ | 10 Social <input type="checkbox"/> Reach out to a friend or neighbor. <input type="checkbox"/> _____ <input type="checkbox"/> "Its Ornamental!" Christmas party silent auction. Jemison-Van Graaff Mansion 7-9pm | 11 Emotional <input type="checkbox"/> Count your blessings. <input type="checkbox"/> _____ <input type="checkbox"/> Strings in School Concert, Moody Music Concert Hall, 7pm, Free | 12 Cultural <input type="checkbox"/> Try a new food. <input type="checkbox"/> _____ <input type="checkbox"/> 75 Years of Abstract Prints, Moody Music Concert Hall, 9am-4:30pm, Free | 13 Financial <input type="checkbox"/> Make a contribution to a charity. <input type="checkbox"/> _____ <input type="checkbox"/> Christmas Splash at PARA Indoor pool. Tcpara.org, Free |

Directions: Check the box by each activity you complete throughout the 12 Days of Wellness.
 * Other: See our website and WellBAMA for other tips, suggestions and activities that you can participate in. Just remember to track the activity in the 'Other' option.
 *To be entered in the Healthy Holiday drawing, return calendars to our office no later than December 17.

THE UNIVERSITY OF ALABAMA
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NAME: _____ EMAIL: _____ PHONE: _____ DEPT: _____

PEANUT BUTTER AND JELLY MUFFINS

INGREDIENTS

1 cup all-purpose flour (about 4 1/2 ounces)
3/4 cup whole wheat flour (about 3 1/2 ounces)
1/4 cup granulated sugar
1/4 cup packed dark brown sugar
1 tablespoon baking powder
1/2 teaspoon salt
1 1/4 cups fat-free milk
1/3 cup creamy peanut butter
1/4 cup egg substitute
2 tablespoons butter, melted
1 teaspoon vanilla extract
Cooking spray
1/4 cup strawberry jam



PREPARATION

Preheat oven to 400°.

Lightly spoon flours into dry measuring cups; level with a knife. Combine flours, sugars, baking powder, and salt in a large bowl; stir with a whisk. Make a well in center of mixture. Combine milk and next 4 ingredients (through vanilla); add to flour mixture, stirring just until moist.

Spoon batter into 12 muffin cups coated with cooking spray. Fill each cup half full with batter. Spoon 1 teaspoon jam into each cup. Spoon remaining batter on top to cover jam. Bake at 400° for 20 minutes or until muffins spring back when touched lightly in center. Let cool in pan 5 minutes. Remove from pan, and cool on a wire rack.

Mark Scarborough, *Cooking Light* NOVEMBER 2007

CLASSIC CRANBERRY SAUCE

INGREDIENTS

1 1/2 cups sugar
3/4 cup fresh orange juice (about 3 oranges)
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
Dash of ground cloves
1 (12-ounce) package fresh cranberries
1 tablespoon grated orange rind



PREPARATION

1. Combine first 6 ingredients in a medium saucepan; bring to a boil over medium-high heat. Reduce heat to medium; cook 12 minutes or until cranberries pop. Remove from heat; stir in rind. Cool completely. Serve chilled or at room temperature.

Maureen Callahan, *Cooking Light* NOVEMBER 2008

ROAST TURKEY WITH SAGE PAN GRAVY

This classic bird and its rich gravy can easily anchor any traditional holiday feast.

INGREDIENTS

1 (12-pound) fresh or frozen turkey, thawed
3 tablespoons chopped fresh sage, divided
2 tablespoons extra-virgin olive oil
2 tablespoons unsalted butter, softened
1 1/4 teaspoons kosher salt, divided
1/2 teaspoon freshly ground black pepper, divided
1 lemon, halved crosswise
6 garlic cloves, peeled
3 carrots, coarsely chopped
3 celery stalks, coarsely chopped
2 medium onions, coarsely chopped
1 bay leaf
3 cups no-salt-added chicken stock (such as Swanson), divided
2 cups water
3 tablespoons white wine
3 tablespoons all-purpose flour



PREPARATION

Preheat oven to 325°.

Remove giblets and neck from turkey; discard liver. Reserve turkey neck and giblets. Pat turkey dry with paper towels; trim and discard excess fat. Starting at neck cavity, loosen the skin from breast and drumsticks by inserting fingers, gently pushing between the skin and meat.

Combine 2 tablespoons sage, olive oil, butter, 1 teaspoon salt, and 1/4 teaspoon black pepper. Rub sage mixture under the loosened skin and over breasts and drumsticks. Squeeze juice from 1 half of lemon over turkey; place remaining lemon half in cavity. Tie legs together with kitchen string. Place reserved giblets, neck, garlic, carrots, celery, onion, and bay leaf in the bottom of a large roasting pan. Add 1 cup stock and 2 cups water to pan. Place roasting rack in pan. Arrange turkey, breast side up, on roasting rack. Bake turkey at 325° for 1 hour and 20 minutes, rotating pan every 30 minutes. Increase oven temperature to 425° (do not remove turkey from oven). Bake turkey an additional 30 minutes or until a thermometer inserted into meaty part of thigh registers 165°. Remove turkey from pan; place on a cutting board. Let stand for 30 minutes. Carve turkey; discard skin.

Place a large zip-top plastic bag inside a 4-cup glass measure. Strain pan drippings through a colander into bag; discard solids. Let drippings stand 10 minutes. Seal bag; snip off 1 bottom corner of bag. Drain pan drippings into a medium saucepan, stopping before fat layer reaches the opening. Add remaining 1 tablespoon sage, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon black pepper, 1 1/2 cups chicken stock, and wine to drippings in pan; bring to a boil. Cook for 15 minutes or until reduced to 2 1/2 cups. Combine flour and remaining 1/2 cup chicken stock in a small bowl, stirring with a whisk until smooth. Stir flour mixture into stock mixture in pan; bring to a boil. Boil 1 minute or until slightly thick, stirring gravy constantly. Serve gravy with turkey.

David Bonom, *Cooking Light* NOVEMBER 2012

GREEN BEAN CASSEROLE WITH MADEIRA MUSHROOMS

Here's a deliciously updated version of the classic, with fresh green beans and wine-infused mushrooms. We just had to keep the fried onion topping, which is arguably the best part

1 1/2 pounds green beans, trimmed and halved crosswise
2 tablespoons olive oil
3 cups chopped sweet onion
1 teaspoon chopped fresh thyme
8 ounces shiitake mushrooms, stemmed and sliced
1 (8-ounce) package presliced button mushrooms
1/3 cup Madeira wine or dry sherry
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
3 tablespoons all-purpose flour
1 cup fat-free, lower-sodium chicken broth
1 cup (about 2 ounces) canned fried onions (such as French's)
1/2 cup (2 ounces) grated fresh Parmigiano-Reggiano cheese



PREPARATION

Preheat oven to 425°.

Place beans into a large saucepan of boiling water; cook 4 minutes. Drain and rinse with cold water; drain well. Place beans in a large bowl; set aside.

Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add onion and thyme to pan; sauté 4 minutes or until onion is tender, stirring occasionally. Add mushrooms; sauté 10 minutes or until liquid almost evaporates, stirring frequently. Stir in wine, salt, and pepper; cook 2 minutes or until liquid almost evaporates. Stir in flour; cook 1 minute, stirring constantly. Gradually stir in chicken broth; bring to a boil. Cook 1 minute or until thick, stirring constantly. Add mushroom mixture to green beans; toss well. Place green bean mixture in a 2-quart glass or ceramic baking dish. Combine fried onions and grated cheese in a small bowl. Top green bean mixture evenly with fried onion mixture. Bake at 425° for 17 minutes or until top is lightly browned.

David Bonom, *Cooking Light* NOVEMBER 2011

MAPLE-PECAN SWEET POTATOES

You can make this dish up to two days ahead. Simply bake the potatoes and assemble. Then refrigerate and bake just before serving.

INGREDIENTS

2 3/4 pounds sweet potatoes
1/4 cup half-and-half
3 tablespoons butter, melted

3 tablespoons maple syrup
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1/4 teaspoon vanilla extract
1/4 teaspoon ground cinnamon
1/8 teaspoon ground allspice
1 large egg, lightly beaten
Cooking spray
1/2 cup mini-marshmallows
2 tablespoons chopped pecans



PREPARATION

Preheat oven to 400°.

Pierce potatoes several times with a fork; place on a foil-lined baking sheet. Bake at 400° for 1 hour or until tender. Cool slightly; peel and mash in a large bowl.

Reduce oven temperature to 350°. Stir half-and-half and the next 8

ingredients (through egg) into sweet potatoes. Spoon mixture into a 2-quart baking dish coated with cooking spray. Bake at 350° for 15 minutes. Sprinkle the top with mini-marshmallows and chopped pecans; bake 12 minutes or until the mini-marshmallows are slightly melted. Serve immediately.

Bill and Cheryl Jamison, *Cooking Light* NOVEMBER 2009

HONEY-ROASTED PEARS

Pack a little more fruit into your meals with a simple dessert of Honey-Roasted Pears. Try serving these pears with low-fat ricotta cheese instead of vanilla frozen yogurt, if desired



INGREDIENTS

2 medium firm-but-ripe pears, halved and cored
1/4 cup honey
1 cup vanilla frozen yogurt

PREPARATION

Preheat oven to 425°F. Line a rimmed baking sheet with

parchment.

Place pears on parchment, cut sides up, and roast for 15 minutes. Brush tops with honey, saving any extra, and roast until softened, 5 to 10 minutes longer.

Cool pears slightly on baking sheet; serve halves warm with small scoops of frozen yogurt, drizzling with any leftover honey.

All You JANUARY 2013

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