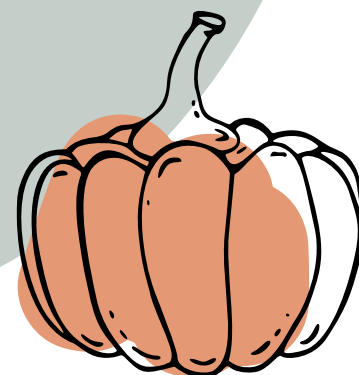
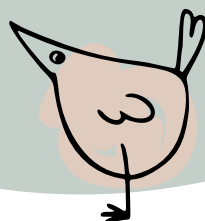
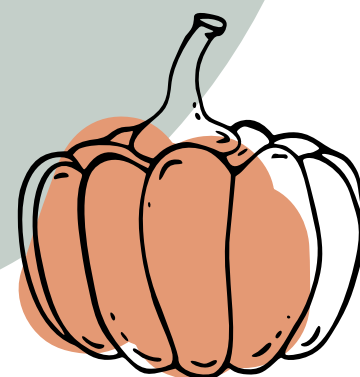
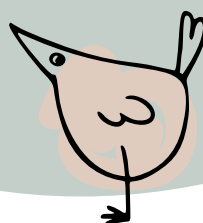
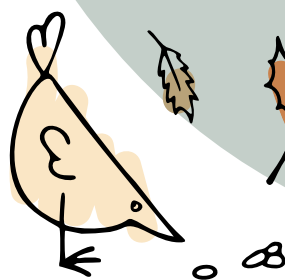
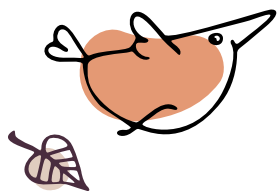


# PLANNING THRIFTY & HEALTHY HOLIDAY MEALS

By: FCS Agent Maranda Brooks  
Program today brought to you by: FCS Extension &  
Fayette County Food Champion Volunteer Marilyn Gall



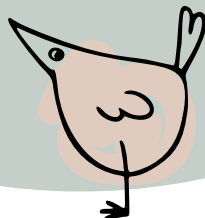
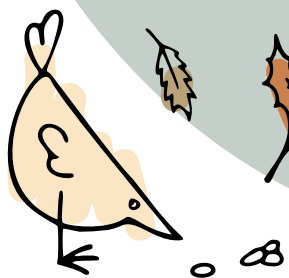
# WELCOME & INTRODUCTION





FOOD DEMO #1  
BY MARILYN GALL

SWEET POTATO CASSEROLE



## Sweet Potato Casserole

**Prep Time** 10 minutes

**Cook Time** 40 minutes

**Total Time** 50 minutes

**Servings** 8

### Ingredients

*For the casserole*

- 3 - 20 oz cans precooked sweet potatoes drained and mashed
- 1 cup sugar
- 2 tsp salt
- 2 eggs
- 1/2 stick butter softened, (do not substitute margarine)
- 1 tsp vanilla
- 1/2 cup canned evaporated milk

*For the topping*

- 1 cup brown sugar packed
- 1/3 cup all purpose flour
- 1/2 stick butter melted, do not substitute margarine
- 1 cup chopped pecans

### Instructions

Preheat oven to 350 degrees Fahrenheit.

In a large bowl, mix mashed sweet potatoes, sugar, salt, eggs, softened butter, vanilla and evaporated milk together. Can be mixed with a mixer on low to medium speed or by hand.

Place mixture into a 9 x 13 un-greased casserole dish.

Prepare topping by mixing brown sugar, flour, melted butter and nuts with a fork in a separate bowl.

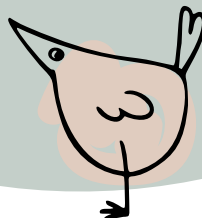
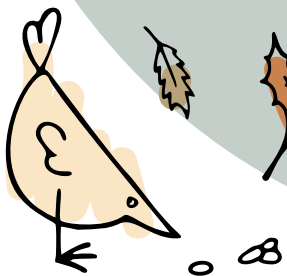
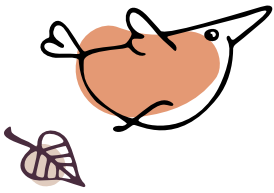
Sprinkle topping over casserole, making sure to entirely cover the casserole.

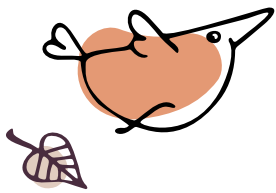
Bake at 350 fahrenheit for 35 - 40 minutes

### Recipe Notes

Can be prepared ahead and refrigerated (unbaked) for up to two days.

Do not double.

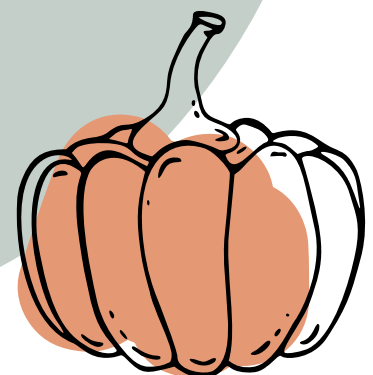
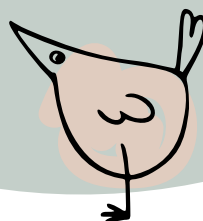


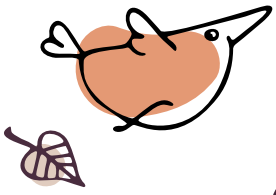


# STAYING WITHIN THE BUDGET



- Look in your cupboards, pantry, refrigerator and freezer for food that you already have
- Look at the advertised sales at your grocery store. If there is a good deal on a product incorporate that into a meal
- Write down your menu for the holiday. If you're planning to prepare a costly dish, round the meal with less costly dishes
- Consider one meat option instead of multiples. Be creative with potential a roast or deli meat as alternative to full turkey or ham

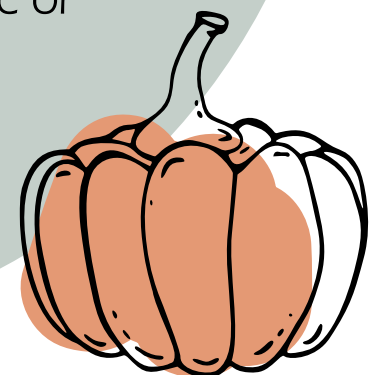
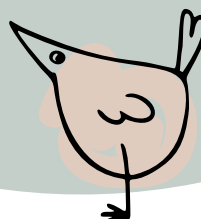


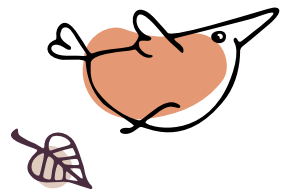


# STAYING WITHIN THE BUDGET



- Write down a list of everything else you need to purchase for the meal
- SEARCH the internet for COUPONS! CLIP AWAY for items on your list
- Go to the grocery when you are not hungry to keep spontaneous purchase to a minimum
- Stay away from pre- made and pre-processed foods as they are typically much more expensive
- SPREAD THE WEALTH- consider if you're doing a family style holiday meal that one household is responsible of a course or dish

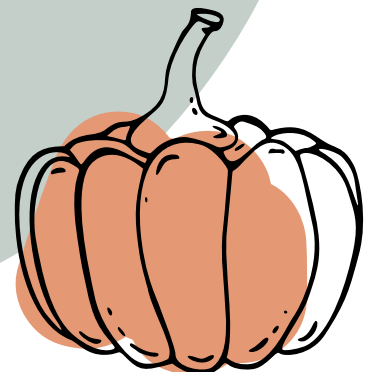
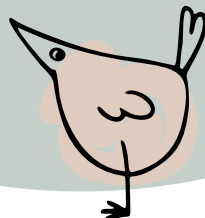
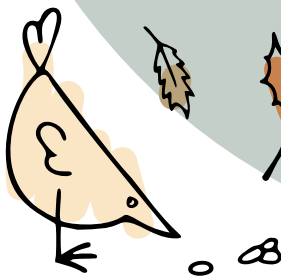


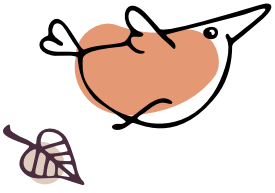


FOOD DEMO #2

WITH FCS/ MARILYN GALL

HOLIDAY GREEN BEANS





### Main Ingredients

\*20oz can green beans.

Butter or olive oil to taste

Seasoned salt to taste

\*Size of can will depend on the number of servings

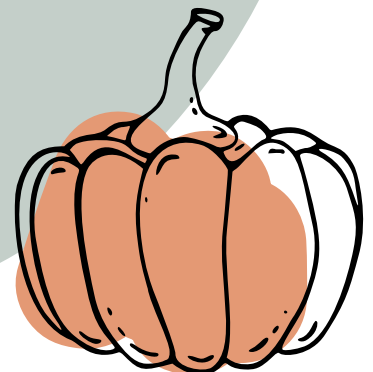
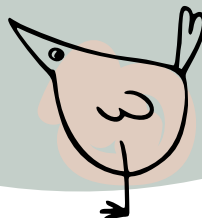
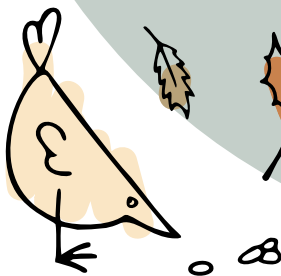
### Directions

Drain the green beans and place them in a large saucepan

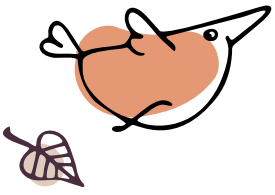
Add water to just cover the green beans

Simmer set on medium low temperature until water has been absorbed.

Add butter or olive oil and your favorite seasoned salt to taste and serve





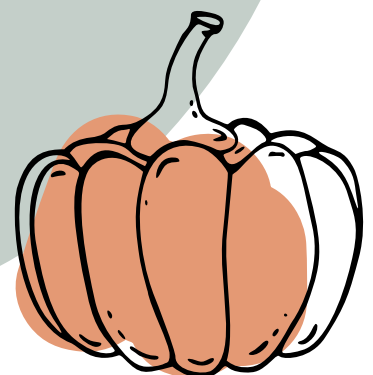


\*Nutritious/ Diabetic Substitutions could include

Brown sugar vs granulated sugar

Egg whites vs. eggs

No nuts if peanut allergy



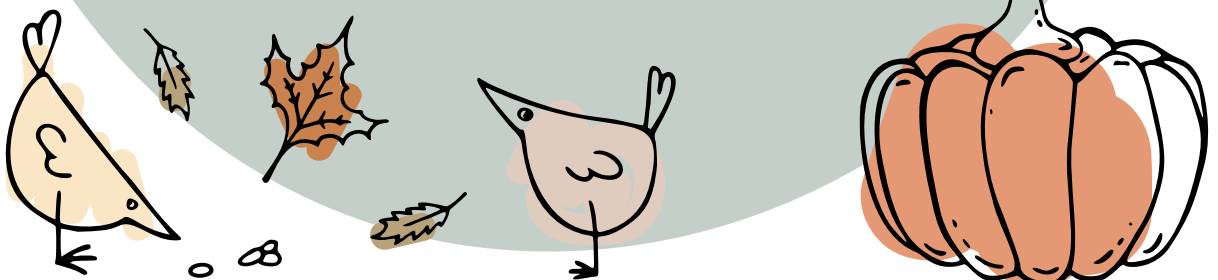


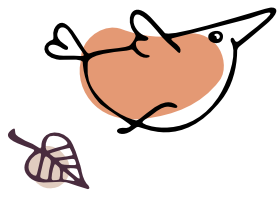
# PLANEATMOVE.COM

<https://www.planeatmove.com/>

Time to explore this fantastic website that can be very helpful with planning thrifty holiday meals

Check out the Plan Ahead TAB!





THANK YOU  
FOR  
JOINING US TODAY!  
HAPPY HOLIDAYS  
FROM EXTENSION  
TO YOU

