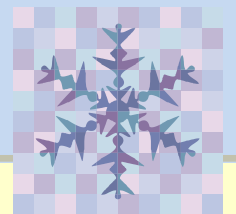


TRANSITION TIMES

Carnegie Mellon University, 5000 Forbes Ave., Pittsburgh, PA 15213
<http://www.psy.cmu.edu:16080/~transitiontimes>



Dear Transition Times Families,

It is hard to believe that the holidays are here and we are already in the third year of the new study. We are enrolling the third wave of participants in the study this year (new graduating seniors), and conducting the third and final interviews with the first wave of participants. To date, we have published 9 articles from this study and have several others in preparation. We will send out abstracts with the next newsletter.

Just a reminder -- if you have not returned your consent form, please do so right away to be eligible for the signed autograph of Troy Polamalu! Once again, thank you for your support of the Transition Times Study.

Sincerely,
Vicki S. Helgeson

Healthy Holiday Cooking 2009

Appetizer Recipes

Inside-Out Tomato Salad

8 servings

- 4 cups chopped tomato (about 2 ¼ pounds)
- 1/3 cup fresh chopped green onion
- ¼ cup fresh cilantro, coarsely chopped
- 1 ½ tbsp fresh lemon juice
- 1 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- ½ tsp fresh lemon peel grated
- ¼ tsp ground cumin
- 1/8 tsp salt
- 1/8 tsp hot red pepper flakes
- 1 pinch sugar

1. Gently mix together tomatoes, onions, and cilantro in a medium bowl.
2. In a separate bowl, whisk together lemon juice, oil,

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vinegar, lemon zest, cumin, salt, red pepper, and sugar. Pour dressing over tomato mixture and toss.

Nutrition information

35.9 calories, 0.8g protein, 2g total fat, 0.3g saturated fat, 4.4g carbohydrate, 1.1g dietary fiber, 41.7mg sodium

Diabetic exchanges

¼ fat, 1 vegetable

Spiced Holiday Popcorn

64 servings

- ½ cup light corn syrup
- 1 cup margarine
- 1 tsp salt
- 1 drop red food coloring
- 1 tsp cinnamon oil
- 1 tsp baking soda
- 8 quarts air popped popcorn

1. Preheat oven to 200 F.
2. In a medium saucepan over medium heat, combine corn syrup, margarine, and salt. Heat to 242 to 248 degrees F, or until a small amount of syrup dropped into cold water forms a firm but pliable ball.
3. Remove from heat and stir in food coloring, cinnamon oil, and baking soda. Pour over popcorn, toss to coat.
4. Place popcorn on baking sheet. Put baking sheet into over. Bake 1 hour, stirring every 15 minutes.

Nutrition information

48 calories, 0.5g protein, 3g total fat, 0.5 saturated fat,

5g carbohydrate, 0.6g dietary fiber, 83.7mg sodium

Diabetic exchanges

½ fat

Entrée Recipes

Roast Turkey with Cranberry Stuffing

Makes 20 servings

12oz Italian bread cut into ½-inch cubes

2 tbsp margarine

1 ½ cup fresh chopped onion

1 ½ cup fresh chopped celery

2 tsp poultry seasoning

1 tsp ground thyme

½ tsp crushed dried rosemary

¼ tsp salt

¼ tsp black pepper

1 cup fresh, chopped cranberries

1 tbsp sugar

¾ cup fat free, reduced sodium chicken broth

1 whole raw turkey (8 to 10 pounds)

1. Preheat oven to 375 F
2. Take two 15x10 inch jelly roll pans, arranging bread inside the pans, and bake the bread for 12 minutes or until it is lightly toasted then reduce the temperature of the oven to 350 F.
3. Take a large saucepan and melt the margarine over medium heat, adding the onions and celery, cooking and stirring for 8 minutes or until the vegetables have become tender and remove saucepan from heat.
4. Add the cubes of bread, poultry seasoning, thyme, rosemary, salt and pepper to the saucepan and mix ingredients well.
5. In a small bowl, mix together the cranberries and sugar. Mix well and then add them to the bread mixture.
6. Toss well and then drizzle the chicken broth over the cranberry and bread mixture.
7. Spray a roasting pan and rack. Remove giblets from turkey. Rinse the turkey and cavity in cold water. Pat dry with paper towels.
8. Take stuffing and loosely stuff it inside the turkey cavity. Place the turkey on the prepared rack inside the roasting pan, facing breast side up.

Bake the stuffed turkey for 3 hours or until meat thermometer reads 180 degrees F and the juices of the turkey run clear.

9. While the turkey is baking, take the remaining stuffing and place in a casserole dish. Cover and place in the refrigerator until baking time.

10. Once turkey is cooked, remove it from the roasting pan and place it on a serving platter. Cover with foil and let it stand for 20 minutes.

11. Take stuffing casserole out of the fridge and place in the oven. Bake for 25-20 minutes at 375 F.

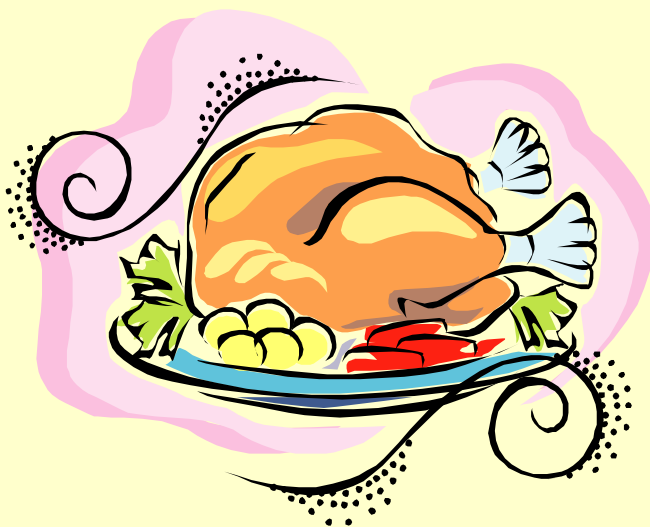
12. Remove skin from turkey and throw away. Then slice the turkey and serve with the cranberry stuffing.

Nutrition information

75 calories, 3g protein, 1.9 total fat, 0.6g saturated fat, 11.8g carbohydrate, 1.4g dietary fiber, 144mg sodium

Diabetic exchanges

½ starch, ¼ vegetable



Roasted Ham

Makes 12 servings

3 pound ham
 ¼ cup olive oil
 1 pinch salt
 1 pinch black pepper
 1 pinch sage, ground

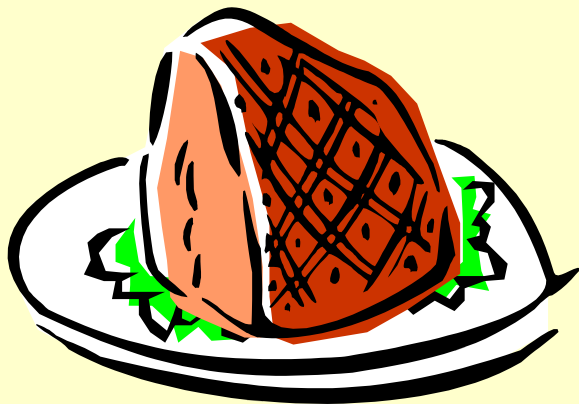
1. Preheat oven to 350 F
2. Lay ham on a rack set in a roasting pan. Drizzle oil over ham and then rub in salt, pepper, and sage.
3. Bake ham for 1 hour and 50 minutes or until a meat thermometer reads 150 to 155 degrees F. Let ham rest for 20 minutes before slicing.

Nutrition information

215 calories, 27g protein, 11g total fat, 2.9g saturated fat, 0g carbohydrate, 0g dietary fiber, 97mg sodium

Diabetic exchanges

1 fat, 3 ¼ meat

**Side Dishes****Green Beans with Mushrooms Marsala**

Makes 6 servings

1lb fresh green beans, ends trimmed
 1 tbsp extra virgin olive oil
 1 medium garlic cloves
 1 lb mushrooms
 1 tsp salt
 ½ tsp black pepper
 ¼ cup marsala wine or sherry

1. Lay green beans in steamer. Cover and steam over high heat until beans are crisp-tender, about 15 minutes.

2. While beans are steaming, heat oil over high heat in a large nonstick skillet. Add garlic, cook, stirring until garlic is cooked through but now brown.

3. Add mushrooms cook, stirring and flipping, until mushrooms exude moisture and begin to brown, about 7 minutes. Add seasonings and wine or sherry, stir. Continue cooking until alcohol evaporates, 1 to 2 minutes. Cover with lid; set aside.

4. Transfer steamed beans to serving plate. Pour mushrooms over top. Serve immediately.

Nutrition information

73 calories, 2.7g protein, 2.6g total fat, 0.3g saturated fat, 7.6g carbohydrate, 1.9g dietary fiber, 395mg sodium

Diabetic exchanges

½ fat, 1 ¼ vegetable

Herbed Baby Potatoes

Makes 6 servings

1 ½ lbs potatoes with skin, small and quartered
 2 tbsp margarine, melted
 Non-stick cooking spray
 2 tbsp chopped parsley
 1 tbsp fresh oregano, chopped (or 1 tsp dried)
 ½ tsp paprika
 ½ tsp garlic powder
 1 pinch black pepper

1. Preheat the oven to 350 F.
2. In a 2 quart casserole dish, toss the potatoes with the margarine until they are coated
3. Lightly spray with the non-stick cooking spray
4. Mix in the remaining ingredients
5. Bake for 30 to 40 minutes, uncovered, or until lightly browned.

Nutrition information

169 calories, 3.4g protein, 4g total fat, 0.8 saturated fat, 30.8 carbohydrate, 4.8 dietary fiber, 56.8mg sodium

Diabetic exchanges

1 fat, 2 starch

Cookie Recipes

Peppermint Crush Cookies

Makes 5 ½ dozen cookies

Cookie dough

2/3 cup light butter
2 ounces unsweetened chocolate, melted
¾ cup Splenda Granular
¼ cup egg substitute
¼ tsp mint extract
2 cups all-purpose flour
1 tsp baking powder
½ tsp baking soda

Filling

1, 8 ounce, package fat free cream cheese
1tsp vanilla extract
1/3 cup Splenda Granular

Garnish

30 hard sugar free peppermint candies, very finely crushed

1. Blend together butter, melted chocolate, and Splenda in a medium sized mixing bowl. Blend well. Add egg substitute and mint extract. Mix briefly. Add remaining ingredients. Mix using low speed (or by hand) until dough is formed. Do not over mix.
2. Remove dough from bowl and divide in half. Chill dough in refrigerator for 30 minutes. Preheat oven to 350 F.
3. Roll out chilled dough on a floured work surface. Roll dough slightly less than ¼-inch thick (dough puffs slightly while baking). Cut dough into small one-inch circles. Place on a lightly greased cookie sheet. Bake for 7 to 9 minutes.
4. Blend filling ingredients together. Set aside.
5. Sandwich the cookies with ¾ teaspoon filling. Press together lightly. Spread any excess filling from the interior of the cookie around the outside of each cookie. This will help the crushed peppermint candies stick to the outside of the cookies.
6. Roll cookies in crushed peppermint candies, so that the sides of each cookie are completely coated. Chill until ready to serve.

Nutrition information

33 calories, 1g protein, 2g total fat, 1g saturated fat, 5mg cholesterol, 0.23g dietary fiber, 45mg sodium

Diabetic exchanges

1 carbohydrate, 1 fat

Anise Biscotti

Makes 26 pieces

2 cups all-purpose flour
½ cup sugar
2 ½ tsp anise seed
¾ tsp low sodium baking powder
¼ tsp salt
3 tbsp vegetable oil
2 tsp vanilla extract
2 eggs, lightly beaten
Non-stick cooking spray
1 tsp water
1 egg white, lightly beaten
1 ½ tbsp turbinado sugar

1. Preheat oven to 350 F
2. Mix together flour, sugar, anise seeds, baking powder, and salt. Whisk oil with vanilla and eggs and gradually add to flour mixture.
3. Spray cookie sheet with non-stick cooking spray.
4. Put dough on cookie sheet and form into a 12-inch log about ½ -inch thick
5. Whisk together water and egg white. Brush on top of dough. Bake for 20 minutes.
6. Take log off of baking sheet and let cool on a wire rack.
7. Slice log into 26 pieces and lay cut side down on a cookie sheet. Brush again with egg white mixture and top with turbinado sugar.
8. Bake 20 more minutes. Let cool before serving.

Nutrition information

68 calories, 1.7g protein, 2.1g total fat, 0.4g saturated fat, 0.3g dietary fiber, 30mg sodium

Diabetic exchanges

1/2 carbohydrate, 1/4 fat

