



**Busy Mom Menu:  
Helping busy moms save money and time!**

**Christmas Dinner 2011**

I hope you enjoy this [Busy Mom Menu](#) Thanksgiving Menu Plan. With the Busy Mom Menu, you will:

- **Save time** - we plan for you
- **Eat out less** - you'll know what's for dinner each night
- **Feel like a good cook** - our recipes are tried 'n true, have been tested and family-approved, and are fast and easy
- **Know what you are serving your family** – all recipes include nutritional data, point values, and dietary exchanges
- **Have more options** – each menu includes healthier Meal Makeover options
- **See the prepared recipe** – our meals feature beautiful full color photos
- **Grocery shop with our list** - everything is already included for dinners for the week
- **Stop throwing away food** - we plan leftovers into the menus
- **Fill your freezer** - we plan cooking for the freezer into the menus
- **Save money** - no more trips back to the store when there's nothing in the pantry for dinner despite a huge grocery bill
- **Take advantage of local sales** - because you control when you restock your pantry items, you can buy them when they are on sale



**Testimonial: Jennifer in Texas**

Totally love this site! My family loves the food. It makes life so much easier, interesting and healthier. Also gives me the confidence to try new recipes. Makes it easier for my husband and kids to participate in the meal planning and preparation. It makes me look like a gourmet cook.

*Deb*

**[Start your two week trial of the Busy Mom Menu for just a penny »](#)**

*Busy Mom Menu*  
*Christmas Day, December 25, 2011*

<b>Christmas Dinner</b>	<b>Christmas Desserts</b>
Beverages: Hot Apple Cider**  Dinner: Brown Sugar Baked Ham** Orange Sweet Potatoes Party Potatoes** Broccoli-Cauliflower Medley Cranberry Pecan Salad** Dinner Rolls**	Pumpkin Mousse** Pecan Pie With Vanilla Ice Cream**



**Dinner Recipes**

**Notes:**

1. This menu should serve 8-10 adults plus smaller children comfortably. If you have growing teens, big appetites, or more people, I suggest doubling several of the side dishes and cooking a larger ham.
2. Some of these dishes can be made ahead and refrigerated until time to serve. They are marked with \*\*.
3. The size of the ham you buy will depend on the number of guests you are having and how many leftovers you want to have. I am including an 8-10 lb. ham on the list, but adjust this according to your needs.
4. The upcoming menu includes leftovers using ham so don't feel the need to polish off all of your leftovers.

## Busy Mom Menu



### Hot Apple Cider\*\*

Yield: 10 Servings

1 cup water  
1-2 sticks cinnamon

1 1/2 tsp whole cloves  
1 Qt unsweetened apple juice or cider

In a large pot, bring water and spices to a boil. Reduce heat; simmer 10 minutes. Strain the mixture and discard the solids. Return the seasoned water to a slow cooker. Add the apple juice to the water and simmer on low. Serve when thoroughly heated.

*Per Serving: 48 Cal (3% from Fat, 1% from Protein, 96% from Carb); 0 g Protein; 0 g Tot Fat; 0 g Sat Fat; 12 g Carb; 0 g Fiber; 11 g Sugar; 4 mg Sodium; 0 mg Cholesterol; Units = 0.9; Exchanges = 1 Fruit*



### Brown Sugar Baked Ham\*\*

Yield: 25 Servings

8 Lb precooked spiral ham,  
1/2 cup brown sugar or glaze packet

Follow the instructions on the packaging to reheat your ham or follow these directions. Preheat oven to 325°F. Place ham in roasting pan (you can also use a roasting bag). Bake for 10-14 minutes per pound or until internal temperature reaches 140°F, or about 1 1/2 hours for an 8-9 pound ham. Prepare the glaze

according to package directions if your ham came with a glaze packet, or add about 1/2 cup brown sugar to the top of your ham and baste with the juices. Turn oven up to 400°F. Allow glaze or brown sugar to brown until bubbling, about 10 minutes. Remove ham from oven and let stand for 10 minutes before slicing to serve. Slice today's portion before serving. Shred or chop leftovers and freeze in 1-2 cup portions.

*Per Serving: 215 Cal (33% from Fat, 59% from Protein, 8% from Carb); 31 g Protein; 8 g Tot Fat; 3 g Sat Fat; 4 g Carb; 0 g Fiber; 4 g Sugar; 102 mg Sodium; 89 mg Cholesterol; Units = 4.9; Exchanges = 4 1/2 Lean Meat --1 Fat*

### \*Menus 4 Moms Substitution: Baked Ham

Yield: 25 Servings

Bake your ham without the brown sugar for reduced calories, and sugar.

8 Lb ham, preferably smoked butt or shoulder

Place ham in slow cooker and cook 8-10 hours on low. Slice tonight's portion before serving. Shred or chop leftovers and freeze in 1-2 cup portions.

*Per Serving: 199 Cal (35% from Fat, 65% from Protein, 0% from Carb); 31 g Protein; 8 g Tot Fat; 3 g Sat Fat; 0 g Carb; 0 g Fiber; 0 g Sugar; 100 mg Sodium; 89 mg Cholesterol; Units = 4.6; Exchanges = 4 1/2 Lean Meat --1 Fat*



### Orange Sweet Potatoes

Yield: 10 Servings

3 Lb sweet potatoes (about 6  
Medium-large sweet potatoes)  
2 cups orange juice

1/4 tsp nutmeg  
1/4 tsp ginger

In a large sauce pan or soup pot, combine washed, peeled, and cubed sweet potatoes with orange juice. Cover; bring to a boil. Reduce heat to low; cook for about 20-25 minutes or until potatoes are fork-tender. Drain and reserve most of the liquid. Add spices. Mash potatoes until smooth. Add small amounts of the reserved juice (a little at a time) if the potatoes are too stiff. This dish is best when served immediately.

*Per Serving: 160 Cal (2% from Fat, 8% from Protein, 90% from Carb); 3 g Protein; 0 g Tot Fat; 0 g Sat Fat; 37 g Carb; 2 g Fiber; 7 g Sugar; 103 mg Sodium; 0 mg Cholesterol; Units = 2.7; Exchanges = 2 Starch*

## Busy Mom Menu



### Party Potatoes\*\*

Yield: 16 Servings

5 Lb baking potatoes	1/2 cup milk
1 1/2 cups cream cheese, softened	2 tsp Adobo
8 oz. sour cream	Paprika for garnish
1/2 cup butter, softened	

Peel potatoes and cut into 1 inch cubes. Cook in boiling water until tender; drain. In a large mixing bowl, combine cooked potatoes, and all ingredients except paprika. Beat at medium speed with a mixer until smooth and fluffy, or with a potato masher if you prefer lumps. Do not overbeat or they will not have enough form. Spoon into a greased baking dish. You may refrigerate for up to 2 days before cooking. When ready to bake, set cold potatoes on the counter for 30 minutes, then bake at 325°F for 50 minutes. When done, put a pat of butter on top

and sprinkle with paprika before serving.

Per Serving: 292 Cal (50% from Fat, 8% from Protein, 42% from Carb); 6 g Protein; 16 g Tot Fat; 10 g Sat Fat; 32 g Carb; 3 g Fiber; 2 g Sugar; 130 mg Sodium; 46 mg Cholesterol; Units = 6.6; Exchanges = 1 1/2 Starch - 1/2 Milk - 5 Fat



### Broccoli-Cauliflower Medley

Yield: 8 Servings

1 head broccoli, cut into bite sized pieces	2 Tbsp lime juice
1 head cauliflower, cut into bite sized pieces	1/4 tsp pepper
1 red bell pepper, chopped	1/4 tsp salt
1 Tbsp salad oil	1 tsp sugar

Prepare broccoli and cauliflower by washing and cutting into bite sized pieces. In a large sauce pan, cover broccoli and cauliflower with water and bring to a boil. Cook about 10 minutes until tender. Drain. In a separate small bowl, combine oil, lime juice, salt, pepper and sugar until well blended. Add dressing mixture and chopped red pepper to broccoli-cauliflower mixture in a serving bowl and toss to coat. Serve immediately.

Per Serving: 76 Cal (53% from Fat, 9% from Protein, 38% from Carb); 2 g Protein; 5 g Tot Fat; 1 g Sat Fat; 8 g Carb; 2 g Fiber; 4 g Sugar; 115 mg Sodium; 0 mg Cholesterol; Units = 1.4; Exchanges = 1 Veg - 1 Fat



### Cranberry Pecan Salad\*\*

Yield: 10 Servings

1/2 Lb pecans	4 oz. feta cheese, crumbled
1 cup sugar	1 cup dried cranberries
10 oz. mixed salad greens	1 cup raspberry vinaigrette dressing

In a large non-stick fry pan, heat sugar and pecans over medium high heat, stirring frequently. Cook until sugar melts and coats pecans. When sugar is melted, continue cooking over medium-low heat for 5 minutes, stirring frequently, until pecans are coated and starting to brown. Remove from heat and cool completely (this part can be done in advance and stored in an air-tight container for 2-3 days). Mix salad greens and raspberry vinaigrette. Add feta cheese, cranberries, and sugared pecans and mix well. Serve immediately. You can also prepare this salad about an hour before you will be serving it. Just prepare all ingredients together except for the dressing. Cover and store in the refrigerator. Just before serving, pour dressing over the top and toss to coat.

Per Serving: 335 Cal (59% from Fat, 5% from Protein, 36% from Carb); 4 g Protein; 23 g Tot Fat; 4 g Sat Fat; 32 g Carb; 3 g Fiber; 28 g Sugar; 229 mg Sodium; 10 mg Cholesterol; Units = 7.9; Exchanges = 2 Starch - 1 Other Carb - 1/2 Lean Meat - 5 Fat

### Dinner Rolls\*\*

Yield: 12 Servings

12 whole wheat dinner rolls

Per Serving: 114 Cal (15% from Fat, 12% from Protein, 73% from Carb); 4 g Protein; 2 g Tot Fat; 0 g Sat Fat; 22 g Carb; 3 g Fiber; 4 g Sugar; 206 mg Sodium; 0 mg Cholesterol; Units = 1.8; Exchanges = 1 Other Carb

## Busy Mom Menu



### Pumpkin Mousse

Yield: 10 Servings

2 (15 oz.) cans pumpkin  
2 (4 1/2 serving size) vanilla  
Pudding

1/4 cup milk  
1 tsp cinnamon  
2 (8 oz.) containers whipped topping, thawed

In a large bowl, mix together pumpkin, cinnamon, milk and pudding with a beater until well blended, about two minutes. Gently fold in whipped topping. Mix thoroughly. Place in serving bowl or individual dessert cups. Chill until ready to serve. This would also be a good filling for a no-bake pie in a graham cracker type crust.

*Per Serving: 170 Cal (23% from Fat, 4% from Protein, 73% from Carb); 2 g Protein; 4 g Tot Fat; 4 g Sat Fat; 32 g Carb; 2 g Fiber; 28 g Sugar; 313 mg Sodium; 1 mg Cholesterol; Units = 3.3; Exchanges = 1 1/2 Other Carb - 1 Veg*



### Pecan Pie

Yield: 8 Servings

3 eggs  
3/4 cup sugar  
3/4 cup white corn syrup  
1/8 tsp salt  
1/4 cup butter, melted

1 tsp vanilla extract  
1 cup pecans, chopped  
1 unbaked 9-inch pie crust  
1/2 gallon vanilla ice cream\* or whipped cream

Preheat oven to 400°F. In a medium size bowl, beat eggs thoroughly; add sugar, syrup and salt; mix well. Add butter and vanilla; stir until thoroughly blended. Place pecans on bottom of pie shell. Pour egg mixture over nuts. Bake for 10 minutes. Reduce heat to 300°F and bake for 35 minutes. Serve with vanilla ice cream.

*Per Serving: 724 Cal (49% from Fat, 6% from Protein, 45% from Carb); 11 g Protein; 40 g Tot Fat; 18 g Sat Fat; 84 g Carb; 3 g Fiber; 81 g Sugar; 250 mg Sodium; 264 mg Cholesterol; Units = 17.3; Exchanges = 1 Starch - 4 Milk - 2 Other Carb - 1/2 Lean Meat - 4 Fat*

## Busy Mom Menu

### Regular Grocery List: December 25, 2011

Codes beside each item indicate in which meal it is used. The meal plan summary at the beginning of this file lists each dish by day with its code.

#### Baking Products

Pudding, Vanilla (4 1/2 oz.) 2@ 1.25  
White Corn Syrup 1@ 2.50

#### Bread

Dinner Rolls 2@ 2.00

#### Canned Fruit

Craisins 1@ 2.75  
Pumpkin (15 oz.) 2@ 1.50

#### Canned Juices

Lime Juice 1@ 2.00  
Unsweetened Apple Juice or Cider 1@ 1.50

#### Cheese

Cream Cheese Soft 8 Oz 1@ 1.50  
Feta - 4oz. 1@ 2.25

#### Condiments

Raspberry Vinaigrette 1@ 2.00

#### Dairy/spreads

OJ 1@ 2.50  
Sour Cream-8 oz. 1@ 1.50

#### Frozen Dessert

Cool Whip 8 oz. 2@ 2.00  
Unbaked 9" pie crust 1@ 2.50  
Vanilla Ice Cream 1/2 gal. 1@ 4.00

#### Meat

Spiral Ham 1@ 28.00

#### Nuts

Pecans 1@ 8.00

#### Produce

Baking Potatoes - 5 lb. bag 1@ 2.99  
Broccoli Bunch 1@ 1.69  
Cauliflower - 1 head 1@ 1.79  
Red Bell Pepper 1@ 0.99  
Salad Greens 1@ 3.00  
Sweet Potatoes (6) 1@ 4.00

#### Pantry Items

Adobo  
Brown Sugar  
Cinnamon  
Cinnamon Sticks  
Cloves, Whole  
Ground Ginger  
Non-Stick Cooking Spray  
Nutmeg  
Paprika  
Pepper, Black  
Salad Oil  
Salt  
Sugar  
Vanilla Extract

#### Refrig. Items

Butter  
Eggs  
Milk

**Approximate Total: \$89.00**

Get the Shopping List software format for both versions of the menu here:

[http://www.menus4moms.com/downloads/m4m\\_premium/](http://www.menus4moms.com/downloads/m4m_premium/)