Holiday Celebrations

The holidays are a time to spend with family and friends, filled with parties and celebrations. It is a joyous time of year, but it can also be very stressful. On average, we may gain 5-10 pounds from indulging in food, desserts and drinks. Social events usually include a lunch or dinner meal at a buffet style restaurant or at a large potluck in a home.

Eating a large amount of food is not necessary to enjoying the company of loved ones. Planning an event in the early afternoon, such as 2:00 p.m., eliminates the need to have a lot of food. Light *pupus* such as boiled soybeans or peanuts, fruit and vegetable platters, assorted *poke* (seasoned raw fish), or tortilla rolls can be served. Holiday-themed games such as charades may seem silly and corny, but guests will laugh, have fun, and many memories will be made.

A non-traditional holiday get-together can focus around an activity. Go shopping with family and friends, cross people off your Christmas list, or buy yourself a holiday gift. Host a fishing derby or tennis tournament, or have a card making or tree-decorating event. A nighttime activity may include driving around town and enjoying the city lights, visiting Christmas tree exhibits and wreath competitions, or walking around a neighborhood decorated with holiday lights.

Enjoying the company of loved ones and conversations are the real treats of holiday celebrations. Have a wonderful holiday season!

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**Ono Tortilla Rolls**

**Servings:** 30

**Ingredients:**
- 2 (10 ounce) packages frozen chopped spinach, thawed and drained
- 1 (1 ounce) package ranch dressing mix
- 1 cup reduced fat mayonnaise
- 1 cup fat free sour cream
- 10 (12 inch) flour tortillas

**Directions:**
1. In a medium-size mixing bowl, combine spinach, ranch mix, mayonnaise and sour cream.
2. Spread the mixture onto each tortilla and roll it up.
3. Refrigerate the rolled tortillas. Cut into 1-inch slices before serving.

**Nutrient Facts:**
- 1 serving (4 pieces)
- 150 calories
- 4 g fat, 1 g saturated fat, 0 mg cholesterol
- 25 g carbohydrates
- 4 g protein
- 340 mg sodium
- 45% DV vitamin A, 8% DV vitamin C
- 6% DV calcium, 10% DV iron