## **DECEMBER HOLIDAYS WORD SEARCH**

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Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

WORDS

AFRICA BIRTH BLESSING CANDLES CELEBRATION CORN DREIDEL EIGHT EVE FAITHFUL GELT HALLEL HANUKKIYAH HARAMBEE IMANI KISLEV KUJICHAGULIA KUUMBA KWANZAA LATKES LIGHTS MACCABEE MENORAH MIRACLE NIA 0IL PARTY REDEDICATION RELIGION RESOLUTION SHAMASH SUFGANIYOT TEMPLE UJIMA UMOJA

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Holiday hosts and hostesses can whip up appetizers with a Southern flair in time for the holidays. Try "Cornbread Blinis" paired with creamy "Divine Crab Spread."

## Party fare sure to delight holiday guests

What would the holidays be without entertaining? Playing host or hostess and inviting crowds of people to visit is part of what makes the season so special and memorable.

Entertaining can take on many forms - from elaborate sit-down ·1/2 cup milk
·1 egg, lightly beaten
·4 tablespoons butter; 2
tablespoons melted
·2 to 3 tablespoons finely
chopped fresh chives or
Italian flat-leaf parsley,
optional

In a medium bowl, whisk to combine the lemon juice, 1/2 to 1 teaspoon lemon zest, plus thinly sliced lemon wedges for garnish ·2 tablespoons chopped fresh chives or finely sliced green onions, plus whole chives for garnish ·1 to 2 tablespoons mayonnaise

·1 teaspoon Worcester-

by ice in a larger container. Serve it very cold, garnished with lemon wedges and whole chives.

# Avoid holiday-related weight gain

The holiday season is a busy time of year dominated by social engagements. Many people find the hectic pace of the holiday season makes it challenging to eat healthy, especially since so many holiday parties include desserts and high-calorie foods.

Various studies suggest holiday weight gain is common, though holiday revelers may not be gaining as much weight as they think they are. The New England Journal of Medicine found that while people's perceived holiday weight gain hovers between zero and 6.7 pounds, in reality most people gain just under 1 pound during the holiday season. Though that may not seem like a lot, according to researchers at the National Institutes of Health, many people never lose the weight they gain during the winter holidays. The pounds add up year after year, making holiday weight gain a significant contributor to adult obesity.

The holiday season does not need to derail a healthy lifestyle. Consider these tips to avoid extra pounds come the holiday season.

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dinners featuring multiple courses to cocktail parties with passed hors d'oeuvres. Small-bite foods are perfect for holiday parties because they're portable and allow guests to take their food with them and mingle. Several appetizers enjoyed together can even be a meal.

Appetizers need a solid base onto which the culinary creation can be built. "Cornbread Blinis" offer just that. These small cornmeal "pancakes" are beautiful, sturdy hosts for the likes of thinly sliced prosciutto or smoked salmon. Enjoy these recipes, courtesy of Denise Gee's "Southern Appetizers: 60 **Delectables for Gracious** Get-Togethers" (Chronicle Books), and top the pancakes with "Divine Crab Spread."

#### **Cornbread Blinis**

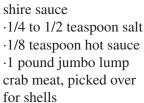
Makes 24 ·1/2 cup good quality, stone-ground yellow cornmeal ·1/2 cup all-purpose flour ·3 tablespoons sugar ·1 teaspoon baking powder ·1/2 teaspoon salt cornmeal, flour, sugar, baking powder, and salt. Whisk in the milk, beaten egg, melted butter, and chives (if using). Stir until just combined. Heat 1 tablespoon

butter in a hot skillet or griddle. When bubbling, add the batter in tablespoonfuls about 1 inch apart. cook the blinis until bubbles form on top, about 2 minutes. Flip and cook another minute or so, until lightly browned and golden. Remove them to a cooling rack and, if desired, keep warm in an oven heated to its lowest temperature. Use paper towels to wipe away crust giblets or darkened grease from the pan. Repeat the proces with more butter and batter.

Store in an airtight container in the refrigerator for up to 3 days or in the freezer for up to 1 month.

### Divine Crab Spread

Makes about 3 cups ·8 ounces whipped cream cheese ·1/4 cup heavy cream or half-and-half ·1/4 cup freshly squeezed



In a medium bowl, combine the cream cheese, cream, lemon juice, lemon zest, chives, mayonnaise, Worcestershire, salt, and hot sauce and stir until smooth.

Gently add the crab meat, using a rubber spatula to fold it into the cream cheese mixture until just combined. Refrigerate the dip for at least 2 hours, or up to 1 day. To preserve the freshest flavor, keep the dip in a well-sealed container surrounded

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