



# Thanksgiving Recipes

## Traditional Thanksgiving Meal

- Turkey with stuffing
- Green Bean Casserole
- Sweet Potato Casserole
- Seven Layer Salad
- Cranberry Salad
- Pumpkin Pie

## Calories per serving

- 950 calories (6 ounces turkey, ¾ cup stuffing)
- 177 calories (1/2 cup)
- 461 calories (1/2 cup)
- 534 calories (1 cup)
- 200 calories (1/2 cup)
- 380 calories (1/8<sup>th</sup> of pie)

**Total calories for meal (one serving of each item):**

**2,702 calories**

## Thanksgiving Meal Makeover

- Roasted Turkey
- Cornbread, Bacon, and Sage Dressing
- Green Beans with Maple-Bacon Dressing
- Thyme-Scented Roasted Sweet Potatoes and Onions
- Spinach Salad with Hot Apple Dressing
- Fresh Cranberry Relish
- Ginger Pumpkin Pie

- 300 calories (6 ounces turkey)
- 160 calories (1/2 cup)
- 76 calories (1/2 cup)
- 78 calories (1/2 cup)
- 95 calories (1 cup)
- 86 calories (1/2 cup)
- 193 calories (1/8<sup>th</sup> of pie)

**Total calories for meal (one serving of each item):**

**988 calories**



## Roasted Turkey

Yield: 8 servings

Source: Prevention.com

- 1 (15 pound turkey)
- 1 large navel orange

- salt and freshly ground black pepper
- 1 TBSP. margarine, softened



Preheat oven to 425 degrees F.

Rinse the turkey and pat dry, then place on a rack in a roasting pan.

Cut the orange in half and squeeze juice all over the turkey. Place the squeezed halves in the turkey's cavity. Rub the turkey with the margarine, then sprinkle liberally with salt and pepper. Tie the legs together with kitchen string.

Roast the turkey breast side up on the second from lowest rack in the oven, until a thermometer stuck in thickest part of the turkey's thigh reads 165 degrees F. The turkey will turn a burnished mahogany. If it browns too fast, cover loosely with foil. Start checking for doneness after 2 ½ hours.

Nutrient	Amount per serving
Calories	300 calories
Protein	42 grams
Fat	24 grams
Sodium	354 milligrams
Cholesterol	234 milligrams
Saturated fat	17.4 gram
Carbohydrates	16 grams

**Cornbread, Bacon, and Sage Dressing** Source: *Diabetic Cooking*

Yields: 8 (1/2 cup servings)

Note: Step 1 of recipe can be done the day before.

- 1 package (6.5 ounces) cornbread mix
- 1/3 cup skim milk
- 2 TBSP plus 1 tsp canola oil, divided
- 2 egg whites
- 1 cup diced onion
- 3/4 cup diced celery

- 1 tsp. ground sage
- 1/2 tsp. sweet paprika
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 2 TBSP bacon bits
- 1 1/4 cups fat free, low sodium chicken broth

1. Preheat oven to 400 degrees F. Lightly coat 8 x 8" baking pan with cooking spray. Set aside. Mix together cornbread mix, milk, 2 TBSP oil and egg whites in bowl, stirring until just moistened. Mixture will be lumpy. Pour batter into prepared baking pan. Bake 15 to 16 minutes or until firm and brown on edges. Let cool in pan. Crumble cooled cornbread onto baking sheet. Let sit 1 to 2 hours or until slightly dry

2. Reduce oven temperature to 350 degrees F. Heat 1 tsp. oil in large, deep skillet over medium heat. Add onion and celery. Cook 3-4 minutes or until onion is translucent and celery crisp-tender. Do not brown. Stir in sage, paprika, salt, pepper and bacon. Remove skillet from heat. Gently fold in dried cornbread, keeping mixture light and fluffy. Sprinkle broth over mixture, fluffing mixture lightly with fork. Mixture will resemble scrambled eggs. Lightly coat 8 x 8 inch baking pan with nonstick cooking spray. Spoon dressing into pan. Sprinkle with additional bacon, if desired. Bake about 20 minutes or until top is slightly crusty.

Nutrient	Amount per serving
Calories	160 calories
Protein	5 grams
Fat	7 grams
Sodium	432 milligrams
Cholesterol	3 milligrams
Saturated fat	1 gram
Carbohydrates	19 grams

**Green Beans with Maple-Bacon Dressing** Yields: 6 servings (1/2 cup) Source: *Diabetic Cooking*

- 1 bag (16 ounces) frozen French-style green beans
- 1/2 cup fat-free low-sodium chicken broth or water
- 1 TBSP bacon bits
- 1 TBSP maple syrup
- 1 TBSP cider vinegar
- 1/4 tsp. black pepper



Bring broth to a boil in large sauce pan. Add beans. Cover. Simmer over medium-high heat about 7 minutes or until beans are crisp-tender. Remove from heat. Drain.

Mix together bacon bits, syrup, vinegar and pepper in small bowl. Pour over beans and toss to coat. Place beans in serving bowl or casserole dish. NOTE: Can hold cooked beans in crock pot also.

Nutrient	Amount per serving
Calories	76 calories
Protein	3 grams
Fat	4 grams
Sodium	324 milligrams
Cholesterol	8 milligrams
Saturated fat	1 gram
Carbohydrates	7 grams

## **Thyme-Scented Roasted Sweet Potatoes and Onions**

Yields: 10 servings (1/2 cup)

Source: *Diabetic Cooking*

2 large, unpeeled sweet potatoes (about 1 ¼ pounds)  
2 TBSP. canola oil  
1 tsp. dried thyme  
1 medium sweet or yellow onion cut into chunks

½ tsp. paprika  
1/8 tsp. ground red pepper (optional)  
½ tsp. salt

Preheat oven to 425 degrees F. Coat 15 x 10" jelly roll pan with nonstick cooking spray.

Cut sweet potatoes into 1 inch chunks. Place in large bowl. Add oil. Toss well. Add thyme, salt, paprika, and if desired, red pepper. Toss well. Add onion. Toss again.

Spread vegetables in single layer on prepared baking pan. Bake 20 to 25 minutes or until very tender, stirring after 10 minutes. Let stand 5 minutes before serving.

<b>Nutrient</b>	<b>Amount per serving</b>
Calories	78 calories
Protein	1 grams
Fat	3 grams
Sodium	148 milligrams
Cholesterol	0 milligrams
Saturated fat	1 gram
Carbohydrates	13 grams

## **Spinach Salad with Hot Apple Dressing**

Yields: 6 servings (1 cup)

Source: *Diabetic Cooking*

6 strips turkey bacon  
¾ cup apple cider or apple juice  
2 TBSP. brown sugar  
4 tsp. rice wine vinegar  
¼ tsp. black pepper

6 cups washed and torn spinach  
2 cups sliced mushrooms  
1 medium tomato, cut into wedges  
½ cup thinly sliced red onion



Heat medium nonstick skillet over medium heat until hot; add bacon and cook 2 to 3 minutes per side or until crisp; remove from pan. Coarsely chop 3 pieces; set aside. Finely chop remaining 3 pieces; return to skillet. Add apple cider, sugar, vinegar and pepper. Heat just to a simmer; remove from heat.

Combine spinach, mushrooms, tomato and onion in large bowl. Add dressing; toss to coat. Top with reserved bacon.

<b>Nutrient</b>	<b>Amount per serving</b>
Calories	95 calories
Protein	5 grams
Fat	3 grams
Sodium	256 milligrams
Cholesterol	9 milligrams
Saturated fat	1 gram
Carbohydrates	14 grams

**Fresh Cranberry Relish** Yields: 8 servings (1/2 cup)Source: *Diabetic Cooking*

- 1 (12 ounce) bag fresh (or frozen) cranberries
- 2 (8 oz.) cans pineapple chunks in juice, drained, reserving 2 TBSP juice
- 1 TBSP powdered sugar substitute, or more to taste
- 1/8 tsp. ground cloves
- 1 tsp. vanilla (optional)

Place half of cranberries and half of pineapple in bowl of food processor. Coarsely chop fruit. Transfer mixture to large bowl. Repeat with remaining cranberries and pineapple.

Stir sugar substitute, reserved juice, cloves, and vanilla into fruit mixture. Mix well. Serve immediately, or cover and chill up to 24 hours before serving.

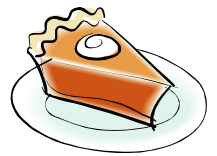
Nutrient	Amount per serving
Calories	43 calories
Protein	1 grams
Fat	<1 grams
Sodium	1 milligrams
Cholesterol	0 milligrams
Saturated fat	0 gram
Carbohydrates	12 grams

**Ginger Pumpkin Pie** Yields: 8 servings

Source: Prevention.com

- ¼ cup whole grain pastry flour
- ¼ tsp. salt
- 3 TBSP. canola oil
- 2 TBSP cold butter
- 4 TBSP. ice water
- ½ cup packed brown sugar
- 1 egg
- 2 egg whites

- 1 ½ tsp vanilla extract
- ½ tsp. ground cinnamon
- ½ tsp. ground ginger
- ¼ tsp. ground nutmeg
- 1 (15 ounce) can plain pumpkin
- 1 cup fat-free evaporated milk



In a food processor, combine the flour and ¼ tsp. of the salt. Pulse until blended. Add the oil and butter. Pulse until the mixture resembles a fine meal. Add the water, 1 TBSP at a time, as needed, and pulse just until the dough forms large clumps. Form into a ball and flatten into a disk. Cover and refrigerate for at least 1 hour.

Preheat oven to 425 degrees F. Coat a 9-inch pie plate with cooking spray.

Place the dough between 2 pieces of waxed paper and roll into a 12 inch circle. Remove the top piece of paper and invert the dough into the pie plate. Peel off the second piece of paper. Press the dough into the pie plate and up onto the rim, patching where necessary. Turn under the rim and flute. Chill in the refrigerator.

Meanwhile, in a large bowl, whisk the brown sugar, egg, egg whites, vanilla extract, cinnamon, ginger, nutmeg, and the remaining 1/8 tsp. salt until well blended. Whisk in the pumpkin and milk. Pour into the chilled crust. Bake for 15 minutes. Reduce the temperature to 350 degrees F. Bake for 25 minutes, or until a knife inserted off-center comes out clean. Cool on a rack.

Nutrient	Amount per serving
Calories	193 calories
Protein	5.1 grams
Fat	9.1 grams
Sodium	milligrams
Cholesterol	36 milligrams
Saturated fat	2.5 gram
Carbohydrates	24 grams

Other holiday recipes:

**Rustic Country Turkey Soup**

Yield: 5 (1 cup) servings

- |  |                                      |
|--|--------------------------------------|
| 1 cup chopped onions                     | 1 tsp. dried thyme or parsley        |
| ¾ cup sliced carrots                     | ¼ to ½ tsp. poultry seasoning        |
| 4 ounces sliced mushrooms                | 1/8 tsp. red pepper flakes           |
| 1 tsp. minced garlic                     | 2 cups chopped, cooked turkey breast |
| 2 cans (14 oz.) low sodium chicken broth | 2 TBSP. olive oil                    |
| 2 ounces uncooked, multigrain rotini     | ¼ cup chopped parsley                |
|  | ¼ tsp. salt                          |

Place a Dutch oven over medium-high heat until hot. Coat with nonstick cooking spray. Add onions and carrots. Spray vegetables with nonstick cooking spray. Cook 2 minutes, stirring frequently. Add mushrooms. Cook 2 minutes more. Add garlic. Cook and stir 30 seconds. Add broth. Bring to a boil. Add rotini, thyme, poultry seasoning and pepper flakes. Bring back to a boil. Reduce heat. Cover. Simmer 8 minutes or until pasta is tender. Remove from heat. Add turkey, margarine, parsley and salt. Cover. Let stand 5 minutes before serving.

Can place all ingredients in crock pot or slow cooker and cook on low for 4 to 6 hours.

Nutrient	Amount per serving
Calories	163 calories
Protein	19 grams
Fat	3 grams
Sodium	291 milligrams
Cholesterol	40 milligrams
Saturated fat	1 gram
Carbohydrates	14 grams

**Pumpkin Custard**

Yield: 6 (1/2 cup) servings

- |                                |                                |
|--------------------------------|--------------------------------|
| 1 can (15 ounces) pumpkin      | ¼ cup packed dark brown sugar  |
| 1 tsp. pumpkin pie spice       | 2 TBSP. chopped dried cherries |
| 1/8 tsp. salt                  | 2 TBSP. low fat granola        |
| ¾ cup fat-free evaporated milk | 4 cup boiling water            |
| 3 eggs or ¾ cup egg substitute |                                |

Preheat oven to 350 degrees. Lightly spray 8 x 8" pan with nonstick cooking spray. Stir together pumpkin, pie spice and salt in small bowl; set aside.

Heat milk in small saucepan until steaming but not boiling. Meanwhile, whisk together eggs and sugar in medium bowl until smooth. Gradually whisk hot milk into egg mixture. Whisk in pumpkin mixture. Spoon batter into pan. Sprinkle with equal amounts of cherries and granola.

Bake 25 to 30 minutes or until knife inserted near center comes out clean. Serve warm or chilled.

Nutrient	Amount per serving
Calories	141 calories
Protein	7 grams
Fat	3 grams
Sodium	134 milligrams
Cholesterol	107 milligrams
Saturated fat	1 gram
Carbohydrates	24 grams