

*Easy and Healthy  
Thanksgiving  
Recipes*



## Wow Your Family with Healthy Thanksgiving Recipes



The table is set with your best crystal and dinner dishes. The chrysanthemum and wheat centerpiece has been arranged. The smells of turkey, pumpkin pie and an array of vegetable casseroles fill the air. The traditional foods for this American holiday includes heavy and often unhealthy, versions of pumpkin pie, cornbread stuffing, green bean casserole, and mashed potatoes and gravy. Even the sweet potatoes are smothered with brown sugar and marshmallows.

Thanksgiving is one of the few holidays that's all about overindulging, unhealthy and overabundance. You don't have to let it be that way though. With a few healthy changes and updated classic dishes, the dishes in this cookbook use big flavor like herbs and spices and foods that are in season. The butter, cream, salt and all those other no-noes have been minimized.

Many people are changing the way they eat. Many have adopted a healthier menu for their everyday lives. It could be they are eating low carb or have adopted a raw foods diet or dairy-free lifestyle. Some are doing this for weight loss while others it's for health reasons. No matter the reason, they don't want to blow their lifestyle on one day of celebration.

In this guide, we've put together 10 healthy recipes for Thanksgiving. The lightened versions of classic dishes taste decadent. Many don't rely on fat for the flavor. Some of the dishes are classics that have been updated while others are new twists on favorites.

You'll find dishes in every category here to create your own delicious, healthy Thanksgiving.

## 1. Apple Butter Sweet Potatoes

Servings: 10

Ingredients

4 pounds fresh sweet potatoes

6 tablespoons room temperature unsalted butter

1/2 cup apple butter

Salt

Instructions

Heat oven to 350 degrees Fahrenheit.

Stab the sweet potatoes all over with a fork piercing the skin. Put in a large baking sheet or jelly roll pan. Cook until very tender, for 1 1/2 hours

Cool to the touch. Remove the peels from the sweet potatoes. Put into a large bowl. Smash with a potato masher until creamy and smooth. Add the butter and apple butter and continue smashing until mixed well.

Sprinkle salt and serve.

Adapted from <http://www.foodandwine.com/recipes/sweet-potatoes-with-apple-butter>



## 2. Sweet 'n' Tart Cranberry, Ginger and Orange Chutney

Servings: Makes 5 1/2 Cups

- 2 large navel oranges
- 2 pounds fresh cranberries
- 1/2 cup water
- 2 tablespoons balsamic vinegar
- 3/4 cup granulated sugar
- 3/4 cup light brown sugar
- 1/4 cup chopped fresh ginger
- Salt and ground pepper



### Instructions

With a sharp knife, peel the oranges. Remove all the white pith. Remove orange sections from membranes. Squeeze membranes over a bowl to catch the juice. Chop orange sections into 1-inch cubes.

Mix together in large saucepan the cranberries and water. Add 1 / 4 cup of the fresh squeezed orange juice. Simmer over medium heat. Cover. Continue cooking and stirring over medium low heat about 10 minutes, until the cranberries begin to pop open. Stir in the brown and granulated sugars, vinegar, ginger and orange cubes. Heat over medium heat, occasionally stirring to keep mixture from burning. Cook for about 5 minutes or until mixture becomes thick. Remove from heat. Cool slightly. Add salt and pepper to taste. Serve.

Chutney can be made ahead of time and refrigerated for up to 1 week.

Adapted from <http://www.foodandwine.com/recipes/cranberry-ginger-and-orange-chutney>

## 3. Decadent Pear, Prosciutto & Hazelnut Stuffing

Servings: 12, 2/3 cup each

### Ingredients

- 3 divided teaspoons extra-virgin olive oil
- 4 ounces thinly sliced ribbons prosciutto
- 2 cups chopped onion
- 2 cups cubed fennel bulb



1/4 cup crushed shallot  
2 teaspoons finely chopped fresh sage  
2 teaspoons finely chopped fresh thyme  
1 teaspoon finely chopped fresh rosemary  
8 cups stale baguette, cubed 1/2-inch pieces  
2 ripe, firm pears, diced  
1/3 cup diced flat-leaf parsley  
1/3 cup diced toasted hazelnuts  
1 14-ounce can reduced-sodium or homemade chicken broth  
1/4 teaspoon salt  
Freshly ground pepper, to taste

#### Instructions

Heat oven to 350 degrees Fahrenheit. Spray a 9-by-13-inch baking dish with cooking spray.

In a large skillet, heat 1 teaspoon oil over medium heat. Toss in the prosciutto; cook while stirring, for 5 minutes until prosciutto becomes crisp. Remove to a paper towel to drain.

Clean pan. Heat 2 teaspoons oil on medium-high heat. Stir in onion, fennel and shallots. Cook about 6 to 8 minutes until the vegetables become soft and lightly browned. Stir in sage, rosemary and thyme. Heat for 1 minute. Pour softened vegetables and herbs into a large bowl. Gently mix in bread, pears, parsley, prosciutto and hazelnuts. Stir in the broth until combined. Sprinkle with salt and pepper to taste.

Turn the stuffing into the baking dish and cover with aluminum foil.

Cook for 40 minutes in preheated oven. Remove foil and continue baking until the top becomes crispy about 30 minutes.

Adapted from [http://www.eatingwell.com/recipes/pear\\_prosciutto\\_hazelnut\\_stuffing.html](http://www.eatingwell.com/recipes/pear_prosciutto_hazelnut_stuffing.html)

#### 4. Naked Fresh Pumpkin Pie

Serves: 8 (1 9-inch pie)

#### Ingredients

2 eggs  
1/2 cup brown sugar  
1 teaspoon ground cinnamon  
1/2 teaspoon salt



1/2 teaspoon ground nutmeg  
1/4 teaspoon ground cloves  
1/8 teaspoon ground ginger  
1 1/4 cups evaporated milk  
15 ounce homemade pumpkin puree\*  
1/4 cup chopped pecans for garnish

#### Instructions

Heat oven to 400 degrees Fahrenheit

Mix together eggs, brown sugar, cinnamon, salt, nutmeg, cloves, and ginger in a bowl until combined. Add in milk and pumpkin, stir until mixture is smooth consistency. Pour into a 9-inch glass pie pan. Top with pecans.

Bake for 15 minutes then lower oven heat to 350 degrees Fahrenheit. Continue to bake for another 30 to 40 minutes. Pie should be firm set. Cool for at least 1 hour before cutting.

\*Homemade Pumpkin puree

Yield amount is determined by the size of the pumpkin used.

#### Ingredients

1 medium to large sugar pumpkin

#### Instructions

Heat oven to 325 degrees Fahrenheit.

Halve the pumpkin from the stem to base using a sharp knife. Take out and discard seeds and pulp. Cover each pumpkin half with aluminum foil.

Place on baking sheet, foil side up. Bake in the heated oven for 1 hour or until fork tender. Remove from oven.

Remove pumpkin meat from the shells. Place in a blender. Puree. Place in a strainer to remove any stringy pieces. Can be stored in the freezer in freezer safe bags until ready to use.

Adapted from <http://allrecipes.com/Recipe/Gluten-Free-Crustless-Pumpkin-Pie/Detail.aspx>

## 5. Pumpkin Applesauce Spice Bread

Servings: 24

#### Ingredients

3 Tablespoons flaxseed, ground

1 / 2 cup water



1- 1 / 2 cups sugar  
1 / 2 cup unsweetened applesauce  
1 / 2 cup coconut oil  
2 cups fresh pumpkin puree  
3 cups flour, whole wheat  
1 teaspoon each cinnamon,  
1 teaspoon fresh nutmeg  
1 teaspoon ground ginger  
1 teaspoon baking soda  
1 / 2 teaspoon baking powder  
3 / 4 teaspoon salt  
1 cup walnuts, loosely chopped  
Oats and Sugar for garnish

#### Instructions

Heat oven to 350 degrees Fahrenheit.

Stir together flaxseed and water until thick. Add flax mixture to sugar, applesauce, oil, and pumpkin in a large bowl.

In a medium bowl, mix flour, spices, baking soda, baking powder, and salt together. Add the dry ingredients to the wet ingredients. Gently stir in the walnuts.

Lightly coat 2 loaf pans with grease or cooking spray.

Split the mixture into two regular loaf pans. Toss oats or sugar on top to garnish.

Bake the loaves for about 55 minutes. Allow to cool 20 minutes in pans before removing to wire cooling rack.

Adapted from <http://skinnymys.com/pumpkin-spice-bread-recipe/>

## 6. Cheesy, Creamy Mashed Cauliflower

Servings: 4

#### Ingredients

1 head of cauliflower  
2 Tablespoon of heavy cream



1 Tablespoon butter

2 ounces sharp cheese

Salt and pepper to taste

Instructions

Wash and trim cauliflower into medium sized chunks.

Pour cauliflower, 2 tablespoons heavy cream and 1 tablespoon butter into a microwave safe bowl with a cover and microwave, six minutes on high.

Mix the cream and butter to coat the cauliflower. Return to microwave and cook for 6 more minutes on high.

Place hot mixture into a blender or food processor. Add cheese. Pulverize until consistency is smooth. Season with pepper and salt.

Adjust cream and butter to your creaminess preference

Adapted from <http://www.ibreatheimhungry.com/2012/01/better-than-potatoes-cheesy-cauliflower.html>

## 7. Mom's Lighter Stuffing

Servings: 8

Ingredients

1 french bread loaf, cut into small cubes

2 slices bacon, diced

1 tablespoon butter

1 large chopped onion

3 medium stalks celery, diced

8 fresh sage leaves, diced

2/3 cup chopped parsley

salt and pepper to taste

1 large beaten egg

2 cups fat free chicken broth

1/2 cup water

Cooking spray

Instructions





Preheat oven to 350 degrees Fahrenheit.

Over medium heat, fry bacon in large fry pan for 2 minutes. Stir in butter and melt. Add onions, celery, parsley, sage, pepper and salt to pan. Cook on medium low heat until soft and onions are translucent, 5-10 minutes. Turn off heat and cool.

Mix together chicken broth and egg in a medium bowl.

In another large bowl, combine bread and sautéed vegetables. Stir in chicken broth and egg mixture. Mix well. Add more water if stuffing is too dry.

Coat casserole dish with cooking spray. Layer in stuffing.

Bake uncovered until golden, about 35 to 40 minutes.

Adapted from <http://www.skinnytaste.com/2010/11/moms-stuffing-lightened-up.html>

## 8. Green Bean Casserole with Fresh Fried Onions

Serves: 8

Ingredients

For the Casserole:

2 pounds trimmed, steamed fresh green beans, cut in half

6 tablespoons butter

8 ounces diced mushrooms

2 minced garlic cloves

4 tablespoons flour, whole wheat

1 / 2 teaspoon salt

Dash of Pepper

2 - 1 / 2 cups milk

1 tablespoon soy sauce

For onion topping

1 / 2 peeled, thinly sliced onion, cut in half

1 / 2 cup whole wheat flour

4 tablespoons butter

Dash of Salt

Instructions



## Casserole

Heat oven to 350 degrees Fahrenheit.

Melt butter over medium heat in a large sauté pan. Toss in the mushrooms and garlic. Heat and stir for 2 to 3 minutes.

Shake in the flour. Mix briskly for 1 to 2 minutes, keeping flour from burning. Mix in the salt and pepper.

Carefully whip in the milk and soy sauce, pulling browned bits from the bottom of the pan. Heat to a light boil. Heat while whisking until the sauce thickens to a thick soup consistency about 3 to 4 minutes.

Stir together the sauce with the steamed green beans in a casserole dish. Stir to combine. Heat in the oven about 15 minutes until bubbly. Take out of the oven and top with Fresh Fried Onions.

### Fresh Fried Onion Instructions

Separate onion slices. Dredge onion slices in flour until coated evenly.

In a sauté pan, melt butter over medium heat. Remove excess flour from onions pieces and add to melted butter in pan. Do not overcrowd the pan. Cook in batches if needed, wiping out pan between batches.

Turn golden brown onions over after 1 to 2 minutes. Add more butter to pan if onions begin looking dry.

Drain onions on a paper-towel lined plate. Season with salt.

Adapted from <http://www.100daysofrealfood.com/2013/11/12/recipe-green-bean-casserole-french-fried-onions/>

## 9. Easy Apple Cinnamon Crisp

Serves: 8

Ingredients

### Apple Filling

2 large apples

1 / 4 teaspoon cinnamon

1 tablespoon melted butter

2 tablespoons honey

### Crumble Topping

3 / 4 cup rolled oats

1 / 2 cup flour, whole wheat



1 / 2 cup chopped walnuts  
3 tablespoons melted butter  
2 tablespoons honey  
1 / 4 teaspoon salt

### **Optional Topping**

Homemade Vanilla Ice Cream

Instructions

Set oven to 375 degrees Fahrenheit.

Cut apples into 1 inch size pieces.

Place the apples in a medium sized bowl. Toss with the cinnamon, butter, and honey.

Pour into a pie plate that has been set on a large baking sheet.

Mix together the oats, flour, walnuts, melted butter, honey, and salt in a medium bowl. Divide the mixture evenly over the top of the seasoned apples.

Cover with a piece of foil. Bake pie mixture for 25 minutes. After 25 minutes take off the foil, Change the oven temperature to broil and toast for 2 to 3 minutes longer. Topping should be lightly golden.

Adapted from <http://www.100daysofrealfood.com/2013/11/19/cinnamon-apple-crisp-recipe-dinner-club/>

## **10. Sage and Butternut Squash Soup**

Serves: 12

Ingredients

2 2 1/2 pound size seeded butternut squash cut lengthwise  
4 tablespoon good olive oil  
2 diced medium celery stalks  
2 large, thinly cut shallots  
1 medium carrot, diced  
3 stems fresh thyme  
1 fresh or dried bay leaf  
1 tablespoon cut-up fresh sage leaves  
24 whole sage leaves for embellishing



Salt and pepper

- 1 32 ounce carton chicken broth
- 2 cups water
- 2 ounces French bread, torn into 1/2-inch cubes to make 2 cups total.

### **Directions**

Heat oven to 450 degrees Fahrenheit.

Place a sheet of aluminum foil in a 15 1/2" by 10 1/2" jelly-roll pan.

Put squash halves in pan with the cut side down. Place in oven and bake for 45 minutes or until very soft when pricked with a knife. Cool slightly. Scoop out squash flesh from the shells and put in a large bowl. Throw away the shells.

Heat 2 tablespoons oil in a 5-quart saucepot until hot. Toss in celery, shallots, and carrot and heat for 20 minutes, stirring often. Add the thyme, bay leaf, 1 tablespoon sage, 1/2 teaspoon salt, and 1/4 teaspoon freshly ground black pepper to the pot and heat for more 2 minutes.

Stir in the broth, water, and squash. Cover the pan and cook on high to boiling. Decrease heat to low and cook for 10 minutes.

Heat up the remaining oil a 10-inch skillet on medium-high heat until hot. Add the remaining whole sage leaves to the oil and fry until sage is crisp about 1 minute. Drain on paper-towel-lined plate. Toss bread cubes in skillet; heat and stir for 3 minutes or until golden brown. Drain on plate with sage.

Remove and discard thyme and bay leaf. Working with a small amount of the squash mixture at a time, ladle mixture into a blender. Remove center part of blender cover to allow steam to escape. Puree the mixture. Pour mixture in original pot. Heat through on low, adding additional water until the thickness desire. Ladle soup into shallow bowls and serve with croutons and sage leaves.

Adapted from [http://www.goodhousekeeping.com/recipefinder/butternut-squash-soup-sage-recipe?click=recipe\\_sr](http://www.goodhousekeeping.com/recipefinder/butternut-squash-soup-sage-recipe?click=recipe_sr)

### **What to do next**

Instead of gorging yourself on heavy, fat-filled, processed traditional Thanksgiving meals, a better option is to try these and other healthy recipes. Full of flavor and healthy, these recipes call for all natural ingredients that are readily available. Seek out fresh ingredients like butternut squash and cranberries that are in season to keep your budget in check. Most of all have fun creating a healthy and delicious meal your whole family will love.



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