

Here's to a healthy and happy Thanksgiving!

Pumpkin Soup

Serves 4

Ingredients

3/4 cup water
1 small onion, chopped
1 can (8 ounces) pumpkin puree
1 cup unsalted vegetable broth
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1 cup fat-free milk
1/8 teaspoon freshly ground black pepper
1 green onion, green top only, chopped

Directions

In a large saucepan, heat 1/4 cup of the water over medium heat. Add the onion and cook until tender, about 3 minutes. Don't let the onion dry out.

Add the remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil.

Ladle into warmed individual bowls and garnish with black pepper and green onion tops. Serve immediately.

Nutritional Analysis

(per serving)

Serving size: 1 cup

Calories	72	Cholesterol	1 mg
Protein	3 g	Sodium	241 mg
Carbohydrate	12 g	Fiber	2 g
Total fat	1 g	Potassium	199 mg
Saturated fat	< 1 g	Calcium	78 mg
Monounsaturated fat	< 1 g		

OR

Wild rice and mushroom soup

Serves 4

Ingredients

1 tablespoon olive oil
Half a white onion, chopped
1/4 cup chopped celery
1/4 cup chopped carrots
1 1/2 cups sliced fresh white mushrooms
1/2 cup white wine, or 1/2 cup low-sodium, fat-free chicken broth
2 1/2 cups low-sodium, fat-free chicken broth
1 cup fat-free half-and-half
2 tablespoons flour
1/4 teaspoon dried thyme
Black pepper
1 cup cooked wild rice

Directions

Put olive oil in stockpot and bring to medium heat. Add chopped onion, celery and carrots. Cook until tender. Add mushrooms, white wine and chicken broth. Cover and heat through. In a bowl, blend half-and-half, flour, thyme and pepper. Then stir in cooked wild rice. Pour rice mixture into hot stockpot with vegetables. Cook over medium heat. Stir continually until thickened and bubbly.

Nutritional Analysis

(per serving)

Serving size: About 1.5 cups

Calories	170	Cholesterol	6 mg
Protein	7 g	Sodium	190 mg
Carbohydrate	20 g	Fiber	1.5 g
Total fat	5 g	Potassium	379 mg
Saturated fat	1 g	Calcium	74 mg
Monounsaturated fat	3 g		

Salad greens with pears, fennel and walnuts

Serves 6

Ingredients

6 cups mixed salad greens
1 medium fennel bulb, trimmed and thinly sliced
2 medium pears, cored, quartered and thinly sliced
2 tablespoons Parmesan cheese, grated
1/4 cup toasted walnuts, coarsely chopped
3 tablespoons extra-virgin olive oil
2 tablespoons balsamic vinegar
Freshly ground black pepper, to taste

Directions

Divide the salad greens onto 6 plates. Scatter the fennel and pear slices over the greens. Sprinkle with Parmesan cheese and walnuts. Drizzle with olive oil and vinegar. Add black pepper, to taste. Serve immediately.

Nutritional Analysis

(per serving)

Calories	157	Cholesterol	1 mg
Protein	3 g	Sodium	50 mg
Carbohydrate	14 g	Fiber	4 g
Total fat	10 g	Potassium	391 mg
Saturated fat	1 g	Calcium	66 mg
Monounsaturated fat	6 g		

Roasted Turkey with balsamic brown sugar sauce-for 10

Ingredients

1 whole turkey (about 15 pounds), thawed
1 tablespoon olive oil
4 sprigs of fresh rosemary
3 to 4 cloves garlic
1/2 cup water

For the sauce
1 cup balsamic vinegar
1 cup defatted pan drippings
3 tablespoons brown sugar

Directions

Preheat the oven to 325 F.

Rinse the turkey inside and out. Pat dry with paper towels. Place the turkey breast-side up on a rack in a roasting pan. Rub the turkey with the oil, a sprig of rosemary and garlic cloves. Place all of the rosemary and garlic inside the bird. Loosely tie the legs together. Place into the middle of the oven.

When the skin is light (after about 1 1/2 hours) cover the breast with a tent of foil to prevent overcooking the breast. Check the doneness after the bird has roasted about 3 to 3 1/2 hours. Turkey is done when the thigh is pierced deeply and juices run clear (180 to 185 F) or when the breast muscle reaches 170 to 175 F.

Remove the turkey from the oven. Let it stand about 20 minutes to allow juices to settle in the meat. Deglaze the pan by adding 1/2 cup water. Stir to scrape up browned bits. Pour pan drippings into a gravy separator. Reserve 1 cup of defatted pan drippings for sauce.

To make the sauce, in a pan or microwave dish, stir together the vinegar, defatted pan drippings and brown sugar. Warm the sauce until the flavor is just released, about 15 seconds in the microwave, or over low heat on the stove until steam "escapes." Don't boil.

Carve the turkey and drizzle turkey slices with the warmed brown sugar sauce. Serve immediately.

Nutritional Analysis

(per serving)

Serving size: 5 ounces light and dark meat

Calories	247	Cholesterol	79 mg
Protein	34 g	Sodium	78 mg
Carbohydrate	10 g	Fiber	trace
Total fat	6 g	Potassium	378 mg
Saturated fat	1 g	Calcium	30 mg
Monounsaturated fat	2 g		

Wild Mushroom Stuffing – modified Alice Waters

10 servings, about 1 cup each

Ingredients

- 10 cups day-old bread, crusts removed, cubed
- 3 cups low-fat milk
- 3 tablespoons extra-virgin olive oil, divided
- 1 turkey liver or 2 chicken livers, diced
- 3 tablespoons unsalted butter
- 8 cloves garlic, minced
- 4 shallots, finely diced
- 2 cups finely chopped onions
- 2 pounds chanterelle mushrooms or mixed wild mushrooms, stemmed, cleaned and coarsely chopped
- 1/4 cup chopped Italian parsley
- 2 teaspoons finely chopped fresh thyme
- 1 teaspoon salt
- Freshly ground pepper to taste
- 2 large eggs, lightly beaten

Preparation

1. Preheat oven to 350°F. Coat a 9-by-13-inch [baking dish](#) with cooking spray.
2. Place bread in a large bowl and toss with milk. Let stand, tossing or stirring occasionally, until saturated.
3. Meanwhile, heat 1 tablespoon oil in a Dutch oven or large straight-sided skillet over medium heat. Add liver and cook, stirring once or twice, until browned, about 2 minutes. Transfer to a large bowl.
4. Add the remaining 2 tablespoons oil and butter to the pan and heat over medium heat. Add garlic and shallots and cook, stirring often, until softened and fragrant, about 2 minutes. Add onions and cook, stirring often, until softened, about 5 minutes. Add mushrooms and cook, stirring often, until the mushroom have softened and the liquid released has evaporated, 8 to 12 minutes. Add to the bowl with the liver.
5. Drain and squeeze the bread and add to the bowl with the mushroom mixture (discard any remaining milk). Add parsley, thyme, salt and pepper; stir to combine. Taste and adjust seasoning, if necessary. Stir in eggs. Transfer the stuffing to the prepared baking dish.
6. Bake until heated through and golden on top, about 45 minutes.

Tips & Notes

- **Make Ahead Tip:** Prepare through Step 5, cover and refrigerate for up to 1 day. Remove from the refrigerator about 20 minutes before baking. Bake, uncovered, at 350°F until hot and golden, 50 minutes to 1 hour.

Nutrition

270 calories; 12 g fat (4 g sat , 5 g mono); 80 mg cholesterol; 32 g carbohydrates; 11 g protein; 3 g fiber; 569 mg sodium; 460 mg potassium.

Garlic Mashed Potatoes

Serves 8

Ingredients

- 3 pounds russet potatoes, peeled and cubed
- 6 garlic cloves, separated and peeled
- 1/2 cup fat-free milk
- 1 tablespoon trans fat-free margarine
- Ground black pepper, to taste
- 2 tablespoons chopped fresh parsley

Directions

In a large stockpot, cover the potatoes with water. Bring to a boil. Reduce heat and simmer until tender, about 15 minutes. Drain the potatoes thoroughly and return to the stockpot.

In a small saucepan, cover the garlic with water. Bring to a boil. Reduce heat and simmer until tender, about 10 minutes. Drain the garlic.

In a food processor or blender, combine the garlic and milk. Puree until smooth. Add the pureed garlic and the margarine to the potatoes. Mash to desired consistency. Season with black pepper to taste. Garnish with parsley and serve immediately.

Nutritional Analysis

(per serving)

Calories	157	Cholesterol	trace
Protein	2 g	Sodium	90 mg
Carbohydrate	24 g	Fiber	2 g
Total fat	5 g	Potassium	404 mg
Saturated fat	1 g	Calcium	32 mg
Monounsaturated fat	2 g		

OR

Honey Glazed Sweet Potatoes

Serves 8

Ingredients

1/4 cup water
2 tablespoons brown sugar
2 tablespoons honey
1 tablespoon olive oil
2 pounds sweet potatoes (about 4 large), peeled and cut into wedges
Cracked black pepper or chopped herb of choice (rosemary, sage or thyme), to taste

Directions

Preheat the oven to 375 F. Lightly coat a 9-by-13 inch baking pan with cooking spray.

To make the sauce, in a small bowl add the water, brown sugar, honey and olive oil. Whisk until smooth.

Place a single layer of sweet potatoes in the baking pan. Pour the sauce over the sweet potatoes. Turn to coat them.

Cover and bake until tender, about 45 minutes. Turn the sweet potatoes once or twice to continue coating them. When tender, remove the cover and continue to bake until the glaze is set, about 15 minutes.

Transfer to a serving dish and top with pepper or chopped herb of choice. Serve immediately.

Nutritional Analysis

(per serving)

Calories	146	Cholesterol	0 mg
Protein	2 g	Sodium	42 mg
Carbohydrate	31 g	Fiber	4 g
Total fat	2 g	Potassium	553 mg
Saturated fat	< 1 g	Calcium	46 mg
Monounsaturated fat	1 g		

Green Beans with Pepper and Garlic

Serves 6

Ingredients

- 1 pound green beans, stems trimmed
- 2 teaspoons olive oil
- 1 red bell pepper (capsicum), seeded and julienne
- 1/2 teaspoon chili paste or red pepper flakes
- 1 clove garlic, finely chopped
- 1 teaspoon sesame oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Directions

Cut the beans into 2-inch pieces. Bring a large saucepan 3/4 full of water to a boil. Add the beans and cook until they turn bright green and are tender-crisp, 1 to 3 minutes. Drain the beans, then plunge them into a bowl of ice water to stop the cooking. Drain again and set aside.

In a large frying pan, heat the olive oil over medium heat. Add the bell pepper and toss and stir for about 1 minute. Add the beans and saute for 1 minute longer. Add the chili paste and garlic and stir for 1 minute. The beans will be tender and bright green. Drizzle with the sesame oil and season with the salt and pepper. Serve immediately.

Nutritional Analysis

(per serving)

Calories	50	Monounsaturated fat	1 g
Protein	2 g	Cholesterol	0 mg
Carbohydrate	7 g	Sodium	201 mg
Total fat	2 g	Fiber	3 g
Saturated fat	<1 g		

Healthy Apple Pie

Ingredients

Pie crust

- 1 cup dry rolled oats
- 1/4 cup whole-wheat pastry flour
- 1/4 cup ground almonds
- 2 tablespoons brown sugar, packed
- 3 tablespoons canola oil
- 1 tablespoon water

Filling

- 6 cups sliced and peeled tart apples (about 4 large apples)
- 1/3 cup frozen apple juice concentrate
- 2 tablespoons quick-cooking tapioca
- 1 teaspoon cinnamon

Directions

To prepare pie crust, mix dry ingredients together in a large mixing bowl. In a separate bowl, mix oil and water together with whisk. Add oil and water mixture to dry ingredients. Mix until dough holds together. Add a bit more water if needed. Press dough into 9-inch pie plate. Set aside until filling is prepared. To prepare filling, combine all ingredients in a large bowl. Let stand for 15 minutes. Stir and then spoon into prepared pie crust. Bake at 425 F for 15 minutes. Reduce heat to 350 F and bake 40 minutes, or until apples are tender.

Nutritional Analysis

(per serving)

Serving size: 1 slice

Calories	215	Cholesterol	0 mg
Protein	3 g	Sodium	16 mg
Carbohydrate	31 g	Fiber	4 g
Total fat	9 g	Potassium	215 mg
Saturated fat	1 g	Calcium	23 mg
Monounsaturated fat	5 g		

All recipes from www.eatingwell.com, www.mayoclinic.com, health.harvard.edu