



# Thanksgiving Recipes

## On the Lighter Side

### THANKSGIVING SALAD

*The flavors of Thanksgiving are good any time of the year when combined in this superb salad. It's a healthy, low-fat way to use leftover turkey, plus plenty of beta carotene from the sweet potatoes. The low-fat dressing, with both cranberry and orange juice, contributes an impressive amount of vitamin C.*

#### INGREDIENTS:

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|---|---|
| 1-1/2 pounds sweet potatoes, peeled and cut into 1-inch chunks                  | 3 tablespoons cranberry juice concentrate       |
| 2 navel oranges   | 3 tablespoons orange juice concentrate          |
| 3 cups sliced Romaine lettuce, washed and cut crosswise into 1-inch-wide strips | 1 tablespoon balsamic vinegar                   |
| 6 ounces roast turkey breast, torn into 1-inch pieces                           | 1 tablespoon extra-virgin olive oil             |
| 1/2 cup thinly sliced scallions   | 1/2 teaspoon black pepper                       |
|   | 2 tablespoons coarsely chopped pecans, toasted  |
|   | 2 tablespoons dried cranberries or dark raisins |

#### DIRECTIONS:

1. Place sweet potatoes in a medium saucepan and add cold water to cover by 1 inch. Cover and bring to a boil over high heat. Reduce heat to medium-low and simmer until sweet potato is fork-tender, 10 to 12 minutes. Drain in a colander and cool briefly under gently running cold water.
2. Meanwhile, with a serrated knife, remove peel and white pith from oranges. Cut each orange in half lengthwise, place halves flat on a cutting board and cut crosswise into 1/4-inch-thick slices.
3. Spread lettuce on a platter. Top with sweet potatoes, turkey and orange slices. Sprinkle with scallions.
4. In small bowl or cup, whisk together cranberry juice concentrate, orange juice concentrate, vinegar, oil and pepper. Pour over salad and sprinkle salad with pecans and dried cranberries. Makes 4 servings.

**NUTRITIONAL FACTS PER SERVING:** 393 calories, 6.9g total fat, 0.9g saturated fat, 4.3g monounsaturated fat, 1.2g polyunsaturated fat, 8.2g dietary fiber, 18g protein, 67g carbohydrate, 35mg cholesterol, 52mg sodium

## ROASTED SWEET POTATO, APPLE & ONION SALAD

*The secret, rich-tasting ingredient in the dressing for this salad is pumpkin seed oil from Austria. It can be hard to come by so you could use dark sesame seed oil instead.*

### INGREDIENTS:

4 teaspoons olive oil	1/4 cup cider vinegar
5 cloves garlic, unpeeled	2 tablespoons pumpkin seed oil
1/2 teaspoon rosemary, crumbled	2 teaspoons Dijon mustard
2-1/2 pounds sweet potatoes, peeled and cut into 1/2-inch chunks	3/4 teaspoon salt
3 tablespoons maple syrup	3/4 teaspoon black pepper
3 tablespoons bourbon or dark rum, optional	2 large apples, cut into 1/2-inch chunks
	1 large red onion, finely chopped

### DIRECTIONS:

1. Preheat oven to 425°F. In large baking pan, combine olive oil, garlic, and rosemary. Add sweet potatoes and toss to coat. Cook, turning potatoes as they color, for 35 minutes until tender and lightly browned. Remove garlic from pan, peel, and mash.
2. Meanwhile, in large skillet, heat maple syrup over medium heat. Remove skillet from heat and add bourbon. Return to medium heat and cook for 1 minute. Transfer to large bowl, and whisk in vinegar, pumpkin seed oil, mustard, salt, pepper, and mashed garlic.
3. Add apples, onion, and sweet potatoes and toss to combine. Serve the salad warm, at room temperature, or chilled. Makes 8 servings.

**NUTRITIONAL FACTS PER SERVING:** 180 calories, 2.6g total fat, 0.4g saturated fat, 1.7g monounsaturated fat, 0.3g polyunsaturated fat, 4g dietary fiber, 2g protein, 36g carbohydrate, 0mg cholesterol, 228mg sodium

## BANANA, PEAR & PEANUT SALAD

*Make this recipe as close to serving time as possible since cut pears begin to brown if they sit out too long. Luckily, it takes only 15 minutes to throw together. This salad can also be served as a delicious fruit dessert.*

### INGREDIENTS:

1/3 cup honey	1/8 teaspoon ground nutmeg
1/2 teaspoon grated lime zest	1 pound bananas, thinly sliced
3 tablespoons fresh lime juice	1 pound Bartlett or Bosc pears, cut into 1/2-inch chunks
1/4 teaspoon salt	1/4 cup dry-roasted peanuts, coarsely chopped
1/8 teaspoon ground allspice	

### DIRECTIONS:

1. In a large bowl, whisk together the honey, lime zest, lime juice, salt, allspice, and nutmeg.
2. Add the bananas, pears, and peanuts, tossing to combine. Serve at room temperature. Makes 4 servings.

**NUTRITIONAL FACTS PER SERVING:** 313 calories, 5.6g total fat (.9g saturated), 0mg cholesterol, 6g dietary fiber (1.5g soluble), 70g carbohydrate, 4g protein, 148mg sodium



## NEW-FASHIONED COLESLAW

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*Plain non-fat yogurt replaces most of the mayonnaise in this classic dish.*

### INGREDIENTS:

1 cup plain non-fat yogurt	3/4 teaspoon salt
2 tablespoons light mayonnaise	1/2 teaspoon black pepper
3 tablespoons fresh lemon juice	1 small head green cabbage, shredded
2 tablespoons Dijon mustard	4 carrots, shredded
1 tablespoon distilled white vinegar	1 red bell pepper, cut into matchstick strips
1 tablespoon granulated sugar	

### DIRECTIONS:

1. Spoon the yogurt into a fine-mesh sieve or a coffee filter cone and drain off excess liquid for 2 minutes.
2. In large bowl, whisk together yogurt and mayonnaise until smooth. Add lemon juice, mustard, vinegar, sugar, salt, and pepper and whisk to combine. Add cabbage, carrots, and bell pepper; toss to combine.
3. Refrigerate at least one hour before serving. Makes 8 servings.

**NUTRITIONAL FACTS PER SERVING:** 75 calories, 2g total fat, 0.2g saturated fat, 0.4g monounsaturated fat, 1g polyunsaturated fat, 3.2g dietary fiber, 3g protein, 14g carbohydrate, 2mg cholesterol, 382mg sodium

## GLAZED BRUSSELS SPROUTS

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*This Italian-inspired sweet-and-sour vegetable dish can be doubled easily to make a delicious addition to a Thanksgiving feast.*

### INGREDIENTS:

6 cups Brussels sprouts	3 tablespoons orange juice
2 teaspoons olive oil	1/2 teaspoon thyme
1 garlic clove, minced	1/2 teaspoon salt
2 tablespoons granulated sugar	1/4 teaspoon black pepper
1/3 cup red wine vinegar	

### DIRECTIONS:

1. With a paring knife, make a small "X" in stem end of each Brussels sprout. In large pot of boiling water, cook sprouts until crisp-tender, about seven minutes. Drain well.
2. Meanwhile, in a large nonstick skillet, heat oil over medium heat. Add garlic and cook, stirring, until tender, about two minutes. Add sugar and swirl in pan until melted, about two minutes.
3. Add vinegar, orange juice, thyme, salt, pepper and drained sprouts, and continue cooking until sprouts are richly glazed, about five minutes. Makes 4 servings.

**NUTRITIONAL FACTS PER SERVING:** 111 calories, 2.7g total fat, 0.4g saturated fat, 1.7g monounsaturated fat, .4g polyunsaturated fat, 7.7g dietary fiber, 5g protein, 20g carbohydrate, 0mg cholesterol, 307mg sodium



## MAPLE-GLAZED SWEET POTATOES

*This sweet potato and dried fruit side dish makes a flavorful and elegant accompaniment to the Thanksgiving turkey and, better yet, can be prepared up to step 5 in advance.*

### INGREDIENTS:

3 pounds sweet potatoes, peeled and cut into 1-inch chunks	1 tablespoon fresh lemon juice
1/2 cup diced dried apricots	1 tablespoon unsalted butter
1/4 cup diced prunes	1/2 teaspoon ground cinnamon
1/2 cup apricot nectar	1/2 teaspoon black pepper
1/2 cup maple syrup	1/4 teaspoon salt

### DIRECTIONS:

1. Place sweet potatoes in large saucepan with water to cover. Cover and bring to a boil over high heat. Reduce heat to medium and cook until fork-tender, 8 to 10 minutes. Drain in a colander and rinse gently under cold running water.
2. Preheat oven to 400°F. Spray a 7- x 11-inch baking pan with nonstick cooking spray.
3. Place sweet potatoes in prepared baking pan and sprinkle diced apricots and prunes on top.
4. In small saucepan, combine apricot nectar, maple syrup, lemon juice, butter, cinnamon, pepper and salt. Bring just to a simmer over high heat, stirring to blend. Pour mixture evenly over sweet potatoes and fruit.
5. Cover baking pan with foil and bake 30 minutes, basting with juices 2 or 3 times.
6. Uncover and bake 5 to 10 minutes longer, basting 2 or 3 times, until sweet potatoes are glazed. Makes 8 servings.

**NUTRITIONAL FACTS PER SERVING:** 235 calories, 2g total fat, 1g saturated fat, 0.4g monounsaturated fat, 0.2g polyunsaturated fat, 4.8g dietary fiber, 3g protein, 54g carbohydrate, 4mg cholesterol, 87mg sodium

## WILD RICE PILAF WITH PUMPKIN SEEDS

*Wild rice and brown rice are good companions in a pilaf: first, because they have similar chewy textures, but secondly because they both take about the same amount of time to cook. Of course, another advantage to cooking a mixture is that it stretches the expensive wild rice with a less expensive grain.*

### INGREDIENTS:

1/4 cup hulled pumpkin seeds	2 cups water
1 tablespoon olive oil	1-1/2 cups chicken broth
1 large onion, finely chopped	1/2 teaspoon thyme
1 carrot, cut into matchsticks	1/2 teaspoon salt
3/4 cup wild rice (about 4 ounces)	1/4 cup dried currants
1/2 cup brown rice	

### DIRECTIONS:

1. In a small ungreased skillet, toast the pumpkin seeds over low heat until fragrant and they begin to pop in the pan, about 5 minutes. Remove from the heat and pour the seeds onto a plate to stop them from burning.
2. In a medium nonstick saucepan, heat the oil over medium heat. Add the onion and carrot, and cook, stirring frequently, until the onion is softened, about 7 minutes.
3. Add the wild rice and brown rice, stirring to combine. Stir in the water, broth, thyme, and salt. Bring to a boil, reduce to a simmer, cover, and cook until the rice is tender, about 45 minutes.
4. Stir in the toasted pumpkin seeds and currants. Makes 6 servings.

**NUTRITIONAL FACTS PER SERVING:** 231 calories, 6.7g total fat (1.2g saturated), 1mg cholesterol, 3g dietary fiber (.7g soluble), 38g carbohydrate, 7g protein, 454mg sodium



## LACY BROILED SWEET POTATOES

*These lacy broiled sweet potatoes go perfectly with roasted meats or grilled fish. For a colorful variation, use half sweet and half white potatoes.*

### INGREDIENTS:

1-1/4 pounds sweet potatoes, unpeeled	1/2 teaspoon salt
2 teaspoons olive oil	1/4 teaspoon black pepper
1 small garlic clove, minced	1/4 cup + 2 tablespoons grated Parmesan cheese
1 teaspoon cumin	1 tablespoon minced parsley or cilantro

### DIRECTIONS:

1. Preheat oven to 375°F. Meanwhile, in food processor fitted with largest shredding blade (or on largest holes of handheld box-style grater), shred sweet potatoes.
2. In large bowl, stir together oil, garlic, cumin, salt and pepper. Add shredded potatoes and toss to coat potatoes thoroughly with oil.
3. Spread potatoes in an even layer on two 9- x 13-inch nonstick baking sheets (if you use another size baking sheet, be sure to make layer of potatoes as thin as possible).
4. Bake sweet potatoes until just cooked through, about 10 minutes. Increase oven temperature to broil. Combine sweet potatoes on one baking sheet, spreading to make an even layer. Sprinkle with Parmesan and broil 4 inches from heat for 2 minutes, or until golden brown. Sprinkle with parsley and serve hot. Makes 4 servings.

**NUTRITIONAL FACTS PER SERVING:** 206 calories, 5g total fat, 1.8g saturated fat, 2.3g monounsaturated fat, 0.4g polyunsaturated fat, 4.3g dietary fiber, 6g protein, 35g carbohydrate, 6mg cholesterol, 433mg sodium

## TURKEY SANDWICHES WITH SPICY CRANBERRY-PINEAPPLE RELISH

*Using the natural sweetness of pineapple juice makes a delicious cranberry relish for leftover Thanksgiving turkey sandwiches.*

### INGREDIENTS:

1-1/2 cups fresh or frozen cranberries	2 tablespoons Dijon mustard
1/4 cup frozen pineapple juice concentrate	8 slices (1 ounce each) whole-grain bread, toasted
2 tablespoons chopped walnuts	1 medium red onion, very thinly sliced
1 tablespoon prepared horseradish	1/2 pound roast turkey breast, sliced

### DIRECTIONS:

1. In a heavy-bottomed medium saucepan, combine the cranberries and pineapple juice concentrate. Cook over low heat, stirring occasionally, until the cranberries begin to pop, 10 to 15 minutes.
2. Remove the cranberry-pineapple mixture from the heat and let cool to room temperature. Stir in the walnuts and horseradish.
3. Spread the mustard on one side of each slice of bread. Top 4 slices of the bread with the red onion, turkey, and cranberry relish. Top with the remaining slices of bread. Makes 4 servings.

**NUTRITIONAL FACTS PER SERVING:** 322 calories, 5.3g total fat (.4g saturated), 47mg cholesterol, 6g dietary fiber (.8g soluble), 42g carbohydrate, 26g protein, 500mg sodium



## TOASTED COUSCOUS PUMPKIN RISOTTO

*The influences of several cuisines are combined in this unique risotto made from quick-cooking couscous flavored with the sweetness of pumpkin and the richness of Parmesan. Serve with grilled fish.*

### INGREDIENTS:

#### Pepper Puree:

- 1 garlic clove, peeled
- 1 cup bottled roasted red peppers, rinsed/drained

#### Risotto:

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|-------------------------|---|
| 1-1/2 cups couscous     | 3/4 teaspoon salt                       |
| 1 large onion, minced   | 3/4 cup canned solid-pack pumpkin puree |
| 3 garlic cloves, minced | 1/4 cup grated Parmesan cheese          |
| 1 teaspoon sugar        | 1/4 teaspoon black pepper               |
| 3-1/3 cups water        | 1-1/2 teaspoons unsalted butter         |
| 1/2 cup sherry          |   |

### DIRECTIONS:

- 1. Make the pepper puree:** In small saucepan of boiling water, blanch garlic 2 minutes. Transfer to a food processor, add roasted peppers and process to a smooth puree. Set aside.
- 2. For the risotto:** In large skillet, heat couscous over medium heat, stirring frequently, until golden, about 3 minutes. Remove skillet from heat.
- In large saucepan, combine onion, garlic and sugar with 1/3 cup of the water. Cook over medium heat, stirring frequently, until onion is wilted, about 7 minutes. Stir in couscous and sherry, and cook until sherry has evaporated, about 1 minute.
- In a measuring cup, stir together remaining 3 cups water and salt. Add to saucepan, 1/2 cup at a time, allowing couscous to absorb all liquid before adding any more. Continue cooking and adding liquid until all liquid has been added and couscous is creamy.
- Stir in pumpkin, Parmesan and black pepper, and cook until heated through, about 3 minutes. Stir in butter. Serve topped with pepper puree. Makes 6 servings.

**NUTRITIONAL FACTS PER SERVING:** 238 calories, 2.7g total fat, 1.5g saturated fat, 0.7g monounsaturated fat, 0.3g polyunsaturated fat, 4.1g dietary fiber, 9g protein, 41g carbohydrate, 6mg cholesterol, 480mg sodium

## CRANBERRY-GINGER APPLESAUCE

*Choose any combination of apples you like. If you use red apples, the peel will heighten the blush that the cranberries give to the sauce.*

### INGREDIENTS:

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|--------------------------------------|---|
| 2-1/2 pounds apples (about 7 medium) | 1 slice gingerroot, 1-inch x 1-1/2-inch piece |
| 1/2 cup cranberries, fresh or frozen | Grated zest of 1 lemon                        |

### DIRECTIONS:

- Core apples and cut into wedges, but do not peel.
- In medium saucepan, combine apples, cranberries, ginger, and lemon zest. Cover, turn heat to medium-low, and cook, stirring occasionally, 7 to 10 minutes until apples have given up juice and are at a steam-boil. Reduce to low and simmer 10 minutes, stirring occasionally until apples have totally collapsed and no longer hold their shape.
- Discard ginger slice. Pass through a food mill or coarse sieve to remove skin. Makes about 3 cups.

**NUTRITIONAL FACTS PER 1/2 CUP SERVING:** 117 calories, 0.7g total fat, 0.1g saturated fat, 0g monounsaturated fat, 0.2g polyunsaturated fat, 5.6g dietary fiber, 0g protein, 30g carbohydrate, 0mg cholesterol, 0mg sodium



## CRANBERRY TART IN A WALNUT CRUST

*If you use dried beans as pie weights when you blind-bake a crust, you can reuse them. Just store them in a clearly labeled container so you do not mistake them for regular beans.*

### INGREDIENTS:

1-1/4 cups flour	3 tablespoons ice water
1/4 cup walnuts	1 pound cranberries, fresh or frozen (unthawed)
2 tablespoons plus 1 cup granulated sugar	2 teaspoons grated orange zest
1/2 teaspoon salt	1/4 cup orange juice
1/4 cup extra-light olive oil	4 teaspoons raspberry all-fruit spread

### DIRECTIONS:

1. In a food processor, combine the flour, walnuts, 2 tablespoons of the sugar, and the salt and pulse until the nuts are finely ground. Add the oil and pulse until the mixture resembles coarse meal. Add the ice water and pulse until just combined. Flatten into a disk.
2. Preheat the oven to 400°F. On a lightly floured surface, roll the dough out to a 13-inch round. Fit into a 9-inch tart pan with a removable bottom. Prick the shell all over with the tines of a fork. Line the shell with foil and fill with dried beans or pie weights. Bake for 10 minutes or until just set. Remove the foil and beans. Bake for 12 minutes or until golden brown. Cool on a wire rack.
3. In a medium saucepan, combine the remaining 1 cup sugar, the cranberries, orange zest, and orange juice, and bring to a boil. Cook, stirring occasionally, until the berries have popped and the sauce is thick, about 10 minutes.
4. Cool the cranberry mixture to room temperature. Spoon into the prepared tart shell and brush with the fruit spread. Makes 8 servings.

**NUTRITIONAL FACTS PER SLICE:** 296 calories, 9g total fat (1.1g saturated), 0mg cholesterol, 3g dietary fiber (1.1g soluble), 53g carbohydrate, 3g protein, 75mg sodium

## CRANBERRY UPSIDE-DOWN CORNBREAD

*This is a moist and tender cornbread. If the cranberry topping sticks to the pan, simply spoon it out and spread on top of the cornbread.*

### INGREDIENTS:

1 bag (12-ounces) fresh or frozen cranberries	1 teaspoon baking powder
1/2 cup raspberry all-fruit spread	1/2 teaspoon baking soda
4 tablespoons firmly packed light brown sugar	1/2 teaspoon salt
1/2 teaspoon grated orange zest	1 cup buttermilk
1/4 cup orange juice	3 tablespoons extra-light olive oil
1 cup yellow cornmeal	1 large egg or 1/4 cup egg substitute
1/2 cup all-purpose flour	

### DIRECTIONS:

1. Preheat oven to 375°F. In 10-inch ovenproof, nonstick skillet, combine cranberries, raspberry spread, 1 tablespoon of brown sugar, orange zest, and orange juice. Bring to a boil over medium-low heat, reduce to a simmer, and cook, stirring frequently, 7 minutes or until berries have popped and sauce is thick.
2. Meanwhile, in a large bowl, stir together cornmeal, flour, baking powder, baking soda, salt, and remaining 3 tablespoons brown sugar. In measuring cup, combine buttermilk, oil, and egg. Make well in center of dry ingredients, pour in buttermilk mixture and stir to combine.
3. Pour cornmeal mixture over cranberries. Bake 20 minutes or until knife inserted in center comes out clean. Cool 5 minutes in pan, then invert onto plate, scraping any berry mixture that sticks to the pan on top of cornbread. Serve warm or at room temperature. Makes 6 servings.

**NUTRITIONAL FACTS PER SERVING:** 311 calories, 8.6g total fat, 1.5g saturated fat, 5.5g monounsaturated fat, 1g polyunsaturated fat, 5.1g dietary fiber, 6g protein, 53g carbohydrate, 37mg cholesterol, 442mg sodium



# CRANBERRY FOOL

A traditional fool (an English dessert) is made by stirring a puree of cooked fruit into whipped cream. But since we don't suffer fools gladly, we've created a dessert that makes more sense to our palates, substituting thickened yogurt for the whipped cream. Both the cranberry mixture and the drained yogurt can be prepared a day ahead. Assemble the dessert at serving time or earlier in the day.

## INGREDIENTS:

2 cups plain low-fat yogurt	1/2 teaspoon ground cardamom
1 bag (12 oz) fresh or frozen cranberries	1/4 cup red currant or raspberry jelly
1/2 cup firmly packed light brown sugar	1/4 cup orange juice

## DIRECTIONS:

1. Place 1-1/2 cups of yogurt in a fine-mesh sieve lined with cheesecloth. Set sieve over a bowl to drain. Refrigerate at least one hour or up to overnight. Discard liquid that has drained.
2. Meanwhile, in a medium saucepan, combine cranberries, brown sugar, and orange zest. Bring to a boil, reduce to a simmer, and cook, stirring frequently, for 15 minutes or until cranberries have all popped and mixture is very thick. Cool to room temperature, then refrigerate.
3. In a large bowl, whisk together cranberry mixture, jelly, and orange juice. In a separate bowl, stir remaining 1/2 cup undrained yogurt into drained yogurt. Swirl yogurt into cranberry mixture. Mix it gently until some light streaks of yogurt remain. The two mixtures should not be completely blended (although this is more of an aesthetic consideration than a culinary one). Serve or chill and serve later. Makes 4 servings.

**NUTRITIONAL FACTS PER SERVING:** 280 calories, 2.1g total fat, 1.2g saturated fat, 1g monounsaturated fat, 0.1g polyunsaturated fat, 4g dietary fiber, 7g protein, 61g carbohydrate, 8mg cholesterol, 108mg sodium

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