

Thanksgiving Meal Make Over

| | Traditional | Luscious and Lean |
|------------------------------|---|--|
| Appetizer | 2 ounces cheese and 8 crackers Calories: 294 | Minted Fruit kabob Calories: 35 |
| Roasted Turkey | 3 ounces white and dark meat with skin Calories: 254 | 3 ounces white and dark meat without skin Calories: 127 |
| Cornbread Dressing | ¼ cup of "Grandma's Southern Dressing" Calories: 358 | ¼ cup Calories: 174 |
| Glazed Sweet Potatoes | With butter and brown sugar Calories: 369 | Sweet Potatoes in a Butter & Orange-Brown Sugar Glaze Calories: 172 |
| Green Beans | With cream of mushroom soup and French fried onions Calories: 240 | Sautéed with onions Calories: 81 |
| Pumpkin Pie | Traditional recipe from the back of a can of pumpkin pie Calories: 299 | Kris' Pumpkin Pie with Whipped Topping Calories: 146 |
| | Total Calories: 1814 | Total Calories: 735 |

Minted Fruit Kabobs

Serves 8

Ingredients

- 1 kiwi, peeled, sliced into 4 slices, and quartered
- 1 banana, peeled, sliced into 1-inch thick slices, and slices cut in half
- 1 red apple, cored and cut into bite sized chunks
- 1 small can mandarin oranges, drained
- 1/2 cup orange juice
- 1 tablespoon dried mint leaves or 3 tablespoons fresh, chopped

Directions

1. Mix mint leaves into orange juice.
2. As soon as you cut the banana and apple, place in minted orange juice so they do not brown. Toss well in orange juice and then remove.
3. Place kiwi quartered slices and mandarin orange pieces in minted orange juice; toss well; remove.
4. Using wooden skewers make 16 fruit kabobs by alternating the kiwi, banana, apple, and mandarin orange segments.
5. If you make these ahead, place them in a long shallow container and pour the minted orange juice over the top; cover and refrigerate. Remove from juice and arrange on a platter for serving.

One serving is 2 kabobs, and has the following nutritional profile:

- 35 calories
- 9 gram carbohydrate
- 1.3 grams fiber
- 0.2 grams fat
- 0 grams saturated fat

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Roasted Turkey

Choose either a fresh or frozen turkey that is not pre-basted, which can add considerably more fat calories. Bake according to the label directions. To keep your turkey moist, cover tightly after turkey browns (about 1/2 hour), and baste frequently with the drippings that are released from the turkey.

Before serving, remove the skin and discard. Enjoy 3 ounces of either white or dark meat, or a combination of the two. Our nutrition values are for a mixture of dark and white meat without the skin:

One serving is 3 ounces, and has the following nutritional profile:

- 127 calories
 - 25 grams protein
 - 2.2 grams fat (17% of calories)
 - 0.74 grams fat
-

Cornbread Dressing

Serves 16

Ingredients:

Cornbread-20 oz
Biscuit-12 oz
Butter- 2 tbs
Onion-1/4 cup
Celery- 1/2 cup
Salt- 2 tsp
Pepper- 1/4 tsp
Sage-1/2 tsp
Thyme- 1/2 tsp
Poultry seasoning to taste
Broth- 2 cans

Directions

Melt butter and cook onion and celery till soft.

Chop Bread to cubes or crumbs.

Mix bread, vegetables, and broth: may need more or less broth depending on your preferences

Season to taste.

Cook on 350 for 30-45 minutes.

One serving is ¼ cup, and has the following nutritional profile:

- Calories: 174.2
- Total Fat: 5.2 g
- Cholesterol: 18.8 mg
- Sodium: 982.9 mg
- Total Carbs: 27.8 g
- Dietary Fiber: 0.6 g
- Protein: 4.3 g

Recipe submitted by SparkPeople

Sweet Potatoes in an Orange-Brown Sugar Glaze

Serves 8

Note: *We feel that this is one recipe where real butter makes a difference in taste. The amount is small, though. However, many people enjoy it with the reduced calorie margarine, which will reduce the calories and fat even more!*

Ingredients

- 2 pounds sweet potatoes

Sauce Ingredients

- 3 tablespoons brown sugar
- 1/4 cup orange juice
- 3 tablespoons butter
- 2 teaspoons cinnamon

Directions

1. Bake sweet potatoes in skin until fork tender. (In conventional oven, about 30 to 40 minutes, depending on size.) For microwave baking, pierce several times with fork, wrap in wax paper, and microwave for 3 minutes. Turn and microwave an additional 3 minutes, or until fork tender.
2. Peel when cool to the touch. Slice into 1 inch thick slices.
3. Melt butter in nonstick skillet over low heat. Stir in brown sugar and cinnamon until a thick sauce forms. Stir in orange juice, making sure heat is low so that orange juice doesn't "burn".
4. Add sweet potato slices, coating them with sauce. Cover and allow sweet potatoes to heat through, about 10 minutes.

One serving is 1/8 of the casserole, and has the following nutritional profile:

- 160 calories
- 1.7 grams protein
- 29 grams carbohydrate
- 2.6 grams fiber
- 4.4 grams fat (24% fat)
- 2.7 grams saturated fat

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Sautéed Green Beans

Serves 4

Ingredients:

4 cups green beans
1 TBSP olive oil
2 tsp minced garlic
1 TBSP soy sauce

Directions:

Steam green beans (if frozen or fresh) until tender, then sauté in oil and soy sauce, with garlic (and crushed red pepper, if desired) for five minutes or so.

One serving is $\frac{1}{2}$ cup, and has the following nutritional profile:

Amount Per Serving

- Calories: 81.3
- Total Fat: 3.7 g
- Cholesterol: 0.0 mg
- Sodium: 310.3 mg
- Total Carbs: 11.5 g
- Dietary Fiber: 4.6 g
- Protein: 2.5 g

Kris Pumpkin Pie with Whipped Topping

Serves 8

Our recipe eliminates the crust, which is by nature high in fat. You'll enjoy this lighter version and never miss the crust — we promise!

Ingredients

- 1 15 ounce can pumpkin
- 3/4 cup granulated sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/2 cup liquid egg substitute or 8 egg whites
- 12 ounces low-fat original (not vanilla-flavored) soymilk (or substitute 12 ounces evaporated skim milk instead)
- 1 cup low-fat frozen whipped topping (optional)

Directions

1. Combine all ingredients in large mixing bowl. Stir with spoon or whisk until well combined.
2. Spray 8 small custard cups with vegetable oil spray. Divide mixture evenly between cups.
3. Bake in oven preheated to 350 for about 20 minutes, or until knife inserted into middle comes out clean.
4. Serve slightly warm with 2 tablespoons whipped topping on each serving.

Nutritional analysis per serving (1/8 of recipe plus 2 tablespoons low-fat frozen whipped topping)

- 146 calories
- 4.2 grams protein