

## Healthy Thanksgiving Cookbook!

We are Thankful for YOU – Our Patients! Wishing you a joyous, healthy, delicious Thanksgiving holiday, from our family to yours.



### Healthy Thanksgiving Day Tips:

- ◆ Make a “Healthy Eating Contract” with yourself to set goals for your Thanksgiving meal. Clearly state how you will approach eating during the day, and what you want to accomplish. Be sure to sign and date this contract so that it’s official.
- ◆ Stick to calorie-free drinks such as water, tea, seltzer, or diet sodas instead of punch, or mixed drinks.
- ◆ Have a dessert, but take a small portion, eat slowly, and enjoy the taste.
- ◆ After your meal, take a walk with family and friends. Exercise will get you moving, keep you focused on your goals, and give you a break from being surrounded by food. Plan a family game of tag, flag football, or any other game that will get everyone up and moving.
- ◆ If you are hosting Thanksgiving dinner, make sure the menu includes lower-calorie foods, such as fruits, vegetables, and lean meats (such as turkey).
- ◆ If you are a guest for Thanksgiving dinner, offer to bring along a lower-calorie dish that you know you will enjoy. After the meal, try not to hang out near the food to avoid snacking. Find a comfortable spot, and focus on socializing instead of eating.

~ [www.diabeteseducator.org](http://www.diabeteseducator.org)

This information is part of The **Healthy at 80 program**. **Healthy at 80 is** Community Health Centers of Greater Dayton’s (CHCGD) attempt to provide information on living well and living healthy; so that you will not only be alive at 80 years old, but you will also be healthy enough to enjoy those years.

## Main Course

### The Turkey: Roasted Turkey with Rosemary-Garlic Butter Rub and Pan Gravy

1 (12-pound) fresh or frozen turkey, thawed  
1/4 cup butter, softened  
1 tablespoon chopped fresh rosemary, divided  
1 1/4 teaspoons salt, divided  
1/2 teaspoon freshly ground black pepper, divided  
1/2 teaspoon ground coriander  
4 garlic cloves, minced  
2 carrots, coarsely chopped (1 1/4 cups)  
2 celery stalks, coarsely chopped (about 1 cup)  
1 medium onion, coarsely chopped (about 2 1/2 cups)  
Cooking spray  
3 cups fat-free, lower-sodium chicken broth, divided  
3 tablespoons all-purpose flour  
3 tablespoons water



1. Preheat oven to 425°.
2. Remove giblets and neck from turkey; discard liver. Reserve neck and giblets. Pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Lift wing tips up and over back; tuck under turkey.
3. Combine butter, 2 teaspoons rosemary, 1 teaspoon salt, 1/4 teaspoon pepper, coriander, and garlic in a small bowl. Rub butter mixture under loosened skin and over breasts and drumsticks. Tie legs together with kitchen string. Place remaining 1 teaspoon rosemary, reserved giblets, neck, carrots, celery, and onion in the bottom of a large roasting pan coated with cooking spray. Add 1/2 cup broth. Place roasting rack in pan. Arrange turkey, breast side up, on roasting rack. Bake turkey at 425° for 30 minutes.
4. Reduce oven temperature to 325° (do not remove turkey from oven). Add 1/2 cup broth to pan. Bake an additional 30 minutes. Rotate pan in oven; bake an additional 30 minutes or until a thermometer inserted into meaty part of thigh registers 165°. Remove from oven; let stand on a cutting board for 30 minutes. Discard skin.
5. Place a large zip-top plastic bag inside a 4-cup glass measure. Strain pan drippings into bag; let stand 10 minutes. Discard solids. Seal bag; snip off 1 bottom corner of bag. Drain pan drippings into a medium saucepan, stopping before fat layer reaches the opening. Add remaining 2 cups broth to pan; bring to a boil. Combine 3 tablespoons flour and 3 tablespoons water in a small bowl, stirring with a whisk until smooth. Stir the flour mixture into broth mixture, and boil 1 minute or until thickened, stirring constantly. Stir in remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper. Serve gravy with turkey.

~ *Cooking Light*, November 2011

**Serves 12 (serving size: about 6 ounces turkey and 1/4 cup gravy)**

#### **Nutritional Information**

Calories 304
Fat 8.4 g
Satfat 3.9 g
Monofat 2 g
Polyfat 1.5 g
Protein 51.3 g
Carbohydrate 2.6 g
Fiber 0.5 g
Cholesterol 177 mg
Iron 3.6 mg
Sodium 486 mg
Calcium 43 mg

## For Vegetarians and Non-Vegetarians Alike: Vegetables Wellington

1 Tbs. olive oil  
1 lb. asparagus, cut into 1½-inch pieces  
2 medium red bell peppers, cut into thin strips  
1 medium onion, thinly sliced (1½ cups)  
1 5-oz. pkg. baby spinach leaves  
1 4-oz. jar prepared pesto sauce  
1 large egg  
1 17.3-oz. pkg. frozen puff pastry, thawed  
1 10-oz. log fresh goat cheese, softened  
1 16-oz. jar prepared tomato sauce, warmed



1. Heat oil in skillet over medium-high heat. Add asparagus, bell peppers, and onion, and sauté 5 to 10 minutes, or until vegetables begin to soften. Add spinach, and cook 3 to 4 minutes, or until spinach wilts. Stir in pesto. Cool.
2. Whisk egg in bowl, and set aside. Cut 15- x 10-inch piece of parchment paper, and set on work surface. Place 1 sheet puff pastry on parchment paper. Lift parchment with puff pastry, and place parchment-side-down in 9-inch loaf pan. Press pastry into pan, being careful not to let folds get caught in parchment and allowing excess parchment and pastry to hang over sides. Cut squares from second puff pastry sheet, and press onto short sides of parchment-covered pan to make dough shell. Prick bottom of puff pastry all over with fork.
3. Spread goat cheese over bottom of puff pastry. Top with asparagus mixture. Fold excess puff pastry over vegetables, and brush edges with egg.
4. Cut 9½- x 5½-inch piece of puff pastry from remaining sheet. Set on top of asparagus mixture, pressing to seal edges. Refrigerate 30 minutes, along with unused pastry scraps and egg.
5. Preheat oven to 425°F, and place oven rack on second-lowest level. Brush top of Wellington with egg, and poke 2 or 3 holes in top. Cut decorative leaves and stems from remaining pastry, press onto top of Wellington, and brush with egg. Use tip of small knife to score leaves and top with decorative touches.
6. Bake Wellington 15 minutes. Reduce oven heat to 350°F, and bake 45 minutes more. Cool 15 minutes.
7. Use parchment to lift Wellington from loaf pan. Remove parchment, and transfer Wellington to flat serving plate. Slice, and serve with tomato sauce.

~ *Vegetarian Times*, 2011

### nutritional information

Per Serving (1 slice wellington and 1/4 cup sauce):

Calories: 405

Protein: 15 g

Total Fat 29 g

Saturated Fat 11 g

Carbohydrates: 25 g

Cholesterol: 48 mg

Sodium: 657 mg

Fiber: 4 g

Sugar: 6 g



## Side Dishes

### Balsamic-Glazed Green Beans and Pearl Onions

- 1 1/4 pounds green beans, trimmed
- 1 tablespoon butter, divided
- 6 ounces red pearl onions, halved lengthwise and peeled
- 1/4 cup fat-free, lower-sodium chicken broth
- 3 tablespoons balsamic vinegar
- 1 tablespoon sugar
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper



1. Place beans into a large saucepan of boiling water; cook 3 minutes. Drain and rinse with cold water; drain well.

Place beans in a large bowl; set aside.

2. Heat 1 1/2 teaspoons butter in a large nonstick skillet over medium-high heat. Add onions; sauté 3 minutes or until lightly browned, stirring frequently. Add broth, vinegar, and sugar; bring to a boil. Simmer 3 minutes or until syrupy. Add beans, remaining 1 1/2 teaspoons butter, salt, and pepper; toss to coat. Cook for 2 minutes or until thoroughly heated.

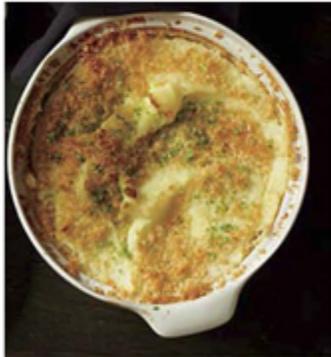
~ *Cooking Light*, November 2011

Serves 8 (serving size: about 2/3 cup)

#### **Nutritional Information**

Calories 56
Fat 1.6 g
Satfat 0.9 g
Monofat 0.4 g
Polyfat 0.1 g
Protein 1.7 g
Carbohydrate 9.8 g
Fiber 2.8 g
Cholesterol 4 mg
Iron 0.9 mg
Sodium 149 mg
Calcium 34 mg

### Mashed Potato Casserole



- 1 1/2 pounds Yukon gold potatoes, peeled and cut into 1/2-inch-thick slices
- 1 1/2 pounds baking potatoes, peeled and cut into 1/2-inch-thick slices
- 5 garlic cloves, thinly sliced
- 1 1/4 teaspoons kosher salt, divided
- 6 ounces 1/3-less-fat cream cheese, softened (about 3/4 cup)
- 2 ounces Parmigiano-Reggiano cheese, grated (about 1/2 cup)
- 2 tablespoons thinly sliced chives

1. Preheat oven to 350°.

2. Place potatoes, garlic, and 1/2 teaspoon salt in a large saucepan, and cover

with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender. Drain in a colander over a bowl, reserving 1/2 cup cooking liquid.

3. Mash potatoes in a large bowl. Stir in reserved 1/2 cup cooking liquid, remaining 3/4 teaspoon salt, cream cheese, Parmigiano cheese, and chives.

4. Spoon potato mixture into a broiler-safe 11 x 7-inch glass or ceramic baking dish coated with cooking spray. Bake at 350° for 20 minutes or until thoroughly heated.

~ Adapted from *Cooking Light*, October 2013

Serves 8 (serving size: about 2/3 cup)

Note: Make-ahead tip: Assemble this dish a day ahead, and bake shortly before serving.

#### **Nutritional Information**

Calories 243
Fat 6.5 g
Satfat 3.6 g
Monofat 1.7 g
Polyfat 0.3 g
Protein 8.3 g
Carbohydrate 37.9 g
Fiber 2.6 g
Cholesterol 20 mg
Iron 1.2 mg
Sodium 361 mg
Calcium 93 mg

## Cranberry Orange Relish



- 1 large orange
- 1/4 cup plus 2 tablespoons sugar
- 2 (10-ounce) packages fresh cranberries

1. Grate orange rind, and place in a food processor. Peel and section orange over the bowl of food processor. Add orange sections, sugar, and cranberries to processor; process until coarsely chopped. Cover and refrigerate at least 1 day.

~ *Cooking Light*, November 2009

Note: Allow at least 1 day in the refrigerator to marry the bright, fresh flavors. Make up to 3 days ahead.

Serves 16 (serving size: 1/4 cup)

### **Nutritional Information**

Calories	40
Fat	0.1 g
Satfat	0.0 g
Monofat	0.0 g
Polyfat	0.0 g
Protein	0.3 g
Carbohydrate	10.4 g
Fiber	1.9 g
Cholesterol	0.0 mg
Iron	0.1 mg
Sodium	1 mg
Calcium	7 mg



## Dessert

### Maple Pecan Pie

1/2 (14.1-ounce) package refrigerated pie dough

Cooking spray

3/4 cup pecan halves

1/4 cup finely chopped pecans

1/2 cup maple syrup

1/2 cup dark corn syrup

3 tablespoons brown sugar

2 tablespoons butter, melted

1 tablespoon vanilla extract

1/4 teaspoon kosher salt

2 large eggs, lightly beaten

2 large egg whites, lightly beaten



1. Preheat oven to 350°.

2. Roll dough into a 12-inch circle. Fit dough into a 9-inch pie plate coated with cooking spray, draping excess dough over edges. Fold edges under, and flute. Chill in freezer 15 minutes.

3. Combine pecans and remaining ingredients in a bowl, stirring well to combine. Pour filling into prepared crust. Bake at 350° for 38 minutes or until center of pie is almost set (shield edges of piecrust with foil if crust gets too brown). Cool on wire rack.

~ *Cooking Light*, November 2011

Serves 10 (serving size: 1 wedge)

### **Nutritional Information**

Calories	308
Fat	16.2 g
Satfat	4.4 g
Monofat	7 g
Polyfat	3.8 g
Protein	3.3 g
Carbohydrate	37.6 g
Fiber	1 g
Cholesterol	51 mg
Iron	0.7 mg
Sodium	203 mg
Calcium	29 mg

