

Your Guide to Healthier Thanksgiving Side Dishes

Menu Overview

1. Thanksgiving Greens Salad
2. Roasted Seasonal Vegetables
3. Green Beans
4. Whole Grain Apple Cranberry Stuffing
5. Yam and Cauliflower Mash
6. Banana Cashew Pie



Thanksgiving Greens Salad

Ingredients:

- 1 cup raspberries
- 1/3 cup balsamic vinegar
- 2/3 cup extra virgin olive oil
- 3 cups spinach
- 2 medium fennel bulbs, slices thin
- 2 cups dried cranberries
- 8 clementines, peeled and separated
- 1 cup spiced pecans or walnuts (spiced optional)



Directions:

1. To make dressing: combine raspberries, balsamic vinegar, and olive oil in a blender. Mix until smooth.
2. Using a large salad bowl, toss spinach, fennel, and cranberries. Add clementines. Before serving, add spiced pecans or walnuts. Toss with dressing.

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Roasted Seasonal Vegetables

Ingredients:

3-5 carrots, peeled and chopped
2-3 beets, peeled and chopped
1 red onion, peeled and chopped
2-3 yams, peeled and diced
1 red pepper, diced
1-2 parsnips, peeled and chopped
Salt, pepper, rosemary
1 tbsp coconut oil or olive oil



Directions:

1. Pre-heat oven to 350 degrees Fahrenheit.
2. Toss prepared vegetables in olive oil or coconut oil and place on lined baking sheet.
3. Season with salt, pepper, and rosemary.
4. Bake for 45 minutes, flipping half way.

Green Beans

Ingredients:

2 cups green beans, trimmed
½ cup whole roasted almonds
2 tbsp tamari
2 tbsp sesame oil
3 tbsp rice vinegar
2 cloves garlic, minced
2 tsp fresh ginger, peeled and finely chopped



Directions:

1. Place almonds on sauté pan. Lightly toast over medium-high heat, about 3 minutes. Add 1 tbsp tamari and stir until almonds are coated evenly, about 30 seconds. Transfer to plate and cool. Chop almonds roughly.
2. In a large pot of boiling water, cook beans until crisp-tender, about 8-10 minutes. Drain beans.
3. In a large bowl, combine sesame oil, vinegar, garlic, ginger, and remaining 1 tbsp of tamari. Add green beans and coat. Garnish with roasted almonds.

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Whole Grain Apple Cranberry Stuffing

Ingredients:

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| 1 tbsp extra virgin olive oil, for greasing | 1 teaspoon sea salt |
| 2 cups low-sodium chicken broth, hot | ½ teaspoon poultry seasoning |
| 1 cup dried cranberries | ¼ teaspoon ground black pepper |
| 1 cup chopped celery (about 7 ribs) | ⅛ teaspoon ground cinnamon |
| 1 onion, chopped | 1 dried sage leaf, chopped |
| 2 tablespoons unsalted butter | |
| 2 Granny Smith apples, cored and finely chopped | |
| 6 cups day-old whole grain baguette, cut into ½-inch cubes | |
| 3 large eggs, whisked | |



Directions:

1. Preheat the oven to 350 degrees Fahrenheit.
2. Lightly coat baking dish with olive oil.
3. Combine the broth and cranberries in a small bowl and let soak for 30 minutes.
4. Sauté the celery and onions in the butter in a large skillet until tender, 5 minutes.
5. Add the apples and cook for 5 minutes, stirring frequently. Remove from the heat and transfer to a large bowl.
6. Place the baguette cubes into a large bowl. Pour the broth and cranberries over. Pour in the eggs, and then add the salt, poultry seasoning, pepper, cinnamon, and sage and mix together. Mix in the onion and celery mixture.
7. Spoon the stuffing into the prepared dish and bake until the center is set, 35 to 40 minutes.

Yam and Cauliflower Mash

Ingredients:

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| 3 lbs yams, peeled and cut | 6 leaves fresh sage |
| 1 large cauliflower, cut | 2 cloves garlic |
| 1/3 cup extra-virgin olive oil | ¼ cup milk or milk substitute (ex: almond milk) |

Directions:

1. In a pot cover yams with enough cold water to cover by 1 inch and 1 tsp salt. Partially cover and heat to simmering on high. Add cauliflower. Simmer 15 minutes or until vegetables are tender.
2. Meanwhile, in a saucepot, heat oil on medium-low. Add sage and garlic. Cook 4-5 minutes. Remove from heat. Remove and discard sage leaves.
3. Drain vegetables well; return to empty pot. In batches, in a food processor or blender, puree vegetables until smooth. Add oil mixture, milk, and ¼ tsp salt to pureed vegetables. Combine. Transfer to large bowl.

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Banana Cashew Pie

Banana filling:

2 medium bananas
3/4 cup cashews
1/4 cup honey
1/4 cup lemon juice
1/3 cup coconut oil
1 teaspoon vanilla
1/8 teaspoon sea salt

Crust ingredients:

1 cup cashews
1 cup dried, unsweetened coconut
1/2 cup dates
1/4 teaspoon sea salt



Directions:

1. Place all crust ingredients in the food processor or blender. Process until the mixture sticks together and the dates are well processed.
2. Pour crust mixture into your pie crust/glass dish. Press the crust down firmly in your dish with your hands. (Crust is now done.)
3. Add all banana filling ingredients to your blender. Blend until creamy and smooth.
4. Pour banana cream filling onto the crust. Smooth out with the back of a spoon.
5. Cover and throw in freezer. Ideally should be frozen overnight to firm up so that it can be sliced perfectly.
6. This raw banana cream pie recipe should always be kept in the freezer. (It'll get soggy if in the fridge.)

Recipes Adapted from:

Thanksgiving Greens Salad: Whole Foods Market

Whole Grain Apple Cranberry Stuffing: Food Network

Yam and Cauliflower Mash: Good Housekeeping