

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.



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



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Directions:

1. Preheat 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 halfway.

Green Beans

Ingredients:

- 2 cups green beans, trimmed
- ½ cup whole roasted almonds
- 2 tbsp tamari
- 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.

Whole Grain Apple Cranberry Stuffing

Ingredients:

- 1 tbsp extra virgin olive oil, for greasing
- 2 cups low-sodium chicken broth, hot
- 1 cup dried cranberries
- 1 cup chopped celery (about 7 ribs)
- 1 onion, 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



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- 1 teaspoon sea salt
- ½ teaspoon poultry seasoning
- ¼ teaspoon ground black pepper
- 1/8 teaspoon ground cinnamon
- 1 dried sage leaf, chopped

Directions:

1. Preheat the oven to 350 degrees Fahrenheit.
2. Lightly oat 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 skill 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

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



Directions:

1. In a pot, cover yams with enough cold water to cover by 1 inch and t tsp salt. Partially cover and heat to simmering on high. Add cauliflower. Simmer 15 minutes or until vegetables are tender.
2. Meanwhile, in a saucepan, 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.
4. Pour banana cream filling onto the crust. Smooth out with the back of a spoon.



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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 should always be kept in the freezer. (It will 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



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