

Your Guide to a Healthy & Easy Thanksgiving Menu

6 Delicious Dishes Your Guests (and Waistlines) Will Be Grateful for this Thanksgiving



Plus Turkey Day
wellness tips
and a bonus
grocery shopping list!



FRANCES LARGEMAN-ROTH
food and nutrition for your whole life

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HERB ROASTED TURKEY BREAST

If you are expecting a small crowd for Thanksgiving this year, opt for herb-roasted turkey breast instead of the whole bird. It'll save you so much time (I'm talking hours!) without sacrificing on flavor.



INGREDIENTS

- 1 whole bone-in turkey breast, 6.5-7 pounds
- 1 tablespoon fresh rosemary leaves
- 2 teaspoons fresh sage leaves
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 2 teaspoons fresh thyme leaves
- 2 teaspoons kosher salt
- 2 tablespoons olive oil
- 1 cup dry white wine, chicken broth, or water

SERVINGS: 10

DIRECTIONS

1. Preheat oven to 325°F. Arrange a rack in a large roasting pan and place the turkey breast on it, skin side up.
2. On a cutting board, chop the herbs with the salt, spreading your knife over the mixture to make a paste. With clean hands, loosen the skin from the turkey breast and spread the herb mixture evenly over the breast. Brush the olive oil over the turkey skin. Pour the wine, broth or water on the bottom of the roasting pan.
3. Roast the turkey for 1.5-2 hours, until the skin is golden and an instant-read thermometer registers 165°F when inserted into the thickest part of the breast. Check the turkey after it has been cooking for an hour and 15 minutes; if the skin is getting too brown, cover the turkey breast with foil.
4. Remove the turkey breast from the oven and let rest for 15 minutes to allow the juices to evenly distribute. Carve the turkey and serve.

Time Saving Turkey Tip

Don't bother slathering your bird with butter or basting it with broth. All it will do is run off and collect in your turkey drippings.

The best way to punch up the flavor of your turkey (especially if you're removing the skin) is to rub the meat directly with herbs or other seasonings, as I do in this recipe.



SAUSAGE, CORNBREAD & QUINOA STUFFING

Stuffing is really the unifying dish at the Thanksgiving table. Even if you're not a turkey lover or cranberry sauce fan, you're usually down for stuffing. And this version packs all the traditional flavor you love with a host of health benefits to boot.



INGREDIENTS

3 cups of cornbread, cubed
1 cup pecans, roughly chopped
2 tablespoons olive oil
1 medium yellow onion, chopped
4 celery ribs, chopped
1/2 teaspoon each salt and pepper
2 links sweet Italian chicken or turkey sausage, casing removed and crumbled
1 teaspoon fresh sage leaves, torn
1 cup dried cherries, unsweetened
2 cups cooked quinoa
1/2 cup fresh flat-leafed parsley leaves, chopped
3/4 cup low sodium chicken broth
1/4 cup dry white wine

SERVINGS: 10

DIRECTIONS

1. Toast cornbread cubes in the oven or toaster oven at 350°F for 10 minutes. Spray a 13x9x2-inch baking pan with cooking spray and set aside. Remove cornbread from oven and set aside; leave oven on.
2. Place pecans on a separate baking sheet and bake for 6 minutes; remove.
3. Heat the oil in a large saute pan for 1 minute over medium heat, then add the onion and sage and saute for 2 minutes. Add the celery and cook for 3 minutes. Then add the sausage and cook, stirring occasionally, for 8 minutes or until lightly browned.
4. Transfer the toasted cornbread, pecans and quinoa to a large bowl and add the sausage mixture to it. Stir and add the salt, pepper, broth and wine. Transfer to reserved baking dish and bake at 350°F for 50 minutes, until golden brown on top. Serve warm.

Nutrient-Dense Ingredients

Quinoa is a supergrain, packed with protein, iron, magnesium, and almost twice the fiber of other grains.

Pecans have more than 19 vitamins and minerals, plus healthy unsaturated fat that can lower "bad" cholesterol.

Cherries are an anti-inflammatory powerhouse. The antioxidants in cherries can reduce the risk of Alzheimer's disease. Tart cherries help reduce pain from arthritis and post-exercise soreness and also help promote healthy sleep.



ORANGE-GINGER CRANBERRY RELISH

Add a pop of color and flavor to your Thanksgiving table with this delicious and super easy cranberry relish. It comes together in less than 20 minutes and you can make it up to 4 days before serving! Talk about a time-saver.



INGREDIENTS

1 quart fresh cranberries, washed and picked through
1/2 cup packed brown sugar
1 cup water
1 teaspoon ground cinnamon
Zest and juice of a medium orange
1-inch piece of fresh ginger, peeled and grated

SERVINGS: 10

DIRECTIONS

1. Place all of the ingredients in a saucepan and bring to a boil. Stir and reduce heat to medium-low; simmer for 10 minutes, until the cranberries pop and the mixture thickens.
2. Transfer to a serving dish or to an airtight container and store in the refrigerator for up to four days.

Immune-Boosting Relish

While fresh cranberries may be among the most tart berries, they are an excellent immune-booster.

They provide a good source of Vitamin C and have a unique ability to prevent certain bacteria from sticking to the lining of the urinary tract, which helps prevent urinary tract infections. This anti-microbial benefit is also why cranberries show promise in helping prevent cavities and periodontal disease.



TURMERIC ROASTED ROOT VEGETABLES

Round out your rich Thanksgiving spread with these healthy turmeric roasted root vegetables. This dish packs a ton of flavor, plus an anti-inflammatory boost from turmeric and cinnamon. A win-win!



INGREDIENTS

- 1 pound parsnips, lightly peeled and cut into 1-inch pieces
- 2 small bunches carrots (about 1 pound), lightly peeled and cut into 1-inch pieces
- 2 pounds rutabaga, peeled and cut into 1-inch pieces
- 5 tablespoons extra virgin olive oil
- 1/4 teaspoon ground turmeric
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cumin
- 3/4 teaspoon sea salt

SERVINGS: 10

DIRECTIONS

1. Preheat oven to 425°F.
2. Place the vegetables in a 9x13-inch baking dish.
3. In a small bowl, whisk together the oil, spices, and salt. Drizzle over the vegetables and toss until evenly coated. Bake for 45 minutes, or until tender, turning the vegetables halfway through. Serve warm or at room temperature. Recipe can be prepped or made a day in advance.

Kids' Table Tip

Expecting kids this year?

Cover the kids' table in butcher's paper so that you don't have to worry about spills. And put out crayons or colored pencils so that they can have fun drawing before the feast begins!

Here's a picture of my kids' table from last Thanksgiving.



ROASTED PUMPKIN SEEDS

Don't throw away those pumpkins just because Halloween's behind us. Take advantage of their seeds! When roasted, they make a delicious Autumn snack — one you can enjoy as you're preparing your Thanksgiving spread and don't want to indulge too much before the feast actually begins.



INGREDIENTS

Seeds from a carving or pie pumpkin, cleaned very well (no stringy bits attached!)

Sea salt

Extra virgin olive oil

Seasoning(s) of your choice, like paprika, cayenne pepper, cinnamon, turmeric, etc.

DIRECTIONS

1. Preheat oven to 300°F.
2. Boil the seeds in a large pot of salted water for 10 minutes. Drain and dry thoroughly with a clean kitchen towel. Transfer to a large bowl. Toss with enough olive oil to lightly coat (the amount of olive oil depends on the size of your pumpkin). Sprinkle in a teaspoon of salt and the seasoning(s) of your choice. Toss again.
3. Spread the seeds out in an even layer (no overlapping) on baking sheets. Bake for about 20-30 minutes, checking every 10 minutes to stir and make sure seeds aren't too brown. When just golden on the outside, remove, cool slightly and enjoy.

Healthy Day-of Snacking

To compensate for the feast you'll be having for dinner, prepare a healthy snack plate to munch on throughout the day. One of my go-tos is a plate of fresh veggies with hummus or an olive oil and balsamic vinegar dip. Cut up whatever you like — carrots, cucumbers, bell peppers, broccoli, cauliflower, avocado — anything colorful!



VEGAN NO-BAKE PUMPKIN PIE

I'm always looking to free up space in the oven on Thanksgiving and this no-bake recipe is a huge help! Make it a day in advance and you'll be all set. Plus, you can make all your guests happy because this recipe is vegan and gluten-free. If you're serving a bigger crowd, simply double or triple the recipe.



INGREDIENTS

- 1 ripe, but firm, avocado, pitted and peeled
- 1 cup pumpkin puree, chilled
- 3/4 teaspoon vanilla extract
- 1 teaspoon pumpkin pie spice
- 1/3 cup sugar
- 1 13.5-ounce can coconut milk, chilled
- 1 tablespoon powdered sugar
- 1 teaspoon vanilla extract
- 1 tablespoon coconut butter (optional)
- 1 cup crushed gluten-free ginger snaps
- 4 dessert glasses or small jars

SERVINGS: 4

DIRECTIONS

1. Using a stand mixer or hand mixer, beat the avocado until creamy. Add in the pumpkin puree, vanilla extract, spice and sugar and beat until smooth. Transfer to a bowl and cover with plastic wrap (let it touch the top of the pumpkin mixture so a film doesn't form). Place in the refrigerator until ready to use.
2. Open the can of coconut milk and drain off as much of the water as possible. Place into the bowl of the stand mixer and beat on high for about 5 minutes, until thick. Add in the powdered sugar, vanilla and coconut butter and blend again for 1 minute. Cover with plastic wrap and place in the refrigerator until ready to use.
3. When ready to assemble, place 1/4 cup of the crushed ginger snaps into each of the dessert glasses or jars. Top with 1/4 cup, plus 1 tablespoon of the pumpkin mixture, followed by about 2 tablespoons of the coconut cream. Cover with plastic wrap (or place lids on jars) and transfer to the refrigerator for at least 2 hours or up to one day. The longer you leave them in the refrigerator, the softer the crumbs become. For added flavor, sprinkle a little extra pumpkin pie spice on top before serving.

Pie Leftovers with Less Guilt

It's totally fine to have a slice of leftover pie (or my vegan no-bake version!) for breakfast, just add an extra dose of calcium and protein by eating with a side of vanilla yogurt.



FLR THANKSGIVING SHOPPING LIST

Here is a list of everything you need for my Healthy & Easy Thanksgiving Menu:

MEAT

- _ 1 whole bone-in turkey breast, 6.5-7 pounds
- _ 2 links sweet Italian chicken or turkey sausage

PRODUCE

- _ 1 medium yellow onion
- _ 4 celery ribs
- _ 1 quart fresh cranberries
- _ 1 orange
- _ 1 avocado
- _ 1 whole pumpkin (for pumpkin seeds)
- _ 1 pound parsnips
- _ 1 pound carrots
- _ 2 pounds rutabaga

HERBS & SPICES

- _ Fresh rosemary
- _ Fresh sage
- _ Fresh thyme
- _ Fresh flat-leaf parsley
- _ Garlic
- _ Ginger root
- _ Ground cinnamon
- _ Ground turmeric
- _ Ground cumin
- _ Pumpkin pie spice
- _ Kosher salt
- _ Sea salt

GRAINS

- _ Quinoa
- _ Cornbread (3 cups worth)

PANTRY

- _ Low sodium chicken broth (at least 2 cups)
- _ Olive oil
- _ Dried cherries, unsweetened
- _ Pecans
- _ Brown sugar
- _ Pumpkin puree
- _ Canned coconut milk
- _ Powdered sugar
- _ Coconut butter (optional)
- _ Gluten-free ginger snaps (enough for 1 cup)
- _ Vanilla extract

OTHER

- _ Dry white wine

Get Moving!

Start your Thanksgiving on the right — and active — foot by fitting in some exercise, whether it's a brisk walk, jog, or 30-minute workout video.

Pro Tip: Many towns and cities host "Turkey Trot" runs and walks on Thanksgiving morning, so check to see if there's one near you. They're a fun way to get the family moving before all that cooking and eating!

