

*Easy and Healthy
Thanksgiving
Recipes*



Impress Your Family with Healthy Thanksgiving Recipes



The table is set with your best crystal and dinner dishes. The chrysanthemum and wheat centerpiece has been arranged. The smells of turkey, pumpkin pie and an array of vegetable casseroles fill the air. The traditional foods for this American holiday include heavy and often unhealthy, versions of pumpkin pie, cornbread stuffing, green bean casserole, and mashed potatoes and gravy. Even the sweet potatoes are smothered with brown sugar and marshmallows.

Thanksgiving is one of the few holidays that's all about overindulging, unhealthy and overabundance. You don't have to let it be that way though. With a few healthy changes and updated classic dishes, the dishes in this cookbook use big flavor like herbs and spices and foods that are in season. The butter, cream, salt and all those other no-noes have been minimized.

Many people are changing the way they eat. Many have adopted a healthier menu for their everyday lives. It could be they are eating low carb or have adopted a raw foods diet or dairy-free lifestyle. Some are doing this for weight loss while others it's for health reasons. No matter the reason, they don't want to blow their lifestyle on one day of celebration.

In this guide, we've put together 10 healthy recipes for Thanksgiving. The lightened versions of classic dishes taste decadent. Many don't rely on fat for the flavor. Some of the dishes are classics that have been updated while others are new twists on favorites.

You'll find dishes in every category here to create your own delicious, healthy Thanksgiving.

Apple Butter Sweet Potatoes

Servings: 10

Ingredients:

- 4 pounds fresh sweet potatoes
- 6 tablespoons room temperature unsalted butter
- 1/2 cup apple butter
- Salt



Instructions:

Heat oven to 350 degrees Fahrenheit.

Stab the sweet potatoes all over with a fork piercing the skin. Put in a large baking sheet or jelly roll pan. Cook until very tender, for 1 1/2 hours

Cool to the touch. Remove the peels from the sweet potatoes. Put into a large bowl. Smash with a potato masher until creamy and smooth. Add the butter and apple butter and continue smashing until mixed well.

Sprinkle salt and serve.

Sweet 'n' Tart Cranberry, Ginger, and Orange Chutney

Servings: Makes 5 1/2 Cups

Ingredients:

- 2 large navel oranges
- 2 pounds fresh cranberries
- 1/2 cup water
- 2 tablespoons balsamic vinegar
- 3/4 cup granulated sugar
- 3/4 cup light brown sugar
- 1/4 cup chopped fresh ginger
- Salt and ground pepper

