

Tasty Nutritious Holiday Side Dishes & Tips

WALNUT WINTER SQUASH (Acorn Squash)

1. Cut the acorn squash in half and seed it
2. Place 1-2 Tb chopped walnuts inside each hollowed half
3. Season to taste with cinnamon
4. Place about 1 Tb of butter on top of walnuts & cinnamon
5. Steam to desired tenderness
6. Scoop, eat, enjoy

THANKSGIVING CABBAGE (green)

This is one of the simplest, tastiest veggies you can put on your Thanksgiving table.

1. Chop cabbage into bit-sized pieces
2. Season to taste
3. Steam to desired tenderness
4. Serve, eat, enjoy
5. Tip: If you want to add a different flavor to the cabbage without adding fat, place a little sesame oil or soy sauce into your steaming water before steaming cabbage. The cabbage will get the subtle flavor and not the fat.

BAKED GARNET YAMS

Try this simple recipe as an alternative to sweet potato casserole or candied yams

1. Purchase garnet yams (these yams have a deep brownish-red color)
2. Bake yams (uncut) at 400 to desired softness
3. Slice each yam and place a small pat of butter
4. Add cinnamon, brown sugar, and/or raisins to taste

Tip for Stuffing

Use chick broth instead of butter or cream of chick soup, cream of celery soup, cream of mushroom soup...you get the idea. Also add more veggies for natural flavoring (chopped onion, red pepper, celery, even raisins)

Tip for Sweet Potato Casserole

Bake potatoes instead of boiling, then scoop them out, mash and continue with baking your casserole. Baking leaves in a lot more of the nutrition of the potatoes.

Tip for cakes and muffins

Replace ½ of the oil with natural apple sauce; e.g., if your recipe calls for ½ cup of oil, use ¼ cup of oil and ¼ cup of applesauce.

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