

**Mr. Food**  
TEST KITCHEN

**Everyday Diabetic Recipes**

# Healthy Thanksgiving Recipes

20 Diabetic Recipes for Your Traditional Thanksgiving Menu

"OOH IT'S SO GOOD!!"<sup>®</sup>



**A Free eCookbook from the Mr. Food Test Kitchen**



# Everyday Diabetic Recipes

## Healthy Thanksgiving Recipes: 20 Diabetic Recipes for Your Traditional Thanksgiving Menu

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## Everyday Diabetic Recipes

Dear Friend,

Thanksgiving might just be our all-time favorite food holiday. When we get the whole family together to dine on a delicious meal, we know we're making memories that'll last a lifetime. Thanksgiving can be a tricky holiday to navigate, however, when we've got our diabetic diet to keep in mind. That's why we know you're going to love the collection of recipes found in our latest eCookbook, *Healthy Thanksgiving Recipes: 20 Diabetic Recipes for Your Traditional Thanksgiving Menu*.

Your Thanksgiving menu isn't complete without some veggies to balance some of the heartier items. We've got a few tasty veggies that'll actually get eaten 'cause no one will know how healthy they are! We love the refreshing taste of our **Crunchy Lemon Green Beans** (page 13). Just grab a few bites in between courses, and you'll feel completely refreshed. Plus, our **Apple-Sauced Acorn Squash** (page 14) uses some of our favorite seasonal ingredients, wrapping up fall with a satisfying dish.

We've got even more side dishes that are perfect for bringing over to present to your host. You can go the traditional route with our lightened-up version of **Creamy Garlic Mashed Potatoes** (page 9). We know it'll be one of those recipes you keep for generations to come! We've even got a couple of classic stuffing recipes, like our **Sausage Stuffing** (page 12) that'll truly make your meal feel complete.

We've come to the main course: turkey and gravy. We know there's a lot of pressure to produce a star dish every year, and our collection of diabetic-friendly recipes will show you that you don't need to sacrifice taste to eat healthfully. Pair our **Champagne Roasted Turkey** (page 3) with our **Savory Turkey Gravy** (page 6), and we guarantee everyone at the table will be begging for seconds.

Clear away those plates 'cause we're about to present the grand finale. You won't believe our desserts are diabetic friendly — they're just that good! From traditional fare like our **Pecan Pie** (page 17) to seasonal favorites like our **Crustless Pumpkin Pie** (page 18), we've got the sweets that'll have you saying...

"OOH IT'S SO GOOD!!®"

Kelly Howard Patty



P.S. Enjoy this eCookbook filled with 20 must-make holiday recipes. Remember, the *Healthy Thanksgiving Recipes* eCookbook is available FREE, with many others also available on [www.EverydayDiabeticRecipes.com](http://www.EverydayDiabeticRecipes.com). Go on, tell your friends to visit [EverydayDiabeticRecipes.com](http://EverydayDiabeticRecipes.com), so they too can get their very own FREE copies!

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# Lemon Herb Turkey

Fresh lemon and herbs make a perfect pairing in our Lemon Herb Turkey and a great addition to your diabetic Thanksgiving menu, too! You'll want to bring out this beautifully roasted turkey for everyone to see before carving it. We guarantee it!

**Serves:** 10

**Cooking Time:** 3 hr

## What You'll Need:

- 1 stick unsalted margarine
- 1 lemon, juiced
- 1 teaspoon thyme, chopped
- 1 fresh turkey, 10-12 lbs.
- Salt, to taste
- Black pepper, to taste
- 1 large bunch, fresh thyme
- 1 lemon, halved
- 1 onion, quartered



## What To Do:

1. Preheat oven to 350 degrees F.
2. Melt the butter in a small saucepan over low heat. Add juice of lemon and chopped thyme leaves to the butter mixture. Set aside.
3. Wash the turkey inside and out, and pat the outside dry. Place the turkey in a large roasting pan. Salt and pepper the inside of the turkey cavity. Stuff the cavity with the bunch of thyme, halved lemon, and quartered onion.
4. Brush the outside of the turkey with the butter mixture and sprinkle with salt and pepper. Tie the legs together with string.
5. Roast the turkey about 2-1/2 to 3 hours, or until the juices run clear. Remove the turkey to a cutting board and cover with aluminum foil; let rest 20 minutes.
6. Slice the turkey and serve.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
<b>Calories</b> 240		<b>Protein</b> 29g	59%	<b>Total Carbohydrates</b> 1.8g	1%
Calories from Fat 112		<b>Cholesterol</b> 86mg	29%	<b>Dietary Fiber</b> 0.5g	2%
Total Fat 12g	19%	<b>Sodium</b> 60mg	2%	<b>Sugars</b> 0.4g	0%
Saturated Fat 2.6g	13%				
Trans Fat 1.7g	0%				

*\*Percent Daily Values are based on a 2,000 calorie diet.*

*\*Does not include salt, to taste or black pepper, to taste*

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# Southern Fried Turkey

Fried turkey may seem off limits at first for your diabetes diet. But the truth is, there's no harm in enjoying a small portion. One advantage of fried turkey is its quick cooking time, which is just a fraction of that of a roasted turkey.

**Serves:** 10

**Cooking Time:** 40 min

## What You'll Need:

- 1 (10- to 12-pound) turkey, thawed, if frozen
- 1 tablespoon salt
- 1/2 tablespoon black pepper
- 1/2 tablespoon onion powder
- 1 tablespoon poultry seasoning
- 3 gallons peanut oil



## What To Do:

1. Rinse turkey inside and out, and allow to drain well. Rub entire turkey with salt, pepper, onion powder, and poultry seasoning.
2. Heat peanut oil in a turkey fryer or a very, very large stockpot to 350 degrees F. Very carefully lower turkey, legs up, into hot oil, using basket that comes with fryer, making sure it is fully submerged.
3. Fry turkey 3 minutes per pound plus 5 minutes per bird. Carefully remove turkey from oil using hook that comes with most turkey fryers, and drain on paper towels.



Due to the number of variables associated with frying a turkey, such as the amount of oil used, the size of the turkey, the temperature of the oil, etc., we have not included the peanut oil in our nutritional breakdown.

To measure amount of oil needed to fry turkey, place turkey in fryer, add water to top of turkey, remove turkey and water line will show how much oil will be needed to fry your turkey. Empty water, dry pot, and fill to line with oil. Adding too much oil is a fire hazard. The pot should never be more than 3/4 full or oil could overflow when turkey is lowered into the oil.

Always follow cooking instructions that come with your fryer.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 10	% Daily Value*
<b>Calories</b> 156		<b>Protein</b> 29g	59%	<b>Total Carbohydrates</b> 0.5g		0%
Calories from Fat 30		<b>Cholesterol</b> 86mg	29%	<b>Dietary Fiber</b> 0.1g		1%
Total Fat 3.3g	5%	<b>Sodium</b> 757mg	32%	<b>Sugars</b> 1.1g		0%
Saturated Fat 0.9g	5%					
Trans Fat 0.0g	0%					

\*Percent Daily Values are based on a 2,000 calorie diet.

\*Does not include peanut oil

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# Champagne Roasted Turkey

Fancy up that holiday bird by bathing it in champagne. It's a simple but fancy way out of the "plain ol' roasted turkey" rut! Plus, it's a perfect fit for your low-carb diabetes diet!

**Serves:** 6

**Cooking Time:** 2 hr 30 min

## What You'll Need:

- 1 (7-pound) bone-in turkey breast
- 1/2 pound red seedless grapes, stemmed and cut in half (about 1-1/2 cups), divided
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 (750-ml) bottle champagne (see Options)
- 1 3/4 cups chicken broth
- 2 tablespoons cornstarch



## What To Do:

1. Preheat oven to 350 degrees F. Line a roasting pan with aluminum foil and coat with cooking spray.
2. Place turkey in pan and spoon 1 cup grape halves into neck cavity. Season turkey all over with salt and pepper. Pour champagne into pan around turkey.
3. Roast turkey for 2-1/4 to 2-1/2 hours, or until no pink remains and juices run clear, basting every 30 minutes with pan juices. If turkey begins to get too brown, cover loosely with aluminum foil.
4. In a medium saucepan, combine chicken broth, cornstarch, and pan drippings with fat removed; bring to a boil over medium-high heat, stirring constantly until thickened. Stir in remaining 1/2 cup grape halves and cook 1 to 2 minutes, or until heated through.
5. Carve turkey and serve with champagne-grape sauce.



If you'd rather, you can use nonalcoholic sparkling white grape or apple juice, or even apple cider, instead of champagne. It all works to make this a winning change-of-pace roasted turkey your gang will love!

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 12	% Daily Value*
<b>Calories</b> 292		<b>Protein</b> 17g	35%	<b>Total Carbohydrates</b> 10g		3%
Calories from Fat 18		<b>Cholesterol</b> 50mg	17%	<b>Dietary Fiber</b> 0.2g		1%
Total Fat 2.0g	3%	<b>Sodium</b> 214mg	9%	<b>Sugars</b> 3.1g		0%
Saturated Fat 0.5g	3%					
Trans Fat 0.0g	0%					

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# Stuffed Turkey Cutlets

No matter the time of year, turkey is always in style... and Stuffed Turkey Cutlets are an easy way to bring those comforting Thanksgiving flavors to your table — even on a breezy summer night!

**Serves:** 8

**Preparation Time:** 10 min

**Cooking Time:** 30 min

## What You'll Need:

- 2 cups corn bread stuffing
- 1 (8-ounce) can water chestnuts, drained and chopped
- 2/3 cup hot water
- 2 tablespoons butter, melted
- 4 tablespoons chopped fresh parsley, divided
- 1 teaspoon onion powder
- 8 (4-ounce) turkey breast cutlets, slightly pounded
- 1 (12-ounce) jar turkey gravy



## What To Do:

1. Preheat oven to 350 degrees. Coat a 9- x 13-inch baking dish with nonstick cooking spray.
2. In a large bowl, combine the stuffing, water chestnuts, hot water, butter, half the parsley, and onion powder; mix well.
3. Place the turkey cutlets on a work surface; place an equal amount of the stuffing mixture in the center of each and roll up tightly.
4. Place the rolls seam side down in the baking dish and cover with the gravy. Cover tightly with aluminum foil and bake 30-35 minutes, or until no pink remains in the turkey.
5. Sprinkle with the remaining 2 tablespoons parsley and serve.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 8	% Daily Value*
<b>Calories</b> 213		<b>Protein</b> 20g	59%	<b>Total Carbohydrates</b> 11g		4%
Calories from Fat 42		<b>Cholesterol</b> 78mg	26%	<b>Dietary Fiber</b> 1.8g		7%
Total Fat 4.7g	7%	<b>Sodium</b> 378mg	16%	<b>Sugars</b> 1.8g		0%
Saturated Fat 2.5g	13%					
Trans Fat 0.1g	0%					

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# Quick & Easy Turkey Gravy

Our Quick & Easy Turkey Gravy is exactly what you need after you've already spent the day cooking. It's one of our most popular easy Thanksgiving recipes since it comes together in just a few minutes, and dresses up the centerpiece of your Thanksgiving table!

**Serves:** 16

**Serving Size:** 2 TBL

## What You'll Need:

1 (14-1/2-ounce) can, low-sodium turkey or chicken broth  
2 tablespoons all-purpose flour  
1/4 cup water  
1/4 teaspoon onion powder  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1/8 teaspoon browning and seasoning sauce



## What To Do:

1. In a medium saucepan, over medium heat, bring broth to a boil.
2. In a small bowl, whisk flour and water until smooth. Slowly add the flour mixture to broth and whisk until thickened.
3. Stir in remaining ingredients.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 16	% Daily Value*
<b>Calories</b> 4.9		<b>Protein</b> 0.3g	1%	<b>Total Carbohydrates</b> 0.8g		0%
Calories from Fat 0.1		<b>Cholesterol</b> 0.0mg	0%	<b>Dietary Fiber</b> 0.1g		0%
Total Fat 0.0g	0%	<b>Sodium</b> 43mg	2%	<b>Sugars</b> 0.0g		0%
Saturated Fat 0.0g	0%					
Trans Fat 0.0g	0%					

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# Savory Turkey Gravy

No Thanksgiving meal is complete without our Savory Turkey Gravy. It will take your next turkey over the edge. And even if it's not Thanksgiving, you'll definitely want to use this this great gravy recipe the next time you make mashed potatoes.

**Serves:** 16 people

**Serving Size:** 2 TBL

## What You'll Need:

- 1 (14-1/2-ounce) low sodium turkey or chicken broth
- 2 tablespoons all-purpose flour
- 1/4 cup low-fat milk
- 1/2 teaspoon poultry seasoning
- 1/4 teaspoon black pepper
- 1 tablespoon parsley, chopped
- 1/4 teaspoon browning and seasoning sauce



## What To Do:

1. In a medium saucepan, over medium heat, bring broth to a boil.
2. In a small bowl, whisk flour and milk until smooth. Slowly add the flour mixture to broth and whisk until thickened. Stir in remaining ingredients.



This gravy would be a great addition to our [Parmesan Mashed Cauliflower](#).

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 16	% Daily Value*
<b>Calories</b> 6.7		<b>Protein</b> 0.5g	1%	<b>Total Carbohydrates</b> 1.1g		0%
Calories from Fat 0.5		<b>Cholesterol</b> 0.2mg	0%	<b>Dietary Fiber</b> 0.1g		0%
Total Fat 0.1g	0%	<b>Sodium</b> 8.3mg	0%	<b>Sugars</b> 0.2g		0%
Saturated Fat 0.0g	0%					
Trans Fat 0.0g	0%					

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# Cranberry Citrus Relish

Our Cranberry Citrus Relish is the perfect complement to your Thanksgiving Day turkey or really any turkey you may be serving. Orange adds a fresh burst of flavor to the traditional tartness of the cranberries.

**Yields:** 3 cups

**Serving Size:** ½ cup

**Preparation Time:** 10 min

## What You'll Need:

1 seedless orange with peel left on, cut into large chunks (see Note)

1 apple, cored and cut into large chunks

2 cups fresh cranberries (see Note)

1/2 cup Splenda



## What To Do:

1. Place all ingredients in a food processor that has been fitted with its metal cutting blade. Process 1 to 2 minutes, or until finely chopped and thoroughly mixed, scraping down sides of container as needed.
2. Serve immediately, or transfer to an airtight container and chill until ready to serve.



There's no need to peel the oranges 'cause we actually want bits of peel in this relish. And if you want to use frozen cranberries, make sure to thaw them before processing.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 3	% Daily Value*
<b>Calories</b> 86		<b>Protein</b> 1.1g	2%	<b>Total Carbohydrates</b> 22g		7%
Calories from Fat 2.9		<b>Cholesterol</b> 0.0mg	0%	<b>Dietary Fiber</b> 6.4g		26%
Total Fat 0.3g	0%	<b>Sodium</b> 2.8mg	0%	<b>Sugars</b> 7.3g		0%
Saturated Fat 0.0g	0%					
Trans Fat 0.0g	0%					

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# Holiday Berry Compote

When fresh cranberries are in season, they are just begging to be transformed into this Holiday Berry Compote, which makes use of fresh blueberries and rhubarb too! This delectable trio makes a sauce worthy of the Tom the Turkey's big day and can be included on your diabetic Thanksgiving menu!

**Serves:** 6

**Cooking Time:** 25 min

## What You'll Need:

2 cups fresh cranberries  
 1 cup blueberries  
 1 cup frozen rhubarb  
 3/4 cup fresh orange juice  
 1/2 cup Splenda  
 1 cinnamon stick (for garnish)



## What To Do:

1. In a saucepan, combine all ingredients. Cook over medium-high heat about 20-25 minutes until all berries pop open.
2. Let cool then serve, or let cool then cover and chill until ready to serve.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 6	% Daily Value*
<b>Calories</b> 47		<b>Protein</b> 0.7g	0%	<b>Total Carbohydrates</b> 12g		4%
Calories from Fat 1.9		<b>Cholesterol</b> 0.0mg	0%	<b>Dietary Fiber</b> 2.5g		10%
Total Fat 0.2g	0%	<b>Sodium</b> 1.6mg	0%	<b>Sugars</b> 6.5g		0%
Saturated Fat 0.0g	0%					
Trans Fat 0.0g	0%					

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# Creamy Garlic Mashed Potatoes

Certain dishes simply call for mashed potatoes. Our Creamy Garlic Mashed Potatoes fit the bill and your diabetes diet, to boot! The secret is all in portion control!

**Serves:** 8

**Cooking Time:** 25 min

## What You'll Need:

6 medium-sized red potatoes (about 2 pounds), washed and cut into chunks

8 garlic cloves, peeled

1/3 cup fat-free sour cream

1 tablespoon butter

1 teaspoon salt

1/4 teaspoon black pepper



## What To Do:

1. Place potatoes and garlic in a soup pot and add enough water to cover. Bring to a boil over high heat. Reduce heat to medium and cook 20 to 25 minutes, or until potatoes are fork-tender; drain and place in a large bowl.
2. Mash potatoes and garlic along with remaining ingredients, until smooth and well blended. Serve immediately.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 8	% Daily Value*
<b>Calories</b> 136		<b>Protein</b> 3.5g	7%	<b>Total Carbohydrates</b> 28g		9%
Calories from Fat 15		<b>Cholesterol</b> 4.7mg	2%	<b>Dietary Fiber</b> 2.8g		11%
Total Fat 1.7g	3%	<b>Sodium</b> 346mg	14%	<b>Sugars</b> 2.1g		0%
Saturated Fat 1.0g	5%					
Trans Fat 0.1g	0%					

\*Percent Daily Values are based on a 2,000 calorie diet.

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# Maple-Nut Sweet Potato Casserole

It doesn't have to be a holiday in order for you to put together this scrumptious Maple-Nut Sweet Potato Casserole, but it sure would be an easy Thanksgiving recipe! Whenever you decide to serve it, we think this side will be a crowd-pleasing favorite!

**Serves:** 8

**Cooking Time:** 35 min

## What You'll Need:

- 1 (29-ounce) can sweet potatoes, drained
- 1/2 cup egg substitute
- 1 teaspoon maple extract\* (see Note)
- 1/4 cup chopped pecans
- 1/4 cup quick-cooking oats\*
- 2 tablespoons light brown sugar
- 1 tablespoon all-purpose flour\*
- 2 tablespoons light butter, softened



## What To Do:

1. Preheat oven to 350 degrees. Coat an 8-inch square baking dish with nonstick cooking spray.
2. In a large food processor, blend together the sweet potatoes, egg substitute, and maple extract until smooth. Spread the mixture in the baking dish.
3. In a small bowl, combine the remaining ingredients except the cooking spray until crumbly. Sprinkle evenly over the top of the potato mixture. Spray the top of the mixture with nonstick cooking spray.
4. Bake 30 to 35 minutes, or until the top is golden. Serve immediately.



To make this a gluten-free recipe, use nonstick cooking spray with no flour added, gluten-free extract, Irish oats, and tapioca flour instead of all-purpose flour.

Although the maple flavor is nice in here, if you don't have maple extract on hand, you can always substitute sugar-free maple syrup.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 8	% Daily Value*
<b>Calories</b> 169		<b>Protein</b> 4.2g	8%	<b>Total Carbohydrates</b> 30g		10%
Calories from Fat 38		<b>Cholesterol</b> 3.8mg	1%	<b>Dietary Fiber</b> 2.2g		9%
Total Fat 4.3g	7%	<b>Sodium</b> 134mg	6%	<b>Sugars</b> 9.4g		0%
Saturated Fat 1.1g	6%					
Trans Fat 0.0g	0%					

\*Percent Daily Values are based on a 2,000 calorie diet.

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# Mushroom Stuffing

Nothing goes better with the Thanksgiving bird than a big bowl of stuffing. We know — you thought that was off-limits to someone on a diabetes diet. But we're here to tell you that's not the case! Our Mushroom Stuffing is chock full of healthy ingredients, so there's no harm in having a spoonful!

**Serves:** 10

**Serving Size:** ½ cup

**Cooking Time:** 40 min

## What You'll Need:

- 2 tablespoons margarine
- 1 cup chopped celery
- 1/2 cup chopped onion
- 1/2 pound sliced mushrooms
- 1/2 (16-ounce) loaf, whole grain bread, toasted and cut into 1/2-inch cubes
- 1/2 teaspoon ground sage
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup low-sodium chicken broth



## What To Do:

1. Coat a 1-1/2 qt. casserole dish with cooking spray.
2. In a medium skillet, melt margarine over medium heat. Sauté celery and onions for 5 minutes or until softened. Add mushrooms and continue cooking 3-5 minutes or until mushrooms have softened.
3. In a large bowl, combine bread, mushroom mixture, sage, salt, pepper, and broth. Toss gently until just mixed.
4. Spoon into casserole dish, cover, and heat 20 minutes. Remove cover and heat for an additional 10 minutes or until crispy on the top and heated through.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 10	% Daily Value*
<b>Calories</b> 94		<b>Protein</b> 4.4g	9%	<b>Total Carbohydrates</b> 12g		4%
Calories from Fat 31		<b>Cholesterol</b> 0.0mg	0%	<b>Dietary Fiber</b> 2.3g		9%
Total Fat 3.4g	5%	<b>Sodium</b> 249mg	10%	<b>Sugars</b> 2.5g		0%
Saturated Fat 0.7g	3%					
Trans Fat 0.6g	0%					

*\*Percent Daily Values are based on a 2,000 calorie diet.*

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# Sausage Stuffing

Few things go better with Tom the Turkey than our lightened up recipe for Sausage Stuffing. It fits perfectly on your diabetic Thanksgiving menu! Turkey sausage is the secret, but we bet your guests will never know thanks to lots of other tasty ingredients!

**Serves:** 10

**Cooking Time:** 40 min

## What You'll Need:

- 1/2 pound turkey sausage
- 1 cup chopped celery
- 1/2 cup chopped onion
- 1/2 (16-ounce) light wheat bread, toasted and cut into 1/2-inch cubes
- 2 tablespoons poultry seasoning
- 1 cup low-sodium chicken broth, warmed



## What To Do:

1. Preheat oven to 350 degrees F. In a large skillet over high heat, cook sausage, celery, and onion for 6-8 minutes or until sausage is no longer pink.
2. In a large bowl, combine bread, sausage mixture, poultry seasoning and hot broth. Toss gently until just mixed.
3. Spoon into casserole dish, cover, and heat 20 minutes. Remove cover and heat an additional 10 minutes or until crispy on top and heated through.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 10	% Daily Value*
<b>Calories</b> 95		<b>Protein</b> 7.9g	16%	<b>Total Carbohydrates</b> 12g		4%
Calories from Fat 21		<b>Cholesterol</b> 17mg	6%	<b>Dietary Fiber</b> 2.0g		8%
Total Fat 2.3g	4%	<b>Sodium</b> 237mg	10%	<b>Sugars</b> 1.7g		0%
Saturated Fat 0.5g	2%					
Trans Fat 0.1g	0%					

*\*Percent Daily Values are based on a 2,000 calorie diet.*

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# Crunchy Lemon Green Beans

Veggies like green beans can get boring, unless we add some excitement to them. We sure came up with a winning combo by adding almonds and a splash of lemon juice to our Crunchy Lemon Green Beans.

**Serves:** 6

**Serving Size:** 2-1/3 ounces

**Cooking Time:** 10 min

## What You'll Need:

1 tablespoon butter  
1/4 cup slivered almonds  
1 tablespoon lemon juice  
1 (14-ounce) package frozen whole green beans, cooked according to package directions, drained



## What To Do:

1. In a small skillet over medium heat, cook butter and almonds until almonds brown, stirring occasionally. (Be careful not to burn.) Stir in lemon juice.
2. Place green beans in a serving bowl and pour mixture over. Serve immediately.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 6	% Daily Value*
<b>Calories</b> 65		<b>Protein</b> 2.0g	4%	<b>Total Carbohydrates</b> 6.0g		2%
Calories from Fat 36		<b>Cholesterol</b> 5.1mg	2%	<b>Dietary Fiber</b> 2.2g		9%
Total Fat 4.0g	6%	<b>Sodium</b> 19mg	1%	<b>Sugars</b> 1.7g		0%
Saturated Fat 1.4g	7%					
Trans Fat 0.1g	0%					

\*Percent Daily Values are based on a 2,000 calorie diet.

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# Apple-Sauced Acorn Squash

Acorn Squash is a popular, and healthy, side dish during the fall and winter months. We've pumped up the fall flavor with the addition of apples and cinnamon. So go ahead, and give this a spin. It's one of our favorite easy Thanksgiving recipes!

**Serves:** 6

**Cooking Time:** 1 hr

## What You'll Need:

1 acorn squash (1 pound), cut in half lengthwise and seeded  
1/2 cup unsweetened applesauce  
2 tablespoons butter, melted  
1/2 teaspoon ground cinnamon  
1 pinch ground nutmeg  
1/4 teaspoon salt



## What To Do:

1. Preheat oven to 400 degrees F. Place squash halves cut-side up on a rimmed baking sheet.
2. In a medium bowl, combine remaining ingredients; mix well. Spoon mixture evenly in squash halves.
3. Bake 1 to 1-1/4 hours, or until tender. Cut each squash half lengthwise into thirds, and serve.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 6	% Daily Value*
<b>Calories</b> 72		<b>Protein</b> 0.7g	1%	<b>Total Carbohydrates</b> 9.9g		3%
Calories from Fat 35		<b>Cholesterol</b> 10mg	3%	<b>Dietary Fiber</b> 1.4g		6%
Total Fat 3.9g	6%	<b>Sodium</b> 133mg	6%	<b>Sugars</b> 1.9g		0%
Saturated Fat 2.5g	12%					
Trans Fat 0.2g	0%					

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# Parmesan Mashed Cauliflower

Looking for diabetic Thanksgiving side dishes? These fake-out mashed potatoes will fool all your family and friends. Not only are they cheesy and delicious, but they're good for you, too!

**Serves:** 6

**Cooking Time:** 20 min

## What You'll Need:

- 1 heads cauliflower, cut into florets
- 2 tablespoons milk
- 3 tablespoons margarine
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 tablespoons Parmesan cheese, grated
- 1/2 teaspoon black pepper



## What To Do:

1. Place the cauliflower florets in a large pot and add just enough water to cover.
2. Cover and cook over medium heat 15 to 20 minutes, or until tender. Drain and place in a medium bowl.
3. Add the remaining ingredients and beat with an electric mixer until mixture is well combined.



For a quick-and-easy baked version, add 1/2 cup Parmesan cheese and 4 beaten eggs to the mixture and place in an 8-inch square baking dish that has been coated with nonstick cooking spray. Bake in a preheated 350 degrees F. oven 30 to 40 minutes, or until golden and set.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 6	% Daily Value*
<b>Calories</b> 85		<b>Protein</b> 2.7g	5%	<b>Total Carbohydrates</b> 5.5g		2%
Calories from Fat 57		<b>Cholesterol</b> 1.9mg	1%	<b>Dietary Fiber</b> 2.0g		8%
Total Fat 6.3g	10%	<b>Sodium</b> 109mg	5%	<b>Sugars</b> 2.1g		0%
Saturated Fat 1.4g	7%					
Trans Fat 1.5g	0%					

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# Lemony Brussels Sprouts

Brussels Sprouts sure look like mini cabbages, but there's nothing mini about their great taste. Our easy recipe for Lemony Brussels Sprouts will add a splash of sunshine to your veggie plate.

**Serves:** 4

**Cooking Time:** 20 min

## What You'll Need:

- 1 pound Brussels sprouts, trimmed
- 2 teaspoons olive oil
- 2 cloves garlic, minced
- 1 tablespoon lemon juice



## What To Do:

1. In a large saucepan over high heat, bring 2 quarts water to a boil.
2. Add sprouts, reduce heat to medium, and cook 20 minutes, or until sprouts are tender. Drain and cut sprouts in half.
3. In a large nonstick skillet over medium heat, add olive oil, garlic, and sprouts. Cook until sprouts begin to brown, stirring occasionally. Remove from heat and sprinkle with lemon juice.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 4	% Daily Value*
<b>Calories</b> 72		<b>Protein</b> 3.9g	8%	<b>Total Carbohydrates</b> 11g		4%
Calories from Fat 23		<b>Cholesterol</b> 0.0mg	0%	<b>Dietary Fiber</b> 4.4g		17%
Total Fat 2.6g	4%	<b>Sodium</b> 29mg	1%	<b>Sugars</b> 2.6g		0%
Saturated Fat 0.4g	2%					
Trans Fat 0.0g	0%					

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# Pecan Pie

There isn't a more classic Thanksgiving dessert recipe than Pecan Pie. Perhaps you thought because you're on a diabetes diet that treats like this were off limits. We're here to tell you that's not the case, especially with our lightened up version! Be sure to include it among your diabetic Thanksgiving dessert recipes!

**Serves:** 10

**Serving Size:** 1 slice

**Cooking Time:** 50 min

## What You'll Need:

1 refrigerated pie crust  
3 eggs  
2 tablespoons SLENDA sugar substitute  
1 cup sugar-free maple syrup  
1 teaspoon vanilla extract  
1/4 cup butter, melted  
1 cup pecan halves



## What To Do:

1. Preheat oven to 350 degrees F. Place pie in 9-inch glass pie plate and flute edges.
2. In a large bowl, mix eggs with the sugar substitute. Stir in syrup, vanilla, and melted butter. Stir in pecans. Pour into pie crust.
3. Bake 40 to 50 minutes or until filling is puffed and pie is golden brown. Cool completely, about 2 hours.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 10	% Daily Value*
<b>Calories</b> 295		<b>Protein</b> 2.8g	6%	<b>Total Carbohydrates</b> 22g		7%
Calories from Fat 205		<b>Cholesterol</b> 76mg	25%	<b>Dietary Fiber</b> 1.0g		4%
Total Fat 23g	35%	<b>Sodium</b> 273mg	11%	<b>Sugars</b> 0.5g		0%
Saturated Fat 8.0g	40%					
Trans Fat 0.2g	0%					

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# Crustless Pumpkin Pie

If you're looking for easy Thanksgiving recipes, look no further! Because there's no crust to worry about, we don't have to do a thing but mix the ingredients together and bake! Why wait for Thanksgiving when we can enjoy this lighter pumpkin pie anytime?!

**Serves:** 8

**Cooking Time:** 1 hr

**Chilling Time:** 2 hr

## What You'll Need:

- 1 (15-ounce) can 100% pure pumpkin (not pumpkin pie filling)
- 1 (12-ounce) can fat-free evaporated milk
- 1 tablespoon light butter, softened
- 2 eggs
- 1/2 cup sugar
- 1/2 cup reduced-fat biscuit baking mix
- 2-1/2 teaspoons pumpkin pie spice
- 2 teaspoons vanilla extract



## What To Do:

1. Preheat oven to 350 degrees F. Coat a 9-inch deep-dish pie plate with cooking spray.
2. Blend all ingredients together in a blender on high speed for 1 minute, or place all ingredients in a large bowl and beat 2 minutes with a hand beater. Pour mixture into pie plate.
3. Bake 1 hour, or until a knife inserted in center comes out clean.
4. Let cool then cover and chill at least 2 hours before serving.



If you want to fancy up this pie a bit, top with dollops of light whipped cream and a cinnamon stick.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 8	% Daily Value*
<b>Calories</b> 138		<b>Protein</b> 5.6g	11%	<b>Total Carbohydrates</b> 24g		8%
Calories from Fat 22		<b>Cholesterol</b> 50mg	17%	<b>Dietary Fiber</b> 1.7g		7%
Total Fat 2.4g	4%	<b>Sodium</b> 239mg	10%	<b>Sugars</b> 19g		0%
Saturated Fat 1.0g	5%					
Trans Fat 0.0g	0%					

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# Nicole's Banana Pudding Pie

When you're ready to indulge in a well-deserved dessert, Nicole's Banana Pudding Pie will really hit the spot. Because there's less sugar than there is in the traditional version of this normally super-sweet dessert, you're able to enjoy it just like everyone else.

**Serves:** 16

**Cooking Time:** 5 min

**Chilling Time:** 2 hr

## What You'll Need:

1/2 of an 11-ounce box reduced-fat vanilla wafers  
3 large ripe bananas, sliced  
2 cups whole milk  
1/3 cup sugar  
2 tablespoons sugar  
2 tablespoons self-rising flour  
1 teaspoon vanilla extract  
1/8 teaspoon salt  
2 eggs, separated



## What To Do:

1. Preheat oven to 400 degrees. Coat a deep-dish pie plate with cooking spray.
2. In the pie plate, layer half of the vanilla wafers followed by half of the sliced bananas. Repeat the layers one more time; set aside.
3. In a large saucepan, combine the milk, 1/3 cup sugar, the flour, vanilla extract, salt, and egg yolks. Cook over low heat until thickened, stirring constantly, about 10 minutes. Pour the cooked pudding mixture over the top of the banana layer in the pie plate.
4. Beat the egg whites until soft peaks form. Add the remaining 2 tablespoons sugar slowly to the egg whites and continue beating until stiff peaks form. Spread the meringue over the top of the pudding mixture.
5. Bake 5 to 7 minutes, or until golden. Let cool then chill at least 2 hours before serving.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 16	% Daily Value*
<b>Calories</b> 120		<b>Protein</b> 2.6g	5%	<b>Total Carbohydrates</b> 21g		7%
Calories from Fat 28		<b>Cholesterol</b> 31mg	10%	<b>Dietary Fiber</b> 0.9g		4%
Total Fat 3.2g	5%	<b>Sodium</b> 78mg	3%	<b>Sugars</b> 14g		0%
Saturated Fat 1.2g	6%					
Trans Fat 0.0g	0%					

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# Apple Crisp

Miss America 1999, Nicole Johnson, joined Mr. Food to share her favorite apple recipe that we know everybody will love, including people on diabetes diets. As someone with diabetes herself, she knows that eating healthy doesn't mean sacrificing flavor.

**Serves:** 6

**Cooking Time:** 25 min

## What You'll Need:

6 medium apples, cored, peeled and thinly sliced  
 2 tablespoons all-purpose flour  
 1 tablespoon sugar  
 1/2 teaspoon ground cinnamon  
 1/4 cup all-purpose flour  
 1/2 cup quick-cooking rolled oats  
 3 tablespoons light brown sugar  
 2 tablespoons reduced-fat margarine



## What To Do:

1. Preheat oven to 400 degree F. Coat a 9-inch microwave-safe pie plate with cooking spray.
2. In a large bowl, combine apples, 2 tablespoons flour, the sugar, and cinnamon; mix well. Spoon into pie plate and cover with wax paper. Microwave on high power for 4 to 6 minutes, or until the apples are soft.
3. Meanwhile, in a medium bowl, combine remaining 1/4 cup flour, the oats, and brown sugar; mix well. With a fork, blend in margarine until crumbly; sprinkle over apples.
4. Bake 20 to 25 minutes, or until golden and bubbly. Serve warm.

\*Recipe courtesy of "Diabetes Forecast" magazine. For more information on diabetes, check out the American Diabetes Association Web site at <http://www.diabetes.org/> or call 1-800-DIABETES.

## Nutritional Information

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*	Amount/Serving	Servings Per Recipe: 6	% Daily Value*
<b>Calories</b> 146		<b>Protein</b> 1.6g	3%	<b>Total Carbohydrates</b> 34g		11%
Calories from Fat 13		<b>Cholesterol</b> 0.0mg	0%	<b>Dietary Fiber</b> 2.3g		9%
Total Fat 1.5g	2%	<b>Sodium</b> 39mg	2%	<b>Sugars</b> 22g		0%
Saturated Fat 0.2g	1%					
Trans Fat 0.0g	0%					

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