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I hope you all enjoy this e-book that we have written for you. We want to help you plan a healthful Thanksgiving dinner for your family and friends. Our team realizes that the cornerstone of good health is good nutrition. The simple recipes we've selected will serve as a guide to avoiding excess calories, salt, sugar, and fat.

We hope this e-book is part of your holiday celebration, and share it with other family and friends. Of course, we are always eager to get feedback from all of you. Have a blessed Thanksgiving.

LAUREN MAHESRI, RD, LD

As a dietitian, I have always valued how food can bring people together, and Thanksgiving is the perfect example of that! However, I find that a lot of patients let the holiday season distract them from their health goals. They find that making healthy choices is too complicated, too difficult, or too overwhelming.

I wanted to use this e-book as a way to show patients that eating healthy during the holidays IS possible by making a few alternations to your favorite dishes. Removing some of the salt, switching from butter to olive oil, and adding some vegetables to the table are all ways we can make the Thanksgiving table more liver-friendly.



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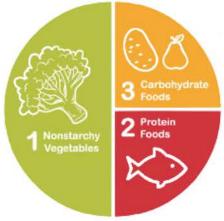
TIPS FOR A HEALTHY THANKSGIVING

Pay attention to serving size

A traditional Thanksgiving spread has WAY too many carbohydrate dishes, which makes it difficult to build a balanced meal. **Make sure your menu offers 2-3 dishes that contain fruits and vegetables** - and try to achieve the ratios on the plate seen here.

This way, you can still eat the foods you love, but at a serving size that keeps your calories lower. Appropriate serving sizes for several Thanksgiving dishes are:

- · 4oz turkey size of the palm of your hand
- · 1/3 cup mashed potatoes or stuffing
- · 2 cups non-starchy vegetables: salad, green beans, etc



Avoid the extra salt & fat

When making a Thanksgiving feast, sometimes convenience is key. However, the seasoning mixes, can of cream of mushroom soup, and pre-made pies are the culprits of a high salt and high fat meal. Make these swaps below instead:

Seasoning mix/marinades

Canned soup for flavor

Olive oil, flour, spices, and mushrooms give the SAME texture and flavor, recipe included here!

Try a "crisp" with an oat crumble instead of a pie. Less fat and more fiber!

Remember food safety

- Cook all poultry items to an internal temperature of 165F.
- Avoid cooking stuffing inside your turkey. The stuffing often does not reach a food safe temperature when the bird is done cooking.
- Wash all produce before use.
- Store leftovers in airtight containers and heat to 140F or above.



servings: 12 prep time: 30 min cooking time: 3 hours

Ingredients

- · 1, 10- to 12-pound turkey
- ¼ cup fresh herbs of choice, chopped (thyme, rosemary, sage, oregano)
- 20 whole sprigs fresh herbs (thyme, rosemary, sage, oregano)
- · 2 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 1/2 cups aromatics of choice: onion, apple, lemon and/or orange, cut into 2inch pieces
- 3 cups water, plus more as needed

- 1. Position a rack in the lower third of the oven and preheat to 475 degrees F.
- 2. Remove giblets and neck from turkey cavities. Place the turkey, breast-side up, on a rack in a large roasting pan; pat dry with paper towels. Mix minced herbs, olive oil, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat.
- 3. Place aromatics and 10 of the herb sprigs in the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Add 3 cups water and the remaining 10 herb sprigs to the pan.
- 4. Roast the turkey until the skin is golden brown, 45 minutes. Remove from the oven. Cover the breast with a double layer of foil, cutting as necessary to conform to the breast.
- 5. Reduce oven temperature to 350° and continue roasting until an instant-read thermometer inserted into the thickest part of a thigh without touching bone registers 165°, 1 1/4 to 1 3/4 hours more. If the pan dries out, tilt the turkey to let juices run out of the cavity into the pan and add 1 cup water.
- 6. Transfer the turkey to a serving platter and cover with foil. Let the turkey rest for 20 minutes. Remove string and carve.

A NOTE ON THANKSGIVING MEATS

Healthy alternatives to turkey

If turkey is not your family's favorite or you aren't wanting to cook an entire bird, there are other options for thanksgiving protein.

To keep things low in saturated fat, focus on a **lean protein**.

- · Chicken breast
- Fish & seafood
- · Lean cuts of pork or ham (pork chop or tenderloin)
- · Deer or venison

Avoid fatty cuts of meat because of their <u>high saturated fat content.</u> Also, avoid meats that are pre-seasoned with marinades, seasoning blends, or brine. This adds <u>unnecessary sodium</u>, and you can use your own spices to add flavor!

Options for every skill level

Convenience

- HEB Oven Roasted Sliced
 Turkey Breast: completely
 pre-cooked and ready to
 eat
- Whole Foods Cooked
 Turkey: they have an entire menu available for easy pick up
- Boston Market Roasted
 Turkey

Intermediate

- Jennie-O Oven ready
 Whole turkey: lower in sodium than a lot of other pre-brined birds!
- Thanksgiving-style chicken breasts: heavily season your chicken with thyme, sage, rosemary, and parsley. Easier and faster than an entire turkey

Home Chef

- No-brine turkey: defrost overnight, pat dry, coat the bird with softened olive-oil based butter and herbs
- Try our recipe included in this e-book!



servings: 10 servings prep time: 30 min cooking time: 40 minutes

Ingredients

- 12 oz spring mix or finely chopped greens of choice
- 2 cups brussel sprouts, shaved finely
- 3 cups butternut squash, cubed into 1/2" pieces (can be bough pre-cut saves about 15 min!)
- 2 tbsp olive oil
- 1 small apple, red or green, finely diced
- 1 pomegranate (we will be using 1/2 of the fruit's seeds)
- 1/3 cup pumpkin seeds
- 1/3 cup reduced fat feta cheese

For the Pomegranate Vinaigrette:

- 1/2 cup pomegranate juice (this can be freshly strained from the other half of the pomegranate!)
- 1/3 cup olive oil
- 1/4 cup vinegar (apple cider, white, or red vinegar)
- · 1 teaspoons Dijon mustard

Directions

Roast the butternut squash:

- 1. Preheat the oven to 400°F.
- 2. Line a baking sheet with parchment paper. Add butternut squash and toss in olive oil until evenly coated.
- 3. Make sure the squash is in a single layer (not stacked on top of another this prevents crispiness!) and roast for 15-20 minutes, or until tender.

Make the dressing:

 Combine all of the Pomegranate Vinaigrette ingredients in a bowls or jar with a tight-fitting lid. Either whisk or shake vigorously until combined. Stir before serving

Prepare the salad:

1. Combine the salad greens, shaved brussel sprouts (shave these as finely as possible!), roasted butternut squash, diced apple, pomegranate seeds, pumpkin seeds, and feta. Toss lightly with dressing before serving.



servings: 12 servings prep time: 10 min cooking time: 70 minutes

Ingredients

- 2 1/2 pounds sweet potatoes, cut into 1 1/2inch pieces (about 8 cups)
- ⅓ cup pure maple syrup
- · 2 tablespoons olive oil
- 1 tablespoon lemon juice
- · 1/2 teaspoon salt
- · pepper to taste

- 1. Preheat oven to 400°F.
- 2. Cut the sweet potatoes into 1 1.5" cubes. Tip: Keep the skin on to keep the fiber high!
- 3. Arrange sweet potatoes in an even layer in a 9-by-13-inch baking dish.
- 4. Combine maple syrup, olive oil, lemon juice, salt and pepper in a small bowl. Pour the mixture over the sweet potatoes; toss to coat.
- 5. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.



servings: 10 servings prep time: 20 min cooking time: 40 minutes

Ingredients

- · 2 lbs green beans
- · 1/4 cup olive oil, divided
- 1 small yellow onion, finely diced
- · 10 oz cremini mushrooms
- · 5 cloves garlic, minced
- · 1 tsp salt
- · 1 tsp pepper
- 1/4 tsp nutmeg
- 1/2 cup +3 tbsp low sodium chicken broth
- 1 cup milk (2%, skim, almond milk)
- · 2 tbsp corn starch
- · 5 shallots, sliced into rings
- 1/4 cup parmesan cheese

- 1. Preheat oven to 350F.
- 2. Place green beans in a pot of boiling water for 6-7 minutes. Drain and rinse with cold water.
- 3. In a skillet, heat 2 tablespoons olive oil over medium-high heat. Add onion and mushrooms and cook for 5 minutes or until softened. Add in garlic, salt, pepper, nutmeg, 1/2 cup chicken broth, and milk.
- 4. In a separate bowl, whisk together corn starch and 3 tablespoons chicken broth. Pour into onion and mushroom mixture. This helps thicken the sauce over the next several minutes.
- 5. Once thick, pour 1/4 of the sauce mixture into the bottom of an 8×11 baking dish.
- 6. Add all of the green beans to the dish and then add the rest of the sauce mixture on top.
- 7. Bake for 40 minutes.
- 8. While baking, heat olive oil and cook shallots over high heat for 4-5 minutes or until golden brown. They will burn easily so keep your eye on them. Drain on paper towel.
- 9. Once casserole is done, add crispy shallots and parmesan cheese to the top.



servings: 6 prep time: 5 min cooking time: 10 minutes

Ingredients

- 1 bag (12oz) fresh cranberries
- ½ cup honey or pure maple syrup
- ½ cup water
- Zest and juice of 1 medium orange

- 1. Rinse the cranberries well and drain off excess water
- 2. In a medium saucepan, combine the cranberries, honey and water. Bring the mixture to a boil over medium-high heat, then reduce heat to medium-low and cook, stirring occasionally, until the cranberries have popped and the mixture has thickened to your liking, about 5 to 10 minutes.
- 3. Remove the pot from heat and stir in the orange zest and juice.
- 4. The sauce will continue to thicken as it cools. It will keep in the refrigerator, covered, until dinner.



servings: 10 servings prep time: 25 min cooking time: 20 minutes

Ingredients

- 2 pounds yukon gold potatoes
- ½ cup Greek yogurt, nonfat, plain
- 1/3 cup skim milk

- · 2 tablespoon olive oil
- 1 teaspoon salt
- 1 tablespoon rosemary finely chopped
- · 3 cloves garlic, minced

NOTE:

Don't be afraid to try the greek yogurt! It adds the same creaminess, texture, and flavor as butter and milk - with LESS calorie and MORE protein!

- 1. Peel potatoes. Optionally, keep the skin on half of the potatoes to increase the fiber!
- 2. Chop potatoes into 1" cubes
- 3. Place potatoes in a large pot and cover with water. Bring to a boil over medium-high heat. Once boiling, boil 15-20 minutes until potatoes are fork tender.
- 4. Drain potatoes and place in a large bowl. Mash thoroughly. Add Greek yogurt, milk, olive oil, salt, rosemary, and minced garlic. Stir to combine.



servings: 10 servings prep time: 20 min cooking time: 45 minutes

Ingredients

For the apple filling:

- 5-6 medium Honeycrisp or Granny Smith apples, peeled, cored and very thinly sliced
- 1/4 cup pure maple syrup
- · 1 teaspoon cinnamon
- pinch of nutmeg
- · 1 tablespoon vanilla

For the crisp topping:

- 1/3 cup flour
- 1/2 cup old fashioned rolled oats
- 1/4 cup dark brown sugar
- 1/2 cup raw chopped pecans
- 1/4 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/4 cup coconut oil (cold, solidified coconut oil works best here)

- 1. Preheat oven to 350 degrees F. Coat a 8x8 baking pan with nonstick cooking spray olive oil spray preferred.
- 2. To make the topping: Combine the flour, oats, brown sugar, cinnamon, salt and pecans in a large bowl until well-combined. Add in the coconut oil and use your hands to squeeze and combine until the mixture becomes crumbly and resembles wet sand.
- 3. Once finished, place topping in the fridge and begin making the apple filling.
- 4. To make the filling: Place apples, maple syrup, cinnamon, nutmeg and vanilla in a large bowl and toss to combine. Allow to sit for 5-10 minutes.
- 5. Place the apple mixture in prepared pan and sprinkle evenly with topping.
- 6. Bake the crisp on a baking sheet (just in case the filling bubbles over!) for 45-55 minutes, or until topping is golden brown and filling is bubbling. Remove from oven and cool 10 minutes on wire rack before eating.



servings: 10 servings prep time: 30 min cooking time: 15 minutes

Ingredients

- 15 ounce can of pumpkin puree
- 3/4 cup flour
- 1/2 cup maple syrup
- 1/4 cup milk (2%, skim, almond milk)

- · 1 teaspoon vanilla extract
- · 2 eggs
- · 1 teaspoon pumpkin pie spice
- · 1 teaspoon ground cinnamon
- · 1/4 teaspoon kosher salt
- · 1/2 teaspoon baking soda

- 1. Pre heat oven to 350°F.
- 2. Grease and 8×8 baking dish with olive oil cooking spray.
- 3. In a large bowl combine; coconut flour, pumpkin puree, maple syrup, vanilla extract, milk, eggs, pumpkin pie spice, cinnamon, baking soda, and salt. Mix well.
- 4. Transfer batter to prepared baking dish.
- 5. Bake for 45 minutes or until set thorugh and lightly golden brown on top.
- 6. Cool completely and refrigerator for a minimum of 8 hours before cutting into nine pieces. Enjoy!

CONTACT US

For more information about how to accomplish your health goals





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