

Roasted Sweet Potatoes with Cinnamon and Walnuts

SERVES: 6 | PREP: 10 MIN | COOK: 30 MIN



INGREDIENTS

- 3 lb sweet potatoes (about 4 medium), peeled and cut into 1-inch cubes
- 2 tbsp olive oil
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/3 cup chopped walnuts

INSTRUCTIONS

- 1 Heat oven to 425°F. Toss sweet potatoes with oil, cinnamon and nutmeg; spread on a baking sheet.
- 2 Roast 25–30 minutes, flipping halfway, until tender and browned.
- 3 Toast walnuts in a dry skillet over medium heat for 3–5 minutes, stirring often. Sprinkle over potatoes and serve.

Roasted Brussels Sprouts with Pomegranate

SERVES: 6 | PREP: 10 MIN | COOK: 25 MIN



INGREDIENTS

- 1½ lb Brussels sprouts, trimmed and halved
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp fresh lemon juice
- ½ cup pomegranate arils
- ¼ tsp black pepper

INSTRUCTIONS

- 1** Heat oven to 425°F. Toss sprouts with oil and pepper; place cut side down on a baking sheet.
- 2** Roast 20 minutes. Stir in garlic and roast 5 minutes more.
- 3** Toss with lemon juice and top with pomegranate arils.

Whole-Grain Herb Stuffing

SERVES: 8 | PREP: 15 MIN | COOK: 50 MIN



INGREDIENTS

- 8 cups whole-grain or sprouted bread cubes (about one 1-lb loaf)
- 2 tbsp olive oil
- 1 cup diced celery
- 1 cup diced onion
- 1 tbsp chopped fresh sage
- 1 tbsp fresh thyme leaves
- 1½–2 cups low-sodium vegetable or chicken broth

INSTRUCTIONS

- 1 Heat oven to 350°F. Toast bread cubes on a baking sheet 10–15 minutes until dry.
- 2 Sauté celery and onion in oil over medium heat 6–8 minutes until soft. Stir in sage and thyme.
- 3 Combine bread and vegetables in a large bowl. Drizzle in broth, tossing until evenly moistened.
- 4 Spread in an oiled 9x13 dish. Cover with foil and bake 25 minutes, then uncover and bake 15 minutes until golden.

Fresh Cranberry-Orange Relish

SERVES: 8 | PREP: 5 MIN | COOK: 10 MIN | CHILL: 1 HR



INGREDIENTS

- 12 oz fresh cranberries
- 2-3 tbsp honey
- Zest of 1 orange
- 1/3 cup chopped pecans (optional)
- 1/2 cup fresh orange juice

INSTRUCTIONS

- 1** Combine cranberries, orange juice and honey in a saucepan over medium heat.
- 2** Simmer 8-10 minutes, stirring, until most berries burst. Stir in zest.
- 3** Cool, then refrigerate at least 1 hour. Stir in pecans just before serving.

Herb-Roasted Turkey and Low-Sodium Gravy

SERVES: 10-12 | FOR A 12-LB TURKEY



INGREDIENTS

Herb Rub

- 2 tbsp each chopped fresh rosemary and sage
- 4 cloves minced garlic
- Zest of 1 lemon
- 1 tsp cracked black pepper
- 2 tbsp olive oil

Gravy

- Pan drippings
- 3 tbsp whole-wheat or all-purpose flour
- 2 cups unsalted turkey or vegetable stock
- A few sprigs fresh thyme

INSTRUCTIONS

- 1 Heat oven to 325°F. Pat turkey dry. Mix rub ingredients and spread under and over the skin.
- 2 Roast on a rack until the thickest part of the thigh reaches 165°F (about 3 hours). Rest 30 minutes before carving.
- 3 For gravy, pour drippings into a fat separator and discard the fat. Whisk flour into ½ cup cold stock until smooth.
- 4 In a saucepan, combine the flour mixture, remaining stock, defatted drippings and thyme. Simmer, whisking, 5–8 minutes until thickened. Taste before adding any salt.

Lighter Pumpkin Pie

SERVES: 8 | PREP: 15 MIN | BAKE: 60 MIN | CHILL: 2 HR



INGREDIENTS

Crust

- 1 cup old-fashioned oats
- 1/2 cup pecans or walnuts
- 2 tbsp maple syrup
- 2 tbsp melted coconut oil
- Pinch of salt

Filling

- 1 can (15 oz) pure pumpkin puree
- 2 eggs (or 4 egg whites)
- 3/4 cup low-fat milk or unsweetened almond milk
- 1/3 cup maple syrup
- 2 tsp pumpkin pie spice
- 1 tsp vanilla

INSTRUCTIONS

- 1** Heat oven to 350°F. Pulse oats and nuts in a food processor into coarse crumbs, then pulse in syrup, oil and salt.
- 2** Press into a 9-inch pie plate and bake 10 minutes.
- 3** Whisk filling ingredients until smooth and pour into the crust.
- 4** Bake 45–50 minutes, until the center is set with a slight jiggle. Cool, then chill at least 2 hours.