

Thanksgiving Guide

Healthy, Diabetes Friendly Recipes presented by
Prairie Lakes/Sodexo Dieticians



Meal: Herb-Roasted Turkey, Creamy Cheesy Cauliflower, Sage Stuffing, and Mini Pumpkin Tarts: 44g carbs

Use leftovers to make a Turkey and Avocado Wrap, add one apple: 39g carbs

Small Family Substitution: Pecan Crusted Turkey Tenderloin with Sweet Potatoes: 14g carbs.

Extras:

8 oz glass of slim milk: 12g carbs | 1 cup melons: 15g carbs

1 apple: 15g carbs | Gluten-Free Parmesan Biscuit: 7g carbs

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PRAIRIE LAKES
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Herb Roasted Turkey: the perfect, healthy recipe

0g Carbs | 165 Calories | 33g Protein - Serves 12

Ingredients:

5 teaspoons unsalted butter, softened
3 teaspoons fresh minced sage, divided
3 teaspoons fresh minced thyme, divided
3 teaspoons fresh minced rosemary, divided
Kosher salt and freshly ground black pepper to taste
1 ½ cups low-fat, reduced-sodium chicken broth
1 cup dry white wine
1 (5-pound) turkey breast, skin on, washed and patted dry

Instructions:

Preheat the oven to 350 degrees F.

Line a large roasting pan with foil. Set a rack inside the roasting pan and coat it with cooking spray. Set aside.

In a small bowl, combine the butter with 2 teaspoons each of the sage, thyme, and rosemary, plus salt and pepper. Reserve the remaining 1 teaspoon of each of the herbs.

In a small saucepan, combine the chicken broth and wine, and bring to a gentle boil. Add the reserved herbs and lower to a simmer.

With your hands, separate the turkey breast skin from the breast meat, creating a pocket without removing the skin. Rub the butter herb mixture all over the breast meat. Place the skin back down on the breast.

Set the turkey on the prepared rack in the pan. (You can also add veggies like peeled carrots, peeled parsnips, onions, or small potatoes to the pan; they will cook along with the turkey.)

Roast the turkey for about 1 hour, 20 minutes to 1 hour, 40 minutes until the internal temperature reaches 170 degrees F and the juices run clear.

Baste every 15-20 minutes with the mixture of chicken broth and white wine.

Remove the turkey from the oven, cover loosely with foil, and let stand for 15 minutes before slicing.

Discard the skin and serve.

Find more healthy recipes like this one at <http://www.diabetes.org/>.

Creamy Cheesy Cauliflower: like you've never had it before

12g Carbs | 90 Calories | 6g Protein - Serves 16

Ingredients:

10 cups coarsely chopped cauliflower, about 2 heads
2 teaspoons butter
2 large onions, chopped
3 garlic cloves, minced
½ cup all-purpose flour
3 ½ cups 1% milk
Salt and pepper to taste
¾ cup freshly grated Parmesan cheese
3 tablespoons finely minced parsley

Instructions:

Add 4 quarts of water to a 6-quart saucepan. Bring the water to a boil.

Add the cauliflower, and cook for about 10 to 12 minutes or until tender. Drain. Set aside.

In a large skillet, melt the butter over medium-high heat. Add the onions and garlic, and sauté for 6 to 7 minutes until soft, making sure the onions and garlic do not turn brown.

Combine the flour and milk, and whisk until very smooth. Add to the onions and garlic, bring to a simmer, and cook for 2 minutes.

Season with salt and pepper. Whisk in the cheese, and fold in the cauliflower. Garnish with parsley.

Find more healthy recipes like this one at <http://www.diabetes.org/>.

Sage Stuffing: this healthy alternative will still thrill guests

28g Carbs | 190 Calories | 8g Protein - Serves 12

Ingredients:

30 slices (1-ounce each) day-old whole-grain bread, crusts removed, cut into small cubes
1 tablespoon olive oil
1 large onion, chopped
3 large celery stalks, chopped
1/3 cup coarsely chopped walnuts
1/2 bunch fresh sage, stems removed, coarsely chopped
3 cups hot low-fat, reduced-sodium chicken broth
1 egg, lightly beaten
1/2 cup dried cranberries or dried cherries, coarsely chopped
Kosher salt and fresh-ground black pepper to taste
Paprika

Instructions:

Preheat the oven to 375 F. Add the bread to a large bowl.

Heat the olive oil in a large skillet over medium heat. Add the onions and celery, and sauté for 3 minutes. Add the walnuts and sauté for 2 minutes. Add in the sage and cook for 1 minute.

Add the onion-sage mixture to the bread. Pour the hot chicken broth and egg over the onion-sage, and mix well (until moist). Add in the cranberries or cherries. Season well with salt and pepper. Add the mixture to a large casserole dish, and sprinkle with paprika.

Bake for about 40-45 minutes, or until the top is browned and crusty.

Find more healthy recipes like this one at <http://www.diabetes.org/>.

Mini Pumpkin Tarts: simple to make (shhhh it's diabetes friendly!)

4g Carbs | 40 Calories | 1g Protein - Serves 30

Ingredients:

30 Mini-Nilla wafer cookies
8 ounces light cream cheese, softened
1/4 cup light sour cream
1/4 cup Splenda Sugar blend
1 egg
1/2 teaspoon vanilla
3/4 cup canned pure pumpkin
1/2 teaspoon cinnamon
Pinch nutmeg

Instructions:

Preheat oven to 350 degrees.

Line mini-muffin pan with paper baking cups and place one Nilla wafer in the bottom of each cup.

In medium bowl, add remaining ingredients and mix with an electric mixture until smooth. Fill each muffin cup with pumpkin-cream cheese mixture.

Place muffin pan in oven and bake for 30 minutes or until done. Serve cool.

Find more healthy recipes like this one at <http://www.diabetes.org/>.

Pecan Crusted Turkey Tenderloin with Sweet Potatoes:

14g Carbs | 250 Calories | 25g Protein - Serves 6

Ingredients:

Cooking spray
1 egg
2 egg whites
1 teaspoon garlic powder
½ teaspoon ground black pepper
2 ounces pecan chips
24 ounce turkey breast tenderloin
2 – 6 ounce sweet potatoes, peeled and cut into wedges (about 18 wedges per potato)
1 tablespoon olive oil
½ teaspoon cinnamon
2 tablespoons Splenda brown sugar blend

Instructions:

Preheat oven to 350 degrees F. Spray large rectangular baking dish with cooking spray.

In a medium shallow bowl, whisk together egg and egg whites. In another medium shallow bowl, combine garlic powder, pepper and pecans.

Dip turkey breast tenderloin in egg mixture and coat well. Dredge turkey in pecan mixture and cover on both sides. Place in baking dish. Discard leftover egg mixture.

In a medium bowl, mix together the sweet potatoes, oil, cinnamon and Splenda brown sugar. Arrange the sweet potatoes around the turkey breast tenderloin in baking dish. Bake for 50 minutes or until done (turkey breast reaches 165 degrees).

Find more healthy recipes like this one at <http://www.diabetes.org/>.

Gluten-Free Parmesan Biscuits

7g Carbs | 65 Calories | 2g Protein - Serves 12

Ingredients:

1 cup gluten-free baking mix (such as Pamela's)
3 tablespoons trans-fat free margarine
2 tablespoons freshly grated Parmesan
1/3 cup skim milk -

Instructions:

Preheat oven to 375 degrees F. Spray a baking sheet with cooking spray.

In a medium bowl, mix together baking mix and margarine. Use a fork and hands to mix into coarse crumbs. Add milk to mixture and stir with a fork. Add Parmesan cheese and incorporate into mixture.

Drop about 1 tablespoon at a time of dough mixture on baking sheet for each biscuit. Bake for 12 minutes or until golden brown on top.

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Turkey and Avacado Wrap: Put your leftovers to work!

24g Carbs | 245 Calories | 32g Protein - Serves 4

Ingredients:

1/2 avocado
2 tablespoons plain fat-free Greek yogurt
4 large low-carb tortillas
12 ounces low-sodium, deli-style turkey breast
4 teaspoons sunflower seeds
1 tomato, sliced
1 cup shredded lettuce

Instructions:

In a small bowl, mix together avocado and Greek yogurt.

Spread avocado mixture evenly onto 4 tortillas.

Top each tortilla with 3 ounces turkey, 1 teaspoon sunflower seeds, 2 slices tomato and ¼ cup lettuce.

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