

Healthy

THANKSGIVING RECIPES



MAPLE-ORANGE SWEET POTATO MASH

MAKES 6 SERVINGS
SERVING SIZE: ½ CUP

- + 2 ½ lbs sweet potatoes (about 4 medium), peeled and cut into ½ inch cubes
- + ¼ cup coarsely chopped walnuts
- + 2 tsp sugar-free maple syrup, like Vermont Sugar-Free, divided
- + 2 tsp grated fresh orange zest
- + ¼ tsp ground cinnamon
- + ¼ tsp kosher salt
- + 1 Tbsp margarine
- + 2 Tbsp fresh orange juice

1. Place the sweet potatoes in a saucepot with enough cold water to cover. Bring to a boil, reduce the heat and cook until tender, 10 to 13 minutes.
2. Add the chopped walnuts to a skillet over medium-high heat. Toss until the nuts are slightly toasted and fragrant, about 3 minutes. Remove the skillet from the heat. Drizzle 1 tsp sugar-free maple syrup over the nuts and toss to evenly coat. Remove the nuts from the skillet and set aside.
3. Drain the sweet potatoes and place them back in the saucepot on the hot burner with no heat. Let the sweet potatoes sit for 1 minute to let the excess water evaporate. Add the orange zest, cinnamon, salt, margarine, orange juice and remaining 1 tsp sugarfree maple syrup. Using a potato masher or fork, mash the potatoes until smooth, or until the desired consistency.
4. Remove to a warm serving bowl and garnish with the reserved nuts.

NUTRITION FACTS PER SERVING: Calories: 161, Fat: 6 g (saturated fat: 1 g), Cholesterol: 0 mg, Protein: 3 g, Carbohydrates: 30 g, Fiber: 5 g, Sodium: 167 mg, Sugar: 6 g

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GREEN BEANS AMANDINE

MAKES 6 SERVINGS
SERVING SIZE: ½ CUP

- + 1 lb fresh or frozen French-style green beans, trimmed
- + 1 Tbsp extra-virgin olive oil
- + ¼ cup sliced almonds
- + 1 tsp chopped garlic (about 1 clove)
- + 1 tsp fresh lemon juice
- + ¼ tsp kosher salt

1. Bring 3 quarts of water to a boil in a large saucepot. Add the green beans to the boiling water and cook until bright green and tender, 3 to 4 minutes. Remove to a bowl of ice water, then drain.
2. Heat the olive oil in a skillet over medium heat, about 1 minute. Add the sliced almonds and cook until lightly toasted, about 4 minutes. Add the chopped garlic and cook until light golden brown, about 1 minute. Stir in the lemon juice.
3. Add the green beans to the skillet and toss until coated. Season with salt. Toss until the green beans are heated through, about 2 minutes. Remove the green beans to a warm serving plate. Serve immediately.

NUTRITION FACTS PER SERVING: Calories: 72, Fat: 15 g (saturated fat: 0 g), Cholesterol: 1 mg, Protein: 2 g, Carbohydrates: 7 g, Fiber: 3 g, Sodium: 101 mg, Sugar: 3 g

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TANGERINE CRANBERRY RELISH

MAKES: 12 SERVINGS

SERVING SIZE: ¼ CUP

YIELD: 3 CUPS

CARB GRAMS PER SERVING: 10

- ♦ 1 12-ounce package fresh cranberries (3 cups)
- ♦ 2 medium tangerines
- ♦ ¼ - ½ cup sugar or sugar substitute* equivalent to ¼ to ½ cup sugar



1. Rinse cranberries under running water and discard any soft or old berries; set aside. Slice each unpeeled tangerine into fifths; remove seeds. Place tangerine slices in a food processor; cover and process until coarsely chopped. Transfer to a medium bowl.
2. Add all but ½ cup of the cranberries to the food processor; cover and process until coarsely chopped. Add to tangerines in bowl; stir in the remaining ½ cup cranberries. Stir in enough of the sugar to sweeten to taste; cover and chill for 1 hour. Stir before serving. Makes 3 cups (twelve ¼ cup servings).

MAKE AHEAD TIP

Prepare as directed. Cover and chill for up to 2 days. Stir before serving.

NUTRITION FACTS PER SERVING: Servings Per Recipe: 12, Calories: 37, Carbohydrate(gm): 10, Dietary Fiber, total (gm): 2, Sodium (mg): 1

PER SERVING WITH SUBSTITUTE: Same as above, except 20 cal., 6 g carb.

***SUGAR SUBSTITUTES:** Choose from Splenda® granular, Equal® spoonful or packets, or Sweet 'N Low® bulk or packets. Follow package directions to use product amount equivalent to ¼ to ½ cup sugar.

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BASIC CRUSTLESS PUMPKIN PIE

MAKES: 8 SERVINGS

CARB GRAMS PER SERVING: 20

- ♦ 1 15-ounce can pumpkin
- ♦ ½ cup sugar or sugar substitute* equivalent to ½ cup sugar
- ♦ 2 Tbsp honey
- ♦ 1 ½ tsp pumpkin pie spice
- ♦ ½ cup refrigerated or frozen egg product, thawed, or 2 eggs, lightly beaten
- ♦ 1 tsp vanilla
- ♦ ¾ cup evaporated fat-free milk

1. Preheat oven to 350° F. Lightly grease an 8-inch springform pan. In a medium bowl, combine pumpkin, sugar, honey, and pie spice. Add eggs and vanilla. Beat lightly just until combined. Gradually stir in evaporated milk. Pour into prepared pan and place on a foil-lined baking sheet.
2. Bake for 45 to 50 minutes or until center appears set when gently shaken. Cool for 1 hour on a wire rack. Cover and chill for at least 2 hours or up to 24 hours before serving.
3. To serve, loosen pie from sides of pan by running a thin metal spatula around the edge. Remove sides of pan. Cut pie into wedges to serve. Makes 8 servings (1 slice each).

NUTRITION FACTS PER SERVING: Servings Per Recipe: 8, Calories: 95, Protein (gm): 4, Carbohydrate (gm): 20, Cholesterol (mg): 1, Dietary Fiber, total (gm): 2, Sodium(mg): 59,

***SUGAR SUBSTITUTES:** Choose from Splenda® granular or Sweet'N Low® bulk or packets. Follow package directions to use product amount equivalent to 1/3 cup sugar.

SUGAR SUBSTITUTES: Same as above, except 67 cal., 13 g carb. Exchanges: 1 carb. Carb choices: 1.

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