

Eat Right

Healthy Thanksgiving Tips



Turkey, dressing, sweet potatoes, and pie. A traditional Thanksgiving meal can have more than 2000 calories and 100 grams of fat! Here are some simple tips on how you can make your meal healthy without sacrificing the taste.

Turkey Tips:

- Instead of coating the bird in vegetable oil or butter, spray it lightly with cooking spray.
- To keep your turkey moist without all the fat, cook it in a browning bag.

Stuffing Secrets:

- When it comes to the stuffing or dressing, replace real butter or margarine with butter flavored granules. Just mix them with warm water and you have the flavor of butter without the fat.
- Fill your stuffing with low calorie things like onions, celery, and poultry seasoning.



Sweet Potato Payoffs:

- Use egg whites or frozen egg substitute instead of whole eggs.
- Top the sweet potatoes with barley cereal or cornflakes instead of coconut or nuts. You'll get the crunch without all the fat.

Cranberry Salad Savers:

- Switch from regular cream cheese or sour cream to fat-free products.

Pumpkin Pie Pacers:

- You can trim down the fat by using fat-free ingredients or skipping the crust and eating the filling. Pie gets most of its fat and calories from the crust.





Orange-Spiced Sweet Potato Casserole

Ingredients:

- 5 Sweet Potatoes
- 1 tsp grated orange peel
- 1/3 cup fresh orange juice
- 3 tablespoons low-fat margarine
- 3 tablespoon light brown sugar
- ½ tsp cinnamon
- ½ tsp cumin
- ½ tsp salt
- ½ cup chopped pecans
- 2 Tablespoon all-purpose flour

Nutritional Data:

Serving Size (134g)
Servings Per Container 8

Calories 160
Calories from Fat 40
Total Fat 4.5g 7%
Saturated Fat 1g 4%
Cholesterol 0mg 0%
Sodium 250mg 10%
Total Carbohydrate 30g 10%
Dietary Fiber 4g 16%
Sugars 15g
Protein 2g
Vitamin A 440%
Vitamin C 45%
Calcium 6%
Iron 6%

Instructions:

1. Preheat oven to 400°F. Wash and dry potatoes and pierce them in several places with a fork. Bake potatoes for approximately 1 hour or until tender. Allow potatoes to cool, peel them and place in a large bowl.
2. Stir in orange peel, orange juice, 2 tablespoon low-fat margarine, cinnamon, cumin, and salt; mix well and spoon into lightly greased 10x6-inch baking dish.
3. Combine pecans, flour, 1 tablespoon brown sugar, and 1 tablespoon low-fat margarine; mix well. Sprinkle evenly over potatoes
4. Bake 30 to 35 minutes or until hot. Let stand 5 minutes before serving

Recipe Provided by: Dave Simon



FITCITYCHALLENGE

Healthy Company Potluck

Please sign up to bring one of the following options:

Main Dish: Healthy Ideas: Chicken, Turkey, Beef

Vegetarian Dish: Healthy Ideas: Lasagna, Spaghetti, Pasta Salad

Side Dishes: Healthy Ideas: Mashed Potatoes, Green Beans, Corn

Fresh Fruit: Healthy Ideas: Strawberries, Grapes, Melon

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Fresh Vegetable Tray: Healthy Ideas: Carrots, Celery, and Broccoli

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Whole Grain Rolls:

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Desserts: Healthy Ideas: Carrot Cake, Fruit Parfaits, Fruit Salad,
