HOLIDAY RECIPE GUIDE

Healthy Thanksgiving Recipes

TEDESCO BODYSHOP FITNESS

Three simple dishes and easy ingredient swaps for your holiday table.



6 SERVINGS | 30 MIN

Garlic Cauliflower-Potato Mash

Swap some of the potatoes for cauliflower.

Ingredients 1 lb Yukon Gold potatoes, cubed; 1 lb cauliflower florets; 3 garlic cloves; 1/4 cup plain Greek yogurt; 1 tbsp olive oil; salt and pepper to taste.

Directions Simmer potatoes and garlic in salted water for 8 min. Add cauliflower and simmer 10–12 min more, until tender. Drain well, mash with yogurt and oil, then season.

PER SERVING **105 calories / 4 g protein / 18 g carbs / 3 g fat**



6 SERVINGS | 55 MIN

Mushroom & Herb Stuffing

Use whole-grain bread and add mushrooms for savory flavor.

Ingredients 6 cups cubed day-old whole-grain bread; 8 oz sliced mushrooms; 1 diced onion; 2 diced celery stalks; 2 tbsp olive oil; 1 tsp dried sage; 1 tsp dried thyme; 1 1/4–1 1/2 cups low-sodium broth.

Directions Heat oven to 375°F. Sauté the vegetables in oil 8–10 min. Toss with the bread, herbs and enough broth to moisten. Bake in a greased 8-inch dish, covered 20 min, then uncovered 15–20 min.

PER SERVING **150 calories / 6 g protein / 19 g carbs / 6 g fat**



6 SERVINGS | 50 MIN

Apple-Oat Crisp

Use rolled oats and walnuts for a crunchy topping.

Ingredients 5 medium apples, thinly sliced; 1 tbsp lemon juice; 1 tsp cinnamon; 3/4 cup rolled oats; 1/3 cup chopped walnuts; 2 tbsp maple syrup; 2 tbsp olive oil.

Directions Heat oven to 375°F. Toss apples with lemon and cinnamon in an 8-inch baking dish. Mix oats, walnuts, maple syrup and oil, then scatter on top. Bake 35–40 min, until apples are tender.

PER SERVING **220 calories / 3 g protein / 34 g carbs / 10 g fat**

One more swap Try plain Greek yogurt instead of whipped topping on the crisp.

Nutrition estimates use USDA FoodData Central values, vary by ingredients, and exclude optional toppings. Photos are illustrative.