

# Thanks - Slimming

8 Healthy & Delicious  
Holiday Recipes





It's that time of year again, when families and friends gather, and the turkey doesn't thaw in time (whoops!). Thanksgiving is all about abundance, but all too often, it becomes about over-abundance. In fact, did you know that the average American eats 4,500 calories on Thanksgiving?

Although your pumpkin pie may be begging you to slather on the Whipped Cream, today I want to share with you a lighter, but still equally delicious menu. The talented Chef Jason Kieffer and I have paired together to make your Thanksgiving meal a ThankSLIMMING meal.



# Roasted Kambocha Squash Salad

from Chef Brian Edwards

## Ingredients

1/2 cup arils from POM Wonderful Pomegranates or 1/2 cup POM POMS

Fresh Arils

1 small kabocha squash

1/4 cup olive oil

1 tablespoon dried thyme

1 head hearts of romaine, chopped

1 head endive, chopped

2 cups arugula

1 shallot, sliced thin

1/3 cup goat cheese

1/4 cup aged sherry vinegar

1/2 cup good extra virgin olive oil

salt and pepper to taste

## Preparation

1. Prepare fresh pomegranate arils, if necessary.\* 2. Preheat oven to 400°F. 3. Peel kabocha squash, remove seeds, slice into wedges and toss with 1/4 cup olive oil. Season with salt, pepper and

dried thyme. 4. Roast for approximately an hour, until tender. 5. Remove from oven and allow to cool. 6. Chop and clean lettuce greens. 7. Toss lettuce mixture with shallots, squash, goat cheese, sherry vinegar, olive oil, salt and pepper to taste. 8. Plate and top with arils.

\*To prepare fresh arils, score 1 large POM Wonderful Pomegranate and place in a bowl of water. Break open the pomegranate under water to free the arils (seed sacs). The arils will sink to the bottom of the bowl and the membrane will float to the top. Sieve and put the arils in a separate bowl. Reserve 1/2 cup of the arils from fruit and set aside. (Refrigerate or freeze remaining arils for another use.)



## Sweet Yams

### INGREDIENTS:

- 4 yam cubed
- ½ C. low-fat coconut milk
- 1 tsp cinnamon
- ½ tsp nutmeg

### DIRECTIONS:

Skin the yams , and then place in a large pot of water. Boil for 20-25 mins or until fork tender.

Drain the water.

Add the yams to a mixer, and blend. Add in coconut milk, cinnamon and nutmeg.

Garnish with powdered cinnamon.

SERVINGS: 8

SERVING SIZE: ½ Yam



# Cauliflower Mashed Potatoes

## INGREDIENTS:

- 1 lb potatoes
- 1 lb cauliflowers
- 1 tbsp. unsalted butter
- ½ cup skim milk
- ½ cup chicken stock
- ½ tsp kosher salt
- ¼ tsp ground pepper
- ¼ tsp garlic powder

## DIRECTIONS:

Boil cauliflower in a pot of chicken stock until tender, about 7 mins.

In a separate pot, boil potatoes until fully cooked, about 30 mins or until fork tender. Puree cauliflower in a food processor.

When the potatoes are cooked, mash together in a mixer. Add into the cauliflower, butter and milk. Add in salt, pepper, and garlic powder

Tip: Fold in lightly steamed kale

## NUTRITIONALS:

Calories: 100

Fat: 2.2 g

Pro: 3.2 g

Carbs: 17.4 g

Servings: 6



# Pomegranate Cranberry Chutney

## INGREDIENTS:

- 2 cups whole cranberries
- ½ cup fresh blueberries
- 2 cups water
- 1 tbsp. lemon juice
- 1 tbsp. fresh ginger root
- 1 packet Stevia
- 2 tbsp. Agave Nectar
- 2 tbsp. pecans, chopped
- 2 tbsp. fresh mint, chopped
- ¼ cup pomegranate seeds

## DIRECTIONS:

Set aside 1/4 cup of cranberries.

Boil cranberries, blueberries, lemon juice, ginger, stevia and agave in water until the pomegranates start to pop - about 10-15 minutes.

Take off the heat and strain.

Fold in the remaining cranberries and slowly mash them by hand. Pulse in mixer until chunky. Add in pecans, mint and pomegranate. Serve chilled.

## NUTRITIONALS:

Calories: 66

Fat: 1.7 g

Pro: 0.5 g

Carbs: 7 g

SERVINGS: 6

SERVING SIZE: ¼ cup



# Pumpkin Mousse

## INGREDIENTS:

- 1 cup pureed pumpkin
- ½ cup garbanzo beans
- 1 avocado
- ½ cup agave syrup
- ½ tsp nutmeg
- ½ tsp allspice
- 1 lb. silken tofu
- ½ tsp ground cinnamon

## DIRECTIONS:

Mix all ingredients in food processor. Chill for 3-4 hours. Spoon into a glass. Garnish with pomegranate seeds and coco powder, pumpkin seeds and fresh mint.

## NUTRITIONALS:

Calories: 203

Fat: 7.5 g

Pro: 7.7 g

Carbs: 7.5 g

SERVINGS: 6

SERVING SIZE: ¼ cup



Photo credit: [www.Wolf189.com](http://www.Wolf189.com)

# Green Beans Toasted Cashews

## INGREDIENTS:

- 1 1/2 pounds green beans
- 1 tablespoon olive oil
- 2 medium shallots, thinly sliced
- Freshly ground black pepper
- 1/4 C chopped cashews
- 1/4 C. sliced dried apricots

## DIRECTIONS:

1) Add green beans to lightly salted boiling water and cook until they just start to get tender but remain quite crunchy, 3 to 5 minutes depending on the size of the beans.

Drain the beans and immediately plunge them into the ice water. Let them sit for a minute to cool thoroughly, then drain them.

Put the oil and butter in a large skillet over medium-high heat. When the butter melts, add the shallots and cook, stirring once or twice, until they're golden brown and crisp, 5 to 10 minutes. Transfer the shallots to a plate lined with paper towels. Leave the fat in the pan.

Add green beans to the skillet, sprinkle with salt and pepper, stirring occasionally, until the beans are crisp-tender, 3 to 5 minutes. Taste and adjust the seasoning and serve hot or warm with the shallots on top and almonds sprinkled on top.

SERVINGS: 4

SERVING SIZE: 1 cup



## Fresh Herb Stuffing

### INGREDIENTS:

- 1 1/2 cups low sodium chicken stock
- 1/4 C diced yellow onions
- 1/4 C diced celery
- 12 ounces toasted wholegrain bread cubes
- 5 garlic cloves, minced
- 2 tablespoons olive oil
- 1/2 cup chopped fresh parsley
- 2 tablespoons fresh thyme
- 1 tablespoon chopped sage
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- Cooking spray
- Handful of nuts of choice

(walnuts, pecans or pistachios)

### DIRECTIONS:

Sauté onions, garlic and celery until onions are clear. Add in bread cubes, stock, walnuts pecans or pistachios

Stir garlic mixture, parsley, thyme, sage, salt, and pepper into bread mixture. Let stand 5 minutes.

Bake stuffing at 350° for 45 minutes in an 11 x 7-inch baking dish coated with cooking spray.

SERVINGS: 4



# Mushroom Sage Gravy

**SERVINGS:** 6

**SERVING SIZE:** ¼ cup

## INGREDIENTS:

- 1 tbsp. shallots, chopped
- 1 tbsp olive oil
- ¼ cup assorted mushroom, chopped
- ¼ cup white wine
- 2 cups chicken broth
- ¼ tsp Mrs. Dash seasoning
- 2 tsp corn starch
- ½ cup water
- ¼ tsp kosher salt
- 1 tsp fresh sage

## DIRECTIONS:

In a sautee pan, sautee shallots and mushrooms in olive oil. Deglaze with white wine.

Add chicken stock. Bring to a boil.

In a separate bowl, mix together corn starch and water into a slurry. Add into the chicken stock mixture when boiling. Season with salt, and Mrs. Dash.

## NUTRITIONALS:

Calories: 16.6

Fat: 0 g

Pro: 0.8 g

Carbs: 1.5g



# Rosemary and Citrus Turkey

## INGREDIENTS

- 1 (10- to 12-pound) whole turkey
- 8 pounds bone-in turkey parts (see notes)
- 4 ½ tablespoons kosher salt
- 2 tablespoons black pepper
- ½ teaspoon allspice
- 6 garlic cloves, grated on a microplane or minced
- Finely grated zest of 2 lemons
- Finely grated zest of 2 oranges (save the oranges for juicing)
- 2 bunches rosemary
- 1 bunch thyme
- 3 white onions, peeled, halved and sliced
- 4 large carrots, peeled and sliced into 1/2-inch coins
- 3 celery stalks, sliced 1/2-inch thick
- 2 apples, cored and sliced
- Dry white wine, as needed
- ¾ cup melted butter or olive oil

Directions on next page

Remove giblets from inside the turkey; reserve for stock or gravy. Pat meat dry with paper towels. In a small bowl, stir together salt, pepper, allspice, garlic and citrus zests. Pat mixture all over turkey and turkey parts (including inside the whole turkey cavity). Stuff one bunch of rosemary in cavity of whole turkey. Strew remaining rosemary and the thyme all over turkey and turkey parts. Refrigerate, uncovered, overnight.

Remove whole turkey from the refrigerator 1 hour before you plan to cook it so it can come to room temperature. Heat oven to 350 degrees. Arrange oven racks so the pan with the whole turkey will fit on top rack, and the two pans with parts will fit underneath. Place whole turkey (with herb branches clinging to it) on a rack in a roasting pan. Take parts out of the fridge and place the breasts in a 9-by-13-inch roasting pan. Place the legs and wings in a separate 9-by-13 roasting pan.

Distribute onions, carrots, celery and apples into all three pans, scattering them on the bottom of the large roasting pan under the whole turkey, and tucking them in among turkey pieces. Sprinkle 2 tablespoons wine over each pan of turkey parts and pour 1/2 cup wine in the bottom of the whole turkey pan.

Transfer whole turkey to the oven and roast for 1 hour (let the parts come to room temperature while the turkey starts roasting).

Add parts to the oven underneath the rack with the whole turkey on it, and roast for an additional 30 minutes.

Squeeze the juice from the 2 zested oranges. Increase oven temperature to 450 degrees and sprinkle about a third of the orange juice into the bottom of each of the three pans. Drizzle the butter or oil all over the whole turkey and the pieces. Continue roasting until an instant-read thermometer inserted into the meat registers 165 degrees, about 20 to 30 minutes more for the whole turkey, and 15 to 45 minutes longer for the parts. (Note: The turkey breasts may cook faster than the dark meat, so keep your eye on them.) If the breast of the whole turkey starts to look too brown before the bird is cooked through, cover it loosely with foil.

When the whole turkey is cooked through, remove from oven, cover with foil and let rest for 20 minutes while the parts finish cooking.

When all the turkey parts are cooked through, adjust oven temperature to broil. Broil turkey parts until skin turns golden brown and crisp, 3 to 5 minutes. Let parts rest for 5 minutes before carving and serving. If you want to use the drippings for gravy or stock, strain or use a slotted spoon to remove vegetables first.