

Happy Healthy Thanksgiving!

Roasted Vegetables

1. While the turkey roasts, combine the vegetables and rosemary on a rimmed baking sheet. Drizzle with oil and season with salt and pepper; toss to combine. Cover with foil.
2. After the turkey has roasted for an hour, place vegetables on the second rack in the oven. Roast 1 1/2 hours, then uncover, and roast for 30 minutes longer, tossing occasionally until vegetables are tender and golden brown.

Courtesy of BodyandSoul.com

Heart Healthy Thanksgiving Stuffing (Gluten and Dairy-free)

Heat a large heavy-bottomed pot and melt butter or oil. Add chopped onion and celery and stir until they get soft and transparent.

Add chopped cranberries, dates and apricots. Once it is all soft, add the cooked grain (oats, rice, etc.) and throw in the eggs and enough stock and wine to hold it all together. Let it cook until it gets firmer and dryer.

Add seasoning and nuts to finish. Stuff your bird- Yum!

Note: This recipe can be flexible to your taste preferences. Try adding sausage or bacon; or adjust the seasoning with cinnamon, rosemary, thyme or cloves.

Recipe is courtesy of Anna Sward of Precision Nutrition and the Protein Pow(der) blog

Thanksgiving is one of my favorite times of year; what a fun way to celebrate abundance with our family and friends! There

is no doubt that Thursday will be full of indulgence, but as it turns out, many of our most-loved Thanksgiving foods are actually highly nutritious.

For example, turkey is a fantastic source of lean protein. It is also high in selenium, B6, B3, the amino acid tryptophan and some other beneficial trace minerals. Cranberries and pumpkin are both considered “super foods”. High in fiber, and low in calories, pumpkin is an excellent source of disease-fighting carotenoids. Cranberries possess the highest plant concentration of phenols (a potent anti-oxidant), as well as other anti-microbial compounds. And little known, Rutabaga is exceptionally high in vitamin c, as well as eight phytoalexins, which (among other things) promote the growth and survival of brain cells.

Tips for a Healthy Thanksgiving:

- Whenever possible, chose an organic, free-range turkey. It is healthier for you, and the earth.
- There are many creative options for vegetarians and vegans that don't involve tofurky. For years at our house, we had so many vegetarians that we just skipped the turkey altogether. The stuffed pumpkin is most memorable.
- Stuffing can be made healthier with a blend of wild rice, oats or quinoa. If you are hooked on bread based “dressing”, try using sprouted grain Ezekiel. Check out the healthy stuffing recipe below.
- Incorporate as many vegetables as possible. My favorite trick is to blend traditional mashed potatoes with mashed cauliflower. No one will be the wiser. There is also a very simple, “kid friendly” recipe for roasted root vegetables below.
- Include some green. A simple baby green salad dressed up with dried cranberries, roasted beets, toasted pecans and citrus is perfect.

- Join us for a “turkey trot”!!! The Boutique ladies will be running the Fairhaven Thanksgiving Turkey Trot for Health and Hunger 5k this year. Or, after dinner, get everyone together for touch football!