

Heart-Healthy Thanksgiving Dinner

- *Roasted Beet and Tart Apple Salad*
- *Roasted Delicata Squash with Quinoa Salad*
- *Cranberry Sauce*
- *Cauliflower “Stuffing”*
- *Roasted Turkey*

Nutrition Facts	
Serving: 1 meal	
Amount Per Serving	
Calories 597	
Total Fat 23 g	
Saturated Fat 4 g	
Monounsaturated Fat 15 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 62 mg	
Sodium 336 mg	
Potassium 1450 mg	
Total Carbohydrate 66 g	
Dietary Fiber 13 g	
Net Carbs 53 g	
Sugars 26 g (9 g added sugars)	
Protein 41 g	
Vitamin A	34%
Vitamin C	86%
Calcium	16%
Iron	37%

Roasted Beet and Tart Apple Salad

Serves 8

Ingredients

2 large beets (about 1 ¼ lbs)
2 thyme sprigs
2 tbsp extra-virgin olive oil, plus 1 tsp for rubbing
¼ tsp salt
Freshly ground black pepper
2 tbsp apple-cider vinegar
½ tsp Dijon mustard
1 ½ tsp prepared horseradish
¼ cup salted pistachios, chopped
½ tart apple, cored and diced ¾-inch

Preparation

Preheat the oven to 375° F.

In a baking dish, lightly rub the beets with 1 teaspoon of olive oil. Add the thyme sprigs and season with salt and pepper. Cover with foil and roast until the beets are tender, about 1 hour and 45 minutes. Let cool, then peel the beets and cut them into ¾-inch dice.

In a large bowl, whisk the vinegar with the mustard. Whisk in the remaining 2 tablespoons of oil. Add the horseradish; toss with the beets and pistachios. Transfer the beets to a platter, top with the apple and serve.

Nutrition information (per serving): 95 calories, 6 grams total fat, 1 grams saturated fat, 4 grams monounsaturated fat, 1 grams polyunsaturated fat, 0 grams trans fat, 0 mg cholesterol, 83 mg sodium, 287 mg potassium, 10 grams total carbohydrate, 3 grams fiber, 6 grams sugar (0 grams added sugar), 2 grams protein

Roasted Delicata Squash with Quinoa Salad

Serves 4 as an entrée or 8 as a side dish

Quinoa is definitely a superfood: A grain-like seed, it's a complete protein containing all essential amino acids (another plus: it cooks much more quickly than most whole grains). To create a terrific vegetarian main course, we toss quinoa with arugula, apple, raisins and fresh herbs, then spoon the salad into a baked delicata squash half (a great source of vitamins A and C).

Ingredients

2 delicata squash (about 1 lb each), halved lengthwise and seeded

2 tbsp extra-virgin olive oil, divided

¼ tsp salt

Freshly ground black pepper

1 cup quinoa

2 tbsp golden raisins

1 tbsp sherry vinegar

1 tsp honey

1 Granny Smith apple, cored and finely diced

1 large shallot, minced

1 garlic clove, minced

2 tbsp chopped mint

2 tbsp chopped parsley

2 oz arugula (about 2 cups)

Preparation

Preheat the oven to 350°. Brush the cut sides of the squash with *1 teaspoon* of the olive oil and season the cavities with salt and pepper. Place the squash cut side down on a baking sheet and roast for about 45 minutes, until tender.

Meanwhile, in a saucepan, bring 2 cups of water to a boil. Add the quinoa, cover and simmer for 10 minutes. Stir in the raisins and simmer, covered, until the water is absorbed, about 5 minutes. Transfer the quinoa to a large bowl and let cool.

In a small bowl, whisk the vinegar and honey with the remaining 1 tablespoon plus 2 teaspoons of olive oil. Add the dressing to the quinoa along with the apple, shallot, garlic, mint and parsley and toss well. Add the arugula and toss gently.

To serve as an entrée, set the squash halves on plates. Fill with the salad and serve. To serve as a side dish, thinly slice the roasted squash and gently toss with the salad.

Make ahead: The cooked quinoa can be refrigerated overnight. Bring to room temperature and add the arugula just before serving.

Nutrition information (per entrée serving): 365 calories, 10 grams total fat, 1 grams saturated fat, 6 grams monounsaturated fat, 2 grams polyunsaturated fat, 0 grams trans fat, 0 mg cholesterol, 108 mg sodium, 1124 mg potassium, 64 grams total carbohydrate, 9 grams fiber, 14 grams sugar (1.5 grams added sugar), 8 grams protein

Nutrition information (per side dish serving): 181 calories, 5 grams total fat, 1 grams saturated fat, 3 grams monounsaturated fat, 1 grams polyunsaturated fat, 0 grams trans fat, 0 mg cholesterol, 54 mg sodium, 562 mg potassium, 32 grams total carbohydrate, 4 grams fiber, 7 grams sugar (1 gram added sugar), 4 grams protein

Cranberry Sauce

Serves 12

Ingredients

12 oz fresh cranberries, picked over for stems, washed and drained
Juice of 2 oranges (about ½ cup)
Zest of one orange
2 strips of orange peel, about 1 ½ tablespoons when chopped finely
1 tart apple, cored and chopped
¼ cup of water
¼ cup of honey (or agave nectar) or stevia

Preparation

Put cranberries, orange juice, zest, peel, apple, and water in a sauce pan and bring to a boil. Lower the heat to a simmer and cook, stirring constantly, until the cranberries start to burst (about 10-15 minutes). Add the honey to the cranberry mixture. Stir to fully incorporate the honey. Simmer 10-12 minutes and remove from heat.

Allow the sauce to completely cool, then cover and refrigerate for about 4 hours or overnight.

Note: This is not as sweet as store versions! Taste at the end of cooking. It is naturally sweet from the fruit juice and apple but you can add more honey (or stevia) to taste if needed.

Nutrition information (per serving): 47 calories, 0 grams total fat, 0 grams saturated fat, 0 grams monounsaturated fat, 0 grams polyunsaturated fat, 0 grams trans fat, 0 mg cholesterol, 1 mg sodium, 60 mg potassium, 12 grams total carbohydrate, 2 grams fiber, 9 grams sugar (8 grams added sugar *if using honey or agave nectar*), 0 grams protein

Cauliflower “Stuffing”

Serves 10

Ingredients

1 cup hazelnuts
Juice of 2 lemons, divided
1 tsp lemon zest
2 garlic cloves, peeled
1 tbsp fresh thyme, leaves only, stems removed and discarded
⅓ cup roughly chopped flat-leaf parsley leaves
½ tsp salt
3 tbsp olive oil, divided
1 head cauliflower, cut into bite-sized florets
1 lb cremini mushrooms, halved
1 leek, white and light green parts only, rinsed well and chopped, or 1 onion, chopped
2 stalks celery, chopped

Preparation

Preheat oven to 350° F.

In a food processor, combine hazelnuts and pulse briefly to break the nuts. Add the juice of one lemon, lemon zest, garlic cloves, thyme, parsley, salt, and 2 *tablespoons* of oil. Process by pulsing 6-8 times or until the mixture resembles a coarse relish consistency. Toss with the cauliflower and place in a 2-quart ceramic, glass, or cast-iron baking dish.

Bake for 30 minutes, stirring occasionally. Increase the oven temperature to 375° F, and bake another 25 minutes or until the mixture caramelizes at the edges, stirring several times so the stuffing does not burn or stick to the pan. (It is these last minutes that are crucial to finishing the dish. The hazelnuts will brown and lose moisture, becoming caramelized and a bit crunchy again.)

In a sauté pan over medium-high heat, measure the remaining 1 *tablespoon* of oil. Add the mushrooms, leek, and celery, and cook for about 5-7 minutes or until the mushrooms are cooked through.

Combine the roasted cauliflower with the mushroom mixture. Just before serving, squeeze the juice of the remaining lemon over the stuffing.

Make ahead: This breadless and gluten-free alternative to traditional stuffing can be baked a day ahead and then covered and re-heated before serving.

Nutrition information (per serving): 147 calories, 11 grams total fat, 1 grams saturated fat, 8 grams monounsaturated fat, 1 grams polyunsaturated fat, 0 grams trans fat, 0 mg cholesterol, 147 mg sodium, 527 mg potassium, 10 grams total carbohydrate, 4 grams fiber, 4 grams sugar (0 grams added sugar), 5 grams protein

Roasted Turkey

Serves 12

Ingredients

1 ½ tsp Spanish paprika
1 tsp dried oregano
1 tsp dried basil
1 tsp ground sage
1 tsp onion powder
1 tsp ground black pepper
3 lbs. boneless, skinless turkey breast

Preparation

Preheat oven to 350° F.

Combine the herbs. Rub the herb mixture into the turkey breast. Place the turkey into a baking dish and bake for 2-3 hours, until a meat thermometer inserted into the thickest part reads 170° F.

Nutrition information (per serving): 127 calories, 1 grams total fat, 1 grams saturated fat, 0 grams monounsaturated fat, 0 grams polyunsaturated fat, 0 grams trans fat, 62 mg cholesterol, 51 mg sodium, 14 mg potassium, 2 grams total carbohydrate, 0 gram fiber, 0 grams sugar (0 grams added sugar), 26 grams protein