

Wonders of Wellness

Healthy Holiday

Side Dishes Recipes

2013



Side Dishes:

- a. Traditional Green Bean Casserole*
- b. Mashed Butternut Squash Remix*
- c. Vegetable and Fruit Stuffing*
- d. Quinoa Stuffing*
- e. Heather's Roasted Cauliflower Mash*
- f. Succotash*
- g. Green Beans with Lemon and Thyme*
- h. Glazed Yams with Cinnamon and Nutmeg*

Traditional Green Bean Casserole

Prep Time: 10 minutes

Cooking Time: 30 minutes

Servings: 10 (heaping ½ cup)

Ingredients:

2 (16 oz.) bags frozen green beans, thawed

1 (10 oz.) can low-fat cream of mushroom soup

¾ cup skim milk

1 teaspoon black pepper

1 cup canned fried onions

Directions:

Pre-heat oven to 350 degrees.

Mix soup, milk, and pepper in a large bowl, then stir in the thawed green beans. Transfer to a greased casserole dish. Bake for 30 minutes, until the casserole is bubbling. Remove from the oven and top with the onions. Bake another five minutes to crisp the onions.



Nutritional Facts:

Calories = 91.9

Fat = 3.7 g

Cholesterol = 1.9 mg

Sodium = 250.3 mg

Total Carbs = 12.6 g

Dietary Fiber = 3.4 g

Protein = 2.9 g

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=69626>

Mashed Butternut Squash Remix

Prep Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

1 butternut squash, peeled and cubed

1 tablespoon butter

2 teaspoons brown sugar (more or less to taste)

Salt and pepper to taste

Dash fresh ground nutmeg (optional)



Directions:

Boil squash cubes until tender, about 20 minutes. Drain. Mash as you would for potatoes, than add remaining ingredients. Serve hot.

Nutritional Facts:

Calories = 95.6

Fat = 3.0 g

Cholesterol = 7.8 mg

Sodium = 153.4 mg

Total Carbs = 19.2 g

Dietary Fiber = 4.5 g

Protein = 1.4 g

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1197925>

Vegetable and Fruit Stuffing

Prep Time: 10 minutes

Cooking Time: 30 minutes

Servings: 18



Ingredients:

10 cups wheat bread, (dense bakery bread), cubed

2 strips turkey bacon, diced

1 ¼ cup low-sodium chicken or vegetable stock

1 tablespoon butter, unsalted

2 yellow onions, diced

5 Granny Smith apples, cored and diced

2 cups fennel, chopped

2 stalks celery, diced

Pinch salt

½ teaspoon pepper

½ teaspoon oregano

6 dried apricots, chopped

½ cup egg substitute

2 tablespoons flat-leaf parsley, chopped

Directions:

- 1. Pre-heat oven to 350 degrees.*
- 2. Toast bread cubes until light golden in color, about 12-15 minutes; set aside and cool.*
- 3. Increase oven temperature to 375 degrees.*
- 4. Place turkey bacon in a heavy saucepan. On top of stove cook over moderate heat just until the fat is melted and the meat starts to brown. Remove from pan; chop into a small dice and reserve. Drain off any excess fat and discard.*
- 5. Melt butter in the saucepan. Add onions and sauté until golden in color. To the onions, add the diced bacon, apples, fennel and celery. Cook, stirring for 3-5 minutes.*
- 6. Spray 13 x 9 baking dish. Combine toasted bread, vegetable mixture, and stock to a large bowl. Mix in herbs, seasonings, fruit, and beaten eggs. Transfer to baking dish. Cover with foil that has been sprayed with pan spray. Cook for 30 minutes. Remove foil and bake until top is browned; about 20 minutes.*

Nutritional Facts:

Calories = 78.4

Fat = 1.1 g

Cholesterol = 2.6 mg

Sodium = 68.3 mg

Total Carbs = 15.0 g

Dietary Fiber = 2.5 g

Protein = 2.7 g

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=783315>

Quinoa Stuffing

Prep Time: 10 minutes

Cooking Time: 27 minutes

Servings: 16 (2/3 cup)

Ingredients:

2 tablespoons olive oil

1 medium onion, chopped

2 cloves garlic, finely chopped

8 medium celery stalks, chopped (about 4 cups)

2 medium green apples, with peel (about 2 cups)

4 cups low-sodium organic vegetable broth

2 cups dry quinoa, rinsed

1 teaspoon sea salt

1 teaspoon ground cumin

½ teaspoon ground black pepper

½ cup dried cranberries

½ cup fresh cilantro, chopped

½ cup pine nuts

Directions:

1. Heat oil in medium saucepan over medium-high heat.
2. Add onion and garlic; cook, stirring occasionally for 2 minutes, or until fragrant.
3. Add celery and apple; cook, stirring frequently for 8 to 10 minutes, or until tender.
4. Add broth, quinoa, salt, cumin, and pepper. Bring to a boil. Reduce heat to medium-low; cook, covered for 15 minutes, or until most of liquid is absorbed. Remove from heat.
5. Add cranberries. Cover and let stand for 5 minutes. Add cilantro and pine nuts; fluff with fork and serve.

Nutritional Facts:

Calories = 156

Fat = 6 g

Cholesterol = 0 mg

Sodium = 196 mg

Total Carbs = 22 g

Dietary Fiber = 3 g

Protein = 4 g

http://www.beachbody.com/product/newsletters/nl_539-13-healthy-thanksgiving-recipes.do

Heather's Roasted Cauliflower Mash

Prep Time: 5 minutes

Cooking Time: 45 minutes

Servings: 8 (1/4 cup)

Ingredients:

1 (2-lb.) cauliflower, cut into small florets, discard stem

4 teaspoons olive oil

1 teaspoon sea salt

¼ teaspoon granulated garlic (optional)

2 tablespoons low-sodium organic vegetable broth

Directions:

- 1. Pre-heat oven to 400 degrees.*
- 2. Wash cauliflower and pat dry.*
- 3. Place cauliflower in large baking pan. Drizzle with oil; toss gently to coat.*
- 4. Season with salt and garlic.*

5. Bake, stirring halfway through, for 40 to 45 minutes, or until tender.
6. Place in food processor; add vegetable broth. Pulse until smooth.

Nutritional Facts:

Calories = 46

Fat = 3 g

Cholesterol = 0 mg

Sodium = 319 mg

Total Carbs = 5 g

Dietary Fiber = 2 g

Protein = 2 g

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Succotash

Prep Time: 10 minutes

Cooking Time: 21 minutes

Servings: 10 (1/2 cup)

Ingredients:

1 tablespoon olive oil

1 medium onion, chopped

2 medium red bell peppers, chopped

½ teaspoon sea salt

½ teaspoon ground black pepper

2 cloves garlic, finely chopped

2 ½ cups fresh corn kernels (about 4 ears of corn)

2 cups lima beans (or shelled edamame)

3 tablespoons thinly sliced fresh basil

Directions:

- 1. Heat oil in large skillet over medium heat.*

2. *Add onion and bell peppers. Season with salt and pepper; cook, stirring frequently for 5 minutes, or until soft.*
3. *Add garlic; cook, stirring frequently for 1 minutes, or until fragrant.*
4. *Add corn and lima beans. Reduce heat to medium-low; gently boil, covered, stirring occasionally for 15 minutes, or until corn and lima beans are tender.*
5. *Add basil before serving.*

Nutritional Facts:

Calories = 192

Fat = 2 g

Cholesterol = 0 mg

Sodium = 126 mg

Total Carbs = 35 g

Dietary Fiber = 10 g

Protein = 10 g

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Green Beans with Lemon and Thyme

Prep Time: 5 minutes

Cooking Time: 9 minutes

Servings: 12 (3/4 cup)

Ingredients:

1 tablespoon olive oil

2 ½ lbs. green beans, trimmed (about 10 cups)

2 cloves garlic, finely chopped

½ teaspoon sea salt

¼ cup water

1 teaspoon lemon peel, finely chopped

3 tablespoons fresh lemon juice

¼ cup fresh thyme, chopped

Directions:

- 1. Heat oil in large skillet over medium-high heat.*
- 2. Add green beans and garlic. Season with salt; cook, stirring frequently for 4 to 6 minutes.*

3. *Add water; cook, covered for 2 minutes.*
4. *Remove lid; cook for 30 seconds to 1 minute, or until water evaporates.*
5. *Add lemon peel, lemon juice, and thyme. Serve immediately.*

Nutritional Facts:

Calories = 42

Fat = 1 g

Cholesterol = 0 mg

Sodium = 101 mg

Total Carbs = 7 g

Dietary Fiber = 3 g

Protein = 2 g

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Glazed Yams with Cinnamon and Nutmeg

Prep Time: 10 minutes

Cooking Time: 1 hour

Servings: 12 (2/3 cup)

Ingredients:

2 ½ lbs. medium yams, peeled, cut into 2-inch pieces (about 8 cups)

1 teaspoon sea salt, divided use

2 teaspoons orange peel, grated

2 tablespoons 100% orange juice

1 tablespoon fresh lemon juice

3 tablespoons butter, melted

2 tablespoons raw honey

½ teaspoon ground black pepper

½ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

Directions:

- 1. Pre-heat oven to 350 degrees.*

2. *Arrange yams in 13 x 9 x 2-inch glass baking dish. Season evenly with ¼ teaspoon salt. Set aside.*
3. *Combine orange peel, orange juice, lemon juice, butter, and honey in a small bowl; whisk to blend.*
4. *Pour orange juice mixture over yams; toss to coat.*
5. *Sprinkle evenly with remaining ¾ salt, pepper, cinnamon, and nutmeg.*
6. *Bake yams, stirring occasionally for 50 to 60 minutes, or until fork tender.*

Nutritional Facts:

Calories = 138

Fat = 3 g

Cholesterol = 8 mg

Sodium = 198 mg

Total Carbs = 27 g

Dietary Fiber = 4 g

Protein = 1 g

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