

a *Thanksgiving*
of
Wellness

Diabetic-Friendly
Thanksgiving Cookbook





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Thanksgiving is a wonderful time of year for family to spend time together—and enjoy an indulgent meal. So how do you let yourself enjoy a special meal without going overboard? Keep these tips in mind before your feast:

- 1 Pile on the protein.** Foods that are low-carb and high-protein will be the best options. Your body digests protein more slowly, thus creating less of an impact on your blood sugar levels. Go for the turkey first!
- 2 Choose the right carbs.** Eat carbs that come from high-quality, plant-based sources such as quinoa, sweet potatoes, winter squash, and berries. These types of carbs will also come with fiber, which helps food digest slower.
- 3 Keep your portion sizes in check.** After all, there will be leftovers. Quantity and portion sizing are the most important factor in keeping blood-sugar levels balanced through the holidays.
- 4 Make smart swaps.** You can make tiny changes to almost any recipe to make it more diabetes-friendly. For example, when making baked goods or desserts, substitute a healthier type of flour. Coconut and almond flours can be especially helpful in lowering the carbs, but whole wheat, oat, and chickpea flours will also add higher-quality carbs compared to white flour.
- 5 Get moving.** If you do overeat (hey, we are all human!), try going for a walk after the big meal, which will help prevent a blood sugar spike.

Shaved Brussels Sprout Salad with Hazelnuts, Broiled Lemon, and Pecorino



INGREDIENTS

- 1/2 c. hazelnuts
- 1 1/2 lb. Brussels sprouts, trimmed
- 1 lemon
- 3 tbsp. plus 1 tsp. olive oil
- 3 tbsp. finely chopped chives
- 1/2 c. flat-leaf parsley leaves
- 4 oz. Pecorino, shaved with vegetable peeler
- Kosher salt and pepper

DIRECTIONS

1. Heat oven to 325°F. Place hazelnuts on a rimmed baking sheet and roast until deep golden brown. Transfer to a clean dishtowel. When cool, rub in towel to remove skins, then coarsely chop nuts and set aside.
2. Using a food processor fitted with the thinnest slicing blade, thinly slice Brussels sprouts (you should have about 6 cups).
3. Heat broiler and line same rimmed baking sheet with nonstick foil. Slice half of lemon into 1/3-in.-thick slices, lay on prepared baking sheet, and brush with 1 tsp oil. Broil until charred and tender, 2 to 3 minutes. Let cool, then chop if desired; transfer to a large bowl.
4. Juice remaining lemon half into large bowl, then add remaining 3 Tbsp oil, 3/4 tsp salt, and 1/2 tsp pepper. Add Brussels sprouts and toss to coat; fold in chives, parsley, and half of Pecorino and hazelnuts. Arrange on a platter and top with remaining Pecorino and hazelnuts.

Herb-Roasted Potato Medley

INGREDIENTS

- 2 lb. baby potato mix (purple, red, white creamers)
- 1 tbsp. extra virgin olive oil
- 2 tsp. chopped fresh rosemary
- 1 tsp. chopped fresh thyme
- 1 tsp. salt
- 1/4 tsp. freshly ground black pepper

DIRECTIONS

1. **PREHEAT** oven to 425°F. Coat large baking sheet with cooking spray.
2. **COMBINE** all ingredients in large bowl and toss well. Arrange potatoes in single layer on baking sheet. Roast, turning occasionally, until lightly browned and tender, 23 to 25 minutes..



“Sweet Potato” Mash with Pecan Topping

INGREDIENTS

8 ounces cauliflower
1/2 cup pumpkin
3 tablespoon unsalted butter
2 tablespoons heavy cream
3 tablespoons xylitol
caramelized
Pinch of salt
Pinch ground black pepper.

DIRECTIONS

- 1 Cook the cauliflower in a little water in a covered pan until it is very soft. Drain well.
2. Add the cauliflower, pumpkin, butter, cream, salt, and spices to a food processor.
3. Meanwhile add the xylitol to a heavy pan. Melt it over medium heat, stirring once in awhile until it is a liquid.
4. Watching it carefully, and stirring occasionally, continue to heat the xylitol until it turns golden brown. Set aside for a minute or two to cool slightly.
5. Pulse the ingredients in the food processor until mushy.
6. Add the caramelized xylitol and process until smooth and creamy. If it is too watery you can put the mixture back into the pan and cook off some of the liquid. Put in bowl and set aside.

1/2 teaspoon cinnamon
1/4 teaspoon cloves
1/4 teaspoon ginger
1/4 teaspoon nutmeg

Topping

1/4 cup chopped pecans
2 tablespoons xylitol
1 teaspoon butter

Topping

1. Melt the xylitol in a small saucepan until it is liquid.
2. Stir in the chopped pecans. Stir to coat the pecans.
3. Add the butter and stir until well blended. Let cool slightly.
4. Spoon over the “sweet potatoes” before serving.



Naturally Sweetened Cranberry Sauce

INGREDIENTS

- 1 12-oz bag cranberries (approx. 4 cups)
- 1/2 cup unsweetened applesauce
- 1 cup orange juice
- 1/3 cup agave syrup
- 1 cinnamon stick (or 1/2 teaspoon ground)
- 1/2 teaspoon allspice
- 1/4 teaspoon nutmeg

DIRECTIONS

1. Add cranberries, applesauce, orange juice and agave to a medium saucepan.
2. Bring to a boil over medium heat. Reduce to simmer and add cinnamon, allspice and nutmeg.
3. Let simmer for approximately 10-12 minutes or until most of the cranberries have burst.
- 4 Remove from heat and allow to cool completely.

