



ULTIMATE THANKSGIVING GUIDE

**PLAY-BY-PLAY
SCHEDULE**

**COMPLETE
SHOPPING LIST**

**APPETIZING
RECIPES**

IFIT THANKSGIVING GUIDE



Are you hosting Thanksgiving this year? I remember my first time making Thanksgiving dinner. I was terrified. Mostly, my fears were about reaching my hand up inside of the turkey, but also about keeping everything hot on the table and how to manage my time. I want your Thanksgiving to be full of food, family, friends, and joy, instead of stress, cold potatoes, and hangry people. So we did all the work for you. Well...almost! *You* still have to touch that raw turkey.

The iFit Thanksgiving Guide has your [recipes](#), [shopping lists](#), and a [timeline](#) to ensure that everything'll be hot-'n-ready when it's dinnertime. Our recipes have all been tested and tweaked to ensure that you love every bite. We focus on healthy dishes (it's hard-wired in dietitians like me), but they all still feel indulgent. They're absolutely delicious, and your whole family will love 'em. So no more stressful Thanksgiving dinners! Simply print this out and follow along.

Happy eating!

“One cannot think well, love well, sleep well,
if one has not dined well.”

–Virginia Woolf



WHAT'S ON THE MENU?

- Rub-'n-roasted Turkey
- Cranberry Relish
- Sweet-'n-savory Stuffing
- Sweet Arugula Quinoa Salad
- Shredded Brussels Sprouts Salad
- Honey Whole Wheat Rolls
- Easy Garlic Green Beans
- Slow Cooker Mashed Potatoes
- Sweet Potato Bake
- Skinny Mini Pumpkin Gingersnap Cheesecakes
- Skinny Pecan Pie
- Pumpkin Pie

Each of these recipes serves 12–16 people. Some might even have leftovers!

THE DAY BEFORE

To do

1. In the morning, thaw your frozen turkey in a sink full of water (or place in the fridge 2–3 days beforehand, if you prefer)
2. Roast garlic (30 minutes—[instructions](#) at the bottom of the Slow Cooker Mashed Potatoes Recipe)
3. Dry out bread in the oven (30 minutes)
4. Shred Brussels sprouts* (5 minutes)

This list'll take about 1½ hours total, but you can save time if you overlap a few steps. For example, shred the Brussels sprouts while the garlic is roasting or roast the garlic with the bread (it's a lower temp, so it'll just need more time).

*This should be done in a food processor, or it'll take much longer.

Make ahead**

- Pumpkin Pie (1½ hours)
- Skinny Pecan Pie (2 hours)
- Pumpkin Cheesecake Bites (45 minutes)
- Cranberry Relish (15 minutes)
- Salad dressings (10 minutes)
- Quinoa for Sweet Arugula Salad (20 minutes)
- Turkey Dry Rub (5 minutes)

**This will take about 5 hours, but you can save time if you overlap a few steps. For example, cook the quinoa, mix up the dressings, and make the relish while the pies are cooking.



THANKSGIVING DAY TIMELINE

POST THIS FOR KITCHEN HELPERS TO SEE.

- 7:30** Prep mashed potatoes and start cooking them in the slow cooker.
- 7:45** Peel and chop sweet potatoes, cover them with water, then place them in the fridge for later.
- 8:00** Relax! Join in a turkey trot, play a football game, or watch the Macy's Day Parade.
- 10:30** Sauté the shallots for the Shredded Brussels Sprouts Salad.
- 10:35** Toss together Shredded Brussels Sprouts Salad, then store in the fridge.
- 11:00** Preheat the turkey roaster and prep the turkey.
- 11:30** Start cooking the turkey in the roasting oven.*
- 11:35** Disinfect and clean up the kitchen.
- 1:00** Set the table.
- 1:15** Begin boiling a large pot of water.
- 1:30** Preheat the oven to 375°F and complete steps 1–5 for the Sweet Potato Bake.
- 2:00** Place the Sweet Potato Bake in the preheated oven.
Begin the yeast mixture for the Honey Whole Wheat Rolls and complete steps 1–8.
- 2:25** Let roll dough rest.
- 2:30** Do a little kitchen clean up.
- 2:30** Complete steps 9–17 for the rolls.
- 3:00** Pull the Sweet Potato Bake out of the oven.
Put first batch of rolls into the oven.
- 3:05** Cover the Sweet Potato Bake with tin foil to keep it warm.
Complete the Sweet-'n-savory Stuffing steps 4–7.
- 3:10** Pull out the first batch of rolls, then brush them with butter. Place next batch in.
- 3:20** Pull out second batch of rolls, then brush with butter.
Increase oven temperature to 425°F.
- 3:25** Do a little more kitchen clean up.
- 3:30** Bake the stuffing.
- 3:35** Take the turkey out of the roaster and allow to rest until dinner.
- 3:40** Make Garlic Green Beans.
Mash the potatoes.
- 3:50** Toss together the Sweet Arugula Quinoa Salad.
- 4:00** Pull stuffing out of the oven and place on the table.
- Eat at 4:00 p.m.!**

*We recommend roasting ovens (if you don't have a double oven) to make your Thanksgiving meal much easier. They aren't too expensive, and it's totally worth the \$30–\$50!

SHOPPING LIST: MAIN MEAL



FRESH PRODUCE

- Onion (1)
- Leeks (2)*
- Celery (3 ribs)*
- Granny Smith apples (4)*
- Green beans (3 pounds)
- Garlic head (3)
- Sweet potatoes (6 medium)
- Brussels Sprouts (12 ounces)
- Shallots (2)
- Russet potatoes (5 pounds)
- Cranberries (6 ounces)
- Red onion (½)
- Oranges (2)
- Lemon (1)
- Baby arugula (12 cups)

HERBS

- Thyme (2 teaspoons)*
- Fresh parsley*

DAIRY

- Butter (18 tablespoons—8 tablespoons are for stuffing)*
- 1% milk (2 cups)
- Eggs (4)
- Goat cheese (2 ounces)
- Feta cheese (½ cup)
- Sour cream (2 tablespoons)

MEAT, POULTRY, FISH

- Turkey (12–14 pounds)
- Peppered bacon (8 ounces)

SHOPPING LIST: MAIN MEAL

GRAINS

- French bread*
- Whole wheat bread*
- Quinoa (1 cup)

CANNED GOODS

- Low-sodium chicken broth (5 cups—3 cups are for stuffing)*

BAKING, BULK, AND SNACK

- Pine nuts (½ cup)*
- Chopped pecans (1 cup)
- Pistachios (½ cup)
- Dried cranberries (¾ cup)
- Dried wild blueberries (¼ cup)
- Dry active yeast (2 tablespoons)
- Whole wheat flour (4 cups)
- All-purpose flour (¼ cup)
- Sugar (⅓ cup)

SPICES AND SEASONINGS

- Smoked paprika (1 tablespoon)
- Seasoned salt (1 tablespoon)
- Minced garlic (2 teaspoons)
- Onion powder (½ teaspoon)
- Bay leaves (6)
- Rubbed sage (2 tablespoons)
- Kosher salt (1 teaspoon)*
- Salt, table (¾ teaspoons)
- Black pepper (2½ teaspoons)*
- Cinnamon (1½ teaspoons)
- Nutmeg (½ teaspoon)
- Ginger (¼ teaspoon)
- Garlic powder (½ teaspoon)

STAPLE FOODS AND CONDIMENTS

- Vegetable oil (1 tablespoon)
- Olive oil (¾ cup)
- Balsamic vinegar (3 tablespoons)
- Red wine vinegar (3 tablespoons)
- Honey (2 tablespoons)
- Pure maple syrup (½ cup)
- Dijon mustard (2 teaspoons)
- Raspberry jam (¼ cup)

*Omit if you decide to make one of our other delicious stuffings found on the iFit Blog!

SHOPPING LIST: DESSERTS



FRESH PRODUCE

- Lemon

DAIRY

- Butter (1 cup + 1 tablespoon)
- Eggs (7)
- Fat-free cream cheese (8 ounces)
- Plain, Greek yogurt (½ cup)
- 1% Milk (⅓ cup)

CANNED GOODS

- Pumpkin purée (30 ounces)

BAKING, BULK, AND SNACK

- Whole wheat flour (2¼ cups)
- Sugar (⅔ cup)
- Brown sugar (1 cup)
- Pecans (3 cups)
- Dates (2 cups)
- Cornstarch (2 teaspoons)
- Coconut oil (⅓ cup)
- Gingersnap cookies (1½ cups)

SPICES AND SEASONINGS

- Salt (1¾ teaspoons)
- Rum extract (½ teaspoon)
- Vanilla extract (2 teaspoons)
- Cinnamon (3 teaspoons)
- Cloves (⅓ teaspoon)
- Ginger (½ teaspoon)
- Cloves (⅓ teaspoon)

STAPLE FOODS AND CONDIMENTS

- Pure maple syrup (¼ cup)

CRANBERRY RELISH



Get rid of that gelatinous goop called “cranberry sauce” that keeps the shape of the can, and enjoy a fresher-tasting, appetizing relish, instead! This Thanksgiving, this recipe will be that lil’ something extra that takes your meal from great to amazing! I like to use fresh cranberries, but you can use frozen just as easily. I recommend making this the night before for the best flavor.

PREP TIME

15 min

COOK TIME

0 min

TOTAL TIME

15 min

Makes: 20 servings
Serving size: 2 tablespoons

Ingredients

- 6 ounces of fresh or frozen cranberries
- ½ red onion
- 1 teaspoon orange zest
- 2 oranges, peeled and coarsely chopped
- ⅓ cup sugar

Directions

1. Pulse the cranberries and the red onion in a food processor until they’re coarsely chopped.
2. Place in a large bowl.
3. Add the orange zest and orange segments.
4. Stir in the sugar.
5. Let stand at room temperature for at least two hours.
6. Cover and chill in the refrigerator until it’s time to serve.



EASY GARLIC GREEN BEANS



These green beans are incredibly easy to make. In fact, you can just heat 'em up in the microwave! Roasting the garlic does take a little time, but it makes these green beans taste buttery and rich—without any butter! This three-ingredient dish is a great one for Thanksgiving or any time of year.

PREP TIME

15 min

COOK TIME

40 min

TOTAL TIME

55 min

Makes: 12 servings

Serving size: 4 ounces

Ingredients

- 3 pounds fresh green beans, stems removed
- 12 cloves garlic
- 1 tablespoon olive oil
- 1½ cups water
- ¾ teaspoon salt

Directions

1. Slice the top off of each head of garlic, then place them in large pieces of individual tin foil. Wrap the bottom and sides, leaving the top open.
2. Drizzle the olive oil over the top, then wrap the exposed portion with remaining tin foil.
3. Place in an oven or toaster oven at 400°F for 30–35 minutes.
4. Allow to cool. Once cooled, the garlic will be soft, like butter, and will easily squeeze out of the tough shells.
5. While the garlic is cooling, microwave the green beans.
6. Place green beans and about 1–1½ cups water in a microwave-safe casserole dish.
7. Place a lid on top, but do not seal it. (Tupperware also works.)
8. Microwave on high for 5–8 minutes until tender, but still crisp in the middle.
9. Drain the green beans.
10. Add the roasted garlic cloves and salt.
11. Place lid securely on top and shake until the garlic and salt are evenly dispersed all over the green beans. (They'll look like they're covered in a buttery sauce.)
12. Enjoy 'em hot!

A close-up photograph of a woven wicker basket filled with golden-brown, twisted whole wheat rolls. The basket is lined with a white cloth featuring blue and yellow stripes. In the background, there are white flowers and greenery, creating a warm and inviting atmosphere. The lighting is soft and natural, highlighting the texture of the bread.

HONEY WHOLE WHEAT ROLLS

HONEY WHOLE WHEAT ROLLS

You'd never guess that these light, fluffy rolls are made with 100% whole wheat flour! I've baked a *lot* of homemade bread in my life, and usually, whole wheat varieties are pretty dense. But with a little experimenting, I finally landed on one that's amazingly light and fluffy! These rolls are a great addition to your Thanksgiving table. They're fancy enough for the holidays and easy enough that you'll want to make them all year long!

PREP TIME

1 hr

COOK TIME

20 min

TOTAL TIME

1 hr 20 min

Makes: 32 rolls

Serving size: 1 roll

Ingredients

- 2 tablespoons dry active yeast
- 1 cup warm water
- 2 tablespoons honey, divided
- ½ cup 1% milk
- 6 tablespoons butter, divided
- 3 eggs, beaten
- 1 teaspoon salt
- 4 cups whole wheat flour
- ¼ cup all-purpose flour (for rolling)*

Directions

1. In a stand mixer, add yeast, water, and 1 tablespoon of the honey. Let sit for about 5 minutes.
2. Microwave the milk for 1 minute until hot. Mix in 2 tablespoons butter.
3. Once cool, whisk in eggs, 1 tablespoon honey, and salt.
4. Add milk mixture to yeast mixture.
5. Using a dough hook, slowly add flour and mix until a ball forms and the dough pulls away from the sides of the bowl (about 10–15 minutes).
6. Let rest for 20 minutes.
7. Divide dough in half.
8. On a floured surface, roll half of the dough into a large circle, ¼ inch thick. Brush with melted butter.
9. Use a pizza cutter and slice into 16 wedges.
10. Roll each wedge up, starting at the bottom of the triangle up to the point.
11. Place rolls point-side-down on baking sheet. Repeat with the rest of the dough.
12. Allow to rise while oven is preheating to 375°F.
13. Bake for 8–10 minutes until golden brown.
14. Brush hot rolls with remaining butter.

*You can also use whole wheat flour for rolling out. However, I noticed that it left the tops of the rolls a little gritty, so I would recommend rolling in all-purpose flour.

PUMPKIN PIE

This seasonal dessert is a *must* for fall. Our version is made with a whole wheat crust for a little more vitamins, minerals, and fiber. We also used coconut oil, but feel free to use butter if you prefer. It's a little time consuming, but the taste is totally worth it! If you're watching your calories, cut the pie into 12 slices instead of 8, and each slice will be 220 calories instead of 340.

PREP TIME

15 min

COOK TIME

1 hr

TOTAL TIME

1 hr 15 min

Makes: 8 servings

Serving size: 1 slice

Ingredients

Crust

- 1 cup whole wheat flour
- $\frac{3}{4}$ cup pecans
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{3}$ cup brown sugar
- $\frac{1}{3}$ cup softened coconut oil
- 3 tablespoons water

Filling

- 1 (15-ounce) can pumpkin purée
- $\frac{1}{3}$ cup 1% milk
- $\frac{1}{3}$ cup brown sugar
- $\frac{1}{4}$ cup pure maple syrup
- 2 teaspoons ground cinnamon
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon ground nutmeg
- $\frac{1}{8}$ teaspoon ground cloves
- 2 eggs

Directions

1. For the crust, pulse the pecans in a food processor or blender until they begin to form a meal.
2. Stir all of the crust ingredients together in a large bowl, adding 1 tablespoon of water at a time.
3. Press into the bottom of a pie dish. Bake for 10–12 minutes at 350°F. Cool before adding the filling.
4. Blend all ingredients for the filling in a blender. Pour into the prepared crust.
5. Cover the crust with aluminum foil.
6. Bake for 1 hour at 350°F or until set.
7. Cut into 8 pieces and enjoy.





RUBBED- 'N- ROASTED TURKEY

RUBBED-'N-ROASTED TURKEY

I've never been a big turkey fan, and I usually just eat it out of obligation on Thanksgiving. Then I tried making my own, and realized that turkey can be amazing if it's seasoned well! The key to this turkey is the spicy, savory seasoning blend. The other key is to rub some of the seasoning under the skin to help get the flavor into the meat better. It makes the perfect roasted turkey with a nice, crispy skin that's perfect for the center of your Thanksgiving table!

PREP TIME

20 min

COOK TIME

4 hrs

TOTAL TIME

4 hrs 20 min

Makes: 16 servings, depending on turkey size

Serving size: 4 ounces

Ingredients

- 1 (12–14-pound) turkey, at room temperature
- 2 tablespoons rubbed sage
- 1 tablespoon smoked paprika
- 1 tablespoon seasoned salt
- 2 teaspoons minced garlic
- 1 teaspoon black pepper
- 1 large onion, cut into wedges
- 6 bay leaves
- 1 tablespoon vegetable oil

Directions

1. Remove all oven racks except one. Place the remaining rack on the lowest position in the oven. Preheat the oven to 325°F.
2. Remove the neck and giblets, then rinse the turkey with cold water. Pat dry with a paper towel.
3. In a small bowl, mix together sage, paprika, salt, garlic, and pepper together.
4. Use a butter knife to separate the skin from the breast. Be careful not to tear the skin. Rub half of the seasoning under the skin and around the cavity.
5. Rub the tablespoon of vegetable oil on top of the turkey. Rub the other half of the seasonings on top of the turkey.
6. Place the turkey in a roasting pan.
7. Stuff the onion and bay leaves inside of the cavity.
8. Tuck the wings behind the thighs.
9. Cover the turkey loosely with tin foil. Bake for 3 hours and 30 minutes.
10. Remove the foil and continue to bake for 30 minutes, or until the turkey's internal temperature reaches 165°F.
11. Let the turkey rest before carving.

SHREDDED BRUSSELS SPROUTS SALAD

You can't have too many salad recipes that you enjoy, and this salad will even surprise those who disdain Brussels sprouts! These veggies are a hearty stand-in for lettuce and make this salad a delicious side for any fall dinner. We topped everything with tart cranberries, crunchy pecans, and crispy shallots. We then tossed in a delicious, quick-'n-simple vinaigrette. Making your own vinaigrette is typically lower in calories and fat than store-bought dressings. You'll be surprised at how much you love this salad!

PREP TIME

20 min

COOK TIME

5 min

TOTAL TIME

25 min

Makes: 8 servings

Serving size: 1 cup

Ingredients

Salad

- 12 ounces Brussels sprouts
- ¼ cup dried cranberries or cherries
- ¼ cup pecans, chopped
- 1 tablespoon extra virgin olive oil
- 2 shallots, thinly sliced
- 2 ounces goat cheese

Maple Balsamic Vinaigrette

- 3 tablespoons extra virgin olive oil
- 3 tablespoons balsamic vinegar
- 1½ tablespoons pure maple syrup
- 1½ teaspoons Dijon mustard (gluten-free, if needed)
- ¼ teaspoons salt
- ¼ teaspoons pepper

Directions

1. In a small bowl, combine all of the vinaigrette ingredients and whisk until smooth.
2. Set aside.
3. Remove the tough, outer leaves of the Brussels sprouts.
4. Using a sharp knife or a mandolin with a hand guard, thinly slice the sprouts, removing the cores.
5. Place the slices in a large bowl.
6. Add the cranberries and pecans.
7. In a large skillet, heat up the olive oil.
8. Add the shallots, then cook until light golden brown.
9. Remove and place on a paper towel to absorb the excess oil.
10. Add the shallots and goat cheese to the salad.
11. Drizzle the salad with the vinaigrette.
12. Toss until everything is well combined.
13. Serve immediately or cover and store in the fridge.

SKINNY MINI PUMPKIN GINGERSNAP CHEESECAKES

I love these cheesecakes! They're desserts that I crave when the air becomes cool and the leaves start to change. I also love desserts that are healthier without making me feel like I'm depriving myself of the real thing. These little cheesecakes have been lightened up with Greek yogurt. They're still rich and creamy, and will satisfy that sweet tooth. You could make these into one large cheesecake, but I love making them into mini, bite-sized versions, because it helps me with portion control *and* they're easier to share. Remember that even though this is a healthier version, it's still a dessert that should be enjoyed in moderation.

PREP TIME

20 min

COOK TIME

20 min

TOTAL TIME

40 min

Makes: 24 servings

Serving size: 2 mini cheesecakes

Ingredients

Crust

- 1½ cups gingersnap cookies
- 5 tablespoons melted butter
- ¼ cup white sugar

Filling

- 1 (8-ounce) package fat-free cream cheese
- ½ cup nonfat, plain Greek yogurt

- 1 (15-ounce) can pumpkin purée
- 2 eggs
- ⅓ cup sugar
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- ⅛ teaspoon cloves
- 1 tablespoon lemon zest
- 2 teaspoons cornstarch

Directions

1. Preheat the oven to 325°F.
2. Prepare a mini muffin tin with nonstick spray or line with mini cupcake liners.
3. Pulse the gingersnap cookies in a blender or food processor until they're a crumbly texture.
4. In a large bowl, mix together the gingersnap crumbs, butter, and sugar.
5. Press the crust mixture into the bottom of each muffin cup.
6. Combine all ingredients for the filling in a blender until they're smooth and creamy.
7. Pour over the crust.
8. Bake for 20 minutes.
9. Chill before serving.



SKINNY PECAN PIE

This rich, delicious pecan pie uses dates and rum extract to get the classic taste without as much butter and sugar. We also used a whole wheat crust to boost the nutrition. So instead of a 500-calorie slice of pie, you can enjoy a 250-calorie slice. Give it a try...your friends and family won't mind the changes!

PREP TIME

30 min

COOK TIME

1 hr 15 min

TOTAL TIME

1 hr 45 min

Makes: 16 servings
Serving size: 1 slice

Ingredients

Crust

- 1¼ cups whole wheat flour
- 2 teaspoons sugar
- ½ teaspoon salt
- ⅓ cup cold butter, cut into small pieces
- ¼ cup very cold water

Filling

- 2 cups dates
- 2 tablespoons unsalted butter
- ¼ cup light brown sugar
- ½ teaspoon salt
- ½ teaspoon rum extract
- 2 teaspoons vanilla extract
- 3 eggs, lightly beaten
- 2 cups pecans, chopped

Directions

1. Combine flour, sugar, and salt in a medium-sized bowl.
2. Cut in butter with a pastry blender until crumbly.
3. Add water, 1 tablespoon at a time, and combine with a fork until you can form the mixture into a ball.
4. Lightly flour some plastic wrap, then place the dough on top. Flatten out dough. Cover with plastic wrap, then place in the fridge for 20 minutes.
5. While dough is chilling, preheat oven to 400°F.
6. Remove dough from fridge. Roll out on a floured surface to ⅛-inch thickness.
7. Place dough in a 9-inch pie pan, then trim the edges.
8. Bake on a baking sheet for twenty minutes until dough sets.
9. While the crust is baking, make the filling.
10. Place the dates, brown sugar, salt, rum extract, vanilla, and beaten eggs in a food processor.
11. Once they've turned into a paste, transfer them to a medium bowl.
12. Stir in the chopped pecans.
13. Spread out the filling evenly in the pie dish.
14. Bake for 40–45 minutes. If edges start to get dark, cover with aluminum foil.
15. Cool, then slice into 16 slices.

SLOW COOKER MASHED POTATOES

When it's time to create the grand Thanksgiving meal, oven and stove top space are precious commodities, so I always try to make sure that I'm utilizing my slow cooker to its full potential. That way, I can spend my time working on other dishes. These potatoes are not only the best mashed potatoes I've ever had—they're made in the slow cooker, too! I start them in the morning and don't even worry about them the rest of the day. They're practically fail-proof, stress-free, and won't cool down too early!

PREP TIME

10 min

COOK TIME

8 hrs

TOTAL TIME

8 hrs 10 min

Makes: 20 servings
Serving size: ½ cup

Ingredients

- 5 pounds russet potatoes, peeled and cut into chunks
- 1 cup low-sodium chicken broth (vegetable for vegetarian)
- ½ teaspoon onion powder
- ¼ cup butter
- 2 tablespoons sour cream
- 1 cup milk
- 5 garlic cloves, roasted*
- 1 teaspoon salt
- 1 teaspoon pepper

Directions

1. Place all ingredients in the slow cooker.
2. Cook on low for 8 hours or on high for 4 hours.
3. Using a masher, mash potatoes until smooth.



*To roast the garlic, slice the top off of a head of garlic, then place it in a large piece of tin foil. Wrap the bottom and sides, leaving the top open. Drizzle about a tablespoon of olive oil over the top, then wrap the exposed portion with more tin foil. Place in an oven or toaster oven at 400°F for 30–35 minutes. Once cooled, the garlic will be soft, like butter, and easily squeeze out of the tough shells. You can make these ahead of time, then store them in the fridge!



SWEET- 'N- SAVORY STUFFING

SWEET-'N-SAVORY STUFFING

I think stuffing is such an underrated side dish when it comes to the Thanksgiving meal. This crowd-pleasing recipe really steals the show from even the turkey! Filled with bacon, pine nuts, leeks, and apples, it's the perfect blend of sweet and savory, so you really can't go wrong! You probably won't have any leftovers if you serve this at your Thanksgiving meal—your guest will be going back for seconds and thirds!

PREP TIME

50 min

COOK TIME

30 min

TOTAL TIME

1 hr 20 min

Makes: 24 servings

Serving size: ½ cup

Ingredients

- 5 cups French bread, cut into chunks
- 5 cups whole wheat bread, cut into chunks
- ½ cup unsalted butter
- 3 cups leeks, sliced
- 3 celery ribs, chopped
- 2 teaspoon thyme leaves, chopped
- 2 Granny Smith apples, cored and diced
- 1 teaspoon kosher salt
- ¼ teaspoon fresh pepper
- ¼ cup fresh parsley, minced
- 8 ounces peppered bacon, cooked and diced
- ½ cup pine nuts
- 3 cups low-sodium chicken broth

Directions

1. Preheat oven to 350°F.
2. Cover a cookie sheet with aluminium foil, then cover with nonstick spray.
3. Spread out the bread chunks onto the cookie sheet into a single layer.
4. Bake for about 30 minutes to make sure that the bread is completely dried out.
5. Transfer to a large bowl.
6. Raise the oven temperature to 425°F.
7. In a saucepan, melt the butter over medium-high heat.
8. Add the leeks, celery, thyme, apples, salt, and pepper.
9. Cook until leeks are tender.
10. Add the leek mixture to the bread.
11. Stir in the pine nuts, parsley, and bacon.
12. Add the chicken stock and gently toss until all of the liquid is absorbed.
13. Cover a cookie sheet in foil, then coat with nonstick spray.
14. Transfer the stuffing to the cookie sheet.
15. Bake for 30 minutes.

SWEET ARUGULA QUINOA SALAD

This simple salad is a great dish to put you in an autumn mood! The crisp, autumn apples and peppery arugula make a divine combination. We added dried fruit, nuts, and quinoa to give it more bulk. With tons of wholesome ingredients, this salad is loaded with vitamins, minerals, fiber, and phytochemicals to keep your body healthy and strong. While I do love having this in the fall, it's yummy all year long!

PREP TIME

10 min

COOK TIME

15–20 min

TOTAL TIME

25–30 min

Makes: 8 servings

Serving size: 1 slice

Ingredients

Salad

- 1 cup quinoa
- 2 cups low-sodium chicken broth (vegetable for vegetarian)
- 2 large Granny Smith apples, chopped
- 2 teaspoons lemon juice
- ½ cup pistachios
- ½ cup dried cranberries
- ¼ cup dried wild blueberries
- 12 cups baby arugula
- ½ cup feta cheese

Dressing

- 2 tablespoons olive oil
- 3 tablespoons red wine vinegar
- ¼ cup raspberry jam
- ½ teaspoon garlic powder
- ½ teaspoon Dijon mustard

Directions

1. Rinse quinoa, then cook it with the chicken broth (instead of water) according to package directions.
2. Toss chopped apples with lemon juice to prevent browning.
3. In a large bowl, toss together apples, pistachios, dried fruit, arugula, and feta.
4. Once quinoa is cooked and has had time to cool, toss with the other ingredients.
5. Mix together dressing ingredients, then toss with salad.



SWEET POTATO BAKE



We know you might love your sweet potatoes swimming in butter and marshmallows, but believe us, sweet potatoes don't need all of those calories to be delicious. With a little maple syrup and fall spices, you'll get a sweet dish that's perfect for your holiday table. This Thanksgiving, try our skinny version and save those calories for dessert!

PREP TIME

15 min

COOK TIME

30 min

TOTAL TIME

45 min

Makes: 9 servings

Serving size: 1 portion

Ingredients

- 6 medium sweet potatoes, peeled and cut into uniform, 1-inch chunks
- 1/3 cup pure maple syrup
- 2 tablespoons unsweetened almond milk (subbed for 1% on shopping list)
- 1 egg
- 1 1/2 teaspoon cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon salt
- 2/3 cup chopped pecans

Directions

1. Preheat the oven to 375°F. Grease a 9x9" baking dish.
2. In a large pot of water, bring the sweet potatoes to a boil and cook until tender when pierced with a fork. Mash with a fork or masher.
3. Add the maple syrup, almond milk, egg, cinnamon, nutmeg, ginger, and salt to the sweet potatoes. Beat with an electric mixer or an immersion blender.
4. Spread the sweet potatoes evenly into the prepared dish.
5. Sprinkle the chopped pecans on top. Bake for 30–35 minutes.
6. Divide into 9 equal portions.