



**EatingWell**  
WHERE GOOD TASTE MEETS GOOD HEALTH

Cranberry, Cherry & Walnut Marmalade

# EatingWell Favorite Thanksgiving Side Dishes

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## Meringue-Topped Sweet Potato Casserole

**Makes:** 10 servings, about ½ cup each

**Active time:** 30 minutes

**Total:** 1¼ hours

**To make ahead:** Prepare through Step 4; cool, cover and refrigerate for up to 2 days. Reheat, covered, in the microwave on High, before finishing with Steps 5-6.

Heart Health  Diabetes  Weight Loss  Gluten Free

This lightened-up take on the classic Thanksgiving sweet potato casserole is spiked with crushed pineapple and toasted pecans. You can pipe the meringue topping or simply spread it with a rubber spatula.

### Sweet Potato Casserole

**2½ pounds sweet potatoes (about 3 medium), peeled and cut into 2-inch chunks**

**2 large eggs**

**2 tablespoons brown sugar**

**¼ teaspoon ground cinnamon**

**1 tablespoon canola oil**

**1 cup low-fat evaporated milk**

**1 teaspoon vanilla extract**

**½ teaspoon salt**

**1 8-ounce can crushed pineapple, undrained**

**½ cup chopped pecans, toasted (see Tips)**

### Meringue Topping

**4 teaspoons dried egg whites (see Note), reconstituted according to package directions, or 2 large pasteurized egg whites, at room temperature**

**¼ cup granulated sugar**

1. Place sweet potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat to a simmer and cook until tender, 10 to 15 minutes. Drain well and transfer to a food processor. Process until smooth.

2. Preheat oven to 350°F. Coat an 8-inch-square (or similar 2-quart) broiler-safe baking dish (see Tips) with cooking spray.

3. Whisk whole eggs, brown sugar, cinna-

mon, oil, evaporated milk, vanilla and salt in a large bowl until smooth. Add the sweet potato; whisk until smooth. Stir in pineapple and its juice. Spread the mixture in the prepared baking dish. Sprinkle with pecans.

4. Bake the casserole until heated through and the edges are bubbling, 35 to 45 minutes. Set aside while you make the topping.

5. **To prepare meringue topping:** Position rack in top third of oven; preheat broiler. Beat egg whites in a medium bowl with an electric mixer at high speed until soft peaks form (see Tips). Beat in granulated sugar in a slow, steady stream. Continue beating until stiff peaks form.

6. Spoon the meringue into a gallon-size sealable bag. Seal the bag, pressing out as much air as possible. Cut a ½-inch hole in one corner. Pipe the meringue onto the casserole, making marshmallow-size dots. (Alternatively, use a pastry bag fitted with a ½-inch tip or spread the meringue over the casserole as if you were frosting a cake.) Broil until lightly browned, watching carefully to prevent burning, 30 to 90 seconds.

**Per serving:** 196 calories; 7 g fat (1 g sat, 3 g mono); 46 mg cholesterol; 29 g carbohydrate; 10 g added sugars; 5 g protein; 3 g fiber; 194 mg sodium; 361 mg potassium.

**Nutrition bonus:** Vitamin A (281% daily value), Vitamin C (23% dv).

**Carbohydrate Servings:** 2

**Exchanges:** 1 starch, 1 other carbohydrate, 1 fat

**Tips:** To toast chopped nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes

**A broiler-safe baking dish is one made of metal or earthenware. Glass baking dishes, such as Pyrex, may shatter under the broiler.**

**To make soft peaks, beat egg whites with an electric hand mixer until they are stiff, but still soft enough to curl over when beaters are turned upside down.**



**Note:** Pasteurized dried egg whites are a wise choice in recipes that call for uncooked egg whites. Look for brands like Just Whites in the baking section of most supermarkets.



## Cornbread & Sausage Stuffing

**Makes:** 12 servings, scant 1 cup each  
**Active time:** 25 minutes **Total:** 50 minutes  
**To make ahead:** Prepare through Step 3, cover and refrigerate for up to 1 day. Bake at 350°F until hot, about 30 minutes.

Heart Health  Diabetes  Weight Loss  Gluten Free

Cornbread stuffing, a Southern favorite, is a nice change from more traditional white-bread stuffing. Our delectable recipe uses Italian turkey sausage, rather than pork, and omits all the butter and cream to cut the fat by two-thirds. The stuffing is lower in sodium as well and so easy to make that it's sure to become a favorite side year-round.

- 1 pound sweet Italian turkey sausage (about 4 links), casings removed
- 2 cups finely chopped onion
- 1½ cups finely chopped celery
- ¼ teaspoon salt
- Freshly ground pepper to taste
- 2 pounds prepared cornbread, cut into ¾-inch cubes (about 12 cups)
- ¼ cup chopped fresh parsley
- 1 tablespoon chopped fresh sage
- 1½-3 cups reduced-sodium chicken broth

1. Preheat oven to 325°F. Coat a 9-by-13-inch baking pan with cooking spray.
  2. Cook sausage in a large nonstick skillet over medium-high heat, stirring and breaking up with a wooden spoon, until browned, about 10 minutes. Add onion and celery; cover, reduce heat and cook, stirring occasionally, until tender, about 10 minutes. Transfer the mixture to a large bowl. Season with salt and pepper. Add cornbread, parsley and sage.
  3. Bring broth to a simmer in a small saucepan. Pour 1 cup over the stuffing mixture and toss gently (the cornbread will break into smaller pieces). Add as much of the remaining broth as needed, ½ cup at a time, until the stuffing feels moist but not wet. Spoon the stuffing into the prepared pan and cover with foil.
  4. Bake the stuffing until thoroughly heated, about 25 minutes. Serve warm.
- Per serving:** 242 calories; 8 g fat (3 g sat, 0 g mono); 29 mg cholesterol; 34 g carbohydrate; 7 g added sugars; 10 g protein; 2 g fiber; 692 mg sodium; 79 mg potassium.
- Carbohydrate Servings:** 2  
**Exchanges:** 2 starch, 1 medium-fat meat



## Cranberry-Apricot Delicata Squash

**Makes:** 4 servings, about ¾ cup each  
**Active time:** 20 minutes  
**Total:** 20 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

Slice delicata as thinly as you can, toss it in the steamer and you have an almost instant side dish. We like it tossed with dried cranberries, apricots and sliced almonds, but try it with any dried fruit and nuts you have on hand.

- 1 pound delicata squash (about 1 large)
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon apple cider or apple juice
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ cup chopped dried apricots
- ¼ cup dried cranberries
- 2 tablespoons finely chopped chives
- 2 tablespoons toasted sliced almonds (see Tip)

1. Cut squash in quarters lengthwise; scoop out the seeds. Very thinly slice crosswise.
2. Bring 1 inch of water to a boil in a saucepan fitted with a steamer basket. Steam the squash until just tender, 5 to 7 minutes.
3. Whisk oil, cider (or juice), salt and pepper in a large bowl. Add the squash, apricots, cranberries and chives; toss to coat. Serve sprinkled with almonds.

**Per serving:** 171 calories; 9 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 25 g carbohydrate; 4 g added sugars; 2 g protein; 5 g fiber; 151 mg sodium; 435 mg potassium.

**Nutrition bonus:** Vitamin A (225% daily value), Vitamin C (26% dv).

**Carbohydrate Servings:** 1

**Exchanges:** 1 starch, ½ fruit, 2 fat

**Tip:** To toast sliced almonds, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

## Creamed Onions

**Makes:** 12 servings, about ½ cup each

**Active time:** 1 hour

**Total:** 1 hour 50 minutes

**To make ahead:** Reheat in the microwave on High, covered, stirring frequently, or on the stovetop over medium-low heat.

Heart Health  Diabetes  Weight Loss  Gluten Free

A holiday staple in many households, creamed onions are usually bathed in a rich white sauce made with heavy cream. In this version, we roast the onions for an added layer of flavor and lighten up the sauce with low-fat milk. The result is a luxuriously silky sauce with a sweet roasted onion flavor for far fewer calories and less fat. We like the smaller size of pearl onions, but boiling onions also work well.

**3 pounds fresh or frozen pearl onions or boiling onions**

**3 tablespoons extra-virgin olive oil, divided**

**1 teaspoon salt, divided**

**½ cup reduced-sodium beef broth**

**1 tablespoon butter**

**¼ cup all-purpose flour**

**3 cups low-fat milk**

**1 bay leaf**

**1 teaspoon chopped fresh thyme**

**¼ teaspoon white or black pepper**

**2 teaspoons lemon juice**

1. Preheat oven to 400°F.

2. If using fresh onions, bring a large pot of water to a boil. Add onions and cook 1 minute to loosen the skins. Drain. When cool enough to handle, trim both ends, leaving enough of the root end to keep the onions whole while roasting. Peel off the skins. Toss the prepared fresh onions (or frozen onions) with 1 tablespoon oil and ¼ teaspoon salt in a large bowl. Spread in an even layer in a roasting pan large enough to accommodate all the onions in a single layer. (If you're using fresh onions, a 9-by-13-inch pan is large enough; if using frozen, you may need a larger pan.) Roast the onions, stirring occasionally, until soft and brown in spots, 45 minutes to 1 hour.

3. Remove the roasting pan from the oven and add broth, stirring and scraping up any brown bits. Return the pan to the oven and roast for 10 minutes more.

4. About 30 minutes after the onions start roasting, start the cream sauce. Melt butter with the remaining 2 tablespoons oil in a large saucepan over medium heat. Add flour and cook, whisking, until the mixture bubbles and is free of lumps, about 30 seconds. Whisk in milk, then add bay leaf, thyme, pepper and the remaining ¾ teaspoon salt; bring to a gentle boil, whisking often. Reduce heat to the barest simmer and cook, whisking often, until the sauce has thickened to the consistency of thick gravy, about 5 minutes. Remove from the heat. Discard the bay leaf.

5. Stir the roasted onions and any broth from the pan into the cream sauce. Stir in lemon juice. Transfer to a serving dish and serve warm.

**Per serving:** 119 calories; 5 g fat (2 g sat, 3 g mono); 6 mg cholesterol; 15 g carbohydrate; 0 g added sugars; 4 g protein; 2 g fiber; 249 mg sodium; 159 mg potassium.

**Nutrition bonus:** Vitamin C (15% daily value).

**Carbohydrate Servings:** 1

**Exchanges:** 1 vegetable, 1 fat





## Layered Mashed Potato & Mushroom Casserole

**Makes:** 12 servings, about ¾ cup each

**Active time:** 1 hour 20 minutes

**Total:** 2 hours

**To make ahead:** Assemble through Step 6, cover and refrigerate for up to 1 day. Bake, uncovered, in a 400°F oven until hot, 50 minutes to 1 hour. To reheat, bake, covered, at 350° until hot, 40 to 50 minutes.

Heart Health  Diabetes  Weight Loss  Gluten Free

Fancy up regular mashed potatoes with a layer of mushroom duxelle—a sauté of finely chopped mushrooms and shallots. We omitted the traditional butter in the duxelle and added chard for a nutritional boost. Serve this hearty side in place of mashed potatoes at any holiday feast or enjoy it as a vegetarian main dish.

- 3½ pounds potatoes, preferably Yukon Gold, peeled and cut into 1-inch pieces
- 1½ pounds cremini or white mushrooms, halved
  - 1 tablespoon butter
  - ½ cup nonfat buttermilk
  - 1 large egg plus 1 large egg white, beaten
- 1¼ teaspoons salt, divided
  - 1 tablespoon extra-virgin olive oil
- ¾ cup chopped shallots
- 3 cloves garlic, finely chopped
- 4 cups trimmed and finely chopped chard or spinach
  - 1 cup mushroom broth or reduced-sodium beef broth
  - 2 tablespoons all-purpose flour
  - ½ teaspoon freshly ground pepper
  - ½ teaspoon chopped fresh rosemary

- 1 cup freshly grated Parmesan cheese, divided

1. Bring 1 inch of water to a simmer in a large pot. Place potatoes in a steamer basket, cover and steam over medium-low heat, replenishing the water as necessary, until the potatoes are fall-apart tender, 20 to 30 minutes.
2. Meanwhile, working in two batches, place mushrooms in a food processor and pulse, stopping to scrape down the sides as needed, until the mushrooms are coarsely chopped.
3. Transfer the potatoes to a large bowl. Add butter and mash until chunky-smooth. Gradually stir in buttermilk, egg and egg white and 1 teaspoon salt. Set aside.
4. Heat oil in a large skillet over medium heat. Add shallots and garlic and cook, stirring,

until fragrant and beginning to soften, about 1 minute. Add the mushrooms and cook, stirring often, until they release their liquid and the pan is almost dry, 10 to 12 minutes. Add chard (or spinach) and continue to cook, stirring, until wilted, about 4 minutes. Whisk broth and flour in a small bowl. Add to the pan along with the remaining ¼ teaspoon salt, pepper and rosemary. Cook, stirring, until the mixture bubbles and thickens, about 1 minute.

5. Preheat oven to 400°F.

6. To assemble, spread half of the mashed potatoes in an even layer in a 9-by-13-inch (or similar 3-quart) baking dish. Sprinkle half the Parmesan over the potatoes. Spread the mushroom mixture on top and spread the remaining potatoes over the mushroom layer. Top with the remaining Parmesan.

7. Bake until hot throughout and the top is golden brown, about 35 minutes.

**Per serving:** 194 calories; 5 g fat (2 g sat, 2 g mono); 24 mg cholesterol; 32 g carbohydrate; 0 g added sugars; 8 g protein; 3 g fiber; 439 mg sodium; 773 mg potassium.

**Nutrition bonus:** Potassium (22% daily value), Vitamin A & Vitamin C (20% dv).

**Carbohydrate Servings:** 2

**Exchanges:** 2 starch, 1 fat

## Carrot Puree with Hazelnut Tapenade

**Makes:** 4 servings, about ½ cup each

**Active time:** 30 minutes

**Total:** 30 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

This carrot-potato puree has an amazing silky-smooth texture. We give it a sophisticated touch with a quick tapenade made with green olives, orange zest, hazelnuts and garlic. For a simpler dish, just make the puree and skip the topping.

- 1 pound carrots (5-6 medium), cut into ½-inch pieces
- 2 medium red potatoes, peeled and cut into ½-inch pieces
- 2 tablespoons chopped hazelnuts, toasted (see Tip)
- 2 tablespoons chopped green olives
- 2 teaspoons freshly grated orange zest
- 1 small clove garlic, minced
- 1 teaspoon plus 1 tablespoon extra-virgin olive oil, divided
- ½ teaspoon salt



1. Bring 1 inch of water to a boil in a large saucepan or Dutch oven fitted with a steamer basket. Steam carrots and potatoes until very soft, 12 to 15 minutes.

2. Meanwhile, combine hazelnuts, olives, orange zest, garlic and 1 teaspoon oil in a small bowl.

3. Transfer the carrots and potatoes to a food processor; add the remaining 1 tablespoon oil and salt. Process until smooth. Serve each portion with a spoonful of the hazelnut tapenade.

**Per serving:** 195 calories; 8 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 4 g protein; 5 g fiber; 504 mg sodium; 837 mg potassium.

**Nutrition bonus:** Vitamin A (337% daily value), Vitamin C (28% dv), Potassium (24% dv).

**Carbohydrate Servings:** 1½

**Exchanges:** 1 starch, 2 vegetable, 1½ fat.

**Tip:** To toast chopped nuts, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

## Lemon-Dill Green Beans

**Makes:** 4 servings, about 1 cup each

**Active time:** 45 minutes

**Total:** 45 minutes

**To make ahead:** Prepare the filling (Step 3), cover and refrigerate for up to 1 day.

Heart Health  Diabetes  Weight Loss  Gluten Free

This lemon and dill vinaigrette is a natural complement to green beans. It's also great tossed with steamed asparagus or drizzled over sliced fresh tomatoes. To make this recipe serve 10, multiply all the ingredients by 2½: Use 2½ pounds green beans, 3 tablespoons dill, 2½ tablespoons each shallot, oil and lemon juice, 2½ teaspoons mustard and ¾ teaspoon each salt and pepper.

- 1 pound green beans, trimmed
- 4 teaspoons chopped fresh dill
- 1 tablespoon minced shallot
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 teaspoon whole-grain mustard
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

1. Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and cook until tender-crisp, 5 to 7 minutes. Remove from the heat.

2. Meanwhile, whisk dill, shallot, oil, lemon juice, mustard, salt and pepper in a large bowl. Add the green beans and toss to coat. Let stand about 10 minutes before serving to blend flavors.



**Per serving:** 74 calories; 4 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 2 g protein; 4 g fiber; 163 mg sodium; 177 mg potassium.

**Nutrition bonus:** Vitamin C (20% daily value), Vitamin A (15% dv).

**Carbohydrate Servings:** ½

**Exchanges:** 1 vegetable, 1 fat.



## Cider-Glazed Roots with Cinnamon Walnuts

**Makes:** 6 servings, about  $\frac{3}{4}$  cup each

**Active time:** 30 minutes

**Total:** 1 hour 35 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

Here we roast a variety of roots with a brown sugar-cider glaze. Make them instead of candied sweet potatoes at your Thanksgiving celebration. If you include red beets, the whole dish will take on a gorgeous ruby hue.

- 3 pounds** assorted root vegetables, peeled (see *Tip*) and cut into 1-inch pieces
- 1 cup** apple cider
- $\frac{1}{4}$  cup** dark brown sugar
- $\frac{1}{2}$  teaspoon** salt, plus more to taste
- $\frac{1}{4}$  teaspoon** freshly ground pepper
- $\frac{1}{2}$  cup** chopped walnuts
- 1 tablespoon** butter
- $\frac{1}{8}$  teaspoon** ground cinnamon

1. Preheat oven to 400°F.
2. If using parsnips, quarter lengthwise and remove the woody core before cutting into 1-inch pieces. Whisk cider, brown sugar,  $\frac{1}{2}$  teaspoon salt and pepper in a 9-by-13-inch baking dish until the sugar is dissolved. Add root vegetables and toss to coat. Cover the baking dish with foil.
3. Bake for 20 minutes. Uncover and stir the vegetables. Continue cooking, uncovered, stirring every 20 minutes or so, until the vegetables are glazed and tender, about 1 hour more.
4. Meanwhile, place walnuts in a small skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 6 minutes. Remove from the heat and add butter, cinnamon and a pinch of salt. Stir until the butter melts and the nuts are coated. Spread out on a plate to cool slightly.
5. Transfer the vegetables to a serving dish and sprinkle with the cinnamon walnuts.

**Per serving:** 219 calories; 9 g fat (2 g sat, 1 g mono); 5 mg cholesterol; 34 g carbohydrate; 8 g added sugars; 4 g protein; 7 g fiber; 363 mg sodium; 732 mg potassium.

**Nutrition bonus:** Vitamin A (250% daily value), Vitamin C (45% dv), Folate (30% dv), Potassium (21% dv).

**Carbohydrate Servings:** 2

**Exchanges:**  $\frac{1}{2}$  starch, 1 vegetable, 1 carbohydrate (other),  $\frac{1}{2}$  fat

**Tip:** Beets, carrots and parsnips are easily peeled with a vegetable peeler, but for tougher-skinned roots like celeriac, rutabaga and turnips, removing the peel with a knife can be easier. Cut off one end of the root to create a flat surface to keep it steady on the cutting board. Follow the contour of the vegetable with your knife. If you use a vegetable peeler on the tougher roots, peel around each vegetable at least three times to ensure all the fibrous skin has been removed.

## Cranberry, Cherry & Walnut Marmalade

**Makes:** 4 cups

**Active time:** 10 minutes

**Total:** 2 hours (including cooling time)

**To make ahead:** Cover and refrigerate for up to 3 days.

Heart Health  Diabetes  Weight Loss  Gluten Free

Fresh cranberries get crunch from walnuts and an infusion of sweetness from dried cherries in this take on a classic marmalade. Leftovers are great on a turkey sandwich.

- $\frac{3}{4}$  cup** sugar
- 1 cup** water
- $\frac{1}{2}$  cup** port or other sweet red wine
- $\frac{1}{4}$  teaspoon** ground cinnamon
- $\frac{1}{8}$  teaspoon** freshly grated nutmeg
- $\frac{1}{2}$  cup** dried tart cherries
- 1 12-ounce package** fresh or frozen cranberries
- $\frac{2}{3}$  cup** chopped walnuts, toasted
- $\frac{1}{2}$  teaspoon** freshly grated orange zest

1. Combine sugar, water, port (or wine), cinnamon and nutmeg in a medium nonreactive saucepan (see *Note*); bring to a boil. Add cherries and cook for 1 minute. Stir in cranberries; return to a boil. Reduce heat and simmer until about half the cranberries pop, 10 to 12 minutes. Remove from the heat.

2. Stir in walnuts and orange zest. Let cool completely. (The marmalade will thicken as it cools.) Serve at room temperature or chilled.

**Per  $\frac{1}{4}$ -cup serving:** 105 calories; 3 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 17 g carbohydrate; 10 g added sugars; 2 g protein; 2 g fiber; 2 mg sodium; 53 mg potassium.

**Carbohydrate Servings:** 1

**Exchanges:** 1 other carbohydrate,  $\frac{1}{2}$  fat.

**Note:** A nonreactive pan—stainless steel, enamel-coated or glass—is necessary when cooking acidic foods, such as tomato or lemon, to prevent the food from reacting with the pan. Reactive pans, such as aluminum and cast-iron, can impart an off color and/or off flavor in acidic foods.



## Green Bean Casserole

**Makes:** 6 servings, about ¾ cup each

**Active time:** 30 minutes

**Total:** 45 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

This healthy revision of green bean casserole skips the canned soup and all the fat and sodium that come with it. Our white sauce with sliced fresh mushrooms, sweet onions and low-fat milk makes a creamy, rich casserole.

- 3 tablespoons canola oil, divided
- 1 medium sweet onion (half diced, half thinly sliced), divided
- 8 ounces mushrooms, chopped
- 1 tablespoon onion powder
- 1¼ teaspoons salt, divided
- ½ teaspoon dried thyme
- ½ teaspoon freshly ground pepper

- ⅔ cup all-purpose flour, divided
- 1 cup low-fat milk
- 3 tablespoons dry sherry (see *Tips*)
- 1 pound frozen French-cut green beans (about 4 cups)
- ⅓ cup reduced-fat sour cream
- 3 tablespoons buttermilk powder (see *Tips*)
- 1 teaspoon paprika
- ½ teaspoon garlic powder

1. Preheat oven to 400°F. Coat a 2 ½-quart baking dish with cooking spray.
2. Heat 1 tablespoon oil in a large saucepan over medium heat. Add diced onion and cook, stirring often, until softened and slightly translucent, about 4 minutes. Stir in mushrooms, onion powder, 1 teaspoon salt, thyme and pepper. Cook, stirring often, until the mushroom juices are almost evaporated,

3 to 5 minutes. Sprinkle ⅓ cup flour over the vegetables; stir to coat. Add milk and sherry and bring to a simmer, stirring often. Stir in green beans and return to a simmer. Cook, stirring, until heated through, about 1 minute. Stir in sour cream and buttermilk powder. Transfer to the prepared baking dish.

3. Whisk the remaining ⅓ cup flour, paprika, garlic powder and the remaining ¼ teaspoon salt in a shallow dish. Add sliced onion; toss to coat. Heat the remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add the onion along with any remaining flour mixture and cook, turning once or twice, until golden and crispy, 4 to 5 minutes. Spread the onion topping over the casserole.
4. Bake the casserole until bubbling, about 15 minutes. Let cool for 5 minutes before serving.

**Per serving:** 211 calories; 10 g fat (2 g sat, 5 g mono); 9 mg cholesterol; 23 g carbohydrate; 0 g added sugars; 7 g protein; 3 g fiber; 530 mg sodium; 324 mg potassium.

**Nutrition bonus:** Calcium (16% daily value).

**Carbohydrate Servings:** 1½

**Exchanges:** ½ starch, 1 vegetable, 2 fat

### Tips:

**Don't use the high-sodium "cooking sherry" sold in many supermarkets. Instead, purchase dry sherry sold with other fortified wines.**

**Look for buttermilk powder, such as Saco Buttermilk Blend, in the baking section or with the powdered milk in most supermarkets.**







### Sautéed Brussels Sprouts with Bacon & Onions

**Makes:** 10 servings, about ¾ cup each

**Active time:** 35 minutes

**Total:** 35 minutes

**To make ahead:** Prepare through Step 1, rinse with cold water; store airtight in the refrigerator for up to 1 day. Finish with Steps 2-3, 15 to 20 minutes before serving.

Heart Health  Diabetes  Weight Loss  Gluten Free

Fresh herbs, onion and bacon pair beautifully with Brussels sprouts. This vegetable loves the cool weather of fall and early winter. If you can find them still attached to the stalk, don't be intimidated—buy them, as they're likely more fresh. All you need to do is slice off each sprout with a paring knife. However you find them at the market, this is a delicious way to prepare them. (*Recipe adapted from The Art of Simple Food by Alice Waters.*)

- 2½ pounds Brussels sprouts, trimmed
- 4 slices bacon, cut into 1-inch pieces
- 1 tablespoon extra-virgin olive oil
- 1 large onion, diced
- 4 sprigs thyme or savory, plus 2 teaspoons leaves, divided
- 1 teaspoon salt
- Freshly ground pepper to taste
- 2 teaspoons lemon juice (optional)

1. Bring a large pot of water to a boil. If sprouts are very small, cut in half; otherwise cut into quarters. Cook the sprouts until barely tender, 3 to 5 minutes. Drain.
2. Meanwhile, cook bacon in a large heavy skillet over medium heat, stirring, until brown but not crisp, 3 to 6 minutes. Remove with a slotted spoon to drain on a paper towel. Pour out all but about 1 tablespoon bacon fat from the pan.
3. Add oil to the pan and heat over medium heat. Add onion and cook, stirring often, until soft but not browned, reducing the heat if necessary, about 4 minutes. Stir in thyme (or savory) sprigs, salt and pepper. Increase heat to medium-high, add the Brussels sprouts, and cook, tossing or stirring occasionally, until tender and warmed through, about 3 minutes. Remove the herb sprigs. Add the bacon, thyme (or savory) leaves and lemon juice, if using, and toss.

**Per serving:** 81 calories; 3 g fat (1 g sat, 2 g mono); 4 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 5 g protein; 3 g fiber; 333 mg sodium; 432 mg potassium.

**Nutrition bonus:** Vitamin C (130% daily value), Folate & Vitamin A (19% dv).

**Carbohydrate Servings:** ½

**Exchanges:** 1 vegetable, 1 fat

### Roasted Garlic Mashed Purple Potatoes

**Makes:** 10 servings, ½ cup each

**Active time:** 15 minutes

**Total:** 1 hour

**To make ahead:** Cover and refrigerate the roasted garlic (Step 2) in an airtight container for up to 3 days.

Heart Health  Diabetes  Weight Loss  Gluten Free

Roasting garlic and thyme in olive oil infuses them with a heady flavor that makes a luxurious addition to these mashed potatoes. Purple potatoes make a delightful lavender mash, but you can use white potatoes if you prefer.

- 1 head garlic
- ¼ cup extra-virgin olive oil
- 10 multi-branch sprigs fresh thyme (about ⅓ ounce)
- 2 pounds purple or all-purpose white potatoes, cut into 1-inch pieces
- ½ cup reduced-fat sour cream
- ½ cup low-fat milk
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper, or to taste



1. Preheat oven to 400°F.
2. Rub off excess papery skin from garlic head without separating the cloves. Slice the tip off the head, exposing the cloves. Place the garlic in a small baking dish, such as a bread pan. Drizzle with oil and lay thyme sprigs around it. Cover with foil. Roast until very soft, 30 to 45 minutes. Uncover and let cool.

3. About 15 minutes before the garlic is done, cook potatoes in a pot of boiling water until tender, 8 to 12 minutes. Drain well.

4. Return the potatoes to the pot. Squeeze the garlic cloves out of their skins into the potatoes. Strain the oil through a fine sieve over the potatoes, pressing on the solids (discard the thyme). Add sour cream, milk, salt and pepper; mash to desired consistency.

**Per serving:** 139 calories; 7 g fat (2 g sat, 5 g mono); 5 mg cholesterol; 16 g carbohydrate; 0 g added sugars; 2 g protein; 2 g fiber; 142 mg sodium; 416 mg potassium.

**Nutrition bonus:** Vitamin C (32% daily value)

**Carbohydrate Servings:** 1

**Exchanges:** 1 starch, 1½ fat



### Sautéed Mushrooms with Caramelized Shallots

**Makes:** 8 servings, about ½ cup each

**Active time:** 30 minutes

**Total:** 30 minutes

**To make ahead:** Clean, trim and halve the mushrooms and refrigerate for up to 1 day.

Heart Health  Diabetes  Weight Loss  Gluten Free

This recipe for sautéed mushrooms with caramelized shallots is one of those dishes that will haunt you. You might want to add a splash of excellent vinegar or some freshly grated lemon zest, but neither is necessary. Though a side of mushrooms may not be traditional, you'll be amazed at how well they go with everything on the Thanksgiving menu.

- 1 tablespoon grapeseed oil or canola oil
- 1 cup cubed (¼-inch) thick-cut bacon
- 1 cup thinly sliced shallots
- 8 cups trimmed and halved mixed mushrooms, such as chanterelle, oyster, black trumpet *and/or* cremini (1¼-1½ pounds)
- 2 tablespoons water
- 2 tablespoons thinly sliced fresh sage
- 1 tablespoon unsalted butter, at room temperature
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground pepper

1. Heat oil in a heavy skillet over medium heat. Add bacon. Cook, stirring occasionally, until beginning to brown, 3 to 5 minutes. Add shallots and cook, stirring occasionally, until softened and browned, 3 to 4 minutes.

2. With a slotted spoon, transfer the bacon and shallots to a plate lined with a paper towel to drain.

3. Remove about half the fat from the pan. Return the pan to medium heat, add mushrooms, cover and cook, stirring once, until the mushrooms release their liquid, 3 to 4 minutes. Uncover and cook until the liquid evaporates, about 1 minute. Add water and scrape up any browned bits.

4. Return the bacon and shallots to the pan and cook for about 1 minute. Stir in sage, butter, salt and pepper. Serve warm.

**Per serving:** 91 calories; 5 g fat (2 g sat, 2 g mono); 9 mg cholesterol; 8 g carbohydrate; 0 g added sugars; 5 g protein; 1 g fiber; 153 mg sodium; 466 mg potassium.

**Carbohydrate Servings:** ½

**Exchanges:** 1 vegetable, 1 fat

### Roasted Brussels Sprouts with Hazelnut Brown Butter

**Makes:** 4 servings, ¾ cup each

**Active time:** 10 minutes

**Total:** 25 minutes

Heart Health  Diabetes  Weight Loss  Gluten Free

Browning butter brings out a mellow nuttiness that complements the strong flavor of the sprouts. Browned butter can be an excellent flavor addition to any sauté.

- 1 tablespoon butter
- 1 pound Brussels sprouts, trimmed and quartered
- ¼ cup chopped hazelnuts
- ¼ teaspoon salt
- Freshly ground pepper to taste
- 3 tablespoons water

1. Position rack in bottom third of oven; pre-heat to 450°F.

2. Place butter on a large rimmed baking sheet and roast until the butter is melted, browned and fragrant, 4 to 5 minutes. Remove the baking sheet from the oven; toss Brussels sprouts and hazelnuts with the browned butter and sprinkle with salt and pepper. Return to the oven and roast for 7 minutes. Sprinkle with water; toss and continue roasting until the sprouts are tender and lightly browned, 7 to 9 minutes more.

**Per serving:** 112 calories; 8 g fat (2 g sat, 4 g mono); 8 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 4 g protein; 4 g fiber; 170 mg sodium; 410 mg potassium.

**Nutrition bonus:** Vitamin C (118% daily value), Vitamin A (20% dv), Folate (19% dv).

**Carbohydrate Servings:** ½

**Exchanges:** 1½ vegetable, 1½ fat



# About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.


- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.


EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, [www.EatingWell.com](http://www.EatingWell.com), EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.


We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!


## About EatingWell health tags

A recipe checked...

 **Heart Health** has limited saturated fat.

 **Diabetes** is low in calories and meets limits for Carbohydrate Servings.

 **Weight Loss** has reduced calories (and limited saturated fat).

 **Gluten Free** does not contain wheat, rye, barley or oats.  
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)