THANKSGIVING
INGREDIENT SWAPS

4,500 CALORIES
According to the Calorie Council, the average American eats 4,500 calories and 229 grams of fat during Thanksgiving dinner:

SOUR CREAM
Greek yogurt – saves 55 calories per 1/4 cup.

MILK
Skimmed milk – saves up to 25 calories in 1/2 C.

BUTTERMILK
A 1/4 cup of buttermilk saves 15 calories.

OIL IN CAKES
Unsweetened applesauce 1:1 ratio – if your recipe calls for 1 cup of vegetable oil substitute it with 1 cup of applesauce. Vegetable oil contains 480 calories and 56 grams of fat in 1/4 cup. The same amount of applesauce contains 25 calories and 0 grams of fat.

HEAVY CREAM
Coconut milk – creates layer of cream in soups and stews. Same texture.

SALT TO TASTE
Somewhere around 1/4 tsp of salt per day – brings out the flavor without adding the sodium.

CHOCOLATE CHIPS
Cocoa chips – Your cookies will now have an abundance of less sodium or try dark chocolate chips (70% cocoa) these can be found in the baking aisle at the grocery store.

PASTA
Whole wheat pasta – higher fiber and as many as 50 fewer calories per serving. Studies show that refined pasta is better for you. Cooked pasta has just as many calories as freshly cooked pasta. Starches become more resistant which means lower levels of glucose, which keeps blood sugar in check.

Save some calories with these healthy recipe swaps!
Cranberry, Ginger and Orange Chutney

INGREDIENTS

1. 2 large navel oranges
2. 2 pounds fresh cranberries
3. 1/2 cup water
4. 2 tablespoons balsamic vinegar
5. 3/4 cup granulated sugar
6. 3/4 cup light brown sugar
7. 1/4 cup minced fresh ginger
8. Salt and freshly ground pepper

INSTRUCTIONS

1. Using a sharp knife, peel the oranges, removing all of the bitter white pith. Working over a bowl, cut in between the membranes to release the sections. Squeeze the juice from the membranes into the bowl. Cut the orange sections into 1-inch pieces.

2. In a large saucepan, combine the cranberries and water with 1/4 cup of orange juice from the bowl and bring to a simmer over moderate heat. Cover and cook over moderately low heat, stirring occasionally, until the cranberries have popped, about 10 minutes. Add the vinegar, both sugars, the ginger and orange pieces and cook over moderate heat, stirring occasionally, until thick, about 5 minutes. Let cool slightly, then season with salt and pepper. Serve warm or at room temperature.

Mashed Potatoes with Olive Oil and Herbs

Ingredients 8 - ½ c. servings

2 pounds russet potatoes (about 4 medium)
1 teaspoon kosher salt, plus more as needed
1/4 cup extra-virgin olive oil
1 teaspoon finely chopped fresh basil
1 teaspoon minced fresh flat-leaf parsley
1 teaspoon minced fresh tarragon
Freshly ground black pepper

Instructions

In a large saucepan, combine the potatoes, 1 teaspoon salt and cold water to cover. Bring to a boil over high heat. Lower the heat to maintain a simmer and cook until fork-tender, about 10 minutes. Drain the potatoes, reserving 1/2 cup of the cooking liquid. Return the potatoes to the pan. Shake the pan over medium heat for about a minute to dry the potatoes. Transfer the potatoes to a food mill, ricer or bowl. Add the oil and reserved cooking liquid to the saucepan and warm over medium heat. Remove the pan from the heat. Mash the potatoes through the food mill or ricer into the pan (or mash by hand in the bowl and transfer to the pan). Add the basil, parsley and tarragon and stir to combine. Season with salt and pepper. Serve immediately.
### Olive Oil

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### Casserole: ½ C. Servings

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HEALTHIER GREEN BEAN CASSEROLE

INGREDIENTS:

CASSEROLE INGREDIENTS:
• 2 pounds fresh green beans, trimmed and cut into bite-sized pieces
• mushroom sauce (see below)
• crispy onion topping (see below)

CRISPY ONION TOPPING INGREDIENTS:
• 1 Tablespoon olive oil, divided
• 1 medium onion, peeled, quartered and thinly sliced
• 1/2 cup Panko breadcrumbs
• 1/4 teaspoon salt

MUSHROOM SAUCE INGREDIENTS:
• 2 Tablespoons olive oil
• 8 ounces white button or baby bella mushrooms, thinly sliced
• 4 cloves garlic, minced
• 3 Tablespoons all-purpose flour (or cornstarch, if gluten-free)
• 1/2 cup chicken or vegetable stock
• 1 cup milk (I used 2%, but any milk will work)
• 1/4 cup Parmesan cheese, grated (not packed)
• 1/2 teaspoon salt
• 1/4 teaspoon ground black pepper

DIRECTIONS: TO MAKE THE CASSEROLE: Begin by preparing the onion topping. Then make the mushroom sauce.

While those are cooking, preheat oven to 375 degrees and bring a large stockpot of water to a boil. Add the green beans and boil for 3-5 minutes, or until they reach your desired level of doneness. (I like mine cooked but still slightly crispy.) Drain the green beans, then transfer them to the bowl of ice water and stir them in. This will stop them from cooking more.

When the mushroom sauce is ready, transfer the green beans into the pan with the sauce and toss until combined. Pour the green bean mixture into a baking dish that has been greased with cooking spray. Then sprinkle the onion topping evenly on top. Bake for 25 minutes. Serve warm.

TO MAKE THE CRISPY ONION TOPPING:

Heat half of the oil in a large sauté pan over medium-high heat. Add the onions and sauté, stirring occasionally, for about 5 minutes or until they are soft and starting to brown around the edges. Use a slotted spoon to transfer the onions to a separate mixing bowl.