



8 Classic Recipes for the Best  
**THANKSGIVING SIDE DISHES**



## 8 Classic Recipes for the Best Thanksgiving Side Dishes

Copyright 2012 by Prime Publishing LLC

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage or retrieval system, without written permission from the publisher, except in the case of brief quotations embodied in critical articles and reviews.

Trademarks are property of their respective holders.

When used, trademarks are for the benefit of the trademark owner only.

Published by Prime Publishing LLC, 3400 Dundee Road, Northbrook, IL 60062 – [www.primecp.com](http://www.primecp.com)

**FAVE HEALTHY RECIPES**  
everyday recipes with a lighter twist 

[Everyday Recipes with a Lighter Twist](#)



[Free Recipes from The Mr. Food Test Kitchen](#)



[Free Recipes](#)

**ALLFREESLOWCOOKERRECIPES**   
America's Favorite Slow Cooker Recipes

[Free Recipes to Make in Your Slow Cooker](#)

**ALLFREECOPYCATRECIPES**   
Free Copycat Versions of your Favorite Restaurant Dishes and Brand-Name Foods

[Free Copycat Recipes](#)

**FAVEGLUTENFREERECIPES**   
Gluten Free Living Made Easy

[Free Gluten Free Recipes](#)

**ALLFREECASSEROLERECIPES**   
Easy Casserole Recipes for Everyday Cooking

[Free Casserole Recipes](#)

**THEBESTDESSERTRECIPES**   
Enjoy the Sweeter Side of Life

[Easy Dessert Recipes](#)

**FAVESOUTHERNRECIPES**  
Country Comfort Cooked Up in Your Kitchen  


[Free Southern Recipes](#)

Dear Healthy Cooking Enthusiast:

Let's be honest with ourselves here – we all could stand to eat better-for-you foods around the holidays. It is often too easy to cheat on our healthy eating habits because of the abundance of tasty unhealthy food items that constantly surround us during Halloween, Thanksgiving and the December holidays. If you feel too overwhelmed with all the unhealthy foods that come around during the fall and winter seasons, then know that help is on the way!

This fantastic eCookbook from FaveHealthyRecipes.com, ***8 Classic Recipes for the Best Thanksgiving Side Dishes***, provides you with the quick and easy recipes you will need to keep your weight-loss goals a reality this holiday season. Thanks to this definitive collection of delicious Thanksgiving side dish recipes, maintaining your diet has never been easier.

The free eCookbook contains only top-notch healthy weight loss recipes, including side dishes like soups and salads along with more traditional recipes for cranberry sauce and sweet potato casserole. Regardless of your reason for wanting healthy recipes, know that this list has dishes that you are sure to devour.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the delights that can be found during the holidays!

For additional healthy recipes, be sure to visit [FaveHealthyRecipes.com](http://FaveHealthyRecipes.com). While you're there, [subscribe to our free healthy recipes newsletter](#), *Quick and Healthy Recipes*, to get free recipes delivered to your inbox every week.

Enjoy all of these easy Thanksgiving side dish recipes!

Sincerely,

*The Editors of FaveHealthyRecipes*

[www.FaveHealthyRecipes.com](http://www.FaveHealthyRecipes.com)

## TABLE OF CONTENTS

Thanksgiving Stuffing Recipes .....	5
Cornbread Stuffing with Apples & Pecans .....	5
Dried Fig & Apricot Stuffing .....	6
Thanksgiving Soup & Salad Recipes .....	6
Sweet Potato Soup with Red Bell Peppers and Coconut Milk.....	7
Hearty Pumpkin Soup.....	7
Pumpkin Spiced Brown Rice Tempeh and Cranberry Salad .....	8
Thanksgiving Casserole Recipes .....	9
Sweet Potato Casserole.....	10
Thanksgiving Turkey Pot Pie .....	10
Mom's Cranberry Sauce .....	11



# Thanksgiving Stuffing Recipes

## Cornbread Stuffing with Apples & Pecans

This seasonal dressing recipe is perfect for Thanksgiving. It's loaded with crisp apples and crunchy pecans that make this a dressing recipe you won't soon forget.

**Yields:** 8 servings

**Cooking Time:** 35 minutes

### Ingredients

- 1 9x13 inch pan corn bread, cooled and crumbled
- 8 ounces herb-seasoned dry bread stuffing mix
- 2 tablespoons fresh parsley, chopped
- ½ teaspoon salt
- ½ teaspoon ground ginger
- ¾ cup butter
- 1 cup celery, chopped
- 1 cup onion, chopped
- 2 cups apple juice
- 2 cups apples, chopped
- 3 eggs
- ½ cup pecans, chopped

### Instructions

1. Preheat oven to 350 degrees F. Butter one 3 quart casserole dish.
2. In a large bowl combine the corn bread, stuffing mix, parsley, salt and ginger.
3. In a heavy saucepan melt the butter and saute; the celery and onion for 8 to 10 minutes or until tender.
4. Add this to the cornbread mixture and mix well. Stir in the chopped apple, chopped pecans, apple juice and beaten eggs. Toss lightly.
5. Spoon dressing into the prepared casserole dish. Bake at 350 degrees F for 30 to 35 minutes.

## Dried Fig & Apricot Stuffing

This Thanksgiving, mix up your holiday supper with this Healthy Dried Fig and Apricot Stuffing. With a unique fusion of flavors, this Thanksgiving stuffing recipe will deliver a hearty but satisfying dish filled with the best fall fruits.

### Ingredients

- 5 1/2 cups chunks or slices of hard whole wheat bread
- 1 tablespoon margarine
- 1 1/4 cups minced onion
- 2 minced garlic cloves
- 2 1/2 cups boiling water
- 3/4 cup chopped dried figs
- 1/2 cup chopped dried apricots
- 4 tablespoons minced fresh rosemary
- 4 tablespoons minced fresh thyme
- salt to taste
- freshly ground black pepper to taste

### Instructions

1. Put the whole wheat bread chunks in a bowl and put to the side.
2. In a small saucepan, melt the margarine. Add the onions and garlic and saute for about 3 minutes or until translucent.
3. Add the boiling water and pour the mixture over the bread. Turn the pieces to make sure they are all soaked. Let stand until the bread is cool enough to handle and the water has been absorbed (10 to 15 minutes).
4. Form a thick paste by squeezing the bread in your hands, further breaking it down.
5. Add the herbs, fruits, salt and pepper and continue squeezing to add them into the paste.



# Thanksgiving Soup & Salad Recipes

## Sweet Potato Soup with Red Bell Peppers and Coconut Milk

By [Averie Sunshine from Averie Cooks](#)

This three-ingredient soup recipe is cheap, full of nutrients and can be made in the microwave. How easy is that? This Sweet Potato, Red Pepper and Coconut Milk Soup is one of the best soup recipes we have and is perfect for fall.

### Ingredients

- 1 extra-large sweet potato (or 2-3 smaller sweet potatoes), peeled and diced into 1-inch cubes
- About  $\frac{3}{4}$  cup water
- 1 large red bell pepper, de-seeded and chopped into large pieces
- 1 14-ounce can coconut milk
- Optional seasonings to taste: salt and pepper; red pepper flakes, cayenne pepper, chili powder; cinnamon, ground ginger, ground nutmeg; garlic powder, onion powder, curry powder
- Optional additional vegetables to steam with sweet potato: carrots, squash or zucchini



### Instructions

1. Place sweet potato cubes in a large microwave-safe bowl or baking dish, add  $\frac{3}{4}$  cup water or until the water comes up about 1-inch high in the base bowl (the cubes do not need to be fully submerged in water; water simply needs to be present to create steam), cover bowl with plastic wrap, and heat on high-power for 13 to 15 minutes, or until sweet potatoes are very fork-tender.
2. Transfer cooked potatoes to a high-speed blender or food processor, add the red pepper, coconut milk, and blend on high power until very smooth and creamy.
3. Taste the soup and wait five minutes before seasoning it, and if desired season to taste.
4. Optionally, garnish with finely diced red peppers, a drizzle of coconut milk, coconut oil, coconut butter, or olive oil; fresh herbs, nuts or seeds, dollop of sour cream or yogurt; a dash of salt, pepper, cinnamon, nutmeg, ginger. Store soup in an airtight container in the refrigerator and reheat in the microwave or on the stovetop. Soup will keep for up to 5 days in the refrigerator or can be frozen for up to 3 months.



# Hearty Pumpkin Soup

Try this Hearty Pumpkin Soup for a low-fat, tasty meal. This pumpkin soup recipe is amazing when served with whole-grain rolls or muffins!

## Ingredients

- 2 pounds whole pumpkin (or other winter squash)
- 1 onion, chopped
- 2 cups chicken or vegetable stock
- 1 tablespoon mild chili powder
- 1 cup white beans, cooked
- 1 cup frozen lima beans
- 1 cup brown rice, barley, or other cooked grain
- 1 cup fresh or frozen corn kernels
- Salt and pepper to taste



## Instructions

1. To prepare pumpkin: Puncture pumpkin's skin with a knife or fork in several places and place in microwave for 3 to 6 minutes, until it is soft enough to cut in half. Cut in half and cool, if necessary, before scraping out seeds.
2. Bring  $\frac{1}{4}$  cup of stock to a boil and add onions. Cook for 5 - 10 minutes.
3. Stir in the rest of stock, the seasonings and white beans. Simmer gently until the pumpkin is ready.
4. Scoop the soft pumpkin flesh out of the shell and stir into the soup.
5. Add lima beans, corn and grains and simmer 10 minutes or until beans and corn are tender.





# Pumpkin Spiced Brown Rice Tempeh and Cranberry Salad

By [Averie Sunshine from Averie Cooks](#)

Pumpkin pie spice and dried cranberries are ingredients typically associated with autumn and Thanksgiving, but here with this healthy salad recipe learn how to enjoy this taste combination any day of the year.

**Yields:** about 8 cups

## Ingredients

- approximately 1/4 cup olive oil, divided into multiple uses
- 2 to 4 tablespoons butter or margarine, optional
- 1 cup tempeh, diced in small cubes
- 2 1/2 to 3 cups pre-cooked brown rice
- 6 to 7 cups diced vegetables (yellow summer squash, cauliflower, broccoli, carrots )
- 1 teaspoon pumpkin pie spice, divided use\*
- 1 teaspoon ground ginger, divided use\*
- 1 teaspoon cumin, divided use\*
- salt and pepper, to taste
- optional spices and seasonings (curry, garlic, onion powder, 21 Salute, paprika, Mrs. Dash, etc.)
- 2 tablespoons granulated sugar, optional
- 2 tablespoons apple cider, balsamic, or champagne vinegar
- 1/2 cup dried cranberries
- 1/3 cup raisins



## Instructions

1. To a large non-stick skillet, add 1 tablespoon olive oil, add the tempeh and sear it over medium-high heat, flipping as needed. Searing will take about 2 minutes. Add tempeh to a large mixing bowl and set aside.
2. To the skillet (you don't have to wash it), add 1 to 2 tablespoons olive oil, add the rice and season with 1/2 teaspoon pumpkin pie spice, 1/2 teaspoon ground ginger, 1/2 teaspoon cumin, salt and pepper to taste, stirring frequently. Warming the rice will take about 2 minutes. Add the rice to the mixing bowl with the tempeh and set aside.
3. To the skillet (you don't have to wash it), add 2 tablespoons olive oil, butter to taste (it gives the vegetables an extra layer of flavor), add the vegetables, and sprinkle with 1/2 teaspoon pumpkin pie spice, 1/2 teaspoon ground ginger, 1/2 teaspoon cumin, salt and pepper to taste, and optional seasonings. Stir to evenly coat the vegetables.
4. Cook over medium to medium high, stirring occasionally, for about 5 minutes, or until softened but not mushy. In the final minute of cooking, add the sugar and vinegar, stir to incorporate and turn off the heat. Add the cooked vegetables to the mixing bowl with the rice and tempeh.
5. Add the cranberries and raisins to the mixing bowl and toss to mix evenly. Taste and if needed, add a dash of vinegar, oil, seasonings, salt or pepper, to taste. Serve immediately.



# Thanksgiving Casserole Recipes

## Sweet Potato Casserole

By [Kevin Lynch from Closet Cooking](#)

For a more traditional take on one of the most classic holiday recipes, try out this Sweet Potato Casserole recipe. It uses wholesome ingredients that will give your holiday meal a warm, comforting, homemade feel.

### Ingredients

- 2 pounds sweet potatoes, peeled and cut into 1-inch cubes
- 3/4 cup brown sugar
- 1/4 cup maple syrup
- 1/4 cup milk
- 2 eggs
- 1/4 cup butter, room temperature
- 1/4 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1/4 cup flour
- 3 tablespoons butter, melted
- 1/2 cup pecans, coarsely chopped

### Instructions

1. Boil the sweet potatoes in water until tender, about 20 to 30 minutes. Once cooked, drain and mash.
2. Mix in 1/4 cup of the sugar, maple syrup, milk, eggs, room temperature butter, cinnamon vanilla extract and salt. Pour the mixture into a baking dish.
3. Mix 1/2 cup brown sugar, flour, melted butter and pecans until the mixture forms crumbs. Then, sprinkle it on top of the sweet potatoes.
4. Bake in a preheated 375 degrees F until golden brown on top, about 30 minutes.



## Thanksgiving Turkey Pot Pie

Everyone loves pot pie- it's got tons of great flavor and the warmth of comfort food. This season, instead of throwing out your leftover turkey, use it to make Thanksgiving turkey pot pie. The whole family will enjoy this dish.

### Ingredients

- 1 1/2 cups celery, sliced
- 1 1/2 cups carrot chopped, trimmed and peeled
- 5 cups cooked turkey, cubed
- 10 ounces fresh peas
- 6 ounces fresh mushroom, sliced
- 4 cups homemade low sodium turkey stock or canned turkey broth
- 1 cup low-fat milk
- 1/2 teaspoon celery salt
- pepper to taste
- 1/4 teaspoon ground nutmeg
- 2/3 cup flour
- 3/4 cup water
- 2 flat sheets ready-made pie dough

### Instructions

1. Preheat oven to 425 degrees F.
2. Fill a saucepan with 1 inch of water and bring to a boil over medium heat. Add carrot and celery and cook for 10 minutes. Remove from heat. Transfer to a colander, rinse under cold running water, and drain.
3. Put all veggies and turkey into a large bowl. Toss together to mix thoroughly. Distribute evenly among six 5-inch round casserole dishes.
4. Combine stock, low-fat milk, celery salt, pepper, and nutmeg in a heavy saucepan and bring to a boil over medium heat. Remove from heat.
5. In a small bowl, mix flour and water to a smooth paste. Stir into the saucepan. Return pan to medium heat and bring back to a boil while continuing to stir. Lower heat and simmer, stirring constantly, for about 2 minutes more, until mixture is thick and smooth. Pour sauce in equal amounts over the turkey-vegetable mixture in the six casseroles. Set aside to cool.
6. Lay a sheet of pie dough on a floured surface. Using a clean, 5-inch round casserole dish, cut three dough circles from the sheet. Repeat process with second sheet of dough. Lay a dough circle atop each of the individual casseroles, crimping the outer edge of dough down over each dish rim. With a sharp-pointed knife, make 3 small incisions near the center of each crust to allow steam to escape. Put casseroles on a cookie sheet and bake until crust is golden and filling is bubbly (around 30 minutes).



## Mom's Cranberry Sauce

Need a taste of home? Try Mom's Cranberry Sauce! This killer cranberry sauce is sure to delight even the pickiest eaters. Try it and you'll see why mom loves it.

**Cooking Time:** 30 min

### Ingredients

- 1 1/4 cups fresh cranberries
- 1 3/4 cups water
- 2 cups sugar substitute

### Instructions

1. Wash cranberries; drain.
2. Combine cranberries and water in a pot.
3. Boil about 10 minutes or until skins burst.
4. Press mixture through a sieve or food mill.
5. Add sugar to mixture.
6. Boil mixture again, until almost jellied.
7. Spoon sauce into jars, leaving 1/4 inch at top.
8. Process for 10 minutes in a boiling water canner.

### Variation

Stick cinnamon or whole cloves tied in a spice bag may be cooked with the sauce to give a spicy flavor. Remove spice bag before canning sauce.



**Thank you to all the bloggers who made this eCookbook possible!**



**Averie Sunshine from [Averie Cooks](#)**

Averie started blogging in 2009 as a way to share recipes, and what began as a little hobby, has turned into one of the best things she's ever done. Sharing recipes, connecting with readers, and baking up a storm has been so much fun, she says. Although her blog originally had a greater focus on raw vegan food and yoga, over time she has realized that what she most enjoys creating and sharing are dessert recipes.



**Kevin Lynch from [Closet Cooking](#)**

I had never really paid all that much attention to food and eating was just something that needed to be done. That all changed a few years ago when I came to realize that my meals were boring and that I had been eating the same few dishes over and over again for a long time. I had had enough and it was time for change! I dove head first into cooking and the world of food and to my surprise, I found that I really enjoyed it! Since then cooking has become my passion and my obsession in my quest to never eat a boring meal again!



**Mama Anisi from [The Honey Wafer Baking Company](#)**

The Honey Wafer Baking Company is a small family owned and operated business dedicated to quality and service. We make your handmade Honey Wafers with just 4 people, one to take the Wafers out of the oven, one to put the honey filling in the middle, one person to put them in the bag and box, and one person to take care of everything else.