



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



## 8 Classic Recipes for the Best Thanksgiving Side Dishes

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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

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Find blog posts about FaveHealthyRecipes at [RecipeChatter.com](http://RecipeChatter.com)

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# 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. You won't have to feel guilty stuffing yourself with this delicious stuffing because of its healthy ingredients and delicious taste. Your family will be thankful that you brought a healthy dish to balance out the other Thanksgiving foods. You aren't the only one looking to eat healthier during the holidays, but that doesn't mean you shouldn't enjoy the foods you eat. This is a dynamic duo of healthy and tasty that you'll be sure to make again in the following years.

**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. This will be a Thanksgiving stuffing like you've never tried before. Its fruity flavors complement the spices and whole wheat nicely. It's not only a healthy recipe, it's also a new recipe that you should be adventurous and try with the family. Each bite will be different from the first, and you'll be surprised at how delicious the result has turned out.

### 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. You may have never tried soup as a Thanksgiving dish, but now is the time to try something new to stay healthy. Your family will love it, and you'll be happy to share a healthy a delicious dish with everyone.

#### 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! This would be a great meal for lunch before the big feast or as part of your feast for a creamy and savory dish that your guests will love. They'll be shocked at the delicious taste and that it's actually healthy for you too. Watch as this unusual Thanksgiving soup dish turns into an annual side dish tradition. Because it's so easy to throw together, you'll be thanking yourself this year for relieving some of that cooking stress.

### 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 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](#)



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. You can't go wrong with serving a salad at Thanksgiving because of all the ingredients you can use to make it. You can turn it into a nice fall salad that will complement your Thanksgiving feast quite nicely. You'll impress your guests and family at how creative you can get with these classic fall ingredients and turn them into a Thanksgiving dish they've never tried.

**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

## 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. Now, you'll have to leave out the marshmallows, but this dish still has some sweet cinnamon and spice flavors that will satisfy your sweet tooth while still moving toward a healthier recipe. You don't have to completely give up your sweets during the holidays, but you can definitely make better choices and still eat well. This is a great casserole recipe that your family will love.

In

### Instructions

- 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
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. The warm toasty crust filled with creamy turkey and veggies will make your mouth water and your stomach grumble. There's no need to feel guilty though because this is a truly healthy recipe. That you'll want to continue making all year long. Just because turkey is a big Thanksgiving food doesn't mean you can't eat it throughout the rest of the year.

### 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. You can't have Thanksgiving without cranberry sauce, and if you want a healthier version, then this is the one you need to try. With sugar substitutes, you'll still enjoy the cranberry sauce without feeling like you've cheated on your diet this Thanksgiving. You and your guests will be in awe of this deliciously healthy recipe. Your family will be thanking you for finding this tasty recipe.

**Cooking Time:** 30 min

### Ingredients

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

### Variation

Cinnamon sticks 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.

### 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.

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