

# Healthy Makeovers for Thanksgiving Staples

## Mashed Cauliflower

Serves 4

### Ingredients

1 large head cauliflower (about 8 cups)	½ teaspoon salt
½ cup reduced-fat cream cheese	¼ teaspoon ground black pepper
¾ cup parmesan cheese, divided	1 teaspoon fresh dill

### Instructions

1. Steam or boil cauliflower until soft (a steamer basket is helpful).
2. Turn the broiler of the oven on high to warm up.
3. Transfer cauliflower to large mixing bowl or bowl of a food processor.
4. Add remaining ingredients, reserving ¼ cup Parmesan cheese.
5. Mash with ricer or fork until desired consistency is reached, or blend in a food processor until creamy.
6. Transfer to a shallow baking dish and sprinkle with reserved Parmesan cheese.
7. Place under the broiler until cheese is golden brown, approximately 5 to 6 minutes.

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## Healthy Green Bean Casserole

Adapted from *Ambitious Kitchen* by Audra Wilson

Serves 8 to 10

### Ingredients

#### For the onion topping:

2 medium onions, sliced thin  
1 teaspoon olive oil  
⅓ cup flour of your choice  
½ cup panko breadcrumbs (you can use gluten-free breadcrumbs)  
½ teaspoon garlic powder  
½ teaspoon salt  
Cooking spray

#### For the filling:

2 pounds fresh green beans, ends trimmed  
2 tablespoons butter, divided  
1 pound baby bella mushrooms, sliced  
1 teaspoon fresh thyme  
Salt and pepper to taste

#### For the sauce:

2 tablespoons butter  
⅓ cup flour of your choice  
2 cups low sodium broth (chicken or vegetable)  
3 cloves garlic, minced  
⅓ cup grated Parmesan cheese  
Salt and pepper to taste

### Instructions

1. Preheat oven to 450 degrees F.
2. Line a baking sheet with parchment paper, spray with nonstick cooking spray and set aside.
3. Place sliced onions in a large bowl and drizzle with 1 tablespoon of olive oil. Add flour, panko bread crumbs, garlic powder and salt. Toss to combine and fully coat onions.
4. Spread onions onto baking sheet and bake for 34 to 40 minutes, tossing with tongs every 10 minutes.
5. Set onions aside and reduce heat in oven to 350 degrees F.
6. Bring a large pot of salted water to a boil. Add green beans in two batches, cooking for 2 to 3 minutes per batch. Set aside.
7. To cook the mushrooms, melt 2 tablespoons of butter in a large skillet over medium-high heat. Add mushrooms, fresh thyme, salt and pepper, stirring occasionally. Cook until golden brown, about 4 to 6 minutes. Transfer to a bowl to cool.
8. Use the same skillet and melt 2 additional tablespoons of butter over medium heat.
9. Once melted, whisk in flour and cook for 15 to 30 seconds until a paste forms. (Note: this happens very quickly; be vigilant.) Slowly add 2½ cups of broth, continuing to whisk for lumps. You will need to whisk the entire time, and it may be helpful to enlist the help of a family member. Your goal is to achieve a smooth texture.
10. Once smooth, bring the mixture to a boil and reduce heat to simmer for 5 to 10 minutes, stirring periodically until the sauce thickens like gravy. If it seems too thick, you can add 1/2 cup broth.
11. Once thick, turn off heat, and stir in minced garlic and Parmesan cheese. Season with salt and pepper.
12. Spray a 9-by-13-inch baking pan with nonstick cooking spray, olive oil or butter. Add green beans, mushrooms and ¼ of the crispy onions, and toss together. Pour sauce over all. Cover with foil and bake for 25 to 30 minutes. Remove foil, add remaining onions to the top and bake for another 5 to 10 minutes.

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## Chicken Sausage Herb Stuffing

Adapted from *Skinnytaste* by Audra Wilson

Serves 12

### Ingredients

14 ounces whole wheat French bread or baguette with crust removed (weigh after removing crust)	¼ cup chopped fresh sage
2 tablespoons whipped butter	1 tablespoon chopped fresh thyme
1½ cups diced yellow onion	¾ cups reduced sodium chicken broth
1¾ cups diced celery (about 4 stalks)	Salt and pepper to taste
13 ounces fresh sweet Italian chicken sausage (remove casing)	Cooking spray

### Instructions

1. Cut bread into ½-inch cubes and place on baking sheet. Either let bread dry out overnight or bake for 20 minutes at 350 degrees F until bread is dried out. Set aside.
2. Preheat oven to 375 degrees F. Spray baking dish with oil.
3. Melt butter over medium heat in a large stovetop pan. Add onion and celery, and sauté until tender and translucent, stirring occasionally, for about 8 minutes. Transfer to large bowl.
4. In the same pan, cook the sausage over medium heat, crumbling with a wooden spoon. Cook until lightly browned and cooked throughout, about 10 minutes. Transfer sausage to the bowl with the sautéed celery and onion mixture.
5. Add bread, sage and thyme to the mixture in the bowl and combine. Add chicken broth and stir to evenly coat the bread. Salt and pepper to taste and mix well.
6. Transfer to baking dish and bake for 30 minutes. Then, gently stir with a wooden spoon. Bake until golden brown, about 30 to 35 more minutes. Serve immediately.

