



For more information on MyPlate go to www.choosemyplate.gov/

Thanksgiving Vegetable Swaps

Normally serve roast potatoes?
Try roast sunchoke.

Normally serve cooked carrots?
Try parsnips.

Normally serve sweet potatoes?
Try turnips.

All of these vegetables can be prepared like their swap mate, but have added nutritional benefits and on a holiday made for eating many of us could use all the nutritious stuff we can get!



The Truth About Dark Meat

We have always been told that dark meat is worse for you than white meat and while this is true the difference between the two, as far as fat and calories, is extremely small!

Myoglobin is the chemical that makes the meat dark. It is a compound that enables muscles to transport oxygen to fuel activity. The reason the meat on the thighs of a turkey is darker than the breast and wings is because turkeys don't fly thus there is more myoglobin in their legs than their wings and breast.

Dark meat does have some added benefits. It contains more iron, zinc, riboflavin, thiamine, and vitamin B6 and B12. So if you prefer dark meat don't feel guilty! Whatever you chose white or dark make sure you remove the skin, that's the bad part!

Mini Apple Crumb Pie A La Mode

Just like your classic apple crumb pie recipe but in bite size (or shall we say portion controlled) servings. Swapping out high fat pastry crust for phyllo cups drastically cuts calories (and guilt!) and the addition of whole wheat flour to the crumb topping adds fiber to keep you full without changing the taste.

Ingredients:
24 Phyllo cups

Apple filling:
6 apples, finely chopped
1/3 cup granulated sugar
2 teaspoons cinnamon

Crumb toppings:
1 cup whole wheat flour
1/2 cup brown sugar
1/2 cup butter

Directions:
Toss apples in granulated sugar and cinnamon until evenly coated. Set aside. Melt butter in microwave and mix with flour and brown sugar until a wet but crumbly mixture forms.

Put 1 Tablespoon of apples in each Phyllo cup. Top with 1 teaspoon of crumb topping.

Bake in a 325 F oven for 20 minutes covered. Then an additional 10 minutes uncovered to let crumb topping brown slightly.

Allow to cool for about 10 minutes and top each with 2 teaspoons of Edy's Slow Churned Light Vanilla ice cream. Optional: Sprinkle ice cream with apple pie spice!



No Guilt Corn Bread

Ingredients:
1 1/2 cups cornmeal
1 1/2 cups whole-wheat flour
2 Tablespoons sugar
1 1/2 Tablespoons baking powder
3/4 teaspoons salt
3 egg whites
1 1/2 cups low-fat buttermilk
3 Tablespoons canola oil

Directions:
Preheat oven to 400 F. In a large bowl stir together cornmeal, flour, sugar, baking powder and salt.

Whisk the egg whites in a medium sized bowl. Add buttermilk and canola oil and mix well.

Add egg white mixture to corn meal mixture and stir together until all ingredients are moistened.

Spray a 9x13 inch baking pan with cooking spray and pour in batter. Bake for 20 minutes until a wooden toothpick inserted comes out clean.



Easy Ways to Make Your Plate Lower in Calories

The food pyramid is no longer a pyramid it is a plate. One of the major things you'll notice is that half (yes HALF) your plate should be fruits and vegetables especially if you are using one of those super sized dinner plates that seem to come out for holidays.

If you load your plate up with FRESH veggies (no mash potatoes, corn and green bean casserole don't count) you leave less room to over indulge in some of the healthier options, but will still be just as full and probably more energetic than the person sitting next to you!

Eating is half mental, if you look down at your plate and there is barely any food you won't feel satisfied even if you've had enough to eat. Make sure you're filling your plate with things that won't hurt your waistline so that you can take smaller portions of those more decadent treats without feeling deprived!



Stuffing That Will Fill You Up!

Ingredients:
1 pound fresh whole wheat bread (from the bakery not sliced) cut into 1/2 inch cubes
8 oz raw Italian style turkey sausage removed from casing
2 Tablespoons butter, divided
2 1/2 cups chopped onions
1 1/2 cups chopped celery
3 oz dried figs
1/2 cup chopped pecans, toasted
1/2 cup dried cranberries
3 Tablespoons fresh thyme, chopped
3 Tablespoons fresh sage, chopped
1/2 teaspoon salt
1/2 teaspoon black pepper
1 cup reduced sodium vegetable broth (use 2 1/2 cups for moist stuffing)
1/4 cup fresh parsley, chopped
Cooking spray

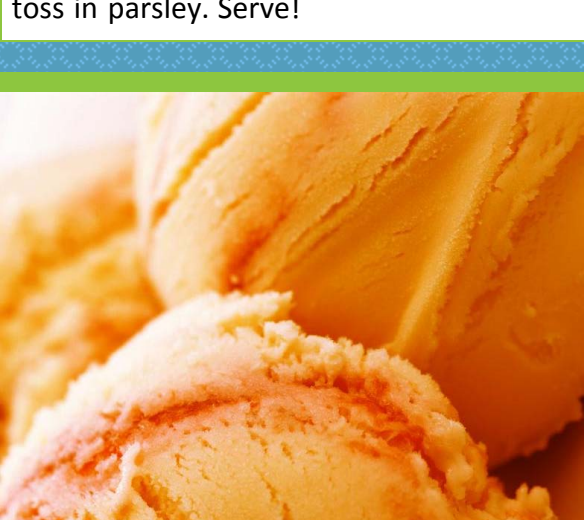
Directions:
Preheat oven to 350 F. Spread bread cubes on baking sheet. Bake stirring twice until lightly toasted, about 16 - 18 minutes.

Cook sausage in large nonstick skillet over medium-high heat, using a wooden spoon to break it up. Cook about 3 minutes until no longer pink. Transfer to a large bowl.

Melt 1 Tablespoon of butter in the same skillet. Add onions and celery; cook over medium-high heat. Stir often, cook until tender, about 10 - 12 minutes.

Add remaining tablespoon of butter to skillet, stir until melted. Add onion mixture to sausage and then add toasted bread, figs, pecans, cranberries, thyme, sage, salt and pepper. Stir well.

Gradually add in broth to the stuffing mixture and toss until evenly moistened. Coat a baking dish with cooking spray. Spoon stuffing into prepared baking dish. Cover and bake for 30 minutes. Uncover and bake until top is light toasted, 15 more minutes. Remove from oven and toss in parsley. Serve!



Mini Pumpkin Ice Cream Pies

Ingredients:
24 Phyllo cups
1 Can Libby's pumpkin
1 Quart Edy's slow churned light vanilla ice cream
Light whip cream topping
Real Vermont maple syrup

Directions:
Let ice cream sit at room temperature and soften. Mix ice cream and canned pumpkin with an electric mixer.

Put 2 tablespoons of ice cream mixture in each phyllo cup. Place in freezer for at least an hour.

Top each pumpkin pie with whipped topping and a drizzle of maple syrup.

Turkey Crock-Pot Chili

Ingredients:
1 pound ground turkey
1 small onion, chopped
28 ounces diced tomatoes, undrained
15 ounces garbanzo beans, rinsed & drained
15 ounces kidney beans, rinsed & drained
15 ounces black beans, rinsed & drained
8 ounces tomato sauce
4 ounces mild green chilies, chopped
1 or 2 Tablespoons chili powder

Directions:
Cook turkey and onion in medium skillet over medium-high heat, stirring to break up meat, until turkey is no longer pink. Drain; place turkey mixture into the slow cooker.
Add tomatoes with juice, beans, tomato sauce, chilies, and chili powder; mix well. Cover; cook on Low 6-8 hours or High 3-4 hours.

Reach us at (800) 367-2482

OR

visit us at www.myhcg.com



Join our mailing list



Forward to a friend



Visit our website

[Click here for more Wellness Information](#)