Eat healthier this Thanksgiving

Thanksgiving is a time to gather with friends and family, share traditional dishes and to enjoy being with each other. It’s the time to be present, enjoy the holiday and not obsess about your food. Thanksgiving is a day to nourish your body with your favorite traditional foods and give yourself flexibility. Afterall, it is only one day of the year!

First, try not to skip breakfast. Eating a meal with fiber and protein will help to take that hunger edge off, and to make mindful food decisions with a fed body. Start your day with a small breakfast of scrambled eggs and vegetables or a whole-grain cereal with low-fat milk.

When it comes to filling your plate for the main meal, a balanced-plate approach will still work. Take a moment to survey the table and select your holiday favorites that you may not get throughout the year. Choose small portions of a variety of nutrient-rich vegetables to fill half of your plate; turkey, a quarter of your plate; and starches (corn, potatoes, stuffing, etc.), a quarter of your plate.

Keep in mind, dessert is next. Enjoy the feast but be aware of your body and your physical comfort level. Most importantly, enjoy the day, relax, and have fun!

HEALTHY TIPS
ROLLED OATS ARE A TERRIFIC SOURCE OF DIETARY FIBER, WHICH CAN HELP DECREASE CHOLESTEROL LEVELS AND SUPPORT HEART HEALTH.

SWEET POTATOES ARE RICH IN VITAMIN A, AN IMPORTANT NUTRIENT FOR PROPER IMMUNE FUNCTION.

DAILY TABLE GROCERY LIST

- 4-5 SWEET POTATOES ($3.69/lb)
- OLD-FASHIONED OATS ($1.99/32oz)
- BROWN SUGAR ($2.39/bag)
- COCONUT MILK ($0.99/can)
- EGGS ($1.49/dozen)
- FLOUR ($3.99/2 lb)
- WALNUTS OR PECANS ($3.69/8 oz)
- 1 LB BUTTER ($2.79/lb)
- CINNAMON ($0.69/packet)

Healthy Oat Sweet Potato Crumble

INGREDIENTS
For the potatoes:
- About 3 large or 5 medium sweet potatoes
- 2 tablespoons brown sugar
- ½ cup coconut milk or almond milk (or milk of choice)
- 1 tablespoon vanilla extract
- 1 egg
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- pinch of allspice
- ½ teaspoon salt

For the topping:
- ¼ cup whole wheat pastry flour or regular flour (if GF, use gluten-free oat flour)
- ½ cup rolled oats (gluten-free if desired)
- ½ cup packed brown sugar (or coconut sugar)
- ½ cup coarsely chopped pecans
- 3 tablespoons melted butter (or sub coconut oil)

DIRECTIONS
1. Preheat oven to 400 degrees F.
2. Wash sweet potatoes and use a fork to poke holes in sweet potatoes; about 4-5 pokes per potato. Place sweet potatoes on a baking sheet lined with foil and roast for 45 minutes-1 hour or until very fork tender. Allow potatoes to cool for 5-10 minutes. Lower oven heat to 350 degrees F.
3. Spray an 8x8 inch square pan, 9-inch pie pan, or an oven-safe 2-quart casserole baking dish with nonstick cooking spray or oil/butter; set aside.
4. Cut open sweet potatoes and discard the skin, place sweet potato flesh in a large bowl and add in brown sugar, milk, vanilla, egg, cinnamon, nutmeg, allspice and salt. Use an electric mixer to beat until smooth, adding a splash more almond milk if you want them to be creamier. Pour mixture into the prepared baking pan and smooth the top.
5. To make the topping: Mix together flour, oats, brown sugar, and pecans. Use a fork to stir in melted butter until a nice crumb forms. Sprinkle all over the top of the sweet potato mixture.
6. Bake for 25-30 minutes or until the top is slightly golden brown. Remove from oven and let cool for 5-10 minutes. Serves 8.
Food safety tips
Don’t get sick this holiday

It is important to keep in mind food safety practices during your Thanksgiving meal preparations. This is especially important for guests, friends, and family whose immune systems may be compromised due to medications or illnesses.

Individuals with compromised immune systems who develop foodborne illnesses are likely to experience more advanced complications than those with healthy immune systems.

Here are a few food safety reminders to ensure everyone has a safe and healthy Thanksgiving.

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**RECIPE**

**Greens and Beans**

**INGREDIENTS**
- 2 tablespoons olive oil
- 1 chopped onion
- 2 cloves garlic, sliced
- ¼ teaspoon red pepper flakes
- Salt and freshly ground black pepper

**DIRECTIONS**
1. Heat olive oil over medium heat in a large saute or fry pan.
2. Add onion and garlic slices. Saute until tender, about 3 minutes. Add the red pepper flakes, salt and pepper; stir until fragrant. Add the kale and saute until it cooks down slightly. Add the beans and the chicken stock.
3. Cover and let cook for 10 minutes.
4. Serve hot. Enjoy!

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**HEALTHY TIPS**

**KALE** is a CRUCIFEROUS VEGETABLE RICH in nutrients, like VITAMIN C, VITAMIN A, AND PHYTOCHEMICALS. VITAMIN C IS A POWERFUL ANTIOXIDANT THAT HELPS SUPPORT PROPER IMMUNE FUNCTION.

**BEANS** ARE A GREAT SOURCE OF FERMENTABLE FIBERS, WHICH CAN FUEL THE GROWTH OF FRIENDLY BACTERIA IN THE HUMAN MICROBIOME (THE GUT!). THIS CAN HAVE ANTI-INFLAMMATORY EFFECTS AND HELP SUPPORT THE IMMUNE SYSTEM!

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**DAILY TABLE GROCERY LIST**
- OLIVE OIL ($4.99/25.5 fl oz)
- 2 LARGE BUNCHES OF KALE, (About 10 cups – $1.29/lb)
- 2 CLOVES GARLIC ($0.62/head of garlic)
- 1 CAN GARBANZO BEANS ($0.99/15.5 oz)
- 1 ONION ($0.59/lb)
- 1 CONTAINER VEGETABLE OR LOW-SODIUM CHICKEN STOCK ($1.69/32 oz)
- 1 BOTTLE RED PEPPER FLAKES ($2.29/4.5 oz)

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