

Healthy Thanksgiving Recipes:

Low-Carb Cauliflower Mashed Potatoes



Mashed Cauliflower!

Serving size: 1 serving

Yields: 4 servings

Prep time: 10 minutes

Cook time: 8 minutes

Total time: 18 min

Nutrition Facts

Per serving: 142 calories ---2.95 g protein, 12.4 g fat, 8.05 g total carbs,

Exchanges: 2 non-starchy vegetables + 2 fat servings

Ingredients:

- 1 medium head cauliflower, chopped
- 4 tablespoons butter
- 3 tablespoons water
- 4 teaspoons garlic, minced
- ½ teaspoon salt
- ½ teaspoon onion powder
- ¼ teaspoon pepper

Preparation:

1. In a microwave safe bowl, microwave cauliflower and water for 8-10 minutes, or until tender.
2. Place cauliflower, garlic and butter in food processor
3. Add seasonings to taste. Pulse until contents are mostly smooth and scrape the sides as needed.

No-Carb Cloud Bread



These cloud breads are great substitutions for rolls or carb-less bread.

Serving size: 1 serving

Yields: 5 servings or 10 halves

Prep time: 20 minutes

Cook time: 30 minutes

Total time: 50 minutes

NUTRITION FACTS

Per serving: 43 calories, 0.3 grams carbs, 2.8 grams fat, 3.7 grams protein

Exchanges: 1 bread= 1 fat

Ingredients:

- 3 cage-free eggs, separated
- Choose 1: 3 tablespoons of coconut cream OR skim cottage cheese OR 3 tablespoons of cream cheese
- ¼ teaspoon of cream of tartar
- 1 packet of stevia

Preparation:

1. Preheat oven to 300 degrees.
2. Separate eggs carefully leaving no yolk in the white.
3. In a bowl, mix together the egg yolks, the 3 T. of Cottage Cheese OR Cream Cheese and the one packet of Sweetener until smooth.
4. In the other bowl add ¼ teaspoon of Cream of Tartar to the whites and beat the whites on high speed until they are fluffy and form nice peaks.
5. Carefully fold the egg yolk mixture into the egg whites until mixed. Try not to break down the fluffiness of the egg whites too much.
6. Spray two cookie sheets with Pam, or other fat-free cooking spray.
7. With a large spoon, "scoop" the mixture into 10 even rounds on the sheets (roughly ¾ inch thick and 4-5 inches across)
8. Bake on the middle rack. This is when you need to keep a close eye on them, because the cooking time is not the same on any two batches. It is somewhere around 1/2 hour, but it could be less or more. You just need to watch them until they are a nice, golden brown color.
9. Remove from the pans and cool on a rack or cutting board.
10. Once completely cool, seal them in a zip-lock or a topper-ware over- night. They will totally change consistency to something much softer and nice and chewy—like bread!

Reference:

<http://www.food.com/recipe/carb-free-cloud-bread-411501>

THANKSGIVING TIPS

Nutrition Tips & Recipes to help you stay on track this holiday season

Holiday Tips:

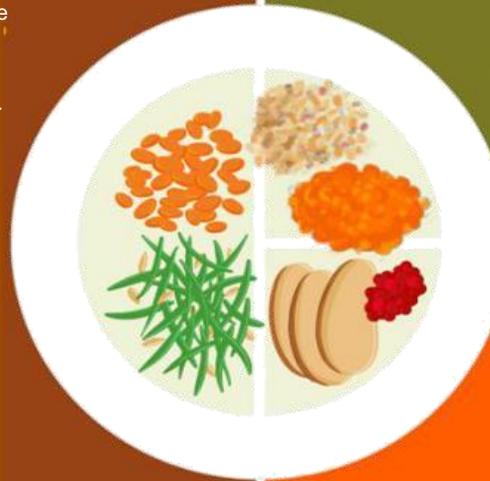
- Exercise-** After your Thanksgiving meal, go on a walk with your family or friends. Exercise will get you moving and is a great way to lower blood sugar levels.
- Eat Breakfast-** Avoid skipping meals and snacks throughout the day in order to “save” calories for your Thanksgiving meal. Skipping meals may make it harder to manage and control your hunger and cravings when tempted by all the foods you are not normally surrounded by.
- Be Prepared-** Plan out your Thanksgiving meal ahead of time to ensure that you stay on track with making healthy food choices and not falling back into old habits. Pack snacks to keep on hand that are healthy and filling, such as cheese sticks, veggies or Dr. Rogers’ protein shakes, to help control temptations to snack and overall hunger and portion sizes with your Thanksgiving meal.
- Stay Hydrated-** Make sure to drink lots of water throughout the day to help create a sense of fullness and prevent mindless eating.
- Portion Control-** Holidays do not have to be about depriving yourself. You can still enjoy the foods that you like, just in moderation. Use smaller plates and utensils to “fool your eyes” into filling your plate. Also, taking the time to thoroughly chew your food will help you to better assess hunger and fullness cues.
- Healthy Eating Contract-** Make a “Healthy Eating Contract” with yourself to outline goals that clearly state how you will approach your Thanksgiving meal and how you will reward yourself for accomplishing those goals. Sign and date the contract so that you are held accountable to these goals.

1. VEGETABLES

-Fill ½ of your plate with non-starchy vegetables such as, green beans, carrots, broccoli or and asparagus.

-Avoid casseroles or dishes that have heavy creams, sauces, butter or crusts.

-If there is a lack of veggies to choose from, consider adding more protein and a serving of fruit instead



3.GRAINS

-Fill a small portion of your plate with a starch serving (if preferred) such as, sweet potatoes, brown rice or a small dinner roll

2.PROTEIN

-Fill ¼ of your plate with lean meat (approx. 3-4oz). – Remove any skin from the meat before eating.

Thanksgiving Plate

Here’s a great visual guide for a healthy Thanksgiving plate this upcoming holiday. A good tip when approaching your plate is to start with your protein and work in a counter- clockwise motion around your plate so that you fill up on your protein and vegetables first before approaching the rest of your plate. This will make it much easier to stick with smaller portions and not over-indulge on the starches on your plate.

Holiday Hours:

Redland:

Monday, Nov. 21st 7:30 AM-5:30 PM
 Tuesday, Nov. 22nd 8:30 AM-5:30 PM
 Wednesday, Nov. 23rd 7:30 AM-6:30 PM

Dominion:

Monday, Nov. 21st 8:30AM-12:00 PM
 Tuesday, Nov. 22nd 8:30 AM-5:30 PM
 Wednesday, Nov. 23rd 8:30AM-12:00 PM

Closed:

Thursday- Sunday, Nov. 24th-27th
 Regular business hours will resume Monday, Nov. 28th