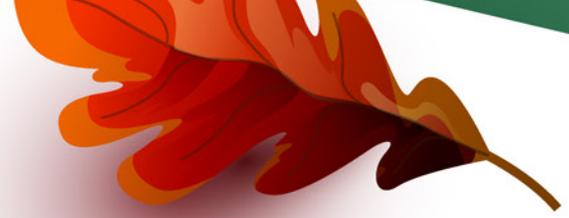


Forum Health

# **A Forum Health Guide to Keep You Thankful on Turkey Day!**

*Enjoy your holidays without the bellyache!*



## Roast turkey with grass-fed butter, lemon, garlic and fresh herbs!



### Mashed Cauliflower

1 head cauliflower cut into florets  
¼ cup almond or cashew milk (or greek yogurt)  
3 Tbsp. olive oil  
1½ tsp. rosemary fresh  
1½ tsp. thyme fresh  
3-4 cloves roasted garlic  
salt & pepper to taste

#### INSTRUCTIONS

Roast a head of garlic in the oven. Bring a large pot of water to a boil. Boil cauliflower for 10-12 minutes. Drain water and place cauliflower on a towel and dry cauliflower completely before proceeding. In the bowl of a food processor combine cauliflower with all ingredients. Puree for 1-2 minutes or until smooth. If mashed cauliflower has cooled too much, return it to the pot and heat it to your desired temperature.

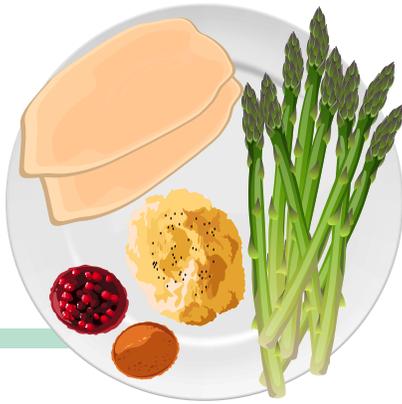
### Herbed Asparagus

1 lb. fresh asparagus (add more veg if desired!)  
2 Tbsp. plus 2 tsp. extra virgin olive oil, divided  
2 Tbsp. lemon juice  
½ tsp. finely grated lemon zest  
⅓ cup chopped fresh herbs  
1 clove garlic, minced  
salt & pepper to taste

#### INSTRUCTIONS

Preheat the oven to 450 degrees. Coat asparagus with 2 Tbsp. oil. Spread the asparagus out evenly on the baking sheet and sprinkle with salt and pepper. Place the baking sheet in the preheated oven and roast for 10 – 12 minutes or until the asparagus are tender and slightly browned on the tip. While the asparagus are roasting, begin the vinaigrette. In a small bowl, whisk together the remaining ingredients. When the asparagus are finished roasting, remove them from the oven, leave them on the baking sheet. Toss with ¾ of the vinaigrette. Remove the asparagus to a serving platter, and drizzle the remaining vinaigrette over top. Garnish with additional fresh herbs and lemon slices.





### Sample Plate

Turkey

¼ - ½ cup mashed cauliflower “potatoes”

½ plate roasted or steamed veggies

1 Tbsp. cranberry sauce

1 sliver of mousse

*Skip the stuffing*

*1 glass red wine (if necessary)*



### Pumpkin Mousse

¼ cup Stevia In The Raw

2 Tbsp. cornstarch

1¾ cups nut milk

2 egg yolks, beaten

1 cup canned pumpkin

1 tsp. vanilla extract

2 tsp. pumpkin pie spice

### INSTRUCTIONS

Combine Stevia and the cornstarch in saucepan over medium heat. Thoroughly mix the milk and egg yolks. Gradually add the milk mixture to the Stevia mixture, whisking constantly. Bring the mixture to a boil, then cook for 1 minute, stirring constantly. Remove from heat. Combine pumpkin, vanilla, and spices in a bowl. Slowly add pumpkin mixture to milk mixture, whisking constantly. Place saucepan over low heat and cook for 3 minutes, stirring constantly. Pour pudding into one large bowl and cover the surface of the pudding with plastic wrap. Chill for at least 2 hours. Spoon into individual bowls and top with coconut cream, or nut thins & cinnamon if desired.



### Cranberry Sauce

8 oz. fresh cranberries

¾ cup grated apple

½ cup freshly squeeze oranges

1 tsp. vanilla

1 tsp. cinnamon

pinch sea salt

### INSTRUCTIONS

Add all ingredients in pot on medium heat. Bring to a boil Reduce heat and simmer for 10-15 minutes, or until cranberries are at desired texture. Remove from heat, serve and enjoy!



# 9 General Tips to Help Make Holidays Lighter



## 1. Shop Smart for Healthy Holidays

Plan your menu to include plenty of fruits, veggies, lean meats, seafood, low-fat organic dairy, and whole grains or gluten free options.

## 2. Start the Party Light

Most appetizers tend to be loaded with calories. It is very easy to over eat them before the meal. Make it easier on your guests by offering light and satisfying appetizers. For tempting yet healthy appetizers, offer shrimp cocktails, gluten free crackers with low fat cheese, hummus, veggies with a Greek yogurt dip or fresh fruit skewers.

## 3. Harness the Diet Power of Produce

Add more simple veggies and fruit dishes to your menu instead of heavy dishes with sauces. Your guests will fill up on healthy fiber without lots of extra calories. For example, green bean almondine with a squeeze of lemon is healthier than traditional green bean casserole. Simple peas or corn are healthier than creamed peas or corn. If you must have a casserole, use low fat organic soup, increase the veggies and top with crunch gluten free cereal instead of fried onions.

## 4. Spritz your Drinks

Eggnog and other holiday beverages can add a huge number of calories. Offer your guests plenty of low-cal beverages such as a sparkling water or low calorie punch.

## 5. Shave Calories with Simple Swaps

Create healthier versions of your holiday favorites by shaving calories wherever you can. Use organic low sodium chicken, fat free Greek yogurt, light cream cheese, and organic milk (or nut milk), in place of high fat ingredients. Substitute non-fat Greek yogurt or applesauce for oil in baked goods.

## 6. Roast or Grill for Rich Flavor with Fewer Calories

Roasting or grilling meat, seafood, vegetables and potatoes, is a simple, low calorie cooking style that brings out the natural sweetness and flavor in foods. Roasted sweet potatoes with a sprinkle of cinnamon sugar and a dab of organic butter or even olive oil are delicious substitutes for the traditional calorie laden casserole.

## 7. Serve Healthier Desserts

For dessert, try dark chocolate dipped strawberries for a colorful and delicious finale. If you want to offer pie, choose the healthier pumpkin pie they even offer gluten free crust at Whole Foods. Make it with non-fat evaporated milk or light coconut milk (canned). Top it with fat free whipped topping.

## 8. Plan and Scan to Avoid Holiday Weight Gain

Scan the buffet and fill your plate with foods that are simply prepared without sauces or fried, sit down and take your time to taste and savor every bite. Resist the urge to go back for more by waiting at least 20 minutes for your brain to register that you are comfortably full. If you are still hungry, eat more veggies.

## 9. Respect Special Requests

As you plan your holiday menu, ask if guests have any food preferences or intolerances. For example, a dear friend may be lactose intolerant. A favorite cousin may have cut red meat from his diet. You can't please everyone, but you can include a wider variety of healthy foods. Your guests can pick and choose, filling their plate with a satisfying meal no matter their food issues.

Depending on the plan you are on, your decisions will be based on your customized nutrition plan. Do the best you can, but remember to enjoy your holidays. There is no need to stress about being perfect. Be on plan all week, then make a small exception for that weekend event. Try to stay within the guidelines of your plan as much as possible like gluten free, dairy free and sugar free. This will help you do the best you can during the holiday season to not gain.

Most importantly, keep in mind that the holidays are about being with family and the people you love, not about food. Part of your journey is to develop new lifestyle habits, try looking for new recipes that you can start making as part of your new tradition.