

You may be eating a bit differently this year but it doesn't mean that you can't enjoy some of the traditional family favorites! We've modified a few dishes here and invite you to try them.

Tips on preparing for the big meal:

- ◆ If oven space is limited, cook the turkey a couple of hours ahead of schedule and place it in a foil lined cooler. It will stay hot & juicy for hours!
- ◆ Make your cranberry sauce using Splenda or another non-calorie sweetener instead of sugar.
- ◆ Thicken gravy with a little heavy cream instead of flour

Nutritional Values (per serving) on Recipes:

Mock Mashed Potatoes: Calories 171, Effective Carbs 2g, Protein 2g

Green Bean Casserole: Calories 220, Effective Carbs 11g, Protein 7g

Crustless Pumpkin Pie: Calories 86, Effective Carbohydrates 17g, Protein 4g

Pumpkin Cheesecake: Calories 272, Effective Carbs 5g, Protein 7g

Low Carb Pumpkin Cheesecake

- 3 (8 ounce) packages cream cheese
- 1 (15 ounce) cans pumpkin puree
- 2/3 cup Splenda sugar substitute
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- 3 eggs, at room temperature

Heat oven to 325°F. Spray 8" X 3" deep cake pan with non-stick cooking spray. Line with parchment or wax paper, spray paper.

Beat cream cheese with an electric mixer until smooth. Add pumpkin, Splenda, vanilla, cinnamon and ginger; Beat until smooth. Beat in one egg at a time until combined.

Pour batter into pan. Place cake pan in a roasting pan and pour boiling water around the outside of the pan until the water level reaches half way up the side.

Bake 42-45 minutes or until cake is set in the center. Turn the oven off, crack the oven door and let stand in oven for 15 minutes.

Remove pan from water bath and transfer to cooling rack; cool completely. Run knife around edge of cake, cover and refrigerate 4 hours to overnight. To remove cake, dip bottom of pan in hot water for a few seconds to loosen.

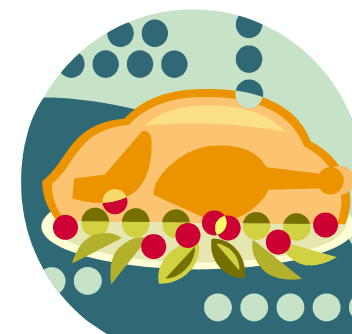
Optional garnishes: mint sprigs or chopped pecans

10 servings



Thanksgiving 'Lite'

Modifications on Family Favorites



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Mock Mashed Potatoes

Your guests will probably never know that these rich mashed potatoes contain no potatoes at all. They are made from cauliflower. These are doubly good with bacon bits added.

1 head cauliflower, cut into florets
(discard core and large stems)

1 (14 ounces) can chicken or vegetable broth
(or homemade - about 1-3/4 cups)

2 Tbsp butter

2 ounces cream cheese

2 Tbsp sour cream

1/2 cup shredded cheddar cheese

1/4 cup sliced green onions, white and green parts

Salt and freshly ground black pepper to taste

Place cauliflower florets in a large saucepan. Add chicken broth and bring to a boil. Cover and simmer until very tender, about 12 minutes. Drain thoroughly through a fine sieve and return to the pot over low heat. Cook about 2 more minutes to dry out excess moisture, stirring constantly. (It's okay that they break apart.)

Pour cauliflower into food processor fitted with the metal blade. Add butter, cream cheese, sour cream, cheddar cheese, green onion, salt, and pepper. Pulse to combine. Reheat before serving, if necessary.

8 servings

Green Bean Casserole

1 pound green beans, ends trimmed

1 tablespoon vegetable or canola oil

1/2 cup thinly sliced onion

8 ounces cremini mushrooms, rinsed and sliced

1 1/2 teaspoons kosher salt

1/8 teaspoon garlic powder

1/8 teaspoon freshly ground black pepper

1/2 cup no-sugar, low-sodium chicken broth

1 teaspoon chopped fresh thyme leaves

1/2 cup sour cream

Onion Straws:

1/2 cup very thinly sliced onion

1/4 cup soy flour

1/2 tsp kosher salt

1/8 tsp freshly ground black pepper

1/8 tsp garlic powder

Preheat oven to 350 degrees F.

Make the Onion Straws: Combine all the ingredients in a small bowl, toss to mix, and arrange in a single layer on a baking sheet. Set aside.

Boil the green beans until tender, but not done, about 5 minutes. Drain and chill beans in an ice water bath or under running cold water. Drain again and transfer to a bowl.

Heat the oil in a large pan over medium-high heat. Add onion, mushrooms, salt, garlic, and pepper and cook, stirring, about 2 minutes.

Add the chicken broth and thyme and cook until almost all the liquid is evaporated, about 3 to 4 minutes. Transfer the mushroom mixture to the bowl of green beans, add the sour cream, and toss to combine.

Pour the green bean mixture into the glass pie pan. Bake the casserole and onion straws on separate racks until the straws are well browned and crispy (almost burnt, otherwise they will be soggy), about 15 to 17 minutes. Top the casserole with the straws.

6 servings

Crustless Low Carb Pumpkin Pie

1 1/2 cups fresh pumpkin (or 15 ounce can)

3 eggs

3/4 cup Splenda Sugar Blend for Baking **

1/2 teaspoon salt

1 teaspoon cinnamon

1 3/4 teaspoons pumpkin pie spice

3/4 cup cream (heavy or light)

Mix all ingredients together.

Pour into a well sprayed pie pan.

Bake at 350' for 30 to 40 minutes.

8 servings

**DO NOT use Splenda packets -- trust me on this one!

Denise's Pumpkin Frappuccino

8-10 OZ Cold Coffee

1 Packet Vanilla Pudding & Shake
Vanilla Extract

1/4 C Puree Pumpkin

1 C Ice

Blend until smooth