KORB

HEALTHY BITES

A HEALTHIER THANKSGIVING



...AND NO ONE WILL KNOW

All the classics, with a few smart swaps. Enjoy the day, the food, and the people. Maintaining your weight over the holidays is a win.

THE MENU

Morning

- Egg bites or store-bought egg bites with 15 to 20 grams of protein
- Fresh fruit
- Latte or coffee

Appetizers

While the turkey roasts...

- Shrimp cocktail with cocktail sauce
- Hummus with veggie sticks
- Caprese skewers: cherry tomato, basil, and fresh mozzarella
- Rainbow Fruit skewers (grapes, kiwi, pineapple, mandarin orange, strawberry, raspberry.)

Thanksgiving dinner

- Roast turkey
- Gravy
- Mixed green salad
- Roasted green beans with cherry tomatoes and garlic
- Baked sweet potato with cinnamon
- Whole-wheat and cornbread stuffing
- Cranberry sauce
- Fruit salad
- Whole-wheat rolls

Dessert

- Greek yogurt pumpkin cheesecake

Don't skip breakfast: Saving up for the big meal backfires. A protein breakfast keeps you from arriving at the table starving. Start the day with egg bites and a fruit salad. Recipe on next page.

AT THE TABLE

- Fill half your plate with vegetables, a quarter with turkey, and a quarter with the rest.
- Eat in this order: protein first, then fruits, vegetables, and fiber, and carbs and starches last.
- One plate, then wait 20 minutes before deciding on seconds.
- Keep a glass of water going all day, at least 64 oz.
- Eat slowly and stop when you feel full. Go easy on greasy or fried foods, which can make nausea worse.
- Leftovers: Turkey makes great lunches all week. Try it on a salad, in lettuce wraps, or in a burrito bowl.

EGG BITES

Makes 12 bites = 3 servings (Recipe can be doubled)

Ingredients

- 9 eggs
- ½ cup cottage cheese
- ½ cup chopped spinach
- ¼ cup diced roasted red pepper
- ¼ cup shredded cheddar cheese
- ¼ tsp salt, and pepper to taste

Instructions

1. Heat the oven to 325°F and grease a 12-cup muffin tin.
2. Blend the eggs and cottage cheese until smooth.
3. Divide the spinach, red pepper, and cheese among the cups, then pour the egg mixture over them.
4. Bake 20 to 25 minutes, until just set. Cool 5 minutes

Make them the day before and reheat for 30 to 45 seconds in the microwave.

HERB-ROASTED TURKEY BREAST

Serves about 10 (6 oz each)

Ingredients

- 1 bone-in turkey breast (6 to 7 lb)
- 1 Tbsp olive oil
- 3 cloves garlic, minced
- 1 Tbsp each chopped rosemary, sage, and thyme
- 1 tsp salt
- ½ tsp pepper

Instructions

1. Heat the oven to 325°F. Pat the turkey dry and set it in a roasting pan.
2. Mix the oil, garlic, herbs, salt, and pepper, and rub it over the turkey.
3. Roast about 2 to 2½ hours, until the thickest part reaches 165°F.

Rest 15 to 20 minutes before slicing. Save the pan drippings for the gravy.

LIGHTER TURKEY GRAVY

Makes about 2 cups

Ingredients

- Pan drippings from the turkey
- 2 cups low-sodium turkey or chicken broth
- 2 Tbsp cornstarch and ¼ cup cold water mixed
- Sage, thyme, and pepper

Instructions

1. Pour the drippings into a fat separator or measuring cup and let the fat rise. Spoon it off and keep the juices.
2. Bring the juices and broth to a simmer.
3. Whisk the cornstarch into the cold water, stir it in, and simmer 2 to 3 minutes until thick.
4. Season with the herbs and pepper.

ROASTED GREEN BEANS WITH CHERRY TOMATOES AND GARLIC

Serves 8 (about ½ cup each)

Ingredients

- 1 lb green beans, trimmed
- 1 pint cherry tomatoes
- 3 cloves garlic, sliced
- 1 Tbsp olive oil
- ¼ tsp salt, and pepper to taste
- 1 Tbsp balsamic vinegar
- 2 Tbsp grated Parmesan (optional)

Instructions

1. Heat the oven to 425°F.
2. Toss the beans, tomatoes, garlic, oil, salt, and pepper on a sheet pan and spread them out.
3. Roast 18 to 22 minutes, shaking the pan once, until the beans brown in spots and the tomatoes burst.
4. Drizzle with balsamic and sprinkle with Parmesan.

Two ways to change it up: add ¼ cup chopped sun-dried tomatoes for the last 5 minutes, or finish with lemon zest and 2 Tbsp toasted sliced almonds

BAKED SWEET POTATOES

Serves 8 (half a potato each)

Ingredients

- 4 medium sweet potatoes
- 4 tsp butter
- cinnamon

Instructions

1. Heat the oven to 400°F. Scrub the potatoes and prick them a few times with a fork.
2. Bake on a foil-lined sheet pan 45 to 60 minutes, until soft all the way through.
3. Halve them and top each half with ½ tsp butter and a sprinkle of cinnamon.

CRANBERRY SAUCE

Makes about 2 cups

Ingredients

- 12 oz fresh cranberries
- zest and juice of 1 orange
- ¼ cup water
- ¼ cup maple syrup or honey
- pinch of cinnamon

Instructions

1. Simmer everything in a saucepan for 10 to 12 minutes, until most of the berries pop and the sauce thickens.
2. Taste, and add 1 to 2 Tbsp more maple syrup if it's too tart. It thickens more as it cools.

The recipe on the cranberry bag calls for 1 cup of sugar; this uses about a quarter of that.

STUFFING

Makes about 8 cups (16 servings of ½ cup)

Ingredients

- 4 cups cubed whole-wheat bread
- 4 cups cubed cornbread
- 1 Tbsp butter
- 1 Tbsp olive oil
- 1 onion, chopped
- 3 celery ribs, chopped
- 8 oz mushrooms, chopped
- 1 Tbsp chopped fresh sage (or 1 tsp dried)
- 1 tsp thyme
- 2 Tbsp chopped parsley
- 1½ to 2 cups low-sodium turkey or chicken broth
- 1 egg
- salt and pepper to taste

Instructions

1. Heat the oven to 350°F. Toast the bread and cornbread cubes on sheet pans for 10 to 15 minutes, until dry.
2. Cook the onion, celery, and mushrooms in the butter and oil for 8 to 10 minutes, until soft.
3. Toss the bread, vegetables, and herbs in a large bowl. Whisk the egg into 1½ cups broth, pour it over, and toss. Add more broth if it looks dry.
4. Spread in a greased 9×13 dish. Bake covered 25 minutes, then uncovered 15 to 20 minutes, until the top is crisp.

Store-bought cornbread is often sweet, so choose a less sweet one or bake your own.

HARVEST GREEN SALAD

Serves 8 (2 cups each)

Ingredients

- 12 cups mixed greens (about a 12 oz container)
- 1 English cucumber, sliced
- 1 pint cherry tomatoes, halved
- ½ small red onion, thinly sliced
- ½ cup pomegranate seeds (optional, for color)
- 1 batch simple vinaigrette (about ⅓ cup)

Instructions

1. Put the greens in a large bowl. Top with the cucumber, tomatoes, and red onion.
2. Just before serving, shake the vinaigrette and toss it with the salad. Dressed greens wilt fast, so wait until everyone's sitting down.
3. Sprinkle with pomegranate seeds.

Make ahead: wash the greens and slice the vegetables the day before. Keep the greens wrapped in a paper towel in a container, and the dressing in a jar.

Optional toppings: 1 Tbsp crumbled feta or goat cheese, or 1 Tbsp toasted pumpkin seeds, per serving. Each adds some fat, so pick one, not both.

SIMPLE VINAIGRETTE

Makes about ⅓ cup (8 servings of 2 tsp)

Ingredients

- 3 Tbsp olive oil
- 2 Tbsp red wine or apple cider vinegar
- 1 tsp Dijon mustard
- 1 tsp maple syrup
- pinch of salt, pepper to taste

Instructions

Shake everything in a jar until blended.

GREEK YOGURT PUMPKIN CHEESECAKE

Serves 8

Ingredients

- 2 cups plain Greek yogurt
- 4 oz light cream cheese, softened
- 1 cup canned pumpkin purée (not pie filling)
- 2 eggs
- ⅓ cup maple syrup
- 2 Tbsp cornstarch
- 1½ tsp pumpkin pie spice
- 1 tsp vanilla
- pinch of salt

Instructions

1. Heat the oven to 325°F and grease a 9-inch pie plate.
2. Blend everything until smooth and pour it into the pie plate.
3. Bake 40 to 50 minutes, until the edges are set and the center still jiggles slightly.
4. Cool, then chill at least 4 hours.
5. Top with a dollop of Greek yogurt and a sprinkle of cinnamon.

Each slice has about 8 grams of protein

HOW MUCH TO PUT ON YOUR PLATE



You may not finish all of this, and that's fine. Eat your protein first.

- Turkey: 6 oz, skin off (about two decks of cards)
- Gravy: ¼ cup
- Salad: 2 cups, with 2 tsp vinaigrette
- Green beans: ½ cup
- Sweet potato: ½ potato
- Cranberry sauce: 2 Tbsp
- Fruit salad: ½ cup
- Roll: 1 small
- Stuffing: ½ cup
- Cheesecake: 1 slice

SHOPPING LIST | The whole day for 8 people

Produce

- [ ] 1 lb green beans
- [ ] 3 pints cherry tomatoes
- [ ] 12 oz mixed greens
- [ ] 1 English cucumber
- [ ] 1 small red onion, 1 yellow onion
- [ ] 1 bunch celery
- [ ] 8 oz mushrooms
- [ ] 4 medium sweet potatoes
- [ ] 12 oz fresh cranberries
- [ ] 1 orange
- [ ] 2 heads garlic
- [ ] fresh rosemary, sage, thyme, parsley, and basil
- [ ] fruit for fruit salad (about 4 cups)
- [ ] fruit for skewers: red and green grapes, kiwi, pineapple, mandarin orange, strawberry, raspberry.
- [ ] pomegranate (optional)
- [ ] hummus and vegetables
- [ ] spinach
- [ ] jar of roasted red peppers

Meat and dairy

- [ ] 1 bone-in turkey breast, 6 to 7 lb
- [ ] 32 oz plain Greek yogurt
- [ ] 1 dozen eggs
- [ ] cottage cheese
- [ ] 4 oz light cream cheese
- [ ] mozzarella balls
- [ ] butter
- [ ] Parmesan (optional)
- [ ] 1½ lbs cooked shrimp (for the appetizer)
- [ ] shredded cheddar cheese
- [ ] low-fat or fat-free milk for lattes

Bakery

- [ ] 1 loaf whole-wheat bread
- [ ] 1 pan cornbread (less sweet)
- [ ] 8 small whole-wheat rolls

Paper Goods

- [ ] dinner napkins
- [ ] cocktail napkins
- [ ] toothpicks and skewers

Pantry

- [ ] 32 oz low-sodium turkey or chicken broth
- [ ] 15 oz can pumpkin purée (not pie filling)
- [ ] maple syrup
- [ ] olive oil
- [ ] Balsamic and red wine or cider vinegar
- [ ] cocktail sauce
- [ ] Dijon mustard
- [ ] cornstarch
- [ ] pumpkin pie spice, cinnamon, and vanilla
- [ ] salt, pepper, and cooking spray

Beverage Station

- [ ] sparkling Waters
- [ ] lemons and limes
- [ ] unsweetened Iced Tea
- [ ] decaf and regular coffee
- [ ] creamers

DON'T LIKE AN INGREDIENT? It's OK to substitute the protein and the veggies. Check your *Healthy Bites: What Should I Eat in a Day?* guide for recommended items and serving sizes.

HAVE EXTRA FOOD? Keep in the fridge for up to 3 to 4 days, or freeze for up to 3 months. Gravy: 1 to 2 days

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