



Healthy Thanksgiving side  
dishes that still taste  
**DELICIOUS!**

## **Sage Dressing with Apples and Sausage**

### **Ingredients**

loaf of high fiber bread  
1 granny Smith apple, chopped  
1 cup celery, chopped  
3 Tbsp rubbed sage  
1 lb of Italian sausage  
1/4 cup unsweetened raisins  
1/4 cup chopped walnuts  
1 cup low sodium stock  
2 Tbsp unsalted butter, melted

### **Directions**

1. Set broiler to medium/high. Cube up the bread loaf and place on a baking sheet, then put into the broiler for ~5 minutes.
2. Chop up the apple and celery into small pieces and add to a baking dish. Once bread is toasted, add to the baking dish also and place oven on 350 F.
3. Start cooking the sausage in a pan over medium heat until fully cooked, breaking up the meat with a spatula. While that's cooking add the sage to the bread mixture.
4. Add raisins and walnuts to bread mixture, then add the cooked sausage. Drizzle butter and stock over the bread, then mix together to incorporate all the ingredients together.
5. Bake ~20 minutes. Serve and enjoy!



## **Roasted Root Veggies**

### **Ingredients**

2-3 sweet potatoes, chopped  
2-3 beets (any variety), chopped

6-8 fingerling potatoes, any color  
1 cup low sodium stock  
2 Tbsp rosemary  
2 tsp thyme  
(optional)  
rutabaga, chopped  
turnip, chopped  
3 parsnips, chopped

### Directions

1. Set oven to 425 F.
2. add all chopped vegetables together in a baking dish and add stock, thyme and rosemary.
3. Bake for ~45 minutes or until veggies are fork-tender. Enjoy!

## **Mashed Root Veggies + Potatoes and Easy Gravy**

### Ingredients

2 sweet potatoes, roughly chopped  
rutabaga, roughly chopped  
2 Russet potatoes, roughly chopped  
5.3oz container of plain, nonfat Greek yogurt  
(optional) parmesan or cheddar cheese  
salt and pepper to taste

### Gravy

2 Tbsp butter  
2 Tbsp flour  
2 cups low sodium stock  
salt and pepper

### Directions

1. Bring a pot of water to a boil, then add the chopped veggies to the water until fork tender (~10 minutes)
2. Drain the water out, then mash together all the vegetables
3. Add the yogurt and stir in, season with salt and pepper
4. For the gravy, melt the butter in a pan then whisk the flour in until it looks like toothpaste. Add the stock into the pan and whisk together to prevent lumps over high heat until it begins to thicken
5. Season with salt and pepper and serve with the mashed veggies. Enjoy!