

Healthy Swaps for Thanksgiving Meals

If your family celebrates Thanksgiving, chances are there's an abundance of food on the table. Here are some commonly served dishes with suggestions on how to swap certain ingredients:

Sweet potatoes - Instead of a candied yam or sweet potato dish full of sugar, marshmallows and cream, try roasted sweet potatoes. Cut the potatoes into chunks and toss them with olive oil, salt and pepper and herbs like thyme or rosemary before roasting.

Mashed potatoes - Lighten these by using 2 percent milk instead of whole milk or cream, and try cutting the butter in half and replacing that half with plain Greek yogurt.

Green bean casserole – Skip the cream of mushroom soup and sauté fresh green beans with a little butter and top them with 1 to 2 tablespoons of fried onions.

Stuffing – Whatever the recipe calls for using, cut the butter in half, use lower-fat milk, use whole grain bread and consider skipping fatty meats like sausage. Bulk it up with corn or celery.

Cranberry sauce - Skip the canned version that may be high in sugar and make a cranberry relish using fresh, whole cranberries. You can add fiber to a homemade cranberry sauce by adding little pieces of apricot, apples and oranges.

Pies - Choose pumpkin over pecan pie to save hundreds of calories. Fruit is a nice option for people who can resist the pie, include a bowl with fresh whipped cream for a topping. Instead of a double-crust apple pie, make a single-crust pie with an oatmeal-crumble top. For a chocolate pie, use a lighter whipped topping and lower-fat milk in the pudding.

Source: <https://weather.com/holiday/thanksgiving/news/thanksgiving-healthy-swaps#/1>

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