



THANKSGIVING RECIPES



Green Bean Casserole

YIELD:

1 Serving

PER SERVING:

1 Livea General Meal + 2 Fresh

INGREDIENTS:

- 1 packet Livea Creamy Vegetable Soup
- $\frac{3}{4}$ cup frozen green beans
- $\frac{1}{4}$ cup mushrooms, sliced
- 1 tsp onion flakes
- $\frac{1}{3}$ cup hot water
- $\frac{1}{8}$ tsp ground marjoram
- $\frac{1}{8}$ tsp rosemary

METHOD:

1. Combine green beans, mushrooms, and onion flakes in a small bowl with 2 Tablespoons water.
2. Cover and microwave on high for 2-4 minutes, until beans are cooked.
3. Add hot water, spices, and Creamy Vegetable soup mix. Stir and serve.



THANKSGIVING RECIPES



Vegetarian Cauliflower Stuffing

YIELD:

4 Servings

PER SERVING:

3 Fresh + ½ Lean-1 +

1 Healthy Fat + 2 Extras

INGREDIENTS:

- 4 cups Morning Star Farms® Veggie Griller Crumbles
- ½ cup onion, chopped
- 1 cup celery, chopped
- 5 cups cauliflower, chopped
- ½ cup vegetable broth
- 16 walnut halves, chopped
- ¼ cup fresh parsley, chopped
- 1 tsp fresh sage, minced
- Salt and pepper, to taste

METHOD:

1. Cook the veggie crumbles in a large sauté pan. Add the onions and celery to the pan and cook for about 5 minutes or until softened.
2. Add the cauliflower and cook for about 8 minutes. Allow to brown and caramelize. Add the vegetable broth and cook on medium heat until no liquid remains in the bottom of the pan.
3. Add the walnuts and cook for about 2 minutes. Remove from the heat and stir in the parsley and sage. Season with salt and pepper to taste.



THANKSGIVING RECIPES



Flourless Rolls

YIELD:

6 Rolls or 3 Servings

PER SERVING:

2 Rolls = $\frac{1}{3}$ Lean-0 + $1\frac{1}{3}$ Extras

INGREDIENTS:

- 3 eggs, at room temp
- 3 Tbsp light cream cheese, at room temp

- 1 packet zero-calorie sweetener
- A pinch or $\frac{1}{16}$ tsp cream of tartar

METHOD:

1. Preheat oven to 350° F.
2. Separate egg whites from egg yolks, putting whites in one bowl and yolks in another bowl. Add cream of tartar to whites. Beat whites on high until stiff peaks form. Set aside.
3. Add cream cheese and sweetener to yolks. Whisk yolk mixture until blended.
4. Gently whisk yolk mixture into whites being careful to not over mix and make the whites fall.
5. On a cookie sheet lined w parchment paper, make six equal sized blobs, not touching.
6. Bake at 350 for 25-30 minutes. Enjoy warm, cold, or toasted! Freeze left overs in plastic wrap or individual sandwich bags or keep them in the fridge for up to 5 days. Toast them to make them crispy again!



THANKSGIVING RECIPES



Sparkling Cranberry Orange Mocktail

YIELD:

3 Servings (6 oz. servings)

INGREDIENTS:

- Ice
- 6 oz. diet cranberry juice
- 12 oz. orange flavored sparkling water
- 12-15 frozen cranberries, slice of orange for garnish

METHOD:

1. Fill 3 glasses with ice.
2. Next, measure out both the sparkling water and cranberry juice and pour evenly into 3 glasses, stir.
3. Garnish each drink with 4-5 frozen cranberries and orange slices. Serve immediately.



THANKSGIVING RECIPES



Thyme and Sage Roasted Turkey

YIELD:

8 Servings

PER SERVING:

1 Lean-1 + 1 Healthy Fat

INGREDIENTS:

- 1; 12-13 lb. whole turkey, thawed
- 2 Tbsp. + 2 tsp olive oil
- 1 Tbsp. dried sage
- 2 Tbsp. dried thyme
- ½ tsp salt
- ½ tsp pepper

METHOD:

1. Position your oven rack in the bottom third of the oven, and preheat oven to 450° F.
2. Remove any packaging in the body and neck cavities of the turkey. Let it sit breast-side up on a roasting rack.
3. Whisk together the olive oil, sage, thyme, salt, and pep-per in a small bowl. Make a slit in the skin of the turkey, and rub mixture all over turkey meat.
4. Pour two cups of water into the roasting pan, and turn down the heat to 350° F.
5. Roast turkey for one hour uncovered. When turkey begins to turn golden brown, shield breast with foil. Continue to roast for 2 hours and 30 minutes or until mini-mum internal temperature reaches 165° F.
6. Transfer turkey to cutting board and tent with alumi-num foil; let rest for about 15-30 minutes before carving. Measure out six ounces per serving; save any leftovers for another meal.



THANKSGIVING RECIPES



Cauliflower Mashed Potatoes

YIELD:

4 Servings

PER SERVING:

3 Fresh + ½ Healthy Fat + ½ Extra

INGREDIENTS:

- 6 cups cauliflower, fresh or frozen
- ½ cup chicken broth
- ¼ tsp salt
- 2 Tbsp. reduced fat parmesan cheese
- 1 Tbsp. light butter or margarine
- 2 Tbsp. sour cream

METHOD:

1. In a large saucepan, cover cauliflower with water. Bring to a boil over medium high heat. Reduce heat to sim-mer and cover; cook for about 10 to 12 minutes or until cauliflower is tender. Drain and return cauliflower back to saucepan.
2. Add chicken broth and mash cauliflower to desired consistency or use an immersion blender.
3. Stir in salt, pepper, parmesan cheese, butter, and sour cream.
4. Serve and enjoy!



THANKSGIVING RECIPES



Go To Gravy

YIELD:

4 Servings

PER SERVING:

½ Extra

INGREDIENTS:

- 1 cube salt free chicken bouillon
- 1 cube salt-free beef bouillon
- ¾ cup cold water
- 1 Tbsp. cornstarch
- Pinch of thyme
- Pinch of white pepper

METHOD:

1. Dissolve cornstarch and crushed bouillon cubes in cold water, then add in spices.
2. Cook, stirring constantly, until boiling and smooth.
3. Pour into a gravy boat and serve with cauliflower mashed potatoes.



THANKSGIVING RECIPES



Pumpkin Spice Cookies

YIELD:

1 Servings

PER SERVING:

1 General Livea Meal + ¼ Lean-2 + 1 Extra

INGREDIENTS:

- 1 packet Livea Pumpkin Pie Pudding/Shake
- 3 Egg whites
- 1 tsp. vanilla extract
- Cooking spray

METHOD:

1. Prepare baking sheet by spraying with non-stick cooking spray.
2. Next, beat egg whites until dry and stiff. Add shake mix and vanilla extract to egg whites. Mix thoroughly.
3. Drop batter by teaspoonfuls on baking sheet (will make about 10 cookies).
4. Bake at 350° F for 5 minutes.



THANKSGIVING RECIPES



Pumpkin Cheesecake (Flex Recipe)

YIELD:

1 Serving

PER SERVING:

1 Livea Meal + 1 Snack (Starch)
+ 1.5 Extras

INGREDIENTS:

- 1 packet Livea Cheesecake mix
- 1.5 oz. cold water
- ¼ cup pumpkin puree
- ¾ tsp. ground cinnamon
- ⅛ tsp. nutmeg
- ⅛ tsp. ground ginger
- Pinch allspice
- Pinch ground cloves
- 1 packet zero-calorie sweetener
- 1 Tbsp. pressurized whipped topping

METHOD:

1. In a small mixing bowl, combine cheesecake mix with water and stir until thoroughly combined.
2. Add pumpkin puree and seasonings and stir.
3. Transfer pumpkin cheesecake to serving dish and top with whipped topping.
4. Enjoy!



THANKSGIVING RECIPES



Cranberry Relish

YIELD:

4 Servings ($\frac{1}{4}$ cup per serving)

PER SERVING:

1 Snack (Fruit) + 2.5 Extras

INGREDIENTS:

- 8 oz. raw cranberries
- $\frac{1}{2}$ cup water
- 2 tsp. orange zest
- 8 packets stevia
- $\frac{1}{2}$ tsp. vanilla extract
- $\frac{1}{2}$ tsp. cinnamon

METHOD:

1. Combine cranberries, water, orange zest and stevia in a small saucepan over mediumhigh heat. Bring to a boil while stirring occasionally.
2. Once the cranberry mixture comes to a boil, reduce heat and simmer for 5-10 minutes, or until cranberries have burst and sauce has thickened.
3. Remove from heat and using a fork mash the cranberries. Stir in vanilla and cinnamon any unused cranberry relish in an airtight container for up to a week.

TURKEY LEFTOVERS

TURKEY AND ZUCCHINI NOODLE SOUP

SERVINGS: 2

PER SERVING:

3 FRESH
1 LEAN-1
1 HEALTHY FAT
3 EXTRAS

INGREDIENTS

- 1 cup celery
- 1 tsp sage, dried
- 1 tsp parsley, dried
- 1 tsp thyme, dried
- 2 tsp olive oil
- 4 cups low sodium chicken broth
- 12 ounces of diced turkey, white meat
- 2 cups zucchini noodles, raw
- Dash of pepper

DIRECTIONS

1. Chop up the celery into ½ inch pieces
2. Heat olive oil in a large sauté pan and sauté the celery for 3 minutes. Add sage, parsley, and thyme and cook for one minute longer
3. Add the low sodium broth and cook for 30 minutes on low heat
4. Add diced turkey and let cook for 10 minutes
5. Add zucchini noodles and let simmer for 20 minutes or until noodles are al dente
6. Season to taste with black pepper

LEFTOVER TURKEY SALAD

SERVINGS: 4

PER SERVING:

1/2 FRESH
1 LEAN-1
1 EXTRA

INGREDIENTS

- 18 ounces of chopped turkey, white meat
- 12 ounces plain Greek yogurt
- 2 teaspoons Dijon mustard
- 1 tablespoon lemon juice
- 1 cup finely diced celery
- 2 teaspoons fresh dill

DIRECTIONS

1. In a large bowl, combine the chopped turkey, Greek yogurt, mustard, lemon juice, celery and dill, stirring until well combined.
2. Taste and season the turkey salad with salt and pepper.
3. Serve immediately or refrigerate, covered, until ready to serve.

Tip: For an extra serving of vegetables, try adding this salad to a lettuce wrap!

LEFTOVER TURKEY STIR FRY

SERVING: 1

PER SERVING:

3 FRESH
1 LEAN-1
1 HEALTHY FAT
3 EXTRAS

INGREDIENTS

- ½ cup cauliflower, riced
- 1 tsp olive oil
- ½ cup broccoli florets, chopped
- ¼ cup red bell pepper, cut into matchsticks
- ¼ cup mushrooms (hedgehog or oyster)
- 1 clove garlic, minced
- ½ tablespoon fresh ginger, peeled or grated
- 3 tablespoons soy sauce
- 6 ounces chopped turkey, white meat
- Sesame seeds for garnish

DIRECTIONS

1. Cook the cauliflower according to package instructions.
2. While cauliflower is cooking, heat oil in a large skillet over medium-high heat.
3. Add the broccoli and red bell pepper and cover with a lid, stirring occasionally, until vegetables have softened yet are still al dente, about 5 to 8 minutes.
4. Add in mushrooms, garlic and ginger, and continue cooking until garlic and ginger are very fragrant, about 3 minutes.
5. Stir in chopped turkey and soy sauce, cover and cook until heated through, about 3 minutes.
6. Top with sesame seeds and serve over cooked riced cauliflower

