



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Simple Sides Make the Meal!



Set yourself up for success this Thanksgiving with recipes that come together quickly and easily. Reduce your kitchen stress with limited ingredient sides and sauces that explode with flavor. It's very likely family and guests will ask for seconds! Grab fresh fruits and veggies that are on-sale and try these delicious sides to accent the flavors of your Thanksgiving Turkey.

Air Fryer Vegetables

Ingredients:

- 1/2 cup sliced almonds
- 1 pkg. (8 ounces) mushrooms, sliced
- 1/2 (12-ounce) pkg. fresh green beans, trimmed
- 2 cups cauliflower florets
- 1/2 Tbsp. garlic powder
- 2 tsps. paprika
- 1/2 tsp. salt
- Sliced chives for garnish (optional)

Directions:

1. Preheat 3-quart air fryer to 350°F for 5 minutes.
Air fry almonds 3 minutes or until golden brown, shaking air fryer basket once; transfer to plate.
2. In large bowl, toss mushrooms, green beans, cauliflower, garlic powder, paprika and salt.
In 2 batches, air fry vegetables 10 minutes or until golden brown, shaking air fryer basket once.
Makes about 4 cups.
3. Serve vegetables sprinkled with almonds and chives, if desired.



5-Ingredient Cranberry Sauce

Ingredients:

- 1 pkg. (8 ounces) fresh cranberries
- 1 cup orange juice
- 3/4 cup granulated sugar
- 2 tsps. ground cinnamon
- 1 tsp. orange zest

Directions:

1. In a large saucepot, heat all ingredients to a boil over high heat; reduce heat to medium-low and simmer 10 minutes, stirring occasionally.
2. Remove from heat and cool to room temperature; refrigerate 2 hours or until chilled.
Makes about 2 cups.

