



Thanksgiving Recipes

The following recipes are designed to serve four people. If you would like to prepare each recipe for one person, simply divide the recipe by four to make an individual serving. If you would like to serve a party of eight people, you can double each recipe.

Roasted Yams

2 (2.5 oz each) small yams
Butter-flavored nonstick spray
1 packet Jenny's Cuisine™ Lite Table Syrup
Dash of cloves

Clean yams and cut into halves. Bake yams, cut sides up, in a roasting pan coated with cooking spray for 30 minutes at 375°F. Remove yams from oven and cut into quarters. Spray yam quarters with butter flavored nonstick spray and brush with one packet of Jenny's Cuisine™ Lite Table Syrup. Return yams to the oven and bake at 500°F for 7 minutes or until golden brown. Remove yams from the oven and sprinkle with cloves. Yield: 4 servings.

Per Serving: 89 calories, 1 starch

Spinach Salad with Caramelized Pears and Toasted Pecans

4 cups baby spinach
Nonstick vegetable spray
2 red Bartlett pears, sliced
8 pecan halves, chopped
4 Tbls Rice Wine Vinegar Dressing

Place spinach on serving plate. Spray sauté pan with nonstick vegetable spray and cook/caramelize pears on medium high for 2 minutes until tender and golden brown and set aside. Spray sauté pan with nonstick vegetable spray and toast chopped pecans for 90 seconds until browned. Place caramelized pears on spinach, sprinkle with toasted pecans and top with dressing. Yield: 4 servings.

Per Serving (with 1 Tbl. Rice Wine Dressing, below): 84 calories, 1 fat, 1 vegetable, 1/2 fruit

Rice Wine Vinegar Dressing

3 Tbls rice wine vinegar
1 Tbl oil
1 tsp honey

If you include this recipe in your Thanksgiving meal, please be sure to adjust your daily menu to account for the extra servings of fat and fruit.