



UW FOOD SERVICES

# THANKSGIVING MEAL MAKEOVER RECIPES



Try something new, fresh and healthy this  
holiday!





# APPLE, CRANBERRY & WALNUT SALAD

Prep Time: 10 mins

Makes 4 servings

## Ingredients

### SALAD

- 6 cups salad (any spring mix will do)
- 1 red apple
- 1 green apple
- 1 cup walnuts, roughly chopped
- $\frac{1}{3}$  cup crumbled feta cheese
- $\frac{1}{3}$  cup dried cranberries

### DRESSING

- 1 cup apple juice
- 4 tbsp apple cider vinegar
- 2 tbsp honey
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp black pepper
- $\frac{1}{4}$  cup oil

Recipe adapted from:

<https://www.lecremedelacrumb.com/appBule-cranberry-walnut-salad>





# Directions

1. Core and chop apples (thin slices or 1 inch chunks). Toss lettuce, apples, walnuts, feta, and cranberries together in a large bowl.
2. Whisk together all dressing ingredients. Toss with salad immediately before serving. Enjoy!

## Dietitian's Tip!

- Make this salad and leave the dressing **on the side** to prep lunches for the week. Add protein such as canned chickpeas, tuna, hard boiled eggs or chicken to make it a satisfying meal option.



VEGETARIAN



MADE WITHOUT  
GLUTEN

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# BUTTERNUT SQUASH STUFFED TURKEY BREASTS

Total time: 45 mins

Makes 4 servings

## Ingredients

- 2 boneless turkey tenderloins (1 lb total)
- 1 tsp kosher salt
- 1 tbsp olive oil
- 1/3 cup white onion, chopped
- 1 1/4 cups diced butternut squash, 1/2-inch dice
- 5 black mission figs, chopped
- 2 cloves garlic, finely chopped
- 1 cup baby spinach
- 3 sage leaves, chopped
- 1/4 tsp crushed black pepper
- Cooking twine - 6-8 pieces

Recipe adapted from :

<https://www.skinnytaste.com/stuffed-turkey-breasts-with-butternut/>

# Directions

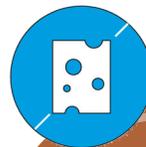
1. Heat a large cast iron skillet over medium-high heat and add olive oil. Add onions and saute for two minutes, or until golden brown. Add butternut squash and 2 tbsp water and cover; cook on low for 10 minutes. Remove lid and add figs, garlic, spinach, salt, sage, and pepper and cook for another 3-4 minutes. Set aside to cool.
2. Cut a pocket into the sides of the tenderloins, careful not to cut all the way through at the ends. Season the inside and outside of the turkey with salt.
3. Stuff each turkey breast with about  $\frac{3}{4}$  cup of squash mixture. Cut cooking twine long enough to tie each breast with 3-4 pieces of twine. Cut off extra twine.
4. Preheat oven to 375°F. In the skillet over medium-high heat, lightly spray with cooking spray. Carefully sear each turkey breast on each side (3 sides. Don't sear on stuffed end.) If your skillet is oven-safe, cover with foil and place in the center of the oven (If not, then transfer to baking dish and cover with foil), place directly into oven and cook for 30 - 35 minutes. Allow to sit for 5 minutes before cutting off twine and slicing each turkey breast in 4 slices.

## Dietitian's Tip!

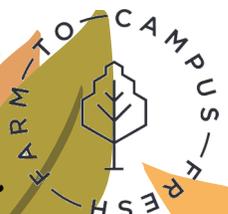
- Figs are **seasonal**, so if you can't find them use another fruit such as pears or even apples!

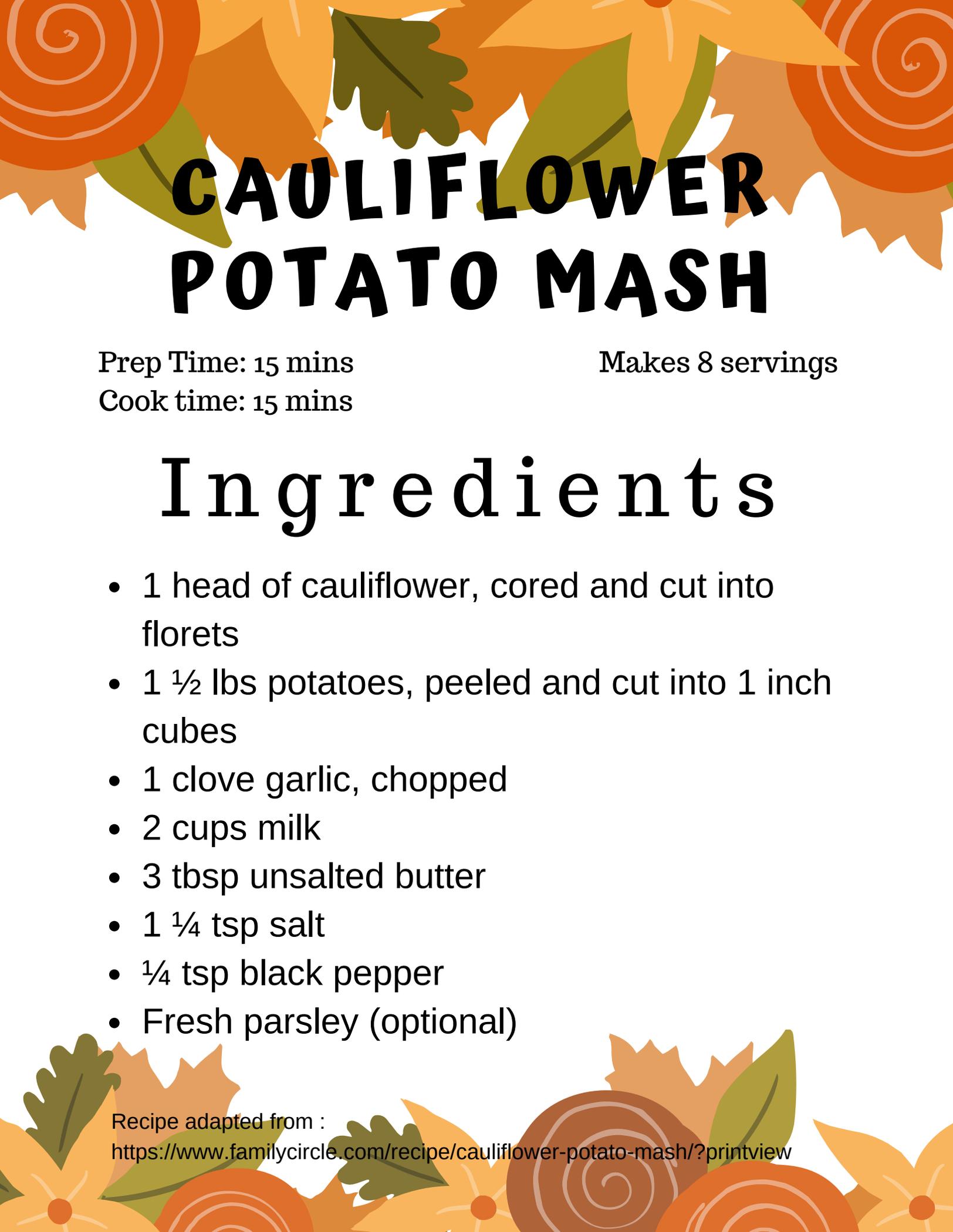


MADE WITHOUT  
GLUTEN



MADE WITHOUT  
DAIRY





# CAULIFLOWER POTATO MASH

Prep Time: 15 mins

Makes 8 servings

Cook time: 15 mins

## Ingredients

- 1 head of cauliflower, cored and cut into florets
- 1 ½ lbs potatoes, peeled and cut into 1 inch cubes
- 1 clove garlic, chopped
- 2 cups milk
- 3 tbsp unsalted butter
- 1 ¼ tsp salt
- ¼ tsp black pepper
- Fresh parsley (optional)

Recipe adapted from :

<https://www.familycircle.com/recipe/cauliflower-potato-mash/?printview>

# Directions

1. Bring cauliflower, potatoes, garlic and milk to a boil in a lidded pot. Reduce heat, cover and simmer for 10 minutes, until vegetables are fork tender.
2. Drain, reserving milk. Return vegetables to pot. Stir in butter and half the milk; mash until smooth. (If too thick, pour in more milk). Stir in salt and pepper. Garnish with parsley, if desired

## Dietitian's Tip!

- Cauliflower is **low in calories** and **high in fibre**, **potassium**, and **vitamin C**. Its versatility allows it to be used as a vegetable alternative to many popular dishes including wings, rice, and pizza crust!





# ROASTED GREEN BEANS

Prep Time: 5 mins  
Cook time: 10 mins

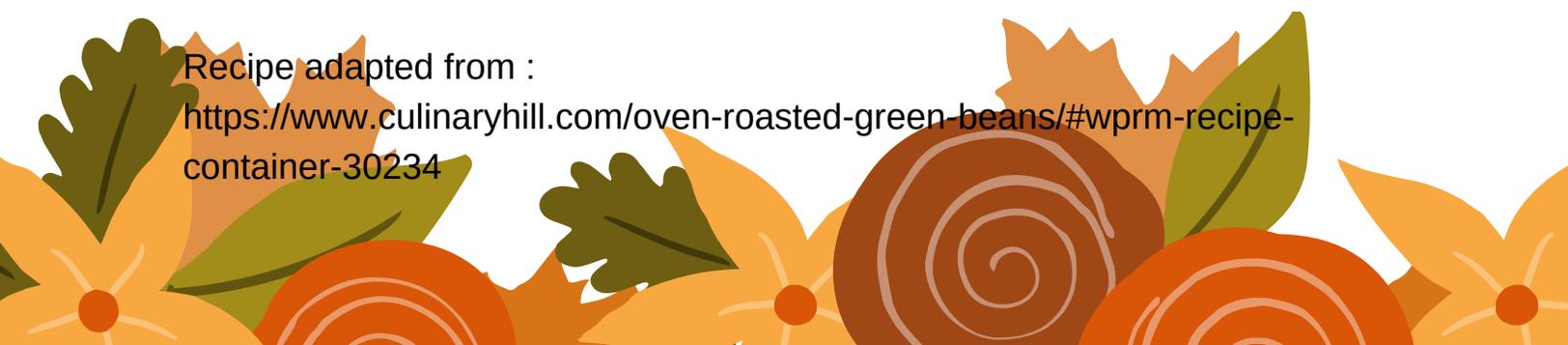
Makes 4 servings

## Ingredients

- 1 lb green beans, trimmed
- 2 tbsp olive oil
- 4 cloves garlic, minced
- 1 lemon halved (optional)
- Salt and freshly ground black pepper to taste

Recipe adapted from :

<https://www.culinaryhill.com/oven-roasted-green-beans/#wprm-recipe-container-30234>



# Directions

1. Preheat oven to 450°F degrees. Line a large rimmed baking sheet with parchment paper or foil.
2. On baking sheet, toss green beans with olive oil and garlic. Squeeze lemon halves over beans. Roast until browned and almost tender, stirring occasionally, about 10 minutes. Season to taste with salt and pepper.

## Dietitian's Tip!

- Make this dish more **colourful** by adding yellow beans, carrots or zucchini squash!



VEGAN



MADE WITHOUT  
DAIRY



MADE WITHOUT  
GLUTEN





# HEALTHY APPLE CRUMBLE

Prep Time: 15 mins

Makes 9 servings

Cook time: 50-60 mins

## Ingredients

### CRUMBLE

- 3/4 cups oats (gluten free if desired)
- 1/4 cup whole wheat flour (gluten free if desired)
- 1 tsp ground cinnamon
- 2 tbsp pure maple syrup, room temp
- 1 1/2 tbsp butter or margarine, softened

### FILLING

- 6 cups diced apples
- 2 tbsp cornstarch
- 1 1/2 tsp cinnamon
- 1/8 tsp ground nutmeg

Recipe adapted from :

<https://amyshealthybaking.com/blog/2016/10/02/the-ultimate-healthy-apple-crumble/>



# Directions

1. Preheat oven to 350°F degrees, and coat an 8-inch square pan with nonstick cooking spray
2. Prepare streusel topping: whisk together the oats, flour, and cinnamon in a small bowl. Make a well in the centre. Pour in the maple syrup and butter/margarine. Stir until fully incorporated.
3. Prepare the filling: in the prepared pan, toss the apples with the cornstarch, cinnamon and nutmeg until completely coated. Gently pressed down with a spatula. Sprinkle evenly with the topping. (The topping tends to clump, so try to break it up into fairly small pieces.)
4. Bake for 50-60 minutes or until the apples are fork tender. Cool completely to room temp; then refrigerate if not serving immediately

## Dietitian's Tip!

- Make this recipe vegan by using a plant based margarine. Try making this a mixed fruit crumble by using a mix of pear and apples!

