

THANKSGIVING FEAST 2019!

BEET HUMMUS* WITH CARROT CHIPS (1/8 CUP = ~ 64 CAL / ALMOST 2 GR FIBER)

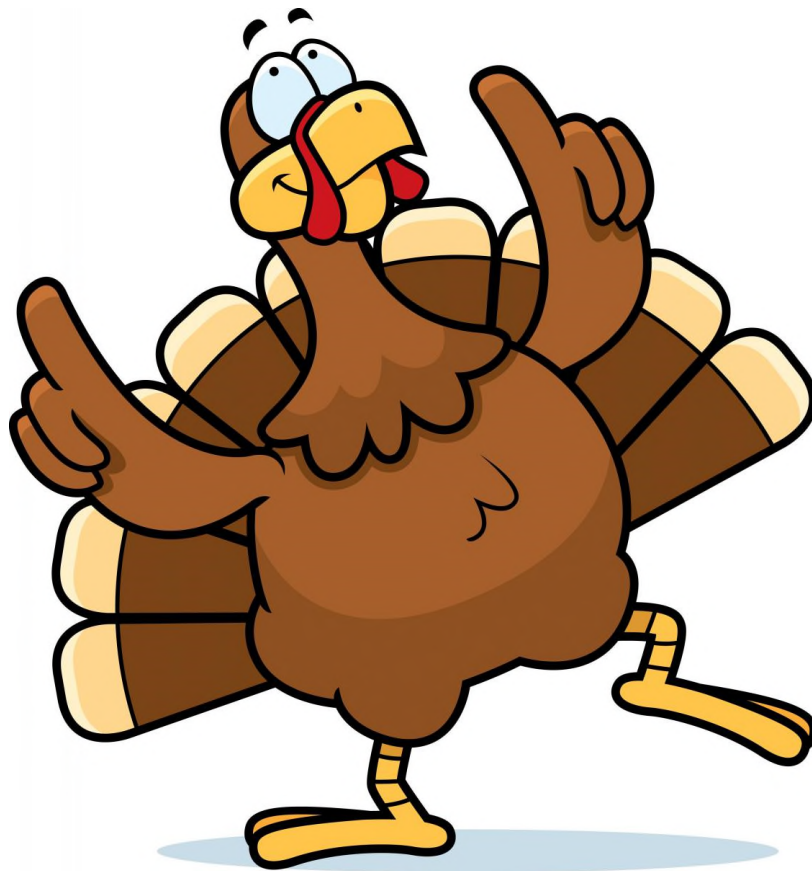
HEALTHY BROCCOLI SALAD* (3/4 CUP = ~ 200 CAL / AROUND 4 GR FIBER)

ROASTED BREAST OF TURKEY (4 OZ = 152 CAL)

HERBED MASHED CAULIFLOWER (1/2 CUP = ~ 80 CAL / 2 GR FIBER)

ROASTED FALL VEGETABLES (1 CUP = ~ 79 CAL / 3 GR FIBER)

APPLES SLICES WITH CARAMEL DIP* (4 T = ~ 74 CAL / NO FIBER)



DON'T GET BEET HUMMUS

1 CAN CHICKPEAS, RINSED & DRAINED

1 MED BEET, ROASTED, PEELED, & QUARTERED

1 CLOVE GARLIC

1 TBSP TAHINI (SESAME SEED BUTTER)

3 TBSP FRESH LEMON JUICE

¼ CUP EXTRA VIRGIN OLIVE OIL

¾ TSP FINE SEA SALT

OPTIONAL GARNISHES: CHOPPED CILANTRO, FLAKY SEA SALT, OLIVE OIL

IN A FOOD PROCESSOR, COMBINE ALL INGREDIENTS. PROCESS ON HIGH TIL SMOOTH. THAT'S IT!

BROCCOLI SALAD

2 HEADS OF BROCCOLI FLORETS

8 SLICES OF BACON, CRUMBLED

1/3 CUP RED ONION

1 PKG FETA CHEESE (LOW FAT, 6 OZ)

1/3 CUP SUNFLOWER SEEDS

FAT FREE RED WINE VINAGRETTE, TO TASTE

MIX ALL INGREDIENTS; CHILL BEFORE SERVING.

CARAMEL APPLE DIP

FAT FREE WHIPPED TOPPING, 8 OZ. CONTAINER

FAT FREE CREAM CHEESE, 1 BLOCK

LIGHT CARAMEL DIP (MARZETTI)

BEAT CREAM CHEESE UNTIL SMOOTH. STIR IN CARAMEL, THEN FOLD IN THE WHIPPED TOPPING. REFRIGERATE OR SERVE IMMEDIATELY.

