



**NBC 4 THANKSGIVING ALTERNATIVES FROM
WINDOWS CATERING COMPANY**

Butternut Squash Cubes

1 Butternut Squash
Honey
Cinnamon
Fresh orange juice

Microwave the squash for two minutes before peeling.
Slice butternut squash, steam for 3 minutes, sauté in honey cinnamon and fresh orange juice for 1-2 minute per side.

Baked Apples with Raisins

4 Granny Smith Apples
½ cup raisins
1 tbs cinnamon
crushed walnuts
honey

*Slice apples in half, and core out the center, stuff the center of the apples with raisins, and walnuts and drizzle with honey and sprinkle with cinnamon. Place apples in aluminum foil and close it so little air escapes. Bake for 40 minutes at 350 degrees.

Spinach Dip

1 bag spinach
Garlic
Greek yogurt
Sea salt
Ground white pepper
Nutmeg
Parmesan cheese

*Sauté spinach with garlic add a ½ teaspoon of salt, white pepper, and nutmeg. Then mix with 1 cup of 2% Greek yogurt. Sprinkle with Parmesan cheese.

Cranberry Sauce with Sugar Substitute

Honey

Orange juice

Orange zest

Cinnamon stick

Whole cranberries

* In a deep saucepan, boil honey, then add orange zest, and orange juice. Add whole cranberries and 1 cinnamon stick and cook on medium to high heat for 7-8 minutes.

Mashed Potatoes with Cauliflower

1 head of cauliflower

4 potatoes

$\frac{3}{4}$ cup milk

$\frac{1}{4}$ butter

*Steam cauliflower and potatoes until tender, blend with milk and butter, top with parmesan cheese.

Mini Pumpkin Pie with Almond Flour Crust

One 15-oz. can pure pumpkin

One 12-oz. can evaporated fat-free milk

$\frac{1}{2}$ cup fat-free liquid egg substitute (like Egg Beaters Original)

$\frac{1}{4}$ cup sugar

5 spoons of Stevia artificial sweetener

2 tsp. pumpkin pie spice

Crust:

1 Cup almond meal and $\frac{3}{4}$ cup almond butter

In a mixing bowl, combine ingredients, pour into pie dish or small individual baking tins. Crust: mix almond meal with almond butter and use hands to press into pie dish or small individual tins. Bake at 350 degrees for 30-40 minutes.

Spaghetti Squash

1 Spaghetti Squash

3 Low-Fat Laughing Cow Cheeses original flavor

$\frac{3}{4}$ cup Marinara sauce

Portabella mushrooms

Sprinkled with shredded Parmesan cheese

*Microwave whole spaghetti squash for two minutes, cut in half and scoop out seeds. Microwave half of the spaghetti squash with a wet paper towel over it for 5-7 minutes depending on the size of the squash.

Scoop out contents with a fork, the squash will look stringy like spaghetti in a separate dish, microwave 1 laughing cow low fat cheese per serving.

Sautee portabella mushrooms.

Combine melted cheese, warmed marinara sauce, mushrooms and squash, toss until well combined. sprinkle with parmesan cheese.

Cranberry- Granola Blondies dipped in Dark Chocolate

½ cup all-purpose oat flour
½ teaspoon baking powder
¼ teaspoon salt
½ cup packed light brown sugar
1/8 cup canola oil
1 ½ large egg whites
1 cup low-fat granola cereal with raisins
½ cup dried cranberries

*In a small bowl, whisk together flour, baking powder, and salt. In a large bowl, beat together brown sugar, oil, and egg whites until smooth. Add the dry ingredients and beat until blended. Stir in granola and dried fruit. (The batter will be quite thick.)

In a 9x13 pan with nonstick cooking spray, transfer the batter to the pan, and smooth the batter to the edges of the pan.

Bake at 350 degrees for 20 to 25 minutes, or until the blondies are golden brown on top. Let cool in the baking pan, and cut into bars.

Once the bars are cooled, dip the ends in melted dark chocolate, place on parchment paper and let cool in the fridge for 30 minutes.