



Thanksgiving Day

A QUICK GUIDE TO HELP YOU
HAVE A SUCCESSFUL DAY





southernketomom.com

holly@southernketomom.com



Southern Keto Mom Facebook Group



Southern Keto Mom Facebook Page



@hollygamblebryant



@hollygamblebryant

TABLE OF CONTENTS

- **10 THANKSGIVING COOKING TIPS TO HELP YOU PREPARE A DELICIOUS AND STRESS-FREE HOLIDAY FEAST:**
 - **10 TURKEY COOKING TIPS TO HELP YOU ACHIEVE A FLAVORFUL AND PERFECTLY COOKED THANKSGIVING CENTERPIECE**
 - **FOOD SAFETY TIPS**
 - **HOW TO THAW A TURKEY**
 - **BRINING RECIPES**
 - **DRESSING RECIPES**
 - **LOW-CARB SWEETENERS**
 - **SUGAR ALTERNATIVES**
 - **LOW-CARB SWAPS**
 - **THANKSGIVING SHOPPING LIST**
- 

10 THANKSGIVING COOKING TIPS TO HELP YOU PREPARE A DELICIOUS AND STRESS-FREE HOLIDAY FEAST:

- 1 Plan Ahead:** Start planning your menu well in advance. Make a shopping list and organize tasks by day to avoid last-minute stress.
- 2 Thaw the Turkey Properly:** If you're cooking a frozen turkey, allow enough time for it to thaw in the refrigerator. Generally, it's recommended to allow 24 hours of thawing time for every 5 pounds of turkey.
- 3 Brining for Flavor and Moisture:** Consider brining your turkey to infuse flavor and keep the meat moist. Brining involves soaking the turkey in a saltwater solution along with herbs and spices for a certain period before cooking.
- 4 Use a Meat Thermometer:** To ensure that your turkey is cooked to perfection, use a meat thermometer. The internal temperature of the turkey should reach 165°F (74°C) in the thickest part of the thigh.
- 5 Make Gravy Ahead of Time:** Prepare gravy in advance using broth from the turkey giblets. This will save time and allow you to focus on other dishes on Thanksgiving Day.

10 THANKSGIVING COOKING TIPS TO HELP YOU PREPARE A DELICIOUS AND STRESS-FREE HOLIDAY FEAST:

6 Time Management: Create a cooking schedule to coordinate the timing of various dishes. This will help you avoid a logjam in the kitchen and ensure everything is ready to serve at the same time.

7 Roast Vegetables for Maximum Flavor: Roasting vegetables enhances their natural sweetness. Toss your favorite Thanksgiving vegetables (like carrots, Brussels sprouts, and sweet potatoes) with olive oil, salt, and herbs, then roast for a delicious side dish.

8 Let the Turkey Rest: After roasting the turkey, allow it to rest for at least 20-30 minutes before carving. This allows the juices to redistribute, keeping the meat moist.

9 Delegate and Accept Help: Thanksgiving is a time for family and friends. Don't hesitate to delegate tasks or accept offers of help. It can make the cooking process more enjoyable and less stressful.

10 Prepare for Leftovers: Have containers ready for leftovers, and plan creative ways to repurpose them. Turkey sandwiches, casseroles, and soups are great options for using up Thanksgiving leftovers.

10 TURKEY COOKING TIPS TO HELP YOU ACHIEVE A FLAVORFUL AND PERFECTLY COOKED THANKSGIVING CENTERPIECE:

- 1 Thaw the Turkey Properly:** If your turkey is frozen, plan ahead and allow enough time for it to thaw in the refrigerator. Follow the recommended thawing times based on the turkey's weight.
- 2 Brine for Flavor and Moisture:** Consider brining your turkey for enhanced flavor and moistness. A simple saltwater solution with herbs and spices can work wonders. Ensure you have a large enough container to submerge the turkey, and allow sufficient brining time.
- 3 Use a Meat Thermometer:** Invest in a good-quality meat thermometer to accurately gauge the turkey's internal temperature. The turkey is safe to eat when it reaches 165°F (74°C) in the thickest part of the thigh.
- 4 Roast at the Right Temperature:** Preheat your oven to the recommended temperature (usually around 325°F or 165°C) and maintain it throughout the cooking process. This ensures even cooking and a beautifully browned exterior.
- 5 Baste and Use a Turkey Bag:** Basting the turkey with its own juices helps keep it moist. Consider using a turkey roasting bag during the initial stages of cooking to seal in moisture. Make sure to follow the bag's instructions.

10 TURKEY COOKING TIPS TO HELP YOU ACHIEVE A FLAVORFUL AND PERFECTLY COOKED THANKSGIVING CENTERPIECE:

- 6 Let the Turkey Rest:** After removing the turkey from the oven, let it rest for at least 20-30 minutes before carving. This allows the juices to redistribute throughout the meat, resulting in a juicier bird.
- 7 Herbs and Aromatics:** Stuff the turkey cavity with fresh herbs, garlic, onions, and citrus fruits for added flavor. This aromatic mixture will infuse the meat during roasting.
- 8 Use a Flavorful Rub or Marinade:** Consider applying a dry rub or marinade to the turkey before roasting. This can add an extra layer of flavor to the skin and meat.
- 9 Monitor Cooking Time:** Keep an eye on the cooking time, but remember that the meat thermometer is the most reliable indicator of doneness. Use the estimated cooking times as a guide and rely on the thermometer for accuracy.
- 10 Carve with Precision:** When carving the turkey, use a sharp knife and carve against the grain for the most tender slices. Consider watching a tutorial or practicing before the big day.

FOOD SAFETY TIPS

- **Hand Hygiene:**
 - Wash your hands thoroughly with soap and water before and after handling food, especially when switching between raw and cooked items. Encourage others in the kitchen to do the same.
- **Proper Thawing:**
 - If you are using a frozen turkey or other meats, plan ahead for thawing. The safest way to thaw a turkey is in the refrigerator. Allow approximately 24 hours of thawing time for every 5 pounds of turkey.
- **Avoid Cross-Contamination:**
 - Use separate cutting boards, utensils, and plates for raw meats and ready-to-eat foods. Clean and sanitize surfaces and utensils that come into contact with raw poultry, meat, or seafood before using them for other ingredients.
- **Cook to Safe Temperatures:**
 - Use a food thermometer to ensure that the internal temperature of the turkey reaches at least 165°F (74°C) in the thickest part of the thigh. Additionally, cook stuffing to a minimum internal temperature of 165°F (74°C).
- **Timely Refrigeration:**
 - Refrigerate leftovers promptly. Perishable foods should not be left at room temperature for more than two hours (or one hour if the temperature is above 90°F or 32°C).
- **Safe Stuffing:**
 - If you are stuffing the turkey, do so just before roasting, and ensure the stuffing reaches a minimum internal temperature of 165°F (74°C). It's safer to cook stuffing separately to ensure thorough cooking.
- **Safe Serving:**
 - Keep hot foods hot and cold foods cold when serving. Use chafing dishes, warming trays, or slow cookers to keep hot foods at a temperature of 140°F (60°C) or above, and use ice packs or bowls of ice to keep cold foods below 40°F (4°C).

FOOD SAFETY TIPS

- **Avoid the Danger Zone:**
 - Bacteria multiply rapidly in the temperature danger zone, which is between 40°F (4°C) and 140°F (60°C). Minimize the time that food spends in this temperature range.
- **Reheating Leftovers:**
 - When reheating leftovers, ensure they reach an internal temperature of 165°F (74°C). Use a food thermometer to check the temperature in multiple spots.
- **Educate Guests:**
 - If you're hosting a gathering, educate your guests about food safety. Encourage them to wash their hands, use serving utensils, and avoid double-dipping.
- **Careful Handling of Raw Eggs:**
 - Avoid using raw eggs in dishes that won't be cooked, such as homemade eggnog or uncooked cookie dough. Consider using pasteurized eggs for recipes that call for raw or partially cooked eggs.
- **Safe Seafood Handling:**
 - When handling seafood, ensure it is fresh, properly refrigerated, and cooked to the recommended internal temperature. Avoid cross-contamination by keeping seafood separate from other foods.
- **Clean Kitchen Towels and Sponges:**
 - Regularly wash and sanitize kitchen towels and sponges to prevent the spread of bacteria. Consider using disposable paper towels for cleaning surfaces that come into contact with raw meats.
- **Food Allergies and Dietary Restrictions:**
 - Be aware of your guests' food allergies and dietary restrictions. Clearly label dishes that may contain common allergens and provide alternative options if needed.

By following these food safety tips, you can help ensure a safe and enjoyable holiday cooking experience for everyone.

HOW TO THAW A TURKEY

Thawing a turkey properly is crucial to ensure it cooks evenly and safely. The general rule of thumb is to allow 24 hours of thawing time for every 5 pounds of turkey when thawing in the refrigerator. However, it's important to note that this is a general guideline, and factors like refrigerator temperature, the turkey's size, and the method of thawing can influence the actual time needed.

Here's a basic thawing schedule for turkeys based on weight:

Refrigerator Thawing:

4 to 12 pounds: 1 to 3 days

12 to 16 pounds: 3 to 4 days

16 to 20 pounds: 4 to 5 days

20 to 24 pounds: 5 to 6 days

Place the turkey in its original packaging on a tray or in a shallow pan on the bottom shelf of the refrigerator.

Cold Water Thawing:

If you need to thaw the turkey more quickly, you can use the cold water method. Make sure the turkey is in a leak-proof plastic bag, and submerge it in cold water.

Change the water every 30 minutes.

Here's a general guideline for this method:

4 to 12 pounds: 2 to 6 hours

12 to 16 pounds: 6 to 8 hours

16 to 20 pounds: 8 to 10 hours

20 to 24 pounds: 10 to 12 hours

Make sure the turkey is in a securely sealed bag to prevent cross-contamination.

Remember, these are just estimates, and it's crucial to use a food thermometer to ensure the internal temperature of the turkey reaches 165°F (74°C) in the thickest part of the thigh before serving. Always follow the guidelines provided by the USDA or the turkey producer for the specific turkey you have purchased, as recommendations may vary.

BRINING RECIPES

Classic Turkey Brine:

Ingredients:

- 1 cup kosher salt
- 1/2 cup brown sugar
- 1 gallon vegetable or chicken broth
- 1 tablespoon black peppercorns
- 1 tablespoon whole allspice berries
- 1 tablespoon dried rosemary
- 1 gallon ice water

Instructions:

1. In a large stockpot, combine salt, brown sugar, vegetable or chicken broth, peppercorns, allspice, and rosemary. Bring to a boil, stirring to dissolve the salt and sugar.
2. Remove from heat and let the brine cool to room temperature.
3. Pour the cooled brine into a clean, food-grade bucket or brining bag.
4. Add ice water and stir to combine.
5. Submerge the turkey in the brine, making sure it's fully covered. Refrigerate for at least 12 hours or overnight.

BRINING RECIPES

Citrus and Herb Turkey Brine:

Ingredients:

- 1 cup kosher salt
- 1/2 cup sugar
- 1 gallon chicken broth
- 1 tablespoon black peppercorns
- 1 tablespoon dried thyme
- 1 tablespoon dried sage
- Zest of 2 oranges
- 1 gallon ice water

Instructions:

1. Follow the same instructions as the Classic Turkey Brine, incorporating the additional ingredients.

Apple Cider Turkey Brine:

Ingredients:

- 2 quarts apple cider
- 1 cup kosher salt
- 1/2 cup brown sugar
- 3 cinnamon sticks
- 1 tablespoon whole cloves
- 1 tablespoon whole allspice berries
- 1 gallon ice water

Instructions:

1. In a large stockpot, combine apple cider, kosher salt, brown sugar, cinnamon sticks, cloves, and allspice. Bring to a boil, stirring to dissolve the salt and sugar.
2. Remove from heat and let the brine cool to room temperature.
3. Proceed with the same instructions as the Classic Turkey Brine.

BRINING RECIPES

Maple and Dijon Turkey Brine:

Ingredients:

- 1 cup kosher salt
- 1/2 cup maple syrup
- 1/4 cup Dijon mustard
- 1 gallon chicken broth
- 1 tablespoon black peppercorns
- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary
- 1 gallon ice water

Instructions:

1. Follow the same instructions as the Classic Turkey Brine, incorporating the additional ingredients.

Asian-Inspired Soy and Ginger Turkey Brine:

Ingredients:

- 1 cup soy sauce
- 1/2 cup brown sugar
- 1/4 cup sesame oil
- 1/4 cup grated fresh ginger
- 4 cloves garlic, minced
- 1 gallon chicken broth
- 1 tablespoon black peppercorns
- 1 tablespoon dried cilantro
- 1 gallon ice water

Instructions:

1. In a large stockpot, combine soy sauce, brown sugar, sesame oil, ginger, garlic, chicken broth, peppercorns, and dried cilantro. Bring to a boil, stirring to dissolve the sugar.
2. Remove from heat and let the brine cool to room temperature.
3. Proceed with the same instructions as the Classic Turkey Brine.

BRINING RECIPES

Herb and Garlic Turkey Brine:

Ingredients:

- 1 cup kosher salt
- 1/2 cup sugar
- 1 gallon chicken broth
- 1 tablespoon black peppercorns
- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary
- 6 cloves garlic, minced
- 1 lemon, sliced
- 1 gallon ice water

Instructions:

1. Follow the same instructions as the Classic Turkey Brine, incorporating the additional ingredients.

Pomegranate Molasses Turkey Brine:

Ingredients:

- 1 cup kosher salt
- 1/2 cup sugar
- 1 cup pomegranate molasses
- 1 gallon chicken broth
- 1 tablespoon black peppercorns
- 1 tablespoon dried sage
- 1 tablespoon dried thyme
- 1 gallon ice water

Instructions:

1. In a large stockpot, combine kosher salt, sugar, pomegranate molasses, chicken broth, peppercorns, sage, and thyme. Bring to a boil, stirring to dissolve the salt and sugar.
2. Remove from heat and let the brine cool to room temperature.
3. Proceed with the same instructions as the Classic Turkey Brine.

BRINING RECIPES

Cajun Spice Turkey Brine:

Ingredients:

- 1 cup kosher salt
- 1/2 cup sugar
- 2 tablespoons Cajun seasoning
- 1 gallon chicken broth
- 1 tablespoon black peppercorns
- 1 tablespoon dried thyme
- 1 tablespoon dried oregano
- 1 tablespoon paprika
- 1 gallon ice water

Instructions:

1. Follow the same instructions as the Classic Turkey Brine, incorporating the additional ingredients.

Tequila and Lime Turkey Brine:

Ingredients:

- 1 cup kosher salt
- 1/2 cup sugar
- 1 cup tequila
- 1 gallon chicken broth
- Zest and juice of 3 limes
- 1 tablespoon black peppercorns
- 1 tablespoon dried cilantro
- 1 gallon ice water

Instructions:

1. In a large stockpot, combine kosher salt, sugar, tequila, chicken broth, lime zest, lime juice, peppercorns, and dried cilantro. Bring to a boil, stirring to dissolve the salt and sugar.
2. Remove from heat and let the brine cool to room temperature.
3. Proceed with the same instructions as the Classic Turkey Brine.

BRINING RECIPES

Molasses and Apple Cider Turkey Brine:

Ingredients:

- 1 cup kosher salt
- 1/2 cup sugar
- 1 cup molasses
- 1 quart apple cider
- 1 gallon chicken broth
- 1 tablespoon black peppercorns
- 1 tablespoon dried thyme
- 1 tablespoon dried sage
- 1 gallon ice water

Instructions:

1. Follow the same instructions as the Classic Turkey Brine, incorporating the additional ingredients.

Cranberry Orange Turkey Brine:

Ingredients:

- 1 cup kosher salt
- 1/2 cup sugar
- 1 quart cranberry juice
- Zest of 2 oranges
- 1/4 cup orange juice
- 1 tablespoon black peppercorns
- 1 tablespoon dried thyme
- 1 tablespoon dried sage
- 1 gallon ice water

Instructions:

1. Follow the same instructions as the Classic Turkey Brine, incorporating the additional ingredients.

BRINING RECIPES

Smoky Chipotle Turkey Brine:

Ingredients:

- 1 cup kosher salt
- 1/2 cup brown sugar
- 4 chipotle peppers in adobo sauce, chopped
- 1 gallon chicken broth
- 1 tablespoon black peppercorns
- 1 tablespoon dried oregano
- 1 tablespoon smoked paprika
- 1 gallon ice water

Instructions:

1. Follow the same instructions as the Classic Turkey Brine, incorporating the additional ingredients.

Citrus and Herb Buttermilk Turkey Brine:

Ingredients:

- 1 cup kosher salt
- 1/2 cup sugar
- 1 quart buttermilk
- Zest of 2 lemons
- Zest of 2 oranges
- 1/4 cup fresh lemon juice
- 1/4 cup fresh orange juice
- 1 tablespoon black peppercorns
- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary
- 1 gallon ice water

Instructions:

1. Follow the same instructions as the Classic Turkey Brine, incorporating the additional ingredients.
2. This buttermilk-based brine adds a tangy richness to the turkey, and the citrus and herbs provide a bright and flavorful profile.

DRESSING RECIPES

Classic Herb Dressing:

Ingredients:

- 1 loaf of day-old bread, cubed
- 1/2 cup unsalted butter
- 2 cups chopped celery
- 1 large onion, finely chopped
- 2 teaspoons dried sage
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- Salt and pepper to taste
- 2-3 cups chicken or vegetable broth

Instructions:

1. Preheat oven to 350°F (175°C).
2. In a skillet, melt butter and sauté celery and onion until softened.
3. In a large bowl, combine bread cubes, sage, thyme, rosemary, salt, and pepper.
4. Pour the vegetable mixture over the bread cubes and toss.
5. Gradually add chicken or vegetable broth until the dressing reaches your desired moisture.
6. Transfer to a baking dish and bake until golden.

DRESSING RECIPES

Cornbread Dressing:

Ingredients:

- 2 cups crumbled cornbread
- 2 cups day-old bread, cubed
- 1/2 cup unsalted butter
- 1 cup chopped onion
- 1 cup chopped celery
- 2 cloves garlic, minced
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- Salt and pepper to taste
- 2-3 cups chicken or vegetable broth
- 2 large eggs, beaten

Instructions:

1. Preheat oven to 350°F (175°C).
2. In a skillet, melt butter and sauté onion, celery, and garlic until softened.
3. In a large bowl, combine crumbled cornbread, bread cubes, sage, thyme, rosemary, salt, and pepper.
4. Add the sautéed vegetables to the bowl and toss.
5. Gradually add chicken or vegetable broth until the dressing reaches your desired moisture.
6. Stir in beaten eggs.
7. Transfer to a baking dish and bake until golden.

DRESSING RECIPES

Sausage and Apple Dressing:

Ingredients:

- 1 pound pork sausage
- 1/2 cup unsalted butter
- 2 cups chopped onion
- 2 cups chopped celery
- 2 apples, cored and chopped
- 2 teaspoons dried sage
- 1 teaspoon dried thyme
- Salt and pepper to taste
- 1 loaf of day-old bread, cubed
- 2-3 cups chicken or vegetable broth

Instructions:

1. Preheat oven to 350°F (175°C).
2. In a skillet, cook sausage until browned. Remove from skillet and set aside.
3. In the same skillet, melt butter and sauté onion, celery, and apples until softened.
4. In a large bowl, combine cooked sausage, sautéed vegetables and apples, sage, thyme, salt, and pepper.
5. Add the bread cubes and toss.
6. Gradually add chicken or vegetable broth until the dressing reaches your desired moisture.
7. Transfer to a baking dish and bake until golden.

DRESSING RECIPES

Cranberry Pecan Dressing:

Ingredients:

- 1 loaf of day-old bread, cubed
- 1/2 cup unsalted butter
- 2 cups chopped onion
- 1 cup chopped celery
- 1 cup dried cranberries
- 1 cup chopped pecans
- 2 teaspoons dried sage
- 1 teaspoon dried thyme
- Salt and pepper to taste
- 2-3 cups chicken or vegetable broth

Instructions:

1. Preheat oven to 350°F (175°C).
2. In a skillet, melt butter and sauté onion and celery until softened.
3. In a large bowl, combine bread cubes, dried cranberries, chopped pecans, sage, thyme, salt, and pepper.
4. Add the sautéed vegetables to the bowl and toss.
5. Gradually add chicken or vegetable broth until the dressing reaches your desired moisture.
6. Transfer to a baking dish and bake until golden.

DRESSING RECIPES

Wild Rice and Mushroom Dressing:

Ingredients:

- 1 cup wild rice, cooked
- 1/2 cup unsalted butter
- 1 cup diced onion
- 1 cup diced celery
- 2 cloves garlic, minced
- 2 cups mushrooms, sliced
- 1 teaspoon dried thyme
- 1 teaspoon dried sage
- Salt and pepper to taste
- 4 cups bread cubes
- 2-3 cups vegetable or chicken broth

Instructions:

1. Preheat oven to 350°F (175°C).
2. In a skillet, melt butter and sauté onion, celery, and garlic until softened.
3. Add mushrooms, thyme, sage, salt, and pepper. Cook until mushrooms release moisture.
4. In a large bowl, combine cooked wild rice, bread cubes, and the mushroom mixture.
5. Gradually add broth until the dressing reaches your desired moisture.
6. Transfer to a baking dish and bake until golden.

DRESSING RECIPES

Apple and Sausage Cornbread Dressing:

Ingredients:

- 2 cups crumbled cornbread
- 1/2 cup unsalted butter
- 1 pound pork sausage
- 1 cup diced onion
- 1 cup diced celery
- 2 apples, peeled and chopped
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- Salt and pepper to taste
- 2-3 cups chicken or vegetable broth
- 2 large eggs, beaten

Instructions:

1. Preheat oven to 350°F (175°C).
2. In a skillet, cook sausage until browned. Remove from skillet and set aside.
3. In the same skillet, melt butter and sauté onion, celery, and apples until softened.
4. In a large bowl, combine crumbled cornbread, cooked sausage, sautéed vegetables and apples, sage, thyme, salt, and pepper.
5. Gradually add chicken or vegetable broth until the dressing reaches your desired moisture.
6. Stir in beaten eggs.
7. Transfer to a baking dish and bake until golden.

DRESSING RECIPES

Cranberry Walnut Quinoa Dressing:

Ingredients:

- 1 cup quinoa, cooked and cooled
- 1/2 cup unsalted butter
- 1 cup diced onion
- 1 cup diced celery
- 1 cup dried cranberries
- 1 cup chopped walnuts
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- Salt and pepper to taste
- 2-3 cups vegetable or chicken broth

Instructions:

1. In a skillet, melt butter and sauté onion and celery until softened.
2. In a large bowl, combine cooked quinoa, dried cranberries, chopped walnuts, sage, thyme, salt, and pepper.
3. Add the sautéed vegetables to the bowl and toss.
4. Gradually add vegetable or chicken broth until the dressing reaches your desired moisture.
5. Transfer to a baking dish and bake until golden.

DRESSING RECIPES

Pecan Sage Bread Pudding:

Ingredients:

- 1 loaf of day-old bread, cubed
- 1/2 cup unsalted butter
- 1 cup diced onion
- 1 cup diced celery
- 1 cup chopped pecans
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- Salt and pepper to taste
- 2-3 cups vegetable or chicken broth
- 4 large eggs, beaten

Instructions:

1. Preheat oven to 350°F (175°C).
2. In a skillet, melt butter and sauté onion and celery until softened.
3. In a large bowl, combine bread cubes, chopped pecans, sage, thyme, salt, and pepper.
4. Add the sautéed vegetables to the bowl and toss.
5. Gradually add vegetable or chicken broth until the dressing reaches your desired moisture.
6. Stir in beaten eggs.
7. Transfer to a baking dish and bake until golden.

DRESSING RECIPES

Butternut Squash and Sage Dressing:

Ingredients:

- 1 loaf of day-old bread, cubed
- 1/2 cup unsalted butter
- 1 cup diced onion
- 1 cup diced celery
- 2 cups butternut squash, peeled and diced
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- Salt and pepper to taste
- 2-3 cups vegetable or chicken broth

Instructions:

1. Preheat oven to 350°F (175°C).
2. In a skillet, melt butter and sauté onion, celery, and butternut squash until softened.
3. In a large bowl, combine bread cubes, sage, thyme, salt, and pepper.
4. Add the sautéed vegetables to the bowl and toss.
5. Gradually add vegetable or chicken broth until the dressing reaches your desired moisture.
6. Transfer to a baking dish and bake until golden.

DRESSING RECIPES

Maple Pecan Acorn Squash Dressing:

Ingredients:

- 1 acorn squash, peeled, seeded, and diced
- 1 cup pecans, chopped
- 1/2 cup unsalted butter
- 1 cup diced onion
- 1 cup diced celery
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- Salt and pepper to taste
- 1 loaf of day-old bread, cubed
- 2-3 cups vegetable or chicken broth
- 2 tablespoons maple syrup

Instructions:

1. Preheat oven to 375°F (190°C).
2. Place diced acorn squash on a baking sheet, drizzle with olive oil, and roast until tender.
3. In a skillet, toast chopped pecans until fragrant. Set aside.
4. In the same skillet, melt butter and sauté onion and celery until softened.
5. Add thyme, rosemary, salt, and pepper. Cook for an additional 2 minutes.
6. In a large bowl, combine bread cubes, roasted acorn squash, toasted pecans, and the sautéed vegetable mixture.
7. Gradually add vegetable or chicken broth until the dressing reaches your desired moisture.
8. Drizzle maple syrup over the dressing and toss until well combined.
9. Transfer to a baking dish and bake until golden.

LOW-CARB SWEETENERS SUGAR ALTERNATIVES

These sugar substitutes that can be used to maintain the sweetness while keeping the carbohydrate content in check.

- 1 Stevia:**
 - Stevia is a natural, zero-calorie sweetener that comes from the leaves of the Stevia plant. It is much sweeter than sugar, so a little goes a long way. You can find it in liquid or powder form.
- 2 Erythritol:**
 - Erythritol is a sugar alcohol that provides sweetness without the added carbs or calories. It has a taste and texture similar to sugar and can be used in a 1:1 ratio in most recipes.
- 3 Monk Fruit Sweetener:**
 - Monk fruit sweetener is derived from monk fruit and is a natural, zero-calorie sweetener. It's often used in combination with erythritol to balance sweetness and provide a sugar-like texture.
- 4 Xylitol:**
 - Xylitol is another sugar alcohol that can be used as a sugar substitute. It has a sweetness similar to sugar and can be used in a 1:1 ratio in most recipes. However, excessive consumption can cause digestive issues in some individuals.
- 5 Allulose:**
 - Allulose is a low-calorie sweetener that is naturally found in small quantities in certain fruits. It has a similar taste and texture to sugar and can be used in baking and cooking.

LOW-CARB SWEETENERS SUGAR ALTERNATIVES

These sugar substitutes that can be used to maintain the sweetness while keeping the carbohydrate content in check.

6

Swerve:

- Swerve is a combination of erythritol and oligosaccharides, which are natural compounds found in fruits and vegetables. It measures like sugar in recipes and is often used in low-carb and ketogenic baking.

7

Sucralose:

- Sucralose is a synthetic sweetener that is heat-stable, making it suitable for baking. It is much sweeter than sugar, so use it in very small amounts.

LOW-CARB SWAPS

1

Coconut Flour and Almond Flour:

- These flours can be used as alternatives to traditional flour in baking, reducing the overall carbohydrate content of your recipes. They also add a nutty flavor to your dishes.

2

Unsweetened Cocoa Powder:

- For chocolate-flavored recipes, using unsweetened cocoa powder can add richness without the added sugars.

3

Vanilla Extract:

- Vanilla extract adds sweetness without any added sugars. Look for pure vanilla extract without added sugars or artificial sweeteners.

THANKSGIVING SHOPPING LIST

Low-Carb options and sugar alternatives
for various traditional recipes:

Proteins:

- Turkey (consider a dry brine or sugar-free marinade)
- Low-sodium chicken or turkey broth (for making low-carb gravy)

Starches and Carbs (Low-Carb Options):

- Cauliflower (for mashed cauliflower or low-carb stuffing)
- Almond flour or coconut flour (for low-carb baking)
- Low-carb bread or rolls
- Sugar alternatives (erythritol, stevia, or monk fruit sweetener)

Vegetables (Low-Carb Options):

- Green beans
- Brussels sprouts
- Cauliflower (for roasting or making cauliflower mash)
- Leafy greens for salad
- Sugar-free cranberry sauce (sweetened with natural low-carb sweeteners)

Dairy and Eggs (Low-Carb Options):

- Butter
- Heavy cream
- Cream cheese
- Almond milk or coconut milk
- Eggs

Herbs and Spices:

- Sage, thyme, rosemary, and other herbs
- Salt and pepper
- Garlic
- Nutmeg (for sweet potato alternatives)

THANKSGIVING SHOPPING LIST

Low-Carb options and sugar alternatives
for various traditional recipes:

Baking Supplies (Low-Carb Options):

- Almond flour or coconut flour
- Sugar alternatives (erythritol, stevia, or monk fruit sweetener)
- Vanilla extract
- Low-carb pie crust or ingredients for a homemade crust

Dessert Ingredients (Low-Carb Options):

- Pumpkin puree (for low-carb pumpkin pie)
- Almond flour or nut-based crusts for pies
- Pecans or walnuts for desserts
- Whipped cream (unsweetened or sweetened with a low-carb sweetener)

Beverages (Low-Carb Options):

- Dry red or white wine (in moderation)
- Sparkling water with citrus slices
- Unsweetened tea or coffee

Miscellaneous (Low-Carb Options):

- Low-sodium chicken or vegetable broth
- Olive oil or other cooking oils
- Onions
- Celery
- Fresh or canned mushrooms
- Low-carb thickening agent (xanthan gum or glucomannan)

Optional/Specialty Items (Low-Carb Options):

- Sugar alternatives for baking and desserts
- Low-carb cheeses
- Specialty low-carb bread or rolls
- Fresh herbs for garnish
- Low-carb appetizers (cheese, charcuterie, etc.)



Remember, Thanksgiving is about enjoying good food and good company, so don't forget to take a moment to relax and appreciate the holiday.

Happy Thanksgiving

