



Thanksgiving Recipes

Apple Brussels Sprouts

Ingredients:

1 cup Brussels Sprouts, trimmed, halved lengthwise
1/2 medium Onion, chopped
1 Gala Apple, cored and chopped
1/4 Garlic Clove, thinly sliced

Preparation:

Spray nonstick pan with unflavored cooking spray. Add brussels sprouts and onion. Cook, stirring occasionally, until brussels sprouts are golden. Stir in apple and garlic and cook on low, covered, until tender.

Apple Cinnamon Muffins

Ingredients:

3 packages MWLC Pancake Nutritional Supplement
3 packages MWLC Oatmeal with Apples & Cinnamon Nutritional Supplement
3 small Apples, diced
1 Egg or 3 Egg Whites
6-8 oz. Water
Dash of Cinnamon

Preparation:

Preheat oven to 350 degrees. Spray muffin pan with unflavored cooking spray. Mix MWLC Pancake, MWLC Oatmeal, diced apples, egg, cinnamon and water together to make a batter. Pour into muffin pan. Bake 15-20 minutes, until toothpick comes out clean. Makes 12 muffins. 2 muffins = 1 Nutritional Supplement and 1/2 Fruit.



Thanksgiving Recipes

Chef Bobby's Stuffed Squash

Ingredients:

4 Patty Pan Squash (3 inch in diameter), halved & cored
1 medium Onion, diced
1 cup Carrots, finely diced
1 cup Celery, finely diced
1 medium Red Pepper, finely diced
1 cup Mushrooms, finely diced
2 sprigs fresh Rosemary
4 Garlic Cloves, minced
Black Pepper, to taste
1/3 cup Wild Rice, uncooked
1 cup Water
1 packet MWLC Chicken Bouillon Fiber Fulfill
4 Tbsp. Parsley, chopped as a garnish

Recipe makes 4 servings (1 serving = 2 stuffed squash)

Preparation:

Preheat oven to 375 degrees. Lightly spray a baking pan with unflavored cooking spray. Slice off a bit of the stem and bottom end of the squash to create a level surface and cut each in half forming the squash into 2 small bowls. Scoop out seeds and pulp, leaving 3/4" wall.

Lightly spray the inside and sides of squash with unflavored cooking spray.

Bake in oven, cut side down for 15 minutes. Remove from oven, flip over, to fill up the squash.

Cook wild rice in 1 packet MWLC Chicken Bouillon Fiber Fulfill and 1 cup of water until rice is tender.

In large pan add 1/3 cup water along with onion, carrot, celery, red pepper, mushrooms, rosemary, and sprinkle with pepper to taste. Steam the vegetables for 7-9 minutes or until soft and strain liquid.

Add minced garlic to the strained vegetables and cook for an additional 1-2 minutes on low heat. Remove from heat and stir in the cooked wild rice and mix all ingredients together.

Generously fill up the squash with the mixture. Bake uncovered for an additional 15 minutes or until squash is tender. Remove from oven and garnish with fresh parsley before serving.

Thanksgiving Recipes

Cinnamon Glazed Carrots

Ingredients:

1/2 cup Carrots, peeled, sliced
Stevia and Cinnamon to taste

Preparation:

Preheat oven to 350 degrees. Lightly coat carrots with I Can't Believe It's Not Butter in a baking dish. Mix stevia and cinnamon together and sprinkle over carrots in desired amount. Roast carrots until tender.

Eggnog

 Fast Track Friendly

Ingredients:

8 oz. Diet, Caffeine-Free Sprite
1 MWLC Vanilla Pudding Shake Nutritional Supplement
Rum Extract
Sprinkle of Nutmeg

Preparation:

Blend all ingredients in blender and enjoy!



Thanksgiving Recipes

Green Bean Casserole

 Fast Track Friendly

Ingredients:

1 cup Fresh Green Beans
1 MWLC Cream of Mushroom Soup Nutritional Supplement
1-2 pieces Melba Toast, optional
Garlic Powder, Mrs. Dash, Onion Powder and Pepper to taste

Preparation:

Steam green beans until tender. Add MWLC Cream of Mushroom Soup, mix with a little bit of water. Season with garlic powder, Mrs. Dash, onion powder and pepper. Simmer for 15-30 minutes. You may crumble Melba Toast over the top (serving also counts as 1 starch if added.)

Herbed Corn

 Fast Track Friendly

Ingredients:

1/4 cup Corn
Fresh Parsley, to taste
Dill Weed, to taste
Garlic Powder, to taste
Fresh Thyme, to taste
Ground Black Pepper, to taste

Preparation:

In a saucepan, boil corn in water. Reduce heat, cover and simmer for 3-4 minutes or until corn is tender. Drain, stir in remaining ingredients.

Thanksgiving Recipes

Mock Cranberry Sauce

 Fast Track Friendly

Ingredients:

1 Apple, peeled & cored
1 MWLC Cherry Fulfill Fiber
Cinnamon or Splenda to taste

Preparation:

Cook apple in small sauce pan. Stir in dry MWLC Cherry Fulfill Fiber powder (about 1/3 of a package per apple). You may add cinnamon or Splenda to taste. Chill and enjoy!

Mock Mashed Potatoes

 Fast Track Friendly

Ingredients:

'Mock Potatoes'
1 cup Cauliflower (steamed until very well done)
1/2 tsp. Garlic, minced, if desired
Dill Weed to garnish

'Mock Sour Cream' - Freedom Meal Plans Only
1 serving Plain, Low-Fat Yogurt
Cumin, Pepper, Garlic Powder to taste

Preparation:

'Mock Potatoes'
Steam cauliflower until very well done. Drain and mash (with potato masher). Re-warm if needed. Mix in garlic if desired.

'Mock Sour Cream' - Freedom Meal Plans Only
Mix yogurt with seasoning to create a mock sour cream. Add 1 Tbsp. mock sour cream to potato mixture if desired.

Add optional garnish.



Thanksgiving Recipes

Moist & Tender Turkey Breast

 Fast Track Friendly

Ingredients:

1 large Turkey Breast
8 oz. Diet Vernors
1 MWLC Cream of Chicken Soup Nutritional Supplement
Poultry Seasoning, Pepper, Mrs. Dash, Onion Powder and Garlic Powder

Preparation:

Remove skin and fat from a large turkey breast. Spray a well fitting pan with unflavored cooking spray. Pour about 1/2-3/4 cup of Diet Vernors into the pan. Place turkey breast upside down in pan, cover tightly with lid or foil. Bake at 400 degrees for 1 hour. Remove from oven and carefully remove turkey from pan (temporarily). Stir in 1 package MWLC Cream of Chicken Soup (dry) into the liquid in the pan. Add small amount of water if needed. Return the turkey breast, right side up, sprinkle with poultry seasoning, pepper, Mrs. Dash, onion powder and garlic powder. Cover and return to oven. Decrease temperature to 350 degrees. Cook until done. Baste every 15 minutes and just before serving. Remove from oven about 10-15 minutes before slicing. Weigh out your portion.



Thanksgiving Recipes

Pumpkin Cheesecake

Ingredients:

Filling:

8 packages MWLC Cheesecake Nutritional Supplement
1 Tbsp. Pumpkin Pie Spice
1/2 tsp. Cinnamon
1/2 tsp. Nutmeg
16-20 oz. Water

Crust:

3 Tbsp. I Can't Believe It's Not Butter, melted
1/2 tsp. Cinnamon
1/2 tsp. Sweetener
1/2 tsp. Nutmeg
16 Melba Toast

Preparation:

To prepare the filling, mix all filling ingredients together, adding water until a thick cheesecake consistency is achieved. To prepare the crust, crush melba toast into crumbs, add seasonings and I Can't Believe It's Not Butter until crumble. Press crumble into pie pan. Bake at 350 degrees for 10 minutes until slightly brown. Set aside to cool. Pour cheesecake mixture over cooled pie crust and refrigerate until ready to serve. Makes 8 servings. 1 serving = 1 Nutritional Supplement and 1 Starch.

Thanksgiving Recipes

Pumpkin Pie

 Fast Track Friendly


Ingredients:

1 MWLC Vanilla Pudding Shake Nutritional Supplement
1 slice Diet Bread, crust removed
1 cup Summer Squash, cooked
1/2 serving Cottage Cheese
1 Egg
4 oz. Water
1/4 tsp. Pumpkin Pie Spice
1/4 tsp. Cinnamon
1/4 tsp. Nutmeg
1-2 servings Stevia

Preparation:

Place bread in a small muffin tin or custard cup sprayed with unflavored cooking spray. Mix drained squash and all other ingredients together with a mixer. Pour over bread and bake for 10 minutes at 375 degrees.

Stuffing

 Fast Track Friendly

Ingredients:

1 slice Diet Bread, lightly toasted and cut into cubes
1/2 cup Celery, finely chopped
1 Tbsp. Green Onion, finely chopped
1/2 Apple, peeled and finely chopped
1/2 MWLC Cream of Chicken Soup Supplement (dry)
Sage, Poultry Seasoning, Pepper and Mrs. Dash to taste

Preparation:

Mix all ingredients together in a small bowl. Add enough water to moisten, but not too much. Place in a small covered baking dish and bake at 350 degrees for at least 15 minutes. (Not recommended to make less than 4 servings. This recipe is for 1 serving.)

Thanksgiving Recipes

Thanksgiving Pumpkin Shake

 Fast Track Friendly

Ingredients:

1 MWLC Vanilla Pudding Shake Supplement
Orange Food Coloring


Pumpkin Pie Spice Mix:

4 tsp. Cinnamon
2 tsp. Ground Ginger
1 tsp. Freshly Grated Nutmeg
1 tsp. Ground Allspice
1/2 tsp. Ground Cloves

Preparation:

Prepare Vanilla Pudding Shake Nutritional Supplement as a shake. Stir in pumpkin pie spice mix and orange food coloring and enjoy!

Twice Baked Cherry Stuffed Sweet Potato

 Fast Track Friendly

Ingredients:

1/2 medium Sweet Potato
5 medium, fresh Cherries, pitted
1/2 small Orange, peeled and sliced

Preparation:

Bake sweet potato until tender. Cool slightly and scoop pulp from sweet potato halve so it can be filled. In a food processor, process cherries and orange slices until chunky mixture is achieved. Mix sweet potato pulp with fruit mixture until well combined. Scoop mixture into potato shell. Bake at 350 degrees in oven until heated through.