



Let's Talk about:

Healthy Thanksgiving Recipes



Hi CCS Community!

I cannot believe that we have made it to November! The weather this week definitely could have fooled me, I hope everyone was able to get outside a little bit to enjoy the unexpected warm weather! Thanksgiving is one of my favorite holidays to be around family, friends and reflect upon all of the things I am grateful for. Practicing gratitude is something I think we all can take for granted at times as we lead our busy lives. However, taking a day to think about the people, places, and things that enrich your life can be very grounding!

Why is it important to practice gratitude?

We all face challenges and obstacles at different times in our lives, so thinking about what we are grateful for can help put things in **perspective**

Telling the people we love that we **care about them** and are grateful for them can help grow and strengthen relationships

Consider sending someone a **card** or **text message** expressing your gratitude for something they did or said

My Takes on Healthy Thanksgiving Recipes

Mashed Potatoes & Cauliflower

Who doesn't love a warm side of mashed potatoes! I am a huge fan of potato anything, but this year I am going to make my mashed potatoes with cauliflower and potatoes.

Ingredients

1 bag of red or yellow potatoes

1 head of cauliflower

butter

garlic

salt

pepper

paprika or chili powder

Instructions

Boil a big pot of water and add a few pinches of salt along with the potatoes and cauliflower

When you can poke a fork through the potatoes and they seem soft, drain the water and peel the potatoes

Mash the potatoes along with the cauliflower in a bowl and add 1 tablespoon of butter

Sprinkle in some salt, chopped garlic, pepper and paprika to taste!

This is an easy way to still enjoy a classic favorite while mixing in a healthier veggie!



Roasted Brussel Sprouts

This is one of the easiest one-pan recipes you can make and they taste amazing!

Ingredients

1 bag of brussel sprouts

lemon juice

salt

pepper

oil

Instructions

Preheat the oven to 375 degrees F and lined a baking sheet with aluminum foil

Cut the brussel sprouts in half and place them on the baking sheet

Add about 2 tablespoons of oil to the brussel sprouts and mix

Add salt and pepper and mix again then bake it for about 20-30 minutes or until they look crispy

Drizzle some lemon juice on top and optionally, you could add some parmesan!

Enjoy!! Let me know if you try any of these recipes :)

