



Fitness with PJ
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Thanksgiving Dinner Re-Vamped!

Low Calorie Stuffing

Serves: 4

8 slices light bread (I used Weight Watchers bread)
1 1/2 cups fat-free, low sodium chicken or vegetable broth (I used Imagine brand)
1 1/2 cup chopped onion
1 1/2 cup chopped celery
1/4 cup granny smith apples (finely chopped with skin on)
1/3 cup fat-free liquid egg substitute
1 tbsp fresh rosemary
1 tbsp fresh thyme
1 tbsp fresh sage
2 tbsp. butter
Sea salt and pepper to taste

Directions: Start by drying out your bread. You can either do this by toasting in the oven, or by leaving the bread sit out at room temperature overnight. Preheat oven to 325 degrees.

In a medium pot, combine chicken broth, onions, celery, apples, butter, salt, pepper, rosemary, thyme and sage. Cook for about 15 minutes over medium heat. Mean while, break up your bread into small 1/2" pieces by chopping or just breaking apart with your hands. Put bread into a large oven safe dish.

When broth mixture is ready, slowly pour onto bread, making sure to cover all the pieces. Next, mix in the egg substitute and make sure to cover all pieces. If bread cubes do not seem wet enough (they should be moist, but not saturated), add a tbsp or two of warm water until appropriate texture is reached. Season with more salt and pepper if desired.

Cover dish with foil and transfer to over. Cook for about 25 minutes. Then, take out stuffing, mix it around and fluff it a bit and put back in the oven, uncovered for about another 15 minutes. Enjoy!

Roasted Root Vegetables

Serves 8 (1/2 c a serving)

1 Tbsp olive oil
1 red onion, sliced
4 cloves garlic, peeled and cut in half
2 carrots, peeled and diced
1 turnip, peeled and diced
1 yam or sweet potato, peeled and diced
2 parsnips, peeled and diced

1 t dried rosemary
1 t dried thyme
1 pinch unrefined sea salt
1/2 t black pepper
1 T balsamic vinegar, optional

Directions

Preheat oven to 375°F. Spray a baking sheet pan with nonstick cooking spray. Combine all ingredients in a mixing bowl; toss to combine. Place mixture on a sheet pan. Bake 30 minutes, turning vegetables every 10 minutes until vegetables are tender and slightly browned. Drizzle with balsamic vinegar before serving.

Creamy Mashed Cauliflower

Serving: 4

Skip the mashed potatoes and enjoy this low-carb, low-cal version! This recipe is awesome - you will never eat mashed potatoes again.

8 cups bite-size cauliflower florets (about 1 head)
4 cloves garlic, crushed and peeled, or use minced garlic
1/3 cup nonfat buttermilk (see Tip)
4 teaspoons extra-virgin olive oil, divided
1 teaspoon butter
1/2 teaspoon unrefined sea salt
Freshly ground pepper to taste
Snipped fresh chives for garnish

Directions: Place cauliflower florets and garlic in a steamer basket over boiling water, cover and steam until very tender, 12 to 15 minutes. (Alternatively, place florets and garlic in a microwave-safe bowl with 1/4 cup water, cover and microwave on High for 3 to 5 minutes.) Place the cooked cauliflower and garlic in a food processor (or blender). Add buttermilk, 2 teaspoons oil, butter, salt and pepper; pulse several times, then process until smooth and creamy. Transfer to a serving bowl. Drizzle with the remaining 2 teaspoons oil and garnish with chives, if desired. Serve hot.

Tip: No buttermilk? You can use buttermilk powder prepared according to package directions. Or make “sour milk”: mix 1 tablespoon lemon juice or vinegar to 1 cup milk.

Sugar-free Cranberry Sauce

Servings: 3 cups

4 cups fresh or frozen cranberries, rinsed
2 cups Splenda
6 tablespoons water
6 tablespoons orange juice
1/4 teaspoon unrefined sea salt
2 inches fresh ginger, peeled & cut in 3 pieces (if you don't have fresh ginger, add 1/2 tsp ground ginger with other spices)
1 orange of zest
1 teaspoon cinnamon
1/8 teaspoon ground cloves
1/2 teaspoon allspice

Directions

Mix together in large pot, cranberries, Splenda, water & juice, salt, ginger pieces (not ground) and orange zest. Bring to boil and cook about 10 minutes or until all berries have burst. Remove from heat and allow to cool 1/2 hour. Remove ginger pieces and add cinnamon, ground cloves and all spice. Blend thoroughly and allow to cool completely. Put in covered bowl and refrigerate until ready to use.

Steamed Baby Carrots and Green Beans

Steam and bag of baby carrots for 5-6 minutes. When only 4 minutes are remaining add green beans. When done add a pat of butter and a drizzle of maple syrup. Yummy!

Pumpkin Pie***Serves: 8***

1 (16 oz.) can solid pack pumpkin
1 (13 oz.) can evaporated skim milk
1 egg
2 egg whites
1/3 c. biscuit mix (Bisquick type)
2 tbsp. sugar
8 packets sugar sub. (Splenda)
2 tsp. pumpkin pie spice
2 tsp. vanilla

Directions: Heat oven to 350 degrees. Lightly spray 9 inch pie pan with vegetable spray. Place all ingredients in blender or mix with electric mixer. Pour into pie tin or pan. Bake in oven (350 degrees) for 45 minutes or until knife placed in middle of pie returns clean. Can cut pie into 8 pieces.