

## Creating a Healthy Thanksgiving - It IS Possible!



I love Thanksgiving. It's a holiday all about gathering together with friends and family, and all I remember from being a kid was how FUN it was to be with a big group of people I love, all in one place.



These days we do two Thanksgivings - one with Mr. Big's family and then one at my grandparents' home in my hometown. Mr. Big's family does a big Italian-influenced Thanksgiving with soup, antipasto and then turkey. They used to do a lasagna course too, but now they do it the next day. At my grandparents' house there is a serious cocktail hour-and-a-half and then a full dinner with a wild turkey someone harvested, and then the regular domestic variety from the store.

So what I'm saying is, there's a LOT of food that day, and I do everything I can to keep myself on track!

I've put together some delicious recipes to help you cut calories or SmartPoints, without giving up your Thanksgiving favorites!

Check them out:

### **Appetizers**

[Antipasto Sausage Skewers](#)

[Mediterranean Tuna Antipasto Salad](#)

[Roasted Eggplant Spread](#)

[Creamy Spanakopita Tarts](#)

[Roasted Butternut Squash Hummus](#)

[Sausage, Garlic & Quinoa Stuffed Mushrooms](#)

The Main Event

[How to Roast a Turkey](#)

[Skinny Rosemary Gravy](#)

[Lightened Up Green Bean Casserole](#)

[Goat Cheese Mashed Sweet Potatoes](#)

[Sautéed Brussel Sprouts with Bacon & Onions](#)

[Skinny Buttermilk Mashed Potatoes with Chives](#)

[Cranberry Pear Sauce](#)

Cocktails

[Sparkling Pomegranate Rosemary Spritzer](#)

[Cranberry Champagne Cocktails](#)

[Pumpkin Martini](#)

[Autumn Sangria](#)

Dessert

[Apple Cinnamon Cheesecake Cups](#)

[Skinny Pumpkin Pie](#)

[Ginger Molasses Quinoa Cookies](#)

[Pecan Pie Bites](#)

[Mini Sweet Potato Meringue Pies](#)

[Apple Cranberry Crisp](#)

What are your favorite healthy Thanksgiving recipes? Share them in the comments below!