



PROFILE THANKSGIVING MENU



Submitted by Alyssa Koens, Head Nutritionist – Profile HQ

POMEGRANATE SALAD

Profile Exchange values: 1 ½ cups vegetables, 2 fats

Number of Servings: 4

Ingredients:

- 4 tsp. olive oil
- 2 tbsp. apple cider vinegar
- ½ tsp. raw honey
- 1 dash salt
- 1 medium head cabbage, finely shredded (about 5 cups)



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- 2 medium carrots, finely shredded
- ¼ cup pomegranate seeds
- ¼ cup chopped raw walnuts
- 2 green onions, sliced thin
- 12 fresh cilantro sprigs, finely chopped

Directions:

- Combine oil, vinegar, honey, and salt in a small bowl; whisk to blend. Set aside.
 - Combine cabbage, carrots, pomegranate, walnuts, green onions, and cilantro in a large bowl; mix well.
 - Drizzle cabbage mixture with dressing; toss gently to blend.
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BALSAMIC BRUSSELS SPROUTS

Profile Exchange values: 2 cups vegetables, 1 fat, 1 free food

Number of Servings: 4

Ingredients:

- ½ cup Profile Balsamic Vinaigrette
- 1 ½ lbs. brussels sprouts, ends trimmed, cut in half lengthwise
- 2 cloves garlic, coarsely chopped
- ¼ tsp. salt
- ½ tsp. pepper
- 4 tsp. olive oil



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Directions:

- Preheat oven to 425°F.
 - Line a baking sheet with aluminum foil.
 - Trim off the outer, dry leaves, cut the bottom off and slice sprouts lengthwise.
 - In a large bowl, toss brussels sprouts with 4 tsp. olive oil, salt, and pepper to coat thoroughly.
 - Transfer the brussels sprouts to baking sheet and roast until tender and caramelized, about 20 minutes.
 - Place brussels sprouts back in bowl. Add Profile Balsamic Vinaigrette and toss to coat evenly.
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CAULIFLOWER STUFFING

Profile Exchange values: 1 cup vegetables, ½ fat

Number of Servings: 8

Ingredients:

- 1 medium head of cauliflower
- 4 tsp. olive oil
- 1 small yellow onion, diced
- 1 garlic clove, minced
- 3 stalks celery, sliced thinly
- 1 cup mushrooms, sliced
- ½ tbsp. poultry seasoning or Mrs. Dash seasoning of choice
- 1 tsp. red wine vinegar
- ¼ tsp. black pepper



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Directions:

- Pulse cauliflower in a food processor until “rice” consistency is reached.
 - Add olive oil to a large skillet over medium-high heat.
 - Add onions, garlic and celery and sauté for 5 minutes.
 - Add cauliflower and cook for about 10 minutes, or until fully cooked.
 - Add mushrooms and continue cooking until they’ve begun to sweat, about 5 minutes.
 - Top with spices and vinegar and cook for 1 minute.
 - Serve alongside turkey.
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SWEET POTATO CASSEROLE

Profile Exchange values: 1 starch, ½ cup vegetable, 1 free food

Number of Servings: 12

Ingredients:

- 4-6 large sweet potatoes, peeled and cut into ¾- inch cubes
- 1 cup low-fat vanilla yogurt
- 1 tsp. cinnamon
- Pinch nutmeg
- Pinch salt
- 1 tbsp. brown sugar (optional)
- 4 large egg whites, lightly beaten
- ¾ cup chopped pecans
- ½ cup mini marshmallows



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Directions:

- Preheat oven to 350 degrees. Spray a 2.5-quart casserole dish with nonstick spray.
 - Put the sweet potatoes in a medium sauce pan with enough water to cover them. Bring to a boil over high heat. Reduce to a simmer and cook until fork-tender, about 5-7 minutes. Drain.
 - In large bowl, use a blender to mash the sweet potatoes.
 - Add the yogurt, cinnamon, nutmeg and salt. Mash the potato mixture some more. Add brown sugar if desired.
 - Add the eggs and blend them in as well. Transfer the mixture to the casserole dish.
 - Bake for 30 minutes. Top evenly with the pecans and marshmallows and continue to bake until marshmallows are puffed and lightly browned, about 10-15 more minutes.
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OVEN ROASTED TURKEY

Profile Exchange values: 5oz. very lean protein

Number of Servings: 12

Ingredients:

- 1 10-12 lb. fresh turkey (neck & giblets removed)
- 1 medium white onion, sliced into quarters
- 2 celery stalks, sliced into 2" pieces
- 1 tbsp. garlic powder
- 1 tbsp. onion powder
- Salt to taste
- Black pepper to taste
- 1 tbsp. poultry seasoning or Mrs. Dash Seasoning for Chicken



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Directions:

- If using a frozen turkey, thaw turkey 24 hours in refrigerator first. Remove neck and giblets from the neck and body cavities, discard the neck and remove the tail portion of turkey.
 - Preheat oven to 325 degrees.
 - Rinse the turkey inside and out with cold water and place the bird breast side up on a rack in a shallow roasting pan.
 - If using a roasting bag, place a bit of flour in bag, give it a quick shake, add the turkey to the bag and place in a shallow roasting pan.
 - Combine seasonings and rub all over turkey inside and outside cavity while in roasting bag or in roasting pan.
 - Next, place the onion and celery into cavity of bird.
 - If using roasting bag, seal it and cut small air slits into bag.
 - Roast turkey according to directions on roasting bag. Or without a bag, roast turkey at 325 degrees for approximately 3 ½ hours; if turkey browns too quickly cover with a foil tent.
 - Turkey is done when thermometer inserted into breast reads 165 degrees and 180 degrees when inserted in the thigh, not touching bone.
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PROFILE PUMPKIN PIE PUDDING

Profile Exchange values: 1 meal replacement, 1 free food

Number of Servings: 1

Ingredients:

- 1 packet Profile Vanilla Shake mix
- 1 tbsp. pumpkin puree
- 1 tsp. white chocolate sugar-free pudding mix



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- ½ tsp. pumpkin pie spice
- Cold water
- Fat-free whipped topping

Directions:

- Combine all ingredients, except whipped topping, in a small bowl and stir until smooth.
- Let chill for 5 minutes.
- Top with whipped topping and a dash of cinnamon.