

Metabolic Medical Centers



November Recipes Thanksgiving Menu

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- Thanksgiving Stuffing



Metabolic Medical Centers
WEIGHT LOSS ACCELERATED



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Bacon Brown Sugar Brussel Sprouts

Serves 6-8 Time 30 minutes

Ingredients

4 slices	turkey bacon
1 (14 oz)	low-sodium chicken broth
1 tbsp	Splenda brown sugar
1 tsp	salt
1 1/2 lb	fresh brussel sprouts, trimmed and halved

Cooking Instructions

1. Cook bacon in a Dutch oven over medium heat 10 minutes or until crisp. Remove bacon, and drain on paper towels, reserving drippings in Dutch oven. Crumble bacon.
2. Add broth, brown sugar, and salt to drippings in Dutch oven, and bring to a boil. Stir in Brussels sprouts. Cover and cook 6 to 8 minutes, or until tender. Transfer Brussels sprouts to a serving bowl using a slotted spoon, and sprinkle with bacon. Serve immediately.

Recommend for All Programs



Better Than Usual Cranberry Sauce

*This recipe is for patients on the Nutriplus or Maintenance Program and not recommended for patients still losing weight. It is a healthier alternative to traditional cranberry sauce.

Makes about 2 Cups Cook Time 10 Minutes

Ingredients

1 medium	bag fresh cranberries (12 oz.)
1/2 Cup	Splenda Brown Sugar Blend
1 Cup	water
1 Tbsp	fresh ginger, peeled and grated
1 tsp	orange zest
1/8 tsp	cloves, ground

Cooking Instructions

1. In a medium sauce pan, bring all ingredients to a boil.
2. Reduce the heat and simmer for 10 minutes.
3. Bring to room temperature and serve or cover and refrigerate for up to 4 days.

Recommend for Nutriplus and Maintenance Programs



Cauliflower Mashed Potatoes

Serves 4 Time 50 Minutes

Use fresh cauliflower instead of frozen. Frozen cauliflower contains too much water and will effect the texture of your mashed “potatoes”.

Ingredients

1 large	cauliflower head, chopped
2 cloves	garlic, mashed and roughly chopped
3 Cups	low sodium vegetable broth (chicken broth works too)
to taste	black pepper
1/3 Cup	grated parmesan cheese (optional)

Cooking Instructions

1. In a large stock pot, boil cauliflower and garlic in broth for 40 minutes (or until fork tender. Drain remaining broth after removing from stove.
2. Place cauliflower in an electric mixer and blend until completely mashed. Add the pepper
3. Top with parmesan cheese.

Makes 4 Cups: Per Cup 50 Calories, 6g Carbs, 3g Protein, .5g Fat, 4g Fiber

Recommend for All Programs



Collards with Red Onions

Serves 8 Time 1 hour 20 minutes

Ingredients

3 (16-oz.) bags	fresh collard greens
2 medium	red onions, finely chopped
2 tbsp	vegetable oil
2 1/2 Cups	vegetable broth
1/4 Cup	cider vinegar
2 tbsp	Splenda brown sugar
1 1/2 tsp	salt
1/2 tsp	dried crushed red pepper

Cooking Instructions

1. Trim and discard thick stems from bottom of collard green leaves. Thoroughly wash collard greens.
2. Sauté onions in hot oil in a Dutch oven over medium-high heat 8 to 10 minutes or until tender. Add broth and next 4 ingredients.
3. Gradually add collards to Dutch oven, and cook, stirring occasionally, 8 to 10 minutes or just until wilted. Reduce heat to medium, and cook, stirring occasionally, 1 hour or until tender.

Recommend for All Programs



Green Beans w/ Shallots and Red Pepper

Serves 8-10 Time 20 minutes

Ingredients

2 (16-oz.) bags	frozen whole green beans, thawed
1/4 Cup	butter substitute
3 large	shallots, thinly sliced*
1 large	red bell pepper, cut into thin strips
1 tsp	kosher salt**
1/2 tsp	pepper
1/2 tsp	garlic powder

Cooking Instructions

1. Cook green beans in boiling salted water to cover 3 to 4 minutes or until crisp-tender; drain well.
2. Melt butter substitute in a large skillet over medium-high heat; add sliced shallots and bell pepper, and sauté 4 minutes or until tender. Add green beans, salt, pepper, and garlic powder, and toss to combine.

*1/2 small sweet onion, thinly sliced, may be substituted.

**1/2 tsp. regular salt may be substituted.

Recommend for All Programs



Marinated Turkey Breast

How many times has the perfect turkey on the outside been something totally different on the inside? Let's leave that perfect looking turkey to Norman Rockwell and make a perfect tasting turkey that will leave your family and friends "gobbling" for more....

Serves 6-8 Time 24 Hours marinating Cook Time 1-1 1/2 hours)

Ingredients

1 (4-5 lb)	boneless turkey breast
4 Tbsp	olive oil
1 Tbsp	fresh lemon juice
1 tsp	minced garlic
1/2 tsp	fresh black pepper
1 tsp	fresh thyme

Cooking Instructions

1. In a large bowl, combine oil, lemon juice, garlic, pepper, and thyme. Rub the turkey with the mixture, being sure to get under the skin, wrap it tightly in plastic wrap and place in the fridge for 6-24 hours.
2. Pre-heat the oven to 350 degrees.
3. Place the breast in a roasting pan on a small rack to lift it off of the bottom. Cover with a tight fitting lid and roast 20-25 minutes per pound (about 1 hour 15 minutes) until an instant read thermometer inserted into the thickest part of the meat registers 170 degrees.

Mom's Whole Roasted Turkey

10-12 people 12-15 lb turkey

14-16 people 15-18 lb turkey

20-22 people 18-22 lb turkey

If large turkeys are not available, you can cook two smaller ones.

Ingredients

1 turkey, approx. 15 lbs.*

juice of a lemon

salt and pepper

olive oil

1/2 yellow onion, peeled and quartered

tops and bottoms of a bunch of celery

2 carrots

parsley

sprigs of fresh rosemary, thyme

Cooking Instructions

1. To start, if the turkey has been refrigerated, bring it to room temperature before cooking. Keep it in its plastic wrapping until you are ready to cook it. While in the refrigerator, and or while you are bringing it to room temp, have the bird resting in a pan, so that if the plastic covering leaks for any reason, you are confining the juices to the pan. If you get a frozen turkey, you will need to defrost it in the refrigerator for several days first. Allow approximately 5 hours of defrosting for every pound. So, if you have a 15 pound turkey, it will take about 75 hours to defrost it in the refrigerator, or around 3 days.

Handle a raw turkey with the same amount of caution as when you handle raw chicken - use a separate cutting board and utensils to avoid contaminating other foods. Wash your hands with soap before touching anything else in the kitchen. Use paper towels to clean up.

Remove the neck and giblets (heart, gizzard, liver). Use the heart and gizzard for making stock for the stuffing. The neck can be cooked along side the turkey or saved for turkey soup. Or all of the giblets can be used for making giblet gravy. Note that if your turkey comes with a plastic piece holding the legs together, check the instructions on the turkey's package. Most likely you do not need to remove those plastic ties for cooking (unless you plan to cook your turkey at a very high temperature). If you remove the plastic ties, you will need to use kitchen string to tie the legs together.

2. Preheat the oven to 400 degrees F.
3. Wash out the turkey with water. Pull out any remaining feather stubs in the turkey skin. Pat the turkey dry with paper towels. Lather the inside of the cavity with the juice of half a lemon. Take a small handful of salt and rub all over the inside of the turkey.
4. In this method of cooking a turkey, we don't make the stuffing in the turkey because doing so adds too much to the cooking time. For flavor, put in inside the turkey a half



a yellow onion, peeled and quartered, a bunch of parsley, a couple of carrots, and some tops and bottoms of celery. You may need to cap the body cavity with some aluminum foil so that the stuffing doesn't easily fall out. Close up the turkey cavity with either string (not nylon string!) or metal skewers. Make sure that the turkey's legs are tied together, held close to the body, and tie a string around the turkey body to hold the wings in close.

The neck cavity can be stuffed with parsley and tied closed with thin skewers and string.

5. Rub olive oil all over the outside of the turkey. Sprinkle salt generously all over the outside of the turkey (or have had it soaking in salt-water brine before starting this process). Sprinkle pepper over the turkey.
6. Place turkey BREAST DOWN on the bottom of a rack over a sturdy roasting pan big enough to catch all the drippings. This is the main difference between the way mom makes turkey and everyone else. Cooking the turkey breast down means the skin over the breast will not get so brown. However, all of the juices from the cooking turkey will fall down into the breast while cooking. And the resulting bird will have the most succulent turkey breast imaginable. Add several sprigs of fresh (if possible) thyme and rosemary to the outside of the turkey.
7. Chop up the turkey giblets (gizzard, heart). Put into a small saucepan, cover with water, add salt. Bring to simmer for an hour or so to help make stock for the stuffing (see stuffing recipe).
8. Put the turkey in the oven. Check the cooking directions on the turkey packaging. Gourmet turkeys often don't take as long to cook. With the turkeys mom gets, she recommends cooking time of about 15 minutes for every pound. For the 15 lb turkey, start the cooking at 400 F for the first 1/2 hour. Then reduce the heat to 350 F for the next 2 hours. Then reduce the heat further to 225 F for the next hour to hour and a half.

If you want the breast to be browned as well, you can turn the bird over so that the breast is on top, and put it in a 500°F oven or under the broiler for 4-5 minutes, just enough to brown the breast. Note that if you do this, you will have a higher risk of overcooking the turkey breast.

Start taking temperature readings with a meat thermometer, inserted deep into the thickest part of the turkey breast and thigh, an hour before the turkey should be done. You want a resulting temperature of 175°F for the dark meat (thighs and legs) and 165°F for the white meat (breast). The temperature of the bird will continue to rise once you take it out of the oven, so take it out when the temperature reading for the thigh is 170°F, and for the breast 160°F. If you don't have a meat thermometer, spear the breast with a knife. The turkey juices should be clear, not pink.

9. Once you remove the turkey from the oven, let it rest for 15-20 minutes. Turn the turkey breast side up to carve it.

Making Turkey Gravy

Scrape all the drippings off of the bottom of the roasting pan. Pour drippings into a smaller skillet. Ladle off excess fat with a gravy spoon and save for possible use later. In a separate small bowl take a quarter cup of corn starch and add just enough water to dissolve the corn starch. Beat cornstarch with a spoon to remove lumps. Slowly add the cornstarch mixture to the drippings, stirring constantly. You may not end up using all of the cornstarch mixture. Only add as much as you need to get the desired thickness. Allow time for the cornstarch to thicken the gravy. Add salt, pepper, sage, thyme, or other seasonings to taste.

No-Bake Turtle Pumpkin Pie

*This recipe is for patients on the Nutriplus or Maintenance Program and not recommended for patients still losing weight. It is a healthier alternative to traditional pumpkin pie.

Serves 10 Time 15 minutes

Ingredients

1/4 Cup plus 2 Tbsp	Sugar Free Smuckers Caramel Topping, divided
1/3 Cup plus 2 Tbsp	Planters Pecan pieces, divided
1 Cup	cold almond milk or milk of choice
2 pkg (4-serving size each)	Sugar Free Jell-o Vanilla Flavor Instant Pudding
1 Cup	canned pumpkin
1 tsp	ground cinnamon
1/2 tsp	ground nutmeg
1 tub (8 oz)	Cool Whip LIGHT Whipped Topping, thawed, divided

GRAHAM CRUST RECIPE

1-1/2 Cups HONEY MAID Graham Cracker Crumbs

3 tsp honey

1/4 Cup (1/2 stick) butter or margarine, melted

NO BAKE: For a no-bake crust, mix ingredients and press into pie plate as directed. Refrigerate at least 30 min. before filling.

Cooking Instructions

1. Pour 1/4 cup caramel topping into crust; sprinkle with 1/3 cup pecans.
2. Beat milk, dry pudding mixes, pumpkin and spices with whisk until blended. Stir in 1 1/2 cups whipped topping. Spread into crust. Top with remaining whipped topping.
3. Refrigerate 1 hour. Top with pecans and drizzle remaining caramel with fork. Store leftovers in the refrigerator.

Nutrition (per slice) Cals: 213 Fat: 10g Carbs: 28 Fibre: 2g Sugars: 7g Protein: 1g Sodium: 355mg

Recommend for Nutriplus and Maintenance Programs



Oven Roasted Asparagus

Serves 8-10 Time 20 minutes

Ingredients

3 lb	fresh asparagus
2 tbsp	olive oil
3 cloves	garlic, minced
3/4 tsp	salt
1/2 tsp	freshly ground black pepper
1/2 Cup	slivered almonds, toasted

Cooking Instructions

1. Snap off and discard tough ends of asparagus; place asparagus on a lightly greased baking sheet. Drizzle evenly with olive oil; sprinkle evenly with garlic, salt, and pepper.
2. Bake at 350° for 10 minutes or to desired degree of tenderness. Transfer asparagus to a serving dish; sprinkle with almonds.

Recommend for All Programs



Raw Tuscan Kale Salad

Serves 4 Time 15 minutes

Ingredients

1 bunch	Tuscan kale (for ex: black or lacinato)
1/2 clove	garlic, smashed
1/4 tsp	kosher salt, plus a pinch
1/4 Cup	(or small handful) grated pecorino cheese, plus additional for garnish
3 tbsp	extra-virgin olive oil, plus additional for garnish
1/4 Cup	freshly squeezed juice of one lemon
1/8 tsp	red pepper flakes
to taste	freshly ground black pepper

Cooking Instructions

1. Trim the bottom few inches off the kale stems and discard. Slice the kale into 3/4-inch ribbons. You should have 4 to 5 cups. Place the kale in a large bowl.
2. Using a mortar and pestle or a knife, pound or mince the garlic and 1/4 teaspoon of salt into a paste. Transfer the garlic to a small bowl. Add 1/4 cup cheese, 3 tablespoons oil, lemon juice, pinch of salt, pepper flakes, and black pepper and whisk to combine. Pour the dressing over the kale and toss very well (the dressing will be thick and need lots of tossing to coat the leaves).
3. Let the salad sit for 5 minutes, then serve topped with the additional cheese, and a drizzle of oil.

Roasted Brussel Sprouts

Serves 4-6 Time 20-25 minutes

Brussel sprouts get a bad rap for a good reason. Most of us remember bitter, soggy, mushy, pale “bounce-able” balls rolling around our plates. Well, not this time. This recipe for brussel sprouts is sure to redeem their reputation with a sweet savory balance that features a Maple Flavored Pancake Syrup (made by Walden Farms) that has zero calories, sugar and fat. Too good to be true?

Ingredients

2 tsp	olive oil
1 lb	fresh brussel sprouts, cut in half through the stem (do not use frozen)
2	shallots peeled and cut into half moons
2 tbsp + 1 tsp	apple cider vinegar
2 tbsp	Walden Farms Maple Flavored pancake Syrup
1 tsp	fresh thyme
1 tbsp	Smart Balance butter substitute
pinch	cayenne pepper
salt & pepper	to taste

Cooking Instructions

1. Heat oil in a non-stick skillet over medium heat until the oil is shiny. Carefully place the sprouts, cut side down, and cook until brown (5-7 min) stirring occasionally.
2. Stir in the shallots, 2 tbsp vinegar, syrup, thyme, salt, pepper and cayenne. The cayenne does not add any heat in this dish. It helps the brussel sprout bring out its own flavor.
3. Reduce the heat to medium-low, cover, and cook until the sprouts are bright green and just tender, (6-8 min).
4. Uncover, increase the heat to medium-high and cook until the liquid has evaporated (3-5 min) As soon as the liquid has evaporated, remove from the heat, stir in the remaining tsp of vinegar and butter substitute and serve.

Recommend for All programs



Skinny Pumpkin Dessert

*This recipe is for patients on the Nutriplus or Maintenance Program and not recommended for patients still losing weight. It is a healthier alternative to traditional dessert.

Serves 8 Serving size 1/8 slice Time 1 hour

Ingredients

15 oz	canned pumpkin
2 Tbsp	light butter, softened
3/4 Cup	light brown sugar, unpacked
1/2 Cup	fat free milk
1 large	egg
2 large	egg whites
1/4 tsp	ground nutmeg
1/2 tsp	ground cinnamon
1 tsp	vanilla extract

Cooking Instructions

1. Preheat oven to 350°F.
2. Place pumpkin in a large bowl. Add light butter, and mix well. Using an electric mixer, mix in brown sugar, milk, eggs, egg whites, cinnamon, nutmeg and vanilla. Beat on medium speed until mixture is smooth.
3. Bake 60 minutes, or until knife inserted in center comes out clean. Serve with whipped topping and enjoy!

Per slice: Calories: 172.3 Fat: 6.4 g Carbs:31.4 Fiber: 1.7 Protein: 3.5 g Sugar: 20.7Sodium: 143.1 mg

Recommend for Nutriplus and Maintenance Programs



Thanksgiving Stuffing

Serves 4-6 Time 45 Minutes

Ingredients

1 lb	mild turkey sausage
4 ½ Cups	mushrooms, diced
1 medium	yellow onion, diced
6	celery stalks, diced
4	carrots, diced
1/2 Cup	low sodium chicken broth
1 Tbsp	diced fresh sage
½ tsp	fresh thyme, minced
½ Cup	dried cherries, finely chopped
½ Cup	toasted slivered almonds
½ Tbsp	garlic powder
4 Tbsp	olive oil
to taste	Sea salt and black pepper

Cooking Instructions

1. Preheat oven to 350 degrees F
2. In a large soup pot, sauté onions in olive oil until translucent. Add the sausage and brown. Add the carrots, celery, mushrooms, chicken broth, cherries, almonds, sage, thyme, garlic powder, salt and pepper.
3. Mix well, bring to a simmer, and cook for 5-10 minutes or until the veggies begin to absorb the chicken broth.
4. Transfer to a large glass baking dish, cover tightly with aluminum foil and bake at 350 for 45 minutes.

Recommend for All Programs

