

Herb-Roasted Turkey

Ingredients:

- 1 (10- to 12-pound) turkey
- 1/4 cup fresh herbs, plus 20 whole sprigs, such as thyme, rosemary, sage, oregano and/or marjoram, divided
- 2 tbsp canola oil
- 1 tsp salt
- 1 tsp freshly ground pepper
- Aromatics, onion, apple, lemon and/or orange, cut into 2-inch pieces (1 1/2 cups)
- 3 cups water, plus more as needed

View the full recipe at [**eatingwell.com**](https://www.eatingwell.com)



Cook time
30 minutes

Servings
12

Calories
172

Protein
25g

Skillet Cranberry Balsamic Salmon

Ingredients:

- 2-3 oz salmon fillets
- 1 cups cranberries thawed + 2 tbsp more (divided)
- 1/4 cup balsamic vinegar
- 2 tbsp extra virgin olive oil
- 2 tbsp orange juice
- 1 tbsp maple syrup
- 1 tbsp rosemary
- Salt and pepper to taste

View the full recipe at skinnyfitalicious.com



Cook time
22 minutes

Servings
2

Calories
342

Protein
22.2g

Healthy Green Bean Casserole

Ingredients:

- 2 1/2 lb green beans, trimmed and cut into 1- to 2-inch pieces (about 8 cups)
- 2-3 tbsp extra-virgin olive oil, divided
- 1 medium onion, thinly sliced
- 3 tbsp all-purpose flour
- 3/4 tsp salt
- 1/4 tsp white or black pepper
- 2 1/2 cups low-fat milk
- 1 1/2 cups fresh whole-wheat breadcrumbs or 1/2 cup shredded or crumbled cheese

View the full recipe at [**eatingwell.com**](https://www.eatingwell.com)



Cook time
40 minutes

Servings
8

Calories
188

Protein
8g

Henry

Skinny Pumpkin Pie

Ingredients:

Crust:

- 1 cup dates, pitted & soaked in water 20 minutes & drained
- 2 tbsp extra virgin olive oil
- 2 cups gluten free rolled oats
- 1/2 cup pecans raw and shelled
- 1/4 tsp nutmeg
- 1/2 tsp cinnamon

Filling:

- 2 eggs room temperature
- 1 15-oz can pumpkin puree
- 1/4 cup coconut sugar
- 3/4 cup unsweetened almond milk
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/4 tsp ground cloves
- 1/4 tsp nutmeg

View the full recipe at skinnyfitalicious.com



Cook time
1 hour 10 minutes

Servings
8

Calories
262

Protein
6g