

DIABETES-FRIENDLY THANKSGIVING RECIPES



Thanksgiving Recipes

Side Dish: Wild Rice Stuffing

Ingredients:

- ½ Cup Wild Rice
- ¼ Cup Brown Rice
- 1 ¾ Cup Water
- 1 Tsp Chicken Bouillon Powder
- ¼ Tsp Ground Nutmeg
- 2 Cups Fresh Sliced Mushrooms
- ½ Cup Chopped Celery
- ⅓ Cup Sliced Onion
- ½ Cup Pine Nuts

Directions:

1. Rinse uncooked rice in strainer. Place rice, water, bouillon, and nutmeg in pot.
2. When rice pot boils, reduce heat and cover. Simmer for 20 minutes.
3. Add vegetables to rice pot. Cook covered over medium-low for 25 minutes.
4. Stir frequently, adding nuts when vegetables are soft. Serve immediately.

Recipe From: [Diabetic Living Online](#)



Dessert: Sugar-free Apple Pie

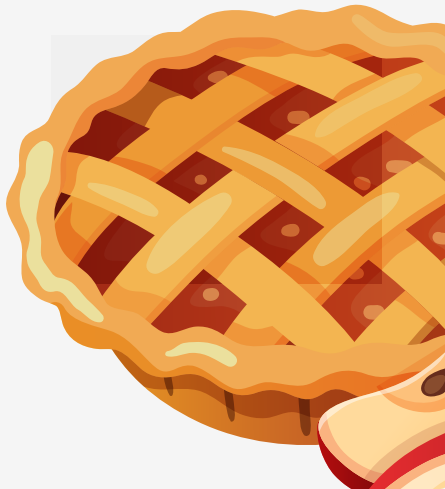
Ingredients:

- 12 oz Unsweetened Apple Juice Concentrate Thawed
- 3 Tbsp Cornstarch
- 1 Tbsp Cinnamon
- 6 Cups Thinly Sliced Apples
- 2 Pie Pastry Shells (9 Inch)

Directions:

1. Preheat oven to 350 degrees.
2. Whisk 1/3 cup of juice with cornstarch and cinnamon.
3. Simmer apple slices and remaining apple juice in saucepan over medium heat for 10 minutes.
4. Stir in cornstarch mixture, cooking five more minutes.
5. Set aside to cool and place pie pastry shell in baking dish.
6. Add apple mixture and place second pie shell over top, cutting a few slits in the top crust piece.
7. Bake 45 minutes or until crust is golden brown.

Recipe From: [Sunrise Senior Living](#)



Enjoy The Leftovers



Make a Sandwich

The turkey can be combined with either the salad or stuffing on low-carb bread for a tasty lunch.



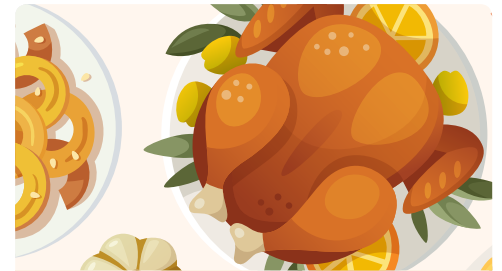
Have Turkey Salad

This leftover turkey can be enjoyed on a bed of greens with orange slices and walnuts.



Bake Mini Pies

Divide the crust into mini pie dishes for individual servings. Freeze and reheat portions later.



Did You Know?

November is Diabetes Awareness Month. You can find many recipes and helpful hints for diabetic care online and in the media throughout the month. Since turkey is low-carb lean protein, it's often on the "should-eat" list.



Home Care Tip:

If a senior is far from family or friends on Thanksgiving, prepare a turkey breast and small side servings instead. This keeps the tradition alive without exacerbating feelings of loneliness or creating excessive leftovers.