

## Thanksgiving Sides

Created by Blood Sugar Central



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Here are some ideas for blood sugar friendly sides to enjoy at your Thanksgiving Meal.

Feel free to make substitutions as needed. For example if Maple Syrup is an ingredient, you can substitute a sugar free alternative of choice --- (Sugar Free Maple Syrup, Monk Fruit, Flavored Stevia, Skinny Syrups or other brand). Also, many recipes suggest a specific type of oil. You can substitute another oil if you have a preference.

If a dish calls for an ingredient you don't have on hand (such as a type of vegetable) you can make substitutions, or even add vegetables if desired.

Finally, everyone's tastes are different. So leave out seasonings you don't like and add seasonings if you think a dish is too bland. Just add in seasonings slowly so as not to overpower the dish.

Happy Thanksgiving!! Enjoy.

# Shredded Brussels Sprouts Slaw with Crispy Lentils

10 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. In a medium bowl, add the lentils, pumpkin seeds, avocado oil, sea salt and pepper. Mix well to combine. Spread in an even layer on the baking sheet and bake for 10 minutes. Remove, shake the pan around and place back in the oven for 10 minutes more. Remove and set aside.
3. In a small bowl or jar, add the extra virgin olive oil, balsamic vinegar, mustard and maple syrup. Shake well and season with salt and pepper as needed.
4. Add the brussels sprouts, lentils, pumpkin seeds and dressing to a large bowl. Toss to combine. Top with pomegranate seeds, if using. Divide onto plates, serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### More Flavor

Season the lentils with garlic powder, onion powder, cumin, dill and/or dried basil.

### Additional Toppings

Top with goat cheese, feta or parmesan.

### Lentils

It is recommended to use French green lentils as they hold their shape better. Red or brown lentils will not work the same as they tend to get too mushy.

## Ingredients

- 1 cup Lentils (cooked)
- 1/4 cup Pumpkin Seeds (raw)
- 2 tsps Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar
- 1/2 tsp Dijon Mustard
- 1 tsp Maple Syrup
- 5 cups Brussels Sprouts (trimmed, very thinly sliced)
- 1/4 cup Pomegranate Seeds (optional)

## Nutrition

Amount per serving

Calories	239	Sodium	38mg
Fat	13g	Vitamin A	833IU
Carbs	24g	Vitamin C	95mg
Fiber	9g	Calcium	65mg
Sugar	6g	Iron	4mg
Protein	10g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	44mg

# Roasted Winter Vegetables with Tahini Drizzle

12 ingredients · 45 minutes · 4 servings



## Directions

1. Preheat oven to 375°F (191°C). Line two baking sheets with parchment paper.
2. Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
3. Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
4. Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
5. Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

## Notes

### More Protein

Add lentils, chickpeas or diced chicken.

### Leftovers

Store covered in the fridge up to 2 - 3 days.

## Ingredients

- 1 Delicata Squash (small)
- 3 cups Brussels Sprouts (washed and halved)
- 1 bulb Fennel (coarsley chopped)
- 1/2 cup Red Onion (coarsley chopped)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 cup Tahini
- 1 Garlic (clove)
- 1/4 cup Water
- 2 Lemon (small, juiced)
- 1/4 cup Pumpkin Seeds

## Nutrition

Amount per serving

Calories	351	Sodium	218mg
Fat	25g	Vitamin A	1469IU
Carbs	30g	Vitamin C	86mg
Fiber	9g	Calcium	171mg
Sugar	5g	Iron	5mg
Protein	8g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	78mg

# Mushroom & Onion Saute

4 ingredients · 15 minutes · 2 servings



## Directions

1. Heat avocado oil in a large pan over medium heat. Add mushrooms and onions and stir occasionally until tender, about 20 minutes. Add tamari and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container up to 5 days. Reheat in a skillet before serving.

### No Avocado Oil

Use olive oil, ghee, butter or coconut oil.

### No Tamari

Use coconut aminos, soy sauce, Worcestershire or omit completely.

## Ingredients

- 1 **tblsp** Avocado Oil
- 2 **cups** Mushrooms (sliced)
- 1 **cup** Red Onion (sliced)
- 1 **tblsp** Tamari

## Nutrition

Amount per serving

<b>Calories</b>	120	<b>Sodium</b>	511mg
<b>Fat</b>	7g	<b>Vitamin A</b>	2IU
<b>Carbs</b>	11g	<b>Vitamin C</b>	8mg
<b>Fiber</b>	2g	<b>Calcium</b>	23mg
<b>Sugar</b>	5g	<b>Iron</b>	1mg
<b>Protein</b>	5g	<b>Vitamin D</b>	7IU
<b>Cholesterol</b>	0mg	<b>Magnesium</b>	20mg

# Maple Orange Roasted Carrots

6 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Cut the peeled carrots into coins so all carrots are roughly the same size. Transfer the carrots to the prepared baking sheet. Drizzle with the oil and sprinkle with ground ginger and salt. Toss until carrots are evenly coated. Bake for about 20 minutes or until tender, flipping about halfway through.
3. Remove from the oven and drizzle with maple syrup. Return to the oven and bake for another 5 minutes.
4. Remove the carrots from the oven and serve immediately with orange juice drizzled over top. Enjoy!

## Notes

### No Maple Syrup

Use honey instead.

### Leftovers

Carrots can keep in the fridge for up to 4 days.

### No Orange

Use another citrus fruit like lemon or lime.

## Ingredients

- 6 Carrot (large, peeled)
- 1 **tbsp** Extra Virgin Olive Oil
- 1/2 **tsp** Ground Ginger
- 1/4 **tsp** Sea Salt
- 1 1/2 **tsps** Maple Syrup
- 2 **tbsps** Orange Juice (freshly squeezed)

## Nutrition

Amount per serving

<b>Calories</b>	78	<b>Sodium</b>	211mg
<b>Fat</b>	4g	<b>Vitamin A</b>	15302IU
<b>Carbs</b>	11g	<b>Vitamin C</b>	9mg
<b>Fiber</b>	3g	<b>Calcium</b>	34mg
<b>Sugar</b>	7g	<b>Iron</b>	0mg
<b>Protein</b>	1g	<b>Vitamin D</b>	0IU
<b>Cholesterol</b>	0mg	<b>Magnesium</b>	13mg

# Maple Mustard Brussels Sprouts

8 ingredients · 30 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Toss the Brussels sprouts with olive oil, sea salt and pepper. Spread across the baking sheet and bake for 22 to 24 minutes.
2. While the Brussels sprouts roast, mix the dijon mustard with the maple syrup in a small bowl and set aside.
3. Remove the Brussels sprouts from the oven and toss with the dijon maple dressing. Transfer to a serving dish and top with feta, pumpkin seeds and microgreens (optional). Enjoy!

## Notes

### No Extra Virgin Olive Oil

Use avocado oil instead.

### Leftovers

Store in the fridge in a sealed container for 2 to 3 days.

### Dairy-Free

Omit the feta or use a plant-based cheese instead.

### No Pumpkin Seeds

Omit, or use another type of nut or seed such as walnuts, almonds, or sesame seeds.

### No Dijon Mustard

Use a grainy mustard instead.

## Ingredients

**2 cups** Brussels Sprouts (trimmed and halved)

**1/2 tsp** Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

**1 tbsp** Dijon Mustard

**1 tbsp** Maple Syrup

**1/4 cup** Feta Cheese (crumbled)

**2 tbsps** Pumpkin Seeds

**1/4 cup** Microgreens (optional)

## Nutrition

Amount per serving

<b>Calories</b>	172	<b>Sodium</b>	321mg
<b>Fat</b>	9g	<b>Vitamin A</b>	743IU
<b>Carbs</b>	17g	<b>Vitamin C</b>	77mg
<b>Fiber</b>	5g	<b>Calcium</b>	147mg
<b>Sugar</b>	8g	<b>Iron</b>	3mg
<b>Protein</b>	8g	<b>Vitamin D</b>	3IU
<b>Cholesterol</b>	17mg	<b>Magnesium</b>	26mg

# Lentil Salad with Maple Roasted Squash

11 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Arrange butternut squash cubes on the baking sheet and season with avocado oil and half of the salt. Roast in the oven for 20 minutes then remove from oven and drizzle with maple syrup. Return to the oven for an addition 5 to 10 minutes, or until the butternut squash is tender and maple syrup has started to caramelize. Remove from the oven and let cool slightly.
3. In a large mixing bowl whisk together the extra virgin olive oil, apple cider vinegar, cinnamon and remaining salt. Fold in lentils, green onion, cranberries, parsley and butternut squash. Season with additional salt if needed. Enjoy!

## Notes

### Leftovers

Store in an airtight container in the fridge for up to 5 days.

### No Maple Syrup

Use honey instead.

### No Butternut Squash

Use sweet potato or carrots instead.

### Save Time

Buy pre-sliced butternut squash.

## Ingredients

**2 cups** Butternut Squash (chopped into 1 cm cubes)

**1 1/2 tps** Avocado Oil

**1/4 tsp** Sea Salt (divided)

**2 tbsps** Maple Syrup

**1/4 cup** Extra Virgin Olive Oil

**2 tbsps** Apple Cider Vinegar

**1/4 tsp** Cinnamon

**2 cups** Lentils (cooked, from the can)

**4 stalks** Green Onion (chopped)

**1/4 cup** Dried Unsweetened Cranberries

**1/4 cup** Parsley (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	336	<b>Sodium</b>	158mg
<b>Fat</b>	16g	<b>Vitamin A</b>	8250IU
<b>Carbs</b>	41g	<b>Vitamin C</b>	23mg
<b>Fiber</b>	10g	<b>Calcium</b>	76mg
<b>Sugar</b>	15g	<b>Iron</b>	4mg
<b>Protein</b>	10g	<b>Vitamin D</b>	0IU
<b>Cholesterol</b>	0mg	<b>Magnesium</b>	66mg



# Lemon Pepper Asparagus

5 ingredients · 20 minutes · 4 servings



## Directions

1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. Toss the asparagus with the oil and half the lemon juice. Arrange in a single layer on the baking sheet and season with black pepper and salt. Bake for 13 to 15 minutes or until the asparagus are tender, flipping halfway through.
3. Remove from the oven and drizzle with the remaining lemon juice. Season with additional salt and pepper if needed. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days. Serve leftover asparagus with additional lemon juice.

### More Flavor

Add lemon zest or garlic powder.

### Asparagus

Three cups of asparagus is approximately 1 lb or 454 grams. Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.

## Ingredients

- 3 cups Asparagus (trimmed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Lemon Juice (divided)
- 1/2 tsp Black Pepper
- 1/8 tsp Sea Salt

## Nutrition

Amount per serving

Calories	53	Sodium	76mg
Fat	4g	Vitamin A	762IU
Carbs	5g	Vitamin C	9mg
Fiber	2g	Calcium	26mg
Sugar	2g	Iron	2mg
Protein	2g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	15mg

# Green Bean Casserole

10 ingredients · 1 hour 20 minutes · 4 servings



## Directions

1. Add half of the coconut oil in a large skillet and place over medium-low heat. Add the sliced shallots. Stir often to prevent burning for 30 to 40 minutes, or until caramelized. Once the onions are golden, remove from the heat, transfer into a bowl, and set aside.
2. While the onions cook, steam the cauliflower in a steaming basket until softened and are easily pierced with a fork. Transfer to your blender or food processor and set aside.
3. Steam the green beans for 6 to 8 minutes or until bright green. Transfer the beans into a casserole dish.
4. Heat the remaining coconut oil in a skillet over medium-low heat. Saute mushrooms for 5 minutes or until softened then add in the garlic. Saute for another minute and remove from heat. Spread half of this mushroom mixture over your green beans in the casserole dish. Add the remaining half to your blender with your steamed cauliflower.
5. Preheat the oven to 350°F (177°C). Add water, sea salt, and nutritional yeast to the blender. Blend until very smooth.
6. Pour desired amount of creamy cauliflower sauce into your casserole dish over the green beans and mushrooms. You might not need it all. Smooth with a spoon or spatula. Top with the caramelized onions.
7. Bake the casserole for 30 minutes. Remove from the oven and let sit for 5 minutes before serving. Garnish with toasted slivered almonds and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

## Ingredients

- 2 tbsps Coconut Oil (divided)
- 1 1/2 cups French Shallot (thinly sliced)
- 1/2 head Cauliflower (chopped into florets)
- 5 cups Green Beans (trimmed and halved)
- 2 cups Mushrooms (sliced)
- 3 Garlic (cloves, minced)
- 1 1/2 cups Water
- 1 tsp Sea Salt
- 2 tbsps Nutritional Yeast
- 1/4 cup Slivered Almonds (toasted)

## Nutrition

Amount per serving

<b>Calories</b>	244	<b>Sodium</b>	644mg
<b>Fat</b>	12g	<b>Vitamin A</b>	865IU
<b>Carbs</b>	28g	<b>Vitamin C</b>	57mg
<b>Fiber</b>	9g	<b>Calcium</b>	124mg
<b>Sugar</b>	12g	<b>Iron</b>	4mg
<b>Protein</b>	11g	<b>Vitamin D</b>	3IU
<b>Cholesterol</b>	0mg	<b>Magnesium</b>	62mg

# Cinnamon Roasted Acorn Squash

5 ingredients · 35 minutes · 4 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Slice the acorn squash into 1/4 inch wedges and toss in a bowl with olive oil.
3. Add in the cinnamon, turmeric and sea salt, and toss together until evenly combined. Add the squash slices to the baking sheet and bake for 30 minutes, flipping halfway.
4. Remove from the oven, divide between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving size is approximately four slices of squash.

### More Flavor

Add garlic powder.

## Ingredients

- 1 Acorn Squash (peeled, seeds removed)
- 1 **tbsp** Extra Virgin Olive Oil
- 1 **1/2 tsp** Cinnamon
- 1 **1/2 tsp** Turmeric
- 1/4 **tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	79	Sodium	151mg
<b>Fat</b>	4g	Vitamin A	398IU
<b>Carbs</b>	13g	Vitamin C	12mg
Fiber	2g	Calcium	47mg
Sugar	0g	Iron	1mg
<b>Protein</b>	1g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	37mg

# Beets & Onions

5 ingredients · 15 minutes · 4 servings



## Directions

1. Place the beets in a small steamer basket and steam for about 10 minutes, or until soft. Set aside.
2. Prepare avocado oil in a pan over medium heat. Add onion and cook until soft, stirring occasionally.
3. Season the onion with salt. Add apple cider vinegar and the cooked beet slices. Stir until combined and serve.

## Notes

### Serve it With

Our Portobello Veggie Burgers with Goat Cheese, Orange Beef Stir Fry, or as a side to any main dish.

### Turn it into a Salad

Toss with spinach, goat cheese and sunflower seeds.

### No Avocado Oil

Use olive oil, coconut oil or butter instead.

## Ingredients

- 4 Beet (peeled and sliced into 1/2 inch pieces)
- 1 **tbsp** Avocado Oil
- 1 Sweet Onion (thinly sliced)
- 1/8 **tsp** Sea Salt
- 1 **tbsp** Apple Cider Vinegar

## Nutrition

Amount per serving

<b>Calories</b>	93	Sodium	145mg
<b>Fat</b>	4g	Vitamin A	28IU
<b>Carbs</b>	14g	Vitamin C	8mg
Fiber	3g	Calcium	30mg
Sugar	10g	Iron	1mg
<b>Protein</b>	2g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	26mg

# Baked Sweet Potato with Walnuts

5 ingredients · 40 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Rub the sweet potatoes with oil and place cut side down. Bake for 35 to 40 minutes, until slightly caramelized and soft.
3. Place the walnuts in the oven with the sweet potato during the remaining 8 minutes of cooking. Then remove, let cool slightly and roughly chop.
4. Season the sweet potatoes with salt. Top with chopped walnuts and nutritional yeast, if using. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is one medium sweet potato.

### Nut-Free

Use sesame seeds or pumpkin seeds instead.

### More Flavor

Add fresh herbs such as thyme on top.

### No Coconut Oil

Use olive oil or avocado oil instead.

## Ingredients

- 2 Sweet Potato (medium sized, halved)
- 1 tsp Coconut Oil
- 1/3 cup Walnuts
- 1/4 tsp Sea Salt
- 1 tsp Nutritional Yeast (optional)

## Nutrition

Amount per serving

<b>Calories</b>	268	<b>Sodium</b>	371mg
<b>Fat</b>	15g	<b>Vitamin A</b>	18443IU
<b>Carbs</b>	29g	<b>Vitamin C</b>	3mg
<b>Fiber</b>	6g	<b>Calcium</b>	59mg
<b>Sugar</b>	6g	<b>Iron</b>	2mg
<b>Protein</b>	6g	<b>Vitamin D</b>	0IU
<b>Cholesterol</b>	0mg	<b>Magnesium</b>	64mg