How to Make Your Holiday Dinner Sides Healthier

Hello [[firstname]],

In the latest blog post, we discussed healthy side dishes you can bring to Thanksgiving dinner. Now let’s take a few moments to discuss ways to make your holiday sides healthier.

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Just because it is Thanksgiving, doesn’t mean all of your meals and sides need to be full of fat and calories. In fact, since people tend to indulge in a little bit of everything, that is another good reason to try to make some healthy sides.

**Reduce the Butter**

One of the components of many Thanksgiving dinner sides is butter. While this can add a lot of flavor to your veggies or potatoes, ti also adds quite a bit of calories and saturated fat that isn’t always required. To make the dish healthier, try to reduce how much butter you use, or at least choose a different type of butter. Consider unsalted butter or get butter that is organic, so that it is at least a little better for you.

**Use Cauliflower Instead of Potatoes**

Cauliflower is quickly becoming a crowd favorite for anyone trying to make a healthier dish. Its consistency allows it to replace a lot of common foods, including rice and potatoes. If you typically make mashed potatoes with your dinner, replace the potatoes with cauliflower. Cut it up into small pieces and run it through a food processor. You will then prepare it just like you would your potatoes, by heating it up and adding your choice of butter, cream, and seasonings.

**Get Low-Sodium Versions**

If there are any ingredients you are using with salt in them, try to find the low-sodium or unsalted version. The first is butter, as already mentioned. If you are using any canned vegetables, there should be a low-sodium or no salt added version of those vegetables. Similarly, any soup, such as cream of mushroom soup in your green bean casseroles should also be the low sodium version of that soup. By making these small changes, you reduce the overall amount of salt in the dishes, so that if you season it, you aren’t adding to the sodium your guests are consuming.

Also make sure you watch how much cream or cheese you are adding to the various casseroles you make for Thanksgiving dinner and that you roast your turkey instead of frying it.

Don’t forget to check the blog tomorrow for more about cooking healthy Thanksgiving dinners.

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