Healthy Side Dishes To Bring To Thanksgiving Dinner

Thanksgiving dinner isn’t just about the turkey and the pie for dessert; there are also quite a few side dishes to choose from. Instead of only relying on buttered rolls and mashed potatoes, think about some healthy alternatives.

**Mashed Cauliflower**

While mashed potatoes are a popular side dish to have with Thanksgiving dinner, you might want to make it a little healthier. A good way to do this is by making mashed cauliflower instead. When you blend up cauliflower in a food processor, it has almost the same consistency as mashed potatoes, but it is far healthier. Cauliflower has more nutrients and is very low in fat and calories. You can include all the same ingredients in the mashed cauliflower, including your choice of butter or olive oil, salt and pepper, and roasted garlic if you choose to add it.

**Green Bean Casserole**

Another popular side dish for holiday dinner is to have green bean casserole. Like mashed potatoes, this is often higher in fat than you might imagine. If you want to make a healthier version, start by not using the French fried onions in the casserole, and just sprinkling a little bit on top when it is done. You can also get rid of them completely if you like. Some other ways to make it a little healthier include using low-sodium or low-fat soup, low-fat or fat-free milk, and adding more vegetables to it.

**Sweet Potatoes**

If your family enjoys their yams, think of a healthier way to make them. Instead of having them with loads of butter and brown sugar, consider making some diced sweet potatoes with apple butter. This is still very delicious and great to go with your turkey and mashed cauliflower, but a lot healthier as well. You will use sweet potatoes with unsalted butter, a little apple butter, and some salt. The potatoes are already sweet, so you really don’t need the added sugar.

**Brussels Sprouts**

Brussels sprouts are a very good vegetable to have with your Thanksgiving dinner since they are low in fat, healthy, and easy to make with various methods. They are also in season during fall, making it perfect for the holiday. Instead of plain Brussels sprouts that nobody is interested in, try carmelizing them. You can do this with olive oil and salt, and add some other ingredients, like bacon or pancetta, and some other veggies to the dish.

Encourage your family to bring healthier side dishes to the holiday dinner so you have a delicious meal that is a little better for you.