

TALKIN' TURKEY AND TATERS

November 2025

WHY TURKEY?

Turkey is a nutritional powerhouse, making it a great choice for a healthy Thanksgiving meal. It's a rich source of high-quality protein, which helps in building and repairing tissues and supporting the immune system.

Turkey also provides a variety of essential vitamins, including B6 and B12, which are crucial for energy production and brain health, as well as niacin and riboflavin for digestion and energy conversion. It's packed with minerals like selenium, an antioxidant that supports immune health, and phosphorus for healthy bones, while being low in fat, especially when opting for skinless breast meat.

HEALTHY THANKSGIVING SIDE OPTIONS



Roasted Brussel Sprouts



Sweet Potato Mash



Quinoa Salad



Butternut Squash Soup



Green Bean Almondine



Crispy Roasted Carrots

PACING YOURSELF FOR THANKSGIVING:

1) Start with a light snack treat



2) Drink Water Between Courses



3. Mind Your Portions



4) Take Breaks Between Plates



Vitamins/ Minerals that Support Fullness

Thiamine → Vitamin D → Zinc → Magnesium



GLUTEN FREE PUMKIN PIE



Ingredients:

- 1 9- inch gluten free pie crust
- 15 oz. pumpkin puree 1 can
- 2 large eggs room temperature
- ½ cup granulated sugar 10lg
- ¼ cup light brown sugar packed (58 g)
- 1 teaspoon ground cinnamon 2 g
- ¼ teaspoon ground ginger
- 1/8 teaspoon ground cloves
- ¼ teaspoon ground nutmeg
- ½ teaspoon fine sea salt
- 12 oz. evaporated milk see notes

Directions:

- Preheat oven to 425 degrees.
- Roll out the already prepared pie crust and place in a 9-inch pie plate. Place in the refrigerator while you prepare the filling.
- In a medium bowl, whisk together the pumpkin puree, eggs, granulated sugar, light brown sugar, cinnamon, ginger, cloves, nutmeg, and salt. Whisk in the evaporated milk until incorporated.
- Pour the filling into the cold crust and bake on the center rack for 15 minutes.
- After 15 minutes, reduce the oven temperature to 350 degrees.
- Bake at 350 degrees for 30-50 minutes. The pie is done when the edges are set and the middle 2 inches of the pie is still slightly jiggly.
- Cool on a wire rack for 2 hours then serve or refrigerate until ready to serve.
- Serve with homemade whipped cream.

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