



DIABETES

Fall Recipes

Thanksgiving is a time for family, food, and gratitude. But if you're managing diabetes, you know how tricky it can be to navigate the holiday feast. We're here to help you enjoy all the flavors of fall without the worry! Try these delicious diabetes-friendly Thanksgiving recipes that are both healthy and full of seasonal goodness.

Roasted Brussels Sprouts with Balsamic Glaze



A perfect side dish, roasted Brussels sprouts are packed with fiber and antioxidants. Toss them with a light balsamic glaze for a touch of sweetness, without the extra sugar!

Ingredients:

- 1 lb Brussels sprouts, trimmed and halved
- 1 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 clove garlic, minced
- Salt and pepper to taste

Directions:

1. Preheat your oven to 400°F (200°C).
2. Toss the Brussels sprouts with olive oil, garlic, salt, and pepper. Arrange them on a baking sheet.
3. Roast for 20-25 minutes, shaking the pan halfway through, until the Brussels sprouts are golden brown and crispy.
4. Drizzle with balsamic vinegar right before serving and toss gently.

Cauliflower Mashed "Potatoes"



Lighten up your mashed potatoes with cauliflower! This creamy, low-carb alternative is full of flavor and makes a perfect accompaniment to turkey or roast.

Ingredients:

- 1 medium cauliflower, cut into florets
- 2 garlic cloves, peeled
- 1 tbsp olive oil or butter
- Salt and pepper to taste

Directions:

1. Steam the cauliflower and garlic cloves in a steamer basket or boil in water until tender, about 10-12 minutes.
2. Drain and transfer to a large bowl or food processor.
3. Add olive oil or butter, salt, and pepper, then mash until smooth or pulse in the food processor until creamy.
4. Serve warm as a side dish.

Spiced Butternut Squash Soup



Warm up your Thanksgiving with a bowl of velvety butternut squash soup, seasoned with cinnamon and nutmeg. A cozy, healthy option to start your meal.

Ingredients:

- 1 medium butternut squash, peeled, seeded, and cubed
- 1 small onion, chopped
- 1 tbsp olive oil
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 3 cups low-sodium vegetable broth
- Salt and pepper to taste

Directions:

1. In a large pot, heat olive oil over medium heat. Add the chopped onion and cook until softened, about 5 minutes.
2. Add the butternut squash, cinnamon, and nutmeg. Stir to combine.
3. Pour in the vegetable broth and bring to a simmer. Cook until the squash is tender, about 15-20 minutes.
4. Use an immersion blender to puree the soup until smooth (or carefully transfer to a blender in batches).
5. Season with salt and pepper to taste. Serve warm.

Low-Sugar Pumpkin Pie



Don't skip dessert! This low-sugar pumpkin pie has all the flavor you crave without spiking your blood sugar. Use a sugar substitute and a whole wheat crust for a healthier take on the classic.

Ingredients:

- 1 can (15 oz) pure pumpkin
- 2 large eggs
- 1/2 cup sugar substitute (such as Stevia or Monk Fruit)
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1 tsp vanilla extract
- 1 pre-made whole wheat pie crust

Directions:

1. Preheat your oven to 375°F (190°C).
2. In a large bowl, whisk together the pumpkin, eggs, sugar substitute, cinnamon, ginger, nutmeg, salt, and vanilla extract until smooth.
3. Pour the mixture into the pie crust and smooth the top.
4. Bake for 40-45 minutes, or until the filling is set and a toothpick inserted into the center comes out clean.
5. Let the pie cool before serving. Refrigerate leftovers.



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