

KNOW YOUR LIMITS

Too Much Cheer?

Thanksgiving is almost here! Have you planned the big Thanksgiving dinner yet? If you have, consider some healthier swaps for dishes that you love. If you haven't, we have a side dish you can try!

INSTEAD OF:

Dark meat turkey with skin
Mashed potatoes
Canned cranberry sauce
Fatty gravy
Apple pie a la mode
Pecan pie

TRY THIS:

Turkey breast without skin – less calories and fat
Mashed cauliflower – less calories
Fresh cranberry relish – less calories and sugar
Homemade pesto or orange zest – less calories and fat
Baked apple with brown sugar and cinnamon – less calories, sugar, and fat
Pumpkin pie – less calories, sugar, and fat



Pistachio, Farro, and Kale Salad

Ingredients:

- 1 cup farro
- 1 clove garlic, crushed
- 1 teaspoon Dijon mustard
- 1/4 cup extra-virgin olive oil
- 3 tablespoons apple cider vinegar
- Salt and pepper to taste
- 2/3 cup toasted pistachios
- 1/3 cup parsley
- 3 stalks celery, finely chopped
- 2 cups kale, shredded

Directions:

1. In a pot over medium heat, simmer the farro and five cups water for 25 to 30 minutes until the farro is softened but still slightly chewy. Drain in a colander and rinse with cold water to cool.
2. For the dressing, whisk together the crushed garlic, mustard, olive oil, and vinegar. Season with salt and pepper.
3. In a larger bowl, combine the pistachios, shredded kale, chopped parsley and celery. Toss with the dressing and serve.
4. Optional: you can add in your turkey leftovers!

Nutritional Info (1 Cup):

Calories:	205	Fiber:	3 g
Total Fat:	10 g	Sugar:	1 g
Sodium:	47 mg	Protein:	5 g



www.dailyburn.com/life/recipes/farro-kale-salad-recipe/