Recipes for a Healthy Thanksgiving

	Dy Comment of the Com
Spicy green beans:	https://extension.umd.edu/programs/family-consumer
	sciences/snap-ed/eat-smart/recipes/spicy-green beans
Green bean sauté:	
	https://extension.umd.edu/programs/family-consumer-
	sciences/snap-ed/eat-smart/recipes/green-bean-saute
Roasted brussels sprouts:	https://extension.umd.edu/programs/family-consumer-
'	sciences/snap-ed/eat-smart/recipes/roasted-brussels-sprouts
Roasted vegetables with maple	
glaze:	https://extension.umd.edu/programs/family-consumer-
gidze.	sciences/snap-ed/eat-smart/recipes/roasted-root-vegetables-
	maple-glaze
Paked apples and sweet	https://extension.umd.edu/programs/family-consumer-
Baked apples and sweet	
potatoes:	sciences/snap-ed/eat-smart/recipes/baked-apples-and-
Madaalaaak	sweet-potatoes
Mashed sweet potatoes:	https://extension.umd.edu/programs/family-consumer-
	sciences/snap-ed/eat-smart/recipes/mashed-sweet-potatoes
Maple sweet potatoes:	
	https://extension.umd.edu/programs/family-consumer-
	<u>sciences/snap-ed/eat-smart/recipes/maple-sweet-potatoes</u>
Stuffing:	
	https://www.myplate.gov/recipes/myplate-cnpp/melissas-
	slow-cooker-stuffing
	1 —
Turkey gravy:	
	https://www.myplate.gov/recipes/supplemental-nutrition-
	assistance-program-snap/turkey-gravy
	assistance program snaprearitely gravy
Cranberry chutney:	
	https://www.myplate.gov/recipes/myplate-cnpp/julies-
	cranberry-chutney
	<u>Cranberry-criatriey</u>
Pumpkin pie:	https://extension.umd.edu/programs/family-consumer-
i dilipkili pic.	sciences/snap-ed/eat-smart/recipes/healthy-pumpkin-pie
Loftovorce Turkov rice coun:	https://extension.umd.edu/programs/family-consumer-
Leftovers: Turkey rice soup:	
Lefterrene. Chriffe d. a a area	sciences/snap-ed/eat-smart/recipes/turkey-rice-soup
Leftovers: Stuffed acorn	https://extension.umd.edu/programs/family-consumer-
squash:	sciences/snap-ed/eat-smart/recipes/turkey-stuffed-acorn-
	<u>squash</u>
Leftovers: Waldorf salad:	https://extension.umd.edu/programs/family-consumer-
	<u>sciences/snap-ed/eat-smart/recipes/chicken-waldorf-salad</u>

Thank you for attending! Razan Sahuri- SNAP-Ed Nutrition Educator (rsahuri@umd.edu)



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