



Recipes for a Healthy Thanksgiving

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-sciences/snap-ed/eat-smart/recipes/roasted-root-vegetables-maple-glaze
Baked apples and sweet potatoes:	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/baked-apples-and-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-sciences/snap-ed/eat-smart/recipes/maple-sweet-potatoes
Stuffing:	https://www.myplate.gov/recipes/myplate-cnpp/melissas-slow-cooker-stuffing
Turkey gravy:	https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/turkey-gravy
Cranberry chutney:	https://www.myplate.gov/recipes/myplate-cnpp/julies-cranberry-chutney
Pumpkin pie:	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/healthy-pumpkin-pie
Leftovers: Turkey rice soup:	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/turkey-rice-soup
Leftovers: Stuffed acorn squash:	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/turkey-stuffed-acorn-squash
Leftovers: Waldorf salad:	https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/chicken-waldorf-salad

Thank you for attending!

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