


HAPPY  
  
THANKSGIVING  
from  
Pediatric Education Dietitian Services-  
providing "Nutrition for Kids"

Thanksgiving is a time of family traditions and tons of food! That includes having favorite dishes like Grandma's Pumpkin pie or Aunt Sally's stuffing. This year try at least one recipe that includes a new vegetable, grain, fruit or legume your children haven't tried before. Those with food allergies don't have to miss out on delicious flavors--experiment with grains and beans to create a new recipe that is sure to become a tradition in your family. For those sensitive to gluten, try out the *Gluten Free Pumpkin pie recipe*, *Corn Bread Stuffing* or *Traditional Stuffing recipe*.

More tips on creating new nutritious and healthy Thanksgiving traditions this year:

- Take some time to plan your Thanksgiving Menu with your child. It's a great opportunity to teach the importance of a balanced diet through a variety of dishes loaded with fruits, vegetables and fiber and lighter on the fats and sugars.
- Include your child in your grocery shopping. Make it an adventure and encourage them to look for different colored vegetables and fruits. What a great time to try a new fruit or vegetable!
- For desserts and snacks, consider using ingredients loaded with fiber--legumes, grains, and fruits. Substitute white flour with whole-wheat flour, use fruits for sweeteners or add ground oatmeal or bran to your cookie recipe.
- Get the assistance of your older children in the kitchen with meal preparation. It's a great opportunity to teach proper food safety procedures as well. You can include your younger children as well by having them gather the various items for your recipes.
- Teach your child the "half a plate of fruit and vegetables,  $\frac{1}{4}$  plate of protein and  $\frac{1}{4}$  plate of grains" guide as they fill their Thanksgiving plate.
- If you don't already have a family game tradition, start one this Thanksgiving! Find some creative ways to get the kids off the couch! How about a game of flag-football, some ice-skating, or a hike?

# Traditional Pumpkin Pie



## Ingredients

- Single piecrust (page 246)
- 1 $\frac{3}{4}$  cups canned pumpkin (16 ounces)
- 2 eggs
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$  teaspoon ground ginger
- $\frac{1}{2}$  teaspoon ground nutmeg
- $\frac{1}{4}$  teaspoon ground allspice
- 14 ounces canned sweetened condensed milk (not evaporated milk)

## Directions

*Preheat oven to 450 degrees.*

1. Prepare piecrust.
2. Cover the piecrust with two layers of foil. Bake for 5 minutes in a 450-degree oven.
3. Remove crust from oven and remove foil.
4. Reduce the oven temperature to 375 degrees.
5. In a bowl, combine the pumpkin, sugar, and eggs with an electric hand mixer on low or with a fork. Add the cinnamon, ginger, nutmeg, allspice, and condensed milk. Beat lightly.
6. Cover the edge of the piecrust with foil. Place the pie pan on the center oven rack. Pour in the filling carefully.
7. Bake at 375 degrees for 25 minutes. Remove the foil. Bake 45-50 minutes more or until a knife inserted near the center comes out clean.
8. Cool completely on a wire rack. Store in refrigerator.

Makes 8 servings.

# Stuffing (Traditional)



## Ingredients

- 1 cup chopped onion (1 medium)
- 1 cup chopped celery (2 large stalks)
- ¼ cup margarine or butter (½ stick)
- 2 eggs, beaten
- ½ teaspoon poultry seasoning
- 1 tablespoon dried parsley, crushed
- 4 cups dried gluten-free bread cubes
- ⅓ to ½ cup chicken broth



## Directions

1. In a frying pan, combine the onion, celery, and margarine. Cook until tender and the onion is translucent.
2. Meanwhile, in a large bowl, combine the eggs, poultry seasoning, and parsley. Add the onion mixture and stir to combine.
3. Add the dried bread cubes and toss to combine. Add the broth, 1 tablespoon at a time, just enough to moisten, tossing gently.

Makes enough dressing to stuff a 4-5 pound chicken. Double the recipe to stuff an 8-10 pound turkey.

**To bake separately:** Pour the dressing into a 13 x 9 x 2-inch baking pan, being careful not to mash it in too tight. Bake in a 350-degree oven for 20-30 minutes or until internal temperature reaches 165 degrees.

# Corn Bread



## Ingredients

- 1 cup corn meal
- ½ cup rice flour
- ½ cup tapioca flour
- 1 teaspoon xanthan gum
- 2 tablespoons sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 2 eggs
- 1 cup milk
- ¼ cup oil



## Directions

*Preheat oven to 425 degrees.*

1. In a medium-sized bowl, combine the corn meal, rice flour, tapioca flour, xanthan gum, sugar, baking powder, and salt.
2. In a small bowl, beat the eggs, milk, and oil slightly to combine.
3. Add the egg mixture to the flour mixture and stir until the batter is smooth. Do not overbeat.
4. Pour into a greased 9 x 9 x 2-inch baking pan. Bake at 425 degrees for 20-25 minutes or until golden brown, and toothpick inserted near center comes out clean.

Makes 9 servings.

**Corn Bread Mini-Loaf:** Prepare as above, except pour into two greased 9 x 5 x 3-inch loaf pans. Bake for 20-25 minutes or until golden brown. Makes 8 servings.

**Corn Bread Muffins:** Prepare as above, except spoon the batter into greased muffin pans, filling  $\frac{2}{3}$  full. Bake as above for 12-15 minutes or until golden brown. Makes 12 muffins.

# Stuffing (Corn Bread)



## Ingredients

- 8 slices uncooked bacon, chopped (4 ounces)
- 1½ cup chopped celery (3 large stalks)
- 1½ cup chopped onion (1 large)
- 2 eggs, beaten
- 1 tablespoon dried parsley, crushed
- 1 teaspoon poultry seasoning
- 6 cups corn bread, cooled and coarsely crumbled (page 51)
- ½ to ¾ cup chicken broth (4-6 ounces)

## Directions

1. In a frying pan, combine the bacon, celery, and onion. Fry on medium heat until the bacon is crisp and the onions are translucent.
2. Meanwhile, in a bowl, combine the eggs, parsley, and poultry seasoning.
3. Place the cornbread crumbs in a large mixing bowl. Add the egg mixture and toss. Add the bacon mixture, including the bacon drippings. Toss. Add enough of the chicken broth to lightly moisten; do not use too much.

Makes enough stuffing for a 10-pound turkey or domestic goose.

**To bake separately:** Pour the stuffing into 13 x 9 x 2-inch baking pan, being careful not to mash the stuffing in too tight. Bake in a 350-degree oven for 30-40 minutes or until internal temperature reaches 165 degrees.

**Note:** To make this recipe with bread cubes, substitute 3 cups dried gluten-free bread cubes plus one half of the recipe for cornbread, crumbled. Allow the bread cubes to completely dry out or use less broth. (To make the bread cubes, toast the bread and slice into ½ - to 1-inch cubes.)

Tips and ideas for a healthy holiday with your kids from these websites:

<http://www.fruitsandveggiesmorematters.org/cooking-with-your-kids>,

<http://www.nourishinteractive.com/healthy-living/free-nutrition-articles/26-tips-healthy-eating-foods-kids-cooking>

Gluten Free Recipes from:

Sanderson, Sheri L.. Incredible Edible Gluten-Free Food for Kids 150 Family Tested Recipes. Maryland: Woodbine House, 2002.

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