Macro-Friendly Thanksgiving Recipes

ASHLEY STEPHENS, MacroEd

THANKSGIVING RECIPES

DOUBLE CHERRY PORK TENDERLOIN

2 tbsp diced onion
1 tbsp minced garlic
1/4 cup dried cherries
1/4 cup cranberries
2 tbsp olive oil (blood orange, opt)
2 tbsp balsamic vinegar (black cherry, opt)
1/4 tsp red pepper
smoked sea salt and freshly ground black pepper
2 pork tenderloins, cut in half

1. Add all the ingredients to a zip top bag and let marinate for 30 minutes or overnight.
2. Sear each tenderloin piece for 5 minutes on each side in skillet over medium heat.
3. Pork is ready when a meat thermometer reads 145 degrees.
4. Allow to rest for 10 minutes before slicing.

PUMPKIN PIE PROTEIN CHEESECAKE

16 oz Greek yogurt cream cheese, room temp.
10 oz vanilla nonfat Greek yogurt, room temp.
3 large eggs, room temp.
1/2 cup 2% milk
3 scoops vanilla or cinnamon protein powder
1 tsp vanilla extract
dash of salt
15 oz can of canned 100% pumpkin
1 tbsp. pumpkin pie spice

1. Beat cream cheese until smooth then add yogurt and mix well.
2. Add protein powder and mix for 3-5 minutes.
3. Add the rest of the ingredients 1 at a time and mix well after each addition.
4. Pour into a greased 8x8 glass pan and bake at 300 degrees for 25 minutes. Then reduce temperature to 180 and bake for another 30-35 minutes. Cool completely before serving.

SQUASH CASSEROLE

5 average-sized yellow squash or zucchini
1 large onion
1 tbsp grass-fed butter
1 tbsp minced garlic
8 oz greek yogurt cream cheese
1 cup plain greek yogurt
3/4 cup fried onions, divided
1/4 cup + 2 tbsp. shredded parmesan, divided
1 1/4 cup shredded sharp cheddar, divided

1. Thinly slice squash or zucchini and add to a skillet with onions, butter, and garlic. Sautee until squash softens but is not mushy.
2. Stir in cream cheese, greek yogurt, 1/4 cup parmesan, 1 cup cheddar, and 1/2 cup of the fried onions. Stir until cream cheeses melts.
3. Pour mixture into a greased 9x13 baking dish and top with remaning cheeses and fried onions.
4. Bake at 400 degrees for 20-25 minutes.

PALEO ROASTED BRUSSELS SPROUTS

1 lb brussel sprouts, halved
2 cups red grapes
2 tbsp fresh thyme
2 tbsp olive oil
1/2 cup pecans
2 tbsp balsamic vinegar

1. Toss ingredients together in an oven safe dish and bake at 450 degrees for 20 minutes.
2. Remove from oven and stir in pecans and balsamic vinegar.

THANK YOU!

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