

Bariatrics Recipe Corner: Thanksgiving Substitutes

Sugar Free Egg Nog

**This recipe is intended for patients who have successfully completed the Full Liquid phase and are in the semi-solid phase.*

INGREDIENTS

- 4 cups skim milk
- 1 cup fat free egg substitute (Egg Beaters)
- 3 tbsp Jell-O Sugar Free Instant Pudding Mix
- 6 packets Splenda
- 2 tsp vanilla extract
- 1/2 tsp ground nutmeg

DIRECTIONS

1. Place all ingredients in the blender.
2. Blend for 30-60 seconds or until smooth.
3. Chill for several hours.
4. Shake or Stir well prior to using.

**Serving size is 2 oz on Semi-Solid Diet (Week 3).*

Butternut Squash Mac & Cheese

YIELDS 3 SERVINGS

INGREDIENTS

- 1 butternut squash, peeled
- olive oil cooking spray
- 2 tbsp butter
- 1 tbsp whole wheat flour
- 1/3 cup plain almond milk
- 1/2 cup grated sharp cheddar cheese
- 1/4 cup grated Parmesan cheese

DIRECTIONS

1. Preheat the oven to 400 degrees.
2. Take your spiralized butternut squash noodles and cut with a scissor, if they are not in half-moon shape. Lay the noodles on a baking tray coated in cooking spray.
3. Bake in the oven for 5-7 minutes or until easily pierced with a fork. Set aside.
4. In a large saucepan, add in the vegan butter and let melt.
5. Once melted, add in the coconut flour and whisk together until flour absorbs butter and becomes thick.
6. Add in the almond milk and whisk together constantly until mixture thickens.
7. Once the mixture thickens, add in the baked butternut squash noodles and stir to combine.
8. Once combined, add in the cheese and stir again to combine. If it is too thick, add in more almond milk.
9. Once the cheeses have melted into the noodles and consistency is to your preference, divide into bowls and enjoy!

Turkey Herb Stuffing-Style “Riced” Cauliflower

INGREDIENTS

- 4 Tbsp. olive oil
- 1 yellow onion, diced small
- 4 celery stalks, diced small
- 2 carrots, peeled and diced small
- 1 large head cauliflower, chopped very finely, or “riced” in a food processor (don’t over process)
- Sea salt to taste
- Fresh ground black pepper
- 2 Tbsp. fresh thyme, chopped
- 2 Tbsp. fresh parsley leaves, chopped
- 2 Tbsp. fresh rosemary, chopped
- 1 Tbsp. chopped fresh sage or 1 tsp. ground sage
- 3/4 c. turkey, chicken, or veggie broth/stock

DIRECTIONS

1. In a large skillet over medium heat, heat oil. Add onion, celery, and carrots.
2. Sauté until soft, about 5-6 minutes.
3. Add cauliflower “rice” and season with sea salt and pepper to taste.
4. Sauté until cauliflower is tender; about 6-7 minutes.
5. Add remaining herbs and broth stir until well combined, and heated through.
6. Cover very tightly with a lid, and remove from heat.
7. Let sit 10-15 minutes until liquid is absorbed.
8. Fluff with fork and serve immediately.

*Serving size: 1/2 cup