

**From side dishes to potatoes, and the perfect turkey, these four recipes from Chef Ken Kinsey will help you serve up a healthy holiday feast.**

**All recipes Courtesy Chef Ken Kinsey  
*The Pointe Restaurant*  
Huntsman Cancer Institute**

## **Roasted Carrots and Parsnips**

**Prep Time: 10 minutes  
Cook Time: 35 minutes**

Ingredients:

- 1 pound carrots
- 1 pound parsnips
- 1 tbsp olive oil
- 1 tbsp freshly chopped thyme or rosemary

Preparation:

Preheat oven to 400 degrees. Peel carrots and parsnips, and cut into quarters vertically and crosswise into about 2-inch even-sized chunks. Place in a bowl with olive oil and herbs and stir. Spread carrots and parsnips on a large cookie sheet coated with nonstick cooking spray and bake for 30-35 minutes, or until tender.

Serves 6

### **Per Serving:**

Calories	115
Calories from Fat	23
Total Fat	2.6g (sat 0.4g)
Cholesterol	0mg
Sodium	34mg
Carbohydrate	21.3g
Fiber	6.1g
Protein	1.7g

## Sautéed Green Beans

Ingredients:

- 1 1/2 pounds green beans, trimmed
- 1 tbsp olive oil
- 1 tbsp minced shallots
- Freshly ground black pepper

Preparation:

Simmer green beans in a large saucepan for 3 minutes until crisp-tender. Remove from heat, drain, and then plunge beans into ice-cold water to stop the cooking process and retain color. Heat skillet, add oil. Add garlic and gently sauté for one minute. Add blanched green beans and sauté for three minutes. Stir in lemon zest and serve.

Serves 6-8

**Per Serving:**

Calories	63
Calories from Fat	21
Total Fat	2.4g (sat 0.3g)
Cholesterol	0mg
Sodium	7mg
Carbohydrate	8.3g
Fiber	3.9g
Protein	2.1g

# Garlic Mashed Potatoes

**Prep Time: 10 minutes**

**Cook Time: 25 minutes**

Ingredients:

- 2 pounds Yukon Gold potatoes, peeled and cut into pieces
- 6 garlic cloves, peeled
- 1/3 cup fat-free milk, warmed
- 1/3 cup fat-free sour cream
- 1/2 tsp black pepper
- Chives, freshly chopped

Preparation:

Boil potatoes and garlic cloves in a large saucepan for 20 minutes until potatoes are tender. Drain and return to pan. Add heated milk plus sour cream to potatoes and garlic, and mash with a potato masher until smooth. Use a little more milk if you prefer thinner mashed potatoes. Add black pepper to taste. Garnish with some chopped chives.

Serves 6

## Per Serving

Calories	124
Calories from Fat	1
Total Fat	0.2g (Sat 0g)
Cholesterol	1mg
Sodium	36mg
Carbohydrate	26.9g
Fiber	3.5g
Protein	3.8g

## Thanksgiving Turkey

**Cook Time: 3 hours, 45 minutes**

### Ingredients:

- 1 12-14-pound turkey, fresh or frozen (thawed)
- 1 medium onion, peeled and quartered
- 1 lemon, halved
- 2 tbsp olive oil
- 6 large sprigs rosemary
- 6 large sprigs sage
- 6 large sprigs thyme
- 1 tsp salt
- Freshly ground black pepper

### Preparation:

1. Preheat oven to 425 degrees.
2. Remove giblets and neck from inside the turkey and reserve to make stock, if you wish. Rinse turkey inside and out with cold water. Pat dry with paper towels.
3. Place onion, half a lemon and 4 sprigs of each herb inside the bird's cavity. Secure legs with kitchen string. Place turkey breast side up on roasting rack in pan. Squeeze lemon half into a small bowl. Brush bird with lemon juice and olive oil, and add salt and pepper.
4. Place turkey in oven and roast for 15 minutes at 425 degrees for an initial blast of heat. Reduce heat to 325 degrees. Baste turkey frequently with pan juices plus lemon and oil, and roast until an instant-read thermometer inserted in the thickest part of the thigh reaches 180 degrees - about 3 to 3 3/4 hours.
5. Remove turkey from oven and let stand for 15 minutes. Transfer to a warm platter and garnish with remaining herbs.

Serves 18

### **Serving Size: 183g (6 oz)**

Calories	380
Calories from Fat	160
Total Fat	18g
Cholesterol	140mg
Sodium	250mg
Carbohydrate	1g
Fiber	0g
Protein	48g