



HEALTHY THANKSGIVING MEALS

For the nutrition content of all your favorite Thanksgiving dishes, search the internet for nutrition calculators. Enter the recipe's ingredients to get the nutrition facts!

THANKSGIVING TRADITIONS

1. For a fun Thanksgiving tradition, set a table with recycled blank thank you notes. Friends and family can write personalized thank you notes to each other.
2. Thank you notes can also be addressed and sent to Troops, First Responders, or Veterans through Operation Gratitude.
3. Foster a pet for Thanksgiving. Shelters will let you take a pet home. They provide food and supplies for the pet you foster you provide the holiday cheer.

CANDIED YAMS & APPLES

2 large cans yams

6 to 8 apples

Sauce:

2 C water

1/2 to 1 C Sugar in the Raw

4 T cornstarch

1 stick butter or Earth Balance

3/4 t salt

Peel and slice apples and layer with yams, with yams as the last layer. Cover with sauce and bake at 325 degrees for about one hour or until apples are soft. Sauce: Mix dry ingredients. Add water. Bring to boil, then add butter. Cook until thickened.