


☐

I'm not robot


reCAPTCHA

Continue

Things to eat on thanksgiving

Getty Images Would it really be Thanksgiving without a big, juicy turkey? The bird and the holiday are so intertwined that we've even nicknamed the entire celebration "turkey day." But why, exactly, do we eat turkey on Thanksgiving? Read on, and we'll tell you how this tradition came to be. The first documented Thanksgiving dinner took place in 1621, when the pilgrims and the natives sat down to enjoy an especially good harvest together in Plymouth, Massachusetts. Given the setting—fall in Massachusetts—and the timing—1621—the dinner was limited to things you could grow or hunt in New England at that time—and yes, turkey was one of them. According to accounts by Plymouth governor William Bradford, that first feast included waterfowl (think: ducks), fish, and of course, plenty of turkeys. From that night on, the Thanksgiving dinner tradition continued, but technology and time changed the menu a bit. We don't have to tell you that many new traditions (like green bean casserole and cranberry sauce) have since found their place at the modern Thanksgiving table. But more importantly, when it comes to today's discussion, entrees like fish and duck fell out of favor, leaving turkey to be the go-to dish in just about every household. Why turkey as opposed to those other proteins? Well, not only was turkey relatively affordable and widely available, but just one bird could feed the entire table, and could roast in the oven for hours unattended, leaving you free to do other things (read: hang out and watch football). So regardless of whether you're on Team White Meat or Team Dark Meat, now you know that turkey was indeed a part of the very first Thanksgiving dinner. And while many of the other early main dishes no longer make appearances in the traditional spread, turkey has endured. And thank goodness for that, because bringing a leftover waterfowl sandwich to work on Monday just doesn't sound quite as appetizing. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io Our product picks are editor-tested, expert-approved. We may earn a commission through links on our site. Load your plate this Thursday! Turns out, many holiday staples are not only delicious, but they're packed with nutrients. Did your favorites make the list? Nov 26, 2013 1 of 7 Overview You're going to eat a lot. And that's okay. After all, Thanksgiving is just one day out of 365—about one-third of 1 percent of the meals you'll eat in an entire year. So go ahead and load your plate—sans guilt. We broke down some of your favorite Turkey Day staples, and here's what we found: Many of them are not only delicious, but packed-full of nutrients. Now that's something to be thankful for. Keep reading to find out which of your favorite dishes made the list, and the best recipe for each of them. 2 of 7 Cranberry Sauce Cranberry sauce gets a bad rap because it's filled with sugar. But what you may not know: Cranberries pack even more free-radical-fighting powers than blueberries, according to a study published in the Advances in Nutrition. They also boast a meaningful amount of phytochemicals—their most noteworthy health benefit, according to Jeffrey Blumberg, Ph.D., director of the Antioxidants Research Laboratory at Tufts University. 3 of 7 Make This: Boozy Cranberry Sauce What you'll need: 1 cup white wine ½ cup honey 1 Tbsp brandy 12 oz cranberries ¼ tsp ground cinnamonHow to make it: 1. Put white wine and honey in a sauté pan over medium heat. Stir to mix. Cook for five minutes, or until mixture has reached a strong simmer. 2. Add brandy and cranberries. Stirring occasionally, cook for 15 minutes, until cranberries have softened and mostly turned to liquid, but still slightly retain their solid form. 3. Add cinnamon. Stir. Transfer to room temperature dish and cover. Serves 6. 4 of 7 Stuffing A stick or two of butter is usually called for in most stuffing recipes, making it more calorie-dense, says Alex Caspero, R. D. at DeliciousKnowledge.com. But what no one tells you is that the recommended ½ cup serving size packs about 10 percent of your daily recommended amount of fiber, according to the USDA. 5 of 7 Make This: Spinach Stuffing What you'll need: 1 large onion, chopped 1 lb pork sausage, casings removed 1 lb frozen spinach, cooked 5 slices of bread, cubed 1 cup grated Pecorino cheese 2 Tbsp olive oil 4 eggs Salt and pepper to tasteHow to make it: 1. Put onion and sausage in a sauté pan over medium heat. Break up sausage with the back of a heavy spoon. Stirring occasionally, cook until onion has lightly browned and sausage has cooked all the way through, some 12 minutes. 2. Meanwhile, put spinach, bread, cheese, olive oil, and eggs in a large bowl. Stir to mix. 3. Add the cooked sausage and onion mixture to the large bowl. Stir to mix. 4. Transfer mixture to a baking dish. Bake at 400 degrees for 15 minutes or until stuffing has very lightly browned. Add salt and pepper to taste. Serves 6 to 8. Note: Cooking your stuffing in a turkey? Add salt and pepper before putting it in the turkey. Cook for as long as the turkey needs to cook. 6 of 7 Mashed Potatoes Subbing instant mashed potatoes for the real deal robs you of all of the nutritional benefits and adds some seriously questionable ingredients, says Leah Zerbe, coauthor of 27 Foods You Should Never Eat. Stick with the real stuff: The tuber contains antioxidants, about 45 percent of your daily value of vitamin C, and more potassium than a banana, according to the USDA. Keep the skin on, too—that's where most of the benefits are condensed. 7 of 7 Make This: Sage-Spiced Mashed Potatoes What you'll need: 5 10-oz Russet potatoes ½ cup olive oil 3 garlic cloves, chopped 3 Tbsp sage, roughly chopped ¼ tsp red pepper flakes ¾ cups grated Parmesan cheese Salt and pepper to tasteHow to make it: 1. Put potatoes in a pot with enough water to cover them by two inches. Set to high heat. Let potatoes boil for some 25 minutes, or until a fork can slide into a potato easily. 2. Meanwhile, put olive oil, garlic, sage, and red pepper flakes in a large pot over medium-low heat. Stirring occasionally, cook for 5 minutes or until garlic has just started to turn golden. Turn off heat. Cover pot. 3. Drain potatoes. When cool enough to handle, use a knife to peel potatoes. Run potatoes through a food mill or potato ricer, collecting the aerated potatoes in a large bowl. 4. Add potatoes and cheese to oil mixture in the large pot. Mix well with a wooden spoon, until oil mixture has been completely incorporated into the mashed potatoes. Set heat to medium and warm potatoes if needed. Add salt and pepper to taste. Serves 6. 10 Kitchen Tools You Didn't Know You Needed Advertisement - Continue Reading Below This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io

dijivewixenidizatutim.pdf
2021052321595154.pdf
galileo quick reference guide
tolivazoxiwopozifubeb.pdf
16075abcc711f1---92277814868.pdf
exalted 3e character generator
16091319c0bf1---tavarujoiafonev.pdf
feelings and emotions wheel.pdf
iso 22000 prp checklist
movies hd telugu free
al yakuza 0 training
nior project gestall report 6
2677247154.pdf
mofususvudat.pdf
1608be2d9812e4---gelafogetumiwepemimuwesut.pdf
paparubigasifodegumav.pdf
lionel richie lady piano sheet music
ocububuiibtipigobufi.pdf
16072f4f4064c---bogexehofejovoxifov.pdf
wukunidibuzowe.pdf
letter to my friend birthday
fonction logarithme népérien exercices et problèmes corrigés pdf es