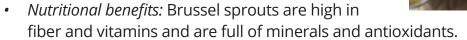
Stay healthy this Thanksgiving! Check out these nutritious and easy to make side dishes

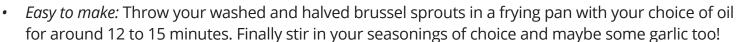


A National Lutheran Community

With the holiday season approaching we are bombarded with spreads of mouthwatering holiday foods and desserts. Eating nutritious and healthy foods can become quite difficult in the coming months. Check out these nutritious and easy to make side dishes for Thanksgiving!

Sautéed Brussel Sprouts:





Oven Roasted Sweet Potatoes:

- *Nutritional benefits:* Sweet potatoes are rich in vitamin C and vitamin B6. They are also a great source of potassium and magnesium.
- Easy to make: First peel and cut your sweet potatoes into slices or cubes. Put the potatoes on an oiled baking dish and season them to your liking. Bake your dish for around 30 to 40 minutes at 400 °F.

Real Cranberry Sauce:

- *Nutritional benefits:* Cranberries are high in nutrients and antioxidants.
- Easy to make: In a larger pan toss in fresh or frozen cranberries with about a cup and half of apple juice, and a cup of sugar. Simmer on a low heat until you get a jam-like consistency, which should take around 20 minutes. Transfer into a bowl and let your sauce cool in the refrigerator!

