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Smoked thanksgiving turkey big green egg

Home Recipes Ingredients Cheese Feta Cheese I really like cooking with curry, and this is a wonderful slow cooker favorite of mine. Made with fresh green beans, turkey bacon and garbanzo beans, it has loads of flavor. Keep this recipe in mind especially for the summer when green beans are in abundance. It can be a main dish or a side dish. For vegetarians, eliminate the bacon. —Nancy Heishman, Las Vegas, Nevada Prep: 25 min. Cook: 5 hours 2 pounds fresh green beans, trimmed1 can (15 ounces) garbanzo beans or chickpeas, rinsed and drained1 large red onion, chopped1 large sweet red pepper, chopped8 turkey bacon strips, chopped1 can (15 ounces) crushed tomatoes1/4 cup lemon juice2 tablespoons minced fresh parsley3 garlic cloves, minced3 teaspoons curry powder1 teaspoon freshly ground pepper3/4 teaspoon salt1/4 cup minced fresh basil1-1/2 cups crumbled feta cheesePlace first 4 ingredients in a 6-qt. slow cooker. In a large nonstick skillet, cook bacon over medium heat until crisp, stirring occasionally. Add to slow cooker. In a small bowl, mix tomatoes, lemon juice, parsley, garlic, curry, pepper and salt. Pour over bean mixture. Cook, covered, on low 5-6 hours or until green beans are tender. Stir in basil. Top with cheese before serving. 3/4 cup: 168 calories, 6g fat (3g saturated fat), 21mg cholesterol, 633mg sodium, 21g carbohydrate (7g sugars, 7g fiber), 9g protein. Diabetic Exchanges: 1 starch, 1 medium-fat meat, 1 vegetable. Every editorial product is independently selected, though we may be compensated or receive an affiliate commission if you buy something through our links. Ratings and prices are accurate and items are in stock as of time of publication. × Do you like green eggs and ham? Would you like them here or there? Would you? Could you? In a car? Eat them! Eat them! Here they are. Send your kids off with this on-the-go breakfast they can eat on their way to school. 32 ounces liquid egg whites 1 medium avocado (mashed with a fork) 1 teaspoon pepper 4 oz lower-sodium, low-fat ham, diced into small cubes Preheat the oven to 350°F. Place six 8-ounce disposable aluminum baking cups on a baking sheet. In a medium bowl, briskly whisk together the egg whites, avocado, and pepper until very well combined and "creamy" in texture. Put half the ham in the baking cups. Pour in the egg white mixture. Top each cup with the remaining ham. Bake for 20 for 25 minutes, or until the tops are lightly browned and the eggs are set. Remove the baking sheet from the oven. Let stand to cool. American Heart Association recipes are developed or reviewed by nutrition experts and meet specific, science-based dietary guidelines and recipe criteria for a healthy dietary pattern. Some recipes may be suitable for people who are managing diabetes, high blood pressure, heart disease and/or other conditions or seeking low-sodium, low-fat, low-sugar, low-cholesterol or low-calories recipes. However, this site and its services do not constitute medical advice, diagnosis or treatment. Always talk to your health care provider for diagnosis and treatment, including your specific dietary needs. If you have or suspect that you have a medical problem or condition, please contact a qualified health care provider. Copyright is owned or held by the American Association, Inc. (AHA), except for recipes certified by the Heart-Check recipe certification program or otherwise indicated. All rights are reserved. Permission is granted, at no cost and without need for further request, to link to or share AHA-own recipes provided that no text, ingredients or directions are altered; no substitutions are made; and proper attribution is made to the American Heart Association. See full terms of use. HomeDishes & BeveragesCasserolesBreakfast Casseroles Green chilies add a touch of Southwest flavor to this fluffy egg dish. The cottage cheese offers nice texture, and people always love the gooey Monterey Jack cheese melted throughout. —Laurel Leslie, Sonora, California Prep: 15 min. Bake: 35 min. 10 large eggs1/2 cup all-purpose flour1 teaspoon baking powder1/2 teaspoon salt4 cups shredded Monterey Jack cheese2 cups 4% cottage cheese1 can (4 ounces) chopped green chilesIn a large bowl, beat eggs on medium-high speed for 3 minutes or until light and lemon-colored. Combine the flour, baking powder and salt; gradually add to eggs and mix well. Stir in the cheeses and chiles. Pour into a greased 13x9-in. baking dish. Bake, uncovered, at 350° for 35-40 minutes or until a knife inserted in the center comes out clean. Let stand for 5 minutes before serving. 1 piece: 376 calories, 24g fat (13g saturated fat), 310mg cholesterol, 865mg sodium, 3g carbohydrate (3g sugars, 0 fiber), 30g protein. Skip to content These turkey substitutes are perfect for an untraditional Thanksgiving. Shhh. If you don't like Thanksgiving turkey and always take the smallest piece possible, don't shout it from the rooftops. Just bring one of these delicious mains instead to the shindig, from a hearty vegetable lasagna that'll sneak some beta carotene into the kids, to a fatty, decadent roasted duck with some duck fat fries on the side. If you need even more ideas, check out our treasure trove of Thanksgiving recipes. Don't let the vegetarian at your table gaze forlornly at the table or head to get a veggie burger after your feast. Make this Hearty Vegetable Lasagna with mushrooms, green peppers, and onions, and your veggie friend will be satisfied by meal's end. Of course, if you're meat eaters, you can always opt for the World's Best Lasagna, featuring both sweet Italian sausage and ground beef. There's a reason why Duck Fat Fries became a thing — ducks are fatty and delicious. Yes, they're fattier than turkeys, but they make fantastic roasts. Try this Roasted Duck that honestly requires very little prep — though the recipe says 10 minutes to prep, it may not take you that long to season it with salt, pepper, and paprika. From then on, it's just 2 hours in the oven, basting with butter, and roasting the bird. If you can't get enough duck, check out our 14 Favorite Duck Recipes for Special Dinners. You may not think a roasted chicken can be exciting enough for Halloween, but that's where you're wrong. Even if you've made it a hundred times, our Juicy Roasted Chicken Recipe delights every time. From one German grandma's kitchen straight to yours, the secret's in the celery (and the margarine). You can even make two, adding different spices to each. If roasting isn't your bag, try time-honored recipes like Chef John's Chicken Under a Brick, and our Beer Can Chicken recipes — both are guaranteed to come out moist and be gobbled up faster than you can say, "Turkey!" Let us talk about quiche, that main dish poorly relegated to brunch. Not only is it hearty and fulfilling, but it makes for a great main presentation. It's also easy to make one vegetarian and one meaty with this Clark's Quiche recipe that provides for two nine-inch pies. You can substitute bacon and ham with vegan meats, more cheese, or even veggies — or go with a Loaded Vegetarian Quiche. Spinach Quiche or Asparagus and Mushroom Quiche. Check out our full Quiche section to get all the recipes, and get fancy for Thanksgiving with some microgreens, edible flowers, or neatly-arranged sauteed mushrooms centered on top of your pie. vegan shepherd's pie slice This Traditional Style Vegan Shepherd's Pie is the ideal vegetarian complement, employing soy milk, vegetarian cream cheese, and vegan ground meat to achieve a hearty helping at Thanksgiving dinner. Peas, celery, carrots, and onions give you all the veggies you need, and mashed potato with all the fixings fills you up. If meaty shepherd's pie is more your speed, check out our wealth of Shepherd's pie recipes. Apple-Stuffed Acorn Squash on a red plate Squash is the perfect vehicle for stuffing as a main dish, whether it's Apple-Stuffed Acorn Squash or Squasage (Sausage-Stuffed Squash). The key is roasting the squash until it's tender and any fillings until they're toasty, crispy, and golden-brown. What you choose to fill it with is up to you, but you can also treat squash like a Thanksgiving bird, and add one of our fantastic stuffing recipes to the cavity. Mushroom and Spinach Ravioli with Chive Butter Sauce Why not make it an Italian-themed Thanksgiving with a ravioli bake? This Alfredo Ravioli Bake is versatile — you can experiment with using different sauces and different flavors of ravioli, but it's all store-bought, so it's super easy. Just purchase your sauce and your ravioli, cook your chicken, layer with cheese like a lasagna, and bake. If you prefer to make your own ravioli from scratch, try this vegetarian Mushroom and Spinach Ravioli with Chive Butter Sauce. Spiral-sliced ham topped with pineapple rings on a platter There's nothing like a ham for Christmas or Easter, so why not for Thanksgiving? This Tangy Honey Glazed Ham is a hit on our site, with over 700 ratings giving it 5 stars. With its sweet, flavorful formula of pineapple juice, honey, sugar, orange juice and zest, cloves, and Dijon mustard, that's no surprise. But if you're looking for something truly simple, go for this two-ingredient Slow Cooker Ham, which heaps on the brown sugar for a luscious, mouthwatering main course that'll leave the turkey in the corner sulking, a top-down view of a two-crust pie with a slice cut out. The lovely thing about this Veggie Pot Pie is that you can just purchase your pie crust from the grocery store and call it a day. Fill it with mushrooms, garlic, onions, carrot, celery, cauliflower, and green beans, as well as a gravy-like sauce made of cornstarch, soy sauce and water, and you're all ready to bake. It's a quick and delicious vegetarian Thanksgiving option, but if it's a meaty pot pie you want, you'll want to make the much-loved Chicken Pot Pie IX. Chef John's Baby Porchetta If you've never had porchetta, it's an experience to be thankful for. Beautiful, easy to serve and incredibly flavorful, it's always the center of any feast. The key to making the specially meat dish is slicing it, rubbing the surface with spices and letting those spices permeate, and then rolling it up and letting it rest overnight before roasting it at high heat in the oven so that the skin becomes crackly. There are two simplified recipes to try: Chef John's Porchetta (2.5 pounds) or Chef John's Baby Porchetta (1.5 pounds). Though it's usually made with a special butcher's cut of the belly attached to the loin, you can make a similar dish with a variety of cuts. The other pork roast to try this Thanksgiving is a succulent Cuban Pork. The sour citrus juices and sherry do a wonderful job of marinating the pork, but for an extra flavor boost, try slathering some Guava Barbecue Sauce on the meat or mixing it with the citrus juice marinade before putting the Cuban Pork Roast in the oven — the result is magical. Serve with black beans and rice, plus a salad of orange slices, red onion, and arugula dressed with a tangy cilantro vinaigrette. The author suggests making Medianoche sandwiches, the middle-of-the-night snack made with ham, pork, cheese, and pickles. © Copyright . All rights reserved. Printed from this link is to an external site that may or may not meet accessibility guidelines.

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