



## **Thanksgiving Side Dishes**

### **Cranberry Sauce**

1 cup sugar  
¾ cup water  
3 whole cloves  
½ cup raisins (soaked in warm water for 10 minutes)  
grated zest of 1 orange

1 12-ounce bag of fresh cranberries  
2-3" sticks of cinnamon  
3 whole allspice (optional)

1. Mix sugar, water and spices in a saucepan over med-low heat. Bring to a slow boil.
2. Cook until syrup is clear.
3. Add cranberries and raisins and cook just until berries pop, about 5 minutes.
4. Add zest of orange and let cool. Refrigerate for up to a week.

### **Sweet Potato Casserole with Corn Flake Topping**

Preheat oven to 400°

- 22 oz red skin sweet potatoes (yams: about 2 large ones) peeled, cut into 1" pieces
  - 6 TBSL unsalted butter
  - 1 large egg
  - 6 TBSL sugar
  - 1 tsp pumpkin spice (or ¼ tsp each nutmeg, ginger, cloves + 1 tsp cinnamon)
  - Pinch of salt
  - ¼ cup NO FAT evaporated milk
1. Cook potatoes in large pot of boiling water until tender: about 15 minutes. Drain. Transfer to large bowl and add butter. Beat or mash until smooth (or whatever consistency you prefer). Add, egg, sugar, spices and salt. Blend.
  2. Put in 8X8 baking dish (Can prepare ahead to this point and refrigerate. Bring to room temp before proceeding)
  3. Bake at 400° until beginning to brown around the edges and slightly puffed, about 25 minutes.

#### **Topping**

1 ½ cups corn flakes, roughly crushed (do not use corn flake crumbs, they are too fine)  
½ cup packed brown sugar  
½ cup chopped pecans (optional)  
6 TBSL unsalted butter, melted

Mix all ingredients together. Spoon evenly over baked potatoes. Bake about another 10 minutes or until golden brown and crisp.