



THE VILLAGE AT
ORCHARD RIDGE

A National Lutheran Community

Stay healthy this Thanksgiving!

Check out these nutritious and easy to make side dishes.

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:

Nutritional benefits: Brussel sprouts are high in fiber and vitamins and are full of minerals and antioxidants.

Easy to make: Throw your washed and halved brussel sprouts in a frying pan with your choice of oil for around 12 to 15 minutes. Finally stir in your seasonings of choice and maybe some garlic too!

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, should take around 20 minutes. Transfer into a bowl and let your sauce cool in the refrigerator!



Call 540-486-2956 or visit: www.thevillageatorchardridge.org

The Village at Orchard Ridge is affiliated with National Lutheran Communities & Services, a faith-based, not-for-profit ministry of the Evangelical Lutheran Church in America, serving people of all beliefs.