**Giving Thanks ~ by Sharon Lee Riguzzi**

Thanksgiving. It’s like a giant stop sign right in the middle of our zany holiday coming and goings. Thanksgiving. Stop and reflect.

Businesses are closed, and stores are darkened. Folks are either in their kitchens stuffing the turkey or wedging the homemade pies into strategic spots of the car to ensure safe delivery to the aunt whose turn it is to play hostess.

And we each have a favorite part of the day: the parade, the meal, the football games, the nap, the sandwich afterward. But topping any and all of these things is our personal list of things to be thankful for.  Everyone’s list is different.  Some may be longer than others.  And some people might have a hard time starting a list. A dear friend of mine has had many health setbacks over the past few years. One might think, “The poor thing. What does she have to be thankful for?” But I assure you this woman’s list would go around the block because she sees the goodness in the things most of us tend to overlook.

To not take things for granted is easier said than done for so many of us. Why is that?

Let’s take a heads-up from the happenings around us and use this holiday as a means for sprinkling our thanks not only into the mound of mashed potatoes before us but also into our conversations with the brother we never got around to thanking for picking us up in the rainstorm the night our card died, the kid sister who always babysits on a minute’s notice, or the elderly uncle who served in World War II.

This Thanksgiving let’s broaden the focus of our thanks beyond the masterly concoctions gracing the cornucopia tablecloth. Let’s include the people who are surrounding the table and even those loved ones who couldn’t make it.

We are a bounty unto ourselves.

Celebrating one another is much less fattening than second helpings of pumpkin pie but can sweeten the occasion beyond belief.  It’s worth trying, and mark my words, everyone will give thanks.

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Thanksgiving Side Dish Roundup
([http://www.weightwatchers.com/util/art/index\_art.aspx?tabnum=3&art\_id=207771&sc=3026](http://link.coremotivesmarketing.com/c/306/1180ce66f2e30ff242ac9aa6e225231a7b11f4237a76b860fc08fb9f468a65b4))
We've gone ahead and picked out five terrific Thanksgiving side dishes to complete your holiday meal. Make one, or make them all.
Article By: Leslie Fink, MS, RD

A wonderfully moist turkey is definitely the star on Thanksgiving, but its cast of scrumptious side dishes raises the meal review from merely fine to wow!  So here's a fabulous array of lightened-up vegetable and starch sides to make your meal the envy of cooks everywhere.

**Roasted Brussels Sprouts with Toasted Almonds**
Brussels sprouts are a holiday favorite. Ours are roasted and tossed with crunchy almonds.
[Read the Recipe](http://link.coremotivesmarketing.com/c/306/1180ce66f2e30ff242ac9aa6e225231a6deee14e1229463ee8699e7b4548f6ce)

**Mashed Sweet Potatoes**
Yogurt adds wonderful creaminess to these mashed spuds. Leave the peels on for a different taste and texture.
[Read the Recipe](http://link.coremotivesmarketing.com/c/306/1180ce66f2e30ff242ac9aa6e225231a6deee14e1229463e343b4b5fcc13b861)

**Roasted Acorn Squash with Cumin and Pumpkin Seeds**
Thanksgiving side dishes don’t get any easier. Just season and bake the squash, and then garnish with freshly toasted pumpkin seeds.
[Read the Recipe](http://link.coremotivesmarketing.com/c/306/1180ce66f2e30ff242ac9aa6e225231a6deee14e1229463e728bbb57ad9d3527)

**Green Beans with Caramelized Shallots and Gremolata**
Crisp green beans are sautéed with shallots and then topped with a fresh combination of fresh parsley, lemon zest and minced garlic.
[Read the Recipe](http://link.coremotivesmarketing.com/c/306/1180ce66f2e30ff242ac9aa6e225231a6deee14e1229463e3d4ce677aa2dad3a)

**San Francisco Sour Dough Stuffing**
Full of tasty ingredients like turkey sausage, dried fruit and nuts. Plus, lots of fresh herbs and butter-sautéed vegetables.
[Read the Recipe](http://link.coremotivesmarketing.com/c/306/1180ce66f2e30ff242ac9aa6e225231a6deee14e1229463e8d26511f0171cb0d)