

Gobble, Gobble into the Harvest Season

By: Kirsten Mueller

There's just a few more weeks until Thanksgiving now, and I know that a week or so before Thanksgiving the shelves at the stores start going empty. Thanksgiving is a time where we can all feast and show how thankful we are to be here with one another. To get this holiday started, I am going to share my top three favorite Thanksgiving dishes that you and your family can make at home.



1. My absolute favorite Thanksgiving food that I look forward to every year is sweet potatoes. They are so delicious, exceptionally when you add butter and brown sugar on top. These taste like they could be a desert, but they're not. They are also very nutritious since "sweet potatoes are a great source of fiber, vitamins, and minerals" (healthline).
2. My second favorite Thanksgiving side is canned cranberries. I know most people might like the real natural cranberries, but the canned ones are my favorite. This is an easy side dish because there's not much to do with this side, but open the can and put it on a plate. These cranberries have been "cooked down, sugared up, and packaged into cans to make holiday preparation easier" (mashed).
3. My third favorite part of Thanksgiving dinner is obviously the main course turkey. The turkey is the main part of Thanksgiving and in my house, my dad is the best at making the Thanksgiving turkey. While he prepares the turkey, he also makes the best stuffing I hear, but I wouldn't know because this is the one side item I don't like. The turkey is very nutritious, but it depends on the type of meat and how it's cut. "Dark meat, which is found in active muscles such as the legs or thighs, tends to have more fat and calories than white meat — whereas white meat contains slightly more protein" (headline).

