



A healthy holiday dinner everyone can enjoy

MAGNACARESM
NOVEMBER 2025

Hosting while keeping your sanity

When you have diabetes, entertaining friends and family around the holidays can be a challenge. Which dishes should you make for those with diabetes, and which should you make for everyone else? To save your sanity, try a single menu encompassing healthy meals that are tasty and delicious for everyone involved.

Appetizers

Here are a few low-carb, heart-healthy appetizers that can be scaled up to feed an entire holiday crowd gathered in front of the football game in your living room

Coconut shrimp (Mayo Clinic Healthy Living Program)

Ingredients:

- 1/4 cup sweetened coconut
- 1/4 cup panko breadcrumbs
- 1/2 teaspoon kosher salt
- 1/2 cup coconut milk
- 12 large shrimp, peeled and deveined already have the condition) and a higher risk of diabetes complications.

Preparation:

Heat the oven to 375 °F. Lightly coat a baking sheet with cooking spray. Place the coconut, panko and salt in a food processor and process until the mixture is an even consistency. Place the panko mixture in a small bowl. Place the coconut milk in another small bowl. Dip each shrimp in the coconut milk and then in the panko mixture, and place on the baking sheet. Lightly coat the top of the shrimp with cooking spray. Bake until golden brown, about 10 to 15 minutes.

Easy Cheese Dip (American Diabetes Association)

Ingredients:

- 1/3 cup crumbled blue cheese
- 1/2 tsp garlic powder
- 1 tsp fresh or dried dill
- 2 tsp hot sauce
- 3 green onions (chopped)
- 1 cup sour cream
- 1 1/2 cup cottage cheese

Preparation:

Mix all ingredients together in a medium bowl. Serve immediately, or cover and refrigerate until chilled. For a creamier dip, blend everything together in a food processor or blender. Serve with Garlic Pita Crisps and/or fresh veggies.

The Main Event

Try this easy turkey recipe this holiday season.

[Easy, Herb-Roasted Turkey \(Allrecipes\)](#)

Ingredients:

- 1 (12-15 pound) whole turkey, neck and giblets removed
- ¾ cup olive oil
- 2 tablespoons garlic powder
- 2 teaspoons dried basil
- 1 teaspoon ground sage
- 1 teaspoon salt
- ½ teaspoon black pepper

Preparation:

Combine olive oil, garlic powder, basil, sage, salt, and pepper in a bowl.

Season the turkey: Make sure the turkey is clean and dry, then place it in a roasting pan. Use a basting brush to apply the herb blend all over the turkey.

Roast the turkey: Pour two cups of water in the bottom of the roasting pan. Cover the pan and roast in the preheated oven until the internal temperature reaches 180 °F (roughly 2 1/2-4 hours, depending on your oven). Let it rest for about 30 minutes before carving.



Side Option

[Lemon-herb Wild Rice Pilaf \(Kettering Health\)](#)

Ingredients:

- 1 cup wild rice
- 3 cups chicken broth or vegetable stock
- 1 ½ -2 tsp fresh lemon juice, plus zest
- 1 teaspoon dried oregano
- ¼ teaspoon salt, or to taste
- 1/3 cup panko breadcrumbs
- 1/3 cup parmesan
- 2 tsp dried parsley

Preparation:

To a medium saucepan, add wild rice, broth, lemon juice, zest, and oregano. Bring to a boil on high heat, about 5 minutes. Cover with a tight-fitting lid and reduce the heat to low. Simmer for 45 to 50 minutes or until the grains are al dente.

Combine panko breadcrumbs and parmesan and set aside. Transfer cooked wild rice to an 8 x 8 lightly greased baking dish and top with the parmesan and panko breadcrumb mixture. Place under the oven broiler for 2-3 minutes to get a nice, browned crust. Remove from the oven, garnish with parsley, and enjoy.

Desserts

If your guests want to know what they can contribute to the meal, ask them to bring whatever they want for dessert. But also make one or two diabetes-friendly dishes people can partake in. They can be something as simple as sorbet with fresh fruit and low-fat whipped cream, or sugar free cookies (lemon crisps, for instance). You can serve any of your desserts with coffee, tea or even a bottle of fine brandy.

Sources: <https://diabetesfoodhub.org/blog/our-best-recipes-your-holiday-table> | <https://www.mayoclinic.org/healthy-lifestyle/recipes/coconut-shrimp/rcp-20197697> | https://diabetesfoodhub.org/recipes/quick-easy-cheese-dip?home-category_id=20#recipe-steps- | <https://ketteringhealth.org/lemon-herb-wild-rice-pilaf/#:-:text=Ingredients,garnish%20with%20parsley%2C%20and%20enjoy> | <https://www.allrecipes.com/recipe/41393/easy-herb-roasted-turkey/>

The information set forth herein is for informational purposes only and is not intended as medical or legal advice or a substitute for a consultation with a qualified healthcare provider or attorney. Any links set forth herein are for convenience only and inclusion of same does not imply endorsement by Brighton Health Plan Solutions, LLC or its affiliates ("Brighton"). Additionally, links are not under Brighton's control and therefore Brighton is not responsible for the contents of such linked sites. Brighton shall not be liable for any adverse events that may occur from your use of, or reliance on, the information set forth herein, which use and reliance is solely at your own risk.