

## Healthy, flavorful recipes from Goldring Center for Culinary Medicine are fit for Thanksgiving

November 22, 2021 9:15 AM Tulane Today staff  
today@tulane.edu



Tulane's Goldring Center for Culinary Medicine offers healthy, tasty recipes that incorporate festive fall flavors, such as caramelized fennel spaghetti squash and savory cornbread dressing. (Photos by Caroline Nolan; graphic by Kim Rainey)

This year, many of us will be returning to more traditional Thanksgiving gatherings with our family and friends. While it will be wonderful to return to some of our old favorite menu items, it can also be a good time to make a new tradition with a fun, new side dish.

Tulane's [Goldring Center for Culinary Medicine](#) has many recipes that incorporate festive fall flavors, such as a spaghetti squash dish that is a perfect addition to a Thanksgiving menu but can also be used throughout the season as a low-calorie, flavor-packed veggie side. The center also takes its lightened-up cornbread muffins and turns them into a savory dressing, with multiple variations to please everyone's taste preferences — including a seasonal sausage, pecan and cranberry version, and even a Creole shrimp option for seafood lovers.

Check out these recipes that are appropriate for a holiday menu:

[Caramelized Fennel Spaghetti Squash](#)

[Cornbread Dressing](#)

Reference recipes: [Homemade Cornbread Muffins](#) | [Salt-Free Creole Seasoning](#)

More Goldring recipes that are good for Thanksgiving or holiday menus:

[Butternut Squash Mac n' Cheese](#)

[Butternut Squash and Sweet Potato Casserole](#)

[Lemon Roasted Asparagus](#)

[Mashed Sweet Potatoes](#)

[Roasted Winter Vegetables](#)

*Recipes courtesy of [Executive Chef Heather Nace, RD, LDN](#), and the [Goldring Center for Culinary Medicine](#). The Goldring Center was founded in 2012 as the first teaching kitchen operated within a medical school, establishing itself as a leader in the culinary medicine movement. As part of the Tulane School of Medicine, the Goldring Center's mission is to educate and train future physicians to understand and apply nutrition principles in a practical way. The center also teaches continuing medical education classes for medical professionals as well as free nutrition-focused cooking classes for members of the community.*