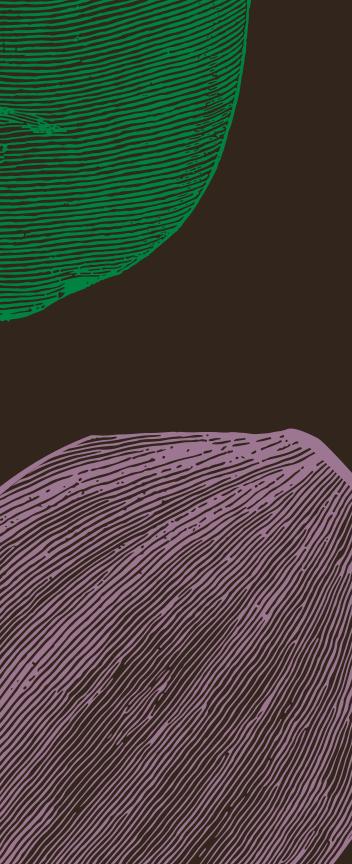






# APPETIZERS + SIDES



# **SIDE / SERVES** 2-4 / **TIME** 30 Minutes

2 large sweet potatoes

pepper

olive oil

**STEP 1** Preheat the oven to 375°F.

#### STEP 2

Wash the sweet potatoes and cut into disc slices.

### **STEP 3**

Place them on a greased (I use PAM spray) cookie sheet.

#### **STEP 4**

Drizzle with olive oil, sprinkle with salt, a little bit of pepper and roast for 10 minutes.

# **STEP 5**

another 10 minutes.

# NOTE

This is easy and customizable, you can add more seasoning and you can cube/wedge the sweet potato instead, all up to you!



# **SIDE / SERVES** 10 / **TIME** 105 Minutes

- 2 fennel bulbs, stalks removed
- 1 yellow onion,
- halved and thinly sliced crosswise
- 2 tablespoons good olive oil
- 1 tablespoon unsalted butter
- 2 pounds russet potatoes, peeled (4 large potatoes, Yukon Gold preferred)
- 2 cups plus 2 tablespoons heavy cream, divided 2-1/2 cups grated gruyere cheese, divided (1/2 pound)kosher salt freshly ground pepper

#### **STEP 1**

Preheat the oven to 375°F. Butter a 10" x 15" x 2" (10 cup) baking dish.

#### **STEP 2**

Cut the bulbs in half lengthwise and slice them crosswise, making approximately 4 cups of sliced fennel. Put the olive oil and butter in a medium (10") saute pan and saute the fennel and onions together over low heat for 10 minutes, until tender.

#### **STEP 3**

Thinly slice the potatoes hand or with a mandoline. Place them in a

large bowl with the 2 cups of cream, 2 cups of Gruyere, 1 teaspoon salt, and 1/2 teaspoon pepper. Add the fennel and onion mixture and mix well.

#### **STEP 4**

Pour the potato mixture into the prepared baking dish. Press down lightly to smooth the top. Combine the remaining 2 tablespoons of cream and 1/2 cup of Gruyere and sprinkle evenly on the top. Bake for between 1 and 1 1/4 hours, until the potatoes are very tender and the top is browned and bubbly. Allow to cool for 10 minutes and serve hot.

# **INGRID'S** POTATO FENNEL GRATIN



This is one of my favorite vegetarian dishes. It smells amazing when baking.

# **SIDE / SERVES 8 / TIME 40 Minutes**

- 2-1/2 lbs sweet potatoes
  - (peeled, cooked & mashed)
  - 1/4 cup melted butter
  - 1/4 cup sugar
  - 1/4 brown sugar

2 eggs beaten 1/2 cup milk 1/2 tsp cinnamon 2 cups mini marshmallows

# **STEP 1**

Preheat the oven to 350°F. Spray a 13" x 9" baking dish with cooking spray.

# **STEP 2**

In a large mixing bowl, combine sweet potatoes, butter, white & brown sugars, eggs, milk and cinnamon.

#### **STEP 3**

Spread the sweet potato mixture evenly into prepared baking dish.

#### **STEP 4**

Sprinkle the marshmallows evenly over the top in a single layer (DON'T OVERLOAD MARSHMALLOWS).

# **STEP 5**

Bake for about 30 minutes or until the marshmallows are golden brown.



I grew up making this with my mom and now I have learned to make it. It is a favorite with my friends. It is a must make at Friendsqiving every year !

## Pescatarian, Vegetarian **DIETARY DATA**



# **SIDE / SERVES 6 / TIME 30-60 Minutes**

- 1 lb elbow pasta

- 1 tablespoon turmeric

- 1/2 bag vegan cheddar shreds (Violife is best)

**STEP 1** Preheat the oven to 350°F.

#### **STEP 2**

Cook the pasta al dente (undercooked a bit since it will cook more in the oven).

#### **STEP 3**

Mix the 1 tablespoon cornstarch with 2 tablespoons of cold water and

#### **STEP 4**

Heat some olive oil in a pan on medium-high heat.

# **STEP 5**

Add in the onion and cook until they begin to brown.

# **STEP 6**

Add the garlic cloves and cook for another 3 minutes.

#### **STEP 7**

Add the spices and mix quickly.



Vegetarian, Vegan, Dairy Free **DIETARY DATA** 

Add oat milk and nutritional yeast to the pan and bring to a simmer.

#### **STEP 9**

Reduce heat to low and add in the cornstarch and mix. The sauce should thicken. You want this to be thick, not runny. If the sauce is runny, mix another 1/4 tablespoon of cornstarch with 1 tablespoon of water and add in. If the sauce is too thick, add oat milk to thin out. Taste the sauce for salt level and adjust as needed.

**STEP 10** Drain the pasta and add to a casserole dish.

#### **STEP 11**

Pour the sauce over the pasta, add the croutons, and mix.

#### **STEP 12**

Spread evenly in the dish, top with fresh cracked pepper and cover.

# **STEP 13**

Heat in the oven for 15 minutes.

#### **STEP 14**

Uncover the casserole dish and spread the shreds on top and bake for another 10–15 minutes until the cheese shreds are melty.

#### **STEP 15**

Top with some more cracked pepper, chives, and a dusting of smoked paprika if you wish.

#### NOTE

You can make this without using the oven at all! Cook the pasta a bit longer since it will not cook further in the oven. Ditch the croutons and the cheddar shreds and mix the sauce with the pasta in a bowl and serve; it is nearly as good this way and makes this recipe time drop to roughly 30 minutes.

### **SIDE / SERVES** 10+ / **TIME** 20 Minutes

2 bags fresh or frozen whole cranberries (thawed if frozen), 12oz each
4 whole oranges, cut into 8ish chunks
2 cups sugar (adjust to taste)

## **STEP 1**

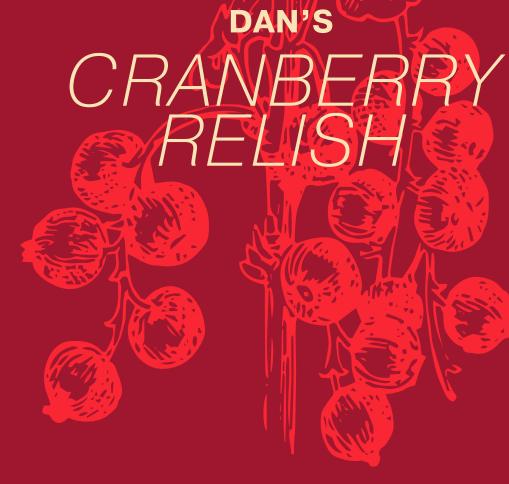
With a meat grinder attachment for a stand mixer, grind cranberries and orange chunks into a large bowl.

#### **STEP 2**

Mix in sugar to taste.

#### STEP 3

Let rest for at least a few hours, or up to several days. Serve cold or at room temperature.



This relish keeps very well in the fridge or freezer, so make extra. Goes great on leftover turkey sandwiches or on top of yogurt. My mom made this cranberry relish every year for Thanksgiving (sometimes Christmas too). It can be quite sweet, but still has the tartness of fresh cranberries.

# Vegetarian, Vegan, Kosher, Dairy Free, Wheat/Gluten Free **DIETARY DATA**



# **SIDE / SERVES** 8–10 / **TIME** 85 Minutes

- 2 large onions, finely diced
- 3 celery stalks, finely diced
- 9 cups cubed cornbread
- 1 large egg, lightly beaten
- 1 cup chicken or vegetable broth
- 3/4 cup milk
  - 2 sticks unsalted butter,
  - plus more for the baking dish

- 3 tablespoons minced fresh sage
- 2 tablespoons minced fresh thyme
- 2 tablespoons minced fresh parsley
- 1 teaspoon minced fresh rosemary kosher salt
- freshly ground pepper

#### **MAKE THE HERB BUTTER**

Mix the butter with the sage, thyme, parsley, rosemary, tablespoons salt and 2 teaspoons pepper in a small bowl until well combined.

#### **MAKE THE STUFFING**

Melt 1/2 cup of the herb butter in a medium skillet over medium heat. Add the onions and celery and sauté, stirring occasionally, until translucent, 10 to 15 minutes. Remove from the heat and let cool.

#### **COOKING INSTRUCTIONS**

Preheat the oven to 375°F. Combine the cooked onions and celery with the cornbread, egg, broth, milk and 3/4 teaspoon each salt and pepper in a large bowl; mix well. Place in a buttered 9" x 13" baking dish. Cover with foil and bake 30 minutes; remove the foil and bake until golden brown, about 20 more minutes.

# ALICE'S CORNBREAD STUFFING



### Can be Vegetarian or Vegan **DIETARY DATA**

# **SIDE / SERVES 6 / TIME 85 Minutes**

- 1 large spaghetti squash (about 2-1/2 lbs) 12-16 ounces chopped chard leaves (about 5-6
- 2 tablespoons olive oil
- 2 teaspoon rosemary garlic rub, or any all purpose seasoning that's good on vegetables
- 1 large onion, diced small
- 1/2 tsp. dried thyme leaves fresh ground black pepper to taste
- 1 tablespoons minced garlic (or less)

- cups chopped chard, you could also use other greens like spinach, collards, or kale)
- 2 tablespoon finely chopped fresh chives or sliced green onion
- 1/2 cup low fat sour cream (don't use fat free)
- 3/4 cup low fat cottage cheese curds (put the cottage cheese in a fine strainer and rinse with cold water to get the cheese curds) 3/4 cup coarsely grated parmesan cheese
  - 1 egg, beaten

### **STEP 1**

Preheat the oven to 400°F. Wash the outside of the spaghetti squash if needed, then cut off the stem and blossom end, stand squash upright, and using a large chef's knife, carefully cut in half lengthwise. Use a sharp spoon to scrape out seeds and the slimy material that surrounds them, and discard. Rub cut sides of squash with about 1/2 tablespoon olive oil for each half, then sprinkle

each with 1 teaspoon Rosemary Garlic Rub or other seasoning of your choice. Spray the roasting pan with non-stick spray, Put squash on baking sheet and pour 1/4 cup water around bottom of squash. Roast squash about 45-50 minutes, or until it separates easy into strands when pulled with a fork. Let squash cool for a few minutes, then shred into spaghetti-like strands. (To save time, cook in an instant pot for 8 minutes.)

# WHITNEY'S SPAGHETTI SQUASH





#### Wheat/Gluten Free **DIETARY DATA**

While squash cooks, wash chard leaves if needed and spin dry or dry with paper towel. In two batches, stack up chard leaves on top of each other and slice into thin ribbons, then turn the cutting the board the other way and slice again into small pieces. Chop onion.

#### **STEP 3**

Heat 1 tablespoon olive oil in heavy frying pan, add chopped onions, season with salt, dried thyme, and black pepper, and saute until onion is softened, about 2-3 minutes. Add minced garlic and cook about 1 minute more, then add chopped chard all at once. Cook chard about 1–2 minutes, turning a few times. until it's wilted to about half the size it was. (The chard shouldn't be completely cooked, since it will cook more in the gratin.) Turn off heat.

#### **STEP 4**

Put 3/4 cup low fat cottage cheese in a fine strainer and rinse with cold water until only the cheese curds remain, then let drain. Spray a glass or crockery gratin dish with nonstick spray or olive oil.

#### **STEP 5**

**STEP** 6

Using a large fork, gently mix the chopped chives or green onion and shredded spaghetti squash into the onion/chard mixture. Combine the sour cream, drained cottage cheese curds, Parmesan cheese, and beaten egg and mix into the chard/spaghetti squash mixture. Then put the combined ingredients into the gratin dish, and press down so it's evenly distributed in the dish. Sprinkle top with about 1/4 cup more Parmesan cheese.

Bake about 30–35 minutes, or until the mixture is bubbling and cheese is browned on top. Serve hot.

### SIDE / SERVES 6-8 / TIME 60 Minutes

- 6 ounces wild rice (approx. 3/4 cup, cooked. can swap out wild rice with other grains)
- 1 pound mushrooms, sliced
- 1 pound frozen spinach, defrosted and drained of excess water
- 8 ounces cream cheese
- 1/2 cup grated swiss cheese

# **STEP 1** Preheat the oven to 425°F.

**STEP 2** Sautee mushrooms.

## STEP 3

Mix spinach, cream cheese, rice, and mushrooms in an oven proof pan/ shallow dish.

# **STEP 4**

Cover with cheese and cook until cheese is slightly crispy.

SARAH'S TIA MARA'S SPINACH GRATIN

Every Thanksgiving, my Tia Mara likes to go around the table and make everyone guess what kind of grain she used that year in her gratin de espinaca.

# rian, Kosher **DIETARY DATA**

- 4-8 beets, about 1-1/2 2 pounds
- 1/2 cup oil (ideally pistachio)
- 4 cloves garlic, smashed and peeled

1 cup shelled pistachios salt and pepper chopped pistachios for garnish

#### **STEP 1**

Preheat the oven to 400°F. Wash beets then wrap them in foil (individually if they're very different sizes, or all together)

#### **STEP 2**

Place on a cookie sheet and bake undisturbed for 45-90 minutes, until a thin-bladed knife pierces one with little resistance. They may cook at different rates, remove each one when done.

#### **STEP 3**

Put half the oil in a skillet over medium heat. When hot, add garlic and cook for about a minute, then add the pistachios, cook, stirring often for about 3 minutes.

#### **STEP 4**

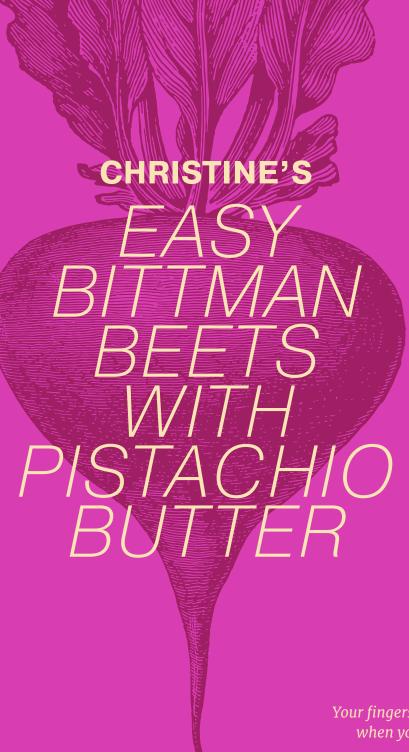
Remove from heat, let cool a bit, and transfer to a food processor. Puree until smooth, adding more oil as necessary. The consistency should be thinner than peanut butter, just pourable. The pistachio butter can be covered and refrigerated for up to 2 weeks.

#### **STEP 5**

Remove beets from oven, unwrap and peel. Cut them into large chunks. Sprinkle with salt and pepper. Put beets in a serving dish and spoon the pistachio butter on the top.

# **STEP** 6

Garnish with chopped pistachios, serve hot or at room temperature.





Your fingers will turn purple when you peel the beets!

# **SIDE / SERVES 4 / TIME 60 Minutes**

- 1 pint oysters in liquid
- 12 ounces saltine crackers, coarsely crumbled
  - (3 packages out of a 16 ounce box)
- 1/2 stick butter
  - 1 pint milk salt and pepper to taste

#### **STEP 1** Preheat the oven to 350°F.

### **STEP 2**

In a 2 quart casserole or lasagna pand, layer the cracker crumbles dabbed with butter alternately with oysters twice, starting and ending with cracker crumbs, salt and pepper.

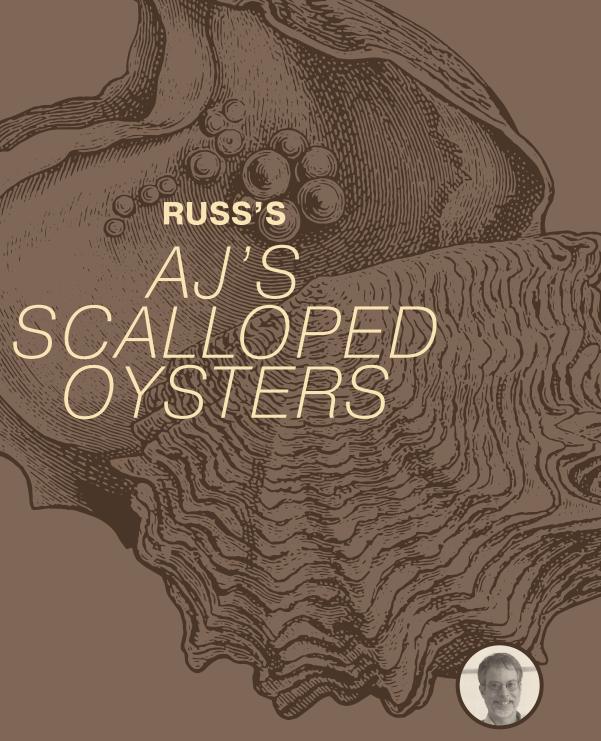
#### STEP 3

Pour milk and oyster liquid over all, enough so milk and liquid comes up about half way.

# STEP 4

Bake 30–40 minutes 'till slightly browned on top.

This came from a family friend in western PA, and has kicked around my family for years. This is my version.



# Pescatarian **DIETARY DATA**

# PASTRY

- 1-1/2 cups unbleached all-purpose flour
- 3/4 teaspoon salt
- 1/2 cup (1 stick) butter, cold,
  - cut into small pieces
- 3 tablespoons ice water

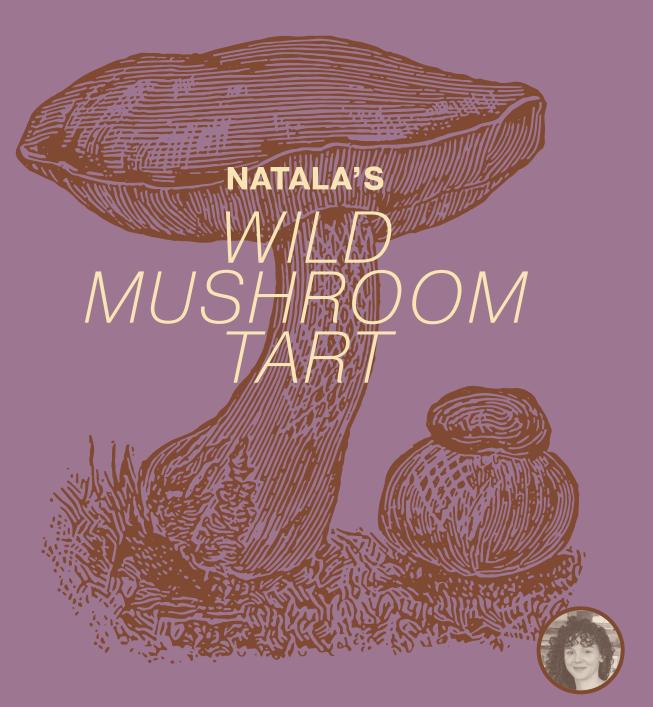
# FILLING

- 1 cup apple cider
- 3/4 cup dried porcini mushrooms
- 1/4 cup high quality olive oil
  - 1 small yellow onion, minced (or sub a few shallots)

4 ounces fresh wild mushrooms (likely from your local farmers market - such as shiitake, chantrelles, etc, well rinsed, dried and sliced)
8 ounces fresh cultivated mushrooms (likely available at any grocery - button mushrooms, etc)
1/4 cup applejack salt and fresh ground pepper, to taste
1/2 cup chopped fresh italian parsley
4 eggs
3/4 cup heavy or whipping cream
3/4 cup shredded smoked mozzarella
1/2 cup shredded parmesan cheese

# NOTE

The taste of wild mushrooms can still be yours, even if fresh varieties are not available at your markets or if wandering in the woods is not your thing. Several kinds are available in dried form, usually imported from Europe...Make sure you inspect them for any bugs, then rinse thoroughly under cold running water and soak them in water, or more wisely, a liquid that you will be able to incorporate into the recipe, thus saving every bit of ""elusive" flavor. Madeira, white wine, red wine, port, brandy, cognac, and either chicken or vegetable stock are the best choices. After soaking, mushrooms are usually chopped and sautéed in butter to bring out the full flavor before being added to the dish.



This Wild Mushroom Tart is a MUST have tradition for my family! Its by far the most expensive item on the table each year due to my mothers love of exotic and interesting mushrooms.

# Vegetarian **DIETARY DATA**

To make the pastry, process the flout, salt, and butter in a food processor fitted with a steel blade until the mixture resembles coarse meal. With the machine running, pour the ice water through the feed tube in a thin, steady stream and process just until the dough holds together. Wrap in plastic wrap and refrigerate 1 hour. (this can be made a day ahead of time as well).

#### **STEP 2**

Preheat the oven to 375°F.

#### **STEP 3**

Roll out the dough 1/8"" thick on a lightly floured surface. Line a 9"" round tart pan with removable bottom with the dough. Trim and crimp the edges. Cover and Freeze for 10 min.

#### **STEP 4**

Once frozen – line the shell of the tart pan with aluminum foil and weight the bottom with dried beans or pie weights. Bake for 20 min. Remove the beans and foil and set aside to cool.

#### STEP 5

To make the Filling – Heat the cider to boiling and pour over the dried porcini in a small bowl. Let stand for 30 min.

#### **STEP 6**

Heat the oil in a medium sized skillet. add the onion (or shallot), wild mushrooms and cultivated mushrooms and saute for 10 min. Add the porcini with the liquid, the applejack, and salt and pepper to taste. Cook uncovered over low heat for 20 min. Remove from heat and stir in the chopped parsley.

#### **STEP 7**

#### **STEP 8**

Beat the eggs and cream together and stir in the cheeses. Combine the eggs and mushroom mixtures and pour into the tart shell.

#### **STEP 9**



Reset the oven to 375°F.

Bake for 30 minutes. Cool 5 minutes, then cut into wedges and serve immediately.

# **SIDE / SERVES 6 / TIME 30** Minutes

- 2 big bunches of curly green kale, washed well, and chopped into small pieces
- 1/4 cup extra virgin olive oil
- 2 lemons juiced
- 3 oranges
- 1-2 pink grapefruits

- 1/3 cup dried cranberries or cherries, or mixture of both, chopped into small pieces
- 2 teaspoons salt (or more to taste) toasted hazelnuts sliced almonds
- 1/4 cup finely chopped fresh mint
  - 1 tablespoon honey or maple syrup

#### **STEP 1**

In a large bowl mix together the sliced kale, the lemon juice, olive oil and salt. Using your hands and a lot of pressure, "massage" the kale until it becomes dark green, saturated with the lemon and oil and is tender to the touch – it should take about 5 mins.

#### **STEP 2**

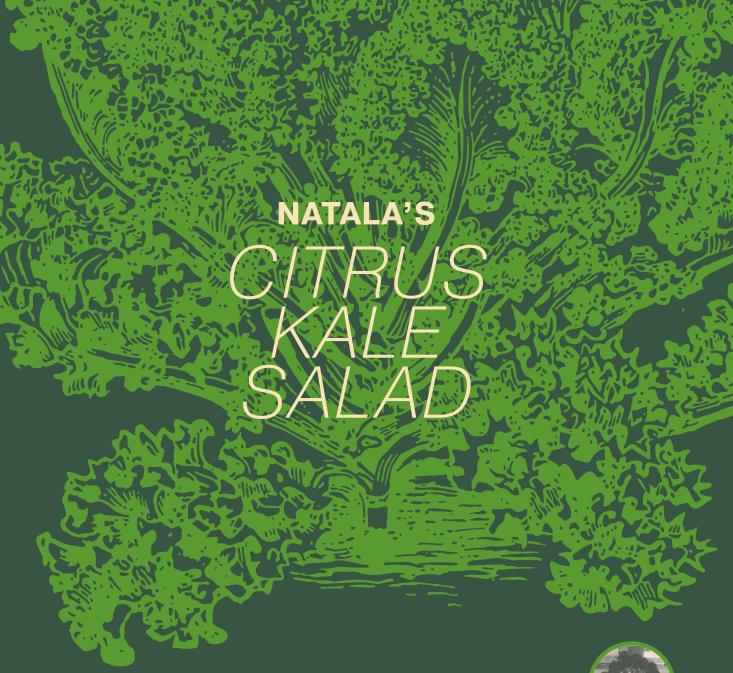
Cut the rinds off of the oranges and slice out the "meat" of the fruit with a sharp knife, being careful to leave the skin of the slices behind. Squeeze any of the pulp/juice from the remaining center of the oranges into the bowl of kale. Repeat with the grapefruit. Add more grapefruit or oranges as desired.

#### **STEP 3**

Mix in the dried fruit and, mint, and nuts and stir well.

#### STEP 4

Drizzle honey or maple syrup over the salad, mix well.



This is one way to get people who "don't like" Kale to really enjoy it! Its been a hit at many fall/ winter gatherings for years, and is the only way some of our friends will eat raw kale!

# Vegetarian, Vegan, Kosher, Dairy Free, Wheat/Gluten Free, Low-Carb, Low/No Sugar DIETARY DATA



# **SIDE / SERVES 6-8 / TIME 90 Minutes**

- 5 medium sweet potatoes/yams, peeled and sliced 1/8"
- 2 leeks, washed well and thinly sliced
- 6 tablespoons butter
- (or use olive oil if vegan, it's just as good)

1 tablespoon fresh thyme or 1 teaspoon dried thyme salt and pepper to taste

# **STEP 1**

Preheat the oven to 375°F.

#### **STEP 2**

Butter or oil a medium baking dish and arrange potato slices overlapping to cover bottom of dish.

#### **STEP 3**

Drizzle with butter or oil and top with half the leeks and thyme. Sprinkle with salt and freshly ground black pepper.

#### **STEP 4**

Repeat with another layer of potatoes and butter or oil and top with

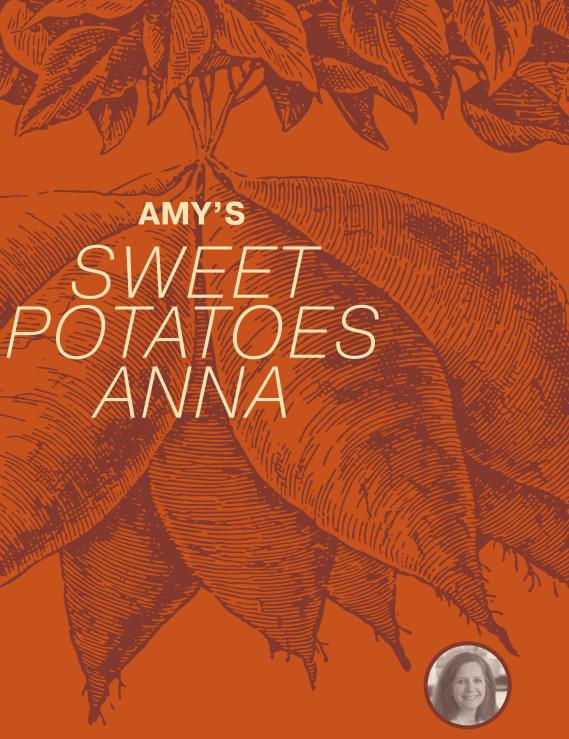
remaining leeks and thyme Sprinkle with salt and pepper. Top with remaining potatoes and brush with butter or oil.

# **STEP 5**

Cover with foil and place a smaller baking dish or cast iron skillet on the foil to compress the potatoes. Bake for 30 minutes.

### **STEP 6**

remove foil, brush with remaining butter or oil, and bake for another 30 minutes. Cool for 15 minutes before serving.



From NYT; you will not miss the marshmallows!

# Vegetarian, Vegan **DIETARY DATA**

# **APPETIZER / SERVES** Can Be Scaled **/ TIME** 10 Minutes

#### **MEAT + CHEESE**

eyes - peppercorns beak - half a pistachio wattle - salami or pepperoni legs - toothpicks body - cheese feathers - meats, cheeses, pretzels, crackers





eyes - blackberry beak - orange peel wattle - cherry legs - orange peel body - pear feathers - oranges, grapes, blueberries, blackberries, rasberries



# SIDE / SERVES 8 / TIME 60 Minutes

- 1-1/4 cups all-purpose flour
  - 1 cup fine-grind cornmeal
  - 1 tablespoon baking powder
- 1-1/2 teaspoons kosher salt
  - 4 large eggs
  - 15 ounces canned creamed corn

- 4 ounce can mild or hot green chiles, drained, chopped
- 3 ounces cheddar, grated (your choice)
- 3/4 cup unsalted butter, room temperature, plus more to coat skillet
- 2/3 cup granulated sugar

#### **STEP 1**

Place rack in middle of oven. Set skillet on a rimmed baking sheet, place on rack, and preheat oven to 400°F.

#### **STEP 2**

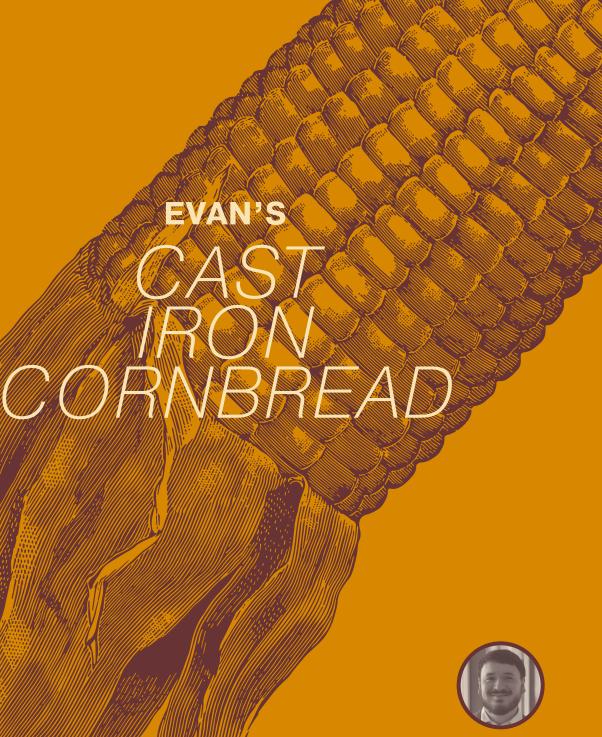
Whisk flour, cornmeal, baking powder, and salt in a small bowl to combine. Lightly beat eggs in a medium bowl to blend; whisk in creamed corn, chiles, cheddar, and Monterey Jack.

#### **STEP 3**

Mix butter and sugar in a large bowl with a wooden spoon just until butter absorbs sugar but butter is still in small pieces. Add egg mixture and mix until just combined. Mix in dry ingredients until barely incorporated.

#### **STEP 4**

Remove skillet from oven and lightly coat with additional butter. Scrape in batter (it should sizzle on contact and stay slightly mounded in the center). Bake cornbread until top is golden brown and springs back when gently pressed, 35–45 minutes. Let cool 10 minutes before serving.



It's hard to beat butter and cheese, and this dish makes great use of both.

# Vegetarian **DIETARY DATA**









# **APPETIZER OR ENTRÉE / SERVES 4 / TIME 20-30 Minutes**

- 2 pounds of shrimp
- 6 cloves of garlic
- 1/2 stick of butter (or more if you like butter!)
- 8 ounces of beer or white wine
- 1 lemon wedge

2-3 packs of sazon goya spice parsley
a sprinkle of red pepper flakes (to taste) (lemon and rice or steamed veggies for serving)

## STEP 1

Pat-dry your shrimp to remove excess moisture. (It is better to keep the shell on to lock in the flavor)

### **STEP 2**

In a large stock pan place melt butter over medium-low heat.

#### **STEP 3**

Once the butter is melted place the chopped garlic in to saute until fragrant and lightly golden brown.

#### STEP 4

Place the shrimp in the pan with the sauteed garlic, and then add the 8oz of beer, the Goya seasoning, lemon juice, pepper flakes, and parsley.

#### STEP 5

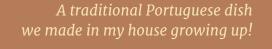
Lower heat to low, and simmer for 15 minutes. Shrimp will be translucent and curl up a bit. Serve over rice or with veggies and a lemon wedge!

### NOTE

This shrimp tastes better the longer it marinades, but you do not want to overcook it. To reheat, simply microwave, or simmer until it starts to boil.



# Pescatarian, Dairy Free, Low/No Sugar DIETARY DATA



# **ENTRÉE / SERVES** 6–8 / **TIME** 60 Minutes

# LOAF

- 1/2 cup dry lentils
- 1-1/3 cup water
  - 1 bay leaf
  - 1 tablespoon olive oil or avocado oil
- 1/2 large onion (about 1 heaping cup), chopped
- 3 cloves garlic, minced
- 1 stalk of celery, chopped
- 1 carrot, peeled and chopped
- 1/2 cup chopped walnuts
- 1 cup rolled oats
- 3 tablespoons tamari
- 3 tablespoons tomato paste
- 2 tablespoons ground flaxseed
- 2 tablespoons nutritional yeast

2 teaspoons pure maple syrup
1 teaspoon apple cider vinegar
1/4 teaspoon dried thyme
1 teaspoon dried oregano
1 teaspoon dried basil
1/4 teaspoon cayenne pepper
1/4 teaspoon ground pepper
1/4 teaspoon sea salt

# MAPLE SWEETENED GLAZE

- 2 tablespoons tomato paste
- 1-1/2 tablespoons pure maple syrup
  - 1 tablespoon balsamic vinegar pinch of sea salt

#### **STEP 1**

Preheat the oven to 375°F.

#### **STEP 2**

Prepare lentils by rinsing them and adding to a pot with water and a bay leaf. Bring the water to a boil, then reduce heat down and simmer covered until all the liquid is absorbed and lentils are tender (about 15–20 minutes). Remove from heat, discard the bay leaf and set the lentils aside to cool. This step can be done in advance.

# christine's LENTIL LOAF

# Pescatarian, Vegetarian, Vegan, Dairy Free **DIETARY DATA**



In the meantime toast walnuts by spreading them onto a baking sheet and toasting in the oven for about 8–10 minutes. Remove from oven and let cool.

## **STEP 4**

Heat oil over medium heat in a medium sauté pan and cook onions, garlic, carrots and celery until they've softened and become fragrant. About 5–10 minutes. Once cooked remove from stovetop to cool.

#### **STEP 5**

Add lentils (reserve ½ cup for later), cooked veggies, toasted walnuts, oats, tamari, tomato paste, ground flaxseed, nutritional yeast, maple syrup, apple cider vinegar, thyme, oregano, basil, cayenne pepper, ground pepper and sea salt to the food processor. Pulse until mixture is just combined and the texture is to your liking. You want the mixture to be combined enough to stick together, but you don't want it to be completely pulverized.

# **STEP** 6

Stir in the reserved lentils and press mixture into parchment lined loaf pan.

### **STEP 7**

In a small bowl stir together glaze ingredients and spread the glaze over top of the loaf.

## **STEP 8**

Bake covered with foil for 25 minutes. Uncover and bake for about 8 more minutes. Let the loaf rest 15 minutes before cutting and serving."





# **ENTRÉE / SERVES** 10–12 / **TIME** 4 Hours + 12 Hours Marinade

# MARINADE

- 12 garlic cloves, unpeeled
- 2 garlic cloves, minced
- 3 tablespoons paprika
- 2 tablespoon white vinegar
- 1-1/2 teaspoons dried oregano
- 1/2 teaspoon ground cumin
- 4 cups chicken or vegetable broth
- 1 cup orange juice
- 1 cup grapefruit juice
- 1 cup lime juice
- 1 cup white vinegar
- 1 tablespoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon ground allspice
- 2 teaspoons sea salt
- 2 teaspoons freshly ground black pepper

### **STEP 1**

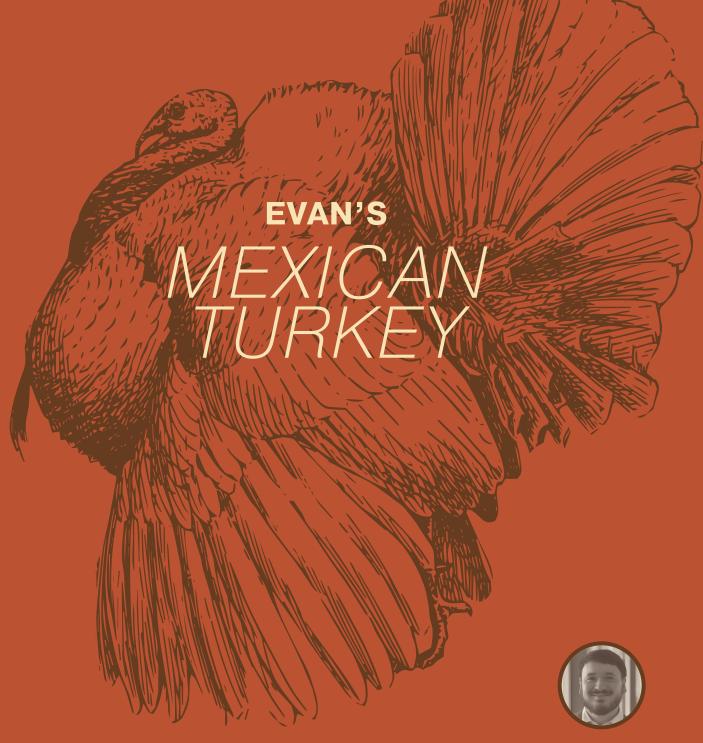
Place the unpeeled garlic on a baking sheet or in a broiler-proof skillet. Broil, turning halfway through, until the papery skin of the garlic is burned and the cloves soften, about 6 to 9 minutes. Peel.

#### TURKEY + GRAVY

- 1 (16- to 18-pound) turkey, patted dry
- 1 brining bag
- unsalted butter for the baking dish
- 4 red onions, sliced
- 8 ripe tomatoes (about 2 pounds), coarsely
- chopped, or one 28-ounce can whole
- tomatoes, drained and coarsely chopped
- 3 tablespoons unsalted butter
- 3 tablespoons all-purpose flour

#### STEP 2

In a blender or food processor, working in two batches, combine all the marinade ingredients and puree until smooth.



Making the same bird every year can get boring, so I try to look to different cultures for inspiration. This Mexican one was one of my favorites!

# **Dairy Free DIETARY DATA**

Slide the turkey, breast side down, into a brining bag large enough to hold the turkey. Pour the marinade into the bag and massage it into the bird, working it into the cavity and all the crevices. Place the bag in a roasting pan and refrigerate for at least 12 hours, or up to 48 hours, turning the bird a couple of times to redistribute the marinade.

#### **STEP 4**

Set an oven rack in the lowest position and preheat the oven to 450°F. Butter a baking dish.

#### **STEP 5**

Spread the onions and tomatoes in a large roasting pan. Set the turkey, breast side up, on top of the vegetables in the pan (reserve the marinade). (Optional: stuff the main cavity with as much stuffing as it can hold. Place the rest of the stuffing in the baking dish; cover and refrigerate.) Close the cavity by crossing the legs and tying with butcher's twine. Tuck the wing tips under the turkey. Pour the remaining marinade over the turkey.

#### **STEP 6**

Roast the turkey for 30 minutes.

#### **STEP 7**

Cover the top of the pan with aluminum foil, sealing it as best as you can. The less steam that escapes, the better. Reduce the oven temperature to 350°F, place the turkey back in the oven, and roast for 3-1/2 hours (or for at least 12 minutes per pound).

#### **STEP 8**

Remove the turkey from the oven and carefully remove the foil, being careful, as the steam is hot. Baste the turkey generously. Raise the temperature to 400°F and return the turkey to the oven and roast for 15 minutes more. The meat should be completely cooked through and nearly falling off the bone. Remove the turkey from the oven and let it rest, loosely covered with aluminum foil, while you make the gravy. Leave the oven on.

#### **STEP 9**

Meanwhile, strain the cooking juices into a medium saucepan, pressing on the solids with the back of the spoon to get as much liquid as possible; discard the solids. You can set aside 1 cup of the liquid for stuffing. You will make gravy with the rest. Melt the butter in a saucepan over medium heat. Sprinkle the flour on top, mixing well with a wooden spoon, and cook for 3 to 4 minutes, letting it gently bubble, until the roux is golden brown. Add the rest of the liquid and simmer for 12 to 15 minutes, stirring occasionally, until it is a brick color and has thickened to the consistency of light cream.

# **STEP 10**

Carve the turkey and serve.

- 2 tablespoons infused olive oil
- (garlic-infused and/or onion infused)
- 1 tablespoon regular olive oil
- 1 cup chopped scallions (green parts only)
- 2-28 ounce cans diced tomatoes

Tomato Soup: Heat olive oil in large pot, add scallion greens and sautee until softened but not browned.

#### **STEP 2**

Add tomatoes (including liquid), salt, pepper. Bring to boil, then reduce heat and simmer for 15 minutes covered.

#### **STEP 3**

Remove from heat, carefully transfer to blender to puree (or puree in pot with immersion blender). Return to pot to heat again. Add cream and additional spices to taste. (After adding cream, heat gently, don't boil). 1 tsp salt (or to taste)

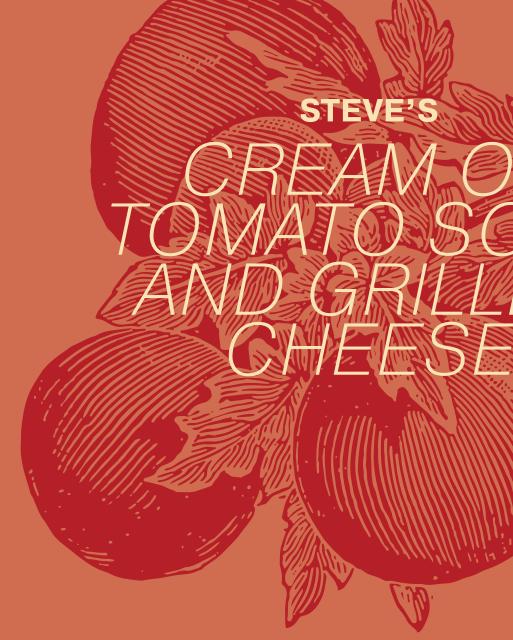
- 1 tsp pepper (or to taste)
- 1/3 cup half+half or heavy cream, lactose free sourdough bread sliced cheese
  - butter (room temp) and/or mayo

#### STEP 4

Grilled cheese sandwiches: best made with fresh sourdough bread. Spread butter and/or mayonnaise on one side of each slice of bread. Assemble grilled cheese sandwich with butter/ mayo spread on the outsides (I like to use 3 or 4 slices per sandwich, with a mix of cheddar and swiss cheeses).

#### STEP 5

Grill each side on medium heat on a greased or buttered griddle until golden brown and cheese is melted.



Not necessarily for Thanksgiving night, but rather a great hearty recipe for cold days over the long Thanksgiving weekend. Easily modified to taste.

# Low FODMAP DIETARY DATA

# DESSERTS



# **DESSERT / SERVES 8 / TIME 45 Minutes**

#### CRUST

- 6 ounces walnuts
- (about 1 1/2 cups chopped)
- 1/2 cup arrowroot powder
- 1/2 teaspoon salt
- 2 tablespoons ghee
- 1 egg yolk

#### CURD

- 12 ounces cranberries (fresh or frozen)
- 1 cup honey
- 1/4 cup orange juice
- 8 tablespoons ghee or butter, room temperature
- 2 eggs
- 2 egg volks
  - pomegranate arils for garnish (optional)

#### **STEP 1**

Preheat the oven to 325°F.

#### **STEP 2**

In the bowl of a food processor, pulse the walnuts and arrowroot 10–12 times until it's the texture of coarse crumbs.

#### **STEP 3**

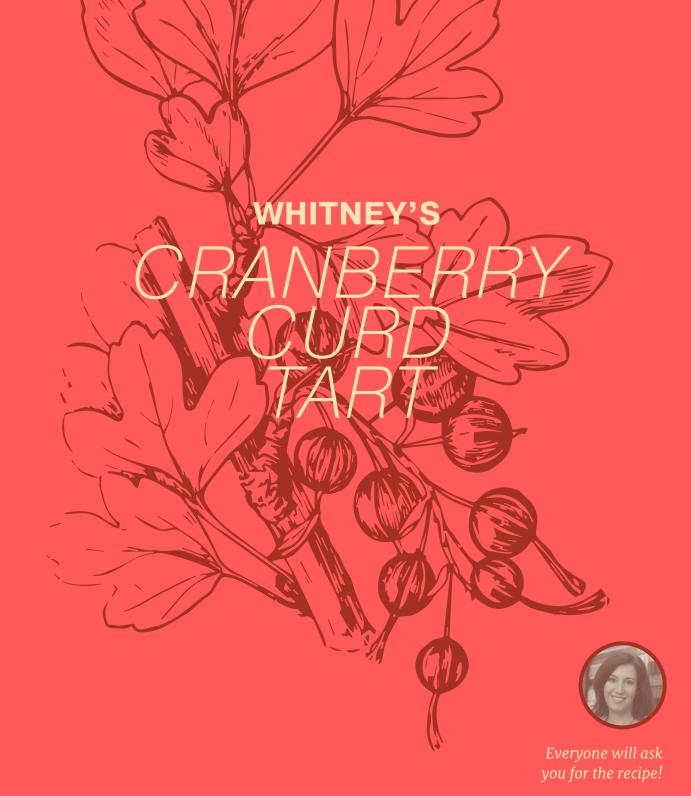
Add the salt, ghee, honey and egg yolk and process until the mixture is the texture of wet sand.

### **STEP 4**

Press the crust into a 9" tart pan. If it's a bit sticky, dampen your hand a bit so you are able to press it in as evenly as possible, making sure to work it up the sides of the pan as well.

#### **STEP 5**

Place on a baking sheet and bake for 15 minutes. Remove and turn the oven up to 350°F.



Dairy Free, Wheat/Gluten Free, Paleo DIETARY DATA

While the crust is baking, prepare the curd: Heat the cranberries, honey, and orange juice in a large sauce pan over medium-high heat until the cranberries all pop and the mixture is mostly liquid, about 10 minutes. Strain the mixture through a fine mesh sieve, pressing as much liquid through as possible.

#### **STEP 7**

Whisk in the ghee until melted and return the mixture to the pan.

#### **STEP 8**

In a medium bowl, beat the eggs and egg yolks. Transfer one ladle full of the cranberry mixture to the eggs to temper them, and then whisk the egg mixture back into the cranberry mixture. Heat, over medium heat, stirring constantly for about 5 minutes, or until the mixture is thickened to coat the back of a spoon.

#### **STEP 9**

If you see any bits of cooked egg in the mixture, strain it through a fine mesh sieve to remove them.

#### **STEP 10**

Pour the curd into the tart shell and bake for 10 minutes, or until set. (It will still have a little movement in the middle but will firm up when chilled)

# **STEP 11**

Allow to cool for 30 minutes before transferring it to the fridge to chill completely, about 2 hours.

#### **STEP 12**







If desired, garnish with pomegranate arils and serve with whipped cream or coconut whipped cream. Serve chilled.

# **DESSERT / MAKES** 60 / **TIME** 60 Minutes

#### CRUST

8 ounces cream cheese

- 2 sticks butter (1/2 pound)
- 2 cups flour

#### FILLING

3 whole eggs

- 1-1/2 cups brown sugar3 tablespoons melted butter
  - 1 tablespoon vanilla extract
- 1-1/2 cups grated walnuts
  - 1 tablespoon cocoa

#### **STEP 1**

Thoroughly mix crust ingredients into dough and refrigerate for 1 hour.

#### **STEP 2**

After dough is cool press into small cupcake / cookie molds (1–1/2" diameter type) making a thin crust 1/8" thick.

#### **STEP 3**

In a bowl combining all ingredients listed under filling and mix in electric mixer thoroughly. Fill each cookie crust with a teaspoon of filling keeping 1/4" from top edge.

#### **STEP 4**

Bake at 350°F. Remove from oven after 30 minutes and let cool before removing from molds. When cooled sprinkle tops with confectionary sugar.

### STEP 5

Store in freezer until needed, can be served at room temperature or as a treat right from the freezer.



Family recipe from my childhood. My favorite! Often made for weddings and holidays in an assortment with other cookies.



### Vegetarian **DIETARY DATA**

# **DESSERT / SERVES** 8 / **TIME** 105 Minutes

- 3 large ripe bananas
- 1 cup sugar
- 1-1/2 cup flour (gluten-free substitute:
  - 1 1/2 cup-4-cup gf flour)
  - 1 egg
  - 1 teaspoon salt
  - 1 teaspoon baking soda
  - 1 teaspoon vanilla extract

- 1/4 cup softened or melted butter(dairy-free substitute: 1/2 cup earth balancebuttery spread)
- 3-4 dashes of cinnamon
- 3-4 dashes of nutmeg
  - 1 cup chocolate chips, add more as desired (most chocolate chips are gluten-free and dairy-free, but check the label if needed)

#### **STEP 1**

Preheat the oven to 350°F.

# **STEP 2**

Set aside chocolate chips, and mix remaining ingredients together.

#### **STEP 3**

Mix in chocolate chips.

### **STEP 4**

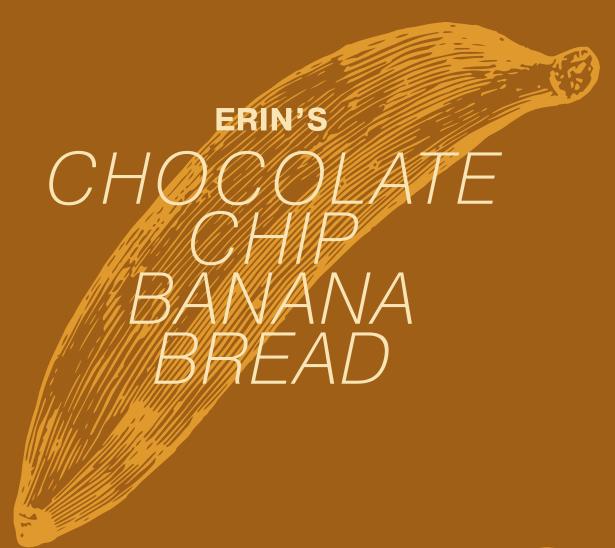
Generously grease a large loaf pan with non-stick spray. You can also use two smaller loaf pans. **STEP 5** Pour mixture into loaf pan(s).

# **STEP** 6

Bake until a toothpick comes out clean, checking occasionally.(1) 8-cup loaf pan: 50 minutes(2) 4-cup loaf pans: 30 minutes

**STEP 7** Remove from oven, cool for 15 minutes.

**STEP 8** Invert, remove from loaf pan, and enjoy!



My mom got this recipe from a friendly neighbor years ago, and we make it every year around the holidays, usually for a big family brunch. My sister and aunt are both gluten-free and dairy-free, so this has been a nice treat that our whole family can enjoy together!

# Pescatarian, Vegetarian, Dairy Free, Wheat/Gluten Free **DIETARY DATA**



# DOUGH

- 3 tablespoons unsalted butter
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 1/2 of a whole egg, vigorously beaten until frothy (reserve the other half for the sweet potato filling)
- 2 tablespoons cold milk
- 1 cup all-purpose flour

# SWEET POTATO FILLING

- 2-3 sweet potatoes (enough to yield 1 cup cooked pulp), baked
- 1/4 cup, packed, light brown sugar
- 2 tablespoons sugar
- 1/2of a whole egg, vigorously beaten until frothy (reserved from above)
  - 1 tablespoon heavy cream
  - 1 tablespoon unsalted butter, softened
  - 1 tablespoon vanilla extract
  - 1/4 teaspoon salt
  - 1/8 teaspoon ground cinnamon
  - 1/8 teaspoon ground allspice
  - 1/8 teaspoon ground nutmeg

# **PECAN PIE SYRUP**

- 3/4 cup sugar
- 3/4 cup dark corn syrup
- 2 small eggs
- 1-1/2 tablespoons unsalted butter, melted
  - 2 teaspoons vanilla extract
  - pinch of salt
  - pinch of ground cinnamon
- 3/4 cup pecan pieces or halves

# **CHANTILLY CREAM**

- (makes about 2 cups)
- 2/3 cup heavy cream
  - 1 teaspoon vanilla extract
  - 1 teaspoon brandy
  - 1 teaspoon grand marnier
- 1/4 cup sugar
- 2 tablespoons dairy sour cream



Don't be intimidated by this recipe. Just follow the steps and you will overwhelm your guest will the wonderful dessert.

# Vegetarian **DIETARY DATA**

For the Dough: Place the softened butter, sugar and salt in the bowl of an electric mixer; beat on high speed until the mixture is creamy. Add the 1/2 egg and beat 30 seconds. Add the milk and beat on high speed 2 minutes. Add the flour and beat on medium speed 5 seconds more (overmixing will produce a tough dough). Remove the dough from the bowl and shape into a 5" patty about 1/2" thick. Lightly dust the patty with flour and wrap in plastic wrap; refrigerate at least 1 hour, preferably overnight. (The dough will last up to one week refrigerated.)

#### **STEP 2**

On a lightly floured surface roll out dough to a thickness of 1/8" to 1/4". Very lightly flour the top of the dough and fold in quarters. Carefully place dough in a greased and floured 8" round cake pan (1-1/2" deep) so that the corner of the folded dough is centered in the pan. Unfold the dough and arrange it to fit the sides and bottom of the pan; press firmly in place. Trim edges. Refrigerate 15 minutes.



For sweet-potato filling: Combine all the ingredients in a mixing bowl. Beat on medium speed with electric mixer until the batter is smooth, about 2 to 3 minutes. Do not overbeat. Set aside.

#### **STEP 4**

For pecan pie syrup: Combine all of the ingredients except the pecans in a mixing bowl. Mix thoroughly on slow speed of electric mixer until the syrup is opaque, about 1 minute; stir in pecans and set aside.

#### **STEP 5**

To assemble: Spoon the sweet-potato filling evenly into the dough-lined cake pan. Pour the pecan syrup on top. Bake in 325 degree oven until a knife inserted in the center comes out clean, about 1-3/4 hours. (Note: The pecans will rise to the top of the pie during baking).

# **STEP 6**

Chantilly Cream: Refrigerate a medium-size bowl and beaters until very cold. Combine cream, vanilla, brandy and Gran Marnier in the bowl and beat with electric mixer on medium speed 1 minute. Add the sugar and sour cream and beat on medium just until soft peaks form, about 3 minutes. Do not overbeat. (Overbeating will make cream grainy, which is the first step leading to butter). Once grainy you can't return it to its former consistency, but if this ever happens, enjoy it on toast!) Cool and serve with Chantilly Cream. Store pie at room temperature for the first 24 hours, then (in the unlikely event there is any left) refrigerate.



# **DESSERT / MAKES 48 / TIME 30-40 Minutes**

#### BARS

- 2 cups flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/8 teaspoon salt
- 1 tablespoon cinnamon
- 1 teaspoon pumpkin pie spice
- (Can use 3/4 teaspoon ground nutmeg and
- 1/4 teaspoon ground cloves instead)
- 2 cups sugar

cup vegetable oil
 eggs
 ounces canned pumpkin

### **CREAM CHEESE FROSTING**

- 4 ounces cream cheese
- 6 tablespoons butter
- 1 teaspoon vanilla
- 2 cups powdered sugar
- 1 teaspoon milk

#### **STEP 1**

Preheat the oven to 350°F.

#### **STEP 2**

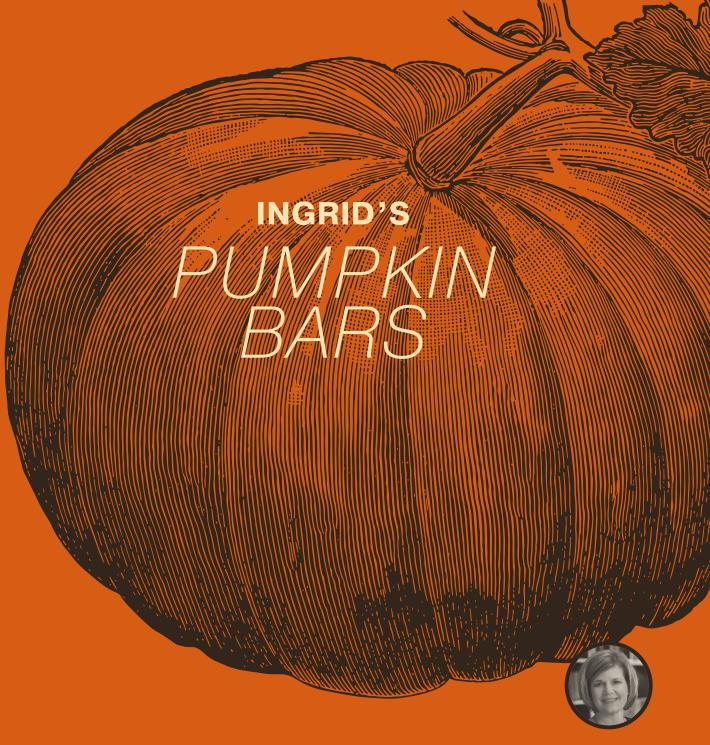
Stir together vegetable oil, sugar, eggs and pumpkin until well blended; add remaining ingredients and mix well.

#### **STEP 3**

Pour into greased and floured jelly roll pan (approx. 15" x 11"). Bake in oven 20 for minutes.

### STEP 4

Beat all frosting ingredients together until smooth. Spread cream cheese frosting on bars when they are cool.



This recipe is very quick and easy to make. This is a family favorite.

# Vegetarian **DIETARY DATA**

# CRUST

1-3/4 cups (8-3/4 ounces) all-purpose flour

6 tablespoons (2-2/3 ounces) granulated sugar

1/2 teaspoon salt

8 tablespoons unsalted butter, melted

# TOPPING

3/4 cup packed (5-1/4 ounces) light brown sugar

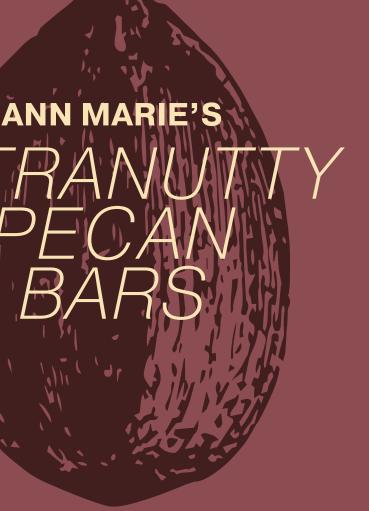
- 1/2 cup light corn syrup
- 7 tablespoons unsalted butter, melted and hot
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 4 cups (1 lb) pecan halves, toasted
- 1/2 teaspoon flake sea salt (optional)

### **STEP 1**

For the Crust: Adjust oven rack to lowest position and preheat the oven to 350°F. Make foil sling for 13" x 9" baking pan.

## STEP 2

Whisk flour, sugar and salt together in medium bowl. Add melted butter and stir with wooden spoon until dough begins to form. Using your hands, continue to combine until no dry flour remains and small portion of dough holds together when squeezed in your hand. Evenly scatter tablespoon-sized pieces of dough over surface of pan. Press and smooth dough into even thickness in bottom of pan, using your fingertips and palm of your hand.





Ultranutty and ultra-delicious!

### Vegetarian **DIETARY DATA**

For the Topping: Whisk sugar, corn syrup, melted butter, vanilla and salt together in medium bowl until smooth (mixture will look separated at first but will becomes homogenous), about 20 seconds. Fold pecans into sugar mixture until nuts are evenly coated.

#### **STEP 4**

Pour topping over crust. Using spatula, spread topping over crust, pushing to edges and into corners. Bake until topping is evenly distributed and rapidly bubbling across entire surface, 23 to 25 minutes.



