

Recipes for a Healthy Thanksgiving



ROASTED VEGGIES WITH LEMON AIOLI

serves 4-6

Ingredients

10 small or 5 medium beet roots, cut into bite size pieces
 ½ lb brussels sprouts, halved
 ½ lb baby carrots
 1½ TBS coconut oil
 salt and black pepper

For the lemon aioli:

1 garlic clove
 2 tsp dijon
 1 large egg
 2 tsp lemon juice
 zest of ¼ lemon
 1 cup extra virgin olive oil (optional: use caramelized garlic or lemon flavored oil)
 salt to taste

Instructions

Preheat oven to 400 degrees F.
 Place the vegetables in a large bowl with the coconut oil, salt and pepper.
 Coat the vegetables in the oil, salt and pepper.
 Place veggies on a parchment lined baking sheet.
 Roast For 30 minutes at 400 degrees F, or until tender.
 Meanwhile make the aioli by mixing the garlic clove, dijon, lemon juice, zest, and egg in your blender.
 With the blender on low, add in the olive oil in a steady stream until it thickens to the consistency of mayonnaise.
 Add salt to taste.

<http://mylivingnutrition.com/2013/10/31/fall-roasted-vegetables-with-lemon-aioli/>



CASHEW CAULIFLOWER SOUP

Serves 6

Ingredients

1 large head of cauliflower (about 2 1/2 pounds once cored)

4 tablespoons olive oil, divided
 4 cloves of garlic, peeled

3/4 teaspoon salt
 1/2 cup diced onion
 1/3 cup diced celery
 3/4 cup raw cashews + 1/4 teaspoon salt, soaked in 1/2 cups filtered water for 8 hours
 5 cups of vegetable broth
 1/4 teaspoon black pepper

Instructions

Preheat oven to 400 degrees. Cut cauliflower into small florets. Add to a large bowl and drizzle with 3 tablespoons of olive oil. Stir, then add salt and stir again to coat. Spread onto two large sheet pans and roast for 25 to 30 minutes or until lightly browned.

Meanwhile, heat remaining tablespoon of olive oil in a medium stock pot over medium heat. Add onions and celery, cooking for 5 minutes until translucent. Add cashews (including water they have soaked in) and broth, then bring to a simmer. When cauliflower is finished cooking, add to stock pot. Simmer for 5 minutes, then add to a blender in batches. Puree until smooth.

<http://heartbeetkitchen.com/2014/recipes/main-dish-recipes/cashew-cauliflower-soup-with-herb-popcorn/>

ROASTED SWEET POTATO PURÉE WITH COCONUT, ORANGE & GINGER

Serves 10

Ingredients

4 lbs sweet potatoes
 1/2 can coconut milk
 Juice and zest of 1 orange, preferably organic
 1 inch fresh ginger, grated
 fine sea salt and pepper to taste

Instructions

1. Roast your sweet potatoes in a 350° oven, until they are thoroughly soft. The amount of time will depend completely on the size/ thickness of your sweet potatoes, so it will take 30 at the minimum, and could be quite a bit longer.
2. Remove your sweet potatoes from the oven, and let them cool enough that you can handle them. Pull the skins off and discard— put the roasted sweet potatoes in a large bowl, or in the work bowl of your food processor, if using.
3. Add the coconut milk, orange juice, ginger and 1 teaspoon of sea salt, and blend— either with immersion blender or food processor— until completely smooth and creamy.
4. Taste and adjust seasoning as needed.
5. If making ahead, pour into a baking dish and cover and refrigerate, reheating in a 275° oven before serving.

<http://andhereweare.net/2013/11/roasted-sweet-potato-puree-with-coconut-orange-ginger.html/>



BAKED PEARS WITH WALNUTS AND HONEY

Servings: 4

Ingredients:

2 large ripe pears
 1/4 tsp ground cinnamon
 2 tsp honey
 1/4 cup crushed walnuts

Instructions

Preheat the oven to 350°F. Cut the pears in half and place on a baking sheet (I cut a sliver off the other end so they sat upright). Using a measuring spoon or melon baller, scoop out the seeds. Sprinkle with cinnamon, top with walnuts and drizzle 1/2 teaspoon honey over each one. Bake in the oven 30 minutes. Remove, let cool and enjoy!

http://www.skinnytaste.com/2014/10/baked-pears-with-walnuts-and-honey.html?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3Aweightwatcherspointsrecipes%28Skinnytaste%29&m=1



ROSEMARY ROASTED TURKEY

Ingredients

2 Tbsp 2 Tbsp Extra Virgin Olive Oil
 2 Tbsp 2 Tbsp fresh Rosemary, roughly chopped
 7 lb 7 lb Turkey Breast
 2 tsp 2 tsp Salt and Pepper, to taste

Instructions

1. Preheat oven to 325°F.
2. Drizzle olive oil over turkey breast, brush to coat.
3. Separate rosemary from stems, roughly chop and sprinkle liberally on turkey.
4. Add salt and cracked pepper to taste.
5. Place turkey in shallow roasting pan.
6. Cook turkey approximately 25 minutes per pound (turkey is done when a meat thermometer inserted into the breast reads 170°F).
7. Periodically baste turkey with juices in the pan, especially toward the end of the cooking.
8. Let rest for 10 minutes, carve, and serve.

<http://www.primalpalate.com/paleo-recipe/rosemary-roasted-turkey/>



FUDGY CHOCOLATE TARTS

Ingredients:

Crust:

- 1 1/2 cups almond flour
- 6 tablespoons dark cocoa powder (such as green and blacks)
- 3 tablespoons maple syrup
- 3 tablespoons coconut oil
- 1/2 teaspoon sea salt

Filling:

- 1 1/2 cups dark cocoa powder
- 1 cup plus 2 tablespoons maple syrup
- 2 tablespoons coconut oil
- 1/2 teaspoon sea salt
- 20 fresh berries

Instructions:

1. Pour all of the crust ingredients into the bowl of a food processor. Process until all ingredients are blended.
2. Spoon a tablespoon of dough into a mini muffin cup and press crust in the bottom and up sides of oiled mini muffin tin (a silicon mini muffin pan works well for this recipe because you can easily pop the tarts out after they've been chilled). Repeat with remaining dough mixture.
3. Clean the food processor bowl and blade.
4. Place all filling ingredients into the bowl of the now clean food processor. Process until ingredients are smooth.
5. Divide filling among tarts and spoon over crust.
6. Place muffin pan in the refrigerator and chill for 2 hours before serving.
7. Using a spoon, carefully pop each tart out of the muffin tin. Place a berry on top of each tart. Serve cold.

You can also make four 3-inch tarts using four tartelette pans. I found that these tarts taste better the longer they sit. I think it's best to make them the day before serving. They keep in the refrigerator for one week.

<http://againstallgrain.com/2014/08/15/guest-post-fudgy-chocolate-tarts/>

CRANBERRY GINGER SMOOTHIE



Ingredients

- 8 oz fresh cranberries
- 1/2 of an orange
- 1/2 inch knob of fresh ginger-grated

- 1 frozen banana- if your banana isn't frozen, just add 1 cup of ice
- 3 tbsp raw honey
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/2 cup kefir. If you don't have kefir, you can use coconut milk or yogurt.

Instructions

Chuck everything in your high speed blender and blend until smooth and creamy.

If the pulp from the orange bothers you go ahead and run the smoothie through a strainer. I leave it in.

Enjoy!

<http://ahappyhealthnut.com/2013/11/08/cranberry-ginger-smoothie/>

PUMPKIN SPICE CAKE WITH GINGERSNAP CRUST

It takes at least 3 hours for the cake to set.

Serves: 6-8



Ingredients

For the Crust:

- 3/4 cup arrowroot powder
- 1/4 teaspoon sea salt
- 1 1/2 cups dates, pitted and soaked in hot water for 5 minutes
- 2 tablespoons maple syrup
- 2 tablespoons lard (or coconut oil)
- 1 1/2 teaspoons fresh grated ginger root

For the Filling:

- 3 cups pureed pumpkin
- 1/2 cup maple syrup
- 1/4 cup lard (or coconut oil)
- 2 1/2 tablespoons gelatin
- 1 1/2 tablespoons cinnamon
- 1/4 teaspoon ground cloves
- 1/4 teaspoon sea salt

For the Frosting:

- 1/2 cup arrowroot powder
- 2 1/2 tablespoons lard (or coconut oil)
- 2 tablespoons honey

Instructions

1. Preheat the oven to 325 degrees and grease an 8" spring-form pan with either lard or coconut oil. Drain the dates, and place all of the ingredients in a food processor and process for a minute, until a thick and sticky mixture forms. You may be able to do this in a high-powered blender using the tamper, but be sure to stop to scrape the sides and take breaks because it will be hard on the motor. Don't overmix here - you want the dates to be slightly chunky and not completely incorporated.
2. Transfer the mixture to the spring-form pan and spread evenly along the bottom with a spatula. Bake in the oven for 18-20 minutes, or until a knife comes out clean when gently inserted. Set aside to cool.
3. Combine all of the filling ingredients, cold in a pot. Turn the heat on medium-low, and heat, stirring constantly, for 5-10 minutes. The mixture should liquefy and the gelatin should dissolve. If you still have some chunks after 10 minutes, transfer to a blender and blend for a few seconds to incorporate.
4. Pour into the spring-form pan over the gingersnap crust. Place in the refrigerator to set for at least 3 hours.
5. To make the frosting, combine all of the ingredients in a small bowl. A thick, spreadable frosting should form. If it is too runny, add more arrowroot, a teaspoon at a time until desired thickness is reached. The frosting will harden when placed in the refrigerator and soften at room temperature (although it shouldn't melt). When you are ready to frost your cake, you can either use a frosting kit or apply it to the top with a spatula.

Notes

Note: Do not add fresh ginger to the filling ingredients - it has an enzyme that breaks down the gelatin and will cause the cake not to set properly.

<http://autoimmune-paleo.com/pumpkin-spice-cake-with-gingersnap-crust/>

