

# Holiday Meal Plan

## Mini Herbed Scones

Makes 30 mini scones

2 ½ cups almond flour

¾ tsp sea salt

¾ tsp baking soda

1 cup raw Parmesan, grated

1 Tbsp dried rosemary

2 cloves garlic, minced

2 Tbsp organic Dijon mustard

2 free-range eggs

1/3 cup coconut oil, melted



1. Preheat oven to 350 degrees F. Line two baking sheets with unbleached natural parchment paper.
2. In a large bowl, combine dry ingredients. In a small bowl, whisk wet ingredients together. Stir wet ingredients until well mixed.
3. Form scones out of about 2 Tablespoons of batter onto baking sheets, leaving about 2 inches between blobs. Bake for 12 to 17 minutes until golden brown and a knife comes out clean. Let cool for 30 minutes on the baking sheets.

## Spinach- Artichoke Dip

Makes 4 ½ cups

1 cup spinach, frozen or fresh

1 ½ cups thawed frozen artichoke hearts

½ cups grapeseed oil Veganaise

½ cup organic sour cream

1 cup raw Parmesan, grated

1 cup organic pepper jack cheese, grated

¼ tsp garlic powder

½ tsp red pepper flakes



1. Preheat the oven to 350 degrees F. Grease a casserole dish with coconut oil.
2. If using frozen spinach, dump thawed spinach into a clean tea towel or tripled up paper towel. Wrap towel around spinach and squeeze out all of the liquid remaining in the thawed spinach. If using fresh spinach, wash and chop.
3. Coarsely chop the artichoke hearts in a food processor. Combine all the ingredients except the jack cheese in a large bowl. Stir well.
4. Scrape into the prepared casserole dish and sprinkle the jack cheese on top. Bake for 30 minutes. Transfer to serving bowl and serve warm or cold with vegetables.

## Easy Pan Gravy

Turkey broth (or any other flavor broth)

Arrowroot powder (3 tsp for every 2 cups of broth)

Filtered ice cold water (1/3 cup for every 3 tsp of arrowroot powder)

Sea salt and fresh pepper, to taste

1. Pour organic, unsalted broth into a medium saucepan. Bring broth to a boil.
2. Spoon arrowroot powder into a small bowl. Add the cold water to arrowroot powder and whisk smooth with a fork.
3. Slowly pour arrowroot powder & water mixture into boiling broth, stirring broth with a whisk while you pour. Stir at Medium-High heat until gravy thickens.
4. Remove from heat. Season with sea salt and pepper to taste and serve.

TIPS: Make in advance and store in fridge up to 3 days before serving. Reheat on the stove top just before dinner. ~

If gravy refused to thicken, add more arrowroot/water mixture, if gravy is too thick, add more broth or water. ~

Tasty additions; save any pan drippings from the roast turkey, puree in blender, and add to gravy: a teaspoon or two of dried herbs.



## Coconut Bread Stuffing

Serves 6

3 Tbsp raw butter

1 Tbsp coconut oil

1 ½ cups chicken broth

1 cup onion, chopped

¾ cups celery, chopped thin

1 coconut flour bread loaf (see recipe)

2 tsp dried sage

¼ cup fresh chopped parsley

¼ tsp grated nutmeg

1/8 tsp ground cloves

¾ tsp sea salt

½ tsp fresh black pepper

1 egg, beaten (optional)



1. Cut loaf or coconut Flour Bread (see recipe) into 1 inch cubes. Preheat oven to 400 degrees F. When hot, toast the cubed bread on a dry cookie sheet until light brown, about 8-10 minutes. Keep an eye on it so it doesn't burn. Set aside. Bring down the heat of the oven to 350 degrees.
2. In a large skillet, heat 1 Tablespoon of coconut oil over medium-high heat. Sauté the onion and celery until soft and translucent. Add the herbs, spices, sea salt and pepper. Stir to combine. Turn off heat.
3. In a medium saucepan, heat the broth and butter until warm and butter is melted.

4. In a large bowl, combine the bread cubes, vegetable-herb mixture, and chopped apples. Pour the chicken stock over the mixture and stir until well combined. Taste and adjust the seasonings to your liking. (Optional: You can add a beaten egg to the mixture which will make the stuffing more firm)
5. Stuff the turkey or bake in a covered dish 30-40 minutes or until top forms a crust. Remove the cover during the last 10 minutes of baking.

## Savory Coconut Bread or Rolls

Serves 12

6 eggs

½ cup raw butter, melted

2 tsp spoonable stevia powder OR 2 Tbsp raw honey

½ tsp sea salt

¾ cup coconut flour, sifted

1 tsp baking soda

1-2 Tbsp freshly chopped rosemary



1. Preheat the oven to 350 degrees F. In a mixing bowl, add eggs, melted butter, stevia/honey, sea salt and baking soda. Mix on Low until just combined.
  2. Keeping on Low speed, add half of the coconut flour and combine. Slowly add remaining flour until you have a nice cake-like consistency that isn't dry. Make sure there are no lumps of flour in the batter.
  3. For rolls, drop golf ball sized dough balls onto a natural parchment-lined baking sheet. You should get 12 rolls. Bake at 350 degrees F for 10-13 minutes or until slightly golden and cooked through. (FOR BREAD LOAF: Pour batter into a greased loaf pan. Bake for 33-40 minutes, or until edges are golden brown and center is firm.)
- VARITION: The bread or rolls can be made ahead of the holidays and frozen. Defrost by leaving at room temperature for a couple of hours. Enjoy!

## Rosemary Garlic Mashed Potatoes

Serves 6

2 heads of cauliflower

4 Tbsp olive oil or butter

2 Tbsp roasted garlic (about 5-6 cloves)

Sea salt and pepper to taste

2 Tbsp Bragg's Liquid Aminos

2 tsp fresh rosemary leaves, chopped

1. Wash and chop the cauliflower. Steam until tender.
2. In a large bowl or food processor, mash the cauliflower until it is a chunky consistency (or as smooth as you would like). Add remaining ingredients and mash to combine until smooth. Plate and serve immediately.

TIP: Prepare in advance, refrigerate up to 2 days, reheat and serve.



## Ginger – Lime Cranberry Sauce

Makes 2 ½ cups

4 cups fresh or frozen cranberries

2 cups xylitol OR 6 tsp spoonable stevia powder

1 TBSP fresh grated ginger

¼ cup filtered water

½ tsp cinnamon

Zest and juice of ½ a lime

In a sauce pan over Medium heat, add all ingredients, stir to combine and cover. Cranberries should begin to “pop” within 10 minutes or so. Cook for 20 minutes or until desired thickness is reached, stirring occasionally. Remove from heat and serve.

VARIATIONS: Prepare in advance and store in a glass container up to 72 hours before serving. ~ Create Cranberry Orange Sauce by omitting fresh ginger and lime and replacing with 1 Tablespoon orange zest and ¾ cup fresh squeezed orange juice. ~ Spice it up with allspice, nutmeg, and cinnamon, omit the lime and ginger here. ~For smoother texture, puree in food processor or blender. ~ Serve hot or cold.



## Roasted Vegetable Medley

Serves 6

6-8 cups organic vegetables

2 Tbsp olive oil

2-3 garlic, minced

2 tsp dried basil

½ tsp sea salt

1. Pick your vegetables; it's nice to have at least three or four different veggies, about 1 cup of each. Options: pumpkin, bell pepper, zucchini, onion, cauliflower, broccoli, eggplant, Brussels sprouts. Wash and trim your vegetables to uniform size, approx 1 inch pieces.
2. Preheat oven to 425 degrees F. Pour vegetables onto a large baking sheet. Drizzle with olive oil and sprinkle on garlic, basil, sea salt and pepper. Massage the oil into the veggies. Bake in the preheated oven for 45 minutes, checking once to stir. Once tender, remove from the oven, plate and serve. Can be served hot or cold.

VARIATION: for added flavor, drizzle with 1-2 Tbsp balsamic vinegar at the last 10 minutes of roasting. ~ Instead of roasting in the oven, you can sauté in pan over Medium heat for approx 30 minutes, depending on stove top.



## TURKEY

### Turkey-thawing Guidelines:

8-12 lbs: start thawing 2-3 days in advance

13-16 lbs: start thawing 3-4 days in advance

17-20 lbs: start thawing 4-5 days in advance

21-24 lbs: start thawing 5-6 days in advance

## Brine the Bird

Want the secret of flavor and juiciness that the best restaurants use? Brining. Give it a try! Makes a world of difference and it's easy to do! You'll start your brining 2-4 days before the Holiday dinner. Here are the steps to brining a turkey:

1. Start with a non-reactive container such as a large stock pot or food safe cooler.
2. Determine the amount of brine mixture you will need by putting your turkey in the container and covering it with water. Remove the turkey and measure the remaining water. This is the amount you will need to make. (Discard this water and use fresh water for your brine).
3. Place your turkey in the container and cover with the brine. Refrigerate in the brine for at least 12 hours or up to two days if desired. (Or pop your turkey on the back porch overnight if it's chilly out)
4. When the brining process is complete, rinse the bird well and pat dry. Air dry the bird over-night in the refrigerator to let the skin dry. This will help the crisping of the skin as it roasts. The next day, follow the roasting instructions.



Brine your bird for 12-72 hours as desired. This is a general Brine recipe. You may need to double the recipe to get enough to cover your bird. Spices may be added to this mixture to create your own unique flavor (herbs, pepper corns, lemon, garlic, juniper berry).

**1 gallon of cool filtered water**

**1 cup sea salt**

**½ cup of raw honey (optional, for browning of skin)**

## Roasting the Bird

What's the trick for breast meat that's juicy and delicious? Roasting the turkey breast side down! White meat cooks faster than dark meat. That is why the breast meat has a tendency to dry out before the rest of the turkey is cooked through. Once you try this method you will never go back to cooking your turkey breast-side up again. Roasting with the breast meat on the bottom not only protects it, but all the juices run back into the breast = tender and juicy! Keep in mind this way of roasting won't provide a picture perfect bird, but who carves their turkey at the table anyway? Pre-slice in the kitchen, platter up and serve.

1. Preheat oven to 325 degrees F.
2. Place turkey, breast side up, in a large, heavy roasting pan with rack. Rub breast side with butter, stuffing some underneath the skin. Season lightly inside and out with the pepper and dried herbs. Place the onion & lemon segments in the cavity of the bird. Loosely tie the drumsticks together with kitchen string. Flip the bird over to lay breast side down. Optional: add celery, carrot, onion, lemon, and fresh herbs to roasting pan for added flavor to bird.
3. Calculate the amount of time needed to cook your bird (20 minutes per pound). Roast the turkey, uncovered, until meat thermometer registers 165 degrees F when inserted into the largest section of thigh (avoiding the bone). NO NEED TO BASTE, set it and forget it!
4. Remove from the oven and place on a platter. Tent with aluminum foil and a towel and let rest for 20 minutes before carving.

