



**Menu:**

Turkey

Cornbread stuffing

Maple Roasted Acorn Squash

Baked Potatoes and Yams

Mushroom Gravy

Green Beans w/ toasted almonds

Cranberry Sauce

Pecan Pie

## Timing:

### Tuesday:

- Be sure turkey is thawing properly or make arrangements for it
- Bake corn bread & freeze it
- Wash all the fruit & veggies, as needed (apples, celery, cranberries, potatoes, yams, squash, onion, mushrooms, green beans)
- In small bowl: measure out spices for stuffing, cover & set aside
- Collect & clean appliances & pans that are needed (crock pot, blender, sauce pan, baking dish, roasting pan etc.)

### Wednesday:

- Chop celery, apples & onions – store in sealed container in fridge
- Put all gravy ingredients in blender jar, except mushrooms – store in fridge
- Place potatoes & yams in crock pot, ready to cook tomorrow
- Be sure kitchen is clean (run dishwasher, tidy up, wipe counters, vacuum or mop etc.)
- Tidy up dining room and living room

### Thursday:

If cooking a turkey, allow 20 minutes of cook time at 350 degrees F for each pound

#### 5 hours ahead:

- Start potatoes & yams in crock pot on high
- Set table, don't forget any decorations like centerpieces, candles etc.

#### 2 hours ahead:

- Make stuffing and roast squash
- Bake Pie

1 hour ahead:

- Stuff squash and bake \*tent with foil\*
- Toss salad greens and tongs in a bowl
- Cook cranberry sauce
- Cook green beans and top with almonds
- Blend up gravy

Enjoy dinner!



## Recipes:

**Turkey:** follow package instructions for best results.

If you're in a hurry or don't want to cook a whole turkey:

Go to the Deli and get an entire (cooked) turkey roast - un opened

Carve into thick slices and put in a baking dish

Heat in 400 degree F oven for about 30 minutes, or until hot.

### **Maple Roasted Acorn Squash.**

1/2 acorn squash per person

Olive Oil

Maple Syrup

Sea Salt

Preheat oven to 400 degrees

Slice each squash in half and scoop out the seeds.

Lightly drizzle with olive oil and maple syrup, sprinkle lightly with sea salt

Bake until tender - about 30 minutes

Serve as a side dish or stuff with Curried Apple Cornbread Stuffing

## Cornbread with Curried Apples and Cranberries (Gluten free Goddess)

1 8-9 inch square or round gluten free cornbread

4-5 TBL extra virgin olive oil

1 c chopped celery

1 cup chopped red onion

2 green apples, chopped

1 tsp dried thyme

1-2 tsp curry powder

1/2 tsp ground cinnamon

1 c chopped cranberries

1 c + vegetable broth

2 TBL maple syrup

Cut cornbread in to bite sized cubes (make cornbread at least a day ahead and freeze to make cutting easier)

Preheat oven to 325

Saute spices, apples and vegetables in a large skillet until soft

Remove from heat and allow to cool for a few minutes

Stir in cranberries, then cubed cornbread

Add olive oil and broth a little bit at a time and stir until stuffing is as moist as you like it (you may need more than 1 cup of broth)

Sprinkle with salt and pepper to taste (more can be added later)

Spoon stuffing into a casserole dish (or into acorn squash halves) and bake at 350 about 20-25 minutes, until hot

Feeds about 6-8 people

## Cornbread

2 Tbl coconut oil (or other vegetable oil)

2 tsp baking powder

1 tsp salt

1 tsp soda

1 egg

2 cups corn meal

2 Tbl honey (Optional)

1 3/4 cups buttermilk

Put oil in cast iron skillet in 400 degree F oven

Mix corn meal, baking powder, soda, salt and honey

Add egg and buttermilk, batter should be thick

Add heated shortening to batter and put batter into heated skillet

Bake at 400 degrees 25-35 minutes until brown

\* for a dairy free version try Pamela's corn bread mix

## Crock Pot Baked Potatoes and Yams

Scrub potatoes and yams

Wrap in aluminum foil and place in a slow cooker

Cook on high for 4 hours

Have desired toppings available.

Butter, Sour Cream, Chives, bacon bits, cheese, gravy (recipe below)

Brown sugar, marshmallows and maple syrup (for yams)

## **Mushroom Gravy (Ani's Raw Food Kitchen)**

1/3 cup olive oil

3/4 cup mushrooms

1/3 cup water

1 1/2 tsp apple cider vinegar

1/2 tsp minced garlic

1/2 tsp sea salt

Place all ingredients in blender and blend smooth.

## **Green Beans with toasted almonds**

12-16 oz green beans, washed and chopped into bite sized pieces (can substitute cut frozen green beans)

4 oz package sliced or slivered almonds

Bring 1/4 cup water to a boil in a medium sauce pan, place green beans in pan, cover and simmer for 5-10 minutes, until hot.

Scoop out green beans with a fork or slotted spoon, to allow water to drain off and place in serving dish

Add with 1-2 TBL olive oil (or butter) and stir to coat

Top with sliced or slivered almonds and sprinkle with salt and pepper to taste.

## **Cranberry Sauce**

- 1 cup water
- 1 cup sugar
- 1 8 oz package fresh cranberries, rinsed

Put all ingredients in a sauce pan and bring to a boil on high. Reduce heat and simmer for 15 minutes, until cranberries pop. Remove from heat and allow to cool.

## **Easy Crust-less Gluten-Free Pecan Pie**

- 1 cup granulated sugar
- 1 cup light corn syrup
- 6 eggs
- 2 tbsp butter, melted
- 2 tsp vanilla
- 1 1/2 cups pecans

Mix all ingredients in greased pie plate. Bake in a preheated 325-degree F, oven for 45 minutes.