



The Ultimate Holiday Cookbook

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HEALTHY MEAL PLANNING SOLVED

35
Recipes Worth
Celebrating

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STARTERS

Roasted Cauliflower & Garlic Dip with Crudités

SERVES 10. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR.*

*PLUS COOLING TIME.

Roasting the cauliflower until lightly browned helps give the resulting dip more roasty, toasty notes. For the crudité, feel free to shake things up – try tomatoes, bell pepper strips, endive leaves, broccoli and even green beans.

- 1 2-lb** head cauliflower, cut into 1-inch pieces
- 1** yellow onion, cut into 1-inch chunks
- 12 cloves** garlic
- 1 tsp** sea salt + additional to taste
- 1 tsp** ground black pepper + additional to taste
- 2 tbsp** olive oil, divided
- 1 tbsp** fresh lemon juice
- 2 tbsp** chopped fresh flat-leaf parsley
- 2** carrots, cut into sticks
- 3 stalks** celery, cut into sticks
- 1 large** turnip, cut into sticks
- 10** radishes, trimmed

1. UP TO 3 DAYS IN ADVANCE:

Preheat oven to 400°F. In a large bowl, combine cauliflower, onion, garlic, salt, pepper and 1 tbsp oil. Transfer to a large rimmed baking sheet and bake until very tender and lightly browned, about 30 minutes. Set aside to cool.

2. Transfer cauliflower mixture to a food processor (removing garlic peels). Add lemon juice and remaining 1 tbsp oil and process to purée. Transfer to a medium bowl and add parsley and additional salt and pepper to taste. Transfer to a serving dish, cover and set aside in the refrigerator.

3. Arrange carrots, celery, turnip and radishes on a platter; cover and set aside in the refrigerator.

4. ON THE DAY OF: Serve dip and crudité.

PER SERVING (3½ tbsp dip and 6 to 8 pieces crudité): Calories: 56, Total Fat: 3 g, Sat. Fat: 0 g, Carbs: 7 g, Fiber: 2 g, Sugars: 3 g, Protein: 1.5 g, Sodium: 236 mg, Cholesterol: 0 mg

Make this app up to 3 days in advance.



Herbed Stuffed Mushrooms

SERVES 10. HANDS-ON TIME: 50 MINUTES. TOTAL TIME: 1 HOUR, 20 MINUTES.

These mushrooms are classically elegant yet modernized with a crunchy panko topping and plenty of fresh herbs. To switch things up, try basil, rosemary or sage instead of the oregano.

- 24** large white or brown mushrooms (2 to 2½ inches across), or a combination
- 3 tbsp** olive oil, divided
- 2** shallots, finely chopped
- 9 tbsp** whole-wheat panko bread crumbs, divided
- 1** large egg white, lightly beaten
- ½ tsp** chopped fresh chives + additional for garnish
- ½ tsp** chopped fresh oregano + whole leaves for garnish
- ½ tsp** chopped fresh flat-leaf parsley + whole leaves for garnish
- 1 tsp** sea salt
- ½ tsp** ground black pepper

1. Carefully pull stems from 20 mushroom caps and set caps aside. Finely chop stems and 4 remaining mushrooms. In a medium skillet on medium, heat 2 tbsp oil. Add chopped mushrooms and cook, stirring occasionally, until liquid has evaporated, 3 to 4 minutes. Add shallots and cook, stirring occasionally, until shallots are tender, about 3 minutes. Transfer to a medium bowl and stir in 6 tbsp panko. Set aside to cool slightly.

2. Meanwhile, preheat oven to 350°F. Mist a large rimmed baking sheet with cooking spray and arrange mushroom caps on top, stem side up.

3. Into chopped mushroom mixture, stir egg, chives, oregano, parsley, salt and pepper. Spoon mixture into mushroom caps, slightly mounding over top. In a small bowl, combine remaining 1 tbsp oil and 3 tbsp panko, then use mixture to top mushrooms. Bake until mushrooms are tender and topping is browned, about 30 minutes.

4. Let cool slightly, then arrange mushrooms on a serving platter and garnish some with chopped chives, some with oregano leaves and some with parsley leaves. Serve warm.

PER SERVING (2 mushrooms):

Calories: 71, Total Fat: 4.5 g, Sat. Fat: 0.5 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 1 g, Carbs: 6 g, Fiber: 1 g, Sugars: 2 g, Protein: 3 g, Sodium: 206 mg, Cholesterol: 0 mg





Make this soup up to 1 month in advance.

Parsnip Soup with Shaved Parmesan

SERVES 10. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 50 MINUTES.*

*PLUS COOLING TIME.

Soup is great for holiday entertaining because it can be prepared days or even weeks in advance then simply reheated before serving. This one, featuring sweet, nutty parsnips, has rich fall flavors and is especially easy to make.

- ¼ cup** (½ stick) organic unsalted butter
- 1 lb** parsnips, peeled and cut into ½-inch dice
- 1 lb** Russet potatoes, peeled and cut into ½-inch dice
- 1** yellow onion, cut into ½-inch dice
- 1 tbsp** chopped fresh sage + small sprigs for garnish
- 5 cups** low-sodium chicken or vegetable broth
- 1 tbsp** fresh lemon juice
- sea salt and ground black pepper, to taste
- 1 oz** freshly shaved Parmesan cheese

1. UP TO 1 MONTH IN ADVANCE:

In a large saucepan or small stockpot on medium, melt butter. Add parsnips and cook, stirring occasionally, until lightly browned, 7 to 10 minutes. Stir in potatoes, onion and 1 tbsp chopped sage and cook, stirring occasionally, until onion is very soft and mixture is beginning to brown, 8 to 10 minutes.

2. Add broth, scraping up any browned bits from the bottom of the pot, and bring to a boil. Reduce to a simmer and cook until vegetables are very soft, 6 to 8 minutes. Remove from heat and set aside to cool.

3. Using a stand or immersion blender or a food processor, purée soup, in batches if necessary. Stir in lemon juice and salt and pepper to taste. Transfer to a container, cool, then cover and refrigerate. (**NOTE:** If preparing more than 3 days in advance, freeze soup; transfer to the refrigerator to thaw 2 to 3 days in advance.)

4. ON THE DAY OF: Transfer soup to a large saucepan or small stockpot and bring to a gentle boil on medium, stirring occasionally. Serve garnished with remaining sage sprigs and cheese.

PER SERVING (¾ cup): Calories: 138, Total Fat: 6 g, Sat. Fat: 3.5 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 0 g, Carbs: 17.5 g, Fiber: 3 g, Sugars: 3 g, Protein: 4.5 g,



Make all the salad elements up to 1 day in advance.

Watercress, Radicchio & Apple Salad with Mustard Seed Vinaigrette

SERVES 10. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

This salad is bright, slightly sweet, pleasantly bitter and even a touch spicy – all in all, a great accompaniment to the rich flavors of roasted turkey.

2 large	bunches watercress, thick stems trimmed (about 6 cups)	¼ cup	+ 2 tsp apple cider vinegar, divided
2 large	heads endive, cut crosswise into ½-inch pieces	1 tbsp	yellow mustard seeds
1 head	radicchio, cut into wedges, cored and cut into ¼-inch strips	½ tsp	Dijon mustard
1	sweet-tart apple, such as Fuji or McIntosh, quartered, cored and thinly sliced	1	shallot, minced
		⅓ cup	olive oil
			sea salt and ground black pepper, to taste
		½ cup	crumbled feta cheese

1. UP TO 1 DAY IN ADVANCE: In a large bowl, combine watercress, endive and radicchio. Arrange a damp paper towel over the top then cover and set aside in the refrigerator. In a medium bowl, combine apple, 2 tsp vinegar and 1 cup water, tossing to coat apple slices. Drain, cover and set aside in the refrigerator.

2. In a small skillet on medium, toast mustard seeds, swirling occasionally, until they begin to pop, about 3 minutes. Transfer to a small plate or bowl and set aside to cool slightly.

3. In a small bowl, combine mustard seeds, mustard, shallot and remaining ¼ cup vinegar. Whisk in oil and salt and pepper to taste. Cover and set aside in the refrigerator.

4. ON THE DAY OF: Toss radicchio mixture with dressing to taste and arrange on plates or a platter. Top with apples, cheese and any remaining dressing.

PER SERVING (1½ cups): Calories: 112, Total Fat: 9 g, Sat. Fat: 2 g, Monounsaturated Fat: 5.5 g, Polyunsaturated Fat: 1 g, Carbs: 6 g, Fiber: 1 g, Sugars: 3 g, Protein: 2 g, Sodium: 125 mg, Cholesterol: 7 mg

MAINS



Prep turkey and make gravy up to 2 days in advance.

Roast Turkey
with Mega Herb Butter
& Make-Ahead Gravy
SEE RECIPE ON NEXT PAGE.

Roast Turkey with Mega Herb Butter & Make-Ahead Gravy

SERVES 10. HANDS-ON TIME: 1 HOUR. TOTAL TIME: ABOUT 5 HOURS, 25 MINUTES.*

*PLUS TIME TO BRING TURKEY TO ROOM TEMPERATURE.

An array of fragrant fresh herbs and a healthy amount of butter infuse a mega dose of flavor into this centerpiece dish. If you like, you can skip making the turkey stock for the gravy (Step 2) – just substitute an additional 1½ cups of store-bought low-sodium chicken or turkey broth.

TURKEY

- 2 tbsp** each fresh basil, oregano and sage
- 1 tbsp** each fresh rosemary and thyme
zest of 2 lemons
- ¼ cup** (½ stick) organic unsalted butter, room temperature
(TRY: Horizon Organic Unsalted Butter)
- 1 tsp** ground black pepper
- ¾ tsp** sea salt
- 1** 10- to 12-lb turkey, thawed, neck and giblets reserved for gravy (discard liver)
- 1 cup** low-sodium chicken or turkey broth, or as needed

GRAVY

- 1** yellow onion, halved through root
- 1** carrot, cut into chunks
- 1** stalk celery, cut into chunks
- 3** sprigs fresh thyme
- 1** bay leaf
- 6** peppercorns
- ¼ cup** (½ stick) organic unsalted butter
- 6 tbsp** white whole-wheat flour
low-sodium chicken or turkey broth, as needed
sea salt and ground black pepper, to taste

1. UP TO 2 DAYS IN ADVANCE:

Prepare turkey: In a food processor, pulse basil, oregano, sage, rosemary, thyme and lemon zest to coarsely chop. Add butter, pepper and salt and pulse to combine. Place turkey on a work surface, gently slip your fingers under skin and work in herb mixture evenly over meat. Spray a non-corrosive roasting rack and roasting pan with cooking spray. Arrange rack in pan and arrange turkey, breast side up, on rack. Tie legs together (if they aren't already) and tuck in wings. Add about 1 cup broth to pan, cover loosely and set aside in the refrigerator.

2. UP TO 2 DAYS IN ADVANCE:

Prepare gravy: In a medium saucepan, combine neck and giblets, onion, carrot, celery, thyme, bay leaf, peppercorns and 6 cups cold water. Bring to a gentle boil on low, skimming any foam. Adjust heat to maintain a gentle simmer and cook for 2 hours. Strain mixture into a container and set aside (you should have about 1½ cups; if desired, skip this step and add 1½ cups store-bought broth to the following step).

3. In a medium saucepan on medium, melt ¼ cup butter. Add flour all at once, whisking until it comes together. Continue to cook and whisk until mixture is medium-brown, 1½ to 2 minutes. Slowly add strained homemade broth, whisking constantly. If necessary, add additional broth until desired consistency is reached.

Set aside to cool to room temperature, then transfer to a container (or leave it in the saucepan), cover and set aside in the refrigerator.

4. ON THE DAY OF: Set turkey aside at room temperature for 1 hour. Meanwhile, preheat oven to 400°F.

5. Loosely cover turkey with foil and roast for 1 hour. Remove foil and baste turkey with pan juices. Continue roasting uncovered, basting every 20 to 30 minutes, until an internal thermometer inserted into thickest part of thigh and breast without touching bone reads 165°F, 2¼ to 2¾ hours total cooking time. (If pan gets dry, add more broth or water to maintain ½ to ¼ inch liquid. If any part of turkey gets too brown, cover it loosely with foil.) Transfer turkey to a cutting board and let rest, loosely covered with foil, 20 to 30 minutes.

6. Meanwhile, in a medium saucepan on medium, bring gravy to a gentle boil. Season with salt, ground pepper and roasting pan drippings to taste.

7. Remove skin and carve turkey. Serve gravy on the side.

PER SERVING (4 oz turkey and 2½ tbsp gravy): Calories: 274, Total Fat: 13 g, Sat. Fat: 6 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 2 g, Carbs: 3 g, Fiber: 1 g, Sugars: 0 g, Protein: 34 g, Sodium: 280 mg, Cholesterol: 137 mg





Fennel-Crusted Side of Salmon with Chive Yogurt Sauce

SERVES 10. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 45 MINUTES.*

*PLUS TIME TO BRING TO ROOM TEMPERATURE BEFORE COOKING.

Although perhaps not a usual staple on the holiday table, this deeply flavored salmon made with just a few ingredients is a nice, light complement to the heavier options on the menu. If you don't have a mortar and pestle to lightly crush the fennel seeds, just use them as is. Garnish with additional chives.

- 2 cups** plain whole-milk Greek yogurt (**TRY:** Stonyfield Organic Whole Milk Greek Plain Yogurt)
- ¼ cup** chopped fresh chives
- 2–3** cloves garlic, minced
- 1 tsp** sea salt + additional to taste
- 1 tsp** ground black pepper + additional to taste
- 1 3¼-lb** whole side of salmon, skinned (about 1½ inches thick at thickest part)
- 1 tbsp** olive oil
- 2 tbsp** fennel seeds, lightly crushed with a mortar and pestle
- 1** lemon, sliced, for garnish

- 1. UP TO 3 DAYS IN ADVANCE:** In a medium bowl, combine yogurt, chives, garlic and salt and pepper to taste. Transfer to a serving dish, cover and set aside in the refrigerator.
- 2. UP TO 2 DAYS IN ADVANCE:** Line a large rimmed baking sheet with parchment. Arrange salmon, skinned side down, on prepared sheet. Brush with oil and sprinkle with fennel seeds and 1 tsp each salt and pepper. Cover and set aside in the refrigerator.
- 3. ON THE DAY OF:** Set salmon aside at room temperature for 30 minutes. Meanwhile, preheat oven to 400°F. (If also making turkey, set salmon aside at room temperature about 30 minutes before turkey is done cooking.)

- 4.** Bake salmon until barely cooked through, about 25 minutes. (If also making turkey, bake salmon while turkey is resting. If also making dressing in the same oven, note that both might take a little longer to cook depending on your oven.)

- 5.** Use parchment to transfer salmon to serving platter. Cut crosswise into pieces and garnish with lemon. Serve yogurt sauce on the side or drizzle over top.

PER SERVING (5 oz salmon and about 3 tbsp yogurt sauce): Calories: 243, Total Fat: 9.5 g, Sat. Fat: 3 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 2 g, Carbs: 4 g, Fiber: 1 g, Sugars: 2 g, Protein: 34 g, Sodium: 308 mg, Cholesterol: 76 mg

Prosciutto-Wrapped Pork Loin with Cherry Cranberry Pan Sauce

SERVES 8.

HANDS-ON TIME: **50 MINUTES.**

TOTAL TIME: **2 HOURS.***

*PLUS RESTING TIME.

Infusing pork loin with zesty garlic-sage rub and wrapping it in prosciutto makes for a showstopping entrée that's super-easy to make.

- 1¾ cups** low-sodium chicken broth, divided
- ½ cup** unsweetened cranberry juice
- ½ cup** frozen sour cherries
- 1 tbsp** pure maple syrup
- 1¼ tsp** arrowroot starch
- 13-lb** boneless pork loin, fat trimmed to ⅛ inch thick
- 3 cloves** garlic
- 1 tbsp** fresh sage leaves, chopped (or 1 tsp ground sage)
- 2 tbsp** olive oil, divided
- 1½ tsp** ground black pepper
- ¾ tsp** sea salt
- 1¾ oz** sliced prosciutto

1. UP TO 3 DAYS IN ADVANCE, make the sauce: In a small saucepan, combine ½ cup broth, juice, cherries and maple syrup and bring to a boil. Reduce heat to medium-low and simmer for 3 minutes. In a small bowl, mix arrowroot with 1 tbsp water; add to sauce and simmer until thickened, 1 minute. Cool; store in an airtight container in the fridge.



2. 1 DAY IN ADVANCE, prep the pork: Place pork loin fat side up on a cutting board and poke 12 slits about ½ inch deep all over roast with the tip of a paring knife. Finely chop garlic and sage together and place in a small bowl. (If using ground sage, finely chop garlic, place in a small bowl and stir in the ground sage.) Mix in 1 tbsp oil, pepper and salt. Stuff garlic mixture into slits and rub any remaining over outside of roast. Wrap pork completely with slices of prosciutto, overlapping slightly. Tie roast with butcher's twine at ½-inch intervals. Wrap tightly in plastic and refrigerate.

3. 2 HOURS, 30 MINUTES BEFORE SERVING, remove roast from refrigerator and let stand for 1 hour; preheat oven to 400°F. In a large ovenproof skillet on medium-

high, heat remaining 1 tbsp oil. Add roast and brown on all sides, about 4 minutes total. Remove from heat, add remaining 1¼ cups broth to pan and transfer to oven. Roast until an instant-read thermometer registers 145°F in center, about 1 hour. Transfer to a serving platter, cover loosely with foil and let rest for 15 to 30 minutes.

4. 30 MINUTES BEFORE SERVING, finish sauce: Add sauce to pan used to roast pork. Bring to a simmer on medium and cook, scraping up browned bits from bottom of pan, until heated through and bubbly.

5. Cut roast into 8 slices and serve with sauce.

PER SERVING (1 slice pork and ⅓ of sauce):
 Calories: 349, Total Fat: 18 g, Sat. Fat: 5 g,
 Monounsaturated Fat: 9 g, Polyunsaturated Fat: 2 g,
 Carbs: 6 g, Fiber: 0 g, Sugars: 4 g, Protein: 40 g,
 Sodium: 417 mg, Cholesterol: 100 mg



Herb-Stuffed Turkey Breast
with Apple Cider Pan Sauce
SEE RECIPE ON NEXT PAGE.

Herb-Stuffed Turkey Breast with Apple Cider Pan Sauce

SERVES 10. HANDS-ON TIME: 1 HOUR. TOTAL TIME: 3 HOURS.

The stuffing in this rolled-up turkey breast is a lot like traditional stuffing, but instead of being in the cavity of the bird, it's in a ribbon throughout the meat. So each no-carving-necessary slice has a spiral of bready, herb-laced goodness.

- 1 tbsp** each chopped fresh marjoram, thyme and sage
- 1½ tsp** chopped fresh rosemary
- 3 1-oz** slices all-natural bacon, (no added nitrates or nitrites), cut crosswise into ¼-inch strips
- 1** large yellow onion, cut into ½-inch dice
- 2 cups** diced whole-wheat bread (½-inch dice)
- ½ cup** grated Parmesan cheese
- 1 tsp** ground black pepper, divided + additional to taste
- ¾ tsp** sea salt, divided + additional to taste
- 2 2-lb** boneless turkey breasts (2 halves, separated), skin removed
- 1 cup** low-sodium chicken broth
- 1 cup** 100% apple cider or unsweetened apple juice, divided
- 2 tbsp** arrowroot powder dissolved in 2 tbsp cold water (**TRY:** Bob's Red Mill Arrowroot Starch/Flour)

1. In a small bowl, combine marjoram, thyme, sage and rosemary. Set aside.

2. In a medium skillet on medium, add bacon and onion and cook, stirring occasionally, for 8 to 10 minutes, until onion is translucent and very soft. To a large bowl, transfer bacon-onion mixture along with cooking juices; add bread, cheese, ½ tsp pepper, ½ tsp salt and all but 1 tbsp herb mixture. Set bread mixture and remaining herb mixture aside.

3. Preheat oven to 400°F. Arrange 1 turkey breast on a work surface. Using a long, thin knife, cut almost entirely in half parallel to work surface, leaving one side attached. Repeat with remaining breast. Open both breasts like a book and arrange side by side, skinned side down, with long edges overlapping by about 2 inches. Cover with plastic wrap and pound ¾ inch thick. Arrange bread mixture on turkey, leaving a ½-inch border. Starting at one short side, roll into a log. Use kitchen string to tie at 1½- to 2-inch intervals. Sprinkle with remaining 1 tbsp herb mixture, ½ tsp pepper and ¼ tsp salt.

4. Arrange turkey, seam side down, in a roasting pan. To roasting pan, add broth and ½ cup apple cider. Transfer

to oven and immediately reduce heat to 375°F. Roast for 30 minutes.

5. Baste turkey with pan juices. Continue roasting and basting every 20 to 30 minutes, until an internal thermometer inserted into the centermost part of roll reads 165°F, 1¾ to 2¼ hours total cooking time. (**NOTE:** If pan gets dry, add broth or water to maintain ¼ inch liquid. If turkey gets too browned, loosely cover with foil.) Transfer turkey to a cutting board and let rest, loosely covered with foil, for 15 minutes.

6. Meanwhile, place roasting pan on stove top, straddled over 2 burners if necessary, and add remaining ½ cup apple cider. Bring to a boil on medium, scraping up any browned bits in the pan. Whisk in arrowroot-water mixture and cook until sauce is thickened and smooth, 30 to 60 seconds. Season with additional salt and pepper.

7. Slice turkey crosswise. Serve pan sauce on the side.

PER SERVING (6 oz meat and stuffing and 3 tbsp pan sauce): Calories: 308, Total Fat: 8 g, Sat. Fat: 2.5 g, Monounsaturated Fat: 2.5 g, Polyunsaturated Fat: 1 g, Carbs: 11 g, Fiber: 1 g, Sugars: 4 g, Protein: 46.5 g, Sodium: 514 mg, Cholesterol: 111 mg

STEP-BY-STEP TO STUFFED TURKEY BREAST



A



B



C



D

You can make this elegant brisket entirely in advance and just heat it up the day of your party!



Spiced Brisket with Shallots & Tangerines

SERVES 10. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 4 HOURS, 30 MINUTES.

Chinese five-spice powder adds a subtle hint of exotic flavor, while tangerines impart sweetness to balance out the richness of the brisket.

- 1 3-lb** flat-cut beef brisket, trimmed of fat
- 2 tsp** Chinese five-spice powder
- 1 tsp** each sea salt and ground black pepper
- 8** shallots, cut into ¼-inch slices (about 1½ cups)
- 4 small** seedless tangerines, halved and cut into ¼-inch slices (peel on)
- 1¼ cups** low-sodium beef broth
- 3 tbsp** balsamic vinegar
- 2 tbsp** arrowroot powder

1. Preheat oven to 375°F. Sprinkle brisket on both sides with five-spice, salt and pepper. Arrange brisket in a 9 x 13-inch baking pan. (**NOTE:** The side of brisket that was trimmed of fat should be facing up.) Arrange shallots and tangerines on and around brisket; bake, uncovered, for 30 minutes.

2. Meanwhile, in a measuring cup, combine broth, vinegar and arrowroot, whisking to dissolve arrowroot.

3. Remove brisket from oven and pour broth mixture into pan. Cover tightly with foil and continue baking until meat is very tender, about 3 hours. Remove brisket from oven and uncover. Let cool in pan juices for 30 minutes.

4. Transfer brisket to a cutting board and slice meat against the grain. Serve meat with tangerine-shallot sauce mixture spooned on top.

PER SERVING (2½ oz brisket and ¼ cup sauce mixture): Calories: 256, Total Fat: 6 g, Sat. Fat: 2 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 19 g, Fiber: 1 g, Sugars: 7 g, Protein: 33 g, Sodium: 307 mg, Cholesterol: 56 mg

MAKE AHEAD: Prepare up to 2 days ahead. Store sliced meat and sauce in baking pan, cover and refrigerate. Remove from refrigerator 30 to 60 minutes in advance, then reheat at 350°F for about 45 minutes before serving.

Rosemary-Roasted Turkey with Porcini Pan Sauce

SERVES 10 (WITH LEFTOVERS).

HANDS-ON TIME: 60 MINUTES.

TOTAL TIME: 4 HOURS

(PLUS MARINATING TIME).

No holiday menu is complete without the main event: a perfectly seasoned, succulent turkey. Rosemary, garlic and onion lend classic flavors to this spice rub and a porcini pan sauce provides a gorgeous, rich flavor for dipping.

¼ cup chopped fresh rosemary

2 tbsp olive oil

1 tbsp each garlic powder and onion powder

1 tsp ground black pepper, plus additional, to taste

1 10- to 12-lb turkey (thawed if frozen), neck and giblets removed

3 cups low-sodium chicken broth, divided, plus additional if needed

½ oz dried porcini mushrooms, cut or torn into ¼-inch pieces

¼ cup arrowroot powder, dissolved in ¼ cup cold water

Sea salt, to taste

1. In a medium bowl, combine rosemary, oil, garlic powder, onion powder and 1 tsp pepper. Place turkey on work surface, gently slip your fingers under the skin and work in herb mixture, distributing evenly over meat. Set turkey aside for 1 hour at room temperature, or if preparing in advance, overnight in the refrigerator. (**NOTE:** If turkey is marinating in the refrigerator, remove from fridge about 1 hour before continuing to Step Two.)



2. Preheat oven to 400°F. Arrange turkey, breast side up, on a roasting rack set in a roasting pan. Tie legs together (if they aren't already) and tuck in wings. Add about 2 cups broth to roasting pan, enough to fill pan ¼ inch deep. Loosely cover turkey with foil and roast for 1 hour.

3. Remove foil and baste turkey with pan juices. Continue roasting uncovered, basting every 20 to 30 minutes, until an internal thermometer inserted into the thickest part of the thigh (without touching the bone) registers 165°F, about 2¼ to 2¾ hours total cooking time. (**NOTE:** If pan gets dry, add water or additional broth to maintain about ¼ inch of liquid. If any part of turkey gets too brown, cover it loosely with foil.)

4. Meanwhile, in a small saucepan on medium-high, combine remaining 1 cup broth with mushrooms and bring to a boil. Remove from heat and cover; set aside.

5. Transfer turkey to a cutting board and let rest, loosely covered with foil, for 20 to 30 minutes.

6. Meanwhile, carefully pour pan drippings from roasting pan into a measuring cup and set aside to let fat separate. Add porcini mixture to roasting pan and place pan on medium heat, straddled over 2 burners if necessary. Bring to a boil, scraping up any browned bits in the pan with a spoon. Skim and discard fat from pan drippings, add remaining liquid to the roasting pan and return to a boil. Whisk in arrowroot mixture and cook until sauce thickens, 30 to 60 seconds. Add salt and additional pepper and transfer sauce to a gravy boat.

7. Carve turkey and serve with sauce on the side.

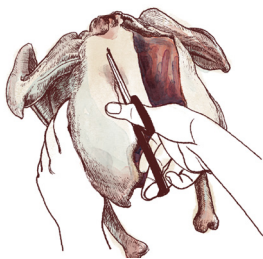
PER SERVING (4 oz turkey and ¼ cup sauce):
Calories: 196, Total Fat: 10 g, Sat. Fat: 3 g,
Monounsaturated Fat: 4 g, Polyunsaturated Fat: 2 g,
Carbs: 1 g, Fiber: 1 g, Sugars: 1 g, Protein: 24 g,
Sodium: 82 mg, Cholesterol: 77 mg

MAKE AHEAD: Prepare up to 1 day ahead through Step One. Remove turkey from refrigerator about 1 hour before proceeding, then complete preparation the day of.



Spatchcocked Dry-
Brined Turkey
with Make-Ahead Gravy
SEE RECIPE ON NEXT PAGE.

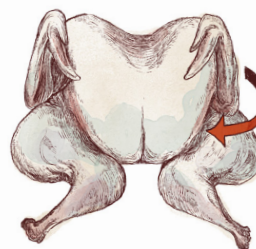
HOW TO SPATCHCOCK THE TURKEY



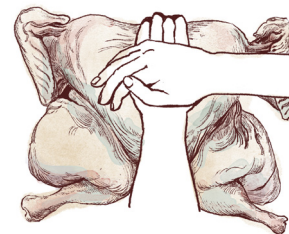
1. Place a thin towel on a surface and place a cutting board on top. Use heavy-duty kitchen shears to cut along both sides of the backbone.



2. Remove backbone. Reserve for making broth, if desired.



3. Turn the turkey breast side up.



4. Press down firmly with both hands on the breastbone until you hear it crack and the turkey flattens out.

Spatchcocked Dry-Brined Turkey with Make-Ahead Gravy

SERVES **10 WITH LEFTOVERS**. HANDS-ON TIME: **1 HOUR, 30 MINUTES**. TOTAL TIME: **4 HOURS, 30 MINUTES**.

*PLUS DRY-BRINING & RESTING TIME.

Removing the backbone from the bird (aka spatchcocking) ensures the dark and light meat cooks evenly. Do it yourself with the help of our easy instructions below, or have your butcher do it for you. The turkey is marinated with a dry brine of sage, fennel, orange zest and salt for 24 to 48 hours for juicy, flavorful meat, but you can add the rub just before roasting if you're in a rush.

GRAVY

- 3 lb** turkey parts (backbone, drumstick and/or wings)
- 2 stalks** celery, roughly chopped
- 2** carrots, roughly chopped
- 1 large** yellow onion, roughly chopped
- 1 tbsp** olive oil
- ½ cup** white whole-wheat flour
- sea salt and ground black pepper, to taste

TURKEY

- 1 12- to 13-lb** turkey, thawed*
- 2 tbsp** olive oil
- 2 tbsp** orange zest
- 1 tbsp** kosher salt
- 1 tbsp** rubbed sage
- 2 tsp** fennel seeds, toasted and ground in a mortar and pestle or spice grinder
- ½ tsp** ground black pepper

1. UP TO 3 MONTHS IN ADVANCE, prepare gravy. Preheat oven to 425°F. Place turkey parts, celery, carrots and onion on a large rimmed baking sheet; drizzle with oil and toss to coat. Roast until turkey parts are browned, 40 minutes.

2. In a large pot, combine roasted turkey parts and vegetables with 8 cups cold water. Bring to a boil then reduce heat to low and simmer for 1½ hours. Strain into a large bowl and refrigerate until completely cooled. Skim fat off the top and discard. (You will need 4 to 4½ cups for gravy; use any extra for dressing).

3. To a medium bowl, add flour and gradually whisk in 1 cup broth. Pour 3 cups broth into a saucepan. Whisk flour mixture into saucepan and bring to a simmer on medium. Reduce to low and cook, whisking frequently, until thickened, 15 minutes. Season with salt and pepper. **(MAKE-AHEAD:** The gravy can be made ahead and stored in an airtight container in the refrigerator for up to 4 days or frozen for up to 3 months. Thaw in refrigerator overnight and reheat in a small saucepan, whisking frequently, until bubbly. Cover and keep warm over low heat for up to 2 hours.)

4. 1 TO 2 DAYS IN ADVANCE, spatchcock and prepare the turkey. (See “How to Spatchcock the Turkey,” on page 18.) In a small bowl, combine oil, orange zest, salt, sage, fennel and pepper. Carefully slide your fingers under skin over breast and thigh to loosen and spread ⅔ of spice mixture on meat under the skin. Rub remaining spice mixture on outside of the bird. Set turkey on a rimmed baking sheet and tuck wing tips behind the bird. Refrigerate uncovered for 24 to 48 hours.

5. 3 HOURS BEFORE SERVING, remove turkey from refrigerator and let stand for 1 hour; preheat oven to 425°F. Set a flat roasting rack in a large baking sheet (a 12 x 14-inch baking sheet works best). Place turkey meaty side up on the rack. Roast turkey until an instant-read thermometer reads 165°F when inserted in the thickest part of the breast, about 1½ hours. **(TIP:** Calculate 7½ minutes per lb of turkey before taking out backbone.) Loosely tent the turkey with foil if it gets too brown while roasting.

6. Transfer turkey to a large cutting board, tent with foil and let rest for 20 to 30 minutes before carving. If you'd like to add the pan drippings to the gravy, remove the rack, add ½ cup broth or water to baking sheet and scrape up browned bits. Strain drippings into a gravy separator and add to gravy. (Alternatively, strain drippings into a glass measuring cup and let stand for a few minutes; spoon off fat that rises to the surface before adding to gravy.)

7. To carve, cut thigh and drumstick away from breast. Separate drumstick and thigh at the joint. Thinly slice turkey breast from breast bone. Arrange on a platter and serve with gravy.

PER SERVING (4 oz turkey and ¼ cup gravy): Calories: 267, Total Fat: 8 g, Sat. Fat: 2 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 2 g, Carbs: 3 g, Fiber: 1 g, Sugars: 0 g, Protein: 35 g, Sodium: 330 mg, Cholesterol: 123 mg

NOTE: If your turkey is frozen, thaw in the fridge before removing the backbone; calculate 24 hours thawing time per 5 lb of turkey. Don't use a prebrined or kosher turkey because the final product will be too salty.

SIDES

Sweet Potato Dressing with Gruyère & Thyme

SERVES 10.

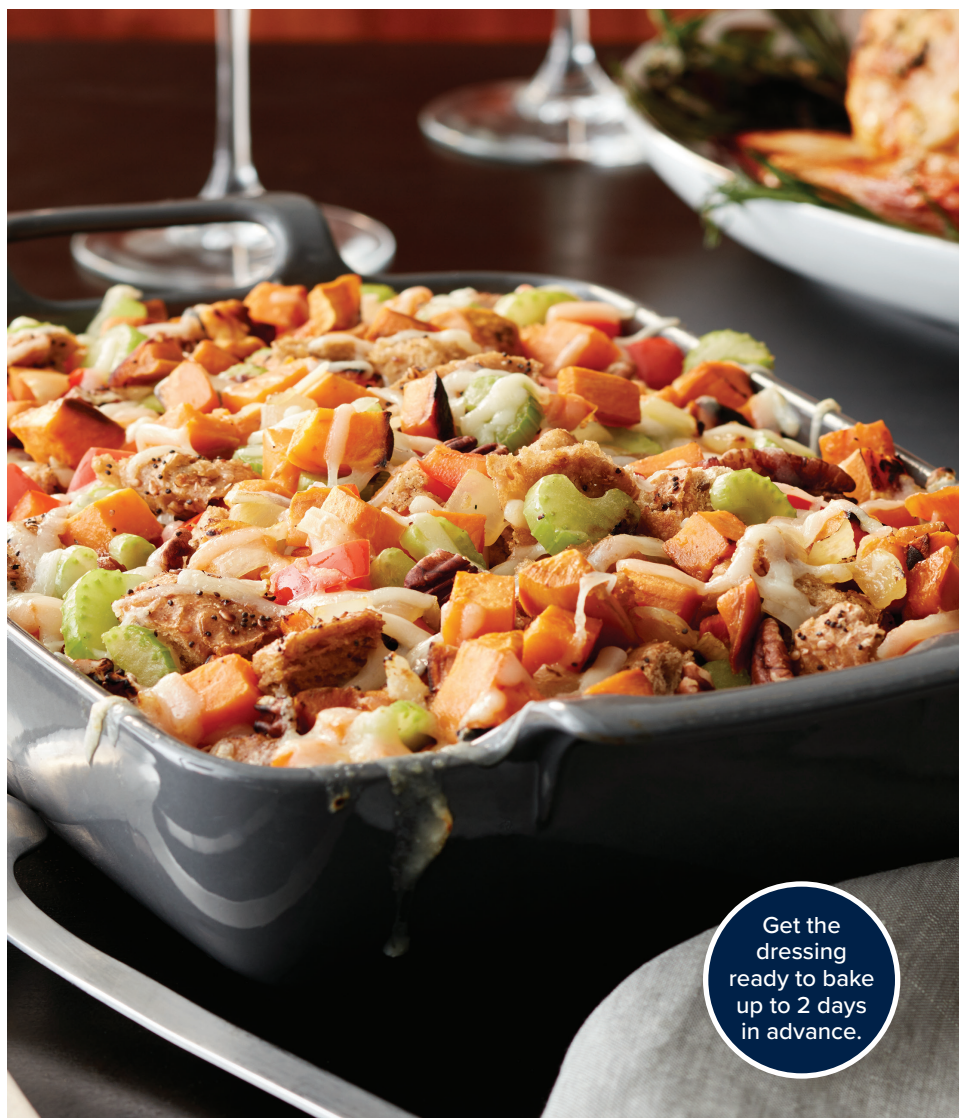
HANDS-ON TIME: 40 MINUTES.

TOTAL TIME: 1 HOUR, 40 MINUTES.*

*PLUS COOLING TIME AND TIME
TO COME TO ROOM TEMPERATURE.

Although it has a slight sweetness, mostly from the sweet potatoes themselves, this dressing has way less sugar than the traditional sweet potato casserole. Now that's something to celebrate!

- 1½ lb** sweet potatoes, cut into ¾-inch dice
- 2** stalks celery, sliced
- 1** red onion, cut into ½-inch dice
- 1** red bell pepper, cut into ½-inch dice
- 2 tbsp** olive oil
- ½ cup** shredded Gruyère cheese (about 2 oz)
- ¼ cup** chopped unsalted pecans, toasted
- 2 tbsp** pure maple syrup
- 1 tbsp** chopped fresh thyme
- ⅛ tsp** ground nutmeg
- 12 oz** whole-wheat crusty bread, cut or torn into ¾-inch pieces (about 8 cups)
- 2 cups** low-sodium chicken or vegetable broth
- sea salt and ground black pepper, to taste



Get the dressing ready to bake up to 2 days in advance.

1. UP TO 2 DAYS IN ADVANCE:

Preheat oven to 400°F. In a large bowl, combine sweet potatoes, celery, onion, bell pepper and oil. Transfer to a large rimmed baking sheet and bake until vegetables are tender, about 25 minutes. Set aside to cool to room temperature. Meanwhile, spray a 2- to 2½-qt casserole dish with cooking spray and set aside.

2. Transfer sweet potato mixture to a very large bowl and add cheese, pecans, maple syrup, thyme and nutmeg. Stir in bread, then add broth and gently stir to evenly moisten. Season with salt and black pepper. Transfer to prepared casserole dish, cover and set aside in the refrigerator.

3. ON THE DAY OF: About 1 hour before turkey is done, set dressing aside at room temperature. When turkey is done and resting, cover dressing with foil and bake at 400°F until heated through, about 40 minutes. Uncover and bake until browned on top, about 15 minutes. (If also making salmon in the same oven, note that both might take a little longer to cook depending on your oven.)

PER SERVING (1 cup): Calories: 215, Total Fat: 8 g, Sat. Fat: 2 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 32 g, Fiber: 4 g, Sugars: 7.5 g, Protein: 7.5 g, Sodium: 285 mg, Cholesterol: 6 mg

Coconut Cardamom Sweet Potatoes

SERVES 10. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 1 HOUR, 10 MINUTES.

Your holiday table will seem incomplete without a creamy sweet potato casserole. We put a new spin on the eye-catching orange-hued spuds with coconut milk and the sweet, spicy flavors of vanilla, cardamom and cayenne. Finish it off with chopped pecans and you have a delightfully crunchy topping.

- 5** sweet potatoes (3½ to 4 lbs), peeled and cut into ¾-inch pieces
- ¾ cup** coconut milk
- 2 tsp** ground cardamom
- 1 tsp** pure vanilla extract
- ½ tsp** sea salt
- ⅛ tsp** each ground black pepper and cayenne pepper
- ⅓ cup** unsalted pecans, chopped

1. Preheat oven to 325°F. Bring a large pot of water to a boil. Add sweet potatoes, return to boiling and cook until soft, about 10 minutes. Drain and return potatoes to pot.

2. Add coconut milk, cardamom, vanilla, salt, black pepper and cayenne to potatoes. Mash with a potato masher until no lumps remain. Transfer to a 9 x 9-inch baking dish. Sprinkle pecans evenly over sweet potato mixture.

3. Bake 45 to 50 minutes, or until edges are slightly browned. Cool on a rack for 10 minutes before serving.

PER SERVING (½ cup): Calories: 100, Total Fat: 3.5 g, Sat. Fat: 1 g, Carbs: 15 g, Fiber: 2 g, Sugars: 5 g, Protein: 2 g, Sodium: 120 mg, Cholesterol: 0 mg

TIME-SAVING TIP: Sweet potatoes may be prepared through Step Two up to 2 days ahead of time. Cover and refrigerate. To heat, transfer directly from refrigerator to oven and add 10 minutes to baking time. And because the turkey also cooks at 325°F, you can slide your potatoes into the oven while the turkey is roasting!





Fennel-Scented Potato Gratin

SERVES 10. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 35 MINUTES.

Sometimes called scalloped potatoes, a potato gratin is a beautiful addition to your holiday table. This version has fennel tucked into it, adding a lovely flavor to the dish.

- 2 cups** half-and-half
- ½ cup** low-sodium chicken or vegetable broth, plus additional as needed (**TRY:** Pacific Foods Organic Low-Sodium Vegetable Broth)
- Olive oil cooking spray
- 4 lb** Russet potatoes, peeled and thinly sliced to about 1/8-inch (ideally, use a mandoline)
- 1 bulb** fennel, halved, cored and thinly sliced to about 1/8-inch (ideally, use a mandoline)
- ¾ tsp** sea salt, divided
- ½ tsp** fresh ground black pepper, divided

- 1.** Preheat oven to 375°F. In a measuring cup, combine half-and-half and broth and set aside.
- 2.** Mist a 2- to 2½-qt casserole dish with cooking spray. Add half of potatoes, arranging them in even layers of overlapping rows (it may be more than 1 layer). Add fennel in an even layer, then sprinkle with ½ tsp salt and ¼ tsp pepper. Arrange remaining potatoes on top, in even layers of overlapping rows. Pour half-and-half mixture over top of dish. Use your fingertips or a spatula to press potatoes down into liquid; potatoes should be just barely submerged. If not, add more broth. Finish with remaining ¼ tsp each salt and pepper.

- 3.** Bake for 30 minutes. Use a spatula to moisten top layer of potatoes, pressing them down into the liquid. Continue baking until liquid has absorbed, potatoes are cooked through and top is golden brown, 35 to 45 minutes.

PER SERVING (⅔ cup): Calories: 203, Total Fat: 6 g, Sat. Fat: 3.5 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 0 g, Carbs: 34 g, Fiber: 3 g, Sugars: 5 g, Protein: 5 g, Sodium: 187 mg, Cholesterol: 18 mg



Maple-Glazed Carrots

SERVES 10. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 30 MINUTES.

Sweet, tender carrots make a perfect side for turkey or brisket. Try using colorful heirloom carrots, as shown here, to add an extra punch of color to this vibrant dish.

- 2 tbsp** olive oil
- 2 lb** carrots, peeled and cut diagonally into ¼-inch slices (about 6½ cups)
- ½ cup** low-sodium vegetable or chicken broth
- ½ tsp** sea salt, plus additional, to taste
- 2 tbsp** pure maple syrup
- 1 tbsp** organic unsalted butter
- 1½ tsp** chopped fresh flat-leaf parsley

1. In a 12- to 14-inch skillet on medium-high, heat oil. Add carrots and cook, stirring occasionally, until lightly browned and crisp-tender, about 8 minutes. Stir in broth and ½ tsp salt, scraping up any browned bits in the skillet with a spoon, and bring to a boil. Reduce to a simmer, cover and cook until carrots are tender, about 5 minutes.

2. Uncover, increase heat to medium-high and cook until liquid has almost entirely evaporated, 1 to 2 minutes. Remove from heat and stir in maple syrup and butter, stirring until butter melts. Season with additional salt, to taste, and sprinkle with parsley.

PER SERVING (½ cup): Calories: 84, Total Fat: 4 g, Sat. Fat: 1 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 12 g, Fiber: 3 g, Sugars: 7 g, Protein: 1 g, Sodium: 166 mg, Cholesterol: 3 mg

MAKE AHEAD: Prepare all ingredients, except parsley, up to 1 day ahead, storing perishables in the fridge. Prepare parsley within a few hours of serving and prepare recipe within 1 hour of serving.



Sour Cream & Chive Mashed Potatoes

SERVES 10. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 40 MINUTES.

Picture your favorite baked potato topped with velvety sour cream and fresh chives – we’ve taken those great flavors and infused them into family-style mashed potatoes. Try them alongside our turkey or brisket, or as a quick-and-easy side for any time of year.

- 2½ lb** Russet potatoes, peeled or peel on, cut into 1½-inch chunks
- 1 cup** sour cream, room temperature
- ½ cup** whole milk, room temperature
- ½ tsp** sea salt, plus additional, to taste
- ¼ cup** chopped fresh chives

1. In a large saucepan, add potatoes and cover by 1 inch with cold water; bring to a boil. Continue to boil until potatoes are very tender, 15 to 18 minutes.

2. Drain potatoes and return mixture to pot. Add sour cream, milk and ½ tsp salt and mash with a potato masher to desired consistency. Stir in chives and additional salt, if desired.

PER SERVING (⅔ cup): Calories: 139, Total Fat: 4 g, Sat. Fat: 3 g, Monounsaturated Fat: 0.5 g, Polyunsaturated Fat: 0.5 g, Carbs: 22 g, Fiber: 2 g, Sugars: 2 g, Protein: 4 g, Sodium: 115 mg, Cholesterol: 17 mg

MAKE AHEAD: Prepare ingredients up to 1 day ahead, storing perishables covered in the fridge (store the potatoes in a container of water, covered, in the fridge). Prepare recipe within 1 hour of serving.

Vanilla-Glazed Sweet Potato Wedges with Candied Pecans

SERVES 10.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 1 HOUR, 15 MINUTES.*

*PLUS COOLING TIME.

Sweet potato wedges glazed with maple and vanilla are a healthier take on the traditional sticky-sweet marshmallow-topped casseroles. The sweet potatoes can be roasted up to a day in advance and reheated with the glaze just before serving. Spice-roasted pecans add crunch, but they are optional.



PECANS

- 1½ tbsp** pure maple syrup
- 1 tbsp** organic unsalted butter, melted
- 1 tsp** chopped fresh rosemary
- ¼ tsp** each sea salt and ground black pepper
- 2 pinches** ground cayenne pepper
- 1 cup** raw unsalted pecans

SWEET POTATOES & GLAZE

- 3 lb** sweet potatoes, halved lengthwise and cut into 2-inch-thick wedges
- 2 tbsp** olive oil
- ½ tsp** sea salt
- ¼ tsp** ground black pepper
- ¼ cup** pure maple syrup
- 1 tbsp** organic unsalted butter
- 1 tsp** chopped fresh rosemary
- ½** vanilla bean

1. UP TO 3 DAYS IN ADVANCE, prepare pecans: Preheat oven to 350°F. In a small saucepan on medium, heat maple syrup, butter, rosemary, salt, pepper and cayenne, stirring, until butter melts. Place pecans on a parchment-lined baking sheet and drizzle with butter mixture; toss to combine. Bake, stirring once, until pecans are toasted and sugar has caramelized, about 10 minutes. Cool completely, chop and store at room temperature in an airtight container for up to 3 days.

2. 1 DAY IN ADVANCE, bake sweet potato wedges: Preheat oven to 425°F. Arrange sweet potatoes skin side down on a parchment-lined baking sheet. Brush with oil and sprinkle with salt and pepper. Bake until tender, 35 minutes. Cool completely and store in an airtight container in a single layer in the refrigerator.

3. 2 HOURS BEFORE SERVING, remove sweet potatoes from refrigerator and arrange, skin side down, on a parchment-lined baking sheet; set aside. About 45 minutes before serving, preheat oven to 425°F.

4. 10 MINUTES BEFORE SERVING, glaze and reheat potatoes. In a small bowl, combine maple syrup, butter and rosemary. Split vanilla bean lengthwise, scrape out seeds and add to maple syrup mixture. Brush sweet potatoes with maple mixture. Bake until heated through and glaze is bubbly, about 10 minutes. Transfer sweet potatoes to a serving dish and sprinkle with pecans.

PER SERVING (2 to 3 wedges and 1½ tbsp nuts): Calories: 257, Total Fat: 12 g, Sat. Fat: 2.5 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 2.5 g, Carbs: 36 g, Fiber: 5 g, Sugars: 13 g, Protein: 3 g, Sodium: 250 mg, Cholesterol: 6 mg



Sourdough Dressing with Turkey Sausage, Walnuts & Pomegranate

SERVES 10. HANDS-ON TIME: 40 MINUTES. TOTAL TIME: 3 HOUR, 40 MINUTES.

*PLUS STANDING TIME.

This rich sausage and walnut dressing freezes well and it can be cooked in a slow cooker, freeing up oven and stovetop space. The slow, even heat of a slow cooker yields moist stuffing with crispy edges.

12 oz	whole-wheat sourdough bread	1 to 1½ cups	homemade turkey broth (see page 46) or low-sodium chicken broth, or as needed
2 tbsp	olive oil, divided	⅓ cup	unsalted walnuts, toasted and roughly chopped
1 lb	raw sage turkey or chicken sausages, casings removed	¼ cup	chopped fresh parsley
1	yellow onion, chopped	¼ cup	pomegranate arils
3 stalks	celery, thinly sliced		
2 tsp	poultry seasoning or ground sage		

1. UP TO 1 MONTH IN ADVANCE, make stuffing and refrigerate (or freeze). Tear bread into ¾-inch pieces (you should have about 12 cups) and arrange in a single layer on a baking sheet. Let stand uncovered at room temperature for 2 days.

2. In a large sauté pan on medium, heat 1 tbsp oil. Add sausage and cook, breaking up meat with a spatula, until browned and cooked through, 8 minutes. Place in a large bowl and add stale bread.

3. Heat remaining 1 tbsp oil in same pan on medium. Add onion, celery and poultry seasoning and sauté until onion is translucent, about 6 minutes. Add 1 cup broth and bring to a simmer, scraping up browned bits on bottom of pan. Pour vegetable mixture over bread and sausage. Add walnuts and parsley and mix well. Add additional broth, if needed, to moisten stuffing.

4. Cool completely and transfer to a large airtight container or zip-top freezer bags. Refrigerate for up to 3 days, or freeze for up to 1 month. (If the dressing is frozen, 2 days before baking, place it in the refrigerator to thaw, stirring occasionally so it thaws evenly.)

5. 3 TO 4 HOURS BEFORE SERVING, cook stuffing: Mist a slow cooker with cooking spray and add stuffing. Cover and cook on low for 3 to 4 hours. (Alternatively, place stuffing in an oven-safe baking dish 35 minutes before serving. Bake in a 425°F oven, covered with foil, for 20 minutes. Remove foil and continue baking until crispy on top, 15 minutes.) Sprinkle with pomegranate arils before serving.

PER SERVING (½ cup): Calories: 231, Total at: 11 g, Sat. Fat: 2 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 4 g, Carbs: 22 g, Fiber: 3 g, Sugars: 3 g, Protein: 13 g, Sodium: 410 mg, Cholesterol: 34 mg



Whole Roasted Cauliflower

with Pomegranate Tahini Sauce, Raisins & Hazelnuts

SERVES 4 TO 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 1 HOUR, 10 MINUTES.

This showstopping cauliflower dish is smothered in a crowd-pleasing tahini sauce. Crunchy nuts, sweet raisins and fresh herbs lend even more taste and texture to this incredibly delicious side or vegetarian main.

1 head	cauliflower, green leaves trimmed, bottom sliced flat so cauliflower can stand upright	1 clove	garlic, minced
1 tbsp	olive oil	1 cup	fresh dill
½ tsp	paprika	1 cup	fresh flat-leaf parsley
1¼ tsp	sea salt, divided	¼ cup	roasted and skinned hazelnuts, roughly chopped
	ground black pepper, to taste	¼ cup	unsulfured green raisins (or dried unsweetened currants), soaked in warm water 15 minutes, drained
½ cup	tahini	⅓ cup	pomegranate seeds
3 tbsp	fresh lemon juice		
2 tbsp	pomegranate molasses		

1. Preheat oven to 425°F. Line a small baking sheet with parchment paper. In a large saucepan, place a steamer basket and a few inches of water. Bring to a boil on medium. Carefully place cauliflower in steamer basket, cover and simmer for 7 minutes.

2. Transfer cauliflower onto prepared baking sheet. In a small bowl, combine oil and paprika. Brush all over outside of cauliflower. Sprinkle with ¾ tsp salt and pepper to taste. Roast until very tender and golden brown, about 45 minutes.

3. Meanwhile, in a medium bowl, whisk tahini, lemon juice, pomegranate molasses, garlic, remaining ½ tsp salt and enough water to make a pourable sauce (start with 2 tbsp water, adding more as needed).

4. Place cauliflower on a rimmed plate or shallow bowl; arrange herbs around. Sprinkle with hazelnuts and raisins. Drizzle with sauce, reserving extra sauce for dipping. Sprinkle with pomegranate seeds.

PER SERVING (⅓ of recipe):
 Calories: 243, Total Fat: 16 g, Sat. Fat: 2 g,
 Monounsaturated Fat: 8 g, Polyunsaturated
 Fat: 5 g, Carbs: 22 g, Fiber: 5 g, Sugars: 10 g,
 Protein: 7 g, Sodium: 444 mg, Cholesterol: 0 mg



Crispy Brussels Sprouts with Sunchokes, Pecorino & Olives

SERVES 8 TO 10. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 50 MINUTES.

Roasting thin slices of Brussels sprouts makes them deliciously caramelized, while Jerusalem artichokes and green olives add buttery flavor to this unique side dish. The sprouts can be cut up to 4 days in advance, but the cooked dish is best right out of the oven.

- 1 lb** Brussels sprouts, trimmed
- 6 oz** Jerusalem artichokes, scrubbed and sliced into ¼-inch rounds (see note)
- ¼ cup** pitted Castelvetrano olives (or other green olives), halved
- 2½ tbsp** olive oil
- 2 tsp** chopped fresh thyme
- ½ tsp** sea salt
- ¼ tsp** ground black pepper
- 1 tsp** fresh lemon zest + 1½ tbsp fresh lemon juice
- ½ cup** Pecorino Romano cheese shavings

1. UP TO 4 DAYS IN ADVANCE, prep the Brussel sprouts. Cut the sprouts in half through the root end. Cut the sprouts into thin slices, about ¼ inch thick, through the root end. Store sprouts and any leaves that have fallen off in an airtight container or zip-top bag in the crisper drawer for up to 4 days. Be sure to pat dry with paper towels if the sprouts are wet from washing.

2. 1 HOUR BEFORE SERVING, toss sprouts, artichokes, olives, oil, thyme, salt and pepper together on a rimmed baking sheet and arrange in an even layer. Preheat oven to 425°F.

3. 25 MINUTES BEFORE SERVING, roast vegetables, stirring occasionally with a spatula, until leaves are tender and browned in places, about 25 minutes. Toss vegetables with lemon zest and juice and sprinkle with cheese.

NOTE: If you're slicing the Jerusalem artichokes more than 1 hour or so in advance, place the slices in a bowl with water and a squeeze of lemon juice or dash of vinegar; otherwise they'll brown. Pat them dry before roasting.

PER SERVING (½ cup): Calories: 76, Total Fat: 5 g, Sat. Fat: 0.5 g, Monounsaturated Fat: 2.5 g, Polyunsaturated Fat: 0.5 g, Carbs: 7 g, Fiber: 2 g, Sugars: 3 g, Protein: 2 g, Sodium: 206 mg, Cholesterol: 2 mg



Roasted Cauliflower with Brown Butter Sage Vinaigrette

SERVES 10. HANDS-ON TIME: 45 MINUTES. TOTAL TIME: 1 HOUR, 30 MINUTES.*

*PLUS COOLING TIME.

You can par-roast the cauliflower for this sweet-savory dish up to 3 days in advance and simply reheat before tossing the florets with the vinaigrette, cranberries and pine nuts before serving. It's an ideal do-ahead side dish for everything from pork to turkey.

¼ cup	organic unsalted butter (TRY: Horizon Organic Unsalted Butter)	2 tbsp	olive oil
2 tbsp	roughly chopped fresh sage	¾ tsp	sea salt
1	shallot, finely chopped	½ tsp	ground black pepper
2 tbsp	fresh lemon juice	⅓ cup	dried cranberries
2 tbsp	sherry or apple cider vinegar	¼ cup	toasted pine nuts
2 heads	cauliflower (2 lb total), cored and cut into 1½-inch florets		chopped fresh flat-leaf parsley, for garnish

1. UP TO 3 DAYS IN ADVANCE, make vinaigrette: In a small sauté pan on medium, add butter and sage, swirling pan frequently, until butter is golden and nutty smelling, 2 to 3 minutes. Remove from heat; add shallots, lemon juice and vinegar. Store in an airtight container in the refrigerator.

2. UP TO 1 DAY IN ADVANCE, par-bake cauliflower: Preheat oven to 425°F. On a large parchment-lined baking sheet, toss cauliflower with oil, salt and pepper and roast until just tender and golden brown in places, 35 minutes. Cool completely and store in an airtight container in the refrigerator.

3. 2 HOURS BEFORE SERVING, take cauliflower out of refrigerator and arrange on a large rimmed baking sheet; set aside. About 45 minutes before serving, preheat oven to 425°F.

4. UP TO 15 MINUTES BEFORE SERVING, reheat cauliflower and vinaigrette. Reheat cauliflower in oven until heated through and beginning to brown on edges, 10 minutes. Reheat vinaigrette in a small saucepan on medium until bubbly, 1 to 2 minutes.

5. Place cauliflower in a bowl and toss with vinaigrette and cranberries; sprinkle with pine nuts and parsley. Serve hot or at room temperature.

PER SERVING (¾ cup): Calories: 127, Total Fat: 10 g, Sat. Fat: 3.5 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 2 g, Carbs: 10 g, Fiber: 2.5 g, Sugars: 5.5 g, Protein: 2.5 g, Sodium: 200 mg, Cholesterol: 12 mg

CRANBERRY SAUCES



Cranberries

with Jalapeño & Honey

SERVES 10.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 25 MINUTES.

If you've never made cranberry sauce, you won't believe how easy it is, even a gussied up version like this one. Note that jalapeños vary in their spiciness. For a nice warming effect, use one. To spice things up, try two or three.

2½ cups fresh or frozen cranberries

½ cup raw honey

1–3 jalapeño chile peppers,
thinly sliced

¼ tsp sea salt

1. UP TO 10 DAYS IN ADVANCE:

In a medium saucepan on medium, combine cranberries, honey, jalapeños, salt and $\frac{3}{4}$ cup water and bring to a boil. Reduce to a simmer and cook, stirring occasionally, until most cranberries have burst, about 10 minutes. Transfer to a serving dish and set aside to cool to room temperature. Cover and set aside in the refrigerator.

2. ON THE DAY OF: Serve.

PER SERVING (3½ tbsp): Calories: 63,
Total Fat: 0 g, Sat. Fat: 0 g, Carbs: 17 g,
Fiber: 1 g, Sugars: 15 g, Protein: 0 g, Sodium: 49 mg,
Cholesterol: 0 mg

Make the
cranberry
sauce up to
10 days in
advance.

Grapefruit & Cranberry Sauce

SERVES 10.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 25 MINUTES.*

*PLUS CHILLING TIME.

If you've never made homemade cranberry sauce, you're in for a treat – it's amazingly easy. While many versions are enhanced with orange, switching the citrus to grapefruit keeps this one familiar yet refreshing.

$\frac{1}{2}$ seedless grapefruit,
cut into 8 to 12 chunks
(with peel)

2½ cups fresh or frozen cranberries

$\frac{3}{4}$ cup organic evaporated
cane juice (aka organic
cane sugar)

$\frac{1}{4}$ tsp sea salt

1. In a food processor, place grapefruit and pulse to coarsely chop.

2. To a medium saucepan, transfer grapefruit and add cranberries, cane juice, salt and $\frac{3}{4}$ cup water. Bring to a boil on medium, reduce to a simmer and cook, stirring occasionally, until most cranberries have burst, about 10 minutes. Transfer to a resealable container or serving dish and set aside to cool to room temperature. Refrigerate until ready to serve.

PER SERVING ($\frac{1}{4}$ cup): Calories: 81, Total Fat: 0 g, Sat. Fat: 0 g, Carbs: 21.5 g, Fiber: 2 g, Sugars: 15.5 g, Protein: 0 g, Sodium: 49 mg, Cholesterol: 0 mg





Gingered Cranberry Sauce

SERVES 10. HANDS-ON TIME: 5 MINUTES. TOTAL TIME: 20 MINUTES

(PLUS CHILLING TIME).

Ginger and allspice give depth of flavor to this classic cranberry sauce.

- 2½ cups** fresh or frozen cranberries
- ¾ cup** organic evaporated cane juice
- 2 tsp** peeled and grated fresh ginger
- ¼ tsp** sea salt
- ⅛ tsp** round allspice

In a medium saucepan on medium, combine all ingredients and ¾ cup water. Bring to a boil, then reduce to a simmer and cook, stirring occasionally, until most cranberries burst, about 10 minutes. Transfer to a resealable container or serving dish and set aside to cool to room temperature. Chill in the refrigerator until ready to serve.

PER SERVING (3 tbsp): Calories: 66, Total Fat: 0 g, Sat. Fat: 0 g, Carbs: 17.5 g, Fiber: 1 g, Sugars: 15 g, Protein: 0 g, Sodium: 49 mg, Cholesterol: 0 mg

Fiery Cranberry Sauce

SERVES 10.

HANDS-ON TIME: **15 MINUTES.**

TOTAL TIME: **15 MINUTES.**

Sweet, tart, creamy and warmly spicy, this sauce works as a side dish with meats as well as on sandwiches made with any leftovers.

- $\frac{1}{2}$ yellow onion, cut into
4 to 6 chunks
- 2 cups** fresh or frozen cranberries
(thawed if frozen)
- $\frac{1}{3}$ cup organic evaporated cane
juice (**TRY:** Wholesome
Sweeteners Organic Sugar)
- 1 tbs** fresh grated horseradish,
plus additional to taste
- $\frac{1}{3}$ cup whole-milk plain
Greek yogurt
- Sea salt and fresh ground
black pepper, to taste

In a food processor, combine onion, cranberries, cane juice and horseradish and pulse to roughly chop. Transfer to a bowl and stir in yogurt, additional horseradish, salt and pepper. Transfer to a resealable container or serving dish and set aside in the refrigerator until ready to serve.

PER SERVING ($\frac{1}{4}$ cup): Calories: 48,
Total Fat: 1 g, Sat. Fat: 0.5 g, Carbs: 10 g,
Fiber: 1 g, Sugars: 8 g, Protein: 1 g, Sodium: 27 mg,
Cholesterol: 1 mg





Lemon Cranberry Sauce

SERVES 10. HANDS-ON TIME: 5 MINUTES. TOTAL TIME: 20 MINUTES

(PLUS CHILLING TIME).

Tart with a hint of sweetness and a twist of lemon, our homemade cranberry sauce will please a crowd – the best part is that you can make it entirely in advance and garnish at the last moment.

- 1 lemon
- 2½ cups** fresh or frozen cranberries
- ¾ cup** Sucanat
- ¼ tsp** sea salt

1. Using a vegetable peeler, remove zest from half of lemon. (**NOTE:** Remove colored part only, avoiding the white pith.) Cut peel crosswise into thin slices. Save remaining lemon for another use.

2. Set aside ½ tsp lemon peel. In a medium saucepan on medium, combine remaining lemon peel, cranberries, Sucanat, ¾ cup water and salt. Bring to a boil, reduce to a simmer and cook, stirring occasionally, until most cranberries have burst, about 10 minutes. Transfer to a resealable container or serving dish and set aside to cool to room temperature. Chill in the refrigerator. Serve chilled. Before serving, garnish with reserved ½ tsp lemon peel.

MAKE AHEAD: Prepare up to 5 days ahead. Garnish just before serving

PER SERVING (3 tbsp): Calories: 73, Total Fat: 0 g, Sat. Fat: 0 g, Carbs: 18 g, Fiber: 1 g, Sugars: 16 g, Protein: 1 g, Sodium: 57 mg, Cholesterol: 0 mg

DESSERTS



Chocolate Swirl Pumpkin Pie

SERVES 12. HANDS-ON TIME: 35 MINUTES. TOTAL TIME: 2 HOURS.

Can't decide between chocolate and pumpkin pie for your holiday gathering? This dessert has both with a velvety pumpkin filling and beautiful swirls of rich, dark chocolate.

1¼ cups	whole-wheat pastry flour	3	large eggs, divided
½ cup	+ ½ tsp coconut sugar, divided	⅔ cup	whole milk
½ tsp	sea salt, divided	1 tsp	pure vanilla extract (TRY: Simply Organic Pure Vanilla Extract)
½ cup	+ 2 tbsp organic unsalted butter, cut into small pieces and chilled, divided	1 tsp	each ground cinnamon and ginger
2 tbsp	coconut oil, chilled	½ tsp	ground nutmeg
2 tbsp	fresh orange juice, chilled	3 oz	dark chocolate chips
1½ cups	unsweetened pumpkin purée	¼ cup	whipping cream (35%)
		2 tbsp	unsweetened cocoa powder

1. In a large bowl, combine flour, ½ tsp sugar and ¼ tsp salt. Using a pastry blender, cut in ½ cup butter and coconut oil until it resembles small peas. Add orange juice and 4 to 5 tsp ice water, 1 tsp at a time, mixing with a fork until dough begins to stick together. Gently gather into a ball and flatten into a disk. Wrap disk in plastic wrap; refrigerate for 30 minutes.

2. Preheat oven to 425°F. In a large bowl, whisk together pumpkin, 2 eggs, milk, vanilla, cinnamon, ginger, nutmeg and remaining ½ cup sugar and ¼ tsp salt.

3. In the top of a double boiler over barely simmering water, combine chocolate, cream, cocoa powder and remaining 2 tsp butter. Cook, stirring frequently, until chocolate has melted, 4 to 5 minutes. Remove from heat; stir in ¼ cup pumpkin mixture, 1 tsp at a time. Stir in remaining 1 egg. (**NOTE:** Adding pumpkin mixture will cool chocolate so egg will not scramble.)

4. On a lightly floured surface, roll out dough to a 12-inch circle. Transfer dough to a 10-inch pie plate, trimming to fit if necessary and crimping edges. (**TIP:** Use trimmings to patch any holes in dough.) Fill with two-thirds of pumpkin mixture. Top with chocolate mixture. Dollop remaining pumpkin mixture over chocolate and swirl with the tip of a knife.

5. Bake until pastry begins to brown, 8 to 10 minutes then reduce heat to 350°F and bake until filling is set, 45 to 55 minutes more. Cool completely before slicing. Store in an airtight container in the fridge up to 3 days.

PER SERVING (½ of pie): Calories: 299, Total Fat: 19 g, Sat. Fat: 11.5 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1.5 g, Carbs: 31 g, Fiber: 3 g, Sugars: 15 g, Protein: 5 g, Sodium: 112 mg, Cholesterol: 79 mg



Pear & Almond Crumble

SERVES 10. HANDS-ON TIME: 40 MINUTES. TOTAL TIME: 1 HOUR, 20 MINUTES.

The humble crumble gets dressed up for the holidays with almonds and almond extract in the topping and a touch of cardamom in the whipped cream. Look for pears that are ripe but not overly so – they should be tender at the stem, but not mushy.

- 3 lb** pears (6 to 8), cored and thinly sliced
- 1 tbsp** fresh lemon juice
- 6 tbsp** + ½ tsp organic evaporated cane juice (aka organic cane sugar), divided
- 1½ tbsp** arrowroot powder
- ¾ cup** whole-wheat pastry flour
- ¾ tsp** baking powder
- ½ tsp** sea salt
- ¼ cup** (½ stick) organic unsalted butter, chilled, cut into 6 or 8 pieces
- 6 tbsp** sliced unsalted almonds
- ⅛ tsp** pure almond extract
- ½ cup** heavy whipping cream (36% or more)
- ½ tsp** ground cardamom

1. Preheat oven to 375°F. In a large bowl, combine pears, lemon juice and 2 tbsp cane juice. Sprinkle arrowroot over mixture and toss until evenly distributed. Transfer mixture to a 2-qt baking dish, smoothing it into an even layer. Set aside.

2. In another large bowl, whisk together flour, baking powder, salt and ¼ cup cane juice. Use a pastry cutter, a fork or your fingertips to work butter into flour mixture, forming heavy crumbs. Stir in almonds and almond extract. Scatter topping evenly over fruit and bake until fruit juices are bubbling and topping is browned, 40 to 45 minutes. Set aside to cool slightly.

3. Meanwhile, in the bowl of a stand mixer using the whisk attachment or in a large mixing bowl using a handheld electric mixer, whip cream to very soft peaks. Add cardamom and remaining ½ tsp cane juice and whip to soft peaks.

4. Serve crumble warm or at room temperature topped with whipped cream.

PER SERVING (⅔ cup crumble and 1½ tbsp whipped cream): Calories: 246, Total Fat: 11 g, Sat. Fat: 6 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 37 g, Fiber: 5 g, Sugars: 20 g, Protein: 2.5 g, Sodium: 129 mg, Cholesterol: 26 mg



Chocolate
Peppermint
Naked Cake

SEE RECIPE ON NEXT PAGE.

Chocolate Peppermint Naked Cake

SERVES **25**. HANDS-ON TIME: **45 MINUTES**. TOTAL TIME: **1 HOUR, 30 MINUTES**.*

*PLUS COOLING TIME.

Yes, this three-tier holiday showstopper is actually called a naked cake thanks to its sheer, stripped-down frosting. Your guests might blush at the name, but you'll gain points for creating the most epic dessert at your holiday table.

CAKE

- 2½ cups** whole-wheat pastry flour
- 1 cup** organic evaporated cane juice (aka organic sugar)
- ¾ cup** cocoa powder
- 1½ tsp** baking powder
- 1 tsp** each baking soda and sea salt **⅔ cup** coconut oil
- 1 cup** whole milk
- 1 cup** brewed coffee
- 2 tsp** pure vanilla extract
- 3 large** eggs
- 3 oz** dark chocolate (75% to 85%), finely chopped

FROSTING

- 3 large** egg whites (**TIP:** Use fresh eggs with no speck of yolk in them.)
- ¾ cup** organic evaporated cane juice (aka organic sugar)
- ¾ cup** organic unsalted butter, cut into ½-inch cubes, chilled
- 1 tsp** pure vanilla extract
- ½ tsp** pure peppermint extract

OPTIONAL DECORATIONS: Berries, figs, grapes, red currants or fresh bay leaves (aka laurel leaves)

1. Preheat oven to 350°F. Grease 3 8-inch round cake pans with cooking spray; line bottoms with parchment paper. Mist parchment with cooking spray.

2. Prepare cake: In the bowl of a stand mixer, combine flour, cane juice, cocoa powder, baking powder, baking soda, salt and coconut oil. With beater attachment, beat on low until mixture resembles texture of sand, 30 to 45 seconds.

3. With mixer running, add milk, coffee and vanilla; mix until well combined, 1 minute. Stop and scrape down sides, then mix on medium-low for 1 minute. With mixer running, add eggs, one at time, and mix to incorporate. Add chocolate; beat on medium until combined.

4. Divide batter among prepared pans. Bake until a toothpick inserted in center comes out clean and sides of cake are starting to pull away from pan, 20 to 23 minutes. Let cool, 10 to 15 minutes. Remove cake from pans onto wire racks; cool completely. Peel off parchment.

5. Prepare frosting: In a medium saucepan, bring 2 inches water to a simmer. Place egg whites and cane juice into cleaned and dried bowl of stand mixer. Set over pot, making sure bottom of bowl does not touch water. Whisk until sugar is dissolved and mixture is pale yellow. Test mixture by rubbing it between two fingers; it should not be grainy.

Transfer bowl to mixer and beat on medium-high with whisk attachment until stiff peaks form and bottom of bowl has cooled to room temperature, 12 to 15 minutes. Switch to paddle attachment; add butter, one cube at a time, and mix until smooth and thick, 5 to 7 minutes. Add vanilla and peppermint extracts and beat 1 minute longer.

6. Place one cake layer on a cake stand and spread ¼ cup of icing on top, spreading to edges. Repeat with second layer and top with third layer, bottom side up, making sure layers are stacked straight. Using an offset metal spatula, thinly spread remaining frosting on top and sides of cake, allowing the cake layers to show through. Chill until serving. Before serving, top cake with optional decorations.

PER SERVING (1-inch wedge): Calories: 259, Total Fat: 14 g, Sat. Fat: 9 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 1 g, Carbs: 31 g, Fiber: 4 g, Sugars: 15 g, Protein: 4 g, Sodium: 181 mg, Cholesterol: 38 mg





Salted Caramel
Cashew
“Cheesecake”

SEE RECIPE ON NEXT PAGE.

Salted Caramel Cashew “Cheesecake”

SERVES 10 TO 12. HANDS-ON TIME: 40 MINUTES. TOTAL TIME: 40 MINUTES.

*PLUS SOAKING AND FREEZING TIME.

This dreamy dessert uses the magic of cashews to replicate the taste and richness of cream cheese. You'll end up with extra Date Caramel Sauce to serve on the side, or keep for another use (such as with pancakes the next day).

SAUCE

- 6 large** dates, pitted and soaked in 1 cup warm water for 30 minutes, soaking liquid reserved
- 3 tbsp** melted coconut oil
- 6 tbsp** raw honey
- ¼ cup** creamy raw unsalted almond or cashew butter
- 2 tsp** lucuma powder, optional
- ½ tsp** pure vanilla extract
(TRY: Simply Organic Pure Vanilla Extract)
- ¼ tsp** sea salt

CRUST

- 1 cup** raw almonds (or pecans or walnuts)
- 10** Medjool dates, pitted
- ¼ cup** unsweetened shredded coconut
- ¼ tsp** sea salt

FILLING

- 3 cups** raw cashews, soaked at least 5 hours or overnight, drained
- ⅔ cup** coconut oil, melted
(TIP: If you have a high-speed blender, no need to melt.)
- ⅔ cup** raw honey
- ½ cup** fresh orange juice
seeds from 2 whole vanilla beans (or 2 tsp pure vanilla extract)

1. Prepare sauce: To a blender, add dates, coconut oil, honey, almond butter, lucuma powder (if using), vanilla and salt plus 2 tbsp date soaking liquid; blend until completely smooth. Set aside.

2. Prepare crust: To a food processor, add almonds, dates, coconut and salt; process until mixture holds together (it should be sticky). Transfer to a 9-inch springform pan; press firmly, making sure edges are well packed and the base is even throughout.

3. Prepare filling: To a high-speed blender or food processor, add cashews, coconut oil, honey, orange juice and vanilla seeds; process on high until very smooth, 1 to 2 minutes. Pour filling mixture into crust and smooth top with a spatula. Using a spoon, drizzle caramel sauce over filling. **(NOTE:** You'll use about half the amount of caramel sauce; cover and refrigerate the rest for serving). Use the tip of a paring knife to swirl caramel sauce into filling. Place cheesecake in freezer until solid, about 4 hours. Once frozen, cover with foil to protect from freezer burn.

4. To serve, let cheesecake thaw on the counter at least 1 hour. Once thawed, keep in fridge until ready to serve. Before releasing the springform ring, run a knife between cake and sides of the pan. Serve cheesecake on its own or with reserved date caramel sauce. Store any leftovers in the fridge.

PER SERVING (½ of cake): Calories: 516, Total Fat: 35 g, Sat. Fat: 15 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 4 g, Carbs: 49 g, Fiber: 4 g, Sugars: 37 g, Protein: 9 g, Sodium: 66 mg, Cholesterol: 0 mg



LEFTOVERS



LEFTOVER DRESSING

For big flavor and juicy texture, try adding stuffing to these meatballs!

“Stuffed” Spaghetti & Meatballs

SERVES 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 40 MINUTES.

Dressing (aka stuffing) has long served as a faithful sidekick to turkey. Here, the side steals the show in traditional meatballs, lending moist texture and tons of flavor.

1 cup prepared vegetable-rich dressing (**TIP:** Try our Classic Dressing Heavy on the Veggies at cleaneating.com.)

1 lb lean ground beef

1 large egg, lightly beaten

¼ cup grated Parmesan cheese

2 cloves garlic, finely chopped

1½ tsp dried oregano

½ tsp sea salt

¼ tsp each ground black pepper and red pepper flakes

12 oz whole-grain spaghetti (**TRY:** Jovial 100% Organic Einkorn Whole Wheat Spaghetti)

3 cups low-sodium marinara sauce

½ cup chopped fresh basil

1. Preheat oven to 425°F. Line a rimmed baking sheet with parchment paper. Set aside.

2. In a food processor, pulse dressing until finely ground. Transfer to a large bowl and add beef, egg, cheese, garlic, oregano, salt, black pepper and pepper flakes. Stir or mix with hands until combined. Shape into balls about 1½ tbsps each, about 30 meatballs total. Arrange ½ inch apart on prepared sheet. Bake just until no longer pink inside, about 15 minutes.

3. Meanwhile, in a large pot, cook pasta al dente according to package directions. Drain.

4. In a saucepan, heat marinara sauce on medium-low until warmed through. With a slotted spoon, transfer meatballs to sauce, stirring gently to coat. Cover and cook for 5 minutes. Divide pasta among bowls and top with meatballs and sauce. Sprinkle with basil.

PER SERVING (½ cup pasta, ½ cup sauce, 5 meatballs): Calories: 414, Total Fat: 11 g, Sat. Fat: 4 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 2 g, Carbs: 48 g, Sugars: 7 g, Protein: 28 g, Sodium: 415 mg, Cholesterol: 82 mg

Bubble & Squeak Kale & Potato Patties

with Cucumber Raita

SERVES 6.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 40 MINUTES.

A traditional English dish, bubble and squeak was created as a way to use up Sunday's mashed potatoes along with just about any other leftover veggies. We put a healthy, Indian-inspired spin on the classic with these potato and kale patties subtly spiced with a blend of ginger and curry powder.

- 1** cucumber, seeded and finely chopped
- ½ cup** plain whole-milk Greek yogurt
- 1 tbsp** chopped fresh cilantro
- ¾ tsp** sea salt, divided
- ½ tsp** ground cumin
- Pinch** ground cayenne pepper
- 3 tbsp** coconut oil or olive oil, divided
- ½ cup** thinly sliced green onions (white and light green parts only)
- 3** cloves garlic, minced
- 1 tbsp** peeled and minced ginger
- 1 tbsp** curry powder
- 3 cups** finely chopped kale (ribs and stems discarded)
- 2 cups** packed mashed potatoes, chilled (use any leftover mashed potatoes you have on hand)
- ¼ tsp** ground black pepper
- 1** large egg, lightly beaten



LEFTOVER MASHED POTATOES Here, day-old mash forms the base of these curried vegetable cakes with a cayenne-spiked yogurt sauce for dunking.

1. Prepare raita: In a medium bowl, combine cucumber, yogurt, cilantro, ¼ tsp salt, cumin and cayenne pepper. Set aside.

2. In a large nonstick skillet on medium, heat 1 tbsp oil. Add onions, garlic, ginger and curry powder and cook, stirring, until fragrant, about 30 seconds. Increase heat to medium-high and add kale, tossing to coat. Add 1 tbsp water, cover and cook until kale is tender, about 4 minutes. Transfer to a large bowl and let cool slightly. Wipe out skillet.

3. To kale mixture, add potatoes, remaining ½ tsp salt and black pepper and stir until combined. Stir in egg. Shape mixture into 6 3- to 3½-inch-wide cakes (each about ⅓ cup).

4. In same skillet on medium-high, heat remaining 2 tbsp oil. Working in batches if necessary, add cakes and cook, turning once, until golden brown, about 3 minutes per side. Serve with raita.

PER SERVING (1 cake and ⅙ of raita):
Calories: 200, Total Fat: 13 g, Sat. Fat: 9 g,
Monounsaturated Fat: 2 g, Polyunsaturated
Fat: 1 g, Carbs: 17 g, Sugars: 3 g, Protein: 5 g,
Sodium: 487 mg, Cholesterol: 42 mg

Cranberry Pecan Streusel Muffins

MAKES 12 MUFFINS.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 30 MINUTES.

Customize these whole-grain muffins by using your choice of cranberry sauce. You'll want to make a double batch of cranberry sauce this year to make certain you have extra for these treats!

STREUSEL

- ¼ cup** white whole-wheat flour
(**TRY:** King Arthur White Whole Wheat Flour)
- 3 tbsp** organic evaporated cane juice (aka organic cane sugar)
- ½ tsp** ground cinnamon
- ¼ cup** chilled organic unsalted butter, cubed
- ½ cup** chopped raw unsalted pecans

MUFFINS

- 1 cup** white whole-wheat flour
- ¾ cup** fine stone-ground cornmeal
- ½ cup** organic evaporated cane juice (aka organic cane sugar)
- 2 tsp** baking powder
- ¾ tsp** ground cinnamon
- ¼ tsp** each sea salt and ground nutmeg
- 1** large egg, lightly beaten
- ¾ cup** buttermilk
- ¼ cup** organic unsalted butter, melted and slightly cooled
- 1¼ cups** prepared chunky cranberry sauce (**TIP:** Try our Grapefruit & Cranberry Sauce on page 55.)



LEFTOVER CRANBERRY SAUCE

These whole-grain muffins have lovely tart and sweet notes thanks to extra cranberry sauce.

- 1.** Preheat oven to 400°F. Line a 12-count muffin tin with paper liners.
- 2.** Prepare streusel: In a medium bowl, combine flour, cane juice and cinnamon. With fingers or a pastry blender, rub or cut in butter until in small (⅛-inch) pieces. Stir in pecans. Refrigerate until needed.
- 3.** Prepare muffins: In a large bowl, whisk flour, cornmeal, cane juice, baking powder, cinnamon, salt and nutmeg. With a rubber spatula, fold in

egg, buttermilk and butter just until blended. Fold in cranberry sauce; do not over-stir.

- 4.** Divide batter among wells of muffin tin. Sprinkle with streusel and bake until a toothpick inserted in center of muffins comes out clean, 15 to 20 minutes.

PER SERVING (1 muffin): Calories: 264, Total Fat: 11 g, Sat. Fat: 5 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 2 g, Carbs: 37 g, Sugars: 21 g, Protein: 4 g, Sodium: 130 mg, Cholesterol: 35 mg

Turkey Skillet Pie

with Whole-Grain
Buttermilk Biscuits

SERVES 6.

HANDS-ON TIME: **25 MINUTES.**

TOTAL TIME: **40 MINUTES.**

Trust us, this isn't your grandmother's turkey pot pie! Our easy version is made from start to finish in the same skillet, making cleanup a breeze – plus, our fluffy biscuits are a nice change-up to the traditional pastry topping. If you have green beans leftover from your holiday meal, you can use them instead of the peas.

- 2 tbsp** coconut oil or olive oil
- 3** carrots, thinly sliced into rounds
- 2** stalks celery, sliced
- 1** small yellow onion, finely chopped
- 2 to 3** cloves garlic, finely chopped
- 2½ tsp** chopped fresh rosemary
- 1½ cups** + 2 tbsp white whole-wheat flour, divided
- 2 cups** low-sodium chicken broth
- 2 cups** chopped or shredded cooked turkey (**TIP:** You can use both dark and white meat.)
- ¾ cup** frozen peas
- ¾ cup** whole milk
- ¾ tsp** sea salt, divided
- ½ tsp** ground black pepper
- 1½ tsp** baking powder
- ¼ cup** organic unsalted butter, cut into small pieces and chilled
- 2** large eggs
- ½ cup** buttermilk
- 2 tbsp** chopped fresh flat-leaf parsley



LEFTOVER TURKEY This modern take on pot pie using leftover turkey – both white and dark meat – is ready in 40 minutes!

1. Preheat oven to 425°F. In a large ovenproof skillet on medium, heat oil. Add carrots, celery and onion and cook, stirring often, until onion is softened, about 5 minutes. Add garlic and rosemary and cook, stirring, until fragrant, about 30 seconds. Reduce heat to medium-low, sprinkle 2 tbsp flour over vegetables and cook, stirring constantly, for 1 minute. Stir in broth, turkey, peas, milk, ¼ tsp salt and pepper. Bring to a simmer, stirring frequently. Reduce heat to low, cover and simmer gently until thickened and bubbly, about 5 minutes.

2. Meanwhile, in a medium bowl, whisk remaining 1½ cups flour, baking powder and remaining ½ tsp salt. Using a pastry blender, cut in butter until it is the size of small peas. In a small bowl, whisk eggs, buttermilk and parsley. Add to flour mixture and stir just until no white streaks remain; do not over-stir. Drop by ⅓ cup rounds onto turkey mixture. Transfer to oven and bake until golden brown and a toothpick inserted in center of biscuits comes out clean, about 15 minutes.

PER SERVING (1 biscuit and scant 1 cup stew): Calories: 395, Total Fat: 18 g, Sat. Fat: 11 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 2 g, Carbs: 31 g, Sugars: 6 g, Protein: 25 g, Sodium: 494 mg, Cholesterol: 135 mg



LEFTOVER TURKEY BREAST A creamy sauce made with last night's turkey yields a speedy dinner.

Turkey Tetrazzini with Broccoli & Parmesan

SERVES 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 35 MINUTES.

A handful of pantry staples and a few fresh veggies are all you need to transform leftover turkey breast into this quick and satisfying take on the classic pasta dish. Feel free to substitute chicken for the turkey if that's what you have on hand.

- 1½ tbsp** organic unsalted butter
- 2½ cups** sliced cremini mushrooms
 - 1** leek, thinly sliced (white and light green parts only)
 - 3** cloves garlic, finely chopped
- 1 tbsp** chopped fresh thyme
- ¼ cup** dry sherry, vermouth or white wine
- 2 tbsp** white whole-wheat flour
- 1½ cups** low-sodium chicken broth
- ½ cup** whipping cream (35%)
- 2 cups** chopped or shredded cooked turkey breast
- ½ tsp** each sea salt and ground black pepper
- 8 oz** whole-wheat rotini pasta
- 2½ cups** small broccoli florets
- ½ cup** grated Parmesan cheese
- 2 tsp** lemon zest + 2 tsp fresh lemon juice

1. In a large skillet on medium-high, melt butter. Add mushrooms and leek and cook, stirring often, until softened, about 4 minutes. Add garlic and thyme and cook, stirring constantly, until fragrant, about 30 seconds. Add sherry and cook, scraping up browned bits from bottom of skillet, until liquid is almost evaporated, about 1 minute.

2. Reduce heat to medium-low. Sprinkle in flour, stirring, for 1 minute. Whisk in broth and cream. Add turkey, salt and pepper. Reduce heat to low, cover and cook until thickened and bubbly, 5 minutes.

3. Meanwhile, in a large pot, cook pasta al dente according to package directions, adding broccoli during last 4 minutes of cooking. Drain and stir into turkey mixture. Stir in cheese, lemon zest and lemon juice.

PER SERVING (1⅓ cups): Calories: 378, Total Fat: 15 g, Sat. Fat: 8 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 2 g, Carbs: 37 g, Sugars: 4 g, Protein: 27 g, Sodium: 366 mg, Cholesterol: 74 mg