**THANKSGIVING RECIPES**

**Turkey**

**Gravy**

**Cranberry sauce**

**Green beans**

**“Mac-cheese”**

**Cauli garlic mashed “potatoes”**

**Pie**

**CRANBERRY-ORANGE SAUCE**

Serves 6-8

INGREDIENTS

* 1 8-oz bag cranberries
* Granular Splenda to taste – up to ¾ cup
* 1 orange

DIRECTIONS

1. Zest the orange. Bring 3/4 cup water to a boil. Add the Splenda and orange zest. Turn the heat down to low, cover, and simmer for 15 minutes.
2. While peel is simmering, [supreme](http://chefinyou.com/2010/01/how-to-supreme-fruits/) the orange and chop up the segments, making sure to reserve all of the juice.
3. Add the orange flesh and juice to the simmering water, as well as the bag of cranberries. Bring to a boil, then simmer uncovered for 10 minutes.
4. Transfer to a bowl, then chill until cold, preferably overnight.

**Spaghetti squash with ricotta, sage, pignoli, and parmesan**

[Spaghetti squash](http://www.fabulousfoods.com/index.php?option=com_resource&controller=article&category_id=224&article=19943) (and pumpkin) are much lower in carbohydrates than other winter squashes. The addition of ricotta as a binder gives the squash a smooth, velvety texture. Toasted pine nuts, sage, browned butter, garlic, and parmesan punch up the flavor, and a quick stop under the broiler gives it a crispy topping.

**SPAGHETTI SQUASH CASSEROLE**

INGREDIENTS:

* 1 medium-sized spaghetti squash (about 2 lbs)
* 1/2 Tbs unsalted butter
* 2 cloves garlic
* 1 tsp minced fresh sage leaves *(note: I used 1 tsp but it didn't seem like enough. Next time I will bump it up to 1 Tbs.)*
* 2 oz pine nuts (pignoli), toasted until fragrant and brown
* 3/4 cup whole milk ricotta
* 1-2 Tbs grated Parmesan cheese
* Salt and pepper to taste (I used about 1.5 tsp salt and lots of pepper)

DIRECTIONS:

1. Cut the spaghetti squash in half lengthwise, scoop out the seeds, and microwave on high for 6-8 minutes. Shred the flesh with a fork and then scoop it out with a big spoon into a casserole dish.
2. Heat the butter over medium heat until nut brown. Add the garlic and sage leaves, saute until garlic is straw-colored, then add to the squash.
3. Add the ricotta, pine nuts, salt, and pepper to the squash. Smooth out the top.
4. Sprinkle the top evenly with a layer of Parmesan.

Broil until the top is brown in spots.

**French Green Beans With Goat Cheese And Almonds**

Ingredients

* 1-2 tablespoons olive or vegetable oil
* 1 1/4 pounds fresh green beans, stems removed and cut on the bias into 1-inch pieces (6 cups)
* 1 teaspoon grated lemon or orange peel
* 1/2 cup sliced or slivered almonds
* Salt and pepper to taste
* 4 ounces sliced goat cheese

Preparation

1. Place oil in a wok or large skillet and heat until hot. Stir-fry the beans with the lemon peel for 6 minutes.
2. Add the almonds and stir-fry for 1-2 minutes or until beans are crisp-tender. Remove from heat.
3. Season to taste with salt and pepper.
4. Turn onto a serving platter.
5. Arrange goat cheese slices over the top and serve.

**Low carb stuffing. Seriously. (1 HOUR BAKE)**

These muffins are much like corn muffins, and form the base of the recipe. You could bake these in a loaf pan, but silicone muffin are best as you get more crunchy surface area. The stuffing itself has pancetta and leeks for added flavor, though you could substitute smoked sausage or even bacon for the former. Adding toasted hazelnuts or even oysters also adds flavor.

**LOW-CARB "CORN" MUFFINS**

Makes a dozen muffins

INGREDIENTS

* 2/3 cup coconut flour
* 1/2 cup butter (1 stick), melted
* 8 eggs
* 1/2 tsp salt
* 1/2 tsp baking powder

DIRECTIONS

1. Preheat oven to 400 degrees
2. Whisk together the coconut flour, salt, and baking powder.
3. In another bowl, beat the eggs. Whisk in the melted butter.
4. Add the coconut flour mixture to the egg/butter mixture and stir to combine.
5. Divide the batter among 12 greased muffin cups. Bake for 25 minutes or until golden brown.

**HERBED "CORNBREAD" STUFFING WITH PANCETTA AND LEEKS**

Makes about 16 individual servings

INGREDIENTS

* 1 recipe "corn" muffins (above)
* 4 Tbs unsalted butter
* 8 oz pancetta (or smoked sausage such as andouille), cut into 1/4" dice
* 1 large onion, finely chopped
* 1 leek, finely chopped
* 3 celery ribs, finely chopped
* 2 cloves garlic, minced
* 2 tsp dried thyme leaves
* 2 Tbs minced fresh parsley leaves
* 2 eggs
* 2 cups chicken broth (or 1 cup chicken broth + 1 cup cream or half-and-half for a more indulgent stuffing)
* Salt and pepper to taste

1. Cut the corn muffins into 1/2" cubes. Spread them out evenly in a single layer on a parchment paper-lined cookie sheet, including the crumbs. Bake at 250 degrees for an hour to dry out.
2. Preheat oven to 400 degrees.
3. Melt the butter in a very large skillet over medium-high heat. Add the pancetta and saute until crisp. Add the onion, leek, and celery, and saute until soft and translucent. Add the garlic and thyme and cook for a minute longer.
4. Grease a 13"x9" pan. Add the dry muffin cubes and the vegetable-pancetta mixture, including all of the butter and pan juices.
5. Beat the eggs, combine them with chicken broth, and pour over the bread mixture. Also add the parsley. Combine everything with your hands, squeezing and crumbling the bread cubes to ensure that they soak up plenty of liquid.
6. Bake, uncovered, at 400 for about an hour or until the top is browned and crisp.

*Lower-fat/lower calorie variation: For the muffins, replace all or some of the eggs with egg whites (2 egg whites or 1/4 cup liquid egg substitute per egg). Replace the butter in the "corn" muffins with 6 Tbs full-fat ricotta cheese + 2 Tbs melted butter or oil. Cut back on the butter in the stuffing to 1 or 2 Tbs, use egg whites instead of egg, and/or replace the pancetta with smoked turkey sausage. It's up to you!*

**Better than mashed potatoes**

Mashed or pureed cauliflower has a light texture, similar to whipped potatoes that you might find on top of a shepherd's pie. They're convincing enough that guests either won't know the difference, or simply won't care. I decided to liven up this recipe with roasted garlic, goat chevre, and asiago cheese.

INGREDIENTS:

* 1 head cauliflower, cut into bite-sized pieces
* 1 head garlic
* 1/2 tsp olive oil
* 3 Tbs grated asiago cheese (parmesan is a fine substitute)
* 3 Tbs crumbled chevre (soft goat cheese)
* Salt to taste

DIRECTIONS:

1. Preheat oven to 350.
2. Slice off the top of the head of garlic, drizzle on the olive oil, then wrap tightly in foil, twisting at the top. Bake for an hour and let cool.
3. Steam the cauliflower in a vegetable steamer basket until very soft and slightly overcooked, about 10 minutes, or microwave for 4-5 minutes. Let drain and cool slightly.
4. Squeeze the garlic out of the cloves, and puree with the cauliflower and remaining ingredients in the bowl of a food processor. Taste and add more salt if desired.**MOCKAFONI & CHEESE**



16 ounce bag frozen cauliflower, or 1lb fresh cauliflower

4 ounces cream cheese

2 tablespoons heavy cream or low carb milk

4 ounces cheddar cheese, shredded

2 green onions, finely chopped

1 teaspoon minced chives, optional

1/2 teaspoon salt, or to taste

1/2 teaspoon pepper, or to taste

2 ounces cheddar cheese, shredded

Cook the cauliflower until tender; drain well. In a 1 1/2 quart casserole; soften the cream cheese in the microwave about 30-40 seconds on HIGH. Whisk in the cream until smooth, then stir in 4 ounces cheddar cheese. Microwave on MEDIUM about 2-3 minutes or until the cheese is melted. Stir well until creamy and smooth, microwaving a little longer if necessary. Stir in the green onions, chives, salt and pepper. Add the cauliflower and gently fold into the cheese sauce to coat well. Adjust the seasonings if needed. Top with the remaining 2 ounces cheese and bake at 350º for 35 minutes, until bubbly and brown on top.

Makes 4-6 servings  Can be frozen

*Per 1/4 Recipe: 326 Calories; 27g Fat; 15g Protein; 8g Carbohydrate; 3g Dietary Fiber; 5g Net Carbs  Per 1/6 Recipe: 217 Calories; 18g Fat; 10g Protein; 5g Carbohydrate; 2g Dietary Fiber; 3g Net Carbs*

**Pumpkin Pie**

Ingredients [brackets are scaled up quantity, for making 1.5 as much]

* 1 - 14 oz canned pumpkin puree (not pumpkin pie mix) – or fresh  [20 oz]
* 1 Tbsp. cinnamon  [1.5]
* 1/2 tsp ground ginger  [3/4]
* ½ tsp Celtic sea salt  [3/4]
* ½ tsp grated nutmeg  [3/4]
* ¼ tsp cloves  [1/2]
* 3 eggs  [5]
* ¼ C raw honey or 2 Tbsp maple syrup (optional – adjust the sweetness to taste)  [3/8]
* 1 tsp vanilla extract  [1/2 T]
* 1 can coconut milk (full fat) [1.5 cans]

 Preparation

Pre-heat the oven to 350 degrees.

Set a pot of water on to boil (enough water to fill the baking pan as directed below).

Combine pumpkin and all spices in one bowl.

In a smaller bowl, beat the eggs lightly then whisk in the maple syrup, vanilla and coconut milk.

Whisk the egg mixture into the pumpkin mixture until well combined.

Pour the custard into 6 - 1/2 cup ramekins (small Pyrex cups). Place the ramekins in a baking pan and add enough boiling water to the dish to come up 2" high around the ramekins. Carefully place in the oven and bake for 60 - 70 minutes or until a knife inserted into the center of the custard comes out clean. (I'm pretty sure mine took a bit longer to bake, but it may be my oven!)

Serve warm or chilled. Serves 6.

**SHOPPING LIST!**

**MEAT**

Turkey

8 oz pancetta (or smoked sausage such as andouille), cut into 1/4" dice

**PRODUCE**

16 ounce bag frozen cauliflower

2 green onions, finely chopped

1 teaspoon minced chives, optional

1 head cauliflower, cut into bite-sized pieces

1 large onion, finely chopped

1 leek, finely chopped

3 celery ribs, finely chopped

2 Tbs minced fresh parsley leaves

1 medium-sized spaghetti squash (about 2 lbs)

1 tsp minced fresh sage leaves (note: I used 1 tsp but it didn't seem like enough. Next time I will bump it up to 1 Tbs.)

1 orange

1 1/4 pounds fresh green beans, stems removed and cut on the bias into 1-inch pieces (6 cups)

1 teaspoon grated lemon or orange peel

1 pie pumpkin, or 1 can pumpkin puree

**DAIRY**

4 ounces cream cheese

2 tablespoons heavy cream or low carb milk

6 ounces cheddar cheese, shredded

3 Tbs grated asiago cheese (parmesan is a fine substitute)

3 Tbs crumbled chevre (soft goat cheese)

3/4 cup whole milk ricotta

1-2 Tbs grated Parmesan cheese

13-15 eggs

4 ounces sliced goat cheese

Butter (lots)

1-2 cans coconut milk

**SPICES AND DRY STUFF**

1 8-oz bag cranberries

Olive oil

2 tsp dried thyme leaves

2 cups chicken broth (or 1 cup chicken broth + 1 cup cream or half-and-half for a more indulgent stuffing)

2 oz pine nuts (pignoli), toasted until fragrant and brown, or sunflower kernels

2/3 cup coconut flour

1/2 tsp baking powder

3/4 cup granular Splenda

1/2 cup sliced or slivered almonds

Garlic (lots)

Honey or maple syrup

Cinnamon, ginger, cloves, vanilla extract