

Give Thanks for Recipes



ENJOY THIS THANKSGIVING RECIPE PACKET AS
OUR WAY OF SAYING, "THANKS."

FROM THE HERBAL LEGACY NEWSLETTER STAFF

THANKSGIVING 2008

THANKSGIVING FARE

Spinach-Pear Salad with Mustard Vinaigrette

You'll probably want to double or triple this salad. This is one holiday item it's okay to indulge on.

- 2 pears, cored and thinly sliced
- 6-8 ounces fresh Spinach
- 3 T. distilled water
- 2 T. Apple Cider Vinegar
- 1 t. Honey
- 2 T. Extra Virgin Olive Oil
- 1 ½ t. stone-ground mustard
- ¾ t. sea salt
- ½ t. coarsely ground black pepper
- ¼ c chopped walnuts, almonds or pine nuts

Combine pear slices and spinach in a large bowl. Combine distilled water and the next 6 ingredients (everything, but the nuts), stirring with a whisk. Drizzle vinaigrette over salad, and toss gently to coat. Sprinkle with chopped nuts.

Sweet Potato Bisque

This low-calorie soup is perfect for the day after that big Thanksgiving meal. An easy and delicious way to use those leftover sweet potatoes.

Adapted from a recipe by Molly O'Neill seen in Reader's Digest November 2004

- 1 onion minced
- 1 Tablespoon olive oil
- 4 cups cooked sweet potatoes
- 2 cups vegetable broth
- 2 cups non-dairy milk
- 1 teaspoon rosemary
- Juice from one-quarter of an orange
- 1 teaspoon orange peel, minced
- Salt to taste

In a large pot, soften the onion in the oil. Add the sweet potatoes, broth, non-dairy milk and rosemary; bring to a boil and simmer for 5 minutes. Add orange peel and orange juice; purée in a food processor or blender. Add black pepper and salt to taste. Serves 8.

Wild Rice Dressing

While delicious and certainly an indulgence, this dressing is a healthier version of a holiday favorite. Mixing the oil with the onion and mushrooms before cooking keeps the oil from getting too hot.

- 4 cups distilled water plus more for soaking
- 3/4 teaspoon sea salt
- 3/4 cup long-grain brown rice
- 3/4 cup wild rice
- 1 tablespoon canola oil
- 1 small onion, chopped
- 1 pound fresh mushrooms, cleaned and sliced
- 1/2 cup finely chopped parsley
- 1 cup sliced celery
- 1/4 teaspoon crumbled sage
- 1/8 teaspoon each black pepper, dried marjoram, and dried thyme
- 1/2 cup pecan halves, broken lengthwise

Cover both varieties of rice with distilled water and soak overnight. Drain rice. Bring 4 cups of water to a boil and add 1/4 teaspoon sea salt and the rice. Lower to simmer, then cover and cook until rice is tender but still crunchy, 20 to 30 minutes.

Preheat the oven to 350° F.

In a bowl mix the chopped onions and sliced mushrooms with 1 tablespoon canola oil. Add to a large ovenproof skillet, gently heat and sauté the onion and mushrooms until the onion becomes transparent. Add the parsley, celery, cooked rice, seasonings, and pecans. Stir to mix, then cover and bake for 15 minutes.

Sesame Garlic Green Beans Almandine

Try something different this year; the sesame oil adds a slight Asian flair to this recipe. And don't hold back; add even more garlic for lots of flavor.

- 2 lbs. fresh green beans
- 2-4 cloves crushed garlic
- 5-10 almonds, sliced
- 2 tbsp. sesame oil

Wash green beans. Cut off ends. Lightly steam. Mix almonds, crushed garlic and sesame oil. Then, in a separate bowl, toss green beans in this mixture to coat. Add sea salt to taste.

Quinoa Stuffing

Quinoa (pronounced "keenwa") is a healthy grain found at most health food stores and some supermarkets. Submitted by Herbal Legacy Newsletter Reader Tandi Hartle of The Peaceful Kitchen

- 2 c. vegetable broth
- 1 c. quinoa

Rinse the quinoa, bring broth to a boil, add quinoa and cover reduce to low/med heat. Simmer 15 minutes or until broth is completely absorbed. While quinoa is cooking sauté in a skillet:

- 3/4 c. butternut squash finely diced
- 3/4 c. zucchini diced
- 1/3 c. celery finely chopped
- 1/3 c. onion diced
- 2 tsp. Thyme
- 1 t. rosemary
- 1 tsp. Salt
- 1/2 tsp. Sage
- 1/4 tsp. Nutmeg
- 1/4 tsp. Pepper
- 1/4 c. vegetable broth

Sautee the vegetables until broth is gone and then add quinoa and spices and add another 1/4 c. vegetable broth and sauté until vegetables are soft and quinoa becomes very soft. Serve.

Brown Gravy

Serve with Nut Roast and Garlic Mashed Potatoes -from www.godairyfree.org

- 2 cups of vegetable broth
- 1 tablespoon nutritional yeast
- 1 tablespoon *Tamari
- 1/4 cup oil, olive is best
- 1/4 cup flour, whole wheat or garbanzo flour

Heat oil in a frying pan, add the flour. Stir with a whisk until bubbling. Add broth a little at a time until the desired consistency. Add the yeast and tamari and stir well. If using garbanzo flour, add a little sweet basil for an unusual but satisfying taste.

*tamari is similar to soy sauce.

Nut Roast

Tasty and satisfying. You won't even miss the turkey!

- 1 Medium Sized Onion
- 2 TBSP Olive Oil
- 1 ½ Cups Mixed Nuts
- 4 Slices Whole Wheat Bread
- 1 Cup Water
- 2 TBSP Nutri-Soup
- 1 tsp Mixed Herbs (Summer Savory)
- Salt & Pepper to taste

Chop onions and sauté in oil until transparent. Grind nuts and bread in a blender or food processor until quite fine. Heat water and add Nutri-Soup. Combine all of the ingredients together and mix well. Turn into a greased shallow baking dish, level the surface, sprinkle with a few breadcrumbs, and bake at 350° for 30 minutes, or until golden brown.

Tasty Garlic Mashed Potatoes

- 3 1/2 pounds russet potatoes
- 2 cups soymilk or other non-dairy milk
- 6 cloves garlic, crushed
- 2 tablespoons sea salt
- Freshly Ground Pepper
- 2-3 T. Chopped parsley
- Extra Virgin Olive Oil

Scrub (don't peel) and dice potatoes, making sure all are relatively the same size. Place in a large saucepan and cover with distilled water. Bring to a boil over medium-high heat and then reduce heat to maintain a rolling boil. Cook until potatoes fall apart when poked with a fork.

Remove the potatoes from the heat and drain off the water. Mash and add the raw garlic and soy milk, salt and pepper; stir to combine. Let stand for 5 minutes. Drizzle with Olive Oil and chopped parsley. Serve.

IN AWE OF RAW

Raw Gravy

By Valya and Sergie Boutenko of "Eating without Heating" www.rawfamily.com

This is a wonderful substitute for gravy during the holiday seasons. Serve with the following raw mashed "potato" recipe

- 2 Cups Pecans, soaked
- 2 Cups Water
- 1/2 Cup dehydrated onion
- 1 Tablespoon poultry seasoning
- 2 Tablespoons Extra Virgin Olive Oil
- Sea Salt to taste

Blend the ingredients thoroughly to a gravy consistency.

Mashed Taters

Shake things up a bit this year, try these raw mashed "potatoes".

from "Rainbow Green Live Food Cuisine"

- 2 Cups Cauliflower
- 1/4 Cup Pine Nuts
- 1/2 Cup Pecans
- 1 Cup Macadamia nuts
- 3 Tablespoons olive oil
- 2 Tablespoons Italian Seasoning
- 3/4 Tablespoons garlic
- 1 teaspoon salt
- Fresh ground pepper to taste

Process nuts in a food processor with the "S" blade until they become smooth and creamy. Add in remaining ingredients and continue to process until it is smooth. Top with gravy.

Cranberry Lemonade

Double the recipe and serve in a punch bowl, the whole cranberries will look festive as they float at the top of the bowl.

- 8 cups distilled water
- 2 cups raw Agave Nectar
- Juice of 12 Lemons or Limes
- 3 cups cranberries

Blend 2 cups of the cranberries with 2 cups of the water.

Stir together the above mixture with remaining water, Agave, lemon/lime juice, blended cranberries, and whole cranberries. Chill until ready to serve. Add more Agave to taste.

Fresh Cranberry Relish

Use this as you would a traditional Cranberry sauce.

Submitted by Herbal Legacy Newsletter Reader Shirley Rohde

- 1-2 red apples, cored/cut to chunks with skin left on
- 1 seeded orange, cut in chunks
- 1 pkg (12 oz) fresh cranberries
- 1 c. pineapple. Chunks
- 1/2 c. nuts (optional)
- 1/2 c. honey (or sweetener of choice)

Process in a food processor fitted with metal blade. Serve immediately, or cover & chill until ready to serve. This is the basic recipe and can be made much larger (doubled or tripled, etc.)

DESSERT ANYONE?

Streusel Pumpkin Pie

It's always fun to try a variation of an old favorite. A stand alone dessert, try serving this instead of a traditional pumpkin pie this year.

Topping:

- ¼ cup packed sucanat
- ¼ cup old fashioned oats
- 1 T. canola or light extra virgin olive oil

Mix together.

Pie:

- 2 cups pumpkin puree
- 1 ½ cups Soy Milk
- ½ cup applesauce or mashed banana
- 1/3 cup Agave
- ½ cup whole wheat flour
- 1 ½ t. pumpkin pie spice
- ¼ t. baking soda
- 1 t. Apple cider Vinegar
- 2 t. grated orange peel

Heat oven to 350. Spray pie plate, 10 x 1 ½ inches, with cooking spray. Prepare topping, set aside.

Place remaining ingredients in blender or food processor in order listed. Cover and blend on medium speed until smooth. Pour into pie plate. Sprinkle with topping.

Bake 50-55 minutes or until knife inserted in the center comes out clean. Cool 15 minutes. Refrigerate about 4 hours or until chilled.

Delicious Holiday Apple Pie

Surprise! This scrumptious pie is raw.

Make sure you use Agave Nectar and don't substitute honey; this pie will taste better with Agave. You can find it at some grocery stores and at most health food stores. The crust will definitely be your favorite part.

- 2-3 crispy, medium apples (Gala, Fuji, something sweet)
- 1 ½ cup pecans
- 3 T. Agave Nectar
- Cinnamon
- Nutmeg

Slice apples into thin slices using a mandolin or a very sharp knife

Blend pecans in a food processor or blender. Mix in Agave nectar.

Make the crust by pressing the nut and Agave mixture into a glass pie pan, layer apples on top; lightly sprinkle each layer of apples with cinnamon and nutmeg. Repeat until you run out of apples. Before you layer the apples in the pie plate, you may choose to soak them in fresh lemon juice to keep them from browning.

Drizzle with Agave nectar and garnish with a few whole pecans. Serve.

You won't want to let this pie sit around very long before serving.