

Maria Makes Muffins

Thanksgiving 2011 Menu

The following menu is a healthful twist on a traditional Thanksgiving feast. Break away from the norm and serve your family a meal that will leave them energized, not napping on the couch. You will feel great about the food you are putting on the table knowing that it is not only healthy but delicious! Each recipe is gluten-free, most are dairy-free and can be made vegan with a few simple substitutions. This meal will serve 10-12 adults.

Spicy and Smoky Turkey Spice Rub

Roast Turkey with Herby Gravy

Cherry, Apple and Mushroom Stuffing

Spiced Cranberry and Apple Sauce

Roasted Brussels Sprouts and Pecans

Green Bean, Beet and Goat Cheese Salad

Souffléd Sweet Potato Bake

Homestyle Mashed Potatoes

Whole Grain Bread

Pumpkin Brownie Pie with Whipped Cream

Spicy and Smoky Turkey Spice Rub

Adapted from Clean Eating Magazine

A nontraditional approach to a turkey spice rub that is mildly smoky and lightly spicy. Gluten-free and dairy-free.

2 tbsp chile powder
2 tbsp ground cumin
1 ½ tbsp paprika
2 tsp dried minced garlic
2 tsp dried thyme
2 tsp sea salt
2 tsp freshly ground pepper

Combine all ingredients in a small bowl.*

**This spice rub can be combined up to five days in advance and stored in an airtight container until ready to use.*

Roast Turkey with Herby Gravy

Adapted from Clean Eating Magazine and Alton Brown

Over the years I have perfected the roasted turkey. Below I share with you my secrets to the timeless Thanksgiving favorite. Gluten-free and dairy-free.

4 organic carrots, scrubbed, cut crosswise and then into thirds*
4 ribs celery with leafy tops, cut crosswise and then into thirds*
2 onions, peeled and quartered*
1 apple, quartered and cored*
6-8 sprigs fresh thyme
4 sprigs fresh rosemary
3 sprigs fresh sage
1 cinnamon stick
2 1/2 cups chicken or vegetable stock
1/2 cup pomegranate juice, red wine or additional chicken stock
10-14 lb free range or organic turkey, defrosted and brought to room temperature
1 tbsp olive oil
2 tbsp arrowroot powder
4 tbsp water

Preheat oven to 500°.

Place 3 carrots, 3 ribs celery, 1 onion, 5 sprigs thyme, 2 sprigs rosemary and 2 sprigs sage in the bottom of a large roasting pan. Cover with stock. If possible, place the rack on top of the vegetables, arranging them so the rack is stable.

Remove and discard turkey neck and giblets. Rinse turkey with cold water and pat dry. Place on rack in roasting pan breast side up. Gently lift up skin on breast and thighs, if possible. Rub meat, under skin, with half of the spicy and smoky spice rub. Pull back skin into place. Drizzle skin with olive oil and rub skin with remaining spice rub. Fill cavity with remaining vegetables and spices. Firmly turn wings under the breast of the turkey to stabilize on rack.

Create a turkey triangle. See [this video](#) for tutorial. Fold a large piece of foil into a triangle the size of the breast of your turkey. Lightly mist with cooking spray. Gently mold the foil to the shape of your turkey breast. Set aside.

Place turkey into oven and bake at 500° for 30 minutes. Remove turkey from oven. Reset oven to 350°. Place a temperature probe into the breast and set to 161°, make sure the alert is turned on. Place turkey triangle over turkey breast and return turkey to the oven until breast reaches 161°, approximately 1-2 hours (dependent upon the size of your bird); most of my birds only take an additional

45-60 minutes of baking. For some reason, free range and organic birds take less time to cook than conventional turkeys.

Remove turkey from oven and cover with two thick towels (I use bath towels). Allow the turkey to rest on the countertop for 30 minutes before carving.

While turkey rests, prepare *herby gravy*. Pour pan drippings through a mesh sieve into a large saucepan. Add ½ cup pomegranate juice, wine or stock. Heat drippings over medium high heat. In a small bowl combine arrowroot and water with fork until no clumps remain. Pour into drippings. Bring to a boil, stirring frequently. Reduce heat to medium-low and simmer for 2 minutes, stirring constantly, until thickened. Cover and keep warm until ready to serve.

**Vegetables can be cut up one day in advance and refrigerated in a sealed container.*

Do not discard the turkey bones, leftover gravy/pan drippings and vegetable trimmings from your meal (celery tops, leek tops, carrot tops, etc.) they can be used to make delicious turkey stock!

Cherry, Apple and Mushroom Stuffing

Adapted from Clean Eating Magazine

I amped up my traditional stuffing recipe by adding dried fruit and apples and the result was delightful! Can be gluten-free, dairy-free and vegan, depending upon your bread selection.

1 (24 oz or 680g) loaf whole grain sprouted wheat or gluten-free bread, cut into ½ inch pieces (optional: remove crust from bread)
2 tbsp extra virgin olive oil
1 lb organic mushrooms, sliced into ½ inch pieces (preferably portabella or baby bella)
3 carrots, chopped
4 celery ribs, chopped
1 large leek, trimmed, halved lengthwise and chopped
2 cloves garlic, minced
1 ½ tsp dried thyme
1 tsp dried rosemary
1 tsp chile powder
1 tsp onion powder
1 tsp sea salt
¼ tsp freshly ground pepper
1 cup dried organic cherries or cranberries, unsweetened if possible
2 apples (Granny Smith, Macintosh, Cortland, Gala), cored and diced
1 cup low-sodium organic chicken stock

Preheat oven to 350°. Spray a 9x13 pan with cooking spray.

Spread cubed bread in a single layer on two rimmed baking sheets. Bake for 8-10 minutes until toasted and beginning to brown, stirring once halfway through. Remove from oven and transfer to prepared 9x13 pan.

Heat 1 tbsp olive oil in a large skillet over medium heat. Add mushrooms and cook until tender and lightly browned, stirring frequently. Add mushrooms to pan with bread.

Add remaining oil to skillet and set heat to medium-high. Add leeks, carrots and celery. Cook until vegetables are tender, 7-10 minutes. Stir in seasonings and garlic, stirring constantly for 1 minute. Pour into pan with bread and mushrooms.

Add dried cherries and apple to pan with bread and vegetables. Stir gently to combine. Pour chicken stock over the top of bread and vegetable mixture. Bread should be moist, not soggy. Cover with foil and refrigerate until the turkey is almost finished baking.*

Bring stuffing to room temperature. Bake, covered with foil, in 400° oven for 20 minutes. Uncover and bake for 10-15 minutes to brown top.

**Stuffing can be prepared up to two days in advance. Bring to room temperature before placing in oven, this will take approximately 30-45 minutes.*

Spiced Cranberry and Apple Sauce

Adapted from Clean Eating Magazine

Perfect for dipping! Matthew dipped his entire dinner into this sauce. A healthy twist on cranberry sauce featuring apples and ginger. The perfect pairing to your Holiday meal. Gluten-free, dairy-free, vegan.

12 oz cranberries, fresh or frozen and defrosted, if necessary
1 apple (Granny Smith, Macintosh, Cortland, Gala or use a pear!), cored and diced
1/3 cup raw organic honey
1/2 cup water or organic apple juice
1 1/2 tbsp finely minced fresh ginger (I used a microplane)
Zest and juice of 1/2 organic lemon
Pinch sea salt

Place all ingredients to a large saucepan and bring to a boil over medium heat. Reduce to low and simmer, stirring often, for 10-12 minutes until cranberries break down and apple softens.

Pour into serving dish or covered storage container. Cover and chill at least three hours. Sauce will thicken as it cools.*

**Cranberry sauce can be prepared up to 5 days in advance and refrigerated until ready to use. Serve at room temperature.*

Roasted Brussels Sprouts with Pecans

Inspired by Clean Eating Magazine and Ina Garten

These are to your grandmother's brussels sprouts! Even the pickiest of eaters will gobble these up. Gluten-free, dairy-free, vegan.

2 lbs Brussels sprouts, loose leaves removed stems trimmed and halved*
2 tbsp coconut oil, melted
2 tbsp apple cider vinegar
½ tsp sea salt
¼ tsp pepper
½ cup pecans
2 tbsp balsamic vinegar

Preheat oven to 400°. Mist a baking sheet with olive oil.

Place prepared Brussels sprouts on baking sheet and drizzle with coconut oil and apple cider vinegar. Sprinkle with sea salt and pepper.

Roast for 32 minutes, shaking the pan occasionally to ensure even browning.

Add pecans to pan and roast an additional 8 minutes, shaking pan at least twice during cooking to prevent burning.

Drizzle with balsamic vinegar and serve.

**Brussels sprouts can be prepared up to one day in advance and stored in the refrigerator until Thanksgiving. Complete the recipe on Thanksgiving.*

Green Bean, Beet and Goat Cheese Salad

Adapted from Clean Eating Magazine

A delicious departure from traditional green bean salad. The citrusy tang of the dressing is the perfect compliment to cool chèvre and earthy beets. This salad will leave you energized, not dragging. Gluten-free, dairy-free.

2 bunches golden or red beets with greens, scrubbed well
2 lbs green beans, washed and trimmed

3 tbsp chicken or vegetable stock
½ red onion, sliced into half circles
2 tbsp extra virgin olive oil
2 tbsp orange juice
1 tbsp apple cider vinegar
1 tbsp raw honey
¼ tsp sea salt
freshly ground black pepper
4 ounces chevre
¼ cup fresh mint

Preheat oven to 400°. Lightly mist a baking sheet with cooking spray.

Trim all but 1 inch of stem from beets. Set aside greens.

Place beets on baking sheet and cover with a sheet of parchment paper. Roast in oven for 1 hour – 1½ hours, until beets are soft and peel easily. Allow to cool. Trim stems and use your fingers or a paper towel to remove skins. Cut beets into 8 pieces. Place in a large serving bowl.

Meanwhile, bring a large pot of water to a boil. Add beans to the pot and once the water returns to a boil, cook for 3 minutes. Place in colander and run cold water over beans to chill and prevent them from cooking further. Place beans on a kitchen towel and allow to dry. Once dry, place in the large serving bowl with beets.

Thoroughly wash and dry beet greens. Remove stems and cut into bite size pieces.*

Heat chicken stock in a medium saucepan. Add beet greens and red onion. Cook until beet greens wilt. Remove from heat and allow to cool. Add to bowl with beets and green beans.

In a small bowl whisk together olive oil, orange juice, vinegar, honey, sea salt and pepper.

Gently crumble goat cheese into bowl with vegetables. Drizzle with dressing and stir to combine.

**Salad can be prepared through prep of beet greens (not cooking) up to one day in advance. Bring prepped vegetables to room temperature before completing the recipe on Thanksgiving.*

Souffléed Sweet Potato Bake

Adapted from Clean Eating Magazine

A sweet and savory baked sweet potato dish. The added whipped egg whites and light coconut milk create a texture that is reminiscent of pie, without added sugar – no marshmallows necessary! Gluten-free, dairy-free.

4 lbs sweet potatoes
1 head garlic
½ tsp extra virgin olive oil
½ cup light coconut milk
1 tbsp fresh rosemary
1 tsp cinnamon
½ tsp sea salt
freshly ground black pepper
4 fresh large egg whites
½ tsp cream of tartar

Preheat oven to 400°. Spray a baking sheet with cooking oil.

Peel away the outer layers of the garlic bulb skin, leaving the skins of the individual cloves intact. Using a knife, cut off 1/4 to a 1/2 inch from the top of the cloves, exposing all of the individual cloves of garlic. Place the trimmed head of garlic on the prepared baking sheet and lightly drizzle with ½ tsp olive oil.

Prick each sweet potato several times with a fork. Place on baking sheet with garlic. Cover all with a sheet of parchment paper. Bake for 45 minutes to one hour until cloves and sweet potato are softened.

Remove potatoes and garlic from oven and allow to cool. Once cool, pop each clove of garlic out of the papery skin. Cut sweet potatoes into 6-8 pieces. Place coconut milk, rosemary, cinnamon, sea salt, pepper, sweet potato and garlic into blender and process until pureed.*

In a separate bowl, combine egg whites and cream of tartar. Using an electric mixer, beat on high speed until stiff peaks form, 2-3 minutes. Using a spatula, gently fold half of egg white mixture into the sweet potato mixture until only a few white streaks remain. Repeat with remaining egg whites.

Coat a 9x13 pan with cooking spray. Gently add potato mixture and smooth the top with a spatula. Bake in 400° oven for 30 minutes, until top is lightly browned.

**Sweet potatoes can be prepared through pureeing up to one day in advance. On Thanksgiving, bring sweet potato mixture to room temperature and complete the recipe.*

Mashed Potatoes

Adapted from Peas and Thank You

Enjoy your mashed potatoes without the guilt. These spuds are low in saturated fat, but high in flavor. Bring on the gravy! Gluten-free.

3 lb organic Yukon gold or red potatoes, scrubbed with skins on
2 tbsp nutritional yeast
1/4 cup hummus
2 tbsp organic low-fat milk
2 tbsp organic pastured butter
Sea salt and freshly ground pepper, to taste

Cut potatoes in 1-2-inch cubes. The more uniform you cut them, the more consistently they will cook.*

When you are ready to prepare your mashed potatoes, bring a large pot of water to a boil.

Add the potatoes to the boiling water and cook until fork tender, about 20 minutes. Drain potatoes.

Add remaining ingredients to the bowl of a food processor or high-speed blender and add potatoes.

Pulse on low until smooth. It shouldn't take long to get a creamy result, as your potatoes will already be soft, so don't over-process them. Al

To keep warm: return the potatoes to the pot, cover and heat on low until ready to serve.

**Potatoes can be cut up one day in advance and stored in the refrigerator overnight covered with lightly salted water, to prevent browning. On Thanksgiving, drain the potatoes and continue with recipe.*

Whole Grain Bread

From Healthy Artisan Bread in 5 Minutes a Day

Gluten-free, dairy-free

I have been baking bread from the book, *Healthy Artisan Bread in 5 Minutes a Day*. I plan to bake a few loaves one day in advance of Thanksgiving to use in the *Cherry, Apple & Mushroom Stuffing* as well as serve alongside our meal.

[Here](#) is a link to a great gluten-free bread recipe:

<http://www.artisanbreadinfive.com/2010/01/05/gluten-free-crusty-boule>.

Pumpkin Brownie Pie

Adapted from Oh She Glows

This is one of the most decadent desserts I have ever made. The brownie is perfectly chocolatey and gooey while the pumpkin pie filling is better than traditional pumpkin pie. Gluten-free, dairy-free, vegan.

Pumpkin Pie Filling

1 cup canned pumpkin
2 tbsp arrowroot powder
1 tsp vanilla extract
¼ cup sucanat
3 tbsp unsweetened almond or soy milk
1 tsp pumpkin pie spice
1 tsp cinnamon

Combine all pumpkin pie filling ingredients together in a medium sized bowl and set aside.

Gluten-free Brownie

1 tbsp flaxseed, ground
¾ c + 2 tbsp brown rice flour
1 cup almond flour
2 tbsp arrowroot powder
½ cup cocoa powder
1 tsp cinnamon
½ tsp sea salt
¼ tsp baking soda
¼ cup + 2 tbsp earth balance
½ cup + ¼ cup dark chocolate chips (at least 70% cacao), divided
3 tbsp water
2/3 cup sucanat
¼ cup unsweetened almond or soy milk
1 tsp vanilla extract
¾ cup pecans

Preheat oven to 350°. Grease a pie plate with coconut oil.

In a medium sized bowl whisk together flaxseed, flours, arrowroot, cocoa powder, cinnamon, sea salt and baking soda.

In a microwave-safe bowl melt together earth balance and ½ cup dark chocolate, microwaving for 30-45 seconds, stirring every 15 seconds. Add water, sucanat, milk and vanilla to melted chocolate, stir to combine.

Pour wet ingredients into dry and stir until just combined. Do not overstir. Gently fold in ¼ cup dark chocolate chips.

Pour brownie batter into pie plate and press into pie plate using the back of a spatula. Pour pumpkin pie filling on top of brownie and smooth out to cover brownie. Sprinkle pecans over the top of the pumpkin pie filling.

Bake 32-38 minutes until pumpkin pie filling is browned and set.

Cool on a wire rack for 15 minutes and then transfer to fridge to cool for at least a 1 hour and 15 minutes. Best if chilled overnight.*

Bring to room temperature before serving. Top with coconut milk ice cream, homemade whipped cream or coconut milk whipped cream.

**This pie can be made up to 2 days in advance and stored in the fridge. Bring to room temperature before serving.*

Whipped Cream

Whipping your own cream is easy and inexpensive – plus you can control the amount of sugar it contains. Don't buy prepared whipped cream ever again! Gluten-free, non-dairy, vegan option noted below.

1 ½ cups organic heavy whipping cream*
1 teaspoon vanilla extract
½ tablespoon organic sugar

I use my Tribest Personal Blender. I simply place all of the ingredients in the large cup and use the flat blade. Within seconds the cream is perfectly whipped!

If you do not have a personal blender, you can use a handheld or stand mixer. In a large bowl, whip cream until stiff peaks are just about to form. Beat in vanilla and sugar until peaks form. Make sure not to over-beat, cream will then become lumpy and butter-like.

Make just before serving pie.

**For a non-dairy, vegan version, refrigerate a can of regular coconut milk, not light coconut milk, overnight. Just before serving, scoop out solidified coconut milk from the top of the water and use it in place of the heavy whipping cream. Coconut whipped cream needs to be kept cold or it will melt. Reserve coconut water for use in cooking or smoothies.*