

Recipes for Thanksgiving

Cauliflower Dressing

Ingredients

4 tbsp. butter
1 onion, chopped
2 large carrots, peeled and chopped
2 celery stalks, chopped or thinly sliced
1 small head cauliflower, chopped
1 c. chopped mushrooms
kosher salt
Freshly ground black pepper
1/4 c. chopped fresh parsley
2 tbsp. chopped fresh rosemary
1 tbsp. chopped fresh sage (or 1 tsp. ground sage)
1/2 c. vegetable or chicken broth

Directions

In a large skillet over medium heat, melt butter. Add onion, carrot, and celery and sauté until soft, 7 to 8 minutes.

Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 8 to 10 minutes more.

Add parsley, rosemary, and sage and stir until combined, then pour over vegetable broth and cover with a lid. Cover until totally tender and liquid is absorbed, 15 minutes.

Serve.

Cranberry Sauce

ingredients

12 oz	Cranberry
1/4 inch	Ginger (fresh)
1/2 whole	Orange
1/4 tsp	Orange Zest
3 tbsp	Raw Sugar

preparation

Juice the orange. Chop up the zest. Mix together all ingredients plus 1/4c water. Bring to a boil, then lower heat. Simmer, uncovered, until jam-like. As cranberries soften mash with a potato masher.

Recipes for Thanksgiving

Sweet Potato & Spicy Pecan Crisp

ingredients

1/2 tsp	Cayenne Peper
5 whole	Dates (dried)
1/4 c	Chee
3 tbsp	Maple Syrup
1/2 c	Oats/ oatmeal
1/2 c	Pecans
2 pinch	Salt (Mineral Salt)
3 c	Sweet Potato

preparation

1. Coarsely chop through the nuts. In a large frying pan or cast iron, melt 2 tbsps of ghee over low-medium heat. Add maple syrup, a pinch of sea salt, and red chili powder. Mix well, then add pecans and oats to your glaze mix. Stir to completely coat the nuts. Toast for 3-5 minutes. Remove from heat and let cool.
2. Pre-heat oven to 350 degrees. Grate the sweet potatoes. Feel free to leave the skins on. Coarsely chop your dates and remove pits. In a medium-large mixing bowl, toss sweet potatoes, dates, and remaining 2 tbsp of ghee. Sprinkle in sea salt.
3. Lightly grease a baking dish that has a tight fitting lid. A dutch oven, ceramic dish, or pyrex are all excellent choices. Pour sweet potato mixture into the dish to about 2-3" in height. Use a spatula to spread them evenly.
4. Spread crust mixture over the sweet potatoes. Crust should be approximately 1/2 inch thick.
5. Bake covered for 1 hour. Remove lid for the lid for the last 10 minutes for a crispy top. When you pull it out of the oven, drizzle with a little maple syrup and sprinkle of sea salt. Make it "a la mode" by serving with a dollop of maple syrup yogurt!