



# Thanksgiving Dinner Recipes

## Great Time and Energy Saving Ideas for Mashed Potatoes

*I cook potatoes with skins because most nutrients and flavor are just beneath the thin skin. But, for the rest of us, I assume potatoes are cooked skins off. The technique of cutting around the skin as shown below helps potatoes release more flavor as well.*

How to save energy from peeling potatoes:

1. Score the potatoes around the center as in the picture:



2. Cook potatoes.
3. When you remove the potatoes from the pot after they are cooked, applying just a little pressure with fingers of both hands will have the skin slide out beautifully like in the picture.



#### How to mash your potatoes without dairy:

1. You can use non-dairy unsweetened milk instead of milk.
2. Instead, I love to use best quality extra virgin olive oil with plenty of garlic\* and seasonings (\*use garlic-infused olive oil if you have SIBO).

#### New flavor:

We actually accidentally mashed sweet potatoes and white potatoes together and the result was delicious. So that may be something to try!

#### What to do with the potato water:

In Jewish tradition, potato peel broth is valuable and is never wasted. The water you have left over after cooking potatoes is rich in nutrients, and so I would encourage you save it and use it for soup stock or sauces. It is a most common mistake that we make – discarding that water!

## Bread Crumbs

*My all-time favorite GF guilt-free and delicious*

- 1 10oz box 100% brown rice cereal (looks like puffed rice)
- 1.5 tsp parsley
- 1.5 tsp Real Salt Celtic Sea Salt or less
- 1.5 tsp onion powder\*
- 3/4 tsp garlic powder\*
- 1/8 tsp pepper

\*SIBO: use other spices

### Instructions:

1. Pulse in a food processor; keep in a small jar

## Cashew Gravy

*This recipe is inspired by [www.vegweb.com](http://www.vegweb.com). We have been making it every Thanksgiving for years now.*

- 2 cups hot water
  - 1/2 cup cashews\*
  - 2 T Braggs Liquid Aminos (or a similar seasoning)
  - 1 T arrowroot powder
  - 2 tsp onion powder\*
  - 2 tsp nutritional yeast
  - 1/2 tsp Celtic sea salt
- (\*if you use macadamia nuts and skip onion powder, you can make it safer for SIBO)

### Instructions:

1. Put everything in a blender and blend except the hot water. Blend very well, up to 5 minutes.
2. Add reserved water and pour into a pan. Heat until thickened.
3. Serve over biscuits, or mix with noodles. It works well with a vegetable potpie.

Makes: 2 cups. Preparation: 10 minutes

# Meatloaf

*Based on Minimalist Baker, really great tasting! Even though the instruction list is long, it is not a difficult recipe at all and is worth it if people miss meat!*



## Vegetables:

- 2 Tbsp coconut (**DIVIDED**/ if avoiding oil, use water)
- 3 heaping cups thinly sliced shiitake or cremini mushrooms (for more health benefits, pick shiitake)
- 1 Tbsp vegan Worcestershire or coconut aminos (ensure gluten-free)
- 2 cups sliced and peeled sweet potato (1/4-inch rounds)

## The Rest:

- 2 cups raw nuts or seeds (e.g., a mix of walnuts and pecans)
- 2 Tbsp fresh thyme (or dried)
- 2 cups cooked brown or green lentils (rinsed and well drained)
- 1/2 tsp each Celtic sea salt and black pepper (plus more to taste)
- 4 Tbsp tomato paste
- 2 Tbsp vegan worcestershire or coconut aminos (ensure gluten-free)
- 1/2 cup gluten-free bread crumbs (see recipe above)

**Glaze: (optional)**

1/2 cup ketchup or a little oil or a gravy (recipe above)

**Instructions:**

1. Heat the oven to 350 degrees F (176 C) and line a standard loaf pan (or 8x8-inch baking pan) with parchment paper. Set aside.
2. Heat a large cast-iron or metal skillet over medium heat. Once hot, add half the oil and mushrooms. Sauté, then cover and cook for 5 minutes, stirring frequently. Once softened and reduced in size, add the vegan Worcestershire and stir to coat. Cook for another 3-4 minutes or until caramelized. Set aside.
3. Meanwhile, heat another large cast-iron or metal skillet (or use the same one as you cooked the mushrooms in) over medium heat. Once hot, add the rest of the oil and arrange sweet potatoes in as even of a layer as possible. Then cover and cook for 4 minutes. Flip, add 3 Tbsp (45 ml) water, and cover. Cook for another 3-4 minutes or until tender and browned (but not mushy). Set aside uncovered to cool slightly.
4. To a large (at least 7-cup) food processor, add nuts and pulse a few times into a loose meal. Then add sweet potatoes, mushrooms, and thyme, and pulse to combine. Add lentils, salt, and pepper and pulse to loosely combine but be careful not to purée.
5. Transfer mixture to a large mixing bowl and add tomato paste and Worcestershire and stir, until a loose dough forms. Then add bread crumbs a little at a time until a thick dough forms. If for some reason it's crumbly (which may happen depending on the texture of your lentils), scoop half of the mixture back into the food processor and pulse until it's more finely puréed and then return back to the bowl and stir with the remaining mixture. If for some reason it's too wet, add more bread crumbs as needed.
6. Taste and adjust flavor as needed, adding more tomato paste for added moisture / tomato flavor, Worcestershire for depth of flavor, salt for saltiness, or thyme to taste.
7. Transfer the mixture to the parchment-lined loaf pan, spread, and press into an even layer. Then add ketchup glaze (optional) and spread into an even layer. If not using the glaze, brush the top with a little oil to help the loaf retain moisture.
8. Bake uncovered for 35-40 minutes or until golden brown on the edges and slightly dry to the touch. Remove from oven and let rest for 10-15 minutes in the pan. Then gently remove and carefully slice and serve.
9. Leftovers keep for 4-5 days in the refrigerator or 1 month in the freezer. Reheat in a 350-F (176 C) oven until warmed through.

## Gluten-Free, Vegan Apple Crisp Recipe

*Let's uplevel apple bake! Any recipe by Ali Segersten is delicious – and this one is both simple and delicious. I find American apple pies just too sweet – all we taste is sugar instead of the blended flavors of apples and seasonings... Not with this recipe!*

### Filling:

3 to 4 baking apples, peeled, cored, and sliced thin (1/8-inch thick), Granny Smith or Ginger gold  
2 to 4 Tbsp honey or maple syrup  
1 Tbsp arrowroot powder  
1 Tbsp freshly squeezed lemon juice  
2 tsp cinnamon

### Topping:

1½ cups rolled gluten-free oats  
½ cup sweet rice flour\*  
½ to ¾ cup coconut sugar  
1 tsp cinnamon  
¼ tsp Celtic sea salt  
½ cup melted virgin coconut oil  
1 tsp vanilla extract (non-alcohol)

\*Any flour may do actually, if you are not too fussy.

### Instructions:

1. Preheat oven to 375 degrees.
2. Place all ingredients for the filling into a 7 x 11-inch baking pan. Gently stir together with a large spoon. A good gauge for sufficient fruit is to fill your pan almost to the top with sliced fruit. It will cook down quite a bit.
3. In a small mixing bowl, stir together the oats, rice flour, sugar, cinnamon, and sea salt. Add oil and vanilla and stir together with a fork. Using your hands, crumble the topping evenly over the filling.
4. Bake for about 40 minutes or until the juices are bubbling up and the topping is lightly browned.

## Pomegranate Apple Salad

*This is a delightful, crunchy and light salad inspired by Dr. Ben Kim. It will complement the heavier meal brilliantly.*

- 1 medium to large pomegranate, seeded
- 1 apple, chopped
- 1 small handful of whole or halved walnuts
- 1-2 big handfuls of field greens
- 1 rib of celery, chopped
- 2 Tbsp orange juice
- 1 tsp raw honey

### Instructions:

1. Combine pomegranate seeds, apples, walnuts, greens, and celery in a large bowl.
2. Combine orange juice and raw honey in a small bowl and whisk together with fork.
3. Sprinkle dressing on salad ingredients and toss before serving.