

Thanksgiving Recipes

Appetizer

Pumpkin Deviled Eggs

Ingredients: makes 24 servings

- 12 eggs
- 5 tbsp pumpkin puree
- 3 tbsp mayonnaise
- 1 tbsp Dijon mustard
- 2 tsp lemon juice
- 1 tsp smoked paprika
- Pinch of pepper, to taste
- Fresh chives, parsley

1. Place eggs in a large pot of cold water. Cover with a lid and bring to a boil. Once the water is at a rolling boil, shut off the heat and allow the eggs to sit in the water for 12 to 15 minutes.
2. Fill up a large bowl with cold water and ice. Scoop the eggs out of the hot water and add them to the bowl of cold water. Let them sit for 2 to 3 minutes.
3. Peel the hardboiled eggs and cut them in half. Place them on a large tray or cutting board. Separate the egg yolks into a mixing bowl and place the egg whites back on the tray. Add the pumpkin puree, mayonnaise, Dijon mustard, lemon juice, paprika, and pepper to the egg yolks. Mix them till combined.
4. Place the egg yolk and pumpkin mixture into a piping bag. Snip the end of the bag and pip enough egg mixture into the whites to fill the hole but don't overfill them.
5. Pipe four lines onto each egg white to resemble the lines of a pumpkin.
6. Place a small piece of chive and a tiny piece of parsley at the top of each "pumpkin" to resemble the stem.
7. Serve immediately or save for up to 2 days.

Sides

Balsamic Roasted Brussels Sprouts

Ingredients: makes 4 servings

- 1.5 lbs brussels sprouts
- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 2 cloves garlic, minced
- Black pepper to taste, pinch of salt

1. Preheat oven to 400 degrees Fahrenheit.
2. Trim brussels sprouts and cut them in half if they are large.
3. Toss brussels sprouts with olive oil, balsamic and garlic.
4. Season with pepper and a bit of salt and place on a baking sheet, flat side down.
5. Roast 20-25 minutes or until Brussels are tender.

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Butternut Squash Mac & Cheese

Ingredients: makes 8 servings

- Olive oil spray
- Salt
- 1-pound cubed butternut squash
- 10 ounces whole wheat elbow pasta
- 1 ½ cups low sodium vegetable broth, divided
- ½ tsp onion powder
- ½ tsp garlic powder
- ¼ cup panko breadcrumbs
- 2 tbsp freshly grated parmesan cheese
- 1 tbsp unsalted butter
- 1 medium shallot, minced
- ¼ cup all-purpose flour
- 2 cups skim milk
- ½ cup shredded gruyere cheese
- ½ cup shredded cheddar cheese
- Chopped chives, optional, for garnish

1. Preheat oven to 375 degrees Fahrenheit. Spray a baking dish with oil and set aside.
2. Bring a large pot of salted water to boil. Add squash and boil under tender. 5-6 minutes.
3. When fork tender, transfer squash with a slotted spoon to a blender.
4. Add pasta to boiling water and cook according to package directions. When cooked, drain and put back into the pot.
5. Meanwhile, add ½ cup vegetable broth, onion powder, garlic powder, 1 tsp salt and pepper, to the blender with the squash. Blend until smooth and creamy.
6. In a small bowl, combine breadcrumbs, parmesan, ¼ tsp salt and pepper. Set aside.
7. Melt the butter in a medium sauce pot over medium heat. Add the shallots and sauté 2 minutes. Sprinkle the flour evenly over the shallots and cook another minute.
8. Add the remaining 1 cup broth and milk and whisk to combine. Bring sauce to a boil, then reduce heat to medium-low and cook 5 minutes, whisking frequently.
9. Remove pot from heat and whisk in cheese, pureed squash, 1 ½ tsp salt and pepper.
10. Add sauce to noodles, gently mix to combine, then transfer mixture to prepared baking dish.
11. Sprinkle with breadcrumb mixture and bake for 25 minutes. Switch oven to high broil for 2-3 minutes, or until crumbs are starting to brown.

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Entrée

Low Sodium Apricot Mustard Glazed Roast Turkey

Ingredients: makes 4oz servings

- 1 14-pound turkey
- 1 8oz jar of apricot preserves
- 1 8 oz bottle of westbrae stoneground mustard
- ¾ cup low sodium chicken stock
- 1 ½ tsp corn starch
- ½ cup apple cider
- 1 whole shallot minced
- 2 tbsp unsalted butter

1. Thaw your turkey to room temperature.
2. Preheat the oven to 350 degrees Fahrenheit.
3. Remove the giblets and neck from the turkey.
4. Rinse the turkey under cold water and place in a large roasting pan.
5. Mix all the mustard and apricot preserves in a bowl.
6. Using a sauce brush, coat the entire turkey with the glaze.
7. Cover the turkey with foil and roast for 3 ½ hours to 4 hours (apply a second coat of glaze at the 1.5-hour mark), or until the internal temperature of the turkey reaches 180 degrees Fahrenheit as read by a thermometer.
8. Remove the foil for the last 30 minutes of baking to create a crisp crust.
9. Remove the turkey from the oven and allow to rest for at least 15 minutes before carving.
10. Use the drippings at the bottom of the pan to make a pan sauce.
11. Place a pan on a stove top burner.
12. Add the shallots to the pan and sauté over medium- high heat until they are softened.
13. Add the rest of the glaze and the cider to the pan and heat it to the point of simmering.
14. As the pan is heating up, scrape the pan with a wooden spoon to incorporate the drippings, shallots, and liquid.
15. Allow to simmer or until the liquid reduces to half.
16. Increase the heat to achieve a full simmer, whisk in the stock, butter, and corn starch (to desired thickness).
17. Allow final liquid to reduce by half then serve in the sauce tureen to pour over the turkey.