

Traditional Turkey

1 Fresh Turkey (though if using a frozen turkey) close to room temperature.
1 apple, cubed
2 stalks celery, chopped

1 onion, chopped
2 Tbsp butter
Salt, pepper and herbs of choice

Preheat oven to 450. Rinse turkey, pat dry and stuff carcass with apple, celery and onion. Rub butter on the outside of the turkey and sprinkle with seasonings. Bake uncovered for 20-30 minutes or until the skin is golden brown. Reduce heat to 325, cover turkey and bake. Total baking time is 15 minutes per pound.

Turkey with Lemon Caper Sauce

Serves 4

1 Lb lean turkey cut thin
1/3 cup spelt flour
1/2 teaspoon salt
1/8 teaspoon lemon pepper
4 tablespoons butter, divided

3 tablespoon olive or coconut oil
1/2 cup water
3 tablespoons fresh lemon juice (about 1 large lemon)
2 tablespoons chopped fresh flat-leaf parsley
2 tablespoons capers

Combine flour, salt, and pepper; dredge turkey in mixture. Melt 2 Tbsp. butter with oil in a large skillet over medium-high heat; add turkey, and cook, in batches, 1 1/2 minutes on each side or until golden. Transfer to a serving dish, and keep warm. Add water, lemon juice, and remaining butter to skillet, stirring to loosen particles from bottom of skillet. Cook 2 minutes or just until thoroughly heated. Stir in parsley and capers; spoon over turkey. Garnish, if desired. Serve immediately.

Cranberry-Orange Sauce

1- 12 ounce bag fresh cranberries, rinsed
Zest and juice of 1 orange
1/2 cup honey, plus more if desired

1/2 cup water
Pinch salt

In a medium saucepan, heat 1/2 cup water with the orange zest and salt over medium heat. Stir in the cranberries and bring to a boil. Reduce the heat and simmer until the cranberries burst and the sauce has thickened slightly, about 7 minutes. Turn off heat and add orange juice, honey. Sweeten with more honey, if desired. Let the sauce cool to room temperature before serving. Can add cut pieces of orange and mix in for more orange flavor and color.

Freekeh or other high protein grain

Follow cooking directions on the package and add herbs, salt and pepper.

Swiss Chard Apple Salad

1 head Rainbow Swiss chard or lettuce of choice
2-3 Fuji or Gala apples
1/3 cup nuts of choice

Serves 4-6

1/4 cup apple cider vinegar with mother
1/2 extra virgin olive oil
Dash of sea salt & pepper

Directions: Tear lettuce into bite size pieces, cube apples and chop nuts. Mix first 3 ingredients in large bowl. In a shaker jar mix last 3 ingredients & shake to make dressing or whisk in small bowl. Pour dressing over salad and serve.

Green Bean Almondine

1 Lb Green beans fresh or frozen
1 Tbsp butter

1/4 cup almonds, chopped
Salt, pepper, garlic to taste

If using fresh beans, wash and snap ends. Put wet beans in a pot and (add 1-2 Tbsp water if not using a waterless cookware set) cook until crisp tender. Turn off the heat, add the remaining ingredients, and serve.

Gravy

1 cup chicken broth	2-4 Tbsp turkey drippings
2 Tbsp butter	Salt and pepper to taste
2 Tbsp spelt or whole-wheat flour	

Melt butter in a saucepan and whisk in flour. When the mixture begins to bubble lightly, whisk in remaining ingredients and simmer until thick. Taste and adjust if needed.

Stuffing

1/3 cup butter	1 ½ tps chopped fresh thyme leaves or 1/2 tsp dried thyme leaves
2 large celery stalks, chopped	1 tsp salt
1 medium onion, chopped	½ tsp ground sage
2 carrots, chopped	¼ tsp pepper
4 cups sprouted bread cubes (15 slices) or 1 package stuffing mix	1 ½ cup chicken broth or water

Sauté veggies in butter until tender. Add broth and herbs and bring to a boil. Turn off heat and mix in bread or stuffing mix. Let stand for 5 minutes and serve.

*** May place in a baking dish and bake at 350 for 10 minutes to develop a golden crust.

Sweet Potato Casserole**Filling**

2 Lbs sweet potatoes, peeled and cubed	Juice of 1 lemon or orange
2 Tbsp butter	1 tsp cinnamon
2-4 Tbsp honey	½ tsp nutmeg, ground cloves and sea salt

Topping

1 cup rolled oats	2 Tbsp honey or brown sugar
½ Cup pecans, almonds or walnut, chopped	1 tsp Cinnamon
2 Tbsp butter	½ tsp Nutmeg, ground cloves and salt

Steam sweet potatoes until soft. Add remaining filling ingredients and blend until mashed. Taste and make changes if needed. Put into a casserole dish and set aside. Melt butter in a saucepan and add spices. Turn off the heat and add the honey. Stir in the nuts of choice and the oats. Crumble mixture over the filling. Put under broiler 1-2 minutes until golden and serve.

Easy Pecan Pie

1 deep pie shell, unbaked

3 eggs

¼ tsp salt

(Beat the above ingredients thoroughly, until mixed well).

Then add in and stir well:

1 to 1 ½ cup pecans

1 cup pure maple syrup

1/3 melted butter

2 tsp molasses

Preheat oven to 350. Put the pie shell (in its pie pan) onto a drip pan or cookie sheet as a protection, so the pie mixture will not dribble onto your oven rack and burn while baking. Pour the above mixture into the pie shell. The mixture will be soupy and can spill -- carefully put into the oven. Bake about 50 minutes or until a knife comes out clean.

Natural Pumpkin or Sweet Potato Pie (with maple syrup)

1 ½ cups pumpkin puree or sweet potato

½ cup honey or maple syrup

1/8 teaspoon powdered cloves

1 ½ tsp cinnamon

¾ tsp ginger

½ tsp salt

2 eggs, slightly beaten

1/2 can evaporated milk (or full fat coconut milk in a can)

Mix in order given. Pour into a pie crust. Bake 10 minutes at 450 then 40 minutes at 350. Serve this healthy dessert with ice cream or whipped cream.