365 Yummy Recipes

THANKSGIVING

Kelsey Rollin



365 Yummy Thanksgiving Recipes

(365 Yummy Thanksgiving Recipes - Volume 1)

Kelsey Rollin

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Content

Awesome Gift: FREE PDF – A Full of RECIPE PHOTOS Content

Chapter 1: Low-Calorie Thanksgiving Recipes

1. Apple Fennel Salad With Blue Cheese
2. Apple Cider Chicken
3. Blueberry Cranberry Smoothie
4. Braised Lamb With A Garden Vegetable Medley
5. Brown Sugar Glazed Beets
6. Butternut Barley Pilaf
7. Canadian Bacon Scallion Mini Quiches
8. Cauliflower Casserole With Mixed Seed Crust
9. Chicken, Barley Mushroom Soup
10. Cinnamon Spice Butterhorns
11. Cranberry Orange Fruit Bars
12. Cranberry Orange Smoothie
13. Creamy Mashed Cauliflower
14. Creamy Spinach Dip
15. Crispy Potato Stacks With Fresh Sage
16. Crustless Crab Quiche
17. Curried Waldorf Salad
18. French Onion Dip
19. Fresh Green Bean Casserole
20. Garlic Mashed Cauliflower
21. Gluten Free Green Bean Casserole
22. Goat Cheese Kisses
23. Grape Fennel Salad
24. Green Bean Bundles With Garlic Browned Butter
25. Green Beans With Parmesan Garlic Breadcrumbs
26. Herb Roasted Turkey

27. Herb Roasted Turkey With Calvados Gravy
28. Kumquat Cranberry Relish
29. Lemon Fennel Rubbed Turkey With Homemade Giblet Gravy
30. Meringue Topped Sweet Potato Casserole
31. Mini Greek Pizza Muffins
32. Mini Maple Pecan Pies
33. Mushroom Risotto
34. Natural Cookie Icing
35. Orange Caraway Glazed Carrots
36. Pear Dried Cranberry Strudel
37. Peppery Shallot Scone Bites
38. Pomegranate Molasses Glazed Carrots With Pistachios
39. Pork Tenderloin "Rosa Di Parma"
40. Pureed Roasted Winter Squash
41. Quiche Lorraine Light
42. Red Pepper Goat Cheese Frittata
43. Red Potato Colcannon
44. Roast Pork Tenderloin With Prunes
45. Roasted Acorn Squash With Rosemary
46. Roasted Brussels Sprouts With Pancetta Sage
47. Roasted Brussels Sprouts With Smoky Aioli
48. Sauteed Brussels Sprouts With Bacon Onions
49. Smothered Green Beans With New Potatoes
50. Spiralized Apple Crisp
51. Sweet Potato Pie
52. Twice Baked Sweet Potatoes
53. Vanilla Rosemary Double Potato Dauphinoise
54. Vegan Sourdough Stuffing
55. Warm Pear Spinach Salad With Maple Bacon Vinaigrette
56. Winter Greens Salad With Squash Cranberry Vinaigrette

Chapter 2: Gluten-Free Thanksgiving Recipes

57. Baked Indian Pudding With Maple Syrup
58. Baked Stuffed Pumpkin
59. Becky's Mom's Cranberry Sauce
60. Brandied Candied Sweet Potatoes

61. Brussels Sprouts In Mustard Sauce
62. Busy Night Turkey Taco Soup With Avocado Cream
63. Cajun Turkey Stuffing
64. Cauliflower With A Kick
65. Chef John's Pumpkin Creme Brulee
66. Chocolate Chip Cheese Ball
67. Cornbread I
68. Crab Stuffed Mushrooms
69. Cranberry Salad I
70. Cranberry Sauce II
71. Cranberry Sauce With Jalapeno Peppers
72. Cranberry Waldorf
73. Crustless Pumpkin Pie
74. Dairy , Nut , And Gluten Free Green Bean Casserole
75. Delicious Apple Salad
76. Easy Crustless Pumpkin Pie
77. Easy Pumpkin Dip
78. Festive Onions
79. Fluffy Gluten Free Cornbread
80. Gluten Free Crustless Pumpkin Pie
81. Gluten Free Garlic Dill Dinner Rolls
82. Gluten Free NO Hassle Holiday Stuffing
83. Gluten Free Pumpkin Cheesecake
84. Gluten Free Thanksgiving Stuffing
85. Gluten Free Bomb Diggity Stuffing
86. Gluten Free Crescent Rolls
87. Gluten Free Pie Crust
88. Gluten Free Sausage Gravy
89. Gluten Free Stuffing
90. Green Bean And Bacon Saute
91. Green Beans With Hazelnuts And Lemon
92. Harvest Rice Dish
93. Hot Spiced Cranberry Cider
94. Lauren's Apple Cider Roast Turkey
95. Low Fat Pumpkin Flan
96. Make Ahead Mashed Potatoes

97. Maple Dijon Brussels Leaf Salad
98. Mushroom Cream Gravy Sauce
99. No Cook Never Fail Fudge
100. Onions Baked With Rosemary And Cream
101. Paleo Apple Crisp
102. Pumpkin Brulee
103. Pumpkin Pie (Dairy, Egg, And Gluten Free)
104. Pumpkin Pie (Wheat Free, Egg Free, And Dairy Free)
105. Pumpkin Polenta Cake
106. Quinoa Almond Pilaf
107. Quinoa Stuffing
108. Rice Dressing
109. Rice Stuffing With Apples, Herbs, And Bacon
110. Rich Make Ahead Turkey Gravy
111. Roasted Brussels Sprouts
112. Serious Herb Cheese Spread
113. Sioux Indian Pudding
114. Southern Style Thanksgiving Green Beans
115. Spectacular Marsala Glazed Carrots With Hazelnuts
116. Spiced Pumpkin Seeds
117. Stuffed Celery
118. Sweet Potato Soup From Simply Potatoes®
119. Sweet Potato And Apple Soup
120. The Best Mashed Potatoes
121. Turkey Giblet Gravy
122. Vegan Stuffing
123. Very Moist And Flavorful Roast Turkey
124. White Wine Turkey Gravy
125. Wild And Brown Rice
126. Winter Fruit Salad With Lemon Poppyseed Dressing

Chapter 3: Budget Thanksgiving Recipes

127. Banana Bread French Toast
128. Beer Braised Cipollini Onions
129. Broccoli Casserole
130. Broccoli Slaw With Turnips Fennel

131. Brown Sugar Toasted Almond Ice Cream
132. Burnt Orange Escarole Salad
133. Cabbage Mushroom Galette
134. Caramelized Onion Apple Stuffing
135. Cauliflower, Romanesco Broccoli Gratin
136. Champagne Float
137. Chocolate Covered Almond Cake
138. Citrus Gravy
139. Citrus Salad With Olives Radicchio
140. Coconut Dark Chocolate Truffles
141. Crab Cake Stuffing
142. Cranberry Meringue Pie
143. Cranberry Apple Smoothie
144. Cranberry Pecan Cinnamon Rolls
145. Creamy Turnip Soup
146. Dukkah Spiced Carrots
147. Easy Scalloped Potatoes
148. Fennel Asiago Pie With A Wild Rice Crust
149. Gluten Free Banana Bread
150. Gluten Free Cornbread Stuffing
151. Gluten Free Pecan Pie
152. Ham Cheese Breakfast Casserole
153. Hasselback Sweet Potatoes With Marshmallows
154. Honey Glazed Roasted Delicata Squash
155. Horseradish, Parsley Sour Cream Mashed Potatoes
156. Kale Artichoke Dip
157. Kale Salad With Preserved Lemon Walnuts
158. Lemon Dill Green Beans
159. Loaded Scalloped Potatoes With Bacon, Cheddar Chives
160. Mashed Squash With Caramelized Onions
161. Michel Nischan's Roast Turkey With Potato Pan Gravy
162. Mimosas With Juice Ice Cubes
163. Mini New York Cheesecakes
164. Mushroom Cornbread Stuffing
165. Nut Honey Biscotti
166. Olive Oil Herb Mashed Potatoes

167. Orange Oregano Marinated Vegetables
168. Pear Celery Root Slaw
169. Pear Almond Crostata
170. Pear Quinoa Salad
171. Polenta Wedges With Tomato Tapenade
172. Quinoa Stuffed Delicata Squash
173. Roasted Kalettes With Pine Nuts Currants
174. Roasted Turnips With Citrus Miso Butter
175. Rosemary Mashed Potatoes
176. S'mores Chocolate Bark
177. Salted Caramel Chocolate Bark
178. Sausage Chestnut Stuffing
179. Sautéed Leek Mashed Potatoes
180. Slow Cooker Cassoulet
181. Slow Cooker Green Bean Casserole With Crispy Onions
182. Spiced Apple Bread Pudding
183. Squash Oyster Stuffing
184. Sweet Potato Pie With Cream Cheese Swirl
185. Trail Mix Chocolate Bark
186. Warm Potato Salad With Bacon Mustard Dressing
187. Wilted Kale With Warm Shallot Dressing

Chapter 4: Slow Cooker And Crockpot Thanksgiving Recipes

188. Berry Apple Cider
189. Caramel Spiced Apples
190. Cheese Fondue With Fennel Tomatoes
191. Coffee Braised Pot Roast With Caramelized Onions
192. Overnight Oatmeal
193. Slow Cooker Chai Apple Butter
194. Slow Cooker Dinner Rolls
195. Slow Cooker Garlic Mashed Potatoes
196. Slow Cooker Hot Cider With Brandy
197. Slow Cooker Sweet Potato Casserole With Marshmallows

Chapter 5: Thanksgiving Breakfast Recipes

198. Acorn Squash Quiche

199. Apple Pie French Toast
200. Apple Pie Smoothie
201. Applesauce Pumpkin Bread
202. Australian Style Pumpkin Scones
203. Autumn Apple Salad II
204. Baked Apple Roses
205. Baked Cinnamon Apple French Toast
206. Breadless Stuffing Quiche
207. Buttermilk Cornbread Muffins
208. Butternut Squash And Cranberry Muffins
209. Chef John's Butter Puff Biscuit Dough
210. Chef John's Pumpkin Cinnamon Rolls
211. Chicken Or Turkey Crepes With Tarragon
212. Chuck's Molasses French Toast
213. Cinnamon Pumpkin Waffles
214. Coffee Shop Pumpkin Scones
215. Country House Bed And Breakfast Casserole
216. Cranberry Apple Cake
217. Cranberry Apple Oatmeal
218. Cranberry Bread Pudding
219. Cranberry Eggnog Cornbread Scones
220. Cranberry Orange Breakfast Bread
221. Cranberry Pumpkin Muffins
222. Cranberry Salad II
223. Cranberry Sour Cream Kuchen
224. Cranberry Walnut Bread
225. Double Pumpkin Beer Bread
226. Downeast Maine Pumpkin Bread
227. Easy Pumpkin Pancakes
228. Easy Pumpkin Turnovers
229. Famous No Coffee Pumpkin Latte
230. Healthy Pumpkin Cranberry Muffins
231. Healthy Pumpkin Scones
232. Kelsandra's Pumpkin Cinnamon Rolls
233. Lauri's Yummy Crescent Roll Stuffing
234. Louisiana Sweet Potato Pancakes

235. Make Ahead Breakfast Casserole
236. Nutty Cinnamon And Currant Pumpkin Rolls
237. Old Fashioned Swedish Glogg
238. One Dish Baked Pancakes And Sausage
239. Orange Pumpkin Loaf
240. Potato Cake
241. Potato Pancakes II
242. Potato Waffles
243. Pumpkin Almond Mini Muffins
244. Pumpkin Babka With Chocolate Streusel
245. Pumpkin Bread III
246. Pumpkin Bread IV
247. Pumpkin Breakfast Syrup
248. Pumpkin French Toast Bake
249. Pumpkin Loaf
250. Pumpkin Pancakes With Nutmeg Whipped Cream
251. Pumpkin Pie Bread
252. Pumpkin Pie French Toast
253. Pumpkin Popovers
254. Pumpkin Quinoa Bread
255. Pumpkin Rice Pudding
256. Pumpkin Smoothie
257. Pumpkin Spice Coffee
258. Pumpkin Spice Coffee Syrup
259. Pumpkin Spice Latte
260. Pumpkin Sufganiot With Cranberry Jelly
261. Pumpkin Sweet Potato Bread
262. Pumpkin Tea Bread
263. Pumpkin Waffles With Apple Cranberry Relish
264. Quick Pumpkin Spice Latte
265. Really Cranberry Orange Yummy Gummy Pudding Cake
266. Really, Truly Gorgeous Dried Fruit Salad
267. Roasted Butternut Squash Souffle
268. Rosemary Sweet Potato Quiche
269. Sage Sausage Bread
270. Savory Butternut Squash Pancakes

271. Savory Sausage Sun Dried Tomato And Pumpkin Bread Pudding
272. Spiced Pumpkin Bread
273. Sweet Potato Biscuits
274. Sweet Potato French Toast
275. Sweet Potato Turkey Hash
276. Sweet Potato Waffles With Cranberry Maple Syrup
277. Sweet Potato And Black Pepper Biscuits
278. Sweet And Sassy Hash Browns
279. Thanksgiving Muffins
280. Three Egg Omelet
281. Traditional Cranberry Apple Crisp
282. Turkey Filled Omelette
283. Val's Pumpkin Scones
284. World Famous Fall Pumpkin Pancakes
285. Yummy Pumpkin Scones

Chapter 6: Thanksgiving Drink Recipes

286. Apple Orchard Punch
287. Apple Pie Mixed Drinks
288. Apple Pie Moonshine
289. Apple Pie Shot
290. Blood Orange Martini
291. Bobbing For Apples
292. Brad's Killer Eggnog
293. Candy Apple On The Rocks
294. Candy Cane Drinks
295. Chocolate Bar Hot Chocolate
296. Coffee Liqueur
297. Cozy Mulled Wine
298. Cran Dandy Cooler
299. Cranberry Ice
300. Cranberry Martini
301. Cranberry Pineapple Juice
302. Cranberry Punch
303. Cranberry Sangria
304. Cranberry Slush

305. Cranberry Sorbet Frozen Cosmopolitan
306. Cranberry Tea
307. Cranberry Rosemary Prosecco Float
308. Creamy Pumpkin Spice Martini
309. Delicious Vegan Hot Chocolate
310. Easy Pumpkin Pie Smoothie
311. Eggnog Extreme
312. Eggnog I
313. Eggnog II
314. Fall Apple Pumpkin Shandy
315. Fried Wild Turkey
316. Glogg
317. Grandma Z's Baileys® Irish Cream
318. Grandma's Apple Pie 'Ala Mode' Moonshine
319. Grandma's Wassail
320. Holiday Cranberry Punch
321. Holiday Punch I
322. Hot Buttered Apple Cider
323. Hot Buttered Rum Batter
324. Hot Cinnamon Apple Brandy Cider
325. Hot Cranberry Citrus Punch
326. Hot Damn!® Apple Cider
327. Hot Mulled Wine
328. Hot Spiced Christmas Wine
329. Hot Spiked Cider
330. Hot And Tangy Apple Cider
331. Jack Daniel's® Very Merry Eggnog
332. Kahlua® Homemade
333. Kerri's Holiday Punch
334. Kiddie Holiday Juice
335. Lime Pineapple Delight
336. Liquid Hot Apple Pie
337. Luscious Eggnog
338. Pear Pomatini
339. Perfect Pear Brandy Sidecar
340. Poinsettias

341. Pomacello Martini
342. Pomegranitini
343. Pumpkin Cocktail
344. Pumpkin Martini
345. Pumpkin Pie Cocktail
346. Pumpkin Pie Martini
347. Pumpkin Spice Martini
348. Pumpkin Spice Russian
349. Quick Gingerbread Latte
350. Quick And Easy Pumpkin Pie Milkshake
351. Sarah's Frozen Pumpkin Spice Cocktail
352. Spicy Pumpkin Spice Latte
353. Spiked Hot Apple Cider
354. Sweet Creme De Vie
355. Tawky Tawny
356. Texas Hot Apple Cider
357. Thanksgiving Refreshment
358. Thanksgiving Turkey
359. Trick Or Treat Cocktail Or Thankstini
360. Vanilla Apple Pie Moonshine
361. Warm Spiced Wine
362. Warm And Spicy Autumn Punch
363. Wassail Punch
364. Winter Punch
365. Zena's Cranberry Apple Cider Punch

Conclusion

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Chapter 1: Low-Calorie Thanksgiving Recipes

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1. Apple Fennel Salad With Blue Cheese

Ingredients

- ¼ cup extra-virgin olive oil
- 2 tablespoons cider vinegar
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 large crisp, sweet apple, such as Honeycrisp or Ambrosia, thinly sliced
- 1 medium fennel bulb, quartered and thinly sliced, fronds reserved
- 6 cups torn butterhead lettuce
- ⅓ cup crumbled blue cheese

Direction

- Put salt, pepper, vinegar and oil in a large bowl and whisk. Put in fennel and apple; toss to coat. Cut 1/4 cup of the fennel fronds; put in the bowl with blue cheese and lettuce. Toss gently.

Nutrition Information

- Calories: 180 calories;
- Total Fat: 14
- Saturated Fat: 3
- Cholesterol: 7
- Sugar: 7
- Sodium: 248
- Fiber: 3
- Total Carbohydrate: 11

- Protein: 4

2. Apple Cider Chicken

Ingredients

- 4 boneless, skinless chicken breasts, (1-1 ¼ pounds total)
- Salt freshly ground pepper
- 1 tablespoon extra-virgin olive oil, divided
- 2 Granny Smith apples, peeled, cored and thickly sliced
- ¼ cup finely chopped shallots
- 1 teaspoon dried thyme
- ½ cup apple cider
- ½ cup reduced-sodium chicken broth
- 1 tablespoon reduced-fat sour cream
- 1 tablespoon chopped fresh parsley

Direction

- Sprinkle the chicken evenly with pepper and salt on every side to taste. In a big and heavy skillet, put in 1 1/2 teaspoons of oil and let it heat up over medium-high heat setting. Put in the chicken and let it sear in the hot oil for about 3 minutes on every side until both sides of the chicken is evenly browned. Put the seared chicken onto a plate and loosely cover it with an aluminum foil.
- Lower the heat setting to medium heat. Put the remaining 1 1/2 teaspoons of oil into the pan then put in the shallots, thyme and apples. Allow the mixture to cook for 2-3 minutes while stirring it until the vegetables become soft. Pour in the broth and cider and let the mixture simmer. Let it cook for about 3 minutes until the mixture is a little bit thick in consistency.
- Put the seared chicken along with its juices back into the pan then lower the heat setting to low heat. Let the mixture simmer

for about 4 minutes until the chicken is thoroughly cooked. Place the cooked chicken onto a platter that has been warmed. Add parsley and sour cream into the sauce mixture then mix in pepper and salt to taste. Drizzle the prepared sauce mixture evenly on top of the chicken.

Nutrition Information

- Calories: 218 calories;
- Saturated Fat: 2
- Total Carbohydrate: 16
- Sugar: 12
- Protein: 24
- Total Fat: 7
- Sodium: 203
- Fiber: 2
- Cholesterol: 64

3. Blueberry Cranberry Smoothie

Ingredients

- ½ frozen medium banana
- 1 cup frozen blueberries
- ½ cup frozen cranberries
- 1 cup low-fat plain kefir

Direction

- Using a blender, puree blueberries, banana, kefir and cranberries until smooth.

Nutrition Information

- Calories: 245 calories;
- Saturated Fat: 0
- Sodium: 3
- Cholesterol: 5
- Total Carbohydrate: 50
- Protein: 12
- Total Fat: 1
- Fiber: 8
- Sugar: 34

4. Braised Lamb With A Garden Vegetable Medley

Ingredients

- 2 ½ pounds boneless lamb leg, trimmed and cut into 2-inch cubes
- ½ teaspoon salt
- 1 tablespoon extra-virgin olive oil
- 1 medium carrot, finely chopped
- 1 small onion, finely chopped
- 1 tablespoon all-purpose flour
- 1 ¾ cups dry red wine
- 1 cup reduced-sodium beef broth
- Freshly ground pepper, to taste
- 4 cloves garlic, minced
- 1 tablespoon finely chopped fresh rosemary
- 1 14-ounce can diced tomatoes
- 1 cup pearl onions, peeled (see Tip), or frozen small onions, rinsed under warm water to thaw
- 1 cup baby turnips, peeled (¼ inch of green left on) and halved, or regular turnips cut into ½ -inch wedges
- 1 ½ cups baby carrots
- 1 ½ cups peas, fresh or frozen
- 2 tablespoons chopped fresh parsley

Direction

- Put pepper and salt to season lamb. In a big Dutch oven or deep skillet, heat the oil. Put lamb and allow to cook for 6 minutes,

flipping occasionally, till all sides are browned. Put to plate.

- To the pan, put onion and carrot; allow to cook for 3 minutes, mixing frequently, till browned lightly. Scatter flour on top of vegetables; coat by mixing. Put wine and scratch up some browned bits. Allow to simmer for 2 to 3 minutes till slightly reduced.
- Put rosemary, garlic, tomatoes, and broth; simmer. Put lamb back to pan. Turn heat to low, put cover and let simmer for 1 1/4 hours, monitor occasionally to ensure it will not boil too rapidly.
- Mix in carrots, turnips and pearl onions. Allow to simmer with cover for half an hour, till vegetables and lamb are soft.
- Put peas and heat through. Scatter parsley on top, serve.

Nutrition Information

- Calories: 420 calories;
- Cholesterol: 126
- Total Carbohydrate: 16
- Sugar: 7
- Total Fat: 14
- Saturated Fat: 4
- Sodium: 529
- Fiber: 4
- Protein: 43

5. Brown Sugar Glazed Beets

Ingredients

- 3 tablespoons dark brown sugar
- 2 tablespoons orange juice
- 1 tablespoon unsalted butter
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 3 cups steamed cubed beets, ½ - to 1-inch cubes (see Tip)

Direction

- In a large nonstick skillet, mix pepper, salt, butter, orange juice and brown sugar and cook over medium heat, until both the butter and sugar have melted and begin to bubble. Stir in the beets and cook for 6 to 8 minutes, until beets are coated with glaze and most of the liquid evaporated. Serve warm or hot.

Nutrition Information

- Calories: 74 calories;
- Total Fat: 2
- Saturated Fat: 1
- Fiber: 2
- Sugar: 12
- Sodium: 164
- Cholesterol: 5
- Total Carbohydrate: 14
- Protein: 2

6. Butternut Barley Pilaf

Ingredients

- 2 teaspoons extra-virgin olive oil
- 1 medium onion, chopped
- 1 14-ounce can reduced-sodium chicken broth, or vegetable broth
- 1 ¾ cups water
- 1 cup pearl barley
- 2 cups cubed peeled butternut squash, (¾ -inch cubes) (see Tip)
- ⅓ cup chopped flat-leaf parsley
- 1 teaspoon freshly grated lemon zest
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- ¼ teaspoon salt, or to taste
- Freshly ground pepper, to taste

Direction

- In a big saucepan, put in the oil and let it heat up over medium heat setting. Put in the onion and saut é it for 2-3 minutes while stirring it frequently until it becomes soft. Put in the barley, broth, squash and water and allow the mixture to simmer; lower the heat setting to medium-low heat and let it simmer for about 45 minutes until most of the cooking liquid has been absorbed and the squash and barley have already softened. Put in the salt, lemon juice, parsley, pepper, lemon zest and garlic and lightly mix everything together.

Nutrition Information

- Calories: 175 calories;
- Sodium: 269
- Total Carbohydrate: 36
- Sugar: 3
- Cholesterol: 0
- Protein: 5
- Total Fat: 2
- Saturated Fat: 0
- Fiber: 7

7. Canadian Bacon Scallion Mini Quiches

Ingredients

- 5 eggs
- 3 egg whites
- 1 cup low-fat buttermilk, or low-fat milk
- 1 bunch scallions, sliced
- 1 ½ cup shredded reduced-fat Swiss cheese
- 6 ounces Canadian bacon, diced
- ½ teaspoon freshly ground pepper, plus more to taste
- 2 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons Dijon mustard
- 12 cups mixed salad greens
- 2 large tomatoes, cut into wedges

Direction

- Prepare the oven by preheating to 350 ° F. Get 12 nonstick (1/2 cup) muffin cups and use cooking spray to grease it.
- In a big bowl, whisk together the butter milk (or milk), egg whites and eggs. Mix in 1/2 teaspoon pepper, bacon, cheese and scallions. Split the egg mixture equally among the prepared muffin cups.
- Place inside the preheated oven and bake for 25 to 28 minutes until the eggs are cooked and starting to brown on top. Use a knife to run around edges to loosen the quiches from the muffin cups.
- In the meantime, whisk together in a big bowl the pepper, mustard, oil and lemon juice to taste. Put salad greens into the

bowl; toss and coat the greens with dressing. To serve, split the salad among six plates and put 2 quiches and tomato wedges on top of each salad plate.

Nutrition Information

- Calories: 252 calories;
- Saturated Fat: 3
- Cholesterol: 180
- Sugar: 7
- Total Fat: 12
- Sodium: 505
- Fiber: 4
- Total Carbohydrate: 13
- Protein: 25

8. Cauliflower Casserole With Mixed Seed Crust

Ingredients

- 1 teaspoon unsalted butter, plus 4 tablespoons, divided
- 4 cloves garlic, thinly sliced
- 1 teaspoon kosher salt, divided
- ½ teaspoon ground pepper, divided
- ⅓ cup all-purpose flour
- 3 cups whole milk
- 2 large heads cauliflower, cored and cut into 2-inch florets
- ¼ cup finely sliced chives, divided
- ½ teaspoon cayenne pepper (optional)
- 1 ⅓ cups finely grated Parmigiano-Reggiano cheese (3 ounces)
- ½ teaspoon cayenne pepper (optional)
- 3 tablespoons toasted sesame seeds
- 1 tablespoon poppy seeds
- 1 ½ teaspoons caraway seeds

Direction

- Preheat the oven to 425 degrees F. Use 1 teaspoon butter to coat a 3-quart broiler-safe casserole dish.
- Over medium-high heat, melt the remaining 4 tablespoons butter in a large pot. Reduce the heat to medium when the foaming subsides; add 1/4 teaspoon pepper, 1/2 teaspoon salt, and garlic; cook, stirring for 1-2 minutes, until aromatic. Next, put in flour and whisk to blend, then cook and constantly stir for 2 to 3 minutes, or until no flour smell remains. Whisk in milk gradually until the mixture is smooth, still whisking between additions. Bring to a lively simmer. Cook and continue to whisk

for about 2 minutes, or until thickened. Add 3 tablespoons chives, cauliflower, and cayenne (if using), folding to combine. Move to the prepared pan and smooth the top.

- Next, bake for 35-40 minutes, or until the cauliflower is softened and starts to brown. Take out of the oven.
- In the upper third of oven, place a rack; preheat the broiler to high.
- In a medium bowl, combine cheese, the remaining 1/4 teaspoon pepper and 1/2 teaspoon salt, caraway seeds, poppy seeds, and sesame seeds. Dust on the casserole. Broil for around 2 minutes, until the cheese is melted and golden on top. Lay the remaining 1 tablespoon chives on top. Serve.

Nutrition Information

- Calories: 158 calories;
- Protein: 7
- Sodium: 366
- Fiber: 2
- Cholesterol: 25
- Total Carbohydrate: 11
- Total Fat: 10
- Saturated Fat: 5
- Sugar: 4

9. Chicken, Barley Mushroom Soup

Ingredients

- 1 ounce dried shiitake mushrooms
- 2 cups boiling water
- 2 tablespoons extra-virgin olive oil
- 3 medium leeks, white and pale-green parts only, rinsed and coarsely chopped
- 3 cloves garlic, chopped
- 2 medium carrots, chopped
- 8 ounces fresh shiitake mushrooms, stems removed, caps coarsely chopped
- 8 ounces white mushrooms, sliced
- 1 teaspoon salt
- Coarsely ground pepper to taste
- 1 pound boneless, skinless chicken thighs, trimmed and cut into ¼ -inch pieces
- 6 cups low-sodium chicken broth
- ½ cup pearl barley
- 1 tablespoon minced fresh thyme or 1 teaspoon dried
- 1 teaspoon sherry vinegar

Direction

- In the boiling water, submerge the dried shiitakes for 20 minutes. Strain it through a fine mesh sieve and set aside the liquid. Squeeze the mushrooms to remove the extra liquid, then cut it into dice.
- In the meantime, in a big pot, heat the oil on medium heat, then add the garlic and leeks. Let it cook for about 4 minutes,

mixing, until it becomes very soft. Add pepper, salt, white mushrooms, fresh shiitakes and carrots and let it cook for 3-4 minutes, mixing, until the vegetables begin to soften. Add the chicken and let it cook for about 4 minutes, mixing, until no visible pink color on the outside.

- Add the chopped soaked mushrooms, reserved soaking liquid, thyme, barley and broth. Turn up the heat to high and simmer. Lower the heat to medium-low, partly covered and let it simmer for about 50 minutes, until the barley becomes tender. Mix in vinegar.

Nutrition Information

- Calories: 241 calories;
- Total Fat: 9
- Cholesterol: 38
- Total Carbohydrate: 24
- Protein: 18
- Saturated Fat: 2
- Sodium: 401
- Fiber: 4
- Sugar: 4

10. Cinnamon Spice Butterhorns

Ingredients

- 1 cup warm water (105 ° F to 115 ° F)
- ½ cup sugar, divided
- 1 package active dry yeast
- 3 eggs, lightly beaten, divided
- 3 tablespoons butter, melted and cooled, or 3 tablespoons canola oil
- 1 ¼ teaspoons salt
- 1 cup whole-wheat flour
- 2 ¾ to 3 ¼ cups all-purpose flour
- Nonstick cooking spray
- ¼ cup toasted wheat germ
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- ⅛ teaspoon cayenne pepper
- 1 tablespoon water

Direction

- Stir together the yeast, 1/4 cup sugar and warm water in a big bowl. Allow it to stand for around 10 minutes or until the yeast becomes foamy. Mix in salt, melted butter or oil and 2 eggs using a wooden spoon. Mix in the whole-wheat flour. Slowly stir in the all-purpose flour, as much as you can.
- Flip out the dough onto a surface that's lightly floured. Knead in enough of the leftover all-purpose flour to produce a moderately soft dough that is pliable and smooth (a total of 3-5 minutes). Form the dough into a ball. Put it in a bowl that ’ s lightly

greased, then flip it once to grease the top of the dough. Put on cover and allow it to rise for 1-1 1/2 hours in a warm area, until it doubles in size.

- Punch down the dough. Flip it out onto a surface that's lightly floured. Split the dough in half. Put on cover and allow it to rest for 10 minutes. In the meantime, lightly coat the 2 cooking spray coated big baking trays, then put aside.
- Mix together the cayenne, allspice, cinnamon, wheat germ and the leftover 1/4 cup sugar in a small bowl.
- Roll 1 ball of the dough into a 12-inch round on a lightly floured surface. Evenly sprinkle the dough with 1/2 of the cinnamon mixture. Lightly coat the sugar mixture using cooking spray. Slice the circle into 12 wedges.
- To form each roll, start at the wide end of the wedge and roll the dough towards the point. Put it on one of the prepped baking trays, point side down, and place it 2-3 inches apart. Redo the process with the leftover dough, cooking spray and cinnamon mixture. Put on cover and allow the rolls to rise for about an hour in a warm area, until it doubles in size.
- Set an oven to preheat to 400 degrees F. Use a fork to beat together the 1 tbsp. water and 1 egg in a small bowl. Lightly brush on the tops of the rolls. Let it bake until it turns golden or for 9-10 minutes. Take it out and let it cool a bit, then serve it warm.

Nutrition Information

- Calories: 112 calories;
- Sugar: 4
- Total Fat: 2
- Sodium: 144
- Fiber: 1
- Cholesterol: 27

- Saturated Fat: 1
- Total Carbohydrate: 19
- Protein: 3

11. Cranberry Orange Fruit Bars

Ingredients

- Crust
- 1 cup chopped nuts (walnuts, pecans, almonds or hazelnuts) or old-fashioned rolled oats, divided
- ¾ cup whole-wheat pastry flour (see Tip)
- ¾ cup all-purpose flour
- ½ cup sugar
- ½ teaspoon salt
- 4 tablespoons cold unsalted butter, cut into small pieces
- 1 large egg
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- ¼ teaspoon almond extract
- Fruit Filling
- 5 cups cranberries, fresh or frozen, divided
- ½ cup orange juice
- ¾ cup sugar
- ¼ cup cornstarch
- 1 cup orange segments
- 1 ½ teaspoons freshly grated orange zest
- 1 teaspoon vanilla extract

Direction

- For crust: In a food processor, mix together salt, sugar, all-purpose flour, whole-wheat flour and 3/4 cup nuts (or oats), then

process until nuts are finely ground. Put in butter and pulse until well-blended.

- In a small bowl, whisk together almond extract, 1 tsp. of vanilla, oil and egg. Put the mixture into the food processor with the blade running. Process then pulse for 30 to 45 seconds while scraping down the sides, if needed, until the mixture starts to clump (it will look crumbly). Measure out 1/2 cup of the mixture and mix with the remaining 1/4 cup chopped nuts (or oats) in a bowl. Put aside for topping.
- Set the oven to 400 ° F then coat a 9x13-in. baking dish liberally with cooking spray.
- For fruit filling and bars-assembling: In a big saucepan, mix together cornstarch, sugar, orange juice and 3 cups of cranberries. Simmer the mixture on medium heat for 4-5 minutes, while stirring continuously, until the mixture is very thick. (If you begin with frozen fruit, it can take up to 10 minutes to get desired result.) Stir in 1 tsp. vanilla, orange zest and leftover 2 cups of cranberries.
- Turn the dough onto the prepared baking dish; spread evenly and firmly press into the bottom to make a crust. Spread over the crust with the fruit filling. Drizzle over the filling with the reserved topping.
- Bake the bars, about 15 minutes. Lower the temperature of the oven to 350 ° and bake for about 25 to 30 minutes longer, until the crust and topping turn lightly brown. Allow to cool entirely prior to cutting into bars, for a minimum of 1 1/2 hours.

Nutrition Information

- Calories: 205 calories;
- Saturated Fat: 2
- Sodium: 70
- Fiber: 3
- Cholesterol: 17

- Total Carbohydrate: 30
- Sugar: 17
- Protein: 3
- Total Fat: 9

12. Cranberry Orange Smoothie

Ingredients

- ½ frozen medium banana
- 1 cup frozen cranberries
- 1 cup low-fat plain yogurt
- ½ cup orange juice

Direction

- Puree until smooth cranberries, banana, juice and yogurt in a blender.

Nutrition Information

- Calories: 309 calories;
- Sodium: 175
- Total Fat: 4
- Saturated Fat: 3
- Fiber: 6
- Cholesterol: 15
- Total Carbohydrate: 56
- Sugar: 39
- Protein: 15

13. Creamy Mashed Cauliflower

Ingredients

- 8 cups bite-size cauliflower florets (about 1 head)
- 4 cloves garlic, crushed and peeled
- ⅓ cup nonfat buttermilk (see Tip)
- 4 teaspoons extra-virgin olive oil, divided
- 1 teaspoon butter
- ½ teaspoon salt
- Freshly ground pepper to taste
- Snipped fresh chives for garnish

Direction

- Over boiling water with a steamer basket, steam garlic and cauliflower florets for 12-15 minutes, covered, until very tender. You can also put the garlic and florets in a microwaveable bowl with a quarter cup of water. Cover then microwave for 3-5 minutes on High.
- In a food processor, pulse the cooked garlic and cauliflower with pepper, salt, butter, 2 tsp. oil and buttermilk for a few times; process until creamy and smooth. Move to a serving bowl; dribble with the remaining 2 tsp. oil all over then top with chives if preferred. Serve hot.

Nutrition Information

- Calories: 107 calories;
- Saturated Fat: 1
- Fiber: 4
- Total Carbohydrate: 10

- Protein: 5
- Total Fat: 7
- Sodium: 339
- Cholesterol: 3
- Sugar: 5

14. Creamy Spinach Dip

Ingredients

- 3 (8 ounce) packages cream cheese, softened
- 1/2 cup plain yogurt
- 1/2 cup cottage cheese
- 2 (14 ounce) cans spinach
- 1/4 cup diced onion
- salt to taste

Direction

- Process cottage cheese, yogurt and cream cheese in a big bowl. Stir in salt, onion and spinach. Chill for 2 to 3 hours prior to serving.

Nutrition Information

- Calories: 48 calories;
- Sodium: 56
- Total Carbohydrate: 1
- Cholesterol: 14
- Protein: 1.6
- Total Fat: 4.4

15. Crispy Potato Stacks With Fresh Sage

Ingredients

- 4 tablespoons unsalted butter
- 2 ½ pounds medium Yukon Gold or Red Bliss potatoes (4-6 ounces each)
- 2 tablespoons chopped fresh sage plus 12 medium sage leaves, divided
- 1 teaspoon kosher salt, divided
- ½ teaspoon ground pepper

Direction

- Preheat the oven to 375 ° F. In a metal 9x13-inch baking pan, put in the butter and place it inside the preheating oven until the butter melts.
- While the oven is preheating, slice off each end of the potatoes and throw it away or use it for other use; use a mandoline to cut the potatoes into really thin slices (1/16 inch or thinner than that).
- Spread the melted butter evenly on the baking pan and transfer the excess melted butter in a big bowl. Add the salt, pepper and chopped sage into the bowl and thoroughly mix everything together. Put in the potato slices and use your hands to mix everything together until the potato slices are well-coated.
- In the prepared baking dish, put in 12 pieces of the coated potato slices about 1 inch away from each other. Put 1 whole sage leaf over each of the potato slices. Make 12 potato stacks that are about 2 inches in height by stacking the remaining potatoes of about the same size over each other, then put 1 potato stack over each of the sage-topped potato slice.

- Put it in the preheated oven and let it bake for 1 to 1 1/4 hours until the potatoes become really soft and crispy in texture. Use a metal spatula to detach the bottom of each potato stack from the baking pan, then carefully turn it over onto the other side to show the sage leaf part; serve.

Nutrition Information

- Calories: 101 calories;
- Saturated Fat: 2
- Sodium: 178
- Sugar: 1
- Protein: 2
- Total Fat: 4
- Fiber: 2
- Cholesterol: 10
- Total Carbohydrate: 15

16. Crustless Crab Quiche

Ingredients

- 2 teaspoons extra-virgin olive oil, divided
- 1 onion, chopped
- 1 red bell pepper, chopped
- 12 ounces mushrooms, wiped clean and sliced (about 4 ½ cups)
- 2 large eggs
- 2 large egg whites
- 1 ½ cups low-fat cottage cheese
- ½ cup low-fat plain yogurt
- ¼ cup all-purpose flour
- ¼ cup freshly grated Parmesan cheese
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 8 ounces cooked lump crabmeat, (fresh or frozen and thawed), drained and picked over (about 1 cup)
- ½ cup grated sharp Cheddar cheese, (2 ounces)
- ¼ cup chopped scallions

Direction

- Set oven to 350 degrees F and start preheating. Coat a 10-in. ceramic quiche dish or pie pan with cooking spray.
- In a big nonstick skillet, heat 1 teaspoon oil on medium-high heat. Put in bell pepper and onion; cook for approximately 5 minutes, mixing, until softened. Remove to a big bowl. To the skillet, add the rest 1 teaspoon of oil and heat on high heat.

Place in mushrooms, cook for 5-7 minutes, mixing, until almost mushroom liquid is evaporated and the mushrooms have been soft. Transfer to the bowl with onion mixture.

- In a blender or food processor, put pepper, salt, cayenne, Parmesan, flour, yogurt, cottage cheese, egg whites, and eggs; process until smooth. Transfer to the vegetable mixture together with scallions, Cheddar, and crab; use a rubber spatula to mix. Transfer into the prepared baking dish.
- Bake the quiche for 40-50 minutes, until an inserted knife into the center comes out clean. Let it sit 5 minutes then serve.

Nutrition Information

- Calories: 245 calories;
- Saturated Fat: 4
- Sodium: 670
- Total Carbohydrate: 14
- Sugar: 7
- Total Fat: 10
- Protein: 27
- Fiber: 2
- Cholesterol: 114

17. Curried Waldorf Salad

Ingredients

- ¼ cup nonfat plain yogurt
- 3 tablespoons low-fat mayonnaise
- ½ teaspoon curry powder
- ⅛ teaspoon salt
- Pinch of cayenne pepper, or to taste
- 1 orange
- 2 tart-sweet red apples, diced
- 1 cup chopped celery
- ⅓ cup golden raisins
- ⅓ cup coarsely chopped walnuts, toasted (see Tip)

Direction

- Stir the cayenne, salt, curry powder, mayonnaise, and yogurt in the medium-sized bowl. Grate 2 tsp. of the zest from orange and put to dressing.
- With the sharp knife, peel and chop the white pith out of orange. For making segments, hold orange above the bowl (to get the juice) and cut between each segment and its surrounding membranes. Put in the walnuts, raisins, celery and apples; combine by tossing.

Nutrition Information

- Calories: 148 calories;
- Sodium: 132
- Total Carbohydrate: 24
- Protein: 3

- Total Fat: 6
- Saturated Fat: 1
- Fiber: 3
- Cholesterol: 2
- Sugar: 16

18. French Onion Dip

Ingredients

- 1 (8 ounce) package cream cheese, softened
- 1 (1 ounce) package dry onion soup mix
- 1/4 cup milk

Direction

- Combine dry onion soup mix and cream cheese in a medium bowl. Pour in milk until it reaches the preferred thickness.

Nutrition Information

- Calories: 89 calories;
- Total Fat: 8
- Sodium: 316
- Total Carbohydrate: 2.6
- Cholesterol: 25
- Protein: 2.1

19. Fresh Green Bean Casserole

Ingredients

- 1 ½ pounds fresh green beans, trimmed
- 2 tablespoons butter
- 3 tablespoons all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 ½ cups fat-free milk
- 1 tablespoon canola oil
- 2 large onions, halved and sliced (2 cups)
- 4 cloves garlic, minced
- 1 ½ cups sliced fresh mushrooms
- 1 cup soft whole wheat or white bread crumbs (1 ⅓ slices bread)

Direction

- Preheat an oven to 375 ° F. Cook green beans for 10 minutes in a big saucepan of lightly salted boiling water. Drain. Put in the rectangular 2-qt. baking dish; put aside.
- Heat butter in a medium saucepan over medium heat. Mix in pepper, salt, dry dressing mix and flour till combined; whisk in milk. Mix and cook till bubbly and thick over medium heat; take away from heat.
- Heat oil in a big skillet over medium heat. Add garlic and onions; mix and cook till beginning to brown and tender, about 4-5 minutes. Take out 1/2 cup onion mixture; put aside.
- Put mushrooms in skillet; cook till tender, about 5 minutes. Mix into sauce mixture. Put onto beans in the dish; toss to coat with tongs.

- Mix breadcrumbs and reserved onion mixture in a small bowl. In casserole, sprinkle breadcrumb mixture on bean mixture; bake, uncovered, till heated through, about 25-30 minutes.

Nutrition Information

- Calories: 87 calories;
- Total Fat: 3
- Fiber: 2
- Sugar: 5
- Total Carbohydrate: 12
- Protein: 3
- Saturated Fat: 1
- Sodium: 162
- Cholesterol: 6

20. Garlic Mashed Cauliflower

Ingredients

- 1 head cauliflower, cut into florets
- 1 tablespoon olive oil
- 1 clove garlic, smashed
- 1/4 cup grated Parmesan cheese
- 1 tablespoon reduced-fat cream cheese
- 1/2 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper

Direction

- In a saucepan, put a steamer and fill with water to just under the base of the steamer. Boil the water. Put in cauliflower, cover, and allow it to steam for 10 minutes till tender.
- Meantime, in a small skillet, heat olive oil over medium heat; cook and mix garlic for 2 minutes till softened. Take away from heat.
- In a food processor, put 1/2 the cauliflower; put lid and blend on high. Put in the rest of cauliflower florets, one by one, till vegetables are creamy. Blend in black pepper, salt, cream cheese, Parmesan cheese and garlic.

Nutrition Information

- Calories: 98 calories;
- Total Fat: 5.7
- Sodium: 372
- Total Carbohydrate: 8.4
- Cholesterol: 7

- Protein: 5.2

21. Gluten Free Green Bean Casserole

Ingredients

- Canola oil cooking spray
- 1 large onion, divided
- 1 cup buttermilk
- ¼ cup gluten-free all-purpose flour
- 1 teaspoon ground pepper, divided
- 2 pounds green beans, trimmed and cut into 1-inch pieces
- 1 tablespoon extra-virgin olive oil
- 1 pound mushrooms, chopped
- 2 cloves garlic, minced
- 1 ½ teaspoons salt
- ¾ teaspoon dried thyme
- 1 ½ cups low-fat milk
- ¼ cup water
- 2 tablespoons cornstarch

Direction

- Preheat the oven to 400 degrees F. Use cooking spray to grease a rimmed baking sheet and coat a 9x13-in baking dish.
- Halve the onion; slice one onion half thinly then dice the other onion half. In a small bowl, mix the sliced onion with buttermilk; let it sit for 10 minutes. Reserved the diced onion.
- Drain the onion slices then get rid of the buttermilk; toss onion with a quarter teaspoon pepper and gluten-free flour to coat. Spread out on the greased baking sheet then cover with cooking spray; bake for 10 minutes. Mix then continue to bake for another 10 minutes until the onion slices are golden brown.

- In the meantime, boil an inch of water in a big pot fitted with a steamer basket. Put in beans then cover; steam for 3-4 minutes until crisp-tender. Take the basket and beans out of the pot.
- Wipe the pot dry then pour in oil, heat on medium heat. Cook diced onion for 4 minutes while mixing often until soft. Mix in the remaining 3/4 tsp. pepper, thyme, salt, garlic and mushrooms; cook for 3-5 minutes while mixing often until the mushroom liquid is nearly evaporated and the mushrooms are tender.
- Add milk then simmer. In a small bowl, mix cornstarch and water. Mix the cornstarch mixture in simmering milk; cook and stir for 1-2 minutes until thick enough to cover the back of a spoon. Mix in green beans. Move the mixture on the greased baking dish; add the crispy onion slices on top.
- Bake for 20-30 mins until the casserole is bubbling.

Nutrition Information

- Calories: 82 calories;
- Saturated Fat: 1
- Sodium: 317
- Fiber: 3
- Total Carbohydrate: 13
- Protein: 4
- Cholesterol: 2
- Sugar: 5
- Total Fat: 2

22. Goat Cheese Kisses

Ingredients

- 3 tablespoons hazelnuts, or pistachios (¾ ounce), finely chopped
- 6 ounces creamy goat cheese
- 6 dried apricots, or dried figs, each cut into quarters

Direction

- Line a wax paper on a small tray or plate. Put nuts in a shallow plate. Add a heaping 1/2 teaspoon goat cheese and insert into the middle a piece of dried apricot (or fig). To shape a ball, cover the cheese around the dried fruit. To make a crust, roll the ball into the sliced nuts; put it on the plate or tray. Do the same with the remaining nuts, dried fruit and goat cheese.

Nutrition Information

- Calories: 27 calories;
- Saturated Fat: 1
- Fiber: 0
- Cholesterol: 3
- Protein: 1
- Total Fat: 2
- Sodium: 33
- Total Carbohydrate: 1
- Sugar: 1

23. Grape Fennel Salad

Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons champagne vinegar or white-wine vinegar
- ½ teaspoon fennel seeds, lightly crushed
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper, divided
- 5 cups red and green seedless grapes (about 1 ¾ pounds), halved
- 1 large fennel bulb, halved, cored and thinly sliced
- 3 stalks celery, thinly sliced on the diagonal
- 4 scallions, thinly sliced on the diagonal
- 3 tablespoons slivered almonds, toasted (see Tip)

Direction

- In a big bowl, mix pepper, salt, fennel seeds, vinegar and oil. Add scallions, celery, fennel and grapes. Toss until coated. Top with almonds. Serve.

Nutrition Information

- Calories: 127 calories;
- Saturated Fat: 1
- Sodium: 103
- Fiber: 3
- Cholesterol: 0
- Total Carbohydrate: 21
- Protein: 2
- Total Fat: 5

- Sugar: 16

24. Green Bean Bundles With Garlic Browned Butter

Ingredients

- 1 pound thin green beans or haricot verts, trimmed
- 24 long, thin slices red bell pepper
- 8 long, thin scallions
- 2 tablespoons butter
- 2 cloves garlic, peeled
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon flaked sea salt, such as Maldon
- Freshly ground pepper to taste

Direction

- Fit a steamer basket into a big pan filled with 1-in. of water and boil it. Put bell pepper and green beans and steam for 3-5 until crunchy and soft. Cut the white portions off the scallions and put 8 long greens in the steamer with the vegetables in the final minute of cooking to soften. Remove the vegetables onto a big dish.
- Split the beans into 8 portions (each portion should have 10-14 beans). To prepare a bundle, on a work surface, put 1 scallion green and lay across it with 3 pieces of bell pepper and 1 portion of beans. Wrap around the vegetables with the greens and tie a knot to keep the bundle in place. Remove onto a serving dish. Continue with the rest of the vegetables.
- In a small frying pan, melt butter over medium heat; smash garlic flat, put in the pan and cook for 2-4 minutes until the butter turns nutty brown, swirling frequently. Remove the garlic.

Mix in oil. Drizzle butter and sprinkle pepper and salt over the bundles, and enjoy.

Nutrition Information

- Calories: 73 calories;
- Total Fat: 5
- Saturated Fat: 2
- Cholesterol: 8
- Total Carbohydrate: 7
- Protein: 2
- Sodium: 64
- Fiber: 3
- Sugar: 2

25. Green Beans With Parmesan Garlic Breadcrumbs

Ingredients

- 1 pound green beans, trimmed
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 3 tablespoons butter
- 2 cloves garlic, minced
- ½ cup fresh whole-wheat breadcrumbs
- 3 tablespoons grated Parmesan cheese

Direction

- Put a steamer basket over a big saucepan filled with 1 inch of water and allow the water to boil. Put the green beans inside the steamer basket then cover it and allow it to cook in the steamer for 5-7 minutes until it is crisp-tender. Put the steamed green beans in a big bowl and add in pepper and salt to taste.
- While waiting for the green beans to cook in the steamer, put the butter in a big skillet and let it heat up over medium heat setting. Let it cook for 3-4 minutes while frequently moving the skillet in a swirl until the butter is beginning to turn brown in color. Put in the garlic and saut é it in the butter for about 30 more seconds until the butter turns nutty brown in color. Add in the breadcrumbs and let it cook for 3-4 minutes while stirring it until the mixture becomes crispy. Toss the prepared breadcrumbs and the steamed green beans together then sprinkle cheese on top.

Nutrition Information

- Calories: 108 calories;

- Sugar: 3
- Total Carbohydrate: 10
- Saturated Fat: 4
- Protein: 3
- Total Fat: 7
- Sodium: 186
- Cholesterol: 17
- Fiber: 3

26. Herb Roasted Turkey

Ingredients

- 1 1 10- to 12-pound turkey
- ¼ cup fresh herbs, plus 20 whole sprigs, such as thyme, rosemary, sage, oregano and/or marjoram, divided
- 2 tablespoons canola, oil
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- Aromatics, onion, apple, lemon and/or orange, cut into 2-inch pieces (1 ½ cups)
- 3 cups water, plus more as needed

Direction

- In the bottom third of oven, position a rack; preheat an oven to 475 ° F.
- Take neck and giblets off turkey cavities and save for creating gravy. On rack in big roasting pan, put the turkey, breast-side facing up; pat it dry using paper towels. In a small bowl, mix pepper, salt, oil and minced herbs. Rub the entire turkey with herb mixture, beneath skin and on breast meat. In the cavity, put 10 of herb sprigs and aromatics. Fold wing tips beneath turkey. Using kitchen string, bind legs together. In the pan, put the leftover 10 herb sprigs and 3 cups of water.
- Let the turkey roast for 45 minutes, or till skin turn golden brown.
- Take turkey out of the oven. Insert remote digital thermometer into the deepest portion of thigh, near joint if using it. With double layers of foil, cover the breast, trimming as needed to fit the breast. Lower the oven heat to 350 ° and keep roasting for an additional of 1 1/4 to 1 3/4 hours. Tilt the turkey to allow the

juices to flow out of cavity into pan and put in a cup water in case the pan dries. Turkey is done once thermometer or an instant-read thermometer inserted into the thickest portion of thigh but not reaching the bone reads 165 ° F.

- On serving platter, put the turkey and cover in foil. In case you're preparing Herbed Pan Gravy, begin here. Allow the turkey to sit for 20 minutes. Take off string and carve.

Nutrition Information

- Calories: 146 calories;
- Fiber: 0
- Protein: 25
- Total Fat: 4
- Saturated Fat: 1
- Sodium: 202
- Cholesterol: 82
- Total Carbohydrate: 0
- Sugar: 0

27. Herb Roasted Turkey With Calvados Gravy

Ingredients

- Dry Rub Turkey
- 4 bay leaves
- 2 tablespoons kosher salt
- 1 teaspoon ground pepper, plus more to taste
- 1 12- to 14-pound turkey
- For Roasting Gravy
- 3 tablespoons unsalted butter, softened
- ¼ cup minced fresh sage plus 2 tablespoons, divided
- 2 cups hot water
- 3-4 cups low-sodium chicken broth or homemade turkey stock, divided
- ⅓ cup all-purpose flour
- ½ cup chopped shallots
- 1 cup apple brandy, such as Calvados

Direction

- Dry-rub turkey: In a mortar and pestle or clean coffee grinder, grind bay leaves. Move to a small bowl and mix with pepper and salt. Take any giblets out of the turkey. Loosen skin on the thighs, legs and breast, and brush meat with the salt mixture. In a roasting pan, put the turkey. Without cover, chill for 12 hours to 1 day.
- Roast turkey: In lower third of oven, place oven rack; preheat to 475 ° F.

- Take the turkey out of the refrigerator. In a small bowl, mix 1/4 cup sage and butter together. Brush the mixture beneath the skin on the thighs, legs and breast. Under the turkey, tuck in the wing tips and use kitchen string to tie the legs together, if wished. On a roasting rack placed in the roasting pan, put the turkey. Allow to stand at room temperature for half an hour.
- For 20 minutes, roast turkey.
- Lower oven temperature to 350 ° . In the pan, pour hot water. Keep roasting for 1 1/2 to 2 hours till an inserted thermometer horizontally into the deepest part of the thigh not touching the bone records 165 ° F, tenting the legs or breast using a foil when the skin becomes too dark. If turkey is bigger than 14 pounds, add an additional 15 minutes of roasting time for every added pound.
- In a clean chopping board, cautiously put the turkey, loosely cover with foil and allow to rest for 20 minutes to half an hour prior to carve.
- Gravy: From the roasting pan, transfer pan juices to a big glass measuring cup, leave browned bits in the pan. In the freezer, put the measuring cup for 10 minutes till the fat rises to the peak. You may use a fat separator and put the defatted juices into a big measuring cup.
- From the separated pan juices, return 3 tablespoons of fat back to the roasting pan, get rid of any leftover fat. Put sufficient stock or broth into the defatted juices to total 4 cups liquid. In another small bowl, whisk a half cup of stock or broth with flour till smooth.
- On two burners, prepare the roasting pan over medium-high heat. Put in the leftover 2 tablespoons sage and shallots; cook for 2 minutes, mixing, till the pan drippings are browning and the shallots soften. Put in brandy; cook, mixing to scrape up the browned bits for 1 to 3 minutes, till nearly evaporated. Put in the broth-juices mixture and boil for 4 minutes. Mix the flour mixture once more and place into the pan. Cook for 1 to 3

minutes longer, mixing continuously, till the gravy thickens. Cautiously pour the gravy through a fine-mesh sieve into a big measuring cup. Season with pepper to taste. Move to a serving container. Serve the turkey alongside gravy.

Nutrition Information

- Calories: 213 calories;
- Sugar: 1
- Saturated Fat: 3
- Sodium: 436
- Fiber: 0
- Cholesterol: 95
- Total Fat: 7
- Total Carbohydrate: 3
- Protein: 26

28. Kumquat Cranberry Relish

Ingredients

- ¼ cup sugar, plus more to taste
- 10 ounces cranberries, fresh or frozen (about 3 cups)
- 2 cups kumquats
- ½ teaspoon kosher salt
- ¼ teaspoon ground allspice

Direction

- Combine allspice, salt, kumquats, cranberries, and 1/4 cup sugar in a food processor. Pulse until the mixture is finely chopped (do not over blend, the texture of the mixture should be chunky). Sprinkle with additional sugar to taste, if desired. Allow to sit for 60 minutes before serving or chill in the fridge for a maximum of 1 week.

Nutrition Information

- Calories: 41 calories;
- Fiber: 2
- Sugar: 7
- Saturated Fat: 0
- Sodium: 82
- Cholesterol: 0
- Total Carbohydrate: 10
- Protein: 0
- Total Fat: 0

29. Lemon Fennel Rubbed Turkey With Homemade Giblet Gravy

Ingredients

- Lemon Fennel Rub
- 3 cloves garlic, minced
- 2 tablespoons kosher salt
- Zest from 2 lemons
- 3 tablespoons lemon juice
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons fresh thyme or 3 tablespoons dried
- 1 tablespoon whole fennel seeds, freshly ground or 2 teaspoons ground
- 1 tablespoon whole black peppercorns, freshly ground or 2 teaspoons ground
- 1 tablespoon sugar
- Turkey
- 1 12- to 14-pound natural or heritage turkey
- 1 medium yellow onion, quartered
- 5 sprigs fresh thyme
- 1 lemon, quartered
- Giblet Gravy
- Turkey giblets and neck
- 1 large carrot, cut into thirds
- 1 small onion, quartered
- 1 stalk celery, chopped
- 6 sprigs fresh thyme

- 3 cloves garlic, smashed
- 1 bay leaf
- 1 handful fresh parsley or celery leaves
- 4 cups water plus 3 tablespoons, divided
- 3 tablespoons cornstarch
- Ground pepper to taste

Direction

- To prepare rub: On a cutting board, mash salt and garlic together to form a paste. Put into a medium bowl and mix sugar, pepper, fennel, 2 tablespoons of dried or 3 tablespoons of fresh thymes, oil, lemon juice and lemon zest in.
- To dry-brine turkey: in making giblet stock for gravy, reserve neck and giblets. Use paper towels to thoroughly pat dry the outside and inside of the turkey. Put into a platter. Loosen the skin of legs and breast. Under the skin, spread about 1/3 of the rub mixture, 1/3 on the inside cavity and the remaining 1/3 on the outside. Use plastic wrap to tightly wrap. Put in the refrigerator for 24 hours.
- To prepare stock for gravy: In a big saucepan, put celery leaves or parsley and bay leaf, garlic, thyme, celery, onion, carrot and put neck and giblets. Put 4 cups of water and bring to a boil. Reduce heat to allow it to simmer gently. Cook for an hour. Through a fine sieve, pour the stock into a 2-cup glass measure, disposing solids. You should get 1 3/4 to 2 cups of stock.
- To roast turkey: In bottom third of oven, position rack and preheat to 425 ° F.
- On a roasting rack set in a roasting pan, put the turkey. For 30 minutes, leave it at room temperature. In the cavity, put thyme sprigs, lemon and onion. Tie the legs together and tuck the wings under the body.

- Roast turkey for 20 to 30 minutes, until the skin starts to brown in spots.
- Turn heat to 350 ° and for another hour, continue roasting.
- Tilt the roasting pan at 180 degrees and use foil to tent the breast. Continue roasting for 45 minutes to 1 1/2 hours more until an instant-read thermometer inserted into the thickest part of a thigh without touching bone registers 165 ° F.
- Tilt the turkey carefully to allow the juices from the cavity to drip in the pan. Put turkey into clean cutting board, using foil to tent. Before carving, let rest for 20 minute.
- To prepare the gravy: In a big saucepan, scrape the browned bits and drippings from the roasting pan. Put stock then bring to a boil.
- In a small bowl, whisk the remaining 3 tablespoons of water and cornstarch in. Put into the stock mixture while whisking constantly. Cool for a minute, whisking. Move it away from heat. Put gravy through a fine-mesh sieve. Use pepper to season.

Nutrition Information

- Calories: 246 calories;
- Total Fat: 10
- Saturated Fat: 3
- Total Carbohydrate: 3
- Sugar: 1
- Protein: 33
- Sodium: 416
- Fiber: 0
- Cholesterol: 123

30. Meringue Topped Sweet Potato Casserole

Ingredients

- Sweet Potato Casserole
- 2 ½ pounds sweet potatoes (about 3 medium), peeled and cut into 2-inch chunks
- 2 large eggs
- 2 tablespoons brown sugar
- ¼ teaspoon ground cinnamon
- 1 tablespoon canola oil
- 1 cup low-fat evaporated milk
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 1 8-ounce can of crushed pineapple, undrained
- ½ cup chopped pecans, toasted (see Tip)
- Meringue Topping
- 4 teaspoons dried egg whites (see Note), reconstituted according to package directions, or 2 large pasteurized egg whites, at room temperature
- ¼ cup granulated sugar

Direction

- Cover sweet potatoes with water in a big saucepan; boil. Lower heat to a simmer; cook for 10-15 minutes till tender. Drain well. Put into a food processor; process it till smooth.
- Preheat an oven to 350 ° F. Use cooking spray to coat an 8-in. square/similar 2-qt. broiler-safe baking dish.
- Whisk salt, vanilla, evaporated milk, oil, cinnamon, brown sugar and whole eggs till smooth in a big bowl. Add sweet

potato; whisk till smooth. Mix in pineapple and its juice. Spread mixture in the prepped baking dish; sprinkle with pecans.

- Bake casserole for 35-45 minutes till edges are bubbly and heated through; put aside while making topping.
- Meringue topping: In top third of oven, put rack; preheat broiler. Use an electric mixer on high speed to beat egg whites till soft peaks form in a medium bowl; in a steady, slow stream, beat in granulated sugar. Beat till you have stiff peaks.
- Put meringue in a sealable gallon-size bag. Seal bag; press out as much air as you can. In 1 corner, cut 1/2-in. hole. Pipe meringue onto casserole; create marshmallow-sized dots. Or, use the pastry bag with a 1/2-in. tip/spread meringue on casserole like frosting a cake. Broil it till lightly browned, about 30-90 seconds, carefully watching to avoid burning.

Nutrition Information

- Calories: 196 calories;
- Protein: 5
- Total Fat: 7
- Saturated Fat: 1
- Sodium: 194
- Fiber: 3
- Cholesterol: 41
- Total Carbohydrate: 29
- Sugar: 18

31. Mini Greek Pizza Muffins

Ingredients

- 2 tablespoons extra-virgin olive oil
- ⅔ cup finely chopped onion
- ⅔ cup finely chopped red bell pepper
- ⅓ cup whole-wheat pastry flour
- ⅓ cup all-purpose flour
- 2 teaspoons baking powder
- 1 ½ teaspoons chopped fresh oregano, or ½ teaspoon dried
- 1 teaspoon sugar
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ⅓ cup low-fat milk
- ⅓ cup crumbled feta cheese
- 1 large egg, well beaten
- 2 tablespoons tomato paste
- 2 tablespoons chopped kalamata olives

Direction

- In a big skillet, heat up oil on medium heat. Add bell pepper and onion. Cook for about 5 minutes, mixing often, until onion is tender. Put into a big bowl. Let it cool for 10 minutes.
- Meanwhile, preheat the oven to 400 ° F. Use cooking spray to coat a mini-muffin pan.
- In a medium bowl, whisk salt, garlic powder, sugar, oregano, baking powder, all-purpose flour and whole-wheat pastry flour.

- Mix olives, tomato paste, egg, feta and milk into onion mixture. Create a well in dry ingredients. Add wet ingredients. Mix just until combined. Fill prepped muffin cups, 2/3 full.
- Bake muffins for 13-15 minutes until lightly browned. Cool for 5 minutes in the pan. Turn out onto a wire rack. Serve at room temperature or warm.

Nutrition Information

- Calories: 40 calories;
- Total Fat: 2
- Sodium: 102
- Fiber: 0
- Sugar: 1
- Protein: 1
- Saturated Fat: 1
- Cholesterol: 10
- Total Carbohydrate: 4

32. Mini Maple Pecan Pies

Ingredients

- ½ of an 8-ounce package reduced-fat cream cheese (Neufchatel), softened
- ¼ cup 60 to 70% tub-style vegetable oil spread
- 1 cup all-purpose flour
- ½ cup refrigerated or frozen egg product, thawed, or 2 eggs, lightly beaten
- ⅓ cup granulated sugar or 2 tablespoons plus 2 teaspoons sugar substitute blend (see Tip)
- ¼ cup pure maple syrup (see Tip)
- 1 tablespoon 60% to 70% tub-style vegetable oil spread, melted
- ½ teaspoon vanilla
- ⅔ cup coarsely chopped pecans, toasted (see Tip)
- 12 pecan halves (optional)

Direction

- Heat up the oven to 325 degrees Fahrenheit. To make the pastry, beat 1/4 cup of vegetable oil spread and cream cheese in a medium bowl with the use of an electric mixer on a medium speed until it combines. Stir in the flour, then equally divide into 12 portions. Evenly press each portion in the bottom and up sides of 12 ungreased muffin cups (2 1/2 inches). The pastry should be thin. Bake the pastry for 15 minutes and it should slightly shrink while baking.
- To make the pecan filling, whisk vanilla, 1 tablespoon of melted vegetable oil spread, syrup, sugar, and egg in a medium bowl until combined. Stir chopped pecans in and evenly spoon

mixture into the hot pastry in muffin cups. You can top each one with a pecan half if you want.

- Bake until pastry turns gold and filling puffs up, 30 more minutes. Slightly cool in the muffin cups, remove pies carefully, then move onto a wire rack. Cool for 20 minutes and serve them warm.

Nutrition Information

- Calories: 182 calories;
- Total Fat: 10
- Total Carbohydrate: 19
- Saturated Fat: 3
- Sodium: 89
- Fiber: 1
- Cholesterol: 7
- Sugar: 10
- Protein: 3

33. Mushroom Risotto

Ingredients

- 1 tablespoon olive oil
- 3 small onions, finely chopped
- 1 clove garlic, crushed
- 1 teaspoon minced fresh parsley
- 1 teaspoon minced celery
- salt and pepper to taste
- 1 1/2 cups sliced fresh mushrooms
- 1 cup whole milk
- 1/4 cup heavy cream
- 1 cup rice
- 5 cups vegetable stock
- 1 teaspoon butter
- 1 cup grated Parmesan cheese

Direction

- Put enough oil in a large skillet and heat it over medium-high heat. Cook and saut é the garlic and onion in hot oil until the garlic is lightly browned and the onion is tender. Remove the garlic, and add the salt, celery, pepper, and parsley. Add mushrooms once the celery is tender. Adjust the heat to low, and cook the mushrooms until tender.
- Stir in cream and milk, and then followed by the rice. Bring the mixture to simmer. Pour in vegetable stock, one cup at a time, until absorbed completely.
- Add butter and Parmesan cheese once the rice is cooked. Remove the mixture from the heat and serve warm.

Nutrition Information

- Calories: 439 calories;
- Cholesterol: 50
- Protein: 16.9
- Total Fat: 19.5
- Sodium: 768
- Total Carbohydrate: 48.7

34. Natural Cookie Icing

Ingredients

- 1 cups confectioners' sugar, plus more as needed
- 1 tablespoon dried egg whites (see Tips)
- 2 tablespoons water
- ½ teaspoon light corn syrup
- ¼ teaspoon vanilla or almond extract
- Natural liquid dye (optional; see Tips)

Direction

- In a small bowl, mix together the dried egg whites and confectioner ’ s sugar. Stir in drops of natural liquid dye (optional), vanilla or almond extract, corn syrup and water until it becomes fully smooth. To color the frosting, use frozen juice concentrate, check the variation below.
- You may use the icing as is for drizzling or mix in more sugar to stiffen for piping or more water to thin for spreading.

Nutrition Information

- Calories: 21 calories;
- Total Fat: 0
- Sodium: 4
- Fiber: 0
- Cholesterol: 0
- Sugar: 5
- Protein: 0
- Saturated Fat: 0
- Total Carbohydrate: 5

35. Orange Caraway Glazed Carrots

Ingredients

- Carrots
- 3 pounds medium-to-large carrots, trimmed
- 2 tablespoons extra-virgin olive oil
- ¾ teaspoon salt
- 1 tablespoon butter
- 1 teaspoon caraway seeds, toasted
- Glaze
- ⅓ cup sherry vinegar
- ¼ cup maple sugar, muscovado sugar or brown sugar
- ½ teaspoon salt
- ½ teaspoon orange zest

Direction

- Prepare Carrots: In the oven, put a big rimmed baking sheet; preheat it to 400 ° F.
- At a 45 ° angle, cut off tip of a carrot. Rotate carrot a quarter turn; at a 45 ° angle, cut off 1 1/2-in. piece. Keep rotating and cutting along carrot ’ s length to make irregular-shaped pieces and repeat with leftover carrots.
- Toss 3/4 tsp. salt, oil and carrots in a big bowl; spread carrots on a hot baking sheet. Roast for 35-45 minutes till beginning to brown in spots and tender, mixing once.
- Prepare Glaze: Meanwhile, mix together salt, sugar and vinegar in a small saucepan; bring to a simmer over medium heat, mixing to melt sugar. Lower heat to maintain a gentle simmer; cook for 5-10 minutes till color darkens and glaze has a maple

syrup consistency, carefully watching to avoid burning. Mix in orange zest. Put into a small heatproof bowl; keep at room temperature. It ’ ll harden if you refrigerate it. Glaze will slightly thicken as it cools; it ’ ll have a syrupy texture once tossed with hot carrots.

- Serve: Melt butter in a big skillet over medium high heat. Add caraway seeds and carrots; cook for 1 minute till carrots are coated, mixing. Add glaze; toss for 30-60 seconds to coat; serve hot.

Nutrition Information

- Calories: 125 calories;
- Cholesterol: 4
- Total Carbohydrate: 19
- Fiber: 4
- Sodium: 469
- Sugar: 11
- Protein: 1
- Total Fat: 5
- Saturated Fat: 1

36. Pear Dried Cranberry Strudel

Ingredients

- 3 large Comice or Anjou pears, peeled and thinly sliced
- ½ cup dried cranberries
- ¼ cup plus 1 teaspoon sugar
- 2 teaspoons freshly grated orange zest
- 1 tablespoon orange juice
- 8 sheets phyllo dough, defrosted according to package directions
- ¼ cup plain dry breadcrumbs
- ⅓ cup walnut oil, (see Ingredient Note) or canola oil
- Confectioners' sugar, for dusting

Direction

- Preheat the oven to 400 ° F. Use cooking spray to grease a baking sheet.
- Mix in medium size bowl with orange juice, orange zest, 1/4 cup sugar, dried cranberries and pears.
- Roll phyllo out to a dry and clean surface. Use a wax paper sheet to cover then a moist kitchen towel. On work surface, put one dry kitchen towel with a lengthy edge pointing at you. Lightly scatter breadcrumbs on towel. Place a phyllo sheet over towel. Cover the pile of phyllo sheets while you work to keep them from drying out. Use oil to slightly brush sheet of phyllo beginning at the middle, toward the edges. Lightly scatter breadcrumbs over. Top with another sheet of phyllo; brush using oil and scatter breadcrumbs over. Redo with 5 of the leftover phyllo sheets; put the final sheet over and brush using oil.

- Pile pear filling in one lengthy strip, 3-inch-wide, on stack of phyllo, keep a 2-inch margin at the sides and bottom. Fold in short edges and, roll the phyllo and filling into a log beginning at lengthy edge close to you, with towel to aid lift as you roll. Firmly roll up however not very tightly, letting a small room to expand.
- Brush oil on strudel and scatter with leftover 1 teaspoon of sugar. Cautiously turn onto prepped baking sheet, seam-side facing down. With tip of sharp knife, prick a few steam vents in top.
- Let the strudel bake for 30 to 35 minutes, till golden brown. Cool for 5 minutes on pan, then turn onto wire rack to fully cool. Sprinkle confectioners' sugar over barely prior to serving.

Nutrition Information

- Calories: 214 calories;
- Protein: 2
- Fiber: 3
- Cholesterol: 0
- Total Carbohydrate: 35
- Sugar: 17
- Total Fat: 8
- Saturated Fat: 1
- Sodium: 120

37. Peppery Shallot Scone Bites

Ingredients

- ¾ cup all-purpose flour
- ¾ cup whole-wheat pastry flour or whole-wheat flour
- 2 teaspoons baking powder
- ¼ teaspoon cream of tartar
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper, plus more for garnish
- ¼ cup light stick butter (not margarine)
- 2 tablespoons butter
- ⅓ cup thinly sliced green onion tops
- ½ cup fat-free milk
- 9 very thin shallot slices
- Olive oil nonstick cooking spray

Direction

- Set the oven to 450 ° F. Stir together 1/4 tsp. black pepper, salt, cream of tartar, baking powder, whole-wheat flour and all-purpose flour in a medium-sized bowl. Cut in light butter and butter with a pastry blender, until the mixture looks like coarse crumbs. Fold in green onion tops, then create a well in the middle of the flour mixture. All at once, pour into the mixture with milk and stir until dough clings together.
- On a lightly floured working surface, turn out the dough. Fold to knead and press dough gently for 4-6 strokes until almost smooth. Pat or roll dough lightly into a 7 ” x7 ” square, then divide the dough into 9 squares. Place on top of each square with a shallot slice, then coat cooking spray to the tops of

shallot slices and sprinkle with more freshly ground pepper. On an ungreased baking sheet, arrange squares by 1 ” apart.

- Bake until lightly brown, about 12 to 14 minutes then serve warm.

Nutrition Information

- Calories: 128 calories;
- Total Fat: 6
- Fiber: 2
- Cholesterol: 14
- Total Carbohydrate: 17
- Saturated Fat: 3
- Sodium: 219
- Sugar: 1
- Protein: 3

38. Pomegranate Molasses Glazed Carrots With Pistachios

Ingredients

- 2 pounds carrots, peeled and diagonally sliced (¼ -inch)
- ½ cup water
- 2 tablespoons pomegranate molasses (see Tip)
- 2 tablespoons honey
- 2 tablespoons butter
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- ⅓ cup chopped salted pistachios
- 2 tablespoons snipped fresh chives

Direction

- In a large skillet, combine carrots, salt, cinnamon, butter, honey, pomegranate molasses, and water. Over medium-high heat, bring to a boil. Cook, covered, for 6 to 8 minutes, or until the carrots are just softened. Uncover, continue to cook for 6-8 minutes more, stirring often, until the liquid is like a syrupy glaze. Then remove from the heat and stir in chives and pistachios. Serve warm.

Nutrition Information

- Calories: 119 calories;
- Total Fat: 5
- Saturated Fat: 2
- Cholesterol: 8
- Total Carbohydrate: 17

- Protein: 2
- Sodium: 241
- Fiber: 3
- Sugar: 11

39. Pork Tenderloin "Rosa Di Parma"

Ingredients

- 2 teaspoons fresh sage, finely chopped
- 1 ½ teaspoons minced garlic
- 1 teaspoon fresh rosemary, finely chopped
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground pepper
- 2 pork tenderloins, (1-1 ¼ pounds each), trimmed
- 4 thin slices Italian Parma ham, (Prosciutto di Parma), divided
- 1 cup freshly grated Parmigiano-Reggiano cheese, divided
- 3 teaspoons extra-virgin olive oil, divided

Direction

- Combine pepper, salt, rosemary, garlic and sage in a small bowl. Put aside.
- Start preheating the oven to 450 ° F.
- Butterfly the tenderloins twice, so that they can be flattened, stuffed and rolled. To make that, make 2 long horizontal cuts, one per side, and without cutting all the way through, separate the tenderloin in thirds. Working with one tenderloin at a time, place it on a cutting board. Hold the knife blade flat that is parallel to the board, create a lengthwise cut into the side of the tenderloin 1/3 of the way down from the top, ending short of the opposite edge so that the flaps keep attached. Rotate the tenderloin 180 ° . Still holding the knife that is parallel to the cutting board, create a lengthwise cut into the side opposite the first cut, beginning 2/3 of the way down from the top of the tenderloin and making sure not to cut all the way through. Open up the 2 cuts so a large rectangle of meat is formed. With the

heel of your hand, gently flatten the meat to about 1/2-inch-thick.

- With each butterflied tenderloin, cover in 2 of the ham slices, then use 1/2 cup of Parmigiano-Reggiano to spread over the ham, leaving a 1-inch border. Beginning with a long side, roll up each tenderloin to let the stuffing be in a spiral pattern; then tie the roasts at 2-inch intervals, using kitchen string.
- Lightly brush over the entire roasts with 1 1/2 teaspoons of oil then rub with the reserved herb mixture. In a large, heavy, ovenproof skillet, heat the leftover 1 1/2 teaspoons of oil over medium-high heat. Put in the roasts, bending to fit if needed, and cook, flipping often, for 3 to 5 minutes in total until the outsides turn brown.
- Place the pan to the oven and roast for 15 to 20 minutes, checking frequently, until the internal temperature achieves 145 ° F. Remove to a cutting board, tent with foil and let it rest for 5 minutes. To serve, discard the string and cut the pork into 1-inch-thick slices.

Nutrition Information

- Calories: 175 calories;
- Cholesterol: 72
- Total Carbohydrate: 1
- Total Fat: 7
- Fiber: 0
- Sodium: 539
- Sugar: 0
- Protein: 26
- Saturated Fat: 3

40. Pureed Roasted Winter Squash

Ingredients

- Canola oil
- 1 2-pound butternut, buttercup or acorn squash

Direction

- Preheat an oven to 400 ° F; brush oil on rimmed baking sheet.
- Halve squash; scrape membranes and seeds out. Put squash on prepped baking sheet, cut side down. Bake for 40-50 minutes for butternut and 35-45 minutes for acorn/buttercup squash till soft; slightly cool.
- Scoop squash flesh in food processor; pulse till smooth. Use potato masher to mash squash for chunkier texture.

Nutrition Information

- Calories: 77 calories;
- Protein: 2
- Saturated Fat: 0
- Sodium: 8
- Fiber: 6
- Cholesterol: 0
- Total Carbohydrate: 20
- Sugar: 4
- Total Fat: 0

41. Quiche Lorraine Light

Ingredients

- Crust
- ¾ cup whole-wheat pastry flour
- ½ cup all-purpose flour
- ¼ teaspoon salt
- 1 tablespoon butter
- 3 tablespoons canola oil
- 1-2 tablespoons ice water
- Filling
- 2 large eggs
- 4 large egg whites
- ¾ cup nonfat milk
- ¾ cup nonfat evaporated milk
- ¼ teaspoon freshly ground nutmeg
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- Pinch of cayenne pepper
- ½ cup shredded Gruy è re cheese
- ¼ cup diced smoked ham
- ¼ cup chopped scallions
- 1 tablespoon freshly grated Parmesan cheese

Direction

- To make crust: Place the rack in the lower third of oven; set the oven to 425 ° F and start preheating.

- In the medium bowl, mix 1/4 teaspoon salt, all-purpose flour and whole-wheat flour. In a small saucepan, melt butter over low heat. Cook while swirling the pan, for 30 seconds to 4 minutes, until the butter turns to a light and nutty brown (it depends on your stove). Place in a small bowl and allow to cool. Stir in oil. Slowly stir the butter-oil mixture into the flour mixture with a fork until it becomes crumbly. Stir in enough amount of ice water gradually so that the dough holds together. In a bowl, knead the dough a few times so that it comes together. Press the dough into a disk.
- Put the dough between sheets of wax paper or parchment, roll into a 12-inch circle. Get rid of the top sheet, invert the dough into a 9-inch pie pan. Get rid of the remaining paper, patch any tears in the dough. Fold the edges under at the rim and use a fork to crimp.
- Use parchment paper or a piece of foil that is large enough to easily lift out to line the dough; fill with dried beans or pie weights evenly. Bake for 7 minutes. Get rid of the paper or foil, and weights, and keep baking for 3-5 more minutes, just until it becomes lightly browned. (Do not fully bake the crust). Allow to cool to room temperature on a wire rack. Lower the oven setting to 350 ° .
- To make filling: In a large bowl, beat eggs and egg whites well. Add cayenne, pepper, 1/4 teaspoon salt, nutmeg, evaporated milk and milk, stirring gently to prevent it from forming many bubbles.
- To assemble bake quiche: Drizzle scallions, ham and Gruyere over the bottom of the prebaked crust. Pour in the filling carefully. Top with a sprinkle of Parmesan. Bake the quiche for 35 - 40 minutes until the knife inserted in the center comes out clean. Cool for 10-15 minutes on a wire rack. Serve while warm or hot.

Nutrition Information

- Calories: 206 calories;
- Total Fat: 11
- Saturated Fat: 3
- Fiber: 1
- Cholesterol: 62
- Sodium: 331
- Total Carbohydrate: 16
- Sugar: 4
- Protein: 11

42. Red Pepper Goat Cheese Frittata

Ingredients

- 8 eggs
- 2 tablespoons finely chopped fresh oregano
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 tablespoons extra-virgin olive oil
- 1 cup sliced red bell pepper
- 1 bunch scallions, trimmed and sliced
- ½ cup crumbled goat cheese

Direction

- Place the rack in upper third of the oven. Start preheating broiler.
- In a medium bowl, stir pepper, salt, oregano and eggs. In a large ovenproof nonstick skillet, heat oil over medium heat. Add scallions and bell pepper; cook for 30 seconds - 1 min, stirring constantly, until the scallions are just wilted.
- Transfer the egg mixture over vegetables and cook for 2-3 mins, lifting the edges of the frittata so uncooked egg can flow underneath, until the bottom is light golden. Dot the top with cheese, place the skillet into the oven and broil for 2-3 mins until puffy and lightly golden on top. Allow to rest for about 3 mins. Serve cold or hot.

Nutrition Information

- Calories: 177 calories;
- Saturated Fat: 4
- Sodium: 337

- Fiber: 1
- Cholesterol: 252
- Sugar: 1
- Protein: 11
- Total Fat: 13
- Total Carbohydrate: 3

43. Red Potato Colcannon

Ingredients

- 1 pound small red potatoes, scrubbed and cut in half
- 1 tablespoon butter
- ½ cup onion, thinly sliced
- 6 cups green cabbage, thinly sliced (about ½ head)
- 1 cup low-fat milk
- 1 teaspoon salt
- ¼ teaspoon white pepper

Direction

- In a Dutch oven, boil 1-in. water. Put potatoes in the steamer basket; steam for 15 minutes till cooked through, covered. Put in a big bowl; to keep warm, cover.
- Meanwhile, in a big nonstick skillet, heat butter over medium heat. Add onion; cook for 2 minutes till translucent. Add cabbage; cook for 5 minutes till cabbage starts to brown, occasionally mixing.
- Lower heat to low. Mix in white pepper, salt and milk; cover. Cook for 8 minutes till cabbage is tender. Add cabbage mixture to potatoes; with a big fork/potato masher, mash to preferred consistency.

Nutrition Information

- Calories: 191 calories;
- Total Carbohydrate: 35
- Cholesterol: 11
- Sugar: 12

- Protein: 7
- Total Fat: 4
- Saturated Fat: 2
- Sodium: 648
- Fiber: 7

44. Roast Pork Tenderloin With Prunes

Ingredients

- 24 pitted prunes, (about 1 ⅓ cups)
- 1 ¼ cups Madeira
- 4 pork tenderloins, about ¾ pound each, trimmed of fat
- 3 teaspoons canola oil, divided
- ¼ cup finely chopped shallots, (2 large)
- 3 cups reduced-sodium chicken broth
- 1 tablespoon cornstarch
- 2 tablespoons cold water
- Salt freshly ground pepper, to taste

Direction

- Simmer Madeira and prunes in a saucepan; take off the heat, cover, then set it aside. Plump the prunes for at least an hour; drain. Separately set the Madeira and prunes aside.
- On a big cutting board, place one of the tenderloins. With one hand, steady the meat then put a slicing knife on the long side of the meat, parallel to the cutting board. Slice through the meat and stop on the opposite side, keeping the flaps attached. Repeat with the other three tenderloins.
- Open the flaps of one tenderloin at a time like a book; use plastic wrap to cover. Pound the meat to an even thickness of 3/8-in using a meat pounder, heavy pan, or rolling pin. Repeat with the rest of the tenderloins; remove the plastic wrap.
- Overlap two plastic wrap sheets on a work surface to form a big rectangle; place two of the flat tenderloins on the plastic wrap, overlap them slightly along the long side to make an 8x13-in rectangle. Keep a one-inch border at the ends then row ten

prunes on one edge of the overlap. Roll the meat like a jelly roll starting from the long edge, use the plastic wrap to lift and assist in rolling. Tuck the ends in as tight as you can. Secure the roll with a butcher ' s twine in crosswise ties with an inch interval. Repeat with the rest of the tenderloins.

- Preheat the oven to 425 degrees F.
- On medium-high heat, heat a teaspoon of oil in a big non-stick frying pan. Brown one of tenderloin roasts on all sides for 5-7 minutes; move to a big rack placed over a baking sheet. Heat 1tsp o oil in the pan, brown another roast then move to the rack. Don ' t rinse the pan since you still need it to make the sauce.
- Roast pork for 30-40mins until an inserted meat thermometer in the middle reads 150 degrees F; move to a cutting board. Tent the roast with foil then set aside for 10 minutes.
- While roasting the pork, chop the four prunes left. On medium-high heat, heat the remaining teaspoon of oil in the same pan where you cooked the meat. Cook and stir chopped prunes and shallots in hot oil for 1-2 minutes until the shallots are soft. Pour in the remaining Madeira from soaking the prunes then boil, stir to release the brown bits at the base of the pan. Boil for 3-4 minutes until most of the liquid evaporates. Add broth then boil for 10 minutes until the sauce reduces to two cups. Sieve the sauce into another saucepan; simmer.
- In a small bowl, combine water and cornstarch; mix into the sauce. Cook and stir until the sauce is slightly thick; sprinkle pepper and salt.
- Discard the twine from the tenderloins then slice the meat into half-inch thick portions. Serve on a hot platter with the sauce.

Nutrition Information

- Calories: 346 calories;
- Fiber: 1
- Total Carbohydrate: 24

- Protein: 38
- Total Fat: 5
- Saturated Fat: 1
- Sodium: 378
- Cholesterol: 111
- Sugar: 12

45. Roasted Acorn Squash With Rosemary

Ingredients

- 2 medium acorn squash (about 2 pounds total)
- ¾ cup dry white wine or reduced-sodium vegetable broth
- 2 cloves garlic, very thinly sliced
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- 2 tablespoons light stick butter (not margarine)
- 1 teaspoon snipped fresh rosemary

Direction

- Preheat the oven to 350 degrees F. Halve the squash lengthwise then remove the seeds. Put the squash halves on a cutting board with the cut-side down. Slice the halves crosswise into one-inch portions; repeat with the rest of the squash. In a 2-qt rectangle baking dish, put wine and garlic slices. Place the squash slices in the dish, overlap if needed; add pepper and salt over the squash.
- Bake squash for 40mins while covered. Remove the cover and bake for another 10-15mins until tender. Move to a serving plate and save the liquid from the dish.
- Put rosemary and butter in the dish; mix until the butter melts. Ladle liquid over the squash. Serve warm.

Nutrition Information

- Calories: 155 calories;
- Sugar: 0
- Protein: 2
- Total Fat: 3

- Saturated Fat: 2
- Sodium: 205
- Fiber: 3
- Cholesterol: 8
- Total Carbohydrate: 25

46. Roasted Brussels Sprouts With Pancetta Sage

Ingredients

- 1 large leek, white and light green part only, thinly sliced
- 2 pounds Brussels sprouts, trimmed and halved (about 8 cups)
- ½ cup chopped pancetta (2 ounces)
- 2 tablespoons finely chopped fresh sage
- 2 tablespoons extra-virgin olive oil
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper

Direction

- Preheat the oven to 450 ° F. Get rid of the grit by rinsing the leek slices thoroughly then patting them dry. In a big roasting pan, mix pepper, salt, oil, sage, pancetta and Brussels sprouts together. Leave them roasting for 18-20 minutes until the sprouts tenderize. During the process, stir one time.

Nutrition Information

- Calories: 109 calories;
- Saturated Fat: 2
- Sodium: 289
- Cholesterol: 5
- Total Carbohydrate: 11
- Sugar: 3
- Protein: 4
- Total Fat: 6

- Fiber: 3

47. Roasted Brussels Sprouts With Smoky Aioli

Ingredients

- 1 pound Brussels sprouts, trimmed and halved
- 1 ½ tablespoons extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ cup mayonnaise
- 1 teaspoon sherry vinegar
- ¼ teaspoon smoked paprika
- ¼ teaspoon garlic powder

Direction

- Start preheating the oven to 450 ° F.
- In a big bowl, mix together pepper, salt, oil, and Brussels sprouts. Remove into a big rimmed baking sheet. Roast for 18-20 minutes until brown and soft while tossing 1 time.
- In the meantime, in a small bowl, mix together garlic powder, paprika, vinegar, and mayonnaise. Enjoy the Brussels sprouts with the aioli.

Nutrition Information

- Calories: 128 calories;
- Cholesterol: 4
- Sugar: 2
- Protein: 3
- Saturated Fat: 2

- Fiber: 3
- Total Fat: 11
- Sodium: 174
- Total Carbohydrate: 7

48. Sauteed Brussels Sprouts With Bacon Onions

Ingredients

- 2 ½ pounds Brussels sprouts, trimmed
- 4 slices bacon, cut into 1-inch pieces
- 1 tablespoon extra-virgin olive oil
- 1 large onion, diced
- 4 sprigs thyme or savory, plus 2 teaspoons leaves, divided
- 1 teaspoon salt
- Freshly ground pepper to taste
- 2 teaspoons lemon juice (optional)

Direction

- Boil water in a big pot. Chop sprouts in half for very small ones and in quarters for bigger ones. Cook sprouts 3-5 minutes until barely tender. Drain.
- At the same time, in a big heavy skillet, cook bacon on medium heat for 3-6 minutes, mixing, until brown yet not crisp. Use a slotted spoon to bring to a paper towel to drain. Remove all from the pan, leaving 1 tablespoon bacon fat.
- Pour oil into the pan, heat on medium heat. Put in onion, cook 4 minutes, mixing frequently, until soft yet not browned, decreasing heat if needed. Mix in pepper, salt, and thyme (or savory) sprigs. Rise to medium-high heat, put in Brussels sprouts, cook about 3 minutes, mixing or tossing from time to time, until warmed through and tender. Take out herb sprigs. Add in lemon juice, thyme (or savory) leaves, and bacon, if using; toss.

Nutrition Information

- Calories: 77 calories;
- Total Fat: 3
- Sodium: 303
- Total Carbohydrate: 10
- Sugar: 3
- Protein: 4
- Saturated Fat: 1
- Fiber: 4
- Cholesterol: 3

49. Smothered Green Beans With New Potatoes

Ingredients

- 5 slices bacon, chopped
- 1 pound green beans, trimmed
- 2 medium onions, finely chopped
- 12 ounces new potatoes (4-6 small), cut into 1-inch pieces
- 1 teaspoon freshly ground pepper
- ½ teaspoon salt
- 4 cups water

Direction

- Heat a Dutch oven to medium heat, cook bacon in the Dutch oven until remain tender but turn brown slightly. Add water, salt, pepper, potatoes, onions, and beans. Whisk thoroughly and simmer it. Lower the heat to keep a gentle simmer, put a cover on and cook for approximately 60 minutes until the beans are very soft while whisking from time to time. Remove the cover, raise the heat to medium-high and cook for another 20-25 minutes until thickened and the water has mostly evaporated while whisking from time to time.

Nutrition Information

- Calories: 88 calories;
- Fiber: 3
- Cholesterol: 5
- Total Carbohydrate: 14
- Sugar: 3

- Protein: 4
- Total Fat: 2
- Saturated Fat: 1
- Sodium: 243

50. Spiralized Apple Crisp

Ingredients

- Filling
- 6 Granny Smith apples
- 3 tablespoons packed light brown sugar
- 2 tablespoons lemon juice
- 1 tablespoon cornstarch
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- Topping
- 1 ½ cups oats (see Tip)
- ½ cup almond meal
- ⅓ cup packed light brown sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 4 tablespoons butter, melted

Direction

- Start preheating oven to 350 deg F. Grease a 9x13-in. pan.
- Slice apples into thick, long strings using a veggie peeler or spiralizer. Mix with lemon juice, 1/4 teaspoon salt, 3 tablespoons brown sugar, 1/2 teaspoon cinnamon, and cornstarch in a big bowl. Move to prepared pan.
- In a medium bowl, mix almond meal, 1/2 teaspoon salt, 1/3 cup brown sugar, oats, and 1 teaspoon cinnamon. Mix in butter. Over fruit, crumble mixture.

- Bake for 50-55 minutes until filling is bubbly around edges, apples are tender, and topping is golden brown in color. Let it stand for 5 minutes before enjoying.

Nutrition Information

- Calories: 196 calories;
- Total Fat: 7
- Sodium: 151
- Fiber: 4
- Sugar: 19
- Protein: 3
- Saturated Fat: 3
- Cholesterol: 10
- Total Carbohydrate: 32

51. Sweet Potato Pie

Ingredients

- Oil Pastry
- 1 ⅓ cups all-purpose flour
- ¼ teaspoon salt
- ¼ cup cooking oil
- ¼ cup fat-free milk
- Sweet Potato Pie Filling
- 2 ¼ pounds sweet potatoes, peeled, cooked, and mashed (see Tip)
- 1 cup evaporated fat-free milk
- ½ cup refrigerated or frozen egg product, thawed, or 2 eggs, lightly beaten
- ½ cup sugar (see Tip)
- 2 teaspoons ground cinnamon
- 2 teaspoons vanilla
- 1 teaspoon butter flavoring
- ¼ teaspoon ground nutmeg
- ¼ teaspoon lemon extract
- ¾ cup frozen light whipped dessert topping (thawed) (optional)
- Ground nutmeg to taste (optional)

Direction

- Preheat an oven to 375 ° F. Prepare oil pastry: mix salt and flour in a medium bowl. Mix milk and oil in another bowl. Put liquid mixture in flour mixture; use fork to lightly mix till combined.

The dough will look crumbly; gently work dough into a ball with hands.

- Slightly flatten dough with hands on a well-floured surface; roll the dough to 12-in. diameter circle from center to edge. Wrap around the rolling pin to transfer pastry; unroll pastry into 9-in. pie plate. Ease the pastry into pie plate; don ’ t stretch pastry. Trim the pastry to 1/2-in. beyond pie plate ’ s edge; fold excess pastry under. Crimp/flute edge as desired; don ’ t prick. Put aside.
- Prepare sweet potato pie filling: Whisk lemon extract, nutmeg, butter flavoring, vanilla, cinnamon, sugar, eggs, evaporated milk and mashed sweet potatoes till nearly smooth in a big bowl; put sweet potato filling in prepped pie plate.
- Cover pie edge with foil to avoid over-browning; bake for 25 minutes then remove foil. Bake till inserted knife near the middle exits clean for 25-30 minutes more. Cool on a wire rack. Cover; refrigerate within 2 hours. Put whipped dessert topping on individual servings if desired; sprinkle with extra nutmeg.

Nutrition Information

- Calories: 218 calories;
- Saturated Fat: 1
- Sodium: 119
- Total Carbohydrate: 38
- Total Fat: 5
- Fiber: 3
- Cholesterol: 1
- Sugar: 16
- Protein: 5

52. Twice Baked Sweet Potatoes

Ingredients

- 2 sweet potatoes, scrubbed and pierced several times with a fork
- 1/4 cup cream cheese, softened
- 1 tablespoon brown sugar
- 2 tablespoons chopped pecans
- 1/4 teaspoon ground cinnamon

Direction

- Turn oven to 375 ° F (190 ° C) to preheat.
- Bake sweet potatoes for 1 1/4 hours in the preheated oven until softened. Put to one side and allow to cool until touchable.
- Cut a thin slice vertically from the top of each potato and throw the slice away. Spoon the flesh part out, leaving the thin shells. Transfer flesh into a mixing bowl and mash well with cream cheese. Mix cinnamon, pecans, and brown sugar into the mixture; fill the flesh mixture into the sweet potato shells. Situate the filled sweet potatoes onto a baking sheet.
- Bake for 15 to 20 minutes until heated through.

Nutrition Information

- Calories: 423 calories;
- Total Carbohydrate: 65.8
- Cholesterol: 32
- Protein: 7.3
- Total Fat: 15.5
- Sodium: 244

53. Vanilla Rosemary Double Potato Dauphinoise

Ingredients

- 1 ¼ cups whole milk
- 4 ounces reduced-fat cream cheese
- ½ vanilla bean or ¼ teaspoon vanilla extract
- 2 teaspoons minced fresh rosemary
- 1 ½ pounds white potatoes, peeled
- 1 pound sweet potatoes, peeled
- 1 teaspoon kosher salt, divided
- ½ teaspoon ground white pepper, divided
- ⅔ cup shredded Gruy è re cheese

Direction

- Set an oven to preheat to 325 degrees F.
- In a medium saucepan, mix together the cream cheese and milk. If you will be using vanilla bean, split the pod in half lengthwise. Scrape the seeds using the tip of a paring knife into the milk mixture, then add the pod into the pot (or you may add vanilla extract). Let it cook on medium heat, whisking, until the mixture is steaming and the cream cheese has melted. Allow it to stand for 10 minutes. Take off the vanilla bean (optional) and mix in rosemary.
- Slice the potatoes and sweet potatoes very thinly using a mandoline or by hand. In an 8-inch square baking dish, layer 1/3 of the sweet potatoes, then slightly overlap. Sprinkle with a bit of pepper and salt. Layer 1/3 of the potatoes and sprinkle with a bit more pepper and salt. Reserve 1/4 cup of the milk mixture, then pour approximately 1/2 of the leftover mixture on top of

the potatoes. Redo the same layers for 2 more times. The potatoes must not be fully submerged. Drizzle the reserved 1/4 cup of milk mixture on top and sprinkle cheese on top.

- Let it bake for 1 1/4 to 1 1/2 hours until it turns golden brown in color and bubbly. Allow it to cool for about 15 minutes prior to serving, then slice it into 9 squares.

Nutrition Information

- Calories: 175 calories;
- Total Fat: 7
- Saturated Fat: 4
- Cholesterol: 22
- Total Carbohydrate: 23
- Sodium: 253
- Fiber: 2
- Sugar: 5
- Protein: 6

54. Vegan Sourdough Stuffing

Ingredients

- 3 tablespoons extra-virgin olive oil
- 3 cups halved and sliced leeks
- 2 large stalks celery, halved and sliced
- 12 ounces sliced mushrooms
- 1 teaspoon poultry seasoning
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 16 ounces day-old good-quality sliced sourdough bread, cubed (see Tip)
- 2 ¼ cups low-sodium vegetable broth

Direction

- Preheat the oven to 350 degrees F. Use cooking spray to grease a 9x13-in baking dish.
- On medium heat, heat oil in a big pan. Cook celery and leeks for 10 minutes until soft; add mushrooms. Cook and stir for 5-7 minutes until soft. Sprinkle salt, pepper and poultry seasoning on the vegetables then mix to blend; move to a big bowl. Stir in broth and bread until all the bread is completely moistened. Move to the greased baking dish. Grease a big foil piece using cooking spray. Use the foil to cover the baking dish with the greased-side down.
- Bake for 30-40 minutes until steaming and hot; remove the foil. Bake for another 18-20 minutes until the top is lightly crisped.

Nutrition Information

- Calories: 156 calories;

- Saturated Fat: 1
- Sodium: 315
- Cholesterol: 0
- Total Fat: 5
- Fiber: 2
- Total Carbohydrate: 24
- Sugar: 3
- Protein: 5

55. Warm Pear Spinach Salad With Maple Bacon Vinaigrette

Ingredients

- 10 cups fresh spinach, tough stems removed
- 1 medium firm ripe pear, thinly sliced
- ½ cup slivered red onion
- 2 slices bacon, chopped
- 1-1 ½ tablespoons extra-virgin olive oil
- 2 tablespoons cider vinegar
- 1 tablespoon pure maple syrup
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ½ cup toasted walnut halves

Direction

- In a large bowl, mix onion, pear, and spinach.
- In a small skillet, cook the bacon over moderate heat for 5-7 minutes. Use a slotted spoon to transfer the bacon into the plate. Add enough oil in the skillet to make 2 tbsp. total. Stir in syrup, pepper, salt, and vinegar. Simmer the mixture and pour it immediately all over the salad. Toss the salad thoroughly to coat with the dressing. Sprinkle walnuts and bacon on top. Serve.

Nutrition Information

- Calories: 194 calories;
- Total Fat: 13
- Saturated Fat: 2
- Sodium: 261

- Fiber: 4
- Total Carbohydrate: 16
- Sugar: 9
- Cholesterol: 3
- Protein: 6

56. Winter Greens Salad With Squash Cranberry Vinaigrette

Ingredients

- 1 small kabocha squash or 3 delicata squash, halved and seeded
- ½ cup walnut oil or extra-virgin olive oil
- ⅓ cup white balsamic vinegar or white-wine vinegar
- 1 small shallot, minced
- 1 medium clove garlic, minced
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- ½ teaspoon kosher salt
- Freshly ground pepper to taste
- ½ cup dried cranberries
- 10 cups torn fris é e
- 10 cups thinly sliced escarole
- ½ cup coarsely chopped walnuts, toasted

Direction

- Incase using kabocha, slice into 1/4 lengthwise, then slice every 1/4 crosswise into 6 portions. For the delicata, slice every half crosswise into 6 portions. Do not peel both variety of squash, skin is edible. In a Dutch oven inserted with a steamer basket, boil an inch of water. To the basket, put the squash, cover and allow to cook for 8 to 10 minutes till just soft once pricked with knife. From the pot, cautiously take off the steamer basket and to a big plate, put squash to cool.
- Meantime, in a big bowl, beat pepper, salt, honey, mustard, garlic, shallot, vinegar and oil till well incorporated. Put

cranberries; reserve for a minimum of 10 minutes to allow cranberries to soften.

- Once set to serve, on a big platter, lay the slices of squash. Sprinkle 2 tablespoons of vinaigrette. To the rest of the vinaigrette, put the escarole and frisee; coat by tossing. To the platter, put the greens and walnuts on top.

Nutrition Information

- Calories: 185 calories;
- Total Fat: 13
- Saturated Fat: 1
- Sodium: 73
- Fiber: 6
- Protein: 3
- Cholesterol: 0
- Total Carbohydrate: 18
- Sugar: 8

Chapter 2: Gluten-Free Thanksgiving Recipes

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57. Baked Indian Pudding With Maple Syrup

Ingredients

- 4 cups hot milk
- 1/2 cup yellow cornmeal
- 1/2 cup maple syrup
- 1/3 cup packed brown sugar
- 1/4 cup molasses
- 2 eggs, lightly beaten
- 2 tablespoons butter, melted
- 1 teaspoon salt
- 3/4 teaspoon ground ginger
- 1/4 teaspoon ground cinnamon
- 1/2 cup cold milk

Direction

- Pour 4 cups of hot milk in a double boiler ' s top and place it over simmering water. Stir cornmeal into the milk slowly and cook, occasionally stirring, for 20 minutes until thick.
- Heat the oven to 150 degrees C or 300 degrees F. Grease a round 2-quart baking dish.
- In a bowl, whisk together cinnamon, ginger, salt, melted butter, eggs, molasses, brown sugar, and maple syrup, then stir into the cornmeal-milk mixture until combined thoroughly. Pour into the greased baking dish, then pour 1/2 cup of cold milk over the top.
- Bake until the pudding is set but still quivering slightly on top, about 2 hours. Let sit for 30 minutes before serving.

Nutrition Information

- Calories: 260 calories;
- Sodium: 394
- Total Carbohydrate: 43.4
- Cholesterol: 65
- Protein: 6.8
- Total Fat: 7

58. Baked Stuffed Pumpkin

Ingredients

- 1 medium sugar pumpkin
- 6 Granny Smith apples - peeled, cored and chopped
- 1 cup chopped walnuts
- 1 (16 ounce) can whole berry cranberry sauce
- 1 (20 ounce) can pineapple chunks, drained
- 3/4 cup packed brown sugar
- 1/2 cup golden raisins
- 1/2 cup dark rum (optional)
- 2 teaspoons minced fresh ginger root
- 1 tablespoon freshly grated nutmeg
- 1 tablespoon ground cinnamon

Direction

- Set the oven to 175 ° C or 350 ° F. Place a rack in the middle of the oven.
- Slice the top of the pumpkin off then set aside. Use a metal spoon to scoop the seeds out.
- Combine rum, apples, raisins, walnuts, brown sugar, pineapple, and cranberry sauce in a big bowl. Mix in cinnamon, nutmeg, and ginger to season. Transfer the mixture in the cleaned pumpkin then place the top back on.
- Directly place the pumpkin on a thick baking sheet or baking stone. Bake in the preheated oven for an hour until the pumpkin starts to soften. Take the pumpkin out of the oven then stir. Gently scrape the sides to let pumpkin pieces fall in the apple mixture.

Nutrition Information

- Calories: 617 calories;
- Total Fat: 13.7
- Sodium: 31
- Total Carbohydrate: 117.7
- Cholesterol: 0
- Protein: 7

59. Becky's Mom's Cranberry Sauce

Ingredients

- 2 cups fresh cranberries
- 1 cup sugar
- 1/3 cup brandy-based orange liqueur (such as Grand Marnier ®)

Direction

- Set the oven to 275 ° F (135 ° C) for preheating.
- In a baking dish, mix the sugar, liqueur, and cranberries.
- Let the mixture bake inside the preheated oven for 1 1/2 hours, stirring the mixture every 20 minutes. Transfer in a tightly sealed container and keep it inside the refrigerator.

Nutrition Information

- Calories: 70 calories;
- Total Carbohydrate: 16
- Cholesterol: 0
- Protein: 0
- Total Fat: 0
- Sodium: 1

60. Brandied Candied Sweet Potatoes

Ingredients

- 2 pounds sweet potatoes, peeled and diced
- 1/2 cup butter
- 1/2 cup packed brown sugar
- 1/2 cup brandy
- 1/2 teaspoon salt

Direction

- In a big saucepan, put sweet potatoes and add enough water to cover; boil. Cook till tender yet firm for 15 minutes. Drain; put aside.
- Melt butter in a big skillet on low heat. Stir in salt, brandy and brown sugar. Add sweet potatoes; mix to coat. Cook till sweet potatoes are well glazed and heated through, stirring gently.

Nutrition Information

- Calories: 295 calories;
- Sodium: 293
- Total Carbohydrate: 36.3
- Cholesterol: 31
- Protein: 1.9
- Total Fat: 11.6

61. Brussels Sprouts In Mustard Sauce

Ingredients

- 2 tablespoons cornstarch
- 1/4 cup water
- 1 (14.5 ounce) can chicken broth
- 1 pound Brussels sprouts
- 2 teaspoons prepared Dijon-style mustard
- 2 teaspoons lemon juice

Direction

- In a 1/4 cup of water, stir in corn-starch until dissolved. Put it to one side.
- At moderate heat, pour chicken broth into a midsized saucepan then lead it to boiling point. Insert the Brussels sprouts, cooking until they tenderize. After straining, keep the chicken broth. Move the Brussels sprouts into a warm serving dish. Move the chicken broth back to stove, stirring lemon juice and mustard in before returning the mixture back to boiling point. Insert the corn-starch mixture, cooking and stirring until it thickens. Before serving, empty the liquid mixture over Brussels sprouts.

Nutrition Information

- Calories: 41 calories;
- Cholesterol: 0
- Protein: 1.9
- Total Fat: 0.4
- Sodium: 58
- Total Carbohydrate: 9.4

62. Busy Night Turkey Taco Soup With Avocado Cream

Ingredients

- 1 (11 ounce) can Mexican-style corn
- 1 (16 ounce) can chili beans, undrained
- 2 (14.5 ounce) cans chicken broth
- 1 (16 ounce) jar chunky salsa
- 2 1/2 cups cooked, chopped turkey meat
- salt and pepper to taste
- 1/4 cup chopped fresh cilantro
- 1/2 cup low-fat sour cream
- 2 tablespoons guacamole

Direction

- Mix salsa, broth, chili beans and corn into a large pot over medium heat.
- Make it boil, then lower heat and mix in cooked turkey. Add pepper and salt to taste. Then cover, and cook until heated through, for 5 to 10 minutes more. Add in cilantro.
- Mix together in a bowl the guacamole and sour cream until it turns smooth.
- Scoop soup into bowls and put guacamole mixture on top.

Nutrition Information

- Calories: 382 calories;
- Total Fat: 10.2
- Sodium: 1518

- Total Carbohydrate: 42.9
- Cholesterol: 79
- Protein: 36.3

63. Cajun Turkey Stuffing

Ingredients

- 5 quarts chicken broth
- 10 cups uncooked white rice
- 1 1/2 cups chopped celery
- 1 1/2 cups chopped onion, divided
- 1 tablespoon garlic, minced
- 1 pound bulk pork sausage
- 1 pound ground beef
- 1 tablespoon dried thyme
- 1 tablespoon dried parsley
- 1 tablespoon dried oregano

Direction

- Put 1 cup of chopped onion, celery, rice, and chicken broth into a large pot. Bring to a boil over high heat. Turn heat down to medium low; simmer, covered, for 20 to 25 minutes until rice is tender.
- In the meantime, put the remainder of 1/2 cup onion into a large skillet along with ground beef, pork sausage, and garlic. Cook over medium-high heat, stirring, until meat turns brown and crumbly; ladle out excess drippings, then stir meat into cooked rice along with oregano, parsley, and thyme. Mix well, then serve.

Nutrition Information

- Calories: 445 calories;
- Total Fat: 8.3

- Sodium: 228
- Total Carbohydrate: 76
- Cholesterol: 27
- Protein: 13.8

64. Cauliflower With A Kick

Ingredients

- 1 head cauliflower, broken into florets
- 1 parsnip, peeled and sliced
- 1/4 cup milk
- 2 tablespoons butter
- salt and pepper to taste

Direction

- Put steamer insert in saucepan, filling with water to right under bottom of steamer. Cover; boil water on high heat. Add parsnips and cauliflower then recover. Steam for 15 minutes till soft.
- Drain veggies; mash with electric mixer/hand masher. Put butter and milk slowly, then mash to preferred consistency. Season with pepper and salt to taste. Serve warm.

Nutrition Information

- Calories: 60 calories;
- Total Carbohydrate: 7.3
- Cholesterol: 8
- Protein: 1.9
- Total Fat: 3.2
- Sodium: 47

65. Chef John's Pumpkin Creme Brulee

Ingredients

- 3 egg yolks
- 1/2 cup brown sugar
- 1 cup heavy cream
- 1 cup pumpkin puree
- 1/2 teaspoon ground allspice
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 pinch salt
- 1/2 cup white sugar

Direction

- Preheat an oven to 165 ° C/325 ° F.
- Whisk brown sugar and egg yolks in big bowl; whisk in salt, nutmeg, cinnamon, allspice, pumpkin puree and heavy cream.
- Divide pumpkin mixture among 7 5-in. ramekins to 1/2-in. from top.
- Put ramekins into baking dish; to reach halfway up ramekin ' s side, fil baking dish using hot water.
- In preheated oven, bake for 30-35 minutes till just set. Remove ramekins; refrigerate for a minimum of 2 hours till fully cool.
- Sprinkle each cr è me brulee with 1 tbsp. sugar; melt sugar using a chef ' s torch for 1-2 minutes till dark brown and crisp. Cool; serve.

Nutrition Information

- Calories: 269 calories;

- Cholesterol: 134
- Protein: 2.3
- Total Fat: 14.6
- Sodium: 127
- Total Carbohydrate: 34.2

66. Chocolate Chip Cheese Ball

Ingredients

- 1 (8 ounce) package cream cheese, softened
- 1/2 cup butter, softened
- 3/4 cup confectioners' sugar
- 2 tablespoons brown sugar
- 1/4 teaspoon vanilla extract
- 3/4 cup miniature semisweet chocolate chips
- 3/4 cup finely chopped pecans

Direction

- Beat butter and cream cheese together in a medium bowl until smooth. Blend in vanilla, brown sugar and confectioners ’ sugar. Stir in chocolate chips, then cover and refrigerate in the fridge about 2 hours.
- Form chilled cream cheese mixture into a ball and wrap with plastic. Refrigerate in the fridge about 1 hour.
- Before serving, roll the cheese ball in finely chopped pecans.

Nutrition Information

- Calories: 102 calories;
- Sodium: 42
- Total Carbohydrate: 6.9
- Cholesterol: 15
- Protein: 1
- Total Fat: 8.4

67. Cornbread I

Ingredients

- 1 cup buttermilk
- 1 cup stone ground cornmeal
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1 egg
- 1 tablespoon shortening

Direction

- Set an oven to preheat to 225 ° C (450 ° F). In the heating oven, melt the shortening in a 9-inch round iron frying pan.
- Mix the baking soda, salt and cornmeal together in a big bowl, then mix in the buttermilk and egg.
- From the oven, take out the frying pan and pour the batter into the frying pan, mixing the melted shortening into the batter.
- Let it bake in the preheated oven for about 30-40 minutes. When the top of the cornbread feels firm to the touch and turns to brown, take it out from the oven. Turn out onto a serving plate. Slice into wedges prior to serving right away with butter.

Nutrition Information

- Calories: 91 calories;
- Sodium: 416
- Total Carbohydrate: 13.2
- Cholesterol: 24
- Protein: 3
- Total Fat: 3

68. Crab Stuffed Mushrooms

Ingredients

- 1 pound fresh mushrooms
- 7 ounces crabmeat
- 5 green onions, thinly sliced
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried oregano
- 1/4 teaspoon ground savory
- ground black pepper to taste
- 1/4 cup grated Parmesan cheese
- 1/3 cup mayonnaise
- 3 tablespoons grated Parmesan cheese
- 1/4 teaspoon paprika

Direction

- Preheat oven to 175 ° C or 350 ° F.
- Mix together pepper, crabmeat, herbs, and green onions in a medium bowl. Stir in a quarter cup Parmesan cheese and mayonnaise until well blended. Let it chill in the refrigerator until ready to use.
- Use a damp towel to clean mushrooms; discard the stems. Scoop out the gills and the bottom of the stem to produce deep cups; get rid of the stems and gills. Scoop rounded teaspoonfuls of filling in the mushroom caps and arrange them in an ungreased shallow baking pan. Add paprika and Parmesan cheese on top.
- Bake in the preheated oven for 15 minutes. Serve right away.

Nutrition Information

- Calories: 167 calories;
- Total Fat: 12.1
- Sodium: 275
- Total Carbohydrate: 4.2
- Cholesterol: 39
- Protein: 11.7

69. Cranberry Salad I

Ingredients

- 1 pound fresh or frozen cranberries
- 8 ounces miniature marshmallows
- 2 cups white sugar
- 1 (20 ounce) can crushed pineapple with juice
- 1 banana, peeled and sliced
- 1 cup whipped cream

Direction

- Before using, thaw the frozen cranberries if using. Grind cranberries in a blender or a food processor. Add marshmallows, crushed pineapple and sugar. Allow the mixture to stand overnight. Stir in whipped cream and sliced banana just before serving.

Nutrition Information

- Calories: 306 calories;
- Sodium: 27
- Total Carbohydrate: 76
- Cholesterol: 5
- Protein: 1.1
- Total Fat: 1.5

70. Cranberry Sauce II

Ingredients

- 1/2 pound fresh cranberries
- 1 cup white sugar
- 1/2 cup water

Direction

- Combine together the sugar, water and the cranberries in a microwavable bowl. Cover the mixture using a wax paper. Put in the microwave and set on high power for roughly 7 minutes or just until the cranberries have popped. Place in the fridge to chill before you serve it.

Nutrition Information

- Calories: 146 calories;
- Total Fat: 0
- Sodium: 1
- Total Carbohydrate: 37.9
- Cholesterol: 0
- Protein: 0.1

71. Cranberry Sauce With Jalapeno Peppers

Ingredients

- 12 ounces fresh or frozen cranberries
- 1 cup water
- 1 cup white sugar
- 2 fresh jalapeno peppers, seeded and minced
- 3 teaspoons lemon juice
- 1/2 cup sherry

Direction

- In cold water, rinse the berries then drain.
- Mix sugar and water in a saucepan until the sugar dissolves and the mixture boils. Mix in lemon juice, jalapeno peppers, and cranberries; return to a boil. Lower heat; gently simmer for 10 minutes while mixing from time to time.
- Mix sherry and lemon juice into the mixture until combined. Take off from heat then completely cool the mixture at room temperature. Chill in a lidded glass container until ready to serve.

Nutrition Information

- Calories: 264 calories;
- Sodium: 181
- Total Carbohydrate: 65.6
- Cholesterol: 0
- Protein: 0.4
- Total Fat: 0.2

72. Cranberry Waldorf

Ingredients

- 1 1/2 cups chopped cranberries
- 1 cup chopped red apple
- 1 cup chopped celery
- 1 cup seedless green grapes, halved
- 1/3 cup raisins
- 1/4 cup chopped walnuts
- 2 tablespoons white sugar
- 1/4 teaspoon ground cinnamon
- 1 (8 ounce) container vanilla yogurt

Direction

- Mix yogurt, cinnamon, sugar, walnuts, raisins, grapes, celery, apple, and cranberries. You can use a food processor to chop cranberries. Mix to coat. Put a cover on and let chill for 2 hours.
- Toss before eating. If you want, you can use mint leaves and frosted cranberries to garnish. To make frosted cranberries, dampen the cranberry and dip in sugar.

Nutrition Information

- Calories: 100 calories;
- Protein: 2.2
- Total Fat: 2.6
- Sodium: 29
- Total Carbohydrate: 18.7
- Cholesterol: 1

73. Crustless Pumpkin Pie

Ingredients

- 1 cup granular sucralose sweetener (such as Splenda ®)
- 3 tablespoons almond flour
- 3 eggs
- 2 cups canned pumpkin
- 3/4 cup half-and-half
- 1 1/2 teaspoons vanilla extract
- 1 1/2 teaspoons pumpkin pie spice
- hot water as needed

Direction

- Preheat an oven to 175 ° C/350 ° F then grease 9-in. pie dish.
- Mix almond flour and sweetener in big bowl; beat eggs in till mixed well. Mix in pumpkin pie spice, vanilla extract, half and half and pumpkin till smooth; put pumpkin mixture in prepped pie dish.
- Put pie dish in big baking pan; fill baking pan with 1/2-in. hot water.
- In preheated oven, bake for 50-55 minutes till an inserted knife in the middle of pie exits clean.

Nutrition Information

- Calories: 98 calories;
- Sodium: 183
- Total Carbohydrate: 7
- Cholesterol: 78
- Protein: 4.3

- Total Fat: 6.1

74. Dairy , Nut , And Gluten Free Green Bean Casserole

Ingredients

- 2 tablespoons olive oil
- 12 small shallots, thinly sliced, divided
- 1 (8 ounce) package thinly sliced baby bella mushrooms
- 6 cloves garlic, minced
- 1/4 cup dried porcini mushrooms, or to taste
- 1 1/2 cups white wine
- 1 teaspoon salt
- 2 cups chicken broth
- 1 (14 ounce) can coconut milk
- 3 (12 ounce) packages fresh green beans, trimmed
- 3 tablespoons cold water
- 3 tablespoons cornstarch
- salt and ground black pepper to taste
- 2 tablespoons gluten-free all-purpose flour, or to taste
- 1/4 cup olive oil

Direction

- Set the oven to 175 ° C or 350 ° F.
- In a big saucepan or Dutch oven, heat 2 tbsp. olive oil on medium heat. Put in garlic, mushrooms and 6 shallots, then cook and stir for around 5 minutes, until shallots and garlic are softened. Put in salt and white wine. Allow to simmer for 2-4 minutes, until flavors begin to meld. Put in coconut milk and

chicken broth, then stir to mix. Put in green beans and bring the mixture to a boil.

- In a bowl, combine cornstarch and water, then add the mixture into the saucepan. Cook and stir for 3-5 minutes, until the mixture is thickened. Season with pepper and salt, then transfer the mixture into a 13 ” x9 ” baking dish.
- Bake for 35-40 minutes until it is nearly set.
- In a bowl, toss together gluten-free flour and the remaining 6 shallots to coat well.
- In a skillet, heat 1/4 cup olive oil on medium heat, then put in coated shallots, cook and stir for 4-5 minutes, until golden. Turn out the fried shallots to a paper towel to drain, then sprinkle on top of the casserole.
- Preheat the oven ’ s broiler and place an oven rack approximately 6 inches from the source of heat. Bring the casserole back to the oven and broil for 3-5 minutes, until shallots are crispy.

Nutrition Information

- Calories: 239 calories;
- Total Fat: 14.3
- Sodium: 500
- Total Carbohydrate: 19.6
- Cholesterol: 1
- Protein: 5.2

75. Delicious Apple Salad

Ingredients

- 10 Granny Smith apples - peeled, cored and chopped
- 2 (8 ounce) cans pineapple chunks
- 2 cups raisins
- 1 cup chopped pecans
- 20 ounces sour cream
- 1 teaspoon granulated sugar

Direction

- Mix together sour cream, pecans, raisins, undrained pineapple and apples. Stir well to combine; use sugar to taste. Best when served chilled.

Nutrition Information

- Calories: 256 calories;
- Cholesterol: 17
- Protein: 2.8
- Total Fat: 13.4
- Sodium: 23
- Total Carbohydrate: 35.6

76. Easy Crustless Pumpkin Pie

Ingredients

- 1 (15 ounce) can pumpkin puree
- 1 1/4 cups skim milk
- 3/4 cup granular sucralose sweetener (such as Splenda ®)
- 1/2 cup egg substitute
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg

Direction

- Preheat the oven to 175 ° C or 350 ° F. Oil a pie dish.
- In a bowl, whisk nutmeg, ginger, cinnamon, vanilla extract, egg substitute, sweetener, milk and pumpkin puree till smooth; put into prepped pie dish.
- In preheated oven, bake for about half an hour till firm.

Nutrition Information

- Calories: 48 calories;
- Sodium: 172
- Total Carbohydrate: 6.8
- Cholesterol: 1
- Protein: 3.8
- Total Fat: 0.8

77. Easy Pumpkin Dip

Ingredients

- 3/4 cup low-fat cream cheese
- 1/2 cup packed brown sugar
- 1/2 cup canned pumpkin
- 2 teaspoons maple syrup
- 1/2 teaspoon ground cinnamon

Direction

- Use an electric mixer to mix the brown sugar, canned pumpkin and cream cheese together in a bowl for 3-5 minutes on medium speed until the mixture has a creamy and light consistency. Put in the cinnamon and maple syrup and whisk everything together for 1-2 minutes until it is smooth in consistency. Use a plastic wrap to cover the bowl then keep it in the fridge for 30 minutes.

Nutrition Information

- Calories: 78 calories;
- Cholesterol: 9
- Protein: 1.9
- Total Fat: 2.9
- Sodium: 50
- Total Carbohydrate: 11.7

78. Festive Onions

Ingredients

- 4 cups sliced onion
- 5 tablespoons butter
- 1 cup cream
- salt to taste
- ground black pepper to taste
- 2/3 cup Parmesan cheese
- 2 eggs

Direction

- Saut é onions in margarine or butter until translucent. Transfer onion to a 2-quart baking dish.
- Beat eggs thoroughly in a small mixing bowl. Mix in cream, and add pepper and salt to season. Stream the egg mixture over saut é ed onions and top with cheese.
- Bake without cover for 15 to 20 minutes at 425 ° F (220 ° C).

Nutrition Information

- Calories: 270 calories;
- Sodium: 210
- Total Carbohydrate: 7.5
- Cholesterol: 128
- Protein: 6.2
- Total Fat: 24.5

79. Fluffy Gluten Free Cornbread

Ingredients

- 2 eggs, lightly beaten
- 1 1/2 cups lukewarm water
- 1/4 cup vegetable oil
- 1 1/2 cups fine cornmeal
- 1 cup millet flour
- 1 cup rice flour
- 1/4 cup white sugar
- 1 tablespoon baking powder
- 1 teaspoon salt

Direction

- Set an oven to preheat to 200? ° C (400 ° F), then grease a 9x9-inch baking pan.
- In a bowl, whisk the vegetable oil, water and eggs together until evenly combined, then put aside. In another big bowl, mix together the salt, baking powder, sugar, rice flour, millet flour and cornmeal, then create a well in the middle and pour the liquid mixture into the well and mix just until blended.
- In the prepped baking pan, pour the batter and let it bake in the preheated oven for about 20 minutes, until the top bounces back when pressed lightly and turns golden in color.

Nutrition Information

- Calories: 224 calories;
- Total Fat: 6.4
- Sodium: 291

- Total Carbohydrate: 37.3
- Cholesterol: 31
- Protein: 4.4

80. Gluten Free Crustless Pumpkin Pie

Ingredients

- 2 eggs
- 1/2 cup brown sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/8 teaspoon ground ginger
- 1 1/4 cups evaporated milk
- 1 (15 ounce) can pumpkin puree
- 1/4 cup chopped pecans (optional)

Direction

- Preheat the oven to 200 ° C or 400 ° F.
- In a bowl, whisk ginger, cloves, nutmeg, salt, cinnamon, brown sugar and eggs till combined. Mix in pumpkin and milk till smooth; put into a glass pie dish with 9-inch in size. Scatter pecans over.
- In prepped oven, bake for 15 minutes; lower heat to 175 ° C or 350 ° F and keep baking for 30 to 40 minutes longer till set. Cool down for a minimum of an hour prior to slicing, then serve.

Nutrition Information

- Calories: 164 calories;
- Cholesterol: 58
- Protein: 5.2

- Total Fat: 6.7
- Sodium: 337
- Total Carbohydrate: 22.7

81. Gluten Free Garlic Dill Dinner Rolls

Ingredients

- 1 1/2 cups warm water (110 degrees F/45 degrees C)
- 1 tablespoon white sugar
- 1 (.25 ounce) package rapid rise yeast
- 3 large eggs
- 1 1/2 teaspoons canola oil
- 1 teaspoon apple cider vinegar
- 2 1/2 cups gluten-free all purpose baking flour (such as Bob's Red Mill ®)
- 2 teaspoons xanthan gum
- 1 teaspoon salt
- 2 teaspoons dried dill weed
- 1 1/2 teaspoons minced garlic

Direction

- In a bowl, mix together the sugar and warm water, then sprinkle yeast packet on top of the water mixture. Allow the yeast to foam a bit for about 5 minutes.
- In a bowl, whisk together the vinegar, canola oil and eggs until it becomes frothy.
- In a bowl, mix together the salt, xanthan gum and flour until evenly combined. Using electric mixer, beat the yeast mixture into the flour mixture until evenly blended. Beat the egg mixture into the flour mixture until just blended; stir in the garlic and dill. Beat the dough on high for a minimum of 4 minutes, until the dough becomes sticky and holds together. Use plastic wrap to cover the bowl and put aside for about 30 minutes to rise a bit in a warm place.

- Set an oven to preheat to 175 ° C (350 ° F). Grease the 10x13-inch baking dish.
- Shape the dough into 12 big rolls. In the prepped baking dish, place them 3/4-inch apart.
- Let it bake for 35-45 minutes in the preheated oven, until the rolls turn light golden.

Nutrition Information

- Calories: 34 calories;
- Sodium: 232
- Total Carbohydrate: 2.5
- Cholesterol: 46
- Protein: 1.9
- Total Fat: 1.9

82. Gluten Free NO Hassle Holiday Stuffing

Ingredients

- 2 loaves gluten-free bread, cut into 3/4-inch cubes
- 1/2 cup butter
- 2 onions, chopped
- 3 large apples - peeled, cored, and cut into 1/2-inch chunks
- 2 cups chopped celery
- 4 cups chicken broth
- 2 teaspoons poultry seasoning, or more to taste
- 1 pinch salt and ground black pepper to taste
- 1/2 cup butter, melted

Direction

- Set oven to 200 ° F (95 ° C) to preheat.
- Arrange bread cubes onto 2 separate baking sheets.
- Bake for about 2 hours in the preheated oven until completely dry. Remove bread cubes to a large mixing bowl.
- In a large saucepan, melt 1/2 cup butter over medium heat; saut é celery, apples, and onions in heated butter for about 10 minutes, stirring sometimes, until tender. Add poultry seasoning and chicken broth; simmer for about 5 minutes until flavors meld. Pour broth mixture into the bowl of the bread cubes and stir well to coat evenly; sprinkle with pepper and salt to season. Use plastic wrap to cover the bowl; put to one side and let stand for about 1 hours until liquid is absorbed.
- Turn oven to 350 ° F (175 ° C) to preheat.
- Take the cover off and pour the bread cube mixture into a 9x13-inch casserole dish. Sprinkle 1/2 cup melted butter over the

bread mixture.

- Bake for about 20 minutes until the surface has turned golden brown.

Nutrition Information

- Calories: 363 calories;
- Cholesterol: 41
- Protein: 3.4
- Total Fat: 22.5
- Sodium: 127
- Total Carbohydrate: 40.6

83. Gluten Free Pumpkin Cheesecake

Ingredients

- Crust:
- 1 cup almond meal
- 1/2 cup crushed slivered almonds
- 1/4 cup white sugar
- 1/4 teaspoon baking soda
- 1/4 teaspoon ground cinnamon
- 3 tablespoons melted butter
- Filling:
- 2 (8 ounce) packages cream cheese, softened
- 2 cups sour cream
- 1 3/4 cups pumpkin puree
- 1 cup white sugar
- 4 eggs
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon vanilla extract
- 1 teaspoon salt

Direction

- Preheat the oven to 175 ° C or 350 ° Fahrenheit.
- In a bowl, mix a quarter teaspoon cinnamon, almond meal, baking soda, quarter cup sugar, and slivered almonds; mix in butter until evenly moist. Firmly press the mixture into the bottom of a 10-in springform pan.

- Bake for 10 minutes in the preheated oven until set. Take it out of the oven then lower the heat to 165 ° C or 325 ° Fahrenheit. On the bottom rack of the oven, put a pan of hot water to help in reducing the cracks on the cheesecake.
- In a big bowl, beat salt, cream cheese, vanilla extract, sour cream, ginger, pumpkin puree, a teaspoon of cinnamon, eggs, and a cup of sugar with an electric mixer until the filling is smooth. Frequently scrape the sides and bottom of the bowl. Move the filling on top of the hot crust.
- Put the pan on the middle rack in the oven; bake for 1-1 hour and 15 minutes until the center of cheesecake peaks. Cool the cheesecake to room temperature then take out the sides of the pan; move to a serving plate then tent with a plastic wrap. Chill for at least 2 hours before serving.

Nutrition Information

- Calories: 317 calories;
- Protein: 8.4
- Total Fat: 22.3
- Sodium: 361
- Total Carbohydrate: 22.8
- Cholesterol: 96

84. Gluten Free Thanksgiving Stuffing

Ingredients

- 1 (1 pound) loaf gluten-free bread (such as Udi's ® Millet-Chia bread)
- 3 tablespoons olive oil
- 2 onions, diced
- 3 stalks celery, diced
- 1 teaspoon chopped fresh sage
- 1 teaspoon dried thyme leaves
- 3/4 teaspoon salt
- ground black pepper to taste
- 2 cups gluten-free chicken broth
- 2 large eggs

Direction

- Preheat the oven to 165 ° C (325 ° F). Spread cooking spray over a 3-quart baking dish.
- Slice bread into 3/4-inch square cubes and arrange onto a baking sheet.
- Bake for 12 to 17 minutes in the preheated oven, until crisp.
- Heat olive oil over medium heat in a big skillet. Cook and mix celery and onions about 8 to 10 minutes in hot oil until tender. Mix black pepper, salt, thyme and sage into the vegetables. Blend in eggs, chicken broth, and toasted bread crumbs. Pour the dressing in the prepared baking dish then cover.
- Bake in the preheated oven for 30 minutes, uncover and bake for another 10 minutes until the top of the dressing is crisp and lightly browned.

Nutrition Information

- Calories: 245 calories;
- Total Fat: 12.4
- Sodium: 490
- Total Carbohydrate: 30.8
- Cholesterol: 48
- Protein: 4.7

85. Gluten Free Bomb Diggity Stuffing

Ingredients

- 6 slices gluten-free bread (such as Rudi's ® Original)
- 3 tablespoons coconut oil
- 2 yellow onions, chopped
- 2 stalks celery, chopped
- 1/2 leek, chopped
- 1/4 cup finely chopped fresh parsley
- 1 sprig fresh sage, leaves finely chopped
- 1 sprig fresh marjoram, finely chopped
- 1 sprig fresh thyme, finely chopped
- 1 sprig fresh rosemary, leaves finely chopped
- 2 tablespoons coconut oil, melted
- 1 cup vegetable broth, or as needed

Direction

- Set the oven to 200 ° C or 400 ° F.
- Cut the slices of bread into cubes then arrange on a baking sheet.
- Bake for 15-20mins in the preheated oven until the bread cubes are crisp and dry.
- On medium heat, heat 3tbsp coconut oil in a pan. Cook and stir leek, celery, and onions in the hot oil for 8-10mins until the vegetables soften. Move to a bowl then mix in 2tbsp coconut oil, gluten-free bread cubes, rosemary, parsley, thyme, marjoram, and sage. Thoroughly stir in half cup of vegetable broth at a time to moisten the dressing; move to a 9-in square baking dish. Use aluminum foil to cover.

- Bake for 20mins in the preheated oven. Remove the cover then bake for another 15mins until the top is golden and the stuffing is completely cooked through.

Nutrition Information

- Calories: 449 calories;
- Total Fat: 25.9
- Sodium: 255
- Total Carbohydrate: 50.4
- Cholesterol: 0
- Protein: 6.3

86. Gluten Free Crescent Rolls

Ingredients

- 1/4 cup whole milk
- 1/4 cup butter, softened
- 2 tablespoons honey
- 2 teaspoons honey
- 1/8 teaspoon salt
- 1/4 cup warm water (110 degrees F (43 degrees C))
- 1/2 (.25 ounce) package active dry yeast
- 1 egg, beaten, divided
- 2 cups gluten-free all-purpose flour
- 1 tablespoon butter, softened, divided
- 1 tablespoon potato starch, or as needed

Direction

- Heat the milk in a microwaveable bowl for about 30 seconds, until warm. Mix in salt, 2 tbsps. plus 2tsps honey and 1/4 cup of butter. Allow it to cool for 3-5 minutes until lukewarm.
- In a small bowl, mix together the yeast and warm water, then allow the mixture to stand for about 5 minutes, until it becomes creamy and yeast is dissolved.
- In the bowl of a stand mixer fitted with paddle attachment, mix together the yeast mixture and milk, then add 1/2 of the beaten egg. Beat in the flour, 1/2 cup at a time, until dough comes together. Change the attachment into dough hook then lightly knead for about 5 minutes, until the dough becomes sticky and wet yet forms into a ball.

- Use 1 tsp of softened butter to grease a big bowl. Use wet or greased hands to move the dough to the bowl, flipping to coat it with the butter. Use damp cloth to cover and allow it to rise in a warm area for about 1 hour, until it doubles in volume.
- Use potato starch to dust your work surface. Deflate the dough then turn it out onto your work surface. Split the dough into 4 even portions and shape them into rounds. On top of one of the rounds, put a piece of parchment paper and use a rolling pin to roll it into a rectangle of about 1/8-inch thick; slice it into wedges. Use a bit of softened butter to brush each wedge. Redo the steps with the rest of the dough rounds.
- Roll each wedge up from the base towards the point, then use a bit of the leftover beaten egg to brush the seam to seal. Make a crescent shape by bending each roll.
- Line parchment papers on the baking trays, then lay out the crescents sealed-side facing down on the trays. Use the leftover beaten egg to brush the tops.
- Move the baking sheets to the cold oven, then heat the oven to 185 ° C (365 ° F).
- Let it bake for about 25 minutes, until it turns golden brown in color.

Nutrition Information

- Calories: 108 calories;
- Cholesterol: 22
- Protein: 2.4
- Total Fat: 4.6
- Sodium: 50
- Total Carbohydrate: 16.1

87. Gluten Free Pie Crust

Ingredients

- 3/4 cup arrowroot starch
- 2/3 cup white rice flour
- 2/3 cup brown rice flour
- 1 tablespoon white sugar (optional)
- 14 tablespoons cold butter, cut into chunks
- 2 large cold eggs
- 1 tablespoon white vinegar
- 1 tablespoon cold water, or more as needed (optional)

Direction

- In a food processor, pulse sugar, arrowroot starch, brown rice flour, and white rice flour until combined; pulse in butter until the mixture has an oatmeal consistency.
- Move the butter-flour mixture to a bowl; knead in vinegar and eggs until just combined. Stir in a tablespoon of water at a time until the dough comes together or if it ' s too dry. Divide the dough into two balls; wrap each ball in plastic wrap then place in the refrigerator for an hour until chilled.
- On a work surface, spread a sheet of plastic wrap then dust with arrowroot starch. With your hands, flatten one dough ball on the plastic wrap. Dust arrowroot starch on the rolling pin then roll the dough till evenly thick and around 9-in in diameter. Repeat with the other dough ball.

Nutrition Information

- Calories: 167 calories;
- Sodium: 80

- Total Carbohydrate: 15.8
- Cholesterol: 50
- Protein: 1.7
- Total Fat: 11

88. Gluten Free Sausage Gravy

Ingredients

- 1 pound bulk pork sausage
- 1 cup unsalted butter
- 10 tablespoons gluten-free all purpose baking flour
- 1 teaspoon salt
- 60 grinds black pepper, divided
- 6 cups milk, divided
- salt to taste (optional)

Direction

- Over medium-high heat, heat a big skillet. Cook and mix sausage for 5 to 7 minutes in the hot skillet till crumbly and browned; drain and throw grease. Turn heat down to low.
- In cooked sausage, mix butter till melted; mix in flour. Cook for 5 to 10 minutes, mixing continuously, till mixture color resemble of a peanut butter. Season with 30 grinds of black pepper and a teaspoon salt.
- Raise heat to medium and add 3 cups milk. Simmer, mixing continuously. Mix in leftover 3 cups milk, a quarter cup at time, letting mixture return to a simmer after every addition for 10 to 15 minutes. Keep cooking and mixing for 5 to 10 minutes till preferred thickness is reached. Season with salt and 30 grinds of black pepper to taste.

Nutrition Information

- Calories: 247 calories;
- Protein: 7.9
- Total Fat: 19.7

- Sodium: 449
- Total Carbohydrate: 10.8
- Cholesterol: 54

89. Gluten Free Stuffing

Ingredients

- 1 cup butter, softened, divided
- 1 1/2 loaves gluten-free bread
- 1 pound ground turkey
- 3 tablespoons sage
- 1 tablespoon celery salt
- 1 teaspoon ground black pepper
- 1 onion, diced
- 1 apple, diced
- 3 stalks celery, diced
- 1/2 (8 ounce) package mushrooms, diced
- 1 cup chicken broth
- 3/4 cup heavy whipping cream

Direction

- Set the oven to 175 ° C or 350 ° Fahrenheit. Grease a 9-in by 13-in baking dish lightly with butter.
- For both sides of each slice of bread, spread on butter then place on baking sheets.
- Bake for 5-10mins in the preheated oven until well toasted.
- On medium heat, cook and stir turkey in a big heated pan for 5-7mins until the turkey turns crumbly and brown; drain and get rid of the grease.
- In a big bowl, crumble the bread then stir in black pepper, sage, and celery salt.

- On medium heat, heat the remaining butter in a pot. Cook and stir mushrooms, onion, celery, and apple in hot butter for 5-10mins until tender.
- Into the bread mixture, mix onion mixture then gently stir in cream, chicken broth, and turkey until it is well incorporated. Spread the mixture onto the buttered baking dish; use aluminum foil to cover.
- Bake for half an hour in the preheated oven; take off the foil cover then bake for another 20mins until brown on top.

Nutrition Information

- Calories: 405 calories;
- Total Fat: 28.1
- Sodium: 447
- Total Carbohydrate: 31.2
- Cholesterol: 67
- Protein: 7.9

90. Green Bean And Bacon Saute

Ingredients

- 10 slices bacon, diced
- 1 tablespoon crushed garlic
- 1/2 teaspoon crushed red pepper flakes
- 2 (10 ounce) packages frozen whole green beans
- salt and pepper to taste

Direction

- Let bacon cook in a large skillet placed over medium-high heat until it becomes crispy. Remove bacon pieces with a slotted spoon and drain them on a plate lined with paper towel. Discard excess grease from the skillet, remaining about 2 tablespoons in the pan.
- Combine the red pepper flakes and the garlic with the bacon grease and let it cook over medium-high heat for 60 seconds until it releases an aroma. Add green beans, salt and pepper to season. Cook while stirring for 10 minutes, until the beans are soft but a bit crunchy. Transfer bacon back to the pan and serve after garnishing with beans.

Nutrition Information

- Calories: 83 calories;
- Cholesterol: 13
- Protein: 5.4
- Total Fat: 5
- Sodium: 269
- Total Carbohydrate: 4.8

91. Green Beans With Hazelnuts And Lemon

Ingredients

- 1 1/2 pounds fresh green beans, washed and trimmed
- 2 tablespoons olive oil
- 1 1/2 teaspoons lemon zest
- 1/3 cup chopped toasted hazelnuts
- salt and pepper to taste

Direction

- Cook beans in a big pot of boiling salted water until tender, about 3 - 8 minutes. Drain and move to a big bowl.
- Add pepper, salt, hazelnuts, lemon zest, and olive oil. You can make the beans a day before, chill while covered. Reheat beans preferably using a microwave.

Nutrition Information

- Calories: 86 calories;
- Protein: 2.3
- Total Fat: 6.4
- Sodium: 5
- Total Carbohydrate: 6.9
- Cholesterol: 0

92. Harvest Rice Dish

Ingredients

- 1/2 cup slivered almonds
- 2 cups chicken broth
- 1/2 cup uncooked brown rice
- 1/2 cup uncooked wild rice
- 3 tablespoons butter
- 3 onions, sliced into 1/2 inch wedges
- 1 tablespoon brown sugar
- 1 cup dried cranberries
- 2/3 cup fresh sliced mushrooms
- 1/2 teaspoon orange zest
- salt and pepper to taste

Direction

- Put almonds on an ungreased baking sheet. Toast for 5 to 8 minutes at 175 ° C (350 ° F).
- In a medium saucepan, mix wild rice, brown rice and broth together, then take to a boil. Lower heat to low, cover and simmer until rice is tender and broth is absorbed, about 45 minutes.
- Melt butter over medium - high heat in medium skillet. Put in brown sugar and onions. Saut é until butter is absorbed and onions are translucent and soft. Lower the heat and cook onions until they are caramelized, about 20 minutes longer.
- Toss mushrooms and cranberries into the skillet. Cover then cook until berries begin to swell, 10 minutes. Mix in orange zest

and almonds, then fold the blend into the cooked rice. Add pepper and salt for seasoning.

Nutrition Information

- Calories: 278 calories;
- Total Fat: 11
- Sodium: 366
- Total Carbohydrate: 42.7
- Cholesterol: 17
- Protein: 5.4

93. Hot Spiced Cranberry Cider

Ingredients

- 2 quarts apple cider
- 6 cups cranberry juice
- 1/4 cup packed brown sugar
- 4 cinnamon sticks
- 1 1/2 teaspoons whole cloves
- 1 lemon, thinly sliced

Direction

- Boil lemon slices, apple cider, cloves, cranberry juice, cinnamon sticks, and brown sugar together in a big saucepan. Lower heat and let it simmer for 15-20mins. Take the lemon slices, cloves, and cinnamon out using a slotted spoon. Serve drink warm.

Nutrition Information

- Calories: 79 calories;
- Sodium: 5
- Total Carbohydrate: 20
- Cholesterol: 0
- Protein: 0.1
- Total Fat: 0.2

94. Lauren's Apple Cider Roast Turkey

Ingredients

- 1 (16 pound) whole turkey, neck and giblets removed
- 1 1/2 gallons water
- 1 gallon apple cider
- 1 1/2 cups kosher salt
- 1 cup white sugar
- 1/4 cup extra-virgin olive oil
- 1/4 teaspoon dried thyme
- 1/4 teaspoon poultry seasoning

Direction

- Wash in and out of turkey using cold water; pat it dry using paper towels.
- In a big pot or 5 gallons food-grade bucket, combine sugar, kosher salt, apple cider and water, mixing to dissolve sugar and salt. Soak turkey in brine, put a cover on the container, and refrigerate for 8 hours or overnight.
- Preheat the oven to 165 ° C or 325 ° F.
- Take turkey off brine and get rid of used brine. Into a roasting pan, put the turkey, breast side facing up; using paper towels pat dry turkey and cavity. Using your fingers, loosen the skin of turkey over thighs and breast.
- In a small bowl, combine poultry seasoning, thyme and olive oil. Massage the entire turkey and beneath the loosened skin with seasoned oil. Loosely cover the turkey using aluminum foil.
- In the prepped oven, let roast for 4 to 4 1/2 hours till an inserted instant-read meat thermometer into the chunkiest portion of a

thigh, without touching bone, registers 75 to 80 ° C or 165 to 175 ° F. Take foil tent off on the final 45 minutes of roasting time to allow the skin to brown. Allow the turkey to sit for 30 to 45 minutes prior to carving.

Nutrition Information

- Calories: 952 calories;
- Total Fat: 37.7
- Sodium: 9387
- Total Carbohydrate: 48.6
- Cholesterol: 286
- Protein: 98.1

95. Low Fat Pumpkin Flan

Ingredients

- 1 1/4 cups white sugar
- 2 tablespoons water
- 5 large eggs
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground ginger
- 1 pinch ground allspice
- 1 pinch ground mace
- 1/3 cup white sugar
- 1 (15 ounce) can pumpkin puree
- 1 3/4 cups low-fat milk
- 1 vanilla bean, split and seeds scraped out and reserved
- 2 tablespoons hulled toasted pumpkin seeds (optional)

Direction

- Preheat the oven to 150 ° C or 300 ° F.
- Place 8, 5 1/2oz ramekins in a big baking dish.
- On medium heat, cook and stir water and 1 1/4 cups sugar for 10 minutes in a saucepan until the mixture turns dark amber.
- Split the caramel quickly between the ramekins; put aside.
- In a big bowl, beat 1/3 cup sugar, eggs, mace, cinnamon, allspice, salt, ginger, and cloves together; mix in pumpkin puree until the mixture is smooth.

- On medium-low heat, heat milk in a saucepan until it begins to steam and bubble gently. Take off from heat.
- Put vanilla pod and bean seeds in milk; soak for 10 minutes. Filter the hot milk mixture slowly into the egg mixture while mixing to make a thin custard.
- Evenly split the custard between the ramekins, keeping a quarter-inch space on top of each.
- Pour hot water in a baking dish until it reaches part way up the ramekins' sides. Use heavy-duty aluminum foil to cover the baking dish.
- Bake for 45-50 minutes in the preheated oven until the flan sets.
- Take the ramekins out of the hot water then completely cool; cover. Chill for at least 4 hours until cold.
- Slide a knife around the interior edge of the ramekins then set an inverted plate on top; upturn to release the flan. Garnish the flan to serve.

Nutrition Information

- Calories: 259 calories;
- Total Fat: 4.8
- Sodium: 274
- Total Carbohydrate: 49.3
- Cholesterol: 118
- Protein: 6.9

96. Make Ahead Mashed Potatoes

Ingredients

- 5 pounds Yukon Gold potatoes, cubed
- 2 (3 ounce) packages cream cheese
- 8 ounces sour cream
- 1/2 cup milk
- 2 teaspoons onion salt
- ground black pepper to taste

Direction

- Set the oven to 165 ° C (325 ° F) and start preheating.
- In a big pot of slightly salted water, position the potatoes. Take to a boil and cook for about 15 minutes until soft. Drain then mash.
- Blend pepper, onion salt, milk, sour cream, cream cheese and mashed potatoes together in a big bowl. Move to a big casserole platter.
- Cover, and bake in the preheated oven for 50 minutes.

Nutrition Information

- Calories: 245 calories;
- Sodium: 370
- Total Carbohydrate: 35.8
- Cholesterol: 25
- Protein: 5.9
- Total Fat: 9.3

97. Maple Dijon Brussels Leaf Salad

Ingredients

- 2 pounds Brussels sprouts, trimmed
- 1/4 cup maple syrup
- 2 tablespoons extra-virgin olive oil
- 4 teaspoons Dijon mustard
- 4 teaspoons apple cider vinegar
- 1 cup sweetened dried cranberries
- 1 cup cinnamon-roasted almonds

Direction

- Use a paring knife to remove cores from Brussels sprouts. Detach the leaves by peeling layers apart then put them into a big bowl. In a small bowl, beat together apple cider vinegar, Dijon mustard, olive oil and maple syrup. Empty this mixture out into the big bowl with leaves. Insert cranberries. Coat everything by tossing. Insert almonds. Finish off by tossing once more when ready to serve. If not serving right away, the salad can keep in the fridge for up to 3 days.

Nutrition Information

- Calories: 173 calories;
- Total Carbohydrate: 22.1
- Cholesterol: 0
- Protein: 5.1
- Total Fat: 8.6
- Sodium: 61

98. Mushroom Cream Gravy Sauce

Ingredients

- 3 tablespoons butter
- 2 shallots, minced
- 2 cloves garlic, minced
- 1 (4 ounce) package sliced button mushrooms
- 1 tablespoon minced fresh rosemary
- 6 tablespoons white wine, divided
- 1 cup heavy cream
- sea salt to taste
- ground black pepper to taste
- 1 teaspoon grated Parmesan cheese, or to taste (optional)

Direction

- In a heavy-bottomed pan, warm butter over medium heat until foamy; stir and cook garlic and shallots in the melted butter for about three minutes. Add in rosemary and mushrooms and stir for about 1 minute to coat.
- Mix in 1/4 cup of white wine into the previously prepared mushroom mixture, stir and cook for about 3-5 minutes, or until the mushrooms have become golden brown. Turn up heat to medium high and add 2 tablespoons of white wine and cream. Stir and cook mixture for about five minutes or until the gravy has become thick and creamy. Season gravy with salt and pepper, then drizzle with Parmesan cheese.

Nutrition Information

- Calories: 220 calories;
- Protein: 2.1

- Total Fat: 20.6
- Sodium: 119
- Total Carbohydrate: 5.4
- Cholesterol: 70

99. No Cook Never Fail Fudge

Ingredients

- 1 pound processed cheese food, cubed
- 1 pound butter
- 1 cup unsweetened cocoa powder
- 4 pounds confectioners' sugar
- 3 cups chopped walnuts
- 1 tablespoon vanilla extract

Direction

- In a nonstick saucepan, melt butter and cheese together; stir until smooth. Keep the mixture over low heat. Sift cocoa and confectioners ’ sugar together in a mixing bowl until combine thoroughly and no lumps left.
- Combine melted cheese and butter with sugar mixture. Stir until very smooth. Stir in vanilla and nuts. Press into 2 lightly buttered or sprayed 9x13 inch pans; allow to cool until firm. Cut into small squares. You can freeze this fudge.

Nutrition Information

- Calories: 359 calories;
- Cholesterol: 32
- Protein: 4.1
- Total Fat: 18
- Sodium: 176
- Total Carbohydrate: 48.6

100. Onions Baked With Rosemary And Cream

Ingredients

- 6 medium yellow onions, with peel
- 2 cups chicken stock
- 1 tablespoon extra-virgin olive oil
- salt and pepper to taste
- 3 sprigs fresh rosemary, chopped
- 1/2 cup heavy cream

Direction

- Turn oven to 425 ° F (220 ° C) to preheat.
- Cut off tops and bottoms of the onions about 1/4 inch in thickness. Cut in half horizontally, retaining the skin; place onion in a shallow baking dish, cut side up. Stream chicken stock over and around onions, then sprinkle with olive oil. Generously sprinkle with rosemary, pepper, and salt to season. Situate on top of a cookie sheet to catch any splatters during cooking time.
- Bake without covering in the preheated oven until onion is fork-tender and liquid is reduced by half, about 1 hour. Take the dish out of the oven, add cream over onion mixture. Put the dish back into the oven, and bake, uncovered, for up to 30 minutes, until onions are nicely browned and juices are thickened slightly.

Nutrition Information

- Calories: 137 calories;
- Protein: 1.8
- Total Fat: 9.9

- Sodium: 241
- Total Carbohydrate: 11.2
- Cholesterol: 27

101. Paleo Apple Crisp

Ingredients

- 1 teaspoon coconut oil
- 4 apples - peeled, cored, and chopped
- 1/2 cup freshly squeezed orange juice
- 3/4 cup chopped pecan halves
- 3/4 cup sliced almonds
- 3/4 cup raisins
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg

Direction

- Turn the oven to 325 ° F (165 ° C) to preheat. Use coconut oil to coat an 8-in. square baking dish.
- In the baking dish, put apples. Pour orange juice to the apples, stir until fully blended.
- In a food processor, mix together nutmeg, cinnamon, ginger, raisins, almonds, and pecans; pulse to coarse chop. Spread all over the apples.
- Put in the preheated oven and bake for 35 minutes until turning golden.

Nutrition Information

- Calories: 456 calories;
- Total Fat: 26.9
- Sodium: 5
- Total Carbohydrate: 54.4

- Cholesterol: 0
- Protein: 7.4

102. Pumpkin Brulee

Ingredients

- 4 cups heavy cream
- 2 teaspoons vanilla extract
- 16 egg yolks
- 1/4 cup brown sugar
- 3/4 cup white sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cloves
- 1 cup canned pumpkin puree
- 1/4 cup white sugar

Direction

- Preheat an oven to 165 degrees C (325 degrees F).
- Over medium heat, heat vanilla and cream in a large heavy-bottomed saucepan and heat to a simmer. In a bowl, whisk together the pumpkin, cloves, ginger, salt, cinnamon, white sugar, brown sugar and egg yolks. Gradually add one cup of cream mixture into egg mixture while stirring constantly. Transfer the entire egg mixture into saucepan and then whisk briskly for one minute. Transfer mixture into ramekins. Place the ramekins into a baking sheet.
- Bake for about 15 minutes in prepared oven until set. Chill for about 4 to 6 hours.
- Before you serve, sprinkle one teaspoon of sugar all over top of every creme brulee. Caramelize the sugar with your oven's

broiler or a kitchen torch. It may take about 2 to 3 minutes in broiler. Serve right away.

Nutrition Information

- Calories: 436 calories;
- Protein: 5.5
- Total Fat: 35.3
- Sodium: 92
- Total Carbohydrate: 26
- Cholesterol: 382

103. Pumpkin Pie (Dairy, Egg, And Gluten Free)

Ingredients

- 1 (15 ounce) can pumpkin puree
- 1 (8 ounce) package silken tofu
- 3/4 cup baker's sugar
- 2 tablespoons cornstarch
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon pure vanilla extract
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1 gluten-free graham cracker crust (such as Mi-Del ®)

Direction

- Preheat the oven to 220 ° C or 425 ° F.
- In a blender, mix cloves, ginger, vanilla extract, salt, cinnamon, cornstarch, sugar, tofu and pumpkin puree. Mix till silky smooth, scraping down sides of blender as necessary. Put mixture into the pie crust.
- In the preheated oven, bake for about 15 minutes till browned lightly. Lower oven temperature to 175 ° C or 350 ° F; let bake for 40 to 50 minutes till an inserted knife in the middle comes out clean.
- Put pie in refrigerator for 8 hours to overnight till set and chilled.

Nutrition Information

- Calories: 227 calories;
- Total Fat: 6
- Sodium: 460
- Total Carbohydrate: 42.7
- Cholesterol: 0
- Protein: 3.4

104. Pumpkin Pie (Wheat Free, Egg Free, And Dairy Free)

Ingredients

- Crust:
- 1 1/2 cups gluten-free all purpose baking flour
- 1 teaspoon salt
- 1/2 cup vegetable oil
- 2 tablespoons french vanilla soy creamer
- Pie Filling:
- 2 cups canned pumpkin
- 1 cup french vanilla soy creamer
- 3/4 cup brown sugar
- 1/4 cup cornstarch
- 1 tablespoon dark corn syrup
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1/8 teaspoon ground cloves

Direction

- Preheat the oven to 220 ° C or 425 ° F.
- Mix together 1 teaspoon salt and all-purpose gluten-free flour. Beat together the soy creamer and vegetable oil till creamy in another bowl. Into the flour mixture put oil mixture, mix using fork till incorporated. Press crust into the base and sides of a pie

pan, 9-inch in size. In preheated oven, let bake for 15 minutes. Take off and reserve.

- Reduce oven to 175 ° C or 350 ° F. In a blender, put cloves, salt, nutmeg, ginger, cinnamon, corn syrup, cornstarch, brown sugar, soy creamer and pumpkin. Mix till incorporated. Put into the prebaked pie crust. Put foil surrounding the edges of pie crust and allow to bake for an hour or till an inserted knife, an inch from crust, comes out clean. Let pie cool for 2 hours on counter then chill overnight prior to serving.

Nutrition Information

- Calories: 264 calories;
- Total Fat: 16.3
- Sodium: 615
- Total Carbohydrate: 31.1
- Cholesterol: 0
- Protein: 0.7

105. Pumpkin Polenta Cake

Ingredients

- 2 cups canned pumpkin puree
- 2 tablespoons butter, room temperature
- 2 eggs, lightly beaten
- 4 egg whites, lightly beaten
- 1/2 cup brown sugar
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cloves
- 1 cup low-fat plain yogurt
- 2 cups polenta or yellow cornmeal

Direction

- Set an oven to preheat to 175? ° C (350 ° F). Grease an 8-inch square baking dish lightly.
- Blend the egg whites, eggs, butter and pumpkin in a food processor or a blender. Stir in the cloves, nutmeg, cinnamon, salt, baking soda and brown sugar, then blend until it becomes smooth and move to a medium bowl.
- Into the pumpkin mixture, mix the polenta and yogurt, then pour it into the prepped baking dish.
- Let it bake for about 45 minutes, until an inserted toothpick in the middle exits clean. Allow it to cool a bit prior to cutting.

Nutrition Information

- Calories: 286 calories;
- Total Fat: 7.4
- Sodium: 867
- Total Carbohydrate: 46.5
- Cholesterol: 53
- Protein: 9.9

106. Quinoa Almond Pilaf

Ingredients

- 1/2 cup quinoa, rinsed and drained
- 1 cup cold water
- 1/4 teaspoon salt
- 3 tablespoons olive oil
- 1 celery rib, chopped
- 1 small onion, chopped
- 1 carrot, chopped
- 1 clove garlic, minced
- 8 almonds, coarsely chopped
- 1 small tomato, seeded and chopped
- 2 tablespoons raisins
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon dried thyme
- 1/8 teaspoon dried oregano
- 1 pinch coarse sea salt

Direction

- In a saucepan, mix the cold water, salt and quinoa together and let it boil; lower the heat to medium-low setting and let the mixture cook for about 15 minutes while covered until the quinoa has absorbed all of the liquid.
- Pour the olive oil in a skillet and let it heat up over medium heat setting. Put in the carrot, celery, garlic and onion and let it cook in hot oil for 5-7 minutes while stirring it until the onion turns

translucent. Add in the raisins, oregano, almonds, thyme, salt, pepper and tomato and let it cook for 1 more minute while stirring the mixture.

- Use a fork to fluff out the quinoa then add it into the vegetable mixture and let the mixture cook for about 30 seconds while stirring it until it is hot and well-combined.
- Distribute the cooked quinoa mixture evenly among 3 plates then top it off with some coarse sea salt granules for a nice salty crunch.

Nutrition Information

- Calories: 303 calories;
- Protein: 6.2
- Total Fat: 17.1
- Sodium: 506
- Total Carbohydrate: 33
- Cholesterol: 0

107. Quinoa Stuffing

Ingredients

- 4 cups vegetable stock
- 2 cups quinoa
- 1/4 cup olive oil
- 1 butternut squash - peeled, seeded, and diced
- 2 small zucchinis, cut into 1-inch cubes
- 1 bunch green onions, chopped
- 1 cup diced dried apricots
- 1 cup dried cranberries
- 1 cup chopped fresh parsley
- 1 lime, juiced, or to taste

Direction

- Allow the vegetable stock to boil in a saucepan, adjusting the heat to low, and add in quinoa; stir. Cover the pan and make it simmer for 10 to 15 minutes until it absorbs the liquid. Take it off from heat.
- Pour the olive oil a big skillet placed over medium heat. Cook zucchinis and butternut squash in the hot oil, giving them a stir until slightly browned, roughly 10 minutes. Mix the quinoa into the vegetables and stir apricots, green onions, parsley and cranberries into the stuffing gently. Sprinkle with lime juice for added savor.

Nutrition Information

- Calories: 387 calories;
- Sodium: 258

- Total Carbohydrate: 70.7
- Cholesterol: 0
- Protein: 9.1
- Total Fat: 9.8

108. Rice Dressing

Ingredients

- 1 pound Italian turkey sausage links
- 2 cups chopped onion
- 4 cups cooked rice
- 2 cups diced celery
- 8 cups bean sprouts
- 1 pound fresh mushrooms, sliced
- 2 (8 ounce) cans water chestnuts, drained
- 2 teaspoons poultry seasoning
- 1 teaspoon sage

Direction

- Put the onion and sausage in a big, deep skillet. Saut é over medium high heat until the sausage is cooked well and the onions turned translucent.
- Stir in the rice, sprouts, celery, water chestnuts, mushrooms, sage and poultry seasoning. Cook until all the ingredients are warmed completely.
- Put the dressing in a cheese cloth. It should be big enough to hold enough stuffing to fit inside the cavity of a turkey. Any leftover dressing can be placed in cheese cloth and put it alongside the turkey while it bakes so it can just absorb all the turkey drippings.

Nutrition Information

- Calories: 158 calories;
- Protein: 9.1

- Total Fat: 3.4
- Sodium: 270
- Total Carbohydrate: 23.7
- Cholesterol: 23

109. Rice Stuffing With Apples, Herbs, And Bacon

Ingredients

- 3 1/2 cups water, divided
- 1 1/2 cups low fat, low sodium chicken broth
- 1 cup uncooked wild rice
- 1/3 pound bacon
- 3 cups diced onions
- 3 cups diced celery
- 1 tablespoon water
- 1 cup uncooked long-grain white rice
- 1 3/4 cups currants
- 3/4 cup dried cherries
- 3/4 cup dried cranberries
- 1/2 ounce dried apricots
- 1 cup diced, unpeeled apples
- 1/2 cup chopped Italian flat leaf parsley
- 6 tablespoons dried mixed herbs

Direction

- Boil the chicken broth in a medium saucepan over medium heat with 1 1/2 cups water. Add wild rice into the pan, stirring. Cover, lower heat, and let it simmer 45 minutes.
- In a large deep skillet, put bacon and cook on medium high heat until evenly brown. Store drippings, drain and crumble bacon, then set aside.

- In the same skillet, saut é onions and celery in drippings, with 1 tablespoon water. Cook for 20 minutes until very soft.
- Add remaining water, apples, white rice, cherries, cranberries, apricots and currants, and stir the mixture into the wild rice. Keep cooking until wild rice and white rice are tender or for 20 minutes.
- Combine the bacon and the onion mixture into the rice mixture in a large bowl. Add dried mixed herbs and the Italian parsley.

Nutrition Information

- Calories: 313 calories;
- Total Fat: 6.4
- Sodium: 186
- Total Carbohydrate: 59.2
- Cholesterol: 9
- Protein: 7.2

110. Rich Make Ahead Turkey Gravy

Ingredients

- 3 pounds turkey wings
- 2 small onions, quartered
- 2 stalks celery, each cut into 4 pieces
- 2 carrots, each cut into 4 pieces
- 2 cloves garlic, halved
- 1 1/2 cups dry white wine
- 4 cups chicken broth
- 4 cups water
- 1/4 teaspoon dried thyme
- 2 tablespoons butter, or more if needed (optional)
- 1/2 cup all-purpose flour
- salt and ground black pepper to taste

Direction

- Warm up oven to 200 ° C or 400 ° F.
- In a roasting pan, place turkey wings, onions, garlic, carrots, and celery and roast for around an hour and 15 minutes, until the turkey wings have turned deep golden brown in color. Move the vegetables and cooked wings into a large pot. Over 2 stove burners set on medium-high heat, place the roasting pan and pour in white wine into it. Scrape off any brown flavored bits from the bottom of the pan and dissolve them into the white wine; heat roasting pan and scrape off until drippings and wine mixture has been reduced to about half a cup. Pour wine mixture onto the turkey wings on the saucepan.

- Mix in water and chicken broth into the pot, season the mixture with thyme. Submerge turkey wings into the liquid; let the mixture boil and then decrease heat to low, letting the mixture simmer for around 45 minutes. Skim off any foam that forms on top of the mixture. In a large bowl, pour in the broth mixture using a colander; if desired, take meat from the wings and add to the gravy, or discard spent vegetables and spent wings. Let the gravy base stand to allow fat to form layer on top, which should take just several minutes; and then skim off fat as possible.
- Move the skimmed fat into a saucepan. A total of at least half a cup of turkey fat should be made; butter may be added to achieve this amount, if needed.
- Over medium heat, mix flour into turkey fat until mixture turns golden brown and smooth. Mix in broth gradually until gravy boils and thickens. Season with pepper and salt to taste. Let gravy cool down and then freeze or refrigerate. To serve, reheat to near boiling point.

Nutrition Information

- Calories: 111 calories;
- Sodium: 250
- Total Carbohydrate: 5.2
- Cholesterol: 26
- Protein: 7.9
- Total Fat: 4.7

111. Roasted Brussels Sprouts

Ingredients

- 1 1/2 pounds Brussels sprouts, ends trimmed and yellow leaves removed
- 3 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

Direction

- Set the oven to 400 deg F.
- In a large air-tight plastic container, add olive oil, kosher salt, and pepper together with trimmed Brussels sprouts. Cover tight and shake to mix thoroughly. Place on a baking sheet and set on the center oven rack.
- Cook for 30 to 45 minutes inside the oven, In 5 to 7 minute intervals, shake the pan to brown the sides evenly and adjust the heat as needed to avoid burning. If the Brussels sprouts appear dark brown to almost black, they are done. Remove from oven and add salt to taste. Serve right away.

Nutrition Information

- Calories: 104 calories;
- Sodium: 344
- Total Carbohydrate: 10
- Cholesterol: 0
- Protein: 2.9
- Total Fat: 7.3

112. Serious Herb Cheese Spread

Ingredients

- 1 (8 ounce) package cream cheese, softened
- 2 cloves garlic, minced
- 1/2 teaspoon prepared mustard
- 1/2 teaspoon Worcestershire sauce
- 1/4 cup chopped parsley
- 1/4 cup chopped fresh dill weed
- 1/4 cup chopped fresh basil
- 1/4 cup chopped black olives
- 1 1/2 tablespoons lemon juice

Direction

- Combine together lemon juice, olives, basil, dill weed, parsley, Worcestershire sauce, mustard, garlic and cream cheese in a medium size bowl. Turn to wanted mold and refrigerate in the fridge for a minimum of 2 hours before serving.

Nutrition Information

- Calories: 53 calories;
- Total Carbohydrate: 0.9
- Cholesterol: 15
- Protein: 1.2
- Total Fat: 5.1
- Sodium: 63

113. Sioux Indian Pudding

Ingredients

- 3 cups milk
- 1/3 cup cornmeal
- 1/4 cup dark molasses
- 1/4 cup white sugar
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon

Direction

- Set the oven to 135 ° C or 275 ° F. Grease a 1-qt. baking dish with butter.
- On medium heat, cook milk in a big pot until bubbling at the edges. Mix in molasses and cornmeal slowly; further cook and stir for 10mins until thick. Take off heat then mix in cinnamon, sugar, ginger, and salt. Transfer to the greased dish.
- Bake for 2hrs in the preheated oven until set. Serve the dish either cold or hot.

Nutrition Information

- Calories: 243 calories;
- Total Fat: 3.8
- Sodium: 374
- Total Carbohydrate: 45.9
- Cholesterol: 15
- Protein: 6.9

114. Southern Style Thanksgiving Green Beans

Ingredients

- 2 quarts water
- 4 pounds fresh green beans, trimmed and snapped into 1 1/2 inch pieces
- 1 ham hock
- 1 onion, chopped
- 2 cloves garlic, finely chopped
- 1/4 cup distilled white vinegar
- 1 tablespoon salt
- 1/2 tablespoon black pepper

Direction

- In a big pot, add water, then mix in vinegar, garlic, onion, ham hock and green beans. Season with pepper and salt, then bring the mixture to a boil and cook for 10 minutes.
- Lower the heat to low and simmer for 4 hours. Take out the ham hock and cut the meat into small pieces, then take the meat back to the beans and serve.

Nutrition Information

- Calories: 144 calories;
- Total Fat: 5.6
- Sodium: 907
- Total Carbohydrate: 18
- Cholesterol: 17
- Protein: 8.6

115. Spectacular Marsala Glazed Carrots With Hazelnuts

Ingredients

- 1/2 cup coarsely chopped hazelnuts, toasted
- 1 pound baby carrots, halved
- 1 cup water
- 1/2 teaspoon salt
- 3 tablespoons unsalted butter
- 2 shallots, minced
- 1/2 cup dry Marsala wine
- 1/2 cup sugar

Direction

- Preheat the oven to 150 ° C or 300 ° Fahrenheit.
- In one layer, scatter the chopped hazelnuts on a baking sheet. Bake for 5-10 minutes in the preheated oven, mixing 1 or 2 times. Keep an eye on them since they easily burn. Take it out of the oven once aromatic and brown.
- Halve the baby carrots crosswise. On medium heat, boil a tablespoon of butter, water, salt, and carrots in a saucepan. Turn to low heat; simmer really lightly while covered for 10-15 minutes or until tender yet firm. Drain then set it aside.
- Place the pan back on medium heat then melt the remaining 2 tbsp. butter; add shallots. Cook while mixing from time to time until the shallots are translucent. Put in sugar and Marsala, keep on mixing until the sugar dissolves completely; simmer until the sauce is slightly thick.
- Toss hazelnuts and carrots along with sauce once the sauce has thickened until well covered. If desired, add parsley on top.

Serve right away.

Nutrition Information

- Calories: 257 calories;
- Total Carbohydrate: 30.3
- Cholesterol: 15
- Protein: 2.7
- Total Fat: 12.7
- Sodium: 257

116. Spiced Pumpkin Seeds

Ingredients

- 1 1/2 tablespoons margarine, melted
- 1/2 teaspoon salt
- 1/8 teaspoon garlic salt
- 2 teaspoons Worcestershire sauce
- 2 cups raw whole pumpkin seeds

Direction

- Preheat the oven to 135 degrees C (275 degrees F.)
- Mix the pumpkin seeds with salt, garlic, margarine and Worcestershire sauce. Stir well and place mixture onto a shallow baking dish.
- Bake for about 60 minutes, stir every few minutes.

Nutrition Information

- Calories: 90 calories;
- Total Fat: 5.1
- Sodium: 214
- Total Carbohydrate: 8.9
- Cholesterol: 0
- Protein: 3

117. Stuffed Celery

Ingredients

- 1 (8 ounce) package cream cheese, softened
- 2 tablespoons sour cream
- 1/4 cup chopped walnuts
- 20 green olives with pimento, chopped
- 1 bunch celery, cut into bite-size pieces

Direction

- Combine the sour cream and cream cheese together in a medium bowl. Mix in the chopped olives and walnuts. Spread the filling onto the pieces of celery. It also goes well on crackers.

Nutrition Information

- Calories: 76 calories;
- Total Fat: 7.1
- Sodium: 187
- Total Carbohydrate: 1.8
- Cholesterol: 16
- Protein: 1.7

118. Sweet Potato Soup From Simply Potatoes ®

Ingredients

- 1 tablespoon olive oil
- 1/2 cup chopped onions
- 1 (20 ounce) package Simply Potatoes ® Mashed Sweet Potatoes
- 1 cup whole milk
- 1 cup chicken broth
- 1 teaspoon dried thyme leaves
- 1/2 teaspoon ground cumin

Direction

- In a large saucepan over medium heat, heat oil. Add onions and cook for 5 to 7 minutes until onions are tender, remember to stir occasionally while cooking.
- Stir in all remaining ingredients. Cook over medium heat for another 15 minutes until flavors are well combined.
- In a blender, carefully pour half of soup. Blend until smooth, repeat with remaining soup. Transfer soup back to saucepan and cook over low heat until heated through.

Nutrition Information

- Calories: 137 calories;
- Cholesterol: 5
- Protein: 3.3
- Total Fat: 4.6
- Sodium: 273

- Total Carbohydrate: 21

119. Sweet Potato And Apple Soup

Ingredients

- 2 (1 pound) sweet potatoes, quartered
- 1 large tart apple, peeled and cored
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 stalks celery, chopped
- 1 large carrot, chopped
- 1 bay leaf
- 5 cups chicken broth
- 1 cup cream
- 1 (5 ounce) lemon, zested and juiced
- salt and pepper to taste
- 1 cup crumbled goat cheese or feta cheese

Direction

- Preheat the oven to 400 ° F (200 ° C). On a greased baking sheet, add apple and sweet potatoes. In the preheated oven, roast for around 40 minutes or until tender. Allow to cool, and peel sweet potatoes.
- In a soup pot over medium heat, heat olive oil. Add the carrot, bay leaf, celery, and onion; saut é until tender. Take away then discard the bay leaf. Add the chicken broth, then pour in apple and sweet potato. In a regular blender, puree in batches. If possible, puree right in the pot with an immersible blender.
- Transfer back to the soup pot, and mix in lemon juice, lemon zest, and cream. Taste and spice with pepper and salt if

necessary. Do not boil, just heat through. Spoon out into serving bowls, top with crumbled cheese.

Nutrition Information

- Calories: 258 calories;
- Total Fat: 15.9
- Sodium: 144
- Total Carbohydrate: 25.7
- Cholesterol: 44
- Protein: 5.4

120. The Best Mashed Potatoes

Ingredients

- 5 pounds Yukon Gold potatoes
- 1/2 cup butter
- 2 cups Parmesan cheese
- 1 cup chopped fresh chives
- 1 1/2 cups cream cheese
- 1/2 medium head garlic, peeled and minced
- 1 pinch salt and pepper to taste

Direction

- Boil a pot of salted water; put in potatoes. Cook until the potatoes are tender yet still firm; drain. Place back on the stove on low heat for 1-2mins to dry.
- Add in pepper, butter, salt, Parmesan cheese, garlic, cream cheese, and chives; mash the ingredients together using a potato masher until smooth. Serve.

Nutrition Information

- Calories: 381 calories;
- Total Fat: 21.8
- Sodium: 356
- Total Carbohydrate: 36.3
- Cholesterol: 64
- Protein: 11.6

121. Turkey Giblet Gravy

Ingredients

- 1 package of giblets and neck from turkey, excluding liver
- 4 cups water
- 1 cup turkey drippings
- 6 tablespoons cornstarch
- 1/2 cup cold water
- 1 hard-cooked egg, chopped
- salt and ground black pepper to taste

Direction

- In a saucepan with 4 cups of water, put turkey neck and giblets, then, bring to a boil. Turn heat to low. Simmer for about an hour until broth is reduced to 3 cups. Strain broth and set aside 1/2 cup of giblets. Chop giblets.
- Over medium heat, combine turkey drippings and giblet broth in a saucepan. In a bowl, whisk cornstarch in 1/2 cup of cold water until smooth. Into the drippings and stock, whisk cornstarch in. Bring to a boil, then, turn heat to low. Stir hard-cooked egg and chopped giblets into gravy. Use black pepper and salt to season. Simmer for about 5 minutes until gravy is thickened.

Nutrition Information

- Calories: 324 calories;
- Total Fat: 29.9
- Sodium: 32
- Total Carbohydrate: 5.8
- Cholesterol: 141

- Protein: 7.2

122. Vegan Stuffing

Ingredients

- 1 loaf vegan, gluten-free, brown rice bread (such as Food for Life ®), cubed
- 2 tablespoons vegan margarine (such as Earth Balance ®)
- 1 1/2 cups mixed forest mushrooms, diced
- 1 1/4 cups sweet onion, chopped
- 2 1/2 teaspoons dried sage
- 1 1/2 teaspoons dried rosemary
- 1/2 teaspoon dried thyme
- sea salt and freshly ground black pepper to taste
- 6 tablespoons vegan margarine (such as Earth Balance ®), melted
- 1 1/2 cups low-sodium vegan broth
- 8 ounces fresh cranberries
- 1 cup Granny Smith apple, peeled and chopped
- 1/3 cup minced fresh parsley

Direction

- Preheat the oven to 175 ° C or 175 ° Fahrenheit. Use aluminum foil to line a baking sheet.
- Transfer the bread cubes onto the foil-lined baking sheet. Toast for 10mins in the preheated oven until aromatic and pale golden. Take it out of the oven but keep the oven on. Cool the bread cubes then move to a big bowl.
- While toasting the bread, melt 2tbsp margarine on medium heat in a big pot. Put the onions and mushrooms in melted margarine and cook for 5mins until the onions are a bit translucent. If

needed more moisture, add a bit of vegetable broth. Cook and stir in black pepper, sage, salt, thyme, and rosemary for another 2mins using a wooden spoon until well incorporated.

- Move the mushroom mixture with the toasted bread in a bowl then toss to distribute the mixture evenly. Add 6tbsp melted margarine and vegan broth onto the mixture. Gently but thoroughly mix in parsley, apple, and cranberries. In a casserole dish, spread the stuffing then use aluminum foil to cover.
- Bake for 45mins in the preheated oven; checking at the 25mins mark to avoid burning. Remove the cover then gently mix. Bake for another 15mins until brown on top. Slightly cool to serve.

Nutrition Information

- Calories: 337 calories;
- Total Fat: 19.8
- Sodium: 154
- Total Carbohydrate: 37.9
- Cholesterol: 0
- Protein: 2.4

123. Very Moist And Flavorful Roast Turkey

Ingredients

- 1/2 cup cold butter
- 1 (12 pound) whole turkey, neck and giblets removed
- 1 tablespoon vegetable oil
- 2 Granny Smith apples - cored, peeled, and cut into 8 wedges each
- 1 large onion, cut into 8 wedges
- 1/2 whole head garlic, separated into cloves and peeled
- 1 pound celery, cut into 2-inch lengths
- 1 tablespoon poultry seasoning

Direction

- Set the oven to 165 ° Celcious or 325 ° Fahrenheit.
- Cut the butter into 1tbsp portions then cut them again into quarters then chill in the refrigerator until ready to use.
- Loosen the skin on the thighs and breast of the turkey with your fingers. On the part of skin between the body and tail, slit a hole to affix the legs latter. Slit a hole under each turkey wing to affix the wings. Rub or brush vegetable oil on the entire surface of the turkey skin.
- In a big bowl, toss together celery, apple, garlic cloves, and onion wedges; toss in poultry seasoning to coat. Take the apple mixture and stuff into the neck and body cavities. Tuck and secure each wing tip in the hole made under the wings; tuck and secure each leg in the hole made near the tail.
- Put the turkey on a rack set over a roasting pan. Evenly distribute and stuff the cold butter pieces beneath the loosened turkey skin.

- Roast for 3 1/2hrs in the preheated oven until an inserted instant-read thermometer in the thickest thigh part without touching the bone registers 70 ° C or 160 ° Fahrenheit. Check the turkey after 3hrs for doneness.
- Take the pan out of the oven then use aluminum foil to cover the turkey; press the foil lightly on the turkey. Let it sit for 40mins before slicing.

Nutrition Information

- Calories: 774 calories;
- Sodium: 305
- Total Carbohydrate: 6.1
- Cholesterol: 285
- Protein: 91.3
- Total Fat: 40.3

124. White Wine Turkey Gravy

Ingredients

- 5 cups turkey drippings
- 1 cup dry white wine
- 1 tablespoon dried rosemary
- 1 tablespoon ground black pepper, or to taste
- 3 tablespoons cornstarch, or as needed
- salt to taste

Direction

- Use a fine mesh sieve to strain the turkey drippings into a big saucepan. Reserve 1 cup of drippings in a bowl. In a saucepan with the drippings, stir black pepper, rosemary and white wine and over medium low heat, bring to a simmer. For about 20 minutes, simmer to blend the flavors and to cook off the alcohol. Whisk cornstarch in the bowl with the drippings and in the hot gravy, whisk the cornstarch mixture in. For about 3 minutes, allow the gravy to simmer until thickened. Stir salt in to taste. Before serving, strain out any big pieces of rosemary.

Nutrition Information

- Calories: 530 calories;
- Sodium: 1
- Total Carbohydrate: 1.9
- Cholesterol: 58
- Protein: 0.1
- Total Fat: 56.9

125. Wild And Brown Rice

Ingredients

- 1 1/2 cups uncooked wild rice
- 3 cups boiling water
- 1 cup uncooked brown rice
- 1 cup diced onion
- 1 cup diced carrots
- 3/4 cup diced celery
- 3 (14.5 ounce) cans chicken broth
- 1/2 teaspoon ground thyme
- 1/4 teaspoon dried marjoram
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Direction

- Soak wild rice in boiling water for 30 minutes in a heavy saucepan. Drain then rinse well.
- Combine black pepper, salt, marjoram, thyme, chicken broth, celery, carrots, onion, brown rice, and drained wild rice in a Dutch oven or big skillet.
- Set heat to low, cover and simmer for 50 to 60 minutes until the liquid is absorbed and the rice is soft.

Nutrition Information

- Calories: 147 calories;
- Sodium: 550
- Total Carbohydrate: 30.1
- Cholesterol: 2

- Protein: 4.9
- Total Fat: 0.9

126. Winter Fruit Salad With Lemon Poppyseed Dressing

Ingredients

- 1/2 cup white sugar
- 1/2 cup lemon juice
- 2 teaspoons diced onion
- 1 teaspoon Dijon-style prepared mustard
- 1/2 teaspoon salt
- 2/3 cup vegetable oil
- 1 tablespoon poppy seeds
- 1 head romaine lettuce, torn into bite-size pieces
- 4 ounces shredded Swiss cheese
- 1 cup cashews
- 1/4 cup dried cranberries
- 1 apple - peeled, cored and diced
- 1 pear - peeled, cored and sliced

Direction

- Place salt, mustard, onion, lemon juice, and sugar in a food processor or a blender. Blend until well blended. While the machine is running, slowly and steadily add oil until the mixture is smooth and thick. Add poppy seeds and continue blend for a few more seconds to mix.
- Combine pear, apple, dried cranberries, cashews, shredded Swiss cheese, and the romaine lettuce in a big serving bowl. Put the dressing on the salad before serving, mix to coat.

Nutrition Information

- Calories: 277 calories;
- Total Fat: 20.6
- Sodium: 201
- Total Carbohydrate: 21
- Cholesterol: 9
- Protein: 4.9

Chapter 3: Budget Thanksgiving Recipes

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127. Banana Bread French Toast

Ingredients

- 3 eggs
- 3 tablespoons sweetened condensed milk
- 1 teaspoon vanilla extract
- 2 tablespoons butter
- 1 loaf banana bread
- confectioners' sugar for dusting (optional)

Direction

- Use fork to whisk sweetened condensed milk, vanilla and eggs in shallow bowl; put aside.
- Melt butter in big skillet on medium heat. Cut banana bread to 4 thick slices. In egg mixture, dip each slice; put in hot pan. Cook each side till golden brown; if desired, dust with confectioners ' sugar. Serve.

Nutrition Information

- Calories: 544 calories;
- Protein: 10.8
- Total Fat: 24.1
- Sodium: 336
- Total Carbohydrate: 72.6
- Cholesterol: 208

128. Beer Braised Cipollini Onions

Ingredients

- 2 pounds cipollini or pearl onions
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon butter
- ½ teaspoon fine sea salt
- ½ teaspoon ground pepper
- 1 12-ounce bottle Belgian-style wheat ale, lager or hard cider
- 2 tablespoons packed light brown sugar
- 2 sprigs fresh thyme

Direction

- Boil a large pot of water. Add onions, then cook for a minute. Let drain. If needed, peel the root end and trim, but retain the whole the onions.
- In a large skillet, cook the butter and oil on medium-high heat until the butter melts. Put in the onions; cook and frequently stir for 5-7 minutes until browned in spots. Sprinkle using pepper and salt. Stir in thyme, brown sugar, and hard cider (or beer); boil on high heat. Remain simmer by turning down the heat; cook, covered, for 15 minutes.
- Stir carefully the onions, uncovered. Raise the heat to medium-high; gently boil and regularly place the sauce over the onions with a spoon for 8-10 minutes until the sauce becomes thick to a light syrup. Before serving, take the thyme sprigs out.

Nutrition Information

- Calories: 81 calories;
- Total Fat: 3

- Saturated Fat: 1
- Fiber: 1
- Sodium: 102
- Cholesterol: 3
- Total Carbohydrate: 10
- Sugar: 5
- Protein: 1

129. Broccoli Casserole

Ingredients

- 3 tablespoons butter
- 1 onion, chopped
- 2 (10 ounce) packages chopped frozen broccoli, thawed
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 cup shredded sharp Cheddar cheese
- 1 cup mayonnaise
- 2 eggs, beaten
- 1/2 teaspoon garlic salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon seasoned salt
- 1 1/2 teaspoons lemon juice
- 12 buttery round crackers, crushed fine
- 2 tablespoons butter

Direction

- Preheat the oven to 350 ° F (175 ° C).
- In a medium-sized skillet, put in 3 tablespoons of butter and let it melt over medium-high heat setting. Put in the onion and let it cook in the melted butter until it turns golden in color.
- Combine the mayonnaise, seasoned salt, onion, eggs, lemon juice, cheese, garlic salt, broccoli, pepper and soup together in a 2-quart casserole dish. Scatter the crushed crackers evenly on top and scatter little dollops of the remaining 2 tablespoons of butter over the mixture.
- Put it in the preheated oven and let it bake without a cover for 45 minutes until the top of the casserole turns brown in color

and the casserole is thoroughly heated.

Nutrition Information

- Calories: 423 calories;
- Total Fat: 39.2
- Sodium: 795
- Total Carbohydrate: 11.8
- Cholesterol: 79
- Protein: 8.3

130. Broccoli Slaw With Turnips Fennel

Ingredients

- 2 ½ pounds broccoli with long stalks
- 2 large carrots, shredded
- 1 large fennel bulb (about 8 ounces), trimmed, halved and very thinly sliced
- 8 ounces small turnips, preferably white salad turnips (Hakurei), peeled and very thinly sliced
- 1 medium crisp apple, such as Fuji, julienned
- 1 ½ teaspoons salt
- 3 tablespoons mayonnaise
- 3 tablespoons sour cream
- 2 tablespoons lemon juice
- ⅓ cup chopped fresh cilantro
- 2 tablespoons finely chopped jalape Ã± o pepper, or more to taste
- 1 tablespoon chopped fresh mint

Direction

- Cut off the stalks from broccoli and put aside the crowns. With a vegetable peeler, peel the stalks and trim. You may hand-cut or use a mandoline with julienne blade to slice into matchsticks enough to make 3 cups. From the crowns, collect 2 cups of small florets.
- In a big bowl, mix the florets and stalks together with the apple, turnips, fennel and carrots. Sprinkle salt on top and stir gently to blend.

- In a small bowl, whisk the lemon juice, sour cream and mayonnaise. Mix in the mint, jalape ñ o and cilantro. Put the dressing on the slaw then stir well.

Nutrition Information

- Calories: 63 calories;
- Total Fat: 3
- Saturated Fat: 1
- Sodium: 347
- Fiber: 3
- Cholesterol: 3
- Total Carbohydrate: 8
- Sugar: 4
- Protein: 1

131. Brown Sugar Toasted Almond Ice Cream

Ingredients

- 1 ½ teaspoons unflavored gelatin
- 1 tablespoon water
- 2 ½ cups low-fat milk, divided
- ¾ cup packed dark brown sugar
- ½ teaspoon ground cinnamon
- 3 large egg yolks
- 1 12-ounce can nonfat evaporated milk
- 1 tablespoon vodka or rum
- ½ cup chopped almonds, toasted (see Tip) and cooled

Direction

- In a small bowl filled with water, put in the gelatin and allow it to rest while stirring it 1 or 2 times as you prepare the ice cream base.
- In a big saucepan, put in 1 1/2 cups of milk then add in the cinnamon and brown sugar and whisk everything together. Allow the mixture to heat up over medium heat setting while frequently whisking it until the mixture is steaming. In a medium-sized bowl, beat the evaporated milk and egg yolks together until well-blended. Slowly pour in the prepared hot milk mixture into the egg mixture while whisking it constantly until everything is well-combined. Put the mixture back into the pan and let it cook over medium heat setting for 3-5 minutes while stirring it using a wooden spoon until the back of the wooden spoon is a little bit coated with the mixture. No need to let the mixture boil because doing so will create curdles on the custard mixture.

- Use a fine-mesh sieve to strain the prepared custard mixture directly into a clean big bowl (stainless-steel is highly suggested). Put in the softened gelatin mixture and mix well until the gelatin has melted. Add in the vodka (or rum) and the remaining 1 cup of milk and whisk everything together. Cover the bowl and keep it in the fridge for not less than 3 hours or throughout the night until the mixture is cold.
- Give the chilled ice cream mixture a whisk then transfer it into the ice cream maker ' s canister. Follow the manufacturer ' s instructions in freezing the ice cream in the ice cream maker. Put in the almonds in the last 5 minutes of the freezing time. If you want, you may put the ice cream mixture back in the freezer prior to serving to let it firm up a little bit more.

Nutrition Information

- Calories: 209 calories;
- Sodium: 92
- Sugar: 29
- Total Fat: 6
- Cholesterol: 75
- Total Carbohydrate: 31
- Protein: 9
- Saturated Fat: 1
- Fiber: 1

132. Burnt Orange Escarole Salad

Ingredients

- 2 sprigs fresh rosemary
- ¼ cup honey
- ⅓ cup extra-virgin olive oil
- 3 tablespoons cider vinegar
- 2 tablespoons fresh orange juice
- 2 tablespoons minced shallot
- ½ teaspoon fine sea salt
- 3 medium oranges, peeled and cut crosswise into 4 thick slices
- 16 cups torn escarole (about 2 heads)
- ⅓ cup slivered almonds, toasted

Direction

- Chop or crush rosemary coarsely and put in one small saucepan. Put in the honey and boil on moderate heat. Take off from heat and steep, about half an hour.
- Meantime, in big bowl, mix salt, shallot, orange juice, vinegar and oil to incorporate.
- Filter rosemary from honey and transfer honey to a big nonstick or cast-iron skillet. Boil on moderately-high heat. Put in the slices of orange and cook for 3 minutes, till they barely begin to brown. Cautiously flip over the slices and cook, about 3 minutes more. Transfer slices of orange onto plate. Mix into dressing in big bowl the juice from the pan and honey.
- To dressing, put the escarole and toss thoroughly till coated. Put oranges over salad and sprinkle with almonds to serve.

Nutrition Information

- Calories: 122 calories;
- Fiber: 3
- Sugar: 9
- Sodium: 112
- Cholesterol: 0
- Total Carbohydrate: 13
- Protein: 2
- Total Fat: 8
- Saturated Fat: 1

133. Cabbage Mushroom Galette

Ingredients

- Pastry Dough
- 3 tablespoons butter
- 1 cup white whole-wheat flour (see Tips)
- 1 cup all-purpose flour, plus more for rolling
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ⅔ cup reduced-fat cream cheese (Neufch â tel)
- 3 tablespoons canola oil
- 2 tablespoons cold low-fat milk
- Filling
- 3 tablespoons extra-virgin olive oil, divided
- 2 medium yellow onions, sliced
- ½ head Savoy cabbage (1-1 ¼ pounds), very thinly sliced
- 1 teaspoon salt, divided
- Freshly ground pepper to taste
- 6 portobello mushroom caps (about 1 ¼ pounds)
- 3 large cloves garlic, chopped
- 2 teaspoons fresh thyme or 1 teaspoon dried
- ¼ cup dry sherry or Marsala (see Tips)
- 4 ounces crumbled queso fresco or feta cheese

Direction

- Prepare the pastry dough. On medium heat, melt butter in a small saucepan. Once bubbling, cook and stir for 2-6 minutes until golden brown, watch carefully to avoid burning. Move to a

metal bowl then place in the refrigerator for 25-30 minutes until solid.

- In a food processor, pulse a quarter teaspoon of pepper, whole-wheat flour, half teaspoon of salt, and all-purpose flour one or two times until combined. Slice cream cheese and butter into pieces; pulse with the mixture until it resembles a coarse meal. Pour in canola oil; pulse until the mixture is like wet sand. Pour in milk; pulse until it forms small clumps.
- Move dough on a parchment paper sheet then form into a ball; flatten the ball into an 8-in wide disk. Use the parchment to wrap then place in the refrigerator for at least an hour up to a full day prior to rolling.
- Prepare the filling. On high heat, heat 2 tbsp. of olive oil in a big frying pan. Cook and stir onion in hot oil for 4-6 minutes until translucent. Add half teaspoon of salt and cabbage; if needed, add 1/2 of the cabbage first then cook for a minute or two before adding the other half. Turn to medium heat; cook for 10 minutes while mixing often. Turn to low heat then cover; cook while mixing occasionally for 40-50 minutes until golden and significantly reduced. Add a dash of pepper to season.
- In the meantime, scrape the gills from the caps of mushroom; slice the caps into one-inch portions. On medium-high heat, heat the remaining 1 tbsp. of oil in another big frying pan; add garlic. Cook and stir for a minute. Add the remaining half teaspoon of salt, thyme, and the mushrooms. Cook for 10 minutes while mixing often until the mushrooms begins to brown and are tender. Pour in sherry or Marsala; cook and stir for a minute until it cooks off. Put the mushrooms to the cabbage.
- Preheat the oven to 400 degrees F.
- Dust flour on the dough and a parchment paper sheet. Roll dough into a 15-in round. Work slowly and press the pieces together if it cracks. If needed, dust with additional flour. Maintain the circle as even as possible but don ’ t mind the rough edges.

- Spread the mushroom-cabbage mixture on the pastry, keeping a 2-in border. Lift the edges of the pastry using the parchment then loosely fold over the filling in two or three-inch parts. It ’ s fine if the pastry cracks while folding. Move the galette with the parchment on a baking sheet. Cut off the parchment overhangs.
- Bake for 20 minutes then top with a sprinkle of queso fresco. Bake for another 15-20 minutes until the pastry is pale brown and the cheese is melted.
- Cool on the baking sheet for at least 15 minutes. Move the parchment and galette on a platter by lifting then slide out the parchment. Serve either at room temperature, hot, or warm.

Nutrition Information

- Calories: 359 calories;
- Fiber: 6
- Cholesterol: 27
- Sugar: 7
- Protein: 10
- Saturated Fat: 6
- Total Carbohydrate: 38
- Total Fat: 19
- Sodium: 554

134. Caramelized Onion Apple Stuffing

Ingredients

- Caramelized Onions
- 3 tablespoons extra-virgin olive oil
- 8 cups halved and thinly sliced yellow onions (2-3 large)
- 2 teaspoons chopped fresh thyme
- ¼ teaspoon kosher salt
- ¼ teaspoon ground pepper
- ¼ cup red wine
- 2 tablespoons cider vinegar
- Stuffing
- 8 cups cubed rustic multigrain bread (½ inch; about 1 pound)
- 3 tablespoons extra-virgin olive oil
- ½ teaspoon ground black pepper
- 2 tablespoons butter
- 2 cups diced celery
- 1 cup diced onion
- 2 medium red apples, chopped
- 2 tablespoons chopped fresh sage
- 2 tablespoons chopped fresh thyme
- 1 teaspoon kosher salt
- 1 ½ cups low-sodium chicken broth

Direction

- Prepare the onions. On medium heat, heat oil in a big pan. Cook a quarter teaspoon each of pepper and salt, 2 tsp. thyme and sliced onions for 20-25 minutes while occasionally stirring until

golden. Pour in wine, cook while occasionally stirring for another 20-25 minutes until the onions are deep golden brown, lower heat if needed. Pour in vinegar then turn to high heat; cook for another minute while scraping the browned bits in the pan until the vinegar evaporates. Move to a big bowl.

- Prepare the stuffing. In the meantime, preheat the oven to 425 degrees F. Use cooking spray to grease a 9x13-in baking dish.
- In a big rimmed baking sheet, mix pepper, oil, and bread. Bake for 15 minutes, mixing one time, until crispy; add to the onions in a bowl.
- Lower the oven ’ s heat to 400 ° .
- On medium-high heat, heat butter in a pan. Cook and stir diced onion and celery for 6-8 minutes until the onion begins to brown. Add salt, thyme, sage and apples. Turn to medium heat then cook for 5 minutes while occasionally mixing until the apples begin to soften. Move to the bowl with bread and onions. Stir in broth gently until well blended. Move to the prepared baking dish; use foil to cover.
- Bake for 20 minutes then uncover. Continue to bake for another 15 minutes until crispy on top.

Nutrition Information

- Calories: 230 calories;
- Sodium: 286
- Total Carbohydrate: 27
- Protein: 6
- Total Fat: 11
- Saturated Fat: 3
- Fiber: 5
- Cholesterol: 5
- Sugar: 8

135. Cauliflower, Romanesco Broccoli Gratin

Ingredients

- 14 cups bite-size florets from 2-3 heads broccoli, cauliflower and/or romanesco
- 2 cups low-fat milk
- 1 ½ teaspoons Dijon mustard
- ½ teaspoon garlic powder
- ½ teaspoon salt
- 2 tablespoons cornstarch
- 2 tablespoons water
- ¾ cup shredded extra-sharp white Cheddar cheese
- ¾ cup shredded Gruy è re cheese
- ¼ cup snipped fresh chives
- ¾ cup crushed cheese-flavored crackers
- 2 teaspoons extra-virgin olive oil

Direction

- Boil a big pot of water. Add florets; cook for 1 minute, frequently mixing. In a colander, drain; rinse immediately till cool using cold water. Drain well. On a kitchen towel/baking sheet, spread florests; pat to soak up excess water using a clean towel.
- Preheat an oven to 375 ° F. Use cooking spray to coat the 9x13-in/similar-size ovenproof shallow dish.
- Mix together salt, garlic powder, mustard and milk in a big pot and bring to a simmer over medium high heat. In a small bowl, mix water and cornstarch; whisk into simmering milk. Boil over high heat, whisking. Lower heat to maintain a simmer; cook for

2 minutes, whisking. Add chives, gruyere and cheddar; whisk till smooth. Take away from heat.

- Put florets in pot; mix gently to coat in cheese sauce. Put in prepped baking dish. Mix oil and crackers in a small bowl; sprinkle on veggies.
- Bake for 25-30 minutes till florets begin to brown on top and cheese sauce bubbles; serve warm.

Nutrition Information

- Calories: 218 calories;
- Fiber: 3
- Cholesterol: 17
- Total Carbohydrate: 21
- Total Fat: 11
- Sodium: 449
- Sugar: 5
- Protein: 9
- Saturated Fat: 4

136. Champagne Float

Ingredients

- 1 tablespoon sorbet, such as raspberry, mango or orange
- 5 ounces chilled Champagne or prosecco

Direction

- In a champagne coupe or flute, place sorbet and top with prosecco or champagne.

Nutrition Information

- Calories: 123 calories;
- Sodium: 0
- Fiber: 0
- Cholesterol: 0
- Sugar: 3
- Protein: 0
- Total Fat: 0
- Saturated Fat: 0
- Total Carbohydrate: 6

137. Chocolate Covered Almond Cake

Ingredients

- Cake
- 1 ½ cups Marcona almonds or lightly salted roasted almonds (8 ounces)
- ¾ cup coconut sugar or granulated sugar, divided
- 4 large eggs, at room temperature
- ¼ cup extra-virgin olive oil
- ⅓ cup almond flour
- ¼ cup low-fat milk
- 2 teaspoons grated lemon zest
- ½ teaspoon ground cinnamon
- Syrup
- 6 tablespoons dry sherry, preferably Pedro Ximenez
- ¼ cup coconut sugar or granulated sugar
- Ganache
- 6 ounces chopped bittersweet chocolate or bittersweet chocolate chips
- ½ cup heavy cream

Direction

- Set oven to 350 degrees F and start preheating. Use cooking spray to spray a 9-in. springform pan. Use parchment paper to line the bottom.
- For the cake: In a food processor, blend 1/4 cup sugar and almonds until the mixture has an almond butter ' s consistency. With a stand mixer fitted with a whisk, on medium speed, beat eggs for 1-2 minutes until fluffy. Pour in half a cup of sugar and

beat for 3-5 minutes on high speed until the color turns pale and the volume becomes three times bigger. Put in almond mixture, followed by oil, almond flour and milk, whisking on medium speed after each time just until combined before putting in new ingredients. Stir in cinnamon and lemon zest. Scrape mixture into the greased and lined pan.

- Bake for 35-40 minutes until a tester has several crumbs clung onto it when coming out of the middle. Run a thin knife along the pan ' s edge and loosen the sides. Place on a wire rack to cool for 30 minutes. Turn upside-down onto the rack and take out the bottom of the pan. Under the rack, place a big rimmed baking sheet.
- To make syrup: In the meantime, in a small saucepan, cook sugar and sherry over medium heat, mixing once in a while for 2-3 minutes to dissolve sugar. Take away from the heat.
- On the cake ' s bottom (now facing up), poke a few holes using a fork. Brush 1/2 syrup on top. Allow to absorb the first layer of syrup then brush on the rest of syrup. Once cool, use plastic wrap to cover and let sit for an hour or no longer than 1 day.
- For the ganache: Put chocolate in a medium heatproof bowl. In a small saucepan, heat cream over medium-high heat just until starting to boil. Transfer onto the chocolate and let sit for 5 minutes. Lightly mix to incorporate. Let sit until thickened, half an hour.
- Carefully put the cake on a serving plate, facing top side up. Spread cooled ganache on top.

Nutrition Information

- Calories: 280 calories;
- Sodium: 100
- Total Carbohydrate: 26
- Sugar: 21
- Protein: 6

- Total Fat: 19
- Fiber: 3
- Cholesterol: 57
- Saturated Fat: 5

138. Citrus Gravy

Ingredients

- Turkey Giblet Stock
- Neck and giblets (except liver) from a 10- to 12-pound turkey
- 6 cups water
- 1 medium onion, peeled and quartered
- 1 medium carrot, chopped
- 1 stalk celery, chopped
- 1 bay leaf
- 1 sprig fresh thyme
- 1 teaspoon whole black peppercorns
- Gravy
- ¼ cup all-purpose flour
- 1 cup dry white wine
- 2 tablespoons Meyer lemon juice or 4 teaspoons lemon juice plus 2 teaspoons orange juice
- ¼ teaspoon salt
- Freshly ground pepper to taste

Direction

- To prepare stock: In a big saucepan, combine celery, carrot, onion, water, turkey giblets and neck, then, bring to a boil. Put peppercorns, thyme and bay leaf. Reduce heat and simmer for an hour, skimming and disposing any foam. Use a fine-mesh sieve to strain stock through into a medium bowl. Let it cool. Dispose solids. Put reduced-sodium chicken broth or enough water to measure 4 cups stock if necessary.

- To prepare gravy: Take turkey out of the roasting pan. From the pan juices, skim off any visible fat.
- In a small bowl, whisk flour and 1/2 cup of the stock until smooth, then, set aside.
- Over medium heat, set the roasting pan over two burners. Put wine, then, bring to a boil and cook for 2 to 4 minutes until the liquid is reduced by about half, scraping up the brown bits. Put the remaining 3 and a half cup of stock. Turn heat to medium-high heat then, return to a boil, stirring often. Boil for 6 to 8 minutes until the liquid is reduced by about half.
- Whisk the flour-stock mixture that has been reserved then, put in the pan, constantly whisking for 1 to 3 minutes until the gravy thickens. Stir lemon juice or orange juices and lemon. Move it away from heat. Pour gravy into a big measuring cup through a fine sieve, disposing the solids. Use pepper and salt to season.

Nutrition Information

- Calories: 32 calories;
- Fiber: 0
- Protein: 0
- Total Carbohydrate: 3
- Sugar: 0
- Total Fat: 0
- Saturated Fat: 0
- Sodium: 62
- Cholesterol: 0

139. Citrus Salad With Olives Radicchio

Ingredients

- 1 medium red onion, thinly sliced
- 1 cup white-wine vinegar
- 2 tablespoons sugar
- 2 oranges
- 2 pink or red grapefruit
- 1 clove garlic, minced
- ¼ teaspoon salt
- ¼ cup extra-virgin olive oil
- 4 cups packed torn escarole leaves
- 4 cups torn radicchio
- 1 cup fresh parsley leaves
- 1 cup shredded Manchego or crumbled feta cheese
- 1 cup pitted green olives, quartered

Direction

- In a small saucepan, combine sugar, vinegar, and onion. Heat to a boil; cook 2 minutes, mixing from time to time. Use a fine-mesh sieve to strain, saving 6 tablespoons cooking liquid in a big bowl (get rid of the rest). Put liquid and onion aside separately to let cool.
- At the same time, cut off an end of each orange and grapefruit to make them stand upright. Slice off the rest peel and white pith in careful sculpting slices. Cut the fruit into rounds of 1/4-in. thickness. Take out any seeds. Put rounds aside.
- To prepare dressing: To the saved onion cooking liquid, add salt and garlic. Beat in oil until well blended. Take 2 tablespoons of

dressing to a small bowl to reserve.

- In the big bowl, add parsley, radicchio, and escarole to the dressing; turn well to coat. Place the greens on a big serving plate. Put olives, cheese, reserved onion, and citrus rounds over top. Drizzle the top with reserved dressing.

Nutrition Information

- Calories: 161 calories;
- Total Fat: 11
- Saturated Fat: 3
- Fiber: 3
- Sugar: 8
- Protein: 4
- Sodium: 428
- Cholesterol: 13
- Total Carbohydrate: 13

140. Coconut Dark Chocolate Truffles

Ingredients

- 2 cups whole dates, pitted and coarsely chopped (16-18 large)
- 1 cup boiling water
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- ¾ cup coconut flour
- 2 tablespoons unsweetened cocoa powder
- 10 ounces bittersweet chocolate, chopped (about 1 ½ cups)
- 1 ½ cups unsweetened shredded coconut, toasted (see Tip)

Direction

- Put dates in small bowl; put boiling water over. Let stand for 40 minutes till cool. Put dates and liquid in food processor; add salt and vanilla. Puree till smooth, scraping sides down 1-2 times. Add cocoa and coconut flour; process, occasionally scraping sides, till you get a thick dough-like paste. Refrigerate for 2-3 hours till very cold.
- Line parchment paper/foil on baking sheet. Roll mixture to 40 balls, 2 teaspoons per truffle.
- Put 1/2 of the chocolate in a microwave-safe bowl; microwave in 30=sec bursts, mixing in between, till it is half melted. Take out of microwave; mix till fully melted. Put coconut in shallow dish.
- 4 date balls at 1 time, add to melted chocolate. Use 2 forks to roll every ball in chocolate quickly till coated. One by one, use fork to transfer truffles to coconut; let extra chocolate drip off first then sprinkle coconut till coated. Put onto the prepared baking sheet.

- When the first batch of chocolate is used and 1/2 date balls are coated, melt leftover chocolate; coat leftover balls with chocolate and coconut. Put the baking sheet in fridge; chill for 1 hour till chocolate is set.

Nutrition Information

- Calories: 82 calories;
- Saturated Fat: 3
- Sodium: 21
- Fiber: 3
- Total Carbohydrate: 12
- Protein: 1
- Total Fat: 4
- Cholesterol: 0
- Sugar: 8

141. Crab Cake Stuffing

Ingredients

- Bay Spice Blend
- ¼ cup dry mustard
- 8 whole bay leaves, finely crushed
- 2 tablespoons crushed red pepper
- 2 tablespoons celery seed
- 2 tablespoons ground ginger
- 1 ½ tablespoons dried thyme
- 1 tablespoon sweet paprika
- 1 tablespoon ground cinnamon
- 1 tablespoon ground mace or nutmeg
- 1 tablespoon freshly ground pepper
- 2 teaspoons onion powder
- Stuffing
- 2 tablespoons butter
- 1 teaspoon of the Bay Spice Blend or Old Bay Seasoning
- 1 cup diced celery
- ⅔ cup diced onion
- ¼ cup dry white wine
- 8 ounces claw crabmeat
- ¾ cup low-fat mayonnaise
- 1 tablespoon Dijon mustard
- 1 teaspoon hot sauce
- 2 large eggs, beaten
- 8 ounces jumbo lump crabmeat

- ¼ cup chopped fresh parsley
- ¼ cup snipped fresh chives
- 10 cups diced rustic whole-grain bread (from 1 large loaf)
- 1 cup low-sodium turkey or chicken broth or stock

Direction

- To prepare the Bay Spice mixture: Combine onion powder, pepper, mace (or nutmeg), cinnamon, paprika, thyme, ginger, celery seed, crushed red pepper, bay leaves, and dry mustard in a medium bowl.
- To prepare the stuffing: In a large saucepan, melt butter over medium heat. Next, stir in a teaspoon of the spice blend, then add onion and celery; cook for about 5 minutes, stirring frequently, until tender and translucent but not browned. Add wine and simmer over medium-high heat. Then simmer for 2-4 minutes, or until the liquid is reduced by around half. Put in the claw crabmeat and stir. Move to a large bowl and allow to cool to room temperature.
- Preheat the oven to 375 degrees F. Use cooking spray to coat a large baking sheet (or 9-by-13-inch baking dish).
- Whisk eggs, hot sauce, mustard, and mayonnaise into the mixture in the bowl. Next, add bread, chives, parsley, and jumbo lump crabmeat; toss gently in order not to break up the crab's lumps. Pour the broth over the bread and lightly combine. Pat 3/4 cup portions into 12 patties 2 1/2 to 3 inches wide to shape the stuffing into individual "cakes"; then arrange on the prepared baking sheet. (Otherwise, move the stuffing to the prepared baking dish.)
- Bake for 25-30 minutes, or until golden brown and an instant-read thermometer states 165 degrees F when inserted into the center.

Nutrition Information

- Calories: 192 calories;
- Total Fat: 7
- Saturated Fat: 2
- Sodium: 440
- Fiber: 3
- Total Carbohydrate: 18
- Protein: 13
- Cholesterol: 84
- Sugar: 3

142. Cranberry Meringue Pie

Ingredients

- Crust
- ¾ cup white whole-wheat flour (see Tip) or all-purpose flour
- ½ cup granulated sugar
- ¼ teaspoon salt
- 3 tablespoons canola oil
- 2 tablespoons butter, softened
- Filling
- 1 12-ounce bag cranberries, fresh or frozen, thawed
- 1 cup orange juice
- ¾ cup granulated sugar
- 1 large egg
- 3 large eggs, separated
- Meringue Topping
- ¼ teaspoon cream of tartar
- Pinch of salt
- ⅓ cup granulated sugar
- 1 teaspoon vanilla extract

Direction

- Set the oven at 350 ° F and start preheating. Use cooking spray to spray a 9-in. pie pan.
- For crust, in a medium bowl, mix 1/4 teaspoon of salt, 1/2 cup of sugar and flour together. Using a fork, stir in butter and oil till crumbly and well-blended (the mixture should look like wet sand). Press the dough firmly onto the bottom and up the sides

of the prepared pan, using the back of a spoon. Bake the crust for around 20 minutes, or till it starts to brown. (Keep the oven on for Step 4.)

- For the filling, meanwhile, in a medium saucepan, mix orange juice and cranberries. Boil over high heat; cook while stirring occasionally for 5-6 minutes, or till all the cranberries start to break down. Transfer into a medium bowl, through a fine-mesh sieve, pressing on the solids to extract all the juice. Blend in 3/4 cup of sugar till combined. Beat in 3 egg yolks and a whole egg. Transfer the cranberry mixture back to the pan; cook while stirring vigorously and constantly over medium heat, 4-5 minutes, or till it just begins to bubble as you are mixing and starts to thicken. Transfer the warm filling into the warm crust. While you prepare the meringue topping, set it aside.
- For the topping, in a bowl, using an electric mixer, beat 3 egg whites on medium speed till frothy. Include in a pinch of salt and cream of tartar; beat at high speed till it forms soft peaks. Include in 1/3 cup of sugar very slowly, beating constantly, till the mixture holds shiny and stiff peaks. Whisk in vanilla. Transfer the meringue over the filling; spread gently to the edges of the crust. Use a small off-set spatula or the back of a spoon to form peaks in the meringue. Bake for around 15 minutes, or till the top is browned lightly. Before serving, let the pie cool in a wire rack for at least 3 hours, to room temperature.

Nutrition Information

- Calories: 268 calories;
- Fiber: 3
- Saturated Fat: 2
- Sodium: 100
- Cholesterol: 80
- Total Carbohydrate: 46
- Sugar: 35

- Protein: 4
- Total Fat: 8

143. Cranberry Apple Smoothie

Ingredients

- 1 medium sweet apple, such as Honeycrisp, chopped
- 1 cup low-fat plain yogurt
- ½ cup frozen cranberries
- 2 tablespoons water
- 2 teaspoons honey
- ⅛ teaspoon ground cinnamon (optional)

Direction

- In a blender, add honey, water, cranberries, yogurt, apple and cinnamon, if desired, and blend them until smooth. Use more cinnamon for garnishing if preferred.

Nutrition Information

- Calories: 315 calories;
- Total Fat: 4
- Saturated Fat: 3
- Cholesterol: 15
- Sugar: 50
- Protein: 14
- Sodium: 176
- Fiber: 7
- Total Carbohydrate: 60

144. Cranberry Pecan Cinnamon Rolls

Ingredients

- 3 tablespoons butter, melted
- ¼ cup packed light brown sugar
- ¼ cup brown rice syrup or light corn syrup
- 1 cup chopped fresh cranberries (see Tips)
- ⅓ cup chopped pecans
- 1 ½ teaspoons ground cinnamon, divided
- 1 cup white whole-wheat flour (see Tips)
- 1 cup all-purpose flour
- 2 tablespoons granulated sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 2 tablespoons cold butter, cut into pieces
- 1 cup cold buttermilk
- 2 tablespoons canola oil

Direction

- Preheat the oven to 375 ° F. Use cooking spray to coat a dozen cup muffin tin.
- In a small bowl, mix 1 tsp. cinnamon, pecans, cranberries, corn syrup/brown rice syrup, brown sugar and melted butter. Distribute to muffin cups, spreading about 1 tbsp. at the bottom of each.
- In a big bowl, whisk leftover 1/2 tsp. cinnamon, baking soda, salt, baking powder, granulated sugar, all-purpose flour and

whole-wheat flour. Add cold butter. With fingertips/two knives, crumble/cut butter until it is small and pea-sized. Drizzle oil and buttermilk. Mix until just combined. Spoon batter on cranberry mixture, around 2 tbsp. for each.

- Bake rolls for 18-20 minutes until they brown lightly around edges. Cool for 10 minutes in the pan. Run knife around edges of each one to loosen. Put a big serving tray over the pan. Invert the rolls onto it. Spoon leftover topping in pan onto the rolls. Serve warm.

Nutrition Information

- Calories: 220 calories;
- Total Fat: 10
- Sodium: 298
- Fiber: 2
- Total Carbohydrate: 31
- Sugar: 12
- Protein: 3
- Saturated Fat: 4
- Cholesterol: 14

145. Creamy Turnip Soup

Ingredients

- 4 medium turnips (about 1 ½ pounds) plus 1 ½ cups thinly sliced turnip greens or spinach, divided
- 2 tablespoons extra-virgin olive oil, divided
- 1 tablespoon butter
- 1 medium onion, sliced
- ½ teaspoon dried rosemary
- ½ teaspoon salt plus a pinch, divided
- ¼ teaspoon freshly ground white pepper plus a pinch, divided
- 4 cups reduced-sodium chicken broth
- ¼ cup shredded carrot
- 2 tablespoons thinly sliced scallion greens
- 2 teaspoons white-wine vinegar

Direction

- Remove the skin off the turnips and cut it into slices. In a big saucepan, put in the butter and 1 tablespoon of oil and let it heat up over medium heat setting. Put in the onion and saut é it for about 5 minutes until it is starting to turn brown in color. Put in 1/2 teaspoon of salt, turnips, 1/4 teaspoon of white pepper and rosemary and mix everything together until well-blended. Cover the pan and let the mixture cook for 10 minutes while stirring it 1 or 2 times.
- Pour in the broth then change the heat setting to high heat and let the mixture boil. Lower the heat setting so that the mixture is kept on a simmer; cover the pan and allow the mixture to cook for 10-12 more minutes until the turnips have softened.

- While the turnip mixture is simmering, toss the turnip greens (or spinach), vinegar, carrot, a pinch of pepper and salt, scallion greens and the remaining 1 tablespoon of oil together in a medium-sized bowl.
- You may either use an immersion blender to blend the soup mixture directly in the saucepan to a puree consistency or pour the soup mixture in a normal blender to blend the mixture until it is smooth in consistency. Keep in mind to be careful when you blend hot liquids. Serve each of the soup portions with a good 1/4 cup of the prepared salad on top.

Nutrition Information

- Calories: 110 calories;
- Total Fat: 7
- Cholesterol: 5
- Sugar: 5
- Saturated Fat: 2
- Sodium: 659
- Fiber: 3
- Total Carbohydrate: 10
- Protein: 4

146. Dukkah Spiced Carrots

Ingredients

- Dukkah Spice Blend
- ¼ cup hazelnuts
- 2 tablespoons raw pepitas (pumpkin seeds)
- 2 teaspoons sesame seeds
- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds
- 1 tablespoon chickpea flour
- ½ teaspoon coarsely cracked black peppercorns
- ¼ teaspoon cayenne pepper
- Carrots
- 2 tablespoons butter
- 2 pounds medium carrots, peeled
- ⅓ cup finely chopped fresh dill
- ¾ teaspoon kosher salt

Direction

- For dukkah: Place a small cast-iron skillet over medium heat. As it heats, mix cumin seeds, coriander, sesame, pepitas, and hazelnuts in a small bowl. Dust the mixture into the pan and toast for 3-5 minutes, stirring constantly, until light brown and aromatic. Put back to the bowl to cool.
- Dust chickpea flour into the pan. Toast for 30 seconds to 1 minute, stirring constantly, until evenly browned. Scrape into a separate small bowl right away.
- Place the nut mixture to a blender, mini food processor, or spice grinder; process until almost evenly ground. Put to the chickpea

flour along with cayenne and peppercorns; whisk to blend and break up any clumps of seeds and nuts.

- For the carrots: In a large skillet over medium heat, heat the butter. When the foam subsides, put in carrots and toss to coat. Cook for 12-15 minutes, covered, flipping occasionally, until just tender when poked with a fork.
- Take away from the heat, dust (or toss) the carrots with salt, dill, and dukkah. Serve warm.

Nutrition Information

- Calories: 152 calories;
- Total Fat: 10
- Sodium: 235
- Fiber: 5
- Total Carbohydrate: 15
- Protein: 3
- Saturated Fat: 3
- Cholesterol: 10
- Sugar: 7

147. Easy Scalloped Potatoes

Ingredients

- 8 large potatoes, peeled and sliced
- 14 slices Cheddar cheese
- 1/2 cup all-purpose flour
- 1 pinch salt and pepper to taste
- 1 cup skim milk

Direction

- Preheat the oven to 175 ° C or 350 ° Fahrenheit. Oil a casserole dish.
- Layer potatoes in the bottom of casserole dish then layer cheese on top of the potatoes to cover. Dust lightly with pepper, salt, and flour. Repeat layers with all the remaining ingredients. Add milk all over the entire casserole; use aluminum foil to cover.
- Bake for 45 minutes in the preheated oven until the potatoes are tender. Discard the foil and return to the oven; then bake until the cheese is bubbly and starting to brown.

Nutrition Information

- Calories: 523 calories;
- Total Fat: 16.9
- Sodium: 343
- Total Carbohydrate: 72.6
- Cholesterol: 53
- Protein: 21.6

148. Fennel Asiago Pie With A Wild Rice Crust

Ingredients

- 1 cup wild rice
- 1 head garlic
- 1 teaspoon extra-virgin olive oil plus 2 tablespoons, divided
- 2 small-to-medium bulbs fennel
- 1 ½ tablespoons chopped fresh marjoram or 1 ½ teaspoons dried
- ¾ teaspoon ground pepper, divided
- ½ teaspoon salt, divided
- 6 large eggs, divided
- ¾ cup finely shredded Asiago cheese, divided
- 1 cup reduced-fat milk

Direction

- Cool rice for 45-55 minutes until tender in a big pot with boiling water; drain. Cool rice for 10 minutes.
- In the meantime, place rack in the top and bottom thirds of the oven then preheat to 450 degrees F.
- Without splitting the cloves, remove the extra papery skin on the garlic head. Cut the tip off to expose the cloves. Put the head on a foil piece then dribble with a 1 tsp. oil; wrap into a package. Place on the top rack then roast for 30-40 minutes depending on the size until the garlic is soft. Let it rest until cool enough to touch. Squeeze the cloves out gently from the skin.
- In the meantime, remove stalks and fronds from the fennel then trim the base. Slice each bulb lengthwise into half-inch thick wedges while keeping the cores together. In a bowl, mix

remaining 2 tbsp. oil, 1/8 tsp. salt, quarter teaspoon pepper, marjoram and fennel together; evenly spread on a rimmed baking sheet. Place on the lower rack then roast for 15-20 minutes until golden brown. Turn the fennel over then continue to roast for another 5-10 minutes until the other side is golden brown.

- Use cooking spray to grease a 9-in deep dish pie pan. In a medium bowl, mix 1/8 tsp. salt, quarter teaspoon pepper, quarter cup cheese, one egg and cooled rice; evenly press in the greased pie pan. Place on the top rack then bake the rice crust for 10-12 minutes until firm. Cool crust to room temperature.
- Lower the oven heat to 375 ° once the crust, fennel, and garlic are done.
- Whisk a quarter teaspoon each of pepper and salt, the remaining five eggs and milk together; transfer on cooled crust then top with quarter cup cheese. Place the garlic and fennel over the egg mixture then top with the remaining quarter cup cheese.
- Bake for 30-40 minutes until the pie is golden and puffed. Cool the pie for 10 minutes then slice into six wedges.

Nutrition Information

- Calories: 324 calories;
- Total Carbohydrate: 30
- Sugar: 6
- Protein: 16
- Total Fat: 16
- Fiber: 5
- Cholesterol: 202
- Saturated Fat: 5
- Sodium: 462

149. Gluten Free Banana Bread

Ingredients

- 1 teaspoon margarine, or as needed, softened
- 3/4 cup almond milk
- 1 tablespoon vinegar
- 1 1/4 cups rice flour
- 1/2 cup brown sugar
- 1/4 cup amaranth flour
- 1/4 cup soy flour
- 1/4 cup flax seed meal
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon sea salt
- 2 large bananas, mashed
- 1 egg, beaten
- 1 tablespoon coconut oil, melted

Direction

- Set an oven to preheat to 175 ° C (350 ° F). Use margarine to grease an 8-inch square metal baking dish lightly.
- In a cup, mix the vinegar and almond milk together.
- In a big mixing bowl, mix together the sea salt, baking soda, baking powder, flax seed meal, soy flour, amaranth flour, brown sugar and rice flour.
- In another bowl, beat the coconut oil, egg, almond milk mixture and bananas, then add it to the rice flour mixture and mix until

the dry ingredients become fully moist. In the prepped baking dish, spread the mixture.

- Let it bake in the preheated oven for about 35 minutes, until an inserted toothpick in the middle exits clean.

Nutrition Information

- Calories: 223 calories;
- Total Carbohydrate: 41.4
- Cholesterol: 21
- Protein: 4.6
- Total Fat: 4.9
- Sodium: 421

150. Gluten Free Cornbread Stuffing

Ingredients

- 7 cups prepared gluten-free cornbread (about 1 ½ pounds), cut into ¾ -inch cubes
- 1 pound sweet Italian sausage
- 2 cups diced onion
- 1 ½ cups diced celery
- 3 cloves garlic, minced
- ¼ cup chopped fresh sage or 1 tablespoon dried
- ½ teaspoon ground pepper
- 2 cups low-sodium chicken broth

Direction

- Set an oven to preheat to 275 degrees F.
- On a big rimmed baking tray, spread the cornbread. Let it bake for about 30 minutes until it becomes dry to the touch. Allow to cool.
- Turn up the oven temperature to 350 degrees F.
- In a big oven-safe frying pan, cook the sausage on medium-high heat for about 5 minutes, mixing and breaking up with a wooden spoon, until it turns to brown. Add garlic, celery and onion and let it cook for 5-10 minutes, until it becomes translucent and tender. Take it out of the heat.
- In the frying pan, add the pepper, sage and cornbread then toss it lightly to combine. Add the broth into the mixture, then use foil to cover.
- Let the stuffing bake for about 30 minutes, until it becomes steaming hot. Take out the foil and keep on baking for about 15 minutes more, until the top turns a bit crisp.

Nutrition Information

- Calories: 147 calories;
- Total Fat: 6
- Saturated Fat: 3
- Sodium: 331
- Fiber: 2
- Cholesterol: 27
- Sugar: 3
- Protein: 8
- Total Carbohydrate: 17

151. Gluten Free Pecan Pie

Ingredients

- Crust
- 1 ¼ cups gluten-free all-purpose flour blend
- ¼ teaspoon salt
- 6 tablespoons cold unsalted butter, cut into small chunks
- 2-3 tablespoons ice water
- Filling
- ½ cup pitted dates
- ½ cup boiling water
- 3 large eggs
- ½ cup light corn syrup
- 2 tablespoons unsalted butter, melted
- 1 teaspoon vanilla extract
- 1 ½ cups pecan halves, chopped

Direction

- For crust: In a big bowl or food processor, mix together the salt and flour blend. Cut in cold butter with a pastry blender, 2 knives or by pulsing in food processor till pebble-size portions create. Put ice water, a tablespoon at a time, till dough is equally moist yet not wet and is just beginning to clump together. Flatten dough into a 5-inch disk. Flour a big sheet of plastic wrap lightly and wrap dough in. Chill for a minimum of an hour to 2 days. Take off from refrigerator approximately 15 minutes prior to rolling out.
- In the meantime, in a small heatproof bowl or jar, mix boiling water and dates; let sit for a minimum of an hour or put cover

and chill for up to 2 days.

- To assemble pie: Preheat the oven to 400 ° F.
- Remove wrap of dough, retaining plastic beneath. Flour dough lightly and cover using another big piece of plastic wrap. Roll dough out to a 12-inch circle. Take off top sheet and turn a 9-inch pie pan upside down onto the dough. Slip your hand under the dough and quickly turn the dough into the pan. Take off the plastic. Clip and patch dough to have an equal overhang all the way around. Fold overhang under and crease edges using a fork. Mend any cracks with remaining dough. With parchment paper, line the crust and fill with pie weights.
- Bake crust for 20 to 25 minutes till lightly golden. Cautiously take off parchment and weights.
- Lower oven temperature to 350 ° F.
- For filling: In the meantime, in a blender or mini food processor, pulse the soaking water and dates till a smooth paste creates. Put to a big bowl and mix in vanilla, butter, corn syrup and eggs. Fold in the pecans. Put filling into the warm crust.
- Bake pie for 35 to 40 minutes till sets around edges and barely wiggles in the middle when shaken slowly. Allow to cool for a minimum of 2 hours prior to serving.

Nutrition Information

- Calories: 342 calories;
- Saturated Fat: 7
- Sodium: 92
- Fiber: 4
- Total Carbohydrate: 36
- Sugar: 23
- Protein: 5
- Total Fat: 22

- Cholesterol: 80

152. Ham Cheese Breakfast Casserole

Ingredients

- 4 large eggs
- 4 large egg whites
- 1 cup nonfat milk
- 2 tablespoons Dijon mustard
- 1 teaspoon minced fresh rosemary
- ¼ teaspoon freshly ground pepper
- 5 cups chopped spinach, wilted (see Tip)
- 4 cups whole-grain bread, crusts removed if desired, cut into 1-inch cubes (about ½ pound, 4-6 slices)
- 1 cup diced ham steak, (5 ounces)
- ½ cup chopped jarred roasted red peppers
- ¾ cup shredded Gruy è re, or Swiss cheese

Direction

- Set an oven to preheat to 375 degrees F. Use cooking spray to coat a 2-quart casserole or a 7x11-inch glass baking dish.
- In a medium bowl, whisk the milk, egg whites and eggs, then add pepper, rosemary and mustard; whisk to blend. In a big bowl, toss the roasted red peppers, ham, bread and spinach, then add the egg mixture and toss until well coated. Move to the prepped baking dish and press down to make it compact. Use foil to cover.
- Let it bake for 40-45 minutes until the custard sets. Take off the cover then sprinkle cheese on top and keep on baking for 15-20 more minutes, until the pudding turns golden on top and is puffed. Move to a wire rack and let it cool for 15-20 minutes prior to serving.

Nutrition Information

- Calories: 286 calories;
- Cholesterol: 150
- Total Fat: 10
- Saturated Fat: 4
- Sodium: 845
- Fiber: 4
- Total Carbohydrate: 23
- Sugar: 5
- Protein: 23

153. Hasselback Sweet Potatoes With Marshmallows

Ingredients

- 2 medium sweet potatoes (about 12 ounces each), scrubbed
- 1 tablespoon canola oil
- ½ teaspoon salt
- ¾ cup mini marshmallows
- 2 tablespoons butter
- 2 teaspoons finely chopped fresh sage or ¾ teaspoon dried

Direction

- Set oven to 425 ° F to preheat.
- Make horizontal cuts every 1/8 to 1/4 inch along individual sweet potato, cutting almost to the bottom but not to the end. Transfer potatoes to an 8-inch-square baking dish. Brush oil all over the potatoes and season with salt.
- Bake potatoes for 1 hour and 15 minutes until very soft.
- Once potatoes are softened, take out from the oven and gently place a few marshmallows between the cuts (marshmallows are small enough to put into the cuts). Bring stuffed sweet potatoes back to the oven and bake for 3 to 4 minutes until marshmallow turn brown lightly.
- In the meantime, heat butter over medium heat in a small skillet. Add sage; saut é in melted butter for 3 minutes until butter is browned, swirling carefully while cooking. Drizzle sage and butter mixture over the baked sweet potatoes. Serve while still warm.

Nutrition Information

- Calories: 163 calories;
- Saturated Fat: 4
- Fiber: 2
- Total Carbohydrate: 19
- Sugar: 9
- Protein: 1
- Total Fat: 9
- Sodium: 320
- Cholesterol: 15

154. Honey Glazed Roasted Delicata Squash

Ingredients

- 5 pounds delicata or acorn squash
- 4 shallots, quartered lengthwise
- 3 tablespoons extra-virgin olive oil
- ½ teaspoon fine sea salt plus a pinch, divided
- ¼ teaspoon ground pepper
- ½ cup honey
- ½ cup cider vinegar
- ½ cup pomegranate seeds
- ¼ cup pine nuts, toasted
- ¼ cup fresh mint, finely chopped

Direction

- Put racks in lower and upper thirds of oven then preheat it to 400 ° F.
- Lengthwise halve squash; scoop seeds out. Crosswise cut to 1-in. thick slices. Toss 1/2 tsp. salt, pepper, oil, shallots and squash slices in big bowl; divide to 2 big rimmed baking sheets.
- Roast for 30-40 minutes, rotating pans top to bottom halfway through and turning each piece over, till squash is caramelized in spots and tender; put shallots and squash on serving platter.
- Boil pinch of salt, vinegar and honey in small saucepan on high heat several minutes before serving; lower heat to lively simmer. Cook for 5-8 minutes till reduced to 1/2 cup, watching closely toward end. Drizzle syrup on squash immediately; serve with mint, pine nuts and pomegranate seeds on top.

Nutrition Information

- Calories: 164 calories;
- Cholesterol: 0
- Protein: 2
- Sodium: 116
- Fiber: 3
- Saturated Fat: 1
- Total Carbohydrate: 30
- Sugar: 16
- Total Fat: 6

155. Horseradish, Parsley Sour Cream Mashed Potatoes

Ingredients

- 3 pounds Yukon Gold potatoes (about 12 medium)
- 1 tablespoon salt
- 1 cup reduced-fat sour cream
- ½ cup chopped fresh parsley
- 3 tablespoons horseradish
- Black or white pepper to taste

Direction

- Remove the skin from the potatoes (if you want) and slice into chunks, 2 inches each chunk. In a big heavy saucepan; put salt and potatoes. Cover by 2 inches of cold water. Boil it. Lower the heat to a simmer, put a cover on and cook for 10-15 minutes until potatoes are very soft. Strain thoroughly.
- Remove the potatoes into a big bowl. Working the potatoes through a ricer to mash, or use an electric hand-held mixer or a potato masher.
- Mix pepper, horseradish, parsley, or sour cream into the potatoes.

Nutrition Information

- Calories: 182 calories;
- Saturated Fat: 2
- Sodium: 280
- Total Carbohydrate: 34
- Sugar: 2

- Protein: 4
- Total Fat: 4
- Fiber: 3
- Cholesterol: 12

156. Kale Artichoke Dip

Ingredients

- 2 ½ cups frozen chopped kale (12 ounces) or 2 ¼ cups frozen chopped spinach, thawed
- 2 cups frozen artichoke hearts (9 ounces), thawed and chopped
- 8 ounces reduced-fat cream cheese, at room temperature
- ½ cup nonfat plain yogurt
- 2 tablespoons minced shallot
- 2 large cloves garlic, minced
- ½ teaspoon kosher salt
- ¼ teaspoon ground pepper
- ¼ teaspoon cayenne pepper (optional)
- ⅓ cup grated Parmesan cheese

Direction

- Preheat the oven to 425 degrees F. Use cooking spray to grease an 8-in square baking dish.
- In a big bowl, combine cayenne if using, pepper, salt, garlic, shallot, yogurt, cream cheese, artichoke hearts and kale or spinach. Move to the prepared baking dish then scatter Parmesan on top.
- Bake for 25-30 minutes until it starts to bubble and brown; let it sit for 5 minutes. Serve.

Nutrition Information

- Calories: 63 calories;
- Fiber: 2
- Cholesterol: 12

- Total Carbohydrate: 4
- Sugar: 1
- Total Fat: 4
- Saturated Fat: 2
- Sodium: 135
- Protein: 3

157. Kale Salad With Preserved Lemon Walnuts

Ingredients

- 1 small clove garlic, minced
- ½ teaspoon salt
- ¼ cup extra-virgin olive oil
- 2 tablespoons lemon juice
- 1 teaspoon dried oregano
- ½ teaspoon freshly ground pepper
- 10 cups thinly sliced kale (from 1 large bunch)
- ½ cup coarsely chopped toasted walnuts (see Tips)
- ¼ cup pitted Kalamata olives, quartered
- 2 tablespoons finely chopped rinsed preserved lemon rind (see Tips) or rinsed capers

Direction

- On a cutting board, use the side of a chef ’ s knife to mash together salt and garlic to make a paste. Alternatively, you can do this in a bowl using a spoon. Put the garlic paste into a big bowl. Whisk in pepper, oregano, lemon juice and oil to mix. Put into bowl with kale. Massage the kale using your clean hands for a minute, until it is well-coated with the dressing and reduced in volume. Remove to a platter and sprinkle over with preserved lemon or capers, olives and walnuts.

Nutrition Information

- Calories: 133 calories;
- Sodium: 224

- Cholesterol: 0
- Sugar: 1
- Total Fat: 13
- Saturated Fat: 2
- Fiber: 2
- Total Carbohydrate: 4
- Protein: 2

158. Lemon Dill Green Beans

Ingredients

- 1 pound green beans, trimmed
- 4 teaspoons chopped fresh dill
- 1 tablespoon minced shallot
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lemon juice
- 1 teaspoon whole-grain mustard
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

Direction

- Put a steamer basket over a big saucepan filled with 1 inch of water and allow the water to boil. Put in the green beans and let it cook in the steamer while covered for 5-7 minutes until it is crisp-tender. Remove the pan away from the heat.
- While waiting for the green beans to cook, combine the salt, oil, mustard, dill, pepper, lemon juice and shallot together in a big bowl. Put in the cooked green beans and toss everything together until the green beans are well-coated with the sauce mixture. Prior to serving, allow the mixture to rest for about 10 minutes to let all the flavors combine.

Nutrition Information

- Calories: 73 calories;
- Saturated Fat: 1
- Fiber: 4
- Total Carbohydrate: 10

- Sugar: 2
- Total Fat: 4
- Cholesterol: 0
- Protein: 2
- Sodium: 163

159. Loaded Scalloped Potatoes With Bacon, Cheddar Chives

Ingredients

- 2 ½ pounds Yukon Gold potatoes, cut into ¼ -inch slices (about 8 cups)
- 1 tablespoon extra-virgin olive oil
- 3 strips center-cut bacon (about 2 ounces), chopped
- 1 small onion, finely chopped (about 1 cup)
- 3 tablespoons all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon white or black pepper
- 2 ½ cups low-fat milk
- ½ cup shredded extra-sharp Cheddar cheese, divided
- ¼ cup chopped fresh chives, divided

Direction

- Place the racks in lower and upper third of oven; start preheating to 425 ° F.
- In a large bowl, toss the potatoes with oil until they are well coated. Divide between two large baking sheets and lay in the even layer. Roast until beginning to brown and tender, rotating the pans from top to bottom about halfway through, about 20-25 mins.
- In the meantime, in a large saucepan, cook bacon over medium heat, stirring frequently, for 3 mins or until the bacon just crisp. Use a slotted spoon, transfer the bacon to the paper towel-lined plate. Put onion in pan; cook for 5 to 8 mins or until golden brown and very soft, stirring frequently. Put in pepper, salt and flour. Cook while stirring, about one minute longer. Pour in milk

and cook while stirring and scraping up any brown bits at bottom of the pan. Upper heat to medium-high; cook while stirring for 3-5 mins or until sauce bubbles and thickens. Take away from heat.

- Take potatoes out of oven when they are done. Start preheating the broiler.
- Place 1/2 the potatoes to the 2-quart broiler-safe baking dish. Spread the potatoes with 1/2 of sauce and sprinkle with 2 tablespoons of chives and a quarter cup of cheese. Add the remaining potatoes, sauce and cheese. Top with the bacon. Broil until cheese is beginning to brown and sauce is bubbling, watching carefully, about 1-5 mins depending on your broiler. Allow to stand for 10 mins. Top with the remaining 2 tablespoons of chives to serve.

Nutrition Information

- Calories: 176 calories;
- Saturated Fat: 2
- Cholesterol: 26
- Total Carbohydrate: 26
- Protein: 7
- Total Fat: 5
- Sodium: 227
- Fiber: 2
- Sugar: 4

160. Mashed Squash With Caramelized Onions

Ingredients

- 1 3-pound buttercup squash, halved and seeded
- ¼ cup extra-virgin olive oil
- 1 pound onions (2-3 medium), diced
- ½ teaspoon salt
- 1 ½ teaspoons sherry vinegar
- Ground pepper to taste

Direction

- Start preheating the oven to 375 ° F. Spray cooking spray over a baking sheet to coat.
- On the prepared pan, put squash with the cut-side facing down. Bake for 45-55 minutes until the flesh is very soft.
- In the meantime, in a big skillet, heat oil over high heat. Add salt and onions, cook for around 5 minutes until the onions start to turn brown while tossing often. Lower the heat to medium-low, cook for approximately another 15 minutes until the onions are very tender and golden brown while tossing often. Mix in pepper and vinegar and cook for several minutes longer. Take away from heat, put a cover on and keep warm.
- Once the squash is cool enough handle, scrape the flesh into the skillet. Reheat to medium-low and mash, tossing to blend with the onions.

Nutrition Information

- Calories: 181 calories;
- Sugar: 7
- Protein: 2

- Saturated Fat: 1
- Fiber: 4
- Total Carbohydrate: 24
- Total Fat: 10
- Sodium: 202
- Cholesterol: 0

161. Michel Nischan's Roast Turkey With Potato Pan Gravy

Ingredients

- Brine Turkey
- 4 quarts vegetable broth
- 1 cup kosher salt
- ⅔ cup agave nectar (see Tips)
- 2 medium onions, peeled and quartered
- 1 small handful fresh thyme sprigs (about ½ ounce)
- 2 large sprigs fresh sage
- 1 tablespoon whole black peppercorns
- 1 gallon ice-cold water
- 1 14-pound natural or organic turkey (see Tips), neck, gizzards and excess fat removed
- 1 tablespoon grapeseed oil or canola oil
- 1 teaspoon sea salt
- Gravy
- 2 medium Yukon Gold potatoes (about 12 ounces), peeled and cut into chunks
- 3 cups reduced-sodium chicken broth or turkey stock
- Freshly ground pepper to taste

Direction

- To brine turkey: In a large pot, combine peppercorns, sage, thyme, onions, agave nectar, kosher salt, and vegetable broth. Bring to a boil; lower heat and simmer for 15 minutes. Allow mixture to cool to room temperature. Pour mixture into a

brining bag, clean 5-gallon bucket, or 16-quart pot. Pour in ice water. Immerse the turkey, breast-side down, in the brine. Set a plate over turkey to weight if needed, making sure that turkey is entirely covered by the brine. Chill for 12 to 18 hours.

- To roast turkey: take all the oven racks out of the oven, retaining 1 in the oven; place the rack in the lowest level of the oven; turn oven to 475 ° F to preheat.
- Take turkey out of the brine and rinse thoroughly with cold water. Pat dry turkey using paper towels or a clean kitchen towel. Pour off the brine. Rub oil all over the turkey; season with sea salt. Arrange turkey on a roasting rack in a roasting pan, breast-side up. Tuck the wing tips under the turkey and use kitchen string to tie legs together.
- Roast turkey in the preheated oven, rotating the pan back to front halfway through roasting, for half an hour. Take turkey out of the oven and tent the turkey using a double layer of foil. Pour 2 cups hot water into the roasting pan. Keep roasting for 60 to 90 minutes, rotating the pan again halfway through, until an instant-read thermometer pierced in the thickest area of a thigh without touching bone reads 165 ° F. Check by peeking under the foil 15 to 30 minutes before you think the turkey will be cooked perfectly; if it ’ s not browning as you desire, take off the foil for the rest of roasting time.
- Gently remove the turkey to a large, clean cutting board; cover turkey loosely with foil, and allow it to rest for a minimum of 20 minutes before taking the string out and cutting.
- For gravy: While turkey roasts, put potatoes into a large saucepan and pour in water to cover. Bring to a boil. Lower heat to medium; cook, covered, for 10 to 15 minutes, until potatoes are very tender. Drain off water.
- While turkey is resting, ladle any visible fat off the pan juices. Set the roasting pan over medium heat. Pour in stock (or broth) and bring to a simmer, stirring to loosen any browned bits from the pan. Pour mixture into a blender, put in potatoes and process

for 2 minutes on high speed. If the gravy seems too thick, pour in a small amount of stock (or water or broth) to thin to your desired thickness. Pour the gravy back into the pan; simmer for about 2 minutes over low heat until heated through. Sprinkle with pepper to season.

- Cut turkey and enjoy with the gravy.

Nutrition Information

- Calories: 166 calories;
- Saturated Fat: 1
- Fiber: 0
- Sugar: 0
- Sodium: 628
- Cholesterol: 91
- Total Carbohydrate: 6
- Protein: 26
- Total Fat: 4

162. Mimosas With Juice Ice Cubes

Ingredients

- 1 cup pomegranate, orange and/or cranberry juice
- 1 (750 milliliter) bottle chilled Champagne or prosecco

Direction

- Put juice in an ice cube tray and fill. Let it freeze for 5 to 6 hours until solid. (For layered ice cubes, put in 1/2 cup of cranberry or pomegranate juice and let it freeze for 2 to 3 hours until solid. Put 1/2 cup orange juice on top and freeze for about 3 more hours until solid.)
- Split among 5 glasses the juice cubes and pour 5 ounces champagne on top (or prosecco).

Nutrition Information

- Calories: 141 calories;
- Total Fat: 0
- Saturated Fat: 0
- Sodium: 5
- Sugar: 6
- Fiber: 0
- Cholesterol: 0
- Total Carbohydrate: 9
- Protein: 1

163. Mini New York Cheesecakes

Ingredients

- Crust
- ⅔ cup graham cracker crumbs
- 1 tablespoon sugar
- 2 tablespoons butter, melted
- Pinch of salt
- Filling
- 2 (8 ounce) packages reduced-fat cream cheese, softened
- ¼ cup nonfat plain Greek yogurt
- ⅔ cup sugar
- 1 teaspoon lemon zest
- 2 large eggs
- 2 large egg yolks
- 1 teaspoon vanilla extract
- 1 teaspoon lemon juice
- Pinch of salt
- Topping
- 1 cup strawberries or chopped pitted cherries (fresh or frozen, thawed)
- 1 tablespoon sugar

Direction

- Set oven to preheat at 325 ° F. Line 12 muffin cups (1/2 cup) with paper cupcake liners.
- For the crust: In a medium bowl, mix together 1 tablespoon sugar and graham cracker crumbs. Drizzle melted butter in and

use a fork to stir until well combined. Divide the mixture equally (about 1 tablespoon each) into the muffin cups and push down using the back of a spoon.

- For the filling: In a large mixing bowl, use an electric mixer to beat lemon zest, 2/3 cup sugar, yogurt and cream cheese on medium speed until incorporated. Add egg yolks and eggs one by one, beat well after every addition. Put in lemon juice and vanilla and beat, scraping the bowl ’ s sides if needed, until just incorporated. Divide the batter equally into the lined cupcake cups (fill them all the way to full).
- Bake the cheesecakes until a toothpick comes out clean when inserted in the middle for 20 to 25 minutes. Put them on a wire rack and allow to cool thoroughly. Rest in the fridge until cold for about 1 hour.
- For the topping: In a small bowl, mix together sugar and strawberries (or cherries). Allow to rest at room temperature and stir frequently, about 1 hour. Then put in the refrigerator until ready to use.
- Spread a generous 1 tablespoon of the fruit on top each cheesecake, then serve.

Nutrition Information

- Calories: 217 calories;
- Total Fat: 13
- Saturated Fat: 7
- Sodium: 191
- Cholesterol: 95
- Fiber: 0
- Total Carbohydrate: 20
- Sugar: 17
- Protein: 6

164. Mushroom Cornbread Stuffing

Ingredients

- 10 cups cubed cornbread (½ - to 1-inch pieces)
- 2 tablespoons extra-virgin olive oil
- 2 cups chopped leeks
- 2 cups chopped mushrooms
- 2 cloves garlic, minced
- 3 tablespoons chopped fresh parsley or 3 teaspoons dried
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried
- 4 tablespoons unsalted butter
- 2-3 cups low-sodium broth
- ¾ cup coarsely chopped pecans, toasted (see Tip)
- ¼ cup cooked diced pancetta
- ½ teaspoon ground pepper

Direction

- Turn on the oven to 275 ° F to preheat. On a large rimmed baking sheet, arrange bread and bake until dry to touch for 30 minutes. Allow to cool. Place to a large bowl.
- Turn up the oven temperature to 350 ° . Spray cooking spray on a 9x13-inch baking dish.
- In a large skillet, heat oil over medium-high heat. Put in mushrooms and leeks; cook, stirring regularly, until just beginning to brown for about 3 to 5 minutes. Lower the heat to medium and cook, stirring regularly, until softened for about 3 to 5 minutes longer. Put in garlic; cook and stir, about 30 seconds. Put in parsley and rosemary; keep cooking and stirring, about 30 seconds. Scrape the mixture on the top of the bread. In

a pan, heat butter, scraping up any browned bits, then scrape over the bread. Put in pepper, pancetta, pecans, and broth to taste into the bread mixture; mix to blend. Place to the greased baking dish. On one side of a piece of foil, grease with cooking spray and wrap the stuffing, greased-side down.

- Bake for 30 minutes. Remove the cover and keep baking until golden brown for about 20 minutes longer.

Nutrition Information

- Calories: 325 calories;
- Protein: 8
- Total Fat: 20
- Saturated Fat: 5
- Sodium: 418
- Fiber: 4
- Cholesterol: 38
- Total Carbohydrate: 31
- Sugar: 7

165. Nut Honey Biscotti

Ingredients

- 1 cup whole raw almonds
- 1 cup raw walnuts, coarsely chopped
- 1 cup unsalted shelled pistachios
- 3 eggs
- ⅔ cup honey
- 1 tablespoon vanilla extract
- 1 ¼ cups all-purpose flour
- 1 cup white whole-wheat flour
- ½ cup almond flour
- 1 teaspoon aniseed, finely chopped
- 1 teaspoon baking powder
- ¼ teaspoon kosher salt
- 1 ¼ cups bittersweet, semisweet or milk chocolate chips, melted

Direction

- Set the racks at the middle and upper third of the oven. Preheat to 325 degrees F. Line parchment paper onto a large rimmed baking sheet.
- Bake the pistachios, almonds, and walnuts on the baking sheet for 8 to 10 minutes until toasted lightly. Reserve to cool.
- In a medium bowl, whisk vanilla, eggs, and honey until combined well. In a large bowl, mix baking powder, all-purpose flour, salt, almond flour, aniseed, and whole-wheat flour. Add egg mixture into the dry ingredients and toss to combine. Stir in nuts and mix until combined evenly.

- Split the dough in half and from into two 3-inch-by-12-inch logs on the baking sheet. (Wet your hands to shape the logs to prevent sticking onto them.)
- Bake for 30 to 40 minutes until firm when pressed in the middle and browned completely. Allow to cool for 30 minutes in the pan on a wire rack.
- Lower the oven temperature to 200 degrees. Line parchment paper onto another large baking sheet.
- Cut the logs into 1/2-inch-thick pieces on a cutting board with a serrated knife. Spread the biscotti with the cut-side down onto the baking sheets prepared.
- Bake for one hour. Flip each biscotti over and continue to bake for about 1 hour more until completely hard in the center. Allow to cool completely in the pans on a wire rack.
- Use chocolate to coat one cut side of each biscotti. Place back onto the baking sheets lined with parchment and chill for about 20 minutes until set.

Nutrition Information

- Calories: 160 calories;
- Saturated Fat: 2
- Sodium: 29
- Fiber: 2
- Cholesterol: 16
- Total Carbohydrate: 17
- Sugar: 9
- Protein: 4
- Total Fat: 9

166. Olive Oil Herb Mashed Potatoes

Ingredients

- 3 pounds Yukon Gold potatoes (about 12 medium)
- 1 tablespoon salt, plus ⅛ teaspoon, divided
- 1 clove garlic, minced
- ¼ chopped fresh parsley
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh sage
- 1 tablespoon chopped fresh thyme
- ⅛ teaspoon black or white pepper, plus more to taste
- ¼ cup extra-virgin olive oil
- 1 cup buttermilk

Direction

- Remove the skin of potatoes, if you want, and slice into 2-in. chunks. Add 1 tbsp. of the salt and potatoes into the big heavy saucepan. Pour in cold water to cover by 2 in. Boil. Lower the heat to simmer, keep covered, and cook for 10-15 minutes till the potatoes become very soft. Drain off well.
- At the same time, in the mortar and pestle, mash 1/8 tsp. of the pepper, thyme, sage, rosemary, parsley, garlic with the leftover 1/8 tsp. of the salt till it forms a paste. Otherwise, you can chop very finely the herbs and garlic, then mix with pepper and salt in the bowl. Stir in the oil.
- Move potatoes into the big bowl. Mash using the potato masher, the electric hand-held mixer or by working through the ricer.
- Stir pepper, buttermilk and herb mixture to mashed potatoes to taste.

Nutrition Information

- Calories: 215 calories;
- Sodium: 324
- Fiber: 3
- Total Carbohydrate: 34
- Sugar: 3
- Saturated Fat: 1
- Cholesterol: 1
- Protein: 4
- Total Fat: 7

167. Orange Oregano Marinated Vegetables

Ingredients

- 1 ⅓ cups halved frozen artichoke hearts
- 1 ⅓ cups sliced red bell pepper
- 1 ⅓ cups sliced fennel bulb
- ¼ cup extra-virgin olive oil
- 3 tablespoons cider vinegar
- 2 strips orange zest
- 2 sprigs fresh oregano
- ½ teaspoon salt
- ¼ teaspoon ground pepper

Direction

- In a small pot of boiling water, boil bell pepper, fennel and artichoke hearts for 30 to 60 seconds until crisp-tender. Transfer vegetables to a bowl of ice water using a slotted spoon. Remove water, pat dry vegetables and transfer to an average-sized bowl.
- In a small pan, beat together oil, orange zest, vinegar, salt, pepper and oregano. Cook until steaming then pour marinade over the vegetables. Blend well to coat.
- Cover bowl and store in the refrigerator for at least 2 hours up to 5 days. Stir occasionally as it chills.

Nutrition Information

- Calories: 59 calories;
- Cholesterol: 0
- Total Carbohydrate: 5
- Sugar: 2

- Protein: 1
- Saturated Fat: 1
- Sodium: 176
- Fiber: 2
- Total Fat: 4

168. Pear Celery Root Slaw

Ingredients

- ¼ cup low-fat mayonnaise
- 2 tablespoons cider vinegar
- 1 teaspoon sugar
- ½ teaspoon caraway seeds
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 slightly underripe pears, cut into matchsticks (about 4 cups)
- 1 small celery root, peeled (see Tips), cut into matchsticks (about 1 cup)
- 1 cup julienne-cut carrots (see Tips) or 2 medium carrots, cut into matchsticks
- ¼ cup very thinly sliced red onion

Direction

- In a large bowl, combine pepper, salt, caraway seeds, sugar, vinegar, and mayonnaise. Put in onion, carrots, celery root, and pears, then stir to coat. Let chill or serve immediately at room temperature.

Nutrition Information

- Calories: 85 calories;
- Total Fat: 2
- Sodium: 219
- Sugar: 9
- Saturated Fat: 0
- Fiber: 3

- Cholesterol: 3
- Total Carbohydrate: 17
- Protein: 1

169. Pear Almond Crostata

Ingredients

- Pastry Dough
- ½ cup white whole-wheat flour
- ½ cup all-purpose flour
- ¼ teaspoon kosher salt
- 8 tablespoons cold unsalted butter, cut into 12 pieces
- 1 large egg yolk
- 2 tablespoons cold milk
- Almond-Pear Cream
- 2 finely chopped pitted Medjool dates
- Pinch of baking soda
- ¾ cup finely chopped peeled ripe Bosc pear
- 3 tablespoons water
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ⅛ teaspoon kosher salt
- 2 tablespoons unsalted butter, at room temperature
- 1 tablespoon honey
- 2 large eggs
- 2 teaspoons vanilla extract
- 6 tablespoons almond flour
- 2 tablespoons all-purpose flour
- Assembly
- 2 medium ripe Bosc pears, thinly sliced (about ⅛ inch)
- 1 tablespoon honey

- 1 tablespoon lemon juice
- 1 large egg white, lightly beaten
- ¼ cup sliced almonds

Direction

- Preparing the pastry dough: In a medium-sized bowl, combine 1/2 cup of all-purpose flour, 1/4 teaspoon of salt and whole wheat flour together. Slice in 8 tablespoons of butter and use a fork, 2 knives or a pastry cutter to cut the butter into the mixture until it is the same size as a pecan. In a small bowl, mix the milk and egg yolk (reserve the egg white to be used in assembling the crostata later) together and add it into the flour mixture; use a fork to mix everything together until well-blended.
- Place the dough mixture onto a clean working surface and tightly mound the dough together. Use the palm of your hand to smear the dough onto the work surface little by little until majority of the chunks of butter has been blended into the dough mixture. Bring the dough mixture together and shape it into a ball, then push it down to form a disk that is about 1 inch in thickness. Use a plastic to enwrap the dough disk and keep it in the fridge for not less than 1 hour up to 4 days.
- Preparing the cream mixture: In a small bowl, combine the baking soda and dates together. Pour in enough hot water to submerge the baking soda and dates and let it soak for 15 minutes. Drain the soaked mixture afterwards and mash the dates inside the bowl until it is of paste-like consistency.
- In a small skillet, mix the water, salt, prepared date paste, ginger, chopped pear and cinnamon together. Allow the mixture to simmer over medium heat setting and let it cook for 6-10 minutes while stirring it from time to time until the cooking liquid has evaporated and the fruit has already softened. Remove the skillet away from the heat and allow it to cool down for 10 minutes.

- In a mixing bowl, combine the honey and butter together. Add in the vanilla and eggs and use an electric mixer to mix everything together. Put in the all-purpose flour and the almond flour and mix well until blended. Put in the cooled down pear mixture and whisk everything together until well-blended. No need to worry if the mixture looks a little bit lumpy.
- Assembling the crostata: Remove the plastic covering the chilled dough. (In case you kept the dough disk in the fridge for more than 1 hour, allow it to rest first for 10 minutes at room temperature). Sprinkle flour onto the dough and a sheet of parchment paper. Flatten out the dough on the floured parchment paper in the shape of a circle that is 13-14 inches in size. Use a brush to get rid of any of the excess flour, then put an even layer of the prepared almond-pear cream mixture in the middle of the dough circle, leave a 3-inch space around the edges of the dough.
- In a medium-sized bowl, toss the honey, lemon juice and sliced pears together. Garnish the top of the almond-pear cream mixture with a layer of the prepared pears (without the liquid) arranged in concentric circles. Fold the edges of the dough over and around the edges of the pear circle while crimping it as you fold the dough. Place the assembled crostata along with the parchment paper onto a big rimmed baking sheet and keep it in the fridge for not less than 1 hour or up to 1 day.
- Baking the crostata: Preheat the oven to 350 ° F. Use a brush to coat the pastry dough with egg white then top it off with almonds. Put it in the preheated oven and let it bake for 45-55 minutes until the crust of the crostata turns golden brown in color. Allow the baked crostata to cool down for not less than 20 minutes prior to slicing.

Nutrition Information

- Calories: 272 calories;
- Saturated Fat: 8

- Total Carbohydrate: 27
- Total Fat: 16
- Sodium: 73
- Fiber: 4
- Cholesterol: 86
- Sugar: 12
- Protein: 5

170. Pear Quinoa Salad

Ingredients

- 1 14-ounce can reduced-sodium chicken broth or vegetable broth
- 1 cup quinoa (see Tips), rinsed if necessary
- 2 tablespoons walnut oil or canola oil
- 1 tablespoon fruity vinegar, such as pear, raspberry or pomegranate
- ¼ cup snipped fresh chives
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 ripe but firm pears, diced
- ½ cup coarsely chopped walnuts or pecans, toasted (see Tips)

Direction

- In a big saucepan, boil broth. Mix in quinoa; lower the heat to keep a simmer, put a cover on and cook for 15 minutes until the quinoa has burst and the liquid has incorporated.
- In the meantime, in a big bowl, combine pepper, salt, chives, vinegar, and oil. Put in pears and stir to blend.
- Strain any extra liquid from the cooked quinoa if needed. Put the quinoa on the pear mixture, stir to blend. Cool in the fridge for 15 minutes or enjoy warm. Put nuts on top.

Nutrition Information

- Calories: 248 calories;
- Total Carbohydrate: 29
- Sugar: 8

- Protein: 7
- Saturated Fat: 1
- Fiber: 5
- Cholesterol: 0
- Total Fat: 13
- Sodium: 253

171. Polenta Wedges With Tomato Tapenade

Ingredients

- 1 16- to 18-ounce tube prepared polenta, ends trimmed and cut into 12 slices
- Canola or olive oil cooking spray
- ⅔ cup soft sun-dried tomatoes (see Tip)
- 4 teaspoons extra-virgin olive oil
- 1 tablespoon lightly packed flat-leaf parsley leaves
- 2 teaspoons rinsed capers
- 1 small clove garlic, chopped
- Pinch of freshly ground pepper

Direction

- Preheat the broiler. Use cooking spray to grease a baking sheet.
- Put the slices of polenta on the greased baking sheet then cover with cooking spray. Place on the top third of the oven then broil for 8-12 minutes until it begins to brown. Turn then broil for another 3-5 minutes until pale brown.
- In a food processor or a mini food processor, pulse pepper, garlic, capers, parsley, oil and sun dried tomatoes until chopped coarsely, scrape the sides down if necessary.
- Quarter the polenta slices on a clean cutting board. Put a quarter teaspoon of tapenade over each polenta wedge.

Nutrition Information

- Calories: 15 calories;
- Total Fat: 0
- Saturated Fat: 0

- Sodium: 35
- Total Carbohydrate: 2
- Sugar: 1
- Fiber: 0
- Cholesterol: 0
- Protein: 0

172. Quinoa Stuffed Delicata Squash

Ingredients

- Squash
- 2 small delicata squash (12-14 ounces each), halved lengthwise and seeded
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- Stuffing
- 1 cup water plus 2 tablespoons, divided
- ½ cup quinoa
- ⅛ teaspoon salt plus ¼ teaspoon, divided
- 2 tablespoons butter, divided
- 1 ½ cups chopped leek (about 1 large), white and light green parts only
- 1 ½ teaspoons chopped fresh thyme or ½ teaspoon dried
- ⅛ teaspoon freshly grated nutmeg
- ⅓ cup golden raisins, coarsely chopped
- ⅓ cup coarsely chopped hazelnuts, toasted
- 2 tablespoons chopped fresh parsley

Direction

- To make the preparation for the squash: Preheat the oven to 400 degrees F. Using the cooking spray to coat the baking sheet.
- Season the insides of the squash with a quarter teaspoon of the salt and pepper and arrange with the cut-side facing downward on the prepped pan. Bake the squash for 20-25 minutes in total or till sides are not collapsing and flesh softens. Lower the oven temperature to 3500.

- To make the preparation for stuffing: at the same time, in the small-sized sauce pan, mix 1/8 tsp. of the salt, quinoa and 1 cup of the water; boil on medium heat. Keep covered, lower the heat to a simmer and cook for roughly 15 minutes or till quinoa softens. Take out of the heat, fluff using a fork and allow it to rest, keep covered, for 10 minutes.
- Melt 1 tbsp. of the butter on medium heat in the medium-sized skillet. Put in the rest 2 tbsp. of the water and leek. Use the rest a quarter tsp. of the salt, nutmeg and thyme to season. Keep covered, lower the heat to low and cook, mixing once in a while, for 8-10 minutes or till leek softens yet not brown. Whisk in the raisins during final 2 minutes.
- Whisk parsley, hazelnuts and quinoa to the leek mixture. Scoop quinoa mixture to squash halves, firmly packing if necessary. Chop the rest 1 tbsp. of the butter to the slivers and distribute equally on tops.
- Bake squash for roughly 15 minutes or till stuffing becomes thoroughly heated.

Nutrition Information

- Calories: 305 calories;
- Fiber: 8
- Sugar: 13
- Total Fat: 13
- Saturated Fat: 4
- Sodium: 382
- Cholesterol: 15
- Total Carbohydrate: 45
- Protein: 7

173. Roasted Kalettes With Pine Nuts Currants

Ingredients

- 2 6-ounce packages kalettes
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 tablespoon minced garlic
- 1 tablespoon pine nuts
- 1 tablespoon currants
- 2 teaspoons lemon juice
- Lemon wedges for serving

Direction

- Turn oven to 450 ° F to preheat.
- On a large rimmed baking sheet, combine kalettes, pepper, salt, and oil together. Roast in the preheated oven for 8 minutes. Add pine nuts and garlic, stir to combine. Keep roasting for 6 to 8 minutes longer until kalettes are tender.
- Transfer kalettes to a serving bowl. Mix in lemon juice and currants. If desired, garnish with lemon wedges.

Nutrition Information

- Calories: 133 calories;
- Saturated Fat: 1
- Sodium: 226
- Fiber: 1

- Total Carbohydrate: 9
- Sugar: 2
- Total Fat: 8
- Cholesterol: 0
- Protein: 5

174. Roasted Turnips With Citrus Miso Butter

Ingredients

- 5 tablespoons unsalted butter
- ¼ cup white miso (see Tip)
- 2 teaspoons orange zest
- ½ cup orange juice
- 2 teaspoons lemon zest
- 3 tablespoons lemon juice
- 3 pounds turnips, trimmed, peeled and cut into 1-inch pieces
- 1 tablespoon coarsely chopped flat-leaf parsley

Direction

- Set an oven to preheat to 400 degrees F.
- In a small saucepan, mix together the lemon juice and zest, orange juice and zest, miso and butter, then heat it on medium-low heat for about 5 minutes, mixing, until the butter melts. Whisk well to blend.
- In a big bowl, place the turnips, then add the butter mixture and toss until it is coated evenly. Scatter on a big rimmed baking tray.
- Roast the turnips for 35-45 minutes, mixing halfway through, until it becomes just tender and a bit caramelized. Serve it at room temperature or warm, then sprinkle parsley on top.

Nutrition Information

- Calories: 135 calories;
- Sodium: 385
- Cholesterol: 19

- Total Carbohydrate: 15
- Total Fat: 7
- Saturated Fat: 5
- Sugar: 8
- Protein: 2
- Fiber: 3

175. Rosemary Mashed Potatoes

Ingredients

- 3 pounds Yukon Gold potatoes (about 12 medium)
- 1 tablespoon salt
- 1 cup “ no-chicken ” broth (see Tip), warmed
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh rosemary
- Black or white pepper to taste

Direction

- Peel the potatoes if you want and cut into chunks with 2 inches size. In a big heavy saucepan, add salt and potatoes, and then pour cold water in to cover potatoes by 2 inches. Bring water to a boil, then lower heat to a simmer and cook, covered, for 10-15 minutes, until potatoes are extremely soft. Drain potatoes well.
- Remove potatoes to a big bowl, and then use an electric hand-held mixer, a potato masher or working through a ricer to mash.
- Stir into potatoes with pepper, rosemary, oil and broth.

Nutrition Information

- Calories: 171 calories;
- Total Fat: 4
- Fiber: 3
- Total Carbohydrate: 32
- Saturated Fat: 1
- Sodium: 293
- Cholesterol: 0
- Sugar: 1

- Protein: 3

176. S'mores Chocolate Bark

Ingredients

- 2 cups chopped bittersweet or semisweet chocolate (or chips)
- ¾ cup small graham cracker pieces
- ¾ cup mini marshmallows

Direction

- Line foil onto a rimmed baking sheet. (Be careful to prevent wrinkles.)
- Put the chocolate in a medium microwave-safe bowl and then heat in microwave on Medium for 1 minute. Mix and continue heating in microwave on Medium while stirring after every 20 seconds until combined. (Alternatively, put at the top of a double boiler atop hot but not boiling water. Mix until melted.)
- In a small bowl, mix marshmallows and graham crackers. Add half of the mixture into melted chocolate and mix. Scrape chocolate onto foil and then spread it into a 9-inch square. Drizzle with the remaining marshmallows and graham crackers and press in any large bits. Chill for about 30 minutes until set.
- Place the bark and foil onto a cutting board. Chop into 1 1/2-inch pieces with a sharp knife.

Nutrition Information

- Calories: 50 calories;
- Cholesterol: 0
- Protein: 1
- Saturated Fat: 2
- Sodium: 6
- Fiber: 1

- Total Fat: 3
- Total Carbohydrate: 8
- Sugar: 5

177. Salted Caramel Chocolate Bark

Ingredients

- 2 cups chopped bittersweet or semisweet chocolate (or chips)
- 12 caramel squares
- 1 teaspoon water, divided
- ¼ teaspoon flaky sea salt, such as Maldon

Direction

- Line foil onto a rimmed baking sheet. (Be careful to prevent wrinkles.)
- Pour chocolate into a medium microwave-safe bowl and then heat for 1 minute in microwave on Medium. Mix and then continue to heat in microwave on Medium while stirring every 20 seconds until melted. (Alternatively, put at the top of a double boiler atop hot and not boiling, water. Mix until melted.)
- In a small bowl, mix 1/2 teaspoon water and 6 caramel squares and then heat for 30 to 60 seconds in microwave on High until melted. Immediately mix thoroughly the melted caramel into melted chocolate. Transfer the mixture onto foil and then spread into a 9-inch square.
- In the small bowl, mix 1/2 teaspoon water with remaining 6 caramel squares and heat for 30 to 60 seconds in microwave on High until melted. Immediately sprinkle the caramel atop chocolate and season with salt. Chill for about 30 minutes until set.
- Place bark and foil onto a cutting board. Chop into 1 1/2-inch pieces with a sharp knife.

Nutrition Information

- Calories: 52 calories;

- Saturated Fat: 2
- Cholesterol: 0
- Sugar: 6
- Protein: 1
- Total Fat: 3
- Sodium: 20
- Fiber: 1
- Total Carbohydrate: 8

178. Sausage Chestnut Stuffing

Ingredients

- 10 cups cubed whole-wheat bread (½ - to 1-inch pieces)
- 2 tablespoons extra-virgin olive oil
- 2 cups chopped onions
- 1 cup chopped celery
- 1 cup chopped chestnuts (see Tip)
- 2 cloves garlic, minced
- ¼ cup chopped fresh sage or 4 teaspoons dried
- 4 tablespoons unsalted butter
- 2-3 cups low-sodium broth
- 1 cup crumbled cooked turkey sausage
- ½ teaspoon ground pepper

Direction

- Preheat an oven to 275 ° F. Spread a big rimmed baking sheet with bread; bake for 30 minutes till dry to touch. Cool; put into a big bowl.
- Upper oven temperature to 350 ° ; use cooking spray to coat the 9x13-in. baking dish.
- Heat oil in a big skillet on medium high heat. Add chestnuts, celery and onions; cook for 3-5 minutes till beginning to brown, stirring often. Lower heat to medium; cook for 3-5 minutes longer till tender, stirring often. Put in garlic. Cook while stirring, about half a minute. Put in sage. Cook while stirring, about half a minute. Scrape mixture over bread. In pan, melt butter, scraping browned bits up; scrape over bread. Add pepper, sausage and broth to taste to bread mixture; combine by stirring.

Put into prepped baking dish. Spray cooking spray on 1 side of a foil piece; cover stuffing with sprayed side down.

- Bake it for 30 minutes. Uncover; bake for 20 minutes till golden brown.

Nutrition Information

- Calories: 276 calories;
- Total Fat: 11
- Sodium: 334
- Cholesterol: 27
- Total Carbohydrate: 33
- Saturated Fat: 4
- Fiber: 4
- Sugar: 6
- Protein: 11

179. Saut é ed Leek Mashed Potatoes

Ingredients

- 3 pounds Yukon Gold potatoes (about 12 medium)
- 1 tablespoon salt
- 2 tablespoons butter
- 4 cups halved and thinly sliced leeks (about 2 large; see Tip), white and light green parts only
- 1 cup buttermilk
- Black or white pepper to taste

Direction

- If desired, peel the potatoes. Slice the potatoes into 2-inches chunks. Toss the potatoes in a large heavy saucepan together with the salt. Cover the potatoes with cold water, about 2-inches. Bring them to a boil. Lower the heat to a simmer. Cover the pan and cook the potatoes for 10-15 minutes until tender; drain.
- In the meantime, put butter in a large skillet and melt it over medium heat. Add the leeks. Cook and stir for 4-8 minutes until they start to brown and softened.
- Place the potatoes in a large bowl. Use a potato masher, or through a ricer, or an electric hand-held mixer to mash the potatoes.
- Whisk the pepper, leeks, and buttermilk into the mashed potatoes.

Nutrition Information

- Calories: 202 calories;
- Sugar: 5

- Total Fat: 3
- Fiber: 4
- Cholesterol: 9
- Total Carbohydrate: 40
- Protein: 4
- Saturated Fat: 2
- Sodium: 295

180. Slow Cooker Cassoulet

Ingredients

- Cassoulet
- 1 pound dried great northern beans, soaked (see Tip) and drained
- 1 4-ounce ham hock
- 2 cups halved and sliced onion
- 3 cloves garlic, sliced
- 2 bay leaves
- 1 tablespoon dried thyme
- 1 teaspoon salt
- 1 cup low-sodium chicken broth
- 1 (28 ounce) can no-salt-added plum tomatoes
- 2 pounds pork shoulder or pork butt, trimmed and cut into 2-inch pieces
- 2 tablespoons tomato paste
- 1 cup dry white wine
- Breadcrumbs
- 3 tablespoons extra-virgin olive oil
- 2 ½ cups coarse fresh whole-wheat breadcrumbs
- 2 cloves garlic, minced
- 2 tablespoons chopped fresh parsley

Direction

- For cassoulet: In a 6- to 7- quart slow cooker, mix salt, thyme, bay leaves, sliced garlic, onion, ham hock and beans. Stir in

juice from tomatoes (save the tomatoes) and broth. Nestle pork into the bean mixture.

- In a small saucepan, cook tomato paste on medium high heat from 2-3 minutes while stirring continuously, until a couple spots on the bottom browned deeply. Pour wine in and bring to a boil. Dissolve the tomato paste by stirring and get the browned bits out of the pan. Pour into the slow cooker. Chop the saved tomatoes roughly and drizzle over the top to cover almost the beans.
- Cook on Low setting for 9 hours or High setting for 6 hours. Take the meat from the ham hock and chop. Stir back into the stew. Get rid of bay leaves.
- For breadcrumbs: In a big nonstick skillet with oil in, cook breadcrumbs on medium heat for 10-15 minutes, stirring regularly, until beginning to crisp. Add minced garlic, cook and stir usually for 2 minutes. Stir in parsley after removing from heat. Sprinkle breadcrumbs on the cassoulet to serve.

Nutrition Information

- Calories: 540 calories;
- Saturated Fat: 5
- Sodium: 625
- Cholesterol: 64
- Total Fat: 18
- Fiber: 14
- Total Carbohydrate: 54
- Sugar: 6
- Protein: 35

181. Slow Cooker Green Bean Casserole With Crispy Onions

Ingredients

- Green Beans Mushrooms
- 2 ½ pounds fresh green beans, trimmed and cut into thirds
- 1 (10 ounce) package mushrooms, sliced
- 1 large onion, chopped
- 3 large cloves garlic, minced
- 3 tablespoons extra-virgin olive oil
- 1 ¼ teaspoons salt
- ½ teaspoon ground pepper
- Onion Topping
- 1 medium onion, halved and sliced
- 1 cup buttermilk
- ⅓ cup all-purpose flour
- ¼ teaspoon ground pepper
- ⅛ teaspoon salt
- Canola or olive oil cooking spray
- Sauce
- 3 tablespoons cornstarch
- 2 tablespoons dry sherry
- 1 cup sour cream, at room temperature
- ½ teaspoon dried thyme

Direction

- Prepare mushrooms green beans: Cook 1/2 tsp. pepper, 1 1/4 tsp. salt, oil, garlic, chopped onion, green beans and mushrooms in a 5 1/2-6-qt. slow cooker for 2 1/2 hours on high till tender.
- Meanwhile, preheat an oven to 400 ° F.
- Prepare onion topping: Mix buttermilk and sliced onion in a medium bowl; allow to stand for 15 minutes and drain. Throw away buttermilk. Put onion back into the bowl. Sprinkle salt, pepper and flour on top; toss till well coated. Put onto a big rimmed baking sheet; coat with cooking spray generously. Bake for 25-28 minutes till crisp and tender, mixing 1-2 times; allow to stand for 2 hours at room temperature.
- Prepare sauce: Mix sherry and cornstarch till smooth in medium bowl when veggies are done. Add sour cream; mix to combine well. Add thyme and sour cream mixture to veggies; mix till coated well with mixture. Cover; cook for 20 minutes longer. Serve with crispy onions on top.

Nutrition Information

- Calories: 140 calories;
- Total Fat: 7
- Fiber: 3
- Total Carbohydrate: 16
- Sugar: 6
- Protein: 4
- Saturated Fat: 2
- Sodium: 307
- Cholesterol: 10

182. Spiced Apple Bread Pudding

Ingredients

- 1 ½ pounds tart apples (3-4 medium), such as Granny Smith, Empire or Cortland
- 2 tablespoons light brown sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon ground mace or nutmeg
- 3 cups apple cider
- 2 tablespoons butter, melted
- 1 teaspoon vanilla extract
- 6 cups 1-inch pieces stale bread without crust (see Tips)
- ⅓ cup golden raisins
- ½ cup walnuts, toasted (see Tips) and chopped
- Whipped cream (optional)

Direction

- Preheat an oven to 350 ° F.
- Peel then thinly slice apples; toss with nutmeg/mace, cinnamon and brown sugar in medium bowl. Mix vanilla, butter and cider in separate medium bowl.
- Use 2 cups bread pieces to cover bottom of 3-qt. round casserole dish/similar-size pot. Put about 1/2 cup cider mixture on them; sprinkle about 1/3 raisins then cover with about 1/3 apple slices. Repeat with extra layer of 2 cups bread, 1/2 leftover apple slices and raisins and 1/2 cup cider. Put leftover apples, raisins and bread over for 3rd layer so some of each can be seen on surface; put leftover cider mixture over slowly. Press down to submerge and compact top layer using wide, flat spatula (it might not stay submerged). Use foil/lid to cover.

- Bake it for 30 minutes; press top down using spatula again and baste with liquid. Cover; bake for another 30 minutes. Use spatula to press down on it to baste top layer again; keep uncovered. Keep baking for about 30 minutes longer, till top is golden. Rest for 15 minutes on wire rack.
- Put bread pudding in individual serving dishes using scoop; sprinkle some walnuts on each portion. If using, top with dollop of whipped cream.

Nutrition Information

- Calories: 259 calories;
- Fiber: 4
- Total Carbohydrate: 42
- Sugar: 26
- Protein: 6
- Saturated Fat: 2
- Sodium: 132
- Cholesterol: 8
- Total Fat: 9

183. Squash Oyster Stuffing

Ingredients

- 10 cups cubed sourdough bread (½ - to 1-inch pieces)
- 2 tablespoons extra-virgin olive oil
- 2 cups chopped leeks
- 1 cup diced fennel bulb
- 1 cup diced butternut squash
- 2 cloves garlic, minced
- 2 tablespoons chopped fresh parsley or 2 teaspoons dried
- 2 tablespoons chopped fresh thyme or 2 teaspoons dried
- 2-3 cups low-sodium broth
- 4 tablespoons unsalted butter
- 1 cup shucked oysters (see Tip), halved or quartered
- ½ teaspoon ground pepper

Direction

- Set the oven to 275 ° F for preheating. Place the bread on a large baking sheet. Bake the bread for 30 minutes until dry to the touch. Allow it to cool before transferring it into a large bowl.
- Adjust the oven ’ s temperature to 350 ° F. Use the cooking spray to coat the 9x13-inches baking dish.
- Put oil in a large skillet and heat it over medium-high heat. Add the squash, leeks, and fennel. Cook for 3-5 minutes while occasionally stirring it until it just starts to brown. Adjust the heat to medium. Cook for 3-5 more minutes while occasionally stirring it until tender. Add the garlic. Cook and stir the mixture for 30 seconds. Add the thyme and parsley. Cook and stir for another 30 seconds. Scrape the mixture into the bread ’ s top.

Put butter in the pan and melt it, scraping up all the browned bits. Spread the melted butter into the bread. Pour in broth according to your taste together with some pepper and oysters. Stir the mixture until well-combined. Pour the mixture into the prepared baking dish. Coat one side of the foil piece with cooking spray and use it to cover the stuffing, sprayed-side down.

- Bake for half an hour. Remove the cover from the dish. Continue baking for 20 more minutes until golden brown.

Nutrition Information

- Calories: 228 calories;
- Saturated Fat: 4
- Total Fat: 9
- Cholesterol: 22
- Total Carbohydrate: 29
- Sugar: 4
- Protein: 8
- Sodium: 310
- Fiber: 2

184. Sweet Potato Pie With Cream Cheese Swirl

Ingredients

- 2 medium-large sweet potatoes
- 6 ounces crisp gingersnap cookies (26-28 small cookies)
- 2 tablespoons canola oil
- ¾ cup packed light brown sugar
- ¾ cup nonfat vanilla Greek yogurt, divided
- 2 large eggs
- 1 large egg yolk
- ¾ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ cup (2 ounces) reduced-fat cream cheese (Neufch â tel)
- 2 tablespoons confectioners ’ sugar
- ¼ teaspoon ground ginger

Direction

- Start preheating the oven at 400 ° F.
- Tightly wrap sweet potatoes in foil and arrange on a baking sheet. Roast about 1 1/4 hours until softened. Carefully remove the wrap and put aside to cool.
- Lower the oven temperature to 350 ° .
- In a food processor, process gingersnaps until finely ground. Place into a bowl, put in oil and stir until well-mixed. In a 9-inch pie pan, spread and pat the crumbs into the bottom and up the sides of the pan with a spoon. Bake about 10 minutes until just barely starting to darken.

- Clean and dry the process bowl. Remove the skin of the sweet potatoes and put peeled potatoes into the food processor. Pur é e until smooth. Measure out 1 1/2 cups (save it for the next time if you have additional pur é e). Bring the 1 1/2 cups of pur é e back to the food processor. Put in nutmeg, cinnamon, egg yolk, eggs, 1/2 cup of yogurt, and brown sugar; process until just combined. Pour the sweet potato filling into the warm crust.
- Clean and dry the process bowl again. Put in ginger, confectioners ’ sugar, cream cheese, and leftover 1/4 cup of yogurt; pur é e until smooth, stopping to scrape down the sides 1 or 2 times. Pour by tablespoonfuls of the cream cheese mixture onto the filling, arrange them separately. Slide a thin knife or the tip of a wooden skewer through the cream cheese mixture and sweet potato filling repeatedly to make a swirled design.
- Bake the pie for 45 to 50 minutes until firm to the touch and the edge starts to puff. Let cool fully on a wire rack for a minimum of 2 hours.

Nutrition Information

- Calories: 249 calories;
- Saturated Fat: 2
- Fiber: 2
- Cholesterol: 60
- Total Carbohydrate: 41
- Sugar: 25
- Protein: 5
- Total Fat: 7
- Sodium: 144

185. Trail Mix Chocolate Bark

Ingredients

- 2 cups chopped bittersweet or semisweet chocolate (or chips)
- ½ cup coarsely chopped salted peanuts
- ½ cup golden raisins
- ½ cup salted pretzel pieces

Direction

- Line foil onto a rimmed baking sheet. (Make sure to prevent wrinkles.)
- Put the chocolate into a medium microwave-safe bowl and then heat for 1 minute in microwave on Medium. Mix and continue heating in microwave on Medium, while stirring every 20 seconds, until melted. (Alternatively, put at the top of a double boiler atop hot but not boiling water. Mix until melted.)
- In a small bowl, mix pretzels, peanuts and raisins. Mix half of the mixture into melted chocolate. Then scrape chocolate onto the foil and spread it to form a 9-inch square. Sprinkle with the rest of the trail mix and push any large bits in. Chill for about 30 minutes until set.
- Place the bark and foil onto a cutting board. Cut into 1 1/2-inch pieces with a sharp knife.

Nutrition Information

- Calories: 63 calories;
- Total Fat: 4
- Saturated Fat: 2
- Total Carbohydrate: 9
- Sugar: 5

- Sodium: 13
- Fiber: 1
- Cholesterol: 0
- Protein: 1

186. Warm Potato Salad With Bacon Mustard Dressing

Ingredients

- 2 pounds fingerling potatoes, cut in half lengthwise
- 2 tablespoons extra-virgin olive oil
- 1 ½ tablespoons chopped fresh rosemary
- ¾ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1 medium onion, cut into ¼ -inch-thick slices
- 2 medium Granny Smith apples, peeled and thinly sliced
- 3 slices center-cut bacon
- ¼ cup cider vinegar
- 2 tablespoons whole-grain mustard

Direction

- Prepare the oven by preheating to 450 degrees F. Use cooking spray to coat a large roasting pan.
- Toss 1/4 teaspoon pepper, 1/2 teaspoon salt, rosemary, oil, and potatoes in the pan. Arrange cut-side down; roast for 10 minutes. Spread onion on top (avoid stirring); cook for 10-15 more minutes until the potatoes are golden brown on the bottom. Mix in apples; cook for about 5 more minutes until tender yet they still maintain their shape.
- In the meantime, put bacon in a large skillet over medium heat and cook for about 10 minutes, flipping once, until crisp. Transfer to a plate lined with paper towel to drain; crumble. Off the heat, mix the rest of 1/4 teaspoon each of pepper and salt, mustard, and vinegar into the drippings in the pan, scraping up any browned bits.

- Sprinkle the vegetables and apples with the dressing, dust with bacon and toss to coat. Serve at room temperature or hot.

Nutrition Information

- Calories: 129 calories;
- Fiber: 3
- Cholesterol: 2
- Total Fat: 4
- Sodium: 294
- Protein: 2
- Saturated Fat: 1
- Total Carbohydrate: 22
- Sugar: 6

187. Wilted Kale With Warm Shallot Dressing

Ingredients

- 4 tablespoons extra-virgin olive oil, divided
- 6 cloves garlic, minced
- ¾ teaspoon kosher salt, divided
- 2 pounds kale (about 4 bunches), stemmed and coarsely torn
- ⅓ cup water
- 1 cup thinly sliced shallots
- 2 teaspoons packed light brown sugar
- ¼ teaspoon cayenne pepper
- 2 tablespoons cider vinegar

Direction

- On medium heat, heat a tablespoon of oil in a big pot. Cook and stir half teaspoon of salt and garlic in hot oil for a minute until aromatic. Stir in 1/3 of the kale until it begins to wilt. Repeat with the rest of the kale in another 2 batches; mix in water then cover. Cook for 8-10 minutes until tender, stir constantly.
- On medium heat, heat the remaining 3 tbsp. of oil in a small frying pan. Cook shallots in hot oil for 2-3 minutes until it begins to brown, stir constantly. Sprinkle the remaining quarter teaspoon of salt, cayenne, and brown sugar; cook and stir frequently for another 2-4 minutes until golden brown. Take off from heat then mix in vinegar carefully. Toss the dressing over the kale to coat.

Nutrition Information

- Calories: 127 calories;
- Saturated Fat: 1

- Sodium: 146
- Cholesterol: 0
- Total Carbohydrate: 14
- Sugar: 3
- Protein: 4
- Total Fat: 7
- Fiber: 3

Chapter 4: Slow Cooker And Crockpot Thanksgiving Recipes

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188. Berry Apple Cider

Ingredients

- 4 cinnamon sticks, cut into 1-inch pieces
- 1 ½ teaspoons whole cloves
- 4 cups apple cider or apple juice
- 4 cups low-calorie cranberry-raspberry juice drink
- 1 medium apple, quartered, cored, and cut into thin slices

Direction

- To make the spice bag, cut out a 6 inch square from double thick, pure cotton cheesecloth. Put in the cloves and cinnamon, then bring the corners up, tie it closed using a clean kitchen string that is pure cotton.
- In a 3 1/2- 5 quart slow cooker, combine cranberry-raspberry juice, apple cider, and the spice bag.
- Cook while covered over low heat setting for around 4-6 hours or on a high heat setting for 2-2 1/2 hours.
- Throw out the spice bag. Serve right away or keep it warm while covered on warm or low-heat setting up to 2 hours, occasionally stirring. Garnish each serving with apples (thinly sliced).

Nutrition Information

- Calories: 89 calories;
- Fiber: 1
- Cholesterol: 0
- Total Carbohydrate: 22
- Sugar: 19
- Protein: 0

- Total Fat: 0
- Saturated Fat: 0
- Sodium: 11

189. Caramel Spiced Apples

Ingredients

- 1 teaspoon ground cinnamon
- ⅛ teaspoon ground cloves
- 5 red-skinned cooking apples (such as Rome or Jonathan), cored, and halved
- ½ cup apple juice or apple cider
- 1 tablespoon lemon juice
- ⅔ cup sugar-free caramel ice cream topping
- ½ cup toasted chopped pecans

Direction

- In a small bowl, mix cloves and cinnamon. Put 1/2 the apple halves into a 3 1/2- to 4-quart slow cooker. Spread the top evenly with some of the cinnamon mixture. Add in the leftover apples and spread with cinnamon mixture left. Sprinkle lemon juice and apple juice over apples. Mix to coat evenly.
- Cook, covered, on low-heat setting for 2 1/2 to 3 hours, stirring lightly halfway through cooking time. Ladle cooking liquid and apples into each serving dish. Sprinkle with pecans and drizzle with caramel topping.

Nutrition Information

- Calories: 128 calories;
- Sodium: 33
- Fiber: 2
- Cholesterol: 0
- Total Carbohydrate: 25

- Saturated Fat: 0
- Protein: 1
- Total Fat: 4
- Sugar: 9

190. Cheese Fondue With Fennel Tomatoes

Ingredients

- 1 ½ tablespoons extra-virgin olive oil
- 2 cups diced fennel
- 1 cup diced onion
- 1 (14 ounce) can no-salt-added diced tomatoes, drained well
- ¼ teaspoon salt
- Freshly ground pepper to taste
- 10 ounces Emmentaler or Swiss cheese, shredded (3 ½ cups)
- 6 ounces Comt é or Gruy è re cheese, shredded (2 cups)
- 2 tablespoons all-purpose flour, plus more as needed
- 1 teaspoon fennel seeds, gently crushed
- ¼ teaspoon cayenne pepper
- 1 ¼ cups light, fruity white wine, such as dry Riesling

Direction

- Pour very hot water in a fondue pot or a small slow cooker until full; set it aside to warm.
- On medium heat, heat oil in a big pan. Cook and stir often onion and fennel for 8-10 minutes until translucent; add pepper, salt and tomatoes. Cook for 2-4 minutes while occasionally mixing until any liquid evaporates. Take off from the heat.
- In a medium bowl, mix cayenne fennel seeds, flour and both cheeses together.
- On medium heat, heat wine in a medium heavy-bottomed pot until hot yet not boiling. Add a handful of cheese mixture at a time, mix well until melted after each addition. Take off from the heat then mix in the vegetable mixture.

- Drain the fondue pot or the slow cooker then dry. Transfer the fondue then keep it warm on a warm setting or on low heat to serve. Mix in 1-2 tsp. of flour if it begins to separate.

Nutrition Information

- Calories: 202 calories;
- Total Fat: 13
- Saturated Fat: 7
- Fiber: 1
- Sugar: 2
- Protein: 11
- Sodium: 175
- Cholesterol: 37
- Total Carbohydrate: 6

191. Coffee Braised Pot Roast With Caramelized Onions

Ingredients

- 1 4-pound beef chuck roast, (see Ingredient note), trimmed of fat
- ½ teaspoon salt, or to taste
- 4 teaspoons extra-virgin olive oil, divided
- Freshly ground pepper, to taste
- 4 cloves garlic, minced
- 1 teaspoon dried thyme
- ¾ cup strong brewed coffee
- 2 tablespoons balsamic vinegar
- 2 tablespoons cornstarch mixed with 2 tablespoons water
- 2 large onions, halved and thinly sliced (4 cups)

Direction

- Preheat the oven to 300 degrees F.
- Sprinkle pepper and salt on beef to season. On medium-high heat, heat 2 tsp. oil in a soup pot or Dutch oven; put in beef. Cook for 5-7 minutes until all sides are brown, turn occasionally; move to a plate.
- Pour the remaining 2 tsp. oil in the pot. Add onions. Turn to medium heat; cook for 5-7 minutes while mixing often until golden and soft. Add thyme and garlic; cook and stir for a minute. Mix in vinegar and coffee; simmer. Place the beef back in the pot then scoop some onions all over; cover then move to the oven.

- Braise the beef for 2 1/2-3 hours in the oven until fork-tender yet the meat is not falling apart; move the beef to a cutting board. Tent the beef with foil then let it sit for 10 minutes.
- In the meantime, remove the fat from the braising liquid then boil on medium-high heat; put in cornstarch mixture. Cook for a minute while whisking until the gravy is slightly thick; sprinkle with pepper. Slice the beef then serve with gravy.
- Slow-Cooker Version:
- In the second step, move browned beef to a slow cooker. In the third step, use a half cup of coffee. Put the onion mixture in the slow cooker. In the fourth step, cover the cooker then cook on High for 4 1/2-5 hours or on Low for 7-8 hours until beef is tender. In the fifth step, move the liquid in a medium pot then cook as specified.

Nutrition Information

- Calories: 209 calories;
- Total Carbohydrate: 4
- Sugar: 2
- Total Fat: 7
- Fiber: 1
- Cholesterol: 88
- Protein: 30
- Saturated Fat: 3
- Sodium: 73

192. Overnight Oatmeal

Ingredients

- 8 cups water
- 2 cups steel-cut oats, (see Ingredient note)
- ⅓ cup dried cranberries
- ⅓ cup dried apricots, chopped
- ¼ teaspoon salt, or to taste

Direction

- In a 5-6 qt. slow cooker, mix salt, dried apricots, dried cranberries, oats and water; turn to low heat. Cover then cook for 7-8 hours until the porridge is creamy and the oats are tender.
- Stovetop Version
- Halve the recipe to fit the size of common double broilers. On top of a double broiler, mix 1/8 tsp. salt, 3 tbsp. dried apricots, 3 tbsp. dried cranberries, 1 cup steel cut oats and 4 cups water together; cover. Cook for 1 1/2 hours over boiling water. Occasionally check for the water level in the bottom of the double broiler.

Nutrition Information

- Calories: 188 calories;
- Sodium: 80
- Fiber: 9
- Saturated Fat: 0
- Total Carbohydrate: 34
- Sugar: 6

- Protein: 6
- Total Fat: 3
- Cholesterol: 0

193. Slow Cooker Chai Apple Butter

Ingredients

- 5 pounds apples, such as Ananas Reinette or McIntosh, peeled and sliced (½ inch thick; about 16 cups)
- ⅔ cup packed dark brown sugar
- 1 tablespoon vanilla extract
- 2 teaspoons ground cardamom
- 2 teaspoons ground cinnamon
- 2 teaspoons ground coriander
- 2 teaspoons ground turmeric
- ½ teaspoon salt

Direction

- In a 6-quart or larger slow cooker, combine salt, turmeric, coriander, cinnamon, cardamom, vanilla, brown sugar, and apples. Cook, covered on high heat for 5 hours, stirring 1 or 2 times. Partially cover the cooker, keep cooking and stirring from time to time for about 2 more hours until apples have almost broken down. Puree the mixture in a food processor until smooth, if needed.

Nutrition Information

- Calories: 53 calories;
- Saturated Fat: 0
- Fiber: 1
- Cholesterol: 0
- Total Carbohydrate: 14
- Protein: 0

- Total Fat: 0
- Sodium: 43
- Sugar: 12

194. Slow Cooker Dinner Rolls

Ingredients

- 1 cup warm water
- 1 package active dry yeast (about 2 ¼ teaspoons)
- 1 tablespoon sugar
- ¼ cup unsalted butter plus 1 tablespoon, melted and cooled, divided
- 1 teaspoon salt
- 1 ½ cups white whole-wheat flour
- 1 ½ cups all-purpose flour

Direction

- In a big bowl, mix sugar, yeast and water. Put aside for 5 minutes.
- In a stand mixer ’ s bowl with a dough hook attachment, mix yeast mixture, salt and 1/4 cooled melted butter. Add all-purpose flour and whole-wheat flour. Mix for about 5 minutes on low speed until it pulls away from the bowl ’ s sides and an elastic, smooth ball forms. On a lightly floured working surface, put dough. Divide to 12 pieces, about 2-oz. each. Roll every piece to a smooth ball.
- Line a big piece of parchment paper on a 6-7-qt. slow cooker, partway up the sides and on the bottom; you can slightly pleat paper. Spray cooking spray to coat. Put rolls into the slow cooker. Cook for 1 hour 20 minutes-1 hour 30 minutes on high until it lightly springs back when touched and rolls begin to brown around the edges.
- At the upper third of oven, put an oven rack. Preheat the broiler.

- Pull rolls apart. Put onto baking sheet. Brush leftover 1 tbsp. melted butter on top of the rolls. Broil until lightly browned, watching carefully, for 2-3 minutes.

Nutrition Information

- Calories: 153 calories;
- Protein: 4
- Total Fat: 5
- Saturated Fat: 3
- Sodium: 196
- Fiber: 2
- Total Carbohydrate: 24
- Sugar: 0
- Cholesterol: 13

195. Slow Cooker Garlic Mashed Potatoes

Ingredients

- 4 pounds Yukon Gold potatoes, diced (½ inch)
- ¾ cup finely chopped shallots
- 3 large cloves garlic, peeled
- ½ cup water
- 1 ½ cups buttermilk, at room temperature
- ¼ cup unsalted butter, melted
- 1 ¼ teaspoons salt
- ½ teaspoon ground pepper

Direction

- In a 5 to 6-quart slow cooker, mix together the water, garlic, shallots and potatoes. Let it cook on High for 4 hours. Turn off the slow cooker, then add pepper, salt, butter and buttermilk and mash until blended and nearly smooth.

Nutrition Information

- Calories: 133 calories;
- Sugar: 1
- Total Fat: 3
- Sodium: 227
- Total Carbohydrate: 23
- Protein: 3
- Saturated Fat: 2
- Fiber: 2
- Cholesterol: 9

196. Slow Cooker Hot Cider With Brandy

Ingredients

- 8 whole cloves
- 8 whole allspice berries
- 8 cardamom seeds
- 8 cinnamon sticks
- 1 gallon (16 cups) apple cider or apple juice
- 2 cups apple brandy
- 1 apple, thinly sliced, for garnish

Direction

- On a piece of cheesecloth, put cinnamon sticks, cardamom, allspice and cloves then use a piece of kitchen string to tie into a bundle.
- In a 5-qt. or bigger slow cooker, mix the spice bundle and apple cider (or juice). Cover and cook on high for minimum of 2 hours, until aromatic and hot.
- Lower the heat to low. Get rid of the spice bundle and stir brandy in. Decorate with some of the spices and apple slices if wanted. Serve warm.

Nutrition Information

- Calories: 184 calories;
- Fiber: 0
- Total Carbohydrate: 30
- Sugar: 29
- Protein: 0
- Total Fat: 0

- Saturated Fat: 0
- Cholesterol: 0
- Sodium: 0

197. Slow Cooker Sweet Potato Casserole With Marshmallows

Ingredients

- 3 pounds sweet potatoes, peeled and diced (½ inch)
- 2 tablespoons light brown sugar
- 3 tablespoons melted butter
- 1 teaspoon vanilla extract
- 1 teaspoon salt
- ½ teaspoon ground pepper
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ½ cup mini marshmallows
- ½ cup toasted chopped pecans

Direction

- In a 5-6 qt. slow cooker, mix nutmeg, cinnamon, pepper, salt, vanilla, butter, brown sugar and sweet potatoes together; stir to coat. Cook for 3 hours on High.
- Move to a serving dish; top with marshmallows and pecans. The heat from the sweet potatoes will melt the marshmallows slightly.

Nutrition Information

- Calories: 159 calories;
- Total Fat: 6
- Sodium: 227
- Total Carbohydrate: 25

- Cholesterol: 8
- Sugar: 10
- Protein: 2
- Saturated Fat: 2
- Fiber: 3

Chapter 5: Thanksgiving Breakfast Recipes

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198. Acorn Squash Quiche

Ingredients

- 2 acorn squash
- 1 red onion, chopped
- 1 cup chopped cooked turkey
- 4 eggs
- 1 tablespoon pumpkin pie spice
- salt to taste

Direction

- Preheat an oven to 175 ° C/350 ° F; on baking sheet, put squash. Grease pie dish.
- In preheated oven, bake squash for 45-60 minutes till easily pierced with fork. Cool squash for 15 minutes till able to touch. Halve; remove seeds. Scoop meat into bowl.
- Mix salt, pumpkin pie spice, eggs, turkey, onion and squash till smooth in bowl; put in prepped pie dish.
- In oven, bake for 35-45 minutes till middle is set and edges are lighter in color.

Nutrition Information

- Calories: 165 calories;
- Protein: 12.6
- Total Fat: 4.8
- Sodium: 69
- Total Carbohydrate: 20
- Cholesterol: 142

199. Apple Pie French Toast

Ingredients

- 4 apples, peeled and thinly sliced
- 1 teaspoon lemon juice, or as needed (optional)
- 1/2 cup butter
- 2 1/2 tablespoons all-purpose flour
- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1/4 cup water
- 9 eggs
- 1/4 cup milk
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- 1 loaf thick-cut bread
- 1/2 cup frozen butter

Direction

- In a bowl, put the apples and drizzle lemon juice over to prevent from browning.
- In a big saucepan, melt 1/2 cup of butter on moderate heat, then take away from the heat. Into melted butter, mix the flour until smooth. Set the saucepan back to low heat, stir in water, white sugar and brown sugar for 3-5 minutes, until sugars dissolve and mixture is smooth. Raise heat to moderate, cook and stir mixture until boiling. Turn heat to low and put in apples. Simmer the mixture about 20-25 minutes, until apples are cook but soften a little.
- Heat the griddle to 165 ° C or 325 ° F.

- In a bowl, whisk together the vanilla extract, cinnamon, milk and eggs. Dip slices of bread into the egg mixture until coated fully.
- Use frozen butter to grease heated griddle. On the hot buttered griddle, cook dipped slices of bread for 2-3 minutes each side, until brown. Do the same process with leftover dipped bread and frozen butter. Top French toast with apple mixture and serve.

Nutrition Information

- Calories: 568 calories;
- Cholesterol: 271
- Protein: 12.4
- Total Fat: 30.8
- Sodium: 635
- Total Carbohydrate: 62.5

200. Apple Pie Smoothie

Ingredients

- 2 (6 ounce) containers vanilla yogurt
- 1/2 cup pumpkin pie filling
- 1 banana, broken into chunks
- 2 cups apple juice
- 1 teaspoon ground cinnamon
- 1 dash ground nutmeg

Direction

- In a blender, mix together nutmeg, cinnamon, apple juice, banana, pumpkin pie filling and yogurt.
- Blend for a minute, until smooth, then transfer into glasses to serve.

Nutrition Information

- Calories: 389 calories;
- Total Fat: 2.9
- Sodium: 261
- Total Carbohydrate: 84.9
- Cholesterol: 8
- Protein: 10

201. Applesauce Pumpkin Bread

Ingredients

- 2 cups white sugar
- 1 1/2 cups applesauce
- 2 cups pumpkin puree
- 4 eggs, beaten
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1/4 teaspoon ground mace
- 1/2 cup chopped walnuts (optional)
- 1/2 cup semisweet chocolate chips (optional)
- 3 cups all-purpose flour
- 1/4 cup confectioners' sugar

Direction

- Preheat the oven to 175 ° C or 350 ° F. Oil two 9-in by 5-in loaf pans.
- In a big bowl, combine applesauce and white sugar; mix in eggs and pumpkin puree until smooth. Stir mace, baking powder, cloves, baking soda, ginger, salt, and cinnamon into the pumpkin mixture. Fold in chocolate chips and walnuts. Combine flour into pumpkin mixture until well blended; transfer into the greased loaf pans.

- Bake for an hour in the preheated oven until an inserted toothpick in the middle of each loaf comes out without residue. Cool for 10 minutes in the pans then move to a wire rack to completely cool. Dust confectioners ’ sugar on each loaf.

Nutrition Information

- Calories: 278 calories;
- Sodium: 457
- Total Carbohydrate: 54.2
- Cholesterol: 46
- Protein: 5.2
- Total Fat: 5.6

202. Australian Style Pumpkin Scones

Ingredients

- 1 tablespoon butter, at room temperature
- 2 cups self-rising flour
- 1/2 cup white sugar
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup cooked and mashed pumpkin
- 1 egg

Direction

- Preheat the oven to 230 degrees C (450 degrees F).
- Use your fingers to brush the butter into flour in a bowl until combined evenly. Add salt, baking powder, and sugar into the flour mixture and form a well in the center. In a separate bowl, combine egg and pumpkin and then add to the well. Stir until dough is mixed well. Onto a floured work surface, flip the dough and use a knife coated with flour to cut it into squares. Spread the squares in a baking sheet.
- Bake for about 15 to 20 minutes in the preheated oven until browned lightly.

Nutrition Information

- Calories: 128 calories;
- Total Fat: 1.6
- Sodium: 416
- Total Carbohydrate: 25.6
- Cholesterol: 18

- Protein: 2.8

203. Autumn Apple Salad II

Ingredients

- 4 tart green apples, cored and chopped
- 1/4 cup blanched slivered almonds, toasted
- 1/4 cup dried cranberries
- 1/4 cup chopped dried cherries
- 1 (8 ounce) container vanilla yogurt

Direction

- In a medium-size bowl, mix together yogurt, cherries, cranberries, almonds, and apples until coated evenly.

Nutrition Information

- Calories: 202 calories;
- Protein: 5.1
- Total Fat: 4.1
- Sodium: 41
- Total Carbohydrate: 38.9
- Cholesterol: 3

204. Baked Apple Roses

Ingredients

- 1 large red apple, cored and very thinly sliced
- 1/4 cup white sugar
- 1 teaspoon ground cinnamon
- 1 sheet frozen puff pastry, thawed
- 1/4 cup melted butter
- 1 egg
- 2 teaspoons water
- 1 teaspoon confectioners' sugar (optional)

Direction

- Prepare the oven by preheating to 400 degrees F (200 degrees C). Get 2 small ramekins and butter (6 to 8 ounce) and sprinkle with white sugar.
- On a plate, slightly overlap the apple slices if needed. Place inside the microwave for about 45 minutes on high temperature until apples become a little soft. Use plastic wrap to cover and a kitchen towel.
- In a bowl, mix together the cinnamon and sugar.
- Spin puff pastry to less than 1/8 inch thick. Cut two 3x12-inches rectangle using a pizza cutter. Set aside the left portions for later use.
- Scatter on top of dough the melted butter; put an ample amount of cinnamon-sugar.
- Along 1 long edge of dough, put in the apple slices, about 1/4 inch far from edge of dough, slightly overlap the slices. Turn the underside of dough on top of apple slices to make a long “ folder ” of dough surrounded with apple slices revealing.

- In a bowl, beat together the water and egg. Sweep with egg wash the surface of dough.
- To taste, drizzle with more cinnamon-sugar.
- Beginning from one end, turn dough not that tight to make a rose-shaped pastry.
- Use end of dough strip to seal roll.
- Put roses in prepared ramekins. Drizzle with a bit more of cinnamon-sugar. Put ramekins on the center of wire rack of preheated oven.
- Bake for about 45 minutes or until brown well in color. Get ramekins using a tongs and let it cool for 5 to 10 minutes on a baking sheet. Separate from ramekins the apple roses and completely cool on rack. Sprinkle with confectioner ’ s sugar prior to serving.

Nutrition Information

- Calories: 1058 calories;
- Total Fat: 71.3
- Sodium: 496
- Total Carbohydrate: 96.3
- Cholesterol: 143
- Protein: 12.1

205. Baked Cinnamon Apple French Toast

Ingredients

- cooking spray
- 1 cup light brown sugar
- 1/2 cup light butter, melted
- 1 teaspoon ground cinnamon
- 3 Granny Smith apples - peeled, cored, and thinly sliced
- 1/2 cup dried cranberries
- 1/2 cup chopped pecans
- 1 loaf Italian bread, cut into 1/2-inch slices
- 1 1/2 cups egg substitute
- 1 1/2 cups skim milk
- 1 tablespoon vanilla extract
- 2 teaspoons ground cinnamon

Direction

- Coat a 9-inch x13-inch casserole dish using cooking spray.
- In the bottom of the prepared casserole dish, combine together 1 teaspoon of cinnamon, butter and brown sugar. Put in pecans, cranberries and apples, then toss to coat. Scatter apple mixture evenly to cover the base of dish.
- Place top of apple mixture with slices of bread, overlapping a little until apple layer is covered totally.
- In a bowl, whisk together 2 teaspoon of cinnamon, vanilla extract, skim milk and egg substitute, then drizzle over bread slices evenly. Use aluminum foil to cover dish and chill about 4-24 hours.
- Heat the oven to 190 ° C or 375 ° F.

- In the preheated oven, bake the covered casserole dish about 40 minutes. Take the foil off and keep on baking for 5 minutes longer, until brown slightly and egg mixture sets. Allow to cool about 5 minutes before serving.

Nutrition Information

- Calories: 537 calories;
- Total Fat: 15.5
- Sodium: 697
- Total Carbohydrate: 87
- Cholesterol: 16
- Protein: 15.4

206. Breadless Stuffing Quiche

Ingredients

- 2 tablespoons olive oil
- 2 large onions, diced
- 1 cup diced celery
- 1 (14 ounce) can chicken broth
- 2 cloves garlic, minced
- 2 tablespoons minced fresh parsley
- 2 tablespoons minced fresh sage
- 2 tablespoons minced fresh rosemary
- 2 tablespoons minced fresh thyme
- 3 eggs, beaten
- 1/2 cup feta cheese

Direction

- Set the oven at 190 ° C (375 ° F) and start preheating. Coat lightly a 9-inch pie pan with oil.
- In a skillet, heat oil over medium-high heat. When the oil is hot, saut é some onions for about 5 minutes, until slightly browned and softened. Put in celery and cook for 5 minutes, until softened; mix in thyme, rosemary, sage, parsley, garlic and chicken broth. Simmer the broth mixture for about 10 minutes, until slightly thickened. Take the skillet out from the heat then pour the mixture in a bowl. Put it aside about 10 minutes to let it cool.
- Combine feta cheese and eggs into the mixture; then transfer into the prepared pie pan.
- Bake for 25 – 35 minutes in the preheated oven until set.

Nutrition Information

- Calories: 119 calories;
- Total Fat: 8.6
- Sodium: 448
- Total Carbohydrate: 5.6
- Cholesterol: 77
- Protein: 5.2

207. Buttermilk Cornbread Muffins

Ingredients

- 1 cup cornmeal
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 eggs, beaten
- 3/4 cup lowfat buttermilk
- 1/4 cup honey
- 2 tablespoons vegetable oil

Direction

- Preheat an oven to 190 ° C or 375 ° F.
- Mix the soda, baking powder, flour and cornmeal in a big bowl. Mix oil, honey, buttermilk and eggs; gently put to dry ingredients. Mix till incorporated. Fill the non-stick muffin cups about 2/3 full.
- Bake for about 20 to 25 minutes till golden. Take off muffins from pan and cool completely.

Nutrition Information

- Calories: 135 calories;
- Total Carbohydrate: 22.6
- Cholesterol: 32
- Protein: 3.5
- Total Fat: 3.7
- Sodium: 218

208. Butternut Squash And Cranberry Muffins

Ingredients

- 3 cups all-purpose flour
- 1 cup white sugar
- 1 cup brown sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon baking powder
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/2 teaspoon baking soda
- 1/4 teaspoon freshly grated nutmeg, or more to taste
- 1 cup fresh cranberries, or more to taste
- 2 cups mashed, cooked butternut squash
- 4 large eggs, lightly beaten
- 1/2 cup coconut oil
- 1/2 cup safflower oil
- 1 (1 inch) piece fresh ginger, peeled and pressed through a garlic press

Direction

- Set oven to 175 ° C (350 ° F) and start preheating. Line with paper liners or grease 24 muffin cups.
- In a mixing bowl, combine freshly grated nutmeg, baking soda, cloves, ground nutmeg, baking powder, cinnamon, brown sugar, white sugar, and flour; fold cranberries in. Stir together ginger, safflower oil, coconut oil, eggs, and butternut squash in another bowl until smooth; mix into the dry mixture until just combined. Divide batter evenly into muffin cups.

- Bake at 175 ° C (350 ° F) for about 25 minutes, or until a toothpick pulls out clean when pierced into a muffin center.

Nutrition Information

- Calories: 228 calories;
- Protein: 3
- Total Fat: 10.3
- Sodium: 62
- Total Carbohydrate: 32.2
- Cholesterol: 31

209. Chef John's Butter Puff Biscuit Dough

Ingredients

- 2 cups self-rising flour
- 3/4 cup cold water, or as needed
- 7 tablespoons frozen unsalted butter

Direction

- In the bowl of a stand mixer, add cold water and self-rising flour. Knead for about 2 minutes with dough hook attachment till forms a dough that is slightly elastic, soft yet not too sticky. Shape dough into a ball and use plastic wrap to wrap it. Chill for minimum of 30 minutes.
- On a floured surface, lay chilled dough and roll out to a rectangle with 1/2-inch of thickness using just enough flour to prevent dough from sticking. Grate onto the surface of the dough with approximately 4 tablespoons of frozen butter to within approximately 1/2 inch of the edge. Flour a sheet of plastic wrap lightly. Spread the plastic wrap onto the butter with the floured side down and press the butter into the dough gently. Remove the plastic wrap carefully.
- Fold one-third of the dough over the middle third; then fold the other one-third over the middle to form a tri-fold with two layers of butter. Roll dough into a rectangle again, brush to remove excess flour, and form another tri-fold. Keep rolling again till gets approximately 1-inch thick. Use plastic wrap to wrap dough and let sit for 30 more minutes in the refrigerator.
- On a floured surface, lay chilled dough again, roll into a rectangle shape, and form another tri-fold. Roll back out again to form a rectangle shape with 1/2-inch of thickness. On the surface of the dough, grate approximately 3 tablespoons of butter. Use floured plastic wrap to cover and press butter into

dough. Get plastic wrap out. Make another tri-fold and press together layers. Roll out dough and fold in half. Roll out once more, and fold in half again. Roll out dough once again. Use plastic wrap to wrap and chill till ready to serve.

- Allow to bake at 200 ° C (400 ° F).

Nutrition Information

- Calories: 266 calories;
- Sodium: 532
- Total Carbohydrate: 30.9
- Cholesterol: 36
- Protein: 4.3
- Total Fat: 13.8

210. Chef John's Pumpkin Cinnamon Rolls

Ingredients

- 3/4 cup packed brown sugar
- 1/4 cup white sugar
- 2 tablespoons ground cinnamon
- 1 (.25 ounce) package active dry yeast
- 1/2 teaspoon white sugar
- 1/4 cup warm water (100 to 105 degrees F/38 to 41 degrees C)
- 1/2 cup pumpkin puree
- 1/4 cup heavy cream
- 1/4 cup white sugar
- 1/4 cup butter, melted
- 1 teaspoon salt
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground allspice
- 2 cups all-purpose flour
- 1 egg
- 2 1/4 cups all-purpose flour, or as needed
- 1 teaspoon vegetable oil
- 5 tablespoons butter, melted
- 1/4 cup cream cheese, softened
- 1 cup confectioners' sugar
- 1/4 cup milk, or as needed
- 1/4 teaspoon vanilla extract (optional)
- 1/4 cup toasted pumpkin seeds, to garnish

Direction

- Mix cinnamon, 1/4 cup white sugar and brown sugar in small bowl; put aside.
- In stand mixer ’ s bowl, mix warm water, 1/2 tsp. white sugar and yeast. Whisk; put aside for 10 minutes till foamy.
- Put egg, 2 cups flour, allspice, ginger, 1/2 tsp. vanilla, salt, 1/4 cup melted butter, 1/4 cup white sugar, cream and pumpkin puree into stand mixer bowl with yeast mixture. Mix for 2 minutes till combined with dough hook attachment.
- Mix 2 1/4 cups flour in; mix with dough hook on low, adding extra flour if mixture is too sticky, for 6-7 minutes till dough is elastic, smooth and slightly sticky.
- Remove dough; form to ball. Lightly coat stand mixer bowl with vegetable oil. Put dough into bowl. Turn to coat in oil. Use aluminum foil to cover. Put aside to rise for 1 1/2 hours till doubled in size in warm area.
- Butter 13x9-in. baking dish generously.
- Put dough to well-floured work surface. Flatten to rectangle shape, 1-in. thick, with your hands. Sprinkle flour on both dough sides generously. Roll out to 20x12-in. rectangle. Put melted butter on top; evenly brush on surface. Leave 2-in. on one wide edge unbuttered. Over dough, sprinkle brown sugar mixture. Use water to moistened unbuttered edge. Tightly roll dough to log starting at wide edges with butter. Firmly press along the moistened edge to seal it.
- From roll, trim uneven ends; discard. Slice rolled dough to 16 even pinwheels. Put pinwheels in prepared baking dish, cut side up. Use plastic wrap to cover. Put aside for 45-60 minutes till doubled in size in a warm place.
- Preheat an oven to 175 ° C/350 ° F.
- In preheated oven, bake for 30 minutes till golden. Put aside; slightly cool while stirring glaze.

- Whisk vanilla extract, milk, confectioners ’ sugar and cream cheese till smooth in a big bowl. Drizzle on warm cinnamon rolls. Over rolls, sprinkle pumpkin seeds; serve.

Nutrition Information

- Calories: 326 calories;
- Total Carbohydrate: 52.1
- Cholesterol: 38
- Protein: 5.2
- Total Fat: 11.2
- Sodium: 232

211. Chicken Or Turkey Crepes With Tarragon

Ingredients

- 3 recipes Basic Crepes
- 4 tablespoons butter
- 2 tablespoons finely chopped onion
- 4 tablespoons all-purpose flour
- 1 cup milk
- 3/4 cup chicken broth
- 1/4 cup dry white wine
- 1/4 teaspoon chopped dried tarragon
- 2 egg yolks
- 2 cups diced cooked chicken
- salt to taste
- 1/4 cup milk

Direction

- Ready basic crepe recipe ahead. You can make crepes and freeze up to a few weeks in advance.
- Prepare the oven by preheating to 350 ° F (175 ° C).
- In a saucepan over medium heat, dissolve butter. Mix in onion and cook for 2 minutes. Mix in flour until combined. Gradually mix in 1 cup milk, stirring constantly until turns smooth. Stir in tarragon, wine and broth; whisk for about 4 minutes over medium-low heat until thickened.
- Slowly add broth sauce and 3 tablespoons of the hot milk into the egg yolks in a small bowl; then place egg mixture into sauce, stirring briskly. Cook for 1 more minute, then separate from heat.

- Combine half of the sauce with the chicken in a medium bowl. Add salt to taste.
- Pack with 3 tablespoons of chicken mixture each crepe. Then roll crepes, and put in a 9x13-inch baking dish, seam-side down. Add 1/4 cup milk to thin remaining sauce, and place over crepes.
- Place in the preheated oven and bake for 20 minutes or until sauce starts to bubble.

Nutrition Information

- Calories: 114 calories;
- Protein: 8.1
- Total Fat: 6.9
- Sodium: 114
- Total Carbohydrate: 3.6
- Cholesterol: 64

212. Chuck's Molasses French Toast

Ingredients

- 4 eggs
- 3 tablespoons molasses
- 1/2 cup heavy cream
- 1 teaspoon vanilla extract
- 1 pinch ground ginger
- 1 pinch ground cinnamon, or more to taste
- 12 thick slices challah bread
- 1/4 cup butter

Direction

- In a bowl, beat together cinnamon, ginger, vanilla, cream, molasses and eggs until smooth. Dip in the batter with challah slices until all sides are coated well.
- In a big skillet, melt half of the butter on medium heat. Put half of the challah slices into the pan and cook for 3 minutes each side, until turning golden brown on each side. Repeat the process with leftover challah slices and butter.

Nutrition Information

- Calories: 669 calories;
- Cholesterol: 253
- Protein: 19.9
- Total Fat: 27.9
- Sodium: 900
- Total Carbohydrate: 85.1

213. Cinnamon Pumpkin Waffles

Ingredients

- 1 cup whole wheat flour
- 1/4 cup wheat germ
- 1/3 cup white sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1 tablespoon baking powder
- 3/4 cup milk
- 1/2 cup pumpkin puree
- 2 tablespoons melted butter
- 2 tablespoons olive oil
- 1/2 cup unsweetened applesauce
- 1 egg
- 1 egg white
- 1/2 cup chopped pecans

Direction

- Following the manufacturer ’ s directions, preheat a waffle iron. In a bowl, mix together baking powder, salt, nutmeg, pumpkin pie spice, cinnamon, sugar, wheat germ and flour, then set aside.
- Beat together egg white, whole egg, applesauce, oil, butter, pumpkin puree and milk, then stir in pecans and flour mixture.
- Scoop batter onto the preheated waffle iron, then cook waffles for 5-7 minutes, until crispy and golden.

Nutrition Information

- Calories: 471 calories;
- Total Carbohydrate: 53.9
- Cholesterol: 65
- Protein: 11.5
- Total Fat: 26
- Sodium: 711

214. Coffee Shop Pumpkin Scones

Ingredients

- Scones:
- 2 1/4 cups all-purpose flour
- 3/4 cup white sugar
- 1 tablespoon baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground ginger
- 3 tablespoons cold butter
- 3 tablespoons shortening
- 3/4 cup canned pumpkin
- 1 egg
- 2 tablespoons half-and-half
- Glaze:
- 1 cup confectioners' sugar
- 2 tablespoons milk
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon pumpkin pie spice

Direction

- Preheat the oven to 220 degrees C (425 degrees F). Coat a baking sheet with grease.
- In a big bowl, combine together flour, cloves, white sugar, ginger, baking powder, nutmeg, 1 teaspoon cinnamon, and salt.

Use 2 knives or a pastry cutter to chop in the butter and shortening until the mixture becomes crumbly.

- In a different bowl, combine together half-and-half, pumpkin, and egg. Mix into the flour mixture until blended. Onto a work surface that is floured, turn the dough and then form it into a 1/2-inch-thick square. Cut the dough to form pizza-like wedges and spread in the prepared baking sheet.
- Bake for about 10 to 15 minutes in oven until browned lightly. Place the scones on a wire rack to cool.
- In a bowl, whisk together pumpkin pie spice, milk, confectioners' sugar, and 1/4 teaspoon of cinnamon. Sprinkle on top of scones.

Nutrition Information

- Calories: 369 calories;
- Sodium: 370
- Total Carbohydrate: 64.3
- Cholesterol: 36
- Protein: 5
- Total Fat: 10.8

215. Country House Bed And Breakfast Casserole

Ingredients

- 1/4 cup butter
- 1/2 cup croutons
- 1/2 cup shredded Cheddar cheese
- 4 eggs
- 3/4 cup milk
- 1 teaspoon dry mustard
- 1 cup cooked ham, cubed

Direction

- In 8 ” x8 ” glass baking dish/small casserole dish, melt butter. Add croutons; toss till coated. Sprinkle cheese over croutons. Beat dry mustard, milk and egg in big bowl. Put egg mixture over cheese and croutons. Sprinkle over cubed ham. Use plastic wrap to cover. Refrigerate this overnight.
- Preheat an oven to 190 ° C/375 ° F. Let casserole stand at room temperature as oven heats.
- In preheated oven, bake till eggs set for 40 minutes. Before cutting, let sit for 5 minutes. You can freeze and microwave this later.

Nutrition Information

- Calories: 358 calories;
- Total Fat: 29.5
- Sodium: 733
- Total Carbohydrate: 4.9

- Cholesterol: 254
- Protein: 18.3

216. Cranberry Apple Cake

Ingredients

- 2 eggs
- 1 3/4 cups brown sugar
- 1/2 cup vegetable oil
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 2 cups chopped apples
- 2 cups fresh cranberries
- 1 cup chopped pecans

Direction

- Set the oven to 175 ° C or 350 ° Fahrenheit. Grease a Bundt ® pan or a 9-in fluted-tube pan.
- In a bowl, beat vanilla extract, eggs, oil, and brown sugar until smooth.
- In another bowl, sift together the dry ingredients of nutmeg, flour, cinnamon, salt, and baking powder; mix into the egg mixture. Use a solid spoon to mix the thick mixture. Fold in pecans, cranberries, and apples until combined evenly; transfer batter in the greased pan.
- Bake for about 75mins in the preheated oven until an inserted skewer in the middle of the cake comes out without residue.

Nutrition Information

- Calories: 333 calories;
- Sodium: 317
- Total Carbohydrate: 43.4
- Cholesterol: 31
- Protein: 4.2
- Total Fat: 16.8

217. Cranberry Apple Oatmeal

Ingredients

- 2 cups water
- 1 apple, cored and diced
- 1/2 cup fresh cranberries
- 1 cup quick-cooking oats
- 1/4 cup brown sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 pinch salt
- 1/2 cup chopped walnuts

Direction

- In a bowl, bring the mixture of cranberries, apple and water to a boil. Cook about 5 minutes until apple is soft and cranberries burst. Lower heat to medium and stir in salt, nutmeg, cinnamon, brown sugar and oats. Cook and stir constantly for 2-3 minutes, until oatmeal absorbs water and thickens. Garnish with walnuts on top.

Nutrition Information

- Calories: 499 calories;
- Sodium: 19
- Total Carbohydrate: 71.5
- Cholesterol: 0
- Protein: 10.1
- Total Fat: 22

218. Cranberry Bread Pudding

Ingredients

- 3 cups milk
- 1 1/2 cups heavy whipping cream
- 3/4 cup white sugar
- 5 eggs
- 1 1/2 teaspoons lemon zest
- 1 1/2 teaspoons kosher salt
- 1/4 teaspoon ground cinnamon
- 3/4 vanilla bean, split and seeds scraped away
- 1 1/2 French baguettes, cut into 2-inch slices
- 1/2 cup golden raisins
- 1 cup cranberries
- 2 teaspoons butter

Direction

- Whisk vanilla bean, cinnamon, salt, lemon zest, eggs, sugar, cream and milk in bowl; fold cranberries, raisins and baguette slices in. Put aside to let soak for 40 minutes.
- Preheat an oven to 175 ° C/350 ° F then butter 12-in. deep-dish pie dish.
- Put bread mixture in prepped pie dish; remove then discard vanilla bean. Use aluminum foil to cover dish.
- In preheated oven, bake for 45 minutes. Remove the foil; bake for about 15 minutes longer till pudding is lightly browned and set.

Nutrition Information

- Calories: 552 calories;
- Total Fat: 23.7
- Sodium: 881
- Total Carbohydrate: 71.6
- Cholesterol: 187
- Protein: 15.8

219. Cranberry Eggnog Cornbread Scones

Ingredients

- 2 cups all-purpose flour
- 1/2 cup cornmeal
- 1/3 cup white sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/3 cup butter, chilled
- 3/4 cup craisins (sweetened, dried cranberries)
- 2/3 cup eggnog

Direction

- Preheat the oven to 190 degrees C (375 degrees F). Coat a baking sheet lightly with grease.
- In a mixing bowl, mix together the flour, salt, baking powder, cornmeal, and sugar until blended. Use two knives or a pastry cutter to chop in the butter until coarse crumbs are formed. Stir in craisins. Mix in the eggnog with a fork to form a sticky dough.
- Onto a lightly floured surface, flip the dough out, dip your hands in flour and then knead dough for about ten times. Pat out the dough to form a disk of about half inch thick. Immerse a 2 inch diameter biscuit cutter into flour and then chop out 8 to 10 rounds. Transfer the rounds on baking sheet prepared placing about 2 inches apart. Use up rest of the dough by patting it into a smaller disk and then chopping again.
- Bake for about 15 minutes in oven until turned golden brown and risen. You can serve while still warm or lukewarm.

Nutrition Information

- Calories: 312 calories;
- Cholesterol: 33
- Protein: 4.7
- Total Fat: 9.7
- Sodium: 395
- Total Carbohydrate: 51.7

220. Cranberry Orange Breakfast Bread

Ingredients

- 1 1/8 cups orange juice
- 2 tablespoons vegetable oil
- 2 tablespoons honey
- 3 cups bread flour
- 1 tablespoon dry milk powder
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1 teaspoon salt
- 1 (.25 ounce) package active dry yeast
- 1 tablespoon grated orange zest
- 1 cup sweetened dried cranberries
- 1/3 cup chopped walnuts

Direction

- On the bread machine pan, put the ingredients following the order stated by the manufacturer. Select cycle then push the Start button. Put nuts and cranberries once it signals, if the bread machine has a Fruit setting or 5 minutes before the kneading cycle ends.

Nutrition Information

- Calories: 224 calories;
- Cholesterol: 1
- Protein: 5.2
- Total Fat: 5.1
- Sodium: 199

- Total Carbohydrate: 39.7

221. Cranberry Pumpkin Muffins

Ingredients

- 2 cups all-purpose flour
- 3/4 cup brown sugar, packed
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground nutmeg
- 1 cup canned unsweetened pumpkin puree
- 2 eggs, lightly beaten
- 1/2 cup butter, melted
- 1/4 cup buttermilk
- 2 teaspoons vanilla extract
- 1 cup dried, sweetened cranberries

Direction

- Preheat the oven to 200 ° C or 400 ° Fahrenheit. Put paper muffin cups or grease a muffin tin with twelve cups.
- In a mixing bowl, stir nutmeg, flour, cloves, brown sugar, ginger, baking powder, cinnamon, baking soda, and salt together.
- In a separate big mixing bowl, whisk vanilla, canned pumpkin, buttermilk, eggs, and butter together; slowly stir in the flour mixture until well combined. Fold in dried cranberries until

evenly incorporated. Scoop batter in muffin tins until three-fourths full.

- Bake muffins for 20-25mins in a 400 ° Fahrenheit oven until an inserted skewer in the center comes out without residue. Cool in the pan for 3mins; remove. Serve at room temperature or warm.

Nutrition Information

- Calories: 253 calories;
- Cholesterol: 52
- Protein: 3.7
- Total Fat: 8.8
- Sodium: 330
- Total Carbohydrate: 40.2

222. Cranberry Salad II

Ingredients

- 2 cups cranberries
- 1 large orange
- 1 cup white sugar
- 1 cup finely chopped walnuts
- 1 cup chopped celery
- 1 cup crushed pineapple, drained
- 1 (3 ounce) package raspberry flavored Jell-O ® mix
- 2 cups hot water

Direction

- Mix hot water with the gelatin (do not let stand). Crush the orange and cranberries, rind included, and mix it with sugar. Incorporate pineapple, celery and nuts. Combine with the prepared gelatin mixture and chill.

Nutrition Information

- Calories: 315 calories;
- Total Carbohydrate: 54.5
- Cholesterol: 0
- Protein: 4.3
- Total Fat: 11
- Sodium: 61

223. Cranberry Sour Cream Kuchen

Ingredients

- 1/2 cup butter
- 1 cup white sugar
- 1 teaspoon vanilla extract
- 3 eggs
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/4 cups sour cream
- 2 cups chopped fresh cranberries
- 1/4 cup white sugar
- 1/4 cup brown sugar
- 2 tablespoons all-purpose flour
- 2 tablespoons chopped almonds
- 1 tablespoon butter
- 1/2 teaspoon ground cinnamon

Direction

- Preheat the oven to 175 ° C or 350 ° Fahrenheit. Oil a 10-in springform pan.
- In a big bowl, whisk vanilla extract, a cup of white sugar, and half cup butter with an electric mixer until smooth and creamy. Beat in one egg at a time, mix well before adding another. In another bowl, mix salt, two cups flour, baking soda, and baking

powder; whisk into the creamed butter mixture in few increments alternately with the sour cream to form a batter.

- Slather 1/2 of the batter in the greased pan. In a bowl, mix a quarter cup of sugar and cranberries; spread on top of the batter then add the rest of the batter on top. In a bowl, combine cinnamon, brown sugar, a tablespoon of butter, almonds, and 2tbsp flour until the mixture is crumb-like; evenly spread over the cake.
- Bake for 50-55 minutes in the preheated oven until pale brown and an inserted toothpick in the middle comes out without residue or with moist crumbs.

Nutrition Information

- Calories: 340 calories;
- Total Carbohydrate: 46.1
- Cholesterol: 80
- Protein: 5
- Total Fat: 15.6
- Sodium: 324

224. Cranberry Walnut Bread

Ingredients

- 3/4 cup butter, room temperature
- 3 cups white sugar
- 3 eggs, room temperature
- 3 tablespoons orange zest
- 6 cups all-purpose flour
- 1 tablespoon salt
- 4 1/2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 2 1/4 cups orange juice
- 3 cups whole cranberries
- 1 1/2 cups chopped walnuts

Direction

- Preheat an oven to 175 degrees C (350 degrees F). Coat three loaf pans of 8x4-inch with grease. If desired, line parchment paper on the bottoms.
- Use an electric mixer to beat sugar and butter in a large bowl until fluffy and light. Place in lukewarm eggs, one by one and let each egg to blend into butter mixture before you add in the next. Mix in orange zest.
- Sift baking soda, salt, flour and baking powder together. Pour into the egg mixture or alternate with orange juice.
- Chop the cranberries coarsely.
- Transfer flour mixture into the mixing bowl while alternating with orange juice. Stir until just incorporated. Roll in walnuts

and chopped cranberries and stir just enough to evenly combined. Separate the batter evenly into the pans prepared.

- Bake for half an hour in oven. Ensure to check for browning and you can use aluminum foil to cover the tops in order to keep them from turning too dark. Bake for about half an hour until a toothpick comes out clean when inserted at the middle of the loaves. Let to cool on wire racks.

Nutrition Information

- Calories: 335 calories;
- Total Carbohydrate: 54.2
- Cholesterol: 39
- Protein: 5.4
- Total Fat: 11.5
- Sodium: 512

225. Double Pumpkin Beer Bread

Ingredients

- 1 3/4 cups whole wheat flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon pumpkin pie spice
- 1/4 teaspoon ground nutmeg
- 1 cup white sugar
- 1/3 cup canola oil
- 2 large eggs
- 1 egg white
- 1/3 cup pumpkin beer
- 1/2 (15 ounce) can pumpkin puree
- 1/4 cup chia seeds
- 1/4 cup water
- 1/4 cup chopped walnuts (optional)

Direction

- Preheat oven to 175 ° C/350 ° F; spray cooking spray on 9x5-in. loaf pan. Mix nutmeg, pumpkin pie spice, cinnamon, baking soda, salt and flour in bowl; put aside.
- Beat pumpkin puree, pumpkin beer, egg white, whole eggs, canola oil and sugar till smooth in big bowl. Mix water and chia seeds in small bowl; whisk chia seed mixture into pumpkin mixture till well blended and smooth. Mix flour mixture slowly into pumpkin mixture till smooth. Put batter in prepped loaf pan; layer chopped walnuts over.

- In preheated oven, bake for 50 minutes till an inserted knife in middle exits clean. Cool for 10 minutes in pan; transfer to wire rack to completely cool.

Nutrition Information

- Calories: 218 calories;
- Sodium: 359
- Total Carbohydrate: 31.7
- Cholesterol: 31
- Protein: 4.4
- Total Fat: 9.1

226. Downeast Maine Pumpkin Bread

Ingredients

- 1 (15 ounce) can pumpkin puree
- 4 eggs
- 1 cup vegetable oil
- 2/3 cup water
- 3 cups white sugar
- 3 1/2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 1/2 teaspoons salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/4 teaspoon ground ginger

Direction

- Preheat oven to 350-degrees F (175-degrees C). Grease and flour three 7 ” X3 ” loaf pans.
- Place eggs, pumpkin puree, sugar, oil and water in a large bowl and mix until well blended. In another bowl, whisk together flour, along with salt, baking soda, nutmeg, cinnamon, ginger and cloves. Blend flour mixture into the pumpkin mixture just until incorporated and pour into prepared pans.
- Baked in preheated oven for 50 minutes. Test by inserting a toothpick into the center of the loaves. The toothpick should come out clean.

Nutrition Information

- Calories: 263 calories;
- Total Carbohydrate: 40.6
- Cholesterol: 31
- Protein: 3.1
- Total Fat: 10.3
- Sodium: 305

227. Easy Pumpkin Pancakes

Ingredients

- 1 cup pumpkin pie filling
- 2 eggs
- 2 cups milk
- 2 cups all-purpose flour
- 4 teaspoons baking powder
- 1 tablespoon white sugar
- 1 teaspoon pumpkin pie spice
- 1 teaspoon ground cinnamon
- 1 pinch ground nutmeg

Direction

- In a bowl, whisk the eggs and pumpkin pie filling together until it becomes smooth. Add nutmeg, cinnamon, pumpkin pie spice, sugar, baking powder, flour and milk, then whisk until the batter becomes smooth.
- Heat a griddle that's lightly oiled on medium-high heat. Drop the batter on the griddle by big spoonfuls and let it cook for 3-4 minutes, until it is dry on the edges and bubbles are formed. Turn and let it cook for 2-3 minutes, until the other side turns brown. Redo the process with the leftover batter.

Nutrition Information

- Calories: 165 calories;
- Total Fat: 2.3
- Sodium: 286
- Total Carbohydrate: 30.7

- Cholesterol: 41
- Protein: 5.8

228. Easy Pumpkin Turnovers

Ingredients

- 1 cup canned pumpkin
- 1/4 cup brown sugar
- 2 teaspoons ground cinnamon
- 2 teaspoons pumpkin pie spice
- 2 sheets frozen puff pastry, thawed

Direction

- Set the oven to 175 ° C or 350 ° F. Take 2 baking sheets and line them with parchment paper.
- In a bowl, combine pumpkin pie spice, pumpkin, cinnamon, and brown sugar.
- Roll the puff pastry out into a 12-in by 12-in square and cut nine 4-in squares out of each sheet.
- Using a spoon to proportion and place the pumpkin mixture in the middle of the pastry squares; dab water on the square ' s edges then fold from corner to cover. Secure by pinching the edges together; arrange on the parchment-lined baking sheets.
- Bake for 15mins in the preheated oven until the pastry is golden brown and puffed. Let cool for 10mins on the pans then move to a wire rack; completely cool.

Nutrition Information

- Calories: 165 calories;
- Total Fat: 10.3
- Sodium: 100
- Total Carbohydrate: 16.5

- Cholesterol: 0
- Protein: 2.1

229. Famous No Coffee Pumpkin Latte

Ingredients

- 1 cup pumpkin puree
- 1 quart milk
- 1/4 cup white sugar
- 1 teaspoon ground cinnamon
- 1 tablespoon vanilla extract

Direction

- In a large saucepan, combine vanilla, cinnamon, sugar, milk and pumpkin over medium heat. Blend well with a whisk. Let heat to a simmer but don ’ t boil.

Nutrition Information

- Calories: 202 calories;
- Total Carbohydrate: 29.7
- Cholesterol: 20
- Protein: 8.8
- Total Fat: 5
- Sodium: 248

230. Healthy Pumpkin Cranberry Muffins

Ingredients

- 1/2 cup milk
- 1 1/2 teaspoons white vinegar
- 1/2 cup whole wheat flour
- 1/2 cup all-purpose flour
- 1/2 cup quick cooking oats
- 1 teaspoon baking soda
- 3/4 teaspoon ground ginger
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1 cup canned pumpkin
- 1/2 cup packed brown sugar
- 1/4 cup white sugar
- 2 tablespoons vegetable oil
- 1 egg
- 1/2 cup coarsely chopped fresh cranberries
- 1/4 cup dried cranberries

Direction

- Preheat the oven to 190 ° C or 375 ° Fahrenheit. Place paper liners on twelve muffin cups.
- In a small bowl, mix vinegar and milk together.
- In a big bowl, stir salt, whole wheat flour, nutmeg, all-purpose flour, cinnamon, oats, baking powder, baking soda, and ginger

together.

- In another bowl, beat egg, pumpkin, vegetable oil, brown sugar, and white sugar together; whisk in milk mixture until smooth. Combine the pumpkin mixture and flour mixture; stir in dried and fresh cranberries. Scoop batter in muffin cups.
- Bake muffins for 25mins in a 375 ° Fahrenheit oven until an inserted skewer in the middle comes out without residue. Let the muffins cool for 5mins in the pan; place on a wire rack then cool completely.

Nutrition Information

- Calories: 149 calories;
- Total Fat: 3.4
- Sodium: 236
- Total Carbohydrate: 28.1
- Cholesterol: 16
- Protein: 2.8

231. Healthy Pumpkin Scones

Ingredients

- Scones:
- 1 cup whole wheat pastry flour
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/2 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon baking soda
- 5 tablespoons cold butter, cut into cubes
- 1/2 cup pumpkin puree
- 1/4 cup light sour cream
- 1/4 cup white sugar
- 1 egg
- Glaze:
- 1/2 cup confectioners' sugar
- 1 tablespoon pumpkin puree
- 1/4 teaspoon ground cinnamon

Direction

- Preheat the oven to 200 degrees C (400 degrees F).
- In a bowl, whisk together pastry flour, allspice, all-purpose flour, nutmeg, baking powder, baking soda, 1/2 teaspoon of cinnamon, salt, and ginger. Use 2 knives or pastry blender to

chop cold butter into the flour mixture until the resulting mixture resembles small crumbs.

- In a separate bowl, combine egg, white sugar, sour cream, and 1/2 cup of pumpkin puree. Mix into the flour mixture until the dough is formed. Carefully fold the dough to form a circle onto a work surface that is floured and then chop into wedges or use fall-inspired cookie cutters. Spread the scones in a baking sheet.
- Bake for about 15 minutes in the preheated oven until browned lightly.
- Mix together 1 tablespoon pumpkin puree, 1/4 teaspoon of cinnamon and confectioners' sugar in a bowl until the glaze is smooth. Spread over warm scones.

Nutrition Information

- Calories: 162 calories;
- Sodium: 231
- Total Carbohydrate: 24.5
- Cholesterol: 30
- Protein: 2.9
- Total Fat: 6.1

232. Kelsandra's Pumpkin Cinnamon Rolls

Ingredients

- 1/4 cup warm water (100 degrees F/38 degrees C)
- 1 (.25 ounce) package active dry yeast
- 1 (5 ounce) can evaporated milk
- 3/4 cup white sugar
- 1 (15 ounce) can pumpkin
- 3 tablespoons olive oil
- 1 egg, beaten
- 2 teaspoons pumpkin pie spice
- 5 cups all-purpose flour, or more if needed
- 1/4 cup melted butter
- 1 1/4 cups brown sugar, packed
- 2 tablespoons pumpkin pie spice
- 1/2 teaspoon vanilla extract
- 1 (3 ounce) package cream cheese, softened
- 2 tablespoons butter, melted
- 1 cup confectioners' sugar
- 1/4 cup milk

Direction

- In a big mixing bowl, place the warm water and put yeast over the water. Let it stand for 5 to 10 minutes until the yeast starts to form a creamy foam. Mix in the egg, olive oil, pumpkin, white sugar and evaporated milk. Combine until well mixed. Add in 2 teaspoons of pumpkin pie spice then add about 5 cups of flour, or as necessary to create a stiff dough. Roll the dough out onto a

surface that is floured and knead for about eight minutes until elastic and smooth. It should be slightly sticky. Form the dough into a ball then put it into an oiled bowl, use cloth to cover, and let it rise for about 45 minutes in a warm place. (Dough should rise but not twice the volume).

- Prepare the oven by preheating to 350 ° F (175 ° C). Get a 9 x 13-inch baking dish and grease.
- Smash down the dough and roll it out to a shape of a rectangle on a Work surface that is floured until it is about 18 inches wide and 26 inches long in measurement. Use 1/4 cup melted butter to brush the dough. Mix together in a small bowl 2 tablespoons of pumpkin pie spice and brown sugar and spread the mixture evenly on top of the dough. Roll up the dough lengthwise and close the seam by pinching, then slice the dough using a sharp knife into 12 equal-sized portions. In the prepared baking dish, lay the rolls.
- Place inside the preheated oven and bake for 30 to 40 minutes until lightly golden brown in color.
- While baking the rolls, make a glaze by mixing together the milk, confectioners ’ sugar, 2 tablespoons of melted butter, cream cheese and vanilla extract. Scatter the glaze on top of the rolls as soon as you get them out of the oven.

Nutrition Information

- Calories: 514 calories;
- Total Carbohydrate: 90.7
- Cholesterol: 42
- Protein: 8.2
- Total Fat: 13.8
- Sodium: 176

233. Lauri's Yummy Crescent Roll Stuffing

Ingredients

- 1 tablespoon butter
- 2 (8 ounce) packages refrigerated crescent rolls
- 1 (16 ounce) package mild breakfast sausage (such as Odom's Tennessee Pride)
- 1/2 large sweet onion, finely chopped
- 1 carrot, finely chopped
- 1 stalk celery, finely chopped
- 1/3 cup finely chopped fresh sage
- 1 pinch salt and ground black pepper to taste
- 1 egg, lightly beaten
- 3/4 cup chicken broth

Direction

- Preheat an oven to 190 ° C or 375 ° F. Butter a casserole dish.
- Slice crescent roll triangles into 3 portions and roll into balls. In a big bowl, put dough balls.
- In a big skillet, cook and mix sausage for 5 minutes, or till crumbly. Put in the celery, carrot and onion; cook and mix for 5 minutes, or till lightly softened. Add pepper, salt and sage to season.
- Stir sausage mixture into the dough balls. Stir in egg till evenly covered. Put in the chicken broth and combine thoroughly. In greased casserole dish, put the mixture.
- In preheated oven, bake for 45 to 50 minutes, or till dough turns golden brown. In case surface begins to brown excessively, cover in aluminum foil.

Nutrition Information

- Calories: 315 calories;
- Total Fat: 21.1
- Sodium: 880
- Total Carbohydrate: 19.3
- Cholesterol: 46
- Protein: 10.2

234. Louisiana Sweet Potato Pancakes

Ingredients

- 3/4 pound sweet potatoes
- 1 1/2 cups all-purpose flour
- 3 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon ground nutmeg
- 2 eggs, beaten
- 1 1/2 cups milk
- 1/4 cup butter, melted

Direction

- In a medium saucepan, place sweet potatoes in boiling water, cook about 15 minutes until soft but still firm. Drain off excess water, and promptly soak in cold water for skins to loosen. Drain again, peel off skins, cut and mash.
- Sift nutmeg, salt, baking powder and flour together in a medium bowl. In another medium bowl, combine butter, milk, eggs and mashed sweet potatoes. Form a batter by blending the flour mixture with the sweet potato mixture.
- Lightly grease a griddle and preheat over medium-high heat. Heap tablespoonfuls of batter mixture to drop it onto the prepared griddle, cook the batter, turning once when bubble starts to come out the surface with a spatula, until golden brown.

Nutrition Information

- Calories: 215 calories;
- Total Carbohydrate: 29.2
- Cholesterol: 65

- Protein: 6.2
- Total Fat: 8.2
- Sodium: 549

235. Make Ahead Breakfast Casserole

Ingredients

- 2 1/2 cups seasoned croutons
- 1 pound spicy pork sausage
- 4 eggs
- 2 1/4 cups milk
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (10 ounce) package frozen chopped spinach - thawed, drained and squeezed dry
- 1 (4.5 ounce) can mushrooms, drained and chopped
- 1 cup shredded sharp Cheddar cheese
- 1 cup shredded Monterey Jack cheese
- 1/4 teaspoon dry mustard
- 2 sprigs fresh parsley, for garnish

Direction

- Spread croutons on the bottom of a greased 9x13-inch baking dish. In a medium skillet, crumble sausage. Cook over medium heat until sausage turns brown, stirring occasionally. Drain off excess drippings. Arrange sausage evenly on top of croutons.
- Whisk together milk and eggs in a big bowl until blended. Stir in mustard, cheeses, mushrooms, spinach and soup. Put over sausage and croutons. Keep in refrigerator overnight.
- The following morning, set the oven to 325 ° F (165 ° C) and start preheating.
- Bake for 50 to 55 minutes in preheated oven until fully set and the upper surface turns light brown. Add parsley sprigs on top to garnish and serve hot.

Nutrition Information

- Calories: 419 calories;
- Protein: 18.2
- Total Fat: 32.4
- Sodium: 882
- Total Carbohydrate: 14
- Cholesterol: 132

236. Nutty Cinnamon And Currant Pumpkin Rolls

Ingredients

- Rolls:
- 1/3 cup milk
- 3 tablespoons unsalted butter
- 1/2 cup solid-pack pumpkin
- 3 tablespoons white sugar
- 1/2 teaspoon salt
- 1 large egg, beaten
- 1 (.25 ounce) package rapid rise yeast
- 1 cup unbleached all-purpose flour
- 1 cup bread flour
- 3 tablespoons unsalted butter, melted
- 1 tablespoon ground cinnamon
- 3/4 cup dark brown sugar
- 1/3 cup finely chopped pecans
- 1/4 cup dried currants (optional)
- Icing:
- 1 (8 ounce) package cream cheese
- 1/2 cup unsalted butter, softened
- 1 (16 ounce) box confectioners' sugar
- 1 teaspoon vanilla extract

Direction

- In a microwave-safe bowl, heat 3 tbsp. butter and milk in microwave for 30-60 seconds till milk is warmed, 49-54 ° C/120-130 ° F, and butter just melts.
- Mix salt, white sugar and pumpkin in a bowl; beat yeast and egg in. Mix milk mixture into pumpkin mixture till combined evenly.
- In a bowl, whisk bread flour and all-purpose flour; halve. Beat 1/2 flour mixture into pumpkin mixture till mixed well for 5 minutes on low. Add leftover flour mixture. Beat till dough is very soft.
- In a bowl greased/sprayed with cooking spray, turn dough. Lightly spray/grease dough. Use a damp cloth to cover bowl. Let rise for 1 hour till dough doubles in size in a warm area.
- Grease/spray cooking spray on oblong baking sheet.
- Punch down risen dough. Turn on well-floured work surface then knead for 1-2 minutes till dough is easy to handle and smooth. Roll dough to 10x12-in. rectangle. Brush melted butter on top. Respectively, sprinkle cinnamon, the brown sugar, pecans and the currants on butter layers. Beginning with long side, roll dough around filling, jellyroll style. Pinch other side on roll to seal. Slice roll to 12 slices.
- Put rolls on prepped baking sheet, cut side up. Use a towel to cover. Rise for 30-45 minutes till almost doubled in size.
- Preheat an oven to 175 ° C/350 ° F.
- Remove towel from the rolls. In preheated oven, bake for 20 minutes till golden.
- Use an electric mixer to beat 1/2 cup butter and cream cheese till smooth in a bowl. Beat vanilla extract and confectioners ' sugar in till icing is smooth and fluffy. Spread icing over pumpkin rolls.

Nutrition Information

- Calories: 480 calories;

- Total Carbohydrate: 66.8
- Cholesterol: 72
- Protein: 4.2
- Total Fat: 23.1
- Sodium: 192

237. Old Fashioned Swedish Glogg

Ingredients

- 5 (750 milliliter) bottles port wine
- 1 (750 milliliter) bottle 100 proof bourbon whiskey
- 1 (750 milliliter) bottle white rum
- 3 whole cardamom pods, cracked
- 1 small cinnamon stick
- 4 whole cloves
- 1 (3 inch) strip of orange peel
- 1 (8 inch) square of cheesecloth
- 3/4 cup white sugar
- 1 (15 ounce) package dark raisins
- 1 (6 ounce) package blanched slivered almonds

Direction

- In a large stockpot with a lid, heat the port wine over medium heat until just below the simmer point. Add rum and bourbon, and bring back to just below the simmer point. Store leftover glogg in capped bottles.
- Place the orange peel, cloves, cinnamon sticks, and cardamom on the center of the square of cheesecloth while the liquors and wine are heating. Bring together the cheesecloth edges and tie with kitchen twine to secure.
- Light the mixture carefully with a long-handled match when the mixture is very hot but not boiling. Pour the sugar into the flames carefully while wearing a heatproof cooking mitt; burn the mixture for a minute. Cover the stockpot with the lid to quench the flames, and switch off the heat. Cool the mixture covered for about 10 minutes. Add the almonds, raisins and the

cheesecloth bundle of spices to the warm wine mixture then cool for about 1 hour to room temperature.

- Strain the cooled glogg and keep the almonds and raisins.
- Pour strained glogg into the bottles and cap to store.
- Store upright in a cool dark place for up to 1 year. Chill the almonds and steeped raisins in a covered bowl or jar for up to 1 year.
- To serve, warm glogg in a saucepan over low-medium heat for about 5 minutes; ensuring it doesn't simmer, but it is hot. Serve 3 ounces of warmed glogg into a small coffee cup or small Swedish-style glogg mug, and top each cup with a few reserved almonds and raisins.

238. One Dish Baked Pancakes And Sausage

Ingredients

- Canola cooking spray
- 2 cups non-fat (0%) milk
- 1 teaspoon ground ginger
- 3 eggs
- 3 cups dry buttermilk pancake mix
- 3/4 cup chopped pecans
- 1 pound precooked breakfast sausage patties or links, roughly chopped
- 2 Granny Smith apples - peeled, cored and thinly sliced
- 1/4 cup maple syrup, plus more for serving

Direction

- Preheat your oven to 350 ° F. Use a cooking spray to grease a 9x13-inch baking dish. Mix the ginger, eggs and milk together in a medium-sized bowl.
- Mix the pecans and pancake mix together in a large bowl then pour in the milk mixture and mix well just until everything is well-blended. Add in the apples and 1/2 of the sausage and give it a mix; put it into the prepared baking dish. Scatter the remaining apples and sausage on top and push them down carefully until they are almost soaked in the mixture. Drizzle it with syrup on top then put it in the preheated oven and let it bake for about 40 minutes until it turns deep golden brown in color and it has puffed. Serve it alongside some extra maple syrup.

Nutrition Information

- Calories: 224 calories;
- Protein: 9.1
- Total Fat: 9.8
- Sodium: 428
- Total Carbohydrate: 25.2
- Cholesterol: 60

239. Orange Pumpkin Loaf

Ingredients

- 1 large orange
- 1/3 cup butter, softened
- 1 1/3 cups white sugar
- 2 eggs
- 1 cup canned pumpkin
- 1/3 cup water
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 3/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 cup chopped walnuts
- 1/2 cup chopped raisins

Direction

- Set the oven for preheating to 350 ° F (175 ° C). Prepare a 9x5 inch loaf pan that's greased.
- Slice the orange into wedges, and discard the seeds. Put the orange, its peel and all, in a food processor. Process until turns finely chopped; put aside.
- Cream the butter and sugar in a big bowl until the consistency turns smooth. Beat in the eggs, adding one egg at a time. Mix in the water, ground orange and pumpkin. Combine together the flour, cinnamon, cloves, baking soda, salt and baking powder.

Stir the mixture into batter just until the consistency is moistened. Add in raisins and nuts; stir. Pour into the loaf pan.

- Let it bake inside the prepped oven for roughly an hour or just until a toothpick poked near the middle comes out clean. Allow the loaf to rest for 10 minutes, then take it off from pan. Let it stand on a wire rack to cool.

Nutrition Information

- Calories: 286 calories;
- Cholesterol: 45
- Protein: 4.6
- Total Fat: 9.5
- Sodium: 369
- Total Carbohydrate: 47.9

240. Potato Cake

Ingredients

- 1 potato, cubed
- 1 cup butter
- 2 cups packed brown sugar
- 4 eggs
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1 cup milk
- 1 (1 ounce) square semisweet chocolate, melted
- 1 cup chopped pecans

Direction

- Preheat oven to 350 ° F (175 ° C). Boil water in a saucepan. Put potato in boiling water and cook about 15 minutes until soft but still firm. Drain off excess water, chill and mash. Prepare a 10-inch Bundt pan, greased and floured.
- Cream butter and slowly add brown sugar until light and fluffy. Crack one egg in at a time, after each addition, beat well. Add mashed potatoes and beat.
- Mix cloves, nutmeg, cinnamon, baking powder and flour; alternately add to creamed mixture with milk, starting and ending with the flour mixture. Stir in pecans and melted chocolate. Pour batter into the prepared 10-inch Bundt pan.

- Bake for 1 hour at 350 ° F (175 ° C) or until cake tests done. Let cake cool 20 minutes in pan; remove from pan, and chill completely prior to serving.

Nutrition Information

- Calories: 475 calories;
- Sodium: 234
- Total Carbohydrate: 59.2
- Cholesterol: 104
- Protein: 6.5
- Total Fat: 25

241. Potato Pancakes II

Ingredients

- 2 cups mashed potatoes
- 1 egg, beaten
- 1 teaspoon salt
- 1/4 cup shredded Cheddar cheese
- 1 tablespoon butter

Direction

- Combine cheese, salt, beaten egg, and potatoes in a medium mixing bowl. Heat butter on a large griddle at medium heat until melted. Drop 1/4 cup of potato mixture at a time onto the griddle. Use a spatula to flatten to 1/2-inch thick. Fry both sides until golden brown, about 5 minutes per side. Serve right away

Nutrition Information

- Calories: 254 calories;
- Cholesterol: 83
- Protein: 7.2
- Total Fat: 14.5
- Sodium: 1350
- Total Carbohydrate: 23.9

242. Potato Waffles

Ingredients

- 2 tablespoons butter
- 1 onion, chopped
- 1 tablespoon minced garlic
- 2 cups mashed potatoes
- 1/4 cup all-purpose flour
- 2 eggs
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Direction

- In a skillet, melt butter over medium heat.
- Add garlic and onion, stir-fry in melted butter for 5-7 minutes until onion is tender.
- Follow manufacturer ’ s instruction to preheat a waffle iron.
- In a large mixing bowl, mix black pepper, salt, eggs, flour, mashed potatoes, and onion mixture together until well combined.
- Spoon 1/4 - 1/2 cup batter (depending on the waffle iron ’ s size) into the center of the waffle iron and put the lid on. Cook for 3-5 minutes until golden brown.

Nutrition Information

- Calories: 217 calories;
- Total Fat: 9
- Sodium: 540
- Total Carbohydrate: 27.9

- Cholesterol: 110
- Protein: 6.5

243. Pumpkin Almond Mini Muffins

Ingredients

- canola oil cooking spray
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground allspice
- 1 cup white sugar
- 1/4 cup packed brown sugar
- 4 eggs
- 1 teaspoon vanilla extract
- 3/4 cup pumpkin puree
- 3/4 cup coconut oil
- 1/4 cup sliced almonds
- 1/4 cup confectioners' sugar

Direction

- Preheat the oven to 165 ° C or 325 ° F.
- Place paper liners or use a cooking spray to coat 36 small muffin cups.
- In a bowl, mix allspice, flour, cloves, baking soda, cinnamon, ginger, baking powder, and salt together. With an electric mixer, beat vanilla extract, white sugar, eggs, and brown sugar together

in another bowl until well combined; mix in coconut oil and pumpkin until incorporated.

- Mix the flour mixture and pumpkin mixture together until well combined. Scoop batter in muffin cups until a quarter inch from the brim; place almond slices on top.
- Bake muffins for 11 minutes in a 325 ° Fahrenheit oven until an inserted skewer comes out without residue. Let the muffins cool for 2 minutes in the pan then move to a wire rack. Cool for 5 minutes on the rack; sprinkle confectioners ’ sugar on top.

Nutrition Information

- Calories: 312 calories;
- Total Fat: 16.9
- Sodium: 284
- Total Carbohydrate: 37.7
- Cholesterol: 62
- Protein: 4.3

244. Pumpkin Babka With Chocolate Streusel

Ingredients

- Streusel:
- 1/4 cup packed light brown sugar
- 1/4 cup dark brown sugar
- 1/4 cup chopped walnuts
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1 1/2 teaspoons cold butter
- 1/4 cup chocolate chips
- Cake:
- 1/2 cup butter, softened
- 1/2 cup light brown sugar
- 1/2 cup white sugar
- 2 eggs
- 1/2 cup canned pumpkin puree
- 1/2 cup sour cream
- 1 1/2 teaspoons dark rum
- 1 teaspoon vanilla extract
- 1 1/2 cups all-purpose flour
- 1 teaspoon ground cinnamon
- 1 teaspoon baking soda
- 3/4 teaspoon fine sea salt
- 2 (1 ounce) squares bittersweet chocolate, chopped

Direction

- Set the oven to 175 ° C or 350 ° Fahrenheit. Grease a 9-in by 5-in loaf pan then dust with flour.
- In a bowl, combine a quarter teaspoon ginger, quarter cup light brown sugar, a teaspoon of cinnamon, walnuts, and dark brown sugar. Using a pastry blender, cut in 1 1/2tsp butter until the mixture is crumbly. Split the streusel mixture among 2 bowls. In one bowl, stir chocolate chips.
- With an electric mixer, beat white sugar, half cup light brown sugar, and half cup butter together in a big bowl until fluffy and light. Beat in one egg at a time, mixing well before adding another. Mix in vanilla extract, pumpkin puree, dark rum, and sour cream.
- In a bowl, mix sea salt, flour, baking soda, and a teaspoon of cinnamon; gradually mix into the pumpkin mixture until smooth.
- Scoop 1/2 of the batter in the prepared pan; sprinkle the chocolate chip streusel on top without touching the pan ' s sides. Spread the remaining batter on and over to the edges then top with the rest of the streusel.
- Bake for 55mins in the preheated oven until an inserted skewer in the middle comes out without residue. Cool pan on a wire rack for half an hour. Turn the cake on a wire rack then completely cool.
- In a microwaveable ceramic or glass bowl, melt bittersweet chocolate in 15-sec intervals for 1-3mins, stir after every interval. Drizzle the chocolate on top and sides of the cake. Chill cake for 20mins until the chocolate sets.

Nutrition Information

- Calories: 494 calories;
- Total Fat: 23.1
- Sodium: 445
- Total Carbohydrate: 67.7

- Cholesterol: 86
- Protein: 6.2

245. Pumpkin Bread III

Ingredients

- 3 cups all-purpose flour
- 3 cups white sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon ground allspice
- 1 1/2 teaspoons salt
- 2 teaspoons baking soda
- 1 cup vegetable oil
- 2/3 cup water
- 1 cup canned pumpkin
- 4 eggs

Direction

- Preheat an oven to 175 ° C/350 ° F; grease then flour 3 1-lb. coffee cans.
- Sift dry ingredients together.
- Mix eggs, canned pumpkin, water and vegetable oil; add dry ingredients to egg mixture slowly. Mix till blended.
- Distribute batter evenly to coffee cans; bake for 50-55 minutes at 175 ° C/350 ° F till an inserted toothpick in middle exits clean and bread top browns. Cool bread for 15 minutes in coffee cans on rack. To remove bread from cans, run knife around the inside then turn can upside down so bread dislodges, should slight right out; completely cool.

Nutrition Information

- Calories: 167 calories;
- Sodium: 191
- Total Carbohydrate: 25.3
- Cholesterol: 21
- Protein: 1.9
- Total Fat: 6.8

246. Pumpkin Bread IV

Ingredients

- 3 cups canned pumpkin puree
- 1 1/2 cups vegetable oil
- 4 cups white sugar
- 6 eggs
- 4 3/4 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons ground cinnamon
- 1 1/2 teaspoons ground nutmeg
- 1 1/2 teaspoons ground cloves

Direction

- Set the oven to 350 ° F or 175 ° C for preheating. Grease then flour 3 of the 9x5-inches loaf pans.
- Whisk eggs, pumpkin, sugar, and oil in a big bowl. In a separate bowl, mix baking powder, salt, nutmeg, cloves, flour, baking soda, and cinnamon and pour it into pumpkin mixture. Mix it until well-combined. Distribute batter into prepared pans.
- Place the pans inside the preheated oven and bake for 45-60 minutes until each top springs back when pressed lightly.

Nutrition Information

- Calories: 247 calories;
- Cholesterol: 31
- Protein: 3

- Total Fat: 10.3
- Sodium: 231
- Total Carbohydrate: 36.8

247. Pumpkin Breakfast Syrup

Ingredients

- 2 1/2 cups honey
- 1 (14 ounce) can sweetened condensed milk
- 2 (15 ounce) cans canned pumpkin
- 2/3 cup butter
- 1 cup strong brewed coffee
- 1 tablespoon ground nutmeg
- 1 tablespoon ground cloves
- 2 tablespoons ground cinnamon
- 3/4 cup maple syrup
- 1 cup half-and-half cream
- 1 1/4 cups hot water

Direction

- In a saucepan, combine the hot water, half-and-half, maple syrup, cinnamon, cloves, nutmeg, brewed coffee, butter, canned pumpkin, sweetened condensed milk and honey. Simmer over low heat, stirring often for about 20 minutes until the mixture gets hot and aromatic. Serve while still hot or warm.

Nutrition Information

- Calories: 71 calories;
- Sodium: 41
- Total Carbohydrate: 13.3
- Cholesterol: 6
- Protein: 0.6
- Total Fat: 2.2

248. Pumpkin French Toast Bake

Ingredients

- 8 eggs
- 1 teaspoon vanilla extract
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- 1 tablespoon white sugar
- 1 (15 ounce) can pumpkin puree
- 1 loaf Texas toast thick-sliced bread, cut into 1-inch cubes
- 1/3 cup brown sugar
- 1/4 teaspoon ground cinnamon
- 2 tablespoons all-purpose flour
- 1 tablespoon butter, softened

Direction

- Set the oven at 350 ° F (175 ° C) and start preheating. Spray a 9x13-in. baking dish with cooking spray.
- Beat white sugar, nutmeg, the cloves, 2 teaspoons of cinnamon, vanilla extract and eggs together in a bowl; whisk in pumpkin till fully blended.
- In the preheated baking dish, place the bread cubes in a single layer; spread the pumpkin mixture over the bread cubes; gently toss to coat.
- In a small bowl, whisk butter, flour, 1/4 teaspoon of cinnamon and 1/3 cup of brown sugar together with a fork till the mixture is crumbly; pour over the bread cubes.

- In the preheated oven, bake for 30-40 minutes, till golden brown on top.

Nutrition Information

- Calories: 305 calories;
- Total Fat: 8.5
- Sodium: 598
- Total Carbohydrate: 46.2
- Cholesterol: 190
- Protein: 11.5

249. Pumpkin Loaf

Ingredients

- 4 ounces cream cheese, softened
- 1/4 cup margarine
- 1 1/4 cups white sugar
- 2 eggs
- 1 cup canned pumpkin
- 1 3/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/2 cup chopped walnuts

Direction

- Preheat an oven to 175 ° C/350 ° F then grease a 9x5x3-in. loaf pan.
- Cream sugar, butter and softened cheese well in mixing bowl; one by one, beat eggs in till blended. Mix pumpkin in.
- Mix walnuts, cloves, cinnamon, salt, baking powder, baking soda and flour thoroughly in another bowl till thoroughly combined; put on batter, all at once. Mix enough to just moisten. Turn in greased 9x5x3-in. loaf pan.
- Bake for 60-70 minutes at 175 ° C/350 ° F till a toothpick inserted exits clean; cool in pan for 10 minutes. Transfer to rack to complete cooling.

Nutrition Information

- Calories: 265 calories;
- Total Fat: 11.3
- Sodium: 345
- Total Carbohydrate: 37.5
- Cholesterol: 41
- Protein: 4.7

250. Pumpkin Pancakes With Nutmeg Whipped Cream

Ingredients

- Pancakes
- 2 1/3 cups pancake mix (such as Bisquick ®)
- 2 1/2 tablespoons white sugar
- 1/3 teaspoon ground cinnamon
- 1/3 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 2 eggs
- 1 1/4 cups milk
- 1/3 cup canned pumpkin
- 1/4 cup vegetable oil
- Nutmeg whipped cream
- 1 cup whipping cream
- 2 tablespoons white sugar
- 3/4 teaspoon vanilla extract
- 1/2 teaspoon ground nutmeg

Direction

- Combine ginger, pancake mix, 1/3tsp nutmeg, cinnamon, and white sugar together by whisking then set it aside. Whisk vegetable oil, eggs, pumpkin, and milk together; combine with the dry ingredients until and stir until the ingredients are moistened.
- On medium-high heat, heat a lightly greased frying pan or griddle. For each pancake, scoop or pour a quarter cup of batter

onto the griddle. The pancakes will form bubbles. Cook the pancakes until the edges start to appear dry and the bubble holds its shape near the edge. Flip it over then cook further until it turns golden brown on the other side. Repeat with the rest of the batter, oil the griddle more if needed. Stack and keep the pancakes warm on a plate until serving. Keep warm for bigger batches, place the pancake in one layer on a baking sheet set on a cooling rack inside a 150 ° C or 300 ° Fahrenheit oven.

- Pour whipping cream into a small, tall, chilled bowl. Using a mixer with chilled beaters, beat whipping cream, nutmeg, vanilla, and 2tbsp sugar on medium-high speed to form soft peaks.

Nutrition Information

- Calories: 748 calories;
- Sodium: 1218
- Total Carbohydrate: 81.3
- Cholesterol: 181
- Protein: 14.1
- Total Fat: 41.4

251. Pumpkin Pie Bread

Ingredients

- 3 1/2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 3 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 3 cups white sugar
- 1 cup vegetable oil
- 4 eggs
- 1 (15 ounce) can pumpkin puree
- 1/2 cup water

Direction

- Preheat an oven to 175 ° C/350 ° F; grease 2 9x5-in. loaf pans. Sift pumpkin pie spice, salt, baking powder, baking soda and flour together; put aside.
- Beat pumpkin, eggs, oil and sugar in big bowl; alternately with water, mix flour mixture in. Evenly divide batter to prepped pans.
- In preheated oven, bake for 60-70 minutes till an inserted toothpick in middle exits clean. For greatest flavor, keep wrapped in plastic wrap for 1 day before serving at room temperature.

Nutrition Information

- Calories: 263 calories;
- Protein: 3.1

- Total Fat: 10.3
- Sodium: 277
- Total Carbohydrate: 40.6
- Cholesterol: 31

252. Pumpkin Pie French Toast

Ingredients

- 3 large eggs
- 1/2 cup half-and-half cream
- 1/4 cup canned pumpkin puree
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1/4 teaspoon pumpkin pie spice
- 1/4 cup finely chopped walnuts
- 8 slices day-old bread

Direction

- Heat on medium heat with a lightly oiled skillet.
- In a bowl, whisk together walnuts, pumpkin pie spice, vanilla extract, cinnamon, pumpkin, half-and-half and eggs. Steep in the pumpkin mixture with a bread slice at a time, then arrange in the prepared skillet. Repeat process with the leftover bread slices. Stir the pumpkin mixture between dips to prevent walnuts from settling. Cook the slices of bread for 3 minutes per side, until turning golden brown.

Nutrition Information

- Calories: 284 calories;
- Sodium: 443
- Total Carbohydrate: 29.8
- Cholesterol: 151
- Protein: 10.7
- Total Fat: 13.7

253. Pumpkin Popovers

Ingredients

- 1 cup milk
- 2 eggs
- 1/4 cup pumpkin puree
- 1 tablespoon vegetable oil
- 1 cup all-purpose flour
- 1 tablespoon brown sugar
- 1/2 teaspoon pumpkin pie spice
- 1/2 teaspoon salt

Direction

- Preheat the oven to 175 ° C or 350 ° Fahrenheit. Slather butter in four muffin cups or custard dishes.
- With an electric mixer, whisk eggs and milk together in a bowl until smooth; stir in oil and pumpkin. Whisk in salt, flour, pumpkin pie spice, and brown sugar until it turns into a smooth batter. Scoop batter in buttered cups until half full.
- Bake popovers for 20-25mins in a 350 ° Fahrenheit oven until the surface is pale brown.

Nutrition Information

- Calories: 153 calories;
- Total Fat: 5
- Sodium: 260
- Total Carbohydrate: 21.1
- Cholesterol: 65
- Protein: 5.7

254. Pumpkin Quinoa Bread

Ingredients

- 1 (15 ounce) can pumpkin puree
- 1 cup light brown sugar
- 1 cup white sugar
- 3/4 cup canola oil
- 3 eggs
- 2 1/2 cups whole wheat flour
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 3/4 teaspoon baking soda
- 3/4 teaspoon baking powder
- 3/4 teaspoon salt
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground cloves
- 1 cup cooked quinoa
- 1 cup chopped walnuts
- 1/2 cup dried cranberries

Direction

- Preheat an oven to 175 ° C/350 ° F; grease then flour a 9x5-in. loaf pan.
- Whisk eggs, canola oil, white sugar, brown sugar and pumpkin till smooth in bowl. Sift cloves, allspice, salt, baking powder, baking soda, nutmeg, cinnamon and flour in another bowl; a little at a time, mix flour mixture into pumpkin mixture till

batter is smooth. Fold cranberries, walnuts and quinoa in; put batter in prepped loaf pan.

- In preheated oven, bake for 50-60 minutes till top of loaf springs back when being touched lightly.

Nutrition Information

- Calories: 472 calories;
- Sodium: 366
- Total Carbohydrate: 64.9
- Cholesterol: 46
- Protein: 7.6
- Total Fat: 22.6

255. Pumpkin Rice Pudding

Ingredients

- 2 quarts water
- 1 cup Arborio rice
- 4 cups skim milk
- 1 vanilla bean, split lengthwise
- 1 pinch salt
- 1/3 cup white sugar
- 1 (15 ounce) can pumpkin puree
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/2 cup raisins
- ground cinnamon, for garnish

Direction

- In a saucepan, boil water over high heat and put in the rice. Lower heat to medium-low and simmer for 7 minutes without a cover; drain well.
- In the same saucepan, heat the milk over medium-high heat until boiling. Stir in salt, vanilla bean and rice. Lower the heat to medium-low and simmer, frequently stirring, until the rice absorbs most of the milk and becomes very soft, 15-18 minutes. Remove the pan from heat, then discard the vanilla bean, add the sugar and stir.
- Preheat an oven to 350 ° F (175 ° C). Grease a 2-quart baking dish.

- In a large bowl, pour 1/2 rice pudding mixture. Add the ground nutmeg, ground ginger, ground cinnamon and pumpkin puree. In the prepared baking dish, scoop the pumpkin rice pudding. Mix the raisins into the rest of rice pudding mixture, and scoop it over the pumpkin rice pudding.
- Bake without a cover about half an hour until firm. Serve warm, if you want, sprinkled with cinnamon.

Nutrition Information

- Calories: 310 calories;
- Total Fat: 0.5
- Sodium: 251
- Total Carbohydrate: 69.1
- Cholesterol: 3
- Protein: 9.3

256. Pumpkin Smoothie

Ingredients

- 1 (16 ounce) can pumpkin puree
- 2 cups milk
- 1/4 cup brown sugar
- 2 teaspoons ground cinnamon

Direction

- In a freezer bag, add pumpkin puree and keep in the freezer for a minimum of 1 day.
- Microwave the bag of pumpkin puree on high setting for 1-2 minutes, until softened.
- Add in the blender with milk, then put in pumpkin, cinnamon and brown sugar then blend until smooth.

Nutrition Information

- Calories: 155 calories;
- Total Fat: 2.7
- Sodium: 328
- Total Carbohydrate: 29.3
- Cholesterol: 10
- Protein: 5.3

257. Pumpkin Spice Coffee

Ingredients

- 1/4 cup ground coffee
- 1 teaspoon ground allspice
- 1/2 teaspoon ground cinnamon
- 4 cups water
- 2 teaspoons half-and-half cream, or to taste
- 1 teaspoon white sugar, or to taste

Direction

- Combine cinnamon, allspice and ground coffee in a small bowl. Put into a drip coffee maker ’ s fillet. Add into the coffee maker 4 cups of water then start the machine. Pour into 2 cups once the coffee finishes dripping. Stir in sugar and cream to taste.

Nutrition Information

- Calories: 25 calories;
- Total Fat: 0.7
- Sodium: 23
- Total Carbohydrate: 4.6
- Cholesterol: 2
- Protein: 0.5

258. Pumpkin Spice Coffee Syrup

Ingredients

- 1 1/2 cups water
- 1 1/2 cups white sugar
- 1/2 cup pumpkin pie filling, or to taste, divided
- 4 cinnamon sticks
- 4 teaspoons freshly grated nutmeg
- 2 teaspoons minced fresh ginger
- 2 teaspoons whole cloves
- 2 teaspoons vanilla extract
- 1/2 teaspoon pumpkin pie spice
- 1/4 cup sweetened condensed milk

Direction

- In a saucepan, mix sugar and water; boil. Lower the heat to medium-low. Cook and stir regularly for 5 minutes till sugar is completely dissolved into a simple syrup.
- Stir pumpkin pie spice, vanilla extract, cloves, ginger, nutmeg, cinnamon sticks and 6 tbsp. of pumpkin pie filling into the syrup. Let the liquid simmer again. Cook for 8-10 minutes till the syrup is well-spiced.
- Use a sheet of cheesecloth to strain the mixture. Bring the liquid back to the saucepan over low heat. Stir the leftover 2 tbsp. of pumpkin pie filling and sweetened condensed milk into the spiced syrup. Cook and stir regularly for 5 minutes till the pumpkin is dissolved into the liquid.

Nutrition Information

- Calories: 105 calories;

- Total Carbohydrate: 24.6
- Cholesterol: 2
- Protein: 0.6
- Total Fat: 0.7
- Sodium: 25

259. Pumpkin Spice Latte

Ingredients

- 2 tablespoons canned pumpkin puree
- 1 teaspoon vanilla extract
- 2 tablespoons white sugar
- 1 cup milk
- 1/4 teaspoon pumpkin pie spice
- 1 (1.5 fluid ounce) jigger brewed espresso

Direction

- Brew espresso. In the meantime, whisk together milk, pumpkin pie spice, sugar, vanilla and pumpkin in a small saucepan. Warm while constantly whisking over medium heat till frothy and hot. Don ’ t boil. Transfer espresso into a mug then add pumpkin spiced milk over it.

Nutrition Information

- Calories: 244 calories;
- Total Carbohydrate: 39.7
- Cholesterol: 20
- Protein: 8.7
- Total Fat: 5.1
- Sodium: 108

260. Pumpkin Sufganiot With Cranberry Jelly

Ingredients

- Doughnut Dough:
- 1/2 cup unsalted butter
- 3/4 cup boiling milk
- 1 cup canned pumpkin puree
- 3/4 cup white sugar
- 2 eggs
- 1 egg yolk
- 5 cups unbleached all-purpose flour
- 1 (.25 ounce) package instant yeast
- 1 1/4 teaspoons salt
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground allspice
- Filling:
- 1 (14 ounce) can jellied cranberry sauce
- 1/3 cup water
- 1 quart vegetable oil for frying
- 1 egg white
- 1 teaspoon water
- 1/2 cup white sugar, or as needed
- 1/4 cup confectioners' sugar, for dusting

Direction

- In a bowl of stand mixer, add butter and hot milk; mix until the butter melts. Mix in egg yolk, pumpkin puree, eggs, and 3/4 cup white sugar.
- Mix together allspice, flour, cinnamon, yeast, ginger, and salt in another bowl. On low speed, add 4 cups flour using the paddle attachment. Scrape under the paddles and at the sides of the bowl to get any loose mixture. Stir in the leftover flour; continue on low speed until well combined while still scraping down the sides. The mixture will resemble a cookie dough and will be very moist. The dough will absorb the moisture while it rests.
- Place the dough in an oiled bowl. Lightly grease a plastic wrap with cooking spray; use wrap to cover the bowl. Let it chill in the refrigerator for a minimum of 5 hours to overnight.
- In a saucepan, mix together 1/3 cup water and canned cranberry sauce ’ use a spoon to break sauce up a bit. On medium-low heat, heat the sauce for 25 minutes until it melts, stir regularly. Transfer in a bowl and chill in the refrigerator.
- Put the dough on a heavily floured surface; form to a ball and split in half. Place the other half back in the oiled bowl, cover using the oiled plastic wrap and place it back in the refrigerator. Roll the leftover half to a quarter inch thick on a floured surface; use a 3-in cutter to cut.
- In a big saucepan or deep fryer, heat oil to 190 ° Celsius (375 ° Fahrenheit). Place a silicone liner or parchment paper in a baking sheet to keep the dough from sticking.
- Place the cut dough on the baking sheet by twos, one piece will be the top and the other piece will be the bottom half of the pastry. Roll the leftover scraps and add to the refrigerated half.
- Combine teaspoon water and egg white. Brush the mixture on the bottom pieces of the doughnuts.
- Scoop a teaspoon cranberry jelly in the middle of the bottom half, seal the doughnut by putting the top half and pressing it on

the edges. Set aside for 20 minutes.

- Fry doughnuts for 1 1/2 minute on each side until brown, work in batches. Place the doughnuts on paper towels to drain. In a big bowl or bag, put half a cup white sugar; dredge the donuts in to coat. Sprinkle confectioners' sugar on top, serve. Repeat the process with the leftover dough.

Nutrition Information

- Calories: 316 calories;
- Cholesterol: 46
- Protein: 5.1
- Total Fat: 11.1
- Sodium: 217
- Total Carbohydrate: 49.4

261. Pumpkin Sweet Potato Bread

Ingredients

- 1 cup pumpkin pie filling
- 1 cup sweet potato pie filling
- 1/2 cup water
- 1/2 cup vegetable oil
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder

Direction

- Preheat an oven to 165 ° C/325 ° F then grease 2 loaf pans.
- Mix oil, water, sweet potato pie filling and pumpkin pie filling in bowl; add baking powder, baking soda and flour. Mix well; put mixture in prepped loaf pans.
- In preheated oven, bake for 1 hour till an inserted knife in middle exits clean.

Nutrition Information

- Calories: 235 calories;
- Sodium: 202
- Total Carbohydrate: 33.9
- Cholesterol: 0
- Protein: 3.7
- Total Fat: 9.5

262. Pumpkin Tea Bread

Ingredients

- 1/2 cup margarine
- 1 1/2 cups white sugar
- 2 eggs
- 1 cup canned pumpkin
- 1 tablespoon orange zest
- 1/4 cup orange juice
- 2 1/4 cups all-purpose flour
- 1/2 teaspoon baking powder
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 cup chopped walnuts
- 1/2 cup chopped pitted dates

Direction

- Preheat the oven to 175 degrees C/350 degrees F. Grease a 9x5-in. loaf pan.
- Cream 1 egg, sugar and butter together in a big bowl. Beat 2nd egg in until smooth. Mix in juice, orange rind and pumpkin.
- Measure then stir together dates, nuts, cloves, cinnamon, salt, baking soda, baking powder and flour in another bowl. Pour it into the batter in the mixing bowl all at once. Mix it only to moisten. Put it in the prepped loaf pan.

- Bake in preheated oven for about 1 hour until an inserted toothpick exits clean. Cool for 10 minutes in pan. Take out loaf from pan. Put on a rack. Cool then wrap.

Nutrition Information

- Calories: 320 calories;
- Total Fat: 11.8
- Sodium: 476
- Total Carbohydrate: 50.8
- Cholesterol: 31
- Protein: 4.7

263. Pumpkin Waffles With Apple Cranberry Relish

Ingredients

- APPLE-CRANBERRY RELISH
- 3 large Granny Smith apples
- 3 tablespoons butter
- 1/4 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1/4 cup orange juice
- 1 teaspoon grated orange zest (optional)
- 3/4 cup maple syrup, divided
- 1/2 cup dried cranberries
- 1/2 cup chopped pecans
- butter (optional)
- PUMPKIN WAFFLES
- 3 eggs
- 1 1/2 cups low-fat buttermilk
- 1/2 cup canola oil
- 1/2 cup pumpkin puree
- 1 1/2 cups whole wheat pastry flour
- 2 tablespoons white sugar
- 2 teaspoons baking powder
- 3/4 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg

- 1/4 teaspoon ground cloves
- 1/2 cup butter, for serving

Direction

- To prepare Apple-Cranberry Relish: Remove apple ’ s skin and core, then cut into quarter-inch portions. In a saucepan, mix half cup maple syrup, orange juice, vanilla, half teaspoon cinnamon, 3 tablespoons of butter and chopped apples. Cook for 3 minutes on moderate heat. Put in cranberries and cook for 5 to 10 minutes till apples are soft and cranberries soften.
- With a slotted spoon, take out cranberries and apples and reserve in bowl. Let apple syrup mixture simmer for 8 minutes till thick, mixing frequently. Take it off the heat and mix in leftover quarter cup of the maple syrup. Into the apple-cranberry mixture, put the orange zest, if desired, and pecans.
- Preheat the waffle iron following the manufacturer's directions.
- In a bowl, stir pumpkin puree, canola oil, buttermilk and eggs, whisking thoroughly. Mix ginger, cloves, nutmeg, cinnamon, baking soda, baking powder, sugar and pastry flour. Into the pumpkin mixture, mix flour mixture and stir till well incorporated. Batter must be pourable; put in additional 1 tablespoon buttermilk if needed.
- Cook waffles following the manufacturer's directions. Put butter and apple-cranberry relish on top and serve while hot alongside spiced apple syrup.

Nutrition Information

- Calories: 1222 calories;
- Total Fat: 81.4
- Sodium: 970
- Total Carbohydrate: 119
- Cholesterol: 226

- Protein: 14.4

264. Quick Pumpkin Spice Latte

Ingredients

- 1 cup milk, divided
- 1 tablespoon white sugar, or more to taste
- 1 tablespoon pumpkin puree
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon vanilla extract
- 1/4 cup brewed espresso

Direction

- In a small saucepan, whisk vanilla extract, pumpkin pie spice, pumpkin puree, sugar and 1/2 cup of milk over low heat. Simmer for 5 minutes then whisk in the leftover 1/2 cup of milk.
- Discard pulp by pouring milk mixture through a fine-mesh sieve. Bring milk mixture back to the saucepan; simmer and whisk for 2 minutes. Whisk in espresso for 1 minute till foamy.

Nutrition Information

- Calories: 184 calories;
- Total Fat: 5.1
- Sodium: 110
- Total Carbohydrate: 25.4
- Cholesterol: 20
- Protein: 8.2

265. Really Cranberry Orange Yummy Gummy Pudding Cake

Ingredients

- 5 cups all-purpose flour
- 3 cups white sugar
- 4 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 2 teaspoons salt
- 3 tablespoons dried grated orange peel
- 3/4 cup orange juice concentrate
- 1 1/2 cups water
- 1 tablespoon orange extract
- 1 1/2 cups butter, softened
- 2 (12 ounce) packages cranberries, rinsed and stems removed if necessary
- 3/4 cup finely chopped pecans

Direction

- Preheat the oven to 175 ° C or 350 ° Fahrenheit. Oil a 10-in by 14-in baking pan.
- In a bowl, mix dried orange peel, flour, salt, sugar, baking soda, and baking powder. Mix orange extract, water, and orange juice concentrate in another bowl. Cut butter in the flour mixture with a pastry cutter until well blended; mix in the orange juice mixture until mixing just enough to combine completely. Mix in pecans and cranberries gently. Smoothen the batter in the greased baking dish.

- Bake for 50 minutes in the preheated oven until brown on the surface. Lower heat to 165 ° C or 325 ° Fahrenheit, then use foil to cover the dish. Bake for another 20-30 minutes until an inserted knife in the middle of the cake comes out without residue.

Nutrition Information

- Calories: 464 calories;
- Total Fat: 19
- Sodium: 583
- Total Carbohydrate: 70.7
- Cholesterol: 41
- Protein: 4.6

266. Really, Truly Gorgeous Dried Fruit Salad

Ingredients

- 8 ounces dried figs
- 8 ounces dried apricots
- 8 ounces pitted prunes
- 1/2 cup dried cranberries
- 1/2 cup raisins
- 1/2 cup golden raisins
- 1/4 cup pine nuts
- 1 tablespoon honey

Direction

- In a bowl, place golden raisins, raisins, cranberries, prunes, apricots and figs. Cover with enough water. Cover and let soak for at least 8 hours or overnight.
- In a saucepan, place the soaking water and fruit. Add honey and pine nuts; stir. Bring to a simmer, cook and stir occasionally for 30 minutes till fruit still holds its shape but tender. Take away from the heat. Carefully bring the liquid and fruit back to the bowl, try not to break up the fruit. Let cool to room temperature.

Nutrition Information

- Calories: 211 calories;
- Total Fat: 1.9
- Sodium: 9
- Total Carbohydrate: 51.6
- Cholesterol: 0
- Protein: 2.7

267. Roasted Butternut Squash Souffle

Ingredients

- 1 tablespoon white sugar, or as needed
- 1 butternut squash, halved and seeded
- 1/4 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup unsalted butter at room temperature
- 1/4 cup white sugar
- 1/4 cup brown sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 3 eggs at room temperature, separated

Direction

- Preheat oven to 350 ° F (175 ° C). In a baking sheet, line with parchment paper. Butter a souffl é or ceramic baking dish lightly and use 1 tablespoon white sugar to sprinkle over butter, tapping excess sugar out of the dish. Place buttered and sugared dish to the refrigerator for storing.
- Place butternut squash, cut-side down, onto the prepared baking sheet.
- In the preheated oven, bake for 1 to 1 and a half hours until very soft. Let squash cool to room temperature.
- In a bowl, sift salt, baking powder, and flour together.
- In a in a food processor, scrape flesh from butternut squash until smooth. Add 1/4 cup white sugar, flour mixture, vanilla extract,

brown sugar, nutmeg, and cinnamon and process till smooth. Add egg yolks to squash mixture during processing continually, one egg yolk at a time.

- In a bowl, beat egg whites by using an electric mixer until it forms stiff peaks; fold into squash mixture. In the chilled dish, pour the mixture.
- In the preheated oven, bake for around 1 hour until top springs back after pressing and browned.

Nutrition Information

- Calories: 259 calories;
- Protein: 4.2
- Total Fat: 13.6
- Sodium: 138
- Total Carbohydrate: 32.9
- Cholesterol: 100

268. Rosemary Sweet Potato Quiche

Ingredients

- 4 sweet potatoes, peeled
- 1/2 cup water, or as needed
- 1 tablespoon vegetable oil, or as needed
- 2 onions, thinly sliced into rounds
- 6 sprigs fresh rosemary
- 1/4 cup brown sugar
- 3 tablespoons Dijon mustard
- 2 9-inch pie crusts
- 6 ounces crumbled goat cheese
- 8 ounces shredded Monterey Jack cheese
- 4 eggs
- 3/4 cup milk
- 1 pinch Italian seasoning, or more to taste

Direction

- Turn the oven at 350 ° F (175 ° C) and start preheating.
- Using a fork, create holes for every sweet potato, then put in a dish that can be used for microwave. Fill 1/2 inch of the dish with water. Microwave the sweet potatoes for about 12 minutes until tender. Place them on a work surface to cool.
- In a skillet, heat the oil on medium heat; add rosemary and onion to cook and continue stirring for 12 to 15 minutes until onions become soft. Get rid of rosemary sprigs. Add brown sugar, cook while stirring for 3 to 4 minutes, until caramelized and browned. Mix in mustard and take the skillet out of the heat.

- Cut sweet potatoes into 1/4 to 1/2 inch round slices.
- Take each pie crust to press into a 9 inches pie dish. Line caramelized onions on both crusts then place half of sweet potatoes on top. Sprinkle over the sweet potato layer with half of the goat cheese and half of the Monterey Jack cheese. Lay the remaining half of the sweet potatoes on top of cheese layer and finish with remaining goat and Monterey Jack cheese on top.
- In a bowl, whip Italian seasoning, milk and eggs together, and pour the mixture evenly onto filled pie crusts so that it covers all around the cheeses and sweet potatoes.
- Bake in prepared oven for about 40 minutes or until the quiches ’ middle are set.

Nutrition Information

- Calories: 404 calories;
- Total Carbohydrate: 35.8
- Cholesterol: 91
- Protein: 13.5
- Total Fat: 23.1
- Sodium: 497

269. Sage Sausage Bread

Ingredients

- 1 pound sage pork sausage
- 1 small onion, chopped
- 1 jalapeno pepper, chopped
- 1/2 cup shredded Swiss cheese
- 1/4 cup grated Parmesan cheese
- 1 egg, beaten
- 1/4 teaspoon hot pepper sauce
- 1/3 cup milk
- 2 cups buttermilk baking mix
- 1/4 cup melted margarine
- 1 teaspoon salt
- 2 tablespoons chopped fresh parsley

Direction

- Preheat the oven to 400 ° F (200 ° C). Coat a 9x13-inch baking pan with oil.
- Put the onion, jalapeno and sausage in a big skillet and let it cook over medium heat setting for about 10 minutes while stirring it until the sausage is nicely browned. Drain the cooked sausage mixture and allow it to cool down a little bit on one side.
- In a big bowl, combine the egg, Swiss cheese, milk, Parmesan cheese and hot sauce together. Add in the salt, biscuit mix, parsley and margarine and mix well. Put in the sausage mixture and mix everything together until thoroughly blended. Spread the prepared mixture evenly in the prepared baking pan.

- Put it in the preheated oven and let it bake for about 35 minutes until a poked toothpick in the middle comes out clean. You may serve it either cold or warm.

Nutrition Information

- Calories: 165 calories;
- Sodium: 582
- Total Carbohydrate: 9.3
- Cholesterol: 29
- Protein: 6.2
- Total Fat: 11.5

270. Savory Butternut Squash Pancakes

Ingredients

- 1 tablespoon dried minced shallots (optional)
- 1 tablespoon hot water
- 1/2 cup all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 teaspoon Saigon cinnamon
- 1/2 teaspoon freshly grated nutmeg
- 2 eggs
- 2 cups mashed, cooked butternut squash
- 1 teaspoon vanilla extract
- 1/4 cup dried currants
- 1 teaspoon vegetable oil, or as needed
- 1/2 cup fat free sour cream
- 1 teaspoon vanilla extract
- 1 teaspoon maple syrup

Direction

- Hydrate shallots in small bowl with hot water for 5-10 minutes then drain.
- Sift nutmeg, cinnamon, salt, baking powder and flour in big bowl. Whisk vanilla extract, shallots, squash and eggs in another bowl; mix into flour mixture just till mixed. Fold currants into the batter.
- Heat vegetable oil on medium heat in skillet. Scoop 1/4 cup batter; drop into hot oil and cook pancakes for 6-8 minutes per

side till lightly browned and crisp. Repeat with leftover batter.

- In a bowl, mix maple syrup, vanilla extract and sour cream; put over squash pancakes. Serve.

Nutrition Information

- Calories: 209 calories;
- Cholesterol: 98
- Protein: 8.1
- Total Fat: 4
- Sodium: 1037
- Total Carbohydrate: 36.2

271. Savory Sausage Sun Dried Tomato And Pumpkin Bread Pudding

Ingredients

- 1 teaspoon softened butter, or as needed
- 1 pound sausage
- 1 cup diced raw pumpkin
- 1 small onion, chopped
- 1/4 cup diced sun-dried tomatoes
- 3 cups diced artisanal bread
- 2 cups heavy whipping cream
- 2 cups shredded sharp Cheddar cheese
- 5 eggs
- 1 cup whole milk
- 1 cup shredded Gruyere cheese
- 1 teaspoon kosher salt
- 1 teaspoon cracked black pepper

Direction

- Preheat the oven to 350 ° F (175 ° C). Use a butter to grease a 9x13-inch baking dish.
- In a large skillet, put in the onion, sausage, sun-dried tomatoes and pumpkin and let it cook over medium heat setting for 5-8 minutes while stirring it until the sausage turns brown in color.
- Place the cooked sausage mixture in a large bowl. Add in the eggs, salt, bread, pepper, Gruyere cheese, Cheddar cheese, milk and heavy cream and mix everything together. Transfer and spread the mixture in the prepared baking dish.

- Put it in the preheated oven and let it bake for 30-45 minutes until it turns golden in color and has puffed.

Nutrition Information

- Calories: 772 calories;
- Total Fat: 65
- Sodium: 1489
- Total Carbohydrate: 18
- Cholesterol: 352
- Protein: 30

272. Spiced Pumpkin Bread

Ingredients

- 1 1/2 cups white sugar
- 1 cup light brown sugar
- 1 cup butter, melted
- 2 eggs
- 1 tablespoon vanilla extract
- 3 cups pumpkin puree
- 4 cups all-purpose flour
- 2 tablespoons ground cinnamon
- 1 tablespoon baking powder
- 1 tablespoon baking soda
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/2 teaspoon salt

Direction

- Preheat the oven to 350 ° F (175 ° C).
- In a big bowl, combine the melted butter, white sugar and brown sugar together. Mix in the vanilla extract and eggs then add in the pumpkin and mix well until fully blended.
- In another bowl, mix the nutmeg, cinnamon, cloves, salt, baking powder, baking soda and flour together. Combine the dry mixture into the pumpkin mixture and mix well until fully combined. Distribute the batter into three 9x5-inch loaf pans. Smoothen out the batter mixture in each pan.
- Put in the preheated oven and bake for 45-50 minutes until a poked toothpick in the middle of each loaf comes out clean.

Nutrition Information

- Calories: 247 calories;
- Total Carbohydrate: 40.7
- Cholesterol: 36
- Protein: 3.1
- Total Fat: 8.4
- Sodium: 394

273. Sweet Potato Biscuits

Ingredients

- 1 cup all-purpose flour
- 3 teaspoons baking powder
- 2 teaspoons white sugar
- 1 teaspoon salt
- 2 tablespoons shortening
- 3/4 cup mashed sweet potatoes
- 1/4 cup milk

Direction

- Heat the oven to 400 ° F (200 ° C).
- Combine the salt, sugar, baking powder, and flour in a medium bowl. Stir in the shortening until it forms pea-sized pieces or smaller. Stir in the sweet potatoes and milk just enough to make the dough soft.
- Transfer dough onto a floured surface, roll out to 1/2-in. thickness. Punch out circles with a drinking glass or a biscuit cutter. Put biscuits 1-in. apart onto a greased baking sheet.
- Bake in the preheated oven for 12 to 15 minutes or until golden brown.

Nutrition Information

- Calories: 118 calories;
- Total Fat: 3.6
- Sodium: 447
- Total Carbohydrate: 19.2
- Cholesterol: 1

- Protein: 2.3

274. Sweet Potato French Toast

Ingredients

- 1/4 cup mashed sweet potatoes
- 4 eggs
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 8 slices whole wheat bread

Direction

- Whisk nutmeg, cinnamon, eggs and sweet potato until tender. Dip into the egg mixture with both sides of the bread for a few seconds until bread is moistened all the way through.
- Heat a big and lightly oiled skillet on medium heat. In batches, cook the French toast for 4 minutes each side, until each side turns golden brown and isn ’ t wet in the center anymore.

Nutrition Information

- Calories: 229 calories;
- Total Fat: 6.9
- Sodium: 350
- Total Carbohydrate: 27.6
- Cholesterol: 186
- Protein: 14

275. Sweet Potato Turkey Hash

Ingredients

- 4 sweet potatoes, peeled and diced
- 3 tablespoons vegetable oil
- 1 large Spanish onion, chopped
- 2 large green bell peppers, diced
- 1/2 teaspoon ground cumin, or to taste
- salt and pepper to taste
- 2 cups chopped cooked turkey

Direction

- Boil a big pot of water. Put in sweet potatoes, and cook for 5 minutes or till soft. Drain and reserve.
- Meanwhile, in a big skillet, heat a tablespoon of oil over moderately high heat. Saut é green pepper and onion till soft. Add pepper, salt and cumin to season.
- Toss together the turkey, onion mixture and sweet potatoes in a big bowl. In a big skillet, heat the rest of the oil over moderate heat. In skillet, put sweet potato mixture, level using a spatula or big spoon, and cook till bottom is crisp. Cautiously flip and cook the other side till crisp. Serve while warm.

Nutrition Information

- Calories: 170 calories;
- Sodium: 44
- Total Carbohydrate: 15.2
- Cholesterol: 27
- Protein: 11.7

- Total Fat: 7.1

276. Sweet Potato Waffles With Cranberry Maple Syrup

Ingredients

- Waffles:
- 1 1/2 cups sweet potato puree
- 2/3 cup milk
- 1 egg, lightly beaten
- 2 tablespoons melted butter
- 1 1/2 cups all-purpose flour
- 2 tablespoons brown sugar
- 1 1/2 tablespoons baking powder
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cloves
- 1/8 teaspoon salt
- Syrup:
- 1 cup maple syrup
- 1/2 cup cranberry sauce
- 1/2 teaspoon ground cinnamon

Direction

- Set a waffle iron according to the manufacturer's directions to preheat.
- In a bowl, combine butter, egg, milk and sweet potato. In another separate bowl, whisk salt, cloves, ginger, nutmeg, a teaspoon of cinnamon, baking powder, brown sugar and flour.

- Combine the flour mixture with the potato mixture until it is well blended.
- Cook the batter on the waffles for 3 minutes, until the waffles are crisp and golden.
- In a saucepan placed over medium heat, mix half teaspoon cinnamon, cranberry sauce and maple syrup. Allow to cook while stirring often for 5 to 10 minutes, until it is well combined. Dredge the cooked waffles with syrup.

Nutrition Information

- Calories: 517 calories;
- Sodium: 631
- Total Carbohydrate: 108.2
- Cholesterol: 52
- Protein: 7.9
- Total Fat: 7

277. Sweet Potato And Black Pepper Biscuits

Ingredients

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon white sugar
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup butter
- 1 cup cold mashed sweet potatoes
- 2 tablespoons heavy cream

Direction

- Heat oven to 425 ° F (220 ° C).
- In a large mixing bowl, mix salt, baking soda, pepper, sugar, baking powder, and flour together. With a pastry cutter or fork, stir butter into the dry ingredients until the mixture forms coarse crumbs. Mix cream and sweet potatoes into the buttered mixture until the dough is soft.
- Knead the dough on a lightly floured work surface, turning over 5 times. Pat to about 1/2 inch thick. Punch out 2-inch circles out of the dough and put on a baking sheet.
- Bake in heated oven for 12 to 15 minutes until lightly browned.

Nutrition Information

- Calories: 210 calories;
- Total Fat: 12.7
- Sodium: 281

- Total Carbohydrate: 21.5
- Cholesterol: 34
- Protein: 2.8

278. Sweet And Sassy Hash Browns

Ingredients

- 1 tablespoon butter
- 1 large sweet potato, scrubbed and shredded
- 1 onion, chopped
- 1/4 teaspoon chipotle chile powder
- 1/2 teaspoon garlic powder
- 2 tablespoons brown sugar

Direction

- In a nonstick skillet, melt butter over medium-high heat. Cook onion and shredded sweet potatoes in melted butter in the pan for about 10 minutes, covered, stirring sometimes, until potatoes are tender and onion is translucent.
- Mix in brown sugar, garlic powder, and chipotle chile powder. Cook without covering for about 5 minutes until the underside of potatoes turn golden brown. Turn over and cook the other side until brown.

Nutrition Information

- Calories: 346 calories;
- Total Fat: 6
- Sodium: 174
- Total Carbohydrate: 70.2
- Cholesterol: 15
- Protein: 5

279. Thanksgiving Muffins

Ingredients

- 1/2 cup sweetened dried cranberries (such as Craisins ®)
- 1 cup hot water, or as needed
- 1 cup whole wheat flour
- 1 cup white sugar
- 1/2 cup oat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 (15 ounce) can sweet potatoes, undrained
- 3 eggs
- 1/4 cup coconut oil
- 1/2 cup chopped pecans

Direction

- Preheat an oven to 175 ° C or 350 ° F. Oil or line 6 huge muffin cups with paper liners.
- In a bowl with hot water, soak dried cranberries for 10 minutes till plump; drain.
- In a bowl, mix together the nutmeg, cinnamon, salt, baking soda, baking powder, oat flour, white sugar and whole wheat flour. In another bowl, whip together the coconut oil, eggs and sweet potatoes till smooth; mix into the flour mixture till batter turns smooth. Into the batter, fold pecans and plump sweetened cranberries; scoop into prepped muffin cups.

- In the prepped oven, bake for 25 minutes to half an hour till a toothpick pricked in the middle of muffin exits clean.

Nutrition Information

- Calories: 505 calories;
- Total Carbohydrate: 78.4
- Cholesterol: 93
- Protein: 8.9
- Total Fat: 19.7
- Sodium: 753

280. Three Egg Omelet

Ingredients

- 12 eggs, lightly beaten
- 3 slices cooked ham, chopped
- 3 slices cooked turkey meat, chopped
- 3 green onions, sliced
- 1 tomato, diced
- 1 sprig fresh parsley, chopped
- 1/2 medium green bell pepper, diced
- 1 (8 ounce) package shredded Cheddar cheese

Direction

- Lightly grease/spray a big skillet; heat on medium heat.
- In glass measuring cup; crack 3 eggs; beat with whisk/fork till scrambled. Put eggs in heated skillet. Swirl pan to coat the bottom and cover. Let cook for 2 minutes till eggs are firm.
- Put 1/4 each of Cheddar cheese, green bell pepper, parsley, tomato, green onions, turkey and chopped ham on top. Fold egg in half over fillings; serve warm. Repeat with the leftover ingredients to get 4 omelets.

Nutrition Information

- Calories: 539 calories;
- Sodium: 852
- Total Carbohydrate: 4.3
- Cholesterol: 645
- Protein: 43.5
- Total Fat: 38.6

281. Traditional Cranberry Apple Crisp

Ingredients

- 3/4 cup orange juice
- 2 cups white sugar
- 5 cups fresh cranberries
- 4 Gala apples - peeled, cored, and chopped
- 3/4 cup chopped pecans
- 1 cup brown sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 cup rolled oats
- 1/3 cup butter, softened

Direction

- Preheat the oven to 350 ° F (175 ° C). Coat a 9x12-inch baking dish with oil.
- In a saucepan, put in the sugar, about 1/2 of the cranberries and the orange juice and let it heat up over medium heat setting until the mixture is boiling. Allow the mixture to simmer for 8-10 minutes while stirring it from time to time until the cranberries have burst. Add in the remaining cranberries and the apples and mix well. Remove the pan away from the heat and let the mixture cool down for a couple minutes before transferring it into the prepared baking dish.
- Combine the cinnamon, pecans, oats, brown sugar and nutmeg together in a bowl. Add in the butter and mix everything together until well-combined; top the cranberry-apple mixture evenly with the prepared oat topping.

- Put it in the preheated oven and let it bake for about 45 minutes until the oat topping started to turn brown in color and the cranberry-apple filling mixture is already bubbling.

Nutrition Information

- Calories: 741 calories;
- Cholesterol: 27
- Protein: 4
- Total Fat: 21.4
- Sodium: 87
- Total Carbohydrate: 141.3

282. Turkey Filled Omelette

Ingredients

- 1 tablespoon olive oil
- 2 teaspoons unsalted butter
- 1 tablespoon chopped fresh shiitake mushroom
- 1 shallot, finely chopped
- 1/4 teaspoon salt
- 1 fresh sage leaf, minced
- 1/4 teaspoon crushed red pepper flakes
- 1/4 cup shredded cooked turkey
- 1 teaspoon dry vermouth (optional)
- 2 eggs, chilled
- 1 pinch ground white pepper
- 2 teaspoons olive oil
- 1 tablespoon creme fraiche

Direction

- In a skillet, heat butter and 1 tablespoon of olive oil over medium-low heat, stir in sage, red pepper flakes, salt, shallot and shitake mushroom. Cook for about 5 minutes until shallot becomes translucent, remember to stir while cooking. Mix in vermouth and turkey, stir for 1 to 2 minutes just to heat them up; remove from heat.
- In a bowl, beat the eggs with a fork until well combined, sprinkle with a pinch of salt and white pepper to taste. In an omelet pan, heat 2 teaspoons of olive oil over medium heat until hot, pour beaten eggs into the pan. Gently stir the eggs with a spatula for 1 to 2 minutes just until they start to set; shake the

pan in order that the bottom is fully covered with eggs. Use the spatula to smooth out the surface of the partially set eggs, cook just until the bottom is hardened and the top is still slightly tender, turn off the heat.

- Tuck the turkey filling into the center of omelet, remember to fill about the middle third of the omelet; use small dollops of cr è me fraiche to dot. Do not overfill omelet. Fold the upper third of the egg over filling using a spatula, gently tip the skillet and shake omelet towards the edge of the skillet. Fold omelet over filling one more time with spatula to form into a loose cigar shape. Gently slide the omelet onto a serving plate and serve.

Nutrition Information

- Calories: 578 calories;
- Sodium: 761
- Total Carbohydrate: 12.1
- Cholesterol: 439
- Protein: 25.1
- Total Fat: 48.1

283. Val's Pumpkin Scones

Ingredients

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1/2 cup packed brown sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground allspice
- 1/4 cup butter
- 1/2 cup raisins
- 1 cup canned pumpkin
- 1 egg
- 2 tablespoons buttermilk
- 1 egg white, beaten (optional)

Direction

- Preheat the oven to 200 degrees C (400 degrees F).
- In a large bowl, mix together all-purpose flour, allspice, whole wheat flour, cinnamon, brown sugar, baking soda, salt, baking powder, and nutmeg. Use 2 knives or a pastry blender to chop the butter into the flour mixture until the mixture is crumbly. Mix raisins into the flour mixture.
- In a bowl, whisk together buttermilk, pumpkin, and egg. Mix into the flour mixture until the dough is combined well. Onto a

lightly floured surface, pat the dough to form a 3/4-inch-thick circle. Then use a 2-inch round cutter to slice the dough into 14 scones and place into a baking sheet. Use egg white to brush the tops of the scones.

- Bake for about 10 to 12 minutes in the oven until a toothpick comes out clean when inserted in the center. Place the scones onto a wire rack to completely cool.

Nutrition Information

- Calories: 149 calories;
- Sodium: 236
- Total Carbohydrate: 26.7
- Cholesterol: 20
- Protein: 3.2
- Total Fat: 4

284. World Famous Fall Pumpkin Pancakes

Ingredients

- 1 cup oats
- 1 cup cottage cheese
- 3/4 cup egg whites
- 1/2 cup pumpkin puree
- 1/4 cup skim milk
- 1 1/2 teaspoons pumpkin pie spice
- 1 teaspoon honey
- 1/2 teaspoon ground cinnamon
- cooking spray

Direction

- In a blender, blend together cinnamon, oats, honey, cottage cheese, pumpkin pie spice, egg whites, milk, and pumpkin puree until the batter is smooth; transfer to a bowl.
- On medium heat, heat a skillet or pan; grease with cooking spray.
- Scoop a quarter cup of batter for each pancake in the hot pan; cook for 2mins until dry on the edges and bubbles form. Flip then cook the other side for 1-2mins until brown. Repeat with the rest of the batter.

Nutrition Information

- Calories: 145 calories;
- Cholesterol: 7
- Protein: 12.4
- Total Fat: 3.3

- Sodium: 308
- Total Carbohydrate: 16.8

285. Yummy Pumpkin Scones

Ingredients

- 1/2 cup white sugar
- 1 1/2 tablespoons butter, softened
- 1 teaspoon vanilla extract
- 1 egg, lightly beaten
- 2 cups self-rising flour
- 1 cup canned pumpkin
- 1 teaspoon pumpkin pie spice (optional)
- 1/8 teaspoon salt

Direction

- Preheat the oven to 220 degrees C (425 degrees F). Coat a baking sheet with grease.
- Use an electric mixer to beat vanilla extract, sugar, and butter together in a bowl until fluffy and smooth. Add in egg and then beat thoroughly. Mix salt, flour, pumpkin pie spice, and pumpkin in the creamed butter mixture and knead lightly until combined well. Cut the dough to form 1-inch squares and spread on the baking sheet.
- Bake for 15 minutes in the oven until the scones have risen.

Nutrition Information

- Calories: 200 calories;
- Sodium: 531
- Total Carbohydrate: 38.4
- Cholesterol: 29
- Protein: 4.2

- Total Fat: 3.2

Chapter 6: Thanksgiving Drink Recipes

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286. Apple Orchard Punch

Ingredients

- 1 (32 fluid ounce) bottle apple juice, chilled
- 1 (12 fluid ounce) can frozen cranberry juice concentrate
- 1 cup orange juice
- 1 1/2 liters ginger ale
- 1 apple

Direction

- Combine orange juice, cranberry juice concentrate and apple juice together in a large punch bowl. Stir to dissolve then gradually add in ginger ale.
- Thinly cut the apple vertically to form whole apple slices. Let apple slices float on top of the punch.

Nutrition Information

- Calories: 168 calories;
- Total Fat: 0.1
- Sodium: 19
- Total Carbohydrate: 42.1
- Cholesterol: 0
- Protein: 0.2

287. Apple Pie Mixed Drinks

Ingredients

- 1 gallon apple cider
- 1 gallon apple juice
- 2 cups white sugar
- 6 large glass bottles
- 6 cinnamon sticks
- 1 (1 liter) bottle 190 proof grain alcohol (such as Everclear ®)

Direction

- In a big pot, add sugar, apple juice and apple cider, bring the mixture to a boil on medium heat for 10 minutes, until sugar has dissolved. Split the juice mixture into the bottles equally. Put in each bottle with a cinnamon stick.
- Split into the bottles with alcohol and let the mixture cool. Close and store in a cool dry area.

Nutrition Information

- Calories: 347 calories;
- Protein: 0.1
- Total Fat: 0.2
- Sodium: 24
- Total Carbohydrate: 58.3
- Cholesterol: 0

288. Apple Pie Moonshine

Ingredients

- 1 gallon apple juice
- 1 gallon apple cider
- 2 cups white sugar
- 2 cups brown sugar
- 4 cinnamon sticks, or more to taste
- 1 pinch apple pie spice
- 1 (750 milliliter) bottle 190 proof grain alcohol
- 1 (750 milliliter) bottle vodka

Direction

- In a large pot, combine cinnamon sticks, brown sugar, white sugar, apple cider and apple juice then boil. Use a lid to cover then lower heat and let simmer for 1 hour. Take away from heat and let completely cool.
- Add in vodka and grain alcohol into syrup then stir. Discard the cinnamon sticks. Add the apple pie moonshine in bottles or clean glass jars. Refrigerate.

Nutrition Information

- Calories: 104 calories;
- Total Carbohydrate: 16.8
- Cholesterol: 0
- Protein: 0
- Total Fat: 0
- Sodium: 7

289. Apple Pie Shot

Ingredients

- 1 fluid ounce vodka
- 1 fluid ounce apple cider
- 1 tablespoon whipped cream
- 1 pinch ground cinnamon

Direction

- Mix apple cider and vodka together in a 2oz. shot glass; add a dollop of whipped cream on top. Add a pinch of cinnamon.

290. Blood Orange Martini

Ingredients

- 2 ice cubes
- 3 blood oranges, juiced
- 2 fluid ounces vodka
- 1/2 fluid ounce orange-flavored liqueur (such as Cointreau ®), or to taste
- 1 teaspoon orange juice, or to taste
- 1 lime wedge

Direction

- In a cocktail shaker, add ice cubes; top with orange-flavored liqueur, vodka and blood orange juice. Cover then shake. In a martini glass, strain drink then use orange juice to top the drink and lime wedge to garnish.

Nutrition Information

- Calories: 419 calories;
- Total Fat: 0.7
- Sodium: 3
- Total Carbohydrate: 66.5
- Cholesterol: 0
- Protein: 4.8

291. Bobbing For Apples

Ingredients

- 1 cup ice cubes
- 2 fluid ounces Southern Comfort liqueur
- 1/4 cup apple cider, or as needed

Direction

- Prepare a glass, preferably the highball one and fill it up with ice. Add in the Southern Comfort, then pour the apple cider enough to fill in the rest of the glass. Give it a stir before you serve it.

292. Brad's Killer Eggnog

Ingredients

- 12 eggs, separated
- 2 cups white sugar, divided
- 1 quart rum
- 1 quart half-and-half
- 1 quart milk
- 1 pinch nutmeg
- ice cubes

Direction

- In a glass, metal, or ceramic bowl, whisk egg whites until foamy. Gradually add 1 cup sugar, keep whisking until stiff peaks form. Egg whites will form sharp peaks when you lift your whisk or beater straight up.
- In a separate bowl, whisk remaining 1 cup sugar and egg yolks until lightened in color and frothy.
- Gently fold in egg whites; transfer into a large pitcher or punch bowl. Stir milk, rum and half-and-half into the eggnog.
- Sprinkle nutmeg on the top of eggnog; best served with ice.

Nutrition Information

- Calories: 508 calories;
- Protein: 10.6
- Total Fat: 15.2
- Sodium: 129
- Total Carbohydrate: 41
- Cholesterol: 200

293. Candy Apple On The Rocks

Ingredients

- 1/2 cup ice
- 1 (1.5 fluid ounce) jigger peach schnapps
- 1 (1.5 fluid ounce) jigger apple schnapps
- 2 fluid ounces cranberry juice

Direction

- Add ice to fill a glass. Pour in apple schnapps and peach schnapps. Pour over the top with cranberry juice.

294. Candy Cane Drinks

Ingredients

- 16 fluid ounces peppermint schnapps
- 16 fluid ounces white creme de cacao
- 2 quarts half-and-half
- 1 splash grenadine syrup
- 16 small candy canes

Direction

- In a pitcher, combine together grenadine, half-and-half, cr è me de cacao and schnapps. Chill for at least 1 hour, until cold.
- Before transferring into martini glasses to serve, stir the mixture and decorate a candy cane to each glass.

Nutrition Information

- Calories: 286 calories;
- Sodium: 54
- Total Carbohydrate: 24.4
- Cholesterol: 44
- Protein: 3.6
- Total Fat: 13.9

295. Chocolate Bar Hot Chocolate

Ingredients

- 1 (1.55 ounce) bar milk chocolate candy bar, chopped
- 2/3 cup milk, or more to taste
- 1 pinch ground cinnamon (optional)

Direction

- In a saucepan, place chocolate pieces over medium-low heat. Pour in milk and constantly whisk for 5 minutes to melt and well blend the chocolate. Add in cinnamon and whisk. Take away from the heat and pour in more milk if preferred. Transfer into a mug to serve.

Nutrition Information

- Calories: 319 calories;
- Sodium: 102
- Total Carbohydrate: 34.6
- Cholesterol: 23
- Protein: 8.8
- Total Fat: 16.3

296. Coffee Liqueur

Ingredients

- 4 cups white sugar
- 4 cups water
- 3/4 cup instant coffee granules
- 2 tablespoons vanilla extract
- 4 cups vodka

Direction

- Combine water and sugar over medium heat in a 3-qt. saucepan. Boil then lower the heat; simmer for 10 minutes. Take away from the heat. Mix in instant coffee, let cool.
- Once it ’ s cooled, mix in vodka and vanilla extract. Transfer into clean bottles. Cover tightly and keep in a cool dark place.

Nutrition Information

- Calories: 169 calories;
- Total Fat: 0
- Sodium: 1
- Total Carbohydrate: 25.5
- Cholesterol: 0
- Protein: 0.1

297. Cozy Mulled Wine

Ingredients

- 1 (750 milliliter) bottle red wine (such as Cabernet Sauvignon, Zinfandel, or Merlot)
- 1 orange, peeled and sliced
- 2/3 cup honey
- 1/4 cup brandy
- 3 cinnamon sticks
- 8 whole cloves, or more to taste
- 1 teaspoon grated fresh ginger

Direction

- In a slow cooker, mix ginger, cloves, cinnamon sticks, brandy, honey, orange slices and red wine.
- Cook on Low for 20-25 minutes until wine is steaming.

Nutrition Information

- Calories: 256 calories;
- Total Carbohydrate: 35.9
- Cholesterol: 0
- Protein: 0.3
- Total Fat: 0.1
- Sodium: 10

298. Cran Dandy Cooler

Ingredients

- 2 cups cranberry juice
- 1 cup pineapple juice
- 1 cup orange juice
- 1 (4 ounce) jar maraschino cherries
- 2 tablespoons lemon juice
- 1 (12 fluid ounce) can or bottle ginger ale
- 1 orange, sliced in rounds

Direction

- Combine lemon juice, cherry juice, orange juice, pineapple juice and cranberry juice in a gallon pitcher. Slowly pour in ginger ale; stir till blended just before serving. Pour over ice in glasses or cups to serve. Place in orange slices and cherry for garnish.

Nutrition Information

- Calories: 107 calories;
- Total Fat: 0.2
- Sodium: 8
- Total Carbohydrate: 26.5
- Cholesterol: 0
- Protein: 0.6

299. Cranberry Ice

Ingredients

- 2 (12 ounce) packages fresh cranberries
- 2 cups white sugar
- 1 1/4 cups fresh orange juice
- 1 cup fresh lemon juice

Direction

- Fill a large pot with cranberries and sufficient water to cover them then boil until the cranberries start to pop. Get rid of the water and put the solids through a food mill set over a big bowl. When still warm, dissolve sugar in the warm berries. Adjust the amount of sugar based on the tartness of the berries. Keep in mind that the mixture will taste tarter after it freezes up. After the sugar dissolves in the berries, mix in fresh squeezed lemon juice and fresh squeezed orange juice. Transfer the mixture into an 8-in. or 9-in. square pan and leave it to freeze overnight. Remove it from the freezer about 5 to 10 minutes before cutting.

Nutrition Information

- Calories: 171 calories;
- Total Carbohydrate: 44.6
- Cholesterol: 0
- Protein: 0.5
- Total Fat: 0.1
- Sodium: 2

300. Cranberry Martini

Ingredients

- 1 (1.5 fluid ounce) jigger vodka
- 1/2 fluid ounce orange liqueur
- 1/2 fluid ounce dry vermouth
- 2 (1.5 fluid ounce) jiggers cranberry juice
- 1 cup ice
- cranberries

Direction

- In a cocktail shaker, mix ice, cranberry juice, vermouth, orange liqueur and vodka together. Shake vigorously for chilling. In martini glasses, pour the drink and garnish with cranberries. Serve.

301. Cranberry Pineapple Juice

Ingredients

- 1 (64 fluid ounce) bottle cranberry juice, chilled
- 1 (46 fluid ounce) can pineapple juice
- 1 (8 ounce) can pineapple tidbits
- 1 cup cranberries

Direction

- Combine pineapple juice and cranberry juice in a punch bowl. Add in cranberries and pineapple tidbits then stir. Serve the drink with ice.

Nutrition Information

- Calories: 134 calories;
- Total Fat: 0.3
- Sodium: 5
- Total Carbohydrate: 33.2
- Cholesterol: 0
- Protein: 0.4

302. Cranberry Punch

Ingredients

- 1 1/2 liters cranberry-apple juice
- 1 liter ginger ale
- 2 limes, thinly sliced
- 6 sprigs fresh mint
- 6 cups ice

Direction

- Add ice to half-fill 6 tall glasses. Add cranberry-apple juice to fill 3/4 of the glasses. Evenly add ginger ale to the glasses then gently stir. Garnish with mint sprigs and lime.

Nutrition Information

- Calories: 229 calories;
- Sodium: 29
- Total Carbohydrate: 58.4
- Cholesterol: 0
- Protein: 0.5
- Total Fat: 0.1

303. Cranberry Sangria

Ingredients

- 1 cup white sugar
- 4 cranberry-flavored tea bags
- 4 slices fresh lemon
- 6 whole cloves
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1 1/2 cups water
- 2 (750 milliliter) bottles white wine
- 4 apples, cored and cut into chunks
- 1 1/2 cups dried cranberries
- 2 fluid ounces apple brandy

Direction

- In a saucepan put water, ginger, nutmeg, cinnamon, cloves, lemon slices, tea bags and sugar, mix till sugar melts. Boil, lower heat, and let simmer for 10 minutes. Take off heat and let cool down. Filter out and throw away tea bags, lemon and spices. In a large covered container or a jar put white wine. Stir in with the tea mixture. Mix in cranberries and apples, then stir in apple brandy. Put in the refrigerator for one day to two days. Serve chilled.

Nutrition Information

- Calories: 381 calories;
- Sodium: 14

- Total Carbohydrate: 62.2
- Cholesterol: 0
- Protein: 0.5
- Total Fat: 0.3

304. Cranberry Slush

Ingredients

- 1 cup frozen cranberry juice concentrate
- 1 (6 ounce) can frozen lemonade concentrate
- 1 (12 ounce) can chilled lemon-lime soda
- 6 fluid ounces bourbon

Direction

- Mix bourbon, lemon-lime soda, lemonade concentrate and cranberry juice concentrate together in a medium bowl. Cover and put it in the freezer to chill overnight. With the bourbon in, the mixture will has slushy texture. Spoon the slushy mixture into small glasses, considering as a cocktail to serve.

305. Cranberry Sorbet Frozen Cosmopolitan

Ingredients

- 1 (.25 ounce) envelope unflavored gelatin
- 3 cups water
- 4 cups cranberries
- 2 cups white sugar
- 1/2 cup lemon juice
- 6 fluid ounces vodka
- 3 fluid ounces triple sec
- 1 ounce lime juice
- 8 ice cubes

Direction

- Fill a bowl with 3 cups of water then mix in the gelatin until it has fully dissolved.
- In a large pot, put in the cranberries then fill it up with enough water to submerge the cranberries; let it boil. Lower the heat to medium-low setting and let it simmer for 10-15 minutes until the skin is peeling off. Use a sieve to drain the boiled cranberries.
- Mix the gelatin-water mixture, sugar and drained cranberries together in a pot and let it simmer. Let the cranberry mixture cook for 5-10 minutes while stirring it until the sugar has fully dissolved. Put it aside to let it cool down then mix in the lemon juice.
- Transfer the cooled down cranberry mixture in a covered container and keep it in the freezer for 8 hours or throughout the night.

- Use a blender to mix the vodka, ice cubes, triple sec, 2 cups of cranberry sorbet and lime juice together until it is smooth in consistency. Fill 4 martini glasses evenly with the prepared cosmopolitan mixture.

Nutrition Information

- Calories: 622 calories;
- Protein: 2
- Total Fat: 0.2
- Sodium: 14
- Total Carbohydrate: 124.7
- Cholesterol: 0

306. Cranberry Tea

Ingredients

- 3 teaspoons instant tea powder
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 6 cups boiling water
- 1 (3 ounce) package cherry flavored Jell-O ®
- 1 cup orange juice
- 1/4 cup lemon juice
- 1 quart cranberry juice
- 1/2 cup white sugar

Direction

- Put in a bag with nutmeg, cinnamon, all spice and instant tea then soak in boiling water about 5 minutes. Whisk in the cherry gelatin and allow mixture to cool. Put in sugar, cranberry juice, lemon juice and orange juice. Combine until sugar has dissolved. Serve warm and store any extra in the fridge.

Nutrition Information

- Calories: 115 calories;
- Total Fat: 0.2
- Sodium: 34
- Total Carbohydrate: 28.7
- Cholesterol: 0
- Protein: 0.9

307. Cranberry Rosemary Prosecco Float

Ingredients

- 1/4 cup water
- 1/4 cup white sugar
- 1 tablespoon fresh rosemary leaves
- 1 scoop raspberry sorbet
- 1 fluid ounce dry gin
- 4 fluid ounces Prosecco
- 1 fresh cranberry (optional)
- 1 sprig fresh rosemary (optional)

Direction

- In a small pot, boil rosemary leaves, sugar, and water together; mix until the sugar dissolves. Turn to low heat and let it simmer for a minute. Take off heat and allow the syrup to steep for half an hour.
- Filter syrup into a sterilized glass jar; cover. Place in the refrigerator for at least 20mins until well chilled.
- Scoop sorbet into the bottom of a champagne flute; top with an ounce of rosemary syrup and gin. Gradually pour in Prosecco to avoid from overflowing. Add a sprig of rosemary and cranberry on top.

Nutrition Information

- Calories: 474 calories;
- Sodium: 14
- Total Carbohydrate: 70.5
- Cholesterol: 0

- Protein: 0.3
- Total Fat: 0.1

308. Creamy Pumpkin Spice Martini

Ingredients

- 1 cup ice cubes, or as desired
- 2 fluid ounces pumpkin liqueur
- 2 fluid ounces apple cider
- 1 fluid ounce spiced rum
- 1 tablespoon half-and-half
- 1 tablespoon whipped cream, or to taste
- 1 pinch ground nutmeg

Direction

- Fill ice in the shaker. Add half-and-half, spiced rum, apple cider and pumpkin liqueur. Cover and shake till it is frosty on the outside of the shaker. In a martini glass, pour drink and use nutmeg and whipped cream to garnish.

Nutrition Information

- Calories: 326 calories;
- Total Carbohydrate: 34
- Cholesterol: 8
- Protein: 0.6
- Total Fat: 2.9
- Sodium: 28

309. Delicious Vegan Hot Chocolate

Ingredients

- 2 1/2 cups soy milk
- 3 tablespoons white sugar
- 3 tablespoons cocoa powder
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla extract
- 1 pinch ground cinnamon
- 1 pinch cayenne pepper

Direction

- In a saucepan, bring cayenne pepper, cinnamon, vanilla extract, salt, cocoa powder, sugar and soy milk to a simmer over medium-high heat. Take away from the heat then whisk till frothy. Immediately serve.

Nutrition Information

- Calories: 259 calories;
- Total Carbohydrate: 42.9
- Cholesterol: 0
- Protein: 11.4
- Total Fat: 6.4
- Sodium: 738

310. Easy Pumpkin Pie Smoothie

Ingredients

- 12 ounces vanilla-flavored almond milk
- 8 ounces frozen pumpkin puree
- 1 cup ice cubes
- 1 banana
- 1/2 cup brown sugar
- 1 cinnamon graham cracker, crushed and divided
- 2 teaspoons wheat germ
- 1 teaspoon vanilla extract
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon ground cinnamon

Direction

- in a blender, blend together almond milk, wheat germ, pumpkin, ice cubes, pumpkin pie spice, banana, brown sugar, cinnamon, 1/2 the crushed cinnamon graham cracker, and vanilla until smooth. Stud individual servings with the rest of the graham cracker crumbs.

Nutrition Information

- Calories: 172 calories;
- Total Fat: 1.7
- Sodium: 220
- Total Carbohydrate: 39
- Cholesterol: 0
- Protein: 1.9

311. Eggnog Extreme

Ingredients

- 12 egg yolks
- 2 cups white sugar
- 1 (750 milliliter) bottle white rum
- 1 quart half-and-half cream
- 1 quart heavy cream
- 12 egg whites
- 1 cup white sugar
- 1/4 teaspoon ground nutmeg

Direction

- Mix rum, egg yolks and 2 cups sugar in a large bowl. Combine well, cover and store in refrigerator for a day.
- After a day, take out the mixture and stir in half-and-half. Whip the heavy cream in a large bowl until soft peaks form; place aside.
- Use a clean whisk to whip egg whites in a separate clean bowl until thick, and add sugar gradually while whipping until peaks form. Fold in the whipped cream, then fold into the yolks mixture. Scatter nutmeg on the top.

312. Eggnog I

Ingredients

- 6 eggs
- 1 (14 ounce) can sweetened condensed milk
- 1 teaspoon vanilla extract
- 1 quart milk
- 1/3 pint heavy whipping cream
- 1 pinch ground nutmeg
- 1 pinch salt

Direction

- Whisk eggs and mix in vanilla, condensed milk, salt and a quart of milk.
- Whisk the whipping cream until soft peaks are formed. Put the whipped cream into the egg and milk mixture then fold; add a dash of nutmeg on top. Serve it cold.

Nutrition Information

- Calories: 249 calories;
- Total Fat: 12.9
- Sodium: 139
- Total Carbohydrate: 24.2
- Cholesterol: 140
- Protein: 9.5

313. Eggnog II

Ingredients

- 6 eggs, beaten
- 2 1/4 cups milk
- 1/3 cup white sugar
- 1 teaspoon vanilla extract
- 1 cup heavy whipping cream
- 2 teaspoons white sugar
- 1 pinch ground nutmeg

Direction

- In a heavy saucepan, combine eggs, milk and 1/3 cup of sugar then mix. Cook over medium heat and stir the mixture until it coats a metal spoon then remove from heat.
- To quickly cool down the mixture, put the saucepan in sink or in a bowl of ice water and stir for one to two minutes. Mix in the vanilla and stir well. Refrigerate for 4-24hrs.
- Before serving, whisk 2tbsp of sugar and the cream until soft peaks form. Pour the chilled egg mixture in a punch bowl then fold in the whipped cream mixture and enjoy right away! Sprinkle nutmeg on top of each serving.

Nutrition Information

- Calories: 611 calories;
- Sodium: 245
- Total Carbohydrate: 36.9
- Cholesterol: 495
- Protein: 20.3

- Total Fat: 43

314. Fall Apple Pumpkin Shandy

Ingredients

- 6 fluid ounces pumpkin ale
- 4 fluid ounces apple cider

Direction

- In a pint glass, put in the ale then gradually mix in the apple cider.

Nutrition Information

- Calories: 145 calories;
- Total Fat: 0
- Sodium: 15
- Total Carbohydrate: 21.5
- Cholesterol: 0
- Protein: 1.1

315. Fried Wild Turkey

Ingredients

- 1 (12 fluid ounce) can or bottle lemon-lime flavored carbonated beverage
- 1 (1.5 fluid ounce) jigger bourbon whiskey
- 1 (1.5 fluid ounce) jigger hazelnut liqueur

Direction

- Fill ice in a tall glass. Fill lemon-lime soda to 3/4 way. Add in hazelnut liqueur and Wild Turkey whiskey.

316. Glogg

Ingredients

- 1 1/2 cups red wine
- 1 1/2 cups ruby port wine
- 1 cup vodka
- 6 pods green cardamom
- 5 whole cloves
- 2 tablespoons grated orange zest
- 2 cinnamon sticks
- 2 ounces slivered almonds
- 1/2 tablespoon raisins

Direction

- In a nonreactive pot, combine vodka, port and wine. Add cinnamon, orange peel, cloves and cardamom; don ’ t boil but warm gently over low heat. Let steep for at least 20 minutes or longer for better result. Pour in heatproof glasses to serve, drizzle with raisins and almonds.

317. Grandma Z's Baileys ® Irish Cream

Ingredients

- 1 (14 ounce) can sweetened condensed milk
- 1 1/2 cups heavy whipping cream
- 1 cup whiskey (such as Seagram's ®)
- 3 eggs
- 1 1/2 tablespoons chocolate syrup (such as Hershey's ®)
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon coconut extract

Direction

- In a blender, mix together coconut extract, vanilla extract, chocolate syrup, eggs, whiskey, heavy cream and condensed milk on medium high speed for 2 minutes.
- Transfer the mixture into a dark glass bottle and chill in the fridge for 2 days to let flavors blend.

Nutrition Information

- Calories: 416 calories;
- Protein: 6.9
- Total Fat: 22.5
- Sodium: 105
- Total Carbohydrate: 30.4
- Cholesterol: 139

318. Grandma's Apple Pie 'Ala Mode' Moonshine

Ingredients

- 1/2 gallon apple cider
- 1/2 gallon apple juice
- 4 cinnamon sticks
- 1 whole clove
- 1 cup white sugar
- 1 cup brown sugar
- 3 cups 190 proof grain alcohol (such as Everclear ®)
- 2 cups vanilla vodka

Direction

- In a large pot, boil brown sugar, white sugar, whole clove, cinnamon sticks, apple juice and apple cider then lower to medium-low heat and let simmer for 20 minutes. Take away from the heat and let cool completely.
- Add vanilla vodka and grain alcohol into the cooled mixture; stir. Transfer into bottles and store in the fridge.

Nutrition Information

- Calories: 150 calories;
- Sodium: 8
- Total Carbohydrate: 20
- Cholesterol: 0
- Protein: 0
- Total Fat: 0.1

319. Grandma's Wassail

Ingredients

- 2 gallons apple cider
- 2 cups fresh orange juice
- 1 cup lemon juice
- 1 cup pineapple juice
- 1 cup white sugar
- 1 teaspoon whole cloves
- 1 cinnamon stick, broken into pieces

Direction

- On medium-low heat, combine sugar, apple cider, pineapple juice, orange juice, and lemon juice in a big pot.
- In a tea ball, put in cinnamon and cloves; place the ball in the mixture. Let it simmer for about 15 minutes until warmed through. Use a big ladle to serve cider from the pot.

Nutrition Information

- Calories: 151 calories;
- Sodium: 25
- Total Carbohydrate: 37.9
- Cholesterol: 0
- Protein: 0.2
- Total Fat: 0

320. Holiday Cranberry Punch

Ingredients

- 1 (16 ounce) can jellied cranberry sauce
- 3/4 cup orange juice
- 1/4 cup lemon juice
- 2 cups ice, or as needed
- 3 1/2 cups chilled ginger ale

Direction

- In a blender, process cranberry sauce until smooth. Put in lemon juice and orange juice then blend more until smooth.
- In a pitcher, mix ice and cranberry mixture. Pour the ginger ale into cranberry mixture gradually and stir gently to mix.

Nutrition Information

- Calories: 154 calories;
- Total Fat: 0.1
- Sodium: 36
- Total Carbohydrate: 39.1
- Cholesterol: 0
- Protein: 0.3

321. Holiday Punch I

Ingredients

- 4 cups cranberry juice cocktail
- 8 cups prepared lemonade
- 2 cups orange juice
- 1 (4 ounce) jar maraschino cherries
- 1 (2 liter) bottle ginger ale
- 1 orange, sliced in rounds

Direction

- Combine orange juice, lemonade and cranberry juice cocktail in a large punch bowl. Add in maraschino cherries and stir. Store in the fridge for at least 2 hours.
- Once ready to serve, add in the ginger ale. Add an orange slice for garnish each glass.

322. Hot Buttered Apple Cider

Ingredients

- 1 (16 ounce) bottle apple cider
- 1/2 cup pure maple syrup
- 1/2 cup butter, softened
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice

Direction

- On low heat, cook maple syrup and apple cider for 20 minutes until steaming hot in a slow cooker.
- Mix allspice, nutmeg, and butter together in a bowl.
- Transfer cider on mugs and add 1 teaspoon spice butter on top.

Nutrition Information

- Calories: 186 calories;
- Total Fat: 11.6
- Sodium: 90
- Total Carbohydrate: 21.2
- Cholesterol: 31
- Protein: 0.1

323. Hot Buttered Rum Batter

Ingredients

- 1 pound butter
- 1 pound brown sugar
- 1 pound confectioners' sugar
- 1 quart vanilla ice cream, softened
- 1 tablespoon ground cinnamon
- 1 teaspoon ground nutmeg

Direction

- In a large pot, melt butter over medium heat. Add in confectioners' sugar and brown sugar then blend. Take away from the heat. Add in nutmeg, cinnamon and ice cream; whisk. Transfer into a plastic container. Seal then store in the freezer.
- Measure 1 fluid ounce of rum and 1 tbsp. of Hot Buttered Rum Batter in a coffee mug. Add boiling water to fill the cup then stir. Drizzle nutmeg on top of the drink.

324. Hot Cinnamon Apple Brandy Cider

Ingredients

- 1/2 gallon fresh apple cider
- 1 cup apple brandy (optional)
- 1/4 cup brown sugar
- 1 tablespoon brown sugar
- 1/4 cup honey
- 1 teaspoon ground cinnamon
- 3/4 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground black pepper
- 1 pinch salt
- 10 thin strips orange zest
- 10 small cinnamon sticks

Direction

- On medium heat, simmer salt, apple cider, pepper, apple brandy, pepper, quarter cup plus a tablespoon brown sugar, cloves, honey, nutmeg, cinnamon, and ginger together in a pot for 10 mins until the flavors are blended.
- Transfer mixture to heat-proof mugs. Let out the essential oils from orange zest strips by twisting them between your fingers; add a strip into every mug. Place a cinnamon stick in every serving.

Nutrition Information

- Calories: 225 calories;

- Total Fat: 0.1
- Sodium: 41
- Total Carbohydrate: 50.5
- Cholesterol: 0
- Protein: 0.3

325. Hot Cranberry Citrus Punch

Ingredients

- 2 quarts cranberry juice cocktail
- 3 cups orange juice
- 1/4 cup white sugar
- 1/4 cup brown sugar
- 2 tablespoons fresh lemon juice
- 1 pinch salt
- 2 (3 inch) cinnamon sticks

Direction

- Combine cinnamon sticks, salt, lemon juice, brown sugar, white sugar, orange juice and cranberry juice in a 4-quart or larger slow cooker. Stir till sugar dissolves. Cook for 4-6 hours on High. Lower heat to Low and keep the drink warm till serve.

Nutrition Information

- Calories: 93 calories;
- Protein: 0.3
- Total Fat: 0.2
- Sodium: 11
- Total Carbohydrate: 23.2
- Cholesterol: 0

326. Hot Damn! ® Apple Cider

Ingredients

- 4 cups apple cider
- 2 cups spiced rum
- 2 cups cinnamon schnapps (such as DeKuyper ® Hot Damn! ®)

Direction

- In a saucepan, stir cinnamon schnapps, spiced rum and apple cider together over medium heat for 10 minutes till hot.

Nutrition Information

- Calories: 570 calories;
- Sodium: 25
- Total Carbohydrate: 59.6
- Cholesterol: 0
- Protein: 0
- Total Fat: 0.3

327. Hot Mulled Wine

Ingredients

- 1 1/2 cups boiling water
- 1/2 cup white sugar
- 1/4 lemon
- 8 whole cloves
- 1 (3 inch) cinnamon stick
- 1 (750 milliliter) bottle claret wine
- 1 pinch ground nutmeg (optional)

Direction

- In a saucepan, stir sugar and water together till sugar is dissolved. Add cinnamon sticks, cloves and lemon. Boil and cook for 10 minutes to combine the flavors. Strain and bring the water mixture back to the saucepan. Remove cinnamon stick, cloves and lemon.
- Add claret wine in the water mixture and stir. Heat for 5-10 minutes till hot, don ’ t boil. Serve the drink flecked along with nutmeg.

Nutrition Information

- Calories: 106 calories;
- Sodium: 10
- Total Carbohydrate: 13.5
- Cholesterol: 0
- Protein: 0.3
- Total Fat: 0.1

328. Hot Spiced Christmas Wine

Ingredients

- 2 oranges
- 2 (750 milliliter) bottles red wine
- 1 (750 milliliter) bottle white wine
- 1 (3 inch) piece of fresh ginger, peeled and thinly sliced
- 3 cinnamon sticks
- 1/2 teaspoon ground cloves
- 1/3 cup brown sugar, or to taste
- 1/4 cup brandy (optional)

Direction

- Discard the orange zest in strips using a vegetable peeler or a sharp knife. Try to leave the pith behind and remove the orange part only. In a large and heavy-bottomed pot, juice the oranges.
- Pour white wine and red wine together with the orange juice in the pot. Add brown sugar, cloves, cinnamon sticks, ginger and orange zest into the wine mixture in the pot. Stir till sugar is dissolved.
- Cover and heat till heated through over medium-high, don ’ t boil. Lower to medium-low heat then heat for at least 1 more hour to let all of the flavors be brought together. Add more brown sugar to adjust the sweetness, as needed. Strain the drink then add a splash of brandy (if preferred) and serve hot.

329. Hot Spiked Cider

Ingredients

- 1 quart water
- 3 orange spice tea bags
- 1/2 cup light brown sugar
- 2 cups apple cider
- 1 1/2 cups light rum
- 8 cinnamon sticks
- 3 teaspoons butter

Direction

- Boil water in a big pot; remove from heat then add orange spice tea bags. Let the tea immerse for 5 minutes while covered; take out tea bags. Mix in two cinnamon sticks, sugar, rum, and apple cider; heat just to steaming hot; don ’ t boil.
- Transfer to six mugs and add half teaspoon of butter in every mug; put cinnamon “ swizzle ” stick as garnish.

330. Hot And Tangy Apple Cider

Ingredients

- 8 whole cloves, or to taste
- 1 gallon apple cider
- 1/2 gallon orange juice
- 1 quart grapefruit juice
- 6 cinnamon sticks

Direction

- In a tea ball, put in cloves then place the tea ball in a slow cooker. Pour in grapefruit juice, orange juice, and apple cider; add cinnamon sticks. Stir the liquid 1-2 times. Set the slow cooker on High and cook the liquid, covered, until hot. Set cooker to Low and keep the mixture warm. Serve drink in mugs.

Nutrition Information

- Calories: 123 calories;
- Protein: 0.7
- Total Fat: 0.2
- Sodium: 18
- Total Carbohydrate: 30
- Cholesterol: 0

331. Jack Daniel's ® Very Merry Eggnog

Ingredients

- 1 1/4 cups white sugar
- 1 cup dark rum
- 1 cup bourbon
- 1 cup brandy
- 1 pinch salt
- 1 teaspoon vanilla extract
- 1 pinch ground nutmeg, or to taste
- 1 quart half-and-half
- 1 pint heavy whipping cream
- 5 eggs

Direction

- In a blender, combine together nutmeg, vanilla extract, salt, brandy, bourbon, rum and sugar on medium speed until mixed. Turn the liquor mixture to a big bowl.
- In the blender, combine eggs, cream and half-and-half on low speed until well mixed. Stir the egg-cream mixture into liquor mixture.
- Scoop the eggnog mixture in batches into the blender then blend on low speed. Turn the blended eggnog mixture to a pitcher or a punch bowl. Chill in the fridge for 1-2 hours until cold.

Nutrition Information

- Calories: 335 calories;
- Sodium: 58
- Total Carbohydrate: 17.1

- Cholesterol: 101
- Protein: 3.7
- Total Fat: 17.2

332. Kahlua ® Homemade

Ingredients

- 4 cups water
- 1 cup instant coffee crystals (such as Folgers ® Classic Roast)
- 2 cups light brown sugar
- 2 cups lightly packed dark brown sugar
- 1 (750 milliliter) bottle 190 proof grain alcohol (such as Everclear ®)
- 2 teaspoons vanilla extract
- 1 vanilla bean, split lengthwise and halved

Direction

- In a pot, combine instant coffee and water then boil. Add dark brown sugar and light brown sugar into the coffee and stir. Lower heat and simmer for 3 hours, stir after every 15 minutes. Take away from the heat and let cool completely.
- In a clean large glass jar, pour the coffee mixture then add vanilla bean, vanilla extract and grain alcohol. Use a tight-fitting lid to cover and allow to sit for 1 month in a dark place, shake occasionally. Transfer into bottles and place a vanilla bean piece in each.

Nutrition Information

- Calories: 187 calories;
- Sodium: 10
- Total Carbohydrate: 29.8
- Cholesterol: 0
- Protein: 0.2

- Total Fat: 0

333. Kerri's Holiday Punch

Ingredients

- 1 (750 milliliter) bottle Southern Comfort liqueur
- 6 fluid ounces lemon juice
- 1 (6 ounce) can frozen lemonade concentrate, thawed
- 1 (6 ounce) can frozen orange juice concentrate
- 3 liters lemon-lime flavored carbonated beverage
- 2 drops red food coloring
- 1 orange, sliced into rounds
- 1 lemon, sliced into rounds

Direction

- Mix together orange juice concentrate, lemonade concentrate, lemon juice and Southern Comfort in a big punch bowl. Whisk in lemon-lime soda and put in a few drops of red food coloring. Decorate by floating lemon and orange slices.

334. Kiddie Holiday Juice

Ingredients

- 1 (64 fluid ounce) bottle cranberry juice
- 4 liters lemon-lime flavored carbonated beverage
- 3 oranges, sliced into rounds
- 8 cups crushed ice

Direction

- Combine orange slices and cranberry juice in a large punch bowl. Add in crushed ice and lemon lime soda. Immediately serve.

Nutrition Information

- Calories: 136 calories;
- Sodium: 24
- Total Carbohydrate: 34.9
- Cholesterol: 0
- Protein: 0.2
- Total Fat: 0.1

335. Lime Pineapple Delight

Ingredients

- 8 cups crushed ice
- 3 (0.13 ounce) packages unsweetened lemon-lime flavored drink mix
- 3 cups white sugar
- 1 (46 fluid ounce) can pineapple juice, chilled
- 1/2 gallon lime sherbet
- 3 liters lemon-lime flavored carbonated beverage

Direction

- Put ice in a punch bowl until half full; add pineapple juice, sugar, and drink mix. Mix to dissolve then add lime sherbet and carbonated beverage. Mix gently then serve drink in chilled glasses.

Nutrition Information

- Calories: 634 calories;
- Total Carbohydrate: 154.6
- Cholesterol: 9
- Protein: 2.2
- Total Fat: 3.3
- Sodium: 114

336. Liquid Hot Apple Pie

Ingredients

- 1 gallon apple juice
- 1 (2 liter) bottle cold ginger ale
- 1 cup brown sugar
- 1 pint whiskey
- 1 pint spiced rum
- 3 (3 inch) cinnamon sticks

Direction

- Mix together brown sugar, ginger ale and apple juice in a big pot. Bring to a simmer, cook for 20 minutes. Let it cool to room temperature after finishing cooking process. Stir in spiced rum and whiskey and allow to stand for 1 hour. Transfer into 1 gallon containers or jugs and put in each one with a cinnamon stick. Cover and store until serving. Don ’ t heat too much if you want to serve it warm because it makes alcohol burnt off.

337. Luscious Eggnog

Ingredients

- 3 eggs, lightly beaten
- 1/3 cup white sugar
- salt to taste
- 2 1/2 cups milk
- 1 teaspoon vanilla extract
- 1 cup heavy cream
- 2 tablespoons confectioners' sugar
- 1/2 teaspoon vanilla extract
- 1/2 cup rum (optional)
- 2 drops yellow food coloring (optional)
- 1 pinch ground nutmeg

Direction

- Mix salt, white sugar, and eggs in a heavy saucepan, gradually add in milk while stirring. Cook on medium heat, for 10 to 15 minutes, stirring constantly until thick enough to coat the back of a metal spoon. Take away from heat, and add in 1 teaspoon vanilla extract, stir well. In ice water, place saucepan until custard cools, and keep in refrigerator until chilled.
- Mix confectioners' sugar, heavy cream, and 1/2 teaspoon vanilla extract in a chilled bowl. Whisk until stiff peaks form. Stir in yellow food coloring and rum. Into the cooled custard, fold whipped cream mixture. Put into serving bowl, and scatter with nutmeg. Enjoy right away.

338. Pear Pomatini

Ingredients

- 1 cup ice cubes
- 1 1/2 fluid ounces pear vodka
- 1 fluid ounce pomegranate liqueur
- 1 ounce cranberry juice
- 1 dash fresh lime juice
- 1 tablespoon pomegranate seeds
- 1 slice pear

Direction

- Put into cocktail shaker with ice. Add in lime juice, cranberry juice, pomegranate liqueur and vodka. Shake with cover till outer of shaker is coated in frost. Filter into martini glass that ’ s chilled and jazz up with pear slice and pomegranate seeds.

339. Perfect Pear Brandy Sidecar

Ingredients

- 1 (1.5 fluid ounce) jigger pear brandy
- 1/2 fluid ounce lemon juice
- 1/2 fluid ounce simple syrup
- 1 fluid ounce pear nectar

Direction

- In a cocktail shaker over ice, add pear nectar, simple syrup, lemon juice and brandy. Cover the shaker and shake till the outer of shaker has frosted. To serve, strain into a chilled martini glass.

340. Poinsettias

Ingredients

- 4 ounces brut Champagne
- 1 1/2 tablespoons cranberry juice

Direction

- In a champagne flute, stir champagne, then add cranberry juice on top.

341. Pomacello Martini

Ingredients

- 3 fluid ounces pomegranate juice
- 1 fluid ounce limoncello liqueur
- 1 1/2 fluid ounces vodka
- 1 slice fresh lemon

Direction

- Pour vodka, limoncello and pomegranate juice over ice in a cocktail shaker. Cover and shake. Into a chilled martini glass, strain the drink then use a slice of lemon to garnish.

Nutrition Information

- Calories: 261 calories;
- Total Carbohydrate: 29.1
- Cholesterol: 0
- Protein: 0.2
- Total Fat: 0.1
- Sodium: 6

342. Pomegranitini

Ingredients

- 2 fluid ounces vodka
- 2 fluid ounces orange liqueur
- 2 fluid ounces pomegranate juice
- 1 cup crushed ice
- 1 twist lemon zest

Direction

- In a shaker, add pomegranate juice, orange liqueur and vodka, then the crushed ice. Shake vigorously, then drain into a glass. Add a twist of lemon zest to decorate.

343. Pumpkin Cocktail

Ingredients

- 1 cup ice, or as desired
- 2 (1.5 fluid ounce) jiggers pumpkin pie filling
- 1 (1.5 fluid ounce) jigger spiced rum (such as Captain Morgan's ®)
- 1 (1.5 fluid ounce) jigger half-and-half
- 1 (1.5 fluid ounce) jigger milk
- 1 pinch ground cinnamon
- 1 pinch ground nutmeg

Direction

- Use nutmeg, cinnamon, milk, half-and-half, spiced rum, pumpkin pie filling to fill a cocktail shaker with ice. Put the lid on the shaker and shake, put in a martini glass.

Nutrition Information

- Calories: 274 calories;
- Total Fat: 6.7
- Sodium: 160
- Total Carbohydrate: 25.6
- Cholesterol: 19
- Protein: 3.8

344. Pumpkin Martini

Ingredients

- 3 (1.5 fluid ounce) jiggers pumpkin flavored liqueur
- 1 (1.5 fluid ounce) jigger spiced rum
- 1 tablespoon half-and-half cream

Direction

- Mix half-and-half, spiced rum and pumpkin liqueur in a cocktail mixer filled with ice. Shake vigorously. Into a chilled martini glass, strain the drink.

345. Pumpkin Pie Cocktail

Ingredients

- 2 scoops vanilla ice cream
- 1/2 cup crushed ice
- 1 tablespoon canned pumpkin
- 1 fluid ounce half-and-half
- 1 fluid ounce spiced rum
- 1/4 teaspoon pumpkin pie spice
- 2 tablespoons whipped topping
- 1 pinch pumpkin pie spice

Direction

- In a blender, combine 1/4 tsp of pumpkin pie spice, rum, half-and-half, pumpkin, ice and ice cream together. Blend till smooth. Transfer into a serving glass. Place whipped topping and drizzle a pinch of pumpkin pie spice on top.

346. Pumpkin Pie Martini

Ingredients

- 1 graham cracker, crushed
- 1 tablespoon honey
- 1/3 cup milk
- 2 tablespoons pumpkin puree
- 3/4 (1.5 fluid ounce) jigger vanilla flavored vodka
- 1/2 (1.5 fluid ounce) jigger creme de cacao
- 1 pinch pumpkin pie spice
- 1 cup crushed ice

Direction

- In a shallow dish, put graham cracker crumbs. Use honey to coat the martini glass ’ s rim then coat with graham cracker crumbs by dipping the glass in.
- In a cocktail shaker, mix pumpkin puree and milk; shake to combine. Add creme de cacao, vodka then ice in; shake well. Into the prepped martini glass, strain the cocktail and sprinkle pumpkin pie spice to garnish.

347. Pumpkin Spice Martini

Ingredients

- 1 (1.5 fluid ounce) jigger vanilla flavored vodka (such as Stoli ®)
- 1 (1.5 fluid ounce) jigger Irish cream liqueur (such as Bailey's ®)
- 1 (1.5 fluid ounce) jigger pumpkin flavored liqueur (such as Hiram Walker ®)
- 1 cup ice cubes
- 1 pinch ground cinnamon
- 1 pinch ground nutmeg

Direction

- In a cocktail shaker, pour pumpkin flavored liqueur, Irish cream liqueur and vanilla flavored vodka over ice. Cover then shake till it ’ s frosty on the outside. In a chilled martini glass, strain the drink then sprinkle ground nutmeg and ground cinnamon for garnish. Serve.

348. Pumpkin Spice Russian

Ingredients

- 1/2 cup ice, or as desired
- 1 fluid ounce pumpkin spice-flavored liqueur
- 1 fluid ounce vanilla-flavored vodka
- 1/4 cup half-and-half
- 1 cinnamon stick
- 1 tablespoon whipped cream, or to taste
- 1 pinch pumpkin pie spice

Direction

- Add ice to fill 1/2 of the glass. Pour vanilla-flavored vodka and pumpkin spice-flavored liqueur over ice; add half-and-half on top. Use a cinnamon stick to stir; add pumpkin pie spice and whipped cream for garnish.

Nutrition Information

- Calories: 263 calories;
- Sodium: 35
- Total Carbohydrate: 17.7
- Cholesterol: 25
- Protein: 2
- Total Fat: 7.9

349. Quick Gingerbread Latte

Ingredients

- 1/2 cup milk
- 1/2 cup water
- 1 tablespoon white sugar
- 1 tablespoon instant coffee
- 1 pinch ground ginger
- 1 pinch ground cinnamon
- 1 pinch ground cloves
- 1 pinch ground nutmeg
- 1 tablespoon whipped cream, or more to taste

Direction

- In a microwave-safe bowl, put water, milk, coffee, sugar, cinnamon, nutmeg, ginger, and cloves and whisk together. Place bowl inside the microwave and heat for 2 minutes, or until warmed. Transfer latte to a mug; put whipped cream on top.

Nutrition Information

- Calories: 138 calories;
- Total Fat: 3.7
- Sodium: 61
- Total Carbohydrate: 22.2
- Cholesterol: 12
- Protein: 4.7

350. Quick And Easy Pumpkin Pie Milkshake

Ingredients

- 1/4 pumpkin pie
- 6 scoops vanilla ice cream
- 2 tablespoons bourbon (optional)
- 1/2 teaspoon pumpkin pie spice, divided
- 1 cup whole milk
- 2 tablespoons whipped cream, or to taste

Direction

- In a blender, process pumpkin pie with whole milk, ice cream, a quarter tsp pumpkin pie spice, and bourbon until smooth.
- Pour milkshakes into two glasses; add whipped cream and the rest of the pumpkin pie spice on top.

Nutrition Information

- Calories: 284 calories;
- Total Fat: 13.3
- Sodium: 154
- Total Carbohydrate: 25.9
- Cholesterol: 46
- Protein: 6.9

351. Sarah's Frozen Pumpkin Spice Cocktail

Ingredients

- 1/4 cup heavy whipping cream
- 1/4 cup milk
- 1/4 cup pumpkin puree
- 1/4 cup pumpkin spice coffee-flavored liqueur (such as Kahlua ®)
- 1/2 teaspoon pumpkin pie spice
- 8 cubes ice cubes

Direction

- In a blender, blend the pumpkin puree, pumpkin pie spice, pumpkin liqueur, cream, milk, and ice for 30-45 seconds until smooth.

Nutrition Information

- Calories: 235 calories;
- Protein: 2
- Total Fat: 11.8
- Sodium: 102
- Total Carbohydrate: 18.2
- Cholesterol: 43

352. Spicy Pumpkin Spice Latte

Ingredients

- 1 cup unsweetened vanilla-flavored almond milk
- 1/2 cup pumpkin puree
- 1 tablespoon vanilla extract
- 1 tablespoon white sugar, or to taste
- 1 1/2 teaspoons pumpkin pie spice
- freshly ground black pepper to taste
- 10 fluid ounces hot strongly brewed coffee
- 2 tablespoons whipped cream, or more to taste (optional)
- 1 pinch pumpkin pie spice, or to taste

Direction

- In a small saucepan, whisk pepper, 1 1/2 tsp of pumpkin pie spice, sugar, vanilla extract, pumpkin puree and almond milk together over medium-high heat. Cook till almost boil; stir constantly. Take away from the heat then whisk for about 1 minute till frothy. Pour mixture into 2 mugs.
- Pour coffee gradually into each mug. Add pinch pumpkin pie spice and whipped cream on top.

Nutrition Information

- Calories: 129 calories;
- Protein: 1.6
- Total Fat: 2.5
- Sodium: 237
- Total Carbohydrate: 22.5
- Cholesterol: 2

353. Spiked Hot Apple Cider

Ingredients

- 1 gallon apple cider
- 3 cinnamon sticks, broken into halves
- 1 orange peel, cut into 1-inch chunks
- 2 tablespoons raisins, or to taste
- 1 tablespoon whole cloves, or to taste
- 1 (750 milliliter) bottle spiced rum

Direction

- On medium heat, heat apple cider in a big pot; put in cloves, cinnamon sticks, raisins, and orange peel. Let it simmer for half an hour until the flavors combine. Take off heat then mix rum; strain the mixture to a container or a punch bowl. Serve warm.

Nutrition Information

- Calories: 241 calories;
- Total Fat: 0
- Sodium: 29
- Total Carbohydrate: 34.9
- Cholesterol: 0
- Protein: 0.1

354. Sweet Creme De Vie

Ingredients

- 1 cup water
- 1 1/2 cups white sugar
- 1 teaspoon anise seeds
- 4 egg yolks
- 1 (750 milliliter) bottle 151 proof rum (such as Bacardi ®)
- 1 (14 ounce) can sweetened condensed milk
- 1 (12 ounce) can evaporated milk
- 2 teaspoons vanilla extract

Direction

- In a saucepan, bring to boil anise seeds, water, and sugar. Decrease the heat to medium-low. Let to simmer for about 10 minutes until syrupy and thick. Remove from the heat source and place through a strainer to separate the seeds. Reserve the syrup to cool a bit.
- In a large bowl, beat the eggs yolks until they are light yellow. Pour in rum, vanilla extract, condensed milk, and evaporated milk. Mix in the syrup mixture until the mixture is smooth. Transfer into decorative bottles and then seal tightly. Place in the refrigerator for at least 6 hours before use. The longer in the fridge the better.

Nutrition Information

- Calories: 260 calories;
- Total Fat: 3.9
- Sodium: 45
- Total Carbohydrate: 27.6

- Cholesterol: 53
- Protein: 3.3

355. Tawky Tawny

Ingredients

- 1 1/2 fluid ounces rye whiskey
- 1/2 teaspoon lapsang souchong tea leaves
- 1 cup ice, or as desired
- 2 1/2 fluid ounces tawny port wine

Direction

- In a small bowl, mix tea leaves and rye together for 15 minutes until rye is infused. Strain tea leaves from rye.
- Fill in a cocktail shaker with ice. Add in tawny port wine and infused whiskey. Cover and shake for 20 seconds then transfer into a cocktail glass through a strainer.

Nutrition Information

- Calories: 225 calories;
- Protein: 0.2
- Total Fat: 0
- Sodium: 15
- Total Carbohydrate: 10.3
- Cholesterol: 0

356. Texas Hot Apple Cider

Ingredients

- 1 gallon apple cider
- 1 quart pineapple juice
- 1 pinch ground nutmeg, or more to taste
- 20 whole cloves
- 1 orange
- 5 cinnamon sticks, or more to taste

Direction

- In a big saucepan, combine nutmeg, pineapple juice, and apple cider.
- Form the shape of Texas by pressing the cloves in the orange. Let the cinnamon sticks and orange float in the cider mixture.
- On medium heat, heat cider mixture for 15-20mins until hot and the flavors blend.

Nutrition Information

- Calories: 114 calories;
- Sodium: 21
- Total Carbohydrate: 28.2
- Cholesterol: 0
- Protein: 0.2
- Total Fat: 0.1

357. Thanksgiving Refreshment

Ingredients

- 1/2 cup ice, or as desired
- 8 fluid ounces cranberry juice cocktail, chilled
- 2 fluid ounces sparkling water
- 1 lime wedge

Direction

- Fill ice to a tall glass and put in cranberry juice, then top off with sparkling water. Decorate the beverage with a lime wedge.

Nutrition Information

- Calories: 138 calories;
- Total Fat: 0.3
- Sodium: 11
- Total Carbohydrate: 34.7
- Cholesterol: 0
- Protein: 0

358. Thanksgiving Turkey

Ingredients

- 1 (1.5 fluid ounce) jigger bourbon whiskey
- 1/2 cup orange juice
- 1 teaspoon frozen lemonade concentrate
- 1 teaspoon frozen limeade concentrate
- 1/3 cup ginger ale

Direction

- Fill ice in a tall glass. Put in limeade concentrate, lemonade concentrate, orange juice and bourbon whiskey. Fill ginger ale to the top. Stir and serve.

359. Trick Or Treat Cocktail Or Thankstini

Ingredients

- 8 fluid ounces marshmallow-flavored vodka (such as Smirnoff ®)
- 4 fluid ounces pumpkin pie liqueur (such as Fulton's Harvest ®)
- ice, or as desired
- 2 fluid ounces heavy whipping cream
- 1 fluid ounce simple syrup
- 1 pinch ground cinnamon (optional)

Direction

- In a blender, combine simple syrup, vodka, heavy whipping cream, pumpkin liqueur, and ice until fluffy and creamy. Transfer to martini glasses then add a dash of cinnamon as garnish.

Nutrition Information

- Calories: 305 calories;
- Total Fat: 5.6
- Sodium: 9
- Total Carbohydrate: 27.6
- Cholesterol: 20
- Protein: 0.3

360. Vanilla Apple Pie Moonshine

Ingredients

- 1 gallon apple juice
- 1 gallon apple cider
- 3 cups white sugar
- 1 cup brown sugar
- 12 cinnamon sticks
- 1 teaspoon vanilla extract
- 2 whole cloves
- 1 (1 liter) bottle 151 proof grain alcohol (such as Everclear ®)
- 2 cups cake-flavored vodka (such as UV ®)

Direction

- In a big pot, boil cloves, apple juice, vanilla extract, apple cider, cinnamon sticks, white sugar, and brown sugar together. Turn to medium-low heat and let it simmer for about 20 minutes until the sugars dissolve. Take off heat and cool completely for about 1 hour.
- Mix vodka and grain alcohol in the apple juice blend. Get rid of the cinnamon sticks; let it stand. Transfer the moonshine in bottles. In each bottle, place one cinnamon stick then seal. Refrigerate.

Nutrition Information

- Calories: 144 calories;
- Total Carbohydrate: 23.4
- Cholesterol: 0
- Protein: 0

- Total Fat: 0.1
- Sodium: 8

361. Warm Spiced Wine

Ingredients

- 1 (750 milliliter) bottle merlot wine
- 3 tablespoons white sugar
- 4 (3 inch) orange peel strips
- 4 (3 inch) lemon peel strips
- 2 cinnamon sticks
- 2 whole cloves
- 1 whole nutmeg

Direction

- In a saucepan, combine nutmeg, cloves, cinnamon sticks, lemon peels, orange peels, sugar and merlot over medium heat. Simmer for 10-15 minutes till flavors blended and sugar dissolves.

Nutrition Information

- Calories: 146 calories;
- Sodium: 6
- Total Carbohydrate: 13.5
- Cholesterol: 0
- Protein: 0.3
- Total Fat: 0.1

362. Warm And Spicy Autumn Punch

Ingredients

- 2 oranges
- 8 whole cloves
- 6 cups apple juice
- 1 cinnamon stick
- 1/4 teaspoon ground nutmeg
- 1/4 cup honey
- 3 tablespoons lemon juice
- 2 1/4 cups pineapple juice

Direction

- Set the oven to 175 ° C or 350 ° F. Bake the oranges studded whole with cloves for a half hour.
- Mix cinnamon stick and apple juice in a big saucepan. Bring the mixture to a boil then lower heat to medium to simmer for 5 minutes. Take away from heat and whisk in pineapple juice, lemon juice, honey and nutmeg.
- Serve hot in a punch bowl, place on top with 2 floating clove-studded baked oranges.

Nutrition Information

- Calories: 91 calories;
- Total Carbohydrate: 22.9
- Cholesterol: 0
- Protein: 0.4
- Total Fat: 0.2
- Sodium: 5

363. Wassail Punch

Ingredients

- 2 quarts apple cider
- 2 cups orange juice
- 1/2 cup lemon juice
- 12 whole cloves
- 4 cinnamon sticks
- 1 pinch ground ginger
- 1 pinch ground nutmeg

Direction

- Combine lemon juice, orange juice and apple cider in a large pot or a slow-cooker over low heat. Add nutmeg, ginger and cloves to season then simmer. Let simmer for all day if you use a slow cooker. Serve while hot.

Nutrition Information

- Calories: 101 calories;
- Total Fat: 0.4
- Sodium: 8
- Total Carbohydrate: 24.9
- Cholesterol: 0
- Protein: 0.5

364. Winter Punch

Ingredients

- 2 3/4 cups apple juice
- 1 1/4 cups orange juice
- 1 tablespoon lemon juice
- 2 tablespoons honey
- 2 teaspoons ground cinnamon

Direction

- Combine orange juice and apple juice in a saucepan. Heat till steaming hot over medium heat, don ’ t boil. Take away from the heat. Add cinnamon, honey and lemon juice; stir. Serve while hot.

Nutrition Information

- Calories: 151 calories;
- Total Carbohydrate: 37.9
- Cholesterol: 0
- Protein: 0.7
- Total Fat: 0.4
- Sodium: 6

365. Zena's Cranberry Apple Cider Punch

Ingredients

- ice cubes
- 1 1/2 fluid ounces spiced rum
- 1 fluid ounce apple cider
- 1/2 fluid ounce cranberry juice

Direction

- Add ice to file a glass. Pour cranberry juice, apple cider and spiced rum over the ice then stir.

Nutrition Information

- Calories: 120 calories;
- Total Carbohydrate: 6
- Cholesterol: 0
- Protein: 0
- Total Fat: 0
- Sodium: 5

Conclusion

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author@spiritrecipes.com

Kelsey Rollin

spiritrecipes.com

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