

Fit Emmett Thanksgiving Fit Fixin's



Recipes

Mashed Cauliflower



Ingredients:

- 1 large head cauliflower, finely chopped (about 2 pounds)
- 1 cup chicken stock
- 2 tablespoons roasted garlic
- Sea salt and freshly ground black pepper
- 1/4 cup almond milk
- 1/4 cup sour cream
- 2 tablespoons chopped chives

Directions:

1. Add the cauliflower to a medium-sized saucepan along with the chicken stock.
2. Bring to a simmer over medium-high heat and cook until tender, about 8 to 10 minutes.
3. Add the roasted garlic and season with salt and pepper, to taste.
4. Stir in the milk and puree with an immersion blender until smooth.
5. Transfer the mixture to a serving bowl and garnish with sour cream and chives. Serves 3-4.

Lemon-Garlic Green Beans



Here is another great nutrient-dense veggie to add to your family dinner. Adding the extras makes them a delicious side dish.

Ingredients:

- 2 garlic cloves, minced
- 2 tsp. olive oil
- 1 pound green beans, trimmed and cut into 2 inch pieces
- 1 tbsp. lemon juice
- ¼ tsp. coarsely ground pepper
- 1/8 teaspoon salt

Directions:

1. In a large nonstick skillet coated with nonstick cooking spray, cook the garlic in oil over medium heat for 30 seconds.
2. Add the beans; cook and stir for 10-13 minutes or until crisp-tender.
3. Stir in the lemon juice, pepper and salt. Serves 3-4.

Sweet Potato Souffle



Ingredients:

- 1 Large egg, separate the yolk and whites
- 1 cup Mashed bananas – very ripe (2 medium bananas)
- 2 cups Sweet potatoes, cooked and mashed
- ½ tablespoon Organic butter
- ½ teaspoon Celtic sea salt
- 1/8 teaspoon Ground nutmeg
- Cinnamon for topping (optional)

Directions:

1. Preheat oven to 350 degrees.
2. Spray a 1-quart baking dish with extra virgin olive oil spray.
3. Mix egg whites in a small mixing bowl.
4. In a large mixing bowl, combine the egg yolks, bananas, sweet potatoes, butter, salt, and ground nutmeg until smooth, around 2 minutes.
5. Fold in egg whites, spread in baking dish, and bake for 35-45 minutes. Sprinkle cinnamon on top (optional). Serves 4-5.

Carrot Salad



Ingredients:

- 2-tablespoon extra-virgin olive oil
- 2 garlic cloves, minced
- ½ teaspoon ground cumin
- 2 tablespoon red wine vinegar
- 2 lbs. carrots, halved lengthwise and cut diagonally into ½ inch pieces
- ¼ teaspoon Dijon mustard
- ½ teaspoon Celtic sea salt
- ½ teaspoon freshly ground black pepper
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon fresh cilantro, chopped

Directions:

1. Heat oil in a non-stick skillet
2. Stir in garlic and cumin; cook 1 minute. Cool.
3. Fill a large pot with water. Add carrots to a steamer insert; place in pot.
4. Steam carrots covered, 8-10 minutes or until crisp-tender. Drain.
5. Combine vinegar, mustard, salt, and pepper in a bowl.
6. Gradually add garlic mixture, stirring with a whisk until blended.
7. Pour over carrots; sprinkle with parsley and cilantro, and toss gently. Serves 5-6.

Healthy Thanksgiving Stuffing



Ingredients:

- 1 loaf gluten-free bread or Ezekiel Bread, cut into bite-size cubes (8-9 cups)
- 2 Tb. olive oil
- 4 links sweet Italian sausage, removed from casing and broken into small pieces
- 2 cups chopped celery (4 large stalks)
- 2 cups chopped onion (one large onion)
- 2 Tb. minced garlic (4 cloves)
- 1 ½ teaspoon dried basil
- 1 tsp. dried oregano
- ½ tsp. dried sage
- ½ tsp. dried thyme leaves
- 1 tsp. kosher salt
- ½ tsp. freshly ground black pepper
- 4 cups gluten-free turkey, chicken, or vegetable stock, divided

Directions:

1. Preheat oven to 325 °F. Divide bread cubes between two large baking sheets. Toast until bread is golden brown and dry, about 30 minutes. Remove pans from oven and allow bread to cool.
2. Grease a 9x13-inch baking sheet and set aside. Place bread cubes in a large bowl. In a large pot, heat olive oil until shimmering. Add sausage, break apart into small bites with a fork as it cooks. Cook until no pink pieces of sausage remain, about three minutes. Remove the sausage from the oil using a slotted spoon. Place sausage on a plate and set aside.
3. Add celery. Cook until celery just begins to soften, about two minutes. Stirring frequently. Add onion. Cook for two minutes, continue to stir frequently. Add garlic, herbs, salt, and pepper. Cook until celery and onions are soft and aromatic. Spoon vegetables onto the bread cubes. Add sausage pieces and stir.
4. Pour about two cups of the broth over the bread. Stir until cubes absorb the broth. This takes a minute. Add an additional cup of broth. Continue to stir until broth is absorbed. If bread seems dry, add final cup of broth. (Bread cubes should be moist but not soggy. It's okay if the some of the cubes fall apart. This is normal.) Transfer stuffing to prepared pan.
5. Cover pan with aluminum foil and bake in a 325 °F oven until warm, about 30 minutes. Remove foil and return pan to the oven and bake until golden brown, about five minutes.

Cucumber Dill Dip



Ingredients:

- 1 cucumber peeled and thinly sliced
- 2 Tb. coconut cream from canned coconut milk placed in the fridge overnight
- 3 mint leaves, chopped
- 1 tsp. dried dill
- fresh cilantro (garnish on top)

- Pinch of seas salt
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Directions: Mixed ingredients together in bowl, garnish with cilantro and serve. Keep refrigerated.
Serves 4.

Pecan Pear & Apple Bake



Ingredients:

- 3 pears, cubed
- 3 small apples, cubed
- 2 Tb. dried cranberries
- ¼ cup pure maple syrup plus 2 Tb.
- 2 Tb. coconut flour, divided
- 1/8 tsp. ground ginger

- ½ tsp. ground cinnamon
- 2 tsp. fresh lemon juice
- ¼ c pecan halves
- 1 Tb. cashew meal or flour
- 1 Tb. organic butter (or coconut oil)

Directions:

1. Grease deep ceramic cooking dish
2. Preheat oven to 375F.
3. Toss pears, apples, cranberries, ¼ cup maple syrup, 1Tb. coconut flour, ginger, cinnamon, fresh lemon juice and pecans together into the prepared cooking dish and mix well.
4. Top with a mixture of 1 Tb. coconut flour and 1 Tb. cashew flour and organic butter.
5. Place in preheated oven and bake uncovered for 20 minutes.
6. Remove dish from oven and stir well. Add the remaining 2 Tb. maple syrup and continue to bake for an additional 5 minutes or until apples and pears are cooked to desired softness.
7. Spoon onto serving plates. Serves 4.