

THANKSGIVING MEAL PLAN

Mashed Cauliflower

2 medium heads cauliflower
4 cloves garlic
fresh chopped rosemary, for garnish
¼ to ⅓ cup milk
1 tablespoon unsalted butter
1 ounce cream cheese

Balsamic Roasted Vegetables

1 yellow onion
1 medium head cauliflower
1 large red bell pepper
1 large turnip
1 medium sweet potato
1 pound brussels sprouts
5 tablespoons grapeseed or olive oil
3 tablespoons balsamic vinegar
2 teaspoons sea salt
1 teaspoon ground cumin
1 teaspoon paprika
1 teaspoon chili powder
1 teaspoon oregano

Wild Rice Salad

1 medium delicata squash
2 cups fresh cranberries
1 clove garlic
1 tablespoon fresh rosemary, chopped
1 large shallot, finely diced
2 stalks of celery, finely diced
8 oz wild rice
2 tablespoons orange juice
1-2 tablespoon honey
olive oil
1 1/2 tablespoons maple syrup
1 1/2 tablespoons apple cider vinegar
1/2 tsp salt
1/2 cup chopped pecans, for topping)

Cranberry Pear Salad

2 large Bartlett pears (or your favorite)
6 oz. container romaine hearts
2 teaspoons fresh lemon juice
1/2 cup crumbled feta cheese
1/3 cup dried cranberries
1/4 cup slivered almonds
1/4 cup white balsamic vinegar
2 teaspoons dijon mustard
1/4 cup extra virgin olive oil
2 teaspoons pure maple syrup.

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