

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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