

RECIPES FOR A NOURISHING THANKSGIVING SEASON

We Give Thanks to You

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THANKSGIVING ALL NOVEMBER LONG

Simply scrumptious, easy, and healthy ideas!
Not only for Thanksgiving Day but all November long!

White Bean Artichoke Dip

Serves 6-8 servings

INGREDIENTS

- 1 can cannellini beans, drained and rinsed
- 1 can artichoke hearts, drained
- 1 tsp. lemon zest
- 2 Tbsp. lemon juice
- 2 cloves garlic, minced
- Pinch red pepper flakes
- ¼ cup olive oil
- Salt, pepper, and parsley to taste

INSTRUCTIONS

1. Place all ingredients other than olive oil and parsley into a food processor and blend until smooth, slowly drizzling in olive oil while blending to emulsify.
2. Season with salt, pepper and parsley and serve with dippers of choice.



Source: www.thekitchn.com

Fun Facts:

- Did you know that cannellini beans are also called white kidney beans!
- They are a great source of fiber and are packed with vitamin C.
- Vitamin C can help you absorb plant protein better.
- Unused beans in this recipe can be put in the *Leftover Turkey Soup* recipe

Source: www.healthyeating.sfgate.com



Fall Lentil & Squash Salad

Serves 6-10 as a side

INGREDIENTS

- 1 ½ cup cooked brown lentils
- 2 Delicata squash, sliced and roasted
- ¼ cup pepitas
- 4-6 cups arugula or mustard greens

Dressing:

- ½ cup red wine vinegar
- 1 Tbsp. garlic powder
- 1 Tbsp. maple syrup
- 1 Tbsp. dijon mustard
- ½ cup olive oil
- sea salt & pepper to taste



INSTRUCTIONS

1. Roast squash in avocado oil at 400°F for 25 minutes.
2. Toast pepitas in a dry sauté pan for a few minutes, tossing continuously to prevent burning.
3. Stir lentils with ½ of the dressing.
4. When ready to eat, toss greens and squash with remaining dressing and dressed lentils. Top with pepitas to serve.

Fun Facts:

- Did you know that eating the shells of pepita seeds increase their fiber content and has been linked to reducing the risk of heart disease and obesity! (5.2grams w/ shell vs. 1.8grams without shell)
- Pumpkin seeds or pepitas are high in magnesium.
- ¼ cup of pepita seeds gives about 42% of the recommended daily intake.
- Too many seeds and not enough fiber foods can lead too digestive-tract disturbances

Source: www.heart.org



Roasted Butternut Squash with Tahini Sauce

Serves 4

INGREDIENTS

- 1 butternut squash, chopped into chunks
(Or 3-4 cups pre- chopped butternut squash)
- 2 Tbsp. avocado oil
- ½ cup tahini
- 1 tsp. garlic powder
- 1 Tbsp. tamari
- 1 Tbsp. lemon juice
- 1 Tbsp. rice vinegar
- 1 Tbsp. date syrup (or honey)
- Sea salt to taste
- Cilantro, sesame seeds & pepitas to serve



INSTRUCTIONS

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Toss squash with oil and pour onto baking sheet. Bake for 30 minutes.
3. Meanwhile, whisk together remaining ingredients. Microwave tahini if needed to soften. Add small teaspoons of warm water to thin if needed.
4. Serve cooked squash warm, drizzled with tahini sauce and sprinkled with garnish.

Fun Facts:

- Squashes have been around for 10,000 of years and were probably used as serving containers due to their dense outer layer.
- There are 3 types of squashes: Cucurbita Maxima (round, thick stem) winter squashes such as pumpkins, buttercup, and turban, Cucurbita Moschata (round stems) also winter squashes such as butternuts, musky, and cushaw, and Cucurbita Pepo (pentagonal, prickly stem) which includes zucchini, yellow squash, crookneck, and spaghetti squash.

www.loc.gov



Creamy Broccoli Casserole

Serves 8 – 10

INGREDIENTS

Nutty Breadcrumbs (Can make these ahead of time!):

- ½ cup roughly chopped walnuts
- 2 tsp. coconut oil or ghee, melted
- 1 tsp. ground turmeric
- ½ cup ground flaxseed
- Pinch salt & pepper

Casserole Fixings:

- 9-10 cups broccoli, chopped into small florets
- cups raw cashews, soaked 2-8 hours, drained, and rinsed
- cups favorite broth (Bonus points for bone broth! Can sub water instead.)
- 1 Tbsp. miso paste
- 1 tsp. salt
- ¼ cup nutritional yeast
- 2 Tbsp. apple cider vinegar (or sub lemon juice)
- 2 Tbsp. ghee (or sub olive oil)
- 2 cloves garlic, minced
- 1 small yellow onion, diced
- 12oz cremini mushrooms, diced
- salt & pepper to taste



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INSTRUCTIONS

Make Nutty Breadcrumbs:

1. Toss walnuts with coconut oil, turmeric salt & pepper. Spread on a baking sheet and toast for 6-8 minutes, until browned and fragrant. Let cool and add to a food processor along with ground flaxseed. Pulse to form consistency of breadcrumbs. Pour into a bowl and set aside so you can use your food processor in a later step.

Make Mushroom Cream Sauce:

2. Add cashews, broth, miso, salt, nutritional yeast and apple cider vinegar to a food processor and blend until smooth.
3. Preheat a large saucepan over medium-low heat and add ghee to melt. Add garlic and onion, stirring consistently for 1-2 minutes until softened and aromatic.
4. Add mushrooms and cook 4-5 minutes, stirring intermittently, until mushrooms have released their juices and are softened.
5. Add creamy cashew blend to the mushroom mix in the pan and stir. Cook 5-7 minutes until the sauce has thickened, add a little salt, and pepper a bit and remove from heat.

Make Casserole:

6. Preheat oven to 350°F.
7. Grease a 13x9" casserole dish with olive oil or ghee. Add broccoli to evenly cover the bottom and set aside.
8. Pour creamy mushroom sauce all over the broccoli in the casserole dish to evenly coat.
9. Spread nutty breadcrumbs over the top of the mixture and bake, uncovered, for 30 minutes, or until breadcrumbs are browned.



Autumn Cranberry Turkey Stuffing

INGREDIENTS

- 2 sweet potatoes, diced
(Or use 1-2 packages of pre-roasted sweet potatoes from Trader Joes)
- ½ onion, chopped
- 4 cloves garlic, minced 1 lb. ground turkey
- 1 can pumpkin puree 6 sage leaves
- 3 cups sliced mushrooms 4 shallots, chopped
- 1 tsp. salt
- ¼ tsp. black pepper Olive oil
- ¼ cup. almond milk
- Cranberry sauce (I like Pacific Foods) OR dried cranberries



Source: www.thewholesmiths.com

INSTRUCTIONS

1. Heat 1 Tbsp. olive oil in large sauté pan and sauté onions and garlic until soft and fragrant.
2. Add onions, garlic, pureed pumpkin, sage leaves, pepper, salt and almond milk to food processor and blend until smooth.
3. Meanwhile, heat another 2 Tbsp. olive oil in sauté pan and sauté shallots and mushrooms until slightly soft.
4. Remove shallots and mushrooms from pan and add in ground turkey, cooking until browned and done.
5. While turkey cooks, add cauliflower mash ingredients to food processor and puree.
6. Mix turkey, mushroom mix, and pumpkin sauce together.
7. To serve, spoon turkey stuffing over cauliflower mash (*see pg.*)and drizzle with cranberry sauce or sprinkle with dried cranberries.

Adapted from Autumn Stuffed Acorn Squash recipe from www.thewholesmiths.com





MEGAN'S FAVORITES

Here are some of Megan's "go to" recipes!

Megan is our registered dietitian and certified culinary nutrition expert.

We bet our sauce that one of these will make it your "go-to" list!

Pumpkin Spice Latte

Serves 2-4

INGREDIENTS

- 2 cups fresh coffee
- ¾ cup almond or oat milk
- ¾ cup coconut milk
- ¼ cup pumpkin puree
- 1 tsp pumpkin pie spice
- ½ tsp vanilla extract
- 1 Tbsp. coconut nectar



INSTRUCTIONS

1. Combine all ingredients other than coffee in a saucepan and heat over low heat, stirring until well combined.
2. Pour coffee into mugs. Use an immersion blender to froth the warm pumpkin milk blend and pour over the coffee.

NOTES:

- Can use chai tea instead of coffee.
- Can use maple syrup or allulose instead of coconut nectar.

Fun Facts:

- The world's heaviest pumpkin weighed over 2,600 pounds. It was grown and presented in Germany in October 2016.
- Apple pie is America's favorite pie, while pumpkin pie trails in second place.

www.goodhousekeeping.com



Ricotta Sweet Potato Rounds Appetizer

Serves 12

INGREDIENTS

- 2 sweet potatoes cut into ¼”rounds.
- 1 Tbsp. avocado oil
- Pinch of cinnamon
- 1 cup whole milk ricotta cheese
- 2 Tbsp. Italian herbs
- ½ tsp sea salt
- 1 cup toasted chopped walnuts
- ½ cup chopped dried
- cranberries Honey or date syrup to serve



INSTRUCTIONS

1. Preheat oven to 400°F. Lay sweet potato rounds on baking sheet and brush with avocado oil and cinnamon. Bake for 20 minutes, flip, bake another 20 minutes.
2. While baking, combine ricotta, Italian herbs, and sea salt.
3. Dollop ricotta mixture on each baked sweet potato round, top with nuts and cranberries and drizzle with sweetener.

Fun Facts:

- Extra cranberry sauce + ricotta + Melissa’s ready-made crepe sheets
- Fold all sides of the crepe to the center and tuck under seem to create a rectangle pillow.
- Warm them in a non-stick on both flat wide sides
- Serve with more cranberry sauce, strawberry compote, chocolate drizzle, or whipped cream
- Ta-da! Cheese blintz/ crepes.
- You can find the crepe sheets at a Vons grocery store



Delicata Pom Salad

Serves 4-8

INGREDIENTS

- 2 medium delicata (or other winter) squash, sliced
- 1 Tbsp. avocado oil
- 4 cups arugula
- ¾ cup pomegranate arils (or dried cranberries)
- ½ cup pepitas
- 4 oz feta cheese
- 2 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar
- 1 tsp. dijon mustard
- ½ tsp honey
- Salt and pepper



INSTRUCTIONS

1. Heat oven to 425°F. Toss squash slices with avocado oil and bake for 30 minutes.
2. Toast pepitas in a dry skillet for just a minute or so until fragrant.
3. Whisk together oil, vinegar, mustard, and honey.
4. When squash has cooled a bit, combine with remaining ingredients, and toss with dressing.

Fun Facts:

- 80% of the U.S.'s pumpkin crop is available during October.
- Morton, Illinois, calls itself the "Pumpkin Capital of the World".
- According to the University of Illinois, Illinois harvests and grows 95% of all the pumpkin in the U.S.
- Illinois also is responsible for 80% of the world's canned pumpkin production.

www.goodhousekeeping.com



Garlicky Mashed Cauliflower

Serves 10-12

INGREDIENTS

- 1 large head garlic, unpeeled
- 2 Tbsp. avocado oil
- 2 heads cauliflower, roughly chopped
- 1/3 cup favorite broth
- ¼ - ½ cup melted ghee or grass-fed butter
- 1 Tbsp. sea salt
- 1 tsp. fresh ground pepper
- 1 Tbsp. + thyme



INSTRUCTIONS

1. Preheat oven to 425°F. Place head of garlic into baking dish, drizzle with avocado oil, cover with foil and roast 15 minutes.
2. Place a steamer basket into a large saucepan and pour in water just to base of steamer basket. Bring to a boil, add cauliflower to steamer basket and cover. Let steam for 10-15 minutes until very tender.
3. Let cauliflower cool 10 minutes or so, then transfer to food processor.
4. Squeeze garlic cloves out of their paper skins into the food processor and add remaining ingredients. Pulse until fluffy. Add more seasonings to taste.

NOTES:

- Use 1 head cauliflower and 4-6 Yukon Gold potatoes for a ½ cauli- ½ potato mash.



Joan's Mushroom Gravy

Makes 4 cups

INGREDIENTS

- 1 lb. fresh mushrooms
- 4 Tbsp. olive oil (may need more)
- ½ cup scallions, finely chopped
- 2 cloves garlic, finely minced
- 3 Tbsp. flour
- 2 cups chicken broth
- 1 cup dry white wine/water
- 2 Tbsp. tomato paste
- 2 Tbsp. fresh Parsley (finely chopped)
- 1 tsp fresh thyme leaves
- ½ tsp. salt
- 2 tsp. ground black pepper



INSTRUCTIONS

1. Rinse, pat dry and halve fresh mushrooms.
2. In medium saucepan, heat 2 Tbsp. of olive oil, add mushrooms and sauté 5 minutes. Remove mushrooms, set aside.
3. Heat remaining 2 Tbsp. olive oil, add scallions and garlic sauté 4 minutes.
4. Stir in flour, gradually add chicken broth and wine.
5. Cook, stirring until thickened.
6. Add remaining ingredients along with the reserved sautéed mushrooms.
7. Serve over mashed potatoes, stuffing, and turkey.

This recipe comes from our director, Tracy, and has become a family favorite of Megan's too! Tracy says she usually doubles or triples the recipe because her family LOVES mushroom gravy. It is one of her husband's Moms' Thanksgiving traditional accompaniments.

Enjoy!





LEFTOVER IDEAS

There's always room for leftovers!

So next time you are thinking “what do I do with all this turkey and stuff?”,
check out these recipes to help get you started!

The Red Leftover Custard

Serves 1 – 2

INGREDIENTS

- 1 cup almond milk (or light coconut milk)
- 3 Tbsp. chia seeds
- ½ tsp vanilla extract
- ½ tsp cinnamon
- ½ cup homemade cranberry sauce
- optional toppings/mix-ins:
 - nut butters, nuts, shredded coconut
 - whipped cream



Source: www.realfoodwithdana.com

INSTRUCTIONS

1. Combine almond milk, chia seeds, and vanilla extract in a mason jar and stir (or shake, with the top on) until well-mixed. Refrigerate for 30 minutes before using.
2. Check for consistency - if it's too thick, add a little more almond milk. If it's too thin, add a teaspoon or two of extra chia seeds, stir it up, and let it sit back in the refrigerator for another 30 minutes.
3. To assemble the pudding, scoop a ¼ cup chia pudding and add to the bottom of a jar, then add 2 Tbsps. cranberry sauce.
4. Now continue to do this until your serving mason jar is full.
5. You can choose to top with nut butters, nuts, coconut shreds, or mini chocolate chips

NOTE:

- Too much layering? You can simply add your leftover cranberry sauce on top of the chia mix

Adapted from Cranberry Chia Pudding recipe from www.realfoodwithdana.com



Leftover Turkey Wrap

Serves 2

INGREDIENTS

- ½ cup sliced cucumbers
- ¼ cup sliced onions
- ½ cup diced tomatoes
- ½ sliced avocado
- 4 Tbsp. leftover cranberry sauce
- 2 cups lettuce (choice of shredded or leaf)
- 2 cups leftover roast turkey shredded
- 2 – 10 inch flour tortilla



*Source: www.simply-delicious-food.com
Without cranberry sauce*

INSTRUCTIONS

1. Heat the wraps/tortillas to make them more pliable (I just do this in a warm pan)
2. Spread 2 Tbsps. of cranberry sauce on each tortilla, add the lettuce, turkey, and vegetables.
3. Tuck in the sides and roll into a tight wrap.
4. Slice in half and serve.

NOTE:

- Use either butter lettuce leaves or iceberg lettuce leaves instead of tortilla wraps to make this low – carb.

Adapted from Healthy Leftover Turkey Caesar Wrap recipe from www.simply-delicious-food.com



Leftover Turkey Soup

Serves 6

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup onion diced finely
- 1 tablespoon garlic minced
- 1 cup celery diced finely
- cup carrots cut in small circles
- 1 teaspoon salt
- 1 teaspoon pepper
- 8 cups low/no sodium broth make bone broth from your leftover turkey bones!
- cups leftover turkey cut in small cubes (about 1 lb.)
- 2 cups cooked rice OR zucchini noodles optional



Source: www.thecleaneatingcouple.com

INSTRUCTIONS

1. Chop vegetables + turkey.
2. In a large pot, heat olive oil.
3. Sauté onions + garlic until translucent, about 5 minutes. Add celery + carrots. Sauté for an additional 5 minutes.
4. Add remaining ingredients to the pan. Bring to a boil, then reduce to medium heat and cover. Simmer for 20 minutes, stirring occasionally.
5. While soup cooks, cook rice or grains to your liking or spiralize zucchini into noodles.
6. Add soup to bowl, add grains or veggies + enjoy.

Leftover Turkey Soup recipe sourced from www.thecleaneatingcouple.com



Baby Bell Peppers Filled with Leftover Stuffing

Serves 6

INGREDIENTS

- 6 baby bell peppers
- 8 ounces leftover stuffing
- ½ cup of shredded mozzarella cheese

INSTRUCTIONS

1. Preheat broiler to high.
2. Arrange peppers on a baking sheet. Broil 4 minutes or until charred but firm, turning once.
3. Cut stem ends off, and reserve.
4. Remove ribs and seeds, discard.
5. Preheat oven to 425°F.
6. Stuff peppers evenly with leftover stuffing; place, upright, on baking sheet.
7. Bake at 425°F for 7 minutes.
8. Heat broiler to high.
9. Sprinkle peppers with cheese. Broil 2 minutes or until tops are golden. Serve with pepper tops.



Source: www.myrecipes.com
With Queso Fresco

Adapted from Dressing-Stuffed Mini Peppers recipe from www.myrecipes.com

Fun Facts:

- Bell peppers are high in vitamin C and a good source of vitamin A.
- Red peppers are higher in both vitamins than green peppers.
- A medium - sized pepper contains roughly 20 calories.

www.ca.uky.edu



Thanksgiving Shepherd's Pie

Serves 6 – 8

INGREDIENTS

Topping:

- 5 cups leftover mashed cauliflower
- Optional – 1 cup of shredded sharp cheddar or mozzarella

Filling:

- 1 Tbsp. olive oil, divided
- 1 ½ cups frozen peas
- 1 large carrot, diced into small cubes
- 1 small to medium onion, diced
- 1 ½ lbs. shredded or chopped leftover turkey
- 4 cloves of garlic, chopped (or 1 Tbsp minced)
- 1 tsp sea salt + pepper to taste
- 3 Tbsp fresh chopped: sage & thyme
- 2 Tbsp fresh coarsely chopped Italian parsley



INSTRUCTIONS

1. Preheat oven to 375°F.
2. Bring a large sauté pan to medium-high heat with 1 Tbsp. olive oil and add the diced onion and carrots. Sauté for about 5 minutes, until the onions start to become translucent.
3. Add leftover turkey, garlic, and a pinch of salt. Stir and cook for about 4 minutes.
4. Turn off the heat and add the herbs and peas. Stir for about a minute to combine.
5. Spread the meat and veggie mixture evenly in a large glass baking dish (around 13x9 inches). Top evenly with the mashed cauliflower.

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6. Smooth it out on top with a spoon or spatula and sprinkle with cheese if wanted
7. Place on the middle oven rack and bake for about 8 minutes.
8. Heat broiler on high, and broil for about 3-4 minutes, until it crisps on top and the cauliflower begins to lightly brown.
9. Remove from broiler and sprinkle with chopped Italian parsley
10. Rest and cool for 10 minutes before you eat it.

Adapted from Shepherd's Pie: Jacked Up from www.realfoodwithdana.com

Fun Facts:

- According to Britannica, it was thought that Scottish peasant housewives invented shepherd's pie as a way of repackaging leftovers from Sunday roast!
- It is also called "cottage pie" referring to poor Irish peasants who lived in cottages.
- Shepherd's pie was not coined until the 19th century.
- Throughout the years, a distinction has been made between the two names, cottage pie which is usually made with beef, and shepherd's pie usually made with lamb.
- However, since both the UK and Irish have a long standing union and both claiming origin for the shepherd's pie, ironically the Irish (who are not big beef - eaters) refer to it as "cottage pie" but with lamb, while the British call it "shepherd's pie" but with beef!
- Go figure!

www.britanica.com www.chowhound.com





Thank you for joining us this Thanksgiving season. We are so grateful for your and our entire wellness family. Happy cooking!

