



With appreciation, we wish you great health and
may you enjoy these
Gluten Free, Paleo Style Recipes
from all of us at the
Nourishing Wellness Medical Center
~Thanksgiving Day Menu 2013~

Thanksgiving Turkey and Gravy

Cauliflower Parsnip & Apple Puree

Roasted vegetables

Jeanne's Paleo Pumpkin Pie

Turkey Bone Broth Soup

Thanksgiving Turkey* & Stuffing

Stuffing Ingredients:

- 1 pound ground pork
- 1 onion, chopped
- 2 packs of button mushrooms, chopped
- 1 cup celery, chopped
- 1 apple, chopped
- 4-6 cloves of garlic, minced
- 2 tablespoons each, rosemary, thyme, and sage, minced
- Sea Salt and pepper to taste
- 1 Tbsp coconut oil
- NOTE: Adjust stuffing measurements accordingly depending on amount of people being served. This stuffing filled a 12-14 lb turkey with a little leftover to put into a separate baking dish

Stuffing Directions:

1. Heat coconut oil in a large skillet on medium heat.
2. Place onion, garlic, mushrooms, celery apple into skillet and saute.
3. In a large mixing bowl, combine ground pork, rosemary, thyme, sage, salt, and pepper.
4. Add ground pork mixture to skillet, and cook until pork is browned slightly.
5. Remove from heat, and discard any liquid in the pan.

Ingredients for Turkey:

- 1 pasture raised turkey –look for no hormones or antibiotics added
- Duck fat or butter (*duck fat can be found at Whole Foods or Sprouts-it is a stable fat for high heat cooking*)
- Salt and pepper

To prep, stuff and cook the turkey:

- Preheat oven to 325.
- Place turkey in a roasting pan.
- Season turkey with salt and pepper, including the body cavity.
- Stuff turkey with pork stuffing.
- Place any remaining stuffing into a baking dish, cover and place in the fridge.
- Rub turkey with duck fat or butter
- Tuck wings under the breast, and tie the legs together with kitchen twine.
- Tent turkey with aluminum foil, and place in the oven.
- Roast turkey 20 minutes per pound at 325 degrees-about 5 hours for a 16 lb turkey.
- Place outside stuffing in the oven, uncovered for the last 20-30 minutes of cooking, or until the stuffing is crispy on the tops, and the pork is cooked through.

**Note: Make sure to save your turkey carcass! This can make an amazing bone and cartilage building pot of soup to heal what ails you. Recipe is listed at the end.*

Wild Mushroom Gravy Recipe

Ingredients:

- 1 pound of assorted sliced mushrooms- I use shitake, brown, cremini and fresh chanterelles, if in season
- Turkey juices, drippings from cooked turkey
- Fresh herbs such as thyme, sage and rosemary
- Salt and pepper as desired

Directions:

- Pour all turkey drippings and scraps from the bottom of the roasting pan into bowl and let sit in fridge for an hour until fat rises to surface. Scrape off as much as you can to reduce the fat content of the gravy.
- Pour 1 C turkey juices into pan and add mushrooms and herbs. Saute until mushrooms are cooked-about 4-5 minutes.
- Take half of mushrooms and juices and put into blender and blend well until creamy. Pour back into pan and add additional turkey juices till it is consistency of gravy. Season with sea salt and pepper as desired
- Pour into a gravy boat and enjoy over fresh carved turkey. Save leftovers and add to any turkey soup you might make with leftovers.

Cauliflower, Parsnip + Apple Puree-This is a much healthier alternative to mashed potatoes.

Ingredients

3 parsnips
1 apple
1 head of cauliflower
1 tbsp of butter
Sea salt and pepper, to taste
Fresh herbs, as garnish

Directions

Cut up the apple, parsnips and cauliflower into bite size pieces. Then put them into a steamer and steam for 12-15 minutes until very soft. Test with a fork, if it goes through with ease, they



are done. Transfer cauliflower, parsnip and apple to a food processor, add butter, salt and pepper and blend until smooth. Adjust to taste and garnish with fresh herbs.

Roasted Fall Vegetables

Root vegetables such as turnips, rutabaga, beets and parsnips are some of the most overlooked and under-appreciated veggies around. The flavor of all root vegetables will be enhanced by selecting fresh, firm produce (preferably organically grown) and mixing it with the golden colors of butternut squash or carrots. This along with fresh herbs makes a mineral rich mélange of autumn flavors that you'll enjoy all season long!



2 pounds root vegetables (I use butternut squash, carrots, turnips, rutabagas, beets), peeled and cut into 1-inch pieces (you can buy squash pre-peeled and cubed at Trader Joes)
1 medium onion, peeled and cut into 1/3-inch wedges
1-2 tablespoons extra-virgin olive oil
Sea Salt to taste
1 head garlic, separated into cloves and peeled
1-2 tbsp of chopped fresh herbs like rosemary, thyme, sage or thyme
Sprinkle of balsamic vinegar (optional)

Directions

1. Heat oven to 400 degrees. Place the root vegetables and onion in a roasting pan.
2. Toss the vegetables with the olive oil and salt to taste. Do not crowd the vegetables.
3. Roast the mixture for a total of 45-50 minutes, stirring every 15 minutes. After 30 minutes, scatter the garlic cloves in with the vegetables. Continue stirring every 15 minutes until the vegetables are tender and evenly browned.

4. Before serving, add a sprinkling of fresh chopped herbs & balsamic vinegar, if you like for additional flavor



Jeanne's Paleo Pumpkin Pie

The filling of this pie is made with coconut milk instead of heavy cream, which gives the pumpkin a silky texture and you won't detect an off coconut flavor. Or you can opt to use heavy cream instead of coconut milk. For sweetening, I used 2 tablespoons of maple syrup, a dash of stevia, vanilla and a generous blend of spices to enhance the sweetness at a fraction of the sweeteners you typically find with pumpkin pie.

Your friends and family will never know they are eating something that is so healthy. In fact, this is so good... you can serve it for breakfast!

BTW, in our family there is one pie tradition that's worth keeping – a dollop of real whipped cream on top (of course, you can always make it with coconut milk instead of whole cream).

Ingredients

Crust

1 1/4 cups TJ's roasted hazelnuts

1 cup Just Almond Meal

2 Tbsp coconut oil

a pinch of salt



I like to use my own pumpkin instead of canned. This year, I am using 2 different types of pumpkin for a special blend of fresh flavor. I put both whole pumpkins into an oven at 375 for 45 min and removed them to cool. Then, removed the seeds (for toasting with olive oil for a fun snack) and with ease, I was able to get almost

4 cups of pumpkin puree. Enough for 2 pies!

Filling

2 cups of fresh pumpkin filling or 1 15-oz can of TJ's Organic Pumpkin

3/4 cup canned Coconut Cream or TJ's Whipping cream

3 large eggs

2 Tbsp maple syrup or raw honey

tsp Trader Darwin's Stevia Extract

tsp TJ's vanilla bourbon extract

1 Tbsp TJ's pumpkin pie spices

TJ's Whole Cream for whipped cream topping



Instructions

Preheat the oven to 375 degrees. You're going to bake the crust first for 15 minutes, then later reduce the temperature to 350 to cook the filling.

CRUST

- In a food processor, blender or Vitamixer, grind the nuts together with the almond meal and coconut oil and salt. Consistency should be able to hold together like a ball.
- Place the mass of dough into the center of a pie plate, and push with your fingers to coat the bottom and sides evenly.
- Place in oven in the middle rack and cook for 15 minutes. Remove from oven when done and let cool for at least 5 minutes before pouring in the pie filling.

FILLING

- Turn oven temperature down to 350 degrees F.
- Blend all ingredients together either by hand or with a blender on the lowest setting.
- Pour filling into the pie crust.
- Place in oven on middle rack and cook for 45 to 50 minutes, or until the center of the pie has fully set.
- Remove and cool for at least 1 hour before eating. (This is the hardest part!)

WHIPPED CREAM TOPPING

- Place whipping cream and glass bowl into freezer for 10 min to chill. Then, proceed to use egg beater to hand whip until soft peaks form. Place in fridge until your ready to serve.

Turkey Carcass Bone Broth

Our favorite thing to do the morning after Thanksgiving is to make homemade turkey broth from the turkey carcass. It is so easy to do and so delicious! Homemade turkey stock can be used in any application that you would normally use store bought stock but its way more delicious and has healing properties for your joints, bones and gut. Give it a try and let us know how it works for you!

Ingredients

1 left-over turkey carcass
1-2 medium onions, chopped
3 carrots, peeled and chopped
3 stalks of celery, chopped
3 cloves of garlic, peeled
4 sprigs of fresh thyme or other savory herbs like sage, rosemary
1 bunch of parsley
Any leftover greens like kale, collards, swiss chard- these add minerals to the stock
1 tablespoon black peppercorns
pinch or two of sea salt
2 tbsp of vinegar (this breaks down the cartilage and releases minerals from the turkey bones)
Enough water to cover

Directions

Using a sharp knife, cut the carcass into smaller pieces. Don't waste anything! Throw in the skin, ligaments, even the organs into a large pot or slow cooker along with the vegetables, thyme, and peppercorns. Season with salt. Cover with water. Place the crockpot on low heat and simmer slowly for 4-5 hours. Skim off any scum that rises to the surface. Do not let it boil. Not boiling a leads to a richer tasting stock. Furious bubbling breaks up particles and causes clouding.

As the pot is simmering away, we frequently are enjoying a bowl or two of the broth beautiful goodness. The herbs and greens are soft and easy to eat. I usually add more water if needed. When the stock is a deep brown and the bones are soft to chew and the cartilage has "melted" into the stock, you are probably done.

Remove from the heat, let cool and then strain out the bones and veggies. (*We feed these leftovers to our hens...they love the veggies and even nibble on the soft bones since the minerals help their shells stay hard*)

The liquid bone broth may actually turn to gelatin upon refrigeration. This is a good thing!



This is what heals your cartilage, bones and the lining of your gut! When you add it back to a pot it will melt back into broth and be ready for any soup recipe your enjoy with way more minerals than you could ever find in a canned or boxed broth.