



THANKSGIVING (VEGETARIAN AND VEGAN)

Thanksgiving is one of my favorite holidays. It is a chance to get together with loved ones – be that with family, friends, or a mix of both – over a feast of comfort food. I created the recipes on this menu with just that in mind. It is a mix of indulgent and healthy, hearty and fresh.

The two more indulgent dishes on the menu are the Two Mushroom Gravy and Apple Crumble. They involve more butter than I typically cook with, but I always make an allowance for special occasions like Thanksgiving. This is why I balance the dishes with healthier sides like Parsnips Purée and Roasted Brussels Sprouts; not to mention the main dish of Lentil Loaf.

While these dishes would ideally be made the day of Thanksgiving, the reality is that most of us will be contending with a hundred other to-do checklist items. You can ease your cooking on Thanksgiving Day by prepping some of the ingredients a day in advance, such as roasting and chopping the walnuts. If time is really an issue, you can make the Parsnips Purée the day before, along with the Orange Cranberry Compote and Two Mushroom Gravy.

I would recommend though to make the Apple Crumble on the day of Thanksgiving not only because nothing beats the scent of apples and cinnamon wafting through your home; the taste of freshly baked dessert is exactly how memories are made.

I give thanks to The Fresh 20 team past, present and future. The contributions of so many have made this company possible.

To your wild success,
Melissa Lanz
ceo + founder, The Fresh 20



THANKSGIVING MENU (VEGETARIAN AND VEGAN)

TWO MUSHROOM GRAVY

PARSNIP PURÉE

LENTIL LOAF

BASIL CREAMED CORN

ROASTED BRUSSEL SPROUTS

ORANGE CRANBERRY COMPOTE

APPLE CRUMBLE

SHOPPING LIST

VEGETABLES & FRUIT

3 oranges
6 cups brussels sprouts
12 small parsnips
1 bunch thyme
1 bunch chives
1 bunch basil
1 cup cremini mushrooms
1 cup shiitake mushrooms
5 apples
4 ½ cups fresh corn kernels
1 cup shredded carrots
2 yellow onions

DAIRY

½ cup organic whole milk
(vegan substitute 1 cup
almond milk)
11 Tablespoons butter
(vegan substitute 12
Tablespoons vegan butter)
4 eggs (vegan substitute
1 - 14 ounce block firm tofu)

BAKERY / MISC

1 ½ cups dried cranberries
10-12 ounces raw walnuts
2 ¼ cups rolled oats
10 Tablespoons brown sugar
½ teaspoon ground cinnamon
1 ½ cups green lentils
¼ cup white wine (Riesling
recommended)

FROM THE PANTRY

6 ¾ Tablespoons olive oil
5 Tablespoons white whole wheat
flour (vegan use 6 T.)
2 cloves garlic
3 ⅛ teaspoons sea salt
1 teaspoon black pepper
3 ½ cups (¾ cup extra) vegetable
stock

PREP AHEAD

Prep up to two days ahead

TWO MUSHROOM GRAVY

- Cut vegetables:
 - 1/2 cup diced yellow onions
 - 4 ounces whole shiitake mushrooms, sliced (about 1 cup)
 - 5-6 ounces whole cremini mushrooms, sliced (about 1 cup)
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LENTIL LOAF

- Cook lentils **see Lentil Loaf recipe, steps 1-3, for directions*
 - Sautéed mushrooms **from Two Mushroom Gravy recipe*
 - Grind walnuts to yield 1/2 cup
 - Cut vegetables:
 - 1 cup finely shredded carrots
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BASIL CREAMED CORN

- Cut vegetables:
 - 1 small yellow onion, diced
 - If using fresh corn, gather 4-1/2 cups fresh corn kernels (from about 6 ears of corn, depending on size)
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ROASTED BRUSSELS SPROUTS

- 6 cups Brussels sprouts, damaged outer leaves removed, some sliced in half lengthwise
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APPLE CRUMBLE

- Roast 3/4 cup walnuts (375° for 5-10 minutes until fragrant) and chop

PREP AHEAD

Prep up to one day ahead

PARSNIP PUREE

- 12 small parsnips, chopped into small pieces (about 1/2 inch)
 - *This dish can be made the day before*
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ORANGE CRANBERRY COMPOTE

- 3 medium oranges, squeezed (use 3/4 cup juice for Compote and reserve 2 Tablespoons juice and a pinch of zest for Apple Crumble)
- *This dish can be made the day before*

TWO MUSHROOM GRAVY

INGREDIENTS

FOR TWO MUSHROOM GRAVY

2 + 2 Tablespoons butter
½ cup diced yellow onions
2 cloves garlic, minced
1 cup sliced shiitake mushrooms
(about 4 ounces whole mushrooms)
1 cup sliced cremini mushrooms
(about 5-6 ounces whole mushrooms)
1 ½ Tablespoons white whole wheat
flour
¼ cup white wine
1 + ¼ cup extra, vegetable stock
3 sprigs fresh thyme
½ teaspoon salt
¼ teaspoon black pepper



*Substitute vegan butter for
dairy butter.*

DIRECTIONS

FOR TWO MUSHROOM GRAVY

1. Melt 2 Tablespoons of butter in pan over medium heat. Sauté onions in for 2-2 ½ minutes over medium high heat, until onions are softened.
2. Add garlic and sauté until fragrant. Add mushrooms to the pan and sauté for 3-4 minutes, allowing the mushrooms to brown.
3. Remove mushrooms from pan and set aside in a bowl. The sautéed mushrooms will go into the lentil loaf.
4. Add remaining butter to the pan, reduce heat to medium, and while butter melts scrape up the browned bits in the pan.
5. Once butter is melted, add flour and stir quickly to incorporate. Cook the roux just until it is light brown.
6. Pour in wine and stir to incorporate. Stir in a cup of vegetable stock and bring the sauce to a boil.
7. Stir in fresh thyme, salt, and pepper. Cook for 1-2 minutes, stirring the sauce. If the sauce is too thick, stir in the remaining ¼ cup of vegetable stock.

The mushroom mixture will go into the lentil loaf.

*Make the gravy first and keep it on low heat
to keep warm.*

PARSNIP PURÉE



INGREDIENTS

FOR PARSNIP PURÉE

12 small parsnips, chopped into small
pieces (about ½-inch)
1 ¾ + ½ cups vegetable stock, the ex-
tra ½ cup may not be used
3 ¼ teaspoons olive oil
¾ teaspoons salt
2 Tablespoons chopped fresh chives

DIRECTIONS

FOR PARSNIP PURÉE

1. Fill a large pot with chopped parsnips and bring to boil.
2. Cook for 5-8 minutes, until parsnips are fork tender. Drain the pot of parsnips of water completely.
3. Purée or blend with vegetable stock, olive oil, and salt. If the purée is too thick, adjust by adding more vegetable stock, streaming in one or two tablespoons at a time. Do this in two batches if needed by dividing the ingredients into two batches for each batch.
4. Top Parsnips Purée with chopped chives; or mix in half of the chopped chives and top with the rest.



LENTIL LOAF

INGREDIENTS

FOR LENTIL LOAF

- 1 ½ cups dried green lentils
- 5 ½ cups water
- 3-4 sprigs fresh thyme
- ¼ + 1 ¼ teaspoons salt
- Sautéed mushroom mixture (made from recipe above)
- ½ cup ground walnuts
- 1 cup finely shredded carrots
- 4 eggs
- 1 ¼ cup rolled oats
- ½ teaspoon black pepper
- ¼ teaspoon fresh thyme leaves
- 4 teaspoons olive oil



Substitute 1 14-ounce package firm tofu, smoothly whipped in blender + 1 T. white whole wheat flour, for eggs. Purée lentils except for ¼ cup.

DIRECTIONS

FOR LENTIL LOAF

1. Bring 5 ½ cups of water with 1 ½ cups lentils along with ¼ teaspoon of salt and 3-4 fresh thyme sprigs to boil.
2. Cook for 30-35 minutes, or until lentils are bite tender.
3. Drain lentils of water. Set one cup aside and purée the rest.
4. Using hands, mix all the ingredients together in a large prep bowl until finely incorporated.
5. Brush the inside of a 9x5-inch loaf pan with a teaspoon of olive oil. Pack the mixture into the pan, molding it evenly into the dish.
6. Shape the center top of the loaf into a small mound, like a loaf of bread. Drizzle the top with three teaspoons of olive oil.
7. Cover loaf pan tightly with foil and bake for 25 minutes at 350°F. Uncover pan and bake for another 18-20 minutes. Allow the loaf to cool for 10-15 minutes before slicing to serve.

It may be tempting to buy already shredded carrots at your local grocery store, but fresh finely shredded carrots make a big difference in taste and texture. The fresh sweetness of finely shredded carrots is worth the effort.

BASIL CREAMED CORN

INGREDIENTS

FOR BASIL CREAMED CORN

- 1 ¾ Tablespoons olive oil
- 1 small yellow onion, diced
- 4 ½ cups fresh corn kernels
- ½ teaspoon salt
- ½ cup whole milk
- 8-10 basil leaves, chiffonade (thinly sliced)



Substitute 1 cup almond milk for dairy milk.

DIRECTIONS

FOR BASIL CREAMED CORN

1. Heat olive oil in a large pan over medium high heat for about 30-45 seconds. Sauté onions for 1-2 minutes just until onions are softened and lightly browned.
2. Add corn and sauté for 2-3 minutes, until corn browns slightly.
3. Stir in milk and season with salt. Reduce heat to medium and cook for 1-2 minutes, allowing milk to reduce.
4. Remove corn onto a serving dish and fold in basil leaves.

Here fresh corn really makes a difference in taste, like the fresh carrots, as the sweetness is tough to preserve.

ROASTED BRUSSELS SPROUTS



INGREDIENTS

FOR ROASTED BRUSSELS SPROUTS

- 6 cups Brussels sprouts, some sliced in half lengthwise
- 2 ½ Tablespoons olive oil
- ¼ teaspoon black pepper
- ½ teaspoon salt

DIRECTIONS

FOR ROASTED BRUSSELS SPROUTS

1. Preheat oven to 425°F.
2. Spread Brussels sprouts on a baking sheet. Pour olive oil over the sprouts, making sure to coat the sprouts with olive oil throughout. Roast for 10-15 minutes.
3. Remove from oven and shake the pan to loosen the sprouts from pan. Use a spatula to turn over sprouts to the other side. Roast for another 10-15 minutes, depending on how crispy and caramelized you prefer your Brussels sprouts.
4. Remove from oven and season with black pepper and salt in a big bowl.



ORANGE CRANBERRY COMPOTE



INGREDIENTS

FOR ORANGE CRANBERRY COMPOTE

- 1 ½ cups dried cranberries
- ¾ cup orange juice
- 2 cups water

DIRECTIONS

FOR ORANGE CRANBERRY COMPOTE

1. Pour all the ingredients in a small saucepan. Bring to a boil (lidded) for 15 minutes.
2. Reduce the heat to low, remove the lid, and simmer for 4-5 minutes, stirring while it boils. The liquid will evaporate rather quickly after 2-3 minutes and the sauce will begin to thicken to a sauce-like consistency.



APPLE CRUMBLE

INGREDIENTS

FOR FILLING

- 5 apples (preferably Gala), peeled, cored, and thinly sliced
- 2 Tablespoons white whole wheat flour
- 2 Tablespoons freshly squeezed orange juice
- A pinch orange zest
- ¼ teaspoon ground cinnamon
- 6 Tablespoons brown sugar
- 2 Tablespoons butter, diced into cubes
- ¼ teaspoon salt

FOR CRUMBLE

- 1 cup rolled oats
- 5 Tablespoons cold butter, diced into small cubes
- ¾ cup chopped walnuts
- ¼ cup brown sugar
- 1 ½ Tablespoons white whole wheat flour
- ¼ teaspoons ground cinnamon
- ¼ teaspoon salt



Substitute vegan butter for dairy butter.

DIRECTIONS

FOR APPLE CRUMBLE

1. Mix all the ingredients for the filling together in a large prep bowl until well incorporated.
2. Mix all the ingredients for the crumble together in another large prep bowl until just well incorporated. Don't overknead the butter into the mixture.
3. Pour sliced apples mixture in a ovenproof baking dish. Spread crumble mixture on top of the apples in an even layer.
4. Bake for 45-50 minutes at 350°F.
5. Remove from oven and allow to cool for 5-10 minutes before serving.

Use raw walnuts. Roast them in the oven for a few minutes – just until fragrant – before chopping them.
