



THANKSGIVING

Thanksgiving is my favorite holiday. Food, family and friends gathered around a table is my idea of a perfect day.

For years, I searched for the newest Turkey day craze spending hours and hours reading fall issues of cooking magazines. I know people still get excited about deep fried turkey and tur-duck-en, but I have returned to the simpler ways of Thanksgiving relying on simple ingredients and a genuine love of cooking healthy, delicious food.

This menu is rich with flavor AND kind to your health. There will be butter, but as always, I've cut down on excess fats that are unnecessary to the final dish. I hope you will incorporate some of The Fresh 20 tips and tricks into your holiday meal plan. It would be my honor to show up somewhere on your table in the near future. Psst.

Where applicable, I've indicated possible adjustments for special diets with an icon. I hope this makes these recipes accessible to everyone.

And after all is said and done, I don't want to eat turkey sandwiches for a week, so the leftover recipes are designed to get you through the weekend and still feel a little spoiled. Enjoy the holiday.

With gratitude,
Melissa Lanz
ceo + founder, The Fresh 20

THANKSGIVING MENU

DINNER

SAGE ROASTED TURKEY

PERFECT GRAVY

APPLE CORNBREAD DRESSING

CANDIED BRUSSELS SPROUTS

EASY WHOLE WHEAT BISCUITS

HERB ROASTED WHOLE CARROTS

GUILT-FREE MASHED POTATOES

ORANGE CRANBERRY RELISH

LEFTOVERS

BISCUIT BREAD PUDDING

TWICE-BAKED MASHED POTATO
CASSEROLE

SHOPPING LIST

MEAT / SEAFOOD

12-14 lb. free range, organic
fresh turkey
1 lb. organic bacon

VEGETABLES & FRUIT

2 medium yellow onions
2 lbs. carrots
2 lbs. Brussels sprouts
2 bunches fresh sage
16 ounces fresh cranberries
3 medium oranges
3 medium apples
1 small lemon
3 ribs/stalks celery
1 medium sweet potato
4 medium russet potatoes
1 small bunch fresh chives

DAIRY

2 cups cheddar cheese,
shredded
15 Tablespoons butter
6 eggs
4 $\frac{1}{4}$ + $\frac{1}{3}$ cups milk

BAKERY / MISC

$\frac{1}{2}$ cup pecans
2 cups cornmeal
4 $\frac{1}{2}$ T. baking powder
 $\frac{1}{2}$ cup white wine

FROM THE PANTRY

11 Tablespoons olive oil
8 cups chicken or vegetable broth
4 cloves garlic
4 $\frac{1}{2}$ teaspoons kosher salt
2 teaspoons black pepper
 $\frac{1}{4}$ teaspoon cayenne pepper
1 teaspoon paprika
1 Tablespoon herbes de provence
 $\frac{3}{4}$ cup pure maple syrup
4 cups + 2 T. whole wheat white
flour

PREP AHEAD

Prep up to two days ahead

APPLE CORNBREAD DRESSING

- Make cornbread the day before (leave out on countertop overnight to dry out)
 - Cut vegetables & herbs:
 - 3 ribs celery, ends trimmed, finely chopped
 - 1 medium onion, finely chopped
 - 4 Tablespoons chopped sage leaves
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ORANGE CRANBERRY RELISH

- Juice 2 oranges, need 1/2 cup juice
- *Relish can be made a day ahead and refrigerated until dinner time*

PREP AHEAD

Prep up to one day ahead

SAGE ROASTED TURKEY

- Thaw turkey in refrigerator if frozen (check packaging, this may take longer than you think!)
 - Cut fruit/vegetables:
 - 1 medium onion, cut into quarters
 - 1 orange or lemon, cut into quarters
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HERB ROASTED WHOLE CARROTS

- Peel 2 pounds of whole carrots
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GUILT-FREE MASHED POTATOES

- Peel & steam potatoes. Do not mash now. Store in fridge in airtight container.

SAGE ROASTED TURKEY

Serves 8

INGREDIENTS

FOR SAGE ROASTED TURKEY

12-14 lb. fresh turkey, thawed and any extra pieces from cavity removed and discarded

3 medium apples, cored and cut into quarters

1 medium onion, cut into quarters

1 orange or lemon, cut into quarters

1 bunch fresh sage (25-30 leaves)

¼ cup olive oil

4 cloves garlic, minced or pressed

1 teaspoon kosher salt

1 teaspoon paprika

4 cups low sodium chicken broth



Use gluten-free broth

DIRECTIONS

FOR SAGE ROASTED TURKEY

1. Preheat oven to 425 degrees.
2. Stuff the turkey with the apples, onion, half of sage leaves and citrus of choice.
3. Combine olive oil and minced garlic. Brush oil over bird, rub in salt and sprinkle with paprika.
4. Arrange the turkey on a rack laying on its BACK (breast down) in the roasting pan.
5. Pour in 3 cups of chicken broth and add the other half of sage leaves to roasting pan.
6. Roast for 30 minutes. Reduce heat to 350 degrees and turn turkey on its side. Roast for one hour, basting every 30 minutes.
7. Flip the turkey to the other side and continue roasting for one hour. If using a thermometer, it should read 180 degrees when inserted into the thickest piece of the thigh. Otherwise, you can tell the turkey is done when both the legs and the thighs easily move up and down without force.
8. Let the turkey stand for at least a half hour before carving.

Ah, the turkey. Crown and jewel of Thanksgiving feast. This recipe gets the job done in under 3 hours! The secret is starting the turkey upside down. Sounds crazy? It works by getting a little extra heat and browning under the thighs for the first thirty minutes at a higher temperature. Just trust.

Typically, a hen will have more flavor and make for the best results but if you are feeding a large crowd, then a Tom might be the answer.

PERFECT GRAVY

Serves 8

INGREDIENTS

FOR PERFECT GRAVY

2 Tablespoons unsalted butter
2 Tablespoons white whole wheat flour (King Arthur or Bob's Red Mill)
1 cup strained pan juices
1 cup chicken broth
½ cup white wine or ¼ cup grand marnier or Jack Daniels (optional)
1 Tablespoon sage leaves from roasting pan, finely chopped



Substitute 1-½ Tablespoons gluten-free all-purpose flour plus ½ Tablespoon gluten-free corn starch, for whole wheat flour; use gluten-free broth.



Substitute olive oil for butter.

DIRECTIONS

FOR PERFECT GRAVY

1. In a 3 quart sauce pan, melt butter then whisk in flour. Continue to whisk until well-combined and flour starts to brown, about 2 minutes.
2. Whisk in pan juices and broth until well-combined, bring to a simmer.
3. Take wine (or other liquid) and use it to scrape the bottom of the roasting pan to release the tasty bits. Add to simmering gravy.
4. Taste first! Then season to taste with salt and pepper. Serve hot!

APPLE CORNBREAD DRESSING

Serves 8

INGREDIENTS

FOR CORNBREAD

2 cups medium grain cornmeal
2 cups whole wheat white flour
2-1/2 Tablespoons baking powder
1 teaspoon salt
2 eggs
2 cups milk
3 Tablespoons olive oil
3 Tablespoons unsalted butter

FOR DRESSING

2 Tablespoons olive oil
3 ribs celery, ends trimmed, finely chopped
1 medium onion, finely chopped
2 roasted apples (from turkey) or 2 peeled apples, finely chopped
4 Tablespoons chopped sage leaves
1 9x13" pan cornbread
2 cups pan drippings from roasted turkey, or broth
kosher salt and black pepper to taste



Use unsweetened almond or rice milk, and vegan butter.



Substitute corn flour for wheat flour and use gluten-free baking powder and broth.

DIRECTIONS

FOR CORNBREAD

1. Preheat oven to 425°.
2. Sift together dry ingredients into a bowl.
3. Add eggs, milk, olive oil and butter. Beat until smooth, about one minute.
4. Bake in a greased 13 x 9" pan for 30-35 minutes.
5. Leave out on counter overnight to dry out for dressing.

FOR DRESSING

1. In an 8-quart pot, sauté the celery and onions in olive oil over medium heat until softened. Note: if using fresh apples, add them here to soften.
2. Stir in roasted apples.
3. Mix in cornbread and sage until well combined.
4. Pour in pan drippings or broth until moistened. (It will dry out a little while baking so wet is okay, but you don't want to see liquid.)
5. Taste first and then add salt and pepper to desired flavor.
6. Transfer to a Dutch oven or any covered oven-proof dish. Heat in oven for 30 minutes alongside potatoes once the turkey is cooling.

CANDIED BRUSSELS SPROUTS

Serves 8



INGREDIENTS

FOR CANDIED BRUSSELS SPROUTS

2 lbs. Brussels sprouts, cut in half
½ cup maple syrup
½ cup water
½ cup pecans, finely chopped
¼ teaspoon cayenne
¼ teaspoon of salt
dash of black pepper

DIRECTIONS

FOR CANDIED BRUSSELS SPROUTS

1. Wash Brussels sprouts, trim and remove any damaged outer layers.
2. Whisk together syrup and water then add to Brussels sprouts and stir to coat.
3. Arrange in a preheated fry pan over medium-high heat.
4. Cook, stirring every minute or so, until liquid is almost gone, about five minutes.
5. Toss in pecans.
6. When there is not more liquid, remove from heat, sprinkle with cayenne, salt and pepper.
7. Cover and set aside until serving. Well, eat one first and then set aside.

EASY WHOLE WHEAT BISCUITS

Serves 8

INGREDIENTS

FOR WHOLE WHEAT BISCUITS

- ¾ cup organic milk
- 1 Tablespoon lemon juice
- 2 cups whole wheat white flour (plus extra for cutting board)
- 2 Tablespoons baking powder
- 1 teaspoon kosher salt
- ½ cup unsalted butter, cold and cut into pieces
- 2 Tablespoons freshly chopped herbs like chives, rosemary, or sage (optional)
- ¼ cup cheddar, shredded (optional)



Substitute 1 ½ cups superfine white or brown rice flour + ¾ cup tapioca or potato starch for wheat flour.



Use unsweetened rice or almond milk, and vegetable shortening.

DIRECTIONS

FOR WHOLE WHEAT BISCUITS

1. Preheat oven to 450 degrees.
2. Combine milk and lemon juice and set aside for five minutes.
3. Whisk or sift together dry ingredients (flour, baking powder, salt). If using herbs, add now.
4. With a fork, (or pastry cutter if you roll like a baker) cut in butter to flour until mealy. It should look crumbly. If adding cheese, fold in now.
5. Mix in milk until just combined. Do not over mix.
6. Flour a cutting board and place dough on board in a heap. Press down to flatten or use a rolling pin to quickly roll out. I just use my hands to press down to about ¾ inch thick.
7. Use a drinking glass to cut out biscuits. Keep working dough and cutting until gone. The last bit of dough is perfect for using as a taste tester.
8. Place biscuits on a baking sheet and let sit for five minutes. Bake 10 to 12 minutes, until golden. Serve warm.

Adapted from Smitten Kitchen, thank you Deb.

HERB ROASTED WHOLE CARROTS

Serves 8



INGREDIENTS

FOR HERB ROASTED CARROTS

- 2 lbs. whole carrots, peeled
- 1 Tablespoon olive oil
- 2 Tablespoons herbes de provence
- ¼ teaspoon salt

DIRECTIONS

ON LUNCH DAY

1. Preheat oven to 425 degrees.
2. Arrange carrots on baking sheet.
3. Rub the carrots with olive oil.
3. Sprinkle with herbes and salt.
3. Roast for 25 minutes or until fork tender and a little golden in parts.

GUILT FREE MASHED POTATOES

Serves 8-10

INGREDIENTS

FOR MASHED POTATOES

- 4 Russet potatoes, peeled and cut into 2" pieces
- 1 sweet potato, peeled and cut into 2" pieces
- 1 teaspoon kosher salt
- 1 cup low-sodium chicken broth
- 2 Tablespoons unsalted butter
- 2 Tablespoons olive oil + drizzle
- ½ teaspoon black pepper



Use gluten-free broth.



Substitute olive oil for butter.

DIRECTIONS

FOR MASHED POTATOES

1. Fill a large pot with 3 inches of water and place all potatoes in a steamer insert. Bring water to boil, cover and steam for 15 to 20 minutes until fork tender.
2. Remove from heat and transfer to mixing bowl. Stir in salt. Add butter, olive oil, and broth.
3. With a potato masher or large heavy fork, mash potatoes until smooth.
4. Add in more broth as needed to reach desired consistency.
5. To serve, transfer to bowl and drizzle with olive oil. Sprinkle with black pepper. Somebody please pass the gravy.

The secret to this recipe is the addition of a sweet potato to the mix. Adding a buttery sweetness without adding fat. Of course you can boil the potatoes as well if that is your preference.

ORANGE CRANBERRY RELISH

Serves 8



INGREDIENTS

FOR ORANGE CRANBERRY RELISH

16 ounces fresh cranberries
2 oranges, juiced or ½ cup orange
juice
½ cup maple syrup
½ teaspoon black pepper

DIRECTIONS

FOR ORANGE CRANBERRY RELISH

1. Place ingredients in a two quart stockpot.
2. Bring to boil, reduce to simmer, and stir.
3. Cook ten minutes, until cranberries burst and liquid starts to thicken.
4. Remove from heat, transfer to bowl, and chill until ready to serve.

*Make this simple recipe one to two days ahead for
the flavors to nicely blend.*

BISCUIT BREAD PUDDING

Serves 8

INGREDIENTS

FOR BISCUIT BREAD PUDDING

- 1-½ cups milk
- 4 eggs
- ¼ cup water
- 6 leftover biscuits
- 1 teaspoon black pepper
- ½ teaspoon kosher salt
- 2 cups roasted turkey, shredded or cubed
- 1 cup cheddar cheese, shredded
- ½ cup leftover cranberry relish



Use gluten-free biscuits.



Use dairy-free biscuits; substitute 1-½ cups rice or almond milk for dairy milk; omit cheddar.

DIRECTIONS

FOR BISCUIT BREAD PUDDING

1. Grease a loaf pan or an oven proof dish.
2. Whisk together the milk, water and eggs in a medium bowl.
3. Season with salt and pepper.
4. Stir in crumbled biscuits. Allow at least ten minutes for biscuits to soak up some liquid.
5. Fold in turkey and cheese and transfer to loaf pan. Let sit for at least 20 minutes more, or overnight if desired.
6. Preheat oven to 350 degrees.
7. Bake for 45 minutes or until firm.
8. Serve with a side of leftover cranberry sauce.

I make this before I go to bed on Friday for an easy, rewarding Saturday brunch. It's everything I like about Thanksgiving combined in one dish. It can be made with dinner rolls or even stuffing instead of biscuits but since biscuits are so easy, I double the batch. Add a mimosa or a perfect cup of joe and you are off to a great day!

TWICE BAKED MASHED POTATO CASSEROLE

Serves 8

INGREDIENTS

FOR MASHED POTATO CASSEROLE

3-4 cups leftover mashed potatoes
1/3 cup milk
2 eggs, slightly beaten
1/2 teaspoon black pepper
1/4 cup freshly chopped chives or green onions
3/4 cup cheese, shredded
12 ounces natural bacon, cooked until crisp and then crumbled, except for 3 pieces for top.



Use gluten-free mashed potatoes.



Use dairy-free mashed potatoes; substitute 1/3 cup rice or almond milk for dairy milk; omit cheese.

DIRECTIONS

FOR MASHED POTATO CASSEROLE

1. Combine mashed potatoes, milk and eggs in medium bowl until smooth.
2. Stir in pepper, chives, cheese and crumbled bacon.
3. Transfer to pie or cake pan or 8×8 Pyrex dish and smooth out with a spatula.
4. Bake at 350 degrees for 20 minutes or until top starts to turn golden brown. For serving, lay pieces of crispy bacon on top.

One of the easiest post Thanksgiving dishes, this recipe is the essence of comfort food. Crisp bacon is a delicious addition but leftover ham will taste just as good. I don't add extra salt since the leftover potatoes have already been seasoned. This can be prepared ahead of time. It is a nice dish to bring to a friend's house during the holiday weekend.
