

**Gluten, Dairy, Soy, Corn, Sugar Free**

## **Thanksgiving**

**(Yes, it actually tastes great, nobody will ever know!)**

If the recipe calls for xylitol, make sure it is made from birch tree also known as birch tree sugar. Do not use the xylitol made from corn.

## **Golden Turkey Stock**

Bon Appétit Magazine

**You will need this turkey stock to make the gravy and baste the turkey. Must be made ahead, can be made 2 weeks ahead and frozen or it will keep covered in the refrigerator for 3 days. I do not recommend store bought stock or broth unless it specifically says GLUTEN FREE.**

**Homemade is always better!**

4 ½ pounds turkey wings, **cut in half**

1 large onion, chopped

1 large carrot, chopped

1 large celery stalk, chopped

6 fresh Italian parsley sprigs (leaves removed)

1 fresh bay leaf

6 sprigs of fresh thyme

¼ tsp whole black pepper corns

Preheat oven to 400 degrees. Arrange wings in large roasting pan. Roast until deep brown, turning once, about 2 hours total.

Transfer wings to a large bowl. Spoon 3 TBSP of fat from the roasting pan into a large pot (reserve roasting pan.) Add onion, celery, and carrot to the pot. Sauté over medium-high heat until vegetables are golden, about 20 minutes. Add turkey wings to the pot. Add 2 cups of water to the roasting pan; place over 2 burners and bring to boil, scraping up brown bits. Add liquid to the pot. Add remaining ingredients to the pot and enough cold water to cover wings by 1 inch.

Bring water to a boil. Reduce to medium-low heat, simmer uncovered and stock is very flavorful and reduce to 7 ½ -8 cups, about 2 ½ hours. Strain stock into a large bowl. Cool 1 hour, then chill until cold, about 3 hours. Skim off fat from surface before using.

## **Salted Roast Turkey with Chipotle Glaze and Caramelized Onion Gravy**

\*This recipe calls for the turkey to refrigerate for 18-24 hours before roasting. You have to start the day before Thanksgiving.

Bon Appétit Magazine

### **Southwestern –Spiced Salt**

1 TBSP – Cumin seeds

1/3 cup – mild oak smoked sea salt (found at Whole Foods or online at surfasonline.com)

1 TBSP – smoked paprika

1 TBSP – dried oregano

1 tsp – ground chipotle chili powder

Toast cumin in skillet over medium heat until darker to smoke, stirring often, about 2 minutes. Cool; grind finely in spice mill or in mortar with pestle. Transfer to bowl. Mix in remaining ingredients. Cover, store at room temperatures.

## **Turkey**

1 14-16 pound turkey (neck, heart, and gizzard reserved)

¼ cup honey

2 tsp ground chipotle chili powder, divided

1 large onion, chopped

12 garlic cloves, chopped

¼ cup olive oil

2 cups of Golden Turkey stock (see recipe)

Special Supplies

1 roasting bag

1 metal or wood skewer

Butcher's string

Rinse turkey inside and out. Pull all fat pads from main cavity; wrap, chill and reserve fat for roasting. Place turkey inside roasting bag; sprinkle inside and out with southwestern spiced salt. Close bag. Place on a baking sheet; refrigerate 18-24 hours.

Position rack on the bottom third of the oven and preheat to 325 degrees. Mix honey and 1 tsp on ground chipotle chili powder in a small bowl; reserve for glaze. Rinse turkey inside and out and pat very dry. Stir chopped onion, garlic, and 1 tsp of chipotle chili in a medium bowl to blend. Divide mixture between main and neck cavities. Fold neck skin under and secure with a skewer. Tuck wing tips under. Tie leg loosely.

Place turkey on a rack set in a large roasting pan. Spread olive oil all over the turkey. Place reserved fat pads and reserved neck, heart, and gizzard in roasting pan; pour in 2 cups of Golden Turkey Stock.

Roast turkey for 45 minutes. Baste with pan juices. Continue to roast until a thermometer inserted into the thickest part of the thigh reads 165-170 degrees, basting every 45 minutes adding water to the pan by the cupfuls if dry, and tenting the turkey loosely with foil if browning too quickly. 3-3 ½ hours longer.

Brush turkey with glaze twice during the last 30 minutes. Transfer turkey to a platter and tent loosely with foil and let it rest for 30-45 minutes. Reserve roasting pan with juices for gravy.

## **Gravy**

3 TBSP olive oil

1 ½ pounds onions, chopped

4 cups of Golden turkey stock (see recipe)

½ cup coconut flour

The coconut flour should not raise your blood sugar. You can use Gluten Free All Purpose Flour (Bob's Red Mill is what I usually use.) Even though this is gluten free, the flour will make your blood sugar go up but not as high as if you used regular wheat flour. If you are a diabetic please use sparingly.

Heat oil in a medium skillet over medium-high heat. Add onions, sauté until translucent. Reduce heat to medium-low and cook until deep brown, stirring occasionally about 30 minutes. Set aside.

Remove the turkey neck, heart, and gizzard from roasting pan. Pull the meat off the neck, chop neck meat, heart, and gizzard and reserve for gravy. Pour pan juices into an 8 cup measuring cup. Spoon off the fat from the surface, reserving ½ cup of fat. Add enough turkey stock to the pan juices to measure 5 ½ cups total.

Place roasting pan over 2 burners on medium heat. Add ½ cup of reserved fat and ½ cup of flour to the pan. Wisk until the roux is light brown, about 2 minutes. Whisk in stock mixture. Bring to a boil, scraping up browned bits and whisking. Boil until gravy coats the spoon, stirring occasionally, about 5 minutes. Add chopped neck, heart, and gizzard. Season with salt and pepper.

## **Spiced and Roasted Winter Vegetables**

### **Serves 6-8**

Whole Foods Market

2 Butternut squashes, peeled and sliced into wedges

3 parsnips, peeled and sliced into 1-inch pieces

3 sweet potatoes, cut into wedges

3 carrots peeled and sliced into 1-inch pieces

2 red onions, peeled and cut into wedges

8 cloves of garlic, peeled

1 tsp kosher salt

1 tsp pepper

1 TBSP Grade B maple syrup

4 cinnamon sticks

¼ tsp ground cardamom

6 whole star anise

3 TBSP olive oil

2 TBSP fresh thyme, minced (thick woody stems removed)

Preheat oven to 400. In a large mixing bowl, mix the vegetables, salt and pepper with enough olive oil just to coat. In a separate bowl, mix together the cinnamon, cardamom and star anise.

Put the vegetables in a roasting pan and bake for 25 minutes. Add the spice mixture to the vegetables, then add maple syrup. Stir well and continue to roast another 10-15 minutes until the vegetables are tender. Stir in fresh thyme and pour over the cooked vegetables. Serve immediately.

## Spiced Nuts

Whole Foods Market

**Can be made 1 week ahead. I usually make extra, this is a great snack food and guests like to munch on nuts before the main meal.**

½ teaspoon of Stevia powder

2 ¼ teaspoons Kosher salt

2 teaspoons ground cinnamon

1 ½ teaspoons chili powder

½ teaspoon ground allspice

¼ to ½ tsp cayenne

1 large egg white

4 cups mixed nuts (pecans, walnuts, almonds, pistachios, and/or cashews)

Preheat oven to 400 degrees. Line baking sheet with parchment paper. Whisk Stevia, salt, and spices in a small bowl. In a large bowl, whisk egg white until light and frothy. Add nuts and toss until evenly coated with egg white. Sprinkle Stevia and spice mixture over nuts and toss well. Spread nuts in single layer on baking sheet and bake until dry, 10-15 minutes, stirring once or twice. Cool to room temperature.

## Arugula and Endive Salad

Whole Foods Market

4 cups baby arugula

2 large heads Belgian endive, cut crosswise into ¼ inch sections (about 4 cups)

Sea Salt

Freshly ground black pepper

1 cup red seedless grapes, halved

1 cup of spiced nuts (see recipe above)

½ cup pomegranate seeds

1/3 -1/2 cup of balsamic vinaigrette

2 parts olive oil, 1 part balsamic vinegar

Toss greens together in a large bowl. Drizzle with dressing and toss gently until greens are evenly coated. Adjust seasonings

## Brussels Sprout Hash

Serves 6-8

2 bunches of Brussels sprouts, roughly chopped

4 cloves garlic, minced

2 pkgs applewood smoked bacon, cut into ¼ inch pieces

Salt and pepper

In a large skillet cook bacon over medium-high heat until almost done, about 7 minutes. Add Brussels sprouts and sauté over medium heat until soft; add garlic, salt and pepper. Continue to sauté until just brown. Serve immediately.

### **Sweet Potato Casserole**

3 cup mashed, cooked sweet potatoes

1 tsp Stevia or xylitol (1/4cup)

½ tsp salt

2 eggs

3 TBSP coconut oil

½ cup unsweetened almond milk

1 tsp vanilla extract

¼ tsp cinnamon

Preheat oven to 400 degrees and cook for 20-30 minutes.

Topping:

3 TBSP coconut oil

1/3 cup Grade B maple syrup

¾ cup chopped pecans

Mix the oil and maple syrup thoroughly. Add pecans and toss to coat. After the casserole is golden brown add topping and bake at 425 for 10 minutes. Serve immediately.

### **Diabetic Friendly Pumpkin Pie**

¾ tsp Stevia or ¼ c of xylitol

1 tsp ground cinnamon

½ tsp salt

½ tsp ground ginger

¼ tsp ground cloves

2 large eggs

1 can (15 oz) Pumpkin puree

12 oz canned, full-fat Coconut milk

Almond flour pie crust (recipe follows)

Preheat oven to 425 degrees. Mix Stevia, cinnamon, salt, ginger, and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and spice mixture. Gradually stir in coconut milk. Pour into pie crust. Bake for 15 minutes. Reduce temperature to 350 degrees; bake for 40-50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Cut and serve.

### **Almond flour pie crust**

From Dan Gauron, [www.scdrecipe.com](http://www.scdrecipe.com)

1 cup almond flour or almond meal

1 egg

1 cap vanilla extract

1 Tablespoon coconut oil

½ tsp cinnamon

Maple syrup to taste

Pinch of salt

Preheat oven to 325 degrees. Mix all ingredients together until they form a ball. The ball should have a little moisture to it, but not liquid. Taste the mixture to make sure it has a hint of cinnamon. Smooth pieces of dough into pie tin with fingers until crust is made. Bake crust until just golden brown.

## **Cranberry Relish**

2 cups raw cranberries, finely chopped

1 TBSP lemon juice

1 cup apples, finely chopped

pinch of salt

1 cup fresh pineapple, finely chopped

1 cup pecans, chopped

1 tsp Stevia, or ¼ cup of xylitol

Mix all ingredients together and refrigerate. This relish tastes better is made the day before serving.

## **Pumpkin and Almond Bread**

By Sandra Ramacher

4 cups almond flour

1 tsp baking soda

½ tsp salt

3 eggs

¼ cup coconut oil

1 cup pumpkin puree

½ cup walnuts, chopped

1 Tbsp orange rind, grated

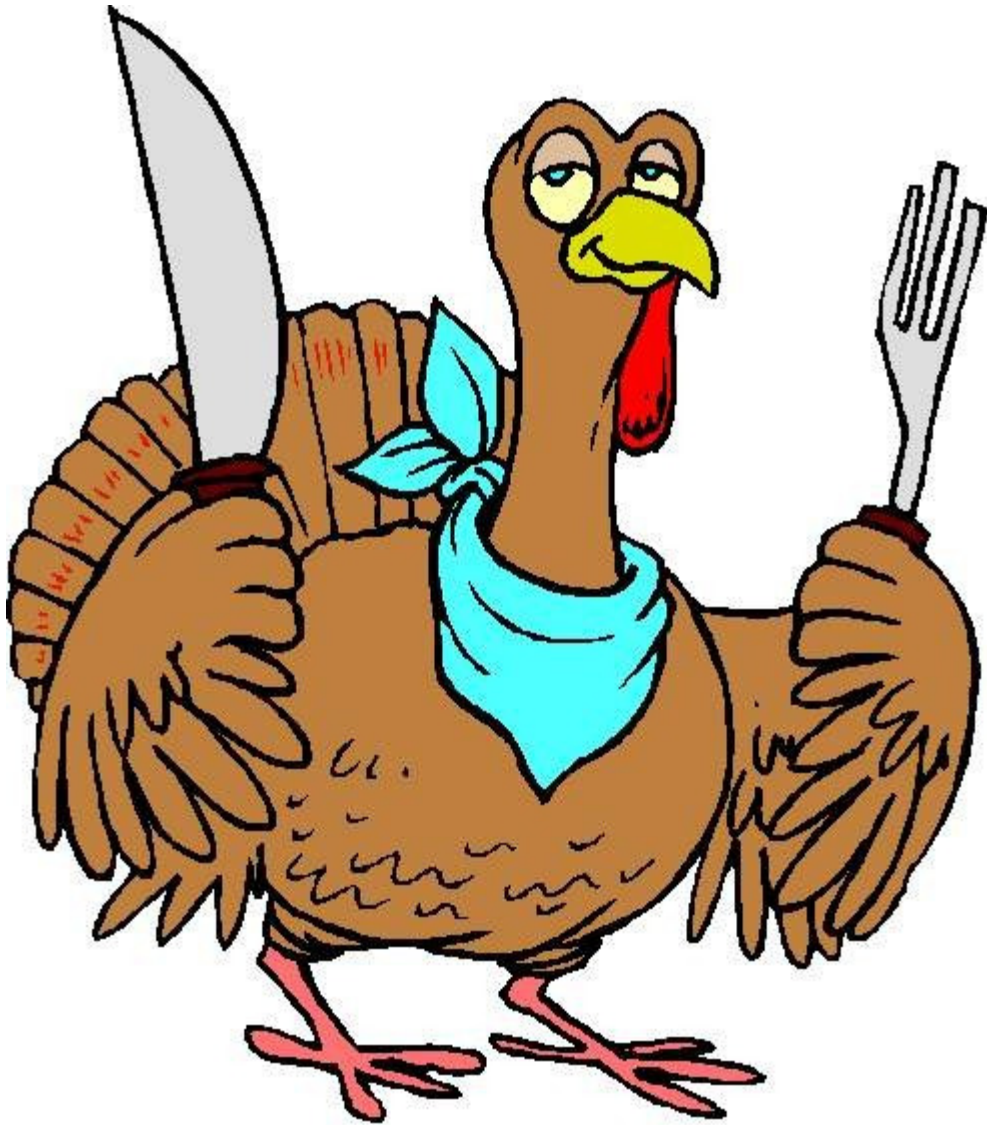
½ tsp ground ginger

¼ Grade B Maple Syrup

Preheat oven to 300 degrees. Line a 4 x 8 inch loaf tin with parchment paper

Combine the almond flour with the baking soda and salt. In another bowl whisk the eggs with the oil and add the pumpkin, walnuts, orange rind, and ginger. Combine the almond flour with the egg mixture until smooth. Pour the dough into the prepared loaf tin and bake for 1 hour, until the top of the loaf feels firm. Remove from oven and cool completely before serving.

Store in the refrigerator.



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1 large celery stalk, chopped

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1 fresh bay leaf

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¼ tsp whole black pepper corns

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Bring water to a boil. Reduce to medium-low heat, simmer uncovered and stock is very flavorful and reduce to 7 ½ -8 cups, about 2 ½ hours. Strain stock into a large bowl. Cool 1 hour, then chill until cold, about 3 hours. Skim off fat from surface before using.

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1 TBSP – dried oregano

1 tsp – ground chipotle chili powder

Toast cumin in skillet over medium heat until darker to smoke, stirring often, about 2 minutes. Cool; grind finely in spice mill or in mortar with pestle. Transfer to bowl. Mix in remaining ingredients. Cover, store at room temperatures.

## **Turkey**

1 14-16 pound turkey (neck, heart, and gizzard reserved)

¼ cup honey

2 tsp ground chipotle chili powder, divided

1 large onion, chopped

12 garlic cloves, chopped

¼ cup olive oil

2 cups of Golden Turkey stock (see recipe)

Special Supplies

1 roasting bag

1 metal or wood skewer

Butcher's string

Rinse turkey inside and out. Pull all fat pads from main cavity; wrap, chill and reserve fat for roasting. Place turkey inside roasting bag; sprinkle inside and out with southwestern spiced salt. Close bag. Place on a baking sheet; refrigerate 18-24 hours.

Position rack on the bottom third of the oven and preheat to 325 degrees. Mix honey and 1 tsp on ground chipotle chili powder in a small bowl; reserve for glaze. Rinse turkey inside and out and pat very dry. Stir chopped onion, garlic, and 1 tsp of chipotle chili in a medium bowl to blend. Divide mixture between main and neck cavities. Fold neck skin under and secure with a skewer. Tuck wing tips under. Tie leg loosely.

Place turkey on a rack set in a large roasting pan. Spread olive oil all over the turkey. Place reserved fat pads and reserved neck, heart, and gizzard in roasting pan; pour in 2 cups of Golden Turkey Stock.

Roast turkey for 45 minutes. Baste with pan juices. Continue to roast until a thermometer inserted into the thickest part of the thigh reads 165-170 degrees, basting every 45 minutes adding water to the pan by the cupfuls if dry, and tenting the turkey loosely with foil if browning too quickly. 3-3 ½ hours longer.

Brush turkey with glaze twice during the last 30 minutes. Transfer turkey to a platter and tent loosely with foil and let it rest for 30-45 minutes. Reserve roasting pan with juices for gravy.

## **Gravy**

3 TBSP olive oil

1 ½ pounds onions, chopped

4 cups of Golden turkey stock (see recipe)

½ cup coconut flour

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Remove the turkey neck, heart, and gizzard from roasting pan. Pull the meat off the neck, chop neck meat, heart, and gizzard and reserve for gravy. Pour pan juices into an 8 cup measuring cup. Spoon off the fat from the surface, reserving ½ cup of fat. Add enough turkey stock to the pan juices to measure 5 ½ cups total.

Place roasting pan over 2 burners on medium heat. Add ½ cup of reserved fat and ½ cup of flour to the pan. Wisk until the roux is light brown, about 2 minutes. Whisk in stock mixture. Bring to a boil, scraping up browned bits and whisking. Boil until gravy coats the spoon, stirring occasionally, about 5 minutes. Add chopped neck, heart, and gizzard. Season with salt and pepper.

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Whole Foods Market

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3 parsnips, peeled and sliced into 1-inch pieces

3 sweet potatoes, cut into wedges

3 carrots peeled and sliced into 1-inch pieces

2 red onions, peeled and cut into wedges

8 cloves of garlic, peeled

1 tsp kosher salt

1 tsp pepper

1 TBSP Grade B maple syrup

4 cinnamon sticks

¼ tsp ground cardamom

6 whole star anise

3 TBSP olive oil

2 TBSP fresh thyme, minced (thick woody stems removed)

Preheat oven to 400. In a large mixing bowl, mix the vegetables, salt and pepper with enough olive oil just to coat. In a separate bowl, mix together the cinnamon, cardamom and star anise.

Put the vegetables in a roasting pan and bake for 25 minutes. Add the spice mixture to the vegetables, then add maple syrup. Stir well and continue to roast another 10-15 minutes until the vegetables are tender. Stir in fresh thyme and pour over the cooked vegetables. Serve immediately.

## Spiced Nuts

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**Can be made 1 week ahead. I usually make extra, this is a great snack food and guests like to munch on nuts before the main meal.**

½ teaspoon of Stevia powder

2 ¼ teaspoons Kosher salt

2 teaspoons ground cinnamon

1 ½ teaspoons chili powder

½ teaspoon ground allspice

¼ to ½ tsp cayenne

1 large egg white

4 cups mixed nuts (pecans, walnuts, almonds, pistachios, and/or cashews)

Preheat oven to 400 degrees. Line baking sheet with parchment paper. Whisk Stevia, salt, and spices in a small bowl. In a large bowl, whisk egg white until light and frothy. Add nuts and toss until evenly coated with egg white. Sprinkle Stevia and spice mixture over nuts and toss well. Spread nuts in single layer on baking sheet and bake until dry, 10-15 minutes, stirring once or twice. Cool to room temperature.

## Arugula and Endive Salad

Whole Foods Market

4 cups baby arugula

2 large heads Belgian endive, cut crosswise into ¼ inch sections (about 4 cups)

Sea Salt

Freshly ground black pepper

1 cup red seedless grapes, halved

1 cup of spiced nuts (see recipe above)

½ cup pomegranate seeds

1/3 -1/2 cup of balsamic vinaigrette

2 parts olive oil, 1 part balsamic vinegar

Toss greens together in a large bowl. Drizzle with dressing and toss gently until greens are evenly coated. Adjust seasonings

## Brussels Sprout Hash

Serves 6-8

2 bunches of Brussels sprouts, roughly chopped

4 cloves garlic, minced

2 pkgs applewood smoked bacon, cut into ¼ inch pieces

Salt and pepper

In a large skillet cook bacon over medium-high heat until almost done, about 7 minutes. Add Brussels sprouts and sauté over medium heat until soft; add garlic, salt and pepper. Continue to sauté until just brown. Serve immediately.

## **Sweet Potato Casserole**

3 cup mashed, cooked sweet potatoes

1 tsp Stevia or xylitol (1/4cup)

½ tsp salt

2 eggs

3 TBSP coconut oil

½ cup unsweetened almond milk

1 tsp vanilla extract

¼ tsp cinnamon

Preheat oven to 400 degrees and cook for 20-30 minutes.

Topping:

3 TBSP coconut oil

1/3 cup Grade B maple syrup

¾ cup chopped pecans

Mix the oil and maple syrup thoroughly. Add pecans and toss to coat. After the casserole is golden brown add topping and bake at 425 for 10 minutes. Serve immediately.

## **Diabetic Friendly Pumpkin Pie**

¾ tsp Stevia or ¼ c of xylitol

1 tsp ground cinnamon

½ tsp salt

½ tsp ground ginger

¼ tsp ground cloves

2 large eggs

1 can (15 oz) Pumpkin puree

12 oz canned, full-fat Coconut milk

Almond flour pie crust (recipe follows)

Preheat oven to 425 degrees. Mix Stevia, cinnamon, salt, ginger, and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and spice mixture. Gradually stir in coconut milk. Pour into pie crust. Bake for 15 minutes. Reduce temperature to 350 degrees; bake for 40-50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Cut and serve.

## **Almond flour pie crust**

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1 cup almond flour or almond meal

1 egg

1 cap vanilla extract

1 Tablespoon coconut oil

½ tsp cinnamon

Maple syrup to taste

Pinch of salt

Preheat oven to 325 degrees. Mix all ingredients together until they form a ball. The ball should have a little moisture to it, but not liquid. Taste the mixture to make sure it has a hint of cinnamon. Smooth pieces of dough into pie tin with fingers until crust is made. Bake crust until just golden brown.

### **Cranberry Relish**

2 cups raw cranberries, finely chopped

1 TBSP lemon juice

1 cup apples, finely chopped

pinch of salt

1 cup fresh pineapple, finely chopped

1 cup pecans, chopped

1 tsp Stevia, or ¼ cup of xylitol

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4 cups almond flour

1 tsp baking soda

½ tsp salt

3 eggs

¼ cup coconut oil

1 cup pumpkin puree

½ cup walnuts, chopped

1 Tbsp orange rind, grated

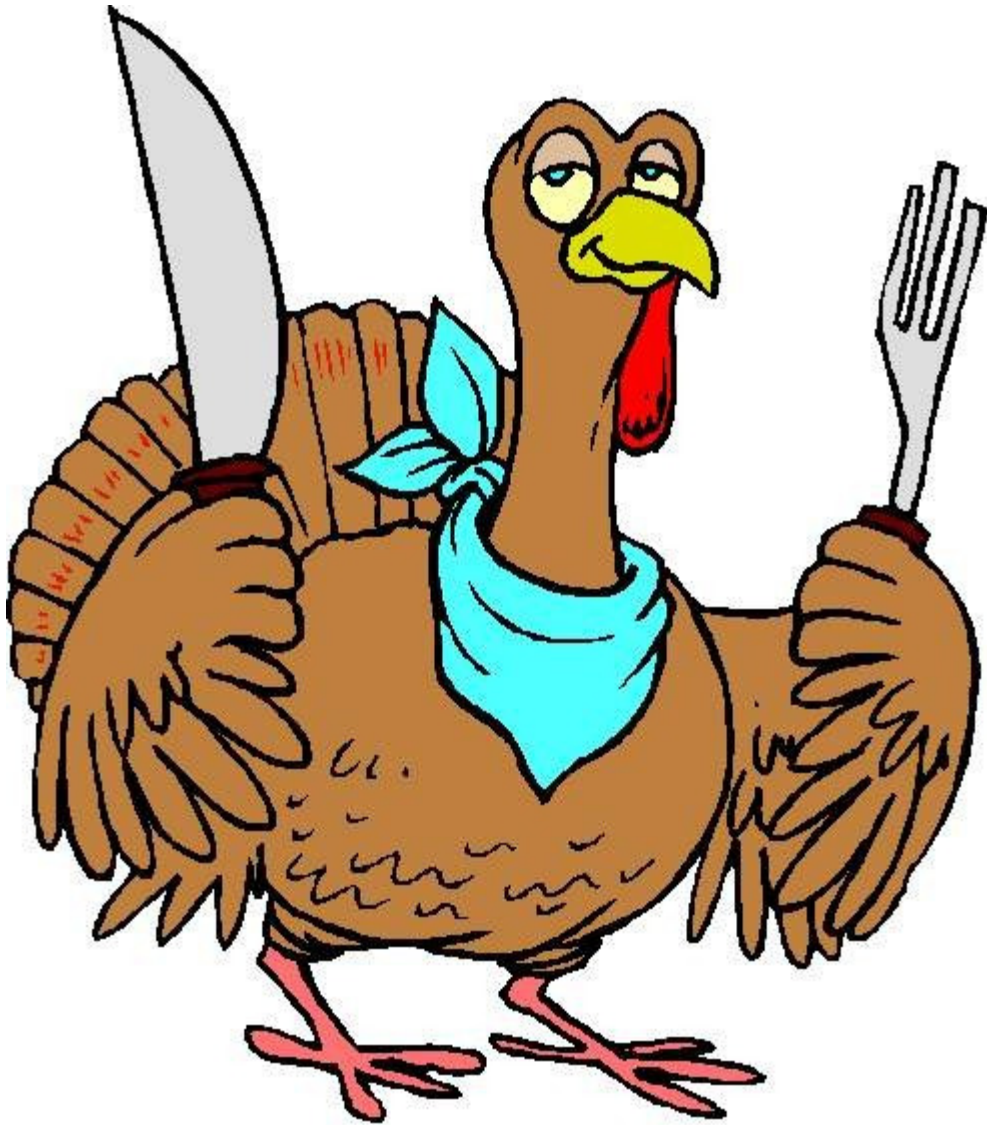
½ tsp ground ginger

¼ Grade B Maple Syrup

Preheat oven to 300 degrees. Line a 4 x 8 inch loaf tin with parchment paper

Combine the almond flour with the baking soda and salt. In another bowl whisk the eggs with the oil and add the pumpkin, walnuts, orange rind, and ginger. Combine the almond flour with the egg mixture until smooth. Pour the dough into the prepared loaf tin and bake for 1 hour, until the top of the loaf feels firm. Remove from oven and cool completely before serving.

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1 large carrot, chopped

1 large celery stalk, chopped

6 fresh Italian parsley sprigs (leaves removed)

1 fresh bay leaf

6 sprigs of fresh thyme

¼ tsp whole black pepper corns

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Transfer wings to a large bowl. Spoon 3 TBSP of fat from the roasting pan into a large pot (reserve roasting pan.) Add onion, celery, and carrot to the pot. Sauté over medium-high heat until vegetables are golden, about 20 minutes. Add turkey wings to the pot. Add 2 cups of water to the roasting pan; place over 2 burners and bring to boil, scraping up brown bits. Add liquid to the pot. Add remaining ingredients to the pot and enough cold water to cover wings by 1 inch.

Bring water to a boil. Reduce to medium-low heat, simmer uncovered and stock is very flavorful and reduce to 7 ½ -8 cups, about 2 ½ hours. Strain stock into a large bowl. Cool 1 hour, then chill until cold, about 3 hours. Skim off fat from surface before using.

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## **Turkey**

1 14-16 pound turkey (neck, heart, and gizzard reserved)

¼ cup honey

2 tsp ground chipotle chili powder, divided

1 large onion, chopped

12 garlic cloves, chopped

¼ cup olive oil

2 cups of Golden Turkey stock (see recipe)

Special Supplies

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Butcher's string

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Place turkey on a rack set in a large roasting pan. Spread olive oil all over the turkey. Place reserved fat pads and reserved neck, heart, and gizzard in roasting pan; pour in 2 cups of Golden Turkey Stock.

Roast turkey for 45 minutes. Baste with pan juices. Continue to roast until a thermometer inserted into the thickest part of the thigh reads 165-170 degrees, basting every 45 minutes adding water to the pan by the cupfuls if dry, and tenting the turkey loosely with foil if browning too quickly. 3-3 ½ hours longer.

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## **Gravy**

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3 sweet potatoes, cut into wedges

3 carrots peeled and sliced into 1-inch pieces

2 red onions, peeled and cut into wedges

8 cloves of garlic, peeled

1 tsp kosher salt

1 tsp pepper

1 TBSP Grade B maple syrup

4 cinnamon sticks

¼ tsp ground cardamom

6 whole star anise

3 TBSP olive oil

2 TBSP fresh thyme, minced (thick woody stems removed)

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½ teaspoon ground allspice

¼ to ½ tsp cayenne

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4 cups mixed nuts (pecans, walnuts, almonds, pistachios, and/or cashews)

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Salt and pepper

In a large skillet cook bacon over medium-high heat until almost done, about 7 minutes. Add Brussels sprouts and sauté over medium heat until soft; add garlic, salt and pepper. Continue to sauté until just brown. Serve immediately.

## **Sweet Potato Casserole**

3 cup mashed, cooked sweet potatoes

1 tsp Stevia or xylitol (1/4cup)

½ tsp salt

2 eggs

3 TBSP coconut oil

½ cup unsweetened almond milk

1 tsp vanilla extract

¼ tsp cinnamon

Preheat oven to 400 degrees and cook for 20-30 minutes.

Topping:

3 TBSP coconut oil

1/3 cup Grade B maple syrup

¾ cup chopped pecans

Mix the oil and maple syrup thoroughly. Add pecans and toss to coat. After the casserole is golden brown add topping and bake at 425 for 10 minutes. Serve immediately.

## **Diabetic Friendly Pumpkin Pie**

¾ tsp Stevia or ¼ c of xylitol

1 tsp ground cinnamon

½ tsp salt

½ tsp ground ginger

¼ tsp ground cloves

2 large eggs

1 can (15 oz) Pumpkin puree

12 oz canned, full-fat Coconut milk

Almond flour pie crust (recipe follows)

Preheat oven to 425 degrees. Mix Stevia, cinnamon, salt, ginger, and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and spice mixture. Gradually stir in coconut milk. Pour into pie crust. Bake for 15 minutes. Reduce temperature to 350 degrees; bake for 40-50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Cut and serve.

## **Almond flour pie crust**

From Dan Gauron, [www.scdrecipe.com](http://www.scdrecipe.com)

1 cup almond flour or almond meal

1 egg

1 cap vanilla extract

1 Tablespoon coconut oil

½ tsp cinnamon

Maple syrup to taste

Pinch of salt

Preheat oven to 325 degrees. Mix all ingredients together until they form a ball. The ball should have a little moisture to it, but not liquid. Taste the mixture to make sure it has a hint of cinnamon. Smooth pieces of dough into pie tin with fingers until crust is made. Bake crust until just golden brown.

### **Cranberry Relish**

2 cups raw cranberries, finely chopped

1 TBSP lemon juice

1 cup apples, finely chopped

pinch of salt

1 cup fresh pineapple, finely chopped

1 cup pecans, chopped

1 tsp Stevia, or ¼ cup of xylitol

Mix all ingredients together and refrigerate. This relish tastes better is made the day before serving.

### **Pumpkin and Almond Bread**

By Sandra Ramacher

4 cups almond flour

1 tsp baking soda

½ tsp salt

3 eggs

¼ cup coconut oil

1 cup pumpkin puree

½ cup walnuts, chopped

1 Tbsp orange rind, grated

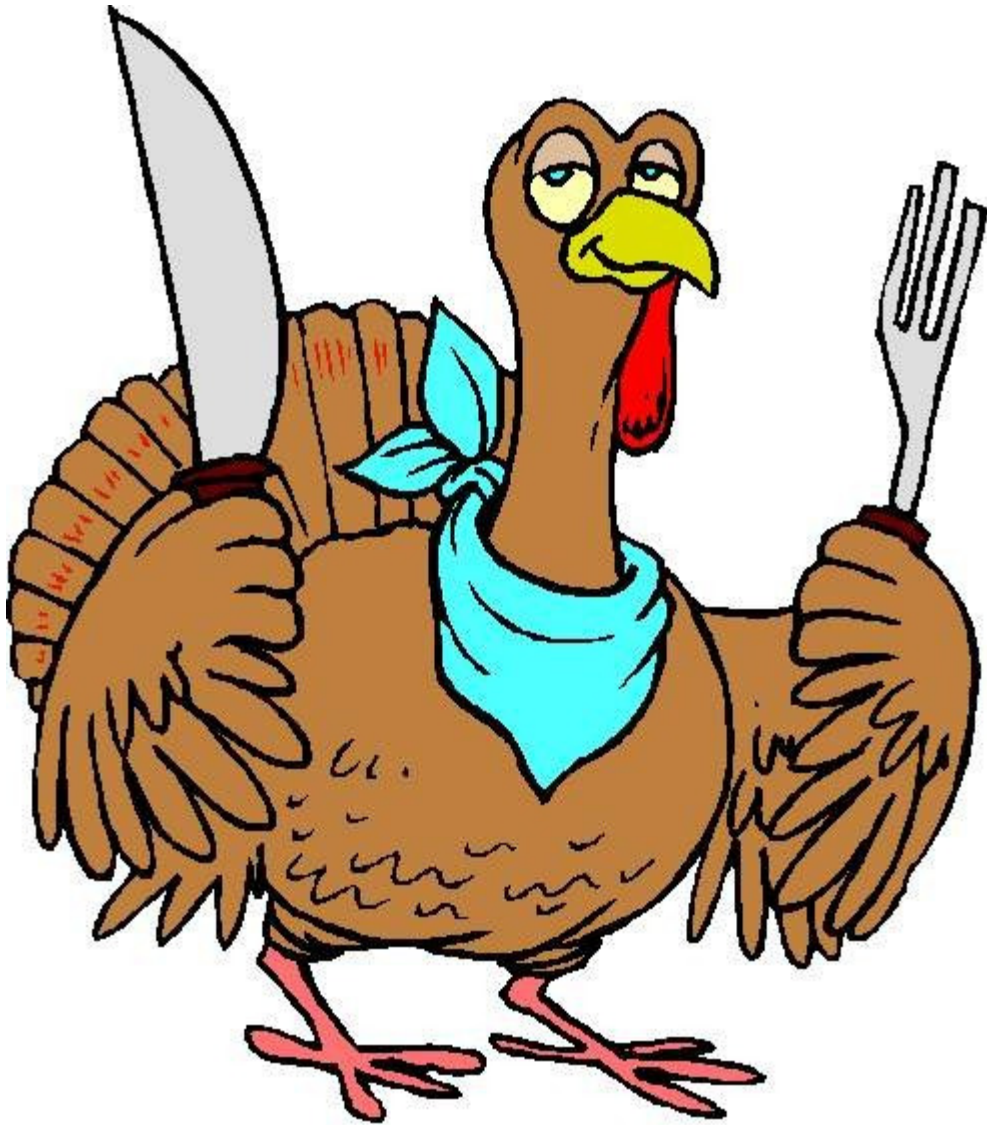
½ tsp ground ginger

¼ Grade B Maple Syrup

Preheat oven to 300 degrees. Line a 4 x 8 inch loaf tin with parchment paper

Combine the almond flour with the baking soda and salt. In another bowl whisk the eggs with the oil and add the pumpkin, walnuts, orange rind, and ginger. Combine the almond flour with the egg mixture until smooth. Pour the dough into the prepared loaf tin and bake for 1 hour, until the top of the loaf feels firm. Remove from oven and cool completely before serving.

Store in the refrigerator.



**Gluten, Dairy, Soy, Corn, Sugar Free**

## **Thanksgiving**

**(Yes, it actually tastes great, nobody will ever know!)**

If the recipe calls for xylitol, make sure it is made from birch tree also known as birch tree sugar. Do not use the xylitol made from corn.

## **Golden Turkey Stock**

Bon Appétit Magazine

**You will need this turkey stock to make the gravy and baste the turkey. Must be made ahead, can be made 2 weeks ahead and frozen or it will keep covered in the refrigerator for 3 days. I do not recommend store bought stock or broth unless it specifically says GLUTEN FREE.**

**Homemade is always better!**

4 ½ pounds turkey wings, **cut in half**

1 large onion, chopped

1 large carrot, chopped

1 large celery stalk, chopped

6 fresh Italian parsley sprigs (leaves removed)

1 fresh bay leaf

6 sprigs of fresh thyme

¼ tsp whole black pepper corns

Preheat oven to 400 degrees. Arrange wings in large roasting pan. Roast until deep brown, turning once, about 2 hours total.

Transfer wings to a large bowl. Spoon 3 TBSP of fat from the roasting pan into a large pot (reserve roasting pan.) Add onion, celery, and carrot to the pot. Sauté over medium-high heat until vegetables are golden, about 20 minutes. Add turkey wings to the pot. Add 2 cups of water to the roasting pan; place over 2 burners and bring to boil, scraping up brown bits. Add liquid to the pot. Add remaining ingredients to the pot and enough cold water to cover wings by 1 inch.

Bring water to a boil. Reduce to medium-low heat, simmer uncovered and stock is very flavorful and reduce to 7 ½ -8 cups, about 2 ½ hours. Strain stock into a large bowl. Cool 1 hour, then chill until cold, about 3 hours. Skim off fat from surface before using.

## **Salted Roast Turkey with Chipotle Glaze and Caramelized Onion Gravy**

\*This recipe calls for the turkey to refrigerate for 18-24 hours before roasting. You have to start the day before Thanksgiving.

Bon Appétit Magazine

### **Southwestern –Spiced Salt**

1 TBSP – Cumin seeds

1/3 cup – mild oak smoked sea salt (found at Whole Foods or online at surfasonline.com)

1 TBSP – smoked paprika

1 TBSP – dried oregano

1 tsp – ground chipotle chili powder

Toast cumin in skillet over medium heat until darker to smoke, stirring often, about 2 minutes. Cool; grind finely in spice mill or in mortar with pestle. Transfer to bowl. Mix in remaining ingredients. Cover, store at room temperatures.

## **Turkey**

1 14-16 pound turkey (neck, heart, and gizzard reserved)

¼ cup honey

2 tsp ground chipotle chili powder, divided

1 large onion, chopped

12 garlic cloves, chopped

¼ cup olive oil

2 cups of Golden Turkey stock (see recipe)

Special Supplies

1 roasting bag

1 metal or wood skewer

Butcher's string

Rinse turkey inside and out. Pull all fat pads from main cavity; wrap, chill and reserve fat for roasting. Place turkey inside roasting bag; sprinkle inside and out with southwestern spiced salt. Close bag. Place on a baking sheet; refrigerate 18-24 hours.

Position rack on the bottom third of the oven and preheat to 325 degrees. Mix honey and 1 tsp on ground chipotle chili powder in a small bowl; reserve for glaze. Rinse turkey inside and out and pat very dry. Stir chopped onion, garlic, and 1 tsp of chipotle chili in a medium bowl to blend. Divide mixture between main and neck cavities. Fold neck skin under and secure with a skewer. Tuck wing tips under. Tie leg loosely.

Place turkey on a rack set in a large roasting pan. Spread olive oil all over the turkey. Place reserved fat pads and reserved neck, heart, and gizzard in roasting pan; pour in 2 cups of Golden Turkey Stock.

Roast turkey for 45 minutes. Baste with pan juices. Continue to roast until a thermometer inserted into the thickest part of the thigh reads 165-170 degrees, basting every 45 minutes adding water to the pan by the cupfuls if dry, and tenting the turkey loosely with foil if browning too quickly. 3-3 ½ hours longer.

Brush turkey with glaze twice during the last 30 minutes. Transfer turkey to a platter and tent loosely with foil and let it rest for 30-45 minutes. Reserve roasting pan with juices for gravy.

## **Gravy**

3 TBSP olive oil

1 ½ pounds onions, chopped

4 cups of Golden turkey stock (see recipe)

½ cup coconut flour



The coconut flour should not raise your blood sugar. You can use Gluten Free All Purpose Flour (Bob's Red Mill is what I usually use.) Even though this is gluten free, the flour will make your blood sugar go up but not as high as if you used regular wheat flour. If you are a diabetic please use sparingly.

Heat oil in a medium skillet over medium-high heat. Add onions, sauté until translucent. Reduce heat to medium-low and cook until deep brown, stirring occasionally about 30 minutes. Set aside.

Remove the turkey neck, heart, and gizzard from roasting pan. Pull the meat off the neck, chop neck meat, heart, and gizzard and reserve for gravy. Pour pan juices into an 8 cup measuring cup. Spoon off the fat from the surface, reserving ½ cup of fat. Add enough turkey stock to the pan juices to measure 5 ½ cups total.

Place roasting pan over 2 burners on medium heat. Add ½ cup of reserved fat and ½ cup of flour to the pan. Wisk until the roux is light brown, about 2 minutes. Whisk in stock mixture. Bring to a boil, scraping up browned bits and whisking. Boil until gravy coats the spoon, stirring occasionally, about 5 minutes. Add chopped neck, heart, and gizzard. Season with salt and pepper.

## **Spiced and Roasted Winter Vegetables**

### **Serves 6-8**

Whole Foods Market

2 Butternut squashes, peeled and sliced into wedges

3 parsnips, peeled and sliced into 1-inch pieces

3 sweet potatoes, cut into wedges

3 carrots peeled and sliced into 1-inch pieces

2 red onions, peeled and cut into wedges

8 cloves of garlic, peeled

1 tsp kosher salt

1 tsp pepper

1 TBSP Grade B maple syrup

4 cinnamon sticks

¼ tsp ground cardamom

6 whole star anise

3 TBSP olive oil

2 TBSP fresh thyme, minced (thick woody stems removed)

Preheat oven to 400. In a large mixing bowl, mix the vegetables, salt and pepper with enough olive oil just to coat. In a separate bowl, mix together the cinnamon, cardamom and star anise.

Put the vegetables in a roasting pan and bake for 25 minutes. Add the spice mixture to the vegetables, then add maple syrup. Stir well and continue to roast another 10-15 minutes until the vegetables are tender. Stir in fresh thyme and pour over the cooked vegetables. Serve immediately.

## Spiced Nuts

Whole Foods Market

**Can be made 1 week ahead. I usually make extra, this is a great snack food and guests like to munch on nuts before the main meal.**

½ teaspoon of Stevia powder

2 ¼ teaspoons Kosher salt

2 teaspoons ground cinnamon

1 ½ teaspoons chili powder

½ teaspoon ground allspice

¼ to ½ tsp cayenne

1 large egg white

4 cups mixed nuts (pecans, walnuts, almonds, pistachios, and/or cashews)

Preheat oven to 400 degrees. Line baking sheet with parchment paper. Whisk Stevia, salt, and spices in a small bowl. In a large bowl, whisk egg white until light and frothy. Add nuts and toss until evenly coated with egg white. Sprinkle Stevia and spice mixture over nuts and toss well. Spread nuts in single layer on baking sheet and bake until dry, 10-15 minutes, stirring once or twice. Cool to room temperature.

## Arugula and Endive Salad

Whole Foods Market

4 cups baby arugula

2 large heads Belgian endive, cut crosswise into ¼ inch sections (about 4 cups)

Sea Salt

Freshly ground black pepper

1 cup red seedless grapes, halved

1 cup of spiced nuts (see recipe above)

½ cup pomegranate seeds

1/3 -1/2 cup of balsamic vinaigrette

2 parts olive oil, 1 part balsamic vinegar

Toss greens together in a large bowl. Drizzle with dressing and toss gently until greens are evenly coated. Adjust seasonings

## Brussels Sprout Hash

Serves 6-8

2 bunches of Brussels sprouts, roughly chopped

4 cloves garlic, minced

2 pkgs applewood smoked bacon, cut into ¼ inch pieces

Salt and pepper

In a large skillet cook bacon over medium-high heat until almost done, about 7 minutes. Add Brussels sprouts and sauté over medium heat until soft; add garlic, salt and pepper. Continue to sauté until just brown. Serve immediately.

## **Sweet Potato Casserole**

3 cup mashed, cooked sweet potatoes

1 tsp Stevia or xylitol (1/4cup)

½ tsp salt

2 eggs

3 TBSP coconut oil

½ cup unsweetened almond milk

1 tsp vanilla extract

¼ tsp cinnamon

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Topping:

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¾ cup chopped pecans

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