

Herbed Turkey and Roasted Garlic Gravy



Make the garlic-herb rub up to a day ahead and rub under the skin of the turkey, then let the turkey chill. After you cook the turkey, cover it with foil to keep it warm while you bake the sweet potato casserole and sourdough stuffing.

Yield: 15 servings (serving size: 6 ounces turkey and about 3 tablespoons gravy)

Ingredients

Garlic-herb rub:

1 cup fresh flat-leaf parsley leaves

1/4 cup fresh sage leaves

1/4 cup fresh rosemary leaves

1/4 cup fresh thyme leaves

12 garlic cloves

Turkey:

1 whole garlic head

1 (15-pound) fresh or frozen turkey, thawed

Cooking spray (or oil of choice)

Roasted Garlic Gravy:

2 (14 1/2-ounce) cans fat-free, less-sodium chicken broth

1/4 cup all-purpose flour (can use GF all-purpose flour)

Preparation

Preheat oven to 325°.

To prepare garlic-herb rub, place first 5 ingredients in a food processor; process until finely minced.

To prepare turkey, remove white papery skin from garlic head (do not peel or separate the cloves). Wrap garlic head in foil. Set aside.

Remove and discard giblets and neck from turkey. Rinse turkey with cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Spread garlic-herb rub under loosened skin and rub over breast and drumsticks. Gently press skin to secure. Lift wing tips up and over back; tuck under turkey.

Place turkey on a broiler pan coated with cooking spray. Insert a meat thermometer into meaty part of a thigh, making sure not to touch bone. Bake at 325° for 1 hour. Add garlic head to pan; bake an additional 2 hours or until thermometer registers 180°. Place turkey on a platter, reserving pan drippings; let stand 20 minutes. Discard skin.

To prepare gravy, place a zip-top plastic bag inside a 4-cup glass measure. Pour pan drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag. Drain drippings into glass measure, stopping before fat layer reaches opening (you should have about 2/3 cup). Reserve 1 tablespoon fat; discard remaining fat. Add enough broth to drippings to measure 3 cups; reserve remaining broth for another use.

Separate roasted garlic cloves; squeeze to extract garlic pulp. Discard skins. Heat reserved fat in a medium saucepan over medium heat. Add garlic pulp and flour; cook 30 seconds or until lightly browned, whisking constantly. Gradually add broth mixture, stirring with a whisk until blended. Bring to a boil over high heat, stirring constantly. Remove from heat.

<http://www.myrecipes.com/recipe/herbed-turkey-with-roasted-garlic-gravy>

Cooking Light NOVEMBER 2002; Modifications in red by Laura McKay, B.S., Health Educator

Mashed Potatoes

Dairy, egg, wheat/gluten, soy free

<http://www.eatingwithfoodallergies.com/allergyfreemashedpotatoes.html>



Ingredients:

6 medium yukon gold potatoes, peeled and cubed
1/2 cup gluten free chicken broth
3/4 cup rice milk
2 tablespoons olive oil or dairy free margarine
Salt and pepper to taste

Directions:

1) Place the potatoes in a large stock pot and cover with water. Bring to a boil. Reduce heat, cover and simmer for 20-25 minutes or until potatoes are tender.

2) Drain the potatoes and add the broth, rice milk, oil or margarine and salt and pepper. Mash until light and fluffy. For lump free potatoes, put them in a food mill or ricer before adding the other ingredients. **Makes 12 (1/2 cup) servings.**

Basic Drop Biscuits

<http://www.sandisallergyfreerecipes.net/basic-drop-biscuits-gluten-free-dairy-free/>; Modifications in red by Laura McKay, B.S., Health Educator



Ingredients:

1 3/4 c. gluten free flour mix
1 tsp. xanthan gum (use guar gum if corn sensitive)
4 1/2 tsp. baking powder
(use corn free version if needed)
1/2 tsp. Salt
4 Tbsp. coconut oil (or dairy free margarine) (or ghee)
1 c. almond milk (or desired alternative milk)

Directions:

Preheat oven to 450 degrees.
Mix dry ingredients together. Cut in margarine with fork, then stir in milk.
Drop by spoonful onto parchment paper lined cookie sheet.
Bake 15-18 minutes. Makes six large biscuits.

Gluten Free Flour Mix

4 cups Brown Rice Flour
1 1/2 cups Potato Starch
1 cup Tapioca Starch

Mix together and keep in cool dry place.

*Always mix dry ingredients together really well before adding wet ingredients. With gluten free flours you need Xanthan Gum. It's the "glue" that keeps everything together. Each individual recipe has the amount of xanthan gum that is needed. You can buy it at the Bulk Barn or health food stores.

*use Guar Gum (Bob's Red Mill) if corn sensitive instead of Xanthan Gum.

Really Easy Apple Crisp

September 08, 2013; <http://www.thesourpathisthesweetest.com/the-sour-path-is-the-sweetest-1/2013/09/08/really-easy-apple-crisp-gaps-paleo>; Modifications in red by Laura McKay, B.S., Health Educator



Ingredients:

- *1/4 cup grassfed butter -or- 1/4 cup coconut oil + 1/8 tsp salt
- *1/4 cup honey
- *1 tsp cinnamon
- *2 cups almond flour (can try GF all purpose flour if desire)
- *1/2 c pecans or walnuts, finely chopped
- *5 apples, peeled and diced

Directions:

Preheat oven to 350 degrees. Warm the honey and butter or coconut oil until just melted. Combine almond flour and cinnamon (and salt, if needed) together in a separate bowl. Add dry ingredients to wet ingredients and combine. The mixture

should be crumbly. Add chopped nuts and mix. Put the diced apples in an 8" by 8" baking dish. Crumble the topping over the apples. Bake covered for 50 minutes on low rack. When the apples are soft, remove the cover and bake 10 more minutes to brown. Serve with coconut whipped cream, if desired.

Coconut Whipped Cream (from this post)

Ingredients:

*1 15oz can refrigerated coconut milk

*1 tsp vanilla extract (optional)

*a few drops of stevia or honey (optional, coconut milk can be sweet on its own)
15 minutes before preparing this, it's a good idea to put the beaters and bowl you will be using in the freezer.

Directions:

Open the can of coconut milk without mixing. Scoop the thick stuff off the top, and put it into the chilled bowl. Add the vanilla. Whip the coconut cream on high for about 5 minutes, until it's the consistency of whipped cream. Add stevia or honey to taste, if desired. It's that easy!

Cheers! Holiday season is coming :).

This post was shared on Healing with Food Friday.

Orange Glazed Brussels Sprouts and Butternut Squash

<http://heartbeetkitchen.com/2013/recipes/orange-glazed-brussel-sprouts-butternut-squash/>

Suggested by Laura McKay, B.S., Health Educator

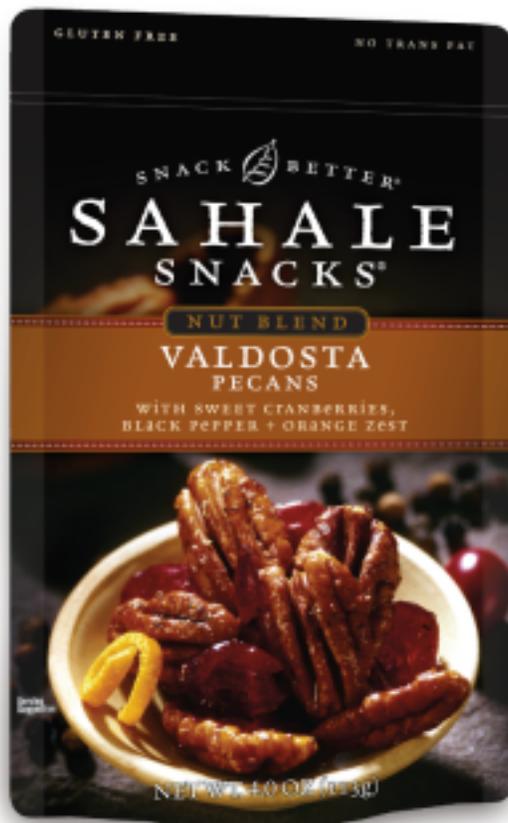


Ingredients:

1 lb. brussels sprouts washed, trimmed and halved
1 1/2 lb. butternut squash, peeled then diced into 1/2 in cubes (about 3 cups)

2 tbsp olive oil, divided
salt

1 cup Valdosta Pecan Mix (A classic taste of the American South with black-peppered pecans, sweet cranberries, and pinch of orange zest.)



Directions:

Mix together glaze and set aside before making vegetables:

2 T butter melted [use ghee if dairy sensitive]

2 T honey

3 T fresh squeezed orange juice,

1 T orange zest
½ t black pepper
2 t apple cider vinegar [use fresh lemon juice if mold sensitive]

Note: If you can't find the Sahale snacks, then you may use pecans, dried cranberries, orange zest and mix together.

In a large saute pan, heat 1 T olive oil over medium heat. Swirl to coat pan, then add in squash. Stir the squash pieces so they are coated with oil and sprinkle with 1/4 t salt. Shake the pan so squash spreads out in an even layer and let cook, without stirring, so that they brown a bit on one side (several minutes). Stir and spread the pieces out again and let cook without stirring so more sides get browned. Let cook until the squash is soft, but holds its shape. (This will depend on the size you cut your squash so try one to test.) Once done, remove from heat and pour into a bowl.

Heat the other tablespoon of oil over medium-high heat using the same pan. When it's very hot, place the brussels sprouts cut side down in the oil, sprinkling with 1/2 t salt. Turn the heat to medium, and sear on one side until nicely browned, about three minutes. Turn the brussels sprouts over and cook on the other side until nicely browned and tender, three to five minutes. Some of the leaves can be charred dark brown or black. Turn heat down to low and add the squash back to the pan, along with the pecan mix. Stir in the glaze and cook for a few minutes, coating all ingredients and warming through.

Recipe Creator's Note: I did receive products to sample from Sahale Snacks, but all opinions are my own. I love their philosophy and way they make their products, with whole ingredients used in their natural form. A great option for a gluten free snack or cooking addition!

Gluten-Free Goddess Zucchini Bread



You can make this lovely gluten-free zucchini bread with or without eggs. And it's dairy-free. Its delicate flavor comes from a secret ingredient. Coconut milk.

Preheat your oven to 350°F. Line the bottom of a 9-inch loaf pan with a piece of parchment paper. Lightly oil it.

Ingredients:

- 1 rounded cup of fresh, grated zucchini (I partially peel my zucues, in stripes)
- 1 cup sorghum flour
- 1/2 cup tapioca starch (or tapioca flour)
- 2 teaspoons baking powder **(use corn free version if corn sensitive)**
- 1/2 teaspoon baking soda
- 3/4 teaspoon xanthan gum **(use guar gum if corn sensitive)**
- 1/2 teaspoon fine sea salt

2 teaspoons cinnamon
1 cup brown sugar (**use Stevia is sugar sensitive**)
1/3 cup light olive oil or coconut oil
2 free-range organic egg whites, beaten or egg replacer (1/4 cup liquid)
1/4 cup coconut milk
1 teaspoon fresh lemon or orange juice
1 tablespoon bourbon vanilla (**use alcohol free vanilla**)

Option:

1/3 cup chopped walnuts or pecans

Directions:

- 1 Press the grated zucchini with a paper towel to remove as much moisture as you can.
- 2 After pressing, fluff with a fork. Set aside. In a large mixing bowl, whisk together the sorghum flour, tapioca starch, baking powder, baking soda, xanthan gum, sea salt, and cinnamon.
- 3 Add in the brown sugar. Add the oil, lemon juice, egg whites or egg replacer, and the coconut milk.
- 4 Beat to combine and continue to beat on medium high until the batter is smooth-about two minutes.
- 5 Add in almost all of the shredded zucchini (I save out a few shreds to decorate the top of the loaf) and stir by hand to combine. If you are adding nuts, stir them in to distribute.
- 6 Scoop and scrape the batter into the prepared loaf pan and using a silicone spatula, even out the top.
- 7 Add a few shredded zucchini strands to the top. Bake in the center of a preheated oven until the top is golden and firm, yet gives a bit when lightly touched. It should feel slightly springy. This may take anywhere from 50 to 60 minutes. It took 55 minutes for my zucchini bread to bake.
- 8 Test with a thin sharp knife or a wooden pick- either should emerge with no crumbs or batter. Makes one large loaf.

Recipe Source: glutenfreegoddess.blogspot.com; **modifications in red** by Laura McKay, B.S., Health Educator

Braised Brisket with Root Vegetables



It's a toss-up which part of this dish is best: the tender meat with rich tomato flavor, or the luscious root vegetables that sit beneath it during braising, soaking up juices from the brisket and wine.

Ingredients:

One 4-pound beef brisket, preferably first cut, trimmed of excess fat
Kosher salt and freshly ground black pepper
3 tablespoons olive oil
(can use sesame oil to make it a Day 2/4 recipe)

1 large yellow onion, thinly sliced
4 cloves garlic, minced
4 teaspoons chopped fresh thyme

1 cup dry red wine, such as Cabernet Sauvignon
(omit, use organic beef broth instead)

One 28-ounce can diced tomatoes

1 1/2 pounds baby red potatoes

1 pound carrots, peeled and cut into 3-inch-long pieces

1 pound parsnips, peeled and cut into 3-inch-long pieces, halved lengthwise if very thick

Directions:

Preheat the oven to 325 degrees F. Pat the brisket dry and sprinkle with 2 teaspoons salt and 1/2 teaspoon pepper. Heat the oil in a large stovetop-safe roasting pan over medium heat. Add the brisket and cook, turning with tongs, until browned on all sides, about 12 minutes. Transfer the brisket to a plate and set aside.

Add the onions, garlic and thyme to the pan. Cook, stirring, until the onions are soft and translucent, about 7 minutes. Add the wine and 1/2 cup water (can use all beef broth instead), scraping up the browned bits from the bottom of the pan with a wooden spoon. Add the tomatoes with the juices from the can, 1/2 teaspoon salt and pepper to taste. Return the beef to the pan along with any accumulated juices; increase the heat to medium-high and bring to a simmer.

Remove the roasting pan from the heat and add the potatoes, carrots and parsnips around the sides of the brisket. Tightly cover the roasting pan with aluminum foil and roast until the brisket is very tender and a fork will easily pierce it, 3 1/2 to 4 hours.

Transfer the brisket to a cutting board and the vegetables to a large serving platter. Cover and keep warm. Skim the fat from the top of the juices in the roasting pan. Place the roasting pan over medium heat on the stovetop and bring to a simmer. Cook until the sauce has reduced by more than half and is similar to a thick gravy, 15 to 20 minutes. (If gravy is not thick enough, you can use desired amount of arrowroot or tapioca starch, slowly add to prevent lumping). Slice the brisket against the grain and transfer to the platter with the vegetables. Season the sauce with salt and pepper and spoon a bit over the slices. Serve the remaining sauce on the side.

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Read more at: <http://www.foodnetwork.com>; modifications in red by Laura McKay, B.S.

Health Educator

Potato Pancakes (Latkes)



From Country Living; <http://www.delish.com/recipefinder/potato-pancakes-clv1207>
Modifications in red by Laura McKay, B.S., Health Educator

A classic Hanukkah dish, these warm, crisp potato pancakes (called latkes) also make a comforting winter snack. Customize your potato pancakes with your favorite flavors, such as fresh thyme, sage, sweet paprika, or ground cumin. Or substitute 1 cup grated potato with 1 cup vegetable or fruit - sweet potato, parsnip, carrot, apple, or pear.

*Can also season with fresh rosemary or parsley. Zucchini is another great vegetable to substitute. Serve with applesauce.

Ingredients:

- 1 pound(s) russet potatoes,peeled and grated
- 1 medium yellow onion,peeled and grated
- 1 egg,lightly beaten (can use Ener G egg replacer for egg allergy)
- 2 tablespoon(s) flour (can use All Purpose GF flour or tapioca flour if wheat/gluten sensitive)
- 1 teaspoon(s) salt

1/8 teaspoon(s) freshly ground pepper

1 1/2 tablespoon(s) canola oil (**omit, use olive, sesame or coconut oil**)

Directions:

Combine all ingredients except oil in a bowl. Heat 3/4 tablespoon oil in a nonstick skillet over medium-high heat. Drop 3 tablespoons batter (1 per pancake) into the pan. Flatten each pancake with a nonstick spatula. Reduce the heat to medium-low, and cook until golden brown - 5 minutes each side. Transfer to a paper towel-lined plate. Repeat, using all the batter and the remaining oil as needed. Serve warm.

Accompaniments: Traditionally served with sour cream or a chunky applesauce, potato pancakes also partner well with zesty tomato and mango chutneys. Or play up the pancakes' savory flavor and crunchy texture with a dollop of crème fraîche topped with caviar or salmon roe.

Tips & Techniques:

Time-Saving Tip: If you are short on time before your meal, make the potato latkes up to two hours in advance. As with most fried foods, latkes taste best when cooked immediately before serving, so avoid reheating. Instead, after frying the pancakes, blot them with a paper towel and keep warm in a 200-degree F oven until time to eat. Reprinted with permission of Hearst Communications, Inc.

Karina's Quinoa Salad With Pears, Baby Spinach & Chick Peas in a Maple Vinaigrette

(Day 2/4 Rotation Diet Recipe)

"The color of the red pears and spinach makes this a festive holiday side dish. Quinoa accompanies any main dish well." -Laura



Quinoa adds vegan protein and heft to simple green salads- perfect for lunch or a light supper. Use pears or apples in this recipe- either one will work.

Ingredients:

- 1 cup organic quinoa
- Sea salt
- 2 good handfuls of organic baby spinach leaves, washed, drained
- 1 large ripe pear, washed, stemmed and cored, cut into pieces

1/2 cup chilled chick peas, rinsed, drained
2 tablespoons fresh chopped parsley
Sea salt and fresh ground pepper, to taste
A handful of pecans, pan toasted and salted to taste

For the Maple Vinaigrette Dressing:

4 tablespoons extra virgin olive oil
(can use walnut or sesame oil for the Rotation Diet)

3 tablespoons golden balsamic vinegar
(omit, use lemon or lime juice instead if yeast sensitive)

2 tablespoons pure maple syrup

Instructions:

Place the quinoa in a saucepan or a rice cooker. Add 2 cups fresh water, and a pinch of sea salt. Cover and cook on a low simmer until all the water is evaporated and the quinoa is tender- roughly 20 minutes. Fluff with a fork and dump it into a large salad bowl. Add the baby spinach, pear, chick peas, and chopped parsley to the quinoa and fluff. Whisk together the vinaigrette, pour it over the quinoa salad and toss gently to coat. Season to taste with sea salt and ground pepper. Just before serving, add the toasted pecans and lightly combine. Makes four main course servings, six side dish servings. Recipe Source: glutenfreegoddess.blogspot.com; modifications in red by Laura McKay, B.S., Health Educator.

"No Crust" Pumpkin Pie



*Pumpkin Pie (non-rotate, holiday recipe)
Courtesy of Living Without, Oct/Nov 2010
Modified by Laura McKay*

Makes one 10-inch pie

This quick and easy pumpkin pie doesn't need a crust. The flour settles to the bottom, forming a natural crust. It can be made two days ahead and stored in the refrigerator.

Ingredients

- 1 (15 oz.) can pumpkin puree
- 1 cup milk or dairy-free vanilla flavored milk of choice (rice, coconut, soy, hemp, almond)
- 2 Tbsps. melted butter or dairy free substitute (ghee)
- 3 Tbsps. bourbon or spiced apple cider (use the apple cider)
- 1 Tbsp. lemon juice
- 1/2 cup packed brown sugar
- 2 Tbsps. gluten-free all-purpose flour blend or blend of choice (use Bob's Red Mill all-purpose)
- 1/4 cup sugar
- 2 large eggs or flax gel

1/2 tsp. salt 2 tsps. cinnamon
2 tsps. pumpkin pie spice (or 1 1/2 tsps. ground
nutmeg + 1/2 tsp. ground cloves)

Directions

1. Preheat oven to 450 degrees. Grease a 10-inch pie pan.
2. Mix together all liquid ingredients in one bowl.
3. In a separate bowl, whisk together dry ingredients. Slowly pour dry ingredients into liquid, stirring to combine. Then beat until totally combined.
4. Pour batter into prepared pie pan, leaving at least 1/2 inch between batter and the rim of the pan. Pour any remaining batter into greased ramekins. Smooth top with a spatula.
5. Place pie in preheated oven and bake 15 minutes. Reduce heat to 375 degrees and bake for 30 more minutes or until a knife inserted into center comes out clean.

Bon Appétit!

Allergy-Friendly, Vegan, Gluten-Free, Refined Sugar-Free “Eggnog”

Serves 4



A delicious “creamy,” rich eggnog that’s much lower in fat and cholesterol than the traditional beverage—and allergy-friendly to boot! It’s also free of refined sugar. This recipe may be made with or without rum.

Ingredients:

3 cups rice milk (or other vegan milk of choice)

2 Tbsp. tapioca starch (*If you don’t eat tapioca, you can easily substitute cornstarch, potato starch, or arrowroot starch.*)

1 ½ tsp. pure vanilla extract

¼ cup maple syrup

1/8 teaspoon ground nutmeg (preferably freshly grated), plus more for garnish

¼ cup dark rum (optional)

Rice Whip topping (optional)

Directions:

1. Combine ½ cup of the rice milk with the tapioca starch. Whisk well until frothy. Add vanilla extract. Whisk well to combine.

2. Combine 1 ½ cups of the rice milk with the maple syrup in a heavy pot. Whisk. Add nutmeg and whisk well to combine. Bring to a simmer over medium-high heat, stirring often with a wooden spoon. Add tapioca starch mixture to pot. Heat, whisking continuously, until it reaches a simmer. Once it's slightly thickened, add the remaining cup of rice milk. Bring to a simmer, reduce heat to low, and cook, stirring continuously, until rich and creamy, about 4 minutes.

3. Pour into a pitcher or large mason jar. Chill for at least four hours and up to 2 days. When ready to serve, stir or shake eggnog, mix in rum, pour into glasses, top with Rice Whip, and garnish with ground nutmeg.

Allergy-Friendly, Vegan, Gluten-Free, Refined Sugar-Free “Eggnog”

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Apple Fennel Soup

By Sueson Vess; http://www.glutenfreeandmore.com/recipes/apple_fennel_soup-1495-1.html; Modifications in red by Laura McKay, B.S., Health Educator

SERVES 4

The health benefits of chicken stock enhance this creamy nondairy soup. It's full of antioxidants and vitamin C, as well as flavonoids like quercetin found in many natural cold remedies. Serve hot, garnished with chopped chives or red apple cut into matchsticks. (Toss apple pieces with fresh lemon juice to prevent browning.)



2 medium fennel bulbs, stalk and fronds removed, chopped (about 5 cups)

1 large onion, chopped

2 tablespoons extra-virgin olive oil

¼ cup Madeira wine or Port or apple cider or apple juice

(use apple cider or apple juice if mold sensitive) 2 cups gluten-free chicken stock

2 large apples (Granny Smith or other firm, tart apple), peeled, cored and

diced

1 bay leaf

1 teaspoon dried thyme

¼ teaspoon ground nutmeg

½ teaspoon salt and pepper, to taste

1. In a large, heavy-bottom stockpot, sauté fennel and onion in olive oil until softened and slightly browned, about 15 minutes.

2. Add wine and let cook for a minute. Add chicken stock, apples, bay leaf and thyme. Simmer uncovered for 20 minutes or until apples and fennel are soft.

3. Remove bay leaf and carefully puree soup in small batches in a blender or food processor. For velvety-smooth texture, pass soup through a food mill or strain.

4. Add nutmeg and salt and pepper to taste.

TIP For vegetarian soup, replace chicken broth with gluten-free vegetable stock.

Alison's Wheat Free Brownies



Courtesy of Let's Do...Organic Coconut Flour package; modifications in red by Laura McKay, B.S., Health Educator

- 1/3 cup Butter or non-dairy alternative (*can use ghee instead*)
- 1/2 cup Cocoa Powder
- 6 eggs or equivalent substitute (*can use Ener G egg replacer*)
- 1 cup sugar (*can use coconut sugar, date sugar, beet sugar or stevia instead*)
- 1/2 tsp vanilla
- 1/2 cup Let's Do...Organic Coconut Flour, sifted (*or any coconut flour*)
- 1 cup Chocolate Chips (optional) (*use Enjoy Life Dairy Free Soy Free chips*)

Preheat the oven to 350 degrees. In a medium saucepan over low heat, blend butter and cocoa powder. Remove from heat and let cool. In a separate bowl, mix the eggs, sugar and vanilla. Blend this into the cocoa mixture. Stir in the coconut flour until the batter is no longer lumpy. Add the chocolate chips, if desired. Bake in pre-greased 8x8 baking pan for about 30-35 minutes. Allow to cool before cutting into squares.

