

# *5 Uniquely Lean Thanksgiving Recipes*

**RE**







# CINNAMON SUPER SWEET POTATOES

## Ingredients

- 4 sweet potatoes, peeled and cut into 1-inch cubes
- 1/4 cup extra-virgin olive oil, plus more for drizzling potatoes after cooked
- 1/4 cup honey
- 2 teaspoons ground cinnamon
- Salt and freshly ground black pepper

## Directions

1. Preheat oven to 375 degrees F.
2. Lay the sweet potatoes out in a single layer on a roasting tray. Drizzle the oil, honey, cinnamon, salt and pepper over the potatoes. Roast for 25 to 30 minutes in oven or until tender.
3. Take sweet potatoes out of the oven and transfer them to a serving platter. Drizzle with more extra-virgin olive oil.



# NOT YO MOMMA'S TURKEY

## Ingredients

- 1 skin-on boneless turkey breast (1 1/2 to 1 3/4 pounds)
- 3 tablespoons extra-virgin olive oil
- 3/4 teaspoon dried marjoram
- 2 cloves garlic, finely chopped
- Kosher salt and freshly ground pepper
- 2 bunches spring onions or small regular onions trimmed and halved
- 4 stalks celery, cut into 3-inch pieces
- 2 bunches small carrots, trimmed
- 1 10-to-12-ounce package mixed mushrooms, stemmed
- 2 tablespoons chopped fresh parsley

## Directions

1. Preheat the oven to 475 degrees F. Heat a large cast-iron skillet over high heat. Rub the turkey skin with 1 tablespoon olive oil; rub over and under the skin with the marjoram, garlic, salt and pepper.
2. Sear the turkey, skin-side down, without moving, until golden, 4 to 5 minutes. Flip the turkey, then add the onions, cut-side down, and cook until slightly browned, 4 to 5 more minutes. Scatter the celery and carrots over the onions, drizzle with 1 tablespoon olive oil and season with salt and pepper. Add the mushrooms, drizzle with the remaining 1 tablespoon oil and season with salt and pepper.
3. Transfer the skillet to the oven and roast until a thermometer inserted into the thickest part of the turkey registers 160 degrees F and the vegetables are tender, 20 to 25 minutes. Let the turkey rest 5 minutes before slicing. Sprinkle with the parsley.





# BITCHIN' BRUSSEL SPROUTS WITH BACON

## Ingredients

- 3 pounds medium Brussels sprouts
- 2 tablespoons vegetable oil
- 8 thick slices bacon (about 8 ounces), cut crosswise into 1/2-inch strips
- 2 teaspoons apple cider vinegar
- 1/2 teaspoon kosher salt, plus more as needed
- Freshly ground black pepper

## Directions

1. Bring a large pot of water to a boil and salt it generously. Trim the bottom end of the Brussels sprouts, leaving the core intact, and pull off the outer dark leaves. Halve through the core. Add the Brussels sprouts and cook, uncovered, until tender, about 6 minutes. Drain and rinse under cold running water. (This can be done a day ahead.)
2. Meanwhile, put the oil and bacon in a very large skillet or stewpot, and cook over medium heat, stirring occasionally, until the bacon is crispy. Remove the bacon with a slotted spoon and set aside. Increase the heat to medium-high, add the Brussels sprouts and cook, stirring occasionally, until they brown and the edges get crisp, about 10 minutes. Stir in the vinegar, salt, pepper, and bacon. Serve warm.



# SLAMMIN' CRANBERRY SAUCE

## Ingredients

- 12 ounces fresh cranberries
- 1 cup powdered sweetener, such as Lakanto
- 1 cup water
- 1 teaspoon orange zest
- ½ teaspoon cinnamon, optional
- Pinch of salt

## Directions

1. Add all of the ingredients to a medium saucepan and bring to a boil.
2. Simmer over medium heat, stirring occasionally, until most of the berries have popped. Mash berries to reach desired chunkiness. Sauce will thicken as it cools.
3. Refrigerate for 4 hours or until ready to serve.





# MAPLE SYRUP PUMPKIN PIE

## Ingredients

- 1 pie crust
- 1 (15 ounce) can pumpkin puree
- 3 eggs
- ¼ cup pure maple syrup
- ¼ cup coconut sugar (or organic cane sugar)
- ¼ cup unsweetened almond milk (any milk will work)
- 1 teaspoon vanilla extract
- 1 ½ teaspoons cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ground ginger
- ½ teaspoon allspice
- ¼ teaspoon salt

## Directions

1. Preheat oven to 350 degrees F.
2. Make the filling: In a large bowl, add the pumpkin puree, eggs, pure maple syrup, coconut sugar (or regular sugar) almond milk, vanilla, cinnamon, nutmeg, ground ginger, allspice and salt. Mix until well combined and completely smooth. Pour into pie pan.
3. Bake for 50-60 minutes until filling is no longer jiggly. Check pie after every 20 minutes to make sure crust isn't burning. If it is getting a little too golden brown, simply cover pie edges with foil or a pie shield.
4. Allow pie to cool for at least an hour before serving. Pie should be kept in fridge once completely cool. Top with whipped cream or ice cream. Store pie in fridge. Serves 9.



## HAPPY HOLIDAYS!

From my family to yours, I want to wish you a healthy and happy holiday season!

Remember to enjoy yourself, give back to others, and stay grateful during your downtime.

I'll be working but I might take some time out to cook up one of these dishes and FaceTime with my folks. Feel free to shoot me an email if I can help out with anything!

Best,

A handwritten signature in black ink, appearing to be "Rob G.", written in a cursive style.