

LIVING UP WELLNESS PRESENTS

HOLIDAY RECIPES

Eat Well. Move Well. Be Well.

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The Perfect Herb Roasted Turkey



Course : Main Dish
Categories : Poultry
Source : www.livingupwell.com

Serving size : 14-16 servings
Preparation time : 20 mins
Cooking time : 2 hours

Ingredients

14 lbs. Turkey
4 tbsp. fresh rosemary, finely chopped
4 tbsp. fresh sage, finely chopped
2 tbsp. dried thyme
1 tbsp. sea salt
1 tbsp. black pepper
1-2 cups kosher salt/gallon of water (for brine)
6 tablespoons cornstarch
food thermometer
5 gallon bucket
Cooking string

Directions

Day Before Prep:

- 1) Add 2 cups kosher salt to 1 gallon hot water and mix until dissolved. Then add an additional 1 gallon of cool water. cool slightly to avoid "cooking" your meat.
- 2) Place the bird, breast size down, in large bowl or 5-gallon bucket, innards removed. Cover with enough water until it is covered, the amount will vary depending on size of your bird. You may have to weigh it down. Turn it half way through the brining time.
- 3) Brine for 8-24 hours in the refrigerator. Remove from brine and rinse with cold water to remove excess brine, especially inside of the cavity (otherwise your meat will be too salty).

Prepare Day:

Pre-heat oven to 325 F.

- 1) Combine: 4 tbsp. chopped rosemary, 4 tbsp chopped sage, 2 tbsp thyme, 1 tbsp. sea salt and 1 tbsp. black pepper.
- 2) Use your hands and paring knife to separate the skin from the meat of the turkey.
- 3) Place seasonings under the skin and in the cavity of the turkey. If the skin tears, use a toothpick to bring it back together. The skin will keep the meat moist.
- 4) Tie the legs together and secure the wings close to the bird with cooking string.
- 5) Place turkey breast side down on a roasting rack in a roasting pan. Fill pan with 1 inch of water.

- 6) Roast turkey until internal temperature measures 162 F by sticking it into the thickest part of the thigh. This will take approximately 2.5-3.5 hours. Start checking the temperature at 2 hours.
- 7) Transfer the turkey to a platter. Tent it very loosely with foil, and let it rest for 30 minutes (the internal temperature will rise 5 to 10 degrees).

For gravy:

- 1) Place roaster across 2 burners on your stove and heat over med-high heat.
- 2) In a small bowl, combine 1 cup cold water and 6 tbsp. cornstarch, whisk to combine.
- 3) Once gravy is simmering, gradually stir in cornstarch mixture and cook for an additional 5 minutes at a simmer. If it becomes too thick, add a little more water until it's to the preferred consistency.
- 4) Add 1 tsp dried thyme and season with salt and black pepper to taste.

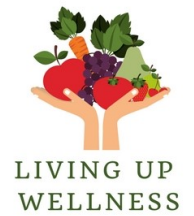
Notes

For best results, let your turkey remain in the brine for 24 hours. You can brine your turkey for 6-36 hours. Brining helps keep your turkey juicy, instead of being too dry. Also, overcooking your turkey will make it too dry so be careful to regularly check the temperature.

Cranberry Sauce



Course : Side Dish
Categories : Sauce
Source : www.livingupwell.com



Serving size : 8 servings
Preparation time : 3 mins
Cooking time : 15 mins

Ingredients

12 oz (1 bag) fresh cranberries
1/4 cup honey or maple syrup
1/2 cup orange juice

Directions

- 1) Heat a saucepan to medium heat, dissolve the sugar and orange juice. Stir in the cranberries and cook until they pop, about 10 minutes. Remove from heat.
- 2) Taste and, if the mixture is too tart (keeping in mind that cranberry sauce is supposed to be a little tart), add more honey or maple syrup to taste.
- 3) If you would like it to be a smooth sauce, use an immersion blender or place in blender and blend until smooth.

Roasted Brussel Sprouts with Balsamic Glaze



Course : Side Dish
Categories : Vegetable
Source : www.livingupwell.com

Serving size : 4 servings of 1 cup
Preparation time : 10 mins
Cooking time : 12 mins

Ingredients

1 lbs. Brussel Sprouts
1 teaspoon avocado oil
1/2 cup balsamic vinegar
1/4 cup sundried tomatoes, sliced
2 tablespoons pinenuts or pumpkin seeds
Optional: 1 tablespoon fresh basil, chopped
Parchment paper

Directions

Preheat oven to 450 F.

1. In small pot, place 1/2 cup balsamic vinegar. Bring to a boil and reduce to a simmer. Cook until reduced in half and coats the back of a spoon, remove from heat. Caution: if you reduce it too much, it will become a sticky gel.
2. Cut small woody end off the Brussel sprout, cut larger ones into quarters, smaller ones in half. (The smaller they are, the more they will crisp up and caramelize, make sure they are all about the same size to cook evenly).
3. Place Brussel sprouts on cookie sheet lined with parchment paper (for easy clean-up and prevent sticking to pan). Add pinenuts/pumpkin seeds.
4. Drizzle or brush with 1 tsp avocado oil. Season with salt and black pepper and spread out Brussel sprouts so they are in 1 layer (so they will roast instead of steam).
5. Cook for 12 minutes, check for doneness. Cook for an additional 5 minutes or until browned and to desired crispness and tenderness.
6. Add sundried tomatoes, chopped basil (if using) and with a spoon, drizzle with balsamic glaze (you will probably have left over glaze). Taste and adjust seasoning as necessary.

Equipment:

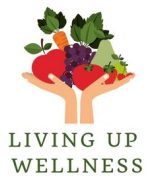
Parchment paper
1-2 cookie sheets
Spatula
Small pot

Notes:

If you over cook the balsamic vinegar, add 1/4 cup additional balsamic vinegar to pot, warm gently and whisk together. Cook only until it coats the back of a spoon. Remove from heat.

Store leftover glaze in refrigerator for up to 1 month. Heat gently to make into a liquid again.

Roasted Delicata Squash



Course : Side Dish
Categories : Vegetable
Source : www.livingupwell.com

Serving size :
Preparation time : 10 mins
Cooking time : 25 mins

Ingredients

2 medium delicata squash
1-2 teaspoons avocado oil/coconut oil
1/4 teaspoon sea salt (more or less to taste)
1/4 teaspoon black pepper (more or less to taste)
Optional: 1 tablespoon fresh rosemary (finely chopped)
parchment paper

Directions

Preheat oven to 450 F.

1. Wash the squash and cut both ends off so you have a flat surface.
2. Cut down the center (the long way).
3. Scoop the seeds out. Cut into 1/4 inch thick moon-shaped slices. Make sure they are even in thickness so they will cook at the same speed. Place on cookie sheet covered with parchment paper (to prevent sticking to pan and for easy clean up).
4. Brush or spray with 1-2 tsp avocado oil. Season both sides with sea salt and black pepper and finely chopped rosemary (if using) . Place in single layer on 1-2 cookie sheets.
5. Cook on bottom rack for 20 minutes, check for doneness. Cook 5-10 additional minutes or until one side has browned and a fork slides easily through the squash. Remove from heat. Taste and adjust seasonings if necessary. Enjoy immediately.

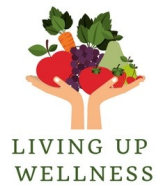
This makes a great side to any meat such as chicken, beef or fish and non-starchy vegetables. I love this squash because you do not have to peel it and it's so eye-appealing!

Equipment:

Parchment paper
1-2 Cookie sheet
Chef's knife
Cutting board
Silicon brush

Nutrition Facts	
4 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0.8g	4%
Trans Fat 0g	
Polyunsaturated Fat 0.8g	
Monounsaturated Fat 4.1g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 32.5mg	2%
Iron 0.558mg	4%
Potassium 16497mg	350%
Vitamin A	60%
Vitamin C	10%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Roasted Green Beans with Cherry Tomatoes



Course : Side Dish
Categories : Vegetable
Source : www.livingupwell.com

Serving size : 6 servings of 1 cup
Preparation time : 10 mins
Cooking time : 25 mins

Ingredients

1.5 lbs. fresh French green beans (or any variety)
1 cup cremini (baby bella) mushrooms, sliced
8 oz cherry tomatoes
1 small shallot, small diced
2 teaspoons avocado oil
2 tablespoons balsamic vinegar
1 tablespoon fresh basil, chopped
1/4 teaspoon sea salt (more or less to taste)
1/4 teaspoon black pepper (more or less to taste)

Directions

Preheat oven to 450 F.

1. If not pre-washed, rinse green beans, pat dry and place on cookie sheet covered with parchment paper.
2. Slice mushrooms and add to cookie sheet. Add cherry tomatoes to cookie sheet.
3. Brush or spray with 1-2 tsp avocado oil. Season both sides with sea salt and black pepper and finely chopped rosemary (if using) . Place in single layer on 1-2 cookie sheets so they will brown better.
5. Cook on bottom rack for 18 minutes. Drizzle with balsamic vinegar and toss to coat. Cook 5-10 additional minutes or starting to brown and are to the doneness you prefer. Remove from heat. Add 1 tbsp. chopped fresh basil. Taste and adjust seasonings if necessary.

Notes

Equipment:

1-2 cookie sheets
parchment paper
Chef's knife
Cutting board
Silicon brush (optional)

Sweet Potato Casserole



Course : Side Dish
Categories : Vegetable
Source : www.livingupwell.com

Serving size : 10 servings of 1/2 cup
Preparation time : 15 mins
Cooking time : 1 hour 30 mins

Ingredients

2 lbs sweet potatoes (or 29 oz can sweet potatoes, juice drained)
1 cup unsweetened apple sauce
2 tablespoons coconut oil (grass-fed butter/ghee) melted
2 teaspoons cinnamon
2 tablespoons maple syrup
1 teaspoon sea salt
pinch of ground nutmeg
1 cup chopped pecans
Optional: Extra salt, maple syrup, cinnamon for topping

Directions

Preheat oven to 450 F.

1. Cut sweet potatoes in half, wrap in foil and cook 45-60 minutes, until a fork goes through easily.
2. Remove from oven and cool. Scoop out sweet potato and discard skin.
3. In blender, add sweet potatoes, applesauce, nutmeg, cinnamon, melted coconut oil (butter), maple syrup, sea salt.
4. Transfer to a 9 inch baking dish and sprinkle with pecans and optional toppings.
5. Reduce heat to 375 F, bake for 25-30 minutes, until potatoes begin to bubble and topping is lightly browned.
6. Let cool 10 minutes before serving.

Notes

If using canned sweet potatoes, skip straight to step 3.

Fruit Cobbler



Course : Dessert

Categories : Fruit

Source : www.livingupwell.com

Serving size : 10-12 servings

Preparation time : 20 mins

Cooking time : 50 mins

Ingredients

For preparing the fruit:

1.5 lbs. frozen peaches (blackberries, cherries, apples, pears)

1/2 cup honey

1/2 cup water

For the cobbler:

1 1/2 cup whole wheat pastry flour

2 1/4 tsp baking powder

3/4 tsp salt

1 1/2 cup milk

2 tsps. cinnamon

1/2 cup honey

4 tbsp. butter or coconut oil

Directions

Preheat oven to 350 F.

1) Combine the fruit, 1/2 cup honey, 1/2 cup water in saucepan and mix well. Bring to a boil and simmer for 10 minutes. Remove from heat. (If using fresh fruit that is very ripe, you do not need to simmer it in the sugar-water mixture. Just add towards the end of the 10 minute simmer).

2) Put the butter/coconut oil in a 3 quart baking dish and place in oven to melt.

3) Mix remaining 1/2 cup honey, flour, cinnamon and milk slowly to prevent clumping. Pour mixture in the baking dish over the melted butter. Do not stir.

4) Spoon the fruit on top and gently pour in the sugar-water mixture. (The batter will rise during the cooking process). Give the dish a shake and bake about 1/2 hour or until the top is golden brown. (If it starts to get darker around the edge, turn your oven down a bit).