

Let our lives be full of both
thanks and giving.

Happy Thanksgiving!!



20-Minute Cauliflower Soup

- 1 tbsp. unsalted butter
- 1 tbsp. extra virgin olive oil
- 1 medium onion, chopped
- 1 leek (white and light green parts), chopped
- 2 cloves garlic, finely chopped
- 1 small head cauliflower (about 2 pounds), cored and sliced
- 4 c. lower-sodium chicken broth
- 1/2 c. heavy cream
- Cracked pepper, for serving

Chive Oil

- 1 bunch chives
- 1/2 c. canola or grapeseed oil

Directions

- Heat butter and oil in large pot on medium. Add onion, leek and 1/2 teaspoon salt and cook, covered, stirring occasionally, until very tender (but not brown), 10 to 12 minutes.
- Stir in garlic and cook 1 min. Add cauliflower, broth and cream and simmer until cauliflower is tender, 15-18 min.
- Using handheld blender (or standard blender, in batches), puree until smooth.
- Make Chive Oil:** In blender, puree chives and 1/2 cup canola or grapeseed oil until smooth. Transfer to small saucepan and cook on medium until mixture begins to simmer, about 3 min. Pour through a coffee filter set over a measuring cup.
- Serve drizzled with Chive Oil and cracked pepper, if desired.

Thanksgiving,
after all,
is a word of
action.

-W.J. Cameron

Rosemary-Pecan Mashed Sweet Potatoes

- 3 lb. small sweet potatoes
- 1 1/2 c. pecans, broken into pieces
- 2 tbsp. olive oil
- 1/4 c. Grated Parmesan cheese
- 1/8 tsp. cayenne
- 3 tsp. roughly chopped fresh rosemary
- 3 tbsp. pure maple syrup
- Kosher salt



Directions

- Heat oven to 425°F. Prick sweet potatoes with fork and place on plate. Microwave on High 6 minutes; turn each potato over and cook until soft, 6 minutes more. Let stand until cool enough to handle
- Meanwhile, on rimmed baking sheet, toss pecans with oil, then Parmesan, cayenne, 2 teaspoons rosemary and 1/2 teaspoon salt. Roast until fragrant, about 3 minutes. Toss with remaining teaspoon of rosemary
- Peel potatoes and mash with maple syrup and 1/2 teaspoon salt until smooth. Transfer to serving dish and top with pecans.
- Make-ahead tip:** The dish can be refrigerated for up to two days in advance. To serve, microwave potatoes just until heated through. Warm pecans in 400°F oven. Transfer potatoes to serving dish and top with pecans.
- <http://www.goodhousekeeping.com/food-recipes/easy/a46618/rosemary-pecan-mashed-sweet-potatoes-recipe/>

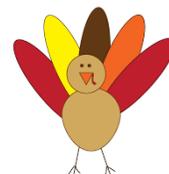


Brown-Butter Brussels Sprouts

- 2 lb. Brussels sprouts, halved
- 2 red onions, cut into 1/2-inch-thick wedges
- 2 tbsp. olive oil
- Kosher salt
- pepper
- 4 tbsp. unsalted butter
- 1/3 c. sliced almonds
- 1/4 c. golden raisins
- 2 tbsp. fresh lemon juice

Directions

- Heat oven to 400°F. On large rimmed baking sheet, toss Brussels sprouts, onions, oil, 1/2 tsp. salt and 1/4 tsp. pepper. Turn sprouts cut side down and roast until golden brown and tender, 20 to 25 min.
- Meanwhile, about 5 min. before Brussels sprouts are finished, melt butter in 10-inch skillet on medium until foaming. Add almonds and cook, stirring, until almonds and butter are golden brown, 2 to 3 min. Add raisins, lemon juice and 1/4 tsp. salt and swirl pan to combine.
- When sprouts and onions are cooked, transfer to platter. Spoon brown butter mixture over Brussels sprouts and onions.
<http://www.goodhousekeeping.com/food-recipes/easy/a46620/brown-butter-brussels-sprouts-recipe/>



Spice-Roasted Butternut Squash with Cider Vinaigrette

2 tsp. light brown sugar
1/2 tsp. ground coriander
1/4 tsp. freshly grated or ground nutmeg
2 small butternut squash, peeled, seeded and sliced 1/2 inch thick
10 sprigs fresh thyme
6 tbsp. olive oil
1 c. apple cider
1 tbsp. red wine vinegar
1 tbsp. whole-grain mustard
1/4 c. chopped fresh flat-leaf parsley
Kosher salt and pepper



Directions

1. Heat oven to 425°F. In small bowl, combine sugar, coriander, nutmeg and 1/2 tsp. each salt and pepper. Divide squash and thyme between 2 large rimmed baking sheets.
2. Toss vegetables on each sheet with 2 tbsp. oil, then half of spice mixture. Arrange in single layer and roast, turning over once, until golden brown and tender, 25-30 min. Transfer to platter.
3. Meanwhile, heat cider to a boil in small saucepan on high. Reduce heat and simmer until liquid has reduced to 1/4 cup, 12-15 min.
4. In medium bowl, whisk together reduced cider, vinegar, mustard, remaining 2 tbsp. oil and 1/4 tsp. each salt and pepper. Stir in parsley, then drizzle over squash.
<http://www.goodhousekeeping.com/food-recipes/easy/a46622/spice-roasted-butternut-squash-with-cider-vinaigrette-recipe/>



Green Beans Gremolata



2 lb. French green beans (haricots verts) or regular green beans
1/3 c. finely chopped fresh flat-leaf parsley leaves
1/3 c. freshly grated Parmesan cheese
1/4 c. toasted pine nuts
2 tbsp. grated lemon peel
4 tsp. finely chopped garlic
1/4 c. olive oil
Kosher salt
black pepper



Directions

1. Heat covered 7- to 8-quart saucepot of water to boiling on high. Add green beans and cook 3 to 5 min. or until tender-crisp. While beans cook, fill large bowl with ice and cold water.
2. Drain green beans well and transfer to bowl of ice water; stir until beans are completely cool. Drain well and pat dry with paper towels. Green beans may be refrigerated in re-sealable plastic bag up to 3 days.
3. **Prepare gremolata:** In medium bowl, combine parsley, Parmesan, pine nuts, lemon peel, and garlic.
4. To serve, heat oil in same sauce-pot on medium-high. Add green beans; cook 2 minutes or until hot and coated with oil, tossing. Remove from heat. Sprinkle with gremolata, 1 1/2 tsp. salt, and 1/2 tsp. pepper; toss until well coated.
<http://www.goodhousekeeping.com/food-recipes/a15467/green-beans-gremolata-recipe-ghk1113/>

Pumpkin Spice Cupcakes

1 1/2 c. all-purpose flour
1 1/2 tsp. pumpkin pie spice
1 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. Kosher salt
1 c. pure pumpkin
2 tbsp. molasses (not blackstrap)
1 tsp. pure vanilla extract
1/2 cup (1 stick) unsalted butter, room temp
3/4 c. granulated sugar
2 large eggs

Cream Cheese Frosting

4 oz. cream cheese, at room temperature
2 tbsp. butter, at room temperature
2 c. confectioners' sugar
1 tsp. vanilla extract



Directions

- Heat oven to 350°F. Line 12-cup muffin pan with paper liners.
- In medium bowl, whisk flour, pumpkin pie spice, baking powder, baking soda and salt. In another bowl, combine pumpkin, molasses and vanilla.
- In large bowl, with electric mixer on medium speed, beat butter and sugar until light and fluffy, about 3 min. Reduce speed to low and beat in eggs, one at a time. Then alternately add flour and pumpkin mixture, beating until just combined.
- Divide batter among muffin-pan cups (heaping 1/4 c. each) and bake until toothpick inserted into center comes out clean, 25-30 min. Transfer to wire rack; let cool 5 min. before removing from pan to cool completely.
- Make Cream Cheese Frosting: Using electric mixer, beat cream cheese and butter until light and fluffy. Gradually beat in confectioners' sugar and vanilla extract until light and fluffy.
- To serve, frost cupcakes with Cream Cheese Frosting.
- <http://www.goodhousekeeping.com/food-recipes/dessert/a46088/pumpkin-spice-cupcakes-with-cream-cheese-frosting-recipe/>