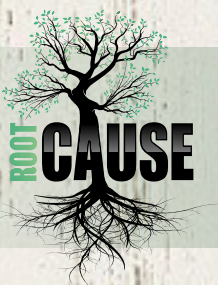


# Thanksgiving Menu



Izabella Wentz, PharmD, FASCP

## **Appetizers**

Lentil Dip

## **First Course**

Pumpkin Carrot Curry Soup

## **Main Course**

Salt and Herb Rubbed Turkey

## **Sides**

Cranberry Orange Sauce

Sweet Potato Casserole

Broccoli Bacon Veggies

Root Veggie Bake

## **Desserts**

Pumpkin Pie

Apple Blueberry Pie

Baked Pears

Pumpkin Custard

# Appetizer

## Lentil Dip

Properly soaking lentils and sunflower seeds will result in improved digestion.

### **Ingredients:**

1 cup of lentils, soaked overnight in filtered water  
5 tablespoons of pumpkin puree  
1/4 cup roasted red pepper  
3 tablespoons lemon juice  
2 tablespoons extra virgin olive oil  
2 tablespoons sunflower seeds (soaked overnight)  
1/2 teaspoon sea salt

### **Directions:**

Combine all of the ingredients in a large food processor, such as a Vitamix.  
Serve with carrots, crudité or gluten-free crackers.



## First Course

# Pumpkin Carrot Curry Soup

This is a perfect fall comfort soup that uses seasonal vegetables rich in beta-carotene and an anti-inflammatory base of coconut oil, spices and homemade broth. I like to make broth ahead of time and freeze it to later add to various recipes.

### Ingredients:

1 pound of steamed carrots

1/2 cup pumpkin puree (organic canned or boxed). May use butternut squash instead.

1/2 teaspoon Curry

1/2 teaspoon Salt

2 tablespoons Coconut oil

1 cup gluten free chicken broth (homemade or store bought)

### Directions:

Steam carrots.

Add carrots, pumpkin puree, curry, salt, coconut oil and broth to Vitamix.

Mix for 30 seconds on low-med-high.



# First Course

## Salt and Herb Rubbed Turkey

(Adapted from *Living Without*)

For a moist and tender bird with crispy brown skin, apply this rub a day in advance. The rub will be rinsed off before baking, so no worries about it becoming too salty.

### Ingredients:

1 unfrozen turkey (I prefer free range)  
2 cups gluten free broth or pear juice  
1 tablespoon fresh rosemary, chopped  
1 1/2 tablespoons fresh sage, chopped  
2 tablespoons fresh thyme  
1/3 cup Sea salt  
1 teaspoon pepper

### Directions:

Mix rosemary, sage, thyme, salt and pepper in a small bowl.

Rub salt mixture on the inside cavities and outside the turkey.

Refrigerate for 8 - 24 hours.

The following day after preheating the oven to 450 degrees F, rinse the turkey to remove salt.

Rub and transfer to roasting pan.

Add broth/pear juice to roasting pan.

Roast uncovered for 30 minutes at 450 degrees F, then remove from oven and lower to 325 degrees F.

Tent turkey with foil and return to oven.

Baste turkey every 45 minutes and bake according to roasting guide per weight:

[http://www.fosterfarms.com/cooking/turkey/roasting\\_turkey.asp](http://www.fosterfarms.com/cooking/turkey/roasting_turkey.asp)

Remove foil cover 30 minutes prior to end time.

Remove turkey from oven when internal temperature reaches 165 degrees F.

Replace foil tent and let sit for 30 minutes.



# Sides

## Cranberry Orange Sauce

### Ingredients:

1 bag of cranberries  
2 cups of orange juice  
1/3 cup of honey  
1 teaspoon vanilla  
1 tablespoon cinnamon

### Directions:

Place all ingredients in a small saucepan and turn the heat to medium-high.  
Allow to boil and watch as the cranberries start to pop.  
Mix.  
Cooking time should take 10 – 15 minutes.



# Sides

## Sweet Potato Casserole

### **Ingredients:**

#### *Potato Mixture*

3 cups of sweet potatoes  
1/2 cup coconut oil  
3 eggs beaten  
1 teaspoon GF vanilla extract  
1 tablespoon pumpkin pie spice  
1/2 cup thick coconut cream

#### *Topping*

1/2 cup grated coconut  
1/2 cup chopped pecans  
1/3 cup melted coconut oil

### **Directions:**

Mash the sweet potatoes and mix in the other mixture ingredients.  
Bake at 350 degrees F for 40 minutes.  
Sprinkle with topping and bake for 10 more minutes.



# Sides

## Broccoli Bacon Veggies

### Ingredients:

2 heads of broccoli, cut into single florets  
2 boxes of mushrooms, chopped  
1 bag of green beans or 1 bunch of asparagus, cut into 2-3 inch pieces  
1 onion, chopped  
1 pack of bacon, cut into small pieces

### Directions:

Heat the bacon and onions in a large wok.  
Add mushrooms, the broccoli, and green beans/asparagus and cover until steamed through.



# Sides

## Root Veggie Bake

Make this a day ahead. Refrigerate and reheat in the oven after you take out the turkey.

### Ingredients:

5 – 6 cups of root veggies (parsnips, turnips, sweet potatoes, daikon radish, beets, black radish, carrots are some options)

1 diced apple (optional)

1/4 cup of olive oil, duck fat, ghee or your oil of choice

1/2 teaspoon thyme

1/2 teaspoon basil

1/2 teaspoon sea salt

*For drizzle*

1 tablespoon honey, agave, maple syrup

2 tablespoons extra virgin olive oil

### Directions:

Mix all ingredients, place into a Dutch oven or a baking disk with a cover, and bake at 350 degrees F for 2 hours.

May drizzle with honey, agave, maple syrup and/or olive oil if desired



# Desserts

## Pumpkin Pie

### Ingredients:

1 can of pumpkin puree (15 oz.)  
1/2 cup of agave or honey or pureed dates  
3 eggs  
1 1/4 cup coconut milk  
2 tablespoons pumpkin pie spice  
1/4 teaspoon salt

### Directions:

Mix all ingredients and add into baking pan.  
Bake at 350 degrees F for one hour.



# Desserts

## Apple Blueberry Pie

### Ingredients:

#### *Crust*

2+1 cups almond flour (I buy it at Trader Joe's) or coconut flour

1/2 cup of melted coconut oil (at Trader Joe's)

4 tablespoons of honey

1 teaspoon vanilla extract

#### *Filling*

1, 26 oz. jar of baked apple chunks and slices ( I buy Grandma Hoerners at Costco)

1 cup blueberries

### Directions:

Mix 2 cups of almond/coconut flour, the coconut oil, honey and vanilla in a mixer.

Use 75% of the almond/coconut flour mixture to fill out a round pie pan, reserve 25% for the crumble top.

Add filling into the pie crust.

Add remaining cup of almond/coconut flour into the reserved crust mixture, and mix until a crumble-like consistency is formed.

Sprinkle crumble on top of fruit filling.

Preheat oven for 350 degrees F.

Bake for 30 – 45 minutes.

# Desserts

## Baked Pears

### Ingredients:

4 pears, peeled and cut in half lengthwise

1 teaspoon cinnamon

1 teaspoon vanilla

1 teaspoon honey

1 tablespoon coconut oil

### Directions:

Place pears into a baking dish, add water and sprinkle with cinnamon, and drizzle with vanilla, honey and coconut oil.

Bake at 350 degrees F for 45 minutes.



# Desserts

## Pumpkin Custard

### Ingredients:

1 1/2 cups of coconut milk (full, not lite)  
1 cup pumpkin puree  
3 large eggs  
1 teaspoon vanilla  
1/2 cup maple syrup, agave syrup or honey  
1 teaspoon ground cinnamon  
1/4 teaspoon ground ginger  
1/4 teaspoon salt

### Directions:

Mix all ingredients.  
Oil the outsides of a 6-muffin pan.  
Pour mixture into each compartment.  
Bake 350 degrees F for 50 minutes.





# Shopping List

## Meats/Dairy

- ☐ Turkey
- ☐ Bacon
- ☐ Eggs
- ☐ Ghee/duck fat

## Accessories

- ☐ Aluminum Foil
- ☐ Baking pan large enough to fit turkey
- ☐ Wok
- ☐ Sauce pan
- ☐ Muffin pan
- ☐ Casserole (2)
- ☐ Pie pan (3)

## Fruit

- ☐ Pear juice or GF chicken stock
- ☐ Lemon juice
- ☐ Cranberries
- ☐ Blueberries/Blackberries
- ☐ Pears
- ☐ Apples
- ☐ Orange Juice

## Vegetables

- ☐ 1 lb. of steamed carrots
- ☐ 1 cup of lentils, soaked overnight in filtered water
- ☐ 1/4 cup roasted red pepper
- ☐ 5 - 6 cups of root veggies (parsnips, turnips, sweet potatoes, daikon radish, beets, black radish, carrots are some options)
- ☐ 2 heads of broccoli, cut into single florets
- ☐ 2 boxes of mushrooms, chopped
- ☐ 1 bag of green beans or 1 bunch of asparagus,
- ☐ 1 onion, chopped
- ☐ 3 cups of sweet potatoes
- ☐ Extra Virgin olive oil

## Herbs

- ☐ 1 tablespoon fresh rosemary, chopped
- ☐ 1 1/2 tablespoons fresh sage, chopped
- ☐ 2 tablespoons fresh thyme
- ☐ 1/2 teaspoon thyme
- ☐ 1/2 teaspoon basil

## Spices

- ☐ Sea salt
- ☐ Pepper
- ☐ Vanilla
- ☐ Pumpkin pie spice
- ☐ Ground ginger
- ☐ Ground cinnamon
- ☐ Curry

## Nuts/Seeds

- ☐ 1/2 cup grated coconut
- ☐ 1/2 cup chopped pecans
- ☐ Almond/cashew or other nut flour
- ☐ Sunflower seeds
- ☐ Coconut oil
- ☐ Coconut flour
- ☐ 4 tablespoons of honey

## Jars/Cans

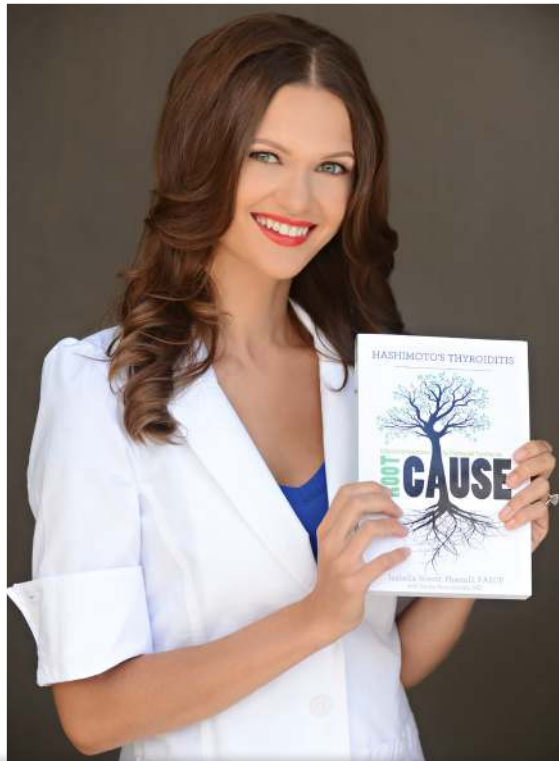
- ☐ 1, 26 oz. jar of baked apple chunks and slices (I buy Grandma Hoerners at Costco)
- ☐ 3 cans of coconut milk (full, not lite)
- ☐ 4 cans/boxes of pumpkin puree (organic canned or boxed). May use butternut squash instead
- ☐ 1 cup gluten free chicken broth (homemade or store bought)
- ☐ Honey

## Inspirations:

[http://www.livingwithout.com/issues/3\\_6/Allergy-Free-Holiday-Cooking-Recipes-1324-1.html](http://www.livingwithout.com/issues/3_6/Allergy-Free-Holiday-Cooking-Recipes-1324-1.html)

[http://www.livingwithout.com/issues/4\\_10/gluten\\_free\\_dairy\\_free\\_thanksgiving-2185-1.html](http://www.livingwithout.com/issues/4_10/gluten_free_dairy_free_thanksgiving-2185-1.html)

[http://www.livingwithout.com/issues/4\\_16/gluten\\_free\\_thanksgiving\\_feast-2641-1.html](http://www.livingwithout.com/issues/4_16/gluten_free_thanksgiving_feast-2641-1.html)



Wishing you and your family a  
**Safe and Happy Thanksgiving!**

*Izabella Wentz, PharmD*

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[www.thyroidpharmacist.com](http://www.thyroidpharmacist.com)