



Thanksgiving!

Created by Dahlia Health & Nutrition Coaching



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Lemon & Dill White Bean Dip

9 ingredients · 10 minutes · 8 servings



Directions

1. In a food processor, combine the beans, dill, oil, tahini, lemon juice, salt, and garlic. Blend until creamy.
2. Serve with veggies and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1/4 cup of dip and 1/2 cup veggies.

Serve it With

Veggie sticks, brown rice tortilla chips, crackers, on a salad, in a wrap or as a sandwich spread.

Ingredients

- 2 cups** Cannellini Beans (cooked)
- 1/4 cup** Fresh Dill (chopped, plus more for garnish)
- 3 tbsps** Extra Virgin Olive Oil
- 1/4 cup** Tahini
- 3 tbsps** Lemon Juice
- 1 tsp** Sea Salt
- 2** Garlic (clove, minced)
- 2 cups** Radishes (halved)
- 2 cups** Green Beans (trimmed)

Cranberry Orange Mint Tea

5 ingredients · 1 hour · 2 servings



Directions

1. Add water, cranberries, and mint to a pot. Bring to a boil, then reduce the heat to low. Cover and simmer for 30 minutes.
2. Remove from the heat. Let it steep covered for about 20 minutes.
3. Strain the cranberry mixture through a fine sieve. Return to the pot. Stir in the sweetener and orange juice, and heat through. Serve warm and enjoy!

Notes

Leftovers

Refrigerate in an airtight jar or pitcher for up to two days. Heat up before serving.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add cinnamon and star anise.

Ingredients

- 3 cups Water
- 1 1/2 cups Frozen Cranberries
- 2 tbsps Mint Leaves
- 1 tbsp Monk Fruit Sweetener
- 1 cup Orange Juice

Pomegranate & Chickpea Spinach Salad

7 ingredients · 15 minutes · 6 servings



Directions

1. Heat a pan over medium-high heat. Add the walnuts and cook for three to five minutes or until they become slightly golden brown, stirring frequently. Let them cool for a few minutes before chopping
2. Add the spinach, chickpeas, pomegranate seeds, chopped walnuts, oil, vinegar, salt, and pepper to a bowl. Toss to combine. Enjoy!

Notes

Leftovers

Refrigerate the salad in an airtight container for up to three days. Add the dressing when ready to eat.

More Flavor

Add onions and other greens like arugula.

Ingredients

- 2 cups Walnuts (chopped)
- 12 cups Baby Spinach
- 2 cups Chickpeas (cooked)
- 3/4 cup Pomegranate Seeds
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)

Crispy Smashed Brussels Sprouts

3 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C).
2. Bring a large pot of water to a boil. Add the Brussels sprouts and boil for 10 minutes or until fork tender. Drain and transfer to a baking sheet.
3. Using the bottom of a mug or jar, smash the Brussels sprouts. Drizzle with olive oil and season with salt and pepper. Cook for 20 minutes or until crispy and browned. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately one cup.

Additional Toppings

Serve with a dip of your choice.

Ingredients

2 cups Brussels Sprouts (trimmed, outer leaves peeled)

1 tbsp Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

Sausage Stuffed Butternut Squash

7 ingredients · 1 hour · 4 servings



Directions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Brush the squash halves with 1/3 of the oil and season with salt and pepper. Place cut side down on the prepared baking sheet and cook in the oven for 35 minutes.
3. Carefully flip the squash cut side up. Add the onion wedges to the baking sheet around the squash. Drizzle with half of the remaining olive oil and season with salt and pepper. Cook in the oven for another 10 to 15 minutes or until the squash is fork tender and the onions start to brown.
4. Heat the remaining oil in a pan. Add the garlic, then the sausage. Cook for four to six minutes or until cooked through, breaking the meat up as it cooks. Add the kale and cook for one minute or until wilted.
5. Fill the squash halves with sausage stuffing. Top with onions and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One small squash was used to make two servings. One serving is one-half of a squash or approximately 1 1/2 cups of squash flesh and one cup of sausage stuffing.

No Pork

Use turkey, chicken, or lamb sausages instead of pork.

Additional Toppings

Chopped parsley, cilantro, green onions, parmesan cheese, tomato pesto and/or chili flakes.

Ingredients

- 6 cups** Butternut Squash (small, halved, seeded)
- 2 tbsps** Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 2** Yellow Onion (medium, sliced)
- 2** Garlic (clove, chopped)
- 12 ozs** Pork Sausage (casings removed)
- 2 cups** Baby Kale

Turkey Rolls with Cranberry Sauce

10 ingredients · 1 hour 10 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C).
2. Heat olive oil in a skillet over medium heat. Add baby spinach and saute until wilted. Once wilted, remove from heat.
3. Use a meat mallet to pound the turkey breasts into a thin layer. This will make it easier to roll.
4. Place a large piece of parchment paper across your counter. Cut 8 long strings of twine and lay them in pairs across the parchment paper, about 1 inch apart. Place each turkey breast across two pieces of twine. Season the turkey with sea salt and black pepper.
5. Spread your goat cheese across each turkey breast leaving a 1/2 inch border all the way around. Add the wilted spinach. Roll up each turkey breast and tie the twine around it into a tight knot. Trim the excess twine and discard. Season with salt and pepper.
6. Add the broth to a baking dish to cover the bottom. Set the rolled turkey breasts inside. Cook in the oven for 35 to 45 minutes or until cooked through.
7. Meanwhile, start the cranberry sauce. Combine cranberries, orange juice and honey in a sauce pan. Place over medium heat and stir occasionally for about 15 minutes or the sauce thickens. Reduce heat to low and cover until ready to serve. Add a few splashes of water if the sauce becomes too thick.
8. Remove the turkey and let it rest for 10 minutes. Remove the twine. Slice into 2 inch thick medallions. Drizzle with cranberry sauce. Enjoy!

Notes

Get Creative

Roll the turkey with your favorite stuffing instead of spinach and goat cheese.

Keep it Simple

Reduce prep time by skipping the roll up, baking turkey breast on their own and serving the spinach and goat cheese on the side.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 4 **cups** Baby Spinach
- 2 **lbs** Turkey Breast
- 1/2 **cup** Goat Cheese (crumbled)
- Sea Salt & Black Pepper (to taste)
- 1/2 **cup** Vegetable Broth
- 2 **cups** Frozen Cranberries (diced)
- 1 Navel Orange (juiced)
- 1 **tbsp** Raw Honey
- Twine

Cranberry Apple Oat Crisp

7 ingredients · 50 minutes · 8 servings



Directions

1. Preheat the oven to 350°F (175°F). Use a little bit of coconut oil to grease the baking dish.
2. Add the apples, cranberries, maple syrup and 1/3 of the flour to the baking dish. Gently toss until well combined.
3. In a bowl, stir together the remaining flour, oats and coconut sugar. Add the remaining coconut oil and use your hands to combine until the mixture is crumbly.
4. Sprinkle the oat mixture evenly over the fruits and press gently. Bake for 40 to 50 minutes, or until golden brown and the fruits have softened. Let cool and enjoy!

Ingredients

- 1/3 cup Coconut Oil
- 3 Apple (large, cored, chopped)
- 2 cups Frozen Cranberries
- 1/2 cup Maple Syrup
- 3/4 cup All Purpose Gluten-Free Flour (divided)
- 1 1/2 cups Oats
- 1/4 cup Coconut Sugar

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size

One serving equals approximately 3/4 cup. An 11 x 7-inch baking dish was used for 8 servings

More Flavor

Add cinnamon and/or nutmeg. Use butter instead of coconut oil. Add chopped nuts to the oat mixture.

Additional Toppings

Top with whipped coconut cream, ice cream or yogurt.

All Purpose Gluten-Free Flour

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. If using another type of flour, note that results may vary.