

Thanksgiving Menu From *Loving Yourself to Great Health: Thoughts & Food – The Ultimate Diet*

We prepared this Thanksgiving menu with much love for your body, mind and taste buds!

Traditional Thanksgiving meals can often be challenging for the average person to digest. There are two key reasons for this. The first reason is that many people have trouble digesting the variety of starchy foods and protein foods in a conventional Thanksgiving meal. The second reason is that too often, Thanksgiving meals are full of sugar and not balanced in terms of the 6 tastes in Ayurvedic medicine (salty, sweet, sour, pungent, bitter and astringent). A dish or meal that is balanced feels more satisfying and grounding to your body and mind. This is what helps eliminate the cycle of cravings that often gets kicked off at the start of the holiday season.

Our recipes are designed to aid your digestion with better food combining and to balance the 6 tastes so that your body and mind are in harmony. Instead of refined sugar, we use all natural, whole food sweeteners that have nutrients your body can use.

Thanksgiving is a time to commune with family and friends, celebrating the gift of nourishment from Mother Earth. It is a time to reconnect with the earth, your loved ones and yourself. Ask for help in the kitchen this year – share these recipes with your family and friends and have everyone contribute a dish. Or plan ahead (we'll give you tips on how to do that, below!) so that you have less stress on the holiday and more time to be with your loved ones.

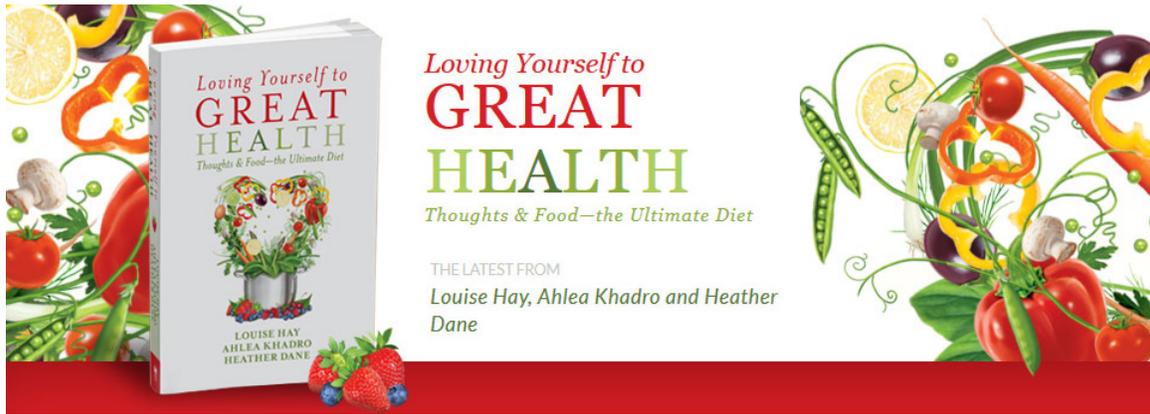
We wish you a happy, healthy Thanksgiving and remember, we love you!



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– Louise





Menu

Most of these recipes can be prepared 2 – 3 days before serving to make your kitchen time easier and give you more time to connect with friends and family on Thanksgiving day (see notes below for ideas). Remember to ask your loved ones to pitch in and your guests to bring one of these side dishes – contributing a dish to the meal is the spirit of Thanksgiving!

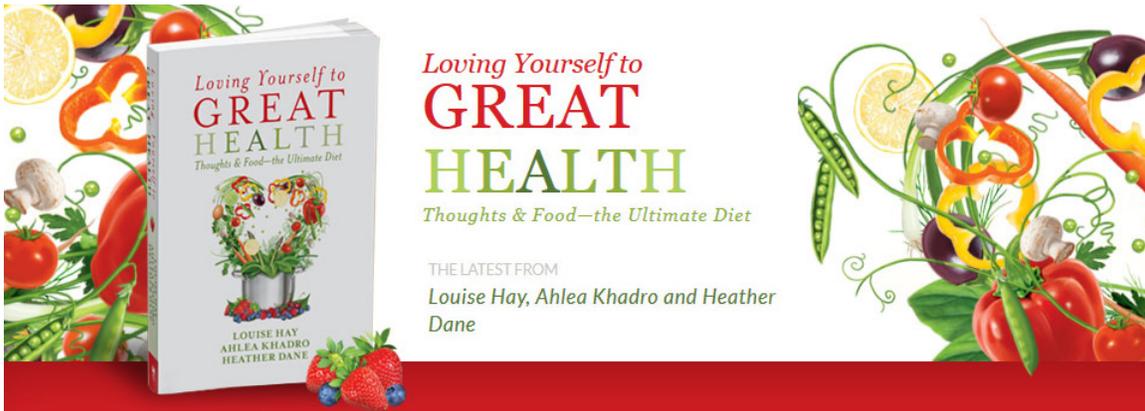
- **Thanksgiving Turkey** – Make this on Thanksgiving day and plan 4 hours in advance for a 10 – 12 pound turkey (more for a larger turkey) to allow the quick prep, cooking and cooling prior to serving.
- **Lovely Millet Loaf** (Vegan Main Dish Option) – This can be made up to 2 days before the meal.
- **Bone Broth** for Leftover Turkey (Optional) – Use this for a soothing, vitamin and mineral rich recipe for leftover turkey a day or two after the meal.
- **Vegetable Stuffing** (to stuff in your turkey or to make on the stovetop for Vegans) – This can be made on the day of by stuffing the turkey or up to 2 days early on your stovetop.
- **Celery Root Veggie Mash** – This can be made up to 2 days before your meal.
- **Effortless Gravy** (Vegan Option) – Make this the day of your meal if using meat broth or up to 2 days before if making the Vegan option.
- **Cranberry Sauce** – This can be made up to 4 days before serving.
- **Dessert: Sweet Squash Pie** – This can be prepared up to 2 days before serving.



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Thanksgiving Turkey

Turkey, especially organic and pasture fed, is a wonderful, nourishing meal. While marketing will try to tell you that the white breast meat is the best, our ancestors knew that the dark meat is full of important fatty acids and nutrients, so go for all the meat and know your body will love you!

We have a little tip in the instructions to keep your turkey moist and delicious.

If you buy the turkey directly from your farmer (one that you know has good practices, allows their turkeys to run free and eat their native pasture diet and does not feed them soy or any genetically modified (GMO) feed, you can get more affordable turkey and support your local farmer.



Preparation time: 20 minutes to prepare, between 2 – 4 hours to cook.

Servings: 6 – 8

Ingredients

- 1 whole Turkey (between 10 -12 pounds), preferably organic pasture fed
- 1 cup organic extra virgin olive oil (virgin unrefined coconut oil works well too!)



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- 6 cloves garlic, peeled and left whole
- Optional – 1 cup sliced onions or 1 cup finely sliced leeks
- 4 tablespoons dried rosemary
- 4 tablespoons dried thyme
- 4 tablespoons dried basil
- 2 tablespoon apple cider vinegar
- 2 teaspoons sea salt
- 2 teaspoons fresh ground black pepper

Directions

- Preheat your oven to 400°F.
- Take the turkey and remove the bag of giblets and the neck from the interior cavity. Set these aside in the refrigerator because they are super nutrient rich and have important uses in other recipes! The neck can be used to make bone broth (see recipe in *Loving Yourself to Great Health*) and the organs can be used to make delicious organ meat pate.
- Rinse the turkey with filtered water and put it in a large turkey roasting pan, preferably glass or stainless steel.
- Add 2 - 3 cups of water to the bottom of your roaster pan.
- In a small bowl, mix the olive oil, rosemary, thyme, basil, sea salt and pepper.
- With the drumsticks facing you, take your hand and lift the skin at the edge of the turkey. You should be able to gently push your fingers under the skin to make an opening between the meat and the skin. It's usually pretty easy to do this with no or minimal breakage of the skin. Now take some of the herb and olive oil mixture in your hand and rub it on the meat under the skin. If you don't want to do this, you can rub the olive oil and herb mixture on top of the skin. I like to put it under the skin because it spreads the flavors right into the meat. You should have some of the oil and herb mixture left over. Whatever is left can go on top of the skin or into the water in the crockpot.
- Add the apple cider vinegar into the water at the bottom of the roasting pan.



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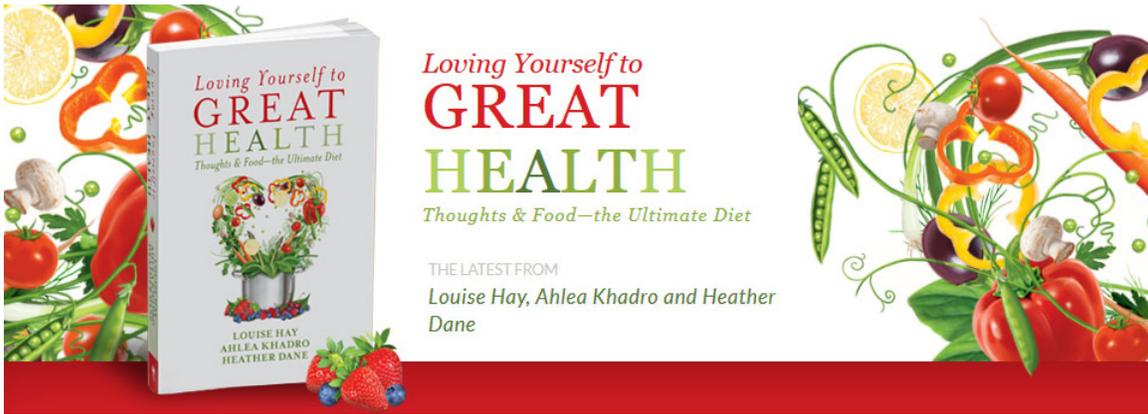
- Add your vegetable stuffing inside the cavity of the turkey and place any excess in the bottom of the roasting pan around the turkey (alternatively, you can make the stuffing on your stovetop). Vegetable stuffing recipe is included in this recipe booklet.
- Before putting your turkey into the oven, reduce the heat to 325°F. This will allow you to slow roast the turkey, which is especially important if you use pasture fed turkey because it's much leaner. Slow roasting is a great way to get a moist turkey!
- Bonus tip: After 1.5 hours, cover the turkey breast with a silicone baking mat, if you have one on hand. This is a 9 x 11 cookie sheet made of flexible silicone and it will help to keep the breast meat moist, since the breast tends to be done before the legs.
- Bake in your oven for about 2.5 hours for a 10-pound turkey or about 13 - 15 minutes per pound. A better way to gauge when your turkey is done is to use a meat thermometer. The turkey is done when the thermometer reads 170 - 175°F.
- Once the turkey is finished, remove from the oven and scoop the vegetables out into a serving bowl. If you want, you can pulse the veggies up in your food processor so that they are blended in smaller chunks. This can make a nice consistency reminiscent of bread stuffing, but without the starch or gluten.



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Turkey Stew or Bone Broth (For leftovers after Thanksgiving)

This stew is a delicious comfort food and a great way to use your Thanksgiving turkey leftovers.

Ingredients

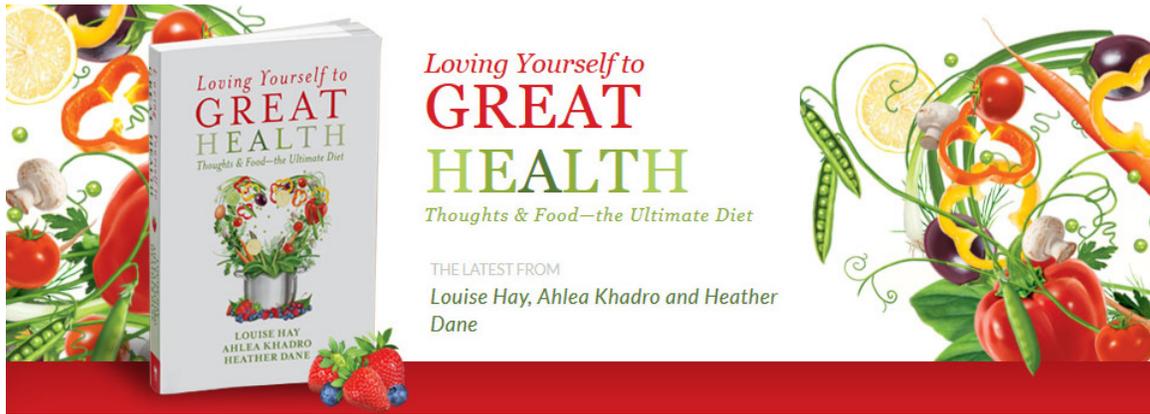
- 2 pounds of turkey – dark meat is a delicious, healthy and economical option or you can use breast or a mixture of white and dark meat (use turkey bones if you just want to make a bone and vegetable broth – see directions below)
- ½ Cup diced red onion
- 1 Cup leeks, thinly sliced
- 4 Cloves garlic, minced
- 1 Cup bok choy, thinly sliced
- 3 Cups fresh broccoli
- 1 tablespoon thyme
- 2 teaspoons basil
- 1/3 teaspoon cardamom powder
- 1 teaspoon dill
- 1 tablespoon ghee
- 2 teaspoons Sarah’s Sea Salt, Tuscan Blend (This is a blend of sea salt and Italian herbs, tomato flecks, lemon peel and rosemary. You can get this online or in gourmet food stores. If you do not have this delicious mixture on hand,



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use a blend of sea salt with some or all of these spices for the same affect. You could also just use sea salt.).

- 3 Cups water

Directions

- In a skillet, sauté onion, leek, garlic and spices in ghee until onions are translucent (about 5 minutes).
- Add 1 cup of water to the skillet.
- Add turkey into the skillet, cover and simmer lightly for 15 minutes, until outside of turkey is browned. This creates a concentrated soup stock effect.
- While turkey and spices are simmering, bring 2 cups of water to a boil in a stockpot. Add broccoli and bok choy to the water and reduce heat to a simmer.
- Add turkey and spice mixture to the stock pot of broccoli and bok choy. Continue to simmer for 15 – 20 minutes, until turkey is fully cooked.
- Add Sarah's Sea Salt about 5 minutes after adding the turkey and spice mixture into the broccoli and bok choy.
- Serve warm in big soup bowls.

Variations

- For brilliant color - add 1 cup sliced carrots and/or 1 cup sliced red cabbage to the broccoli and bok choy.
- You can make this into a kind of bone broth by using just turkey bones with a little meat on them, instead of the turkey. This will make a nice, easy to digest and flavorful turkey and vegetable soup.
- For those who are not food combining, this meal would be delicious with red-skinned potatoes (about a cup of diced potatoes). However, from a food combining perspective, you would want to avoid combining a starchy vegetable (or any starch, like grains) with an animal protein meal.



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Lovely Millet Loaf – Vegan Thanksgiving Option

This dish can be cooked as a millet pilaf or a loaf of “bread” that is nutty tasting and satisfying for a Thanksgiving main meal!

Overnight Preparation Time

You may want to start soaking the millet the night before you want to make this dish (soak for 8 – 12 hours and see instructions at the beginning of the recipes section). The recipe itself takes about 10 minutes to prepare and 15 – 20 minutes to simmer on the stovetop.



Servings: 4 – 6

Ingredients

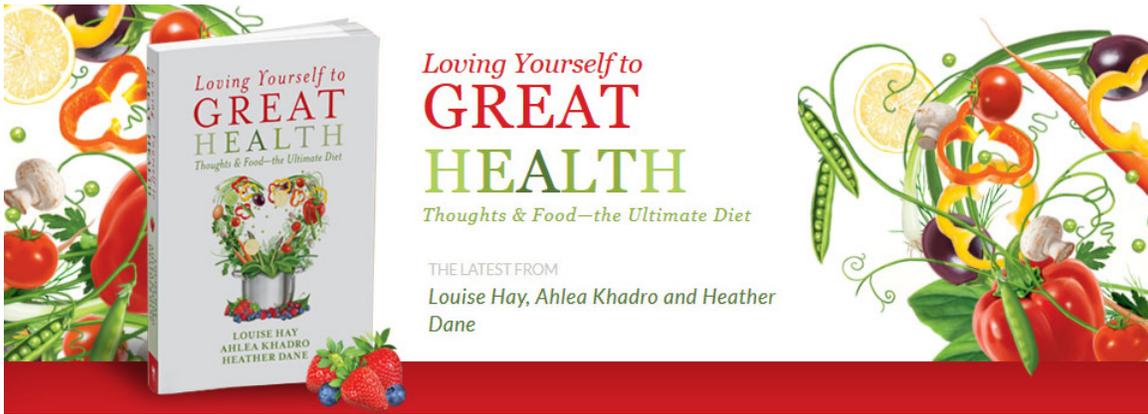
- 2 cups presoaked millet
- 2 cups water
- 2 tablespoons dried burdock root (you can get organic dried burdock root from www.mountainroseherbs.com) or fresh burdock root, diced
- 1 tablespoon coconut oil
- 2 teaspoons thyme
- 2 teaspoons basil
- 2 teaspoons astragalus powder
- 1 teaspoon sea salt



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Directions

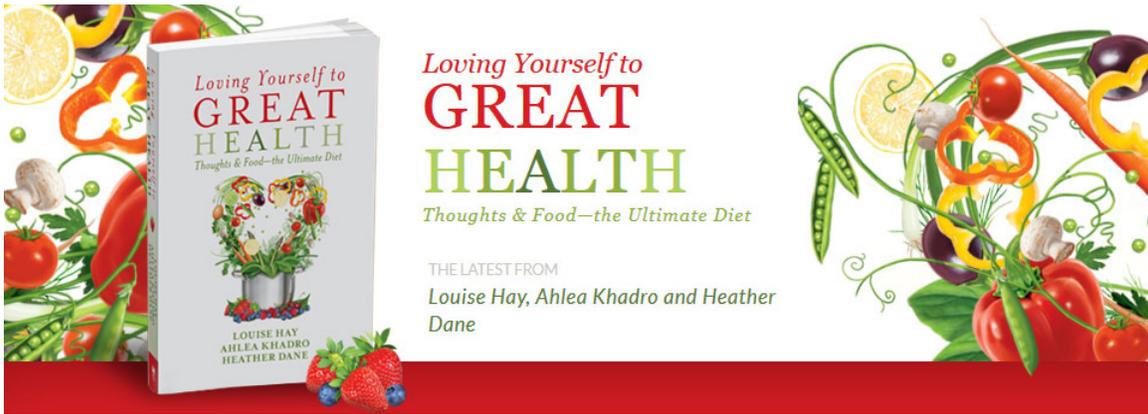
- In a saucepan, bring water to a boil.
- Once water is boiling, add soaked millet and reduce heat to simmer.
- Add spices, sea salt, astragalus root powder and burdock root.
- Simmer until millet is completely cooked and the grains are translucent and fluffy.
- Add coconut oil and stir thoroughly. If you are eating this as a millet pilaf, it is now ready to serve with your favorite vegetable side dish.
- If you are making millet loaf, let the cooked millet pilaf sit for 15 minutes to cool. Once cooked, transfer into a greased bread loaf pan and cook in a pre-heated oven at 300°F for 15 minutes.
- Remove from oven and cool.
- Slice like bread, spread on some coconut oil, raw butter or ghee, if you like and serve with salad and cultured vegetables or with a vegetable soup, like the Kale Carrot Soup in *Loving Yourself to Great Health*.



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Vegetable Stuffing

Ingredients

- 3 cups organic whole baby carrots or you can use sliced or julienned carrots
- 1 cup diced red onion
- 1 cup celery
- 1 cup thinly sliced leeks
- 1.5 cups sliced maitake, shitake or Portobello mushrooms
- If you are not stuffing this inside a turkey, here's what you need for your stove top vegetable stuffing (skip this part if you are stuffing the vegetables in your turkey):
 - ½ cup olive oil or coconut oil
 - 2 Tbsp. dried rosemary leaves or powder
 - 2 Tbsp. dried thyme
 - 2 Tbsp. dried basil
 - 1 tsp. sea salt
 - 1 tsp. fresh ground black pepper



Directions

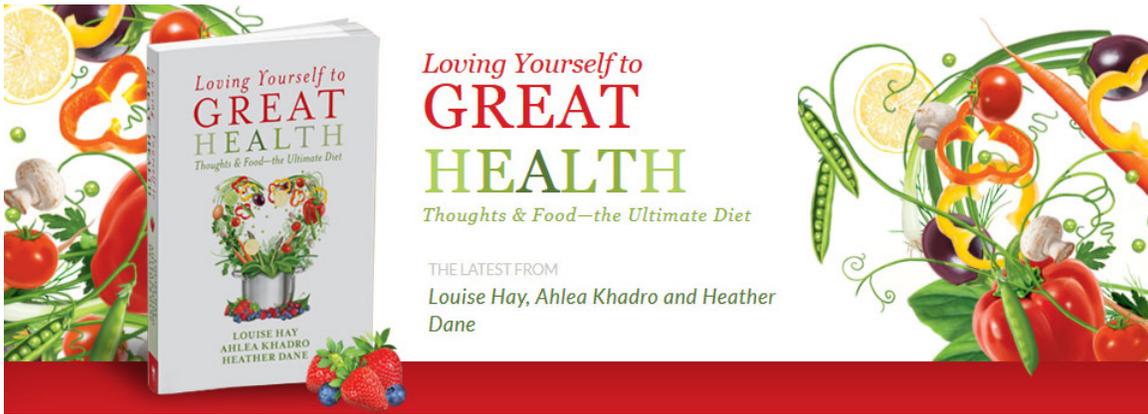
- Vegan or stovetop option:
 - Use sliced or julienned carrots.
 - In a braising pan (like a large skillet with a top, preferably stainless steel), add olive oil or coconut oil and gently heat on the lowest setting. Add all spices and onion, continue to gently heat for about 3 minutes or until the onions are translucent . Use sliced or julienned



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carrots and follow the recipe for the olive oil and spices in the turkey recipe. Saute olive oils with spices lightly then add sea salt and all vegetables. Slow braise in a braising pan (like a deep skillet with a top). Braise on low until the carrots are soft.

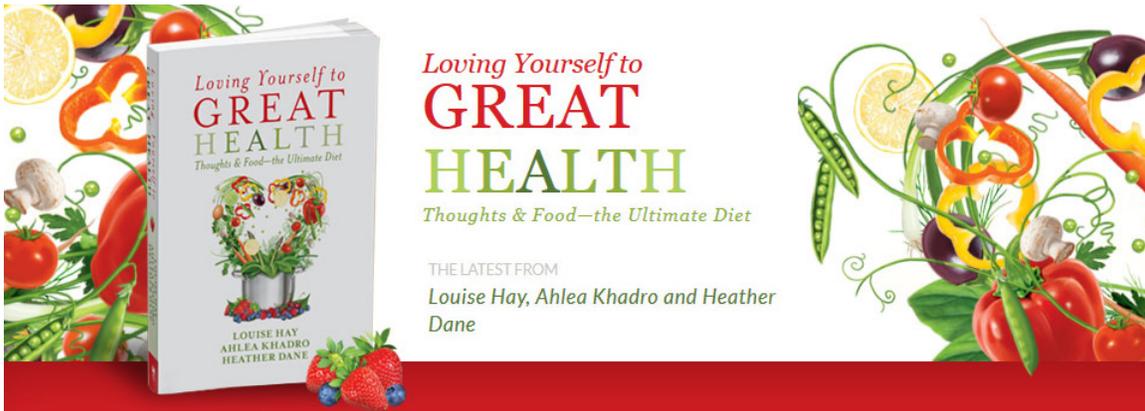
- If you are making a turkey, you can follow the instructions for stuffing the turkey in the recipe included here.



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Celery Root Veggie Mash A No-Starch “Just-Like-Mashed Potatoes” Alternative

If you are following food combining guidelines (see chapter 6 for information on food combining) or reducing starchy foods, you will love this “mashed potato” alternative.

Ingredients

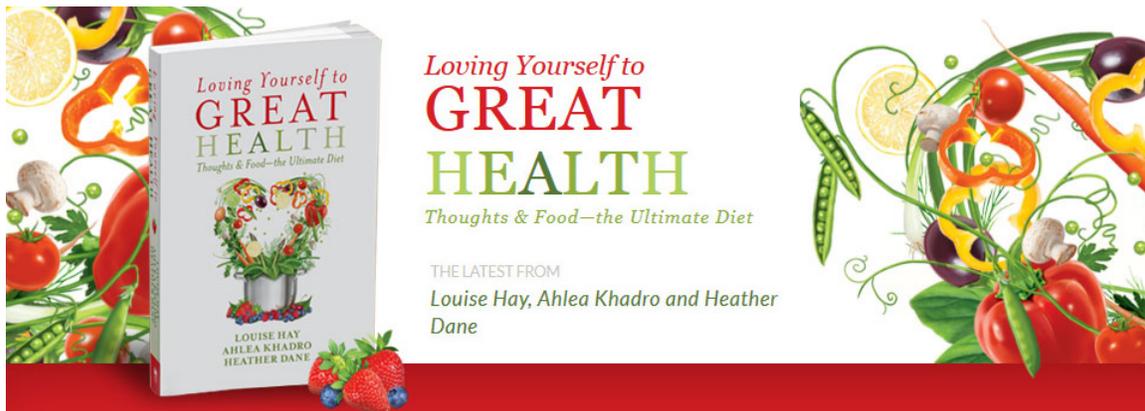
- 3 celery roots, peeled and chopped into large pieces (about 6 cups chopped celery root)
- 4 cups water or bone broth
- ¼ cup virgin unrefined coconut oil (alternatively, you could use raw organic butter or ghee)
- 2 tablespoons dried thyme
- 1 tablespoon dried rosemary
- 1 teaspoon turmeric (optional: this will give your veggie mash a slight orange tint that is worth all the anti-inflammatory health benefits!)
- ½ - 2 teaspoons sea salt (start with a smaller amount of sea salt and then add more to taste)
- ½ - 2 teaspoons fresh ground pepper (start with a smaller amount of pepper and add more to taste)
- Optional: ½ cup diced red onion and 1 clove of minced garlic, ½ tablespoon dried dill
- Optional: if you are serving these with meat, take about 1/3 cup of the meat drippings (broth) and add to the mashed potatoes instead of using excess water from the boiled celery root.



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Directions

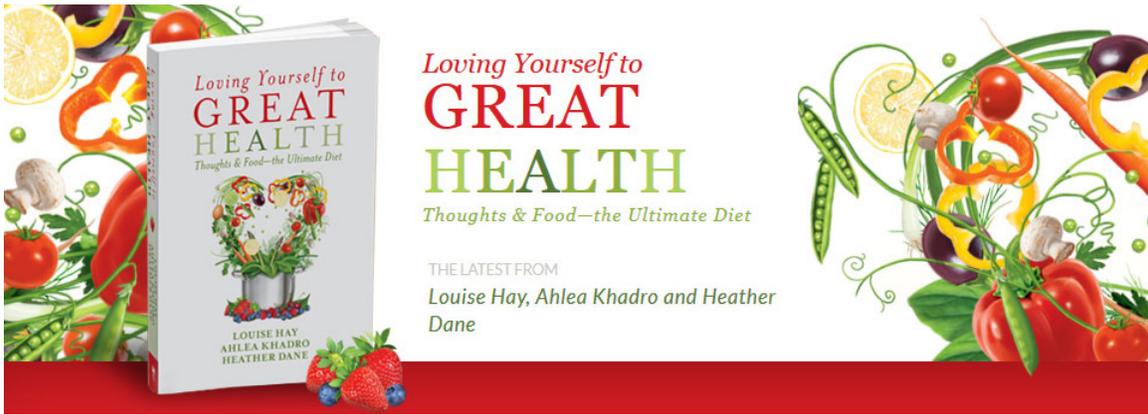
- Peel and chop celery root (you are going to boil the celery root, so you can rough chop it into halves, quarters or cubes).
- In a separate saucepan, bring water or bone broth to a boil. Add the celery root and boil until it is soft when you prick it with a knife or fork.
- While the celery root is boiling, take a skillet and gently heat up the spices. On your stove top, use the lowest heat setting add the following into the skillet: 1 tablespoon of the coconut oil in this recipe and all herbs, spices, and optional onions and/or garlic. Sauté on the lowest heat setting for 1-3 minutes or until you can smell the spices (if using onions, sauté until they become translucent). This releases their aromas and healing properties. Remove from heat and set aside.
- When the celery root is soft, remove it from the heat. Drain all but 1/3 cup of water into a glass or stainless steel bowl so that you can save this nutrient-rich liquid it for other meals (especially if you are boiling it in bone broth!). If you used water to boil your celery root, you can add more flavor by using broth from the meat you are cooking in your Thanksgiving meal. Just drain all the water and use 1/3 cup of the broth.
- Mash up the remaining celery root and water. You can do this with a potato masher, large fork or to make it much easier and faster, use an immersion blender right in the pan you cooked in (hand held blender) or transfer the celery root and liquid into a blender or food processor and blend up until smooth, like mashed potatoes.
- Add the remaining coconut oil.
- Taste the celery root veggie mas and see if you want to add more coconut oil, salt, pepper or meat drippings to taste. More coconut oil will make it creamier. More broth will give it a richer, deeper taste. Adding just a bit at a time and tasting will help you get it right for your taste buds!



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Effortless Gravy (with Vegan Option)

This is so easy that you'll have more time to celebrate with family and friends! While you could just use the liquid at the bottom of your turkey roasting pan as a thin gravy, some people like thicker gravy. We offer an option here that is simple, along with a vegan option that will taste great with the Lovely Millet Loaf recipe.



Directions

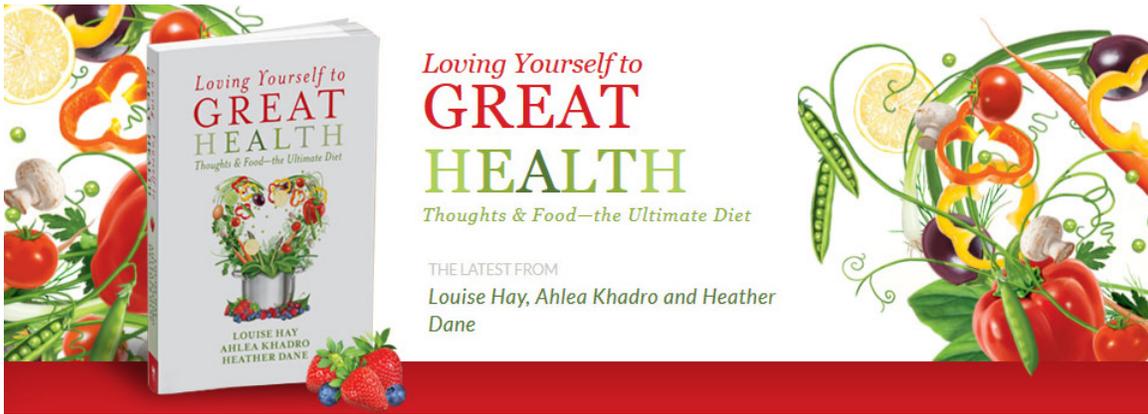
- Take 1 cup celery root veggie mash and add either: $\frac{1}{2}$ cup broth from your turkey or $\frac{1}{2}$ cup coconut milk.
- Mix with a whisk, immersion blender or in your food processor or high-speed blender. See what you think about the thickness and add more liquid if you want a thinner gravy.



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Cranberry Sauce (Vegan)

Ingredients

- 4 cups cranberries
- 2 sliced granny smith apples
- $\frac{1}{4}$ - $\frac{3}{4}$ cup dates, date paste or honey (start with $\frac{1}{4}$ cup and once you have all the spices and sea salt mixed in, taste to see if it's sweet enough for you, add more if you want it a bit sweeter)
- 1 tsp cinnamon
- 1 tsp cardamom
- $\frac{1}{2}$ tsp ginger (optional)
- $\frac{1}{4}$ tsp cloves
- $\frac{1}{4}$ tsp sea salt



Directions

- In a saucepan, bring 4 cups of water to a boil.
- Add all of the ingredients (except honey if you are using honey as your sweetener) and reduce to a simmer.
- Simmer until the cranberries and apples are soft (about 5 – 7 minutes).
- Remove from heat and allow to cool for 3 – 5 minutes. Then, if you are using honey as your sweetener, add it in.
- Mix up with a whisk to blend everything together and it's ready to serve!



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THE LATEST FROM
Louise Hay, Ahlea Khadro and Heather Dane



Sweet Squash Pie (Vegan)

This is a wonderful pie that tastes almost like pumpkin pie and can be made with or without the crust. You can make this with pumpkin if you want a traditional Thanksgiving dessert.

Overnight Preparation Time

If you are including the optional millet crust, you may want to start soaking the millet the night before you want to make this dessert (soak for 8 – 12 hours and see instructions at the beginning of the recipes section). The dessert then takes 45 minutes to an hour to cook the squash (you can make the optional millet crust while the squash is cooking) and 30 minutes to prepare and bake.

Servings: 6 – 8 slices

Pie Filling Ingredients

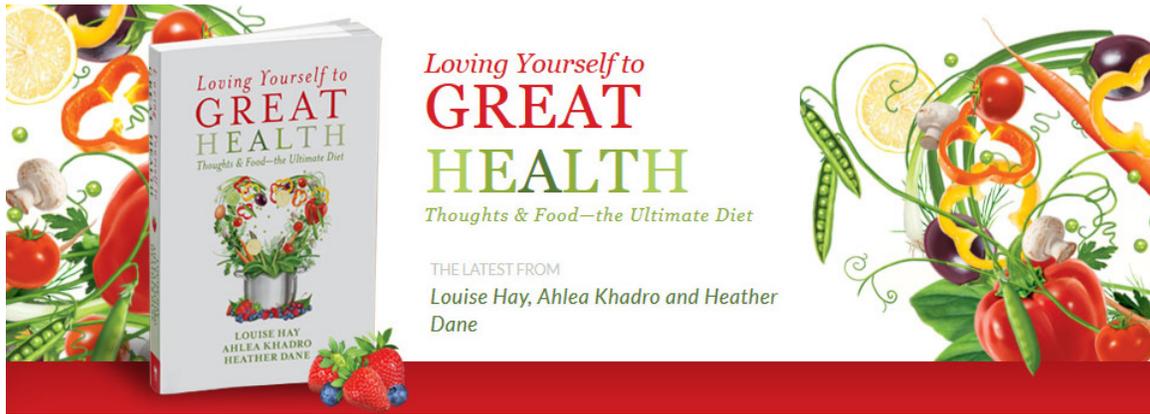
- 3 cups cooked, mashed kabocha squash (butternut is also an option)
- ½ cup water
- Sweetener options: 2 tablespoons to ¼ cup raw honey or 10 Medjool dates
- 2 tablespoons kuzu
- 1 tablespoon cinnamon
- 1 teaspoon cardamom
- ½ teaspoon sea salt



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- ½ teaspoon allspice
- ½ teaspoon ground ginger
- ¼ teaspoon cloves
- ¼ teaspoon nutmeg

Optional Pie Crust Ingredients

You can skip this step entirely, if you like, because this recipe tastes great without a crust and can still be made in a pie dish and served like pie. If you do want a pie crust, use these ingredients:

- 1 cup soaked millet
- 2 tablespoons raw butter, ghee or coconut oil
- 2 cups water
- 2 teaspoons raw honey (optional)
- 2 teaspoons cardamom
- 1 teaspoon sea salt

Directions

To Make the Squash

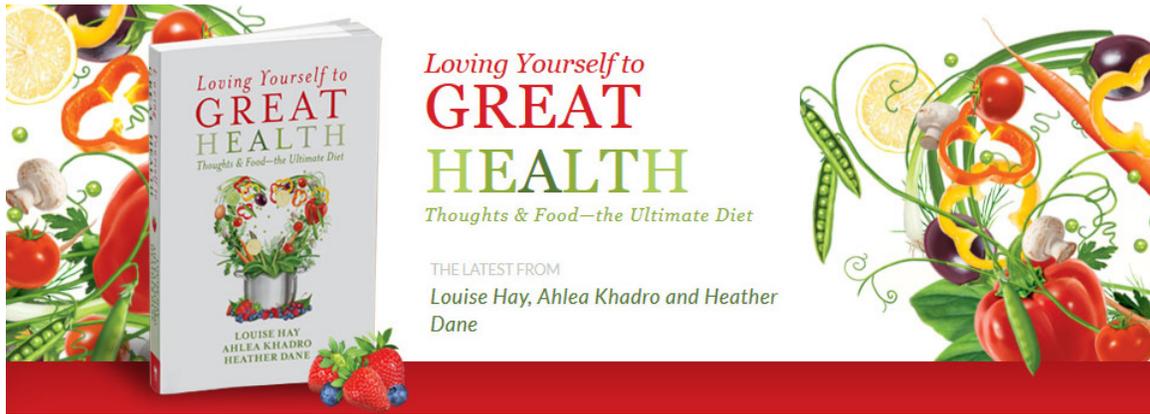
- Preheat the oven to 350 degrees F.
- To keep it simple, wash the squash and prick it several times with the tip of a knife to create holes where heat can escape during baking.
- Place the squash in a baking dish with 2 inches of water in the bottom and bake for 45 minutes to an hour or when you can insert a knife easily into the squash.
- Remove from the oven, allow the squash to cool and then cut it in half lengthwise and remove the seeds. Then scoop out all the cooked squash.



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To Make the Pie Crust

If you do want a crust, here's how to make it:

- Preheat the oven to 300 degrees F.
- In a saucepan, bring 2 cups water to a boil.
- Add millet and turn heat down to medium, cooking until the water absorbs into the millet and the millet becomes more translucent (with no hard yellow spots in the grain).
- Turn off the heat and add raw butter, ghee or coconut oil and honey.
- Add spices and sea salt and mix thoroughly.
- Allow to cool, then transfer into a greased pie dish (the glass Pyrex pie dishes work really well and are a great non-toxic baking option).
- Firmly pack the millet into the pie dish so that it is $\frac{1}{4}$ inch thick and goes up the sides of the pie dish a bit.
- Cook the millet crust for 10 minutes. Then take out and add the squash filling.

To Make the Filling

- In a saucepan on the lowest heat on your stove top, dissolve kuzu in water (Kuzu can be purchased in your health food store or online. Kuzu is a starchy vegetable root that is revered in Japan and is used as a natural thickening agent in cooking. To dissolve the lumps completely, keep stirring while the kuzu thickens.
- Add pureed squash, natural sweetener and spices.
- Fill the piecrust, if you choose to use a crust, and bake for about 25 minutes at 350°F or 300°F if using a glass pie dish.
- If not using a crust, put the squash in a greased pie dish and bake for approximately 25 minutes at 350°F (or 300°F if using a glass pie dish).
- Cool before serving



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