

Thanksgiving Menu with Recipes

Menu

- Ananda Nut Loaf
 - Mashed Potatoes
 - Coconut Cranberry Sauce
 - Baked Yams
 - Cashew Gravy
 - Green Beans with Vinaigrette
 - Pumpkin Pie (gluten, sugar, dairy free)
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Ananda Nut Loaf

(Inspired by 'Simply Vegetarian' cookbook, Crystal Clarity Publishers)

Serves: 6-8

Ingredients

3 cups (packed) fresh whole wheat bread crumbs
1 cup (packed) ground walnuts
1 cup finely chopped walnuts
½ cup nutritional yeast
2 tablespoons tamari
½ cup tomato juice
2 tablespoons sunflower oil
2½ large onions, finely chopped
3 or 4 large cloves garlic, minced
2 eggs
1½ cups (packed) grated cheddar cheese
¼ to ½ teaspoon sea salt
½ teaspoon black pepper
2 tablespoons dried parsley or ¾ cup minced fresh parsley



Instructions

Preheat oven to 350°.

Combine in a large bowl 3 cups bread crumbs, 1 cup ground walnuts, 1 cup finely chopped walnuts, ½ cup nutritional yeast, 2 tablespoons tamari, and ½ cup tomato juice. Set aside.

Heat 2 tablespoons sunflower oil in a large skillet over medium heat. Sauté until translucent 2½ large onions, finely chopped, and 3 or 4 large cloves of garlic, minced.

Combine all of the above with 2 well-beaten eggs, 1 cup grated cheddar cheese, ¼ to ½ teaspoon sea salt, ½ teaspoon black pepper and 2 tablespoons dried parsley (or ¾ cup minced fresh parsley).

Press into well-oiled loaf pan and bake uncovered at 350° for approximately 1 hour.

Remove from oven. Sprinkle over top of loaf ½ cup grated cheddar cheese. Bake an additional 10 minutes or until cheese is bubbly.

Serve with cashew gravy.

Mashed Potatoes

Serves: 6-8

Ingredients

4 large Russet potatoes

¼ cup butter

½ to 1 cup milk

Salt and pepper to taste

2 tablespoons fresh parsley, minced



Instructions

Peel and cut into cubes 4 large Russet potatoes. Place in a pressure cooker with enough water to cover potatoes. Secure lid of pressure cooker and bring to a boil on high heat. Lower heat and simmer for 6 minutes (or as needed, according to pressure cooker used).

Turn heat off. Let pressure cooker cool down until it is safe to open.

Drain water and place potatoes in a bowl. Mash potatoes with a potato masher.

Add ¼ cup butter. Add ½ to 1 cup of milk, depending upon consistency of potatoes. Add salt and pepper to taste.

Garnish with fresh minced parsley.

Coconut Cranberry Sauce

(Inspired by 'Simply Vegetarian' cookbook, Crystal Clarity Publishers)

Serves: 6-8

Ingredients

1 cup water

12 ounces fresh cranberries

½ to ¾ cup honey

1 cup grated coconut

4 oranges, peeled, seeded, sectioned and diced

½ cup chopped walnuts

Instructions

Bring 1 cup water to a boil in a saucepan. Add 12 ounces fresh cranberries and boil until skins 'pop', about 10 minutes.

Allow to cool a bit and add ½ to ¾ cup honey.



Pour cranberry mixture into large bowl. Add to bowl and mix well 1 cup grated coconut, 4 diced oranges and ½ cup chopped walnuts.

Serve cold.

Baked Yams

Serves: 6-8

Ingredients

4 medium yams
4 tablespoons coconut oil
2 tablespoons fresh ginger juice
1 teaspoon ginger powder
2 tablespoons maple syrup

Instructions

Preheat oven to 375°.

Peel and cut 4 medium-sized yams into 1-inch rounds. Set aside.

Mix in a bowl 4 tablespoons coconut oil, 2 tablespoons fresh ginger juice, 1 teaspoon powdered ginger and 2 tablespoons maple syrup.

Coat the yams with ginger mixture. Place on a baking tray and bake for 30 minutes at 375°, or until yams are soft and caramelized.

Cashew Gravy

(Inspired by 'Simply Vegetarian' cookbook, Crystal Clarity Publishers)

Makes 4 cups



Ingredients

1/3 cup butter
1 medium onion, chopped
1/3 cup whole wheat pastry flour
1 1/4 cups finely ground raw cashews
4 cups water
1 tablespoon plus 1 teaspoon vegetable broth powder
5 tablespoons Bragg's Liquid Aminos, or tamari
1/4 teaspoon garlic powder, or to taste
Black pepper, to taste
1/4 cup parsley, minced

Instructions

Heat a large skillet over medium heat. Add 1/3 cup butter and 1 chopped onion. Sauté a few minutes until onion is translucent.

Stir in 1/3 cup whole wheat pastry flour and 1 1/4 cups finely ground raw cashews. Stir constantly for 3 minutes.

In a separate saucepan bring to boil 4 cups of water. Dissolve in 1 tablespoon plus 1 teaspoon vegetable broth powder.

Slowly add hot vegetable broth to onion mixture, whisking constantly, until mixture is smooth.

Add 5 tablespoons Bragg's, or tamari, and 1/4 teaspoon garlic powder (or more, to taste). Add black pepper, to taste.

Bring gravy to a boil, then reduce heat and simmer until thick. Puree in blender in batches to ensure smoothness, or use a hand blender.

Just before serving add 1/4 cup chopped parsley.



Green Beans with Vinaigrette

(Inspired by 'Simply Vegetarian' cookbook, Crystal Clarity Publishers)

Serves: 6-8

Ingredients

4 cups fresh green beans, cut in halves (or 2 pounds frozen green beans)

¼ cup olive oil

1 medium onion, chopped

3 tablespoons fresh lemon juice

1½ teaspoons dried marjoram

½ cup fresh parsley, minced

Sea salt, to taste

Black pepper, to taste

½ cup slivered almonds

Instructions

Steam 4 cups fresh green beans (or 2 pounds frozen green beans) until crisp-tender, about 5 to 10 minutes.

Heat a skillet over medium heat. Add ¼ cup olive oil. When oil is heated add 1 medium onion, chopped. Sauté until golden.

Drain beans and add to onions along with 3 tablespoons fresh lemon juice, 1½ teaspoons dried marjoram, ½ cup fresh minced parsley, and sea salt and black pepper to taste.

When serving garnish with slivered almonds.



Pumpkin Pie (gluten, sugar, dairy free)

Serves: 6-8

Ingredients

3 tablespoons sunflower oil
3 tablespoons (for crust) and ½ cup (for filling) maple syrup
⅓ cup arrowroot
⅓ cup quinoa flour
⅔ teaspoon cinnamon (optional)
1 cup ground walnuts
2 eggs
½ cup unsweetened soy-milk, or water
¼ teaspoon sea salt
¼ teaspoon ginger powder
¼ teaspoon ground cloves
¾ teaspoon cinnamon
1½ cups of puree pumpkin, yam or butternut squash (or 1 15-ounce can of 100% Pure Pumpkin)
Whipped cream (optional)

Instructions

Preheat oven to 350°.

To make walnut crust, in a large bowl mix 3 tablespoons sunflower oil and 3 tablespoons maple syrup until well-blended. Add in ⅓ cup arrowroot, ⅓ cup quinoa flour and ⅔ teaspoon cinnamon. Mix in 1 cup ground walnuts.

Gather dough with hands and press into bottom and sides of lightly oiled 9" glass pie pan. (Avoid bringing crust all the way up to the rim, to prevent burning while baking.)

Bake crust at 350° for 5 minutes. Remove from oven and let cool for 5 minutes.

Now, heat oven to 425°.

To make filling, lightly beat 2 eggs in large bowl. Add ½ cup maple syrup and ½ cup unsweetened soy-milk, or water.



In a small bowl mix together $\frac{1}{4}$ teaspoon sea salt, $\frac{1}{4}$ teaspoon ginger, $\frac{1}{4}$ teaspoon cloves and $\frac{3}{4}$ teaspoon cinnamon. Add spice mixture to egg mixture. Mix well.

To egg and spice mixture add $1\frac{1}{2}$ cups of puree pumpkin, yam or butternut squash. Mix well.

Pour filling into pre-baked walnut crust.

Bake at 425° for 15 minutes. Reduce temperature to 350° and bake for additional 50 to 60 minutes. If the top edges of the pie brown too fast while baking, cover the edges with aluminum foil and remove the foil after baking.

Allow pie to cool thoroughly before cutting.

Pie may be served with whipped cream

