KANODIA MD
MEDICINE MADE SIMPLE

FALL 2015

the

# Ultimate Thanksgiving Feast

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Let's set you up for success, and get you off to a great start for the holiday season! A delicious meal filled with meat, fish, poultry, and veggies without refined sugar, dairy, legumes or grains. Alternative options can be made for those "must have" thanksgiving favorites that may just become your new holiday tradition! This is meant to provide you with menu ideas to help lessen an already stressful time of the year. Be sure to continue following your individualized plan, and make appropriate substitutions for your health needs.

### *Tips & Tricks*

1. **Spread the Wealth:** If you are a guest, offer to bring a side dish and make something that everyone can enjoy with you. If you are hosting, make it easy on people who need ideas and send them one of your recipes ahead of time.
2. **Think Historically:** Holiday feasting dates back for many years so don't feel that you have to reinvent the wheel. Many traditional family recipes may just need a few tweaks, and digging through old family cookbooks may spark some old fashioned fun.
3. **Give yourself credit:** Be patient with yourself, and don't feel discouraged. It is important to remember all of the positive changes you have made up to this point. There can be a lot of pressure at social gatherings so try introducing new foods to family and friends.

## USDA Guide to Thawing & Roasting Your Turkey

### Refrigerator Thawing:

*4-12 lbs. = 1-3 days*
*12-16 lbs.= 3-4 days*
*16-20 lbs. = 4-5 days*
*20-24 lbs.= 5-6 days*

### *Cold Water Thawing:

*4-12 lbs. = 2-6 hours*
*12-16 lbs.= 6-8 hours*
*16-20 lbs. = 8-10 hours*
*20-24 lbs.= 10-12 hours*

*More Attention needed: change water every 30 min.

### Unstuffed Roasting:

*4-6 lb breast = 1.5-2.25 hours*
*6-8 lb breast= 2.25-3.25 hours*
*8-12 lbs. = 2.75-3 hours*
*12-14lbs. = 3-3.75 hours*
*14-18lbs.= 3.75-4.25 hours*
*18-20lbs.= 4.25-4.5 hours*
*20-24 lbs.= 4.5- 5 hours*

### Stuffed Roasting:

*8-12 lbs. = 3- 3.5 hours*
*12-14 lbs. = 3.5- 4 hours*
*14-18 lbs.= 4 -4.5 hours*
*18-20 lbs.= 4.25- 4.75 hours*
*20-24 lbs.= 4.75- 5.25 hours*

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# Bon Appétit

**No need to make too many appetizers with all of the delicious meal options and side dishes, but here are a few suggestions to get the party started!**

## Appetizer- Deviled Avocado Eggs

- 3 hard boiled eggs, cut in half
- 1 large avocado
- 2 tsp. lime juice
- 1 tsp. cilantro
- A pinch of garlic powder, salt and pepper
- Sprinkle with Paprika- optional

**Directions at**
http://www.tosimplyinspire.com/deviled-avocado-eggs.html

Also check out **Coconut Curry Deviled Eggs**:
https://deliciouspaleo.wordpress.com/tag/paleo-coconut-oil-deviled-eggs/

## Coconut Dill Dip w/ Veggies

**Ingredients:**

- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1/8 teaspoon yellow mustard seed, ground
- 1/4 teaspoon dill (fresh is best, but dried dill weed will work just fine)
- Top half of a 15 ounce can of coconut cream

**Mix with Paleo Mayo**

- 2 egg yolks
- 1 tsp. mustard
- 3 tsp. lemon juice
- ½ cup olive oil
- ½ cup coconut oil

**Directions at** http://vahuntergatherers.com/2012/05/13/coconut-dill-veggie-dip/
**Mayo directions**: http://paleoleap.com/paleo-mayonnaise/

## Dessert- Pumpkin Pie

***Filling***

- 1(14-ounce) can unsweetened organic pure pumpkin puree
- 2 teaspoons cinnamon
- 1/4 teaspoon ground cloves
- 1/4 teaspoon grated fresh ginger
- 2 eggs
- 1/2 cup raw organic honey*

***Crust***

- ½ cup hazelnuts
- 1 cup pecans
- 4 tablespoons ghee*
- Pinch of sea salt

*These items only if your meal plan includes dairy and sweeteners

**Directions at** http://everydaypaleo.com/thanksgiving-menu-2013/

*Stuffed Turkey Breast*

*Roasted Turkey*

*Baked Salmon w/ lemon & Thyme*

# The Main Event

Drum roll please… as you know most of the attention at Thanksgiving is focused on the main 'meat dish' of the meal. There are many options of protein sources, and just as many ways to prepare it! You cannot go wrong with whichever you pick. Just remember it is best to find pasture-raised poultry, wild caught low mercury fish, or 100% grass fed beef. There are lots of ways to prepare a turkey with herbs and seasonings, or it can be stuffed! My hope is that these resources below will help in choosing the best option for you, enjoy!

## *Stuffed Turkey Breast*

**Ingredients**

- 1 cup Onion, *chopped*
- 2 cup Baby Spinach, *chopped and stems removed*
- 2 cup White Mushrooms, *chopped*
- 2 Tbsp. Olive Oil
- 2 Tbsp. Fresh Rosemary, *minced*
- 3 cloves Garlic, *minced*
- 4 lb. Turkey Breast, *boneless, skin-on*
- 1 tsp. Salt and Pepper *to taste*

**Directions at**
http://www.primalpalate.com/paleo-recipe/stuffed-turkey-breast/

## *Roasted Turkey*

**Directions at** :
http://www.foodnetwork.com/recipes/ina-garten/perfect-roast-turkey-recipe4.html
***Substitute butter with another fat source***

### Herb Roasted Turkey

http://www.food.com/recipe/mouthwatering-herb-roasted-turkey-267558

### Dry brine:

- 3 tablespoons kosher salt
- 1 1/2 teaspoons dried herbs, such as thyme, sage, and rosemary, or blend
- 3/4 teaspoon freshly ground black pepper

**Find out 'How to' dry brine at** :
http://www.thekitchn.com/how-to-dry-brine-a-turkey-cooking-lessons-from-the-kitchn-212426

## *Baked Salmon w/ lemon & Thyme*

**Ingredients:**

- 32 oz. piece of salmon
- 1 lemon, sliced thin
- 1 tbsp. capers
- Salt and freshly ground pepper
- 1 tbsp. fresh thyme
- Olive oil, for drizzling

**Directions at**
http://paleogrubs.com/paleo-salmon

# The Spin on Dressing

**FACT- You can bake stuffing in muffin tins to maximize crispy surface area and make easy single servings!**

**Directions at** http://www.primalpalate.com/paleo-blog/paleo-thanksgiving-turkey-and-stuffing/

- 1 pound ground pork
- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 cup celery, chopped
- 4-6 garlic cloves
- 2 tbsp. each- minced rosemary, thyme, & sage
- Salt and pepper
- 2 tsp. fennel seeds, anise and paprika
- 1 tsp. coconut oil

1. *Heat coconut oil in large skillet on medium heat*
2. *Place bell pepper, mushrooms and celery into skillet and sauté*
3. *In a large mixing bowl, combine the rest of the ingredients*
4. *Add ground pork mixture to skillet, and cook until pork is slightly browned*
5. *Remove from heat, and discard any liquid*

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# Side Dishes

## Roasted Sweet potatoes with Rosemary

**Ingredients:**

- 1 lb. sweet potatoes or yams (about 3 medium), cut into 1 inch pieces
- 4-6 garlic cloves, chopped
- 2 tbsp. fresh rosemary, chopped
- 2-4 tbsp. olive oil
- Salt and black pepper

**Directions at** http://www.food.com/recipe/sweet-potatoes-roasted-with-garlic-and-rosemary-331757

## Parsnip & Turnip Mash

**Ingredients**:

- 1 pound parsnips, peeled and cubed
- ½ pound turnips, peeled and cubed
- ½ cup chicken broth
- 3 tablespoons ghee* (only if meal plan includes dairy)
- ½ teaspoon sea salt
- ¼ teaspoon dried thyme
- Pinch of cracked pepper

**Directions at** http://againstallgrain.com/2013/03/20/corned-beef-and-cabbage-with-parsnip-turnip-puree/

**Ingredients:**

- 2 tablespoons olive oil + 1 tbsp.
- 2 tablespoons freshly squeezed lime juice
- 1/4 cup packed fresh cilantro leaves, plus more for garnishing
- 1/4 teaspoon kosher salt
- Freshly ground black pepper
- 1 lb. fresh green beans, trimmed

## Charred Green Beans with Cilantro-Lime Vinaigrette

**Directions at** http://www.bloggingoverthyme.com/charred-green-beans-with-cilantro-lime-vinaigrette/

## Cranberry sauce

**Ingredients:**

- 1-12oz. bag cranberries
- 1 cup water
- Stevia to taste

**Directions at** https://www.caltonnutrition.com/rich-food-thanksgiving/

## Roasted Vegetables

**Ingredients:**

- ½ onion, chopped
- 2 tbsp. minced garlic
- 4 tbsp. olive oil (divided)
- ¾ cup water
- 1 small eggplant, thinly sliced
- ¾ cup tomato puree*
- 1 zucchini, thinly sliced
- 1 yellow squash, thinly sliced
- 2 bell peppers, thinly sliced
- 1 teaspoon fresh thyme leaves or basil

*Omit tomatoes if fruit not in diet

**Recipe for a tomato free sauce**
http://www.gerdelicious.com/tomato-free-sauce/

**Directions at** http://www.yummly.com/recipe/external/Ratatouille-Casserole-1294800

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# Happy Thanksgiving!

Count your blessings this holiday season with friends and family while sharing delicious food. Do not stress over this day, but instead take this opportunity to have positive thoughts on how far you have come, and be happy to enjoy this experience together. We wish you the best, and hope that these resources will help guide you during the holidays. Enjoy!

The Staff at Kanodia MD

## Additional Resources:

**Thanksgiving Ideas:** http://paleoleap.com/paleo-thanksgiving-recipes/
**Make sure to make appropriate substitutions for your diet needs

**Green Bean Casserole:** http://detoxinista.com/2012/11/clean-green-bean-casserole-vegan-paleo/

**Sweet Potato Casserole:** http://cupcakesomg.blogspot.com/2012/07/paleo-sweet-potato-casserole-and-rest.html

**Brussels Sprouts with Bacon:** http://paleogrubs.com/roasted-brussels-sprouts-recipe
OR **Roasted Brussels Sprouts**
http://www.primalpalate.com/paleo-recipe/roasted-brussels-sprouts/

**Rainbow Chard with Shiitake Mushrooms and Wild Garlic:**
http://paleospirit.com/2013/rainbow-chard-with-shiitake-mushrooms-and-wild-garlic/

**Gravy**: http://cookeatpaleo.com/easy-paleo-gravy/
OR **Cauliflower Gravy**
http://www.thepaleomom.com/2015/05/cauliflower-gravy.html


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