

Happy Friendsgiving!

FRIENDS, FOOD AND FUN TO KICK UP YOUR HOLIDAY



On The Menu

Citrus and Herb-Roasted Turkey

Brined Turkey Breast

Mushroom and Garlic Gravy

Cranberry Sauce

Green Bean Casserole

Greek Yogurt Mashed Potatoes

Quinoa Stuffing

Blistered Brussels Sprouts

Roasted Cauliflower Salad With
Pomegranate and Hazelnuts

Pumpkin Coconut Custard

Apple Crisp

Healthy Ways to Use Thanksgiving
Turkey Leftovers

Friendsgiving Bingo





Citrus & Herb-Roasted Turkey

Prep Time: 20 Minutes

Cook Time: 2 Hours + 45 Minutes

Serves: 12

Ingredients

- 1 12 lb fresh turkey (neck, heart, and gizzard removed)
- 5 Tbsp. extra-virgin olive oil
- 2 Tbsp. lemon peel, finely chopped
- 2 Tbsp. orange peel, finely chopped
- ½ cup low-sodium organic chicken broth
- ½ cup fresh orange juice
- ¼ cup fresh lemon juice
- 4 cloves garlic, chopped
- 1 Tbsp. paprika
- 1½ tsp. ground cumin (optional)
- 1½ tsp. dried oregano leaves
- 1½ tsp. dried thyme leaves
- 1 tsp. dried rosemary leaves
- 1½ tsp. sea salt
- ½ tsp. ground black pepper

Container Equivalents: 1 Red, 1½ tsp.

2B Mindset Plate It: A great protein as part of lunch or dinner.

Method

Preheat oven to 450° F. Position rack in the lower third of the oven.

Place oil, lemon peel, orange peel, broth, orange juice, lemon juice, garlic, paprika, cumin, oregano, thyme, rosemary, salt, and pepper in blender; cover. Blend until smooth.

Place turkey breast-side up on rack in roasting pan. Rub turkey with half of prepared dressing, including under the skin and inside the cavity. Reserve remaining dressing for basting.

Bake for 45 to 55 minutes or until skin is golden brown. Remove turkey from oven and cover breast with aluminum foil. Return turkey to oven. Reduce heat to 350° F. Bake, brushing turkey with remaining dressing every hour, for an additional 2 to 2½ hours or until thermometer inserted in thickest part of thigh registers 165° F.

Transfer turkey to a large serving platter and cover with foil. Let turkey stand for 10 minutes before carving.



Brined Turkey Breast

Prep Time: 15 Minutes

Cook Time: 1 Hour + 40 Minutes

Serves: 12

Ingredients

- Large brining bag or extra-large freezer bags (optional)
- 3 quarts water
- ½ cup raw honey
- 1 cup coarse kosher salt
- 1 medium orange, quartered
- 1 medium lemon, quartered
- 3 sprigs fresh thyme, coarsely chopped
- 2 sprigs fresh rosemary, coarsely chopped
- 4 lb raw turkey breast, boneless, washed
- 2 Tbsp olive oil
- 4 cloves garlic, finely chopped
- ½ tsp sea salt (or Himalayan salt)
- ½ tsp ground black pepper

Container Equivalents: 1 Red, ½ tsp.

2B Mindset Plate It: A great protein as part of lunch or dinner.

Method

Line large saucepot (or roasting pan or bowl) with two bags if desired. Combine water, honey, and kosher salt in saucepot; mix until salt is dissolved. Add orange, lemon, thyme, rosemary, and turkey breast. Seal bags. Refrigerate for 8 to 12 hours.

Remove turkey breast from water; discard brining liquid. Dry turkey breast carefully with paper towels. Set aside.

Set oven rack to lowest position. Place baking stone on rack if desired. Preheat oven to 500°F. (Allow oven to preheat for at least 45 minutes before adding turkey.)

Combine oil and garlic in a small bowl; mix well. Set aside. Set turkey breast on a rack in large roasting pan. Brush with oil mixture. Sprinkle with sea salt and pepper. Place roasting pan (with turkey breast) on baking stone. Immediately close oven and reduce oven temperature to 325°F.

Bake for 1 hour 20 minutes to 1 hour 40 minutes, or until golden brown and deepest part of breast registers 150°F on an instant read thermometer. Remove turkey breast from oven; let rest at least 30 minutes before carving. Remove skin before serving.

Mushroom & Garlic Gravy

Prep Time: 10 Minutes

Cook Time: 15 Minutes

Serves: 13

Ingredients

- 1 Tbsp olive oil
- ½ medium onion, finely chopped
- ¼ cup mushrooms, finely chopped
- 3 cloves garlic, finely chopped
- ¼ cup arrowroot (or cornstarch)
- 3 cups low-sodium organic vegetable broth
- 1½ tsp reduced-sodium soy sauce
- ground black pepper (to taste; optional)
- 6 fresh parsley sprigs, chopped (for garnish; optional)



Method

Heat oil in medium saucepan over medium-high heat. Add onion, mushrooms, and garlic; cook, stirring frequently, for 3 to 5 minutes, or until soft.

Add arrowroot; mix well to form a smooth paste. Slowly add broth; whisking constantly to blend. Season with soy sauce and pepper.

Bring to a boil. Reduce heat to low; gently boil, stirring frequently, for 8 to 10 minutes, or until thickened.

Garnish with parsley if desired.

Container Equivalents: 1 tsp.

2B Mindset Plate It: Makes a great accessory to add to lunch or dinner.

Cranberry Sauce

Prep Time: 10 Minutes

Cook Time: 15 Minutes

Serves: 32



Ingredients

- ½ cup 100% orange juice
- ½ cup unsweetened apple juice
- 1 tsp. finely chopped orange peel
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ¼ tsp. ground ginger
- 1 (12 oz) bag fresh cranberries, rinsed
- 1 cup chopped raw pecans
- ½ cup raisins
- ⅔ cup canned crushed pineapples packed in juice
- 2 Tbsp. pure maple syrup

Method

Bring orange juice, apple juice, orange peel, cinnamon, nutmeg, and ginger to a boil in medium saucepan over medium-high heat.

Add cranberries. Reduce heat to medium-low; cook, uncovered, for about 10 to 12 minutes.

Add pecans, raisins, and pineapple; cook for 2 minutes, or until heated through. Remove from heat.

Add maple syrup; mix well. Cool before serving.

Container Equivalents: ½ Purple

2B Mindset Plate It: Enjoy occasionally as an FFC as part breakfast or lunch.



Green Bean Casserole

Prep Time: 15 Minutes

Cook Time: 40 Minutes

Serves: 8

Container Equivalents: ½ Green, ½ Yellow, ½ tsp.

2B Mindset Plate It: A great veggie side as part of lunch or dinner.

Ingredients

- 5 Tbsp. whole-wheat flour, divided use
- ½ tsp. paprika
- ½ tsp. garlic powder
- 1 medium onion, (½ onion thinly sliced, ½ onion chopped), divided use
- 3 tsp. olive oil, divided use
- 8 oz. sliced mushrooms
- ½ tsp. onion powder
- 3 fresh thyme sprigs, leaves removed and chopped, stems discarded
- ½ tsp. sea salt
- ½ tsp. ground black pepper
- ½ cup reduced-fat (2%) milk
- Tbsp. dry sherry
- 1 lb. frozen French-cut green beans
- 1 cup reduced-fat (2%) plain yogurt

Method

Preheat oven to 400° F.

Combine 2 Tbsp. flour, paprika, and garlic powder in a medium bowl; mix well. Add sliced onion; mix until well coated. Set aside.

Heat 2 tsp. oil in large nonstick skillet over medium-high heat. Add sliced onion mixture; cook, turning once or twice, for 3 to 5 minutes, or until golden brown and crisp. Remove from skillet and place on a paper towel. Set aside. Wipe skillet clean.

Heat remaining 1 tsp. oil in skillet over medium-high heat. Add chopped onions; cook, stirring frequently, for 2 to 4 minutes, or until translucent. Add mushrooms; cook, stirring frequently, for 5 to 6 minutes, or until the liquid released from mushrooms is almost completely evaporated. Add remaining 3 Tbsp. flour, onion powder, thyme, salt, and pepper; mix until vegetables are coated. Add milk and sherry; cook, stirring frequently, for 4 to 5 minutes, or until bubbly and slightly thickened. Add green beans; cook, stirring frequently, for 2 to 3 minutes, or until heated through. Add yogurt; mix until combined.

Place green bean mixture in casserole dish. Top with onion mixture. Bake for 10 to 15 minutes, or until casserole is bubbly.

Greek Yogurt Mashed Potatoes

Prep Time: 10 Minutes

Cook Time: 32 Minutes

Serves: 9



Ingredients

- $\frac{3}{4}$ cup unsweetened almond milk
- $\frac{3}{4}$ cup reduced-fat (2%) plain Greek yogurt
- $\frac{1}{4}$ cup + 2 Tbsp. green onions, sliced, divided use
- 2 lbs. medium red potatoes cut into cubes
- water
- $\frac{1}{2}$ tsp. sea salt (or Himalayan salt), divided use
- ground black pepper (to taste; optional)

Method

Heat almond milk, yogurt, and 2 Tbsp. green onions in small saucepan over medium heat. Bring to a boil. Turn off heat. Set aside.

Place potatoes in medium saucepan. Cover with water. Add $\frac{1}{4}$ tsp. salt. Bring to a boil over medium-high heat. Reduce heat to medium-low; gently boil for 15 to 20 minutes, or until tender. Remove from heat.

Strain green onions from almond milk mixture; discard onions. Set aside.

Drain water from potatoes. Return potatoes to heat. Gradually add almond milk mixture, mashing potatoes as milk is added; cook over low heat for 1 to 2 minutes. Remove from heat.

Add remaining $\frac{1}{4}$ cup green onions, remaining $\frac{1}{4}$ tsp. salt and pepper (if desired). Serve warm.

Container Equivalents: 1 Yellow

2B Mindset Plate It: A great FFC as part of lunch.

Quinoa Stuffing

Ingredients

- 2 Tbsp. olive oil
- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- 8 medium celery stalks, chopped
- 2 medium green apples, with peel
- 4 cups low-sodium organic vegetable broth
- 2 cups dry quinoa, rinsed
- 1 tsp. sea salt
- 1 tsp. ground cumin
- ½ tsp. ground black pepper
- ½ cup dried cranberries
- ½ cup chopped fresh cilantro
- ½ cup pine nuts

Method

Heat oil in medium saucepan over medium-high heat. Add onion and garlic; cook, stirring occasionally, for 2 minutes, or until fragrant.

Add celery and apple; cook, stirring frequently, for 8 to 10 minutes, or until tender.

Add broth, quinoa, salt, cumin, and pepper. Bring to a boil. Reduce heat to medium-low; cook, covered, for 15 minutes, or until most of liquid is absorbed. Remove from heat.

Add cranberries. Cover and let stand for 5 minutes. Add cilantro and pine nuts; fluff with fork and serve.

Prep Time: 10 Minutes

Cook Time: 27 Minutes

Serves: 16



Container Equivalents: ½ Green, 1 Yellow, ½ Blue, ½ tsp.

2B Mindset Plate It: Makes a great FFC side as part of breakfast or lunch.

Blistered Brussels Sprouts

Prep Time: 10 Minutes

Cook Time: 46 Minutes

Serves: 4



Ingredients

- 1 cup balsamic vinegar
- 2 cloves garlic, coarsely chopped
- 1 lb. Brussels sprouts, ends trimmed, cut in half lengthwise
- ¼ tsp. sea salt (or Himalayan salt)
- 2 Tbsp. water

Method

Place vinegar and garlic in small non-reactive saucepan over medium heat. Bring to a boil. Reduce heat to low; gently boil for 25 to 35 minutes, or until vinegar has become thick enough to coat the back of a spoon. (Watch vinegar carefully after 20 minutes of cooking to avoid burning.)

Remove from heat; cool. Remove garlic. Set aside.

Heat a medium cast iron (or nonstick) skillet over medium-high heat for 4 to 5 minutes. Place Brussels sprouts in skillet, cut side down, in a single layer; cook for 4 minutes, or until browned.

Add salt; cook for 1 to 2 minutes. Add water; cook until water has evaporated.

Top each serving with 1 Tbsp. balsamic glaze; serve immediately.

Container Equivalents: 2 Green

2B Mindset Plate It: A great veggie side as part of lunch or dinner.

Roasted Cauliflower Salad With Pomegranate and Hazelnuts

Prep Time: 15 Minutes

Cook Time: 35 Minutes

Serves: 4

Container Equivalents: 2 Green, 1½ tsp.

2B Mindset Plate It: A great veggie option to serve as part of lunch or dinner.

Ingredients

- 4 tsp. olive oil, divided use
- 1 Tbsp. sherry (or red wine) vinegar
- 1 tsp. pure maple syrup
- ¼ tsp. ground cinnamon
- ¼ tsp. ground allspice (optional)
- ½ tsp. sea salt (or Himalayan salt), divided use
- ½ tsp. ground black pepper
- 6 cups cauliflower florets
- 2 medium celery stalks, sliced on the bias
- ¼ cup chopped fresh flat leaf (Italian) parsley
- 2 cups fresh arugula
- 4 tsp. hazelnuts, chopped, toasted
- 4 Tbsp. pomegranate seeds



Method

Preheat the oven to 450° F.

Combine 2 tsp. oil, vinegar, maple syrup, cinnamon, allspice (if desired), ¼ tsp. salt, and ¼ tsp. pepper in a small bowl; whisk to blend. Set aside.

Place cauliflower on a large baking sheet. Drizzle with remaining 2 tsp. oil. Season with remaining ¼ tsp. salt and remaining ¼ tsp. pepper. Bake for 30 to 35 minutes, stirring halfway through, or until cauliflower is tender-crisp and browned. Cool.

Combine cooled cauliflower, celery, parsley, and dressing in a medium bowl; toss gently to blend.

Divide arugula evenly between four serving plates. Top evenly with cauliflower mixture, hazelnuts, and pomegranate.

Pumpkin Coconut Custard

Ingredients

- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- ¼ tsp. ground nutmeg
- ½ tsp. fine sea salt
- 4 large eggs, beaten
- ½ cup pure maple syrup (or raw honey)
- ½ tsp. pure coconut extract
- 1 (15-oz.) can pumpkin puree
- ¾ cup canned coconut milk
- ¾ cup unsweetened almond milk

Method

Preheat oven to 300° F.

Combine cinnamon, ginger, nutmeg, and salt in a small bowl; mix well. Set aside.

Combine eggs, maple syrup, and extract in a large bowl; whisk to blend. Add spice mixture and pumpkin. Gradually add coconut milk and almond milk; whisk to blend.

Pour mixture evenly into eight 6-oz. custard cups. Place cups in 13x9-inch baking pan; fill pan with 1-inch hot water.

Bake for 45 to 50 minutes, or until knife inserted in custard halfway between center and edge of ramekin comes out almost clean. Cool completely on wire rack. Refrigerate until ready to serve.

Prep Time: 10 Minutes

Cook Time: 50 Minutes

Serves: 8



Container Equivalents: ½ Purple, ½ Yellow, 1 Blue

2B Mindset Plate It: Enjoy as an occasional treat. Be sure to track it.



Apple Crisp

Prep Time: 10 Minutes

Cook Time: 25 Minutes

Serves: 4

Ingredients

- 4 cups apples, peeled and sliced
- 2 Tbsp. pure maple syrup divided use
- 1 tsp. ground cinnamon divided use
- ½ cup dry rolled oats
- ¼ cup finely chopped raw walnuts

Method

Preheat oven to 375° F.

Combine apples, 1 Tbsp. maple syrup, and ½ tsp. cinnamon in medium baking dish; mix well. Set aside.

Combine oats, walnuts, remaining 1 Tbsp. maple syrup, and remaining ½ tsp. cinnamon in a medium bowl; mix well.

Top apple mixture with oat mixture. Bake for 25 to 30 minutes or until apples are soft.

Container Equivalents: 1 Purple, ½ Yellow, ½ Blue

2B Mindset Plate It: An FFC as part of breakfast or the occasional snack.

Healthy Ways to Use Thanksgiving Turkey Leftovers

Click any picture to go to the recipe



Turkey Ramen



Turkey Tostadas



Turkey Waldorf Salad



Turkey Shepherd's Pie



Turkey Frittata



Turkey Cranberry Sandwich



Turkey and Rice Bowl



Turkey Pot Pie



Turkey Tamale Pie

Friendsgiving

BINGO

		FREE SPACE		

Friendsgiving

BINGO CARDS

USE THESE CARDS TO PRINT AND CUT TO CALL OUT FOR BINGO.
MAKE YOUR OWN BINGO BOARDS BY PRINTING, CUTTING AND GLUING TO THE BLANK BOARD ABOVE.

