

# Healthier Thanksgiving Recipes, 2018

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## Antioxidant Wild Rice Stuffing

serves 8

### Ingredients

4 tbsp butter/olive oil, divided  
1.5 cups wild rice/wild rice blend  
3 cups broth  
2 cups chopped yellow onion, red onion, or leeks  
1 1/2 c. roughly chopped celery  
1 1/2 c. sliced carrots  
8 oz chopped mushrooms, preferably wild mushrooms (2-3 cups)  
1 tsp dried poultry seasoning  
3 cloves garlic, minced  
2-4 c. shredded kale (I like Cruciferous Crunch from Trader Joe's)  
1/4 c. white wine (or broth), for deglazing  
1-2 tbsp fresh chopped sage  
2/3 c. chopped walnuts  
2/3 c. dried cranberries/cherries  
sea salt + black pepper, to taste

### Directions

Cook the rice in broth, according to package instructions. This will take about 40-50 minutes, and can be done a few days before serving. Once the rice is cooked, set aside.

Heat 2 tablespoons of butter/olive oil in a large skillet over medium-high heat. Add the onion, a sprinkle of salt, and a sprinkle of pepper. Cook the onion for 3-5 minutes, or until slightly browned. Add the carrot, celery, and 1/2 tsp of poultry seasoning. Stir, and continue to sauté for another 5 minutes, or until everything is slightly softened and browned a bit around the edges. Add another sprinkle of salt and pepper.

Since this is a vegetarian dish, the caramelization is an important part of adding flavor, so be patient and make sure your heat is high enough.

Add the mushrooms, garlic, and another tablespoon of butter or oil. Continue to sauté for 3 more minutes, keeping the heat right around medium-high. Add the kale, and cook until just softened, not more than 2 minutes.

Push the veggie mixture to the side, leaving a well of space in the middle of the skillet. Add the remaining tablespoon of butter or oil. Once it's hot enough to sizzle, add the chopped sage and sizzle for 60ish seconds, or until crispy but not burned. Stir into the veggie mixture. Add the rice, walnuts, and cranberries. Season with salt and pepper, to taste. Enjoy!

## Spiced Apple Cake

### Dry Ingredients

1 1/4 c. gluten free flour  
3/4 c. blanched almond meal  
1 tsp xanthan gum  
1 1/2 tsp baking powder  
1 tsp baking soda  
1/2 tsp sea salt  
1 tsp cinnamon  
1/4 tsp nutmeg  
1/4 tsp cloves  
2/3 c. coconut sugar

### Wet Ingredients

2 eggs  
1/4 c. olive oil/melted butter  
1/2 c. applesauce  
1/4 c. non-dairy milk, unsweetened  
1/2 tsp lemon juice  
2 tsp vanilla extract  
1 tbsp molasses

2 c. chopped apples

### Directions

Preheat oven to 350° F. Grease the bottom and sides of a 9" springform pan.

Chop apples into 1/2" cubes, and set aside. There is no need to peel the apples.

In a large bowl, mix together all the dry ingredients.

In a medium bowl, whisk together all wet ingredients.

Stir the wet ingredients into the dry ingredients, and mix well to combine.

Stir in apples. The batter will be thick—almost like a cross between batter and dough. Scoop batter into greased springform pan, and smooth out the top.

Bake on a lower rack for 40-50 minutes, or until totally cooked through. Cool for at least 30 minutes before turning out.

### **Rustic Corn Muffins**

makes 10-12 muffins

#### **Ingredients**

1/4 c. + 3 tbsp full fat coconut milk (from a can)

1/2 tsp apple cider vinegar

1 tsp baking soda

1/2 tsp baking powder

2 c. frozen, organic corn, thawed

1/4-1/3 c. maple syrup or honey

2 tbsp olive oil/avocado oil

2 eggs

1 c. non-gmo cornmeal

1 c. gluten free flour

1/2 tsp sea salt

#### **Directions**

Preheat oven to 350° F. Grease the wells of a muffin tin with coconut oil.

In the jug of your blender, combine coconut milk, vinegar, baking soda, baking powder, and thawed corn. Puree until mostly smooth.

In a large bowl, stir together cornmeal, flour, and sea salt. Add corn puree, sweetener, oil, and eggs. Stir well to combine.

Use an ice cream scoop to fill the wells of your greased muffin tin 3/4 full. Bake for 18-20 minutes. Enjoy!