

Thanksgiving Menu

& Shopping List

Featuring:

[A]* Easy Herb Roasted Turkey

[B]* Fresh Cranberry-Orange Relish

[C]* Garlic Mashed Cauliflower

[D]* Healthy Green Bean Casserole

**[A], [B], [C], and [D] are indicated below, corresponding to the specific ingredients needed per recipe.*

BAKERY:

1 1/2 cups Breadcrumbs [D]

BAKING:

7/8 cup Olive oil [A,C]

1 teaspoon Ground sage [A]

1 3/4 teaspoons Salt [A,D]

1 cup Sugar [B]

DAIRY:

2 1/2 cups Low-fat milk [D]

DRY GOODS:

3 tablespoons All-purpose flour [D]

2 tablespoons Garlic powder [A]

3/4 teaspoon Black pepper [A,D]

Sea salt & pepper to taste [C]

MEAT:

1 (12 pound) whole turkey [A]

MISC.:

3 tablespoons Extra-virgin olive oil [D]

PRODUCE:

2 teaspoons Dried basil [A]

2 1/2 pounds Green beans [D]

1 head Cauliflower [C]

1 (12 ounce) Package fresh
cranberries [B]

3 cloves Roasted garlic [C]

1 medium Onion [D]

1/4 cup Chopped green onions [C]

1 Orange [B]

ADDITIONAL ITEMS NEEDED: _____

Recipes

EASY HERB ROASTED TURKEY

1 (12 pound) whole turkey
3/4 cup olive oil
2 tablespoons garlic powder
2 teaspoons dried basil
1 teaspoon ground sage
1 teaspoon salt
1/2 teaspoon black pepper
2 cups water

1 Preheat oven to 325 degrees F (165 degrees C). Clean turkey (discard giblets and organs), and place in a roasting pan with a lid.
2 In a small bowl, combine olive oil, garlic powder, dried basil, ground sage, salt, and black pepper. Using a basting brush, apply the mixture to the outside of the uncooked turkey. Pour water into the bottom of the roasting pan, and cover.
3 Bake for 3 to 3 1/2 hours, or until the internal temperature of the thickest part of the thigh measures 180 degrees F (82 degrees C). Remove bird from oven, and allow to stand for about 30 minutes before carving.

Serves 16.

FRESH CRANBERRY-ORANGE RELISH

1 orange unpeeled, cut into eighths and seeded
1 12-ounce package fresh cranberries, rinsed and drained
3/4-1 cup sugar

1 Place half the cranberries and half the orange slices in food processor container. Process until mixture is evenly chopped. Transfer to a bowl. Repeat with remaining cranberries and orange slices. Stir in sugar to taste. Store in refrigerator or freezer.
2 Makes about 3 cups.

GARLIC MASHED CAULIFLOWER

1 head cauliflower cut into florets
2 tbsp. olive oil
3 cloves roasted garlic
1/4 cup chopped green onions
sea salt & pepper to taste

- 1 Bring a large pot, about 4-6 cups, of salted water to boil (you could also use broth for added flavour).
- 2 Add the cauliflower florets, stir and boil for about 6 minutes, until softened and the florets slide easily of a fork.
- 3 Drain the cauliflower, rinse, then pat the florets dry with paper towels or a clean kitchen towel and return to the pot.
- 4 Add olive oil, roasted garlic and sea salt and pepper to taste.
- 5 Mash with a masher or use an immersion blender to achieve your desired consistency.
- 6 Top with green onions.

HEALTHY GREEN BEAN CASSEROLE

2 1/2 pounds green beans, trimmed and cut into
1- to 2-inch pieces (about 8 cups)
2-3 tablespoons extra-virgin olive oil, divided
1 medium onion, thinly sliced
3 tablespoons all-purpose flour
3/4 teaspoon salt
1/4 teaspoon black pepper
2 1/2 cups low-fat milk
1 1/2 cups breadcrumbs

TIPS:

To make ahead: Roast green beans (Step 2) up to 30 minutes ahead. Prepare the sauce (Step 3), cover and refrigerate for up to 1 day; gently reheat until steaming before combining with the green beans.

To add extra flavor to the cream sauce, at the end of Step 3 stir in 1 tablespoon chopped fresh herbs, such as thyme, sage or parsley. Or make it cheesy by stirring in 1/2 cup shredded or crumbled cheese, such as Gruyère, Swiss, Cheddar or blue cheese.

1. Position racks in upper and lower third of oven; preheat to 425°F.
2. Toss green beans in a large bowl with 1 tablespoon oil until well coated. Divide between 2 baking sheets and spread in an even layer. Roast, stirring once and rotating the pans top to bottom about halfway through, until tender and beginning to brown, 20 to 25 minutes.
3. Meanwhile, heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until very soft and golden brown, 5 to 8 minutes. Add flour, salt and pepper; cook, stirring, for 1 minute more. Add milk and continue to stir, scraping up any browned bits. Cook, stirring, until the sauce bubbles and thickens enough to coat the back of a spoon, about 4 minutes. Remove from the heat.
4. When the green beans are done, remove from the oven. Preheat the broiler.
5. Transfer half the green beans to a 2-quart, broiler-safe baking dish. Spread half the sauce over the green beans. Add the remaining green beans and top with the remaining sauce.
6. Combine breadcrumbs and the remaining 1 tablespoon oil in a small bowl.
7. Sprinkle the breadcrumb mixture over the gratin. Place under the broiler and broil, watching closely, until the gratin is bubbling and beginning to brown on top, 1 to 5 minutes, depending on your broiler. Let stand for 10 minutes before serving.

Serves 8