

Simply Thanksgiving

Meal Planner

Celebrating Seasonal Vegetables and Simplicity with New Leaf!

A wonderful way to celebrate Thanksgiving is to honor our local farmers by giving seasonal vegetables center stage on our dining room tables! We can also honor ourselves by preparing the majority of the meal ahead of time so we have more time to visit with our loved ones!

New Leaf's Nutritionist and Natural Chef Jenny Brewer has planned your Thanksgiving Dinner for you. The menu showcases seasonal produce that we've selected from local growers. Jenny's recipes are also packed with great products at great prices. Enjoy!

Chef Jenny Brewer's *Local Harvest Menu*

FOR A GATHERING OF SIX

Curried Cream of Cauliflower Soup
Maple Roasted Squash Salad
Harvest Vegetable Ragout
Whole Grain Stuffing with Apples and Walnuts
Kale with Caramelized Onions
Cranberry Orange Relish
Pear Galette with Cardamom Glaze

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Curried Cream of Cauliflower Soup

This soup has a hint of curry — not overwhelming but a nice change of pace and a great way to start your holiday meal!

Make Ahead Tip: You can prepare this soup up until it is pureed, refrigerate it for up to 2 days. Simply puree and reheat the day of Thanksgiving.

1 Tablespoon olive or coconut oil	2 large or 4 small Yukon Gold potatoes, diced
1 large onion, chopped	2 teaspoons curry powder
4 cloves of minced garlic	6 cups vegetable broth
2 carrots, chopped	1 15-oz can coconut milk
1 large head cauliflower, chopped into florets	

Heat oil in heavy large pot over medium-high heat. Add onion and garlic and sauté until translucent, stirring often, about 5 minutes. Add carrots, cauliflower, potatoes, and curry and stir 1 minute. Add broth and bring to boil. Reduce heat to medium, cover, and simmer until vegetables are tender, about 35-45 minutes.

Working in batches, puree soup in blender, or right in the pot with an immersion blender. Return soup to same pot and bring to simmer, adding coconut milk and heating through. Season with salt and pepper before serving.

Whole Grain Stuffing with Apples and Walnuts

A great way to showcase local apples. At New Leaf we have one of the best selections of the local apple harvest around!

2 Tablespoons olive oil	1 12-oz package Our Pantry Rosemary and Sage Stuffing Mix
1/2 cup red onion, diced	
3 stalks celery, diced finely	2/3 cup coarsely chopped walnuts
1 apple, diced	
2 teaspoons poultry seasoning	2 cups vegetable stock

Heat the oil in a large pot and cook the onions and celery for 3-4 minutes. Add the apple, poultry seasoning, stuffing mix, and nuts. Sauté everything together for 3 minutes until well-mixed and fragrant. At this point, you can refrigerate this mixture for up to 2 days. Toss the stuffing mixture with the vegetable stock and bake in a covered, oiled casserole dish at 350°F for 30 minutes.

Maple Roasted Squash Salad

Make this delicious salad with Phil Foster's fabulous winter squash from Pinnacle Ranch and fresh local arugula — the sweetness of the squash and the spicy arugula complement each other deliciously!

2 Delicata squash, seeded, cut in half lengthwise, and sliced	2 teaspoons maple syrup
1 Tablespoon olive oil	2 garlic cloves, minced
1 Tablespoon maple syrup	2 Tablespoons apple cider vinegar
Sea salt and black pepper to taste	1 teaspoon Dijon mustard
1/4 cup raw pumpkin seeds	1/2-3/4 cup olive oil
	10 ounces arugula, washed and dried

Preheat oven to 450°F. On a large baking sheet lined with parchment paper, place squash and drizzle with 1 Tablespoon olive oil, 1 Tablespoon maple syrup and sprinkle with salt and pepper. Roast, tossing occasionally, until squash is tender, about 20 minutes. If preparing ahead, store cooled squash in a covered container in the fridge for up to one day.

Spread pumpkin seeds on another baking sheet and toast in oven, tossing occasionally, until fragrant and beginning to brown, 5 to 7 minutes. If preparing ahead, store in an airtight container.

Meanwhile, in a blender, process 2 teaspoons maple syrup and garlic until garlic is well incorporated. Add vinegar and mustard and blend well. With motor running, gradually add enough olive oil to make desired salad dressing consistency. At this point, you can refrigerate the dressing in an airtight container.

To serve: In a large bowl, toss arugula with dressing. Place on individual plates, top with squash and pumpkin seeds.

Cranberry Orange Relish

We have lots of fresh organic cranberries in bulk or in packages so you can buy as little or much as your menu calls for!

3-inch piece of cinnamon stick	1/2 cup dry red wine
Zest from 1 orange	2 cups (12 oz) fresh cranberries
1/2 cup orange juice	1/2 cup natural sugar

Combine cinnamon stick, orange zest, orange juice and red wine in a 2-quart saucepan. Bring to a boil. Reduce heat, cover and simmer for 3-5 minutes. Add cranberries and simmer, covered, for about 5 minutes, just until cranberries pop. Stir in sugar until dissolved, remove mixture from heat and cool. Remove cinnamon stick, cover and refrigerate until service.

Harvest Vegetable Ragout with Seitan

Combine Organic Brussels sprouts from Billy Rodoni, mushrooms from Monterey Mushrooms and parsnips from Lakeside and other growers in this main dish stew—delicious! You can make this fabulous ragout the day before and reheat it before serving. In fact, it is more flavorful that way!

2 Tablespoons olive oil	2 cups vegetable stock
6 cloves garlic, minced	1 cup dry red wine
2 large onions, chopped	2 Tablespoons tamari
3 large carrots, cut into chunks	2 Tablespoons fresh thyme, chopped
2 celery stalks, sliced	8 oz seitan (wheat gluten), sliced
1 parsnip, peeled and cut into chunks	1/2 pound Brussels sprouts, trimmed and sliced in half
1 lb portabello mushrooms, sliced	1/2 cup fresh parsley, chopped
2 Tablespoons all-purpose flour	Salt and pepper to taste
2 Tablespoons Our Pantry Tomato Paste	

Heat oil in a large saucepan, add garlic and onions and cook until onions are clear. Add carrots, celery, parsnips and mushrooms and sauté for 3-5 minutes or until mushrooms are starting to release liquid.

In a small mixing bowl, whisk together flour, tomato paste, stock, wine, tamari and thyme, making sure flour is well-dissolved in the liquid. Add the liquid to the pot along with the seitan. Bring mixture to a boil, reduce heat and simmer 20 minutes. Add Brussels sprouts and parsley and cook for 15-20 minutes more or until Brussels are tender. Season to taste with salt and pepper. At this point you can refrigerate for up to one day and gently reheat before serving.

Kale with Caramelized Onions

Try organic kale from one of our various growers of kale including Route One and Lakeside. Then combine with Phil Foster's onions — it will make you weep with joy.

2 Tablespoons olive oil
1 large onion, halved and thinly sliced
3 cloves garlic, minced
3 bunches red kale, stemmed and coarsely chopped
2 cups vegetable stock
2 Tablespoons balsamic vinegar

Heat oil in large pot over low heat. Add onion, and cook 10 to 15 minutes, or until soft and beginning to brown. Add garlic, and cook 1 minute, or until fragrant.

Stir in kale and vegetable stock (may need to do in batches). Cover, and cook 20 minutes, or until kale is tender. Season with salt and pepper. If making ahead, cool, and store in airtight container. Just before serving, reheat kale mixture, drizzle with vinegar, and serve.



Harvest Vegetable Ragout with Seitan served with a side of Whole Grain Stuffing with Apples and Kale with Caramelized Onions

Pear Galette with Cardamom Glaze

A Galette is like a free form pie. It is easier to make and more rustic looking than your average pie and a beautiful way to celebrate pears!

You can make the pie crust the day before and refrigerate. Then prepare the galette several hours in advance of serving.

PIE CRUST

Yields one 9-inch pie crust

3/4 cup whole wheat pastry flour	1/4 teaspoon baking powder
1/4 cup unbleached all-purpose flour	1/2 cup coconut oil (room temperature, not melted)
1 teaspoon sea salt	Cold water
1 Tablespoon sucanat (unrefined sugar)	

Sift together the flours, salt, sucanat and baking powder. Using a pastry blender or your fingers, cut in the coconut oil until mixture is a coarse meal. Sprinkle cold water into mixture 1 Tablespoon at a time until dough starts to form into a ball. Form into a tight ball and refrigerate for 30 minutes or longer.

GALETTE

5 ripe Bartlett or D'Anjou pears, peeled, cored, and cut into 1-inch slices	1/4 cup packed sucanat (unrefined sugar)
1 Tablespoon lemon juice	3 Tablespoons all-purpose flour
1/8 teaspoon ground nutmeg	

Preheat oven to 400°F. To prepare galette, roll dough into an 11-inch circle between two pieces of parchment; remove dough gently and place on greased or parchment lined baking sheet. Combine pears, juice, and nutmeg in a large bowl; toss well. Add sucanat and flour; toss gently.

Arrange fruit on dough leaving a 2-inch border. Fold edges of dough toward center, pressing gently to seal (dough will only partially cover pears). Bake at 400°F for 30 minutes or until crust is lightly browned. Cool galette on a wire rack.

GLAZE

2/3 cup Woodstock Farms Organic Powdered Sugar
2 Tablespoons pear nectar
1/4 teaspoon cardamom

Sift the sugar into a bowl. Add the nectar and cardamom. Whisk until smooth. Drizzle over warm galette.



Serve the pear galette warm with vanilla soy ice cream for a delicious melt in your mouth dessert. Yum!

Cooking Timeline

Two Days Ahead

Prepare

- 1) Cranberry Orange Relish
- 2) Curried Cream of Cauliflower Soup
- 3) Whole Grain Stuffing with Apples and Walnuts

One Day Ahead

Prepare

- 1) Harvest Vegetable Ragout
- 2) Maple Roasted Squash Salad Ingredients
- 3) Kale with Caramelized Onions
- 4) Crust for Pear Galette

On Thanksgiving

Prepare Pear Galette up to 5 hours in advance

Two Hours Before Eating

Reheat Harvest Vegetable Ragout and keep on low heat until service

One Hour Before Eating

Assemble salads and bake stuffing

30 Minutes Before Eating

Reheat

- 1) Greens
- 2) Soup and keep it on low until service

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Complete Shopping List

This shopping list includes everything you need to make the above menu. It's easily divided by departments so you can shop effectively and efficiently through New Leaf. Check your pantry to see what you have first! If you're just cooking a few items from the menu, we suggest shopping directly from each recipe.

PRODUCE	BULK/REFRIGERATED	GROCERY/CANNED	BAKING/SPICES
4 large yellow onions	1/4 cup raw pumpkin seeds	12 cups vegetable broth	2 tsp curry powder
4 large carrots	8-oz seitan (wheat gluten)	1 - 1 1/2 cups olive oil	2 tsp poultry seasoning
16 cloves garlic	2/3 cup walnuts	1 1/2 cups dry red wine	3-inch piece of cinnamon stick
2 large or 4 small Yukon Gold potatoes	1/2 cup orange juice	1 15-oz can coconut milk	3/4 cup + 1 Tbl natural sugar (sucanat)
1 small red onion		2 Tbl apple cider vinegar	3/4 cup whole wheat pastry flour
1 large head cauliflower		1 tsp Dijon mustard	1 cup all-purpose flour
2 Delicata squash		2 Tbl maple syrup	1/4 teaspoon baking powder
10 ounces arugula		2 Tbl Our Pantry Tomato Paste	2/3 cup powdered sugar
1 parsnip		2 cups vegetable stock	1/4 tsp cardamom
5 celery stalks		2 Tbl tamari	1/8 tsp ground nutmeg
1 lb Portabello Mushrooms		1 12-oz package Our Pantry Stuffing Mix	
2 Tbl fresh thyme		2 Tbl balsamic vinegar	
1/2 lb Brussels sprouts		1/2 cup coconut oil	
1/2 cup fresh parsley		2 Tbl pear nectar (or water)	
1 apple			
3 bunches red kale			
1 orange			
12-oz fresh cranberries			
5 ripe Bartlett or D'Anjou pears			
1 lemon (for 1 Tbl juice)			