

Beth Linder-Moss' Podcast Thanksgiving Holiday Recipes

Butternut squash soup

Ingredients:

- 1 TBS olive oil
- 1 medium onion
- 2 stalks of celery
- 2 carrots
- 2 cloves of garlic (minced)
- 1 medium butternut squash peeled and cubed
- 32 ounces vegetable stock

Instructions

1. I cook the butternut squash by leaving it whole and poke holes in it with a fork. Cook in oven at 350 degrees for about 60-90 minutes. Let it cool and cut in half, remove seeds.
2. In a pot, add onion, celery and carrots. Cook until soft. Then add garlic.
3. Add squash and vegetable stock
4. Put lid on and bring to a boil, then turn heat to medium for 30 minutes
5. Puree soup with an immersion blender or nay blender of your choice.
6. ENJOY!!!

Pumpkin Ginger Soup

Ingredients:

- 1 lb pumpkin cut into cubes (or 4 cups of pumpkin puree)
- 4 cups vegetable stock
- 1 minced onion
- 1 minced garlic clove
- 1 tsp fresh ginger
- Salt and pepper to taste

Pour all of the ingredients into pot, bring to boil then cook on med for 30 minutes. Use a blender of choice (I like immersion), then bring back to boil and let simmer for another 20 min. ENJOY!!

Kale Chips

Ingredients;

1 bag of washed raw kale

Seasonings of choice

Cooking spray

Preheat oven to 300 degrees F. Spray cookie sheet with cooking spray, evenly lay on cookie sheet, season with dry seasonings (we like sea salt), lightly spray kale. Cook for 10-15 minutes... watch to make sure they do not burn. ENJOY!!

Roasted fall vegetable quinoa salad

Ingredients

Roasted vegetables-

*½ butternut squash (can be predone -I cook the butternut squash by leaving it whole and poke holes in it with a fork.Cook in oven at 350 degrees for about 60-90 minutes. Let it cool and cut in half, remove seeds.

* 1 large red onion

* 1 cup brussel sprouts

* 1 large zucchini

* sprinkle garlic powder

* drizzle of extra virgin olive oil

* drizzle balsamic dressing

Salad-

- *2 cups of raw spinach
- * 2 cups of cooked quinoa
- * 1 cup of dried cranberries
- * ½ cup of shaved almonds (optional)

Instructions

Roast vegetables at 425 degrees for 30 minutes, or until soft, when done, let cool and put over the salad. Add extra balsamic vinegar for dressing. ENJOY!

Fall apple salad-

Make your favorite salad and add apples, walnuts and/or pecans. ENJOY!!

Asparagus wrapped in turkey bacon

Ingredients-

- 1 package of asparagus
- 1 package of turkey bacon
- Cooking spray

Make bundles of 3 pieces of asparagus, wrap with 1-2 pieces of bacon, place on a cookie pre- sprayed sheet sprayed. Repeat for as many bundles as needed.

Cook at 400 degrees F for 25 minutes. ENJOY!

Mashed Sweet Potatoes

- *6 medium sweet potatoes (or a bag of frozen ones from Trader Joes)
- *Cinnamon
- * optional maple syrup or honey

Boil peeled sweet potatoes for 30 minutes or until soft. Remove from heat and drain. Smash sweet potatoes until smooth, add cinnamon You can add honey or maple syrup if you want sweeter.

Baked apples:

Core your apple and add cranberries, raisins, nuts ... also add cinnamon, nutmeg, pumpkin spice or any other spice. Pour boiling water in a an oven safe baking dish and place apples in the water...

Cook at 375 degrees F for 45 minutes. ENJOY!!

How to Make Baked Apples in the Microwave

Place apples in a deep, microwave-safe casserole with a cover.

Microwave for 4 minutes and check on the apples. They are ready, when soft and tender. . You may need to microwave longer, depending on the size of apples, as well as the wattage of your microwave.

Apple Crisp

I am going to tell you I make it, without an exact recipe....

Ingredients:

Apples (about 7) peeled and cut into slices

4-5 TBS Cinnamon

½ cup Apple juice or apple cider

½ cup oats

¼-½ cup of golden raisins or craisins

Drizzle of Maple syrup or honey (your choice)

Preheat oven to 400 degrees F.

Add apples to baking dish, pour in apple cider (or apple juice) enough to coat the bottom of dish, add raisins/craisins. Sprinkle cinnamon over all of the apples, evenly spread the oats on top, sprinkle more cinnamon and drizzle either maple syrup or honey over the oats. Cover with tinfoil and cook 35 min. ENJOY!!