

Holiday Recipes



Meatballs

1 lb lean ground meat
½ C onion
2 tsp parsley
2 Tbsp red bell pepper
1 Tbsp minced garlic
2 tsp fresh oregano
Salt and pepper to taste

Mix 1 lb. ground beef, bison (or other favorite ground meat), combine 1 egg, ½ cup white onion, (minced), 3 Tbsp. finely chopped parsley, 2 Tbsp. minced red bell pepper, 1 Tbsp. minced garlic, 2 tsp. minced fresh oregano, and salt and pepper to taste. Roll into meatballs and either cook in pan (until browned throughout) or bake in oven at 350 for 15-20 minutes.

Crab Soup

4 pounds crab (legs)
8 cups water
8 cups chicken stock
1 small onion, chopped
1 1/2 stalks celery, chopped
2 cloves garlic, quartered
1/4 cup fresh chopped Italian parsley
2 tsp mustard seed
1/2 tsp coarse ground pepper
2 bay leaves
2 tbsp heavy whipping cream

1/4 cup unsalted butter
1/4 tsp thyme
1/8 tsp basil

Remove all the crab meat from the shells and set it aside. Put half of the shells into a large pot with water and chicken stock, heat on high. Add onion, 1 stalk of celery and garlic, bring to boil. Boil on low for 1 hour, stirring occasionally. Strain and keep the liquid only. Pour 12 cups of the stock into a large sauce pan or cooking pot, bring to a boil. Add ½ of the crab and other ingredients that are left and bring back to a boil. Reduce heat and cook on low heat for 4 hours uncovered until it reduces by about half and begins to visibly thicken. Add the rest of the crab, allow to cook on low heat one hour.

Asparagus and crab soup 4 servings

4 cups chicken broth	1/2 pound lump crab meat
½ Packet Truvia	Freshly ground black pepper
1/4 teaspoon salt	1 egg, lightly beaten
1 tablespoon olive oil	15 ounces canned white asparagus spears
6 shallots, chopped	cut into 1-inch sections, reserve liquid
2 garlic cloves, chopped	1 tablespoon coriander
	1 scallion, thinly sliced

If white asparagus is unavailable, use frozen or fresh asparagus (in this case, add the fresh asparagus to the broth from the very beginning and cook until tender, before adding the remaining ingredients). Combine the broth, the Truvia and salt in a 3 quart soup pot. Bring to a boil. Reduce the heat and simmer. Meanwhile, heat the oil in a skillet. Add the shallots and garlic and stir-fry. Add the crab meat and black pepper to taste. Stir fry over high heat for 1 minute. Set aside.

Bring the soup to a boil. While the soup is actively boiling, add the egg and stir gently. Continue to stir for about 1 minute. Add the crab meat mixture and asparagus with its canning liquid; cook gently until heated through. Transfer the soup to a serving bowl. Sprinkle on the coriander, scallion and freshly ground black pepper.

Turkey Bacon-wrapped Scallops

1 pound fresh scallops
1 large package of turkey bacon
Wood toothpicks

Preheat oven to 350 degrees. Simply wrap a slice of bacon around each scallop, then bake on a shallow pan or cookie sheet for about seven minutes.

Cheesy Cauliflower Mashed potatoes: 4 servings

1 medium head of Cauliflower
4 ounces low fat white cheddar cheese
¼ C chicken stock
2 tbsp heavy whipping cream
Garlic powder, pepper, dried chives to taste.

Break the cauliflower up into florets or chop. Cook in the microwave or steam until very tender. Grate the cheese and combine all ingredients into blender or food processor. Once combined place in a crock pot and place on medium heat.

Herb Rubbed Turkey Au Jus; Servings: 10

Ingredients:

For the rub:

2 teaspoons dried sage
1 tablespoon dried oregano
1 Tablespoons chopped fresh parsley
1 whole turkey (about 15 pounds), thawed
1 tablespoon Olive Oil
1/2 cup Water

For the au jus: (instead of gravy)

2 teaspoons dried sage
1 tablespoon dried oregano
2 tablespoons chopped fresh parsley
1 tablespoon Truvia™
1 cup defatted pan drippings
½ C water

1. Preheat oven to 325 F.
2. In a small bowl, combine the sage, oregano and parsley for the rub. Mix and set aside.
3. Prep the Turkey, removing the neck and giblets- discard. Rinse well and pat the turkey dry with paper towels.
4. Place a spoon between the layer of skin and meat around the neck area to gently loosen the skin. Place the breast-side up in a roasting pan. Add approximately a tablespoon of the herb

mixture under the skin. Lightly coat the outside of the turkey with olive oil. Place the remaining herb mixture on the outside of the bird.

5. Loosely tie the legs together and place in the center of the oven.
6. Cook for 1.5 hours, and then cover the turkey with foil to prevent overcooking. Allow to cook for a total of ~ 3 to 3.5 hours. The turkey is done when the breast reaches 170 to 175 F.
7. Remove from the oven and let the turkey stand for 20 minutes to allow juices to settle in the meat. Add a ½ C water to the pan and pour pan drippings into a gravy separator. Reserve 1 cup of defatted pan drippings for the au jus.
8. To make the au jus, combine the sage, oregano, parsley, water and Truvia™ in a saucepan. Simmer over medium heat until reduced by half. Add the defatted pan drippings and bring to a low boil, stirring often.
9. Carve the turkey and pour au jus over the meat. Serve immediately.

Melissa's Non-Cobbler

2 cups of fruit serve 4 people

Ingredients:

fresh peaches or apples cinnamon

Stevia

Apples or peaches need to be peeled, pitted, seeded, and sliced.

Preheat oven to 375°. Spray baking dish with non-stick cooking spray. Evenly distribute fruit in the dish. Sprinkle with Stevia and toss, ensuring all pieces coated. Then sprinkle fruit with cinnamon. Bake for 20-30 minutes or until fruit is fork tender. Serve warm.