

## THANKSGIVING RECIPES (2011)

### **Cornish Game Hens: 4 servings**

#### **Ingredients:**

- 4 small Cornish game hens, rinsed, patted dry, excess fat trimmed
  - Salt and freshly ground black pepper
  - 3 tablespoons minced fresh sage leaves
  - 2 tablespoons minced fresh parsley
  - 1 tablespoon fresh thyme leaves
  - 2 tablespoons grated orange zest
  - 2 tablespoons butter, softened at room temperature
- 2 oranges, cut into wedges

#### **Directions:**

Preheat oven to 450 degrees F and season hens inside and out with salt and pepper. Turn hens breast side up and use your fingers to loosen the skin from the flesh, careful not to tear it.

In a small bowl, mix together sage, parsley, thyme, orange zest, and butter. Rub herb butter underneath the skin of each hen. Pat skin down against flesh. Stuff each hen with orange slices.

Place hens on a rack in a roasting pan and roast for 25 minutes. Reduce oven heat to 350 degrees F and roast an additional 25 to 30 minutes, or until the hen's juices run clear when pierced with a knife. If desired, deglaze the pan juices and serve with the hens.

### **Flax Bread**

#### **Ingredients:**

- 2 cups flax seed meal
- 1 Tablespoon baking powder
- 1 teaspoon salt
- 1-2 Tablespoons stevia
- 5 beaten eggs
- 1/2 cup water
- 1/3 cup oil

#### **Directions:**

Preheat oven to 350 F. Line cookie sheet with parchment paper, set aside. Mix dry ingredients. Add wet to dry minutes. Pour batter onto cookie sheet and spread evenly. Bake 20 minutes. Cut into 12 slices.

### **Flax Stuffing:**

#### **Ingredients:**

- 1 loaf homemade flax bread \*recipe on previous page
- 1/2 stick of butter, organic preferred
- 1 large white onion, diced
- 3 large stalks celery, diced
- 1-3/4 cups chicken stock
- 3 tablespoons ground sage
- 5 large apples, washed, cored, diced large with skin
- 2 cups walnut pieces
- 3 large eggs, beaten
- Nonstick cooking spray

**Directions:**

1. Preheat oven to 350 degrees F.
2. Prepare large baking dish with nonstick cooking spray. Toast walnut pieces at 250 degrees F for approximately 20 minutes (or until they begin to smell like popcorn).
3. Cut bread into crouton-sized cubes. Toast for about 25 minutes at 250 degrees F , turning to crisp evenly.
4. In a small stockpot, heat butter, stock and sage on medium heat, stirring occasionally until boiling. Lower heat; add apples, celery and onions; simmer for another seven minutes.
5. Combine croutons and walnut pieces in a very large mixing bowl; stir in stock mixture from saucepan until croutons are evenly moistened.
6. Mix in beaten eggs; combine thoroughly.
7. Place stuffing in prepared baking dish; bake at 350 degrees F for 45 minutes, stirring once after 20 minutes. If stuffing a bird, stuff loosely and be sure that the internal stuffing temperature has reached at least 165 degrees before completing cooking.

Makes 16 (1/2-cup) servings

**Turkey Rub: for a 14-16 lb turkey****Ingredients:**

1/3 C minced fresh sage  
1/4 C butter, softened  
2 tbsp apple cider vinegar  
1 pkt of Stevia/Truvia  
1 1/2 tsp salt and pepper each  
2 large apples, cut into wedges  
1 large onion, cut into wedges  
8 fresh sage leaves

**Directions:**

Combine minced sage and butter into a bowl. With fingers, carefully loosen skin from the turkey and rub butter mixture under the skin. Brush the turkey with apple cider vinegar and stevia. Sprinkle salt and pepper over the turkey and inside cavity. Place apples, onion and sage leaves inside the cavity. Tuck wings under turkey; tie drumsticks together. Place breast side up on a rack in a roasting pan. Bake at 325 degrees for 3.5 to 4 hours or until 180 degrees. Cover loosely with foil if turkey browns too quickly. Cover and let stand for 20 minutes before slicing.

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**Almond Tossed Salad**

1 pkg of fresh baby spinach  
1 medium pear, sliced  
1/4 C grapes, sliced into 4ths  
1/4 C chopped pecans, toasted

**Vinaigrette:**

¼ C olive oil

2 tbsp Truvia

2 tbsp cider vinegar

1 tbsp minced fresh parsley or 1 tsp dried parsley flakes

¼ tsp salt

**Directions:**

In large bowl, combine 1<sup>st</sup> 5 ingredients. Whisk the vinaigrette ingredients in a bowl. Toss to coat.

**Blueberry Lemon Sauce:**

1 pkg (12 ounces) blueberries, thawed

1 C Stevia

1 C water

3 tbsp lemon juice

1 ½ tsp lemon peel, grated

**Directions:**

In a large sauce pan combine truvia, water and lemon juice. Cook over medium heat until berries are tender. Remove from heat, stir in lemon peel. Transfer to a small bowl. Chill until serving.