

# RECIPE



RECIPE TITLE

**Quinoa and Apple Stuffing**

FOR

6-8 servings

FROM THE FEATURE

Roastfeature

CONTRIBUTOR

Feasting at home  
[www.feastingathome.com](http://www.feastingathome.com)

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## INGREDIENTS

FOR THE BASE:

- 1 tbsp olive oil
- 1 C finely chopped leek
- 3/4 C finely chopped celery
- 1 finely chopped shallot
- 2 garlic cloves, minced
- 1 tbsp finely chopped sage
- 1 tsp finely chopped rosemary
- 1/2 tsp nutmeg
- 1/4 tsp sea salt
- 1/4 tsp ground pepper
- 1/2 C vegetable stock
- 1/2 C dried cranberries
- 1/3 C finely chopped parsley

## STEPS

1. Rinse quinoa in a sieve under water for approx. 30 seconds and drain thoroughly. Add it to a pot with the vegetable stock and sea salt and bring to a boil. Once boiling stir in diced apple and cover with a lid. Reduce heat to low and cook for 10 minutes. Once all the water is absorbed remove the pot from the heat and stir in fresh thyme and 2 tbsp of olive oil.
2. While the quinoa is cooking you can create the other component to the stuffing. Heat olive oil in a pan over medium heat and sauté leek, celery, and shallot for 4 minutes until soft.
3. Add in garlic, sage, rosemary, nutmeg, sea salt, and ground pepper, and cook for 2 minutes. You may need to reduce the heat to med-low so you don't burn the garlic. Then add in vegetable stock and simmer stirring



CONT.

INGREDIENTS FOR THE QUINOA &  
APPLE STUFFING:

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1 C quinoa

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1 1/2 C vegetable stock

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1 apple, diced

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1 tsp fresh thyme

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2 tbsp olive oil

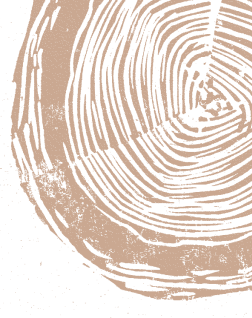
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1/4 tsp sea salt

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occasionally for 5 minutes. Add in dried cranberries and parsley and cook for another 2 minutes. Mix this into the quinoa and apple component and serve warm.

4. You could also make this dish ahead of time and then reheat in the oven before serving.



# RECIPE

RECIPE TITLE

**Roasted Cauliflower and Chestnut Stuffing**

FOR

6-8 servings



FROM THE FEATURE

Roastfeature

CONTRIBUTOR

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## INGREDIENTS

FOR THE BASE:

- 1 tbsp olive oil
- 1 C finely chopped leek
- 3/4 C finely chopped celery
- 1 finely chopped shallot
- 2 garlic cloves, minced
- 1 tbsp finely chopped sage
- 1 tsp finely chopped rosemary
- 1/2 tsp nutmeg
- 1/4 tsp sea salt
- 1/4 tsp ground pepper
- 1/2 C vegetable stock
- 1/2 C dried cranberries
- 1/3 C finely chopped parsley

## STEPS

1. Cut cauliflower into bite size florets and roughly chop chestnuts. Toss in olive oil, thyme, sea salt, and ground pepper.
2. Roast in the oven on a baking sheet for 25 mins in an oven pre-heated to 400 F. Flip and toss half way through roasting time.
3. Meanwhile, heat olive oil in a pan over medium heat and sauté leek, celery, and shallot for 4 minutes until soft. Add in garlic, sage, rosemary, nutmeg, sea salt, and ground pepper, and cook for 2 minutes. You may need to reduce the heat to med-low so you don't burn the garlic.
4. Add in vegetable stock and simmer stirring occasionally for 5 minutes. Then add in dried cranberries and parsley and cook for another 2 minutes. Mix this into the roasted



CONT.

INGREDIENTS FOR THE ROASTED  
CAULIFLOWER & CHESTNUTS:

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1 head of cauliflower

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1 C whole roasted chestnuts (you  
can buy in a package)

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2 tbsp olive oil

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1 tsp fresh thyme

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1/4 tsp sea salt

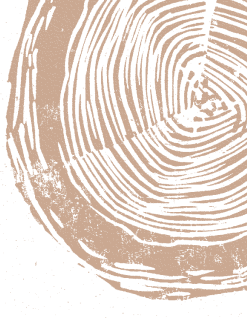
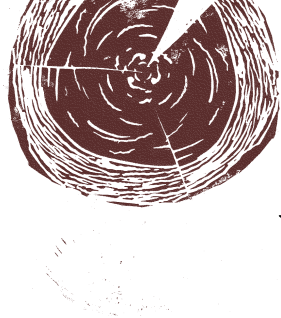
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1/4 tsp ground pepper

---

cauliflower and chestnut mixture and  
serve warm.

- 5.** You could make this ahead of your  
holiday dinner and just re-heat it in a  
dish covered in foil.



# RECIPE



RECIPE TITLE

**Thanksgiving Power Bowl**

FOR

1 bowl

FROM THE FEATURE

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## INGREDIENTS

### CRANBERRY SAUCE

12 oz. fresh cranberries

Juice of one orange

Zest of one orange

3/4 cup pineapple juice

1/3 cup maple syrup

### LENTILS

1 cup lentils (pre-soaking optional)

1 cup veggie broth

2 cups water (only 1 1/2 cup if pre-soaked)

Seasonings/herbs: thyme, rosemary, garlic, black pepper

Ingredients: Brown Rice Stuffing

2 cups cooked brown rice

3/4 cup chopped carrot

## STEPS

- 1.** FOR THE CRANBERRY SAUCE: Combine everything in a saucepan. Bring to a boil. Reduce to simmer. Cook for about 30 minutes until thick. (I made mine the day before and refrigerated overnight)
- 2.** FOR THE LENTILS: Combine everything in a pot. Bring to a boil. Reduce to simmer and cook uncovered for about 20 minutes.
- 3.** FOR THE BROWN RICE STUFFING: Combine the carrots, mushrooms, and celery in a saucepan. Add 1/4 cup water or veggie broth. Bring to high heat, then reduce to medium, cover, and cook for about 5-7 minutes or until all the veggies are fork tender.
- 4.** Add the brown rice. Cook for another 2-3 minutes to warm up the rice. Turn off the heat and mash with a potato masher until stuffing textured.



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3/4 cup chopped mushrooms

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3/4 cup chopped celery

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INGREDIENTS: SWEET POTATOES

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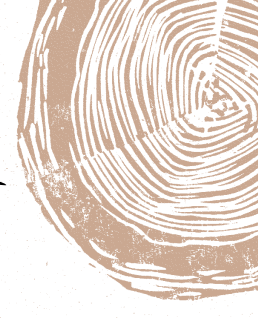
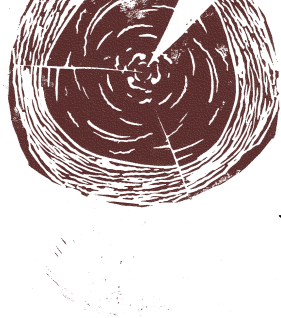
1 medium sweet potato

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For serving: mixed baby greens

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5. FOR THE SWEET POTATOES: Preheat the oven to 450F. Chop the sweet potato into large chunks. Spread out on a baking sheet lined with parchment paper. Bake at 450F for about 25 minutes.



# RECIPE



RECIPE TITLE

**Thanksgiving Stuffed Butternut**

FOR

6-8 servings

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## INGREDIENTS

- 1 small butternut squash

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- 2 tablespoons olive oil or butter  
(or a mix is nice)

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- ¼ of an onion- ½ cup diced

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- ½ an apple, diced

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- 2 garlic cloves rough chopped

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- 8 ounces ground turkey (ground turkey breast tends to get dry, ground thigh is much moister)

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- ½ teaspoon kosher salt

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- ½ teaspoon fennel seeds

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- ¼ teaspoon pepper

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- ¼ cup pecans

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- 2 tablespoons dried cranberries-  
or use fresh, adding extra maple syrup to taste.

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- 8-10 sage leaves, finely sliced

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- 1 tablespoon maple syrup

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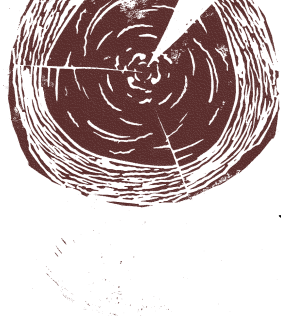
## STEPS

1. Preheat oven to 425 F
2. Cut butternut down the middle lengthwise. Place open side down on lightly greased parchment-lined sheet pan. Roast 30 minutes, or until easily pierced with a fork, through the skin.
3. In a skillet, heat oil over medium heat. Add onion, apple and garlic and sauté until just tender, about 4 minutes.
4. Add ground turkey, salt and fennel seeds, and cook until turkey is cooked through and browned, about 6-8 minutes.
5. Add pecans, dried cranberries and sage, and cook a few more minutes until warmed through and drizzle with maple. If using fresh cranberries, cook enough to let them blister, taste and adjust maple, adding more to taste. Set filling aside, keeping warm.

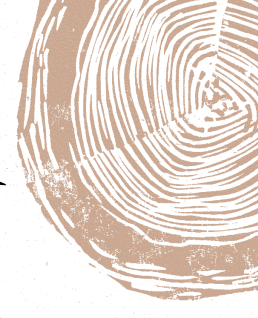


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- 6.** When butternut is done, flip over and scoop out the seeds. With a fork, break up the tender flesh. Drizzle the squash with a little olive oil (or butter) and sprinkle with salt and pepper and a little more maple and mix this all into the squash, seasoning it.
- 7.** Top with turkey cranberry filling. Serve immediately.
- 8.** Notes- in the photos I have the filling placed in the »hole« of the butternut, and while this looks pretty for the photo, I feel the squash needs to be broken up and »seasoned«, for the best flavor.



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## RECIPE



RECIPE TITLE

**Balsamic Broccoli Thanksgiving Salad**

FOR

6-8 servings

FROM THE FEATURE

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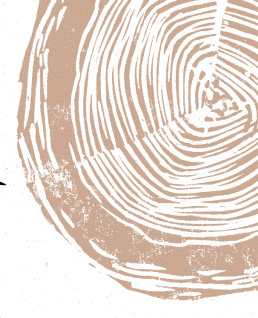
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### INGREDIENTS

- 8 cups broccoli florets
- 5 cups butternut squash, cubed
- 1½ cups lima beans, frozen
- 1 cup walnuts
- 5 tablespoons olive oil
- ½ lemon
- 1 tablespoon high quality balsamic vinegar
- 1 tablespoon coconut sugar
- 1 teaspoon salt, divided
- ¼ teaspoon pepper
- ½ teaspoon dried garlic flakes
- ½ teaspoon minced onion flakes

### STEPS

1. Preheat oven to 350. Cut and prep your butternut squash and broccoli. Add them to a large bowl, pour 5 tablespoons olive oil over the bowl, sprinkle with ½ teaspoon salt, ¼ teaspoon pepper, and 1 tablespoon coconut sugar. Toss until well covered.
2. Lay your squash and broccoli onto one or two baking trays, depending on how big they are. Roast the veggies for 25 minutes, tossing halfway through.
3. Add lima beans to a microwave safe bowl with ¾ cup water. Heat in microwave on high for 5-7 minutes, or until heated and cooked through. Drain the excess water from the lima beans and set aside.
4. When your broccoli and squash are done cooking, add them to a large serving bowl along with lima beans and walnuts. Season with remaining salt, dried garlic flakes, minced onion flakes, and the juiced of half a lemon. Toss until evenly coated.



# RECIPE

RECIPE TITLE

**buffalo mozzarella & tomato**

FOR

4 persons



FROM THE FEATURE

Roastfeature

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## INGREDIENTS

## STEPS

5. Drizzle your bowl with high quality balsamic vinegar and serve.