



## Trudy's Awesome Thanksgiving Day Menu 2023

Created by Call of Eden



# Mulled Cider

5 ingredients · 30 minutes · 12 servings



## Directions

1. Add all of the ingredients into a large pot and bring to a simmer over medium-high heat. Drop the heat to low once the pot is simmering and continue to simmer for 30 minutes. Pour into glasses or mugs and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to one week.

### Serving Size

One serving is one cup.

### More Flavor

Add cranberry juice.

### Serve at a Party

This is a fool-proof drink to serve at a party. You can keep this pot simmering on low for a few hours for the duration of your party.

### Star Anise

One teaspoon is approximately one whole piece of star anise. Two tablespoons equal six whole pieces of star anise.

## Ingredients

**2.8 liters** Apple Cider

**2 tbsps** Star Anise (whole)

**5 servings** Cinnamon Stick

**1/2 cup** Frozen Cranberries

**1/2** Navel Orange (sliced)

## Nutrition

Amount per serving

<b>Calories</b>	120	Calcium	10mg
<b>Fat</b>	0g	Iron	0mg
<b>Carbs</b>	28g	Vitamin D	0IU
Fiber	3g	Vitamin E	0mg
Sugar	23g	Vitamin K	0µg
<b>Protein</b>	0g	Vitamin B6	0mg
Cholesterol	0mg	Folate	2µg
Sodium	19mg	Vitamin B12	0µg
Vitamin A	20IU	Magnesium	3mg
Vitamin C	9mg	Zinc	0mg

# Baked Spinach & Artichoke Dip

10 ingredients · 35 minutes · 8 servings



## Directions

1. Preheat the oven to 400°F (205°C).
2. In a large bowl, add the artichokes, spinach, yogurt, mayonnaise, mozzarella, parmesan, garlic, onion powder, and lemon juice. Mix well to combine.
3. Spoon the mixture into an oven safe baking dish and transfer to the oven. Bake for 22 to 25 minutes, until bubbling and browned on top.
4. Serve with tortilla chips and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

A 7 x 5-inch (18 x 13 cm) baking dish was used to make eight servings. One serving is about 1/2 cup of dip and 1/2 cup of chips.

### No Tortilla Chips

Serve with fresh bread and/or veggies such as carrots and celery.

## Ingredients

- 1 1/2 cups Artichoke Hearts (from the can, drained, chopped)
- 1 cup Frozen Spinach (thawed, drained)
- 1/2 cup Plain Greek Yogurt
- 1/4 cup Mayonnaise
- 113 grams Mozzarella Cheese (shredded)
- 2/3 cup Parmigiano Reggiano (shredded)
- 2 Garlic (clove, minced)
- 3/4 tsp Onion Powder
- 2 tsps Lemon Juice
- 4 cups Corn Tortilla Chips

## Nutrition

Amount per serving

Calories	213	Calcium	248mg
Fat	14g	Iron	1mg
Carbs	12g	Vitamin D	7IU
Fiber	3g	Vitamin E	1mg
Sugar	2g	Vitamin K	84µg
Protein	10g	Vitamin B6	0.1mg
Cholesterol	26mg	Folate	30µg
Sodium	321mg	Vitamin B12	0.1µg
Vitamin A	2679IU	Magnesium	34mg
Vitamin C	7mg	Zinc	0mg

# Citrus Herb Roasted Turkey Breast

9 ingredients · 1 hour 5 minutes · 4 servings



## Directions

1. Preheat your oven to 425°F (218°C). Arrange the orange and onion quarters in a large baking dish or a roasting pan.
2. Season the turkey breast on all sides with the salt. Place the seasoned turkey breast on top of the orange and onion in the pan.
3. In a small mixing bowl combine the oil with the thyme, sage and rosemary. Spoon the oil mixture evenly over top of the turkey breast.
4. Add water to the bottom of the pan and bake the turkey breast for 20 minutes. Reduce the heat to 350°F (176°C) and continue cooking for 30 to 40 minutes or until the turkey is cooked to an internal temperature of 165°F (74°C). The skin should be brown and crispy. Be sure to add more water to the pan if it evaporates too quickly or if the pan juices start to burn.
5. Let the turkey rest for at least 10 minutes before slicing. Enjoy.

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Additional Toppings

Spoon pan juices over top of the sliced meat upon serving.

### Make it a Meal

Serve with roasted veggies or mashed potatoes. Use cooked turkey in sandwiches, soups or on top of salads.

### No Water

Use chicken broth instead.

## Ingredients

- 1 Navel Orange (cut into quarters)
- 1 Yellow Onion (cut into quarters)
- 998 grams** Turkey Breast, Skin on (bone-in)
- 1/2 tsp** Sea Salt
- 1 1/2 tbsps** Extra Virgin Olive Oil
- 1 tbsp** Thyme (finely chopped)
- 1 tbsp** Fresh Sage (finely chopped)
- 1 tbsp** Rosemary (finely chopped)
- 2/3 cup** Water

## Nutrition

Amount per serving

<b>Calories</b>	463	Calcium	64mg
<b>Fat</b>	24g	Iron	3mg
<b>Carbs</b>	8g	Vitamin D	30IU
Fiber	2g	Vitamin E	1mg
Sugar	5g	Vitamin K	12µg
<b>Protein</b>	55g	Vitamin B6	1.8mg
Cholesterol	157mg	Folate	31µg
Sodium	477mg	Vitamin B12	3.2µg
Vitamin A	292IU	Magnesium	68mg
Vitamin C	22mg	Zinc	3mg

# Green Beans Almondine

7 ingredients · 15 minutes · 4 servings



## Directions

1. Fill a large pot with salted water and bring to a boil over high heat. Cover with a lid.
2. Heat a large skillet over medium-low heat. Melt the butter and add the almonds, stirring frequently, until toasted, about three to four minutes. Add the garlic and shallot and sauté for one minute, until fragrant. Remove from the heat and set aside.
3. Add the beans to the large pot of boiling water and cook for three minutes.
4. Once the beans are done, return the skillet to medium-low heat. Use a slotted spoon to transfer the beans to the skillet and cook, stirring often for two to three minutes or until tender-crisp.
5. Add the lemon juice and season with salt and pepper. Toss often until the sauce is glossy. Transfer to a serving dish and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is about one cup.

### Make it Vegan

Use plant-based butter.

## Ingredients

- 2 tbsps Butter
- 1/4 cup Slivered Almonds
- 2 Garlic (cloves, thinly sliced)
- 1/3 cup Shallot (thinly sliced)
- 4 cups Green Beans (trimmed)
- 1 tbsp Lemon Juice
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	147	Calcium	69mg
<b>Fat</b>	11g	Iron	2mg
<b>Carbs</b>	12g	Vitamin D	0IU
Fiber	4g	Vitamin E	1mg
Sugar	5g	Vitamin K	44µg
<b>Protein</b>	4g	Vitamin B6	0.2mg
Cholesterol	15mg	Folate	39µg
Sodium	9mg	Vitamin B12	0µg
Vitamin A	868IU	Magnesium	29mg
Vitamin C	15mg	Zinc	0mg

# Savory Squash

7 ingredients · 35 minutes · 4 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the chopped squash to the baking sheet, drizzle with avocado oil, sea salt and pepper and bake for 22 to 25 minutes, or until tender when pierced with a fork. Add the chopped hazelnuts to the baking sheet at the halfway point.
3. Remove the squash from the oven and transfer to a platter. Garnish with goat cheese and fresh parsley. Serve and enjoy!

## Notes

### Nut-Free

Omit the hazelnuts and use pumpkin or sunflower seeds instead.

### No Parsley

Omit or use another fresh herb of your choice.

### No Avocado Oil

Use extra virgin olive oil or melted coconut oil instead.

## Ingredients

- 1 Delicata Squash (washed and chopped with skin on)
- 2 cups Butternut Squash (peeled and chopped)
- 1 tsp Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Hazelnuts (roughly chopped)
- 1/4 cup Goat Cheese (crumbled)
- 1 tbsp Parsley (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	156	Calcium	85mg
<b>Fat</b>	8g	Iron	2mg
<b>Carbs</b>	21g	Vitamin D	0IU
Fiber	4g	Vitamin E	2mg
Sugar	2g	Vitamin K	18µg
<b>Protein</b>	4g	Vitamin B6	0.3mg
Cholesterol	3mg	Folate	48µg
Sodium	39mg	Vitamin B12	0µg
Vitamin A	7918IU	Magnesium	73mg
Vitamin C	28mg	Zinc	0mg

# Apple Crisp

10 ingredients · 1 hour · 8 servings



## Directions

1. Preheat oven to 350°F (177°C). Place coconut oil in freezer to chill.
2. Add apples, 1/3 of the maple syrup, coconut flour and applesauce to a medium bowl and toss until coated. Set aside while you make the crust.
3. Add the oat flour, oats, the remaining 2/3 of the maple syrup, baking powder and sea salt to a different bowl and stir until combined.
4. Remove coconut oil from the freezer and add to mixture. Use your fingers to work it in until coarse crumbs form and the mixture holds together when pressed.
5. Remove a 1/3 of the crumbs for the topping and pour the remaining crumbs into the bottom of a tart pan or pie dish. Press the dough evenly into the pan.
6. Pour the apples over the crust. Sprinkle the remaining crumble evenly over the apples.
7. Bake for 40 to 45 min or until the crust is lightly brown. Check at 20 to 30 minutes if the tart is getting too brown. If so, tent with foil to prevent burning.
8. Scoop into bowls and serve with coconut ice cream.

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

### Homemade Oat Flour

Pulse oats in a food processor until oats resemble fine crumbs. 1.5 cups of oats will yield approximately 1 cup of oat flour.

## Ingredients

- 2 Apple (cored and sliced)
- 1/3 cup Maple Syrup (divided)
- 1 tbsp Coconut Flour (or 1 tbsp)
- 1/4 cup Unsweetened Applesauce
- 1 cup Oat Flour
- 3/4 cup Oats
- 1 tsp Baking Powder
- 1/2 tsp Sea Salt
- 1/3 cup Coconut Oil
- 1 cup Coconut Ice Cream (optional)

## Nutrition

Amount per serving

<b>Calories</b>	302	Calcium	64mg
<b>Fat</b>	14g	Iron	1mg
<b>Carbs</b>	36g	Vitamin D	0IU
Fiber	4g	Vitamin E	0mg
Sugar	18g	Vitamin K	1µg
<b>Protein</b>	4g	Vitamin B6	0mg
Cholesterol	0mg	Folate	4µg
Sodium	218mg	Vitamin B12	0µg
Vitamin A	27IU	Magnesium	16mg
Vitamin C	2mg	Zinc	1mg