



## Trudy's "Ain't-Yo-Momma's" Thanksgiving Menu (plant based)

Created by Call of Eden



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HAPPY THANKSGIVING!!

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Included in these "non-traditional" recipes are the following...

-Drink: CRANBERRY ORANGE MINT TEA

-Appetizer: PARMESAN STUFFED MUSHROOMS

-Side Dish #1: KALE & TEMPEH SALAD

-Side Dish #2: CRISPY BRUSSEL SPROUTS

-Main Dish: RICE & LENTIL STUFFED SQUASH

-Dessert: APPLE CINNAMON GALETTE

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A prayer of thanksgiving:

Thank You, God, for the food we are about to eat, for those who are here to share these blessings, and for the hands that prepared this meal. Bless those who are here and those who are in our hearts, and all those who are not as fortunate on this day. Amen.

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ENJOY!!!



# Cranberry Orange Mint Tea

5 ingredients · 1 hour · 2 servings



## Directions

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1. Add water, cranberries, and mint to a pot. Bring to a boil, then reduce the heat to low. Cover and simmer for 30 minutes.
2. Remove from the heat. Let it steep covered for about 20 minutes.
3. Strain the cranberry mixture through a fine sieve. Return to the pot. Stir in the sweetener and orange juice, and heat through. Serve warm and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight jar or pitcher for up to two days. Heat up before serving.

### Serving Size

One serving is equal to approximately two cups.

### More Flavor

Add cinnamon and star anise.

## Ingredients

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- 3 cups** Water
- 1 1/2 cups** Frozen Cranberries
- 2 tbsps** Mint Leaves
- 1 tbsp** Monk Fruit Sweetener
- 1 cup** Orange Juice

# Parmesan Stuffed Mushrooms

8 ingredients · 30 minutes · 7 servings



## Directions

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1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. In a bowl, mix the breadcrumbs, parmesan, Italian seasoning, garlic, parsley, oil, salt, and pepper.
3. Fill the mushroom cavities with the mixture, placing them on the prepared baking sheet, cavity side up.
4. Bake for about 20 to 25 minutes or until the mushrooms are tender and the filling is golden. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is equal to two stuffed mushrooms.

### Gluten-Free

Use gluten-free bread crumbs.

### Prep Ahead

Make the breadcrumbs mixture ahead of time. Stuff the mushrooms just before cooking them.

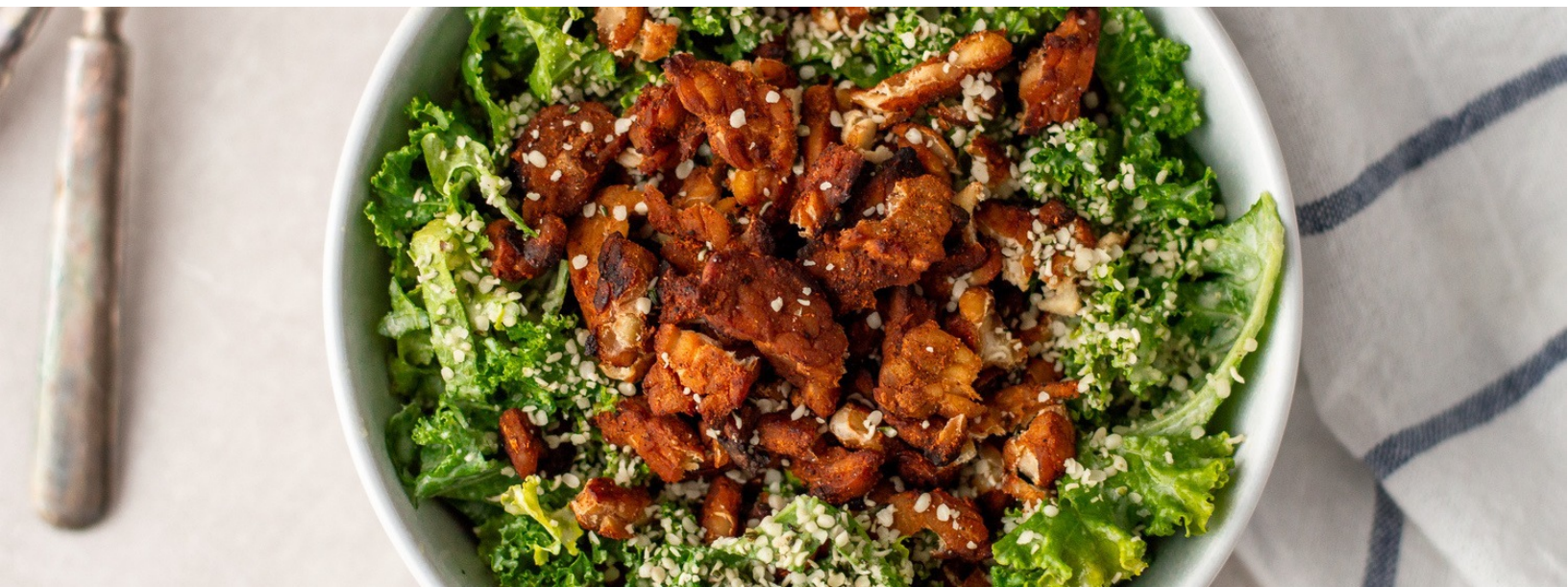
## Ingredients

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- 1/4 cup** Bread Crumbs
- 1/4 cup** Parmigiano Reggiano (grated)
- 1 tbsp** Italian Seasoning
- 1** Garlic (clove, minced)
- 1 tbsp** Parsley (finely chopped)
- 1/4 cup** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 4 cups** Mushrooms (large, stems removed)

# Kale & Tempeh Salad

12 ingredients · 25 minutes · 4 servings



## Directions

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1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a zipper-lock bag or shallow bowl, mix the coconut aminos, vinegar, chili powder, paprika and half of the salt together. Add in the tempeh and let it marinate for 10 to 15 minutes.
3. Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and let it cool slightly, then crumble it into small pieces.
4. Meanwhile, in a large mixing bowl combine the lemon juice, water, tahini, garlic powder and the remaining salt. Add the kale to the dressing and toss to coat well.
5. Divide the salad between bowls and top with tempeh and hemp seeds. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two days.

### More Flavor

Add cayenne pepper or hot sauce for a spicy tempeh. Add maple syrup to the dressing for a sweeter flavor.

### Additional Toppings

Top with sesame seeds or nutritional yeast.

## Ingredients

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- 2 tbsps Coconut Aminos
- 1 tbsps Balsamic Vinegar
- 1 tsp Chili Powder
- 1/2 tsp Smoked Paprika
- 1/4 tsp Sea Salt (divided)
- 200 grams Tempeh (cut into thin slices)
- 3 tbsps Lemon Juice
- 2 tbsps Water
- 2 tbsps Tahini
- 1/8 tsp Garlic Powder
- 8 cups Kale Leaves (finely chopped)
- 2 tbsps Hemp Seeds (optional)



# Crispy Smashed Brussels Sprouts

3 ingredients · 35 minutes · 2 servings



## Directions

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1. Preheat the oven to 425°F (220°C).
2. Bring a large pot of water to a boil. Add the Brussels sprouts and boil for 10 minutes or until fork tender. Drain and transfer to a baking sheet.
3. Using the bottom of a mug or jar, smash the Brussels sprouts. Drizzle with olive oil and season with salt and pepper. Cook for 20 minutes or until crispy and browned. Divide onto plates and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately one cup.

### Additional Toppings

Serve with a dip of your choice.

## Ingredients

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**2 cups** Brussels Sprouts (trimmed, outer leaves peeled)

**1 tbsp** Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

# Rice & Lentil Stuffed Squash

10 ingredients · 45 minutes · 4 servings



## Directions

1. Preheat your oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Cut the squash in half and scoop out the seeds and strings. Season the flesh of the squash with one-third of the salt and place it flesh side down on the baking sheet. Bake for 35 to 40 minutes, or until the squash is tender.
3. Meanwhile, cook the rice according to package directions.
4. Add the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have started to soften, about 3 minutes. Add the mushrooms, thyme, and remaining salt. Continue to cook for another 3 to 5 minutes until the mushrooms start to soften.
5. Wilt in the kale leaves then add the cooked lentils and rice. Stir to combine.
6. Spoon the rice and lentil mixture into the baked squash. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is equal to half a squash and approximately one cup of the lentil and rice filling.

### Additional Toppings

Fresh herbs, red pepper flakes or fresh ground black pepper.

### No Acorn Squash

Use a different variety of squash or sweet potato.

### No Vegetable Broth

Use water instead.

## Ingredients

- 2 Acorn Squash (large)
- 1/2 tsp Sea Salt (divided)
- 1/2 cup Brown Rice
- 1/2 cup Vegetable Broth
- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 6 Cremini Mushrooms (large, sliced)
- 1 tbsp Thyme (fresh)
- 1 cup Kale Leaves (finely chopped)
- 1 cup Lentils (cooked, rinsed)



# Apple Cinnamon Galette

11 ingredients · 1 hour · 8 servings



## Directions

1. In a large bowl whisk the flour, 1/4 of the coconut sugar and salt. Add the cubed butter and use two forks (or a pastry cutter) to cut the butter into the flour until pea-sized crumbs form.
2. Add the water and stir until the flour is moistened and starts to hold together. Add more water, one teaspoon at a time, if the dough seems too dry.
3. Lightly flour a work surface area and transfer the dough to it. Use your hands to work the dough into a ball and then flatten it into a thick circle and wrap in plastic wrap. Transfer to the fridge while you make the filling.
4. In a large bowl, stir together the sliced apples with the remaining sugar, arrowroot, lemon juice, cinnamon, and nutmeg.
5. Preheat the oven to 400°F (205°C).
6. Unwrap the dough and place in the center of a piece of parchment paper. Use a rolling pin and roll into a large circle, about 12 inches (30 cm) in diameter. Place the parchment paper and dough on a baking sheet.
7. Add the apples to the center of the dough and fold the edges towards the center, fixing any cracks as needed. Brush the sides and edges with the egg.
8. Place the galette in the oven and bake for about 33 to 36 minutes, until bubbling and the crust is golden brown. Let cool on the baking sheet for 10 minutes before slicing. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is one slice.

## Ingredients

- 1 1/2 cups All Purpose Gluten-Free Flour (plus more for dusting)
- 1/4 cup Coconut Sugar (divided)
- 1/4 tsp Sea Salt
- 1/2 cup Butter (cubed, very cold)
- 1/4 cup Water (ice cold)
- 3 Apple (cored, thinly sliced)
- 2 tsps Arrowroot Powder
- 2 tsps Lemon Juice
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1 Egg (whisked)



**More Flavor**

After brushing the egg wash on the sides, sprinkle with more coconut sugar or a coarse brown sugar.

**Additional Toppings**

Top with a scoop of ice cream.

**How to Measure Flour**

Fluff the flour first and then spoon it into your measuring cup. Use the back of a knife to level off the flour. Do not scoop the flour with your measuring cup or pack the flour in and/or tap it to get more flour in. This will result in extra flour being used, which will make your baked goods dry and crumbly.