



## Anti-Inflammatory Holidays

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## Butternut Squash, Kale and Currant Quinoa Stuffing

8 servings  
45 minutes

### Ingredients

- 1 1/2 cups Quinoa
- 1 Bay Leaf
- 2 1/2 cups Butternut Squash (Cut into 1/2 inch pieces)
- 1 tbsp Coconut Oil (Melted)
- 1 cup Currant
- 1 tbsp Extra Virgin Olive Oil
- 2 stalks Celery (Diced)
- 2 bulbs Shallot (Diced)
- 1 tsp Garlic
- 1 bunch Kale Leaves
- 1/2 cup Slivered Almonds
- 1/4 cup Parsley (Diced)
- 1 tsp Fresh Sage (Diced Sage)
- 2 1/4 cups Vegetable Broth (Or Chicken Broth)

### Directions

- 1 Preheat oven to 400 degrees. Cut the butternut squash into 1/2 inch chunks. If in a rush, buy the precut. Line a baking sheet with parchment paper. Then toss squash with coconut oil. Place in oven and cook for 30 minutes or until easy to pierce with a fork.
- 2 Rinse quinoa until water runs clear. Then place in a medium pot with broth and bay leaf. Cook as directed on quinoa packaging or roughly 15-20 minutes (until all liquid has been absorbed).
- 3 Heat olive oil on medium heat in skillet and add celery and shallots. Heat until tender and the shallots are somewhat translucent. Then add garlic and cook for 1-2 more minutes or the garlic is slightly browned.
- 4 Slice kale leaves from the stalk in bite-sized pieces. Add to celery mixture and cook until wilted.
- 5 In a large bowl combine the quinoa, squash, celery and kale mixture, currants, almonds, parsley, and sage. Mix until well combined and season to taste with salt and pepper.



## Maple Sweetened Cranberry Sauce

10 servings

17 minutes

### Ingredients

12 ozs Frozen Cranberries (Fresh or Frozen)  
1/2 cup Maple Syrup  
1/4 cup Water  
1/4 cup Orange Juice  
1/2 tsp Ground Allspice  
1/4 tsp Nutmeg  
1 tbsp Orange Zest  
1 Cinnamon Stick

### Directions

- 1 Place cranberries into a colander and rinse well. Let drain. Go through cranberries and remove any stems or soft cranberries.
- 2 In a medium pot, combine the cranberries, maple syrup, water, orange juice, ground allspice, nutmeg, and orange zest. Add cinnamon stick.
- 3 Simmer for 5-10 minutes or until thickened. Some cranberries will burst and some will remain whole and softened.
- 4 Add additional orange zest as garnish.
- 5 Put into refrigerator to cool.



## Garlic Mashed Cauliflower

4 servings  
10 minutes

### Ingredients

2 lbs Frozen Cauliflower (Mashed-Frozen and warmed)  
1 tbsp Extra Virgin Olive Oil  
2 tbsps Garlic  
1/4 tsp Dijon Mustard  
1/4 tsp Sea Salt  
1/8 tsp Black Pepper  
1 tbsp Chives (Diced)

### Directions

- 1 Heat mashed cauliflower in microwave until warm throughout.
- 2 Add olive oil, garlic, dijon mustard, salt and pepper and blend well. Top with chives.

### Notes

**Alternative Toppings:** You can alternatively add diced parsley on top or 1/4 cup parmesan cheese.

**Adaptations:** Adapted from Love and Lemons.



## Apple Cherry Crumble

12 servings

45 minutes

### Ingredients

- 2 lbs Apple (Gala)
- 14 1/2 ozs Cherries (Tart)
- 1/2 cup Honey
- 3/4 cup Oats
- 1/4 cup Coconut Sugar
- 1 tsp Cinnamon (Divided)
- 1/2 tsp Nutmeg
- 1/4 tsp Sea Salt
- 1/4 cup Coconut Oil (Melted)
- 1/4 tsp Vanilla Extract

### Directions

- 1 Preheat oven to 350 degrees.
- 2 Slice apples and combine with the tart cherries, honey, 1/2 tsp cinnamon, nutmeg, and vanilla. Toss until the apples are well covered with the honey spice mixture.
- 3 Mix oats, coconut sugar, 1/2 tsp cinnamon, and salt together. Add melted coconut oil and blend until moist.
- 4 Put apple and cherry mixture into a baking pan and top with oat mixture. Put in oven and bake for 30 minutes.

### Notes

**Optional Add In:** Optional add-ins could include nuts in the topping mixture. This could include 1/3 cup almonds, almond flour, walnuts or pecans.



## Cucumber Tapenade Appetizer

10 servings

10 minutes

### Ingredients

- 1 English Cucumber (Sliced 1/4" thick slices)
- 2 2/3 tbsps Pitted Kalamata Olives (This is the tsp of a kalamata paste)
- 1 tbsp Parsley (Diced)
- 2 tbsps Capers
- 1 tsp Lemon Zest
- 1 tsp Lemon Juice
- 2 cloves Garlic
- 2 pieces Roasted Red Peppers (Julienne striped roasted red pepper)
- 16 pieces Parsley (Flat Leaf)
- 2 ozs Smoked Salmon (Sliced)

### Directions

- 1 Combine olive paste, parsley, basil, capers, lemon zest and juice as well as garlic until well blended.
- 2 Cut cucumber into 1/4" circles.
- 3 Place approximately 1/4 tsp of the olive mixture (tapenade) on each of the cucumber disks. Then top that with salmon or a sliver of roasted red pepper. Garnish with a parsley leaf.



## Orange Ginger Turmeric Carrots and Beets

4 servings

6 minutes

### Ingredients

3 pieces Beets (3-5 Beets depending on size- ideally medium)  
1 lb Carrots (Multiple colors if possible.)  
1 tbsp Coconut Oil  
1/2 tsp Turmeric  
1/2 tsp Cinnamon  
1 slice Ginger (1- inch slice, diced)  
1 tbsp Honey (Maple Syrup if vegan)  
1 tbsp Orange Zest (About 1 orange)

### Directions

- 1 Preheat oven to 425 degrees and line a cookie pan with parchment paper.
- 2 Slice carrots into 1/2-inch pieces and beets into 1" cubes.
- 3 Put sliced beets and carrots into a bowl and toss with melted coconut oil, spices and honey.
- 4 Roast in the oven for 20 minutes or until tender.



## Sage, Rosemary and Thyme Turkey

8 servings  
2 hours 20 minutes

### Ingredients

- 5 lbs Turkey Breast
- 1 tbsp Coconut Oil
- 2 tbsps Fresh Sage (Chopped)
- 2 tbsps Thyme (Chopped)
- 2 tbsps Rosemary (Chopped)

### Directions

- 1 Preheat oven to 375 degrees.
- 2 Add 1/2 cup of chicken broth to the bottom of the pan and place turkey breast, breast side up into the roasting pan.
- 3 Melt 1T of coconut oil.
- 4 Add sage, rosemary and thyme to melted oil.
- 5 Rub oil and herb mixture on the outside of the skin and put some underneath the skin as well.
- 6 Add salt and pepper to skin.
- 7 If you have extra sprigs of sage, thyme and rosemary, place inside the cavity of the turkey.
- 8 Place the turkey in the oven and cook the turkey until the internal temperature is 170-180 degrees, approximately two hours.





## Spinach with Shallots and Garlic

4 servings

5 minutes

### Ingredients

- 1 1/2 lbs Baby Spinach
- 2 tbsps Shallot
- 2 tbsps Garlic
- 1/4 cup Water
- 2 tbsps Extra Virgin Olive Oil (Divided)

### Directions

- 1 Place 1T of olive oil, garlic, and shallot, in a pan on low heat. Cook until garlic until golden and shallots are translucent.
- 2 Then add about 1/4 cup of water to a pan.
- 3 Add spinach, handfuls at a time. Continue to stir until wilted.
- 4 Drizzle the remaining tablespoon of olive oil over the spinach.