



Anti-Inflammatory Holidays

encompass
integrative wellness^{LC}

Christina Brockett

<https://www.eiwellness.com>



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.