

# VEGAN THANKSGIVING GUIDE

## A NOTE FROM ME TO YOU

Whether you're new to plant-based eating or a veteran vegan, this handy guide will help you plant-power your way through Thanksgiving! This guide is designed to feed four, so multiply recipes as you see fit. To keep things easy, I've provided you with a Shopping List, so you can head to the market and get everything you'll need all at once.

*I'm a firm believer that healthy eating should be simple, affordable and accessible to us all.* My hope is that this little guide will help you find the balance you need to prepare your own nourishing Thanksgiving meals at home, while still balancing the busy needs of the holiday season. I also hope that as you cook your way through this Thanksgiving, you'll keep in mind that a plant-based lifestyle is better for both your body and your planet... and that you take pride in that! These simple dishes are far from fussy, but like all home cooked meals, they'll always leave you feeling nourished to the core.

Oh, and one last thing... **Life is short. Dance in the kitchen!**

## THE MENU

- Stuffed Acorn Squash with Tart Cherries & Wild Rice -
- Baked Brussel Sprouts -
- Herbed Turnip Puree -
- Maple Glazed Rosemary Sweet Potatoes -
- Ginger & Orange Cranberry Sauce -

*Lastly, I'd love to hear how you did with your feast, so please feel free to send me a little note at [thiswildolive@gmail.com](mailto:thiswildolive@gmail.com)*

**Cheers to you & yours!**

*Karima*

# SHOPPING LIST

## *Produce*

- 4 medium acorn squashes
- 3 medium sweet potatoes
- 1 lb. brussel sprouts
- 2 lbs turnips
- 1 head garlic
- 1 small bunch fresh thyme
- 1 small bunch rosemary
- 1 small bunch sage
- 1 lb. fresh cranberries
- 3 large navel oranges
- 1" fresh ginger root
- 3 small shallots

## *Other*

- 1 small bag coconut sugar
- Maple syrup
- Sunflower oil
- 1 8 oz. container of Vegan Sour Cream
- 1 c. wild rice blend
- 6 strips tempeh bacon
- 1/3 c. dried tart cherries
- 1 32 oz. box vegetable broth

# STUFFED ACORN SQUASH

## with TART CHERRIES & WILD RICE

### INGREDIENTS

#### *For the Squash*

- 4 medium acorn squashes, halved and de-seeded
- 9 tbs. sunflower oil
- Salt & pepper to taste

#### *For the Filling*

- 1 c. wild rice blend
- 6 strips tempeh bacon, chopped
- 3 small shallots, peeled and chopped
- 2 cloves garlic, finely chopped
- 1/3 c. dried tart cherries
- 1 small bunch sage, stems removed and chopped
- 1 2/3 c. vegetable broth
- Salt & pepper to taste

### INSTRUCTIONS

#### *For the Squash:*

1. Preheat the oven to 375°
2. Rub squash halves down with ~1 tbs. oil and generously season with salt and pepper.
3. Place squash halves face-down on a parchment lined baking sheet.
4. Bake for about 25 - 30 minutes, or until a paring knife enters the skin easily and the meat is fully cooked and beginning to brown.

#### *For the filling:*

1. Follow wild rice blend instructions, using vegetable broth as a substitute for water.
2. Heat 3 tbs. oil over high heat in a large skillet.
3. Add tempeh bacon and sauté until golden brown and fried, stirring frequently (should take ~3 minutes).
4. Remove and set aside.

5. Heat the same skillet over medium-high heat and add 2 tbs. oil.
6. Add shallots and sauté until soft (about ~3 minutes).
7. Add garlic and sauté for an additional 2 minutes.
8. Add tart cherries and sage and sauté for an additional 3 minutes.
9. Add vegetable broth and deglaze.
10. Add cooked rice and tempeh bacon and toss to combine.
11. Divide stuffing into four parts and fill baked squash halves.

## **BAKED BRUSSEL SPROUTS**

### **INGREDIENTS**

- 1 lb. brussel sprouts, stems removed and halved
- 4 tbs. sunflower oil
- Salt & pepper to taste
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### **INSTRUCTIONS**

1. Preheat oven to 400°
2. Add brussels to a baking sheet large enough for them to spread out in an even layer
3. Toss with oil and season generously with salt and pepper.
4. Roast for about 30 minutes (or until fully cooked through and beginning to caramelize), tossing halfway through roasting.

## **HERBED TURNIP PURÉ**

### **INGREDIENTS**

- 2 lbs turnips, peeled
- 8 cups water
- 2 roasted garlic cloves
- 4 oz. vegan sour cream

- 1 small bunch fresh thyme, stems removed and minced
- Salt & pepper to taste

## **INSTRUCTIONS**

1. Bring 8 cups salted water to a boil
2. Add turnips and boil until a paring knife enters easily into the center (~ 20 min).
3. Add turnips and remaining ingredients to a blender.
4. Leaving a gap open to release steam (but covering with a cloth), blend until fully smooth

# **Maple Glazed Rosemary Sweet Potatoes**

## **INGREDIENTS**

- 3 medium sweet potatoes, peeled and cubed
- 4 tbs. sunflower oil
- 4 tbs. maple syrup
- 1 small bunch rosemary, stems removed and minced
- Salt & pepper to taste

## **INSTRUCTIONS**

1. Bring 8 cups salted water to a boil
2. Preheat oven to 400°
3. Toss all ingredients together on a large cookie sheet and spread evenly into a single layer.
4. Bake for ~40 minutes, tossing every 15 minutes to prevent burning .
5. Remove when cubes are golden brown and and fully cooked through.

# Ginger & Orange Cranberry Sauce

## INGREDIENTS

- 1 lb. fresh cranberries
- Zest of 1 navel orange
- 1” ginger, peeled and finely grated
- 1 c. coconut sugar
- 1 c. freshly squeezed orange juice (~2 - 3 navel oranges)

## INSTRUCTIONS

1. Add all ingredients to a pot and bring to a boil.
2. Reduce to a simmer, and stirring frequently, allow all cranberries to burst (~10 minutes).
3. Once all cranberries have burst, remove from heat and allow cool.