

## **Low-Carb, Mediterranean Holiday Dinner**

This year, the Johnson Center has gathered a list of some of our favorite Low-carb, Mediterranean recipes for you to use for Thanksgiving and any other dinners through this holiday season! A combination of the Low-carb and Mediterranean diets truly is the best-for-most diet; filled with well-sourced meat and dairy products and grain-free.

A low-carb diet focuses on limiting your intake of grains, fruits, sweets, and starchy vegetables, while eating more protein, natural fats, and non-starchy vegetables. The low-carb diet has proven again and again to be very successful in maintaining and sustaining weight loss. Most find it easy to maintain this way of eating and so are more successful in reaching their health goals.

The Mediterranean diet is based on the traditional diet of countries like Italy and Greece back in the 1960s; research has shown people living in the Mediterranean region in that time were exceptionally healthy and had a low risk of many lifestyle diseases. The Mediterranean diet focuses on eating vegetables, nuts, seeds, fish, whole grains, poultry and healthy fats, while avoiding added sugar, refined grains, trans fats, refined oils, processed meat, and highly processed foods. Studies have shown that the Mediterranean diet can cause weight loss and lower the risk of heart attacks, strokes, and type 2 diabetes.

Some key specifics.

- Minimize or avoid refined carbohydrates: breads, pastas, processed cereals.
- Minimize starchy carbs such as rice and potatoes
- Cut down on all sugars
- Eat more vegetables
- Include fruit but no more than 1-2 portions daily and opt for berries or unpeeled granny smith apples (the peel is a great source of fiber). Avoid high sugar tropical fruits such as bananas, pineapple, mango, etc.
- Include high quality proteins such as fish, eggs, and meat. Avoid processed meats such as bacon, salami and sausages.
- Moderate amount of quinoa, lentils and black beans
- Increase good fats such as olive oil, avocados, nuts, and full-fat dairy (if tolerated).

While this diet is usually great for everyone the ‘one size fit’s all’ model does not always work. Everyone is genetically unique and the absolute best diet for **you** is based on your DNA or nutrigenetic profile. We do offer nutrigenomic testing at The Johnson Center and if interested please [contact](#) our office. A few examples of how your genes affect your unique nutritional requirements are as follows:

- *There are many who do not tolerate dairy due to genetic variations in the lactose gene and so should avoid dairy.*
- *Although the health benefits of the high fat ketogenic diet have been validated in numerous studies, this diet is not for everyone. Many have nutrigenetic variations that increase the risk of elevated cholesterol when eating saturated fats.*

The Holiday season is stressful, and you shouldn’t have to spend extra energy worrying about looking for healthy yet tasty recipes. These recipes are all guaranteed to be delicious for your mind, body, and soul.

---

## **Appetizers**

---

### **Spiced, Roasted Nuts**

#### **Ingredients:**

- 1 cup Almonds
- 1 cup Cashews
- 1 cup Walnuts
- 1 cup Pecans
- 2 TB coconut oil
- 2 tsp salt
- 2 tsp Cinnamon
- 2 tsp Nutmeg
- 2 tsp Cloves

#### **Instructions:**

1. Preheat your oven to 200 degrees.
2. Melt coconut oil in microwave
3. Toss the nuts in the oil until evenly coated.
4. In a large bowl combine spices.
5. Add the nuts and toss until completely coated.



6. Spread evenly on a baking sheet.
7. Bake for 3 hours, stirring halfway through baking.

### **Keto/Low Carb Charcuterie Board**

#### **Ingredients:**

- grass-fed kerrygold cheeses
- Organic, wildflower honey
- raw or homemade roasted nut blends (savory)
- olives
- quinoa flatbread (in JC recipe book)
- raw veggies
- olive oil with added spices (oregano, thyme, rosemary, etc) for dipping of veggies/flatbread

### **Stuffed Butternut Squash with Quinoa Salad**

#### **Ingredients:**

- ½ cup uncooked quinoa, rinsed and drained
- 1 cup vegetable broth
- 1 large butternut squash
- 1 tablespoon extra virgin olive oil
- Sea salt and pepper, to taste
- 3 cloves garlic, minced
- 2 shallots, sliced
- 2 celery stalks, finely chopped
- 3 cups chopped kale
- 1 cup cooked chickpeas, rinsed and drained
- 1 small bunch parsley, chopped
- Juice from 1 lemon
- 1 ½ tablespoon pure maple syrup
- Generous pinch red pepper flakes
- ⅓ cup pomegranate seeds
- ¼ cup roasted pecans, chopped

#### **Instructions:**



1. Preheat the oven to 425 degrees Fahrenheit. Line a large baking sheet with parchment paper
2. Cut the squash lengthwise down the middle. Scoop out and disregard the seeds, and brush each piece with olive oil. Sprinkle with a few generous pinches of salt and pepper. Place the squash cut side down on the baking sheet. Roast until tender when pierced with a fork, about 35-40 minutes depending on the size of the squash. At the 20 minute mark, turn the squash over so that it's facing cut side up. Remove from the oven and set aside.
3. While the squash bakes, place the quinoa and vegetable broth in a medium saucepan. Bring to a boil uncovered, then reduce the heat and let it simmer covered for 15 minutes. Turn off the heat and allow the quinoa to sit for 5 more minutes, or until the broth is absorbed. Remove from the heat and set aside.
4. In a skillet over medium heat, saute the garlic and shallots in 1 tablespoon of olive oil until soft, about 2 minutes. Add the celery and saute 2 minutes longer. Add the kale and chickpeas to the pan and saute until the kale is wilted and the chickpeas are heated through. Add the cooked quinoa, parsley, lemon juice, maple syrup, and red pepper flakes. Stir to combine and season with salt and pepper.
5. Scoop out the roasted squash leaving about  $\frac{3}{4}$  inch of squash plus shell. Fill the squash with quinoa salad mixture, allowing it to overflow generously. Top with pomegranate seeds and pecans, then slice and serve.

Source: <https://picklesnhoney.com/stuffed-butternut-squash-quinoa-salad/>

---

## Gluten-Free Bread Rolls

---

### Keto Bread Rolls

Yields ~12 rolls

#### Ingredients:

- 2 1/2 cup Almond Flour
- 1/2 cup Coconut Flour
- 3/4 cup + 2 tablespoons [Whole Psyllium Husk](#)
- 1 teaspoon salt
- 4 teaspoons Baking Powder or 2 teaspoon baking soda (Make sure aluminum free)
- 4 teaspoons Apple cider vinegar



- 2 tablespoons Avocado Oil
- 2 cup hot water (~104 F)
- 4 tablespoons Sesame seeds, optional

**Instructions:**

1. Preheat the oven to 375°F (180°C). Lay parchment paper on a baking tray. Set aside.
2. In a large mixing bowl add all the dry ingredients first: almond flour, coconut flour, whole psyllium husk, baking powder, and salt. Stir to combine.
3. Add apple cider vinegar, avocado oil, and stir in the hot water. Combine for 1 minute with a spatula, the water will absorb gradually, drying out the mixture to create the bread dough. It should stay a bit soft and sticky, that is normal, but you should be able to form a ball with your hand. If not, add slightly more husk 1 teaspoon at a time. You want the ball to hold together, it's OK if it's moist. Don't add more than 1 tablespoon (3 tsp) of additional husk.
4. Set aside for 10 minutes to let the fiber absorb the liquid. The dough should be elastic, soft, and easy to divide into 12 small balls.
5. Roll each small ball between your hands and place them one by one on the baking tray. No need to leave more than half a thumb between each bread as they won't expand while baking.
6. With a pastry brush, brush the top of each bread ball with a bit of filtered water.
7. Sprinkle some sesame seeds on top of each bread - optional, but delicious!
8. Bake 40-45 minutes at 375°F. I recommend you place the tray at the very BOTTOM of the oven for 30 minutes then swap to the TOP level of the oven for 10-15 extra minutes. If you love your bread crusty turn onto grill mode for an extra 5 minutes after 40-45 minutes of baking time. Watch them closely to avoid the top to burn - if you use the grill method.
9. Remove from the oven and allow them to fully cool down on a cooling rack.
10. Slice halfway and enjoy!
11. Store in the pantry for 5-6 days. May wrap in a towel to keep them fresh and rewarm them sliced in the toaster to add some crispiness. You can also freeze the bread and double the recipe to make more ahead.

**Source:** <https://www.sweetashoney.co/keto-bread-rolls-vegan-no-eggs/>

**Almond Flour Bread Rolls**

Yields 12 rolls



**Ingredients:**

- 4 Cups Almond flour
- 1 cup Ground Flaxseed
- 8 tablespoons psyllium husk powder
- 2 tablespoon baking powder
- 4 tablespoons avocado oil
- 4 egg whites
- 4 eggs
- 2 tablespoon apple cider vinegar
- 1 teaspoon salt
- 2 cup boiling water

**Instructions:**

1. Preheat the oven to 350F degrees.
2. Place the almond flour, baking powder, psyllium husk powder, flaxseed flour and salt in a bowl and mix thoroughly.

3. Add the avocado oil and eggs and blend well until the mixture looks like breadcrumbs.
4. Add the apple cider vinegar and mix well.
5. Gently add the water, a bit at time and stir into the mixture (you may not need it all if it looks too wet).
6. Let the mixture stand for 30 minutes to firm up.
7. Line a baking tray with parchment paper.
8. Using your hands, make a ball of the dough (I find keeping my hands wet helps with the sticky dough).
9. Place the balls on a parchment paper lined baking tray.
10. Bake for 30 minutes until golden and firm.
11. Eat and enjoy!

**Source:**

<https://divaliciousrecipes.com/amazing-bread-rolls-grain-free-gluten-free-and-low-carb/#wprm-recipe-container-14416>

---

## Flourless Gravy

---

### Paleo Flourless Gravy

8 servings

**Ingredients:**

- 2 tablespoons *turkey fat* from pan drippings or use ghee
- 1/2 cup chopped onions
- 2 cups chopped cauliflower
- pan drippings
- 1-2 cups chicken or turkey stock
- several sprigs fresh thyme or other herbs
- sea salt and fresh ground pepper to taste

**Instructions:**



1. Heat fat/ghee over medium heat in a saucepan. Add onions and cook until onions start to brown. Stir in cauliflower and thyme sprigs.
2. Measure pan drippings and add enough stock to equal 2 cups of liquid. Add pan drippings/stock mixture to pan with vegetables. Simmer until cauliflower is fork tender, about 10 minutes. Remove herb stems.
3. Carefully transfer mixture to a high speed blender or food processor. Blend on high until smooth and creamy.
4. Return gravy to the pan to reheat. Add more stock to thin to desired consistency, if needed. Season with salt and pepper to taste.

**Source:** <https://cookeatpaleo.com/easy-paleo-gravy/>

## **Simple Flourless Gravy**

### **Ingredients:**

- 2 1/2 cups chicken stock
- 2 cups cauliflower florets
- ~1 cup excess liquid from roasted poultry

### **Instructions:**

1. Place the cauliflower florets and 1 1/2 cups chicken stock in a pot on medium high heat.
2. Leave the florets to simmer in the stock for approximately 8-10 minutes until they are very tender and easily pierced with a fork.
3. Once the cauliflower is cooked, transfer it along with any excess liquid from the pot into a blender and blend into a smooth puree. Set aside.
4. Pour all of the excess liquid from the roasting tray into a sauce pan on high heat (you should have approximately 1 cup of liquid). Add in 1 cup of stock, bring to a boil and leave to reduce for 5 minutes.





5. After 5 minutes the liquid should have reduced by approximately 1/3. Lower the heat to medium and start by adding in one large spoonful of the cauliflower puree. Whisk to fully incorporate and then add another spoonful, whisking as you add to ensure the gravy is well mixed. Continue adding the puree until the gravy has reached your desired consistency.

Source: <https://www.everylastbite.com/2020/04/10/chicken-and-gravy/>

---

## Turkey

---

### Garlic Herb Roast Turkey Breast

#### Ingredients:

##### For Turkey

- 2 ½ lb bone-in turkey breast this would be ½ of a whole turkey breast
- Redmond Sea Salt
- 1 tsp allspice
- 1 tsp paprika
- 1 tsp ground black pepper
- ½ tsp nutmeg
- 1 head garlic, about 14 cloves, peeled and minced
- Large handful of chopped fresh parsley, ~ 2 ounces
- Avocado oil
- 7 to 8 small shallots, peeled and halved
- 7 celery sticks, cut into large pieces

##### For Grapes

- 1 lb seedless red grapes
- Avocado oil
- Redmond sea salt



## Instructions:

1. Salt the Turkey. Pat the turkey breast dry and season with salt on both sides (be sure to carefully lift the skin up and season with salt underneath as well.) Set aside at room temperature for 30 minutes BUT, if you have the time, chill the turkey in the fridge uncovered for 2 hours or overnight (see notes).
2. If you have chilled the turkey, take it out and set it aside at room temperature while you work on the rest of the ingredients.
3. Roast the grapes. Preheat the oven to 450 degrees F. Add the grapes to a 9 ½ x 13 baking pan. Toss with a little avocado oil and salt. Roast in the heated oven for 15 minutes, then remove from heat and transfer the grapes to a plate for now. Leave the oven on.
4. Flavor the Turkey with the Spice Mixture, Garlic and Fresh Parsley. In a small bowl, mix together the spices. Season turkey with spice mixture on all sides (again, carefully lift skin and rub spice mixture underneath.) In a large bowl, combine garlic, parsley and about ⅓ to ½ cup avocado oil. Add the turkey into the bowl and apply the garlic and parsley mixture all over (again, very important to apply mixture underneath the skin.)
5. Assemble the Turkey Breast in the Pan. In the same pan you used earlier, add the shallots and celery to make a bed for the turkey. Simply season with salt and drizzle a little avocado oil. Place the turkey breast on top.
6. Roast the Turkey Breast. Put the turkey pan on the middle rack of the heated oven and immediately turn the heat down to 350 degrees F. Roast for up to 45 minutes or until its internal temperature registers somewhere between 150 to 155 degrees F. Check occasionally, if at some point during roasting, you notice the turkey skin turning too dark, cover it with foil and continue roasting.
7. Add Grapes Back In. Closer to the end of your roasting time, carefully remove the turkey from the oven to add in the grapes. Return to the oven very briefly so the grapes warm through (if your turkey needs a little bit of color, stick it under the broiler for a couple of minutes and watch carefully).
8. Remove from Oven and Let Rest Briefly Before Serving. Cover the turkey loosely with foil and let the turkey rest undisturbed for about 15 minutes before slicing through to serve. The turkey meat will continue to cook and its internal temperature should rise to 165 degrees F.
9. To Carve or Slice the Turkey Breast. Transfer the turkey breast to a clean cutting board. Start at the breast bone and continue carving from there making sure to keep your knife close to ribs. Once the meat is off the bone, you can slice the breast crosswise into slices

## Mashed Potato Alternatives

### Garlic Butter Mashed Cauliflower

~Yields 4 servings



#### **Ingredients:**

- 1 Large Head Cauliflower leaves removed and broken into large florets
- 4-6 Garlic Cloves finely chopped and divided
- 2 Cup Chicken or vegetable broth

- 4 Cup Water or more as needed
- 2 Tbsp butter or avocado oil
- Salt and pepper, to taste
- Fresh Chopped Herbs to garnish if desired

**Instructions:**

1. Place the cauliflower florets in a large pot and cover with broth and water.
2. Add in half of the garlic and a good pinch of salt and pepper. Bring to a boil, then reduce the heat and simmer for 15-18 minutes, or until cauliflower is fork-tender.
3. Using a colander, strain the cooked cauliflower and place it into a food processor. Add in the remaining garlic and butter/oil; process until smoothly pureed.
4. Taste and adjust the seasoning if needed then arrange it into a serving bowl/platter and sprinkle with fresh chopped herbs. Enjoy!

**Source:**

<https://healthyfitnessmeals.com/garlic-butter-mashed-cauliflower/#wprm-recipe-container-33941>

**Mashed Sweet Potatoes with Cumin and Chili**

Yields ~4 servings

**Ingredients:**

- 3 medium-large sweet potatoes
- 3 tablespoons ghee or butter
- 1 teaspoon cumin
- 1 teaspoon chili powder
- ¾ teaspoon salt

**Instructions:**

1. Preheat the oven to 400 F.
2. Scrub and clean potatoes, and cover a large baking sheet with foil
3. Pierce each sweet potato all over with a knife or fork
4. Bake potatoes for 50 minutes at 400 or until tender inside



5. Peel potatoes once cool enough to touch
6. Add sweet potatoes to a bowl with the remaining 2 tablespoons ghee/butter and the salt, cumin, and chili powder
7. Using a hand mixer or masher, mash until smooth

Source: <https://www.thepaleochefstable.com/mashed-sweet-potatoes-cumin-chili/>

## **Whipped Parsnips with Fresh Herbs**

Yields ~4-6 servings

### **Ingredients:**

- 3 1/2 lbs parsnips, cut into 1 inch pieces – about 6 medium sized parsnips
- 5–7 whole garlic cloves – peeled and left whole with the ends trimmed
- 1 1/2 tablespoons avocado oil, coconut oil, or ghee
- 1/4 cup ghee, olive oil, or butter
- 1 cup unsweetened almond milk, or another milk of choice + more as needed
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 2 teaspoons lemon juice
- 1/4 cup fresh herbs of choice – chives, parsley, or thyme are all excellent choices

### **Instructions:**

1. Preheat oven to 375 degrees.
2. On a large baking sheet toss cut parsnips and garlic cloves with 1 1/2 tablespoons avocado oil.
3. Roast in the oven for 30-40 minutes, until tender and just barely starting to brown. Don't let them brown too much or crunchy bits will form and won't blend well into the parsnips.
4. Alternatively, you can steam the parsnips and garlic until tender. This is a great option if your oven is already in use or if you don't have a food processor or blender.



5. While waiting for parsnips to roast add all other ingredients except for the fresh herbs to your food processor or blender – 1/4 cup ghee, 1/4 cup almond milk, 1 teaspoon sea salt, 1/2 teaspoon black pepper, and 2 teaspoons lemon juice.
6. Once parsnips are tender, remove them from the oven and add to the food processor with all the other ingredients.
7. Process everything together until smooth and fluffy, with no pieces of parsnips remaining. Stop every so often to scrape down the sides if necessary. Add extra almond milk as needed to until desired consistency is reached.
8. Taste and add more salt and pepper if desired.
9. Once seasoned to your liking, add fresh herbs and quickly pulse to incorporate into the whipped parsnips or fold them in with a spoon.
10. Serve immediately or store in the refrigerator to reheat later!

**Source:**

<https://nyssaskitchen.com/whipped-parsnips-with-fresh-herbs-paleo-vegan-option/>

### **3-Ingredient Creamy Butternut Squash**

Yields 6-8 servings



**Ingredients:**

- Roughly 4 cups of butternut squash (1 large squash - 2.5-3 lb squash)
- 3/4 cup canned light coconut milk
- 1 1/2 tablespoons of avocado or coconut oil
- 1/2 teaspoon sea salt
- 1/2 teaspoon pepper

**Instructions:**

1. Preheat the oven to 400 degrees F.
2. Peel butternut squash and remove seeds. Chop into small cubes and toss in avocado oil on a large baking sheet. If you're using coconut oil, melt before tossing. Bake for 35 minutes, remove from the oven, and allow to cool for a few minutes.
3. Pour coconut milk, sea salt, and pepper into a food processor. Add butternut squash and blend well. Stop to scrape sides if needed and continue blending until smooth and creamy.
4. Top with a dash of sea salt and some freshly ground black pepper, enjoy!

Source: <https://www.foodtofeelgood.com/3-ingredient-creamy-butternut-squash/>

---

## Casseroles

---

### Garlic Parmesan Roasted Sweet Potatoes

Yields 6 servings

**Ingredients:**

- 2 sweet potatoes, peeled and sliced
- 2 teaspoons minced garlic
- 1 tablespoon avocado oil
- 2 tablespoons butter, melted
- 4 tablespoons grated Parmesan cheese
- 1/2 teaspoon garlic salt
- 1/2 teaspoon Italian Seasoning
- Fresh thyme

**Instructions:**

1. To cook the garlic parmesan roasted sweet potatoes: Preheat your oven to 400°F (200°C). Peel and cut sweet potatoes into thin slices (¼-½ inch).
2. Place garlic, oil, butter, salt, Parmesan cheese and Italian seasoning in a Ziploc bag and mix well. Throw in sweet potatoes and shake until well coated.
3. Lightly butter a baking dish and arrange coated sweet potatoes into a spiral. Sprinkle with a little parmesan if you like.
4. Bake sweet potatoes for 30-35 minutes. Serve your garlic parmesan roasted sweet potatoes warm and sprinkle with thyme if desired.

Note: Roasting time will depend on the thickness of your sweet potato slices: the thicker, the longer.

**Source:**

<https://www.eatwell101.com/garlic-parmesan-roasted-sweet-potato-recipe#recipecard>

---

## Roasted Vegetables

### Mediterranean-Style Roasted Eggplant Recipe

Yields 4 or more servings

**Ingredients:**

- 1 large eggplant, sliced into ¾-inch to 1-inch rounds
- Redmond real salt
- Avocado oil
- Seasoning of your choice (I used a generous sprinkle of za'atar and sumac)
- ½ cup chopped fresh parsley
- ½ cup pomegranate arils (seeds)
- Toasted pine nuts, a handful

**Instructions:**

1. Sprinkle both sides of eggplant slices with kosher salt and arrange on a large tray lined with paper towels. Leave for 30 minutes to allow the eggplant to "sweat."





2. Meanwhile, arrange a rack in the middle of the oven and preheat to 400 degrees F. **Make the tahini sauce according to this recipe and set aside for now.**
3. Pat the eggplant slices dry and brush both sides generously with avocado oil. Arrange eggplant slices on a lightly-oiled baking sheet (make sure to space them out well). Roast in heated oven for 20 minutes, turn over using a spatula and roast for another 10 to 15 minutes or until the eggplant turns golden brown.
4. When the roasted eggplant is ready, remove from oven (there should not be too much excess oil, but if you like, you can carefully place the eggplant slices on a try lined with paper towel to drain.) Arrange on a serving platter and sprinkle with seasoning of choice (I used about 1 to 1 ½ tsp of za'atar and a similar amount of sumac) **Drizzle with tahini or serve tahini on side.** Top with fresh parsley, pomegranate arils and toasted pine nuts.
5. Serve this roasted eggplant as a vegan side or as an appetizer/mezze, it's great on top of warm pita or your favorite crusty bread.

Source: <https://www.themediterraneanandish.com/roasted-eggplant-recipe/>

## **Easy Cinnamon Roasted Sweet Potatoes**

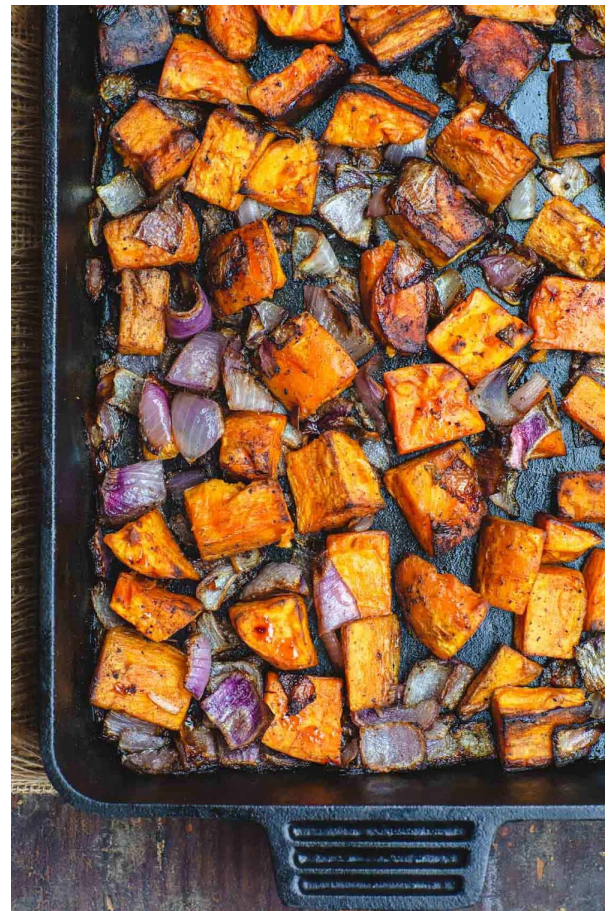
Yields 6 servings

### **Ingredients:**

- 3 lb sweet potatoes peeled and cut into 1-inch cubes
- Avocado Oil
- Kosher salt
- Black pepper
- 1 tsp ground cinnamon
- ½ to ¾ tsp ground allspice
- 2 small red onions cut into large pieces

### **Instructions:**

1. Preheat oven to 400 degrees F, and position an oven rack in the middle
2. Place the sweet potato cubes and onion pieces in a large mixing bowl. Add a generous drizzle of avocado oil (3 to 4 tablespoons). Add salt, pepper, cinnamon and allspice. Toss well to coat.



3. Transfer to a sheet pan. Spread the sweet potatoes and onions well in one single layer (do not crowd the pan.)
4. Roast for 35 to 45 minutes, tossing occasionally, until the sweet potatoes are well cooked through and charred on the edges.

Source: <https://www.themediterraneanandish.com/easy-roasted-sweet-potatoes/>

### **Roasted Butternut Squash with Sage and Cranberries**



#### **Ingredients:**

- 1 medium butternut squash
- 4 tablespoons extra-virgin olive oil, divided
- 1 teaspoon fine sea salt, divided
- 2 medium yellow onions
- 2 tablespoons chopped fresh sage
- 4 tablespoons dried cranberries or cherries
- 1/2 teaspoon ground black pepper, divided

#### **Instructions:**

1. Peel squash and cut in half lengthwise. Scoop out seeds from the center and discard. Cut squash into large chunks. Coat with 2 tablespoons of the olive oil. Season with 1/2

teaspoon salt and 1/4 teaspoon pepper and arrange on a parchment-lined baking sheet. Bake for about 10 minutes.

2. Meanwhile, peel onions and cut into large chunks. Coat with remaining 2 tablespoons olive oil. Season with the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper.
3. Use a spatula to move the butternut squash to one half of the baking sheet. Spread the onions on the second half and bake until the squash and onions are well caramelized, about 20 minutes. When squash and onions are done, toss with sage and cranberries. Serve immediately.

**Source:**

<https://www.wholefoodsmarket.com/recipes/roasted-butternut-squash-sage-and-cranberries>

## **Green Beans with Warm Pistachio Vinaigrette Recipe**

Yields ~4 servings

**Ingredients:**

- 1/4 cup butter
- 1/2 cup shelled pistachios, chopped
- 2 tbsp red wine vinegar
- 1 tbsp water
- 1/4 tsp salt
- 1 lb green beans, trimmed

**Instructions:**

1. Melt butter in a frying pan over medium heat. Add pistachios and saute for 2 minutes. Remove from heat.
2. Add vinegar, water and salt to frying pan. Stir to combine.
3. Bring a medium pot of salted water to a boil and blanch green beans for 4 minutes. Drain and rinse with cold water.
4. Toss beans with vinaigrette.

Source:

<https://www.simplystacie.net/2013/08/green-beans-with-warm-pistachio-vinaigrette-recipe/>

## Holiday Roasted Vegetables

Yields 4 servings



### Ingredients:

- 3/4 lb. Brussels sprouts, trimmed and halved
- 2 large carrots, peeled and sliced into 1/2" pieces

- 2 tbsp. avocado oil
- 1 tbsp. balsamic vinegar
- 1 tsp. chopped rosemary leaves
- 1 tsp. chopped thyme leaves
- Kosher salt
- Freshly ground black pepper
- 1/2 c. toasted pecans
- 1/2 c. dried cranberries best to substitute 1 cup whole fresh cranberries

**Instructions:**

1. Preheat the oven to 400°. Scatter vegetables on a large baking sheet. Toss with oil, balsamic vinegar, rosemary, and thyme. Season with salt and pepper.
2. Bake for 20 to 25 minutes, until the vegetables are tender, shaking the pan halfway through.
3. Before serving, toss roasted vegetables with pecans and cranberries.

**Source:**

<https://www.delish.com/cooking/recipe-ideas/recipes/a50228/holiday-roasted-vegetables-recipe/>

---

**Side Dishes**

**Deviled Eggs**



### Ingredients:

- 8 large eggs
- 1/3 cup greek yogurt (or 1 medium ripe avocado)
- 1 Tbsp. mustard
- Sea salt and ground pepper to taste
- Paprika for garnish (optional)

### Instructions:

1. Add eggs to a medium sized saucepan and fill the pan with enough water to cover the eggs.
2. Place the pan on the stove over medium-high heat and bring just to a rolling boil. Remove the pan from heat, cover, and let sit for 12 minutes.
3. Place the eggs in a bowl of ice water for 3 minutes to stop the cooking process.
4. Roll each egg back and forth gently on the counter with the palm of your hand to create small cracks across the egg, then gently slip off the peel (sometimes it helps to peel them under a gentle steam of water).
5. Cut the eggs in half lengthwise and scoop out the yolk of each egg into a medium sized mixing bowl.

6. Place the egg whites on a tray or plate, round side down.
7. Add the mayonnaise/avocado and mustard to the egg yolks and mash together with a fork. Make sure that you get a creamy consistency and that all of the lumps are removed. Add salt and pepper to taste.
8. Scoop a spoonful of the egg yolk mixture into each egg white and top with a couple dashes of paprika. Place in the refrigerator until ready to serve.

Source: <http://www.paleocupboard.com/deviled-eggs.html>

## **Keto-Cranberry Salad**

### **Ingredients:**

- 1 pound fresh cranberries
- 2 cups sliced celery
- 1/2 cup raw, dehydrated pecans
- 1 medium shallot sliced into rings
- 2 tbs olive oil
- 2 tbs MCT oil (optional)
- 2 tbs coconut vinegar
- 2-3 tbs stevia sweetener
- 2 cloves garlic minced or pressed
- 2 tsp pure vanilla extract
- 1/4 tsp pink Himalayan salt

### **Instructions:**

1. In a food processor, pulse the cranberries until chopped fairly fine. Alternatively, chop with a knife until fairly fine.
2. Add the chopped cranberries to a mixing bowl and add the sliced celery, shallot, and pecans and stir to mix well.
3. In a small bowl or glass measure whisk together the oils, vinegar, garlic, sweetener, vanilla, and salt.
4. Pour vinaigrette over the cranberry mixture and stir well until cranberry mixture is well coated in the vinaigrette.
5. Enjoy right away or refrigerate until ready to eat. If eating later, be sure to give it a good stir before serving.





**Source:**

<https://wildlyorganic.com/blogs/recipes/keto-fresh-cranberry-salad-dairy-free-grain-free-no-refined-sugar>

---

## Stuffing

### **Best-Ever Keto Stuffing**

**Ingredients:**

- 1 loaf [keto bread](#), cut or torn into bite-sized pieces
- 4 tbsp. butter, divided, plus more for baking dish
- 8 oz. pork sausage
- Kosher salt
- Freshly ground black pepper
- 2 stalks celery, thinly sliced
- 1/4 c. minced yellow onion
- 2 stalks celery, thinly sliced
- 2 cloves garlic, minced
- 1/2 c. freshly chopped parsley
- 1 tbsp. freshly chopped sage, minced
- 1 tbsp. fresh thyme leaves, minced
- 1/2 tbsp. freshly chopped rosemary
- 1 1/2 c. low-sodium chicken broth
- 1 large egg, beaten



**Instructions:**

1. Preheat the oven to 350° and butter a medium baking dish. In a large bowl, toss bread with 3 tablespoons melted butter.
2. Spread in an even layer on a baking sheet and toast until golden and crisp, 10 to 12 minutes.
3. In a large skillet over medium heat, add sausage. Cook, stirring occasionally, until no pink remains, 10 minutes. Season with salt and pepper and remove sausage with a slotted spoon. Melt remaining tablespoon butter in pan.
4. Add onion and celery and cook until soft, 6 minutes. Stir in garlic, parsley, sage, thyme, and rosemary and cook until fragrant, 1 minute more. Season again with salt and pepper.

5. Place bread in a large bowl and add skillet mixture and sausage. Toss to combine.
6. In a medium bowl, whisk together chicken broth and beaten egg and pour over bread mixture. Season generously with salt and pepper and toss until completely coated.
7. Transfer mixture to prepared baking dish and cover with foil.
8. Bake until cooked through, 35 minutes, then remove foil and cook until bread is crisp on top, 15 to 20 minutes more.

**Source:**

<https://www.delish.com/holiday-recipes/thanksgiving/a29024474/keto-stuffing-recipe/>

### **Keto Stuffing Recipe**



**Ingredients:**

- 4 Slices gluten free bread (or rolls), crumbled
- 3 tbsp Butter, melted
- 2 stalks Celery, chopped

- 1/4 cup Leeks, chopped
- 1/2 tsp Garlic, minced
- 1 tsp Italian Blend Seasoning, dried
- 1/4 tsp Sage
- 1/2 tsp each Salt & Pepper
- Olive Oil
- 1/2 tsp Celery Seasoning , optional
- 1/2 Cup Chicken broth

**Instructions:**

1. Crumble the keto bread, drizzle with olive oil and bake for about 5 minutes until lightly browned.
2. Saute chopped veggies in olive oil for a minute or two to bring out flavors.
3. Mix together with melted butter and chicken broth
4. Bake on 350 covered with foil for 10 minutes and uncovered for 5 minutes.
5. Serve!

Source: <https://howtothisandthat.com/keto-stuffing-recipe/>

**Cauliflower Stuffing**

**Ingredients:**

- 4 tbsp. butter
- 1 onion, chopped
- 2 large carrots, peeled and chopped
- 2 celery stalks, chopped or thinly sliced
- 1 small head cauliflower, chopped
- 1 c. (8-oz.) package baby bella mushrooms, chopped
- Kosher salt
- Freshly ground black pepper
- 1/4 c. freshly chopped parsley
- 2 tbsp. freshly chopped rosemary
- 1 tbsp. freshly chopped sage (or 1 tsp. ground sage)
- 1/2 c. low-sodium vegetable or chicken broth

**Instructions:**

1. In a large skillet over medium heat, melt butter.
2. Add onion, carrot, and celery and sauté until soft, 7 to 8 minutes.
3. Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 8 to 10 minutes more.

4. Add parsley, rosemary, and sage and stir until combined.
5. Pour over broth and cook until totally tender and liquid is absorbed, 10 minutes.

Source: <https://www.delish.com/cooking/recipe-ideas/a50127/cauliflower-stuffing-recipe/>

---

## Dessert

---

### Paleo Apple Pecan Crisp



#### Ingredients:

- 4 apples
- 1/3 + 1/2 cup coconut sugar or paleo-friendly sweetener like Swerve, divided
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 2 tsp vanilla extract
- 1 cup almond flour
- 2/3 cup pecans, chopped\*
- 1/3 cup coconut oil, softened
- 2 tbsp maple syrup or honey

## Instructions:

1. Preheat your oven to 400 degrees.
2. Core, peel, and thinly slice the apples. Toss the apples with 1/3 cup coconut sugar, cinnamon, nutmeg, and vanilla extract.
3. Dump into an 8×8" baking dish.
4. Mix the almond flour, chopped pecans (you can substitute other chopped nuts if you prefer, such as walnuts or almonds), 1/3 cup coconut sugar, and the coconut oil. Softened coconut oil will work the best, but you can use melted if you can't get it softened. This almond flour mixture will clump together.
5. Spoon on top of the sliced apple mixture – spread it about as you can, it doesn't have to cover the apples perfectly.
6. Optional: drizzle 2 tbsp maple syrup or honey over the almond pecan mixture.
7. Bake for 20 minutes covered, then another 10-20 uncovered. The apples should be somewhat soft (not mushy) and beginning to bubble when done.
8. Serve warm with fresh whipped cream if desired.

Source: <https://livingwellmom.com/grain-free-apple-crisp/#tasty-recipes-57573>

## Keto Pumpkin Pie

### Ingredients:

#### Crust

- 2 tablespoons butter, melted
- ½ cup finely chopped pecans
- ½ cup stevia sugar substitutes
- ½ teaspoon ground cinnamon
- 1 pinch salt

#### Pie Fillings

- 1 (15 ounce) can pumpkin pie
- 4 large eggs
- ¾ cup granular sucralose sweetener (such as Splenda)
- ½ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground allspice
- ¼ teaspoon ground cloves



### Instructions:

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Combine melted butter, pecans, stevia, cinnamon, and salt in a bowl. Press into the bottom of a 10-inch pie pan.
3. Bake crust in the preheated oven for 5 minutes. Remove from the oven and increase temperature to 425 degrees F (220 degrees C).
4. Combine pumpkin puree, eggs, sweetener, ginger, nutmeg, allspice, and cloves in a bowl and mix completely.
5. Pour filling into pie crust.
6. Bake in the hot oven for 15 minutes.
7. Reduce temperature to 350 degrees F (175 degrees C). Continue baking until a knife inserted into the pie comes out clean, 50 to 60 minutes more.
8. Cool for 1 hour before refrigerating. Refrigerate for 2 to 3 hours before serving.

Source: <https://www.allrecipes.com/recipe/266183/keto-pumpkin-pie/>

## Pecan Softies with Sea Salt and Dark Chocolate

### Ingredients:

- 1/2 cup almond flour
- 1 cup pecan halves
- 1 1/2 tablespoons butter, *melted*
- 1 teaspoon baking powder
- 1/4 cup erythritol
- 1/2 teaspoon sea salt
- 1 large egg white
- 1-ounce low-carb dark chocolate, *melted for drizzle*

### Instructions:

1. Heat oven to 350F and line a cookie sheet with parchment paper. Combine the dry ingredients in a blender or food processor and pulse until the pecans are a coarse ground.
2. Add the butter, salt, and egg white into the blender and pulse a few times to combine. The cookie dough should like wet and feel sticky but still chunky.



3. Using a spoon or small scoop, portion out 10 rounded cookie dough balls onto the parchment. Flatten the tops of the balls until you have evenly round, flat cookies.
4. Bake for 15 minutes or until the edges begin to brown.
5. Melt the chocolate by placing in a microwave safe bowl for 45 seconds. Stop it every 15-20 seconds to stir.
6. Drizzle each cookie with chocolate and sprinkle with extra sea salt.

Source: <https://www.ruled.me/pecan-softies-with-sea-salt-and-dark-chocolate/>

## **Mediterranean Savory Pumpkin Pie**

### **Ingredients:**

- 2 pounds (1kg) pumpkin (any kind) peeled and cut into small cubes
- 3 tablespoons olive oil
- 2 onions diced
- 2-3 cloves garlic minced
- 1 cup (100g) dry breadcrumbs
- 2 cups (100g) soft breadcrumbs
- 3 eggs lightly whisked
- 2 cups (300g) feta cheese crumbled
- 2 cups (200g) hard cheese (graviera or parmesan, or pecorino or cheddar or gouda or a mix) grated
- 1 tablespoon fresh mint (or 1 teaspoon dry) finely chopped
- 2 tablespoons fresh thyme leaves finely chopped
- Freshly ground pepper

### **Instructions:**

4. In a large pot, over medium heat add 3 tablespoons olive oil and sauté onion for 2-3 minutes, garlic for another 2 minutes. Adjust heat not to burn them.
5. Toss in the pumpkin, thyme, mint, pepper and sauté for another 5 minutes. Pour in hot water to cover the pumpkin and bring to a boil over high heat. Reduce heat to medium-low, cover and cook for about 20 minutes until the pumpkin softens.
6. Add gradually breadcrumbs, toss and adjust according to the amount of liquid. Remove from heat and set aside to cool. Add the whisked eggs and the hard cheese. Toss until well incorporated.





7. Preheat the oven at 350°F / 180°C.
8. Grease the bottom and sides of the pan\* with olive oil and pour in the pumpkin-cheese mix. Spread evenly. Add feta cheese crumbles on top and season with freshly ground pepper and some more fresh thyme, if desired.
9. Bake for 45 minutes until golden. Remove from the oven and serve warm.

**Source:** <https://30daysofgreekfood.com/mediterranean-savory-pumpkin-pie/>