



## *Clean Eating Holiday Menu*

Brined Turkey with  
Oranges and Rosemary

Two-Potato Gratin

Warm Brown Rice Salad

Shredded Brussels Sprouts

Green Beans with Roasted Shallots

Bake Apples with Blue Cheese

Toasted Pecan Tart

Maple Syrup Pumpkin Pie

*serves 12*



## CLEAN EATING

# *Brined Turkey with Oranges and Rosemary* (Prep Ahead)

### DISH 1



Prep	Cook	Total
20m	3h 30m	3h 50m

1 (12- to 14-lb) turkey, thawed  
½ cup sugar  
⅓ cup kosher salt  
1 tablespoon whole black peppercorns  
2 tablespoons butter, softened  
2 lemons, cut into quarters  
1 bunch fresh thyme  
1 bunch fresh rosemary  
2 tablespoons butter, softened  
1 teaspoon kosher salt  
½ teaspoon pepper  
1 onion, cut into quarters  
1 orange, cut in half  
1 large carrot, cut into 4 chunks  
2 cups chicken broth

**1.** Remove giblets and neck from turkey; rinse turkey inside and out with cool water.

**2.** To prepare Brine: Combine 2 cups water, sugar, kosher salt and peppercorns in a saucepan over medium-high heat. Bring to a boil, stirring until sugar dissolves. Cool 10 minutes; add 1 gallon water to brining mixture in a brining bag. Add turkey, lemons, thyme and rosemary; seal bag and refrigerate 8 to 24 hours.

**3.** Rinse turkey, and pat dry (discarding brine); place in a roasting pan. Lift wingtips up and over back; tuck under turkey. Preheat oven to 325 degrees. Rub turkey all over with butter. Season with salt and pepper. Place onion, orange and carrot in the body cavity. Tie up legs with kitchen string.

**4.** Bake 1 hour. Baste with some of the broth. Bake 2 hours longer or until a thermometer inserted registers at least 165 degrees, basting every 30 minutes with broth. Let stand, covered, 30 minutes before carving.

**Note:** Garnish with additional rosemary, thyme branches and small oranges.

# *Two-Potato Gratin*

### DISH 2



Prep	Cook	Total
15m	1h 15m	1h 30m

6 baking potatoes, peeled and very thinly sliced  
6 small sweet potatoes, peeled and very thinly sliced  
½ cup half-and-half  
½ cup milk  
3 tablespoons butter, melted  
1 tablespoon chopped fresh thyme  
½ teaspoon salt, ½ teaspoon pepper

**1.** Preheat oven to 350 degrees.

**2.** Place one layer of sliced baking potatoes in a 13x9-inch baking dish coated with cooking spray. Drizzle lightly with a small amount of half-and-half, milk, melted butter, thyme, salt and pepper. Repeat process with a layer of sliced sweet potatoes. Continue layering until all potatoes are used (about 8 layers).

**3.** Cover dish with aluminum foil, and bake 45 minutes.

**4.** Uncover and bake 20 minutes longer or until potatoes are tender and cream is thickened. Let stand 10 minutes. If desired, use a round biscuit cutter to cut out rounds of layered potatoes for serving.



## CLEAN EATING

### *Warm Brown Rice Salad* (Prep Ahead)

#### DISH 3



Prep	Cook	Total
10m	50m	1h

2 cups uncooked wild and wild and whole grain brown rice blend  
3 cups chopped kale  
2 cups chopped toasted pecans  
1 cup dried cranberries  
4 green onions, thinly sliced diagonally  
¼ cup olive oil  
2 tablespoons red wine vinegar  
½ teaspoon salt, ½ teaspoon pepper

**1.** Cook rice according to package directions. Stir kale into warm rice. Stir in pecans, cranberries, green onions, olive oil, vinegar, salt and pepper.

**Note:** Make this salad up to 1 day in advance, if desired.

### *Shredded Brussels Sprouts*

#### DISH 4



Prep	Cook	Total
15m	15m	30m

2 lb Brussels sprouts  
3 tablespoons olive oil  
2 cloves garlic, minced  
½ small red onion, thinly sliced  
½ teaspoon salt, ½ teaspoon pepper  
¼ cup red wine vinegar  
1 tablespoon honey

**1.** Cut off Brussels sprouts stems; thinly slice to resemble shreds.

**2.** Heat oil in a large deep skillet or Dutch oven over medium-high heat. Add Brussels sprouts, garlic and onion. Saute 10 minutes or until onion is caramelized and sprouts are tender. Stir in salt and pepper.

**3.** Transfer to a serving bowl. Add vinegar and honey to skillet; simmer 30 seconds, and pour over Brussels sprouts. Toss gently.



## CLEAN EATING

### *Green Beans with Roasted Shallots* (Prep Ahead)

#### DISH 5



Prep	Cook	Total
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10m	40m	50m
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2 lb shallots, peeled and cut in half  
1/3 cup olive oil, divided  
2 teaspoons kosher salt, divided  
1 teaspoon pepper, divided  
3 1/2 lb green beans, trimmed

1. Preheat oven to 400 degrees. Toss shallots with 3 tablespoons oil, 1 teaspoon salt, and 1/2 teaspoon pepper on a rimmed baking sheet. Roast 35 minutes or until golden.
2. Cook green beans in boiling salted water 8 minutes or until tender; drain.
3. Before serving, heat remaining oil in a large skillet. Sauté beans, shallots, and remaining salt and pepper just until thoroughly heated.

### *Bake Apples with Blue Cheese*

#### DISH 6



Prep	Cook	Total
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10m	35m	45m
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8 Granny Smith apples, cored and sliced  
3 tablespoons butter, cut into small pieces  
3 tablespoons balsamic vinegar  
2 tablespoons chopped fresh rosemary  
1 cup crumbled blue cheese  
1/2 teaspoon salt, 1/4 teaspoon pepper

1. Preheat oven to 350 degrees.
2. Place sliced apples in a 13x9-inch baking dish; dot with butter. Drizzle with vinegar, and sprinkle with rosemary. Bake 25 minutes.
3. Sprinkle with cheese, salt and pepper. Bake 10 minutes longer or until cheese melts and apples are tender.



## CLEAN EATING

### *Toasted Pecan Tart* (Prep Ahead)

#### DISH 7



Prep	Cook	Total
5m	55m	1h

1 frozen whole wheat pie shell  
½ cup honey  
3 egg whites  
2 tablespoons butter, melted  
2 teaspoons vanilla extract  
1 teaspoon ground cinnamon  
2 cups toasted pecan halves

1. Preheat oven to 375 degrees.
  2. Prebake pie shell 10 minutes; cool. Reduce oven temperature to 350 degrees.
  3. Combine honey, egg whites, butter, vanilla and cinnamon; stir well with a whisk. Stir in pecans. Pour into pie crust. Bake 20 minutes. Cover edges of pie crust with foil. Bake 20 to 25 minutes longer or until set in center. Cool on a wire rack.
- Note:** Make tart 1 day in advance, if desired.

### *Maple Syrup Pumpkin Pie* (Prep Ahead)

#### DISH 8



Prep	Cook	Total
5m	1h 10m	1h 15m

1 frozen whole wheat pie shell  
2 large eggs  
15 oz can pumpkin puree  
1 cup half-and-half  
½ cup maple syrup  
½ teaspoon salt  
¾ teaspoon ground cinnamon  
½ teaspoon ground ginger  
⅛ teaspoon ground allspice

1. Preheat oven to 375 degrees.
  2. Prebake pie shell 10 minutes; cool. Reduce oven temperature to 350 degrees.
  3. Combine eggs, puree, half-and-half, syrup, salt, cinnamon, ginger and allspice, whisking until well blended and smooth. Pour into pie crust. Bake 1 hour or until center is just set. Cool completely on a wire rack.
- Note:** Make pie 1 day in advance, if desired.



## SHOPPING LIST

Dishes	Grocery Items to Purchase	Necessary Staples
	<b>Produce</b>	<b>Dish 1</b>
1	2 lemons	Kitchen string
1	1 orange	½ cup sugar
1	1 lb bag carrot, for 1 large cut into 4 chunks	1 tablespoon black peppercorns
1	1 onion	2 tablespoons butter
1,2	2 bunches fresh thyme, for 1 bunch plus 1 tablespoon	⅓ cup kosher salt
1,6	2 bunches fresh rosemary, for 1 bunch plus 2 tablespoons	Large brining bag
2	6 baking potatoes	<b>Dish 2</b>
2	6 small sweet potatoes	Cooking spray
3	1 lb bag kale, for 3 cups chopped	½ cup milk
3	1 bunch green onions, for 4 thinly sliced	3 tablespoons butter
4	2 lb Brussels sprouts	Aluminum foil
4	1 small red onion, for ½	<b>Dish 3</b>
5	2 lb shallots	2 tablespoons red wine vinegar
5	3½ lb green beans	¼ cup olive oil
6	8 Granny Smith apples	<b>Dish 4</b>
	<b>Meat &amp; Seafood</b>	3 tablespoons olive oil
1	1 (12- to 14-lb) turkey	2 cloves garlic
	<b>Refrigerated</b>	1 tablespoon honey
2,8	1 pint half-and-half, for 1½ cups	¼ cup red wine vinegar
6	4 oz container blue cheese, for 1 cup crumbled	<b>Dish 5</b>
	<b>Frozen</b>	⅓ cup olive oil
7,8	14 oz package frozen whole wheat pie shells, need 2 shells	<b>Dish 6</b>
	<b>Canned &amp; Packaged</b>	3 tablespoons balsamic vinegar
1	32 oz container chicken broth, for 2 cups	3 tablespoons butter
3	16 oz package wild and whole grain brown rice blend, for 2 cups	<b>Dish 7</b>
3	5 oz package dried cranberries, for 1 cup	3 large eggs, for 3 whites
3,7	2 (10 oz) bags pecan halves, for 2 cups halves and 2 cups chopped	2 tablespoons butter
7	12 oz container honey, for ½ cup	2 teaspoons vanilla extract
8	15 oz can pumpkin puree	1 teaspoon ground cinnamon
8	8 oz bottle maple syrup, for ½ cup	<b>Dish 8</b>
		2 large eggs
		¾ teaspoon ground cinnamon
		½ teaspoon ground ginger
		⅛ teaspoon ground allspice