



Paleo Holiday Menu

Kale Salad with Apples,
Oranges and Walnuts

Coconut Curried
Butternut Squash Soup

Savory Thyme and Garlic Roast Turkey
OR Bacon-Wrapped Pork Loin

Rosemary Roasted Sweet Potatoes

Roasted Brussels Sprouts with Bacon

Garlic Cauliflower Mash

Sausage, Mushroom and Apple Dressing

Spiced Sparkling Wine Poached Pears

Pumpkin-Macadamia Pie
with Pecan Crust

serves 12 or more



PALEO

Kale Salad with Apples, Oranges and Walnuts (Marinate Ahead)

DISH 1



Prep Cook Total

25m 0m 25m

- ¼ cup balsamic vinegar
- 1 teaspoon spicy brown mustard
- 1 teaspoon honey
- ¼ teaspoon pepper
- ½ cup extra virgin olive oil
- 1 lb kale, stems removed
- 4 radishes, thinly sliced
- 1 Granny Smith apple, cored, and chopped
- 1 navel orange, peeled and sectioned
- ½ cup chopped toasted walnuts

1. Whisk together vinegar, mustard, honey and pepper in a large bowl. Gradually add oil, whisking until blended.

2. Thinly slice kale; add to dressing in bowl, tossing to coat. Let stand 30 minutes.

3. Before serving, add radishes, apple, orange segments, and walnuts; toss.

Note: Look for lacinato kale in the store. It is the most tender type of kale that wilts easily in a salad such as this one.

Coconut Curried Butternut Squash Soup

DISH 2



Prep Cook Total

25m 30m 1h

- 1 tablespoon olive oil
- 1 leek, cleaned and thinly sliced (white part only)
- ¼ cup almond flour
- 10 cups chicken broth
- 2 teaspoons curry powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- 12 cups chopped butternut squash (about 2 medium)
- 14 oz can coconut milk

1. Heat olive oil in a large Dutch oven over medium heat; add sliced leek, and cook 4 to 5 minutes or until tender.

2. Add almond flour; cook, stirring constantly, 1 minute.

3. Stir in broth, curry, salt, and pepper; bring to a boil over medium-high heat. Add squash; reduce heat, and simmer 15 minutes or until tender. Cool 10 minutes.

4. Process soup mixture, in batches, in a blender or food processor until smooth.

5. Return soup to Dutch oven, and stir in coconut milk. Cook just until thoroughly heated. Serve soup as an appetizer in small cups or mugs.

Note: Microwave whole butternut squash 2 to 4 minutes to make it easier to slice in half and then chop.



PALEO

Savory Thyme and Garlic Roast Turkey

DISH 3



Prep	Cook	Total
20m	4h	4h 20m

18 lb fresh or frozen turkey (thawed)
½ cup olive oil
⅓ cup finely chopped fresh thyme
4 cloves garlic, minced
½ teaspoon salt
½ teaspoon pepper
1 lemon, quartered
1 onion, quartered

1. Preheat oven to 325 degrees.
2. Line a roasting pan with foil; set rack in pan.
3. Remove giblets from turkey; rinse turkey inside and out with cool water. Place turkey, breast-side up, on rack and pat dry with paper towels.
4. Combine oil, thyme, garlic, salt and pepper. Gently loosen skin from breast meat, and rub herb mixture under skin and over turkey.
5. Place lemon and onion pieces in turkey cavity. Tie legs together with heavy kitchen twine. Cover loosely with foil. Bake 3 hours.
6. Uncover, and bake 1 hour longer or until a thermometer inserted in meaty part of thigh and breast reaches 165 degrees. Cover and let stand 10 minutes before carving.

Note: Garnish turkey platter with Roasted Brussels Sprouts, lemons, fresh thyme, or flat-leaf parsley.

Bacon-Wrapped Pork Loin

DISH 4



Prep	Cook	Total
30m	2h	2h 30m

2 tablespoons brown sugar
2 tablespoons kosher salt
1 tablespoon onion powder
1 tablespoon garlic powder
1 tablespoon chili powder
1 teaspoon ground cinnamon
¼ teaspoon ground nutmeg
¼ teaspoon ground red pepper
5 lb pork loin, trimmed
16 oz package bacon

1. Preheat oven to 350 degrees.
2. Stir together brown sugar, salt, onion powder, garlic powder, chili powder, cinnamon, nutmeg and red pepper in a small bowl. Spread mixture all over pork roast.
3. Wrap roast in bacon, one strip at a time, to cover roast; let stand at room temperature 30 minutes.
4. Place roast on a rack in a broiler pan rubbed with olive oil. Bake 1 to 1½ hours or until a meat thermometer inserted reaches 145 degrees. Let stand 10 minutes before slicing. Garnish pork with Rosemary Roasted Sweet Potatoes and sprigs of fresh rosemary.



PALEO

Rosemary Roasted Sweet Potatoes

(Prep Ahead)

DISH 5



Prep	Cook	Total
20m	30m	50m

10 cups chopped sweet potatoes
(about 4 large)
2 red or green bell peppers, chopped
1 large sweet onion, chopped
3 tablespoons olive oil
2 tablespoons chopped fresh
rosemary
1 teaspoon salt
1 teaspoon pepper

1. Preheat oven to 400 degrees.
2. Line 2 rimmed baking sheets with foil; spray with cooking spray.
3. Toss sweet potatoes, bell peppers, onion, oil, rosemary, salt, and pepper in a large bowl until well blended. Spread mixture in a single layer on baking sheets. Bake 25 to 30 minutes or until sweet potatoes are tender and browned.

Roasted Brussels Sprouts with Bacon

DISH 6



Prep	Cook	Total
20m	20m	40m

3 lb Brussels sprouts, trimmed and
cut in half
2 shallots, thinly sliced
4 cloves garlic, minced
8 slices center-cut bacon, cut into
½-inch pieces
2 tablespoons olive oil
½ teaspoon salt
½ teaspoon pepper
3 tablespoons whole-grain mustard
2 tablespoons balsamic vinegar
1 cup chopped toasted pecans

1. Preheat oven to 400 degrees.
2. Toss together Brussels sprouts, shallots, garlic, bacon, oil, salt and pepper in a large bowl. Spread mixture in an even layer on a large rimmed baking sheet rubbed with oil. Bake 20 to 30 minutes or until Brussels sprouts are tender.
3. Stir together mustard and vinegar; add to Brussels sprouts mixture, tossing to coat. Sprinkle with pecans.



PALEO

Garlic Cauliflower Mash (Slow Cooker)

DISH 7



Prep Cook Total

15m 3h 3h 15m

- 2 heads cauliflower, chopped
- ¼ cup chicken broth
- 5 cloves garlic, minced
- 2 tablespoons pastured butter (optional)
- 2 teaspoons minced fresh thyme
- 1 teaspoon salt
- 1 teaspoon pepper

1. Combine cauliflower, broth, garlic, butter (if using), thyme, salt and pepper in a 4- to 6-quart slow cooker. Cover and cook on Low 3 hours or until cauliflower is very tender.
2. Uncover; mash cauliflower with a potato masher to desired consistency. Keep warm in slow cooker until ready to serve.

Sausage, Mushroom and Apple Dressing

DISH 8



Prep Cook Total

30m 25m 55m

- 1 lb or 1 (19-oz) package spicy (or mild) Italian sausage, casings removed
- 1 tablespoon coconut oil (or olive oil)
- 1 (16-oz) package baby Portobello mushrooms, chopped
- 1 leek, cleaned and thinly sliced (light parts only)
- 6 celery stalks, chopped
- 4 large carrots, chopped
- 3 large cloves garlic, minced
- 1 teaspoon rubbed sage
- 1 extra-large sweet red-skinned apple, chopped
- 1 cup walnuts, toasted
- ¼ to ½ cup chopped flat-leaf parsley

1. Cook sausage in a large skillet over medium heat until browned; drain.
2. Heat coconut oil in large skillet; sauté mushrooms, leek, celery, carrots, garlic and sage over medium-high 10 to 15 minutes or until tender. Season to taste with salt and pepper. Transfer to a serving bowl.
3. Stir in sausage, apple, walnuts and parsley. Serve warm.



PALEO

Spiced Sparkling Wine Poached Pears

DISH 9



Prep	Cook	Total
25m	50m	1h 15m

8 to 10 Bartlett pears, peeled
1 bottle Asti Spumante or other sparkling white wine
4 cinnamon sticks
4 whole cloves
Peel of 1 orange
Fresh mint sprigs (optional)

1. Core pears, leaving pears intact.
2. Place pears, standing upright, in a large Dutch oven. Add wine, cinnamon sticks, cloves and orange peel; bring to a boil over medium-high heat. Cover, reduce heat, and simmer until pears are tender, about 30 to 45 minutes.
3. Remove pears from pan; boil cooking liquid 5 minutes or until thickened. Let sauce cool slightly. Serve sauce over pears. Garnish with mint, if desired.

Pumpkin-Macadamia Pie with Pecan Crust (Prep Ahead)

DISH 10



Prep	Cook	Total
20m	1h	1h 20m

1¼ cups toasted pecan halves
1 cup almond flour
1 egg white
1 cup macadamia nuts
1¾ cups canned pumpkin puree
3 large eggs plus 1 egg yolk
¼ cup honey
¼ cup maple syrup
2 teaspoons pumpkin pie spice
¼ teaspoon ground cardamom
¼ teaspoon salt

1. Preheat oven to 375 degrees.
 2. Place pecans in the work bowl of a food processor, and pulse until finely ground; add almond flour and egg white, and pulse to combine. Firmly press mixture into a 9-inch pie plate, and prick all over with a fork. Bake 18 to 22 minutes or until just golden brown; set aside to cool.
 3. Reduce oven temperature to 350 degrees.
 4. Place macadamia nuts in the work bowl of a food processor, and pulse until finely ground. Add pumpkin, eggs, egg yolk, honey, maple syrup, ½ cup water, pumpkin pie spice, cardamom and salt; process until completely smooth.
 5. Pour filling into prebaked crust, and bake 40 minutes or until center is set. Cool completely before serving.
- Note:** Make pie 1 day in advance, if desired.



SHOPPING LIST

PALEO THANKSGIVING

Dishes	Grocery Items to Purchase	Necessary Staples
	Produce	Dish 1
1	1 lb kale	½ cup extra virgin olive oil
1	16 oz bag radishes, use 4	1 teaspoon honey
1,8	1 Granny Smith apple and 1 extra-large red-skinned apple	¼ cup balsamic vinegar
1,9	2 navel oranges	1 teaspoon spicy brown mustard
2	2 medium butternut squash, about 4 lb	Dish 2
2,8	2 leeks	1 tablespoon olive oil
3	1 lemon	2 teaspoons curry powder
3,5	2 onions, about 1¼ lb	Dish 3
3,6,7,8	2 heads garlic, use 16 cloves	½ cup olive oil
3,7	1 oz package fresh thyme, use ½ cup chopped	heavy-duty aluminum foil
5	2 red or green bell peppers	Dish 4
5	4 large sweet potatoes, about 3 lb	2 tablespoons brown sugar
5,8	1 oz package fresh rosemary and a bunch flat leaf parsley	1 tablespoon onion powder
6	2 shallots	1 tablespoon garlic powder
6	3 lb Brussels sprouts	1 teaspoon ground cinnamon
7	2 heads cauliflower	1 tablespoon chili powder
8	16 oz package baby portobello mushrooms	¼ teaspoon ground nutmeg
8	1 bunch celery, use 6 stalks	¼ teaspoon ground red pepper
8	1 lb carrots, use 4	Dish 5
9	8 to 10 Bartlett pears, about 5 lb	3 tablespoons olive oil
9	1 bunch fresh mint (optional garnish)	Dish 6
	Meat & Seafood	2 tablespoons olive oil
3	18 lb fresh or frozen turkey	3 tablespoons whole-grain mustard
4	5 lb pork loin	2 tablespoons balsamic vinegar
4	16 oz package bacon	Dish 7
6	12 oz package center-cut bacon, use 8 slices	2 tablespoons pastured butter
8	1 lb or 1 (19-oz) package spicy-Italian sausage	Dish 8
	Refrigerated	1 teaspoon rubbed sage
10	1 dozen eggs, use 4	1 tablespoon coconut (or olive) oil
	Canned & Packaged	Dish 9
1,8	1 (8 oz) package walnuts, use 1½ cups	4 whole cloves
2,10	16 oz bag blanched almond flour, use 1¼ cup	4 cinnamon sticks
10	15 oz can pumpkin puree, use 1¾ cups	Dish 10
10	6 oz package macadamia nuts, use 1 cup	¼ cup honey
2	13 or 14 oz can coconut milk	¼ cup maple syrup
2,7	3 (32 oz) cartons chicken broth, use 10¾ cups	2 teaspoons pumpkin pie spice
6,10	16 oz package pecan halves, use 2¼ cups	¼ teaspoon ground cardamom
9	1 bottle Asti Spumante or other sparkling white wine	