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Recipes For A Delicious Holiday Season

This holiday season, keep up your good work towards improved health by enjoying a really delicious feast without the wheat and sugar that are commonly a large part of holiday fare. You won't feel at all deprived if you use these great recipes AND you & your family will be healthier for adopting the changes.

Start planning your feast now by locating an organic turkey, if possible. These turkeys taste better, and are a healthier alternative to conventional ones. Community Natural Foods & Planet Organic provide turkeys at their Calgary stores. Turkeys can also be ordered from Country Lane farms but they must be ordered early at www.countrylanefarms.com

Complement your turkey with the following:

Wild Rice Stuffing

1 cup wild rice, rinsed	$\frac{1}{4}$ tsp ground allspice
1 cup short or long grain brown rice	$\frac{1}{8}$ tsp red pepper flakes
1 cup diced onions	$\frac{1}{2}$ cup chopped dried apricots
4 cloves garlic, minced	$\frac{1}{2}$ cup raisins
1 tbsp olive oil	$\frac{1}{2}$ tsp dried basil
3 $\frac{1}{2}$ cups turkey or chicken stock	$\frac{1}{2}$ cup minced fresh parsley

Simmer wild rice in water to cover until grains soften. Drain and discard water.

Then add drained wild rice to brown rice in 2 $\frac{1}{2}$ cups chicken stock. Simmer for 15 minutes, then cover with tight lid and let sit for 30 minutes for grains to absorb all the liquid.

Meanwhile, sauté onions and garlic in oil until golden. Add $\frac{1}{2}$ cup stock, allspice, red pepper flakes, apricots & raisins. Cover and simmer for 10-15 minutes or until the liquid is almost absorbed. (Watch so does not burn.) Add mix plus parsley & basil to the cooked rice/wild rice. Then either stuff the turkey and cook the turkey as usual.

OR Transfer the mix to a casserole dish, cover, and bake at 350 degrees for 15 minutes. Remove the cover and continue baking until all the liquid is absorbed. Serve with the turkey.

Roasted Garlic Mashed Potatoes

2 $\frac{1}{2}$ pounds baking potatoes
3 tbsp butter
3 tbsp flax oil
 $\frac{1}{2}$ cup silken tofu
 $\frac{1}{2}$ cup chicken broth
3-4 whole garlic bulbs

Preheat oven to 350 degrees. Cut tops of garlic bulbs and place cut-side up in a garlic roaster or covered casserole dish. Bake until garlic cloves are soft. Cool garlic slightly, squeeze out softened cloves into a dish and set aside. Peel potatoes, cut and boil until tender. Transfer to a bowl and mash with potato masher. Stir in butter, flax oil, tofu, turkey or chicken broth, and garlic, blend until smooth.

Green Beans with Walnuts or Almonds

12 ounces green beans, split lengthwise
2 tbsp chicken stock
2 tbsp chopped walnuts (or almonds)
1 $\frac{1}{2}$ tsp olive oil
2 tbsp snipped chives
1 tbsp minced shallots
2 cloves garlic, minced

sauté beans until tender, about 5 minutes.

In large frying pan, combine the stock, walnuts, chives, shallots, garlic and oil. Sauté for 5 minutes, add the beans and serve.

Cranberry Sauce

Simmer the following together until cranberries pop. Cool before serving.

1 cup orange or pineapple juice
1-2 tbsp honey (or a pinch of Stevia instead of sweetener)
1 cup cranberries
1 small unpeeled apple, sliced

Pumpkin Custard with Maple Tofu Sauce

1 - 14 oz can of pureed pumpkin
2 eggs
1 cup soymilk
 $\frac{1}{2}$ tsp cinnamon
 $\frac{1}{2}$ tsp powdered ginger
 $\frac{1}{4}$ tsp nutmeg
 $\frac{1}{2}$ cup maple syrup

Beat together all ingredients, pour into pie plate and bake at 350 degrees for 55 minutes, or until a knife inserted near the center comes out clean. Let cool. Top with following sauce:

Tofu Whipped Cream

1 package Mori Nu Soft Silken Tofu
2 T maple syrup or liquid honey
1 tsp vanilla extract
2 T oil (can be omitted)
Combine all ingredients in food processor or blender and mix until smooth.
Refrigerate for 1-2 hours to let flavours mix, then serve over pumpkin pie.

OR Almond Whipped Topping

1 C almonds
 $\frac{1}{2}$ tsp vanilla
 $\frac{1}{4}$ C apple juice or more if needed
Roast almonds lightly in 350°.
Blend with vanilla & sufficient apple juice to make a fluid mix which will drop with reluctance from a wooden spoon.

Hint: These sauces are also excellent over an apple crisp, and would make a great topping for carrot cake. Your family will say, "I can't believe this is tofu!" (OR almonds!) The trick is, tell them AFTER they eat it, not before! ☺