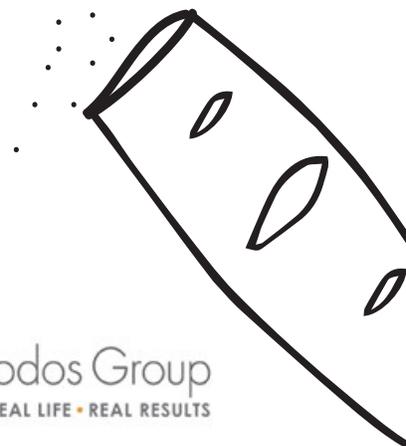
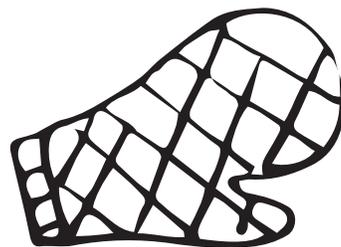


FROM HARVEST TO HOLIDAY

12
RECIPES

GLUTEN
FREE

DAIRY
FREE



The Chodos Group
REAL FOOD • REAL LIFE • REAL RESULTS



A NOTE FROM
THE AUTHOR

Thanksgiving has always been one of my favorite holidays. We're just getting used to it getting dark early, we know winter has come, and I love the sense of being inside, the warmth and smells of the house, the busyness of cooking all of our family favorites, the animated bustle of family and friends moving from room to room and enjoying themselves. Then after the meal, everyone sprawled and full, watching football, talking, and thinking about Christmas, thinking about winter.

For my family, Thanksgiving wasn't always easy- I have three sons, and each of them has allergies. I've had to learn to work around those complications, to develop substitutions and find ways to make sure that our holiday foods don't taste or "feel" different, that they are as satisfying as the traditional items that we have come to expect for our Thanksgiving table.

I share with you from my kitchen to yours a menu for your holiday that is not only free of your typical allergens, but that is so tasty and nutritious that your family and guests will be surprised to learn (should you choose to tell them) that you're using ingredients and techniques that they may have never thought or heard of. These are our grandmothers' dishes, just with a new twist.

When my sons were diagnosed with their allergies it became my mission to find and create foods and meals they could eat and enjoy. It has now become my passion, for them and others, and it is my hope that you and your family and friends will enjoy this menu as much as we have.

THANK YOU,

Christina Chodos

CHRISTINA CHODOS,
Certified Health Counselor



THE RECIPES

FIRST COURSE

Pumpkin Pie in a Bowl

4

THE MEAL

Chris' Roasted Holiday Turkey

5

Chris' Gluten-Free Stuffing Winner

6

Best-Ever Turkey Stock

7

"You Won't Believe It's Gluten-Free" Gravy

7

Medley of Roasted Root Vegetables

8

Mashed Cauliflower with Chives

8

Nectar-Glazed Acorn Squash

9

Perfectly Simple Cranberries

9

DESSERT

Chris' Classic Apple Pie

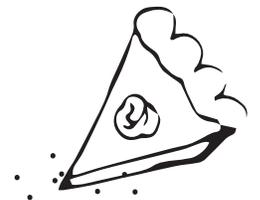
10

Holiday Spiced Pumpkin Mousse

11

FIRST COURSE

PUMPKIN PIE IN A BOWL



SERVES
6-8

GF

DF

This is among the recipes that I am most impressed by and I'm so excited to share. It's delicious and provides tons of live enzymes in an incredibly digestible form.

Not only does it **support weight loss and vitality**, it gives all the natural energy you need in the day. I have served this as an appetizer or first course to many a dinner party with fabulous reviews!

INGREDIENTS

- 4 cups fresh carrot juice
- 1 cup raw sweet potato, peeled and cubed
- 4 dates, pitted
- ½ avocado, pitted
- ½ teaspoon pumpkin pie spice



PREPARATION

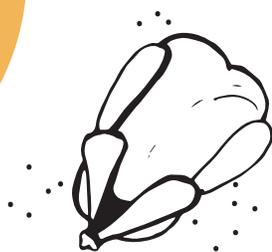
- Place all ingredients in a high-speed blender and blend until smooth.
- Enjoy right away as a first course for your special gluten-free Thanksgiving dinner, or store in an airtight container and enjoy within 48 hours.

For garnish and a little flair, add a dollop of vegan sour cream, chopped scallions, chives and/or parsley.





CHRIS' ROASTED STUFFED HOLIDAY TURKEY



SERVES
8-12

GF

DF

The classic prep... and all gluten (and dairy) free! You gotta love the classic.

INGREDIENTS

- 1 fresh turkey, about 14 - 16 lbs
- 1 bundle of fresh thyme (about 4 - 6 sprigs)
- 1 bundle of fresh sage (about 4 - 6 sprigs)
- 14 Tbs (2 sticks or less) of Earth Balance Butter
- Salt and pepper, to taste



PREPARATION

- Preheat oven to 400°.
- Remove the giblets and neck from the turkey - reserve them for the turkey stock that you will use to make your unbelievably delicious gluten-free gravy.
- Rinse the turkey inside and out with lukewarm water. I like to salt and butter inside and outside of the bird using Earth Balance Butter (or another alternative, depending on allergies or intolerances; see list above).
- I then put the bundles of thyme and sage inside the cavity prior to stuffing. Once stuffed, I cover wings and drumsticks with foil to prevent burning/drying out and then tent the turkey with foil. Now to begin the cooking!
- A 14-16 lb. turkey, stuffed, will take about 4 hours - *note this is an approximate time, all ovens are different!*
- I like to cook at 400° for the first 20 minutes and then turn the oven down to 325° for the remainder of the time. Once again, remember that everyone's oven is unique so testing the meat temperature is important. The breast should register 165° to 170° and the thigh away from the bone should be 180°.

Let turkey rest 20 to 30 minutes before carving (plenty of time to take a picture of your masterpiece!).



CHRIS' STUFFING WINNER

SERVES
6-8

GF

DF



I promise you... this is a whole-family pleaser. Your guests will keep going back for seconds! I have a pretty tough crowd to please... in fact I think they are the stuffing and gravy experts. I feel very confident when I tell you THIS recipe is a winner.

INGREDIENTS

- 1 ½ lbs organic turkey sausage, casing removed
- ¼ cup Earth Balance Butter
- 1 lb loaf of gluten free bread (I love Schar. There are a lot of options though.)
- 6 celery stalks, chopped
- 1 to 2 onions, depending on size, yellow or white
- 2 cups sliced mushrooms (I love to use a variety!)
- 1/3 cup chopped flat-leafed parsley
- 1 Tbs. sage
- 1 Tbs. thyme
- Salt and pepper to personal taste

PREPARATION

- Sauté turkey sausage with Earth Balance Butter until lightly browned.
- Add chopped celery and onion. Sauté until translucent.
- Add mushrooms and parsley and continue sautéing 3-4 more minutes.
- Stir in cubed bread, mix well. Add sage and thyme, then salt and pepper to taste.
- Use this mixture to gently stuff your turkey and bake for the appropriate time.

If you prefer a crunchier texture, put your mixture into a buttered casserole dish and bake at 325° for 45 minutes. Either way, serve warm.



TURKEY STOCK

SERVES
6-8

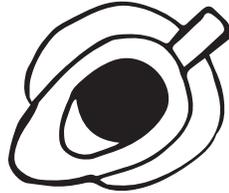
GF

DF

This recipe makes approximately 6 cups of turkey broth. You will use this for the gravy, and possibly the stuffing.

INGREDIENTS

- Reserved giblets and neck from your fresh turkey
- 3 sprigs of thyme
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery stalk, chopped



PREPARATION

- In a medium saucepan, combine all ingredients and cover with at least 7 cups of water.
- Bring the mixture to a simmer. Reduce heat to low and cook for 2-3 hours.
- Strain the broth, let cool.
- Dice giblets for use in the gravy.

“YOU WON’T BELIEVE IT’S GLUTEN-FREE” GRAVY

SERVES
6-8

GF

DF

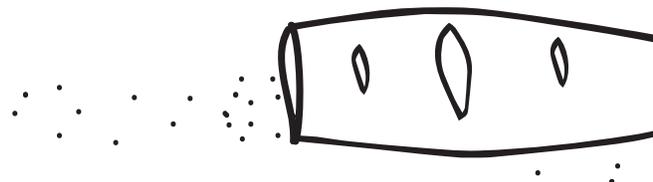
Let’s be honest, it is really about the gravy and the stuffing. So I knew I had to make sure my ingredients were perfect!

INGREDIENTS

- 1 package dried mushrooms
- Roasted turkey pan drippings
- 3 Tbs. all-quinoa or garbanzo bean flour
- 2 cups turkey broth (see recipe)
- Cooked, diced turkey giblets
- Salt and pepper, to taste

PREPARATION

- Soak mushrooms 30 minutes in 1 cup water. Puree mushrooms and water.
- Skim and discard fat from pan juices, reserving 2 Tbs. Return the 2 Tbs. fat to the pan.
- Set the pan over medium heat. Add the flour and whisk constantly until the flour becomes golden.
- Whisk in half the broth and the reserved pan juices and continue to stir and whisk, making sure to dislodge the browned bits stuck to the sides and bottom of the pan.
- Stir in the remaining broth and mushroom puree.
- Bring to a boil and continue cooking until gravy is thick enough to coat the back of a spoon.



MEDLEY OF ROASTED ROOT VEGETABLES

SERVES
6-8

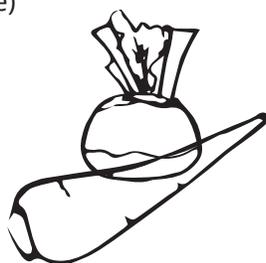
GF

DF

I like to look for a variety of root vegetables with an array of deep vibrant colors. It makes for a striking, bountiful, gorgeous dish for your table. Plus, what better time to acknowledge the season and tradition of Thanksgiving and celebrate the harvest of our foods. You gotta love those Pilgrims!

INGREDIENTS

- 2 turnips (purple top or sweet scarlet)
- 3 parsnips
- 3 rutabagas
- 6 carrots (red, yellow, and/or orange)
- 12 Brussels sprouts, halved
- 6 Cipollini onions, chopped
- 2 cloves garlic, chopped



PREPARATION

- Preheat oven to 400°.
- Chop, slice, dice...however you like your veggies.
- Toss together with olive oil, sea salt and pepper.
- Spread out evenly in a 14"x9" roasting pan.
- Roast for 25 minutes, turning at least once, until golden and tender.
- Serve warm from the oven. YUM!!

(CHIVED) MASHED CAULIFLOWER

SERVES
6-8

GF

DF

Remember... there is an alternative for almost everything. I love that about life! If you have an issue with gluten, you might also have an issue with white potato since it metabolically breaks down like a piece of white bread. Enjoy this delicious alternative to the traditional Thanksgiving mashed potato dish.

INGREDIENTS

- 1 to 2 large heads of cauliflower
- 1 to 2 Tbs Earth Balance Butter
- Salt and pepper
- 1 Tbs fresh chives for garnish

PREPARATION

- Fill a large pot with a few inches of water and add your steamer.
- Add cauliflower and bring to a boil. Cover and reduce heat.
- Steam until cauliflower is tender, about 10 minutes. Drain well. Place cooked cauliflower in a large bowl, add butter, and use an electric mixer to mix until creamy. Add salt and pepper to taste, garnish with chives.
- Serve. Seriously... you will never know that you are not having mashed potatoes this holiday.



As a side note: If you would like cheesy mashed cauliflower, add 2 or more tablespoons of nutritional yeast. Full of B vitamins and you will never know that you are not having dairy cheese. Trust me you can't say no to this one!

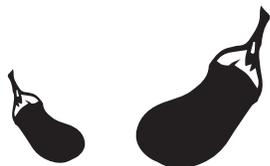
NECTAR-GLAZED ACORN SQUASH

SERVES
6-8

GF

DF

You can't beat this gluten-free Thanksgiving classic! So easy... and the coconut nectar serves as a low glycemic sweetener, without losing the taste. This dish is an abundant source of minerals, 17 amino acids, vitamin C, a broad-spectrum of B vitamins, and has a nearly neutral pH. Do I have you sold yet?

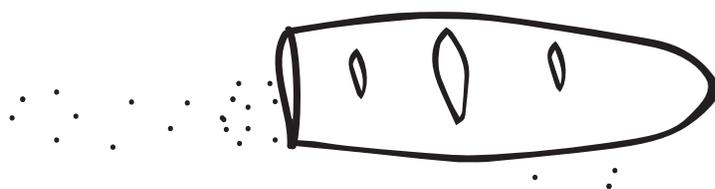


INGREDIENTS

- 1 large acorn squash
- 2 Tbs coconut nectar or agave nectar

PREPARATION

- Preheat oven to 375°.
- Cut squash in quarters and place in a glass baking dish.
- Place your choice of nectar in a small saucepan over low heat and stir until warm. Drizzle the warm nectar over the squash and place in the oven.
- Cook in oven until tender, about 1 hour, continuing to baste with the nectar and juices every 10 minutes or so.



PERFECTLY SIMPLE CRANBERRY SAUCE

SERVES
6-8

GF

DF

Here is a classic and simple cranberry sauce recipe. You can modify, enrich and spin this basic recipe by adding your family favorite traditions. But most of the time, I just love the simple...

INGREDIENTS

- 2 cups fresh whole cranberries
- ½ cup coconut palm sugar
- 1 cup water

PREPARATION

- Combine all ingredients in a small pot and simmer until cranberries begin to pop and soften, about 20 minutes.
- Cool to room temperature and then refrigerate.
- Serve cold or at room temperature.

Everyone has their favorite chutney or sauce so I am giving you the basic - and (wow!) without the white menace, sugar! You will love the coconut palm sugar substitute with this recipe.



CLASSIC APPLE PIE

SERVES
6-8

GF

DF

This is my straightforward classic apple pie. Simple perfection.



INGREDIENTS

- 1 package gluten-free pie crust
(I am not married to any one brand, but I will say I do love the Namaste Foods Biscuits and Piecrust blend. It truly makes great crusts and it is free of all the main culprits. NO gluten, wheat, soy, corn, potato, peanut, tree nuts, dairy or casein. Need I say more? Follow instructions on the Namaste package for the crust - you really can't mess up!)
- 8-9 large apples, all tart or different cooking varieties
- Juice of 1 fresh lemon
- ¼ - ½ cup of coconut palm sugar (more sugar for large apples)
- ¼ tsp. cinnamon
- ¼ tsp. mace
- ¼ tsp. ground nutmeg
- 1 Tbsp. of Earth Balance Butter or all-vegetable shortening
- 1 tbsp. of garbanzo bean flour, or you could use from the Namaste blend



PREPARATION

- Preheat oven to 400°.
- Peel and core apples and thinly slice.
- Toss apple slices in a large bowl with flour, sugar, and spices.
- Arrange apples in an unbaked pie shell, packing tightly. Dot with 1 Tbsp. of Earth Balance Butter.
- Bake at 400° for 10 minutes.
- Reduce heat to 350° and bake 45-60 more minutes, until crust is evenly browned.

HOLIDAY SPICED PUMPKIN MOUSSE

SERVES
6-8

GF

DF

This is a favorite during the holidays and the fall season. You will never know that this dessert is dairy free! One of the secrets is to use a silken tofu in place of milk or cream. If you have a soy issue, you can use a very ripe avocado instead. Amazing!

INGREDIENTS

- 2 15-oz cans of 100% pure pumpkin puree (not pumpkin pie filling)
- 1 1lb package silken tofu, drained well, or 1 very ripe avocado, peeled and seeded
- ½ cup pure maple syrup or coconut nectar
- 1 ½ tsp. cinnamon, ground
- ¼ tsp. nutmeg, ground
- ¾ tsp. ginger, ground
- ¼ tsp. cloves, ground
- ¼ tsp. sea salt
- ¼ cup cacao nibs

PREPARATION

- In your food processor, combine pumpkin and tofu (or avocado).
- Process until combined, about 30 seconds.
- Add maple syrup or the coconut nectar, all the spices and salt. Process until combined, about 30 more seconds.
- Transfer mousse to a re-sealable container, cover and refrigerate for at least 4 hours.
- Drain any water that has accumulated from the mousse, give it a quick stir and scoop into glasses or ramekins.
- Sprinkle each serving with cacao nibs and serve. So yummy!

