

COOKING CLUB

This collection is all about creating a healthy and happy family holiday around Thanksgiving. You will find recipes that can be made before, on and after Thanksgiving and the collection includes some of the great seasonal ingredients that November brings!

Pomegranate Fizz

1 1/4 cups sparkling wine,

2/3 cup pomegranate juice, chilled

1 tablespoon fresh lime juice

Lime wedges (optional)

Preparation

Combine first 3 ingredients. Garnish with lime wedges, if desired.



Winter Citrus Salad

As citrus fruits come into season, this is a great winter salad that can add a light, fresh note to your holiday table or any winter meal.



- 8 cups of greens (spinach, escarole, endive, watercress)
- 1 cup pink grapefruit sections
- 1 cup navel orange sections
- 3/4 cup blood orange sections
- 1/4 cup minced shallots
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons orange juice
- 1 tablespoon white wine vinegar or champagne vinegar
- 1 1/2 teaspoons honey
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup pomegranate arils
- 2 tablespoons pistachios or pecans, toasted

Combine salad greens in a bowl. Add grapefruit, orange, and blood orange sections; toss gently. Combine the shallots and next 6 ingredients (through pepper) in a small bowl, stirring well with a whisk. Drizzle dressing over salad; toss gently to coat. Divide salad evenly among 6 plates. Divide the pomegranate arils and toasted nuts evenly among ¹ servings.

BEFORE THANKSGIVING



BEST VEGAN PINTO BEANS

Dr. Yum Tip: We have a tradition of eating chili the night before Thanksgiving. It's easy, healthy and allows us time to spend with family that has come into town. This is a vegan recipe that we will be making instead this year, as it is SO quick! Serve this as a filling for burritos, over brown rice, or over cornbread. Smash up leftovers and serve with chips.

Dried Pinto Beans- 16 oz. bag
 Cumin powder, 2 1/2 tablespoons
 Red chili pepper flakes, 1/2 teaspoon
 Paprika, 3 teaspoon
 Garlic Powder, 3 teaspoon
 1 tsp. salt, more to taste
 Extra Virgin Olive Oil, 2 tablespoon
 Onions, raw, 1 large diced
 Red Ripe Tomatoes, 1 tomato diced
 Garlic, 5 clove chopped
 Red or green pepper, 1 medium diced
 2 bunches of fresh cilantro, chopped (2 cups)

PREPARATION

Add dry washed beans to crockpot. Add cumin powder, chili flakes, paprika, garlic powder, salt and olive oil to the beans. Mix well with a spoon making sure all the beans are coated with the spices. Add chopped onion, tomatoes, peppers, garlic and half (1 bunch) of the fresh chopped cilantro (reserve the other bunch of cilantro for later). Add 5-6 cups of water and turn the crock pot to high. Cover and cook for 5-7 hours checking and stirring regularly until beans are softened. Add more salt to taste if needed. Add the other half of the fresh cilantro right before serving.

CRANBERRY CHUTNEY

Dr. YUM TIP: This is a great alternative to cranberry sauce with a neat hint of spice. Save the leftovers to top a turkey sandwich or add sweet kick to a wrap.

INGREDIENTS

1 cup frozen unsweetened raspberries
 1 cup fresh or frozen cranberries
 2/3 cup orange marmalade
 1/3 cup chopped shallots, (2 large)
 2 tablespoons balsamic vinegar
 1 teaspoon ground ginger
 1/2 teaspoon ground allspice

PREPARATION

Combine raspberries, cranberries, marmalade, shallots, vinegar, ginger and allspice in a saucepan. Bring to a simmer. Cook over low heat, stirring occasionally, until the mixture has thickened, about 7 minutes. Serve warm or cold.



Grab your Slow Cooker.....

COLLARD GREENS WITH SMOKED TURKEY

Dr. Yum Tip: Collard greens are among the healthiest of the winter greens. Packed with vitamins, minerals, and fiber, collard greens will add a nutritious punch to your Thanksgiving plate! Research shows that the nutrients are well-preserved even with a long cooking time. What's even better is that you can let the slow cooker do all the work!

1/4 cup olive oil
 1 smoked turkey drumstick
 2 onions, chopped
 32 oz. chicken or vegetable stock
 32 oz. cleaned chopped collard greens
 1/4 teaspoon salt
 1/4-1/2 teaspoon pepper
 2 tablespoons sugar
 2 tablespoons apple cider vinegar.



Preparation:

Add oil to stockpot on medium heat. Add 1 drumstick to oil; cook about 3 min, moving it around in pan to flavor oil and brown the skin. Turn over; cook 3 min. Add onions. Cook; stirring occasionally, about 4 min, until onions are soft and slightly browned. Add stock and bring to a simmer on HIGH. Remove from heat. Place drumstick in 6-8 quart slow cooker and then carefully add stock mixture. Add half of collard greens, tossing with tongs until slightly wilted. Add second half of greens, salt, and 1/2 tsp fresh ground pepper. Bring drumstick to surface of greens with tongs. Cover and cook on LOW 4-5 hours or HIGH 2-4 hours. Remove drumstick (meat will begin to pull away from bone); set aside to cool 15 min. Stir sugar and vinegar into greens. Remove meat from drumstick; cut/shred into bite-size pieces. Return meat to slow cooker; stir to combine. Cover; cook on LOW 30 min. Season to taste with salt and pepper.

HEALTHY CORNBREAD

1 cup white whole wheat flour
 1 cup cornmeal
 2 tablespoons flax meal
 1 teaspoon baking soda
 3/4 teaspoon salt
 1/4 cup honey
 1 cup plain greek yogurt
 2 tablespoons milk
 2 eggs, beaten
 1/2 cup frozen corn, thawed



Preheat oven to 400 degrees F. Lightly grease an 8x8 inch baking pan. In a large bowl, mix flour, cornmeal, soda and salt. Stir in honey, yogurt, milk, eggs, and corn. Do not over mix, stir only until well blended. Pour batter into prepared pan. Bake in preheated oven for 20-25 minutes, or until center of the bread springs back when gently pressed.

Pomegranate Orange Salsa

Dr. Yum Tip: Take advantage of pomegranates and citrus fruits which are available at this time of year. Even though these are winter fruits they can remind us of the freshness of summer produce!

- 1 cup chopped orange sections
- 2/3 cup pomegranate seeds (about 1- 2 pomegranates)
- 1/3 cup fresh pomegranate juice
- 1/4 cup minced shallots
- 2 tablespoons minced jalapeño pepper
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon fresh lime juice
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

Preparation

Combine all ingredient and toss. Serve with shrimp, flaky white fish, chicken, or tortilla chips.



TURKEY TOSTADAS

INGREDIENTS

- 14 oz. diced tomatoes (boxed or canned)
- 1 medium onion, thinly sliced
- 3 cups shredded cooked turkey, or chicken
- 8 corn tortillas
- Canola or olive oil cooking spray
- 2 avocados, pitted
- 1/2 cup prepared salsa
- 1/4 cup plain greek yogurt or reduced-fat sour cream
- 1/4 cup chopped fresh cilantro
- 1 cup shredded romaine lettuce
- 1/2 cup shredded Monterey Jack cheese

PREPARATION

Preheat to 375°F and move racks to bottom and top. Bring tomatoes and their juice to a boil in a medium saucepan over medium heat. Add onion and cook, stirring occasionally, until the onion is soft and most of the liquid has evaporated, 15 to 20 minutes. Add turkey (or chicken) and cook until heated through, 1 to 2 minutes, and add salt to taste. Coat tortillas on both sides with cooking spray. Divide the tortillas between 2 large baking sheets. Bake, turning once, until crisped and lightly brown, about 10 minutes. Mash avocado in a bowl. Stir in salsa, yogurt or sour cream and cilantro until combined (keep a chunky consistency). To assemble tostadas, spread each crisped tortilla with some of the avocado mixture. Top with the turkey (or chicken) mixture, lettuce and cheese.



Mix it up with Mexican!!!

• **SWEET POTATO CASSEROLE**

- 2 1/2 lbs sweet potatoes
- 1/3 cup brown sugar
- 1/4 cup milk
- 1 egg
- *Topping*
- 1/4 cup light brown sugar, packed
- 1/2 cup pecans, chopped fine
- 1 tablespoon wheat germ
- 1 tablespoon flaxmeal
- 1/4 cup white whole wheat flour
- 2 1/2 tablespoons butter, chilled



• DIRECTIONS

- Wash and peel sweet potatoes and cut into large chunks. Place in a pot over high with water and bring to a boil. Lower to simmer until potatoes are fork tender, about 30-40 minutes. Preheat oven to 350 degrees. Drain water and place in a mixer or food processor. Beat or pulse until smooth. Add milk, brown sugar and egg and mix until combined.
- Place in a 9x9 baking dish and or small casserole dish. In a medium sized bowl combine all the topping ingredients with your hands, creating a crumble by breaking apart the butter. Sprinkle topping on top of the sweet potatoes. Bake in the oven about 25 minutes.

ONE MORE IDEA....

In our family we started a tradition at Thanksgiving. We pop a small bowl of popcorn and we put 3 kernels on everyone's plate. Before eating we each take turns mentioning three things we are most grateful for this year. This is something the kids can participate in, too!



**HERE ARE A FEW MORE RECIPES WE LOVE FOR OUR
THANKSGIVING MEAL:**

ROASTED TURKEY BREAST

<http://www.foodnetwork.com/recipes/ina-garten/herb-roasted-turkey-breast-recipe/index.html>

MASHED POTATOES AND MORE

<HTTP://WWW.DOCTORYUM.COM/2012/02/MASHED-POTATOES-AND-MORE/>

CRANBERRY UPSIDE DOWN CAKE

<HTTP://WWW.DOCTORYUM.COM/2011/02/CRANBERRY-OR-CHERRY-UPSIDE-DOWN-CAKE/>

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our Thanksgiving
Collection!**

