

Clean Thanksgiving Sides

Green Beans with Roasted Mushrooms

Ditch the goopy soup if you dare and try bright green beans with roasted mushrooms!

Ingredients

- 1-pound button or mixed mushrooms, cleaned, trimmed and large ones cut in half
- 3 large cloves garlic, minced
- 3 Tb olive oil
- 2 Tablespoon balsamic vinegar
- 1/4 C chopped flat leaf Italian parsley
- Sea salt and pepper to taste
- 1/3 C fresh shaved parmesan cheese, shredded
- 2 pounds steamed green beans

Directions

1. Preheat oven to 450 degrees and place ½ sheet tray in oven to heat up for 5 minutes
2. Toss mushrooms in olive oil, balsamic vinegar parsley and seasoning
3. Carefully take hot sheet ray from oven and pour mushrooms on hot tray; return to oven and roast 15-20 minutes until crispy roasted.
4. Season cooked green beans and place in casserole dish; top with roasted mushrooms and sprinkle with parmesan cheese
5. Return to oven until cheese is melted and has a little color (5-6 minutes) or place under broiler for a couple minutes for same outcome.

Pumpkin Mashed Potatoes

Ingredients

- 2 lbs. pound medium Idaho baking potatoes, peeled and quartered
- 2 cloves garlic, peeled
- 2 cups canned organic pumpkin
- 2 tablespoons reduced-fat cream cheese (Neufchâtel)
- 1 tablespoon butter or tub-style vegetable oil spread
- ⅛ teaspoon ground sage
- 1 tsp. sea salt
- ¼ tsp white pepper
- ½ cup buttermilk warm

Directions

1. Boil potatoes and garlic cloves in salted water until fork tender
2. Drain potatoes and transfer to large bowl

3. While potatoes are still warm add the remaining ingredients and mash to your desired texture

Holiday Quinoa Pilaf

Ingredients

- 4 cups peeled and cubed butternut squash
- ¼ cup dried cranberries
- 1 small onion diced fine
- 2 cups green kale chopped fine
- 6 cloves garlic, minced
- 6 teaspoons olive oil, divided
- ¼ cup sliced almonds
- 3 cups cooked quinoa
- 1 tablespoon snipped fresh sage leaves, plus additional leaves for garnish
- 1 tsp teaspoon salt
- ¼ tsp cayenne

Directions

1. Preheat oven to 400°F. In a large bowl, combine butternut squash and maple syrup. Drizzle with 2 teaspoons of olive oil and season with sea salt and pepper. Stir until the squash is evenly coated.
2. Roast squash for 30 minutes in preheated oven, stirring occasionally, add the sliced almonds for the last 4 to 5 minutes of roasting.
3. In a sauté pan heat remaining olive oil and sauté onions until translucent then add garlic & kale and continue to sauté for a couple minutes.
4. Combine all ingredients and season as needed.