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THANKSGIVING HOLIDAY RECIPES

GARLIC MASHED POTATOES AND GRAVY FOR THANKSGIVING

The “Mighty Mashed Potatoes” were so popular from my Sneaky Chef book for men that I decided to use a similar recipe for holiday entertaining. There are so many heavy foods at Thanksgiving; these mashed potatoes make for a wonderfully lighter version of the traditional.

Serve them with a ladle of Sneaky Gravy, and you have a complete protein even without the turkey. Perfect for vegetarians who have to give up so much during the season.

Makes _ servings

2 pounds Yukon gold or russet potatoes (about 4 medium-sized potatoes), peeled and quartered

2 to 3 heads garlic

1/2 cup White Puree ([see Make-Ahead Recipe #4](#))

1/2 cup low-fat plain yogurt*

2 tablespoons extra-virgin olive oil

1/2 teaspoon salt

Freshly ground pepper, to taste

*“Greek” style yogurt works best with this recipe

Preheat the oven to 350 degrees.

Place the potatoes in a large pot of cold, salted water and bring to a boil. Lower the heat, cover, and simmer for 25 to 35 minutes, until the potatoes are completely tender.

Meanwhile, wrap the garlic heads in foil and roast them in the oven for 30 minutes.

Remove the garlic from the oven and squeeze the garlic flesh out of the skins.

Drain the potatoes into a colander, then return them to the pot. Add the roasted garlic flesh, the White Puree, and the yogurt, olive oil, salt, and pepper. Mash with a potato masher until well combined. Add a bit more yogurt if needed. Serve immediately, or keep the mashed potatoes hot on the stovetop in a metal bowl set over simmering water.

Serve with a ladle of Sneaky Gravy, next page.

SNEAKY GRAVY

IMHO – blog version of “in my humble opinion” -- there’s nothing sexy about gravy. In fact, it’s my least favorite part of Thanksgiving dinner since it traditionally needs to be made at the last minute from pan drippings as guests are just arriving at your door. You can cheat a little and make this gravy with a good quality packaged chicken broth, or do it the traditional way from the turkey itself. Either way, the Lentil Puree adds a depth of hearty flavor as well as a great dose of fiber that will help rid the body of all that unhealthy fat that’s just accepted as an unavoidable part of this holiday meal

Makes about 3 cups gravy
2 tablespoons butter or pan drippings (from chicken or turkey)
1 ½ tablespoons whole wheat flour
2 cups chicken broth
1 ½ teaspoons Worcester sauce (or “Gravy Master”)
½ cup Lentil Puree
Salt and pepper to taste
Optional Extra Boost: ½ onion, minced or pureed

Heat the butter or pan drippings over medium heat in a sauté pan. Add the onions (if using) and cook until they are lightly browned, about 10 minutes. Whisk in the flour, then the broth, Worcester sauce (or Gravy Master) and Lentil Puree. Cook for about 5 minutes until thickened. Add a touch of milk, if you desire lighter colored gravy. Season with salt and pepper to taste.

Serve hot with mashed potatoes and turkey.

ROASTED SQUASH SOUP FOR THE HOLIDAYS

Cutting a fresh squash can be daunting if you don't have a lot of upper body strength. If you bake it as you would a whole potato, it's easy to slice open after it's cooked. This fat-free creamy soup is a great first course to start holiday dinner. This recipe evolved over time as I started adding apples and cinnamon with a hint of sweetener and tang. It can be as homey or elegant as you wish. A handheld stick blender to puree all the ingredients completes making this really simple to create.

Makes 6 to 8 servings
1 large butternut squash
1 red onion, quartered
4 cups vegetable broth
¼ teaspoon cinnamon
1 apple, peeled and quartered
1 cup Orange Puree ([see Make-Ahead Recipe #2](#))
½ teaspoon salt
½ cup evaporated skim milk, optional
Optional garnish: one-quarter cup toasted, shelled pumpkin seeds

Preheat oven to 375.

Rinse whole squash, prick with fork (as you would a baked potato), place on a baking sheet with the onion and bake for 45 minutes.

Remove squash and onion from oven. Set the onion aside while you cut open the squash and scoop the flesh from the skin. Place the onion, squash flesh, broth, cinnamon, salt, apple, and Orange Puree in a large soup pot. Bring to a simmer and cook for 15 to 20 minutes. Use an immersion blender to puree the soup to a smooth consistency.

Alternately, you can puree the soup in batches using a blender.

Stir in the evaporated milk, if using, and serve. Top with toasted pumpkin seeds, if using.

PUMPKIN PIE

This is one of the easiest pies to make (especially if you start with pure canned pumpkin). It is naturally very forgiving -- when you lower the fat and sugar content, it still remains rich and creamy with that distinctive pumpkin flavor. And it's a piece of cake sneaking Orange Puree into. Use your favorite pie crust or the sneaky pie crust below.

Makes 8 servings

1/3 block (about 5 ounces) firm tofu

1 (15 oz) can pure pumpkin

1/2 cup Orange Puree ([see Make-Ahead Recipe #2](#))

2 large eggs

1/2 cup sugar

1 teaspoon pure vanilla extract

1/2 cup low-fat vanilla yogurt

2 1/2 teaspoons pumpkin pie spice

1/2 teaspoon salt

1 tablespoon cornstarch

One store-bought pie crust or Holiday Pie Crust (see recipe below)

Preheat oven to 425 degrees.

Place the tofu and pumpkin puree in the bowl of a food processor and puree on high until very smooth. If your food processor is large enough, add the Orange Puree, eggs, sugar, vanilla, yogurt, spice, salt, and cornstarch and process for a few more seconds.

Alternatively, transfer tofu mixture to a large bowl and whisk in the Orange Puree, eggs, sugar, vanilla, yogurt, spice, salt, and cornstarch.

Pour the pumpkin mixture over the prepared crust and bake for 15 minutes. Reduce heat to 350 degrees, and cook for an additional 40 to 50 minutes. Let cool for a few minutes, then refrigerate at least 3 hours before serving.

HOLIDAY PIE CRUST

Makes 1 pie crust

6 tablespoons Flour Blend ([see Make-Ahead Recipe #13](#))

6 tablespoons Ground Walnuts

6 tablespoons oat bran

1/4 teaspoon salt

3 tablespoons sugar

1/2 teaspoon cinnamon

3 tablespoons walnut, almond, canola or vegetable oil

Preheat the oven to 350 degrees. Spray a 9-inch pie pan (or for cheesecake, a 9-inch springform pan) with oil.

In a medium-size bowl, combine the Flour Blend, ground walnuts, oat bran, salt, sugar, and cinnamon. Mix in the oil. Press the mixture into the prepared pie pan, prick it a few times with a fork, and bake for 14 to 16 minutes, until golden brown.

Nutritional Information

GARLIC MASHED POTATOES AND GRAVY FOR THANKSGIVING

Per Serving (232g): Calories 247; Total Fat 7.6g; Fiber 3.6g; Total Carbohydrates 40.7g; Sugars 4.2g; Protein 6.5g; Sodium 328mg; Cholesterol 1mg; Calcium 122mg. *33% less calories, 71% less fat, 98% less cholesterol, 39% more protein, and 36% less sodium than traditional recipe.*

SNEAKY GRAVY

Per Serving (¼ cup, 193g): Calories 41; Total Fat 2.2g; Fiber 1.3g; Total Carbohydrates 3.4g; Sugars 0.3g; Protein 2g; Sodium 161, Cholesterol 5mg. *54% less calories, 72% less fat, 70% less cholesterol, 15% less carbs, an astronomical 25 times more fiber, 32% more potassium, 29% more protein, and 21% less sugars than traditional recipe.*

HOLIDAY PIE CRUST

Per Serving (1 Whole Crust, 190g): Calories 950; Total Fat 64.7g; Fiber 12.2g; Total Carbohydrates 95.9g; Sugars 39.2g; Protein 17.6g; Sodium 586mg; Cholesterol 0mg. *150% less cholesterol, 138% more fiber, 91% more potassium, 32% less sodium, and 26% more protein than traditional recipe.*

ROASTED SQUASH SOUP FOR THE HOLIDAYS

Per Serving (389g): Calories 180; Total Fat 1.4g; Fiber 5.4g; Total Carbohydrates 39.0g; Sugars 12.2g; Protein 5.3g; Sodium 605mg; Cholesterol 2mg; Calcium 157mg. *35% less calories, 91% less fat, and 91% less cholesterol than traditional recipe.*

PUMPKIN PIE

Per Serving (1 slice, 158g): Calories 249; Total Fat 10.4g; Fiber 2.5g; Total Carbohydrates 33.8g; Sugars 21.2g; Protein 7.5g; Sodium 267mg; Cholesterol 80mg. *45% less cholesterol, 16% less carbs, 382% more fiber, 18% more potassium, and 44% less sodium than traditional recipe.*

CANDY CANE BISCOTTI

Per Serving (1 Biscotti, 38g): Calories 109; Total Fat 4.0g; Fiber 1.9g; Total Carbohydrates 16.7g; Sugars 6.5g; Protein 2.8g; Sodium 72mg; Cholesterol 11mg. *75% less calories, 58% less cholesterol, 86% more potassium, 36% less carbs, 108% more fiber, and 57% less sugars than traditional recipe.*

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