

Recipes for “Going Green for Thanksgiving”

Shitake Paté

Makes about 2 cups

1 cup onion, chopped
1 clove garlic, minced
1 teaspoon olive oil
½ pound fresh shitake or cremini mushrooms, chopped, about 4 cups
1/4 cup white wine, optional
1 teaspoon soy sauce
1/2 teaspoon thyme
1/4 nutmeg
1/4 fresh ground black pepper

Sauté the onion and garlic in the olive oil. When the onion starts to soften, add the shitake mushrooms and cook over low heat for about 5 minutes. Add the remaining ingredients and simmer about 10 more minutes over low heat. Purée all the ingredients together in a food processor or blender. Serve warm or cold.

Roasted Eggplant Dip

Makes about 3 cups

2 medium eggplants
2-3 tablespoons tahini, or sesame butter
¼ cup fresh lemon juice (about the juice of 1 lemon)
2 small or 1 large clove garlic, minced
½ cup chopped parsley, optional
½ teaspoon hot sauce (or more to taste)
¼ teaspoon salt
¼ teaspoon fresh ground black pepper

Preheat oven to 400-degrees. Bake whole eggplants on a dry flat pan in the oven for 1 hour or until they collapse when piced with a fork. Remove from oven and allow to cool to the touch. When cooled, scrap softened eggplant flesh from skin into a food processor. Add tahini, garlic, and lemon juice. Process until smooth. Add parsley, if using, hot sauce, salt and pepper. Process again until thoroughly blended. Taste and adjust seasonings, if necessary.

Serve with crusty bread pieces, crackers or cut up vegetables.

Acorn Squash with Herbed Stuffing

Serves 8

This satisfying dish makes a handsome centerpiece for the holiday meal.

4 medium-small acorn squashes (about 1 pound each)
6 cups firmly packed diced whole grain bread
1 1/2 tablespoons canola or olive oil
1 1/2 cups chopped red onion
1 1/2 cups peeled, diced tart apple
3 bunches scallions, minced
2 tablespoons chopped fresh parsley
1 teaspoon each: fresh thyme, sage
3/4 teaspoon seasoned salt, more or less to taste
1/2 cup finely chopped pecans
3 tablespoons currants or dried cranberries
freshly ground pepper to taste
1 1/2 cups apple juice

Preheat the oven to 375 degrees.

Halve the squashes and scoop out seeds and fibers. Place them cut side up in shallow baking dishes and cover tightly with covers or foil. Bake for 30 minutes.

Place the diced bread on a baking sheet. Bake 10 to 12 minutes, or until dry and lightly browned.

Heat the margarine in a large skillet. Add the red onion and sauté over moderate heat until golden. Add the apple and sauté for another 5 minutes.

In a mixing bowl, combine the bread cubes with the onion and apple mixture. Add all the remaining ingredients except the apple juice and toss together. Sprinkle in the apple juice slowly, stirring at the same time to moisten the ingredients evenly. Transfer the mixture evenly between the squash halves. Bake 25 to 30 minutes, or until browned and still slightly moist.

Garlic Mashed New Potatoes

Makes about 6 1-cup servings

These are absolutely the most delicious mashed potatoes and they're nearly fat free! The garlic in this recipe adds flavor and many health benefits.

10 medium, red-skinned "new" potatoes, unpeeled
3 cups water
5 garlic cloves
1 teaspoon olive oil

½ to 1 cup unsweetened soy- or other non-dairy milk
1/2 teaspoon salt, to taste
1/8 teaspoon black pepper, to taste

Cut potatoes into 1-inch chunks and put into a medium-sized pot. Add water. Bring to a low simmer. Cover pan, reduce heat to low, and cook until tender when pierced with a knife, about 25 minutes. Check occasionally, adding extra if pot becomes dry. When potatoes are soft, drain off the remaining water. Sauté garlic in oil in a small skillet over medium heat until it begins to brown about 3 minutes.

Mash with a potato masher or fork, then stir in enough non-dairy milk to obtain a creamy consistency. Add garlic, salt and black pepper.

Mushroom Gravy

Makes 6 servings

This gravy is delicious with mashed potatoes, but enjoy it with any dish that can handle a scrumptious, healthy gravy.

12 ounces button or cremini mushrooms
1/4 cup water
1/4 cup flour
1 1/2 cups vegetable broth, divided (1 cup plus 1/2 cup)
1–2 tablespoons soy sauce (optional)
1 teaspoon Italian seasonings
1/4 teaspoon salt, or to taste
1/4 teaspoon black pepper, to taste

Clean and slice mushrooms, then sauté in water until soft, about 5 minutes.

Mix flour with 1 cup broth until smooth by shaking it in a small plastic container with a tight fitting lid.

Add remaining 1/2 cup broth, soy sauce (if using), Italian seasonings, and about 1/2 of the flour mixture to the mushrooms. Bring gravy to a simmer for 3 to 5 minutes, stirring often. Add the remaining flour mixture and continue heating and stirring until thickened. Add salt and black pepper to taste. Serve warm (and as soon as possible).

Roasted Beets and Sweets

Serves 6

A colorful dish that promises to be a new holiday tradition.

4 medium beets, cut into bite-sized chunks
2 large sweet potatoes, cut into bite-sized chunks
1 tablespoon of olive oil
½ teaspoon salt

Optional dressing:

¼ cup fresh lemon juice
2 teaspoons Dijon style or grainy mustard

Preheat oven to 400 degrees F. Place beet and sweet potato pieces in a large flat baking dish. Toss with olive and salt and spread out across baking dish. Bake for 40 to 50 minutes, turning vegetables once, until soft when pierced with a fork.

If using dressing, shake lemon juice and mustard together in a small covered container and pour over beets and sweets. Serve hot or warm.

Green Beans with Shallots

Serves 6

1 pound fresh green beans, trimmed
3 medium shallots, thinly sliced
½ cup slivered almonds
1 tablespoon olive oil
1 tablespoon soy sauce

Cut ends off beans and break into bite-sized pieces. Steam until just tender. Set aside. In a large skillet, sauté the onion and slivered almonds in oil until onion becomes transparent. Lower heat, add vinegar, and continue cooking until onion starts to caramelize and almonds begin to brown, about 10 minutes. Stir in soy sauce and beans. Cook 1 to 2 minutes before serving.

Apple Berry Sauce

Makes 3 cups

Serve this fruit sauce hot or cold.

3 cups peeled, cored, and coarse-chopped apples
2 cups hulled strawberries, blueberries, or raspberries, fresh or frozen
1 cup water

In a medium-size saucepan combine all ingredients. Bring to a simmer, then cover and cook over very low heat for about 25 minutes, or until apples are tender when pierced with a fork. Mash lightly or puree in a food processor, if desired.

Pumpkin Custard Pie

Makes 8 servings

This version of pumpkin pie is quite healthy and can be served to your friends who follow a dairy-free diet.

1 1/2 cups soymilk
4 tablespoons cornstarch
1 1/2 cups solid-pack canned pumpkin or cooked pumpkin
1/2 cup sugar (preferably raw or turbinado) or other sweetener
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon ground ginger
1/8 teaspoon ground cloves
1 unbaked commercial pie crust or a homemade crust using your favorite recipe

Preheat oven to 375 degrees F.

In a large bowl, whisk together soymilk and cornstarch until smooth, then stir in pumpkin, sugar or other sweetener, salt, cinnamon, ginger, and cloves. Pour into pie crust and bake for 45 minutes, or until firm. Cool before cutting.