

Fall Spiced Cranberry Sauce

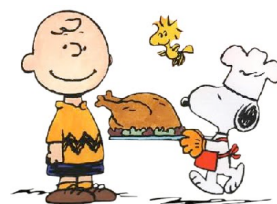
Cranberries are an antioxidant super food! Kick the canned version for this easy recipe.

Ingredients:

12 ounces cranberries
1 cup stevia
1 cup water
1 orange, diced and zested
1 Tb cinnamon (or 2 sticks)
¼ tsp each nutmeg and clove

Directions:

In a saucepan combine all ingredients, covered, stirring occasionally, for about 10 minutes, or until the cranberries have burst
Transfer the sauce to a bowl and let it cool. The sauce will thicken when cooled, and may be made 2 days in advance



Pear and Pine Nut Wild Rice Stuffing

Wild rice adds fiber and texture to this flavorful variation of stuffing, and replacing the butter with olive oil adds healthy monounsaturated fats.

Ingredients:

- 2 1/2 cups vegetable broth
- 2/3 cup raw wild rice
- 1 1/2 tablespoons olive oil
- 1 1/2 tablespoons marsala cooking wine
- 1 medium onion, chopped
- 2 large celery stalks, cubed
- 2 large carrots, cubed
- 1/2 cup mushrooms, sliced
- 2 medium bartlett pears, cubed
- 4 cups finely cubed whole grain bread
- 1/3 cup raisins (or cranberries)
- 1/4 cup chopped pine nuts
- 1/3 tablespoon fresh (1/3 teaspoon for dried) each rosemary, sage and thyme

Directions:

- Preheat oven to 375 degrees.
- Bring the broth to boil. Stir in the wild rice, reduce heat to gentle simmer, and cover, 35 min., or until the water is absorbed
- Heat the oil and wine in a large-sized skillet. Add the onion and carrots; saute until onions are translucent and carrots are tender. Add the celery and mushrooms and sauté over medium heat until both are browned.
- Combine the vegetable mixture with the cooked wild rice and all the remaining ingredients. Stir well to combine until the mixture is evenly moistened (add extra stock if needed).
- Transfer the mixture to a lightly oiled, large shallow baking dish. Bake for 30 to 35 until minutes, or until slightly crusty.



Garlic Mashed 'Caulitatoes'

Replacing potatoes for fiber-rich, cancer-fighting cauliflower makes these mashers a healthy replica of the Thanksgiving favorite.

Yields: 4 servings

Ingredients:

- 1 large Yukon gold potato, cut into 3/4-inch chunks
- 1 heads (about 2 1/4 pounds) cauliflower, cut into florets
- 2 cups water
- 2 teaspoons olive oil
- 1 cloves garlic, minced
- 1/4 cup, chopped green onion
- Sea salt and ground black pepper, to taste

Directions:

- Place potato and cauliflower in large stockpot. Add broth; cover and heat on high until boiling
- Reduce heat to low; simmer, covered, about 20 minutes or until fork-tender, stirring once halfway through cooking. Drain, reserving 1/4 cup broth
- In same saucepan, heat oil and garlic over medium-low heat for 1 minute or garlic is just golden, stirring.
- Reduce heat to low; return vegetables to saucepan.
- Using food processor or immersion blender, mash vegetables, adding stock slowly.
- Stir in green onion, 1 salt, and pepper.

