



# Organnons

## Natural Market

# HEALTHY HOLIDAY HANDBOOK

Recipes • Shopping Lists • Survival Tips

# MAKE THIS YEAR DIFFERENT.

We know how it is- this time of year can be treacherous on your physical and mental health. You have already had a busy fall, and now you're faced with visiting relatives, parties, massive cooking aspirations, and more. How does one survive in a way that makes this all feel like Holiday magic? At Organnons, we've gathered the best recipes, tips and stories to help you hack Thanksgiving 2019 and make it something beautiful and even...\*gasp\* JOYFUL!

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# SANITY-SAVING TIPS

## **PREPARE WITH SELF CARE**

Take care of YOU before things get busy. This means sticking to your routines, eating well and getting enough rest. Seeing relatives and old friends can be stressful- use this time before the holidays hit to get yourself in a good place.

## **SET BOUNDARIES**

You do NOT have to do all the things. You can choose what brings joy to you and your immediate family. There will be innumerable parties and get-togethers and volunteer opportunities, but by saying YES to everything, you miss out on the beauty of this season.

## **LET GO OF CONTROL**

You pictured the perfect Thanksgiving with a gorgeous table and harmonious family enjoying a meal they'll never forget... but things happen. People are late, sometimes the rolls don't rise, or the pie was a flop. Release the stress that comes with trying to hold it all together and just roll with it.

## **IT'S REALLY ALL ABOUT GRATITUDE**

Remember that the whole reason this holiday continues to exist goes beyond tradition- it's about being thankful for everything we have. This can be anything from our shoes to our children or the very air we breathe. In the end, it's this gratitude that MAKES Thanksgiving.

# THANKSGIVING DINNER HACKS

We've curated our favorite tips to make cooking and hosting WAY simpler

**Do a test run the week before:** This way you can test any new recipes, swap out ingredients that didn't work, and even have some leftovers you can use in case the recipe flops on the big day.

**Keep Recipes easy to Reference:** Print and post them on the insides of your kitchen cabinets. They'll be ready to look at, but out of the way and behind closed doors once guests arrive.

**Make use of insulated containers/crockpots/bags/coolers:** Use a cooler or cooler bags to make space in the fridge for all the extra dishes. Manage timing of dishes by keeping foods hot: use the crock pot for mashed potatoes, keep gravy in a thermal cup until dinner is on the table.

**Simple Kid Ideas:** Cover the kids table with butcher paper and have tons of crayons available. Make butter: put heavy cream in a mason jar and shake vigorously! Make it faster by adding a clean marble to the cream.

**USE ALL THE TRICKS:** The internet is full of videos and lists with smart short cuts like grating cold butter to make pastry, plunging hot potatoes in ice water to get rid of peels and more. Check out our Thanksgiving Hacks Pinterest board to see more.



# STAYING WELL

## **GUARD YOUR IMMUNE SYSTEM**

Wash your hands, or use a good hand sanitizer that doesn't strip your skin of its GOOD bacteria. Stock up on Immune-supporting supplements like herbs and probiotics.

## **KEEP STRESS AT BAY**

This time of year can exhaust you and yet life still keeps pushing. Supplements can bring your stress responses into balance: things like B Vitamins, Ashwaghandha and more are good places to start.

## **CALM YOUR DIGESTION**

Food sensitivities can be a huge issue this time of year because we tend to loosen our standards so we can eat the traditional foods. Be mindful of what your body likes and doesn't like and consider trying digestive enzymes to help you system break down foods it may not be equipped to handle.

## **DAMAGE CONTROL**

Too much of a good thing sounds like a good idea in the moment, but it can leave you a mess the next day. Good detoxing food and a strong probiotic can bring you back into balance. Think you may overdo it with drinks? Try Party Smart to prevent the consequences the next day.



# ORGANNONS 2019 RECIPES



A Collection of Thanksgiving Favorites with a Nutrient-Dense  
twist at Every Opportunity.





# TURKEY BRINE

1 cup mineral salt (or pink salt)  
½ cup brown sugar (or maple sugar)  
3-4 crushed garlic cloves  
3-5 sprigs fresh rosemary  
3-5 sprigs fresh thyme  
3-5 sprigs fresh sage  
3 tbsp tri colored peppercorns  
1 tsp allspice berries  
2 gallons cold water  
1 brine bag (or 1 extra large ziplock bag)

**FIRST:** Thaw frozen turkey (Skip this step if you are getting a FRESH turkey)

**SECOND:** Make your turkey brine **TWO DAYS** before cooking your turkey.

## PREPARE BRINE:

- In a large pot with a lid, allow salt and brown sugar to dissolve in 1 gallon of water.
- Place garlic, fresh rosemary, fresh thyme, peppercorns, and allspice in pot.
- Bring to a boil, then reduce to a simmer and allow to simmer for 30 minutes until salt and sugar is dissolved.
- Remove from heat and allow to cool. Once cooled, strain of solids and store in the refrigerator until ready to use.

**THIRD:** On the night before you plan to cook your turkey, place turkey in brine solution for a minimum of 12 hours

## BRINE TURKEY:

Remove giblets before brining and store in the refrigerator if you are planning on using them. In a brine bag (or a LARGE ziplock bag) add turkey, and brine solution. Cover with 1 gallon of cold water (or enough to fully submerge). Pro tip: place turkey and brine (in bag) in an empty produce drawer of your refrigerator!! Allow turkey to sit in brine for 12-14 hours.

Before cooking, rinse the turkey well, and pat dry completely prior to cooking. Remove Turkey from refrigerator and allow to come to room temperature for 1 hour prior to cooking to ensure turkey is moist.



# ROASTED TURKEY

Turkey

Butter

Salt & pepper

Aromatics of choice or stuffing

- Place oven rack on the lowest setting.
- Preheat the oven to 350 degrees.
- Rinse inside and outside of turkey with cool water and pat dry.
- Stuff cavity with desired aromatics (onion, citrus, fresh herbs) or loosely fill with stuffing.
- Place turkey on a roasting pan with a rack breast side up.
- Tuck and tie wings and drumsticks together loosely.
- Cover whole turkey with butter, salt, and pepper.
- Cover turkey breast in aluminum foil being sure to keep drumsticks, thighs, and wings exposed.
- Roast turkey for 45 minutes and baste every 45 minutes using pan juices.
- Roast turkey for 3 hours (15 minutes per pound of turkey) with aluminum foil covering breast.
- After 3 hours, remove the aluminum foil and baste (adding stock if necessary).
- Continue to roast until the internal temperature of the turkey reaches 180 degrees (inserted in the thigh).

# GLUTEN FREE STUFFING

3 tbsp unsalted butter	1 ⅔ cups Bonafide Provisions
2 cups yellow onion, finely chopped	bone broth
1 green bell pepper, finely chopped	4 tps fresh parsley, finely chopped
2 cups celery, finely chopped	1 tsp poultry seasoning
¼ cup of garlic, minced	½ tsp sage powder
1 loaf gluten free bread, cubed OR	salt & pepper to taste
14 slices gluten free bread ,cubed	

- Preheat the oven to 350 degrees.
- Grease a large casserole dish.
- Finely chop yellow onion, green bell pepper, and celery. Set aside.
- Mince garlic, set aside.
- Cut loaf of bread (or slices) into cubes, set aside (this is easiest to do if bread is frozen).
- In a large skillet, heat 4 tbsp of butter over medium heat.
- Add onion, bell pepper, and celery. Cook for 5 minutes.
- Add garlic and cook for 3-5 minutes until onion is golden brown.
- In a large mixing bowl, combine sautéed green bell pepper, yellow onion, celery, and bread cubes.
- Mix until well coated.
- Add chicken broth to breadcrumb mixture. Mix until well coated.
- Add spice blend (poultry seasoning, sage, salt & pepper, fresh parsley) to bread mixture. Mix until well coated.
- Add to casserole dish. Cook 40-50 minutes or until the top of the stuffing is golden brown. Garnish with fresh Parsley.

## Tips:

- To make this vegan, sub butter with plant-based buttery spread or coconut oil
  - To make this regular, use French bread
- This can be made up to three days ahead of time and stored in the refrigerator in an airtight container.



# POMEGRANATE-KALE SALAD

## SALAD

1 bunch lacinato kale, chopped  
½ cup pomegranate seeds  
½ cup shredded coconut

## DRESSING

¼ cup balsamic vinegar  
¾ cup extra virgin olive oil  
2 tbsp Hound Dog Honey  
1 tbsp dijon mustard  
½ tsp salt  
½ tsp pepper  
1 large garlic clove, minced

- In a medium mixing bowl, combine vinegar, honey, dijon mustard, salt, pepper, and garlic.
- Slowly whisk in extra virgin olive oil until fully incorporated. Store in a glass jar.
- De-stem and chop kale into bite sized pieces.
- Add balsamic vinaigrette to taste, and mix to coat kale.
- Top with fresh pomegranate seeds and shredded coconut.

# ROASTED GARLIC & HERB MASHED POTATOES

5 lbs yukon gold potatoes, peeled, cubed  
1 stick of butter , cubed(4 oz)  
1 package of cream cheese (softened)  
⅓ cup **Seven Stars** heavy whipping cream  
4 tbsp minced chives  
2 tbsp finely chopped parsley  
Salt & pepper to taste  
1 bulb of garlic, roasted  
1 tbsp extra virgin olive oil

## ROASTED GARLIC

- Preheat the oven to 400 degrees.
- Remove most of the skin from the outside of the garlic bulb.
  - Chop very top of garlic off to expose the top of the cloves.
  - Coat with extra virgin olive oil and wrap in aluminum foil.
- Place garlic bulb wrapped in aluminum foil on a baking sheet and allow to bake for approximately 40 minutes, or until garlic has browned.
- Check every 10 minutes to make sure garlic doesn't burn.
  - Remove from oven once golden brown.
  - Allow to cool slightly, peel, mash, and set aside.

## MASHED POTATOES

- In a large pot, add peeled and cubed potatoes.
- Bring to a boil, reduce to a simmer and cook until fork tender.
  - Drain potatoes and return to pot.
- Add cubed butter, 1 package of cream cheese cubed, and heavy whipping cream.
  - Add mashed roasted garlic and stir to combine.
- Add fresh parsley, fresh minced chives, and salt and pepper to taste.



# SWEET POTATO BISCUITS & HONEY BUTTER

2 cups all purpose flour (or sub gluten free flour - be mindful of ratios!)

1 tbsp baking powder

1 tsp salt

½ tsp cinnamon

1 stick of unsalted butter (very cold!)

¼ cup Oasis buttermilk

1 sweet potato, roasted, skin removed, mashed

## BISCUITS

Preheat oven to 450 degrees.

Line a baking sheet with parchment paper or aluminum foil.

Combine dry ingredients (flour, baking powder, salt, cinnamon).

Using a pastry cutter, add cold butter and sweet potato to flour mixture.

Add buttermilk until dough forms a ball shape.

Flour a large flat surface, and roll out dough using a pastry roller until thickness is about 1.5" thick.

Using a cookie cutter or a mason jar lid, cut biscuits to desired size.

Place on a prepared baking sheet.

Bake for 12-15 minutes or until edges are golden brown.

## HONEY BUTTER

1 stick Oasis unsalted butter, softened

1 tsp cinnamon

1 tsp Hound Dog Honey

1 tsp maple syrup

Mix together butter, cinnamon, honey, and maple syrup.

Place a large piece of plastic wrap on a flat surface.

Place butter on plastic wrap and roll into a log shape.

Refrigerate for 1 hour or until firm.

Serve with biscuits

**Tip:** Biscuits can be made ahead of time and frozen in a plastic bag for up to two weeks before using

# HOMEMADE HOLIDAY CRANBERRIES

12 oz fresh cranberries  
½ cup maple syrup  
2 pears, peeled, cored, cubed small  
Zest from 1 orange, plus juice  
1 cup water  
2 cinnamon sticks

- Add all ingredients in a saucepan.
- Bring to a boil over medium heat.
- Once boiled, reduce to a simmer for 15 minutes or until sauce has thickened.
  - Remove cinnamon sticks.
  - Reserve half and set aside.
- Add half of cranberries to a blender, blend until smooth.
  - Add rest of cranberries, mix to combine.
- Serve once cooled, or store in the refrigerator in an airtight container for up to 14 days

**Tips:** This can be made up to one week ahead of time and stored in an airtight container in the refrigerator.

Place cranberry jam in a mason jar for a pretty centerpiece that doubles as storage!



# VEGAN & GLUTEN FREE GRAVY

2 cups vegetable broth (or 1 cup vegetable broth, 1 cup mushroom broth)

1 medium yellow onion, diced

¼ cup vegan butter

3 tbsp Bragg's nutritional yeast flakes

1 tbsp Bragg's liquid aminos

1 tsp poultry seasoning

½ tsp salt, pepper to taste

1 tsp sage

½ tsp dijon mustard

¼ cup Bob's Red Mill brown rice flour

- Finely chop onion, set aside.
- In a saucepan, heat vegan butter.
- Sauté yellow onion for about 10 minutes until very soft.
- Combine flour with poultry seasoning, salt, pepper, nutritional yeast flakes and sage.
- In a small saucepan, heat broth until just simmering.
- Stir in flour, 1 tbsp at a time with a whisk until fully onions are fully coated in flour.
- Slowly whisk in broth, ¼ cup at a time, until fully combined.
  - Add liquid aminos, dijon mustard, stir to combine.
  - Simmer for 10-15 minutes until gravy has thickened.

**Tips:** For thinner gravy add more water.

For a thicker gravy add an arrowroot slurry (1 tsp arrowroot flour + 2 tsp cold water and add to gravy).

# STUFFED MUSHROOMS

28 white button mushrooms, de-stemmed (save stems)

½ cup Italian breadcrumbs

½ grated parmesan cheese, plus extra

3 tbsp finely chopped yellow onion

2 tbsp finely chopped green bell pepper

2 tbsp finely chopped parsley

½ tsp smoked paprika

4 cloves garlic, minced

½ cup butter

½ tsp salt  
Extra virgin olive oil to coat mushrooms

- Preheat the oven to 400 degrees.
- Clean mushrooms, remove stems, and set aside.
- In a food processor add mushroom stems and pulse until ground. *(If not using a processor, you can always finely chop them)*
- In a large skillet add melt butter over medium heat.
- Add yellow onion, green bell pepper, and garlic. Cook until tender - approximately 10 minutes.
  - Remove from heat.
- To the onion and pepper mixture add breadcrumbs, parsley, paprika, salt, and parmesan cheese. Mix to combine.
- Place mushroom cap side up on a large lined baking sheet.
- Add breadcrumb mixture to each mushroom cap. Top with a little bit of parmesan cheese.
  - Drizzle mushrooms with extra virgin olive oil.
- Bake for 15-20 minutes or until breadcrumb filling has browned.



# MAPLE BACON GREEN BEANS

1 lb green beans, ends trimmed  
2 tbsp coconut oil (or butter)  
6 cloves of garlic, minced  
6 slices of bacon, drained of fat, chopped  
½ tsp salt

- Cook bacon per package instructions.
  - Drain and chop. Set aside.
- In a large pot, bring water to a boil.
  - Add green beans and salt.
- Cook until tender (about 5 minutes), and drain the beans.
  - In a large skillet, heat coconut oil.
  - Add garlic to skillet and heat for 30 seconds.
  - Add green beans and bacon.
- Sauté for about 1 minute to combine the ingredients.
  - Salt to taste

# MAPLE GLAZED CARROTS

½ cup maple syrup  
2 lbs. medium carrots, skinned  
1 inch ginger, peeled, grated  
⅓ cup brown sugar (packed)  
1 stick Oasis unsalted butter, melted  
1 tsp crushed red pepper flakes  
1 sprig fresh thyme, finely chopped

- Preheat oven to 400 degrees.
- Line a baking sheet with parchment paper.
- In a small saucepan, melt butter and add brown sugar.
  - Stir until thoroughly combined.
- Add crushed red pepper flakes, fresh ginger, and maple syrup.
  - Stir to combine.
- Place carrots on a baking sheet and cover with butter mixture.
  - Mix until carrots are fully coated.
- Sprinkle with salt, red pepper flakes, and fresh thyme.
- Bake for 50-60 minutes, tossing carrots every 20 minutes.



# APPLE CRISP

## FILLING

3 honey crisp apples  
3 granny smith apples  
1 tbsp maple syrup  
3 tbsp water  
2 tsp cinnamon

## CRUST

1 cup old fashioned oats  
½ cup almond flour  
½ cup pecans, chopped  
1 tsp cinnamon  
¼ tsp salt  
¼ cup melted butter  
¼ cup maple syrup

- Preheat the oven to 350 degrees.
- Prepare a large (8x8" baking dish).
- In a large bowl combine maple syrup, water, and cinnamon. Stir to combine.
- Peel and dice apples, add to maple syrup mixture. Mix until well coated. Set aside.
  - Pour apple mixture into a large coated baking dish.
- Make crust: combine chopped pecans, almond flour, oats, cinnamon, and salt.
- Add melted butter and maple syrup and mix to combine.
- Add crumble mixture on top of apples and bake for 40-45 minutes

***NOTE: 20 minutes into baking, remove apple crisp and cover with aluminum foil to prevent browning.***

- Leave aluminum foil on for remainder of cook time.

**Tips:** This can be made a day ahead of time and reheated before serving.  
This can be made vegan by substituting melted coconut oil for melted butter.

# PUMPKIN PIE

Frozen pie shell (regular or gluten free)

1 15-ounce can pumpkin puree

1 cup brown sugar

½ tsp salt

1 tsp ground cinnamon

1 tsp ground ginger

½ tsp ground nutmeg

⅛ tsp ground cloves

3 large eggs, beaten (lightly)

1 ¼ cups evaporated milk

- Preheat the oven to 400 degrees.
- Allow frozen crust to thaw for 15 minutes at room temperature.
  - Poke bottom of pie crust with a fork.
  - In a large mixing bowl.
- Combine dry ingredients (brown sugar, salt, cinnamon, ginger, nutmeg, cloves)
- In a separate bowl whisk eggs until they are lightly beaten.
- Add pumpkin puree, and evaporated milk until combined.
  - Add wet ingredients to dry ingredients.
  - Mix until fully combined.
  - Place the pie shell on a baking sheet.
  - Pour pumpkin mixture into pie shell.
  - Bake for 45-50 minutes or until set.
- Allow to cool completely (approximately 3 hours) before serving.

# PUMPKIN PIE

## HOMEMADE WHIPPED CREAM

1 cup Seven Stars Heavy Whipping Cream

2 tbsp confectioner's sugar

½ tsp pure vanilla extract

- Using a hand mixer or a standing mixture, whip cream for approximately 3 minutes or until cream forms medium peaks.
- Store in the refrigerator until serving.

**Tips:** This can be made in advance and stored until serving. Pumpkin pie should be serving cold and given enough time to completely cool before being eaten.



# SHOPPING LIST

## PRODUCE

yellow onions  
green bell pepper  
yukon gold potatoes  
celery  
chives  
garlic  
parsley  
rosemary  
thyme  
sage  
sweet potato  
fresh cranberries  
Bartlett pears  
orange  
lacinato kale  
pomegranate  
white button mushrooms  
green beans  
carrots  
ginger  
Honeycrisp apples  
Granny smith apples  
pecans

## BAKING

all purpose flour  
baking powder  
brown sugar

## FRESH

Kochs Whole Turkey  
Kochs Smoked Turkey  
Bacon  
Oasis unsalted butter  
Oasis Buttermilk  
Miyokos Vegan butter  
Seven Stars heavy cream  
parmesan cheese  
cream cheese  
eggs

## GROCERY

coconut oil  
Bragg's nutritional yeast flakes  
Bragg's liquid aminos  
dijon mustard  
vegetable broth  
chicken or turkey stock  
italian breadcrumbs  
balsamic vinegar  
extra virgin olive oil  
Local Honey  
pure maple syrup  
pumpkin  
evaporated milk  
Bob's Red Mill Old Fashioned Oats  
Bob's Red Mill Almond Flour

## DRIED SPICES

Himalayan Pink Salt  
Black pepper  
cinnamon  
nutmeg  
ground ginger  
tricolor peppercorns  
poultry seasoning  
sage powder  
smoked paprika  
cinnamon sticks  
allspice berries  
crushed red pepper flakes  
cinnamon sticks

## FROZEN

gluten free bread  
pie crust  
Bonafide bone broth