



## Our Winter Holiday Gift to You – Recipes!

Our practitioners and staff at Boise Natural Health Clinic have gathered some healthy & yummy recipes for you.

All these recipes are wheat, dairy, egg, sugar, and soy free but are full of flavor!

Enjoy!

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### Winter Salad - Roasted Cauliflower, Dates, Red Onion & Parsley

*from Joan Haynes, ND*

Lettuce based salads can feel cold in the winter, this salad is lower carb, crunchy, and fresh tasting. Great for dinner or left over the next day for a packed lunch.

Recipe from Carmen at <http://www.everylastbite.com>

Servings: 4

#### Ingredients

##### Roasted Cauliflower

- 1 medium cauliflower, cut into florets
- 1 tbsp olive oil
- 1/4 tsp salt
- 1/2 tsp paprika
- 1 tsp dried oregano

##### Vinaigrette

- 2 tbsp extra virgin olive oil
- 1 tsp lemon juice
- 1/2 tsp lemon zest
- 1 tsp apple cider vinegar
- 1 tbsp tahini (sesame seed butter)
- 1/4 tsp salt
- 1/4 tsp pepper

## Salad

- 1/3 cup dates, cut into small pieces
- 1/4 cup thinly sliced red onion
- 1/2 cup chopped parsley
- 1/4 cup pine nuts toasted

## Instructions

1. Preheat the oven to 400 degrees Fahrenheit (200 degrees Celsius)
2. In a bowl toss the cauliflower florets in olive oil and then sprinkle with paprika, oregano and salt. Toss the florets with your hands to make sure they are evenly coated. Lay the cauliflower out on a baking sheet and bake in the oven for 20 minutes until the cauliflower is tender and golden in color.
3. While the cauliflower is cooking, in a bowl whisk together the olive oil, lemon juice, zest, apple cider vinegar, tahini, salt and pepper. Set aside.
4. Once the cauliflower is cooked, remove from the oven and place it in a bowl along with the dates, red onion, pine nuts and parsley. Pour the vinaigrette ovetop and toss until all coated. Serve warm or at room temperature.

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## Immune Support Soup

*from Nicole Maxwell, ND*

Make this a part of your regular diet or give your immune system a boost when it needs it. Ginger has warming qualities that can help heat you from the inside-out making it an ideal ingredient for immune support foods. Ginger is indicated for cold and congestive conditions with digestive or respiratory debility. Garlic provides immunomodulatory and anti-inflammatory effects. Onions are high in vitamin C and provide fructans, food for the beneficial bacteria in your colon. Shiitake improves human immunity in part through increased sIgA production. Lemon is packed with vitamin C and other electrolytes. Parsley is packed with beneficial nutrients, essential oils and antioxidants.

This recipe comes from Dr. William Mitchell, ND at [www.bastyr.edu](http://www.bastyr.edu).

## Ingredients

- 1 quart chicken broth (or substitute mushroom or miso broth/paste - you can find these at your local health food store)
- 1 small yellow onion, chopped
- 4 clove cloves garlic, crushed and chopped (or more to taste)
- 1 each carrot, grated
- 4 each fresh Shiitake mushrooms, sliced (or more to taste)
- 1-3 tbsp ginger root, grated (or more to taste)
- 1 each fresh lemon, juiced
- 3 tbsp fresh parsley, chopped

## Instructions

Bring the broth, onion, garlic, carrot, mushrooms and ginger root to a slow boil. Reduce heat and simmer on low, covered, for 15 minutes. Remove from heat; add the lemon juice and parsley. Cover and steep, off the heat, for 5 minutes. Eat and enjoy!

Notes:

For a five-serving batch, you can use up to 10 cloves of garlic, up to 8 shiitake mushrooms or up to 3 tablespoons ginger, depending on your preference. You can start the soup with half the total garlic you desire; then crush the remaining cloves, adding them with the lemon juice at the end. This retains more of the immune modulating constituents.

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## Ruby Beets with Balsamic Glaze & Fresh Herbs

*from Emily Yuen, ABT*

Potent antioxidant powerhouses, the mighty beet will bring a splash of color and rich flavor to your harvest table.

Recipe from [www.organicvalley.coop](http://www.organicvalley.coop)

**Servings:** 8

### Ingredients:

3 pounds beets - scrubbed and trimmed  
2 tablespoons balsamic vinegar  
2 tablespoons maple syrup  
2 tablespoons organic butter (if dairy sensitive substitute gee or non-dairy butter)  
2 teaspoons tamari soy sauce  
fresh herbs (for garnish)

### Instructions:

1. In a large saucepan, cover beets with lightly salted water by 1 inch. Simmer beets, covered, 30 to 35 minutes, or until tender, and drain in a colander.
2. Cool beets until they can be handled and slip off skins and stems. Cut beets lengthwise into wedges. Please note: beets may be prepared up to this point 2 days ahead. Just cover and place in the fridge. Bring beets to room temperature before proceeding.
3. In a large skillet, stir together the balsamic vinegar, maple syrup, and Organic Valley Salted Cultured Butter. Add beets. Over moderate heat, cook beet mixture with salt and pepper to taste, until heated through and coated well.

**Serving Suggestions:** Choose one of the following fresh herbs to enliven the senses of your holiday guests:

~Thyme - use 1 teaspoon

~Rosemary - use 1/2 teaspoon  
~Basil - use 2 teaspoons or more  
~Chives - to taste

Rinse the herbs well, pat dry, reserve beautiful sprigs for the garnish. Finely chop and sprinkle herbs over the beets.

Toss gently, garnish and Enjoy!

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## **Stuffed Sweet Potatoes**

*from Ashlee Hull, ND*

There are many opportunities to indulge in sweets over the holidays, but with a little planning, you can pair that indulgence with a nutrient dense, no-guilt recipe like these stuffed sweet potatoes.

Modified from Danielle Walker, [AgainstAllGrain.com](http://AgainstAllGrain.com)

There are many opportunities to indulge in carbs and sweets over the holidays, but with a little planning, you can pair that indulgence with a flavor-packed, nutrient dense, no-guilt recipe like these stuffed sweet potatoes. Compared to regular white potatoes like russets or yukon, sweet potatoes are loaded with vitamin A, an important nutrient for immunity and eye health. The natural sugars give that delicious sweetness combined with healthy fiber, minerals, and protein. Sweet potatoes are an excellent source of calcium and magnesium for healthy bones, manganese for wound healing, and potassium that helps naturally regulate blood pressure. Try this recipe or substitute sweet potatoes for your mashed potatoes this year for a sweet variation on a holiday tradition!

### **Stuffed Sweet Potatoes**

- 4 med sweet potatoes, scrubbed
- 1 tbsp coconut or almond oil
- 1 tsp coarse sea salt
- 4 oz bacon, chopped
- 2 cups packed baby spinach
- 1 cup broccoli florets
- 1/2 cup shredded Brussels sprouts, trimmed
- 1/4 tsp black pepper

Preheat oven to 400 F. Rub the skins of potatoes with your oil of choice, pat with salt, prick several times with a fork, and bake on a foil-lined rimmed baking sheet until tender, about 40 mins.

On the stovetop, saute bacon pieces over med-high heat for about 5 mins, then add spinach, broccoli, and Brussels sprouts, and continue to cook until vegetables are softened, and bacon is cooked through, about 10 mins. Spoon filling into potatoes and serve.

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# Apple Cider & Herb Brined Turkey for the Holidays

*from Emily Dickerson, ND*

**This recipe was taken from Alissa Segersten, blogger of [www.nourishingmeals.com](http://www.nourishingmeals.com) and author of Nourishing Meals, Whole Life Nutrition, and Elimination Diet.**

Alisa Segersten and her husband Tom Malterre, are nutrition graduates of my alma mater, Bastyr University, and have created my longtime favorite cookbooks. Their recipes are delicious and food-sensitivity friendly, making them incredibly helpful for creating meal plans during the elimination diet.

I love this Apple Cider & Herb Brined Turkey recipe because brined turkeys make the meat so moist. This recipe is simple and so yummy! I hope you enjoy! Happy Holidays! Love, Dr. D

## **Recipe:**

You will want to have your turkey thawed and ready for brining 24 to 72 hours before you plan on cooking it. The larger the turkey, the longer it will need to soak in the brine. Add all of the ingredients to the pot, except for the water, then add the turkey and add water to cover. It will be about a gallon, give or take some, depending on the size of your turkey. If you add more than a gallon of water (say for a larger turkey), you will want to add 1/4 to 1/2 cup more salt, otherwise the brine may not be strong enough.

- 1 gallon apple cider**
- 1 cup coarse sea salt**
- 2 onions, chopped (you can leave the skin on, if desired)**
- 2 oranges, sliced**
- 1 head garlic, cut in half crosswise**
- 1 small bunch fresh rosemary**
- 1 small bunch fresh thyme**
- 1 small bunch fresh sage**
- 2 to 4 bay leaves**
- 1 to 2 tablespoons whole black peppercorns**
- 1 whole turkey (12 to 24 pounds)**
- 1 gallon filtered water (or just enough to cover)**

Place the apple cider, salt, onions, oranges, garlic, rosemary, sage, bay leaves, and black peppercorns into a large pot or container, stir well, and then place the turkey into it. Cover with filtered water. Place a weight on top of the bird to keep it submerged in the brine (like a glass bowl with a rock or a bag of water in it). If you don't use a weight you will need to flip the turkey once or twice during a 24 hour period. Cover and refrigerate for 24 to 72 hours.

When ready to cook, preheat oven to 425 degrees F. Pull the turkey out of the brine and place into a roasting pan. Pull some of the onions, herbs, and orange slices out and stuff them into the cavity of the turkey. At this point you can truss the bird with cotton butcher's twine (you should be able to find this at your local kitchen or grocery store).

Next, remove the remaining solids from the brine and place them around the turkey in the bottom of the pan. This will flavor the bird even more during cooking and create an amazing gravy! Take about 4 cups of brine, along with about 2 cups of filtered water, and add it to the bottom of the pan.

Season the top of the bird with sea salt and freshly ground black pepper. Then drizzle the top with extra virgin olive oil.

Place in the preheated oven for about 20 minutes. Then reduce heat to 325 degrees F and continue roasting until juices run clear. Baste the turkey a few times during cooking as well. Brining can reduce total cooking time by a little, but you can use the guidelines from FoodSafety.gov for average cooking times (if not fully stuffing the cavity, use the guidelines for an unstuffed turkey). Use a meat thermometer if needed to test for doneness. It should read about 165 degrees F when inserted into the thickest part of the thigh, though I usually take it out of the oven when the temperature is a little lower to prevent overcooking.

**8 to 12 pounds: 2 3/4 to 3 hours**

**12 to 14 pounds: 3 to 3 3/4 hours**

**14 to 18 pounds: 3 3/4 to 4 1/4 hours**

**18 to 20 pounds: 4 1/4 to 4 1/2 hours**

**20 to 24 pounds: 4 1/2 to 5 hours**

Once the turkey is done, let it rest in the pan for about 30 minutes before carving. This allows for the juices to go back into the meat. You can then remove the turkey and place it on a large cutting board to carve.

Once you have pulled all of the meat from the bones, use the carcass to make a rich, nourishing turkey broth – see Denise’s recipe below.

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## **Pressure Cooker Turkey Broth**

*from Denise Bartus, Office Manager*

When you are done with your holiday turkey, save the carcass. Here’s an easy way to make turkey broth in an insta-pot.

Recipe by Pressure Cook Recipes at <https://www.pressurecookrecipes.com>

**Prep** - 15 mins

**Cook** - 2 hrs

**Servings** – 10 cups

### **Ingredients**

- 2½ pounds or more roasted turkey bones
- 3 tablespoons olive oil, divided
- 10 cups cold water
- 2 medium onions, diced (keep the outer layers)

- 3 celery stalks, diced
- 3 carrots, diced
- 6 garlic cloves, minced
- 2 bay leaves
- 1 teaspoon whole black peppercorn
- A pinch of dried rosemary
- A pinch of dried sage
- A pinch of dried thyme
- **Optional:** 1 tablespoon apple cider vinegar

### Instructions

1. **Optional Flavor Enhancing Step:** Toss turkey bones & carcasses with 2 tbsp olive oil. Roast them in a preheated 450°F oven until browned (about 30 – 45 minutes).
2. **Prepare Pressure Cooker:** While the bones are roasting in the oven, heat up your pressure cooker (Instant Pot users: press Sauté button and click Adjust button to Sauté More function). Make sure your pot is as hot as it can be (Instant Pot: wait until indicator says HOT).
3. **Sauté Onion and Garlic:** Add 1 tbsp of olive oil. Then, add diced onion in the pressure cooker. Sauté for roughly a minute until soften. Add minced garlic and sauté for another 30 seconds until fragrant.
4. **Sauté Celery and Carrot:** Add in chopped celery and carrot. Sauté until the vegetables are slightly browned (roughly 10 minutes). At the 5 minutes mark, add in 1 tsp whole black peppercorn, all the herbs, and 2 bay leaves into the pressure cooker.
5. **Deglaze:** Add ½ cup cold water in the pressure cooker and deglaze by scrubbing the flavorful brown bits off the bottom of the pot with a wooden spoon.
6. **Pressure Cook the Turkey Stock:** Add all the roasted turkey bones and 9.5 cups cold water into the pressure cooker. If you are using apple cider vinegar, add in 1 tbsp. Close lid and pressure cook at High Pressure for 45 - 60 minutes + Natural Release. Open the lid carefully. Full Natural release will take roughly 1 hour. You can do a 30 minutes natural release if you like.
7. **Strain & Store the Turkey Stock:** Strain turkey stock through a fine-mesh strainer. Let it cool to room temperature and refrigerate overnight. Skim off the layer of fat on the surface of the stock.

**Storage Duration:** keep in the fridge for 3 to 5 days; freeze for up to 6 months.

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## Oven Roasted Brussels Sprouts with Variations

*from Kara Ferguson, Finance Manager*

I love Brussels Sprouts – and this is such a quick way to make them. Adapted from Whole Foods Market recipe.

### Ingredients:

- 1.5 pounds Brussels sprouts, trimmed and halved lengthwise
- 3 tablespoons extra-virgin olive oil or melted coconut oil
- 1 teaspoon fine sea salt
- 1/2 teaspoon ground black pepper

### Directions:

1. Preheat oven to 400°F.
2. In a mixing bowl, toss trimmed and halved Brussels sprouts with oil, salt and pepper.
3. Place on a rimmed baking sheet and cook for 30 to 35 minutes stirring/flipping once or twice. Cook until deep golden brown, crisp outside and tender inside. Loose leaves will be especially brown and crispy.
4. Transfer to a bowl and serve.

#### **Variations:**

##### **Rosemary Parmesan Brussels Sprouts**

Add 1 tablespoon chopped fresh rosemary to Brussels sprouts before roasting. During the last 5 minutes of roasting, add 1/4 cup pine nuts. Stir well and continue roasting until Brussels sprouts are tender. Before serving, toss with 1/4 cup shredded parmesan cheese.

##### **Cranberry Pecan Brussels Sprouts**

During the last 5 minutes of roasting, add 1 cup dried cranberries and 1/4 cup pecan pieces. Stir well and continue roasting until Brussels sprouts are tender.

##### **Brussels Sprouts and Kale Salad**

After roasting, allow Brussels sprouts to cool to room temperature. Toss with 4 cups baby kale mix, 1/4 cup crumbled goat cheese and 1/4 cup balsamic vinaigrette.