

A woman with long blonde hair, wearing a white shirt, is seated at a table. She is looking down at something in her hands, possibly a glass. In the foreground, a large, golden-brown roasted turkey is the central focus. The background is softly blurred, showing a wooden chair and a window with light coming through. The overall atmosphere is warm and inviting.

# easy

SAVORING THE SMALL PLEASURES IN LIFE

# LIVE

Have It Your Way / Healthy Choices

# VING

es / Homemade Holiday / Make-Ahead Thanksgiving





HAVE IT YOUR WAY

**SWEET SURPRISE**

Swap in honey, agave, brown rice syrup or yacon syrup for the maple syrup.

**GO DAIRY**

You can trade the vegan butter for regular cow's milk unsalted butter.

**SPICE THINGS UP**

Add ½ teaspoon cinnamon and ¼ teaspoon nutmeg to the dough for some holiday spice.

## Get Shorty

This easy-to-make shortbread is so adaptable, you'll want to try it a few different ways before you pick your favorite. — [AMY GREEN](#)

## Pecan-Maple Shortbread

*You can store these cookies in an airtight container or layer them between waxed paper and freeze.*

**SERVES** 16

**PREP TIME** 10 min

**COOK TIME** 28 min

½ cup vegan butter, such as Earth Balance  
 ¼ cup grade B maple syrup  
 1 tablespoon vanilla extract  
 1 cup brown rice flour  
 ¾ cup ground raw pecans  
 ½ cup tapioca starch  
 ¼ teaspoon salt  
 ¼ teaspoon xanthan gum  
 16 whole pecan halves

- 1** Preheat the oven to 350° and line a baking sheet with parchment paper. In a stand mixer fitted with the paddle attachment, beat the butter, maple syrup and vanilla on high until combined.
- 2** In a separate bowl, whisk together the rice flour, ground pecans, tapioca starch, salt and xanthan gum. Add to the butter mixture and mix on low until the dough comes together.
- 3** Transfer the dough to the prepared baking sheet and pat into a 7½-inch circle. Score into 16 wedges with a sharp knife. Place one pecan on the outer edge of each cookie slice and bake until the edges are a golden brown, 25 to 28 minutes. Let cool completely and cut on the scored lines with a sharp knife.

### FLOUR POWER

In place of brown rice flour, tapioca flour and xanthan gum, use your favorite gluten-free flour blend.

### GO NUTS OR NUT-FREE

Use ground walnuts or almonds in place of the pecans. Want nut-free? Use ground sunflower or pumpkin seeds instead.



HEALTHY CHOICES



## Let Them Eat Cake!

You can feel good about serving these seasonal favorites. We've cut calories, fat and cholesterol down to size so you can indulge and eat healthier, too. **BY CYBELE PASCAL**



### **THE CHOICE IS YOURS**

Make these healthy food swaps and you'll be making changes for good.

#### **INSTEAD OF**

wheat flour  
eggs  
cow's milk  
butter

#### **USE**

gluten-free flour blend  
cholesterol-free, fat-free egg replacer  
rice milk  
organic palm shortening

## HEALTHY CHOICES

## French Apple Cake

*This rich-tasting, healthy cake is wonderful for holiday teatime or as a seasonal dessert. The key is to precook the apples for 3 minutes in the microwave. This ensures you'll have tender apples without them releasing too much moisture.*

**SERVES** 8 to 10

**PREP TIME** 20 min

**COOK TIME** 1 hr

2 cups Cybele Pascal's Basic Gluten-Free Flour Mix, plus more for sprinkling

2 large Granny Smith or other large baking apples (1 pound)—peeled, cored, cut into 8 wedges and sliced  $\frac{1}{8}$ -inch thick crosswise

2 teaspoons brandy (Calvados, if you have it)

$\frac{3}{4}$  teaspoon freshly-squeezed lemon juice

$\frac{1}{2}$  teaspoon xanthan gum or guar gum

1 tablespoon double-acting baking powder

1 teaspoon salt

$\frac{3}{4}$  cup dairy-free, soy-free vegetable shortening

$\frac{3}{4}$  cup firmly-packed light brown sugar

$\frac{1}{2}$  cup plus 1 tablespoon granulated sugar

$4\frac{1}{2}$  teaspoons Ener-G egg replacer mixed with 6 tablespoons rice milk

1 teaspoon vanilla extract

$\frac{3}{4}$  cup rice milk





**1** Preheat the oven to 350°. Line a rimmed baking sheet with aluminum foil. Grease a 9-inch springform pan, sprinkle with a little flour mix, tapping out any extra and place on a baking sheet.

**2** Place the apple slices in a microwave-safe pie plate, cover and microwave until the apples are slightly tender, about 3 minutes; toss with brandy and lemon juice; set on a wire rack to cool.

**3** Whisk together the flour mix, xanthan gum, baking powder and salt.

**4** In the bowl of a stand mixer fitted with a paddle attachment, combine the shortening, brown sugar and  $\frac{1}{2}$  cup of the granulated sugar; mix on medium-high speed until fluffy, about 1 minute. Add the egg replacer and vanilla extract; mix for 20 seconds. Reduce the speed to medium and beat in  $\frac{1}{3}$  of the flour mixture, mixing for 15 seconds. Add half of the rice milk, mixing for 20 seconds. Beat in half of the remaining flour mixture, then the remaining rice milk and finally the remaining flour mixture, scraping down the sides of the bowl as necessary. Transfer  $1\frac{1}{3}$  cups of the batter to a small bowl.

**5** Fold the cooled apple slices into the remaining batter. Transfer to the prepared springform pan, evenly smoothing the batter to the edges of pan. Top with the reserved batter; smooth the batter again to the edges of the pan. Sprinkle the top with the remaining 1 tablespoon of granulated sugar. Bake in the center of the oven until golden and a toothpick inserted into the center comes out clean, about 1 hour. Let cool on a wire for 10 minutes, then run a knife around the sides of the pan and let cool completely, 1 to 1½ hours.



HEALTHY CHOICES



## Stuffed Acorn Squash with Millet, Spinach, Cranberries and Hemp Seeds

*To toast hemp seeds, heat a small frying pan or skillet over medium heat. Add the hemp seeds and cook, stirring often, until golden and aromatic, 2 to 3 minutes. Recipe reprinted with permission from Allergy-Free and Easy Cooking: 30-Minute Meals Without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Fish, Shellfish, and Sesame by Cybele Pascal, copyright © 2012. Published by Ten Speed Press, an imprint of the Crown Publishing Group.*

**SERVES** 4    **PREP TIME** 10 min    **COOK TIME** 45 min

½ cup millet  
 1½ cups water  
 2 small acorn squash, halved and seeded  
 Salt and pepper  
 1 tablespoon olive oil  
 ½ cup chopped sweet or yellow onion  
 2 large cloves garlic, finely chopped  
 ¼ cup dried cranberries  
 One 6-ounce bag baby spinach  
 1 tablespoon apple cider vinegar  
 1 teaspoon sugar  
 ¼ cup shelled hemp seeds, toasted  
 4 heaping teaspoons gluten-free breadcrumbs  
 4 heaping teaspoons soy-free buttery spread, such as Earth Balance, or olive oil

- 1** Combine the millet and water in a small pot over medium-high heat. Bring to a boil, reduce the heat to medium-low and simmer, covered and untouched, until the water is absorbed, about 18 minutes. Fluff lightly with a fork.
- 2** Meanwhile, spray the insides of the acorn squash halves with cooking spray or brush lightly with olive oil. Sprinkle with salt and pepper. Place face down on a large microwave-safe dish, cover and cook until tender, about 16 minutes.
- 3** Heat the olive oil in a large heavy pan over medium heat. Add the onion and cook, until tender, about 2 minutes. Add the garlic and cranberries and cook, stirring, for 1 minute. Add the spinach and cook, stirring often, until wilted, 2 minutes. Add the vinegar and sugar, stir, and season with salt and pepper. Cook, stirring, for 1 minute. Remove from the heat and stir in the hemp seeds.
- 4** Place the oven rack 8 inches from the heat source and preheat the broiler on high. Combine 1 cup millet with the spinach mixture; toss. Put the squash halves cut side up in a rimmed baking sheet. Divide the filling evenly among the squash, mounding slightly. Top each half with 1 heaping teaspoon breadcrumbs and dot each with 1 heaping teaspoon buttery spread. Broil until browned, 4 to 5 minutes.

## Shepherd's Pie

*Recipe reprinted with permission from Allergy-Free and Easy Cooking: 30-Minute Meals Without Gluten, Wheat, Dairy, Eggs, Soy, Peanuts, Tree Nuts, Fish, Shellfish, and Sesame by Cybele Pascal, copyright © 2012. Published by Ten Speed Press.*

**SERVES** 4 to 6

**PREP TIME** 15 min

**COOK TIME** 30 min

### FOR THE TOPPING

- 2 pounds russet potatoes
- 2 tablespoons plain vegan yogurt
- 2 tablespoons olive oil
- ¼ teaspoon salt
- ¼ cup rice milk

### FOR THE FILLING

- 2 tablespoons olive oil
- 1 cup chopped yellow onion
- 1 cup chopped carrot
- ½ cup chopped celery
- 1 pound 90% lean ground bison or beef
- Salt and freshly ground pepper
- Big pinch of ground cloves
- 2 tablespoons superfine brown rice flour
- ¾ cup beef broth
- 2 tablespoons ketchup
- 1 tablespoon Pickapeppa Sauce or
  - 1 teaspoon ketchup and a dash of Tabasco
- 1 tablespoon soy-free buttery spread,
  - such as Earth Balance, or olive oil
- Sweet paprika





**1 Make the topping:** Prick the potatoes a few times with a fork, put in a microwave-safe dish, cover, and cook in the microwave until tender, 10 to 12 minutes. Let the potatoes rest for 5 minutes in the microwave. Remove, split in half and carefully spoon out the flesh.

**2** Using an electric hand mixer, whip together the potato, yogurt, olive oil, salt and milk until fluffy.

**3 Make the filling:** Preheat the broiler on high. In a large heavy pan, heat the olive oil over medium-high heat. Once the oil starts to shimmer, add the onion, carrot, celery and ground meat, breaking it up with a wooden spoon. Sprinkle with salt, pepper and cloves. Cook, stirring often, until the meat is no longer pink, about 5 minutes. Sprinkle over the rice flour, reduce the heat to medium and cook for 2 minutes, stirring. Add the broth, bring to a boil and using a wooden spoon, scrape up any browned bits, about 1 minute. Add the Pickapeppa Sauce, and cook, stirring, for 1 minute. Transfer to a 7-by-11-inch baking dish. Top evenly with the mashed potatoes, dot the top with the buttery spread and sprinkle with paprika. Broil until the top is browned, 6 to 8 minutes.





# HOMEMADE HOLIDAY

It's the season for giving and a gift from the heart—and the kitchen—means more than anything you could ever buy. Even better? All of these homemade gifts come in under \$25 and are sure to deliver a smile.

**BY AMY HOWARD**

HOMEMADE  
HOLIDAY

## DEVILISH ALMONDS

¾ cup granulated sugar  
 ½ cup brown sugar  
 2 teaspoons salt  
 ⅛ teaspoon cayenne pepper  
 2 cups slivered almonds  
 1 egg white, beaten until frothy

- 1 Preheat the oven to 350° and line a baking sheet with parchment paper. In a small bowl, whisk together the granulated sugar, brown sugar, salt and cayenne.
- 2 Place the almonds in a large bowl and pour over the egg white; stir to coat. Sprinkle over the sugar mixture; stir to coat. Bake, stirring every 5 minutes, for 20 minutes. Remove from the oven and let cool; break up the almonds, if desired.

## ALMOND PRALINE

1 cup almond flakes  
 1 cup sugar

- 1 In a small pan, lightly toast the almonds. Spread on a parchment-lined baking sheet to cool.
- 2 In a small saucepan over medium heat, bring the sugar and 2 tablespoons of water to a boil. Stir until the sugar is dissolved, then continue to boil, without stirring, brushing the sides of the pan with water to prevent crystallization, until light caramel in color. Pour over the almonds and let cool completely; break up into pieces.



## HOLIDAY FUDGE

2½ cups chocolate chips  
One 14-ounce can sweetened condensed milk  
1 tablespoon cold unsalted butter  
1 teaspoon vanilla extract  
¼ teaspoon salt  
⅓ cup crushed candy canes

Line an 8-inch square pan with parchment paper, leaving an overhang on 2 sides. In a small saucepan, melt together the chocolate chips, condensed milk, butter, vanilla and salt over low heat; pour into the pan and spread evenly. Top with the candy canes and let set. Lift out of the pan and cut into squares.





HOMEMADE  
HOLIDAY

## SPICED PEARS

- ½ cup apple cider vinegar
- ¾ cup sugar
- 1 cinnamon stick
- 1 star anise
- ½ teaspoon ground cloves
- ½ teaspoon nutmeg
- ¼ teaspoon salt
- 1 pound Seckel pears, peeled, or  
Anjou pears, cut into wedges

In a medium saucepan, bring the vinegar, sugar, cinnamon, star anise, cloves, nutmeg and salt to a boil. Place the whole pears or pear slices in the saucepan and cook until just tender, about 15 minutes. Remove the pears to a bowl with a slotted spoon; boil the mixture until reduced and syrupy. Place the pears in a seal-tight glass jar and cover with the syrup. Let cool, seal and refrigerate.



# SWEET CORNMEAL MUFFIN MIX

*Stir in about ½ cup of your favorite berries, chocolate chips or crumbled cooked bacon.*

- 1 cup rice flour
- 1 cup cornmeal
- ½ cup sugar
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt



- 1 In a medium bowl, whisk together all of the ingredients.
- 2 **FOR THE GIFT TAG:** To make the muffins, preheat the oven to 350° and line a muffin pan with liners. Place the mix in a large bowl. Add 1 cup buttermilk, 1 egg and ⅓ cup canola oil; whisk to combine. Fill the prepared muffin cups until about ¾ full and bake until muffins spring back, 15 to 20 minutes.



# PUMPKIN BUTTER

- One 29-ounce can pumpkin puree
- 1 cup brown sugar
- ¼ cup water
- ½ cup apple cider
- ¾ cup brown sugar
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon ground nutmeg
- ⅛ teaspoon allspice

In a medium saucepan over medium heat, combine all of the ingredients and bring to a boil. Reduce the heat and simmer until thickened, 40 to 45 minutes, stirring frequently. Remove from the heat and place in a seal-tight glass jar.



# ROSEMARY OLIVE OIL

- 6 sprigs fresh rosemary
- 1 cup olive oil

- 1 In a medium saucepan over low heat, stir together the rosemary and olive oil; cook for 5 to 10 minutes. Remove from heat and let cool to room temperature.
- 2 Place the rosemary in a seal-tight glass bottle, then pour in the infused oil. Seal and use for up to 1 month.



## DRUNKEN CRANBERRIES

- 1 bag fresh or frozen cranberries
- 1½ cups sugar
- ½ cup Cointreau
- ¼ cup Brandy
- Zest of 1 orange

Preheat the oven to 325°. In an oven-safe dish, stir together all of the ingredients. Cover with foil and bake for 1 hour 30 minutes. To store, place in a seal-tight glass bottle.



## PERSIMMON SYRUP

*Drizzle this decadent syrup over hot oatmeal, pancakes or even ice cream.*

- 1 pound persimmons, cubed (about 3 to 4)
- $\frac{2}{3}$  cup water
- 1 cup sugar
- 1 cinnamon stick
- $\frac{1}{2}$  teaspoon nutmeg

Place all of the ingredients in a medium saucepan and bring to a boil over medium heat. Reduce the heat and simmer until the liquid reduces and becomes syrupy. Strain and funnel into a seal-tight glass bottle.

## ORANGE SPICE MULLING SACHET

*Use this spicy sachet to make hot cider.*

- $\frac{1}{2}$  cinnamon stick
- 1 star anise
- $\frac{1}{2}$  teaspoon whole cloves
- $\frac{1}{2}$  teaspoon whole allspice
- 4 black peppercorns
- $1\frac{1}{2}$  teaspoons dried orange rind

Cut a double piece of cheesecloth into 6-by-6 pieces and fill with all of the ingredients.

**FOR THE GIFT TAG:** Place in a mug of hot cider or wine for 5 minutes or until ready to drink.

# MINT HOT COCOA MIX

⅓ cup dry milk powder

1 cup cocoa powder

¼ teaspoon salt

1 cup sugar

1 cup mini chocolate chips

2 tablespoons crushed peppermint candies

1 cup mini marshmallows

In a large bowl, whisk together the milk powder, cocoa powder and salt. Pour into a glass bottle, then layer in the sugar, chocolate chips, peppermint candies and marshmallows. Leave enough room at the top to shake together the ingredients.

**FOR THE GIFT TAG:** Shake the jar well, then stir 3 tablespoons mix into a mug of boiling water or hot milk.



HOMEMADE  
HOLIDAYS

## VIN BRULÉ

Bottle of red wine  
 ¼ cup sugar  
 Peel of 1 lemon  
 Peel of 1 orange  
 5 cloves  
 2 cinnamon sticks  
 ¼ teaspoon juniper berries

In a large saucepan, bring all of the ingredients to a low boil and cook until the sugar is dissolved, about 10 minutes; strain and serve warm.



## APPLE CIDER MIMOSA

Mix together equal parts of apple cider and champagne. Decorate with a colored sugar rim, if desired.



## DAIRY-FREE EGG NOG

2½ cups unsweetened almond milk  
 ½ cup unsweetened coconut milk  
 ¾ teaspoon ground nutmeg  
 ¼ teaspoon ground cloves  
 2 whole eggs plus 1 egg yolk  
 1 teaspoon cornstarch  
 Pinch of salt  
 3 tablespoons agave syrup  
 1 teaspoon vanilla extract

- 1 Place the almond milk and coconut milk in a medium saucepan and warm over medium heat; stir in the nutmeg and cloves.
- 2 Meanwhile, in a small bowl, beat together the eggs and yolk with the cornstarch and salt.
- 3 Once the milk is warm, temper the eggs by whisking in about ½ cup of the milk in a slow, steady stream. Whisk the tempered egg mixture into the pan; continue to whisk until the milk is steaming and thickened. Remove from the heat and stir in the agave and vanilla.

# 5 HOLIDAY CENTERPIECE IDEAS

1 Fill shot glasses with coffee beans and place a Hanukkah candle or tea light in the center.

2 Fill two hurricane glasses with plain or multicolored popcorn kernels and place a tall orange candle in the center.

3 Decoupage clear glass ornaments with old sheet music or vintage cookbook pages.

4 Glue together mini candy canes as a holder for seating place cards.

5 Fill glass vases about two-thirds full with water, then add cranberries and flowers in contrasting colors, such as white, green, blue and orange.



# Holiday Planner

## Salty



### Balsamic-Roasted Turkey with Apple Stuffing

Elana's Pantry



### Leftover Turkey Sandwich

Elana Amsterdam:  
Elana's Pantry



### Latkes

Shauna James Ahern:  
[Gluten-Free Girl](#)  
and the Chef



### French Onion Soup

Christi Silbaugh: [Mom, What's for Dinner?](#)



### Hannukah Kugel and Brisket

April Peveteaux: [Gluten Is My Bitch](#)



### Pumpkin Soup

April Peveteaux:  
[Gluten Is My Bitch](#)



### Chicken and Pumpkin Dumplings

Brittany Angell: [Real Sustenance](#)



### Bacon Sage Popovers

Brittany Angell:  
[Real Sustenance](#)



### Winter Minestrone

Amy Green:  
[Simply Sugar & Gluten-Free](#)



### Grain-Free Breakfast Porridge

Brittany Angell:  
[Real Sustenance](#)



### Ragout

Karina Allrich:  
[Gluten-Free Goddess](#)



### Roasted Sweet Potato Stuffed Cabbage

Karina Allrich: [Gluten-Free Goddess](#)



### Sweet Potato Kale Hash with Curried Quinoa

Amy Green: [Simply Sugar & Gluten-Free](#)



### Roasted Vegetable Cheddar Quiche

Karina Allrich: [Gluten-Free Goddess](#)

Get the season's festivities started with these recipes and crafts from your favorite gluten-free bloggers.

## Sweet



### Gingerbread Men

Shauna James Ahern:  
[Gluten-Free Girl and the Chef](#)



### Rose Ahern's Spiced Pecans

Shauna James Ahern:  
[Gluten-Free Girl and the Chef](#)



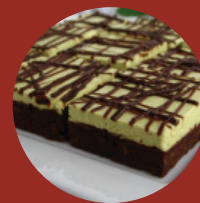
### Eggnog Donuts

Christi Silbaugh:  
[Mom, What's for Dinner?](#)



### Cranberry Crumble

Karina Allrich:  
[Gluten-Free Goddess](#)



### Chocolate Mint Brownies

Amy Green:  
[Simply Sugar & Gluten-Free](#)

## Drinks



### Peppermint Hot Chocolate

Elana Amsterdam:  
[Elana's Pantry](#)



### Gingerbread Martini

Christi Silbaugh:  
[Mom, What's for Dinner?](#)



### Mulled Apple Cider

Karina Allrich:  
[Gluten-Free Goddess](#)



### Chocolate Coffee Martini

Amy Green:  
[Simply Sugar & Gluten-Free](#)

## Crafts



### Peppermint Marshmallows

Alisson Arznicki:  
[Petit Elephant](#)



### Homemade Sugar Scrub

Alisson Arznicki:  
[Petit Elephant](#)



### Homemade Citrus Scrub

Alisson Arznicki:  
[Petit Elephant](#)



### Homemade Bath Bombs

Alisson Arznicki:  
[Petit Elephant](#)





**MAKE-AHEAD**  
*Thanksgiving*



**T**hanksgiving was always my mom's favorite holiday. She used to wake up early to put the turkey in the oven, then she painstakingly prepared all of her delicious side dishes the rest of the day. The only dish she made ahead of time was the pie. She was a busy mom of five children and Thanksgiving was a holiday we could slow down as a family and enjoy a huge feast.

My mom has since passed away, and I've continued many of her Thanksgiving traditions with my own family of seven. Except for one thing; I make most of our meal ahead of Turkey Day, leaving me time to actually relax with my family.

**BY KELLY RUDNICKI**

# TURKEY DAY TIMELINE

## 3 WEEKS AHEAD

- Order the turkey, if purchasing fresh
- Send out invitations

## 1 WEEK AHEAD

- Check linens, china, candles, glassware and make sure everything is clean, polished and ready to go
- Make a cooking schedule and recipe list
- Check pantry staples, such as broth and gluten-free flour, then make a list of what you need

## 4 DAYS AHEAD

- Grocery shop for staples and perishables
- Start defrosting a frozen turkey, if using. Time will vary based on the weight of the bird.

## 2 DAYS AHEAD

- Perform housecleaning tasks, including ironing any linens, if using
- Make pies and desserts

## 1 DAY AHEAD

- Make flower centerpieces, and decorate the table with the linens. Set the table and put out serving dishes.
- Make the side dishes, such as mashed potatoes, stuffing and gravy

## THANKSGIVING DAY

- Make the turkey
- Reheat the side dishes while the cooked turkey rests
- Prepare coffee while getting ready to serve desserts
- Get everyone to help with cleanup
- Rest, relax and enjoy the time with your family and friends

## MENU

*Sauteed Swiss Chard*

*Every Day Stuffing*

*Simple Roast Turkey  
with Tarragon*

*Apple Crumb Pie*

*Spiced Pumpkin Pie*







# SAUTEED SWISS CHARD

I love the colors of Swiss chard, especially rainbow chard. It's a beautiful, healthy side dish, and the perfect compliment to your holiday table. This dish only takes a few minutes from start to finish so I like to make it right before serving the big feast. But, to get a step ahead, I wash and cut the chard ahead of time and store it in the fridge until I'm ready to cook this side.

**SERVES** 4    **PREP TIME** 7 min    **COOK TIME** 5 min

2 pounds Swiss chard, roughly chopped  
2 tablespoons olive oil  
2 cloves garlic, finely chopped  
Salt and pepper

Heat the olive oil in a large skillet over medium heat. Add the chard and cook for about 2 minutes. Add the garlic and cook for 3 minutes more, until wilted and the stalks are slightly softened. Serve warm or at room temperature.





## KID-FRIENDLY TIPS

*Thanksgiving should be fun for kids, too. With five kids of my own, I'm constantly finding ways to keep my children busy in and out of the kitchen, especially during the holidays. Here are some easy tips to keep your kids happy on the Big Day.*

**1. SET A KIDS-ONLY TABLE.** There's nothing wrong with separating kids and young adults from the grown-up table. They want to relax and have fun with their meal, too. I always use brown craft paper as the "tablecloth" and put out crayons, markers and stickers in little jars for the kids to decorate. Set out whimsical and colorful plates, cups and napkins. Have fun treats on hand, too.

**2. PUT OUT BOARD GAMES AND PUZZLES.** The night before Thanksgiving, have the kids choose their favorite board games, puzzles and books to share with family and friends. Getting them involved in choosing ensures that they pick the games they like.

**3. PLAN CRAFTS FOR THE LITTLE KIDS.** Kids love art and using their hands. Keep crafts simple by putting out a few do-it-yourself projects. My kids love to trace their hands on colorful paper (little kids can get help from big siblings) and decorate to resemble a turkey. I like to put out little feathers and googly eyes as well as crayons and stickers. Kids also love to make their own placemats or draw on mini pumpkins.

**4. GET KIDS INVOLVED IN THE COOKING.** I love to make most of the holiday meal ahead-of-time, but always save some recipes for the kids to help me with last minute. As a child, I remember helping my mom with the cranberry sauce. I loved watching the cranberries pop as I stirred them. My kids love to do this now, too. They also like to assemble the salads and pour water into glasses.

**5. GIVE THANKS.** One of the most important messages of Thanksgiving is to give thanks for all the abundance we have in our lives. In our house, every night before dinner each of my kids gets uninterrupted time to share what they are most thankful for from the day. They love this and it's really transformed how we look at the positives and negatives of our day. Thanksgiving Day is a great time for everyone to share what he or she is most thankful for. I promise your heart will melt at some of the wonderful things kids say.



## EVERYDAY STUFFING

Stuffing is easy to make ahead of time: Just cover with foil and refrigerate until ready to bake. To reheat, place it in a 350° oven and cook until warmed through, about 35 minutes. If the stuffing gets too dry, stir in ½ cup more broth. The stuffing can be kept refrigerated for up to 2 days.

**SERVES** 4    **PREP TIME** 10 min    **COOK TIME** 45 min

8 cups gluten-free, allergen-free bread cubes, torn into 1-inch pieces  
 Allergen-free cooking spray  
 4 tablespoons dairy-free margarine  
 ¾ cup yellow onion, chopped  
 3 stalks celery, chopped  
 1 cup chopped mushrooms  
 1 teaspoon salt  
 1¾ teaspoons dried sage  
 ½ teaspoon celery seed  
 ¼ teaspoon pepper  
 ¾ to 1 cup water, low-sodium chicken or vegetable broth,  
 preferably organic

- 1 Preheat the oven to 400°. Divide the bread pieces between two rimmed baking sheets and lightly toast for 5 minutes. Transfer to a large bowl.
- 2 If cooking immediately, reduce the oven temperature to 350° and grease an 11-by-7-inch baking dish with cooking spray. Meanwhile, heat the margarine in a large skillet over medium heat and add the onion, celery, mushrooms, salt, sage, celery seed and pepper. Cook until softened, about 5 minutes. Transfer to the bowl with the bread. Drizzle the water over the mixture, a little at a time, and toss gently with a rubber spatula. Place in the prepared baking dish. Cover with foil and bake for 30 minutes, then remove the foil and bake until lightly toasted, 5 to 10 minutes.





# SIMPLE ROAST TURKEY WITH TARRAGON

Simply prepared, there's nothing better than roasted turkey cooking away in the kitchen.

**SERVES** 10 to 12    **PREP TIME** 15 min    **COOK TIME** 3½ hr

One 8 to 10 pound turkey, fresh or frozen turkey, thawed if frozen  
2 large lemons, pierced and cut in half  
2 large bunches fresh tarragon  
4 tablespoons olive oil  
Salt and pepper

**1** Preheat the oven to 325°. Rinse inside and out of the turkey cavity. Pat dry with paper towels, then tie drumsticks with kitchen string securely to the tail and tuck the wings under the back. Place the turkey in a roasting pan and insert the lemons and fresh tarragon into the cavity. Rub the olive oil over the entire surface of the turkey and generously season with salt and pepper.

**2** Cover the turkey loosely with foil and roast for 2¼ to 2½ hours (depending on the size of turkey). Remove the foil and continue to cook for another 45 minutes to 1 hour, until the skin is golden and a meat thermometer inserted into the deepest part of the thigh reaches 180°. Remove from the oven, cover with foil and let rest 20 minutes before carving.



## EASY MAKE-AHEAD GRAVY

You can make this gravy with added pan drippings, but I like to make this simple version a couple of days ahead of time so I can cross it off my list.

**MAKES** 2 cups    **PREP TIME** 5 min    **COOK TIME** 5 min

¼ cup dairy-free margarine

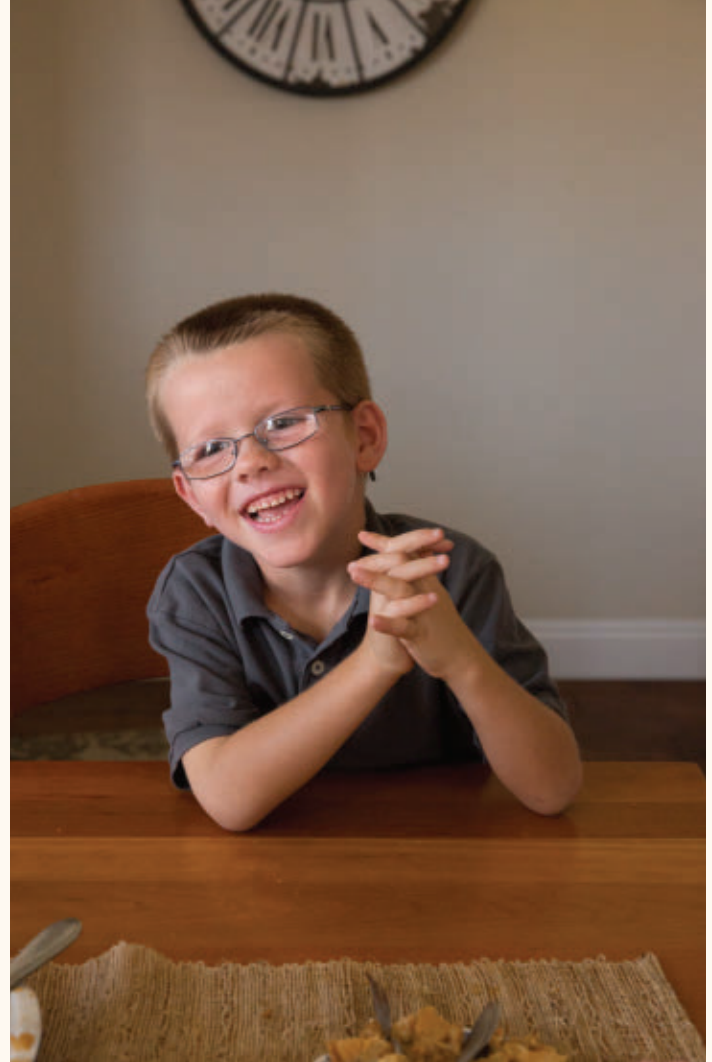
⅓ cup [Silvana's Kitchen All-Purpose Gluten-Free Flour](#)

2 cups reduced-sodium chicken broth

Salt and pepper

In a saucepan, melt the margarine over medium-low heat. Stir in the flour. Slowly pour in the broth, constantly stirring, until smooth and thickened. Season the gravy with salt and pepper. Refrigerate for up to 2 days.





# SPICED PUMPKIN PIE

This is the best allergen-friendly pumpkin pie I've ever tasted. My whole family loves it, and I promise you won't miss the dairy or eggs. It's best to make this pie 1 or 2 days ahead.

**SERVES** One 9-inch pie **PREP TIME** 25 min **COOK TIME** 1 hr 20 min

½ recipe [Kelly Rudnicki's Easy Pie Dough](#) (to make 1 crust)

1½ cups silken tofu, whipped in a blender until creamy

¾ cup packed light brown sugar

½ teaspoon vanilla extract

½ teaspoon salt

1 teaspoon ground cinnamon

½ teaspoon ground ginger

½ teaspoon ground nutmeg

¼ teaspoon ground cloves

One 15-ounce can pumpkin puree

① Preheat the oven to 350° and line a pie plate with rolled out pie dough, crimping the edges. Line the dough with foil; fill with pie weights. Bake until light brown, about 15 minutes.

② Increase the oven temperature to 425°. In the bowl of a stand mixer fitted with the paddle attachment, combine ½ cup of the whipped tofu, brown sugar, vanilla, salt, spices and pumpkin puree. Add the remaining 1 cup whipped tofu; beat well. Pour into a prepared pie plate and bake for 15 minutes. Decrease the temperature to 350° and bake until set, 50 to 60 minutes more. Let cool to room temperature on a wire rack, then refrigerate.



**BONUS  
RECIPES!**

APPLE CRUMB PIE, EASY  
PIE DOUGH, CREAMY  
MASHED POTATOES,  
THANKSGIVING  
LEFTOVERS  
CASSEROLE