



**\$100 WHOLE FOODS MARKET 365  
THANKSGIVING  
DINNER MENU  
CHALLENGE**



# No-Fail Thanksgiving Turkey

1 12-15 lb. turkey, completely thawed  
2-4 tbsp olive oil  
1 tbsp. sea salt  
1-2 tsp. ground black pepper  
1/2 orange unpeeled, quartered  
1/2 yellow onion, quartered  
1 tsp. dried thyme  
1 tsp. dried rosemary

If your turkey is not yet defrosted, there are two ways I have found to be best. Either place it in the sink and cover it with cold water for 4-8 hours or place it in the fridge (on a plate to catch any potential leakage) for 2-3 days. The fridge method is the safer method while the sink method is faster.

Once completely thawed, remove the giblets from the inside of the turkey. They are not needed for this recipe so you can either save or discard them.

Preheat oven to 375 degrees

Place turkey, breast-side down, on a roasting rack in a roasting pan.

Stuff as much of the apple, orange, onion, rosemary, sage, and thyme into both cavities of the turkey. Stop when no more is able to fit without falling out. Firmly press the skin flaps surrounding the cavities closed to keep everything in — there's no need to tie up.

Bend the wings back to help stabilize the turkey and allow for even browning. See picture above.

Rub all surfaces of the turkey with the olive oil.

Season the turkey liberally with the salt and pepper.

Insert a meat thermometer into the deepest part of the thigh and set to 165 degrees.

Place the turkey in the center of the oven and cook until the internal temperature reaches 165 degrees, approximately 2-3 hours. (If you don't have a meat thermometer, you will know the turkey is done when the juices run clear between the leg and thigh when pierced with a fork.)

Once done, carefully remove from the oven, cover with tin foil, and allow to rest 20 minutes before slicing and serving.

If you'd like to brown the breast-side of the turkey as well, flip the turkey over to be breast-side up when approximately 15 minutes remain for cooking. Increase the oven to 450 degrees for these last 15 minutes. This is kind of a hassle and, in my opinion, not worth it, but will result in well-browned breast skin as well. This step is totally optional.

# Thanksgiving Stuffing

1 whole wheat loaf, cut into ¾-inch to 1-inch cubes  
1 tbsp. olive oil  
10 cremini mushrooms, quartered  
3 celery stalks, halved lengthwise and sliced  
1 medium yellow onion, diced  
1/2 tsp. dried thyme  
3 cups low sodium chicken broth  
1 tsp. sea salt, plus more to taste  
1/2 tsp. freshly ground black pepper, plus more to taste

Preheat oven to 350 degrees.

Spread the bread cubes evenly over two baking sheets lined with parchment paper. Bake the cubes in oven until completely dried and beginning to harden and turn golden, about 15-20 minutes.

Transfer dried bread to a large mixing bowl and set aside.

Grease a 9x13 baking dish with olive oil and set aside.

Heat 1 tbsp. oil in a large skillet over medium-high heat. Add the mushrooms, salt and pepper, and sauté until mushrooms are golden brown, stirring occasionally, about 10 minutes.

Once golden, add the celery, onion and thyme. Cook, stirring occasionally, until the celery and onion have softened, about 8-10 minutes.

Add the chicken broth once vegetables are softened and stir together.

Carefully pour the chicken broth mixture over the bread cubes in the large mixing bowl and toss to combine.

Carefully pour the bread mixture into the prepared baking dish.

Bake until heated through and the top begins to turn golden brown, about 30-40 minutes.

# Turkey Gravy

1 tbsp. olive oil  
2 cloves garlic, minced  
1/2 yellow onion, finely diced  
1/4 cup whole wheat pastry flour  
1/2 tsp. sea salt, plus more to taste  
1/4 tsp. ground black pepper, plus more to taste  
1 cup turkey drippings  
1 cup low sodium chicken broth, plus more as needed

Heat oil over medium-high heat in a skillet or sauce pan. Add onion and garlic and sauté until very tender and almost golden, about 6-8 minutes.

Add the whole wheat pastry flour, salt, and pepper, and stir to combine. Cook for 2 minutes, stirring frequently.

Add the turkey drippings and broth. If there are not enough turkey drippings to make a full 1 cup, add additional chicken broth. Stir to combine.

Cook until mixture has thickened, about 8-10 minutes. Transfer to a blender and blend until smooth.

Season to taste.

Serve immediately.

## Garlic Parmesan Green Beans

1 lb fresh green beans, stems removed  
1 tbsp. olive oil  
2 cloves garlic, minced  
1/2 tsp sea salt  
1/8 tsp ground black pepper  
1 tbsp parmesan cheese, grated

Heat olive oil over medium-high heat in a large skillet.

Add garlic and cook 1 minute, stirring frequently.

Add the green beans, sea salt, and black pepper, and toss to coat green beans evenly. Continue to sauté for approx. 5-6 minutes.

Remove from heat and sprinkle grated parmesan. Toss once again until parmesan is melted.

# Cauliflower Mashed Potatoes

1 medium head of cauliflower, broken into florets  
3 cloves garlic, peeled  
1 tbsp. unsweetened almond milk  
1/3 cup parmesan cheese, grated  
1/2 tsp. sea salt  
1/4 tsp. ground black pepper

Heat a large stock pot (with steamer attachment) over high heat until boiling.

Add the cauliflower and garlic cloves to a steaming basket and place over boiling water. Cover and steam until cauliflower is soft when poked with a fork, about 6-8 minutes. (Tip: If you let the cauliflower cool down a bit after it's done steaming, it'll dry out a bit, which makes it much easier to get a good texture on the mash. It also lets you add other flavorful liquids to balance out the moisture content.)

Add the steamed cauliflower and garlic to a food processor. Add the almond milk, parmesan, salt, and pepper.

Pulse the food processor until all contents are mostly smooth. You want some texture here, but not a lot. You may need to scrape the sides of the blender or to move around the cauliflower to make sure it all gets mashed.

Try not to use too much almond milk this will cause the mixture to get soupy. You want to keep it as thick as possible (like mashed potatoes).

Serve hot.

# Best Homemade Cranberry Sauce

1 12-oz. bag fresh cranberries  
1 large orange, for juice and zest  
1/3 cup raw honey, plus more as needed

Combine all the ingredients in a medium-sized pot over medium-high heat. Use the orange for as much fresh orange juice as possible (about 1/2 cup) and 1 tbsp. of fresh orange zest.

As the cranberries cook, they will start to pop. Let cook, stirring occasionally, for about 15-20 minutes until you no longer hear the cranberries popping and it appears the sauce is thickening.

Allow to cool and then refrigerate until cool. As the sauce cools, it will thicken more and more.

If you prefer a sweeter sauce, add more honey to taste, as this recipe makes a slightly tart cranberry sauce.

# Sweet Potato Casserole

## For the casserole:

3 medium sweet potatoes  
1/4 cup coconut sugar  
1 egg  
1/4 cup coconut oil, melted  
1 tsp. ground cinnamon  
1 tsp. pure vanilla extract  
1/2 tsp. sea salt

## For the topping:

1/2 cup chopped pecans  
1/4 cup coconut sugar  
1/2 cup whole wheat pastry flour  
2 tbsp. coconut oil, melted  
1/2 tsp. ground cinnamon

Preheat oven to 450 degrees.

Grease a square 8x8 casserole dish with coconut oil.

Boil or steam sweet potatoes until tender. Once tender, allow to cool and then remove and discard skin. Dice cooked sweet potatoes into 1 1/2-inch chunks.

In a large mixing bowl, combine the diced sweet potatoes, coconut sugar, egg, melted coconut oil, cinnamon, vanilla extract, and sea salt for the casserole.

If they have not already done so from mixing, lightly mash about 2/3 of the sweet potatoes so that only about 1/3 of them are still in cubed form.

In a separate bowl, combine the ingredients for the topping (pecans, coconut sugar, whole wheat pastry flour, coconut oil, and cinnamon).

Mix well to incorporate all the flour into the mixture.

Spread the sweet potato mixture into the casserole dish.

Cover with the coconut sugar and pecan topping. There should be enough topping to pretty much cover the entire casserole.

Bake for 20 minutes, or until the topping begins to turn golden brown. Let cool for 5-10 minutes.

Serve hot.



# Fresh Pumpkin Pie

For the Pumpkin Filling:

2 cups fresh pumpkin purée  
1/2 cup whole milk plain greek yogurt  
1/2 cup coconut sugar  
1/4 tsp. sea salt  
2 eggs  
1 cup unsweetened almond milk  
1/4 cup coconut oil, melted  
1 tsp. vanilla extract  
1/2 tsp. ground cinnamon  
1/4 tsp. ground ginger  
1/4 tsp. ground nutmeg  
1/8 tsp. ground cloves  
1/8 tsp. allspice

For the Pie Crust:

1/2 cup coconut oil, refrigerated  
1 1/4 cups whole wheat pastry flour  
1/2 tsp. sea salt  
1/2 tsp. coconut sugar  
8-10 tbsp. ice water, plus more if needed

For The (Optional) Vegan Whipped Cream Topping:

1 14-ounce can coconut milk, refrigerated  
1/2 tsp. pure vanilla extract  
1/8 tsp. sea salt

## **For the Pie Crust:**

Spread the coconut oil on a sheet of parchment paper or plate, then place into the freezer for 20 minutes to solidify. Once frozen, chop into small, pea-size pieces.

Combine flour, sea salt and coconut sugar in a food processor (or a large bowl if mixing by hand). Pulse food processor a few times to mix. Slowly add the hardened coconut oil, pulsing just as much as necessary to break the butter pieces into pea-size lumps. Add water, 1 tablespoon at a time, pulsing in between, until dough sticks to itself when pinched.

Remove flour mixture from the food processor and place onto a clean, dry, flat surface. Gently shape into 1 disk. If the dough is too crumbly and refuses to cooperate, add more water, tablespoon by tablespoon, as needed. I always need more water, but I start with just 4 tbsp. to be safe.

Sprinkle the disk lightly with whole wheat pastry flour and wrap in plastic wrap. Place in fridge for at least 20 minutes.

Remove the disk from the refrigerator and let sit at room temperature for about 5 minutes to make it easier to roll out. Using a well-floured rolling pin on a lightly-floured surface, roll out dough to form an approximate 12-inch circle. Be sure to continue to flip the dough over and lightly flour each side so as not to have the rolled-out dough stick to the surface. If it doesn't cooperate, despite heavy flouring, roll it back up into a ball and start again.

Place the rolled-out dough onto a 9-inch pie plate. Gently press the pie dough down so that it meets the bottom and sides of the pie dish. Using the back of a knife, trim the dough around the top edge of the pie dish, leaving about a ¼-inch to ½-inch overlap.

### **For The Pumpkin Filling:**

Preheat oven to 350 degrees.

In a large mixing bowl, combine the greek yogurt, pumpkin purée, coconut sugar, cinnamon, vanilla, ginger, nutmeg, cloves, allspice, and sea salt, until combined.

Add the eggs, almond milk, and melted coconut oil, and beat again, until combined.

Carefully pour the filling into the prepared pie crust and bake for 45-65 minutes, or until the center is set. You will know it is set because it doesn't jiggle nearly at all when gently shaken.

Once set, remove the pie from the oven and allow to cool on a rack.

Cut into slices and top with whipped cream, if desired.

### **For The Whipped Cream:**

Before getting started, make sure you have refrigerated the coconut milk until completely chilled (overnight is best).

Scoop out the thick cream at the top of the can, leaving the looser coconut water for another use.

Add the coconut cream to a stand mixer, followed by the vanilla extract, and salt.

Beat on high speed using a whisk attachment until the cream is fluffy and stiff ridges have formed.

# Grocery List

## PRODUCE

10 cremini mushrooms  
1 large sugar pie pumpkin (can sub canned pumpkin puree)  
1 bunch celery  
2 medium yellow onions  
1 12-oz. bag fresh cranberries  
1 large orange  
3 medium sweet potatoes  
1 lb. fresh green beans  
1 head garlic  
1 medium head of cauliflower

## BULK

1 cup pecans, raw  
3 cups whole wheat pastry flour  
1 1/2 cups coconut sugar

## MEAT

1 10-12 lb. turkey

## BREADS

1 whole wheat loaf of bread

## CANNED

4 cups low sodium chicken broth  
3/4 cup raw honey  
1 jar coconut oil  
1 14-ounce can coconut milk

## DAIRY/EGGS

1 carton eggs  
1 carton unsweetened almond milk  
1 cup whole fat plain greek yogurt

**NOTE:** This grocery list includes everything you'll need to make the recipes from the challenge EXCEPT for basic pantry staples, including olive oil, dried thyme, dried rosemary, ground cinnamon, vanilla extract, and pumpkin spice seasoning blend (nutmeg, cloves, allspice, and ginger).