



# A Very Valeo Thanksgiving

## Favorite Healthier-For-You Finds from the Valeo Team

The holidays are a joyous time that encourage us to reflect on all the blessings in our lives—unfortunately, they can be a stressful time, too. The thought of fitting in multiple family gatherings, cleaning the house for guests, and still finding time for yourself can be overwhelming. Not to mention wanting to make sure the recipes you’re choosing for your big meal will nourish your family and contribute to good health, rather than cause fatigue or a major sugar rush.

At Valeo, we know that finding nutrient-rich food can also be difficult when navigating food sensitivities and allergies, so we’ve put together a few healthier-for-you ideas that are versatile for meeting many different dietary needs.

May these recipes be a blessing to your and your family this season, and may you find abundance and joy during this time with those you love most.

Matthew 4:4

Jesus answered, “It is written, “Man shall not live by bread alone, but by every word that comes from the mouth of God.”

1 Corinthians 10:31

So, whether you eat or drink, or whatever you do, do all to the glory of God.

# Entrees

## [Nutty Wild Rice Stuffed Mini Pumpkins](#)

by Half Baked Harvest

*Gluten-Free, Egg-Free. Nightshade-Free (option), Dairy-Free (option)*

*Modify for Repair and Clear, by following nightshade-free, low-sugar, nut-free, and grain-free (if in week 2 or 3) instructions below*

This recipe is both full of nutrition and aesthetic! In its original form, it is gluten free, egg free, and has an dairy-free option. With minor modifications it can also be made nightshade-free, low-sugar, and/or nut-free, as well. Although we have not tried it, you could experiment with making the dish grain-free by using steamed and drained riced cauliflower or root vegetable.

**Nightshade-free:** Omit black pepper

**Low-sugar:** Omit cranberries or replace with chopped apple

**Nut-free:** Omit pecans or replace with matchstick carrots

## [Keto Cottage Pie](#) by Louise Hendon

*Grain-Free, Dairy-Free, Egg-free, Nut-Free (option), AIP (option)*

*Compliant for Weeks 2-4 and Week 6 of Repair and Clear, following AIP modifications*

Cauliflower is a magic, versatile ingredient. In this recipe, it is used as a wonderful replacement for potato, which allows you to make a nightshade-free cottage pie.

**Nut-free:** Omit crushed nuts

**AIP:** Omit pepper and seeds. Can use allowed nuts, per Valeo's Autoimmune Paleo handout.



Photo courtesy of Half Baked Harvest



Photo courtesy of Keto Summit

## Side Dishes

### [Grain Free Thanksgiving Stuffing](#) by Amy Konkoly, MS, CHHC

*Grain-Free, Dairy-Free, Nut-Free, Egg-Free, AIP  
Modify for Repair and Clear (Weeks 2-4 and 6 only)*

Amy's grain free thanksgiving stuffing is a versatile option that packs a healthy punch while accommodating many different dietary protocols. It's a great paleo option—which goes to show that you can have your stuffing and eat it, too... especially on Thanksgiving!

**Nut-free/Egg-free:** Omit eggs and almond flour

### [Sweet Potato Unstuffing](#) by The Real Food RDs

*Grain-Free, Dairy-Free, Nut-Free, Egg-Free, AIP  
Modify for Repair and Clear (all weeks). Omit dried fruit for low sugar.*

This has been a staple at Thanksgiving for Elizabeth (Valeo's newest team member) for the past several years. It's a truly a dish the whole family can enjoy. Better yet, it is full of flavor and great nutrients that fuel your health through the holidays.

**Repair and Clear:** Omit mushrooms, chili powder, and pecans. Replace dried cherries or cranberries with extra diced apple.

**Nut-free:** Omit pecans

**AIP:** Omit chili powder

#### NOTES

You can prep the ingredients ahead of time (day before) to make your day-of smoother. The entire dish can also be baked ahead of time (earlier in the day) and kept warm in a slow cooker set on low.



Photo courtesy of The Real Food Dietitians

## [Honey Glazed Carrots](#) by Adventures of Mel

*Grain-Free, Dairy-Free, Nut-Free, Egg-Free*

This recipe is a winner in our book not only because it has simple ingredients, but also because it is simple to make! All you need are carrots, coconut oil or butter, honey, rosemary and a little salt. It is easy to fit into most dietary protocols, and the extended family will be none the wiser. If you are omitting honey (like during Repair and Clear), check out simple [roasted carrots](#), which are still full of flavor.



Photo courtesy of Adventures of Mel

## [Herbed Whipped Sweet Potatoes](#) by Meatified

*Grain-Free, Dairy-Free, Nut-Free, Egg-Free, AIP, Repair and Clear (use coconut oil)*

Meatified's herbed whipped sweet potatoes are a great replacement for anyone needing a nightshade-free alternative for traditional mashed potatoes. This recipe works well for anyone on an Autoimmune Paleo diet, or for any week of the Repair and Clear program (for those in Week 5, use coconut oil instead of fat derived from an animal source).

## Regular Gravy by Food Babe

*Gluten-Free option, Dairy-Free, Egg-Free, Nut-Free, Nightshade-Free*

This gravy is a favorite of Lori's. Although we can't find the link to the recipe online, Lori was able to dig it out of her archives, just for you! This gravy recipe is potentially acceptable for the Repair and Clear Program for weeks four and six, as long as your gluten free flour is made from the allowed grains (rice, millet, quinoa, buckwheat, and/or tapioca).

### Ingredients

- 24 oz reduced sodium chicken broth
- 8 oz red wine
- 2 oz aged balsamic vinegar
- ⅓ C spelt flour or gluten free flour of your choice
- 1 Tbsp fresh chopped herbs such as oregano, thyme, or rosemary
- Sea salt and ground black pepper, to taste (omit pepper for nightshade free)



## Instructions

1. Remove turkey from roasting pan and set aside to rest
2. Leave drippings from the turkey in the pan and place the roasting pan over medium heat
3. Add the broth, wine, and vinegar at the same time
4. Whisk to combine, scraping the bottom of the pan until all of the bits have come loose.
5. Cook for another 2-3 minutes in order to reduce the mixture slightly
6. Transfer the liquid to a fat separator and let sit for 5 minutes to allow fat to separate
7. Return  $\frac{2}{3}$  to  $\frac{3}{4}$  cup of the fat to the roasting pan and place over medium-high heat
8. Discard any remaining fat. Add the flour and whisk to combine
9. Cool, whisking continuously, until the mixture starts to thicken and become smooth, approximately 2-3 minutes. Once this happens, gradually add the liquid back to the pan and whisk until smooth and until desired consistency is reached (approximately 5-6 minutes). Your gravy should be slightly thin in the pan as it will thicken once you serve it.
10. Add the herbs and whisk to combine. Season with salt and pepper.

## Desserts

### [Mini Pumpkin “Cheese”cake](#) by Amy Konkoly, MS, CHHC

*Grain-Free, Dairy-Free, Nut-Free, Egg-Free*

If you're looking for a healthier-for-you option for your Thanksgiving dessert that can be grain, dairy, nut, and egg free, Amy's mini pumpkin "cheese"cake recipe fits the bill. The recipe serves 16-20 people, and can be made without a springform pan by using a muffin tin and liners, instead.

### [Grain Free Apple Crisp](#) by Living Well Mom

*Grain-Free, Dairy-free, Egg-free*

It can be difficult to find low- or no-sugar dessert options around the holidays. Luckily, this Grain-free Apple Crisp by Living Well Mom has no added sugar and gets its flavor from apples and spices. And, it's paleo friendly! To keep it gluten free, opt for a gluten free vanilla extract and make sure your spices are gluten free, as well, if you have Celiac or a severe sensitivity.



Photo courtesy of Living Well Mom

# Beverages

## Pumpkin and Apple Mocktini

*Gluten-Free, Dairy-Free, Nightshade-Free*

If you don't tolerate fermented beverages, you can try replacing the Ginger-Lemon kombucha with Zevia ginger ale and lemon juice, and replacing the Pink Apple Kombucha with apple cider.

### INGREDIENTS

- ½ Cup Ginger-Lemon Health-Ade Kombucha, or similar
- 1.5 Cups Pumpkin Puree
- 1.5 Tbsp (gluten free) Vanilla extract
- 2 tsp Pumpkin pie spice (or your favorite combination of cinnamon, ginger, allspice, nutmeg, etc.)
- 2 Cups Pink Lady Apple Health Ade Kombucha, or similar

### INSTRUCTIONS

1. Mix together ingredients, pour over ice and enjoy

## Cosmic Cran-Apple Cinnamon

### INGREDIENTS

- 2 Cups Cosmic Cranberry GTS Kombucha
- 2 Cups Pink Lady Apple Health Ade Kombucha
- 2 Cups Zevia Ginger Ale
- Cinnamon, to taste

### INSTRUCTIONS

1. Mix ingredients, pour over ice and enjoy

## [Pear-Ginger Shooters by EatingWell](#)

*Gluten-Free, Dairy-Free, AIP\**

Although this recipe does call for white wine, we think it could taste great as a non-alcoholic version, as well. This is not a low-sugar recipe, so we recommend enjoying it in moderation, or as a dessert beverage--you can also omit the honey, or add in as-needed. It does require time (4+ hours), as it needs to cool in the refrigerator.

**AIP:** Omit wine and honey



Photo courtesy of EatingWell