

Cooking with Gratitude – Thanksgiving Dishes

BRUSSEL SPROUT SLAW WITH APPLES AND BACON

- 1 lb. Brussel sprouts, washed and trimmed
- 1 tablespoon oil, such as extra virgin olive or avocado
- 1 small carrot, peeled
- ½ cup dried raisins
- 1 large firm apple, such as Fuji or Gala, cored and cut into dice
- ¼ cup thinly sliced red onion

MAPLE MUSTARD DRESSING

- 3 tablespoons cider vinegar
- 1-2 Tablespoons maple syrup
- 1 Tablespoon Dijon mustard
- ¼ to a ½ teaspoon salt
- A few grinds of black pepper
- ⅓ cup oil of choice, like sunflower, avocado, or canola
- 3 slices bacon, fried and crumbled
- ¼ cup sunflower seeds or pepita (pumpkin) seeds
- Optional: crumbled sharp cheese, like feta or an aged cheddar

Using mandolin thinly slice Brussel sprouts, or shred with blade attachment in a food processor. If you have neither appliance, thinly slice the Brussel sprouts with a sharp chef knife. Heat the tablespoon of oil in a large skillet over medium-high heat. Add the shredded or sliced brussels sprouts and sauté for about 5 minutes until slightly darker in color, crisp tender and getting some browned edges. Shred carrot into long ribbons with a vegetable peeler and add to the pan along with the raisins. Cook for another 2 minutes.

Remove the Brussel sprout mixture from the skillet and place in a large bowl. Add the diced apple and red onion to the skillet and sauté for several minutes until onions are slightly softened. Meanwhile, for dressing, in a small bowl combine cider vinegar, maple syrup, mustard, salt and pepper. Whisk until blended. Slowing whisk in oil, a few drops at a time until half of oil is added, then drizzle in remainder while continuously whisking. Taste and adjust salt or sweetness to your preference.

Add the hot apple mixture in the pan to the cooked Brussel sprouts and pour about half the dressing over salad. Toss to coat and use rest of dressing to taste or save for another use. Top with seeds, crumbled bacon and if using, crumbled cheese. Serve immediately, although it is also good chilled the next day. Serves 6-8

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SWEET POTATO BAKE WITH OAT NUT CRUMBLE

Ingredients:

- 4 or 5 large sweet potatoes
- 2 Tablespoons maple syrup
- 3 tablespoons melted butter or coconut oil
- ¼ teaspoon salt (or more to your taste)
- 1/2 teaspoon cinnamon

OAT NUT CRUMBLE:

- 1 cup rolled oats
- 1 cup chopped pecans (or use a blend of your favorite nuts/seeds)
- 4 tablespoons melted butter or coconut oil
- 2 tablespoons maple syrup
- ¾ teaspoon cinnamon
- ¼ teaspoon salt

Preheat oven to 350 degrees. Scrub sweet potatoes and pierce several times with a fork. Place on a rimmed baking sheet or pan and bake until they are so soft, they collapse. This will take approximately an hour, but it depends greatly on size and freshness of the potatoes. Let potatoes cool and peel off the skin. (This can be done up to 3 days before you need to make the dish).

Place sweet potatoes in a large bowl and mash thoroughly until smooth. Add maple syrup, butter or coconut oil, salt and cinnamon and beat until smooth. Spread into a greased baking dish. To make topping place all the oat nut crumble ingredients into a bowl and mix well with a sturdy spoon or clean hands. Sprinkle over the sweet potatoes. Bake at 350 degrees until lightly toasted and potatoes are hot, about 30 minutes. Serve as a side but it also makes a nice not-too-sweet dessert. 6-8 servings
(Adapted from Oh She Glows)