

# RealFit Recipes The Holiday Collection



Includes 20+ full recipes as well as simple substitutions  
& swap outs for traditional holiday dishes.

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# Table of Contents



Introduction

Page 1

Start With The Basics

Page 2

Hors D'oeuvres

Page 3-5

Scrumptious Sides

Page 6-8

Delectable Desserts

Page 9-11

Cleaned Up Cocktails

Page 12

Don't Lose Your Leftovers

Page 13-14

Handy Resources

Page 15



For many of us the holidays bring forth positive feelings. Family, friends, generosity and sharing the kindness of the holiday spirit.

For others, unfortunately, it means “falling off the wagon”, being tempted by an abundance of foods that are “bad”. Everything seems to be high in sugar, salt and processed junk.

We here at RealFit.tv are going to work on helping you shift your view. Our wish is that you enjoy the holidays with out feeling stressed about what you’re eating & then getting down on yourself for over-indulging. Below are a few tips to get you started & keep you feeling good and satisfied throughout the season.

- \*Opt for organic, free range & grass fed whenever possible. But don’t make yourself crazy if it’s not. Do what you can, when you can.

- \*Choose whole foods where ever you can. Raw veggies are always a good option, even if they aren’t organic. We are going for progress not perfection here.

- \*Limit pre-packaged items & mixes as much as you can. Making small changes & swap outs can really make a difference and yes, it can still taste good!

- \*If you’re not hosting the meal, offer to bring a dish or 2 that you can make healthier versions of.

- \*If there is something you really want, eat it. Take a small serving & pay very close attention to how it tastes, smells & the texture of it. If you avoid what you really want, often times you’ll end up eating way more trying to avoid the item you’re actually craving. You can be satisfied with a small amount. It IS possible. It just takes practice.

Bottom Line: Don’t beat yourself up for eating too many cookies or going back for seconds. It won’t help you to be down on yourself. In fact, it will most likely lead to more slip ups and a “F\*#\$ it all” attitude. Be kind to yourself. Forgive yourself & move forward to a healthier you.

The following pages contain recipes and simple swap outs to make any holiday meal healthier, but still delicious, satisfying & feeling indulgent.

Note: In order to be completely “clean”, all ingredients in recipes should be organic, free range, pastured and/or grass fed whenever possible.

# Start With The Basics



Here are some simple changes you can make to your holiday dinners to cut down on the sugar, processed ingredients & preservatives. There's a list of some good websites to order specialty items on page 15.

## Ditch Your Dirty Bird

Get yourself a free-range turkey. Ideally, from a local place. If you do not have anywhere in your area to pick one up, you can order online now - even through Amazon! Second, make your own spice mix. Combine: 1 T each rosemary, thyme, sage, 1/2 tsp salt & 1/4 tsp pepper in a bowl. Coat your turkey well all over with butter then massage your spice mix onto the skin. Bake as directed. Don't forget to baste!

## Detox Your Ham

Did you know that there may not be actual maple syrup or pure honey on your ham? More than likely its covered in HFCS, sugar, & maple or honey "flavoring". Not to mention the preservatives & "natural flavorings". Instead, Get yourself a plain ham. Again, try to find a good quality ham. They are available at Whole Foods or Trader Joe's or you can order one online. Then, make the glaze yourself. Combine 2 T each honey & orange juice, 1 T dry mustard, pinch ground cloves and 1/2 tsp pepper to a pot and heat on low for about 15 minutes. Keep everything at a very gentle simmer, stirring often; it should thicken slightly. Then, brush mixture on about 30 minutes, then again about 15 minutes before your ham is cooked.

## Clean Up Your Cranberry Sauce

Switch out traditional cranberry sauce for an organic brand. Most stores carry this option now. It still has sugar, but at least it's not high fructose corn syrup. Or if your feeling adventurous, you can make your own by placing a saucepan over medium heat and adding a package cranberries, 1/3 cup pure maple syrup, orange zest, 1/2 C orange juice, 1/2 C water, and cinnamon stick. Cook, stirring occasionally, until the mixture comes to a boil. Continue boiling over medium heat until the berries burst and break down, forming a sauce, about 15-20 minutes. Taste for sweetness. Adding more syrup - a tablespoon at a time - until the sauce is sweet enough for you. Remove from the heat and let cool. Spoon into your serving container to serve or store in an airtight container, refrigerated, for 3-4 days.

## Good For You Gravy

Definitely skip the packets of powdered gravy starter. Instead, use those delicious & flavorful pan drippings! Deglaze the pan with about 1/4 c of water and 3 T butter. Pour drippings into a pot & add 1-2 C water until the desired saltiness is achieved. While bringing to a boil, in a small bowl whisk together about 3 TBSP tapioca flour and a couple TBSP of water. Stir until the flour is dissolved and is milky white. Add into the gravy, and continue to boil for a few more minutes, until starting to thicken.

## Get In Your Greens

Make a simple green salad to accompany any meal. Then eat some! Combine mixed baby greens, chopped romaine, pear slices, rough chopped walnuts, dried cherries or cranberries (unsweetened or fruit juice sweetened). Serve with raspberry balsamic vinegar & good quality olive oil.

## Simplify Your Sweets

Put out an assortment of simple sweets. Place clementine segments, apple slices, & dried apricots along with a bowl of melted dark chocolate for dipping on a platter. Throw together a fruit salad with an assortment of berries, cherries & tart apples then whip up some coconut cream (page 9) to go on top.

# Hors D'oeuvres



## Stuffed Mushrooms

### Ingredients

- 1 dozen large button mushrooms
- 1/2 large onion, diced
- 3 garlic cloves, minced
- oil of choice
- 2 T almond flour
- 3/4 C finely chopped walnuts
- 1 tsp dried sage
- 1 tsp dried thyme
- Salt and pepper to taste
- 8 oz (250 g) lean ground pork

### Instructions

Preheat the oven to 350F. Clean mushrooms and slice the tough ends off of stems and discard. Dice the remainder of the stems and set aside. Scoop out the gills to create more space for the filling. Dice the onion & mince the garlic.

Heat 1-2 tablespoons oil in a large skillet set over medium heat. Add onions and garlic and sauté for about 3 minutes. Add sausage to the pan, stirring to break the meat up into crumbles, until cooked through. Add diced mushroom stems to the pan, along with walnuts, spices and salt. Sauté 5 minutes. Spoon mixture into a bowl and let cool slightly.

Cover a large baking sheet with parchment paper or aluminum foil, and arrange mushroom caps face-down. Spoon sausage filling into each one of the caps, using the bottom of the spoon to gently press the filling down into the mushrooms. Bake for 25 minutes.

## Spinach & Brie Topped Artichoke Hearts

### Ingredients

- 1 - 9 oz box frozen artichoke hearts
- 2/3 C cooked chopped spinach
- 1 tsp lemon pepper
- 1/4 tsp salt
- 18 thin slices good quality brie

### Instructions

Preheat broiler. Prepare artichoke hearts according to package directions. Combine spinach, lemon pepper and salt in a small bowl. Top each artichoke heart with the spinach mixture and brie. Broil until cheese melts, 1 to 2 minutes. Plate & Serve.

# Hors D'oeuvres



## Zucchini & Sweet Potato Latkes

### Ingredients

- 1 cup shredded zucchini
- 1 cup shredded sweet potato
- 1 egg, beaten
- 1 Tbsp coconut flour
- ½ tsp garlic powder
- ½ tsp dried parsley
- Salt & pepper to taste
- Ghee or clarified butter
- Coconut oil

### Instructions

In a medium bowl, combine zucchini, sweet potato and egg. In a small bowl, mix the coconut flour and spices together. Add the dry ingredients to the zucchini mixture and stir until fully combined. Heat some ghee and coconut oil in a medium pan. Drop the mixture by large spoonful into the pan, pressing down until about 1/2" thick. Cook on medium heat until golden and crisp, then flip carefully and cook the other side. Remove to a plate lined with paper towels to drain. Season with an additional sprinkle of kosher salt. Serve hot.

## Smoked Salmon & Cucumber Bites

### Ingredients

- 1 T Capers
- 1/2 C plain Greek yogurt
- 4 oz smoked salmon, cut into 24 pieces
- 1 T Dill
- fresh Dill
- 1 English cucumber, cut into 24 1/4 inch thick slices

### Instructions

In a small bowl, stir together the Greek yogurt, capers and chopped dill. Place 1 teaspoon of yogurt sauce onto each cucumber slice. Top each with a piece of smoked salmon and a small sprig of dill. Serve.

# Hors D'oeuvres



## Avocado Deviled Eggs

### Ingredients

- 6 hard-boiled eggs, peeled
- 1 ripe avocado
- 1/2 tsp lime juice
- 1 T finely minced red onion
- A few dashes of Tabasco sauce (optional)
- Salt & pepper to taste

### Instructions

Cut eggs in half lengthwise. Carefully scoop out the yolks and put into a medium bowl. Put egg halves onto a platter and put into the fridge.

Using a fork mash the egg yolks. Cut avocado in half and remove the pit. Scoop out the avocado flesh from both halves and add it to the egg yolks. Mix well, until the yolks and avocado are creamy. Add lime juice and mix well. Add red onion, Tabasco, pepper and salt. Mix well to combine.

Remove egg halves from the fridge. Using a small spoon, scoop avocado yolk mixture into the egg halves. Serve immediately, or before the avocado browns.

## Make It Simpler

### Antipasto Kebabs

Stack fresh mozzarella, cherry tomatoes, artichoke hearts, preservative-free olives & good quality salami on wooden skewers. Serve on a platter immediately or cover & refrigerate until time to serve.

### Caprice Pops

Scoop out the center of the cherry tomato. Put on a toothpick or wooden skewer. Stuff with tiny mozzarella ball (you can buy or make with a melon baller). Drizzle with good quality olive oil, sprinkle with basil and lemon zest.

### Hummus & Veggies

Pick up an assortment of organic hummus to serve with fresh raw veggies instead of traditional dip that is full of additives, preservatives and other junk.

### Chickpea Snacks

Preheat oven to 400°. In a medium bowl, toss the chickpeas with fat of choice, cumin, coriander and chile powder (or desired spices) and season with salt and pepper. Spread the chickpeas on a rimmed baking sheet and roast, stirring occasionally, until lightly crisp and golden brown, about 30 minutes. Serve at room temperature.

# Scrumptious Sides



## Bacon Roasted Broccoli

### Ingredients

- 2 bunches of broccoli
- 3 peeled cloves of garlic, smashed
- 4 slices of bacon cut into bite-size pieces
- about a 1/4 to 1/2 C of melted ghee or fat of choice
- salt and pepper

### Instructions

Preheat the oven to 400 F. Clean broccoli then cut into bite-sized pieces. Toss broccoli, bacon, & garlic cloves in a large bowl. Add in melted ghee along with a generous amount of salt and freshly ground black pepper. Mix thoroughly & dump on a baking tray, spreading out to 1 layer. Oven-roast for 30-35 minutes, rotating the tray and stirring every 10 minutes or so.

## Orange Glazed Brussels Sprouts and Butternut Squash

### Ingredients

- 1 lb. brussels sprouts washed, trimmed and halved
  - 1 1/2 lb. butternut squash, peeled then diced into 1/2 in cubes (about 3 cups)
  - 2 T avocado or coconut oil, divided
  - salt
  - 3/4 C toasted pecans
  - 1/2 C dried cranberries (unsweetened or fruit juice sweetened recommended)
- Mix together glaze and set aside before making vegetables:
- 2 T butter, melted
  - 2 T honey
  - 3 T fresh squeezed orange juice
  - 1 T orange zest
  - 1/2 tsp black pepper
  - 2 tsp apple cider vinegar

### Instructions

In a large pan, heat 1 T oil over medium heat. Swirl to coat pan, then add in squash. Stir the squash to coat with oil and sprinkle with 1/4 tsp salt. Spread squash out in an even layer and let cook, without stirring, so that they brown a bit on one side (may take several minutes). Stir and spread the pieces out again to brown more pieces. Let cook until the squash is soft, but holds its shape. (This will depend on the size of the squash). Once done, remove from heat and pour into a bowl.

Heat the other tablespoon of oil over medium-high heat using the same pan. When hot, place the brussels sprouts cut side down in the oil, sprinkling with 1/2 tsp salt. Turn heat to medium, and sear on one side until nicely browned, about three minutes. Turn them over and cook on the other side until nicely browned and tender, three to five minutes, taking care not to burn. Turn heat to low and add squash back to the pan, along with the pecan mix. Stir in the glaze and cook for a few minutes, coating all ingredients and warming through. Serve immediately.



# Scrumptious Sides



## Cauliflower Stuffing

### Ingredients

- 3/4 lb pork sausage
- 1/4 C finely chopped celery
- 1/4 C chopped red onion
- 2 eggs
- 2 C coarsely chopped cauliflower
- 6 mushrooms
- 1 T chopped parsley leaves
- 3 T chopped fresh sage leaves
- 3 T chopped fresh thyme leaves
- 1 T minced garlic
- 1/8 tsp salt
- 1/8 tsp fresh ground black pepper

### Instructions

Preheat oven to 350F. Remove sausage from casing and crumble it into a pan over medium heat. Add the celery and onion and cook, stirring, until browned. Drain fat if necessary. Beat the eggs in a large bowl. Using a spoon, mix in the sausage mixture and all the remaining ingredients. Pour the stuffing into the baking dish and bake until hot and browned, about 30 minutes. Serve immediately.

## Sweet Potato & Cauliflower Mash Recipe

### Ingredients

- 2 pounds sweet potatoes
- 1 pound cauliflower florets
- 1/4 C milk of choice
- 1/4 C butter
- 1/2 tsp garlic powder
- Salt and pepper to taste
- Fresh chopped parsley for garnish (optional)

### Instructions

Clean, peel and cut sweet potato into chunks. Wash & break cauliflower into smaller pieces. Steam veggies in a large pot until fork tender. Drain water, return to pot. Add butter, put lid back on & allow to melt. Using electric beaters, mash veggies with the milk. Mix in garlic powder, salt and pepper. If too thick, add milk 1 tablespoons at a time, until desired consistency is achieved. Transfer to serving bowl. Garnish with fresh parsley.

# Scrumptious Sides



## Oven Roasted Asparagus

### Ingredients

2 bunches asparagus  
3-4 T avocado oil (or more, if needed)  
sea salt, to taste  
black pepper, to taste  
garlic powder, to taste

### Instructions

Clean & snap tough ends off of asparagus. Place in baking dish and drizzle with avocado oil, sprinkle with salt, pepper, and garlic powder to taste. Toss & spread out in a single layer. Roast at 425F until browned and slightly crisp, tossing about halfway through (about 10 minutes).

## Make it Simpler

### Healthier Mashed Potatoes

Switch out 1/3 to 1/2 of your potatoes with pureed or mashed cooked cauliflower. Or use red potatoes that have a lower starch than other potato varieties. Use real butter & full fat milk & sprinkle in some garlic powder in with salt & pepper. Garlic enhances the salt so you can add a little less.

### Better Sweet Potato Casserole

Instead of topping your mashed yams with commercial marshmallows, try dry roasting some chopped pecans in a pan until fragrant & sprinkling over the top of your dish. Want a sweeter topping? Mix 1 C almond flour, 2 T coconut flour, 2 T honey, pinch salt and 4 T melted butter in mixing bowl. Stir in pecans. Sprinkle mixture in an even layer over the sweet potatoes. Bake for 20 minutes until golden brown.

### Stuffing Swap Out

Not sold on replacing bread with cauliflower? Make your dressing from scratch with your favorite crusty bread. Follow the recipe on page 5. Just switch out the cauliflower for 2 loaves of your favorite artisan or gluten free bread, toasted & cubed. Adding in 2-3 C bone broth (recipe on page 13), depending on how absorbant your bread is. You want mixture to be wet, but not swimming in liquid. Bake for 45 min to 1 hour at 325F.

### Clean Up Your Green Beans

Boil 1 lb green beans about 2-3 minutes, drain. Cook 3 slices of bacon, remove from pan. Add in green beans & cook about 3 minutes. Add chopped bacon & 1 C chopped pecans & 4 oz crumbled blue cheese. Toss & serve immediately.

# Delectable Desserts



## Apple Crumble

### Ingredients

#### Filling:

8-10 assorted apples, (1-2 macintosh, 1-2 granny smith, & 4-5 gala or other sweet variety)  
1-2 T cinnamon  
2 T pure honey or maple syrup (or a bit more, if desired)  
2T butter

#### Topping:

1 C almond flour  
1/4 C tapioca or arrowroot flour  
2 T pure honey or maple syrup (or a bit more, if desired)  
Pinch of salt (omit if using salted butter)  
1/4 C cold butter

### Instructions

Preheat oven to 350F. Mix almond & tapioca flours & salt (if using) in a medium bowl. Cut in cold butter with a fork or pastry blender until butter is broken up into smaller pieces. Add in the sweetener, give it a mix with the fork then finish mixing with your hands until the chunks come together more uniformly. Set aside.

Wash, peel and slice apples into pie plate. Sprinkle with cinnamon to taste. Cut 2 T butter into smaller pieces & place evenly over top of apples. Drizzle with honey or maple syrup. Crumble topping evenly over apples. Cover with foil & bake for about 30 minutes, remove foil, & continue to bake until apples are soft & topping is firm & golden.

## Whipped Coconut Cream Topping

### Ingredients

1 can organic full-fat coconut milk (with no guar gum)  
2-3 T pure maple syrup

### Instructions

Place the can in the fridge overnight. This is crucial because you need the cream at the top to solidify. Place the bowl in the freezer for a few minutes as well. When the can is good & chilled. Take it out & flip it upside down, & open it up. Pour off the coconut water & reserve for another recipe. Scoop the solid cream into your chilled bowl & whip with electric beaters until fluffy. Add in a couple T maple syrup & a tsp pure vanilla extract to taste & whip a bit more. Serve immediately.

# Delectable Desserts



## Pecan Pie Bars

### Ingredients

Crust Recipe Below

### Filling:

- 1 stick (1/2 cup) butter, melted
- 1/3 C raw honey
- 1/4 C heavy cream (or full fat coconut milk)
- 4 eggs
- 1/2 tsp sea salt
- 1 tsp vanilla extract
- 1 1/2 C organic pecans

### Instructions

Line 8x8 baking pan with parchment paper. Press the coconut flour dough in the bottom of the baking pan and bake for 12-14 minutes or until golden brown.

While the crust is baking prepare the pecan filling. Using a small saucepan melt the butter. In a medium bowl beat the honey, cream and eggs with a hand mixer for 30 seconds until eggs are completely beaten. Slowly add a small amount of the melted butter to the egg mixture while still mixing to temper the eggs. You don't want to cook the eggs by adding in all of the melted butter at once. Add the remaining butter along with the salt and vanilla extract and mix again until everything is mixed together. Gently stir in the pecans by hand. Pour the pecan filling into the baked crust (the crust can be hot or cooled) for another 25-28 minutes until the toothpick comes out clean. Let the bars cool completely before cutting and serving.

## Coconut Flour Pie Crust

### Ingredients

- 1/2 cup coconut oil or butter, melted
- 2 eggs
- 1/4 tsp sea salt
- 3/4 C coconut flour
- 1-3 T raw honey

### Instructions

Preheat oven to 400F. In a medium bowl, beat butter, eggs, honey and salt together with a fork. Then add coconut flour. Stir until dough holds together. Gather the dough into a ball, then pat into a 9" greased pie pan. Prick the dough with a fork. Bake for 8-10 minutes or until lightly brown. Let cool.

\*Double the recipe if you plan on making the pecan bars as well as pumpkin pie on page 11.

# Delectable Desserts



## Pumpkin Pie

### Ingredients

- 1 (15 ounce) canned pumpkin puree (or 1 1/2 C roasted pumpkin)
- 3 large eggs
- 1/2 C coconut milk
- 1/2 C honey
- 1 T ground cinnamon
- 1 tsp ground nutmeg
- 1/8 tsp sea salt
- 1 coconut flour pie crust, pre-baked (see below)

### Instructions

In a large bowl, whisk pumpkin puree and eggs until well incorporated. Add in coconut milk, honey, cinnamon, nutmeg, and salt. Pour filling into crust. Bake at 350° for 45 minutes. Allow to cool then refrigerate for 2 hours to set up.

## Make it Simpler

### Stuffed Medjool Dates

Carefully pit a package Medjool dates, slicing only partially through. Stuff with pecans, cashews, almonds or walnuts. You can also slather with peanut butter or other nut butter & roll in shredded unsweetened coconut.

### Fresh Fruit

Put out a bowl of fresh in-season fruits (differs depending on where you live) and some roasted & salted nuts to snack on.

### Dark Chocolate Bark

Line a rimmed dish of your choice with parchment paper or wax paper. Melt 10 oz dark chocolate in a double boiler or microwave. Once melted, stir 1/2 C rough chopped nuts into the chocolate. Spread the chocolate evenly in the lined, rimmed dish. Sprinkle with sea salt. Refrigerate for at least 10 minutes, longer if chocolate isn't solid yet. Break the bark into misshapen pieces, using a knife if necessary. Serve immediately or store at room temperature in a sealed container.

### Mini Hot Cocoas

Place 2 C almond milk, 1 can coconut milk and a generous splash of pure vanilla extract in a saucepan. Bring to a boil then reduce heat and simmer for 10 minutes, stirring occasionally. Turn the heat to low and whisk in 3 oz dark chocolate, 2 T cocoa powder and 1/4 C honey. Heat for 5 minutes, whisking occasionally, until the chocolate is melted and the hot chocolate is thick and creamy. Serve in demitasse or mini hot beverage cups.

# Cleaned Up Cocktails



## Best Alcohol Choices:

### Tequila

Derived from a plant. Gluten free, sugar free & low carb

### Potato Vodka

Derived from potatoes, hence the name. Gluten free, sugar free & low carb

### Vodka/Rum/Whiskey

Sugar free & low carb

## Mix it with:

Club soda

Muddled herbs - mint, basil, ginger

Freshly squeezed juice - orange, lime, grapefruit, lemon

Coconut water

Honey - sparingly

## Ready-to-drink:

Wine

Hard Cider

Champagne

Gluten Free Beer

## Drink Suggestions:

### NorCal Margarita

Pour 1 shot (1.5 oz) of good quality tequila in a 20 oz glass. Add juice plus pulp from one lime. Add ice and shake. Fill glass with soda water. Garnish with salt, if desired. Muddled mint also goes well, for a mojito-ish twist. Enjoy!

### Paloma

Dip the rim of 4 glasses in water or smear with a fresh grapefruit slice then press down in a bed of kosher salt. Shake off the excess and then fill each glass  $\frac{3}{4}$  full of ice. Juice 1  $\frac{1}{2}$  grapefruits into a bowl. Using a whisk, stir in 1 tsp honey into the grapefruit juice. Mix until honey is dissolved. Pour 1 C mineral water in with the honey grapefruit mixture. Add in 6 oz (4 shots) Silver tequila. Stir slightly. Pour the mixture over the iced glasses, garnish with a grapefruit slice. Enjoy!

# Don't Lose Your Leftovers



## Overnight Crock Pot Bone Broth

### Ingredients:

- Bones from roasted chicken or turkey
- Pan drippings from roasted bird, if available
- Few large carrots & celery & onion chopped into chunks
- Water
- 1-2 Tbsp apple cider vinegar

### Instructions:

Place all ingredients in crock pot. Cover bones with water - about 1-2 inches over. Turn crock pot on high for the first hour or 2 then switch to low for remaining time. You don't have to do this, but I find it jumpstarts the process. Let it go all night until the following afternoon. Drain liquid into large glass bowl with cover. Freeze whatever broth you won't be using right away. Use to make chicken or turkey or other soups, in place of water when cooking rice or quinoa, or as a warm, nutritious beverage.

## Split Pea Soup

### Ingredients

- 2 cups dried split peas
- 12 cups water
- 4 bay leaves
- Sea salt
- 1 T olive oil
- 1 large yellow onion, peeled and chopped
- 4 ribs of celery, trimmed and chopped
- 3 thick carrots, peeled and chopped
- 2 cups turkey, chicken, or vegetable broth
- 6 cups water
- 1 t fresh thyme
- 1 1/2 cups cubed roasted turkey breast or ham (optional)

### Instructions

Put peas in a large saucepan and cover with 12 cups of water. Add 2 bay leaves and sea salt and bring to a boil. Let cook on medium heat for 10 minutes. Drain and set aside.

In a Dutch oven, place olive oil and heat over medium heat. Add onion, celery and carrots, Sauté for 8 minutes, until onion begins to turn translucent. Add broth and 6 cups of water. Add 2 more bay leaves, peas, and thyme and bring to a boil. Add roasted turkey, if using. Reduce heat and cover. Let simmer for an hour. The peas need to be soft. Check the pot now and then since the peas have a tendency to settle to the bottom and burn. You'll have to break them up by stirring them. Remove the bay leaves and season with sea salt and freshly ground black pepper. Serve hot.

# Don't Lose Your Leftovers



## Ham & White Beans

### Ingredients

- 3 C Bone broth
- 1 cup leftover Ham, cubed
- 1 small onion, diced
- 1 C carrots, chopped
- 2 lg celery stalks, chopped
- 2 (15 oz) cans Cannellini beans, drained (or any white bean)
- 2 tsp garlic, minced (or 1 tsp garlic powder)
- 1/2 tsp oregano
- Salt & pepper to taste
- 1 tbs dried parsley
- 2 bay leaves

### Instructions

Mix all of the ingredients together in the crockpot. Cover and cook on high heat setting for 4-6 hours, or on the Low heat setting 8 to 10 hours.

After cooking, ladle 1/4-1/2 of the soup (more or less according to how creamy you want it), into a blender and blend until smooth. Add pureed soup back to the crockpot with the rest of the soup. Top with crumbled bacon, if desired.

## Turkey Pot Pie with Smashed Potato Topping

### Ingredients:

- 2 tablespoons oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 tsp dried thyme
- 3 T tapioca flour
- 2 C broth
- 2 C cooked turkey, cut into pieces
- 2 C frozen organic mixed vegetables, like (peas, carrots & green beans)
- Salt and pepper, to taste
- 2 C leftover sweet potato cauliflower mash

### Instructions:

Preheat oven to 400°F. Heat the oil in a large pan over medium heat. Stir in the onion, garlic and thyme. Cook until soft, about 10 minutes. Sprinkle tapioca flour over onion and garlic; stir for about 2 minutes. Mix in broth and simmer until thickened, 4-5 minutes. Stir in cooked turkey and frozen vegetables. Season to taste with salt and pepper. Transfer mixture to a 2-quart baking dish. Spread the mashed potatoes over the turkey mixture. Bake until the filling bubbles, about 20-25 minutes. Optional: Broil until the mashed potato tops are golden, about 3 minutes. Cool for about 10 minutes before serving.



# Resources & Helpful Websites:



## Free Range Turkeys and Other Meats

Find local suppliers at:

<http://www.localharvest.org>

<http://www.eatwild.com>

Order Online:

<http://www.grassfedtraditions.com/>

<http://grasslandbeef.com/>

## Pantry Staples

Shop local:

Trader Joe's

Whole Foods

Your local health food store

Local supermarkets have a wider selection of organics than ever before

Order Online:

<http://www.vitacost.com/>

<https://thrivemarket.com/>

<http://www.shoporganic.com/>

## Organic Herbs & Spices

Shop local:

Trader Joe's

Whole Foods

Your local health food store

Local supermarket often have a wide selection of organic herbs & spices

Order Online:

<http://www.primalpalate.com/organic-spices/>

<https://www.mountainroseherbs.com/>