



Thanksgiving Recipe Guide

**for a Delicious Gluten, Dairy, Soy,
Corn and Sugar Free Evening!**



Biogenetix

Biogenetix would like to give thanks to
Dr. Heather Stone, DC, for providing us with these
protocol-friendly holiday recipes.

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You will need the following turkey stock to make the gravy and baste the turkey. It must be made ahead of time, and can be made 2 weeks early and frozen, or it will keep covered in the refrigerator for 3 days. Store-bought stock or broth is not recommended unless it specifically says GLUTEN FREE. Homemade is always better!

When using eggs in these recipes, try to use organic Omega 3 free-range eggs.



Golden Turkey Stock

YIELDS: 7-8 cups TIME: 3 hours

Preheat oven to 400°F. Arrange wings in large, deep roasting pan. Roast until deep brown, turning once, about 2 hours total.

Transfer wings to a large bowl. Spoon 3 Tbsp of fat from the roasting pan into a large pot (reserve roasting pan.) Add chopped onion, celery, and carrot to the pot. Sauté over medium-high heat until vegetables are golden, about 20 minutes.

Add turkey wings to the pot. Add 2 cups of water to the roasting pan; place over 2 burners and bring to boil, scraping up brown bits. Add liquid to the pot. Add remaining ingredients to the pot and enough cold water to cover wings by 1 inch.

Bring water to a boil. Reduce to medium-low heat, simmer uncovered until is reduced to 7 ½ -8 cups, about 2 ½ hours. Strain stock into a large bowl. Cool 1 hour, then chill until cold, about 3 hours. Skim off fat from surface before using.

INGREDIENTS

- 4 ½ pounds turkey wings, cut in half
- 1 large onion, chopped
- 1 large carrot, chopped
- 1 large celery stalk, chopped
- 6 fresh Italian parsley leaves (removed from sprigs)
- 1 fresh bay leaf
- 6 sprigs of fresh thyme
- ¼ tsp whole black pepper corns



Southwestern-Spiced Salt

SERVES: 1+ TIME: 5 mins



(This is for the Salted Roast Turkey on the next page.)

Toast cumin seeds in a skillet over medium heat until darker, stirring often, about 2 minutes.

Cool then grind finely in spice mill or in mortar with pestle. Transfer to bowl and mix in remaining ingredients.

Cover and store at room temperature.

INGREDIENTS

- 1 Tbsp cumin seeds
- ½ cup mild oak smoked sea salt (found at Whole Foods or online at surfasonline.com)
- 1 Tbsp smoked paprika
- 1 Tbsp dried oregano
- 1 tsp ground chipotle chili powder



Salted Roast Turkey

SERVES: 10-16 TIME: 5 hours

Rinse turkey inside and out. Pull all fat pads from main cavity; wrap, chill and reserve fat for roasting. Place turkey inside roasting bag; sprinkle inside and out with Southwestern Spiced Salt. Close bag and place on a baking sheet; refrigerate 18-24 hours.

Position rack on the bottom third of the oven and preheat to 325°F. Mix honey and 1 tsp of ground chipotle chili powder in a small bowl; reserve for glaze.

Rinse turkey inside and out and pat very dry. Stir chopped onion, garlic, and 1 tsp of chipotle chili in a medium bowl to blend. Divide mixture between main and neck cavities. Fold neck skin under and secure with a skewer. Tuck wing tips under. Tie leg loosely.

Place turkey on a rack set in a large roasting pan. Spread olive oil all over the turkey. Place reserved fat pads and reserved neck, heart, and gizzard in roasting pan; pour in 2 cups of Golden Turkey Stock.

Roast turkey for 45 minutes. Baste with pan juices. Continue to roast until a thermometer inserted into the thickest part of the thigh reads 165-170°F, basting every 45 minutes adding water to the pan by the cupfuls if dry, and tenting the turkey loosely with foil if browning too quickly. 3-3 ½ hours longer.

Brush turkey with glaze twice during the last 30 minutes. Transfer a platter and tent loosely with foil and let it rest for 30-45 mins. Reserve roasting pan with juices for gravy.

INGREDIENTS

- 1 turkey 14-16 lbs (neck, heart, and gizzard reserved)
- ¼ cup honey
- 2 tsp ground chipotle chili powder, divided
- 1 large onion, chopped
- 12 garlic cloves, chopped
- ¼ cup olive oil
- 2 cups of Golden Turkey stock (see recipe)

SPECIAL SUPPLIES

- 1 roasting bag
- 1 metal or wood skewer
- Butcher's string
- Roasting bag



Turkey Gravy

YIELDS: 5 cups TIME: 45 mins

INGREDIENTS

- 3 Tbsp olive oil
- 1 ½ pounds onions, chopped
- 4 cups of Golden Turkey Stock (see recipe)
- ½ cup garbanzo bean flour



The garbanzo bean flour should not raise your blood sugar. You can use Gluten Free All Purpose Flour (Bob's Red Mill). Even though this is gluten free, the flour will make your blood sugar go up slightly. If you are a diabetic, so please use sparingly.

Heat olive oil in a medium skillet over medium-high heat. Add onions, sauté until translucent. Reduce heat to medium-low and cook until deep brown, stirring occasionally about 30 minutes. Set aside.

Remove the turkey neck, heart, and gizzard from roasting pan. Pull the meat off the neck, mince neck meat, heart, and gizzard and reserve for gravy. Pour pan juices into an 8 cup measuring cup. Spoon off the fat from the surface, reserving ½ cup of fat. Add enough turkey stock to the pan juices to measure 5 ½ cups total.

Place roasting pan over 2 burners on medium heat. Add ½ cup of reserved fat and ½ cup of flour to the pan. Wisk until the roux is light brown, about 2 minutes. Whisk in stock mixture. Bring to a boil, scraping up browned bits and whisking. Boil until gravy coats the spoon, stirring occasionally, about 5 minutes. Add chopped neck, heart, and gizzard. Season with salt and pepper.

**Roasted Winter Vegetables**

YIELDS: 6-8 TIME: 45 mins

Preheat oven to 400°F. In a large mixing bowl, mix the vegetables, salt and pepper with enough olive oil just to coat.

In a separate bowl, mix together the cinnamon, cardamom and star anise. Put the vegetables in a roasting pan and bake for 25 minutes. Add the spice mixture to the vegetables, then add maple syrup. Stir well and continue to roast another 10-15 minutes until the vegetables are tender. Stir in fresh thyme and pour over the cooked vegetables. Serve immediately.

**INGREDIENTS**

- 2 Butternut squashes, peeled and sliced into wedges
- 3 parsnips, peeled and sliced into 1-inch pieces
- 3 sweet potatoes, cut into wedges
- 3 carrots peeled and sliced into 1-inch pieces
- 2 red onions, peeled and cut into wedges
- 8 cloves of garlic, peeled
- 1 tsp kosher salt
- 1 tsp pepper
- 1 Tbsp Grade A (Dark) maple syrup
- 4 cinnamon sticks
- ¼ tsp ground cardamom
- 6 whole star anise
- 3 Tbsp olive oil
- 2 Tbsp fresh thyme, minced (thick woody stems removed)

Spiced Nuts

SERVES: 6-10 TIME: 25 mins

Can be made 1 week ahead. Make extra, this is a great snack food and guests like to munch on nuts before the main meal.

Preheat oven to 400°F. Line baking sheet with parchment paper. Whisk Stevia, salt, and spices in a small bowl.

In a large bowl, whisk egg white until light and frothy. Add nuts and toss until evenly coated with egg white. Sprinkle Stevia and spice mixture over nuts and toss well.

Spread nuts in single layer on baking sheet and bake until dry, 10-15 minutes, stirring once or twice. Cool to room temperature.

INGREDIENTS

- ½ tsp of Stevia powder
- 2 ¼ tsp Kosher salt
- 2 tsp ground cinnamon
- 1 ½ tsp chili powder
- ½ tsp ground allspice
- ¼ to ½ tsp cayenne
- 1 large egg white
- 4 cups mixed nuts (pecans, walnuts, almonds, pistachios, and/or cashews)

Arugula and Endive Salad

SERVES: 6-8 TIME: 5 mins

Toss greens together in a large bowl. Drizzle with dressing and toss gently until greens are evenly coated. Adjust seasoning as desired.

INGREDIENTS

- 4 cups baby arugula
- 2 large heads Belgian endive, cut crosswise into ¾ inch sections (about 4 cups)
- Sea salt
- Freshly ground black pepper
- 1 cup red seedless grapes, halved
- 1 cup of spiced nuts (see recipe above)
- ½ cup pomegranate seeds
- ⅓ - ½ cup of balsamic vinaigrette (2 parts olive oil, 1 part balsamic vinegar)





Silky Mashed Cauliflower

SERVES: 6 TIME: 30 mins

INGREDIENTS

- 2 heads cauliflower
- 4 Tbsp vegan butter or olive oil
- 3-4 cloves garlic, minced
- ½ tsp sea salt, to taste
- 1 pinch black pepper
- ¼ - ½ cup unsweetened plain almond milk (to help with pureeing)

GARNISH (optional)

- Fresh parsley or chives
- Vegan Parmesan cheese

Cut cauliflower into even florets and steam covered in a steamer until very tender, about 15-20 minutes. Remove from heat uncovered.

In the meantime, sauté the garlic in the vegan butter or olive oil in a small skillet over medium-low heat for 2-3 minutes or until just slightly browned (be careful not to burn). Keep your garlic raw for a stronger garlic flavor.

Transfer the cauliflower to a food processor, or use an immersion blender, and process until puréed. Then add the garlic butter, the salt and pepper and process until well combined. Add almond milk a little at a time to help the silkiness of the purée.

You can blend in a little nutritional yeast to add cheesy flavor, or vegan cream cheese for more creaminess (optional). Transfer to a bowl or serving platter and garnish with herbs and vegan Parmesan cheese (optional), add another sprinkle of salt and pepper and serve hot.

Store leftovers covered in the refrigerator up to 3-4 days, or 1 month in the freezer. Reheat in a saucepan until hot.



Sweet Potato Casserole

SERVES: 6-8 TIME: 1 hour

Peel sweet potatoes and place in a large pot and cover by at least 2-3 inches of water. Bring to a boil over medium-high heat. Boil until completely tender (potatoes will pierce easily with a fork).

Transfer cooked, drained potatoes to a large mixing bowl. Add milk, 3 Tbsp coconut oil, 1 tsp syrup, salt, vanilla, cinnamon and eggs.

Mash with a potato masher or fork until no lumps remain. If needed, add 2-3 Tbsp additional milk if mixture is too thick.

Transfer the sweet potato mixture into an 8x8, 9x9, or 2-quart baking dish and smooth the surface.

(You can make the sweet potato casserole up to this point, the day before Thanksgiving, if desired. Simply cover the baking dish and refrigerate.)

To bake the sweet potatoes, preheat the oven to 375°F and make the topping. In a medium bowl, combine pecans, 3 Tbsp coconut oil, ½ cup syrup, and salt. Stir until the pecans are well coated. Sprinkle the pecan crumble over the sweet potato mash.

Cover the dish with foil and bake 20 minutes. Remove foil and bake another 20-25 minutes. If pecans begin to brown too quickly, simply cover with foil again.

INGREDIENTS

- 3 cups mashed, cooked sweet potatoes
- 1 tsp Grade A (Dark) maple syrup (⅓ cup)
- ½ tsp salt
- 2 eggs or egg substitute
- 3 Tbsp coconut oil
- ½ cup unsweetened almond milk
- 1 tsp vanilla extract
- ¼ tsp cinnamon

TOPPING:

- ¾ cup chopped pecans
- 3 Tbsp coconut oil
- ½ cup Grade A (Dark) maple syrup



**Bacon Brussels Sprout Hash**

SERVES: 6-8 TIME: 20 minutes

Cut bacon into 1/4 inch pieces and in a large skillet cook bacon over medium-high heat until almost done, about 7 minutes.

Roughly chop Brussels sprouts, add to skillet and sauté over medium heat until soft. Add garlic, salt and pepper. Continue to sauté until just brown. Serve immediately.

**INGREDIENTS**

- 2 bunches of Brussels sprouts, roughly chopped
- 4 cloves garlic, minced
- 2 pkgs applewood smoked bacon, cut into 1/4 inch pieces
- Salt and pepper

Diabetic-Friendly Pumpkin Pie

SERVES: 8 TIME: 1 hour

INGREDIENTS

- 1/2 Cup Grade A (Dark) maple syrup
- 1 tsp ground cinnamon
- 1/2 tsp salt
- 1/2 tsp ground ginger
- 1/4 tsp ground cloves
- 2 large eggs
- 1 can (15 oz) Pumpkin puree
- 12 oz canned, full-fat coconut milk
- Almond flour pie crust (recipe below)

Preheat oven to 425°F. Mix maple syrup, cinnamon, salt, ginger, and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and spice mixture.

Gradually stir in coconut milk. Pour into pie crust. Bake for 15 minutes. Reduce temperature to 350°F and bake for 40-50 minutes or until knife inserted near center comes out clean.

Cool on wire rack for 2 hours. Cut and serve.

Almond Flour Pie Crust

SERVES: 8 TIME: 30 mins

INGREDIENTS

- 2 1/2 cups fine almond flour
- 1 large egg, beaten
- 1/4 cup coconut oil
- 2 Tbsp Grade A (Dark) maple syrup
- 1 tsp vanilla extract
- 1/4 tsp salt

Protect the edge of the pie crust with foil to prevent this part from burning and darkening too fast.



Place all the ingredients in a mixing bowl, starting with dry ingredients then liquid ingredients. Stir until the dough forms a crumble. Then knead by hand, pressing together into a dough ball. If too dry and crumbly, add a few teaspoons of water.

Preheat the oven to 350°F. Lightly oil two pieces of parchment paper and place the dough ball between. Press to flatten the dough ball and start rolling, aim for 1/8 inch.

Grease an 8- or 9-inch pie pan with coconut oil. Peel off the top piece of parchment paper and slide your hand under the bottom parchment paper and quickly flip it over the pan. The crust will likely crack, that's fine because you can reshape the dough in the pan. Peel off the parchment paper and form the crust into the pan. Use the extra dough on the edge to patch any holes or cracks. Prick the crust all over using a fork.

Pre-bake the pie crust by placing the pie dish in the center rack for 15 to 20 minutes.

**Cranberry Relish**

SERVES: 6 TIME: 20 mins

INGREDIENTS

- 2 cups raw cranberries, finely chopped
- 1 Tbsp lemon juice
- 1 cup apples, finely chopped
- 1 cup fresh pineapple, finely chopped
- 1 cup pecans, chopped
- Pinch of salt
- 1 tsp Stevia, or ¼ cup of xylitol

(For xylitol, make sure it's made from birch tree, also called birch tree sugar. Don't use xylitol made from corn.)

Mix all ingredients together and refrigerate. Or simmer in a sauce pan to make it more jam-like.

This relish tastes better if made the day before serving.

**Pumpkin Bread**

SERVES: 6-8 TIME: 1 hour 20 mins

Preheat oven to 300°F. Line a 4 x 8 inch loaf tin with parchment paper.

Combine the almond flour with the baking soda and salt. In another bowl, whisk the eggs with the oil and syrup and add the pumpkin, walnuts, orange rind, and ginger.

Combine the dry ingredients with the pumpkin mixture until smooth.

Pour the dough into the prepared loaf tin and bake for 1 hour, until the top of the loaf feels firm and an inserted knife comes out clean.

Remove from oven and cool completely before serving. Store wrapped in the refrigerator.

INGREDIENTS

- 4 cups fine almond flour
- 1 tsp baking soda
- ½ tsp salt
- 3 eggs
- ¼ cup coconut oil
- ¼ Grade A (Dark) Maple Syrup
- 1 cup pumpkin puree
- ½ cup walnuts, chopped
- 1 Tbsp orange rind, grated
- ½ tsp ground ginger



Have a happy, healthy Thanksgiving!