

# Thanksgiving Recipes from LiveWELL



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*In the Kitchen with LiveWELL*



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# Homemade Whole Berry Cranberry Sauce

Tara Cox – Greater Charlotte LiveWELL

[Homemade Whole Berry Cranberry Sauce | Ocean Spray®](#)

## Ingredients

- 1 cup sugar
- 1 cup water
- 1 12-ounce package Ocean Spray Fresh or Frozen Cranberries, rinsed and drained

## Preparation

Combine water and sugar in a medium saucepan. Bring to boil; add cranberries, return to boil. Reduce heat and boil gently for 10 minutes, stirring occasionally. Cover and cool completely at room temperature. Refrigerate until serving time.



[Homemade Whole Berry Cranberry Sauce | Ocean Spray®](#)

# Fall Harvest Honeycrisp Apple and Kale Salad

Meghan Donovan - Greater Charlotte LiveWELL



Picture is from [Half-Baked Harvest](#)

**1** Preheat oven to 350 degrees. Line a baking sheet with parchment paper. On the prepared baking sheet, toss together the pepitas, olive oil, maple syrup, cinnamon, and a pinch of salt. Arrange in a single layer. Lay prosciutto flat around the pepitas. Transfer to the oven and bake for 10-15 minutes or until the pepitas are toasted and the prosciutto is crisp.

Meanwhile, in a large salad bowl, combine the kale, apples, and pomegranates.

**2** To make the vinaigrette: heat the olive oil in a medium skillet over high heat. When the oil shimmers, add the shallots, cook until fragrant, 2-3 minutes. Remove from the heat, let cool slightly. Add the apple cider vinegar, fig preserves, and thyme. Season with salt, pepper, and crushed red pepper flakes.

**3** Pour the vinaigrette over the salad, tossing to combine. Top the salad with toasted pepitas, prosciutto, and feta. Eat and enjoy.



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## Ingredients

- 1 TBSP extra virgin olive oil
- 1 TBSP real maple syrup
- 1/3 cup raw pepitas
- ¼ tsp ground cinnamon
- 3 ounces thinly sliced prosciutto
- 2 heads kale, shredded
- 2 honey crisp apples, thinly sliced
- Arils from 1 pomegranate
- ½ cup crumbled feta cheese

## Cider Vinaigrette

- 1/3 cup extra virgin olive oil
- 1 shallot, thinly sliced
- 2 TBSP apple cider vinegar
- 1 TBSP fig preserves
- 1 TBSP fresh thyme leaves
- Kosher salt and pepper
- 1 pinch crushed red pepper flakes

# Cranberry Salad

*Gretchen Bayne – Wake Best Health for Us*



## Ingredients

- 1-pound raw cranberries
- 1 ½ cups grapes (seedless)
- 2 cups miniature marshmallows
- ½ cup chopped celery
- 1 cup pecans chopped but not too small
- 1 8-ounce container whipped topping or 1-pint real whipping cream whipped
- 2 cups sugar

## Preparation

1. Wash berries and drain. Grind berries in grinder. Then add sugar and let set for at least 2 hours
2. Drain overnight in a small wire drainer.
3. Next morning add the grapes – marshmallows, celery, pecans and the whipped cream.

# Awesome Sausage, Apple and Dried Cranberry Stuffing

Jennifer Kees- Greater Charlotte LiveWELL



- 1** Preheat oven to 350 degrees. Bake the whole-wheat and white bread cubes until evenly golden brown. Transfer toasted bread cubes to a large bowl and let them cool.
- 2** In a large skillet, cook the sausage and chopped onions over moderate heat, stirring and breaking up the lumps and thyme; cook for 2 minutes while stirring.
- 3** Add the sausage mixture to the bread with the chopped apples, dried cranberries, parsley and reserved liver. Toss mixture well. Drizzle the stock and the melted butter over the mixture; toss stuffing well. Allow stuffing to cool completely.

## Ingredients

- 1½ cups cubed whole wheat bread
- ¾ cups white breadcrumbs
- 1lb bulk seasoned turkey sausage
- ¾ cup chopped celery
- 2½ tsp dried sage
- 1½ tsp rosemary
- ½ tsp dried thyme
- 1 medium Golden Delicious apple –  
peeled, cored
- ¾ cup dried cranberries
- One third cup chopped parsley
- ¼ cup unsalted butter

# Slow Cooker Mashed Potatoes

Meghan Donovan - Greater Charlotte LiveWELL



## Ingredients

- 4 pounds Yukon gold potatoes, peeled and quartered
- 3 cups heavy cream
- 1 cup whole milk
- 8 fresh sage leaves
- 3 sprigs fresh thyme
- 4 cloves garlic, smashed
- 1 parmesan rind (optional)
- 6 TBSP salted butter, at room temperature
- Kosher salt and black pepper
- 1 cup shredded gruyere cheese

## Preparation

1. In the bowl of your slow cooker, combine the potatoes, parmesan rind, heavy cream, milk, sage, thyme, and garlic. Cover and cook on high for 4-5 hours or on low for 6-8 hours, until the potatoes are fork tender. Switch the slow cooker to warm.
2. Drain the potatoes, reserving the cream. Discard the thyme, sage, and parmesan rind. Press the potatoes through a potato ricer, adding them back to the slow cooker. Alternately, add the potatoes back to the slow cooker and mash with potato masher.
3. Add 1.5 cups of the reserved cream and butter. Continue to add more of the cream until you desired consistence if reached. Season the potatoes with salt and pepper, stir in the cheese, cover, and cook another 15 minutes, or until melted and creamy. Keep the potatoes covered, on warm, for up to 4 hours.
4. Serve the potatoes topped with additional fresh herbs and butter.

[Slow Cooker Cheesy Garlic Herb Mashed Potatoes. - Half Baked Harvest](#)

# Sweet Potato Casserole

*Gretchen Bayne – Wake Best Health for Us*



## Ingredients

- 1 large can sweet potato (yams)
- ½ cup milk
- ¼ cup brown sugar
- ½ tsp cinnamon
- ½ cup pecans

## Preparation

1. Preheat oven to 350
2. Mix all ingredients with electric mixer.
3. Topping: heat 1 stick butter and ¼ cup brown sugar to dissolve. Stir in 3 cups cornflakes. Put on casserole
4. Bake 20 min @ 350



# Mom's Broccoli Casserole

*Jill Ashburner – Greater Charlotte LiveWELL*



## Ingredients

2 boxes chopped broccoli  
Mix with  
1 can cream of mushroom soup  
2 eggs well beaten  
1 cup grated cheese  
1 cup mayonnaise  
2 tbsp chopped onions  
Salt and pepper to taste

## Preparation

Pour into greased casserole dish. Dot with butter, crushed Ritz crackers and slivered almonds.

Bake at 350 degrees for 30 minutes.

Serves 8