

# Turkey Soup *with* Black Rice & Root Vegetables

This savor-full soup will warm your soul and body any day! Root vegetables including butternut squash, parsnips and red potatoes are bursting with beneficial ingredients like Vitamin A, C, and beta-carotene keeping your immune system at its best! Collard greens are rich in calcium, Vitamin K and folate AKA food for your cells!

**DF, GF, SF**

*Serves 6-8*

1.5-2 qt. turkey broth or stock or chicken broth (gluten-free)

2 cups black rice

1 cup parsnip chopped

1 cup red potato or sweet potato diced

2 cups collard greens chopped (feel free to use other greens)

1 yellow onion chopped

4 garlic cloves minced

1-cup raw butternut squash diced

1-cup celery diced

1-cup carrots chopped

2 tbsp. oil

2 cups turkey chopped or sliced

Directions:

1. Heat oil in saucepan over low. Add onions and garlic until translucent.
2. Add rice and stir for 1 minute
3. Stir in vegetables
4. Add broth and turkey
5. Let simmer for 30-45 minutes

If the rice soaks up the broth add more broth.

## STIRRING UP THE POT!

Want a quick meal? Make a batch of this soup and once it cools, freeze it in plastic Ziploc bags or plastic containers for grab and go meals on the road or after a long day! Warm up and use up any extra ingredients you have! Make it your own by using quinoa or wild rice instead of black rice and add as many veggies as you want or try some new ones! Serve with mixed greens (recipe below) and you have yourself a twist to your Thanksgiving meal that keeps on giving!

**Don't have turkey?**

Don't worry! Leave it out or add in another favorite!

Tid Bits  
from

*Elyse!*

# Yam & Pumpkin Latkes *with* Homemade Apple Sauce

This is a great alternative to potato pancakes! Have it anytime, because these latkes are lip-smacking good! Not only do these taste good, that deep orange color means these hot-cakes have energy boosting anti-oxidants like beta-carotene, Vitamin C and potassium! Manganese maintains your blood sugar levels and keeps bones strong and healthy while Zinc boosts your immune system!

Directions:

1. Heat oil in pan over low.
2. Mix dry ingredients together (cinnamon, flour, maple sugar and other spices) in a bowl.
3. Add beaten egg to bowl.
4. Add grated yams and pumpkin puree.
5. Take a spoon or 1/4 measuring cup and scoop into pan.
6. Cook for 6-7 minutes on each side until light brown.
7. Let cool and serve with yogurt, applesauce or cranberry sauce.

## MIX IT UP!

Choose between yams or sweet potatoes! If you already have leftover sweet mashed potatoes use those! Mix it up with different spices. Spice up your applesauce while you're at it by adding some of your favorite spices to your homemade goodness. These are great to freeze and bag up for on-the-go snacks or meals!

Tid Bits  
from

*Elyse!*

**Baked not fried?** Put these orange beauties in the oven for 15 minutes at 350 degrees and then flip for 5 minutes, let cool and enjoy!

**DF, GF, SF**

*Serves 6-8*

**1-2 yams peeled and grated**

**1 can pumpkin puree**

**2 tsp. cinnamon**

**1/4-cup gluten-free flour**

**1/4-cup maple sugar**

**2 eggs beaten**

**1 apple cored**

**2 tbsp. water**

**5-6 tbsp. cranberry sauce (optional)**

**Allspice (optional)**

**Cloves (optional)**

# Wild Green Salad *with* Cranberry Dressing

Go wild with this salad! You have the freedom to do just about whatever you want! Mixed wild greens, veggies, dried cranberries & fresh Honeycrisp apple with gluten-free croutons make this salad a wonderful meal! The cranberry sauce makes this salad just a little more crazy!

**DF, GF, SF**

*Serves 3-4*

3-4 cups mixed greens

1 cup turkey diced or sliced

1/4 apple diced

1/4 cup dried cranberries

1/4-cup chives diced

1/2 cup gluten-free stuffing broiled

2 tbsp. cranberry sauce

1/2-cup celery diced

Parmesan cheese to taste (optional)

1/8 cup sliced almonds, pecans or walnuts

Directions:

1. Start with a bowl of mixed greens.
2. Prep all ingredients (turkey, stuffing, chives, apple, celery, nuts).
3. Spread stuffing on pan and place under the broiler for 4-5 minutes until golden brown.
4. Sprinkle ingredients all over salad to your liking.
5. Top with cheese and cranberry sauce or salad dressing.

## TOSS IT UP!

Choose from mixed salad greens, kale, spinach or arugula and then sprinkle a mix and match of toppings! Waste not; want not! Salads are a great way to use up leftovers and get your creative juices flowing!

Tid Bits  
from  
*Elyse!*

**GF Stuffing:** Can easily be made by buying or making gf-bread and then following a similar stuffing recipe! Like it crispy? Broil in the oven for 4-5 minutes!

# WRAP IT UP!

Collard greens are considered gems at My Kitchen Shrink! Especially since it's a fantastic source of Vitamin K, folate and fiber, which increases the health of your heart by decreasing your "bad" cholesterol! Collard greens are super versatile- chop it up and use it as a base in your salad, add to a smoothie or substitute wheat/corn tortillas for some green love!

Directions:

1. Start with your collard greens
2. With knife, cut about 1 inch above the stem on both sides & take the stalk off
3. Spread cranberry sauce and aioli on the leaf
4. Sprinkle turkey, apple, cranberries, chives, stuffing, and mashed potatoes on one side of the leaf
5. Tuck in the sides and roll it up, cut it in half and enjoy!

## THAT'S A WRAP!

On-the-go? Need a meal? Wrap it up! Collard greens are like hugs for all the goodies you put inside! Wraps are a great way to add some greens to your life, increase your fiber and reuse your leftovers! Make sure not to overstuff your leaves! You can always make a second one! These are so good you will want two!

Tid Bits  
from

*Elyse!*

**Easy Aioli:** Mix 1/2 cup mayo, 2 garlic cloves chopped, 1 tbsp. lemon juice and salt to taste!

**DF, GF**

*Serves 4-6*

**4-6 collard greens de-stemmed**

**1 cup turkey diced or sliced**

**1/4 apple sliced thinly sliced like matchsticks**

**1/4 cup dried cranberries (optional)**

**1/4-cup chives diced (optional)**

**1/2 cup gluten-free stuffing**

**1/2 cup mashed potatoes or sweet potatoes**

**1/2 tbsp cranberry sauce**

**1/2 tbsp garlic Aioli**