



THE NOW FIND FOODS GUIDE TO

A Gluten and Dairy Free Thanksgiving



The Now Find Foods Guide To A Gluten and Dairy Free Thanksgiving

by Jessica MacDonald Lee and Renée Lumbreras

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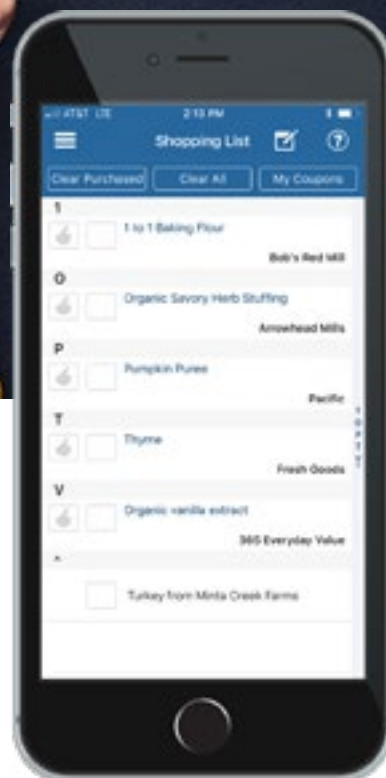
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Introduction



Thanksgiving is a wonderful time of year. It is a time for family, friends, and lots and lots of amazing food.

We understand that it can be overwhelming with all the decisions that need to be made. Between the two of us, we have planned, cooked and served countless holiday meals.

After so many years of successes and failures, we have both developed our own systems to ensure successful holiday meals.

We have combined our strategies to help you plan your Thanksgiving meal by creating a complete menu for 10-12 people, along with a planning timeline to track your tasks.

To eliminate any worries, we have included a shopping list of all the ingredients needed for the entire menu.

Delicious food without the worry – that's how gluten and dairy free living should be.

~ Jessica and Renée

The recipes created for this Thanksgiving menu are designed to serve 10-12 people.

Sharing Thanksgiving with Family and Friends



We have both had experiences when we've had to watch other people eat a holiday dinner, while we picked at a salad because there were no gluten and dairy free options available. Being in that situation can be incredibly awkward, embarrassing and frustrating.

Thanksgiving is a wonderful time to be with those you love. Because the holiday centers on food, many families have traditions that

are considered sacred. Thanksgiving can also be a stressful time for those who need to be gluten and dairy free, but thankfully with some planning and attention to detail, it can be enjoyed by everyone.

If you are hosting Thanksgiving, take the opportunity to make everything gluten and dairy free. It is a great time to show those who are unfamiliar with being gluten and dairy free, just how delicious it can be.

You do not need to tell anyone that the meal is gluten and dairy free, and you can uphold family traditions in a way that is safe for everyone.

If you are attending Thanksgiving at someone's home, you need to be proactive. If you know that the home is not gluten and dairy free, call your host and be honest. Most hosts would never want their guests to become ill and will work with you to make the holiday enjoyable for everyone. Ask what their plans are for the meal and see if you can bring a dish or two for those who are gluten and dairy free.

If your Thanksgiving meal will be at a restaurant or hotel, absolutely call ahead. Many restaurants have set menus for holidays and will need to know well in

advance about your special dietary needs. Call as early as possible. When you call, ask to speak to the restaurant manager or if at a hotel, the concierge. Be polite and be very clear regarding your needs.

Remember that there are traditional Thanksgiving dishes that people may not realize have gluten or dairy. Turkey that has been stuffed with gluten full bread stuffing, gravy thickened with flour, and a vegetable side dish that has buttered bread crumbs sprinkled on the top for crunch, are all examples of food that might be seen as safe, but clearly have gluten and dairy. Be very clear when asking questions.

Thanksgiving can be safely enjoyed by everyone with clear communication and a willingness to lend a hand.

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Thanksgiving Timeline

Use the timeline checkboxes as a way to track your tasks.

3 Weeks Out

- ☐ Confirm Guest list
- ☐ Order turkey. Please note: if you are planning on buying your turkey from a small organic

farm, you may need to order further out than three weeks. Check with your supplier to determine the latest order date.

2 Weeks Out

- ☐ Determine final menu.
- ☐ Plan décor. Pull out and check your stored decorations and check for damage. Purchase any necessary decorations.
- ☐ If ordering a fresh floral arrangement, order it at least a couple weeks in advance to be picked up the day before Thanksgiving.

Create Your Thanksgiving Day Plan:

- ☐ Write it down and post it in your kitchen for reference.
- ☐ Decide what time you are serving dinner. You will need to work backwards from that time to figure out when to start your turkey, cook your side dishes and heat up any pre-cooked dishes.
- ☐ Based on the size of your turkey, you will need to determine its roasting time. If you have any questions, we recommend consulting [foodsafety.gov](https://www.foodsafety.gov).

- ☐ Based on the time of your dinner and the time you put the turkey in the oven, determine when to cook your remaining side dishes and take pre-made dishes out of the refrigerator to allow the dishes to come to room temperature. Our general rule of thumb is that chilled dishes need 30 minutes to one hour to come to room temperature. Reheating cold dishes will give you unpredictable results.
- ☐ Decide on your table setting: Buffet or Sit Down. You will need to figure out how much room you have for food. If your table is not large enough for multiple serving dishes, consider serving your dinner buffet style.
- ☐ Decide if you will serve your desserts at the table or as a dessert buffet.
- ☐ Make sure that you have enough dishware, glassware and cutlery. Don't forget to include your dessert dishware and cutlery in your count.

Create Your Shopping Lists:

- ☐ **Non-perishable items:** These can be purchased well in advance and stored. If you have storage space, you may consider buying extras as gluten free holiday items are hard to find the rest of the year.
- ☐ **Perishable items:** Make a complete list, but do not purchase these items until closer to Thanksgiving.
- ☐ **Beverage list:** Wine, coffee, and sparkling juice, along with any other needed drinks for your meal.
- ☐ **Kitchen supplies** are usually on sale this

time of year. Make sure to pick up any needed spatulas, roasting pans, serving platters and other cooking necessities, along with any needed dishware, cutlery and glassware.

- ☐ **A new 5 gallon bucket with a lid or a cooler that is large enough to hold your turkey and its brine.** Big Box Home Improvement Centers always carry a supply of these buckets and they are inexpensive. Do not use a bucket that has been used for anything other than food. Wash the bucket and lid thoroughly with soap and water before use.

The Weekend Before

- ☐ Clean your house. Make your life easy by getting this chore out of the way. It will be one less thing to think about on Wednesday.
- ☐ Clean out your refrigerator to make space for your holiday dishes.
- ☐ If needed, clean your china, silver and crystal.
- ☐ If you are having a sit down dinner, set your table completely except for candles and centerpieces. When your table setting is complete, cover the entire table with a large clean bedsheet to keep your settings clean and dust free.

- ☐ If you are having a buffet, make sure that you have the needed number of dishware, glassware, silverware. Space permitting, choose an area to set up your dishware, etc. for quick set up on Thanksgiving Day.
- ☐ If you have the space, refrigerate your wine, sparkling juice and any other beverages that need to be served chilled.
- ☐ Set out your serving dishes and mark them with notes indicating what dish they are for.
- ☐ Shop for perishables along with any other needed items.

3 Days Before

- ☐ Make Twice Baked Mashed Potatoes and Sweet Potato Soufflé. Allow to cool completely, then wrap securely in plastic

wrap and refrigerate until Thanksgiving morning.

- ☐ Make Cranberry Sauce. Cover and refrigerate.

2 Days Before

- ☐ Clean and cut your carrots and green beans. Refrigerate in plastic storage bags until Thanksgiving morning.
- ☐ Clean, cut and sauté onions, celery and carrots for Sausage Herb Stuffing and refrigerate.
- ☐ Make your brine and brine your turkey.
- ☐ Make the Apple Walnut Pound Cake and the Rustic Apple Pie. Cover the Rustic Apple Pie with a clean towel, wrap the Apple Walnut Pound Cake in plastic wrap and leave on your countertop.

1 Day Before

- ☐ Pick up pre-ordered fresh floral arrangements.
- ☐ Make the Wild Rice and Mushroom Stuffing. Allow to cool, then cover and refrigerate overnight.
- ☐ Make Shaved Brussel Sprouts and Walnut Salad. Cover and refrigerate overnight.
- ☐ Make Upside Down Pumpkin Cake. Allow to cool completely, then lightly cover with plastic wrap (not touching top of cake) and refrigerate.

Thanksgiving Day

- ☐ If you did not have room in your refrigerator to chill your wine and beverages, in the morning, fill a cooler with ice and chill your drinks.
- ☐ Based on your Thanksgiving Day plan, remove your turkey from the brine and prepare for roasting, remove pre-prepared dishes from the refrigerator to come to room temperature, allow at least one hour.
- ☐ Remove sheet from set table or set up buffet plate, silverware and drink stations.
- ☐ Add any centerpieces, flowers and candles to table.
- ☐ Cook any remaining side dishes.

Side dishes to prepare on Thanksgiving Day:

- ☐ Cinnamon Glazed Carrots
- ☐ Green Beans and Bacon
- ☐ Sausage and Herb Stuffing
- ☐ Gravy

After removing your turkey from the oven:

- ☐ Tent turkey with aluminum foil and allow it to rest for 45 minutes before carving.
- ☐ While turkey is resting, place dishes that need to be baked or re-heated in a 350° oven.

Dishes that need to be heated through:

- ☐ Twice Baked Mashed Potatoes
- ☐ Sweet Potato Soufflé
- ☐ Mushroom & Wild Rice Stuffing
- ☐ Remove re-heated dishes from oven
- ☐ Slice Turkey
- ☐ **Relax, have a glass of wine, and enjoy your meal and company!**

Wine Pairings



To complement the wonderful recipes that will make this Thanksgiving your best ever, here are a few tips for choosing wines to pair with this sumptuous feast.

Starter

In the spirit of celebration, consider offering a sparkling wine to instantly impart a festive feeling. Something like an Italian “Prosecco”, which generally is ever-so-slightly sweeter than the typical “Brut”, is a tasty and inviting option.

Suggested:

- ▶ Balan Brut Prosecco 2015

Main Course

The centerpiece of any Thanksgiving is the turkey, but the turkey itself poses challenges for wine pairings. The savory dark meat tends to call to mind a more substantial red wine, while the more delicately flavored white meat often pairs best with a crisp white. One way to bridge this seeming gap is with a Rosé. No, not that sticky-sweet stuff sold in jugs at the grocery store, but the serious stuff instead! A well-made rosé has the body and flavor to stand up to the dark meat, but is still light and crisp enough to work wonderfully with the white meat.

Suggested:

- ▶ Chateau Saint-Honoré Cotes de Provence Rosé 2015

Other Options

The sheer variety of foods presented at Thanksgiving means that it's often tricky to find a single wine that pairs well with all of them. Instead, consider offering multiple wines and then let your guests make their choices based on their personal tastes.

Good options would be a lighter red such as a Pinot Noir or Grenache, and a lighter white such as an un-oaked Chardonnay (too much oak will dull down the flavors of many Thanksgiving dishes) or an Austrian Gruner Veltiner.

Suggested:

- ▶ MacMurray Estate Vineyards Central Coast Pinot Noir 2014
- ▶ Ryan Patrick “Naked” Columbia Valley Chardonnay 2014
- ▶ Nadler Carnuntum Gruner Veltliner 2015

Dessert

The desserts (presuming that the guests still have room!) call for a sweeter wine such as a Sauternes or even a glass of port. Though it may seem counter-intuitive to layer sweet on sweets, the sweetness of these types of wine ensures that they don't come off as sour by comparison with sugar-laden desserts.

Suggested:

- ▶ Chateau Guiraud Sauternes 2013
- ▶ Warre's “Otima” 10 Year old Tawny Port NV

Serving Wine

Prosecco, Rosé and White wines should be served chilled. All other wines should be served at room temperature.

The most important thing though, is to have fun with the wines. Let your taste buds be your guide – if you think a wine will work for your celebration – give it a go, and enjoy every sip!

Pro Tip: Brine Your Turkey



I have been cooking turkeys for the last 30 years, and have tried every method known to man for roasting the perfect bird. What I have found over the years is that in the beginning, I just worked too hard. **The trick I found that works the best is brining the turkey.**

Brining will give you a moist, flavorful, tender turkey. Why does it work? The salt in the brine breaks down the proteins allowing the meat to absorb the water and flavorings in the turkey, creating moist, tender meat.

There are some wonderful recipes out there for brine but what I use is a combination of salt, brown sugar, garlic, sage, thyme, fennel, bay leaves, rosemary and peppercorns. The

only exact measurement in the recipe is the sugar to salt ratio, which is 1 part salt to 1 part brown sugar.

There are many ready-made brines out there that are certified gluten free. The brine you choose will also depend on your taste. I love the garlic-rosemary blend but some people prefer the allspice and orange brine. Check the ingredients and make sure that you like

the spices; your bird is going to taste like the ingredients in the brine you select. The point is that you find something that works for you and use it to brine the bird.

Whether you make your own or use a ready made brine, the directions are the same.

1. Bring the brine to a boil and stir well, making sure the sugar and salt are completely dissolved.
2. Remove from heat source and let cool.

You must make sure the bird is completely defrosted before you can brine. For the most comprehensive safety tips on the safe handling of your turkey, please visit [foodsafety.gov](https://www.foodsafety.gov).

Defrosting

Here are the general time guidelines for the refrigerator thawing method, which is highly recommended:

8-12 lb.	Allow 2 days
13-16 lb.	Allow 3 to 4 days
17-20 lb.	Allow 4 to 5 days
21-24 lb.	Allow 5 to 6 days

Once the turkey is completely defrosted and the brine is cool, it is time to set the bird in the brining liquid.

You will need a receptacle to submerge your bird in the brine. I use a big 5 gallon plastic bucket. I pick up a new one every year, a bucket that has been used for anything other than food is not safe. You can pick

up a 5 gallon bucket at any hardware store or big box store, it is best to get one with a lid. I find the bucket method the easiest, providing you have room in the refrigerator. You will need to wash the bucket thoroughly with hot soapy water before use. You can also use a brining bag and put it inside your refrigerator (the vegetable drawer works well) or a mid-sized cooler depending on the size of your bird.

Remove the turkey from its packaging and checking both openings, remove all the giblets and neck from the inside of the bird. Rinse the turkey thoroughly with cool water, inside and out. Pat the turkey dry with paper towels.

Set the turkey in the receptacle and fill with brining blend. Make sure that the turkey is completely submerged, and if necessary, add more water to the brine.

Cover and refrigerate for at least 12 hours. The brine and turkey need to be kept at 40 degrees F or less, being careful not to refreeze the turkey for the duration of brining.

I brine my bird at least 24 hours before roasting. 1-2 hours per pound is a good guide for how long to brine.

Brining your turkey requires a little work two days before you cook it, but trust me, it is well worth the extra effort for a flavorful, moist turkey.

Turkey Brine



INGREDIENTS

2 gallons	water
1 cup	kosher salt or sea salt
1 cup	brown sugar
6-8 leaves	fresh sage, chopped or whole
6-8 sprigs	fresh thyme
2 sprigs	rosemary
2-3	bay leaves
3 cloves	garlic, peeled and minced
1 Tbsp	fennel
1 Tbsp	peppercorns

Prep Time: 10 minutes

Cook Time: 30 minutes

DIRECTIONS

1. In a large stock or soup pot, add all the ingredients to the water, bring to a boil and reduce to a simmer. Stir well and cook for 30 minutes to be sure the sugar and salt has completely dissolved and the flavors of the spices have been released.
2. Let cool completely.
3. When cool, submerge turkey into brining liquid, add more water if necessary to completely immerse the bird in brining liquid. (See article for different methods of storing your turkey in the brining liquid)

Roast Turkey



INGREDIENTS

1	Whole Turkey (calculate 1½ to 2 pounds per person)
¾ Cup	olive oil (may use more oil if necessary)
1 tsp	sage (if using fresh, 6 leaves)
1 Tbsp	garlic powder
1 Tbsp	thyme (if using fresh, 6-7 sprigs)
1-2 Tbsp	cornstarch (set aside for the gravy)

Prep Time: 60 minutes

Cook Time: Varies depending on size of turkey,
Plan for 15-20 minutes per pound unstuffed.

For Inside The Cavity

2-3	sage leaves
2-3	sprigs of fresh thyme
1	lemon, cut in half

For Roasting Pan

2	leeks, white parts only, diced
2	yellow onion, diced
2	celery stalks, diced
2	32 oz. containers chicken or turkey stock (divided) giblets

We highly recommend that the turkey is cooked unstuffed. This recipe calls for the turkey to be cooked separately from the stuffing. Stuffing the bird causes uneven cooking times, is unnecessary and is

considered by many, including the USDA, to be unsafe. The internal temperature of the stuffing must reach 165°, which may cause your turkey to be overcooked. We suggest cooking the stuffing in a casserole dish as outlined by our timeline and planner.

EQUIPMENT YOU WILL NEED

A roasting pan large enough for your turkey, with a roasting rack
Medium-sized non-stick saucepan

Aluminum foil – to tent the bird, if necessary
A cup, bottle, or mason jar with a lid to make the slurry for the gravy

Kitchen twine
Basting Brush
Turkey Baster
Gravy Separator

DIRECTIONS

1. Adjust oven racks to fit turkey in roasting pan.
2. Preheat oven to 325°.
3. An hour before roasting time, remove turkey from brine and rinse under cool water thoroughly. Be sure to rinse under the wings and inside cavity. You want to rinse the bird for about 5 minutes to remove all the brine. Pat dry with dry paper towels.
4. Discard remaining brine.
5. Heat oil and add spices.
6. Take the basting brush and spread the oil and spice mixture evenly over the entire bird.
7. Take fresh sage leaves, thyme sprigs and cut lemon and place inside the cavity.
8. Tuck the wings into the neck (it sometimes is helpful to cut small slits into the skin to hold wings in place) and tie legs together loosely with kitchen string.
9. Fill the roasting pan with leeks, onions, celery, giblets and 1 of the 32 oz. turkey or chicken stocks.
10. Place turkey, breast side up on the roasting rack and place in the preheated oven.
11. Baste turkey every 45 minutes.
12. If the skin starts to get too brown either on the legs or the breast, tent loosely with aluminum foil.
13. If needed, add more stock to the roasting pan, reserving 1 cup for the gravy.
14. Roast turkey until internal temperature reaches 165°. Place thermometer in thickest part of breast, avoiding the bone. It should read 165°. If cooking a turkey that has a pop-up thermometer, we highly recommend using your own independent thermometer.
15. When turkey is done, remove it from the oven and let rest. The turkey will be easier to carve if allowed to rest for 45 minutes. (No worries, the turkey will stay hot if left to rest.) Remove from pan and place on large cutting board or tray. Set aside.

For The Gravy

1. Pour the juice from the roasting pan into the gravy separator, set aside. (The fat will rise to the top allowing you to pour out the juice minus the fat.)
2. If using the giblets in the gravy, chop into finely diced pieces (if not already done) and set aside.
3. Deglaze the pan by using a wooden spoon to scrape the pieces off of the bottom of the pan. If the bits are stuck, heat the roasting pan over 2 burners and add ½ cup turkey or chicken stock all the while using the spoon to scrape the bottom of the pan. Add the bits and stock to a medium saucepan.
4. Add the juice from the fat separator to the saucepan, watching to be sure not to add the fat to the saucepan and stir well. The liquid is clear so you will be able to clearly see when you have reached the fat in the separator. There are YouTube videos to show you how to use one if you are not sure.
5. Add the remaining chicken or turkey stock to the saucepan and stir.
6. In a small bottle, cup or mason jar add 1 Tbsp cornstarch and ½ cup cold water (this is called a slurry), shake well. Add to the sauce pan and stir over medium heat. You want to repeat the slurry process, adding a little at a time until you reach the desired thickness of your gravy. Salt to taste.

There are many videos available to show you how to carve a turkey. If you prefer step by step instructions with photos, follow this link: http://www.huffingtonpost.com/2014/11/18/how-to-carve-a-turkey-thanksgiving-steps-photos_n_784258.html

Sausage & Herb Stuffing



INGREDIENTS

4 Tbsp	olive oil	6 sprigs	fresh thyme or $\frac{3}{4}$ tsp dried
3 Cups	onions	3-4	fresh sage leaves or $\frac{1}{2}$ tsp dried
2 lbs	sausage	8 Cups	gluten free breadcrumbs
2 Cups	celery	3 Cups	chicken or turkey stock
1 Cup	carrots		non-stick spray
1 Cup	mushroom		

Prep Time: 35 minutes

CookTime: 35 minutes

DIRECTIONS

1. Dice onions, carrots, celery and mushrooms into ½ inch cubes, keep separate.
2. Add olive oil to a large sauté pan.
3. Add the onions and cook for 10 minutes.
4. Add the sausage and cook until no longer pink, about 10 minutes.
5. Add the celery, carrots, mushrooms, thyme and sage.
6. Cook for 10 minutes, mixing well to incorporate the flavors together. Please note: If preparing ahead of time, allow to cool and store in airtight container until ready to use. If cooking now, preheat oven to 350°.
7. Add the breadcrumbs and fold ingredients together gently.
8. Spray baking dish with non-stick spray. (We recommend that you do not use a glass baking dish).
9. Once the breadcrumbs are incorporated add stock, fold ingredients together gently and immediately place in casserole dish. Please note: Once the stock is added, gluten free breadcrumbs start to break down, you want to handle as little as possible.
10. Bake at 350° for 35 minutes.

Mushroom & Wild Rice Stuffing



INGREDIENTS

4 Cups	wild rice blend (wild rice, basmati, red and brown rice mix)	3	yellow onion, diced about 4 Cups
	or	2	leeks, white parts only, rinsed and chopped. (About 2 Cups)
2 Cups	brown rice and	2 cloves	garlic, minced
2 Cups	basmati rice, combined	5 sprigs	fresh thyme
4 Cups	water	4 leaves	sage
4 Cups	chicken stock, plus an additional	2	pears, cored and coarsely chopped. (About 2 Cups - optional)
1 Cup	chicken stock	1 Cup	dried cranberries (optional)
1 Tbsp	salt	¼ Cup	chopped fresh parsley (optional)
4 Tbsp	butter substitute	1 ½ lbs	mushroom (portabella, shiitake or crimini) yields about 3 Cups
Prep Time: 55 minute			
Cook time: 35-40 minutes			

DIRECTIONS

1. Add rice mix, water, first 4 cups of stock, and a sprinkle of salt to a large stock pot and bring to a boil. Stir well one time and lower to a simmer.
2. Cover and cook the wild rice blend for 25-30 minutes. (Rice should be just fork tender when done.) Set aside.
3. If using dried mushrooms, submerge in a small bowl and fill with water. Allow the mushrooms to rehydrate, this makes them easier to dice. Set aside for 20 minutes. Drain mushrooms and pat dry with a paper towel before dicing.
4. Dice the onions. Should yield about 4 cups.
5. In a large dutch oven, melt the butter substitute.
6. Add diced onions to the melted butter substitute and cook for 10 minutes.
7. While the onions are cooking, using the white part of the leeks only, cut in half and then rinse thoroughly. (This is a good way to remove all the grit from leeks.) Chop leeks into small pieces and add to the onions.
8. Cook leeks and onion for another 15 minutes, stirring occasionally.
9. Dice the mushrooms and herbs while onions and leeks are cooking.
10. Add diced mushrooms and herbs to the onion mixture. Stirring occasionally, cook for 10 minutes.
11. Add cooked rice (should be about 10 cups cooked), remaining 2 cups of chicken stock, and, if using, pears and/or cranberries to the mushroom and onion mixture. Stir well.
12. If making in advance, cover tightly with plastic wrap and refrigerate.

On day of serving:

1. Spray casserole dish with non-stick spray.
2. Transfer stuffing into casserole dish. Spray underside of aluminum foil with non-stick spray (to prevent rice from sticking) and cover stuffing.
3. Bake at 350° for 35-40 minutes.
4. Garnish with fresh parsley (optional).

Brussel Sprout & Walnut Salad



INGREDIENTS

5-6 lbs	brussel sprouts	2 Tbsp	Dijon mustard
1 clove	garlic (½ tsp minced)	½ Cup	walnuts (finely chopped)
1	shallot (about 2 Tbsp)	1 tsp	kosher salt
1/3 Cup	extra virgin olive oil	½ tsp	black pepper
¼ Cup	dried cranberries	1 Tbsp	lemon juice
3 Tbsp	apple cider vinegar		

Prep Time: 10 minutes

DIRECTIONS

1. Wash the brussel sprouts, trim ends and discard any discolored leaves.
2. In a food processor, slice brussel sprouts as thinly as possible. You can do this with a knife as well, lay flat side down and slice thin. Please, if using a knife, be careful.
3. Add to a large mixing bowl.
4. Mince garlic and shallot, place in a small bowl. Then add lemon, olive oil, apple cider vinegar, salt and pepper, and Dijon mustard. Whisk well.
5. This dish needs to sit overnight for the flavors to combine properly. Cover tightly with plastic wrap and store in the refrigerator.
6. When ready to serve sprinkle top with dried cranberries.

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Twice-Baked Mashed Potatoes



INGREDIENTS

6 Cups	russet potatoes, peeled and cubed or small round red potatoes, cleaned and cubed, not peeled	8 Tbsp	butter substitute, unsalted
		½ Cup	dairy free unflavored milk substitute
2 Tbsp	salt	12 oz	dairy free sour cream substitute
4-5	leeks, cleaned and cut into 3" pieces. Use only the white to light green part of the leek.	2 tsp	dill, fresh, finely chopped

Prep Time: 30 minutes

Cook Time: 40-45 minutes

DIRECTIONS

1. Place potatoes in a large pot and cover with enough room temperature water to cover. Add salt to the water.
2. Bring to a boil and boil potatoes until they are fork tender.
3. While potatoes are boiling, place butter substitute and leeks in a sauce pan.
4. On low heat, melt the butter substitute, stirring occasionally to cover the leeks with the butter.
5. Continue heating on low until the leeks become soft.
6. Remove leeks and reserve for another use.
7. Add dairy free milk substitute and dairy free sour cream substitute to the sauce pan, stirring until heated through.
8. Drain potatoes.
9. Transfer potatoes to a large bowl and gently mash using a potato ricer or masher.
10. Add butter substitute mixture to potatoes and gently combine.
11. Add dill to potatoes and fold to incorporate.
12. Spray a 9" ceramic pie plate or casserole with cooking spray.
13. Spoon potatoes into plate, spreading evenly.
14. With a back of a spoon, gently press spoon into potatoes and pull up to create peaks across the top.
15. If making in advance, allow to cool completely. Wrap securely with plastic wrap and refrigerate until needed.
16. To twice bake: remove dish from refrigerator, remove plastic wrap and allow dish to come to room temperature – approximately one hour.
17. Bake in a 350° oven for approximately 40-45 minutes or until the potatoes rise and the edges and peaks turn golden brown.

Sweet Potato Soufflé



INGREDIENTS

Pecan Topping

1 Cup	pecans, chopped or whole
2 Tbsp	butter substitute
¼ Cup	brown sugar
2 tsp	pumpkin pie spice

Soufflé

6 Cups	sweet potatoes, peeled and cubed (about 5-6 sweet potatoes)
8 Tbsp	melted butter substitute
1 Cup	brown sugar
½ tsp	salt
3 tsp	pumpkin pie spice
½ Cup	dairy free unflavored milk substitute
4	eggs, slightly beaten

Prep Time: 20 minutes

Cook Time: 40 minutes

DIRECTIONS

1. Prepare a 9x13" or 9" casserole by spraying with cooking spray. Set aside.
2. Place peeled and cubed sweet potatoes in a pot with just enough salted room temperature water to cover them.
3. Bring to a boil. Boil sweet potatoes until they are just passed fork tender. They need to be soft and should slide off the fork, about 10-15 minutes.
4. Drain sweet potatoes and place in a very large bowl, or heat safe blender or food processor.
5. Blend on low until the potatoes are smooth and creamy.
6. Add melted butter substitute, spice, salt and brown sugar. Blend until well incorporated.
7. Allow mixture to cool for five minutes.
8. Add dairy free unflavored milk substitute and blend until well incorporated.
9. Temper eggs by adding a spoonful of sweet potato mixture and mixing well.
10. Add tempered eggs to the sweet potato mixture.
11. Pour into prepared casserole dish. Please note: Any remaining fibers from the sweet potatoes will stick to the beaters or to the bottom of the blender/food processor. They will give your casserole a gritty texture if added. Do not scrape.
12. Pour into prepared casserole. If making in advance, cover tightly with plastic wrap and refrigerate until needed.
13. If refrigerated in advance, remove soufflé from refrigerator and remove plastic wrap for at least one hour before baking to allow time to be brought to room temperature.
14. Bake in a 350° oven for 40 minutes or until the edges are golden brown and the center is set.

While soufflé is baking, prepare pecan topping:

1. In a small saucepan, measure out all ingredients.
2. On medium low heat, bring to a simmer, stirring until ingredients are incorporated and the pecans are well coated and shiny.
3. Set aside to cool.
4. Once soufflé is out of the oven, sprinkle with pecan topping.

NOTES

Take care when selecting a casserole for the soufflé. A deep casserole will take much longer to properly bake. A shallow casserole or baking dish will cook more evenly and quickly. I like to use a ceramic pie dish. If you use a glass baking dish, place it on a baking

sheet in the oven to prevent the bottom from overcooking.

The pecan topping can also be made in advance. Once pecans are cooled, store in a sealed container and refrigerate the day it is needed.

Cranberry Sauce



INGREDIENTS

3 Cups	fresh cranberries
1 Cup	fresh squeezed orange juice
$\frac{3}{4}$ Cup	granulated sugar
1 Tbsp	orange zest
$\frac{1}{4}$ tsp	nutmeg
1	cinnamon stick (optional)

DIRECTIONS

1. Measure out all ingredients into a saucepan and stir well.
2. Stirring occasionally, heat until the cranberries pop, stirring occasionally. This should take about 15 minutes.
3. Refrigerate until ready to serve.

Prep Time: 5 minutes

Cook Time: 15 minutes

Cinnamon Glazed Carrots



INGREDIENTS

2 lbs.	carrots
1 Tbsp	salt
3 Tbsp	butter substitute
1/3 Cup	brown sugar
1	cinnamon stick

Prep Time: 5 minutes
Cook Time: 20 minutes

DIRECTIONS

1. Rinse carrots in cold water and drain.
2. Slice carrots into ½ inch slices.
3. Place carrots in a medium sized saucepan and add enough water to cover the carrots, add salt.
4. Bring to a boil and cook for 10-15 minutes, until the carrots are fork tender.
5. Drain carrots and set aside. In the same saucepan add the remaining ingredients. Cook until the sugar is dissolved.
6. Add carrots back into the saucepan and gently stir, coating the carrots with the glaze.

Green Beans with Bacon Vinaigrette



INGREDIENTS

3 lbs	green beans	1 Tbsp	apple cider vinegar
4 slices	bacon	1 Tbsp	stone ground mustard
1	shallot	1 Tbsp	extra virgin olive oil
1 clove	garlic		kosher salt

Prep Time: 5 minutes

Cook Time: 12 minutes

DIRECTIONS

1. Wash and trim the green beans.
2. Bring a pot of water to boil and add green beans, cook 2 to 3 minutes.
3. Strain the green beans and place in ice bath or run under cold water to stop the cooking process.
4. In a non-stick pan, cook bacon until crispy, 6-7 minutes.
5. Place bacon on a paper-towel lined plate, let cool.
6. Reserve about 2 Tbsp of bacon fat, discard the rest.
7. Slice the shallot into thin slices and mince the garlic.
8. Add the shallot and garlic to the bacon fat and cook for about 2 minutes, just until the shallot starts to become translucent.
9. Add the vinegar, mustard, olive oil and mix well.
10. Add the green beans to the pan and coat them with the vinaigrette.
11. Crumble bacon and incorporate into the green beans.
12. Salt to taste.

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Pumpkin Upside-Down Cake



INGREDIENTS

Topping

5 Tbsp	butter substitute, divided
½ Cup	light brown sugar
3 tsp	lemon juice
2-4	Anjou or Bosc Pears
¼ tsp	cinnamon
1 Cup	fresh cranberries
1 Tbsp	granulated sugar

Prep Time: 30 minutes
Bake Time: 40-45 minutes

Cake Batter

1 ½ Cups	gluten free all-purpose flour mix with xanthan gum
2 ½ tsp	baking powder
2 ½ tsp	pumpkin pie spice
¼ tsp	salt
6 Tbsp	butter flavored shortening
1 Cup	granulated sugar
2	large eggs, room temperature
1 tsp	vanilla extract
¾ Cup	pumpkin puree

DIRECTIONS

Cake Batter

1. Preheat oven to 350°.
2. In a medium bowl, whisk dry ingredients together. Set aside.
3. In a stand mixer or a large bowl, cream shortening.
4. Add granulated sugar to shortening and beat until light and fluffy.
5. On low, add eggs, one at a time to the shortening mix.
6. On low, add vanilla extract and beat until just incorporated.
7. Add pumpkin puree to the large bowl and beat until incorporated.
8. A ¼ cup at a time, add the dry ingredients to the wet ingredients. On low, mix until completely incorporated.
9. The cake batter will be thick.
10. Set cake batter aside and assemble cake topping.

Topping

1. Spray a 9" round cake pan with cooking spray and cover bottom with parchment paper.
2. In a medium sized bowl, measure out lemon juice.
3. Peel and core pears and slice thinly and add to bowl with the lemon juice. Gently toss until slices are well coated with lemon juice.
4. Add cinnamon to pear slices and gently toss until the pears are covered.
5. In a separate small bowl, melt 1 tablespoon of butter substitute and mix with 1 tablespoon of granulated sugar.
6. Add cranberries to bowl and mix until cranberries are well covered. Microwave on high for 2 minutes. Set aside to cool.
7. In a separate bowl, melt 4 tablespoons of butter substitute.
8. Add light brown sugar to the melted butter substitute and stir until combined.

Cake Assembly

1. Spread brown sugar mixture evenly in the bottom of the cake pan on top of the parchment paper.
2. Remove pears and cranberries with a slotted spoon, leaving liquid behind, before placing them in your desired pattern on top of the brown sugar mixture in the bottom of the pan.
3. Gently spoon cake batter on top of pears and cranberries.
4. When all the cake batter has been spooned into the cake pan, carefully smooth and even cake batter out. Place cake pan on a baking sheet to catch any drips.
5. Bake in a 350° for 40-45 minutes or until cake is firm and a tester inserted into the middle of the batter comes out clean.
6. Set pan on a cooling rack for five minutes. After five minutes, carefully invert cake onto a plate. Remove parchment paper from the top of the cake. Allow cake to cool completely.
7. If making ahead, wrap cake loosely in plastic wrap, avoiding contact with the top of the cake and refrigerate until needed.

Apple Walnut Pound Cake



INGREDIENTS

Walnut Apple Filling

1 ¾ Cups	chopped walnuts
2-3	chopped apples
3 tsp	lemon juice
½ Cup	packed brown sugar
½ Cup	gluten free all- purpose flour mix with xanthan gum
1 ½ tsp	cinnamon

Pound Cake Batter

1 Cup	butter-flavored shortening
2 ½ Cups	granulated sugar
6	large eggs, room temperature
3 Cups	gluten free all-purpose flour mix with xanthan gum
½ tsp	dairy free baking powder
1 Cup	full-fat, regular mayonnaise
2 tsp	pure vanilla extract

Prep time: 35 minutes

Passive time: 10 minutes

Bake time: 1 hour 10 minutes

DIRECTIONS

Filling

1. Chop walnuts and bake in a 350° oven, turning once or twice, until nicely toasted, about 15-20 minutes. Lower oven temperature to 325°.
2. While walnuts are baking, peel and chop apples.
3. Combine apples with lemon juice, brown sugar, flour and cinnamon. Mix until well combined.
4. Allow walnuts to cool then add to the apple mix.

Pound Cake Batter

1. Spray Bundt pan with cooking spray. If the spray puddles in the pan, invert pan on a paper towel to drain excess spray. Lightly flour inside of pan with gluten free all-purpose flour.
2. In a stand mixer beat the room temperature shortening at medium speed until creamy.
3. Add granulated sugar and beat on medium high until light and fluffy.
4. One at a time, add eggs, beating well after each one until well incorporated.
5. In a separate bowl, whisk flour and dairy free baking powder together.
6. Alternating with the mayonnaise, add the flour mixture to the butter mix, on low speed. Scrape the bottom of the bowl a few times to make sure all ingredients are incorporated.
7. Add vanilla and blend well.

Cake Assembly

1. Sprinkle one third of the filling into the prepared Bundt pan.
2. Gently spoon one third of the cake batter on top of the filling.
3. Repeat twice with the remainder of the filling and cake batter.
4. Bake in a 325° oven for 1 hour and 10 minutes. Check cake after 50 minutes. If top is browning too quickly, loosely cover with aluminum foil.
5. A tester inserted into the cake center should come out clean. Do not remove cake from oven. Turn off the oven, crack the oven door open and leave cake in the oven for an additional 10 minutes.
6. Remove cake from oven and place pan on a cooling rack. Cool for 15 minutes.
7. Gently run a knife between the pan and cake, then invert cake on to a cooling rack and allow to cool completely.
8. Before serving, if desired, dust cake with powdered sugar or glaze.

Rustic Apple Pie



INGREDIENTS

Pie Crust Dough

2 Cups	gluten free all-purpose flour mix with xanthan gum
2 Tbsp	granulated sugar
½ tsp	salt
8 Tbsp	vegetable shortening – cold, cut into small pieces
2 Tbsp	vinegar – rice or apple cider
2-6 Tbsp	water – very cold

Filling

2 Cups	apples (3-4 sweet tart apples, peeled and sliced very thin)
3 tsp	lemon juice
3 tsp	tapioca flour
1 tsp	cinnamon
½ tsp	nutmeg
3 Tbsp	raw sugar
1	egg, slightly beaten

Prep time: 20 minutes

Bake time: 30-40 minutes

DIRECTIONS

Pie Crust

1. Combine flour, salt and sugar into a large bowl. Whisk until well combined.
2. Add cold shortening that has been cut into small pieces into the bowl. With a pastry cutter or two forks, cut shortening into the flour until the entire mix is crumbly.
3. Add vinegar and 1 tablespoon of cold water. Continue cutting, adding ½ tablespoon of cold water at a time until the dough forms.
4. Form dough into a ball and then press down into a disk. Cover with plastic wrap and refrigerate for 2 hours or overnight. If making the dough ahead of time, simply leave the well wrapped dough in the refrigerator until needed.

Filling

1. Preheat oven to 350°.
2. Peel and thinly slice apples and combine with lemon juice in a bowl.
3. Combine sugar, tapioca flour, cinnamon and nutmeg. Whisk until well incorporated.
4. Combine sugar mixture with apples and gently fold together until well blended. Set aside.

Pie Assembly

1. Place unwrapped dough on silicone baking mat or parchment paper covered baking sheet. Place plastic wrap over the dough and gently roll out to 1/8" thickness.
2. Scoop apple slices from bowl, leaving extra liquid behind. Starting at the center of the dough, arrange slices, slightly overlapping, until there is about 2" of dough left.
3. If desired, lightly sprinkle the apples with additional cinnamon or cinnamon sugar.
4. Gently fold the edges of the dough over onto the apples, leaving the center open. If the dough rips, wet your hands and piece it back together and smooth it out.
5. Beat egg slightly and gently brush the top of the dough. Sprinkle the dough with raw sugar. If you need to avoid eggs, brush the top of the dough with a very small amount of water and then sprinkle with sugar.
6. Bake in a 350° oven for 30-40 minutes or until the crust is lightly golden and the fruit is bubbly.

The dough can be made ahead of time, tightly wrapped in plastic wrap and refrigerated until needed.

Shopping List

Baking Goods

7 Cups	Gluten Free All-Purpose Flour Mix with Xanthan Gum	3 tsp	Tapioca Flour
4 ½ Cups	Granulated Sugar	3 Tbsp	Raw Sugar
1 ¼ Cup	Powdered Sugar	¾ Cup	Pumpkin Puree
1 ¼ Cup	Salt (Kosher or Sea Salt)	2 ¼ Cups	Chopped Walnuts (found in baking or produce departments)
4 Cups	Brown Sugar	1 Cup	Pecans, Chopped or Whole (found in baking or produce departments)
3 tsp	Dairy Free Baking Powder	1 Cup	Butter Flavored Shortening
¼ Cup	Cornstarch	½ tsp	Pepper
4 tsp	Pure Vanilla Extract		Non-Stick Cooking Spray
8 Tbsp	Vegetable Shortening		

Condiments/Sauces

1 Cup	Full-Fat, Regular Mayonnaise	1 Tbsp	Stone-Ground Mustard
2 Tbsp	Dijon Mustard		

Dairy/Refrigeration

1 Cup	Orange Juice	13	Eggs
2 1/3 Cups	Dairy Free Unflavored Milk Substitute	1 1/3 lbs.	Butter Substitute (40 Tbsp)
		12 oz.	Dairy Free Sour Cream Substitute

General Grocery

4 Cups	Wild Rice Blend (wild rice, basmati, red, and brown rice mix)	4 ½ Tbsp	Apple Cider Vinegar – may substitute 1 ½ Tbsp Rice Vinegar in 1 recipe
6	32 oz. Containers Chicken or Turkey Stock	1 ¼ Cup	Dried Cranberries
8 Cups	Gluten Free Bread Crumbs	4 Tbsp	Lemon Juice
1 Cup	Extra Virgin Olive Oil		

Meat

1	Whole Turkey (Calculate 1 ½ to 2 lbs. per person)	2 lbs.	Sausage
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Produce

7	Garlic Cloves	5-6	Sweet Potatoes
5-6 lbs.	Brussel Sprouts	6 Cups	Russet potatoes or Small Round Potatoes
3 Cups	Fresh Cranberries		
8	Yellow Onions	5-7	Apples
8-9	Leeks	6	Bosc or Anjou Pears
2	Shallots	1	Lemon
1 ¾ lbs.	Mushroom (Portabella, Shiitake or Crimini)	1	Orange for zesting
5	Celery Stalks	¼ Cup	Chopped Fresh Parsley
2 ½ lbs.	Carrots	2 tsp	Chopped Fresh Dill
3 lbs.	Green Beans	1 Cup	Fresh Cranberries

Spices

23-25	Sage Leaves or 5 tsp Dried Sage plus	1 Tbsp	Peppercorns
1 ¾ tsp	Dried Sage for 2 recipes	1 Tbsp	Garlic powder
26-29	Thyme Sprigs (5 ½ tsp) plus	1	Cinnamon Stick
1 ¼ Tbsp	Dried Thyme for 2 recipes	1 ½ Tbsp	Cinnamon
2-3	Bay Leaves	1 ¼ tsp	Nutmeg
1 Tbsp	Fennel	¼ tsp	Allspice
2 tsp	Rosemary	2 ½ Tbsp	Pumpkin Pie Spice

Afterword

Over the last few years, we have met people who are not only new to cooking, but have just become aware of their food allergies. When many of them spoke about not knowing where to start their holiday preparations and all the stress that the unknown creates, we knew we could help.

We developed our step by step guide so that anyone can successfully host an amazing, allergy friendly Thanksgiving for their family and friends.

We hope that you enjoy using this guide to Thanksgiving as much as we enjoyed putting it together for you. Please tell your friends about this e-book, our websites at nowfindfoods.com and our family of apps. Please like and share us on social media.

Thank you and best regards from the team at Now Find Foods!

About The Authors

Jessica MacDonald Lee and **Renée Lumbreras** are friends and fellow foodies, who are committed to spreading the word that living with food allergies and sensitivities does not have to be boring, but can be exciting and delicious.

Every day they can be found in the kitchen, cooking and baking to create their allergy

friendly take on all types of food, from classics to new favorites.

Jessica and Renée are aided in their quest for amazing, allergy-friendly recipes by their families, as their always willing and brutally honest team of testers.

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