

## **Banowitz + Company Thanksgiving Recipes**

### **Eric's Paleo Cranberry Sauce**

#### **Ingredients:**

- 1 pound fresh cranberries
- 1 cup orange juice
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 tablespoons maple syrup

#### **Instructions:**

1. Rinse cranberries and remove the bad cranberries.
2. Mix all of the ingredients together in a saucepan over medium-high heat.
3. Bring the sauce to a boil, then reduce heat to medium-low and simmer until the berries begin to break, or for about 20 minutes.
4. Remove from heat and let cranberry sauce sit until it reaches room temperature. The sauce will thicken as it cools.

### **Eric's Paleo Cookies**

#### **Ingredients:**

- 1 cup raw honey
- 2 cups ground walnuts
- 4 cups ground almonds
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1 cup dried cranberries chopped

#### **Instructions:**

1. Preheat oven to 350 degrees.
2. Lightly grease cookie sheet, or line with parchment paper.
3. Warm honey in a saucepan (or microwave oven) and let it cool slightly.
4. Mix all other ingredients together in a large bowl gradually folding in warm honey.
5. Spoon small balls of dough (approximately the size of ping-pong balls) on to cookie sheet for baking.
6. Bake 16-17 minutes.

## **Banowetz + Company Thanksgiving Recipes**

### **Sarah's Cranberry Salad**

#### **Ingredients:**

- 1 pound of cranberries, finely ground
- 2 cups of white sugar
- 1 (20 ounce) can crushed pineapple, drained
- 1 (16 ounce) package miniature marshmallows
- 1 pint of whipped cream, beaten stiff
- 1 cup chopped pecans (optional)

#### **Instructions:**

1. Mix together cranberries and sugar; cover and refrigerate overnight.
2. The next day, combine cranberry mixture with the pineapple, marshmallows, pecans and whipped cream. Mix well.
3. Pour into 3 quart dish or into silver cupcake tins, cover and refrigerate or freeze until ready to serve.

### **Sarah's Slightly Spicy Corn Casserole**

#### **Ingredients:**

- 4 cans white shoepeg corn
- 1 small can chopped green chilies
- 1 (8 ounce) package cream cheese
- 1 small package of shredded cheddar cheese
- Garlic powder and salt to taste

#### **Instructions:**

1. Soften/melt cream cheese.
2. Drain corn and chilies in colander.
3. Combine corn, chilies, cream cheese and garlic/salt. Mix well.
4. Pour into serving dish and add shredded cheese on top.
5. Heat in oven at 350 degrees for 20 minutes.

## **Banowetz + Company Thanksgiving Recipes**

### **Dawn's World Famous Sugar Maple Green Beans / Orange Mashed Yams with Cranberries**

#### Directions:

1. Drive to Whole Foods.
2. Select Yams and Beans.
3. Walk to register and swipe card.
4. Heat in oven/microwave.
5. Serve.

### **Allen's Creamy Baked Macaroni and Cheese**

#### Ingredients:

- 2 tablespoons butter
- 1 cup cottage cheese (not low fat)
- 2 cups milk (not skim)
- 1 teaspoon dry mustard
- Pinch cayenne
- Pinch freshly grated nutmeg (I skipped this)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 pound sharp or extra-sharp cheddar cheese, grated
- 1/2 pound elbow pasta, uncooked.
- 5 glorious strips of bacon

#### Instructions:

1. Heat oven to 375°F and position an oven rack in upper third of oven. Use one tablespoon butter to grease a 9-inch round or square baking pan.
2. Cook bacon in a skillet over medium-high heat until crispy. Pat dry and set aside.
3. In a blender, purée cottage cheese, milk, mustard, cayenne, nutmeg, and salt and pepper together. Reserve 1/4 cup grated cheese for topping. In a large bowl, combine remaining grated cheese, milk mixture, uncooked pasta AND BACON. Pour into prepared pan, cover tightly with foil and bake 30 minutes.
4. Uncover pan, stir gently, sprinkle with reserved cheese and dot with remaining tablespoon butter. Bake, uncovered, 30 minutes more, until browned. Let cool at least 15 minutes before serving.

## Banowetz + Company Thanksgiving Recipes

### DJ's Overcomplicated Stuffing

#### Ingredients:

- |  |                                  |
|--|----------------------------------|
| 1 1/2 Loaves White Bread (Dried and Cubed) | <i>1/2 tsp poultry seasoning</i> |
| 3 sticks Sweet Butter (reduced)            | - <i>1 tsp garlic salt</i>       |
| 3 Celery Stalks                            | - <i>1 tsp brown sugar</i>       |
| 1 Large White Onion                        | <u>Herb Mix:</u>                 |
| 3/4 cup diced scallions                    | - <i>1 1/2 tbsp Sage</i>         |
| 2 medium carrots                           | - <i>1/2 tbsp rosemary</i>       |
| 2 medium potatoes                          | - <i>1/2 tbsp dill weed</i>      |
| 2 Large Eggs                               | - <i>1 tbsp thyme</i>            |
|  | - <i>2 tsp celery salt</i>       |

#### Instructions:

1. Reduced Butter: Melt butter, place in freezer and allow water to separate to bottom of container. When top layer of butter is hardened, poke a hole through with a knife and drain water.
2. Set bread out over night or place in oven on very low heat with door cracked for 2 hours. Cut bread and skinned potatoes into 3/4-1 inch cubes. Pour Into Bowl.
3. Boil potato cubes until slightly soft. Drain. Let them sit in colander and let cool. Hand blend into bread cubes
4. Remelt the reduced butter in a medium saucepan over medium-low heat. Reduce heat to low, Slowly stir in the herbs, celery, scallions and onions and cook until the onions are soft. Allow mixture to cool then transfer to the bowl with bread and mix by hand until well blended.
5. Evenly spread mixture into large baking pan or uncovered roaster. Lightly pat down with hand.
6. Beat eggs and brush over top of dressing.
7. Sprinkle with spice mix.
8. Bake in oven on 350 for 25 minutes or until top is golden brown.