

*Thanksgiving Alternatives*  
*Diabetic Recipes*



**Pumpkin Hummus with Toasted Pumpkin and Pomegranates Seeds**

- 1 can (15 ounces) garbanzo beans, rinsed and drained
- 1/2 can of pureed pumpkin
- 1/3 cup tahini
- 1/4 cup olive oil
- 3 tablespoons orange juice
- 1 tablespoon toasted sesame oil
- 1 teaspoon ground cumin
- 1 garlic glove minced
- 1 jalapeño diced, optional seed it, lessens the heat...
- 1 teaspoon fresh rosemary minced finely
- Zest of 1 lemon plus the juice
- 1/4 teaspoon salt
- 1/4 cups salted pumpkin seeds
- 1/4 cup pomegranate seeds
- Baked pita chips and sliced apples and pears

In a food processor, combine the first 12 ingredients; cover and process until smooth. Transfer to serving platter or bowl. Garnish with oil if desired; top with pumpkin and pomegranate seeds. Serve with pita chips, apples and pears.

## **Arugula, Fennel, Apple, Celery with Manchego cheese and Pecans**

- 1/4 cup olive oil
- 2 tablespoons white balsamic vinegar
- Juice of 1 orange
- 1 tablespoon orange marmalade
- 1 teaspoon each salt and pepper
- 2 celery ribs sliced thin on the diagonal
- 1 red apple, halved cored and sliced thin
- 1 pear, cored and sliced thin (I like Anjou pears, a little firmer)
- 1 fennel bulb trimmed, halved, cored and thinly sliced. (A mandolin is indispensable in my kitchen and a cut glove).
- Accents by the Sea carry mandolins.
- 1 pound baby arugula
- Manchego cheese shaved with a peeler on top about 1/2 cup, you can use Parmesan, or pecorino also
- 1 cup toasted pecans (you can substitute your favorite nut)

In a small bowl whisk the olive oil, orange juice, marmalade, salt and pepper, add the celery, apples, and fennel, toss lightly. Lay the arugula on a large platter, lay the salad mix over the arugula and then top with the shaved cheese and the toasted pecans.

I love making salads shooting from the hip! I do consider balance and harmony of the ingredients, they all are an integral part of the flavor like the orange and fennel. We love fruit preserves in our house, great to add flavor while controlling the sweetness in your dressings!

## Kung Pao Brussel Sprouts

### Kung Pao sauce

- 1/4 cup tamari soy sauce
- 2 tablespoons sesame oil
- 4 tablespoons maple syrup or more to taste
- 1 tablespoons honey
- 1/4 cup orange juice
- 2 tablespoons lemon juice
- 2 heaping tablespoons chili paste, sriracha to taste
- 4 cloves of garlic minced
- 2 tablespoons grated ginger

Put all of the above in a small sauce pan, bring to a boil, reduce and cook for about 5 minutes.

2 pounds Brussel sprouts, clean the Brussel sprouts, cut off end and cut in/half, I like to keep and use the loose leaves also. Blanch for about 3 minutes in boiling water, shock in ice water. Drain and dry.

4 slices of bacon cooked till crisp, and then chopped  
4 scallions, whites and green, sliced thinly on the diagonal  
1 cup chopped salted peanuts, you can use raw or unsalted

To assemble the dish to cook, heat oven to 400 degrees, toss the sprouts in 1/2 of the sauce and cook in the oven for about 12 minutes. Don't overcook, the sprouts, they should just give a bit when you poke them with a sharp knife, again don't overcook! Take out and toss with the rest of the sauce, bacon, peanuts, and scallions.

## Holiday Turkey Meatballs, Served with a Mushroom Marsala Sauce, over a Yam Polenta

2 pounds ground turkey  
2 tablespoons olive oil  
1 shallot minced  
1 teaspoon minced garlic  
1 teaspoon each dried basil and dried oregano  
1/2 teaspoon fennel seed  
1/2 teaspoon paprika  
1 teaspoon chili flakes to taste  
1 teaspoon each salt and pepper  
1 egg  
1/4 cup ricotta cheese  
1/4 cup bread crumbs or panko  
1/4 cup milk or cream  
2 tablespoon grated parmesan cheese  
2 tablespoon golden raisins  
2 tablespoon toasted pine nuts

In a small sauté pan add the olive oil, shallot, garlic, basil, oregano, fennel seed and the chili flakes. Heat till the garlic and shallot are soft, about 5 minutes on low heat! In a large bowl with the ground turkey add the rest of the ingredients. Add the cooked shallot and herb mixture to the bowl. Mix with your hands till just incorporated. In a small sauté pan (wipe out the one you used for the shallot mixture) test a tablespoon of the mixture for seasoning, does it need more salt or spice? If you like it, start rolling your balls... I like to roll then into 2 inch balls like a big golf ball. You should have around 48 meatballs

Lay out on a sheet pan. In a 350 degree oven, cook the balls for about 15 minutes. They still will be a little under done. That's okay they will finish cooking in the sauce.

## **Mushroom Marsala Sauce**

2 tablespoon olive oil

2 pounds mushrooms sliced

2 medium shallots chopped

1 garlic clove minced

1 teaspoon salt

1 teaspoon black pepper

1/4 cup marsala wine

1/4 cup white wine

1 can diced tomatoes

1 cup water

3 tablespoons chopped parsley

2 tablespoons chopped fresh rosemary, no stems

fresh basil leaves, chopped or 1 tablespoon dried basil leaves

3 leeks cleaned, white & light green parts only, cut lengthwise in half

In a large sauce pan, heat 2 tablespoon olive oil on medium high heat, add the mushrooms in a layer in the pan, don't stir. Let the mushrooms start to caramelize about 3 minutes, lower the heat add the leeks, shallots, garlic, salt, and pepper, stir and cook until the shallots start to soften. Add the marsala, wine, cook for about 3 more minutes, now add the tomatoes and water.

Carefully add in the meatballs and cover, cook for about 1/2 hour. Right before serving stir in the herbs.

To serve pour out on a large deep platter, or spoon out the polenta and place the meatballs on top. You can serve with shaved or grated Parmesan.

## Yam Polenta

4 cups water or 4 cups low sodium chicken or turkey stock

1 cup ground stone ground yellow cornmeal or polenta

1 teaspoon salt

1 medium sized yam that has been baked till soft, peel and mash

1/2 cup grated parmesan cheese

1 tablespoon Italian seasoning

In a large sauce pan bring water or stock to a boil, add the salt and the Italian seasoning. Slowly add the cornmeal in a thin stream, whisking constantly. Lower the heat and continue stirring with a wooden spoon until the mixture has thickened and leaves the sides of the pot about 15 minutes. The longer you cook the softer the polenta will be. Add the mash yam to the polenta mixture, stir in till heated and incorporated. Now add the parmesan cheese.

To serve pour into a large bowl. You can also serve on the platter with the meatballs on top.

*I have always been more of a savory eater, but when I do eat sweets, I like something a little different and easy.*

## **Fruit-Chocolate Greek Yogurt Bark**

3 cups whole milk plain Greek yogurt

1/4 cup pure maple syrup or honey

1 teaspoon vanilla extract

1 1/2 cups of either sliced strawberries, mango or blueberries.

1/4 cup mini chocolate chips

Line a rimmed baking sheet with parchment paper. In a medium bowl stir yogurt, maple syrup (or honey) and vanilla. spread on the prepared baking sheet into a

10-by-15 inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces. I keep it in the freezer in a container for easy access.

Lightly sweetened Greek yogurt gets studded with fresh fruit and chocolate chips then frozen so you can break in into chunks just like chocolate bark (but healthier!). This colorful snack or healthy dessert is perfect for kids and adults alike. Use full-fat yogurt to ensure the creamiest bark possible.

## Frozen Pumpkin Yogurt

1 quart fat-free frozen vanilla yogurt,  
softened

1/2 cup canned pumpkin

1/3 cup brown sugar

3/4 teaspoon pumpkin pie spice

1/4 cup chopped pecans, toasted

In a large bowl, combine the first four ingredients. Transfer to a container and freeze until serving. Sprinkle each serving with the toasted pecans.