



## Sweet Potato Casserole

Prep Time: 15 min

Cook Time : 45 min

Serves: 8

**NUTRITION FACTS, PER SERVING:**

382 Calories

16.47 total grams of fat

473 mg of sodium



**INGREDIENTS: \*\* Items not included in kit**

**For The Sweet Potatoes**

- 2 1/2 lbs. sweet potatoes , peeled and cut into cubes
- 4 tbsp butter, softened\*\*
- 1/2 cup milk\*\*
- 1/2 cup brown sugar
- 1/2 tsp ground nutmeg
- 1/4 tsp vanilla extract
- 1 tsp kosher salt\*\*

**For The Topping**

- 1/2 cup flour\*\*
- 4 tbsp butter, melted\*\*
- 1/2 cup chopped pecans
- 1/4 cup brown sugar

**DIRECTIONS:**

1. Preheat oven to 350 degrees F and grease a medium casserole dish with nonstick cooking spray.
2. Peel the **sweet potatoes** and cube them in even size cubes. Place the **sweet potatoes** in a large pot and cover with water. Bring to boil then reduce then reduce heat and simmer until the sweet potatoes are tender, about 15 minutes. Drain and let cool slightly then transfer to a large bowl.
3. Add butter to sweet potatoes and mash potatoes with a potato masher. Add milk, brown sugar, nutmeg, salt and vanilla. Stir until smooth. Transfer to prepared casserole dish.
4. In a medium bowl, add all of the topping ingredients and mix until combined.
5. Sprinkle the topping mixture over the sweet potatoes and bake until warmed through and golden on top, about 25 minutes. Serve warm

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## Garlic Mashed Turnips And Potatoes

Prep Time: 15 min.

Cook Time : 30 min.

Serves: 8

### NUTRITION FACTS, PER SERVING:

150 calories

3g of fat

40mg of sodium



### INGREDIENTS: **\*\* Items not included in kit**

- 7 cups cubed potatoes (about 4 lbs.)
- 1 cup cubed peeled turnips
- 3 garlic cloves, halved
- 1 bay leaf (1 large or 2 small)
- 1/4 tsp. salt\*\*
- 1/4 tsp. pepper\*\*
- 3/4 cup milk\*\*
- 2 Tbsp. butter

### DIRECTIONS:

1. **Wash, peel and cube potatoes and turnips.** Peel paper off of **garlic cloves** and cut in half.
2. Combine **potatoes, turnips, garlic cloves** and **bay leaf** in a large pot; cover with **water** and bring to a boil. Cover, reduce heat and simmer for 20 minutes or until tender. Drain and discard **bay leaf**.
3. Combine **potato mixture, butter, salt, and pepper** in a bowl; beat at medium speed with a mixer or mash adding **milk** gradually until smooth. (\*\*Note more or less milk may be needed to reach desired consistency\*\*)
4. Taste and season with additional **salt** and **pepper** if needed.

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## Roasted Red Onions And Winter Squash

Prep Time: 5 min.  
Cook Time : 20 min.  
Serves: 8

**NUTRITION FACTS, PER SERVING:**  
120 calories  
3.6 g total fat  
205mg of sodium



### INGREDIENTS: **\*\* Items not included in kit**

- 1 Tbsp. butter, melted\*\*
- 1/4 tsp. dried thyme
- 1 Tbsp. honey (2 honey packets)
- 2 tsp. olive oil\*\*
- 3 garlic cloves minced
- Delicata squash and acorn squash; halved lengthwise, seeded and sliced into 3/4 inch slices
- 1 red onion cut into large slices
- 1/4 tsp. salt\*\*
- 1/4 tsp. black pepper\*\*
- Cooking spray\*\*

### DIRECTIONS:

1. Place a baking sheet in oven. Preheat oven to 425 degree F. (Leave pan in oven to warm)
2. Peel outer layer off of **garlic** and crush with fork or chop finely to mince; set aside.
3. Wash well and trim the ends of the each **delicata and acorn squash**. Cut in half lengthwise, scoop the seeds out and then slice in 3/4 inch slices.
4. Combine **melted butter, thyme, honey (2 packets), olive oil, and garlic** in a large bowl, stirring with a whisk. Add **squash and onions**; toss gently to coat. Sprinkle vegetable mixture with **1/4 tsp. salt** and **1/4 tsp. pepper**.
5. Carefully remove preheated pan from oven; coat pan with **cooking spray**. Arrange vegetable mixture in a single layer on a pan. Bake at 475 degree F for 25 minutes or until tender, turning once.

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## Sourdough Stuffing With Sausage, Apples, And Raisins

Prep Time: 15 min.

Cook Time : 70 min.

Serves: 8

### NUTRITION FACTS, PER SERVING:

370 calories

8 g of fat

1000 mg of sodium



### INGREDIENTS: \*\* Items not included in kit

- 8 cups of cubed bread *The Breadery, Oella MD*
- 1 lb. turkey sausage
- 2 cups chopped onions
- 1 cup chopped celery
- 4 Tbsp. butter, divided
- 3 cups chopped apples
- 1/4 cup raisins
- 2 Tbsp. chopped fresh sage (remove rubber band, rinse and dry before use)
- 2 1/2 cups chicken stock low sodium
- 2 large eggs\*\*

### DIRECTIONS:

1. Position rack in center of oven and preheat to 350 degrees F. Spread **bread cubes** in single layer on large rimmed baking sheet. Bake until pale golden, stirring occasionally, 15-20 minutes. Transfer **bread** to very large bowl. While waiting for bread cubes to bake chop **sage** and peel and cube **apples**; set aside.
2. Sauté **sausage** in heavy large skillet over medium-high heat until cooked through, breaking into small pieces with back of fork, 8-10 minutes. Using a slotted spoon, transfer **sausage** to bowl with **bread cubes**. Add **onions** and **celery** to drippings in skillet; sauté until golden brown, about 12 minutes. Transfer to bowl with **bread-sausage mixture** (do not clean skillet).
3. Melt **2 Tbsp. butter** in same skillet over medium-high heat. Add **apples**; sauté until tender, about 10 minutes. Add to bowl with **bread mixture**; mix in **raisins**.
4. Melt remaining **2 Tbsp. butter** in same skillet over low heat. Add **2 Tbsp. chopped sage**; stir 30 seconds. Add sage butter to bowl with bread-sausage mixture; toss to blend. Season stuffing with **salt** and fresh ground **black pepper**. (This can be made 1 day ahead. Cover and chill.)
5. Position rack in center of oven and preheat to 350 degree F. Generously **butter** 15x10x2 inch glass baking dish. Whisk **broth** and **eggs** in medium bowl; add to **stuffing** and toss to mix. Transfer to prepared baking dish. Bake stuffing uncovered until top is golden and crisp in spots, 45 minutes to 1 hour. Let stand 10 to 15 minutes and serve.

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# Seasonings for the Perfect Roasted Turkey



## INGREDIENTS: **\*\* Items not included in kit**

- Kosher salt\*\*
- Freshly ground black pepper\*\*
- 1 bunch fresh thyme (remove rubber band, rinse and dry before use)
- 1 lemon, halved
- 1 head garlic, cut in half crosswise (you don't have to peel it)
- 2 tablespoons butter, melted
- 1 onion, thickly sliced

## DIRECTIONS:

1. Remove the turkey giblets. Rinse the turkey inside and out. Remove any excess fat and leftover pinfeathers and pat the outside dry.
2. Place the **turkey** in a large roasting pan. Liberally **salt** and **pepper** the inside of the **turkey**. Stuff the cavity with the bunch of **thyme**, both halves of the **lemon**, and all the **garlic**.
3. Brush the outside of the **turkey** with the **melted butter** and sprinkle again with **salt** and **pepper**. Tie the legs together with kitchen string and tuck the wing tips under the body of the turkey. Scatter the **onion slices** around the turkey.
4. Roast turkey following roasting guidelines according to size.
5. Discard thyme, lemon, onions and garlic. Use the pan drippings to make your gravy.

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