



savory living

Live well. Eat well. Be well.

Dear Friends – in celebration of Thanksgiving we've pulled together a few recipes to inspire you and support your health. Enjoy and happy eating!

Maple smashed squash with cracked pistachios
Easy fall balsamic vinaigrette
Garlicky greens with pine nuts, and cranberries
Squash gratin with quinoa, herbs and light béchamel

At Savory Living we believe you can and should have it all.

It should be easy to make good food and lifestyle decisions – and we're committed to showing you how. We connect people with the knowledge and great tasting foods and lifestyle habits they need to nourish, heal and power their bodies.

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Maple smashed squash

3 pounds peeled butternut squash
2 tablespoons butter
½ teaspoon salt
Cayenne pepper (add to taste)
2 tablespoons maple syrup (add more to taste)
Black pepper to taste

Preparation

- Peel squash, cut in half, scrape out seeds.
- Cut squash into cubes. Steam for 10-15 minutes until tender.
- Drain and return to pot. Mash with butter, salt and peppers and maple syrup (taste to get it to the flavor you like)
- Consistency tip – if you like it smooth and creamy – use a hand mixer; I prefer it chunky – so I mash by hand
- Serving ideas
 - Add crushed pistachios on top or toasted pumpkin (pepita) seeds for crunch
 - Serve with a salad with balsamic vinaigrette (see below)
 - Serve with dark leafy greens (see below), or garlicky Broccoli

Making easy and delicious balsamic vinaigrettes

Jar with a lid or dressing carafe

Balsamic vinegar

Extra-virgin olive oil

Base flavors: fresh garlic, kosher salt

Flavor enhancers: mustards, maple syrup, dried spices...(oregano, thyme, marjoram, basil, mint)

Preparation

- Combine vinegar and oil
 - Ratio: 3 parts (oil) to 1 part (vinegar)
- Add in base flavors – bruise and smash garlic clove (do not mince or use a garlic press – it produces too intense a flavor); add pinch of salt
- Add in flavor enhancers
 - Rule of thumb – want to add both a tangy and a sweet element, some ideas..
 - Honey mustard and dried basil, oregano
 - Dijon mustard and maple syrup, thyme and marjoram
- Shake, taste and adjust seasoning

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Cooking beautiful Greens

¾ lb strong-flavored greens (Kale, Collards, Mustard Greens)

2 cups water

Pinch of sea salt

Large pot with cover; or large skillet with cover

- Fill large bowl with cold water. Plunge greens in and swish around to loosen any dirt or sand.
- Lift greens out of water. Use one hand to hold the stalk of an individual leaf, rib side up. Use the other hand to strip the leaf off the stalk with one quick motion. Discard the stalks.
- Chop or tear greens into bit-size pieces. Set aside.
- Bring the water to a boil in a large skillet that has a tight-fitting lid. Add the prepared greens, cover and cook over high heat for 3 minutes, stirring occasionally. Greens should be bright green (do not overcook). Taste. It should feel springy and light in your mouth. Note, Collards need to cook longer (about 6 minutes)
- Remove greens from pot with slotted spoon. Plunge in cold water to stop cooking and preserve bright green color. Strain and:
 - Immediately serve; or
 - Use later in recipes (see below), omelets, salads etc. – puree and freeze in ice cube trays to add into soups and rices.
- Mouth feel tip – especially for people new to eating greens – I recommend you cut up greens into smaller pieces – it makes for a lighter eating experience. You can do it before you cook, or after (before you serve or use in another recipe).

Flavor enhancing versions

These recipes are quick and can be used with tender greens like spinach and arugula (uncooked) and strong-flavored greens (that are already cooked) – see above.

- Sauté 2 minced garlic cloves in 2 teaspoons olive oil, add greens, and a pinch of salt, and heat through – drizzle fresh lemon juice on top before serving.
- Sauté 2 minced garlic cloves in 2 teaspoons olive oil – for 2 minutes. Remove garlic before it gets brown. Add 1 cup of raisins and/or dried cranberries to pan and sauté until they plump up. Add greens and garlic, and a pinch of salt (and toasted pine nuts if you like) to the pan – mix and serve.

Squash gratin with quinoa, herbs and light béchamel

The final recipe is a bit more involved, but well worth it.

Gratins are lovely holiday dishes - rich, creamy, decadent. Traditional versions have cream and lots of butter. This is a healthier version – it achieves the flavor and richness of a traditional gratin, featuring a light béchamel sauce and quinoa (perfect protein for vegetarians), yet is lighter and will help balance the heavier T-day dishes. I serve this warm, straight from the oven to my table.

½ lbs zucchini, coarsely grated

Salt and fresh pepper

1 cup of COOKED quinoa (brown rice works too)

2 tablespoons of olive oil

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2 shallots or ½ small onion, finely diced
1 ½ - 2 cups Béchamel sauce (see below)
Black pepper to taste
¼ cup chopped parsley
2 tablespoons of chopped marjoram, plus extra for garnish
½ cup crumbled ricotta salata (hard cheese) or freshly grated parmesan

Preparation

- Preheat oven to 375 and lightly oil a gratin dish. Toss grated zucchini with 1 teaspoon salt and set aside in a colander to drain.
- Make béchamel sauce
 - 2 cups milk
 - ¼ cup finely diced onion
 - Aromatics: 1 bay leaf, 3 parsley sprigs, 2 thyme sprigs, 2 peeled cloves of garlic (do not crush or chop)
 - 1 ½ tablespoons butter
 - 2 tablespoons olive oil
 - 3 ½ tablespoons flour (can use white rice flour if gluten free)
 - Salt and white pepper
 - Grated nutmeg
 - Finishing herbs: ½ cup chopped herbs: chervil, thyme, and tarragon; or chopped parsley mixed with other herbs of your choice.

Preparation

- Heat the milk with the onion and aromatics in a heavy saucepan over medium heat. Turn it off just before it boils and set aside for 15 minutes to steep.
 - In another saucepan, make the roux by melting the butter and olive oil, adding the flour and stirring constantly over medium heat for 2 minutes.
 - Quickly pour the milk through a strainer into the roux and whisk until thickened. Stir until the sauce comes to a boil.
 - Set the pan over very low heat and cook for 25-30 minutes, stirring occasionally.
 - Season with salt, pepper, and nutmeg to taste. Add finishing herb. Add a piece of plastic wrap directly on the surface to prevent a skin from forming.
- Squeeze zucchini to get rid of excess moisture.
 - Heat oil in skillet. Cook shallots over medium heat until softened, about 3 minutes.
 - Add zucchini and cook, stirring frequently, until the pan is dry and squash has begun to color, about 12 minutes. Taste for salt and season with pepper.
 - Combine quinoa, zucchini, half the béchamel sauce, and the parsley and marjoram and smooth it into the dish.
 - Add the cheese to the remaining béchamel and spread it over the mixture in the dish.
 - Bake until the top is golden, about 25 minutes.
 - Add the extra marjoram and serve.
 - Serving ideas
 - You can serve alone.
 - I like to accompany it with a light fresh tomato sauce (if you don't have time to make your own, I recommend Rao's marinara – it's very light).

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