

The Cheap Gourmet Presents...



## Healthy Holiday Cooking: Thanksgiving Recipe Collection

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## The History of Thanksgiving

The first Thanksgiving took place in 1621 when the Plymouth colonists and the Wampanoag Indians shared an autumn harvest feast. While cooking methods and the menu have evolved, the meal is still consumed today with the same spirit of celebration and overindulgence.

### What was Served at the First Thanksgiving Meal?

While no one knows exactly what was served at the first Thanksgiving meal, one thing is certain – the pilgrims weren't gobbling up pumpkin pie or playing with their mashed potatoes. The only two food items that historians know for certain were on the menu are venison and wild fowl.

### Foods That May Have Been on the Menu

**SEAFOOD:** Cod, Eel, Clams, Lobster

**WILD FOWL:** Wild Turkey, Goose, Duck, Crane, Swan, Partridge, Eagles

**MEAT:** Venison, Seal

**GRAIN:** Wheat Flour, Indian Corn

**VEGETABLES:** Pumpkin, Peas, Beans, Onions, Lettuce, Radishes, Carrots

**FRUIT:** Plums, Grapes

**NUTS:** Walnuts, Chestnuts, Acorns

**HERBS and SEASONINGS:** Olive Oil, Liverwort, Leeks, Dried Currants, Parsnips



## Foods That Were Not on the Menu

Surprisingly, most of the foods from the today's Thanksgiving meal didn't appear on the pilgrims first feast table.

**HAM:** There is no evidence the colonists were butchering pigs at this time, though they had brought pigs with them from England.

**SWEET POTATOES/POTATOES:** These were not common to the area during the time of the first Thanksgiving meal.

**CORN ON THE COB:** Corn was kept dried at this time of year.

**CRANBERRY SAUCE:** The colonists had cranberries but no sugar.

**PUMPKIN PIE:** It's not a recipe that existed at this point in time; however, the pilgrims had recipes for stewed pumpkin.

**CHICKEN/EGGS:** We know the colonists brought hens with them from England, but it is unknown how many they had left at or whether the hens were still laying eggs. Chances are the chicken were more valuable alive than served as a meal.

**MILK:** No cows were aboard the *Mayflower*, though it's possible the colonists used goat milk to make cheese.



Source: Kathleen Curtin, Food Historian at [Plimoth Plantation](#)

## Little Known Facts about the First Thanksgiving

- ❖ Squanto was a Patuxet Indian who almost single-handedly saved the Pilgrims from starving to death. He taught them how to catch eels and fish, trap beavers, and plant corn and pumpkins. Squanto helped the Pilgrims despite having been captured and sold into slavery by an English sea captain.
- ❖ During the first Thanksgiving celebration, the Wampanoags brought fat wild turkeys to the feast and introduced Pilgrims to a local delicacy called popcorn.
- ❖ The pilgrims did not use forks; they ate with spoons, knives and their fingers.
- ❖ The pilgrims wiped their hands on large cloth napkins which they also used to pick up hot morsels of food.
- ❖ Salt would have been on the table at the harvest feast, and people would have sprinkled it on their food. Pepper, however, was something that was used for cooking but wasn't available on the table.
- ❖ Pilgrims didn't eat in courses as we do today. All of the different types of foods were placed on the table at the same time and people ate in any order they chose.
- ❖ The best food was placed next to the most important people. People didn't tend to sample everything that was on the table (as we do today); they just ate what was closest to them.
- ❖ The pilgrims probably didn't have pies or anything sweet at the harvest feast. They had brought some sugar with them on the *Mayflower* but by the time of the feast, the supply had dwindled. Also, they didn't have an oven, so pies, cakes and breads were not possible at all.

The menu below is based on both old and new traditions. Each category contains two recipes, with the exception of side dishes which contains four recipes. Simply select one recipe from each category, along with two side dishes and you'll be on your way to creating a flavorful Thanksgiving feast that is both satisfying and healthy. Enjoy!

*In Gratitude,  
Kathy Browning  
The Cheap Gourmet*

# Thanksgiving Menu



## Appetizer

Artichoke and White Bean Dip  
Roasted Pumpkin Seeds



## Soup

The Great Pumpkin Soup  
Quinoa Soup with Greens and Potatoes



## Salad

Quinoa Apple Salad  
Persimmon Mescaline Salad



## Entrée

Roasted Turkey  
Baked Cod Fillets



## Side Dish

Mashed Sweet Potatoes  
Quinoa Stuffing  
Roasted Beets  
Couscous Stuffed Artichokes



## Beverage

Pumpkin Pie Smoothie  
Orange Coconut Frost



## Dessert (optional)

Creamy Pumpkin Pudding  
Rice Pudding with Cranberries

## Artichoke and White Bean Dip

**Yield:** 3 cups

**Prep Time:** 10 minutes

**Chill Time:** 1 hour, minimum



### Ingredients:

1-1/2 cups cooked white beans (navy or cannellini), cooled and drained, OR one 15-ounce can of beans, rinsed and well drained  
2 fresh artichoke hearts, halved, or 2 (10-ounce) cans, well drained  
1 large clove garlic\*, minced  
1 Tablespoon fresh lemon juice  
1 Tablespoon extra virgin olive oil  
1/2 teaspoon sea salt  
1/4 teaspoon freshly ground black pepper  
Fresh dill weed (optional)

### Directions:

- ❖ In blender or food processor, purée the beans, artichoke hearts, garlic, and lemon juice until smooth.
- ❖ With the machine running, drizzle in the oil and blend until oil is completely incorporated.
- ❖ Transfer dip from blender to a serving bowl and stir in the salt and pepper to taste.
- ❖ Garnish with fresh dill weed, if desired.
- ❖ Cover with plastic wrap and chill in refrigerator for at least 1 hour.
- ❖ Serve with raw vegetables such as cucumbers, carrots and celery.

\*If you cannot tolerate raw garlic, substitute 1/2 to 1 teaspoon garlic powder, or omit the ingredient altogether.

**NOTE:** This recipe can easily be doubled or tripled, but for larger quantities you may need to prepare multiple batches. Store covered in refrigerator for up to 5 days.

## Roasted Pumpkin Seeds

**Yield:** 6 servings

**Prep Time:** 5 minutes

**Cook Time:** 45 minutes



### Ingredients:

1-1/2 cups raw whole pumpkin seeds  
2 teaspoons extra virgin coconut oil\*, melted  
1 pinch sea salt

### Directions:

- ❖ Preheat oven to 300 degrees Fahrenheit.
- ❖ Toss seeds in a bowl with the melted coconut oil and salt.
- ❖ Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.
- ❖ Remove from oven, cool and serve.

\* Extra Virgin Coconut Oil gives a unique flavor to the pumpkin seeds. It can be difficult to find in supermarkets, but is readily available at most health food stores. EVCO is a bit pricey, but it's worth every penny. You can substitute with extra virgin olive oil if desired.



# The Great Pumpkin Soup

**Yield:** 10 servings

**Prep Time:** 20 minutes

**Cook Time:** 45 minutes



## Ingredients:

2 medium sweet potatoes (about 1 lb)  
4 cups water  
1-1/2 Tablespoon extra virgin olive oil  
2 large leeks, sliced (white and light green part)  
1 large onion, coarsely chopped  
8 cups cubed fresh pumpkin (about 2-1/2 lbs)  
4-5 cups vegetable broth  
1 bunch Swiss chard (about 12 ounces)  
1/2 bunch cilantro  
1-1/2 cups cooked cannellini, or great northern white beans  
Sea salt and freshly ground black pepper, to taste  
3 Tablespoons fresh lemon juice, more if needed

1/4 teaspoon nutmeg

## Directions:

- ❖ Peel the potatoes and cut them into 1/2-inch cubes.
- ❖ Place potatoes in a large soup pot with about four cups water and some salt; simmer on low heat.
- ❖ Heat the olive oil in a skillet and add the leeks and onion. Add a dash of salt, if desired. Sauté vegetables until they are soft.
- ❖ Meanwhile, prepare your pumpkin. Scrape out the seeds and pulp, cut away outer skin and chop into 1-1/2-inch cubes.
- ❖ Add onion, leeks, pumpkin and vegetable broth to the pot of water.
- ❖ Simmer for about ten minutes.
- ❖ Slice the chard off its thick stems and cut into medium-sized pieces. Coarsely chop the cilantro.
- ❖ Add chard and cilantro and simmer another 20 to 30 minutes. The pumpkin will become very tender, and some of it will fall apart, thickening the broth and imparting its lovely orange-gold color.
- ❖ Add the cooked beans and simmer for 5 minutes.
- ❖ Taste the soup, and season it. Add some lemon juice and a pinch or two of salt, if desired. Grind in some fresh pepper, and add the nutmeg.
- ❖ Remove from heat. Transfer to soup bowls and serve immediately.

## Quinoa Soup with Greens and Sweet Potatoes

**Yield:** 6 servings

**Prep Time:** 20 minutes

**Cook Time:** 35-40 minutes

Quinoa is a tiny, quick-cooking grain with a pleasant, mild flavor. Here it is combined with spinach, Swiss chard and sweet potatoes for a dish that is hearty without being heavy.

**Before starting to cook, rinse the quinoa very thoroughly**, running cold water over it in a fine sieve as you stir it with a spoon or with your fingers. This grain has a natural protective coating that is bitter tasting. Most of it will probably be cleaned off by the time you buy it, but just to be on the safe side, give it a good wash.

### Ingredients:



1 cup quinoa  
8 cups water  
2-1/2 Tablespoons extra virgin olive oil  
1 large clove garlic, chopped  
2 teaspoons ground cumin seeds  
1-1/2 teaspoon sea salt  
12 ounces sweet potatoes, cut in 1/2-inch cubes  
1-1/2 cups thinly sliced green onions  
3 cups thinly sliced spinach, tightly packed  
2 cups thinly sliced Swiss chard, tightly packed  
3 cups vegetable broth  
Freshly ground black pepper, to taste  
Juice of 1 lemon  
1 cup coarsely chopped parsley

### Directions:

- ❖ Combine the quinoa and water in a pot and bring to a boil. Reduce heat to low and simmer for about 12 minutes.
- ❖ Drain quinoa and reserve the liquid.
- ❖ Add olive oil to large soup pot and heat on medium setting. Add garlic and sauté for 2 minutes.
- ❖ Add cumin, salt and potatoes. Cook over medium heat for 5 minutes, stirring frequently.
- ❖ Add the reserved quinoa liquid and green onions to the large pot. Simmer until potatoes are tender, about ten minutes.
- ❖ Add Swiss chard and spinach, vegetable broth, quinoa and pepper to taste. Simmer for 5 minutes.
- ❖ Taste the soup, add salt if needed, and squeeze in some fresh lemon juice.
- ❖ Remove from heat. Transfer to serving bowls, sprinkle with chopped parsley and serve immediately.

## Quinoa Apple Salad

**Prep Time:** 10 minutes

**Cook Time:** 25 minutes

**Yield:** 6 servings



### **Ingredients:**

1 cup quinoa  
1/3 cup apple cider vinegar  
3 Tablespoons frozen unsweetened apple juice concentrate  
1/4 teaspoon allspice, ground  
1/4 teaspoon black pepper, ground  
1 clove garlic, minced  
1 large red delicious apple, cubed  
1/2 cup carrots, shredded  
1/3 cup red onion, chopped  
Sea salt  
Butter lettuce leaves, washed & dried

### **Directions:**

- ❖ Pour quinoa into a fine strainer and rinse well under cold water.
- ❖ In a 2-quart saucepan combine quinoa with 2 cups of water.
- ❖ Bring to a rapid boil, then cover and reduce heat to low. Simmer for 15 minutes.
- ❖ Remove from heat and set aside.
- ❖ In a wide shallow bowl combine vinegar, apple juice concentrate, allspice, pepper and garlic.
- ❖ Add quinoa and stir occasionally until cooled, around 10 minutes.
- ❖ Core the apple and chop it into 1/4-inch cubes or paper-thin slices.
- ❖ Mix the apple, carrot, onion and mint with the quinoa mixture.
- ❖ Line a serving platter with the lettuce and mount the quinoa salad on top.

## Persimmon Mescaline Salad

**Yield:** 4 servings

**Prep Time:** 15 minutes



### Ingredients:

2 Persimmons  
1 Bosc pear  
1 Mango  
1 Pomegranate (just the seeds)  
1/2 Avocado  
1/4 cup Cranberries  
1/4 cup almonds, chopped  
1 pound Mescaline Salad Mix  
1 Lemon, juice only

### Directions:

- ❖ Chop all fruit into thin, bite size pieces and toss with salad mix.
- ❖ Add the cranberries and pomegranate seeds.
- ❖ Sprinkle with crushed almonds
- ❖ Squeeze fresh lemon juice on salad mix and serve immediately.

## Roasted Turkey

**Yield:** 8 to 10 servings

**Prep Time:** 15 minutes

**Cook Time:** 2 hours, 45 minutes



### Ingredients:

1 (8 to 10 pound) turkey  
Kosher salt and freshly ground black pepper  
1 medium onion, quartered  
1 head garlic, halved  
Several sprigs fresh herbs, such as; thyme, parsley, rosemary, and sage (or 1 teaspoon each of 3 to 4 herbs, dried)  
2 bay leaves  
8 tablespoons extra virgin coconut oil, melted

### Directions:

- ❖ Adjust oven rack to lowest position and remove other racks.
- ❖ Preheat oven to 325 degrees Fahrenheit.
- ❖ Remove turkey parts from neck and breast cavities and reserve for other uses, if desired.
- ❖ Dry bird well with paper towels, inside and out.
- ❖ Salt and pepper inside the breast cavity and stuff the onion, garlic, herbs, and bay leaves inside. Set the bird on a roasting rack in a roasting pan; breast side up and brush generously with half the coconut oil. Season with salt and pepper.
- ❖ Place aluminum foil over turkey and create a tent. Roast the turkey for 2 hours. Remove the foil and baste with the remaining coconut oil.
- ❖ Increase oven temperature to 425 degrees Fahrenheit and continue to roast until meat thermometer registers 165 degrees.
- ❖ Remove from oven. Let rest for 5 minutes; carve and serve.

### \*Notes:

Remove bay leaves before serving.

Coconut Oil can be replaced with Extra Virgin Olive Oil, if desired.

## Baked Cod Fillets

**Prep Time:** 20 minutes

**Cook Time:** 1 hour, 15 minutes

**Yield:** 10-12 servings



### Ingredients:

1 pound fresh Atlantic Cod fillets  
1/2 teaspoon sea salt  
1/4 teaspoon turmeric, ground  
1/2 teaspoon cumin seed, ground  
1 teaspoon freshly ground black pepper  
2 cloves garlic, crushed  
1 teaspoon extra virgin olive oil (or coconut oil)  
1-1/2 teaspoon fresh lemon juice

### Directions:

- ❖ Place fish fillets in a bowl, sprinkle with salt, turmeric, cumin, black pepper and garlic, gently tossing to coat well.
- ❖ Cover and marinate for 20 minutes at room temperature or longer in the refrigerator.
- ❖ Preheat oven to 400 degrees Fahrenheit.
- ❖ Coat the bottom of a baking dish with the oil.
- ❖ Place the fish in a single layer and pour the marinade over it.
- ❖ Bake uncovered for 20-25 minutes. The fish should be firm to the touch. Fish is done when it easily flakes with a fork.
- ❖ Sprinkle with lemon juice and serve immediately.

## Mashed Sweet Potatoes

**Yield:** 4 servings

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

These mashed potatoes are as fluffy and flavorful as any you've ever tasted! Be sure to mash potatoes well before beating in the liquids and olive oil.



### Ingredients:

6 sweet potatoes, peeled & cut into 2-inch cubes  
1 1-quart water  
2 teaspoon sea salt  
1 Tablespoons extra virgin olive oil  
2 1/2 cup rice milk (or coconut milk)  
1/4 teaspoon white pepper (optional)

### Directions:

- ❖ Place potato cubes in 2-1/2 quart saucepan. Add water to cover. Add salt.
- ❖ Cover pan with lid, bring to a boil, and reduce heat to medium-low.
- ❖ Cook covered until potatoes are tender, about 20 minutes. Drain potato water, reserving one cup of liquid.
- ❖ With potato masher, mash potatoes in pan until they resemble coarse meal and no large lumps remain.
- ❖ Transfer mashed potatoes to mixer bowl.
- ❖ Beat potatoes on medium speed while slowly adding olive oil, rice milk, and as much reserved potato water as needed to make smooth, fluffy potatoes.
- ❖ Season with white pepper and salt, if desired.
- ❖ Transfer to serving bowl and serve immediately.



## Quinoa Stuffing

**Difficulty:** Easy to Moderate

**Prep Time:** 30 minutes

**Cook Time:** 1 hour 15 minutes

**Yield:** 8 servings



### Ingredients:

4 cups water  
2 bay leaves  
Sea salt, to taste  
2 cups quinoa  
4 Tablespoons extra virgin olive oil  
1 butternut squash, peeled and diced  
2 small zucchini, cut into 1-inch cubes  
2 bunches green onions, diced  
1 cup fresh parsley, chopped  
1 cup fresh mint, chopped  
1 cup dried apricots, diced  
1 cup dried cranberries (or cherries)  
1 16-ounce can black beans, rinsed & drained  
1 lemon

### Directions:

- ❖ Boil 4 cups of water, season with bay leaves and salt.
- ❖ Add quinoa and return to a boil.
- ❖ Reduce heat, cover and simmer for about 20 minutes, until water is absorbed.
- ❖ Remove from heat, take out bay leaves and let cool.
- ❖ Meanwhile, heat 3 Tablespoons of oil in a frying pan. Add squash and zucchini. Season with salt and pepper. Sauté until slightly browned.
- ❖ Combine vegetables and quinoa.
- ❖ Drizzle on remaining oil.
- ❖ Stir in onions, parsley, mint, apricots, and cranberries, then add black beans.
- ❖ Grate in lemon peel and squeeze on lemon juice to taste.
- ❖ Season with salt and pepper to taste.
- ❖ Transfer to serving bowl and serve immediately.



## Roasted Beets and Carrots

**Yield:** 10 servings, ¾ cup each

**Prep Time:** 15 minutes

**Cook Time:** 2 hours



### Ingredients:

4 medium beets, trimmed (about 2 pounds)  
6 medium carrots  
6-8 cloves garlic  
2 teaspoons extra virgin olive oil  
1 Tablespoon fresh lemon juice  
1/2 teaspoon ginger, ground  
2 Tablespoons apple cider vinegar  
2 Tablespoons pumpkinseed oil  
1/4 teaspoon sea salt  
Freshly ground black pepper to taste  
1/2 cup fresh basil, chopped  
1/2 cup almonds, slivered

### Directions:

- ❖ Preheat oven to 425° Fahrenheit.
- ❖ Wrap each beet tightly in foil; place in shallow baking pan. Bake 1 hour 15 min. Meanwhile, peel carrots; cut diagonally into 3/4-inch-thick slices. (You should have about 4 cups carrot slices.)
- ❖ Place carrots in large shallow baking dish.
- ❖ Remove skin from garlic cloves and add to carrots.
- ❖ Add olive oil; toss to coat.
- ❖ Add carrot mixture to oven after the first 45 minutes of the beet baking time.
- ❖ Bake both pans of ingredients for 1 hour, 15 minutes.
- ❖ Remove pans from oven.
- ❖ Unwrap beets; remove skins and stems. Cut each beet into 8 wedges.
- ❖ To the carrot mixture, add apple cider vinegar, 1 teaspoon lemon juice and ginger; toss to coat.
- ❖ Squeeze the soft garlic out of its husks and mash it with a fork.
- ❖ Combine the garlic with the pumpkin seed oil, apple cider vinegar, rest of lemon juice, salt and pepper, and mix well.
- ❖ Add the carrot mixture with the beets. Toss gently with dressing.
- ❖ Mix in the basil.
- ❖ Just before serving, add slivered almonds and toss again.

## Asparagus with Lemon Butter

**Yield:** 8 servings

**Prep Time:** 5 minutes

**Cook Time:** 5 minutes



### Ingredients:

48 thin asparagus spears (about 2 pounds)

4 teaspoons coconut oil

2 lemons, juice only

Sea or Kosher salt, to taste

### Directions:

- ❖ Wash asparagus and line up on a cutting board with the tops even. Cut off tough bottom ends.
- ❖ Bring a large stockpot filled one-half full with salted water to a boil.
- ❖ Add all asparagus at once to boiling water. Return to boil.
- ❖ Cook asparagus until crisp and tender; about 1 to 3 minutes, depending on size.
- ❖ Drain asparagus and return to hot pan. Squeeze lemon juice over top.
- ❖ Add coconut oil and toss to coat.
- ❖ Add Sea or Kosher salt, to taste.
- ❖ Transfer to serving dish and serve immediately.

## Pumpkin Dumplings with Romano Cheese

**Serves:** 8

**Prep Time:** 10 minutes

**Cook Time:** 18-20 minutes

A touch of crispiness and a dusting of cheese is in perfect balance with the smooth pumpkin texture.

### Ingredients:



2 tsp salt for boiling water  
1 cup Pumpkin, canned solid-pack  
2 large Eggs  
1 tsp Sea Salt  
1/4 tsp Nutmeg, ground or 1/2 tsp freshly grated  
1/4 tsp Baking Powder  
1 cup Whole Wheat Flour (or all-purpose white)  
6 Tbsp Butter, unsalted  
1 cup Romano cheese, finely grated

### Directions:

- ❖ Fill a large pot halfway full of water. Add salt and bring to a boil.
- ❖ In a large bowl whisk together pumpkin, egg, sea salt, nutmeg and baking powder.
- ❖ Add flour, 1/3-cup at a time and mix well. Dough will be soft.

You'll want to use the 1/2-teaspoon from a measuring spoon set for the next step. If you don't have a measuring spoon set, use a teaspoon, but only scoop out 1/2-teaspoon of dough.

- ❖ Dip the teaspoon in boiling water, then scoop up a generous 1/2-teaspoon of dough.
- ❖ Place the dough into boiling water, allowing dough to drop off spoon.
- ❖ Continue this process until you run out of dough.
- ❖ Boil dumplings until thoroughly cooked, about 10 minutes.
- ❖ Drain dumplings in colander.
- ❖ Melt butter in large skillet over medium heat.
- ❖ Add dumplings.
- ❖ Sauté until outside begins to brown, about 8 minutes.
- ❖ Transfer to bowl, sprinkle with cheese and serve immediately.

## Pumpkin Pie Smoothie

**Serves:** 4

**Prep Time:** 5-10 minutes



### Ingredients:

1 can (15 ounces) solid pack Pumpkin, chilled  
1 can (12 ounces) Evaporated milk, chilled  
1 container (8 ounces) Vanilla Yogurt  
1/4 cup granulated Sugar  
1/4 tsp Pumpkin Spice  
1 pint Whipping Cream, whipped into soft peaks - see recipes pages 16-17

### Directions:

- ❖ Combine pumpkin, evaporated milk, yogurt, sugar and pumpkin pie spice in blender; cover and blend until mixture is smooth.
- ❖ Top with whipped cream and sprinkle with additional pumpkin pie spice.

## Homemade Whipped Cream

**Yield:** 1 cup

**Prep Time:** 3-5 minutes

Homemade whipped cream only takes minutes to prepare. The freshness and fluffiness are to die for. And, you can add a variety of flavors or food colorings to create your own personal favorite!



### Ingredients:

1 cup heavy Whipping Cream  
3 Tbsp granulated Sugar

### Directions:

- ❖ Add ingredients to a chilled, medium mixing bowl.
- ❖ Using an electric mixer on high speed, beat ingredients until soft peaks form.

## Orange Coconut Frost

**Prep Time:** 5 minutes

**Yield:** 5 cups



### Ingredients:

1 (15-ounce) can Cream of Coconut  
1 (12-ounce) can frozen orange juice concentrate, thawed  
1 teaspoon vanilla extract  
4 cups ice cubes  
Mint leaves and orange slices, optional

### Directions:

- ❖ In blender, combine cream of coconut, juice concentrate and vanilla; blend well. Gradually add ice, blending until smooth.
- ❖ Garnish with mint and orange if desired.
- ❖ Serve immediately.

## Creamy Pumpkin Pudding

**Yield:** 4 servings

**Prep Time:** 10 minutes

**Cook Time:** 5 to 10 minutes



### Ingredients:

1 medium sugar pumpkin, seeded and cubed  
4 Tablespoons Stevia Leaf Powder, or 1/2-cup granulated sugar  
1 cup coconut milk  
1 teaspoon ground cardamom

### Directions:

- ❖ Steam the pumpkin pieces for 5 to 10 minutes. Scoop flesh from skins.
- ❖ In a medium saucepan, combine the pumpkin flesh and stevia. Heat over medium-low temperature until stevia dissolves into the pumpkin.
- ❖ Add coconut and cardamom. Stir often.
- ❖ Cook until the mixture has thickened to thick pudding-like consistency.
- ❖ Remove from heat. Transfer to individual serving dishes.
- ❖ Serve hot or cold.

## Rice Pudding with Cranberries

**Yield:** 6 servings

**Prep Time:** 10 minutes

**Cook Time:** 40 minutes

Nothing is more comforting or easier to do than a simple stove-top rice pudding. Dried cranberries introduce a slightly tart contrast to the nutty rice, making the perfect end to your holiday feast!



### Ingredients:

4 cups low-fat coconut milk (more if needed)  
3/4 cup brown rice  
1/2 cup dried cranberries  
1/2 teaspoon Stevia Leaf Powder  
1/4 teaspoon pure vanilla extract  
1/4 teaspoon sea salt  
pinch of nutmeg  
pinch of cinnamon

### Directions:

- ❖ Combine all the ingredients in a medium heavy-bottomed saucepan, and bring to a boil, stirring.
- ❖ Lower the heat and let the mixture simmer, stirring often, for about 35-40 minutes, or until the rice is tender-firm, and the liquid around it thickening.
- ❖ Pudding is done when it is just thick enough to hold a soft shape.

I prefer this pudding hot and freshly made; however, you can chill it. The pudding will thicken more as it cools, so stir in some additional coconut milk before serving to regain the moist texture.