



twenty +  
**THANKSGIVING**  
RECIPES





hello, my name is nichole

And Casa de Crews is my little corner of the internet! I'm the voice, author, and creator behind [Casa de Crews](#) (Crews is my last name and shortly after getting married, our friends affectionally called our home "Casa de Crews" and it just kind of stuck).

On my site, you'll find mostly real-food recipes, and a few indulgent ideas because sometimes that's what life calls for and it's too short to stress over a bite of a cookie or queso cheese.

I live in Central Florida with my husband and our three pups; Gigi, Oskar and Lily.

Thanksgiving is my absolute favorite holiday! It's the kickoff to the holiday season, bringing people I love the most together with food - what isn't to love about that?!

Whether you're hosting Thanksgiving - or a *Friendsgiving*, helping out or just in charge of one dish, there's something for everyone here. I hope this recipe book inspires your Thanksgiving menu - *you've got 23 recipes to choose from.*

***Thanks for being here!***

# how much to serve at **THANKSGIVING DINNER**

	4-5 people	8 people	12 people
Turkey	6-7 lbs (turkey breast)	12-14 lbs	13-15 lbs
Appetizer	1-2	2	2
Salad	1	1	1
Starchy Side	1-2	2	2-3
Veggie Side	1-2	2	2-3
Dessert	1-2	2	2-3
Bottles of Wine	2-3	4-5	6



# Table of Contents

- Butternut Squash Soup
- Prosciutto Wrapped Apples w/ Brie
- Goat Cheese and Pomegranate Stuffed Celery
- Pumpkin Spiced White Russian
- Vanilla Chai White Russian
- Pear Gin Fizz
- Pomegranate Pinot Punch
- Apple Cider Sangria (with a mocktail option)
- Sparkling Pomegranate Mocktail
- Air Fryer Turkey Breast
- Pineapple Glaze for Ham
- Butternut Squash Mac + Cheese
- Homemade Cranberry Sauce
- Twice Baked Sweet Potato Skins with Marshmallows
- Einkorn Cornbread Muffins
- Roasted Garlic Mashed Cauliflower
- Winter Salad with Fig Jam Vinaigrette
- Smoked Gouda Cauliflower Casserole
- Butternut Squash Risotto
- Slow-Cooker Stuffing
- Brussels Sprouts Salad with Bacon
- Pumpkin Swirl Brownies
- Chocolate Pumpkin Pie





[click here to see the full recipe with notes and reviews!](#)

## butternut squash soup

*This rich and flavorful roasted Butternut Squash Soup is creamy and comforting, with hints of cinnamon, nutmeg and a dash of cayenne. Can be made in advance.*

**cook time: 55 minutes**

**servings: 4-6**

### ingredients:

- 1 tablespoon melted ghee or olive oil
- 1 butternut squash, large - roughly chopped, seeds removed
- 3 large carrots - roughly chopped
- ½ yellow onion roughly chopped
- 2½-3 cups chicken stock - unsalted (can also use vegetable broth)
- 1 tablespoon cinnamon
- ½ teaspoon nutmeg
- 1 teaspoon cayenne pepper - optional
- ½ teaspoon ground sage
- ½ teaspoon ground thyme
- sea salt and pepper - to taste (start with a teaspoon of each, and season from there)
- roasted butternut seeds - cream, fresh herbs, to garnish (optional)

### directions:

1. Preheat oven to 375 and line a baking sheet with aluminum foil or parchment paper.
2. Chop veggies, and add to lined baking sheet. Drizzle with melted ghee or oil. Sprinkle with cinnamon, nutmeg and cayenne pepper. Dash with a little sea salt and pepper.
3. Roast approx 40 minutes, until soft and caramelized. Once done, remove and allow to cool, about 7-10 minutes.
4. Place roasted veggies, stock, sage, thyme and a teaspoon or so of salt/pepper into blender. Process for 4-6 minutes, adjusting the amount of stock if necessary to thin the soup out a bit (start with 2.5 cups, and add as needed, if needed), until smooth.



[click here to see the full recipe with notes and reviews!](#)

## prosciutto wrapped apples with brie

*Crisp, sweet apples layered with fresh basil and brie cheese, make for the perfect party bite! Wrapped in salty prosciutto for a festive presentation*

**cook time: 15 minutes**

**servings: 12-15 slices**

### ingredients:

- 1 apple sliced and cored - Envy brand suggested to avoid browning
- 1-2 tablespoons lemon juice
- 1 handful fresh basil - enough for 12-15 apple slices
- 6-8 slices prosciutto - halved
- 4 ounces brie cheese - sliced about 1-inch thick
- a drizzle of balsamic glaze - optional

### directions:

1. Core and slice apple into flat ½ inch slices.
2. If not using an Envy apple, toss apple slices in lemon juice to avoid browning.
3. Layer with a basil leaf, and brie slice. Wrap prosciutto around each apple.
4. Drizzle with balsamic and enjoy!





[click here to see the full recipe with notes and reviews!](#)

## goat cheese + pomegranate stuffed celery

*A quick and festive party app that comes together in under 10 minutes!*

**cook time: 10 minutes**

**servings: 12**

### *ingredients:*

- 6 stalks celery - halved
- 4 ounces goat cheese - *softened to room temperature*
- ¼ cup of pomegranate arils
- raw honey - to drizzle (optional)

### *directions:*

- Rinse and cut celery into two halves each and set aside. Using a butter knife, smear each celery half with softened goat cheese. Top with pomegranate seeds.
- Drizzle with honey, if desired. Serve immediately. Will make 12 servings.



[click here to see the full recipe with notes and reviews!](#)

## pumpkin spiced white russian

*An autumn twist on this classic cocktail!  
Pumpkin Spiced White Russians are the perfect drink to sip all season long. It's dessert in a glass.*

**cook time: 5-7 minutes**

**servings: 1**

### *ingredients:*

- 2 parts kahlua - or other coffee liqueur
- 1 part vodka
- 1 part heavy cream
- ¼ teaspoon pumpkin pie spice, homemade or store-bought

### *directions:*

1. Fill a glass with one large ice cube, or several small. Add Kahlúa and vodka, finish up with a cream layer. Top with pumpkin pie spice. Stir together before sipping!





[click here to see the full recipe with notes and reviews!](#)

## vanilla chai white russian

*An autumn twist on this classic cocktail!  
Vanilla Chai White Russians are the perfect  
cocktail to sip all season long. It's dessert in a  
glass.*

**cook time: 5-7 minutes**

**servings: 1**

### *ingredients:*

- 2 parts kahlua - or other coffee liqueur
- 1 part vodka
- 1 part heavy cream
- 1/2 teaspoon vanilla extract
- ¼ teaspoon chai spice mix, homemade or store-bought

### *directions:*

1. Fill a glass with one large ice cube, or several small. Add Kahlúa and vodka, finish up with a cream layer. Top with vanilla extract and chai spice mix. Stir together before sipping!



[click here to see the full recipe with notes and reviews!](#)

## pear gin fizz

*This Pear Gin Fizz Cocktail is the perfect drink for your next fall/winter gathering – or for a happy hour at home! This festive cocktail is bubbly, slightly tart, yet sweet and refreshing!*

**cook time: 10 minutes**

**servings: 1**

### ingredients:

#### Pear Simple Syrup

- 1/2 cup water
- 1/2 cup sugar
- 1 pear, cored and cut into pieces
- 2 star anise
- 1 tablespoon cinnamon - or 2 cinnamon sticks

#### Pear Gin Fizz

- 1 tsp white sugar, for rim - optional
- 1 tsp cinnamon, for rim - optional
- crushed ice
- 2 ounces gin
- 1 1/4 ounce fresh lemon juice
- 1 teaspoon Pear Simple Syrup - plus more to taste
- 2 ounces lemon-flavored sparkling water
- star anise, sliced pear, sprig of thyme, for garnish

### directions:

#### Pear Simple Syrup

1. In a small saucepan, heat water, sugar, chopped pear, star anise and cinnamon over medium-high heat. Bring mixture to a boil and stir until the sugar dissolves.
2. Remove from heat, cover and steep for 30 minutes. Remove pear and star anise and strain cinnamon (optional step to strain) and store in the refrigerator until ready to use. Can be made ahead of time.

#### Pear Gin Fizz

3. In a shallow bowl or larger ramekin, combine sugar and cinnamon. Wet the rim of a cocktail glass with water then dip in cinnamon sugar mixture.
4. Fill a cocktail shaker with ice. Add gin, lemon juice, and Pear Simple Syrup (recipe above) to cocktail shaker. Replace lid and shake for 15 seconds or until shaker is cold (will be frosty). Strain into a glass. Top with lemon-flavored sparkling water and garnish with star anise, pears and thyme, if desired.





[click here to see the full recipe with notes and reviews!](#)

## pomegranate pinot punch

*Pomegranate Pinot Punch combines the most festive flavors of the season that's perfect for a party! Fresh pomegranate juice with your favorite pinot noir*

**cook time: 10 minutes**

**servings: 6**

### ingredients:

- 1 bottle Pinot Noir
- ½ cup orange liqueur
- 2 cups pomegranate juice - you can also use cranberry juice
- 1 cup apple cider
- 1 orange sliced thin - for garnish
- ½ cup pomegranate seeds - arils
- ice cubes

### directions:

1. To a pitcher, add Pinot Noir, orange liqueur, pom juice, and apple cider. Mix well. Chill for 1 hour.
2. When ready to serve, to each glass, add ice, then punch.
3. Garnish with orange slices, and pomegranate seeds.



[click here to see the full recipe with notes and reviews!](#)

## apple pie sangria

*This Apple Pie Sangria is the perfect pitcher to make for the masses or bring to a fall-themed potluck or Thanksgiving dinner!*

**cook time: 10-12 minutes**

**servings: 6**

### ingredients:

- 2 red apples, diced
- 1 orange, sliced
- 1/4 cup pomegranate arils - seeds
- 2 tablespoons raw honey
- 1-750 ml bottle white wine - pinot grigio or sauvignon blanc suggested
- 1/2 cup vodka
- 2 1/2 cups apple cider
- 1 teaspoon cinnamon
- 2 cinnamon sticks
- 12 ounces orange or tangerine sparkling water - or can use seltzer water

### directions:

1. To a pitcher, add chopped apples, sliced orange and pomegranate arils. Stir in honey and combine. Pour white wine and vodka, and apple cider. Add cinnamon spice and sticks and stir pitcher to combine. Top with sparkling water. Can be made up to 1-day in advance.
2. **To make this sangria a mocktail:** simply forgo the white wine and vodka and top with additional sparkling water and fresh orange juice for balance.





[click here to see the full recipe with notes and reviews!](#)

## sparkling pomegranate mocktail

*This sparkling berry non-alcoholic spritzer is the perfect tangy mocktail with fresh pomegranate juice and cranberries! Garnished with festive thyme!*

**cook time: 5 minutes**

**servings: 4**

### *ingredients:*

- 2 -12 oz cans Sparkling Berry Water, chilled
- 4 ounces pomegranate juice
- cranberries, to garnish
- fresh thyme, to garnish

### *directions:*

1. To a highball glass, add  $\frac{1}{2}$  can sparkling water, 1 oz pomegranate juice, and 2-3 cranberries. Top with 1-2 sprigs of thyme for garnish and serve.



[click here to see the full recipe with notes and reviews!](#)

## air fryer turkey breast

*Air Fryer Turkey Breast comes out juicy and tender, with a crispy brown skin that takes less time than it would in the oven!*

**cook time: 1 hour**  
**servings: 6**

### ingredients:

- 4 pound turkey breast - bone-in or boneless
- 2 tablespoons olive oil or melted butter/ghee
- 2 tablespoons fresh thyme - chopped
- 1 tablespoon fresh sage - chopped
- 1 1/2 tablespoons fresh rosemary - chopped
- 3 cloves garlic - minced
- 1/2 tablespoon Kosher salt
- 2 teaspoons black pepper
- nonstick cooking spray

### directions:

1. First, make sure you have a fully defrosted turkey breast that will fit in your Air Fryer basket.
2. To a small bowl or ramekin, mix olive oil or melted butter and dried spices to create a paste. Season turkey breast liberally with paste.

#### **Boneless turkey breast**

3. Preheat your air fryer to 360F. Roast for 40-45 minutes, flipping halfway through, until the internal temp is 160 degrees F. Using an instant-read thermometer for best results.
4. Transfer the boneless turkey breast to a cutting board and tent loosely with foil. Let it rest for 10-minutes before carving.

#### **Bone-in turkey breast**

1. Preheat your air fryer to 360F. Cook skin side down 20 minutes, turn over and cook until the internal temperature is 160F using an instant-read thermometer about 30 to 40 minutes more depending on the size of your breast.
2. Transfer the bone-in turkey breast to a cutting board and tent loosely with foil. Let it rest for 10-minutes before carving.





[click here to see the full recipe with notes and reviews!](#)

## pineapple glaze for ham

*With just three ingredients, this pineapple glaze for ham is as easy as it gets; simple and straight forward to add to your holiday ham.*

**cook time: 1 hour**  
**servings: 6**

### *ingredients:*

- 2 Cups 100% Pineapple Juice
- 1/4 Cup Honey
- 2 Tablespoons Dijon Mustard

### *directions:*

1. In small saucepan over medium heat, cook pineapple juice 20-25 minutes while stirring frequently, until juice reduces by half.
2. Whisk in honey and dijon mustard.
3. Cook 5-8 minutes while constantly stirring. Once glaze has thickened to a syrup-like consistency, remove from heat and set aside until ham is ready to be glazed.
4. Can be made ahead of time and stored in the refrigerator for 4 days. You do not have to reheat this glaze to use it, but if you want it warm, add it to a small size saucepot and heat over low heat until hot.



## butternut squash mac + cheese

*This Butternut Squash Macaroni and Cheese is so creamy and comforting with healthy squash that's made on the stovetop!*

**cook time: 35 minutes**

**servings: 6**

### ingredients:

#### **Butternut Squash Puree**

- 1 large butternut squash peeled, seeded, and cut into 1/2 inch cubes - or 1 (15-ounce bag) frozen cubed butternut squash (do not thaw)
- 1 1/2 cups water
- 1 1/2 tablespoons finely chopped sage
- 1 1/2 tablespoons fresh thyme sprigs
- 1 cup vegetable broth - or chicken broth
- 1 teaspoon Kosher salt
- 1 teaspoon pepper

#### **Butternut Squash Macaroni and Cheese**

- 1 tablespoon ghee - or butter
- 1 tablespoon tapioca starch - can also use arrowroot, cornstarch or flour
- 3 cloves garlic, minced
- 1 1/2 cups almond milk - any milk is fine
- 1 tablespoon Dijon mustard
- 1 1lb macaroni of choice, cooked al dente
- 1 1/2 cups grated sharp cheddar cheese
- 1/4 cup finely grated Parmesan cheese

### directions:

1. To a large pot, cover cubed butternut squash (fresh or frozen) with 1 1/2 cup water. Simmer over medium heat, until squash is tender about 10-15 minutes. (If using frozen squash, it will be tender at about 10 minutes, if fresh, it will be tender closer to 15 minutes. Do not overcook).
2. To your blender, add butternut squash, sage, thyme, vegetable broth, salt and pepper. Puree until smooth and creamy. Set aside. Meanwhile, cook your pasta according to package directions. The pasta will continue to cook once you add it back to the puree, so cook to al dente to avoid overcooking.
3. To the same pot you used to simmer squash, melt butter or ghee. Add garlic, and cook, stirring frequently, until fragrant, about 2-3 minutes. Whisk in tapioca starch until lightly browned, about 1 minute. Gradually whisk in milk, butternut squash puree and Dijon mustard. Bring to a boil; reduce heat and simmer, stirring occasionally, until reduced and slightly thickened, about 3-4 minutes.
4. Add the cooked elbow macaroni, grated cheddar, and Parmesan cheese. Stir until the pasta is evenly combined and the cheeses are melted.





[click here to see the full recipe with notes and reviews!](#)

## homemade cranberry sauce

*This Homemade Cranberry Sauce, flavored with fresh orange juice, orange zest and honey is the easiest side you can make over the holidays!*

**cook time: 25 minutes**

**servings: 6-8**

### ingredients:

- 12- ounce bag of fresh cranberries - can also use frozen
- 1/2 cup honey or maple syrup - use maple syrup to keep vegan
- Juice of one large orange
- Zest of same orange
- 1 cup water
- 2 medium cinnamon sticks
- pinch of salt

### directions:

1. To a medium saucepan, combine cranberries, sweetener, juice from one orange, orange zest, water, cinnamon sticks and a pinch of salt.
2. Boil over medium-high heat and bring mixture to a boil, then reduce heat to medium-low and simmer for 15 minutes or so. The cranberries will begin to become soft, break down, and become thick. The longer you let this simmer, the thicker the sauce will get. Just don't let ALL the liquid cook out or it will burn. Stir more frequently near the end. You can mash the cranberries down with a fork or the back of the spoon if you like.
3. Cool and serve. Let this cranberry sauce cool for about 20-30 minutes before serving. Can be made 3-4 days ahead of time.



[click here to see the full recipe with notes and reviews!](#)

## twice baked sweet potato skins with toasty marshmallows

*Instead of making a sweet potato casserole, try these Twice Baked Sweet Potato Skins with toasted marshmallows. These skins are toasty and crisp, sweet and super comforting.*

**cook time: 45 minutes**  
**servings: 6**

### ingredients:

- 3 medium sweet potatoes, scrubbed
- 2 tablespoons unsalted butter, melted
- 1/2 tablespoon salt
- 1/4 cup pecan halves, roughly chopped
- 1/2 cup mini marshmallows
- 2-3 tablespoons pure maple syrup, divided

### directions:

1. Preheat oven to 350 degrees F. Line a large baking sheet with parchment paper. Pierce potatoes with a fork. Bake sweet potatoes 45 minutes to 1 hour, or until softened. Remove from oven and cool slightly.
2. Slice sweet potatoes in half lengthwise. Scoop out most of potato flesh, leaving 1/4" border attached to potato skin. Mash potato flesh in a medium bowl with melted butter, salt and about 1 tbsp maple syrup. Mix to combine.
3. Divide sweet potato mixture into potato skin halves. Top with chopped pecan halves and mini marshmallows. Broil until marshmallows are toasted, about 1 minute, being careful not to burn - you want the marshmallows to toast and melt, but not burn. Remove from oven, and drizzle potatoes with remaining maple syrup.



[click here to see the full recipe with notes and reviews!](#)

## einkorn cornbread muffins

*Freshly baked cornbread muffins that are made with einkorn flour, almond milk and maple syrup. Ditch the box mix and make these cleaned up muffins instead!*

**cook time: 35 minutes**  
**servings: 12**

### *ingredients:*

- 1 cup einkorn flour
- 1 cup cornmeal
- 1 teaspoon sea salt
- 3 teaspoons baking powder
- 2 tablespoons maple syrup
- 1 egg
- 1 cup almond milk - or cashew milk, cow's milk, etc
- ½ cup melted ghee - or butter

### *directions:*

1. Preheat oven to 425F. Line a muffin pan with paper or silicone muffin liners, or grease an 8x8 baking pan.
2. To a bowl, combine all dry ingredients. Mix well.
3. In a separate bowl, combine all wet ingredients.
4. Pour wet ingredients to bowl with dry ingredients and mix until well combined.
5. Pour into muffin tin and bake 17-20 minutes. Remove from heat and let cool.





[click here to see the full recipe with notes and reviews!](#)

## roasted garlic parmesan mashed cauliflower

*Mashed cauliflower with roasted garlic and shaved parmesan makes for an indulgent sounding [and tasting!] side that couldn't be easier to make.*

**cook time: 35 minutes**  
**servings: 12**

### ingredients:

#### Roasted Garlic

- 1 head of garlic
- 2 teaspoons olive oil
- salt and pepper

#### Mashed Cauliflower

- 2 12-ounce packages riced cauliflower
- 3 tablespoons unsalted butter
- 2 cups water
- 1 head roasted garlic; recipe below
- 2-3 tablespoons parmesan cheese - shaved suggested, can also use grated
- 1 teaspoon Sea Salt

### directions:

#### Roasted Garlic

1. Preheat your toaster oven to 400F (can also use actual oven)
2. Peel and discard the papery outer layers of the whole garlic bulb, leaving intact the skins of the individual cloves of garlic. Using a sharp knife, cut a ½ inch from the top, exposing the individual cloves.
3. Place the garlic heads in a baking pan, cut side up. Drizzle with olive oil. salt and pepper. Cover the bulb with foil. Bake 30 minutes. Allow garlic to cool before use.

#### Mashed Cauliflower

1. To a large saucepan, melt unsalted butter over medium-high heat. Add the cauliflower crumbles and saute, stirring occasionally, until the cauliflower is translucent in color, about 3-5 minutes.
2. Add the 2 cups of water and salt; bring to a boil. Cover and cook until the cauliflower is tender, approx 8-10 minutes. Remove from heat and drain, reserving approx 1/4 cup of water from cooking liquid.
3. Place the drained cauliflower and reserved cooking liquid back to saucepan. Add in roasted garlic, and salt. Mash using an immersion blender to desired consistency. Stir in Parmesan cheese and serve.



[click here to see the full recipe with notes and reviews!](#)

## winter salad with fig jam vinaigrette

*This easy Winter Salad with Fig Jam Balsamic Vinaigrette recipe is full of fresh greens and winter fruits tossed in a sweet and tangy vinaigrette!*

**cook time: 15 minutes**  
**servings: 6**

### ingredients:

#### salad

- 6 cups mixed greens of choice - I used a baby romaine mix
- 1 cup walnuts
- 1 cup dried cranberries - sugar free, suggested
- 8 ounces goat cheese, crumbled
- arils from one pomegranate - can use a fresh pom, or buy these store-bought

#### fig jam balsamic vinaigrette

- 1/3 cup avocado oil - can also use olive oil
- 1/4 cup balsamic vinegar
- 2 tablespoons [fig jam](#) - (preserves)
- salt and pepper, to taste

### directions:

#### salad

- To a large salad bowl, add the greens, walnuts, dried cranberries and pomegranate arils, Mix to combine. This can be made ahead of time, if desired. When ready to serve, top with goat cheese, if using, and toss vinaigrette (recipe to follow), to salad mix. Salad can easily be prepped in advance (wait to toss in dressing until ready to serve)

#### fig jam balsamic vinaigrette

- In a blender, add oil, balsamic vinegar, fig jam, and salt and pepper until combined and creamy (emulsified).



## smoked gouda cauliflower casserole

*The perfect, comforting low-carb side dish! It's so rich, and creamy, and makes great re-heated leftovers any time of the year.*

**cook time: 35 minutes**  
**servings: 6-8**

### ingredients:

- 1 tablespoon butter - or ghee
- 1 medium yellow onion, diced
- 1 large head cauliflower, trimmed - about 2 cups
- 8 ounces cream cheese, softened - 1/3 fat suggested
- 8 ounces smoked gouda cheese, rind removed and grated
- salt and pepper, to taste
- 2 tablespoons chives, chopped - to garnish (optional)

### directions:

- Preheat oven to 350 F.
- Cut the cauliflower into bite-sized pieces. Steam or microwave until tender.
- Meanwhile, melt the butter in a medium skillet and cook, until onions are tender, about 4-5 minutes.
- To a medium mixing bowl, add the cauliflower, and break up the florets just slightly, with a fork. Stir in the cream cheese; blend well then stir in the onions. Season to taste with salt and pepper. Add half the Gouda cheese to this mixture.
- Grease a 9x13 baking dish with ghee or butter, or cooking spray. Add cauliflower mix to baking dish, and spread evenly. Sprinkle the remaining Gouda over the top.
- Bake 25-30 minutes, or until bubbly and brown on the top. Top with chives, if using. Serve hot.





[click here to see the full recipe with notes and reviews!](#)

## butternut squash risotto with bacon + crispy sage

*This butternut squash risotto recipe is a comforting meal, that includes crispy sage, savory bacon, and white wine. A wonderful dish in the fall or winter!*

**cook time: 35 minutes**  
**servings: 6-8**

### ingredients:

- 6 slices bacon - cooked and chopped
- 1½ cups butternut squash - cubed
- salt and pepper - to taste
- ¼ tsp freshly grated nutmeg
- 1½ cups arborio rice
- 3 garlic cloves - minced
- 1 cup dry white wine - I used Chardonnay
- 4 to 5 cups low-sodium chicken or veggie stock - warmed
- ½ cup freshly grated parmesan cheese
- fresh sage leaves - for garnish, for garnish

### directions:

1. To a large skillet, such as a saute pan with high sides, cook bacon. Heat pan over medium-low heat and add the bacon. Cook until the fat is rendered and the bacon is crispy. Once crispy, remove it with a slotted spoon and place it on a paper towel-lined plate to drain any excess grease.
2. Remove approx 2 tablespoons of the bacon grease from the skillet and reserve it for the sage. Add the butternut squash cubes to the skillet with a sprinkle of salt and pepper, and nutmeg. Cook, stirring occasionally, until the squash is just fork tender, do not overcook, about 4-6 minutes.
3. Using the same saute pan, heat over medium-low heat and add ½ the reserved bacon grease. Add the arborio rice and stir. Toast the rice until the pieces are translucent and just fragrant. Stir in the garlic and cook for another minute. Stir in the white wine, constantly stirring or at least stirring every minute or so, until the rice absorbs the wine. Once the wine is absorbed, add in 1½ cups of the chicken stock, stirring until the rice absorbs the liquid like it did with the wine. Repeat this 2 to 3 more times, until all stock has been added and the rice is al dente, just firm. You want it to appear a little wet – and want there to be some liquid left when serving. We don't want a dry. The entire stirring process will take about 15 to 20 minutes.
4. Once the rice is cooked, stir in the butternut squash cubes, grated Parmesan cheese and almost all over the bacon, leaving some for the topping. If desired, take remaining reserved bacon grease, and heat over medium heat. Toss in fresh sage leaves, and allow to crisp, this will only take about 1 minute. Serve immediately.



[click here to see the full recipe with notes and reviews!](#)

## slow-cooker stuffing recipe

*This easy slow cooker stuffing recipe saves oven space and comes out flavorful and moist every single time!*

**cook time: 4.5 hours**  
**servings: 8-10**

### *ingredients:*

- 12 cups bread - cut into 1/2 inch cubes
- 1 medium yellow onion, chopped
- 1 cup celery, chopped - about 4 ribs
- 12 oz baby bella mushrooms, sliced
- 1/4 cup butter
- 2 teaspoons poultry seasoning
- 1 teaspoon ground sage
- 1 teaspoon salt - plus more to taste
- 1 teaspoon pepper
- 3-4 cups chicken stock, unsalted - can also use broth
- 2 large eggs - whisked

### *directions:*

1. Preheat the oven to 300 °F Cut bread into 1/2 inch cubes and place them on a baking sheet. Spray the tops of the cubes with nonstick cooking spray or drizzle with olive oil. Bake for 15-20 minutes to dry out and very lightly toast bread.
2. To a skillet, melt butter over medium heat and saute onion, celery and mushrooms until soft and translucent, about 5-7 minutes. Remove from heat and let cool slightly.
3. To a large mixing bowl, add dried bread cubes, veggie saute, 2 cups of stock (or broth) and 2 whisked eggs. Gently fold to combine and add more broth if needed. You only want to moisten the bread and not soak it to keep the texture toasty.
4. Transfer the stuffing mixture to a 5-6qt. slow cooker coated with cooking spray. Cover and cook on low for 3-4 hours or until a thermometer reads 160 °F.



[click here to see the full recipe with notes and reviews!](#)

## brussels sprouts salad with crispy shallots

*Shredded Brussels Sprouts with pan-fried bacon, and shallots come together to make one tasty low-carb salad perfect as a side, or its own meal!*

**cook time: 25 minutes**  
**servings: 6-8**

### ingredients:

- 6 slices cooked bacon
- 2 large shallots - sliced
- 1 lemon
- 1 orange
- ½ cup avocado oil - or olive oil
- salt and pepper - to taste
- 4 cups brussels sprouts, shredded
- 1 cup pecans - chopped
- 1 cup grated Pecorino-Romano cheese

### directions:

1. Prepare bacon in a skillet to package directions. Remove from heat, and crumble bacon. Set aside.
2. Reheat bacon fat drippings, and add sliced shallots. Fry for 2-3 minutes, until shallots are crisp. Transfer fried shallot to a paper towel lined plate, to absorb excess grease.
3. To a medium bowl, or mason jar, squeeze the juice of the lemon and orange. Pour the oil in, whisking to form an emulsion (it should appear more creamy and less transparent. Alternatively, you can blend all dressing ingredients together as well). Season generously with salt and pepper. Refrigerate until ready to use (this can be made ahead of time).
4. Shave the brussel sprouts, into thin slices to make a shredded/slaw texture. I used the shredding attachment on my food processor.
5. Add ¾ of the pecans, cheese, and bacon to the shredded brussel sprouts; toss to combine. When ready to serve, toss salad with citrus dressing, and sprinkle with remaining pecans, cheese, crispy shallots, and bacon over the top. If needed, add a few more tablespoons of avocado, or olive oil and toss.





[click here to see the full recipe with notes and reviews!](#)

## pumpkin swirl brownies

These decadent Pumpkin Swirl Brownies are the perfect easy fall dessert, combining chocolate, pumpkin cheesecake and delicious pumpkin pie!

**cook time: 50 minutes**  
**servings: 12-16**

### *ingredients:*

- cooking spray
- boxed brownie mix + the ingredients that recipe calls for.
- 1/2 cup chocolate chips
- 8- ounces cream cheese, softened - you can use full-fat or Neufchatel (1/3 fat)
- 7.5 ounces canned pumpkin puree - 1/2 of a 15-oz can
- 1 tablespoon pumpkin pie spice - homemade or store-bought
- 1/4 cup maple syrup

### *directions:*

1. Preheat your oven to 350 degrees F. Spray an 8×8 inch baking pan with cooking spray and line it with parchment paper.
2. In a large mixing bowl, make chocolate brownie batter following package directions on box. Then fold in chocolate chips. Set aside.
3. To a separate mixing bowl, add softened cream cheese and mix until smooth with a hand blender. Stir in canned pumpkin puree, pumpkin pie spice and maple syrup and mix until well combined.
4. Spread about 2/3 of the chocolate brownie batter into the parchment lined baking pan and smooth it out with a spatula or spoon. Spread the cheesecake batter over the brownie batter. Add remaining brownie batter over cheesecake batter in spoonfuls. Swirl the batters together by running a butter knife or toothpick back and forth through the pan.
5. Bake at 350 degrees F until a toothpick inserted into the center comes out (mostly) clean, about 40-50 minutes. I would check at 40 minutes and add time as needed from there. Let cool in the pan on a wire rack. When cool, cut into squares and serve.



## chocolate pumpkin pie

These decadent Pumpkin Swirl Brownies are the perfect easy fall dessert, combining chocolate, pumpkin cheesecake and delicious pumpkin pie!

**cook time: 50 minutes**

**servings: 12-16**

### *ingredients:*

#### **Chocolate Cookie Crust**

- 1 12- ounce package chocolate sandwich cookies - such as Oreos - Newman's Own or Back to Nature brand (can also use 12-ounces of chocolate graham crackers)
- 5 tablespoons butter, melted - can also use ghee

#### **Pumpkin Pie Filling**

- 1 15-ounce can pumpkin puree
- 3 large eggs
- 1/3 cup pure maple syrup
- 2 tablespoons coconut sugar - or organic cane sugar
- 1/2 cup unsweetened coconut milk - or any milk will do here
- 1 teaspoon vanilla extract
- 1 tablespoon pumpkin spice blend
- pinch of salt
- whipped cream, shaved chocolate, to garnish - optional

### *directions:*

#### **Chocolate Cookie Crust**

1. Preheat oven to 425F. Spray a 9-inch round pie plate with non-stick cooking spray and set aside.
2. Pulse cookies in a food processor until crushed into fine crumbs. Add the melted butter (or ghee) and stir to combine. Press into a 9-inch pie plate.
3. Place pie dish on a baking sheet and bake crust for 10 minutes. Remove and let cool for 10 minutes while you make the filling.

#### **Pumpkin Pie Filling**

1. To a large mixing bowl, whisk to combine canned pumpkin puree, 3 eggs, 1/3 cup maple syrup, coconut sugar, coconut milk, vanilla extract, pumpkin spice blend and a pinch of salt. Pour into chocolate pie crust.
2. Bake for 10 minutes at 425F. Reduce oven to 350F and bake for another 25-30 minutes or until filling is set and a toothpick inserted in the center comes out clean. Remove from oven.
3. Let cool at least 1 hour before serving. Serve with a dollop of whipped cream, if desired.