



Dr. Misa

Thanksgiving Potluck Recipes

Dr. Misa Kawasaki, ND

<https://www.drmisakawasaki.com>



Pumpkin Spice Fruit Salad

4 servings

15 minutes

Ingredients

2 Apple (peeled and chopped into cubes)

2 Pear (peeled and chopped into cubes)

1 1/4 cups Grapes (seedless, halved)

1 tbsp Lemon Juice

2 tbsps Maple Syrup

1 tsp Pumpkin Pie Spice

Directions

1 Combine the apples, pears and grapes in a bowl and toss well.

2 Combine the lemon juice, maple syrup and pumpkin pie spice in a small jar. Stir well to mix, then pour it over the fruit. Toss the fruit salad until everything is coated.

3 Serve immediately or keep covered in the fridge.

Nutrition

Amount per serving

| | |
|----------|-----|
| Calories | 146 |
| Fat | 0g |
| Carbs | 38g |
| Fiber | 5g |
| Sugar | 29g |
| Protein | 1g |
| Sodium | 4mg |

Notes

Leftovers: Store covered in the fridge up to two days.



Chocolate Pumpkin Energy Bars

6 servings

45 minutes

Ingredients

1/3 cup Pumpkin Seed Butter (melted)
 3 tbsps Maple Syrup
 1/2 tsp Ground Ginger
 1/2 tsp Cinnamon
 1 1/2 cups Rice Puffs Cereal
 1/2 cup Pumpkin Seeds
 1 oz Dark Chocolate (chopped)

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 208 |
| Fat | 14g |
| Carbs | 16g |
| Fiber | 3g |
| Sugar | 7g |
| Protein | 6g |
| Sodium | 44mg |

Directions

- 1 In a mixing bowl, whisk together the pumpkin seed butter, maple syrup, ginger, and cinnamon. Gently fold in the rice puffs cereal and pumpkin seeds.
- 2 Transfer and spread the mixture across a parchment-lined container or baking dish. Place another layer of parchment paper on top and firmly press into an even packed layer. (Note: If not compact enough, the bars may come out crumbly.)
- 3 In the microwave, heat the dark chocolate in a small bowl for 30 seconds at a time, until melted. Drizzle overtop with a small spoon.
- 4 Freeze for about 30 minutes and slice into bars. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two weeks, or freeze for up to two months.

Serving Size: One serving equals two bars. A 9 x 6 1/2-inch container was used to make 12 bars or six servings.

No Pumpkin Seed Butter: Use tahini, sunflower seed butter, peanut butter, or almond butter instead.



Turkey & Spinach Roasted Acorn Squash Bowls

4 servings

50 minutes

Ingredients

- 2 Acorn Squash
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Coconut Oil
- 1 lb Extra Lean Ground Turkey
- 2 tbsps Chili Powder
- 1 tsp Oregano
- 1 tsp Cumin
- 1/4 tsp Sea Salt
- 1/4 cup Water
- 4 cups Baby Spinach (chopped and packed)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 337 |
| Fat | 17g |
| Carbs | 26g |
| Fiber | 5g |
| Sugar | 0g |
| Protein | 24g |
| Sodium | 372mg |

Directions

- 1 Preheat the oven to 450°F and line a baking sheet with parchment paper.
- 2 Carefully slice the pointy tips off the bottom of the acorn squash to create a flat surface. Then carefully slice them in half through the center. Carve out the seeds and pulp. Brush the inside of the halves with olive oil. Place face up on the baking sheet and bake for 35 to 45 minutes or until golden brown.
- 3 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 4 Once the turkey is cooked through, stir in the chili powder, oregano, cumin, sea salt and water. Mix very well then add in the baby spinach and continue to stir just until wilted. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 5 Remove squash from oven and stuff each half with the turkey/spinach mix. Top with hot sauce or salsa if you like. Enjoy!

Notes

Vegan & Vegetarian: Use lentils or black beans instead of ground meat.

Save Time: Roast acorn squash ahead of time and warm it at the time of meal.

Leftovers: Store covered in the fridge up to 3 days. Reheat in the oven, toaster oven or slow cooker.

Extra Protein and Healthy Fat: Top with a fried or poached egg.

Waste Not, Want Not: Set aside the seeds from the acorn squash. Rinse them and spread them across a tea towel to dry. Roast in the oven using our Cinnamon Toast Crunch Pumpkin Seeds recipe.



Cauliflower Shepherd's Pie

4 servings

50 minutes

Ingredients

- 1 head Cauliflower (chopped into florets)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 3 cups Mushrooms (sliced)
- 2 Carrot (diced)
- 2 stalks Celery (diced)
- 1 tbsp Italian Seasoning
- 1/4 tsp Sea Salt

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 311 |
| Fat | 17g |
| Carbs | 16g |
| Fiber | 6g |
| Sugar | 8g |
| Protein | 27g |
| Sodium | 312mg |

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
- 3 While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
- 4 Add the meat, and cook until browned.
- 5 Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
- 6 Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
- 7 Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
- 8 Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

Notes

Vegan and Vegetarian: Use cooked lentils instead of ground meat.



Turkey Rolls with Cranberry Sauce

4 servings

1 hour 10 minutes

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 4 cups Baby Spinach
- 2 lbs Turkey Breast
- 1/2 cup Goat Cheese (crumbled)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Vegetable Broth
- 2 cups Frozen Cranberries (diced)
- 1 Navel Orange (juiced)
- 1 tbsp Raw Honey
- Twine

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 372 |
| Fat | 10g |
| Carbs | 16g |
| Fiber | 3g |
| Sugar | 10g |
| Protein | 56g |
| Sodium | 340mg |

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Heat olive oil in a skillet over medium heat. Add baby spinach and saute until wilted. Once wilted, remove from heat.
- 3 Use a meat mallet to pound the turkey breasts into a thin layer. This will make it easier to roll.
- 4 Place a large piece of parchment paper across your counter. Cut 8 long strings of twine and lay them in pairs across the parchment paper, about 1 inch apart. Place each turkey breast across two pieces of twine. Season the turkey with sea salt and black pepper.
- 5 Spread your goat cheese across each turkey breast leaving a 1/2 inch border all the way around. Add the wilted spinach. Roll up each turkey breast and tie the twine around it into a tight knot. Trim the excess twine and discard. Season with salt and pepper.
- 6 Add the broth to a baking dish to cover the bottom. Set the rolled turkey breasts inside. Cook in the oven for 35 to 45 minutes or until cooked through.
- 7 Meanwhile, start the cranberry sauce. Combine cranberries, orange juice and honey in a sauce pan. Place over medium heat and stir occasionally for about 15 minutes or the sauce thickens. Reduce heat to low and cover until ready to serve. Add a few splashes of water if the sauce becomes too thick.
- 8 Remove the turkey and let it rest for 10 minutes. Remove the twine. Slice into 2 inch thick medallions. Drizzle with cranberry sauce. Enjoy!

Notes

Get Creative: Roll the turkey with your favorite stuffing instead of spinach and goat cheese.

Keep it Simple: Reduce prep time by skipping the roll up, baking turkey breast on their own and serving the spinach and goat cheese on the side.



Creamy Turmeric Pumpkin Soup

4 servings

1 hour 15 minutes

Ingredients

- 2 1/2 cups Pie Pumpkin
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (chopped)
- 2 Garlic (clove, minced)
- 2 tps Turmeric
- 1/2 tsp Sea Salt
- 1/2 tsp Cinnamon
- 2 1/2 cups Vegetable Broth (plus more if needed)
- 1/2 cup Canned Coconut Milk (full fat)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 187 |
| Fat | 16g |
| Carbs | 11g |
| Fiber | 2g |
| Sugar | 5g |
| Protein | 2g |
| Sodium | 714mg |

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cut the pumpkin in half and scoop out the seeds. Rub the inside and coat the edges with 1/3 of the oil. Place cut side down on the prepared baking sheet and roast for about 40 minutes or until the pumpkin is easily pierced with a fork. Remove from the oven and let cool slightly. Scoop the flesh of the pumpkin away from the skin, measure out the amount needed in cups, and set aside. Store any leftover pumpkin in the fridge or freezer.
- 3 Heat the remaining oil in a pot over medium heat. Add the onion and cook for 3 to 5 minutes until just softened. Add the garlic, turmeric, sea salt and cinnamon. Stir to combine and cook for another minute more. Add the vegetable broth and then stir in the roasted pumpkin.
- 4 Bring the soup to a gentle boil and then let simmer for 5 to 10 minutes to allow the flavors to come together. Stir in the coconut milk.
- 5 Transfer the soup to a blender and blend until smooth. Add more vegetable broth to the blender until desired consistency is reached. Season with additional salt if needed.
- 6 Divide soup between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately 1 1/4 cups of soup.

Pumpkin: A 2 lb pie pumpkin yields approximately 2 1/2 cups.

More Flavor: Black pepper, fresh ginger or a drizzle of maple syrup or other liquid

sweetener.

Additional Toppings: Extra coconut milk or fresh herbs like cilantro.

No Olive Oil: Use butter, ghee or avocado oil instead.

No Pumpkin: Use a butternut squash instead.



Warm Farro & Sweet Potato Salad

4 servings

40 minutes

Ingredients

- 1 cup Farro (rinsed)
- 3 cups Water
- 1/2 tsp Sea Salt (divided)
- 4 cups Baby Spinach
- 1 Sweet Potato (large, cubed)
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1/2 cup Walnuts (chopped)
- 1/3 cup Parsley (roughly chopped)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 426 |
| Fat | 24g |
| Carbs | 43g |
| Fiber | 6g |
| Sugar | 3g |
| Protein | 11g |
| Sodium | 354mg |

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Add the farro to a medium sized pot with water and half the sea salt. Bring to a boil. Once water has boiled, reduce heat to low and simmer for 30 minutes. When the farro is done cooking, add the spinach to the pot. Stir and cover until the spinach is wilted.
- 3 While the farro cooks, line a baking sheet with parchment paper and add the sweet potato. Cook in the oven for 20 to 25 minutes or until cooked through. Remove and set aside.
- 4 In a small bowl, mix the extra virgin olive oil, lemon juice and remaining sea salt.
- 5 Divide the farro and spinach mixture between plates. Top with sweet potato, walnuts and parsley. Drizzle the lemon dressing on top. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Gluten-Free: Instead of farro, use brown rice cooked according to package directions.

Nut-Free: Use pumpkin seeds instead of walnuts.