

PREP  
DISH



# HOLIDAY

A COLLECTION OF FESTIVE PREP-AHEAD RECIPES

# Introduction

When people conjure up memories of the Holidays, they are often tied to food. And that is with good reason; the kitchen is the heart of your home. The colors, textures, smells, traditions, and time with family is treasured amongst many families.

Often this time is spent laboring in the kitchen and sweating the small stuff - it doesn't have to be. Using the recipes in this cookbook will help with some much needed advance preparation so that you can relax and enjoy time with friends and family, versus spending all your time in the kitchen.

I also aim to help you enjoy many of the time-honored traditional holiday foods - like turkey, dressing, rolls, pies - while honoring a gluten-free and Paleo lifestyle.

I hope this cookbook fills you with love and light that spreads to those who gather around your holiday table!

*Cheers,  
Allison*



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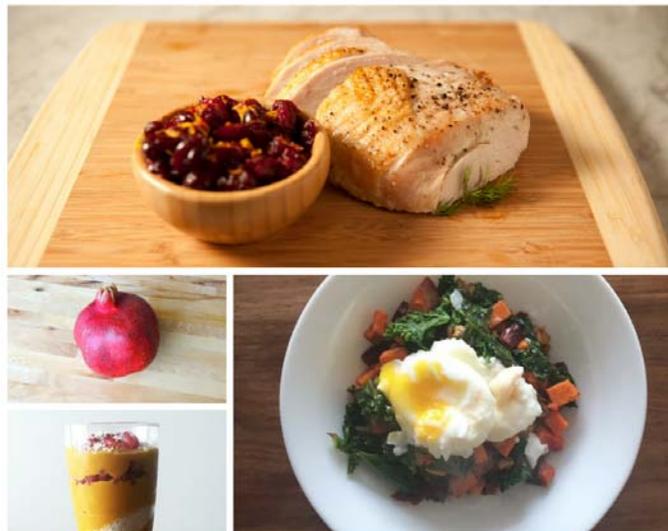
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# General Guidelines

- 1.) All of the recipes in the Holiday cookbook are gluten-free. Most of the recipes are Paleo-friendly or can be made Paleo with a few easy changes.
- 2.) Read ingredient labels on spice mixes and broths to avoid added sugar, caramel coloring, msg, gluten, etc. You want to see a clean ingredient label with foods you recognize.
- 3.) The number of servings can easily be increased/ decreased to fit your needs. Feel free to double or triple, or even cut in half.
- 4.) All of our recipes are flexible (except for baking). We encourage you to make them your own by making substitutions like ground turkey for ground beef, use almond butter instead of peanut butter, make dairy-free, etc. We want YOU to enjoy the dish!
- 5.) Keep in mind that baking is more of an exact science than other recipes so if you are going to adjust proportions, we encourage you to try it before serving your guests.
- 6.) Freeze-ahead recipes (look for the snowflake icon) can be made up to 2 months in advance. Of course, you can skip the freezing and make a few days in advance.
- 7.) Dairy is always optional (even in the Lasagna dairy can be omitted, and we tell you how!).
- 8.) As a good rule of thumb: get to know the meat department on a first name basis, and don't be afraid to ask questions about where your meat comes from and how it was raised. Your butcher can also help prepare your meat or seafood in a special way.
- 9.) Olive oil is not listed in the ingredient list if quantity required is under 1T.
- 10.) If you have questions, please give us a shout! You can find us on email ([info@prepdish.com](mailto:info@prepdish.com)), Facebook ([facebook.com/prepdish](https://www.facebook.com/prepdish)) and Twitter ([@prepdish](https://twitter.com/prepdish)). We also love when you post your food pictures. Be sure to tag [#prepdish](https://twitter.com/prepdish) or [@prepdish](https://twitter.com/prepdish).



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**\*\*Note:** To quickly find a recipe in this document, use CTRL + F and enter the recipe in the search box.



## BREAKFAST & BRUNCH

# SWEETS, BEETS & KALE BREAKFAST HASH

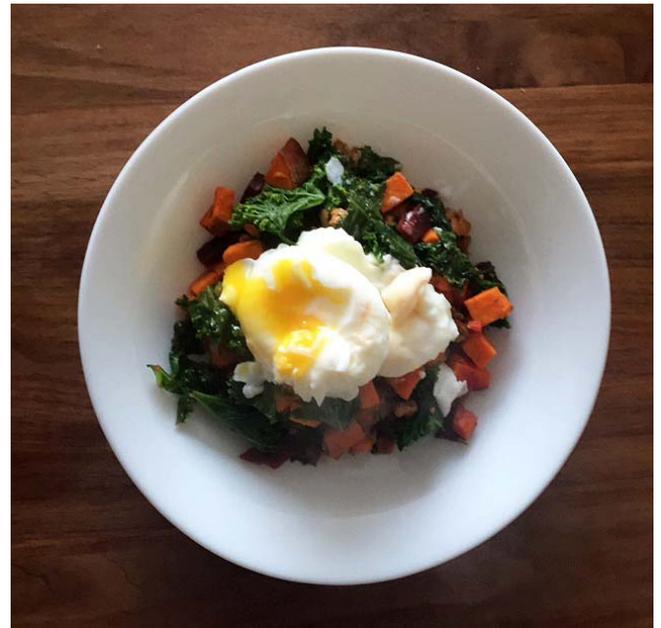
Serve your guests a protein-rich breakfast that will keep them full until your Holiday meal is served. This hash uses any extra sweet potatoes and kale from the other recipes in the cookbook. Try also playing with butternut squash instead of sweet potato, ground turkey instead of pork, chard instead of kale, etc.

**Prep Dish Tips:** Chop veggies ahead of time and store until ready to cook hash. Double up and freeze a batch of cooked breakfast hash for that week when you really don't have time for breakfast.

Serves: ~ 4

### Ingredients:

1 large sweet potato  
2-4 large beets  
1 bunch kale  
1 small yellow onion  
1# ground pork  
1 tsp ground mustard  
1 tsp paprika  
1T herbs de Provence  
1T fennel seeds



### Instructions:

- 1) Peel and chop sweet potato and beets. Remove kale leaves from stem and finely chop both stem & leaves. Finely dice onion.
- 2) In a very large sauté pan over medium-high heat, cook ground pork and chopped onion for ~5min, breaking apart pork. Season with ground mustard, paprika, herbs de Provence, fennel seeds, and S&P.
- 3) Add chopped beets, sweet potatoes and kale (I recommend placing beets in the pan first as they will take the longest to cook). Cover pan and turn heat to medium. Allow veggies to cook ~20-25 min, stirring occasionally, until beets and sweet potatoes are cooked through. Taste and add S&P and any additional seasoning as needed.



## BREAKFAST & BRUNCH

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# PEAR SPICE MUFFINS

Grab a cup of your favorite coffee or a chai tea and savor the tastes of the season!

**Prep Dish Tip:** Double up and freeze a batch of muffins for an emergency breakfast or snack at a later date!

Yields: 20-22 muffins

### Ingredients:

4 pears  
3c almond flour  
1.5 tsp baking powder  
1.5 tsp baking soda  
1T pumpkin pie spice  
4 eggs  
1/3c maple syrup (or brown sugar)  
1tsp vanilla extract

### Instructions:

- 1) Preheat oven to 375 F.
- 2) Remove stem and core from pears. Dice 2 pears to fold into muffins. Roughly chop 2 pears to be pureed in blender.
- 3) In a large bowl, combine: 3c almond flour, 1.5 tsp baking soda, 1.5 tsp baking powder and 1T pumpkin pie spice.
- 4) In a blender, puree together: 4 eggs, 1/3c maple syrup (or brown sugar), 1 tsp vanilla extract, roughly chopped pears.
- 5) Stir together the wet ingredients with the dry ingredients. Gently fold in diced pears.
- 6) Place in muffin tin lined with paper liners. Bake at 375 for 30-35 minutes.



## BREAKFAST & BRUNCH

# MUSHROOM, CARAMELIZED ONION, SPINACH & GOAT CHEESE FRITTATA

**Prep Dish Tip:** Make the Frittata in muffin tins for grab and go, individual portions.

Serves: ~ 4

### Ingredients:

1-2 sprigs fresh rosemary  
1 red onion  
8 oz sliced mushrooms  
5 oz bag baby spinach  
8 eggs  
8 oz soft goat cheese  
~2T olive oil  
1/2 tsp ground black pepper



### Instructions:

- 1) Preheat oven to 350 F.
- 2) Finely chop rosemary to equal 1T + 1 tsp. Slice 1 red onion into thin strips.
- 3) Toss 1T chopped rosemary with 8 oz sliced mushrooms and 1 tsp olive oil. Roast at 350 F for 25 minutes. Allow to cool when finished roasting.
- 2) Meanwhile, heat 1T olive oil over medium heat, add sliced onions and a pinch of salt. Stir occasionally for 20-25 minutes, adding more oil and lowering heat as needed. When caramelized, add baby spinach and cook for 2-3 minutes until wilted. Turn off heat and allow to cool.
- 3) Whisk 8 eggs in a large bowl. Stir in roasted mushrooms, caramelized onions & spinach, and 1 tsp chopped rosemary.
- 4) Crumble in 8oz goat cheese and season with 1/2 tsp ground black pepper.
- 5) Pour into an oiled 8x8", 9x9", or pie pan. Sprinkle with 1/8 tsp salt.
- 6) Bake at 350 F for 34-38 minutes or until no longer jiggly. Cool and store until ready to serve. Reheat whole Frittata in oven or slice into individual portions and reheat in toaster oven or microwave.



## MAIN DISH & SOUPS

# ZUCCHINI & GRASS FED BEEF LASAGNA

There is one dish that I make for ALL of my dinner guests - lasagna. It is easy to prep ahead, and no one can tell that it's gluten-free. Feel free to substitute any ground meat for the beef - turkey, bison, chicken sausage, etc. Use rice noodles or all vegetable "noodles" to make it Paleo. The dairy can easily be omitted or substituted with cashew cheese. Learn how to make cashew cheese here:

[www.prepdish.com/eggplant-grass-fed-beef-lasagna/](http://www.prepdish.com/eggplant-grass-fed-beef-lasagna/).

Serves: ~6

### Ingredients:

2 zucchini  
1T olive oil  
1 large yellow onion, finely chopped  
15 oz container sliced mushrooms  
1# grass-fed ground beef  
1 large jar marinara sauce  
1 small bag fresh baby spinach  
1 box gluten-free lasagna noodles  
2c full fat plain Greek yogurt  
6oz ball of fresh mozzarella, sliced thinly  
S&P



### Instructions:

- 1) Preheat oven to 375 F.
- 2) Slice zucchini thinly, longways, with a mandolin if you have one, or use a knife carefully, making long planks. Place on a sheet pan in a single layer and drizzle with 1T olive oil and season lightly with salt & pepper. Roast until cooked and lightly brown, about 10 minutes.
- 3) Sauté chopped onion, sliced mushrooms & ground beef over medium-high heat, breaking apart ground meat. Cook 8-10 minutes or until meat is browned.
- 4) Add the entire jar of marinara sauce and baby spinach, and stir to combine. Cover and cook 2-3 minutes or until spinach is wilted.
- 5) Layer in a 9x13 baking pan in the following order: - 1/3 meat sauce - uncooked noodles - 2 cups yogurt - 1/3 meat sauce - roasted vegetable noodles - 1/3 meat sauce - sliced mozzarella.
- 6) Bake at 375 F for about 40-50 minutes until bubbly and cheese is melted. Cool. Serve or cover and freeze for later.



## MAIN DISH & SOUPS

# VEGGIE TACO SOUP

Warm and hearty this is a crowd pleaser! Make an extra batch of [cornbread](#) to serve with the taco soup.

**Prep Dish Tips:** Add ground turkey or ground beef to the soup for meat lovers. Make this soup Paleo by eliminating beans and corn and adding extra vegetables such as peppers, spinach, or kale. Top the soup with avocado slices, sour cream and shredded cheese (as pictured).

**Serves:** ~ 4-6

### Ingredients:

- 1 yellow onion
- 1 red bell pepper
- 2 cloves garlic
- 1 jalapeño
- 2 corn cobs (or 1c frozen kernels)
- 1-2 tsp olive oil
- 2T taco seasoning
- 2c tomato puree
- 4c veggie broth
- 1 can black beans, drained/rinsed
- 1 can kidney beans, drained/rinsed
- Optional toppings: avocado, cheese, sour cream/Greek yogurt



### Instructions:

- 1) Finely chop 1 yellow onion, 1 red bell pepper, 2 cloves garlic, 1 jalapeño (discard seeds) and cut corn from cob.
- 2) In a large soup pot over medium-high heat add: 1 tsp olive oil + chopped veggies. Cook for ~10 minutes.
- 3) Add 2T taco seasoning, 2c tomato puree and 2 1/2c broth, turn heat to low and simmer for 30 minutes.
- 4) Add black beans, red beans and corn. Cook an additional 10 minutes.
- 5) Serve with optional avocado slices, cheese and sour cream/Greek yogurt.



## MAIN DISH & SOUPS

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# Creamy Broccoli Soup

Your holiday guests will never know this version of broccoli soup is vegan! Sssshhhh...don't tell anybody!

Serves: ~ 6-8

### Ingredients:

1 head broccoli  
1 yellow onion  
1 tsp olive oil  
2 cloves garlic  
4c broth (optional)  
1c cashews

### Instructions:

- 1) Roughly chop broccoli and yellow onion (these will eventually be pureed).
- 2) Heat 1 tsp olive oil in a large pot over medium-high heat.
- 3) Add roughly chopped onion, broccoli and 2 peeled garlic cloves. Saute for 2-3 min.
- 4) Add about 4c broth or water to veggies (or enough to just cover veggies). Bring to a low simmer and cook for 30 minutes. Set aside to cool.
- 5) In a separate small pot, bring 1c water to boil. Remove from heat and add 1c cashews. Allow to soak, set aside.
- 6) Blend the following on high until smooth: soaked cashews, soaking water, cooked broccoli and onions. Add water if needed for consistency. Season with S&P.





## MAIN DISH & SOUPS

# CROCKPOT PORK STEW

This recipe is designed to be made ahead and stored in freezer until ready to serve. Simply defrost and let your Crockpot do the cooking. Perfect to have ready after a family game of football or a long hike. Try freezing the veggies only and then subbing the pork with leftover turkey on the day you cook the stew!

Serves: ~ 6-8

### Ingredients:

3 limes  
1T chopped garlic  
2T chili powder  
1T cumin powder  
1-2 tsp cayenne, optional  
1# pork stew meat  
4 stalks celery  
1/2# carrots  
1 yellow and 1 red bell pepper  
2 medium sweet potatoes  
1 small red onion  
1 jalapeño, optional  
4c chicken broth



### Instructions:

- 1) Whisk together the juice of 3 limes, 1T chopped garlic, 2T chili powder, 1T cumin and 1-2 tsp cayenne (optional). Toss with pork stew meat and set aside to marinate.
- 2) Finely chop celery stalks, carrots, sweet potatoes, both bell peppers and red onion. Keep ingredients separate. Cut jalapeño in half, remove seeds and white veins (option to keep some seeds for added heat), and finely dice.
- 4) In a large freezer-friendly container, layer the following ingredients in this order: chopped onion, chopped carrots, chopped celery, diced jalapeño (optional), both chopped bell peppers, chopped sweet potatoes, seasoned pork stew meat
- 5) Store labeled container in freezer for use within the next 2-3 months.

### Slow-Cooker Instructions:

- 1) Remove container from freezer and, ideally, place in refrigerator overnight to thaw. If not thawed, run hot water over freezer container until food "releases" from container.
- 2) Place ingredients in slow cooker + broth on high for 4-6 hours; low for 8-10 hours.
- 3) Add extra broth or water for desired consistency. Season to taste as needed with salt and pepper. Add additional cayenne for heat if desired.



# ROSEMARY SEA SALT BISCUITS

Yields: 18-20 biscuits

### Ingredients:

1 bunch rosemary  
2c almond flour  
2 tsp baking powder  
1/8 tsp coarse sea salt  
3T unsalted butter  
6 eggs, separated

### Instructions:

- 1) Preheat oven to 400 F.
- 2) Finely chop 1T rosemary.
- 3) In a large bowl, combine 2c almond flour, 2 tsp baking powder, 1/8 tsp salt.
- 4) Using a fork, cut in 3T butter until texture is sand-like (pea-size clumps and smaller). Place bowl in fridge.
- 5) Whisk together 6 egg whites until frothy (1-2 mins in stand mixer; 2-3 mins by hand).
- 6) Fold egg whites into almond mixture. Gently stir in 2 tsp finely chopped rosemary (saving remainder to sprinkle on top).
- 7) Using a 1oz ice cream scoop or large spoon, drop onto baking sheet sprayed with oil (or use silpat). Sprinkle biscuit tops with remaining 1 tsp chopped rosemary.
- 8) Bake at 400 F for 12 minutes.
- 9) Allow to cool and store in airtight container in freezer.

### Day-of Reheat Instructions:

- 1) Reheat in 400 F oven for 10-15 minutes. This is perfect to do after removing turkey.



# SWEET POTATO PIE WITH PECAN CRUST

Yields: 1 pie

### Ingredients:

1 large or 2 small sweet potatoes  
1/4c coconut oil  
1/4c medjool dates, pitted  
1c pecans  
1/4c maple syrup  
3 eggs  
1T pumpkin pie spice

### Instructions:

- 1) Bring a large pot with 4-6" of water to a boil. Lower heat to simmer. Pierce unpeeled sweet potatoes with knife. Place in a steamer over the large pot of water (or directly in water if no steamer is available). Cover with tight-fitting lid and steam 1-1.5 hours or until a knife easily pierces potatoes. Add water as needed. When cooked, remove and place in refrigerator to cool.
- 2) Preheat oven to 350 F.
- 3) Prepare crust by combining in a food processor or blender: 1/4c coconut oil, 1/4c pitted dates, 1c pecans. Blend until crust comes together and is well combined.
- 4) Press into an oiled pie pan. Bake at 350 F for 10 mins. Allow to cool for ~5 minutes.
- 5) Prepare the filling by combining in a food processor or blender: 1/4c maple syrup, 3 eggs, cooked sweet potato (skins removed), 1T pumpkin pie spice.
- 6) Add filling to prepared/cooled pie crust. Bake for an 25-30 minutes at 350 F or until set and no longer jiggly. Cool for 30 minutes before serving.





# Peanut Butter Cookies

This quick and easy 3-ingredient cookie is family-friendly and oh so good! I love this recipe so much that I made 200 cookies to serve guests at my wedding. Plan on doubling the batch and keeping some in the freezer to pull out later - they will go FAST! If you have peanut allergies or are strict Paleo, substitute the peanut butter with almond butter or sunflower seed butter.

Yields: ~ 20 cookies

### Ingredients:

1 egg  
1c medjool dates, pits removed  
1c peanut butter\*  
optional add-ins:  
½c dark chocolate chips or dried cherries



### Instructions:

- 1) Preheat oven to 350 F.
- 2) Place 1 egg & 1c dates in a blender, blending until smooth (3-4 minutes).
- 3) Add in 1c peanut butter, blending until mixed smooth.
- 4) Stir in ½c dark chocolate chips or dried cherries, if using.
- 5) Drop by spoonfuls onto an oiled baking sheet or use silpat.
- 6) Bake in 350 F oven for 10-12 minutes.

\*Note: read ingredients for peanut butter, the only ingredients should be peanuts & salt. Avoid peanut butter with added sugar.



## SNACKS

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# Kiwi Pomegranate Cups

How amazingly gorgeous is the combination of kiwi and pomegranate?! Imagine serving in a champagne flute topped with a dollop of whipped coconut cream. Viola! Instant holiday dessert or healthy snack!

Serves: 6-8

### Ingredients:

12 kiwis  
2 pomegranate

### Instructions:

- 1) Peel & cut kiwis into chop each kiwi into 6-8 bite-sized pieces.
- 2) Remove arils from pomegranate.
- 3) Toss together and store until ready to serve.





## SNACKS

# Spiced Maple Rosemary Pecans

Your house will smell like the holidays while toasting this sweet & savory snack! It will be hard to save them for your guests.

Yields: ~2 cups

### Ingredients:

3T butter  
1T chopped fresh rosemary  
1 tsp cinnamon  
1/2 tsp cayenne  
Pinch of nutmeg  
1 tsp S&P  
3T honey (or brown sugar)  
1# pecan halves

### Instructions:

- 1) Preheat oven to 350 F.
- 2) Melt 3T butter in medium sauté pan over medium-high heat.
- 3) Add 1T chopped fresh rosemary, 1 tsp cinnamon, 1/2 tsp cayenne, pinch nutmeg, 1 tsp S&P and 3T honey (or brown sugar).
- 4) Toss in 1# pecans to coat.
- 5) Spread pecans in a single layer on a baking sheet lined with a silpat.
- 6) Toast in 350 F oven for 10 minutes, stirring halfway through.
- 7) Cool and store in airtight container.





## SIDES & SAUCES

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# Mashed Potatoes & Cauliflower

Have fun with the variations here! You can do potatoes only, or straight up cauliflower. Try subbing the russet potatoes with sweet potatoes and serve with or without the cauliflower. Either way you choose, they are delish!

Serves: 6-8

### Ingredients:

2# russet potatoes (~2 large)  
1 head of cauliflower  
1-3T unsalted butter (optional)  
~1c chicken broth  
S&P

### Instructions:

- 1) Bring a large pot with 4-6" of water to a boil. Lower heat to simmer. Pierce unpeeled potatoes with knife. Place in a steamer over the large pot of water (or directly in water if no steamer is available). Cover with tight-fitting lid and steam 1-1.5 hours or until a knife easily pierces potatoes. Add water as needed. When cooked, remove and place in refrigerator to cool.
- 2) Meanwhile, remove stem from cauliflower and cut head into quarters.
- 3) Steam quartered cauliflower for 30 minutes. Option: Use the same steamer and water as used for potatoes.
- 4) Place 1/2c chicken broth and cooled, steamed cauliflower in a blender or stand up mixer. Puree until smooth. Add additional broth or water, 1-2T at a time, as needed to reach desired consistency. Be careful not to add too much liquid as you will end up with a soupy consistency. The goal is to reach a thick and creamy, mashed potato-like consistency. Set aside.
- 5) Cut potatoes into large pieces (you can remove skin or leave on, up to you!). Pulse in food processor or mash by hand until desired consistency is reached. You may need to add more broth to reach desired consistency.
- 6) Mix mashed potatoes with mashed cauliflower. Season to taste with S&P and 1-3T butter (optional).



## SIDES & SAUCES

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# Cornbread Stuffing with Pumpkin Seeds

I love cornbread! Growing up, my mom used to make Jiffy cornbread and serve with ham and beans. I've developed a cornbread recipe that's gluten-free (Jiffy is not!) and just as delicious! You will use this recipe as a base for the Cornbread Stuffing. The instructions below are for both the cornbread and the stuffing (on the next page).

Serves: ~8 to 10

### Ingredients:

2c cornmeal  
1T baking powder  
1/4 tsp salt  
4 eggs (divided)  
1/2c honey  
1/4c + 1T olive oil  
2-3 cloves garlic  
3 stalks celery  
1 large leek  
1 red onion  
2c broth  
1/4c pumpkin seeds

### Cornbread Instructions:

- 2) Preheat oven to 400 F and oil a 9x13 pan.
- 2) Stir the following ingredients together in a large bowl:
  - 2c cornmeal
  - 1T baking powder
  - 1/4 tsp salt
- 3) In a separate small bowl, whisk together:
  - 2 eggs
  - 1c water
  - 1/4c olive oil
  - 1/4c honey
- 4) Add wet ingredients to dry ingredients. Stir well to combine. Place in oiled 9x13 pan.
- 5) Bake at 400 F for 18-20 minutes. Store at room temperature (it's okay if it becomes dry) until ready to make stuffing (below).



# Cornbread Stuffing with Pumpkin Seeds (continued)

## Stuffing Instructions:

- 1) While cornbread cooks, finely chop garlic and finely dice celery stalks and red onion.
  - 2) Cut and discard top greens and bottom roots from leek. Cut remaining white part in half, lengthwise, then thinly slice crosswise. Place in a bowl of water, separating layers and allowing dirt to settle to the bottom.
  - 3) Heat 1 tsp olive oil in large saute pan over med-high heat. Add red onions, saute 10 minutes. Then add garlic, celery and leeks. Saute 10-15 minutes, season with S&P.
  - 4) In a large mixing bowl, combine the following:
    - cornbread (from recipe above)
    - 2c broth + 1c water
    - 2 eggs (whisked)
    - sauteed onion, garlic, leeks and celery
  - 5) Place stuffing in an oiled 9x13 pan, sprinkle with 1/4c pumpkin seeds.
- \*\*Note: stuffing can be pre-made and stored in refrigerator until ready to bake.
- 6) When ready to bake stuffing, preheat oven to 400F.
  - 7) Bake uncovered for 1hr, 15 min.



## SIDES & SAUCES

# Kale Salad with Pomegranate, Roasted Squash & Walnuts

Massaged Kale Salad with Blueberries, Almonds & Avocado is one of the most requested menu items at Prep Dish Personal Chef. I decided to create a similar salad with a holiday twist!

**Prep Dish Tip:** This salad can be made up to 5 days in advance. Longer this one sits, the better it gets!

Serves: 4-6

### Ingredients:

1 large or 2 small butternut squash, peeled and cut into 1/2" dice  
1/2c +1-2 tsp olive oil  
2 oranges  
2 bunches curly kale  
2 tsp coarse sea salt  
1 pomegranate, seeds removed  
1/2c walnuts, chopped



### Instructions:

- 1) Pre-heat oven to 400 F.
- 2) Place diced butternut squash on a sheet pan, toss with 1-2 tsp olive oil + S&P.
- 3) Roast squash for 30-35 minutes or cooked through. Set aside to cool.
- 4) Zest 1 orange, set zest aside.
- 5) Make dressing by whisking together the juice of 2 oranges (~1/2c OJ) and 1/2c olive oil, set aside.
- 6) Remove kale leaves from stems and cut into smaller pieces, ~2" and place into a mixing bowl.
- 7) Sprinkle kale leaves with 2 tsp coarse sea salt and orange zest. Then pour OJ & olive oil dressing on top. Using your hands, massage the dressing and salt into the kale leaves for 1-2 minutes. The leaves should shrink by 25-50% in size.
- 8) Toss the kale with the pomegranate seeds, roasted butternut squash & chopped walnuts.



## SIDES & SAUCES

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# Maple Mustard Salad Dressing

I love using this dressing in the fall because it pairs so nicely with cranberry, apple, pomegranate, kale, shrimp, salmon, pork, chicken and more. Make a big mixed green salad topped with dried cranberries and peas or hazelnuts and fennel and drizzle 1-2T of maple mustard dressing per serving.

Yields: 12-16 individual portions

### Ingredients:

1c olive oil  
1/2c grainy mustard  
1/2c maple syrup

### Instructions:

- 1) Whisk together all of the above.
- 2) Store in refrigerator for up to 1 month.
- 3) When ready to serve, bring dressing to room temperature for ~20 minutes and shake well before using.





# Orange Cranberry Sauce

One of my favorite Holiday dishes is cranberry sauce. I've been making my own for years because it's so simple, stores well and I love serving it on a cheese platter (like a chutney) later that week. You can add spices like cinnamon & cloves, but my favorite version uses fresh orange zest and orange juice.

Yields: ~2 cups

### Ingredients:

10oz cranberries (fresh or frozen, thawed)  
1T orange zest (from ~2 oranges)  
1 cup orange juice (I use fresh squeezed, but from a carton works, too)  
¼c honey

### Instructions:

- 1) Place all ingredients in small pot and bring to a boil over high heat.
- 2) Turn burner to low heat and continue cooking for 10 minutes, stirring occasionally.
- 3) Transfer to bowl and place in refrigerator to cool.





## MAIN DISH

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# Marinade + Rosemary Citrus Turkey Breast

When I'm hosting a smaller Thanksgiving, I often cook a turkey breast instead of a whole bird (even though I prefer the dark meat). Using only a breast frees up a lot of oven space!

**Prep Dish Tip:** Make the marinade a few days in advance and keep in the fridge until ready to use.

Serves: 6-8

### Ingredients:

1 bunch rosemary, roughly chopped  
4 cloves garlic, roughly chopped  
3 oranges  
1 lemon  
1/2c olive oil  
4c chicken broth (if using store bought, read ingredients and avoid added sugars and other unnecessary fillers)

~4# bone-in turkey breast

### Instructions:

- 1) Zest oranges and lemons and then juice.
- 2) In large storage container, stir together;  
citrus zest & juice  
chopped rosemary & garlic  
4c chicken broth  
1/2c olive oil  
1c water  
2T salt
- 3) Add turkey breast to marinade and marinate turkey for 24 hours (or a minimum of 1 hour up to 48 hours).
- 4) When ready to cook, pre-heat oven to 450 F.
- 5) Remove turkey from marinade and place in baking pan. Cook at 450 F for 5 minutes.
6. Lower temperature to 400 F and continue to roast for ~1-1.5 hours or until internal temperature of 165 F is reached.



## MAIN DISH

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# Mustard Dill Crusted Salmon

I love serving this dish to non-meat eaters. The mustard and dill perfectly compliment the salmon and marry well with the flavors in the [maple-mustard salad dressing!](#)

Serves: 4

### Ingredients:

1 bunch fresh dill  
1c grainy mustard  
4 salmon fillets, 4-6 oz. each

### Instructions:

- 1) Tear off top half of dill (discarding the thicker stem portion) and place a large handful in blender or food processor.
- 2) Add 1c grainy mustard and blend until dill is chopped.
- 3) Spread 1-2T mustard-dill sauce on each salmon fillet.
- 4) Store in sealed container in refrigerator until ready to cook.
- 4) When ready to cook, pre-heat oven to 425F.
- 5) Place prepared salmon on baking sheet. Bake for 18-22, or until fish is just cooked through and flaky.



## DESSERT

# Pumpkin Pudding Parfaits

Serves: 4-6

### Ingredients:

2 cans pumpkin puree  
11oz (~1c) full fat coconut milk  
1/2c maple syrup  
1 tsp - 1/2T pumpkin pie spice

### Instructions:

- 1) Place the above ingredients in a food processor or blender and blend on high until completely combined and smooth.
- 2) Refrigerate for at least 1 hour before serving. Option to store in refrigerator for up to 1 week.
- 3) Serve topped with whipped coconut cream and chocolate shavings or layer with pomegranate arils and shredded coconut like in the picture. Don't be afraid to try your own combinations as well!





## DESSERT

# Coconut Chocolate Truffles

**Prep Dish Tip:** This recipe calls for rolling the truffles in coconut, but you could also try rolling them in cinnamon, chiptole powder, or cocoa powder (or a combination of them!).

Yield: 16 truffles

### Ingredients:

1 tsp vanilla extract  
1 1/2c walnuts  
1c medjool dates  
1/2c cocoa powder  
1/2c unsweetened coconut

### Instructions:

- 1) In a blender, combine the following:
  - 4T water
  - 1 tsp vanilla extract
  - 1 1/2c walnuts
  - 1c pitted dates
  - 1/2c cocoa powder
- 2) Blend until smooth, adding more water as needed.
- 3) Roll in to balls.
- 4) Roll formed balls in coconut flakes.
- 5) Store in refrigerator in airtight container until ready to serve.





## BONUS

# Grapes Rolled in Goat Cheese & Pistachios

Serves: ~8

### Ingredients:

2c grapes  
10oz soft goat cheese  
1/2c chopped pistachios  
2-4 pecan halves

### Instructions:

- 1) Allow goat cheese to come to room temperature.
- 2) Roll individual grapes in goat cheese.
- 3) Coat in chopped pistachios
- 4) Store in refrigerator until ready to serve.
- 5) Arrange on plate and add 2-4 pecans as tree trunk.





## BONUS

# Pomegranate Orange Spritzer

This mocktail is perfectly balanced between sweet and tart! Can't find pomegranate juice? Sub cranberry juice (watch labels for added sugars). You can easily increase/decrease amounts; just stick to a 1:1:1 ratio.

Serves: 4-6

### Ingredients:

2c pomegranate juice  
2c orange juice (3-4 oranges if fresh squeezed)  
2c soda water

### Instructions:

1) Pour in a pitcher filled with ice. Serve.



# Pomegranate Rosemary Cocktail

Serves: 4

### Ingredients:

1/2c honey  
3 fresh rosemary sprigs (option: additional sprigs to use as a garnish)  
2c pomegranate juice (no sugar added)  
1/2c gluten-free vodka  
4c soda water (or champagne)

### Instructions:

1) Place 1/2c honey + 1/2c water + 3 whole sprigs fresh rosemary in a small saucepan on stove top over medium heat. Allow mixture to just begin to bubble, turn to low and cook 1-2 minutes, stirring occasionally. Set aside to cool.

2) In a large pitcher, place: 2c ice cubes + 2c pomegranate juice + 1/2c vodka + 4c soda water

3) Remove rosemary sprigs from simple syrup and add simple syrup to the pitcher. Stir to combine. Option to serve with a rosemary garnish.



# With Gratitude!

A very heartfelt thank you for purchasing and downloading our Holiday cookbook! We had an incredible time putting this together with you mind. Andrea and I extend our deepest wishes for a joyful holiday season to you and yours! Please share your feedback via email and food pictures with us on Facebook, Twitter, or Instagram. @prepdish or #prepdish.

*Happy Holidays, Allison*

## About Chef Allison

Chef Allison Schaaf, MS, RD, LD is a food, nutrition & culinary expert and founder of Prep Dish. Allison has helped people achieve their nutrition goals for over fifteen years and holds a Bachelor's Degree in Culinary Nutrition from Johnson & Wales University, a Masters in Nutrition Communications from Tufts University, and became a Registered Dietitian at New England Medical Center. When she isn't cooking, Allison fully embraces life as an Austinite, supporting the amazing food scene and enjoying the year-round warm temperatures. She is an avid yogi and enjoys hiking, stand-up paddle boarding and regular walks around Lady Bird Lake. A frequent traveler, Allison draws culinary inspiration from each trip; recent adventures include Africa, Spain, Hawaii. During the holidays, she loves spending time in the kitchen with loved ones. Pictured are her favorite sous chefs: her husband, Brook, and her twin nieces, Emmy & Elsa. Her favorite Holiday dish? Cornbread Stuffing.



## About Andrea

Andrea Schulle is the Operations Manager at Prep Dish, helping with Customer Service, Operations, Marketing, Social Media, Blogging and more. Andrea's from San Antonio, but got to Austin as fast as she could. She is a UT grad with a degree in Advertising and a career focus in Marketing Communications. More importantly (ha!) Andrea is a die-hard foodie who strongly believes in the power of good, clean, healthy food. And whose family of four rarely misses a dinner together. Her favorite Holiday dish? Sweet Potato Pie!

## About Prep Dish

At Prep Dish, we're here to help you eat better and take the stress out of mealtime. Our gluten-free or Paleo meal plans are delivered weekly to your in-box and feature seasonal, whole foods to make the most of your budget, save you time and surprise your taste buds. Along with a weekly menu, you'll get a printable grocery list and instructions for prep day — just 2 hours of preparation yields scrumptious, good-for-you dishes all week long. We plan the meals — you savor them. Learn more and download a FREE week's meal plan at [www.prepdish.com](http://www.prepdish.com).

