



RGE

THANKSGIVING

10+ gluten-free, dairy-free,
refined sugar-free recipes to
love this holiday season.

happy holidays!

The weather is getting cooler, the leaves are changing color, and the slow cooker is coming out! I love fall cooking and baking, and I'm so excited to share my RGE Thanksgiving Menu with you.

I polled my audience, tested recipes, and made sure that there's a little something for everyone. From sides, to the main course, to the ultimate desserts – this menu is not only incredibly delicious, but RD approved! I put tons of love into this menu, but also made sure you'll be nourished and satisfied.

10+ recipes for you to enjoy this holiday season, all gluten-free, dairy-free, and refined sugar free. Enjoy!





hostess with the most-ess

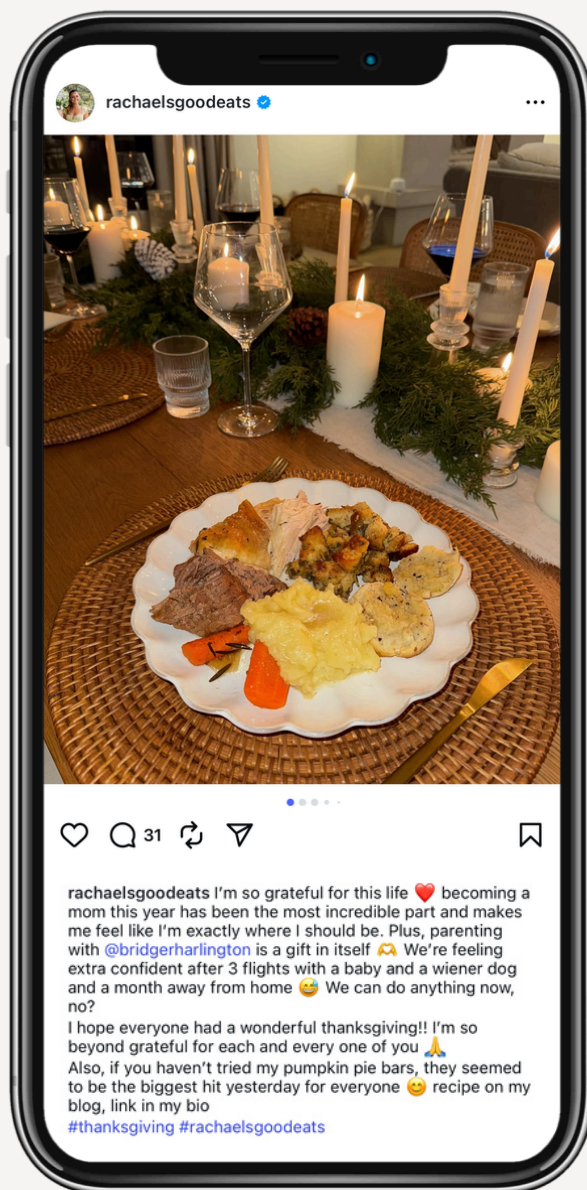
5 tips for less stress



don't stress!
xoxo. Rach

1. Set the table the day before! It always takes me longer than expected to arrange the table-scape.
2. Chop, slice, and dice! Tackle any easy prep the day before: chopping veggies, measuring spices, prepping pots and pans, etc.
3. Prep sides and sweets. Anything that can be stored in the fridge can get prepped the day before. (For example, the stuffing can be prepped to almost complete and then popped into the oven for 30 minutes right before serving.)
4. Charcuterie o'clock. Have snacks ready for guests as they arrive - it can buy you extra time for last minute prep!
5. Enjoy the day and ask for help! Whether you delegate prepping or cleaning, get your friends and family involved. It makes everything more fun to do it as a team.

2024





RCFE

THANKSGIVING MAINS.



Crockpot Pot Roast

*my all-time favorite,
no-fuss main course!*

Ingredients:

2.5 lbs grass-fed chuck roast
Sea salt
Pepper
¼ teaspoon thyme
1 tablespoon avocado oil
1.5 cups bone broth
3 loose carrots, peeled, chopped
1 white onion, chopped

Instructions:

1. Season your roast by pressing salt and pepper into all sides. Add oil to crockpot, followed by chuck roast, onion, carrot, bone broth and thyme.
2. Cover and let cook for 6 hours on high heat, or 8 hours on low heat.
3. I like to flip once towards the end. Once you can tell it's falling apart / tender, turn the heat to low to let finish.

Notes:

Depending what heat setting you set your crockpot to, this recipe will take 6 hours (on high) to 8 hours (on low). If it comes out too tough and is not easily breaking apart, continue cooking for 30-minute intervals until it becomes more tender.

Citrus-Maple Glazed Whole Roasted Chicken

Ingredients:

new recipe!

- 1 whole chicken (4–5 lbs), patted dry
- 1 tablespoon ghee or butter, softened
- 2 tablespoons olive oil
- 1 ½ teaspoons kosher salt
- ½ teaspoon black pepper
- 1 teaspoon garlic powder
- ½ teaspoon smoked paprika
- Zest and juice of 1 orange
- Zest and juice of ½ lemon
- 2 tablespoons pure maple syrup
- 4 garlic cloves, smashed
- 1 small yellow onion, quartered
- A few sprigs fresh rosemary and thyme

Instructions:

1. Preheat the oven to 450°F. Line a roasting pan, casserole dish, or oven-safe skillet with parchment paper, or place a wire rack over a sheet pan.
2. Pat the chicken completely dry with paper towels—this is key for crispy skin. Tuck the wing tips under.
3. In a small bowl, whisk together ghee, olive oil, salt, pepper, garlic powder, paprika, orange zest, lemon zest, maple syrup, and half of the citrus juice. Rub the mixture all over the chicken, getting under the skin where possible.

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4. Stuff the cavity with the garlic cloves, onion, and herbs. Tie the legs together with kitchen twine if you have it.
5. Place the chicken breast-side up on the rack or on top of a few slices of onion and citrus to elevate it slightly. Roast at 450°F for 15 minutes, then reduce the oven to 400°F and continue roasting for 60–65 minutes, or until the thickest part of the thigh reaches 165°F.
6. Halfway through cooking, spoon pan juices over the chicken to baste. In the last 10 minutes, stir the remaining citrus juice with 1 teaspoon maple syrup and brush it over the skin for a glossy, golden finish.
7. Let rest for 15 minutes before carving so the juices can redistribute.

Tip: You can also roast this chicken in a Dutch oven. Keep the lid off for the entire bake (or remove it halfway through) so the skin can crisp up.





SIDES

Flavor forward with fewer ingredients.

Sourdough, Sausage & Mushroom Stuffing

Ingredients:

For the Bread:

1 large sourdough boule, torn into 1-inch (or smaller) pieces, (about 9-10 cups of bread pieces)

For the Sausage and Veggies:

4 tablespoons olive oil, divided
1 pound bulk pork breakfast sausage
6 tablespoons ghee, divided
16 oz. crimini mushrooms – cleaned, stems removed, and thinly sliced
1 cup diced celery, (about 3 large stalks)
2 cups diced yellow onion, (1 large onion)
4 cloves garlic, minced
2 teaspoons kosher salt
½ teaspoon freshly ground black pepper
1 teaspoon Italian seasoning
3 tablespoons chopped fresh sage
1 tablespoon chopped fresh thyme leaves
2 tablespoons fresh lemon juice

To Assemble:

3 large eggs, beaten
1 ⅓ cup low-sodium turkey or chicken bone broth
½ cup chopped Italian parsley

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Instructions:

For the Bread:

1. Preheat the oven to 375°F.
2. Add the torn bread pieces to a large-rimmed baking sheet. Transfer to the oven and bake on the middle rack for 20 minutes, tossing halfway through, until the bread is crisp on the edges and slightly golden. Set aside.

For the Sausage & Veggies:

1. While the bread is roasting, prep the sausage and veggies.
2. In a large skillet, heat 1 tablespoon of olive oil over medium-high. Once the oil is hot but not smoking, add the sausage. Cook, undisturbed, for 4 minutes or until a deep golden crust forms on one side.
3. Flip, breaking the sausage up with a spatula, and continue to cook for another 3 to 4 minutes, or until the sausage is cooked through. Using a slotted spoon, transfer to a large plate.
4. To the same skillet, add another 2 tablespoons of oil and 2 tablespoons of ghee. Add the mushrooms and spread into an even layer. Cook, undisturbed for 4 minutes until one side of the mushrooms is a deep, golden brown.
5. Stir the mushrooms and season with 1 teaspoon of kosher salt. Continue to cook, stirring occasionally, until most of the liquid has evaporated and the mushrooms are a rich brown, about 4 more minutes.
6. Transfer to the same plate as the sausage and set aside. Turn the heat beneath the skillet down to medium and add the remaining tablespoon of olive oil and 4 tablespoons of ghee.
7. Once the ghee has melted, add the onions and celery. Season with the remaining teaspoon of kosher salt, black pepper, and Italian seasoning. Cook, stirring occasionally, until the onions are translucent and soft, about 7 minutes.
8. Add in the garlic, sage, and thyme. Stir to combine and cook for 1 minute, or until the herbs and garlic are fragrant. Remove from the heat and stir in the lemon juice.



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**To Assemble:**

1. Add the toasted bread pieces to a large bowl. Then add in the warm veggies, sausage, and mushrooms. Stir to combine, ensuring the mixture is well combined.
2. Add the beaten eggs, bone broth, and parsley, stirring to combine. If the mixture seems dry, add $\frac{1}{4}$ – $\frac{1}{2}$ cup more broth.
3. Transfer to a greased 9×13 baking dish, spreading into an even layer and pressing down a bit. Cover tightly with foil and transfer to the middle rack. Bake at 375°F for 30 minutes.
4. After 30 minutes, remove the foil and transfer to the higher rack. Bake for an additional 25 to 30 minutes, until golden and crisp on top. Allow to cool slightly before serving. Enjoy!

To Store:

Leftovers can be stored in the refrigerator, in airtight containers, for up to 3-4 days. If you'd like to freeze the stuffing for later, let it cool completely before storing in airtight containers (portioned out, if preferred) and placing in the freezer for up to 2 months.



Bone Broth Gravy

Ingredients:

- 4 tablespoons ghee
- ½ cup minced shallot, about 1 large shallot
- 3 cloves garlic, minced
- 2 teaspoons chopped fresh sage
- 1 teaspoon fresh thyme
- ½ teaspoon dried rosemary
- 1 teaspoon kosher salt
- ½ teaspoon pepper
- 5 tablespoons cassava flour, or sub 1:1 gluten-free flour
- 4 cups low-sodium turkey bone broth
- 1 tablespoon fresh lemon juice
- 1 tablespoon coconut aminos

Instructions:

1. Heat a large skillet with tall sides over medium heat. Add the ghee and once melted, add the minced shallot. Cook, stirring occasionally, until the shallots are translucent, about 3 minutes.
2. Add the garlic, sage, thyme, dried rosemary, salt, and pepper. Cook until the garlic is fragrant, about 1 minute. Add the cassava flour, sprinkling over the surface of the pan. Stir constantly, allowing the flour to toast and become a light golden brown, 1 to 2 minutes.
3. While whisking, pour in the bone broth, lemon juice, and coconut aminos. Bring the mixture to a simmer. Continue to cook, whisking constantly, until the gravy has thickened enough to coat the back of a spoon, 4 to 5 minutes. Serve immediately.

To Prep Ahead:

If you want to prep ahead, you can make the gravy, and allow it to cool entirely before transferring to an airtight container. The gravy will store well in the fridge for 3-5 days.

To reheat, add to a medium saucepan. Heat over medium-low. Once warm, add broth in ¼ cup increments until the gravy thins to the consistency of your liking. Taste for seasoning and salt as needed.

Roasted Veggies with Bacon and Pepita Pesto

Ingredients:

For the Squash & Sweet Potatoes:

1 large delicata squash, seeds removed, halved, and cut into ¼" thick half-moons
1 large sweet potato, halved and sliced into ¼" thick pieces
2 tablespoons avocado oil
1 teaspoon kosher salt
½ teaspoon freshly ground pepper
½ teaspoon smoked paprika

For the Brussels:

1 pound brussels sprouts
1 tablespoon avocado oil
½ teaspoon kosher salt
½ teaspoon garlic powder

For the Pepita Pesto:

⅓ cup toasted pepitas
3 cloves garlic
Zest of one lemon
1 cup packed Italian parsley leaves
1 cup packed cilantro leaves
¼ cup fresh lemon juice
2 tablespoons apple cider vinegar
2 teaspoons maple syrup, optional
½ teaspoon kosher salt
½ cup extra-virgin olive oil

For the Bacon:

4 strips of no-sugar-added bacon, chopped small

To Assemble:

6 tablespoons pepita pesto
1 tablespoon extra-virgin olive oil
1 tablespoon apple cider vinegar
¼ cup Italian parsley leaves
2 tablespoons toasted pepitas





Instructions:

For the Squash, Sweet Potatoes and Brussels:

1. Preheat the oven to 425°F. Line two baking sheets with parchment paper.
2. To one of the baking sheets, add the Delicata squash, sweet potato, avocado oil, salt, pepper, and smoked paprika. Using your hands, toss to combine, ensuring all pieces get evenly coated in the oil and spices. Spread into an even layer.
3. To the other baking sheet, add the Brussels sprouts, avocado oil, salt, and garlic powder. Toss to combine, using your hands to massage the oil into the Brussels so no pieces are dry (it's ok if the leaves fall off a bit – they will get crispy and be a great garnish!). Set aside.
4. Transfer the tray with the squash and sweet potatoes to the oven on the lower rack. Roast for 20 minutes until deeply golden on one side. Using a spatula, toss before returning to the oven on the upper rack.
5. Add the sheet with the Brussels sprouts on the lower rack and bake for 17 to 20 minutes, or until the Brussels are very crisp and the squash/sweet potato are deeply caramelized. Allow to cool to room temperature before assembling the dish. If you assemble while the veggies are still warm, the dish will steam and become soggy.

To Make the Pepita Pesto:

1. While the veggies roast, make the pesto and the bacon. In the bowl of a food processor or a high-speed blender, add the pepitas, garlic, and lemon zest. Pulse until the mixture becomes sandy.
2. Add the parsley, cilantro, lemon juice, red wine vinegar, maple syrup (if using), and salt. Pulse in 30-second increments, scraping down the side in between each interval, until the mixture is a thick paste.
3. With the processor running on low, slowly stream in the olive oil, blending until the mixture is smooth. Transfer to an airtight container and set aside.

For the Bacon:

1. To a cold, medium skillet, add the bacon. Turn the heat to medium and cook the bacon until very crispy, about 5 minutes.
2. Use a slotted spoon to remove the bacon pieces from the skillet and transfer to a paper-towel-lined plate.

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**To Assemble:**

1. Assemble the dish on a large plate or medium platter. Add $\frac{1}{4}$ cup of pesto to the center of the plate and spread in a circle, leaving a 1-inch border on the sides.
2. Add the remaining 2 tablespoons of pesto to a small bowl and mix with the apple cider vinegar and olive oil. Set aside.
3. To the pesto base, start to layer the veggies in a tall pile, keeping the crispy Brussel leaves as a garnish.
4. Drizzle the veggies with the thinned pesto mixture and garnish with parsley. Sprinkle the pepitas, bacon, and crispy Brussel leaves atop the veggies. Serve at room temperature. Enjoy!

Notes:

Store the remaining pesto in an airtight container in the refrigerator for up to 1 week. Option to also store in the freezer for up to 2 months, in an airtight container or portion out into an ice cube tray.



Creamy Buttery Mashed Potatoes

my favorite side!

Ingredients:

- 1 5 lb bag yellow potatoes, peeled and chopped
- 1/3 cup unsweetened almond milk
- 1/3 cup ghee
- 3 tablespoons extra virgin olive oil
- 1/2 tablespoons minced garlic
- 1 teaspoon sea salt
- Ground pepper, to taste

Instructions:

1. Add potatoes to a pot then cover with water. Bring to a boil and let cook for about 10-15 minutes, or until fork/knife tender.
2. Strain potatoes, then add back to the pot along with remaining ingredients. Use a potato masher, electric beater or immersion blender to mash the potatoes. Be sure not to over stir, as the mashed potatoes can become gummy.
3. Adjust ingredients based on taste and serve.

Dairy-Free Potato Gratin

Ingredients:

For the Potatoes & Onions:

3 pounds Yukon gold potatoes, thinly sliced
1 medium yellow onion, thinly sliced

For the Sauce:

2 tablespoons olive oil
2 tablespoons gluten-free all-purpose flour or cassava flour
1 (14-ounce) can full-fat coconut milk
¾ cup low-sodium chicken bone broth
4 cloves garlic, minced
1 teaspoon dried thyme
1 teaspoon onion powder
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper
1 (8-ounce) container Kite Hill DF Chive Cream Cheese
2 tablespoons nutritional yeast

To Serve:

¼ cup chives, minced
Freshly ground black pepper

Instructions:

1. Preheat the oven to 375°F. Grease a 9×13 baking dish with avocado oil. In the dish, arrange the potato slices in rows and distribute the onions evenly atop them. Set aside.
2. In a medium skillet with tall sides, add the olive oil and heat over medium-low. Sprinkle in the flour and stir, toasting until the raw taste has cooked out, about 3 minutes.
3. Slowly pour in the coconut milk and bone broth. Whisk to combine.

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1. Add in the garlic, thyme, onion powder, salt, pepper, and cream cheese. Whisk to combine and bring to a light simmer. Cook until the sauce has thickened enough to coat the back of a spoon and is smooth, about 4 minutes. Stir in the nutritional yeast and remove from the heat.
2. Carefully pour the sauce over the potatoes and onions, ensuring the sauce is evenly distributed. Cover with foil tightly and transfer to the oven. Bake on the middle rack for about 40 minutes. Remove from the oven and remove the foil.
3. Turn the heat up to 425°F and cook for an additional 15-20 minutes until the top of the dish gets golden.
4. Allow to cool before topping with chives and seasoning with black pepper. Enjoy!





Green Bean Sauté with Sun-Dried Tomatoes and Pine Nuts

Ingredients:

- 2 tablespoons avocado oil or extra-virgin olive oil
- ½ red onion, thinly sliced
- 1 pound green beans, trimmed
- ¼ cup oil-packed sun-dried tomatoes, drained
- 1 garlic clove, peeled and finely chopped
- ½ teaspoon sea salt
- 3 tablespoons pine nuts or sliced almonds

Instructions:

1. In a large skillet over medium heat, heat the oil.
2. Add the onion and cook for 3 to 4 minutes, until translucent.
3. Add the green beans, sun-dried tomatoes, garlic, and salt, and toss to combine. Cover and cook, tossing every few minutes, until the green beans are tender, but still have some crunch, 10 to 12 minutes. Transfer the green beans to a serving dish and set aside.
4. Wipe out the skillet and place it over low heat. Add the pine nuts, and toast until just golden brown, 1 to 2 minutes.
5. Top the green beans with the toasted nuts and serve. Enjoy!



A close-up photograph of three rectangular almond bars stacked diagonally on a piece of light brown parchment paper. The bars are golden-brown with a crumbly texture and are topped with sliced almonds and a dusting of white powder. In the background, a small glass jar with a metal lid is partially visible. The lighting is warm and focused on the bars.

Sweets

Delicious (refined sugar-free) desserts.

A top-down photograph of several square pumpkin pie bars arranged on a piece of parchment paper. The bars have a thick, orange-brown filling and a darker, textured crust. Some bars are topped with a dollop of white whipped cream and a few green pumpkin seeds. In the top left corner, there is a small metal sieve containing brown powder, and a small bowl of pumpkin seeds is visible. A cinnamon stick is at the bottom left.

Pumpkin Pie Bars

Ingredients:

For the Crust:

1 (4.2-ounce) box Simple Mills Honey Cinnamon Sweet Thins
1 $\frac{1}{4}$ cup almond flour
2 tablespoons coconut sugar
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{1}{3}$ cup melted coconut oil
1 large egg, beaten

For the filling:

1 15-ounce can of pumpkin puree
3 large eggs, room temperature
 $\frac{1}{4}$ cup maple syrup
 $\frac{1}{2}$ cup coconut sugar
2 teaspoons cinnamon, plus more for serving
1 teaspoon ground ginger
 $\frac{1}{2}$ teaspoon ground nutmeg
 $\frac{1}{2}$ teaspoon kosher salt
 $\frac{3}{4}$ cup full-fat coconut milk
1 tablespoons tapioca flour

To Serve:

2 cups coconut whipped cream, I used dairy-free So Delicious
 $\frac{1}{2}$ cup toasted pepitas

Instructions:

For the Crust:

Preheat the oven to 350°F. Line a 9×9 square pan with a parchment paper sling and set aside.

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1. In a blender or food processor, add the Sweet Thins. Pulse in 30-second increments until the cookies are ground down to a crumb. Transfer to a medium bowl.
2. To the bowl with the cookie crumbs, add the almond flour, coconut sugar, baking powder, and salt. Whisk to combine.
3. Create a well in the dry ingredients, adding the beaten egg and coconut oil into the well. Using a spoon, mix to combine until a dough forms.
4. Transfer the dough to the prepared pan. Press the dough into an even layer using your hands or the bottom of a measuring cup. Transfer to the oven and bake on the middle rack for 10 to 12 minutes until the crust is golden brown. Allow to cool entirely before adding the filling.



For the Filling:

1. In a medium bowl, add the pumpkin, eggs, maple syrup, coconut sugar, cinnamon, ground ginger, ground nutmeg, and kosher salt. Whisk to combine until smooth.
2. In a small bowl, add the coconut milk and tapioca flour. Whisk until there are no clumps. Pour the coconut milk mixture into the pumpkin mixture and whisk to combine.
3. Once the crust has totally cooled, pour the pumpkin filling into the pan. Carefully transfer to the oven and bake at 350°F for 55 to 60 minutes until the center of the bars no longer jiggles. Remove from the oven and allow to cool.
4. Once cooled, cut into 16 squares. To serve, top each bar with 2 tablespoons of coconut whipped cream and toasted pumpkin seeds. Enjoy!

Notes

Though best enjoyed fresh, leftovers can be stored in the refrigerator for up to 2-3 days.

Paleo Apple Crisp

Ingredients:

For the Filling:

4 to 5 medium apples (any variety), peeled, cored, and thinly sliced
3 tablespoons maple syrup
2 tablespoons coconut oil, melted
1 tablespoon arrowroot starch
Juice of ½ lemon
2 teaspoons ground cinnamon
1 teaspoon vanilla extract
¼ teaspoon ground nutmeg

For the Crumble Topping:

½ cup almond flour
½ cup raw pecans
⅓ cup unsweetened coconut flakes
3 tablespoons raw pumpkin seeds
3 tablespoons ground flaxseeds
3 tablespoons coconut oil, melted
2 tablespoons maple syrup
1 teaspoon ground cinnamon
¼ teaspoon ground nutmeg
¼ teaspoon ground ginger
Pinch of sea salt
Coconut-milk vanilla-flavored ice cream, for serving, optional

Instructions:

Filling:

1. In a large bowl, toss together all the filling ingredients. Transfer the mixture to an 8×8-inch baking dish, or spoon it into individual ramekins, and set aside.

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Crumble Topping:

1. Preheat the oven to 350°F.
2. Place all the ingredients in the bowl of a food processor, and pulse until crumbly. Top the apples with the mixture in a thick, even layer.
3. Bake for 40 minutes. Top the baking dish with foil and continue baking for another 10 minutes.

To Serve:

1. Serve hot. Option to top with vanilla-flavored coconut-milk ice cream (or any ice cream you prefer). Enjoy!



Pumpkin Twix

Ingredients:

For The Shortbread Layer:

½ cup coconut flour
½ cup almond flour
⅓ cup coconut oil, melted
3 tablespoons honey, warmed, (option to substitute maple syrup)
1 teaspoon pumpkin spice

For The Caramel Layer:

½ cup pumpkin purée
⅓ cup almond butter, (or your favorite nut or seed butter)
¼ cup coconut oil
¼ cup maple syrup
1 teaspoon vanilla extract
½ teaspoon pumpkin spice
Pinch of sea salt

For The Chocolate Layer:

½ cup chocolate chips, (or one 2.5-ounce dark chocolate bar, I like [Evolved Chocolate](#))
1 tablespoon coconut oil
¼ teaspoon flakey sea salt

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Instructions:

Shortbread Layer:

1. Preheat the oven to 350°F.
2. In a large bowl, combine the shortbread ingredients until well combined, stirring out all the crumbles.
3. Line a 6×6 baking dish (or an 8×8 baking dish and add crumpled foil to the sides to make it a bit smaller) with parchment paper. Pack the shortbread mixture into the baking dish using a silicone spatula.
4. Bake for 10-12 minutes or until just starting to turn golden brown. Set aside and let cool.



Caramel Layer:

1. In a medium saucepan over medium-low heat, combine the caramel ingredients. Whisk until the mixture is completely liquid and thoroughly mixed, about 2-3 minutes.
2. Remove from the burner and let cool.

Chocolate Layer:

1. In a small saucepan over low heat, combine the chocolate, coconut oil, and sea salt. Stir constantly until chocolate is completely liquid. (Option to microwave for 30 second intervals, stirring in between, until melted.)

Twix Bars:

1. Once the shortbread and caramel layers have cooled completely, pour the caramel over the shortbread, spreading it out evenly. Set in the freezer until it hardens completely, about 1-2 hours.
2. Remove from freezer once frozen, and pour chocolate over the top, spreading out evenly. The chocolate will harden quickly because the base will already be frozen, so make sure to spread the chocolate quickly.
3. Sprinkle sea salt over top, and set back in the freezer to harden for 5-10 minutes. Note: if you leave in the freezer for too long, the chocolate may crack when you're trying to slice the bars.
4. Once chilled and chocolate has hardened, take the uncut Twix bars out of the pan by pulling up the parchment paper. Lay on a cutting board, and slice into 1/2-inch strips, and again in half length-wise for bars, or into thirds for bites. Enjoy!

To Store:

1. Store in an airtight container in the refrigerator for about 1 week and the freezer for about 1 month.
2. If kept in the freezer, make sure to leave them out at room temp for a few minutes before serving so they soften up a bit.

Paleo Pecan Pie Bars

Ingredients:

For the crust:

1.5 cups almond flour
1/3 cup coconut flour
1/4 cup melted coconut oil
2 tablespoons maple syrup
1 teaspoons vanilla extract
Pinch sea salt

For the filling:

1/4 cup maple syrup
1/4 cup coconut sugar
2 tablespoons coconut oil
2 tablespoons almond milk
1 teaspoon vanilla extract
Pinch sea salt
1.5 cup whole and halved raw pecans

Instructions:

For the crust:

1. Preheat the oven to 350°F.
Prepare a 6x6 or 8x8 dish with parchment paper.
2. Mix together crust ingredients and press into the base of the dish until smooth. Bake for 15 minutes, or until golden brown around the outside.

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For the filling:

1. In a small saucepan, stir all ingredients together minus pecans. Heat on medium-low until it begins to boil for 3-4 minutes, then remove from heat. Stir in pecans and a pinch of sea salt.

To assemble:

1. Once the crust has fully cooled outside of the oven, pour the filling over the top and make sure it's even. Sprinkle with coconut sugar and sea salt and bake for another 20 minutes.
2. Let cool then immediately set in fridge or freezer for 30 minutes to 2 hours to fully set (important). Remove and cut into bars. Store in sealed container in the fridge or freezer.



A whole roasted chicken with golden-brown, slightly charred skin is the central focus, resting on a white oval platter. The chicken is surrounded by fresh green rosemary sprigs and several roasted, golden-brown onions. The background features a textured, light-colored fabric and a striped cloth.

Leftovers

Bonus recipes to repurpose your meal.

Thanksgiving Leftover Turkey Sandwiches



Ingredients:

For the Greens:

- 1 cup baby arugula
- ¼ small red onion, very thinly sliced
- 2 teaspoons olive oil
- 2 teaspoons red wine vinegar
- Pinch of kosher salt
- Freshly ground black pepper
- ¼ teaspoon dried oregano

For the Bread:

- 4 thick slices sourdough bread
- 4 tablespoons ghee, room temperature

For the Turkey:

- 1 heaping cup of shredded leftover turkey or rotisserie chicken
- ⅓ cup turkey gravy
- Freshly cracked black pepper

To Assemble:

- ¼ cup pepita pesto
- ½ cup very thinly sliced honey crisp apples
- 4 slices goat cheddar cheese
- 4 slices cooked and cooled no-sugar added bacon

Instructions:

1. Preheat the oven to 375°F.

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For the Greens:

1. In a medium bowl, add the arugula, onion, olive oil, red wine vinegar, salt, pepper, and oregano. Toss to combine and set aside.

For the Bread:

1. Add the sourdough to a baking sheet. Spread 1 tablespoon of ghee across each slice of bread, coating the front and back of each slice.
2. Transfer to the oven and bake on the middle rack for about 10 minutes, flipping the bread halfway through, cooking until golden but slightly soft.

**For the Turkey:**

1. Meanwhile, warm the turkey. In a medium skillet over medium-low, add the turkey, turkey gravy, and pepper. Heat until warmed through, about 3 minutes. Remove from the heat.

To Assemble:

1. To each slice of toasted bread, add 1 tablespoon of the pepita pesto, spreading it into a thin layer to coat the entire slice.
2. For each sandwich, add ½ of the sliced apple to one of the slices, cover with 2 slices of bacon, and one slice of cheese.
3. To the other slice, add ½ of the turkey mixture and cover with the other slice of cheese.
4. Repeat to assemble the other sandwich.
5. Transfer the sheet back to the oven on the upper rack. Turn the broiler on high and cook until the cheese is melted and bubbly, 1 to 3 minutes. Watch carefully so it doesn't get burnt! Remove from the oven.
6. To each sandwich's side with the turkey, pile on ½ of the greens mixture. Top with the other slice and press down. Slice in a diagonal. Enjoy!

Leftover Pot Pie

One of my all-time favorite recipes of life, but for sure the best way to repurpose Thanksgiving leftovers! You'll have to spend just a bit more time in the kitchen, but the results are so worth it. Your house will smell amazing, and dinner will be out of this world.



This might be my #1 recipe I recommend from my cookbook, Rachael's Good Eats.

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Happy Holidays!

xoxo Rach